

SURVIVOR COMPLETES FINAL JOURNEY HOME TO *Pearl Harbor*

Story and photos by
MC2 (SW) Mark Logico

Navy Region Hawaii Public
Affairs

A memorial ceremony was held for 87-year-old Pearl Harbor survivor Paul Van Nostrand on Jan. 4 at the USS Utah Memorial on Ford Island.

Also known as "Van" to his family and friends, his ceremony included a short religious service, the scattering of ashes, and a three-volley rifle salute provided by the Joint Base Pearl Harbor-Hickam (JBPHH) Navy Detachment Honor Guard. A Navy bugler was also on hand to sound "Taps," and a Sailor presented an American flag to Van's son, Paul Van Nostrand Jr.

"It was a beautiful ceremony," said Paul, who attended the ceremony with his family and several others. Paul's wife Norlynn said the ceremony was touching, and it was something she would never forget.

Van, who died on March 27, 2008, was a 21-year-old Sailor assigned to Patrol Squadron 14 at Kaneohe Bay during the Dec. 7, 1941 Pearl Harbor attacks.

He was born on Oct. 11, 1920 and joined the Navy in February 1939. After serving as a seaman on a battleship and cruiser, he switched over to the aviation community and joined Patrol Squadron 14 in June 1941.

Kaneohe was the first military installation hit during the attack. Van was on watch when his seaplane was hit and caught on fire. He escaped and found refuge in a drainage tunnel that was at least 15 feet underwater. According to Paul's accounts, his father held his breath for as long as he could before going up for air again. He then went back down to avoid getting hit by Japanese machine guns.

During the war, Van served honorably at Kaneohe Bay and at Naval Air Station Vero Beach, Fla. His career included tours of duty with six aviation squadrons and another tour aboard the aircraft carrier USS Rendova (CVE 114). He retired in August 1958 as a chief aviation machinist's mate.

After leaving the Navy, Van went to college and earned a journalism degree at San Diego State College. He later taught journalism classes there and worked at

the Star News in Chula Vista, Calif. for two years. He eventually joined the Evening Tribune in 1964 and covered a variety of beats for the newspaper including politics, the waterfront, courts, police, North County and South Bay.

According to his family and friends, Van was a tall, no-nonsense newsman. A colleague said he was a classic professional, like someone out of the movies.

After retiring in 1983, Van was an active member of the Pearl Harbor Survivors and Fleet Reserve Associations. He passed away in 2008 at his Chula Vista home.

Paul Van Nostrand
CHIEF AVIATION MACHINIST'S MATE



Big men muscle Lake Erie to victory over Chicago

Story and photos by Randy Dela Cruz

Sports Editor

Gas Turbine System (Mechanical) Fireman Brandon Reed scored a game-high 19 points and teammate Seaman Erieck Ausbey dropped 10, as USS Lake Erie (CG 70) Warriors dominated the paint in a 50-25 win over the Windy City Warriors from USS Chicago (SSN 771) during an opening season Afloat Intramural Basketball League game at Naval Station Gym, Joint Base Pearl Harbor-Hickam, on Jan. 15.

Ausbey scored the first three baskets in the game to lead Lake Erie to a 10-7 advantage early in the first half.

The team then stepped up to a suffocating full-court press to go on a 10-0 run and gain a commanding 20-7 lead. A three-point shot from Machinist's Mate 3rd Class Travis Thieke of Chicago finally broke Lake Erie's streak.

"Defense is always first," Lake Erie head coach Ship's Serviceman Devon Luter said about the team's breakaway run. "Defense and rebounds will win the championship. If you can't play defense, it doesn't matter how many points you score."

Reed agreed that the pressure defense was instrumental in helping Lake Erie separate itself from Windy City.

During the final minutes of the first half, Reed was the main beneficiary of the team's press as he pumped in seven of his 11 points before the break on easy baskets inside the lane.

"I had a rough start," Reed admitted. "We had to settle down, use our big men and get the ball down low."

Thieke said that while he and his teammates tried their best to maintain control of the ball against Lake Erie's tough defense, a lack of experience versus the press doomed their effort.

"You need more than one person to break a press," Thieke said. "I was trying to tell everybody how to break a press. There was

only two or three of us that knew how to do it."

In the second half, Lake Erie opened up a huge lead by matching its strong inside game with some sharp shooting from the perimeter.

Information Systems Technician 1st Class (SW) Gennaro Hawkins, who was held scoreless in the first half, connected on a three-point shot with 12:40 left in the game to give Lake Erie a 25-13 lead.

Hawkins added another trey later in the game to score two of the team's four total long-range shots. Even Reed got in on the fun as he stepped away from the lane to sink a deep ball from the top of the circle.

Luter said that as long as Lake Erie kept its focus, he knew that the team would pull away in the end.

"The strategy was to run our offense, keep things at a consistent pace and play our game," he noted. "In the beginning, they kind of dictated to us how we were going to play. Once we got settled and started running our offense and defense, we did ok."

For Windy City, which got seven points from Thieke and two three-points baskets and 12 points from Logistics Specialist Seaman Jerry Acosta, Thieke said he believes that things should get better, even though it will be an uphill battle.

"It's still the first game of the year," Thieke said. "It's hard to play against a surface ship. They got a lot of people and can rotate out."

Meanwhile, the Lake Erie Warriors are stocked with several players from last year's runner-up team. The Lake Erie Ballers are the ship's second entry in the league this season.

With the experience on the Warriors, Luter said that he has high expectations from his squad – even with the added competition from Hickam.

"Anything less than a championship will be a lost season," Luter announced. "That's the goal. We'll play it one game at a time."



Gas Turbine System (Mechanical) Fireman Brandon Reed of USS Lake Erie (CG 70) goes up for a shot in an Afloat Intramural Basketball League game against the Windy City Warriors from USS Chicago (SSN 721) at Naval Station Gym, Joint Base Pearl Harbor-Hickam, on Jan. 15. Reed scored 19 points to lead Lake Erie to a season-opening 50-25 victory over Windy City.



(Left) USS Lake Erie (CG 70) post-player Seaman Erieck Ausbey battles for a rebound against players from the Windy City Warriors at Naval Station Gym, Joint Base Pearl Harbor-Hickam, on Jan. 15. Ausbey scored 10 points and was a formidable force under the basket in the 50-25 Lake Erie victory.



(Right) Logistics Specialist Seaman Jerry Acosta of the Windy City Warriors moves in for two of his team-high 12 points during the opening season Afloat Intramural Basketball League game versus USS Lake Erie (CG 70) at Naval Station Gym, Joint Base Pearl Harbor-Hickam, on Jan. 15. The Windy City Warriors are comprised of shipmates from USS Chicago (SSN 721).

Cyclists should remember rules of the road at all times

Joint Base Pearl Harbor-Hickam Safety Office

Remember, cyclists are considered drivers of vehicles, and they have the same rights and responsibilities as motorists.

Bicyclists are reminded that while state law mandates most of the same rights and regulations with respect to drivers of automobiles and cyclists, in the event of a collision, the cyclist always loses.

Cyclists riding on any Joint Base Pearl Harbor-Hickam (JBPHH) roadway must proceed in the same direction as traffic. They should ride to the right of the

lane as safely allowed by existing road conditions. Cyclists may ride away from the right side of the roadway under the following circumstances:

- Where the traffic lane is too narrow for a cyclist and a motorist to travel safely side by side.
- When preparing for a left turn;
- When necessary to avoid road hazards.
- When the cyclist is traveling the normal speed of traffic.
- On a one-way street, cyclists may ride near the left curb.

When riding on any installation roadway, cyclists must wear an approved bicycle helmet. The

exception is for workers riding bicycles in areas that require the use of ANSI approved helmets (hard hats) for protection from falling and flying objects, who are allowed to use those helmets instead of approved bicycle helmets. The exception does not include commuting to and from work, or any other trips requiring passage through perimeter gates, such as Nimitz and Makalapa.

For bicycles ridden between 30 minutes after sunset and 30 minutes before sunrise, a front white light and a rear red light are required. During periods of restricted visibility, cyclists must

wear reflective clothing. Bicycles shall be equipped with a bell or other device capable of being heard for at least 100 feet. Headphone use is prohibited while operating a bicycle on a roadway and sidewalks.

A bicycle may be operated at a speed of 10 miles per hour or less on a sidewalk provided that the cyclist yields the right of way to any pedestrian. When operating via a sidewalk, cyclists should dismount their bike and walk through crosswalks.

Cyclists should secure bikes to bike racks, and not to lights or fences. Abandoned or illegally

parked bikes will be removed.

Removed bikes will be retained at JBPHH 1st Lieutenant, building 1754 for 30 days before disposal. Tenant commands may request additional bike racks via JBPHH 1st Lieutenant at 471-3521. Privately owned bicycles must be licensed with the City and County of Honolulu Division of Licenses.

Harassment and reckless endangerment are misdemeanor offenses, punishable under Hawaii State Law and Uniform Code of Military Justice. Offenses include threats, taunting, intimidation and conduct which places another person at risk of personal injury.

Season opener is a slam-dunk for youth hoops

Story and photo by
Randy Dela Cruz

Sports Editor

The Hawaii Youth Sports Athletic Association (HYSAA) scored a bulls-eye as youth from Joint Base Pearl Harbor-Hickam (JBPHH) and Marine Corps Base Hawaii (MCBH) burst onto the courts on Jan. 15 to get the 2011 youth basketball year underway.

This season, Morale, Welfare and Recreation youth sports at JBPHH welcomed more than 350 boys and girls to the league, which includes age divisions Mini Mite (ages 5-6), Mighty Mite (7-8), Termite (9-10), Pee Wee (11-12) and Midget (13-15).

Over at Hickam Fitness Center Gym, the day's schedule started off with a spirited contest between the Pee Wee Division's Lakers and Thunder at 9 a.m.

The early morning start time did little to dampen the enthusiasm of the two teams, as the children left nothing on the court in a lively exchange that lasted from tipoff until the final whistle.

While the Thunder got balanced scoring from its offense, the Lakers tandem of J.C. Spann and Levi Ramirez proved to be too much firepower. The duo tallied 21 points in leading the Lakers to a 25-14 victory over the Thunder.

"Defense. That was our plan," said Lakers head coach Chief Warrant Officer 4 Chris Spann. "I'm convinced, after six years of coaching, defense wins ball games."

In the first half, the Lakers used that strategy to perfection, as the team's stingy defense allowed only eight points before intermission.

While the team was putting the stop on the Thunder, Spann and Ramirez made good use of the opportunity to give their team a comfortable 18-8 lead.

Spann scored eight of his game high 13 points in the first half, while Ramirez added all of his eight points in the opening minutes of the game.

"It's definitely great, when you have two different guards you can sub in separate quarters," said Lakers assistant coach, Damage Controlnam 3rd Class Travis Divita. "Both of them can take care of the ball."



You don't have to worry about them."

Although the Thunder faced an uphill climb in the second half, the team stepped up its defense and held its own in the final two eight-minute periods.

The Thunder gave up only one point in the third period and put the clamps on Spann, who was limited to five points in the second half.

"We had a hard time at first, but with their (Lakers) final score being 25, I think we came around and did OK," said Thunder head coach Chief Electronics Technician Mike Sanguinet. "We did pretty good. I think we can expect good things from this team."

The Lakers got four points from Joey Muzika to round out their scoring, while the Thunder was led by E.J. Navarro with six points with teammates Dakota Lee, Madelyn Khohr, C.J. Sanguinet and Alex Dela Cruz adding a basket apiece.

Later in the day, the Thunder rebounded by beating the Jazz, 28-6, at MCBH.

Although coach Spann said that he was happy to start off the season with a win, he was more pleased with the way his players applied what they learned in practice.

He added that the biggest reward comes from watching his players grow in the sport during the course of the season.

"Hopefully, they'll leave here with better fundamental skills," Spann stated.

Sanguinet, who like Spann has been coaching base kids for a few seasons, added that having kids develop a love for the sport is far more important than focusing on wins and losses.

"Everybody should have equal play time because that's what makes them want to come back next season," Sanguinet said. "It makes me feel good when they come back."

J.C. Spann of the Pee Wee Division (ages 11-12) Lakers goes up for a shot against the Thunder during the season opener of the Hawaii Youth Military Athletic Association basketball league at Hickam Fitness Center Gym, Joint Base Pearl Harbor-Hickam, on Jan. 15. Spann scored 13 points to lead the Lakers past the Thunder by score of 25-14.

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Tyler Patterson

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Air Force furthers commitment to greener communities

Hickam Communities LLC

More new homes at Hickam Communities have received prestigious LEED Silver Certification from the U.S. Green Building Council (USGBC) for meeting rigorous sustainable building standards. LEED (Leadership in Energy and Environmental Design) is a USGBC green building rating system.

The homes are located in Onizuka Village where construction of 304 LEED Silver homes began in 2008. Upon completion, Onizuka will be one of the Air Force's most energy-efficient neighborhoods.

"Actus Lend Lease and the Air Force's commitment to build sustainable communities that positively impact the environment and health of our families has made it possible for us to deliver hundreds of quality, energy-efficient homes," said Jerry Schmitz, project director of Hickam Communities. With the delivery of 100 new homes in the next three months, a total of 204 homes in Onizuka will be completed and certified.

LEED homes are designed and built to meet



Airmen and their families at Hickam will receive 100 new homes over the next few months. All are LEED Silver certified and part of development taking place in Onizuka Village. When complete, Onizuka will be one of the Air Force's most energy-efficient neighborhoods.

rigorous standards, which includes a resident education program that teaches families about the sustainable elements of their home and how to maximize their home's energy-efficient features. Additionally, LEED Silver homes use at least 30 per-

cent less energy and water and minimize the use of natural resources. They also provide improved indoor air quality. A healthier and more comfortable feel in homes is achieved by varied components and amenities, including high-efficiency

windows, compact fluorescent lighting, EnergyStar quiet bathroom fans, and higher efficiency air conditioning filters to keep more dust out of the air. "Reducing energy is an important objective of the Department of Defense, and we are excited to have

the opportunity to work with Air Force leadership and our families to achieve that objective," Schmitz said. Onizuka Village is part of the Air Force's \$820 million residential development that includes the construction of 1,208 new

homes, renovation of 428 historic homes, and building of property and maintenance management facilities and community recreational amenities. To date, more than 1,500 Airmen and their families are living in a new or renovated home.

Scholarship applications due Feb. 15

Don Robbins

Assistant Editor

Applications are due Feb. 15 for college scholarships provided by the American Society of Military Comptrollers (ASMC) Aloha Chapter.

"Our local association is providing college scholarships this year to high school students who are furthering their education," said Mary Garcia, ASMC Aloha Chapter scholarship chairperson.

College scholarships will be for graduating high school seniors entering a field of study directly related to financial/resource management, such as business administration, economics, public administration, accounting and finance.

The objectives of the ASMC Aloha Chapter Scholarship Program are to recognize graduating high school seniors for academic achievement and to provide financial assistance to seniors so they may accomplish their future

financial management baccalaureate educational goals.

The Aloha ASMC Chapter must receive applications no later than Feb. 15 to be considered by the selection panel. Any applications received incomplete or after that date will not be considered for selection.

Award criteria/submission requirements are as follows:

- Applicant must be a graduating high school senior in the final half of his or her school year, or a high school graduate within six months of the application deadline.

- Applicant must be entering a field of study directly related to financial/resource management. Applications that do not fall within these fields will not be considered.

- Application must be submitted on the current official ASMC National Scholarship Form. Incomplete applications or submissions that do not follow the submission criteria will not be processed or considered for evaluation.

An applicant must have two let-

ters of recommendation from a high school principal, academic dean, or guidance counselor and a high school teacher.

The application will include only the information requested in the application.

The applicant's scholastic achievements, leadership ability, extracurricular activities, career/academic goals and financial need will be considered and must be documented in letters of recommendation and summarized on the form.

A selection panel will review all applications received and make final recommendations to the ASMC Aloha Chapter Board, who will approve the final award winners. All notification will be done in April. Checks are mailed to the recipient in June once a college acceptance letter has been received.

For more information, including how to send submissions, e-mail Garcia of Aloha Chapter Scholarship/Continuing Education at mary.c.garcia@navy.mil or call her at 808-473-8000, ext. 6320.

This Week's Trivia

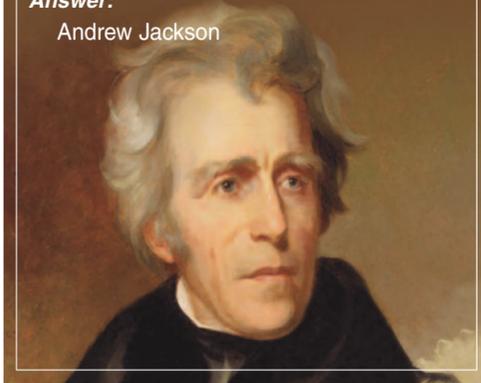
What congressional award was Dr. Mary Edwards Walker the first woman to receive?

Last Issue's Question:

During the Revolutionary War, was it Andrew Johnson or Andrew Jackson who was the only president who had also been held as a prisoner of war?

Answer:

Andrew Jackson



Pacific Aviation Museum seeks volunteers

Pacific Aviation Museum

Pacific Aviation Museum Pearl Harbor has issued a call for volunteers to help in its expansion. The museum recently opened its second WWII hangar for visitors to explore.

Recently rated "one of the Top 10 aviation attractions" nationally by TripAdvisor, the museum has several areas for nonpaid volunteers interested in history and aviation.

Docents and greeters are needed, along with restoration crew members who can work on aircraft alongside experienced mechanics. Flight simulator air bosses who teach guests how to fly virtually are also requested.

With many additional volunteer opportunities in museum operations, administration, education and special events, there is something for everyone. No experience is necessary and the museum provides volunteers with the education and skills needed.

Volunteers receive many benefits. They work hands-on with aircraft, meet and talk story with veterans and experienced pilots and mechanics, receive free admission to the museum and to the other Pearl Harbor historic sites,

receive discounts at the museum gift shop, free admission to all hangar talks and lectures, an annual "volunteer appreciation" party and more.

Contact Loretta Fung volunteer coordinator, for more information and a volunteer application at 441-1008 or Tours@PacificAviationMuseum.org. Volunteers must be at least 18 years of age or partnered with a parent. The museum will provide documentation for service hours.



WHO SAID IT?

"All right, they're on our left, they're on our right, they're in front of us, they're behind us... they can't get away this time"



Last Week's WHO SAID IT?

"Also remember that in any man's dark hour, a pat on the back and an earnest handclasp may work a small miracle."

- Brig. Gen. S.L.A. Marshall

Got Questions?

Write to us at
editor@hookelenews.com

PEARL HARBOR-HICKAM **Maniawa Nanea** LEISURE

Morale Welfare & Recreation

BARBERS POINT GOLF CLINIC

A golf clinic will be held at 9 a.m. on Saturday at Barbers Point Golf Course. There is no charge for the clinic. Call the pro-shop to register. FMI: 682-1191.

WAIMANO POOLS HIKE

Single Sailors are invited to join the Liberty Centers at the Waimano Pools hike on Saturday. Hikers will depart from Beeman Center at 9:30 a.m., Instant Liberty at 9:45 a.m. and Airman's Center at 10 a.m. The hike is free of charge. FMI: 473-2583.

WEST OAHU WHALE WATCHING CRUISE

Take a mid-day cruise in West Oahu at 11 a.m. Saturday and search for humpback whales during their annual migration. Tickets are available at Information, Tickets and Travel (ITT) Hickam office. The cost is \$35 for adults and \$30 for children ages 5 to 11. The price includes round-trip transportation. FMI: 448-2295.

NFL PRO BOWL OHANA DAY

A free ohana day will be hosted by the NFL Pro Bowl from 9 a.m. to noon on Jan. 29 at Aloha Stadium. Ohana day is open to the general public. A special package is offered to military families including free bus service to and from the on-base Burger King, special seating, prizes, a chance for children to participate in field contests and a sneak peak at pre-game and halftime shows. Registration deadline is Jan. 21. To reserve your seat, go to www.greatlifehawaii.com. FMI: 474-3501.

TOPS IN BLUE '10

Tops in Blue, the all-active duty U.S. Air Force special unit made up of talented amateur performers, is on the final leg of its 2010 world tour. Tops in Blue will be performing at 7 p.m. on Jan. 26 at the Freedom Tower lawn on the Hickam side of Joint Base Pearl Harbor-Hickam. Those attending should bring lawn chairs and blankets. FMI: www.greatlifehawaii.com

SUPER GARAGE SALE

The Morale, Welfare and Recreation Super Garage Sale will be held from 8 a.m. to noon on Feb. 19 at Richardson Field. The event is open to the public. Sellers must be military-affiliated. Applications are available online. The 10-by-10-foot seller space is unfurnished and does not have electricity. The cost ranges from \$10-\$35 per stall. Register at the Makai Recreation Center. FMI: 449-3354.

For more information on events, visit www.greatlifehawaii.com or www.hickamservices.com/

Community Calendar

January

24 ~ Join ShipShape, a multi-dimensional program focusing on nutrition education, increased exercise and behavior modifications that support a healthier lifestyle, from 2 to 4 p.m. Monday through Friday. Classes are starting now. The program runs for six weeks with Morale, Welfare and Recreation's R2R workout. Everyone with base access is welcome. FMI: 473-1880, ext. 2282.

29 ~ There will be free youth fitness clinics with NFL players and cheerleaders starting at 3 p.m. with a check-in time of 2:45 p.m. at Ward Field. Pre-registration is required and space is limited. The event is open to military-affiliated youth ages 9-15. Space limited to 150 for football, 75 for cheerleading. Registrations are being accepted until filled. Youth will work out like the pros. NFL players and cheerleaders will teach fitness drills, challenges and routines they do to be in NFL shape. Wear comfortable clothing and athletic shoes and bring the signer waiver form to check-in. FMI: www.greatlifehawaii.com

29 ~ Volunteers are needed for the Pouhala Marsh restoration work day which will be held from 8:30 to 11:30 a.m. Jan. 29. Pouhala Marsh is the largest remaining wetland habitat in Pearl Harbor. Volunteers will be tackling mangrove. FMI: Grace Hew Len at 473-2926.

February

Register to participate in the Great Aloha Run which will take place on Feb. 21. Register as an individual or in the "Sounds of Freedom Division." Check with your unit commander for the application if interested in joining the Air Force Team, the Sounds of Freedom Division. For Sounds of Freedom team registration call 655-9650. FMI: www.greataloharun.com.

March

1 ~ Register by March 1 for the Gecko Gallop 5K or 10K walk/ fun run to save \$10 on the registration fee and get a free T-shirt. The 5th Annual 17 Operational Weather Squadron (OWS) Gecko Gallop will be held at 6:30 a.m. on March 12. FMI and to register: www.active.com.

Movie Showtimes



Tron: Legacy (PG)

Sam Flynn, a rebellious 27-year-old, is haunted by the mysterious disappearance of his father Kevin Flynn, a man once known as the world's leading video-game developer. When Sam investigates a strange signal sent from the abandoned Flynn's Arcade that could have only come from his father, he finds himself pulled into a world where Kevin has been trapped for 20 years. With the help of the fearless warrior Quorra, father and son embark on a life-or-death journey across a visually-stunning digital universe created by Kevin himself, which has become far more advanced with never-before-imagined vehicles, weapons and landscapes and a ruthless villain who will stop at nothing to prevent their escape.

SHARKEY MOVIE THEATER

TODAY
7:00 PM The Next Three Days (PG-13)

SATURDAY
2:30 PM Tangled (PG)
4:45 PM The Chronicles of Narnia:
The Voyage of the Dawn Treader (PG)
7:15 PM Unstoppable (PG-13)

SUNDAY
2:30 PM Harry Potter and the Deathly Hallows
(PG-13)
4:45 PM The Next Three Days (PG-13)
7:15 PM Love and Other Drugs (R)

HICKAM MEMORIAL THEATER

TODAY
6:00 PM Tron: Legacy (PG)

SATURDAY
4:00 PM Tron: Legacy (PG)
7:00 PM The Tourist (PG-13)

SUNDAY
2:00 PM Standing Ovation (PG)



Enjoying the exercise, part 2: Chaplain puts meditation in motion with yoga

Story and photo by Staff Sgt. Carolyn Viss

Joint Base Pearl Harbor-Hickam Public Affairs

(Editor's note: This is the second of a three-part fitness feature series. The first part was published on page B-6 in the Jan. 14 edition of Ho'okele.)

Joining the active-duty military at age 41 wasn't intimidating to Dr. Christine Blice-Baum, a pastor, wife and mother.

In 1997, when she decided to accept a direct commission to the Air Force as a military chaplain, she had already been a pastor for more than 12 years after completing her Ph.D. and becoming ordained. She could run a mile and do the push-ups and sit-ups she needed to do, thanks to the help of her son's football coach, and was excited to make the drastic change in her life.

After her first year of active duty, Blice-Baum was in great shape, especially after losing 20 pounds on Weight Watchers and starting a Body for Life regimen. But by the time she reached the rank of major, the fit, petite chaplain was looking for even more. The cardio, weight training and calorie-counting kept the O-4 where she needed to be by military standards, but she was looking for the missing piece to her fitness puzzle.

"Two years ago I decided to go to yoga here at Hickam," Blice-Baum said. "I went to my first yoga class and said, 'Ah! This is the missing piece!' This felt like it completed the fitness triad for me. It was spiritual, but it was challenging. I was intrigued."

She attended twice a week until she received orders to deploy to Iraq in the early part of 2010. Wanting to keep up what had become a habit for her, she took her mat and some videos with her on deployment. But doing



Chaplain (Maj.) Christine Blice-Baum (center, right) leads a yoga session while deployed to Iraq in early 2010. Upon return from her deployment, she spent 200 semester hours completing her certification to teach yoga. She now carries the titles of doctor, chaplain, major and (registered yoga teacher) RYT200, depending on what role she fills at any given time.

yoga by herself wasn't as fulfilling as the group sessions she was used to, so she offered to lead a yoga practice through the installation's force support office.

"We averaged, on each session, from nine to 19 people," she said. "I had (explosive ordnance disposal) guys, firefighters, Army guys, Airmen and civilians. Folks came religiously - folks who didn't normally come to chapel."

Blice-Baum informally led 36 yoga sessions in Iraq. During that time, she decided she wanted to become certified to formally teach yoga, and upon her re-deployment, she found a yoga studio.

Beginning in the middle of August, she began an intense, 17-hours-per-

week advanced teacher training course, completing 200 hours of work in three months at Open Space Yoga, Honolulu.

"Now I'm a (registered yoga teacher) 200," she said. She now carries the titles of doctor, chaplain, major and RYT200, depending on what role she fills at any given time.

After joining the Air Force at an age when many people are retiring from it, she said she is faced with issues of keeping up with a younger force. Blice-Baum said yoga helps her tremendously.

"It keeps me active and focusing on the things that are important in the aging process, but also to encourage younger folks to continue with modera-

tion so that you're able to use your body for health," she said.

"It goes hand in hand with nutrition and a balance of exercises, and the result is being able to use our bodies as a gift to serve others," she said. According to Blice-Baum, it creates a mindfulness of what produces tension in the body and an understanding of alignment, which she said is great for physical, spiritual and emotional well-being.

"I'm more aware of my body, and I'm aware of my limitations," she said. "The good thing about yoga is, when you come to the mat and you start the sequences, it becomes a very centering thing. It's not competitive - it's about the breathing and

preparing yourself for meditation," she said.

"It's a meditation in motion," she said as she described the sun salutations and other sequences she leads during class. She often uses the meditative process of yoga to remember people in prayer, which is part of her daily life as you "learn to center the mind and move to a new spiritual place."

"If I find myself getting stressed in a given day, I can instantly stop and breathe, and it calms me," she said. This greatly helped her while she was deployed to Iraq. She made it her intention to remain calm in difficult situations.

"When you're there and you're hearing the .50-cals

and the helicopters, and it's 120 degrees outside, you can just stop and breathe," she said. "It's completely calming."

Now she uses yoga to not only continue the practice she finds the most fulfilling in her "trinity" of exercises, but she also offers free classes to bring others into the calming, balancing, centering act of meditation in motion.

She does it for the health of it.

(Blice-Baum's free yoga classes, "Finding Your Spiritual Center," are offered at the Chapel Center at Joint Base Pearl Harbor-Hickam from 5 to 6:15 p.m. Mondays and Thursdays. For more information, call 449-1754.)

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