

## Team Hickam is off to good start at Rodeo 2011

Staff Sgt. Carolyn Herrick

Joint Base Pearl Harbor-Hickam Public Affairs

JOINT BASE LEWIS-MCCHORD, Wash. – Team Hickam arrived at the 2011 Air Mobility Rodeo on July 23, ready to compete for not only a win but also a great experience - learning from other participating teams.

The rodeo, which began July 24 and will finish July 29, is a biannual aerial competition hosted by Air Mobility Command. Although this is the first rodeo to occur since Ft. Lewis and McChord Air Force Base joined to become Joint Base Lewis-McChord on Feb. 1, 2010, the rodeo's history dates back to the 1956 Reserve Troop Carrier Rodeo at Bakalar Air Force Base, Ind., hosted by the Continental Air Command.

International competitors this year are from Belgium, the Kingdom of Saudi Arabia, the Netherlands, Pakistan, the Republic of Korea, Spain and Sweden. Five units from Joint Base Pearl Harbor-Hickam (JBPHH), Hawaii are also in attendance, according to Maj. Anthony Gurrieri, the 15th Wing rodeo chief.

"We've got the 15th Wing C-17s and KC-135, a 15th and 154th Wing joint maintenance team, 647th Air Base Group security



Col. Sam Barrett, 15th Wing commander, high-fives as he departs hangar 19 at Joint Base Pearl Harbor-Hickam, Hawaii on July 22 with Team Hickam's Rodeo contingent on their way to Joint Base Lewis-McChord, Wash. for the Air Mobility Command Rodeo.

U.S. Navy photo by David D. Underwood Jr.

forces, the 515th Air Mobility Operations Wing aerial port team, and 624th RSG (Regional Support Group) aerial porters," Gurrieri said.

Although the rodeo officially started July 24, the week's grading and scoring began for Team Hickam when the C-17 and KC-135 touched down on the runway here.

"We shacked our arrival

time and received 200 of 200 points available," said Capt. Jasmine McCann, a 96th Air Refueling Squadron KC-135 pilot from JBPHH.

Although the Hickam tankers' first official event, a nighttime air refueling flight July 26, was very challenging, McCann said the team is doing well overall, thanks to "team work, knowledge of

tech(nical) orders and the rodeo (operational order), and good, old-fashioned piloting."

As a joint, active duty/Hawaii Air National Guard unit, their goal for the rodeo is to be the first HIANG tail to be in the top three, McCann said, although, "to win would be the best."

So far, they are representing Hickam well,

Gurrieri said.

"Our teams are competitive at this point, based on the scores for the events they have completed. There's a lot of competition left, so there's a lot to go on still, but we're on track and we're doing well," he said.

This kind of excellence isn't built overnight, however. Team Hickam has been preparing for the

rodeo starting three months ago when their training window opened up, Gurrieri said.

"Our teams worked extremely hard to get ready," he said. "They've taken that training and executed the mission as prescribed in the (operational orders) and worked total force integration on

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## Hickam Airmen participate in 'Hawaii Five-0' filming

Story and photo by Staff Sgt. Carolyn Herrick

Joint Base Pearl Harbor-Hickam Public Affairs

Ten Airmen from Joint Base Pearl Harbor-Hickam, Hawaii had the opportunity to participate as "Hawaii Five-0" filmed a portion of an upcoming episode at the 15th Wing on July 20.

These Airmen, who were doing their regular, day-to-day jobs on set now have a chance of being in the final shot.

"It was pretty cool," said Staff Sgt. Jerome Thomas, a 535th Airlift Squadron loadmaster. "The guys were really down to earth."

Thomas said his role was, "nothing I don't do on a day-to-day basis on a regular mission," but having it filmed by a Hollywood production company made it extra special.

Kent Matsuoka, the key assistant location manager, said "Hawaii Five-0" also shot an episode here last season, and it has always been pleasurable to work with the Airmen at JBPHH.

"It's not like our job isn't rewarding already, but having something like this happen makes it even more so," Thomas said.

"It went so smoothly," said Angela Laprete, production supervisor. "From the beginning, everyone's been wonderful. It was unbelievably great."

They always try to involve the military in scripts and stories whenever they can, Laprete said.



Airmen from Joint Base Pearl Harbor-Hickam watch as "Hawaii Five-0" films a portion of an upcoming episode on the flight line July 20. Ten Airmen participated in the shoot, doing their day-to-day jobs, and now have a chance to be in the final shots. This is the second year the hit CBS show has filmed at Hickam.

"We know how significant the military is to the state, so we try to embrace that as much as possible, whether it's Air Force, Army, Navy, Coast Guard or Marines," she said.

Laprete said she has a

personal tie to the base since her father retired from the Air Force here.

"I love Hickam Air Force Base. It has a special place in my heart," said the Hawaii resident. "It's always nice to come home."



## Newest Philippine navy ship gets aloha welcome

Story and photo by MC2 (SW) Mark Logico

Navy Region Hawaii Public Affairs

More than 100 Filipino-Americans and other well-wishers welcomed the Philippine Navy's newest ship, BRP

Gregorio del Pilar (PF-15), as it arrived at Joint Base Pearl Harbor-Hickam (JBPHH) on July 27 for a brief port visit.

Commanded by Capt. Alberto A. Cruz, Gregorio del Pilar left Alameda,

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New resuscitation device helps save a life  
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Intelligence Squadron goes distance to beat Medical Group  
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# USS Pasadena holds change of command

Story and photo by  
MC2 Ronald Gutridge

Commander Submarine  
Force U.S. Pacific Fleet  
Public Affairs Office

Cmdr. Luis Molina relieved Cmdr. Andrew St. John as commanding officer of the Los Angeles-class submarine USS Pasadena (SSN 752) in a time-honored change of command ceremony July 22 at the submarine piers at Joint Base Pearl Harbor-Hickam.

Capt. Ronald Boxall, executive assistant chief of naval operations for integrations and resources, was the guest speaker. He praised St. John and his crew on their recent accomplishments on board Pasadena and during his naval career.

"I admired from afar the way USS Pasadena met the challenges of deployment," said Boxall. "And as you part command, you leave knowing that you did your duty and that you served your crew, your Navy and your nation with honor."

St. John acknowledged that the majority of the submarine's success during his time as commanding officer could be attributed to the crew and their hard work efforts.

"Without the submariners of Pasadena, this ship would be nothing more than an impressive pile of metal," said St. John. "Sailors give a ship life and the crew has given this ship life. They have accomplished great things while conducting extensive operations well above the average, and that is how I



Cmdr. Andrew St. John is piped ashore after being relieved as commanding officer of the Los Angeles-class submarine USS Pasadena (SSN 752) by Cmdr. Luis Molina in a change of command ceremony held July 22 at the submarine piers at Joint Base Pearl Harbor-Hickam.

describe my crew, well above average."

Following his remarks, St. John was awarded the Meritorious Service Medal for his exceptional performance as commanding officer from February 2009 to July 2011.

In his closing remarks, St. John reflected on his time on Pasadena and at sea.

"It is hard to imagine 30 months have passed since I

last stood up here taking command," said St. John.

"It has been an amazing adventure that had it all: excitement, new places, new people and challenges."

As Molina assumed command of Pasadena, he addressed the crew about the future.

"To the officers and crew of Pasadena, I appreciate the support you have provided during my turnover

process," said Molina. "This is a period of challenging transitions for us, not because we have a new commanding officer but also because we have a very dynamic schedule. The challenges will be daunting and at times will seem insurmountable, but I assure you that we will stick to our principles and our submarine core values," he said.

St. John graduated from

Rice University with a bachelor of arts in biology. He has also completed a masters degree in national security studies from the National War College and has a masters of environmental engineering from Rensselaer Polytechnic Institute.

His sea tours include USS City of Corpus Christi (SSN 705), USS Alexandria (SSN 757), USS Bremerton (SSN 698), USS Charlotte

(SSN 766) and USS Columbia (SSN 771). His personal awards include the Meritorious Service Medal (two awards), Navy Commendation Medal (seven awards), Navy Achievement Medal (two awards) and several unit and service awards.

His next assignment will be as Commander, Submarine Squadron One located at Joint Base Pearl Harbor-Hickam, Hawaii.

## Helo 'relo' for training

Anthony Maestas, 735th Air Mobility Squadron HAZMAT inspector, inspects a helicopter on July 27 during a joint inspection at Joint Base Pearl Harbor-Hickam, Hawaii to ensure the vehicle is airlift ready for relocation transport. The helicopters are being transported to the Joint Readiness Training Center at Ft. Polk, La. for deployment training. There are 25 helos being transported to the Joint Readiness Training Center (JRTC) at Fort Polk, La. They will be training for about a month to prepare for an upcoming deployment. The helos are from the 25th Combat Aviation Brigade (CAB), Schofield Barracks, Hawaii and fly out of Wheeler Army Airfield.

U.S. Navy photo by David D. Underwood Jr.



# New resuscitation device helps save a life

Story and photo by Fire  
Inspector  
Angela Sanders

Federal Fire Department  
Hawaii

On July 6 at approximately 7:29 a.m., engine 112 and medic 8 from Federal Fire Department (FFD) Hawaii responded to a medical emergency involving a pulseless and unresponsive 37-year-old male Navy active duty service member. Personnel from engine 112 immediately began compressions and ventilation while medic eight administered advanced life support (ALS) medications and defibrillated the patient, and firefighters from engine 112 set up the AutoPulse, a new resuscitation device.

Once the AutoPulse was programmed, engine 112 prepared the patient for transportation. Both crews were able to maintain proper patient care and loaded the patient into the ambulance. The patient was then transported to Castle Hospital with a pulse, blood pressure and good respiratory efforts. "Their preparedness through diligent training prompted their early recognition of a dire emergency, executing a successful save," said Fire Capt.



Federal Fire Department EMS Chief Dennis Yurong, Firefighter Paramedic Jason Hanagani, and Firefighter Paramedic Dean Mizukami review the new Zoll AutoPulse, a non-invasive cardiac life support pump device, before giving a demonstration on Battalion Chief Victor Flint at Federal Fire Department Headquarters on July 21.

Jerome Liu.

Federal Fire Department Hawaii recently purchased and installed the new resuscitation appliance, a non-invasive cardiac life support pump, on all six EMS ambulances. The apparatus gives emergency

first responders an effective method of performing chest compressions which, in turn, increases a patient's chances of survival. FFD personnel offered demonstrations of the apparatus July 21 at FFD headquarters at Joint

Base Pearl Harbor-Hickam.

Studies have shown that sudden cardiac arrest is the leading cause of death in the United States. One American dies from sudden cardiac arrest every two minutes, and 95 percent of patients die before reach-

ing a hospital. According to health statistics, manual chest compressions provide only 30 to 40 percent of normal blood flow to the brain and 10 to 20 percent to the heart.

The new device is an improvement over manual

chest compression since it increases the patient's blood flow by moving more blood through the body at a more consistent rate which increases the patient's chance of survival. The paramedics explained that the uniqueness of the device is that it compresses the entire chest and not just a small area.

"I would use it on my family member," said Jason Hanagani, a firefighter paramedic.

"It's the consistent compressions that are important, and the only way you can obtain that is with this device," said EMS Chief Dennis Yurong.

EMS personnel discussed the benefits of using the new resuscitation device is: It increases the patient's chances of survival, it allows EMS personnel to continue compressions while moving from the scene to the ambulance as well as en route to the hospital, and it gives EMS personnel the ability to safely perform other life-saving procedures.

"Overall, this is a very safe method of doing CPR," said Fire Inspector Al Balderama.

For more information, contact Fire Inspector Angela Sanders at 471-3303, ext. 617 or angela.sanders1@navy.mil.

# JBP HH SAILORS EXERCISE VBSS

U.S. Navy photos by MCSN Sean Furey



A Sailor assigned to a visit, board, search and seizure (VBSS) team boards a ship during a VBSS drill.

A Sailor detains a hostile during a VBSS drill.

(Top and above) Sailors from USS Crommelin (FFG-37), USS Reuben James (FFG-57), and the USS Lake Erie (CG-70), who are assigned to a visit, board, search, and seizure (VBSS) team ride in a rigid-hull inflatable boat during a VBSS drill at Joint Base Pearl Harbor-Hickam.

## Diverse Views



**What safety precautions do you think are the most important to take while driving to ensure that you get to your destination safe and sound?**



**Sgt. Rickey Nickelson**  
U.S. Army ret.

"The best precaution to take is to be aware of your surroundings, driving defensively, not only looking out for yourself but for others as well."

**BM2 Alfred Wright**  
Joint Base Emergency Management



"Don't drink and drive! Limit distractions, no cellphones, none of that. Just get in the car and get from point A to point B. You could do everything else once you get there."



**Staff Sgt. Anna Melhado**  
613th Air and Space Operations Center

"Watch your speed, especially around housing where there's small children and pedestrians."

**Tech Sgt. Christopher Diamond**  
324th Intelligence Squadron



"When I ride my motorcycle, I always try to maintain an adequate space between myself and other drivers. Just in case there is some kind of an emergency on the road, I'll have plenty of space to react."



**Douglas Ikeda**  
MWR Auto Skills Center

"Make sure your vehicle is in good working order. Check that tires are properly inflated, all signals, safety equipment, seat belts, hazard lights and windshield wipers are in good working order."

(Provided by MC2 Ernesto Bonilla)

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

Drop us a line at [editor@hookelenews.com](mailto:editor@hookelenews.com) or [karen.spangler@navy.mil](mailto:karen.spangler@navy.mil)

## Aircraft named after Hawaii water bird



Photo courtesy of T. Merrill, retired 154th Wing historian

An F-4C Phantom assigned to the Hawaii Air National Guard's 199th Fighter Squadron, is shown here taxiing at Hickam AFB sometime in the early 1980s. This particular aircraft was christened "Alae'Ula," which is the Hawaiian moorhen, a water bird that is endemic to Hawaii. The red stars denote aerial victories credited to that aircraft when it was assigned to a previous squadron during the Vietnam War. One of the credits was for the downing of a Mig-17 using an AIM-9 missile on June 5, 1967 by Capt. Richard M. Pascoe and 1st Lt. Norman E. Wells of the 555th Tactical Fighter Squadron.

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# Air Force vets make house calls in Mongolia

Story and photo by  
Master Sgt. Cohen A. Young

Defense Media Activity

ONDORKHAAN, Mongolia – A joint military and civilian veterinarian contingent made house calls in the Hentii province of Mongolia on July 19 during Pacific Angel-Mongolia, a 13th Air Force-led combined humanitarian assistance operation.

U.S. Air Force Maj. (Dr.) Douglas Riley, Mongolian Armed Forces (MAF) Capt. Galtmaa Gantugs and Ganzorig Beuh-ochir, Mongolian veterinarian traveled to various places in the Hentii province in response to sick animals, including stops at the Ulziit Dairy Farm and three areas with goats and sheep that belong to the MAF.

The health of the livestock is important to the MAF because it is part of their funding as well as a vital meal source.

"Maintaining the health of the sheep is economical for the MAF because cashmere is made from their fur," said Riley, a veterinarian with the 13th Air Force Surgeon General Office at Joint Base Pearl Harbor-Hickam, Hawaii.

The main reason for this collaboration was to exchange techniques for improved interoperability between the two countries and extend the lives of the livestock.



U.S. Air Force veterinarian, Maj. (Dr.) Douglas Riley of 13th Air Force, Joint Base Pearl Harbor-Hickam, and Mongolian Armed Forces (MAF) doctor Capt. Gantugs Gialtmaon discuss treatment on livestock belonging to the MAF while in Mongolia on July 18 in support of Pacific Angel-Mongolia, a 13th Air Force led combined humanitarian assistance operation.

"This is a learning experience where we are trying to bring some of the west knowledge with the east and find that common ground where we can become interoperable," said Riley. "The MAF rely on the sheep, cows and goats for income as well as

food, and if we can help them help themselves to extend the life of the animals, then that will help the MAF for years to come."

"Maj. Riley and I were able to educate the MAF veterinarians in how to diagnose and treat a

few common diseases that fall upon the sheep, and they were quite pleased," said Beuh-ochir. "It was a great opportunity for us to work together on this project and very rewarding because it's a passion for me to be able to help

these nomadic people."

MAF veterinarians were eager for the collaboration to continue and look forward to working with this joint team in the future.

"It was a pleasure traveling through the province with Dr. Riley and Dr. Beuh-ochir and exchanging techniques," said Gantugs. "The information passed today will help prolong the lives of our animals, especially during our harsh winters."

This is the fourth year of Pacific Angel but the first time the operation has been hosted in Mongolia. The operation helps cultivate common bonds and foster good will between the United States, Mongolia and other regional nations. In addition to veterinary training, a clinic was refurbished and medical outreach events were conducted in Ondorkhan, Delgerkhaan, Jargaltkhaan and Tsenkhermandal soums of the Hentii province July 18-23.

This is the second series of Pacific Angel events this year; the first was held in Indonesia in June, while the next two will be held in Cambodia in August and Timor Leste in September. These engagements support U.S. Pacific Command's capacity-building efforts by partnering with other governments in the region by providing medical, dental, optometry, veterinary and engineering assistance to their citizens.

## USS City of Corpus Christi begins final CNO availability at Pearl Harbor

Katie Vanes

Pearl Harbor Naval  
Shipyard Public Affairs

Pearl Harbor Naval Shipyard successfully dry-docked USS City of Corpus Christi (SSN 705) on June 16. The Los Angeles-class submarine went into dry dock for an 11-month availability – the final depot-level maintenance period designed to accomplish all major maintenance actions needed to keep the submarine operational until the end of its scheduled service life.

"This specific availability involves 30 percent more work than a routine selected restricted availability,"

said Jeffrey Long, project superintendent for the ship's maintenance. "It's going to be an intense string of work, but it's all things that we've done before – and that we excel at."

Shipyard workers must inspect every system, starting with all tanks and voids on the submarine, followed by hull aperture opening and hull valve inspections. Significant repairs during the availability include the normal fuel oil (NFO) tank and two seawater valves.

Starting last September, the project team held planning meetings once a month among the three key players – engineers, nondestructive testing division

and structural workers – to ensure all the work will be done before the project completion date, according to Long.

The original work package contained so many jobs that doing all of them would have taken longer than the scheduled duration of the availability, Long explained. "A huge breakthrough resulted from these meetings," he said.

The structural engineering division researched the issue and discovered that Norfolk Naval Shipyard (NNSY) ran into the same dilemma with USS Albany (SSN 753).

NNSY worked with Newport News

Shipbuilding – the planning shipyard for Los Angeles-class submarines – to analyze the 600 as-found repairs in Albany's work package, with the majority being rust buildup in need of surface grinding and welding repairs.

After careful analysis, the 600 repairs were cut down to 14 repairs that the submarine would actually require for performance in the last stages of life, according to Long.

Pearl Harbor plans to send its inspection results to Newport News for the same software test in late July to minimize City of Corpus Christi's weld work package to solely necessary maintenance, thereby sav-

ing time, money and resources.

Another challenge was getting City of Corpus Christi into dry dock three with the help of a buoyancy assist module system (BAMS), a six-day process rather than the usual two-day evolution required for docking. The use of the BAMS was necessary because the dry dock is otherwise too shallow for Los Angeles-class submarines.

The procedure involves installing the BAMS, lifting the entire submarine about six feet up in the water, and then bringing her into the dry dock. Next, the submarine is lowered back down in the water, the BAMS is removed, and the dry dock

is pumped out to place the boat onto the blocks, according to Lt. Brent Dillow, docking officer.

"It's a team effort with about 180 people coordinating over a six-day period," said Dillow. "They were very professional and did an excellent job."

Lt. Brian Ryglowski, docking officer-in-training, added, "BAMS dockings are one of the most complex evolutions that we do at Pearl Harbor Naval Shipyard. It requires constant communication, vigilance, patience and great attention to detail."

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

## Philippine navy ship makes historic visit to Joint Base Pearl Harbor-Hickam

Continued from A-1

Calif. on July 18 to make its maiden voyage to the Republic of the Philippines where it will join the Philippine fleet. Gregorio del Pilar is a former U.S. Coast Guard cutter, USCGC Hamilton (WHEC 715). As a multi-mission surface combatant ship, it becomes the first gas-turbine jet engine-powered vessel in the Philippine navy fleet.

"This is very historic moment," said Col. Restituto Padilla, the Filipino military liaison assigned at U.S. Pacific Command. "That's why we have the Filipino community here in force. This is the first time a Philippine navy ship pulls into his-

toric Pearl Harbor. Coupled with that, this is the first Philippine navy ship that is gas-turbine. In these two instances, they are milestones. I hope this will be followed through by many more ship visits to historic Pearl Harbor in the months and years to come."

Navy Region Hawaii Command Master Chief Marc Sibal rallied the Filipino-American community in Hawaii to the JBPHH piers to greet the ship. Members of the U.S. Air Force, Army, Marines and Coast Guard also attended the event.

"I feel proud, very proud of it," said Sibal. "Even if I'm serving in the U.S. Navy, I'm still Filipino by culture and by heart. It's nice to see

the Philippine navy modernize their fleet. We are very uplifted, and I think everybody is very honored to have this ship pull into Pearl Harbor, to a historic place like Pearl Harbor."

Sibal, who previously served as U.S. 7th Fleet command master chief, said that the relationship between the U.S. and the Republic of the Philippines remains strong and that the ship is an example of the well-built relationship between the two countries.

Prior to taking command of the ship, 74 members of the Philippine navy underwent two months of intensive hands-on training aboard USCGC Boutwell (WHEC-719), the

sister ship of the Hamilton. While aboard Boutwell, the crew traveled to Colombia, Ecuador and El Salvador, participating in multiple missions including the interdiction of drug smugglers.

"Our partnership with the United States has been here for so many years," said Padilla. "It's getting stronger through the years. I hope this will mark a new era as we embrace new challenges. As new security environments emerge, our partnership with the United States would get even stronger and become more relevant in the years to come."

Deputy Consul General Paul Cortes of the Philippine Consulate

in Honolulu; Capt. Jeffrey James, commander of JBPHH; and Capt. William Johnson, commanding officer of USS Lake Erie (CG 70), host ship during the port visit, were also at the pier to welcome the ship.

During the three-day port visit, Gregorio del Pilar will take on supplies and fuel, hold a reception hosted by the Philippine Consulate General in Honolulu and the Philippine Celebrations Coordinating Committee of Hawaii (PCCCH), and visit the USS Arizona Memorial. A social media "tweetup" is being planned during the ship's visit. A Catholic mass will be conducted prior to their departure.

# Pearl Harbor-Hickam Highlights

(Right) Gen. Raymond Johns Jr., the Air Mobility Command commander, and Brig. Gen. Rick Martin, the 2011 AMC Rodeo commander, pass and review Team Hickam and international competitors July 24 during opening ceremonies at Joint Base Lewis-McChord, Wash. Team Hickam is comprised of members of the 15th Wing, 154th Wing, 515th Air Mobility Operations Wing, 624th Regional Support Group and 647th Air Base Group.

U.S. Air Force photo by Staff Sgt. Carolyn Herrick



Team Hickam's Rodeo contingent boards a C-17 at Joint Base Pearl Harbor-Hickam, Hawaii on July 22 on their way to Joint Base Lewis-McChord, Wash. for the Air Mobility Command Rodeo.

U.S. Navy photo by David D. Underwood Jr.

(Right) Federal Fire Department EMS Chief Dennis Yurong, Jason Hanagani Firefighter Paramedic, and Dean Mizukami Firefighter Paramedic, review the new Zoll AutoPulse, a non-invasive cardiac life support pump device, before giving a demonstration at Federal Fire Department Hawaii Headquarters on July 21.

U.S. Navy photo by Angela Sanders



(Left) Rear Adm. Frank Caldwell, Commander, Submarine Force, U.S. Pacific Fleet (COMSUBPAC), discusses the design for undersea warfare with senior leaders of COMSUBPAC at Lockwood Hall at Joint Base Pearl Harbor-Hickam on July 20. The Design for Undersea Warfare will guide submarine forces to achieve undersea superiority by providing three main lines of effort: ready forces, effective employment and future force capabilities.

U.S. Navy photo by MC2 Ronald Gutridge

(Right) U.S. Navy Sailors with ties to the Filipino community welcome the Philippine Navy's newest ship, BRP Gregorio del Pilar (PF-15), as the ship arrives at Joint Base Pearl Harbor-Hickam on July 27 during a scheduled port visit. The ship, a former U.S. Coast Guard cutter, is on its maiden voyage to the Republic of the Philippines to join the Philippine navy fleet. As a multi-mission surface combatant ship, Gregorio del Pilar becomes the first gas-turbine jet engine-powered vessel in the Philippine navy fleet.

U.S. Navy photo by MC2 (SW) Mark Logico



The Philippine Navy's newest ship, BRP Gregorio del Pilar (PF-15), arrives at Joint Base Pearl Harbor-Hickam on July 27 during a scheduled port visit.

U.S. Navy photo by MC2 (SW) Mark Logico



# Navy Medicine launches new blog on DODLive

## U.S. Navy Bureau of Medicine and Surgery Public Affairs

WASHINGTON (NNS) — Navy Medicine recently announced the launch of its new blog, designed to facilitate a unique and constructive two-way dialogue between Navy Medicine and its stakeholders, including service members and their families.

“My hope is that this open forum will serve to inform and generate lively discussion all across our enterprise and around the world,” said Vice Adm. Adam M. Robinson Jr., U.S. Navy surgeon general and chief, Bureau of Medicine and Surgery (BUMED).

Navy Medicine is committed to delivering meaningful and current information on its global operations while garnering feedback from the medical community and those whom Navy Medicine serves.

Blog topics will include Navy Medicine’s support of global operations, humanitarian aid and disaster relief, stories about the courage and



U.S. Navy photo by MCI Todd Hack  
Hospital Corpsman 3rd Class Durell Jacobs, assigned to Naval Medical Center San Diego, administers the seasonal influenza vaccine to pediatric nurse Myra Deala during a SHOTEX for the hospital staff.

sacrifice of Navy Medicine, noteworthy research and development, and discussion items relevant to BUMED and Navy Medicine.

“With the spirit of commitment and service in mind, let us begin the discussion of how we can best meet our current and future challenges,” said Robinson. “I encourage all readers and bloggers, no matter their rank, position or location, to provide constructive feedback on our goals and policies, because a good idea knows no rank.”

The Navy Medicine blog is available at: <http://bit.ly/nGC79N>.

Navy Medicine is a global health care network of 63,000 Navy medical personnel around the world who provide high quality health care to more than one million eligible beneficiaries. Navy Medicine personnel deploy with Sailors and Marines worldwide, providing critical mission support aboard ship, in the air, under the sea and on the battlefield.

For more information, visit <http://www.med.navy.mil/Pages/Default.aspx>.

## Feds feed families

### Navy Region Hawaii

The country has been hit by a series of natural disasters that have impacted many charity resources in response to significant and unplanned events.

Thus, the Office of Personnel Management has invited the Department of Defense (DoD) to partner as a nation-wide food drive in support of food pantries, soup kitchens and other service organizations.

Feds Feed Families is a campaign to encourage federal employees to bring non-perishable food items to their offices for distribution to local food banks.

The federal-wide goal is to collect

two million pounds of food. The DoD’s goal is to collect 733,800 pounds for distribution to local food banks nationwide. The campaign will end on Aug. 30.

There will be collection points at numerous locations at Joint Base Pearl Harbor Hickam, including the main collection point at Pearl Harbor Memorial Chapel. If you are interested in establishing an additional collection point, that is highly encouraged.

For more information, contact RP2 Brian Schoffstall at [brian.schoffstall@navy.mil](mailto:brian.schoffstall@navy.mil) or call 473-4512. There is also additional information at <http://www.fedsfeedfamilies.gov>.

*To report...*  
**Fraud, Waste or Abuse**  
 Contact Commander, Navy Region Hawai'i Inspector General

- ✓ We are here to help
- ✓ You can remain anonymous
- ✓ Remember to use your chain of command first

**HOTLINE:** 808-473-1782  
**EMAIL:** [prlh-cnrhig@navy.mil](mailto:prlh-cnrhig@navy.mil)

# United We Serve offers Sailors one-stop resource for volunteer opportunities

**Chief of Naval Personnel  
Public Affairs**

WASHINGTON (NNS) -- In its ongoing effort to encourage active, reserve and retired Sailors to volunteer in support of their local communities, the Navy recently announced a one-stop, web-based resource that assists in identifying volunteer opportunities.

According to NAVADMIN 191/11, United We Serve provides a search engine that enables Navy advocates and supporters looking for volunteer opportunities to enter a city and state location and get a list of organizations that are seeking volunteers.

United We Serve is a nationwide service initiative that helps meet growing social needs resulting from the economic downturn. The website provides volunteers an online resource for not only finding volunteer opportunities in their community, but also posting their own.

The site allows users to narrow searches to match the type of organizations or activities they desire to support.



U.S. Navy photo by Lt. j.g. Ryan Sullivan

Chief Yeoman Michael Shea carries a log to a pile while Chief Culinary Specialist Andy Scott and Machinist's Mate 2nd Class Travis Fitzgerald help civilian volunteers clear a backyard. Eight Sailors assigned to the fast attack submarine USS Missouri (SSN 780) are helping with clean-up efforts in Joplin.

"Sailors want to volunteer, but they want to make sure the organizations they are supporting are legitimate," said Fleet Master Chief Petty Officer Scott A. Benning with the Chief of Naval Personnel. "United We Serve is a great resource to help our Sailors make a positive impact in their local communities."

The NAVADMIN also advises activities desiring to post volunteer opportunities on the United We Serve site to consult OPNAVINST 5380.1A and seek guidance from their command's or region's legal counsel to ensure the services desired are appropriate for volunteers to perform.

"The contributions made by active and reserve Sailors, as well as the volunteers from the retiree community, continue to have an enormous impact within the Navy and local communities," said Benning.

For more information on volunteer opportunities, visit <http://www.serve.gov/>.

For more news from the Chief of Naval Personnel, visit [www.navy.mil/local/cnp/](http://www.navy.mil/local/cnp/).

**Commentary**

## Conserve utilities and save money

**Becky Hommon**

*Navy Region Hawaii  
Environmental Counsel*

Welcome to Hawaii, home to the best weather on the planet and the nation's highest electrical power rates.

Recent media reports have reminded us that Hawaii has the highest electrical rates in the nation – the highest. The

average nation-wide rate is around 11 cents per kilowatt hour. Here in paradise, it's more than 40 cents - four times the national average.

And, by the way, over the next five years our water bills are going to incrementally increase by 70 percent to fund pipeline reconstruction. We're told that at some point water will be more expensive than gas.

So thanks for thinking

about that fact every time you see power or water being wasted, whether at work or at home. Thanks for shutting off that light, that faucet, that fan, that A/C, that hose. Thanks for opening the windows and enjoying those trade winds before turning on the A/C. Thanks for doing what you can to teach water conservation now so we'll have it in the future. We're all in this together.

## Energy myth vs. reality

**Krista Stehn**

*Naval Facilities  
Engineering Command  
Hawaii Energy Team*

**MYTH**

It's better to leave fluorescent lights on rather than turning them off when you leave a room, since turning them on and off makes the bulb burn out faster.

**REALITY**

While it is true that switching fluorescent lights on and off does shorten the operating life of the bulbs, it is also true that their operating life is shortened by leaving them lit. Leaving a light on when the room is empty also consumes unnecessary energy.

Unless the switching frequency is greater than once every few minutes, it is generally cost effective to turn the lights off when not needed.



# HO'OKELE Online

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

# Fun in the sun can be painful

## Air Force Safety Center

Spending time outdoors can be fun, but beware of the sun.

Always be aware of heat conditions. Extreme heat conditions allow for potential heat-related illnesses and injuries, such as dehydration, heat exhaustion and heat stroke. The signs of heat exhaustion are heavy sweating, weakness, dizziness, headache, nausea and fainting.

Heat stroke can lead to death if not treated quickly. The signs of a heat stroke are headache, dizziness, confusion and unconsciousness. Individuals suffering from a heat stroke need immediate medical attention.

Keep these outdoor safety tips in mind to prevent heat exhaustion or stroke and to ensure your summer is a safe and pleasant one.

- The first and probably best line of defense against the harsh sun is wearing proper clothing like a long-sleeved shirt and/or long pants, sunglasses that block 100 percent of ultraviolet rays and a hat with at least a three-inch brim.
- Sunscreen is imperative when out in the sun. Apply and re-apply sunscreen when out in the sun, especially during peak hours.

According to the University of California at San Francisco's



School of Medicine, "Sunblock protects your skin by absorbing and/or reflecting UVA and UVB radiation. All sunblocks have a sun protection factor (SPF) rating. The SPF rating indicates how long a sunscreen remains effective on the skin. A user can determine how long their sunblock will be effective by multiplying the SPF factor by the length of time it takes for him or her to suffer a burn without sunscreen."

The American Association of Dermatology (AAD) recommends a broad spectrum sunblock with an SPF of at least 15 that is applied daily to all sun-exposed areas, then re-applied every two hours. However, in some recent clinical trials, sunblock with SPF 30 provided significantly better protection than sunblock with SPF15.

Waterproof sunscreens last awhile in the water, but re-apply sunscreen when coming

out of the water.

- Apply a lip balm with at least SPF 15 on your lips.
- Stay in the shade whenever possible and avoid the peak hours of the sun between 10 a.m. and 4 p.m.
- Drink plenty of water to avoid heat-related illnesses.
- Be aware of the invisible sun, which is the sun on a cloudy or overcast day. It is easy to think that a sunburn won't develop because of cooler temperatures or breezes on a cloudy day while, in reality, a sunburn is developing on your skin.
- Limit exposure to reflective surfaces like water. UV rays can be reflected off water and sand, so continue to practice sun protective behaviors even when in shady areas and near reflective surfaces.

Even those with the best sun safety intentions sometimes find

themselves with a sunburn. If this happens, follow these steps recommended by the Mayo Clinic to prevent further damage to your skin and to help ease any discomfort.

- Keep it cool. Apply cold compresses such as a towel dampened with cool water to the affected skin, or take a cool bath.
- Keep it moist. Apply aloe or moisturizing cream to the affected skin. Avoid products containing alcohol, which can further dry out skin. Beware of sunburn treatment products containing anesthetics, such as benzocaine. There's little evidence that these products are effective. In some cases, they may even irritate the skin.
- Leave blisters intact. If blisters form, don't break them. You'll only slow the healing process and increase the risk of infection. If needed, lightly cover blisters with gauze.
- Take an over-the-counter pain reliever. If needed, take anti-inflammatory medication, such as aspirin or ibuprofen, according to the label instructions until redness and soreness subside. Don't give children or teenagers aspirin. It may cause Reye's syndrome, a rare but potentially fatal disease.
- Treat peeling skin gently. Within a few days, the affected area may begin to peel. This is simply your

body's way of getting rid of the top layer of damaged skin. While your skin is peeling, continue to use moisturizing cream.

Consult a doctor for sunburn treatment if:

- Severe sunburn covers a large portion of your body with blisters.
- Sunburn is accompanied by a high fever or severe pain.
- Severe sunburn doesn't begin to improve within a few days.

If heat exhaustion occurs after being in the sun for prolonged periods of time or overexerting yourself in the heat of the day, cool body temperatures immediately by drinking cool water, resting and taking a cool shower. However, if a more serious condition such as heat stroke occurs after being in the sun, immediately seek medical attention and follow these rules given by the Mayo Clinic:

- Move the person out of the sun and into a shady or air-conditioned space.
- Call 911 or emergency medical help.
- Cool the person by covering him or her with damp sheets or by spraying with cool water. Direct air onto the person with a fan or newspaper.
- Have the person drink cool water or other non-alcoholic beverage without caffeine if he or she is able.

## Rodeo competition

### Continued from A-1

the maintenance side, coming together with five teams from five different wings to work as one, put Hickam at the forefront, and do our best," he said.

Distinguished visitors from Hawaii, including members of Friends of Hickam and the Pacific Air Forces Civilian Advisory Council, also came to represent the local community at the rodeo and see what Team Hickam is doing on a daily basis, Gurrieri added.

"Our goal overall is to win trophies, but honestly, more than that, it's going out and doing our best every time," he said. "Our goal is to represent Hickam well, and if we win that's great, but if not, I'll still be proud of what our guys have done.

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

**Aug. 4** – UH/Pacific Partnership 2011

**Aug. 11** – PHNSY apprentice graduation

**Aug. 18** – Pacific Aviation Museum Biggest Little Airshow

**Aug. 25** – JEMS Job Fair

**Sept. 1** – Naval Air Museum Barbers Point

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

**Got a story for KHON Hawaii Navy News?**

Email [editor@hookelenews.com](mailto:editor@hookelenews.com) or call Navy Region Hawaii Public Affairs at 473-2875. Stories must have a Navy tie and be of interest to the general public.

## Energy savings tip highlighted

Kick the habit! Make energy and water efficiency part of your daily routine by:

- turning off lights
- shutting down equipment
- turning off the water

For more information on saving energy, visit <https://navyenergy.navfac.navy.mil/> or contact Krista Stehn of the NAVFAC Hawaii Energy Program at 471-0440 or email [krista.stehn@navy.mil](mailto:krista.stehn@navy.mil).

