



# What's INSIDE



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# “Navigator” H O ' O K E L E

FOR THE NAVY AND AIR FORCE TEAM IN HAWAII

July 27, 2018

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Volume 9 Issue 29

## SOCPAC conducts airborne exercises



Special Operations Forces from the U.S., Republic of Korea, India, Indonesia, Peru, Philippines and Japan board a U.S. Air Force Boeing C-17 Globemaster III to conduct an airborne insertion exercise during Rim of the Pacific (RIMPAC) exercise, July 17.

U.S. Navy photo by MC1 Cory Asato

MC1 Carlos Gomez  
RIMPAC Public Affairs

About 150 special operations forces members from seven countries flooded the skies during airborne operations in Wahiawa, July 17 and 19.

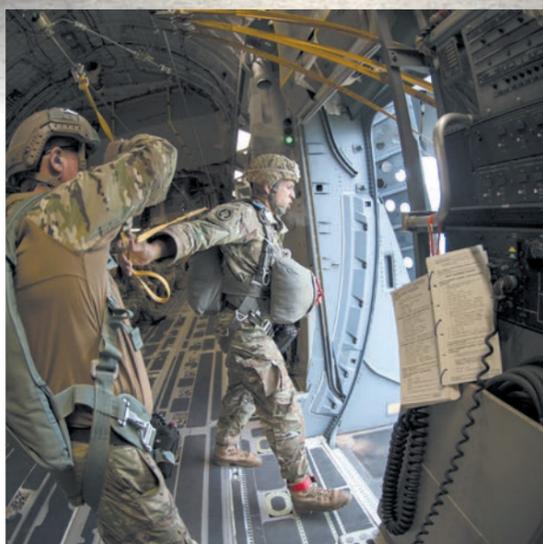
Special Operations Command Pacific (SOCPAC) conducted airborne operations with multinational Special Operations Forces (SOF) in support of the Rim of the Pacific (RIMPAC) exercise.

In the spirit of RIMPAC, U.S. Army Special Forces from the 1st Battalion, 1st Special Forces Group (SFG) partnered with SOF units from the Republic of Korea (ROK), India, Indonesia, Peru, Philippines, Japan, and

SOCPAC for two days of conducting and refining static-line and military free fall parachuting techniques. While the jumps help all units involved maintain proficiency in their training requirements, there is a deeper theme to these events.

“It’s about building partnerships,” said U.S. Army Capt. Matthew Song, assigned to the 1st SFG out of Okinawa, Japan. “In SOF, that person-to-person relationship plays out big in the end.”

Song, the lead facilitator for SOF units during the airborne operations, understands the importance of bridging together different units from around the globe. This was the first time



U.S. Navy photo by MCC Cynthia Z. De Leon

Air Force Capt. William E. Moore, assigned to Special Operations Command Pacific, hands off his static line to the Safety as he exits the C-17 Globemaster III during airborne training operations as part of Rim of Pacific (RIMPAC) exercise, July 17.

conducting an exercise of this scale and complexity, Song said, citing the many moving parts and countries involved.

“I’ve been in the military a long time and never had the chance to work with these nations,” said Indian Navy Lt. Cmdr. “VB”, assigned to the Indian Navy’s Marine Commando Force. “RIMPAC is incredible as it brings us all together.”

Aside from building rapport across nations, these events allow participants to learn from one another.

“These evolutions enable subject matter expert exchanges, key leader engagements, and familiarity between all countries involved,” said U.S. Army Master Sgt. Juan C. Lopez, the

primary jumpmaster for the exercise. Improving interoperability and fostering professional relationships are also important outcomes, he said.

“Interoperability in training together is extremely important as we learn new things,” said ROK Navy Lt. “K”, assigned to ROK’s Naval Special Warfare Flotilla. “You never know when you’ll need it in the future.”

“All countries involved performed exceptionally,” Lopez said. “From the combined jump master teams, to the paratroopers, and the support personnel, everyone worked as a cohesive unit to execute a complex operation that exceeded expectations.”

## RIMPAC '18 features second SINKEX

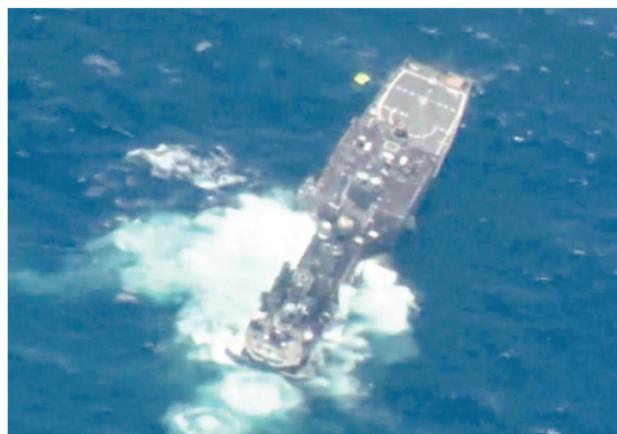
RIMPAC Public Affairs

Live fire from a ship and an aircraft participating in the Rim of the Pacific (RIMPAC) exercise sank the decommissioned frigate USS McClusky (FFG 41) July 19 in waters 15,000 feet deep, 55 nautical miles north of Kauai, Hawaii.

The sinking exercise (SINKEX) provided participating units the opportunity to gain proficiency and confidence in their weapons and systems through realistic training that could not be duplicated in simulators.

“This SINKEX was invaluable for exercising our interoperability as a combined maritime force, and also demonstrating and testing the tremendous warfighting skills of our men and women,” said RIMPAC Combined Forces Maritime Component Commander Chilean navy commodore Pablo Niemann.

Former Navy vessels used in SINKEXs, referred to as hulks, are prepared in strict compliance with regulations prescribed and enforced by the Environmental Protec-



U.S. Navy video capture

The decommissioned frigate USS McClusky (FFG 41) sinks after being struck with live fire during exercise RIMPAC.

tion Agency (EPA) under a general permit the Navy holds pursuant to the Marine Protection, Research and Sanctuaries Act.

Each SINKEX is required to sink the hulk in at least 1,000 fathoms (6,000 feet) of water and at least 50 nautical miles from land. Surveys are conducted to ensure people and marine mammals are not in an area where they could be harmed during the event.

Prior to being transported for participation in a SINKEX, each vessel is put through a rigorous cleaning process, including the removal of all polychlorinated biphenyls (PCBs), transformers and large capacitors, all small capacitors to the greatest extent practical, trash, floatable materials, mercury or fluorocarbon-containing materials, and readily detachable solid PCB items. Petroleum is also cleaned from

tanks, piping, and reservoirs. A Navy environmental, safety and health manager and a quality assurance supervisor inspects the environmental remediation conducted in preparation of a vessel’s use in a SINKEX. Upon completion of the environmental remediation, the manager and supervisor provide signed certification of the work in accordance with EPA requirements.

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Ex-McClusky was an Oliver Hazard Perry-class frigate commissioned in December 1983 and decommissioned in January 2015. The ship was named for Lt. Cmdr. Wade McClusky, a naval aviator who led his squadrons of Douglass Dauntless dive bombers against a Japanese fleet during the famed attack on the island of Midway in June 1942.

He went on to distinguish himself in subsequent actions during the war and again in the Korean War before retiring at the rank of rear admiral in 1956. The ship operated worldwide during her more than 30 years of service.

## Extras needed for ‘Midway’ movie

A major feature film is searching for extras in paid positions for an upcoming feature film production here, Saturday, July 28, from 10 a.m. to 4:30 p.m. at Bloch Arena - 915 North Road (Bldg. 161). The casting call is open to all military personnel, their families and common access cardholders with base access.

- Authentic military extras and principal actors needed - all ethnicities
- Military spouses and children
- Fluent Japanese-speaking males
- Asian adults and children over the age of 6 years old
- Stand-ins and photo doubles
- No experience is necessary
- Bring a pen
- Anyone interested must have valid identification and able to work in the U.S.
- Military personnel must be in an official leave status in order to participate during production.
- No outside food and beverages allowed in the arena (except water)

The casting call is for an upcoming film production by Centropolis Entertainment, founded by film director Roland Emmerich and producer Dean Devlin (“Independence Day”, “Godzilla,” “2012,” “The Day After Tomorrow,” and “The Patriot”).

# FACES OF RIMPAC



A campaign to highlight the diversity of participating nations.

U.S. Navy photos by MC2 Kory Alsberry and MC2 Kelsey Hockenberger



**Leading Seaman  
Matthew Prince**  
HMCS Ottawa  
(FFH 341)

"I am looking to meet a lot of really cool, nice people and some really good trade knowledge working alongside a lot of really good subs."



**Lt. Eun Hee Lee**  
Yulgok Yi I (DDG 992)

"I believe strongly (that) maritime power is the source (of) national growth. I want to experience the know-how and the cultures of different navies and also to apply the lessons to our (Republic of Korea) navy's creativity."



**Leading Chef  
Zylen Thomas**  
HMNZS Te Mana

"What I look to take away from RIMPAC (are) friendships that we make during this exercise, and on my ship to progress my career."



**Kapitanleutnant  
Jan-Nicolas Fuchs**  
Pacific Warfighting Center

"I want to bring as much expertise from the merchant navy (as I can). I want to bring this expertise into RIMPAC and support the commander's mission, and my fellow team members."



**Military Expert 1  
Sandyha Shukla**  
RSS Tenacious

"I'm looking forward to working with other navies to enhance my knowledge as a C2 operator definitely getting to know more people from other navies, forging friendships with them."



**Navy Petty Officer  
Gabriel**  
FS Prairial (F 731)

"I'm excited to meet other sailors from different countries and sharing experiences. Also get better training and speak English, reinforce my navigation skills and discover Hawaii."

## Red Hill: Fueling RIMPAC and ensuring global strategic alliances

Story and photo by  
Shannon Haney

NAVSUP FLC Pearl Harbor  
Public Affairs

The Red Hill Bulk Fuel Storage Facility has issued over 19 million gallons of fuel to U.S. and foreign ships and aircraft participating in the Rim of the Pacific (RIMPAC) exercise.

Red Hill, operated by Navy Supply Systems Command (NAVSUP) Fleet Logistics Center (FLC) Pearl Harbor's Fuel Department, consists of 20 tanks, each able to store 12 million gallons of fuel.

RIMPAC's theme is "Capable, Adaptive, Partners." With 'Capable' being an important part of the theme of this exercise, it is clear that Red Hill and the fuel it delivers is one of the most important factors of RIMPAC 2018.

"Red Hill enables fleet readiness and is a key component of operations in the Pacific," said Lt. Cmdr. Blake Whittle, fuel department director. "We are capable of fueling three fleet replenishment oilers simultaneously via pier connection to



NAVSUP FLC Pearl Harbor personnel hoist fuel hoses to rig to a coalition oiler in preparation for a fuel transfer during RIMPAC 2018.

conduct quick turnarounds to get the vessels back underway to conduct replenishments-at-sea (RASs)."

The RASs allow the surface ships participating in RIMPAC 2018 to maintain the proper amount of fuel and supplies so

the ships can continue the exercise without pulling into port for logistical needs.

A gravity-fed distribution sys-

tem delivers fuel from the Red Hill Bulk Fuel Storage Facility tanks to Pearl Harbor, 3.5 miles away. The facility can operate manually, requiring no connection to the Internet or outside power source.

"Red Hill is reliable and delivers fuel quickly, three times faster than comparable facilities," Whittle said. "It is also two times faster than refueling from a barge or truck. The faster the fueling evolution progresses, the less likely a mishap will occur."

Red Hill fuel is used by each of the military services in Hawaii, including the U.S. Coast Guard, which frequently conducts rescue missions in Hawaiian waters. Along with the Hawaii Air National Guard, which is also fueled by Red Hill, the Coast Guard assisted in relief and reconnaissance efforts in Kauai and the Big Island of Hawaii in recent months.

"The Red Hill fuel facility is considered essential for providing the fuel necessary to defend our nation, safeguard our national interests and support humanitarian missions," Whittle said.

# Diverse VIEWS



Submitted by David D. Underwood Jr. and Ensign Heather Hill

## What is an urban legend you've heard from your hometown?



**Mike Cerda**  
SWOS

"I'm from Los Angeles, and on the outskirts of town there was this gated community where we never saw anyone come in or out. Eventually, it was believed that it was a community of dwarves that didn't allow anyone in."



**Culinary Specialist Seaman Hakeem Ghazi**  
NSSC

"I'm from Minnesota and we have a lot of cornfields. So, when the Halloween cornfield mazes come around, there is a myth that when people get lost they actually are kidnapped and never return."



**Electronics Technician 2nd Class Michael Hall**  
CTF-34

"I'm from Loving, Texas and there is this house that became a museum. It is said that at certain times of the night you can see a ghost hanging out by the window. I've never seen it myself, but many people have said they have seen it before."



**Tech. Sgt. Samuel Aspiranti**  
PACAF

"There is an abandoned asylum in my hometown of Downey, California. Some believe it to be haunted by the ghosts of abused patients. Teenagers would often enter the abandoned facility as a dare. I never went out of fear of getting in trouble for trespassing."



**Staff Sgt. Emma Marquez**  
15th Medical Operations Squadron

"Cry Baby Bridge, located outside Afton, Oklahoma is known for a mother driving off the bridge with her children in the car. The children drowned while crying out for help. If you drive over the bridge and park in the middle at night you can hear the babies still crying."



**Senior Airman Kegan Norquist**  
25th Air Support Operations Squadron

"In San Diego, California there is a house widely believed to be haunted called the Whaley House. They do ghost tours and there's a museum on the grounds. Some say you can see the Whaley girls' ghosts running in the backyard near the clothesline where it's said one girl was decapitated."

Want to see your command featured in Diverse Views? Got opinions to share? Drop us a line at [editor@hookelenews.com](mailto:editor@hookelenews.com)

# COMMENTARY

**Rear Adm. Brian Fort**

Commander, Navy Region Hawaii and Naval Surface Group Middle Pacific



## Forged and ready: Chung-Hoon's legacy

**Rear Adm. Brian Fort**

Commander, Navy Region Hawaii and Naval Surface Group Middle Pacific

Those who adapt can overcome. Consider the namesake of our Pearl Harbor-homeported USS Chung-Hoon (DDG 93): Rear Adm. Gordon Paiea Chung-Hoon.

Forged from the sea and seasoned in war, Chung-Hoon was a lieutenant assigned to USS Arizona (BB 39), Dec. 7, 1941. He was on a weekend pass that Sunday when Oahu was attacked and his ship was sunk.

In 1942 Chung-Hoon served aboard the light cruiser USS Honolulu (CL 48) and participated in some of the fiercest fighting in the war in the South Pacific, including in the Solomons.

In 1944, Chung-Hoon took command of USS Sigsbee (DD 502), a destroyer assigned with Carrier Task Force 58 off the coast of Japan.

On April 14, 1945, Sigsbee, along with seven Fletcher Class destroyers, steamed to picket stations – making them prime targets for nearly two dozen kamikaze ("divine wind") suicide planes that attacked their ships.

One kamikaze got through Sigsbee's fierce anti-aircraft guns, missed

the bridge, but smashed into the ship's stern. The massive explosion destroyed a big section of the stern, knocked out the port engine and steering, and caused flooding in the aft third of the ship. In the midst of the chaos, Skipper Chung-Hoon's loud voice came through, according to one witness: "Steady, gang."

He led the crew in response to the attack, jettisoning damaged equipment and personally leading a repair crew to assess damage and seal and shore the after solid bulkhead. Twenty-two Sailors were killed that day, and seventy-five were wounded.

Chung-Hoon rose to the challenge in a crisis. He adapted, overcame and persevered. Rather than abandoning his damaged ship he chose to save it and the Sailors he led. His Sailors kept up a steady rate of "prolonged and effective gunfire," as described in his Navy Cross citation.

Today, USS Chung-Hoon (DDG 93) continues to build on their namesake's legacy of toughness and sustainability. In the last two years DDG-93 won the Secretary of the Navy Safety Excellence Award for afloat units, a Battle "E," and a Green "H."

Sailors aboard USS Chung-Hoon are excelling in performance, and it shows

in promotions. Three Sailors were picked up for officer programs in 2017, and this year one senior chief frocked to master chief, five chiefs to senior chief, and 28 petty officers frocked to their next paygrade.

Last month, Chung-Hoon completed their NSFS (naval surface fire support). USW (undersea warfare) self-assessments will soon be underway executing their final certifications.

Most importantly, Chung-Hoon Sailors are focused on the main thing: warfighting readiness. They, like our other ready Sailors on the Pearl Harbor waterfront, have a sense of urgency.

They know they can adapt and overcome.

Rear Adm. Chung-Hoon, who fought both in World War II and in the Korean War, was part of a tough generation who helped freedom triumph over fascism.

His Sailors knew him for his calm humility and mastery of his ship's systems, committed to the essentials of seamanship.

Chung-Hoon was born July 25, 1910. He became the first American admiral in the United States Navy of Chinese and Native Hawaiian ancestry and the first of his heritage to

graduate from the U.S. Naval Academy. After a distinguished military and civilian career of service he died one day before his 69th birthday, July 24, 1979, and is buried at the National Memorial Cemetery of the Pacific, "Punchbowl."

On Sept. 18, 2004 the Navy commissioned USS Chung-Hoon here at Pearl Harbor.

U.S. Pacific Fleet commander Adm. Walter F. Doran said, "This is truly a great day for the United States, for the United States Navy, for the state of Hawaii and, I know, for the Chung-Hoon family. I'm confident the officers and men of this ship will be ready for any challenge."

Rear Adm. Chung-Hoon's niece, Michelle Punana Chung-Hoon, a good friend of the Navy, gave the commissioning order: "Sea Warriors, man our ship and bring her to life!"

World War II Medal of Honor recipient Sen. Daniel K. Inouye, a leader who knew about adapting and overcoming adversity, served as keynote speaker at the commissioning.

"It is fitting that the ship that carries his name will be homeported here in the same harbor where the Arizona memorial commemorates his fallen shipmates," Inouye said.

## Bump stocks now prohibited

### Navy Region Hawaii Public Affairs

On July 9, Hawaii outlawed bump stocks, multiburst trigger activators, trigger cranks, or other devices designed to help semiautomatic firearms fire like automatic weapons.

Any person in the state who manufactures, causes to be manufactured, imports into the state, keeps for sale, offers or exposes for sale, gives, lends or possesses

any bump stock, multiburst trigger activator, or trigger crank will be guilty of a class C felony.

Under a state amnesty program, owners have until Aug. 8 to surrender any such device to Honolulu Police Department by delivering it to the nearest police station or calling 911 to arrange for an officer to pick it up.

For more information, contact Lt. Cmdr. Louis Butler, staff judge advocate, at 473-1793 or email [louis.butler@navy.mil](mailto:louis.butler@navy.mil).

## Post-9/11 GI Bill transferability

### Chief of Naval Personnel Public Affairs

The Department of Defense released changes to department policy on the transfer by service members in the uniformed services of "Post-9/11 GI Bill" education benefits to eligible family members, July 12.

Effective July 12, 2019, eligibility to transfer those benefits will be limited to service members with less than 16 years of total service, active-duty service and/or selected reserves as applicable.

Previously, there were no restrictions on

when service members could transfer education benefits to their family members. The provision for a Sailor to have at least six years of service to apply to transfer benefits remains unchanged.

The change will allow Sailors to retain their eligibility to transfer education benefits even if they have not served the entirety of their obligated service commitment through no fault of their own. A Naval Administrative Message with the Navy's implementation guidance will be released shortly.

For more on the policy, visit <http://www.esd.whs.mil/DD/>.

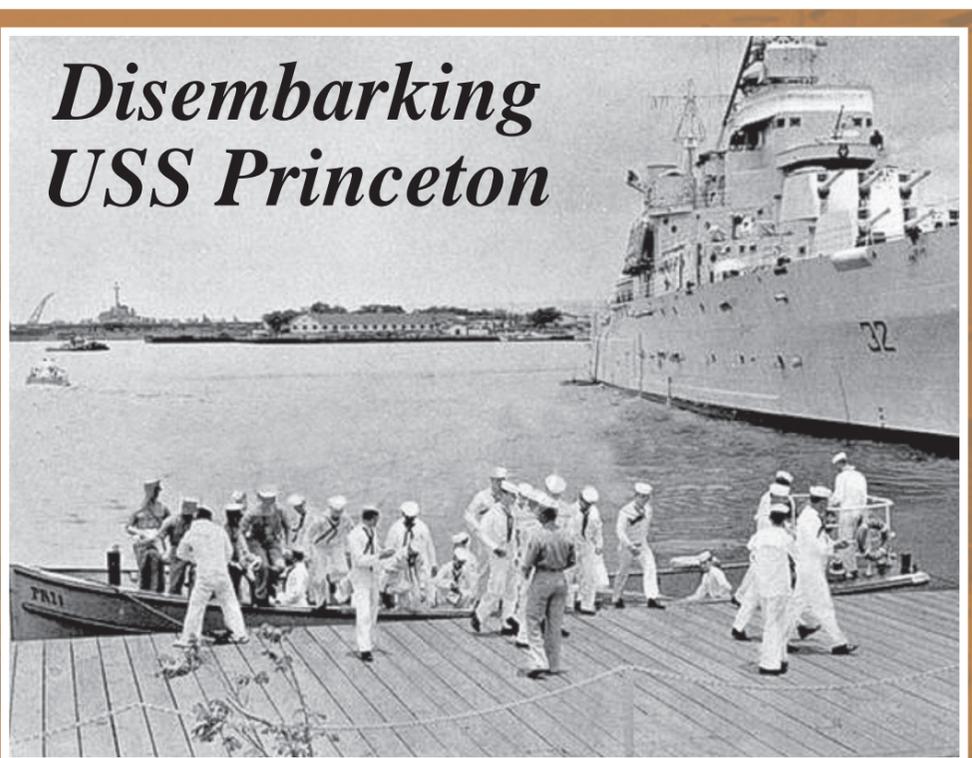
**HO'OKELE**  
FOR THE NAVY AND AIR FORCE TEAM IN HAWAII

"Navigator"

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## Disembarking USS Princeton

U.S. Navy file photo  
U.S. Navy Sailors from the aircraft carrier USS Princeton (CVS-37) leave one of the carrier's motor whaleboats at Pearl Harbor, July 1957. Note the Royal Canadian Navy light cruiser HMCS Ontario (C32) on the right. Princeton was deployed to the western Pacific and the Indian Ocean from July 8, 1957 to Feb. 12, 1958. The carrier is visible in the background.

# New commander joins 15th MXG ohana

Story and photo by  
Tech. Sgt. Heather  
Redman

15th Wing Public Affairs

The 15th Maintenance Group (MXG) welcomed a new commander during a change of command ceremony at Joint Base Pearl Harbor-Hickam, July 16.

Col. Dominic Clementz assumed command of the 15th MXG from Col. Robert Copes, as Col. Halsey Burks, 15th Wing commander, presided over the ceremony.

"During his tenure here, Col. Copes crushed his mission," Burks said. "Through his pride, professionalism and passion he has built a team of Airmen comprised of active duty, (National Guard), civilians and contractors that have made the mission of the 15th Wing successful."

The MXG's total force integration relationship with the Hawaii Air National Guard has been critical to the maintenance successes of the C-17 and F-22 mission sets.

"The first thing that comes to mind is amazing," Copes said. "No matter what has confronted this team of maintainers, they have found a way to adapt and overcome. It has been my honor to lead them."

During Copes' tenure, the MXG supported 31 home station aircraft to meet global airlift, global strike and theater security mission requirements. The group also provided support to over 21,600 joint and allied aircraft transiting through Hickam Field.

Hickam Field serves as a strategic launching pad for the projection American

airpower throughout the Indo-Pacific area of responsibility.

"Hickam is the heartbeat of the Pacific," Burks said. "With Col. Clementz' background, I believe he will help solidify the air bridge out here in the Pacific and help the MXG reach new heights."

"I look forward to working with all of you, to develop and empower our Airmen to continue to dominate the mission," Clementz said. "I look forward to spending the next few years with you and seeing what we can accomplish together."

The MXG supports 31 home station aircraft to meet global airlift, global strike and theater security mission requirements and provides support to over 7,200 joint and allied aircraft transiting through Hickam Field each year.



Col. Dominic Clementz, 15th Maintenance Group commander, gives the closing remarks during the MXG change of command ceremony, July 16.

# NAVFAC Hawaii holds change of command

Capt. Richard D. Hayes III, the departing commanding officer of Naval Facilities Engineering Command Hawaii, gives final remarks to ceremony attendees and command personnel July 18.



Story and photo by  
Denise Emsley

NAVFAC Hawaii  
Public Affairs

Naval Facilities Engineering Command (NAVFAC) Hawaii held a change of command ceremony at Joint Base Pearl Harbor-Hickam (JBPHH), July 18.

Capt. Marc R. Delao, Civil Engineer Corps (CEC), relieved Capt. Richard D. Hayes III, CEC, and took command of NAVFAC Hawaii's highly-skilled 1,250-plus federal civilian workforce as well as 225 Navy and Air Force personnel.

During his farewell remarks, Hayes thanked the many commands, partnering organizations, and individuals who made his time in Hawaii significant and memorable.

He specifically addressed his immediate team, "To the men and women of NAVFAC Hawaii, I am so very proud to have been a member of your impressive team and to have experienced and shared your countless accomplishments and achievements. I thank you for your tireless support to

our warfighters and all of our customers whether it be providing services to the surge of ships during RIMPAC or the daily task of ensuring the lights are on, the water is running or a project is finished on time. You all do an outstanding job and I will forever treasure the time I have had as your commanding officer. This has been the very best tour of my career. You made it so."

Guest speaker Rear Adm. John W. Korka commended Hayes for his leadership and presented him with the Legion of Merit medal for his exceptional accomplishments as commanding officer of NAVFAC Hawaii and regional engineer commander of Navy Region Hawaii from June 2016 to July 2018.

"Capt. Hayes applied his vision, his deep sense of responsibility, and technical expertise ensuring NAVFAC Hawaii was properly trained and prepared for supporting shore requirements and maintaining the high level of shore readiness for our Pacific Fleet," Korka said.

"The command has performed amazingly, sometimes under great

pressure, and you have been there for our Navy."

During his tour at NAVFAC Hawaii, Hayes' commitment to excellence and focus on future growth and progress while supporting Pacific Fleet and other supported commands resulted in numerous accomplishments.

Hayes will report to his next assignment as commanding officer of NAVFAC Mid-Atlantic, Norfolk, Virginia in August.

Delao grew up in Marysville, California. He graduated from the U.S. Naval Academy with a bachelor's degree in marine engineering.

He holds a master's degree in civil engineering from the University of Texas at Austin and completed the Wharton School of Business Executive Development Program at the University of Pennsylvania. Delao is a licensed professional engineer in the state of New Mexico and a member of the Defense Acquisition Corps.

Prior to reporting to NAVFAC Hawaii, Delao was the chief of staff, Navy Expeditionary Combat Command Pacific, Pearl Harbor, Hawaii.

# Pearl Harbor - Hickam



*Highlights*



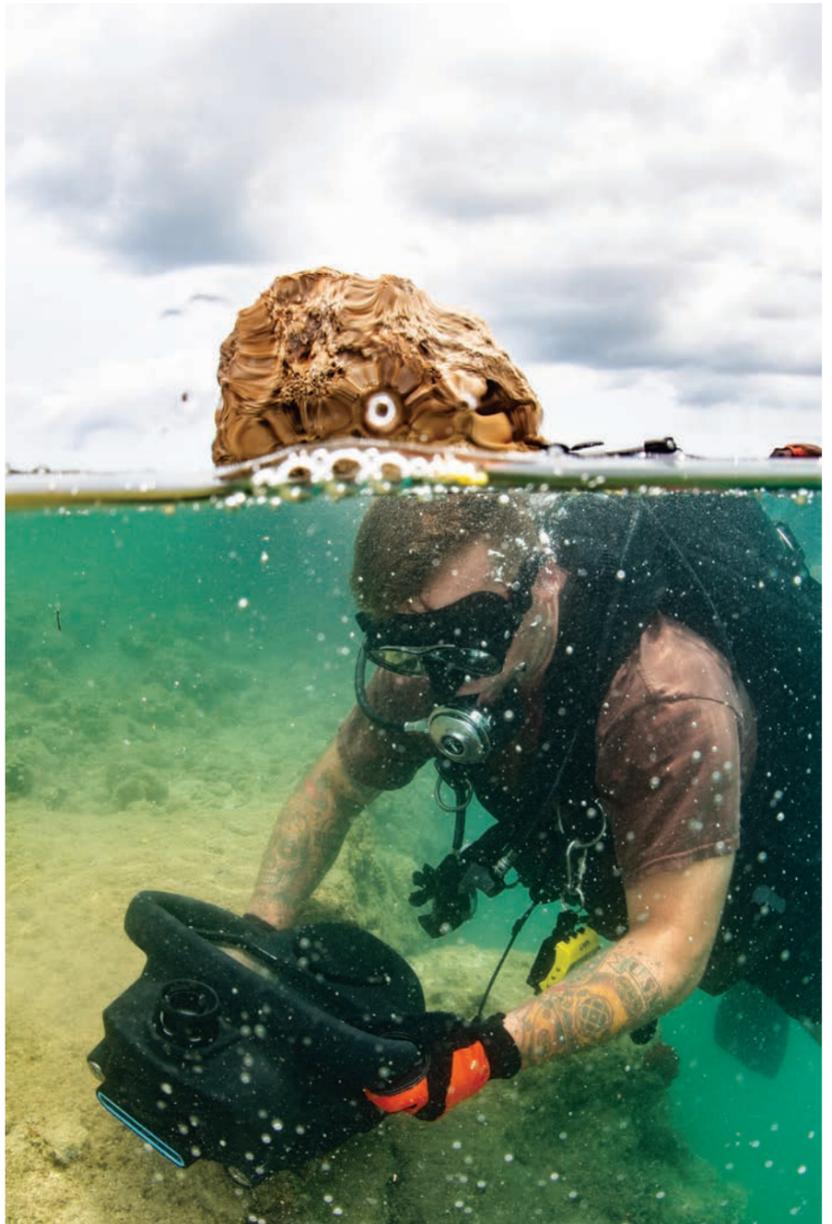
U.S. Navy photo by MC2 Anita C. Newman

Gunner's Mate 2nd Class Cameron Nicoletti, aboard guided-missile destroyer USS Preble (DDG 88), fires a shot-line during a replenishment-at-sea with Royal Australian Navy multi-product replenishment oiler HMAS Success (OR 304) during the Rim of the Pacific (RIMPAC) exercise, July 20.



U.S. Navy photo by Lt. Cmdr. Cheryl Collins

The crew of Royal Australian Navy HMAS Rankin (SSG 78) enters Pearl Harbor for a brief stop for personnel during RIMPAC 2018, July 17.



U.S. Navy photo by MC1 Arthurgwain L. Marquez

Steelworker 1st Class Cody Oswald, assigned to Underwater Construction Team (UCT) 2, operates underwater navigation equipment at Joint Base Pearl Harbor-Hickam during RIMPAC 2018, July 18.



U.S. Coast Guard photo by Petty Officer 2nd Class David Weydert

Multinational ships, (left to right) guided-missile destroyer USS William P. Lawrence (DDG 110), guided-missile cruiser USS Lake Erie (CG 70), Peruvian Navy maritime patrol boat BAP Ferré (PM 211) and the Philippine Navy frigate BRP Andrés Bonifacio (FF 17) sail in formation at sunset July 17, during RIMPAC 2018.



U.S. Navy photo by MC2 Ethan T. Miller

Sailors cast-off a line from a fueling station from guided-missile destroyer USS Preble (DDG 88) while conducting a replenishment-at-sea with Royal Australian Navy multi-product replenishment oiler HMAS Success (OR 304) during RIMPAC 2018, July 16.

WHO'OKELE  
FOR THE NAVY AND AIR FORCE TEAM IN HAWAII

# Life & Leisure

Exercise turns competitive at

## Freedom Fun Run 10K



Story and photos by Kristen Wong

Life and Leisure Editor, Ho'okele

More than 100 runners attended the Freedom Fun Run 10K aboard Joint Base Pearl Harbor-Hickam (JBPHH), starting and finishing at Hickam Memorial Fitness Center, July 21.

The 10K run is one of three in a series that precedes the annual JBPHH Half Marathon, according to Dawn Pierce, the director of the JBPHH Fitness Department. The other two runs this year were the Fiesta Fun Run 5K in May and the Jersey Day 8K Fun Run in June.

Categories included adult male, adult female, youth boy, youth girl,

stroller male and stroller female.

Senior Airman Evan Weatherby, a cryptologic linguist analyst with 324th Intelligence Squadron, came in first place in the adult male category and overall, with a time of 37:45. Weatherby said he usually focuses on running marathons and half marathons.

"The weather was favorable," he said of the day's race. "I enjoyed the opportunity to get out. I thought it was pretty good because (the course) was familiar to me I found it easy to follow along with plenty of (course markers) to clear up confusion."

Weatherby added that he was pleased with his results.

"I was unfamiliar with the (skill level of the) other contestants," he said. "I

wasn't sure if (there would be) competition. Regardless, I'm happy with (the time)."

Cmdr. Jackie Crook, a staff oceanographer with Commander, U.S. 3rd Fleet, took first place in the adult female category, with a time of 43:05. Crook, who is in Hawaii for the Rim of the Pacific exercise, said she was surprised to have taken first place.

"It was a nice run, great course, very well organized," Crook said. "The crew was very helpful on pointing us in the right direction."

The first place winners in each category of the Freedom Fun Run 10K had their registration fee waived for the 12th annual JBPHH Half Marathon.

The half marathon is scheduled for

Aug. 18 at 5:30 a.m. Runners may check in at 4:30 a.m. The 13.1-mile run begins and ends at Hickam Earhart Track.

Participants may pick up their race packets at Hickam Memorial Fitness Center, Aug. 10 from noon to 5 p.m. and Aug. 11 from 8 a.m. to noon. Military-affiliated personnel and sponsored guests are eligible for the race.

The entry fee is \$35 until July 30, \$45 from July 31 to Aug. 17, and \$50 the day of the race. Prizes are available to the first three finishers in various categories. Participants may register online until Wednesday, Aug. 15. For more information, visit <https://jbphh.greatlifehawaii.com/fitness-running/jbphh-half-marathon>.



Runners compete in the Freedom Fun Run 10K at Joint Base Pearl Harbor-Hickam, July 21.





Aviation Maintenance Technician 3rd Class Jake Desnarais goes airborne while going after the ball being guarded by Culinary Specialist 2nd Class Otto Kerr.

**HO'ŌKELE SPORTS**



# Coast Guard, Santa Fe play to deadlock

**Story and photo by Randy Dela Cruz**

*Sports Editor, Ho'okele*

After coming up with a huge win over Navy Information Operations Command (NIOC) Hawaii in their last game, Coast Guard struggled against USS Santa Fe (SSN 763), finishing in a 0-0 tie, in a Summer Soccer League game on July 21 at Earhart Field, Joint Base Pearl Harbor-Hickam.

After getting past league-leading NIOC, Coast Guard entered as the favorite against Santa Fe, which came into the matchup as the league's cellar dwellers with a record of 0-3.

However, if there ever was a game where Santa Fe stood to pull out a big upset, it was this one, as Coast Guard appeared for the showdown missing three key players, which included Coast Guard Avionics Electrical Technician 2nd Class Aldo Albarello and Lt. Cmdr. Cal Robbins. In the win over NIOC, Albarello scored two goals and Robbins added another.

"Still, I thought we played well," said Avionics Electrical Technician

1st Class Brennen Bridgeford, who also scored against NIOC. "I just blew a lot of shots."

While Coast Guard did manage to consistently get upfield and take quite a few shots on goal, Santa Fe put up strong interference in the backfield to prevent clear boots to the net.

"I like to communicate with the goalie a lot because if I'm playing the ball, I have no idea what's going on in back of me," Culinary Specialist 2nd Class Otto Kerr said about how he coped with the pressure in the backfield. "I say a lot of it is communication. There (are) a lot of senior guys and a lot of junior guys and we all mesh very well."

Although Bridgeford admitted that he somehow missed a few shots that he shouldn't have – one of his shots grazed the right upright and ricocheted out – he felt that playing without their top guns was the reason why Coast Guard struggled.

"It hurts (because) they are some of our best players," he said. "I had looks, but I couldn't get off a good shot. We just couldn't find the back of the net."

Even though the Coast

Guard was experiencing trouble on offense, the team was having a solid game on defense. Each time Santa Fe approached the goal; the Coast Guard turned them away without a score.

From the backfield, Kerr said that he could see his teammates get into position on offense, but he admitted, the Coast Guard's defense was just too tough.

"I know we did our best to try and get the ball out, but then we'd tire ourselves out," Kerr explained. "But I don't think that there was anything we could have worked out. In the second half, there were so many good plays."

Kerr added that despite the tie, he feels that the team performed the best that it has all season long.

While Coast Guard was missing a few players, the team was still pretty tough and for Kerr, to get a tie, shows just how much Santa Fe has improved.

"Zero-zero is a tie, but it's better than zero-two," Kerr said. "We're moving in the right direction and I think it's going to give us a good bump for the next game. It's all getting better."

As for the Coast Guard,

Bridgeford stated that the team's biggest challenge is to make sure all of their players are able to participate. If the team can

manage to do that, things should turn out just fine.

"We stand at one-and-four rotations and people deploy, so we

never get a continuous team," he pointed out. "I think we could definitely win it if we all get to play together."



**STORY IDEAS?**

**TO SUBMIT YOUR IDEAS:**  
Call 808-473-2890  
or email  
editor@hookelenews.com

# Preparing for travel can prevent illness

## Military Health System Communications Office

FALLS CHURCH, Va. — Whether snorkeling, hiking, or exploring a new place, travelers should know how to stay safe and healthy while away from home. Properly preparing for a trip can help reduce health risks.

“One might argue that the only thing worse than getting sick is getting sick when away from home,” said Dr. Margaret Ryan, a preventive medicine physician and director of Immunization Health Branch’s Pacific Region vaccine safety hub at Naval Medical Center San Diego. “Travelers are wise to take any precautions that are available to avoid infectious disease hazards.”

Ryan recommends travelers be proactive about their travel medicine needs and prepare for their trip in advance. This includes learning about the health risks associated with the destination and checking with their doctor to make sure they’re in good health. The Centers for Disease Control and Prevention recommends seeing a provider four to six weeks before departure.

It’s important for travelers to have recommended vaccinations, including flu shots, before leaving home, said Ryan. According to the CDC, people traveling to countries in the Southern Hemisphere – such as Australia – between June and October should get the flu vaccine since flu activity would be at its peak.



U.S. Air Force photo by Tech. Sgt. De-Juan Haley

Experts encourage overseas travelers to seek advice from a health care provider before leaving on a trip, and to make sure recommended vaccinations are up to date

Some vaccines, such as typhoid and hepatitis A, are recommended for travel in general, while others may be required by certain countries before someone is allowed to enter or exit, Ryan noted. For example, the yellow fever vaccine is needed to enter some African countries, and the polio vaccine is required before you depart some countries that have had cases of that disease, she said.

“Risk for exposure to measles, mumps, and rubella outside of the United States can be high, putting travelers without these vaccinations at

increased risk, especially in countries with low vaccination rates and recurring regional outbreaks,” said Ryan. International travelers can transport the measles virus, causing infections and possibly triggering outbreaks, even in countries with high vaccination rates, she added.

Ryan also recommends that travelers take precautions with food and water, and take steps to prevent mosquito and insect bites. Using insect repellent and wearing proper clothing in areas with a high risk for mosquito-borne illnesses can reduce the risk of

infection. Washing hands often with soap and water is another precautionary measure. The CDC also recommends travelers be aware of food precautions and drink only bottled water or water that has been boiled.

Because such things as scuba diving and visiting high altitudes can affect a traveler’s health and medication needs, Laurie Duran, a nurse practitioner at Naval Medical Center San Diego, recommends that during their pre-travel doctor’s appointment, travelers provide itinerary details, including destinations,

anticipated activities, travel dates, accommodations and mode of travel.

“It is helpful for (health care) providers to have visibility of travelers’ medical history, including their underlying conditions, allergies and medications, as well as complete immunization records,” added Duran. Special situations such as pregnancy and breastfeeding, immunocompromising conditions or medications, and disabilities can impact travel, she noted.

The CDC’s survival guide for travelers provides health and safety tips, global health notices, and information on specific diseases to watch out for. Planning ahead for illnesses or injuries during the trip, understanding the signs of illness, and knowing what resources are available can help travelers properly prepare. It’s also important to know what your health plan covers when traveling internationally. The TRICARE website has information about international coverage, including what beneficiaries should know before traveling. Additionally, beneficiaries can find information about the MHS Nurse Advice Line, a free, 24/7 phone service, on the MHS NAL website.

“Travel Medicine is actually a complex specialty,” said Ryan. “Travelers are wise to seek advice from an experienced travel medicine provider to discuss all preventive measures before embarking on their trip.”



Courtesy of Honolulu Authority for Rapid Transportation

Lane closures are planned for August 2018.

## Lane closures planned from Arizona Street (Halawa Gate) to Radford Drive

### Honolulu Authority for Rapid Transportation

The Honolulu Authority for Rapid Transportation (HART) would like to notify area residents and businesses of alternating lane closures Aug. 6 to 17.

The closures are associated with work to upgrade the Honolulu Rail Transit Project’s utility infrastructure in the area. The work will take place Monday through Friday from 7:30 a.m. to 4 p.m. For the safety of work crews and the traveling public, please observe construction signage.

### What to expect during construction:

- Eastbound lanes along Kamehameha Highway will be reduced to one lane. Travel lane will be shifted toward the mountain.
- During non-working hours, the traffic configuration will provide three lanes of through traffic in the eastbound direction.
- Bus stops and routes may be modified or closed during this operation. For up-to-date bus information, call 848-5555 or visit [www.TheBus.org](http://www.TheBus.org).

For more information, call HART’s 24-hour project hotline at 566-2299 or visit [www.honolulustransit.org](http://www.honolulustransit.org).

## AAFES to give out patches for kids

### AAFES Public Affairs

To celebrate the start of a new school year, the Army & Air Force Exchange Service is saluting military children for their service and sacrifice with giveaways and in-store events July 28.

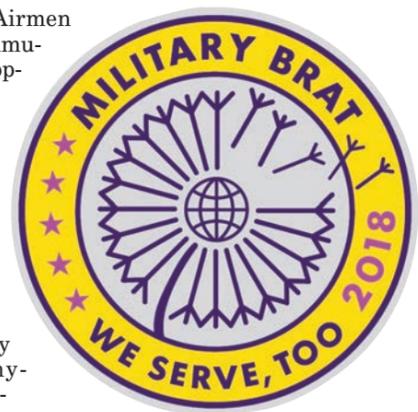
The exchanges, to include Hickam Exchange, are offering a military brat patch, available for free while supplies last at select main stores worldwide. Stripes Alterations coupons, will allow kids to have the patch sewn on a personal item. The patch honors the selfless spirit of warfighters’ children.

“A new school year is a perfect time to recognize the important role of military children,” said Air Force Chief Master Sgt. Luis Reyes, Exchange senior enlisted advisor. “The Exchange wants to help kids see their value as they get ready to go back to school, and these patches help accomplish that.”

Kids who wear or bring their patch to participating exchange restaurants July 28 will receive a free treat as well. Treats vary by location and may come in the form of a side, fountain drink, dessert or other item. Offer is valid July 28 only.

Soldiers and Airmen can visit the community page on Shop-MyExchange.

com for more information on event times and locations participating in back-to-school events. Shoppers can find their nearest exchange by visiting [shopmy-exchange.com/exchange-stores](http://shopmy-exchange.com/exchange-stores).





**UPCOMING EVENTS**  
Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

● **Pau Hana Concert in the Park** happens today from 4:30 to 7 p.m. at Hickam Harbor Waterfront. End the work week relaxing in the park and listening to great live music by the Air Force Band of the Pacific Rock Band as the sun sets in the background. Snacks will also be available for purchase or bring your own snacks and blankets to enjoy the fresh air. This is a free event and is open to all base-eligible patrons. For more information, call 449-5215.

● **Float Night** is cooling you off from the summer heat today from 5 to 7 p.m. at Scott Pool. The pool stays open late and you can bring your personal float. Free ice cream floats will also be given out (while supplies last). Please note: for the comfort and enjoyment of everyone at the event, floats are limited to tubes no larger than 36" for youth and 53" for adults. For more information, call 448-2384.

● **Ohana Paint Night** gets creative today from 5:30 to 7:30 p.m. at the Hickam Arts & Crafts Center. An instructor leads parents and children step by step through a featured painting. At the end of the evening they can take their personal masterpiece home. Price is \$35 per person, includes all art supplies and is open to ages 8 and up. Register online at [greatlifehawaii.com](http://greatlifehawaii.com). For more information, call 448-9907.

● **Eat the Street Shuttle** departs today at 6:30 p.m. from the Hickam Information, Tickets and Tours office. Avoid the traffic and parking woes and catch the shuttle to the island's largest food truck rally. Price is \$7 and the shuttle returns to the base at approximately 8:30 p.m. For more information, call 448-2295.

● **Chinatown Food & Historic Walking Tour** departs at approximately 8:30 a.m. July 28 from the Hickam ITT office. Discover the intriguing history of Honolulu's Chinatown on this walking tour, sampling Chinese treats along the way.

Cost is \$35 for adults and \$30 for ages 3 to 11 and includes round-trip transportation, guided tour and a Chinese-style lunch. Reservations are recommended. For more information, call 448-2295.

● **Entries for the Arts & Crafts Center's Gallery Showcase** will be accepted from Aug. 1 to Sept 30. Get your creative juices flowing and prepare to submit your artwork, crafts, photography and digital creations. It is free to submit a piece and works will be displayed in the gallery beginning with the opening reception on Oct. 3. For more information, call 448-2393.

● **STEM/Makerspace Wednesday** takes place from 2 to 2:30 p.m. Aug. 1 at the Joint Base Pearl Harbor-Hickam Library. There will be a Snap Circuits demonstration where youth can learn about basic electronics, coding and robotics. It's an entertaining visual hands-on experience for children. Reservations required, call 449-8299 for more information about the event.

● **Free Advance Screening of "The Meg"** hits the silver screen at 7 p.m. Aug 4 at Sharkey Theater. Doors open and tickets will be distributed at the ticket booth at 5:30 p.m. Active duty military ID cardholders will be able to receive up to four tickets. Military family members, military retirees and Department of Defense cardholders may receive up to two tickets. For more information, call 473-2651.

● **Lifeguard Hiring Day** takes place from 9 a.m. to 2 p.m. Aug 5 at Hickam Family Pool. Here's a chance to possibly get hired on the spot. MWR's Aquatics is hiring 10 lifeguard positions for its pools. Be ready for a physical fitness and skills assessment, as well as an in-person interview. Those selected will begin a lifeguard class the next day and will be hired upon completion of the course. Part-time and flexible positions available. For more information, call 216-1712.

## Half marathon volunteers needed

### Morale, Welfare and Recreation

Morale, Welfare and Recreation staff is looking for approximately 60 personnel to support the 12th Annual Joint Base Pearl Harbor-Hickam Half Marathon.

Anyone with access to JBPHH can volunteer. The volunteer work comes in a variety of forms and on different dates.

Duty date and times are listed below. The race starts Saturday, Aug. 18 at 5:30 a.m. at Earhart Track on Hickam Field.

- Friday, Aug. 17
- Set-up crew (2 to 5 p.m.)

- Saturday, Aug. 18
- Open general (duties assigned as needed).
- Bicyclists (pace the race/report at 4:30 a.m. until route is completed).

- Water station (set up/tear down/manage/report 4 a.m. until finished).
- Road guards (guide runners/traffic/report 4:15 a.m. until finished).
- DJ (set up/operate speakers/microphone/music equipment provided or can use own/report 4 a.m. until award ceremony is finished, estimated 9 a.m.)
- Set-up crew support (3 to 7 a.m. shift hours will be determined based on the number of volunteers).
- Event crew support (4:30 to 9:30 a.m. Shift hours will be determined based on the number of volunteers).
- Tear down/clean up crew support (report 8:30 to noon shift hours will be determined based on the number of volunteers).

To sign up, email [jose.timana@us.af.mil](mailto:jose.timana@us.af.mil). Provide your rank, last and first name, unit, email and cellphone number. You may also call 448-4637 during normal duty hours.



Photo by Tech. Sgt. Heather Redman

A runner carries the U.S. flag during the 11th Annual Hickam Half Marathon, Joint Base Pearl Harbor-Hickam, Hawaii, Aug. 19. The yearly event is hosted by the Morale, Welfare and Recreation office to promote fitness and health.



# HO'ŌKELE

PEARL HARBOR - HICKAM

## COMMUNITY CALENDAR

NAI'A  
spinner dolphin  
Photo by Michelle Poppler

### SEEKING YOUTH SPORTS VOLUNTEERS

**NOW** — Morale, Welfare and Recreation Youth Sports is looking for coaches to support their upcoming soccer, tennis, and girls fast-pitch softball seasons. Registration, coach clinics, and first aid/CPR training are in progress and can be accomplished at their office adjacent to Bloch Arena. Teams generally have two practice days per week for an hour or two and one game on either Friday or Saturday. Interested parties can contact Gavin Doi, the Joint Base Pearl Harbor-Hickam MWR Youth Sports and Fitness coordinator at 473-0789 or [gavin.doi@navy.mil](mailto:gavin.doi@navy.mil).

### HAWAII FOODBANK SEEKS VOLUNTEERS

**NOW** — Volunteers are needed year-round. Volunteers will assist in the Hawaii Foodbank's warehouse, in the community, or with special projects and events. Interested individuals must complete the volunteer application process below. Volunteers ages 8 to 15 must be accompanied by an adult age 18 or older. Complete a volunteer application at <http://www.hawaiifoodbank.org/volunteer>. Submit completed applications to [volunteer@hawaiifoodbank.org](mailto:volunteer@hawaiifoodbank.org), by fax at 954-7879 or by mail: Hawaii Foodbank Attn: Community Engagement Manager 2611 Kilihau St. Honolulu HI 96819. For more information, contact Marielle Terbio, community engagement manager at [volunteer@hawaiifoodbank.org](mailto:volunteer@hawaiifoodbank.org) or 954-7869.

### BELLOWS CLOSING FOR RIMPAC

**NOW** — Bellows Field Beach Park and its campgrounds will be closed to the public from today through July 30 in support of the Rim of the Pacific (RIMPAC) exercise. For more information, call the Community Relations Office at Marine Corps Base Hawaii at 257-8876.

### DOCUMENTARY SHOWING AT KAHALA MALL

**JULY 28** — "STRAWS" is an award-winning documentary that illuminates the problems related with straws and other single use plastic pollution that inundate our waterways and oceans. "STRAWS" will have two free screenings at Consolidated Kahala Theatres Saturday, July 28 at 9:30

a.m. and 10:30 a.m. as a lead-in to Kahala Mall's annual "How to be a Steward of the Ocean" mall-wide Keiki Day event which runs from 11 a.m. to 2 p.m. For more information, visit [kahalamallcenter.com](http://kahalamallcenter.com).

### ALOHA TO SUMMER CELEBRATION

**JULY 28** — Authorized patrons can celebrate summer in the lower parking lot of the Pearl Harbor Navy Exchange from 11 a.m. to 2 p.m. There will be games, activities, food booths, giveaways, pet adoptions, obstacle course and more.

### HELPING YOUR KIDS COPE WITH DIVORCED PARENTS

**JULY 30** — This class is scheduled from 10 a.m. to noon at Military Family Support Center Pearl Harbor. Divorce is stressful for the entire family. This workshop focuses on how to prepare your child for this transition, establish comfort in a new routine and more.

### HART ROADWORK COMING IN AUGUST

**AUGUST** — Honolulu Authority for Rapid Transportation has awarded the construction contract for Phase I of its Kamehameha Highway resurfacing project. Phase I covers the area from Acacia Road near the Pearl Highlands Center to the Hawaiian Electric power plant in Waiiau. The road includes the resurfacing of Kamehameha Highway from Waiiau through Pearl City and includes road widening, improvements to intersections, minor utility improvements, traffic signal work, turning loops, as well as curb and gutter work. The rough work schedule is expected to start in August and the plan is to have the final paving completed by late 2018. For more information, visit [honolulutransit.org](http://honolulutransit.org).

### CAREER EXPO 2018 COMING

**AUG. 1** — Career Expo 2018 is scheduled for Wednesday, Aug. 1 from 9 a.m. to 3 p.m., at Neal Blaisdell Center Exhibition Hall. Pre-register for free admission at <http://hawaiicareerexpo.com/>. At this specific job fair, Navy Region Hawaii will be accepting resumes for the following occupations: security guards, dispatchers, fire inspectors

and security assistants. Qualified applicants may receive interviews at the job fair and selected applicants may be provided on-the-spot job offers.

### TIME MANAGEMENT

**AUG. 1** — This class is scheduled from 10 a.m. to noon at MFSC Pearl Harbor. Effective time management can help increase productivity and reduce stress. Learn the skills to make better choices about managing your time and achieving goals. For more information, visit <https://jbphh.greatlifehawaii.com/support/military-family-support-center>.

### STARS LINED UP FOR MILITARY SPOUSES

**AUG. 2** — This workshop is scheduled from noon to 1:30 p.m. at MFSC Pearl Harbor. Military spouses travel around the world with their military partners for their careers and it can be a challenge for spouses to find employment when they are relocated every two to four years. Each path to the various government jobs requires different job search techniques and tips. Learn about writing a federal resume, maximizing your Priority Placement Program registration and more. For more information, visit <https://jbphh.greatlifehawaii.com/support/military-family-support-center>.

### DEVELOPING SELF-ESTEEM IN CHILDREN

**AUG. 2** — This class is scheduled from 1 to 3 p.m. at MFSC Pearl Harbor. The development of a positive self-concept or healthy self-esteem is extremely important to the happiness and success of children and teenagers. This class will share the basics for helping kids and teens to improve their self-esteem. For more information, visit <https://jbphh.greatlifehawaii.com/support/military-family-support-center>.

### PET ADOPTION EVENTS

**AUG. 4 AND 12** — The Navy Exchange, Hawaiian Humane Society and the Oahu SPCA are bringing pet adoption events for authorized patrons to the NEX Pet Shop, located at 4888 Bougainville Drive, from 10 a.m. to 1 p.m. For more information, call Stephanie Lau, the customer relations manager, at 423-3287.

## MOVIE SHOWTIMES

After draining his life savings to enter a team in the Rucker Classic street ball tournament in Harlem, Dax (LilRel Howery) is dealt a series of unfortunate setbacks, including losing his team to his longtime rival (Nick Kroll). Desperate to win the tournament and the cash prize, Dax stumbles upon the man, the myth, the legend Uncle Drew (NBA All-Star Kyrie Irving).



### SHARKEY THEATER

#### FRIDAY — JULY 27

7 p.m. • Jurassic World: Fallen Kingdom (3-D) (PG-13)

#### SATURDAY — JULY 28

2:30 p.m. • Jurassic World: Fallen Kingdom (PG-13)

5:20 p.m. • Uncle Drew (PG-13)

7:30 p.m. • Tag (R)

#### SUNDAY — JULY 29

1:30 p.m. • Incredibles 2 (3-D) (PG)

4:20 p.m. • Jurassic World: Fallen Kingdom (PG-13)

#### THURSDAY — AUG. 2

7 p.m. • Jurassic World: Fallen Kingdom (3-D) (PG-13)

### HICKAM MEMORIAL THEATER

#### FRIDAY — JULY 27

7 p.m. • Uncle Drew (PG-13)

#### SATURDAY — JULY 28

3 p.m. • Incredibles 2 (PG)

6 p.m. • Jurassic World: Fallen Kingdom (PG-13)

#### SUNDAY — JULY 29

2 p.m. • Incredibles 2 (PG)

4:30 p.m. • Jurassic World: Fallen Kingdom (PG-13)

#### THURSDAY — AUG. 2

6:30 p.m. • Uncle Drew (PG-13)