

BODYBUILDERS FLEX OFF III PHYSIQUE SHOWDOWN

Story and photos by
Randy Dela Cruz

Sports Editor

A total of 28 chiseled competitors representing the Navy, Air Force and Army stripped down and exercised their right to bare arms in a showdown of the military's top physiques at the 28th Annual Armed Forces Bodybuilding Championships (AAFBC) at Sharkey Theater, Joint Base Pearl Harbor-Hickam on April 23.

In this year's event, the contestants posed and flexed their way through three scrutinizing rounds of judging before a supportive and packed house at Sharkey.

When the votes were tallied, top honors were awarded to Army Cpl. Lorenzo Jones (lightweight division), Navy Chief Electronics Technician Travis Tolbert (welterweight division), Ship's Serviceman 3rd Class Anthony Milligane (middleweight division), Army spouse Jose Pacheco (light heavyweight division), Hawaii Army National Guard Spc. Amren Kekahuna (heavyweight division) and Team Navy for the best overall group.

Department of Defense Fire Chief Jonathan Powell joined Tolbert and Milligane on Team Navy, while Team Air Force was comprised of Staff Sgt. Jarvis Polite, Staff Sgt. David Robinson, Tech. Sgt. Jim Cummins and 64-year-old retiree Rodney Ng.

The night show also included guest posing appearances by Navy Chief Mineman Kevin Sperling, who was making his first stage appearance in over a year, and last year's AAFBC winners, U.S. Marine Sgt. Jeffery Velazquez and U.S. Army dependent Jessica Gaines.

Among the five division winners from this year's show, Kekahuna, who also won the heavyweight division at the Stingray Classic on April 15, was selected as having the overall best physique.

A professed weightlifting freak and mixed-martial artist, Kekahuna said that his foray into bodybuilding began three years ago, when he was deployed to Iraq.

A longtime practitioner of powerlifting, Kekahuna explained that he couldn't keep up with the demands of the sport in the hostile environment and was forced to change his workout routine.

Once he adapted to the new regimen, Kekahuna said that he noticed a definite transformation to his body.

"When you're doing missions, it's kind of hard to maintain your power and strength – especially when you're a 50 cal gunner," Kekahuna pointed out. "So you try and do other things to keep yourself busy. You try and maintain your conditioning, and just through those types of workouts, it changed my overall look."

Kekahuna said that the same techniques helped him shape up and carve away almost 100 pounds from November down to the ripped 200-pound frame that helped him win two bodybuilding titles in eight days.

Typically, an average

workout day for Kekahuna includes two two-hour sessions – one at 4:30 a.m. and the final session at 5:30 p.m.

While dieting is often viewed as a necessary evil in the sport of bodybuilding, Kekahuna credited his wife and trainer for making the process easy.

"My wife helped by making all my meals and my trainer did the game plan," Kekahuna stated. "All I had to do was train."

As for Milligane, who is a Sailor on USS Chafee (DDG 90), he said that things weren't as easy for him as he prepared to take the stage for the very first time.

"It's been real tough," he said. "Going out to sea and not being able to work out or eat the things you want to because it's so limited is tough."

Still, Milligane said that he was very encouraged after winning his division and making the top five.

To his success, he admitted that he is even more enthused about continuing in the sport and hopes for bigger and better things.

"I came out, did my best, won my division and I'm happy with that," he said. "I definitely look forward to participating in tougher competitions against tougher opponents and taking my physique to the next level."



Masterful mound performance leads HIANG to victory

Story and photos by
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Sports Editor

Hawaii Air National Guard (HIANG) pitcher Chief Master Sgt. Vince Ramos gave up only three singles in tossing a complete-game, seven-inning shutout to lead his team to an 11-0 win over the 15th Maintenance Group (15 MXG) in an Intramural Softball League Hickam-Wednesday Division game at Hickam Fourplex, Joint Base Pearl Harbor-Hickam on April 20.

In his near-perfect performance, the master sergeant was masterful in using various floaters to keep 15 MXG hitters off-balance, while going the distance.

Ramos surrendered only one single in the fourth inning and two more base hits in the sixth, and retired the side in order in four of the seven innings he pitched. An error allowed one 15 MXG runner in the second, but a double play ended the frame with Ramos facing the inning minimum of three batters.

"I was just trying to move around on the pitcher's mound to keep them off-balance," Ramos said. "I tried not to throw the same ball all the time, and the defense backs me up a whole bunch."

While Ramos was in full control on the mound, HIANG hitters took some time to warm up, but when they did, the team rained its hits in bunches to distance itself from the 15 MXG.

After 15 MXG pitcher Staff Sgt. Toby Abernathy retired the first six HIANG batters in a row, Ramos got the team's first hit with a single in the third inning.

The hit seemed to free up the swing of HIANG hitters, as the team rapped out six hits to drive in four runs in the top of the fourth inning.

Shortstop Ryan Tanaka started the hit parade with a double to lead off the fourth and scored the first run of the game on a single by teammate Capt. BJ Kalaiki.

In addition to Kalaiki, HIANG received RBI knocks in the fourth by Staff Sgt. Mike Victorino, Master Sgt. Danny Hiyama and Ramos.

Although the HIANG's offense went silent for the next two innings, the team's bats came alive once again in the last frame to score seven runs.

In the top of the seventh, the HIANG batted around the order and



stroked nine hits after Ramos led off the inning by flying out to center field.

Hiyama, who hit a run-scoring double during the late rally, said that the team entered its final turn at-bat with the single thought of putting the game away for good.

"We were up only four runs and that's not enough," Hiyama stated. "We figured, it's last inning and can't let this game get close, so we did what we always do. We always hit at the end."

Abernathy said that while HIANG hitters were able to find their stroke, the same couldn't be said for the 15 MXG.

No matter how hard they hit the ball, Abernathy said, it was just one of those days when the ball seemed to go straight to a defender.

"They started finding spots and started hitting the ball," said the 15 MXG hurler. "We were hitting it right at people and popping the ball up. We just weren't pushing the ball up."

Meanwhile, Hiyama said that although the HIANG has built up a reputation as one of the hardest hitting teams at Hickam, the game versus the 15 MXG represented the kind of up and down season that has plagued the team's batters this season.

Hiyama pointed to factors, such as the shorter schedule and the bat restrictions imposed by Morale, Welfare and Recreation (MWR), but stated that he is confident that HIANG hitters will be back up to speed soon.

"This year is different because MWR is supplying all the bats. It's not like the \$200 bats that we have that we're not allowed to use," Hiyama said. "We're not where we want to be, but we're progressing. Hopefully by championship time, we'll be ready to go."

(Top) Hawaii Air National Guard (HIANG) hurler Chief Master Sgt. Vince Ramos releases a pitch in the team's showdown versus 15th Maintenance Group (15 MXG) in an Intramural Softball League Hickam-Wednesday Division game at Hickam Fourplex, Joint Base Pearl Harbor-Hickam on April 20. Ramos tossed a complete-game shutout against the 15 MXG.

(Left) Staff Sgt. Mike Victorino of the Hawaii Air National Guard (HIANG) keeps his eye on the ball before smashing a single against the 15th Maintenance Group (15 MXG).

WWII POW and former Olympian shows he's 'Unbroken'

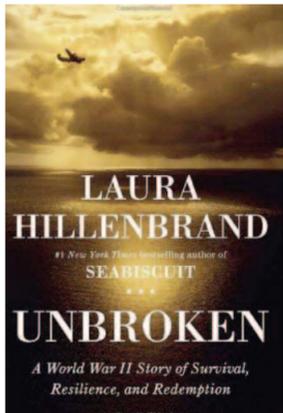
Keith DeMello

Battleship Missouri Memorial Association

The Battleship Missouri Memorial and the Honolulu Council of the Navy League recently welcomed a World War II prisoner of war and former Olympian for a special visit to Ford Island.

On April 15, the groups jointly hosted "Unbroken with Louis Zamperini: Live at the Mighty Mo," featuring the subject of author Laura Hillenbrand's latest novel. The invitation-only event was held for active-duty service members, their families and friends of the Navy League.

More than 400 guests had the opportunity to hear from and meet Zamperini, 94, whose life story is told in the New York Times bestseller. The former Army Air Force officer shared his inspirational tale of survival



"Unbroken" by Laura Hillenbrand was a bestselling novel, detailing Louis Zamperini's life.



Louis Zamperini, World War II prisoner of war and former Olympian, shared his story during a visit to Battleship Missouri Memorial on April 15.

and redemption on the fantail of the historic Missouri, site of the formal surrender that ended WWII.

In recent years, Zamperini

traveled to the Nagano Olympics with the hope of meeting one of his former (and particularly cruel) captors, a Japanese guard known as "The

Bird." After the war, the man reportedly was selling life insurance and was still alive.

Although the former guard initially wanted to meet, he

backed out, according to Zamperini. When asked what he would have liked to tell him, Zamperini said he wanted to tell him that he forgave the man.

Prior to the event, Zamperini followed Mike Pagano, Battleship Missouri Memorial military liaison, on a tour nearly up until the moment he was introduced.

The spry 94-year-old — who competed at the 1936 Olympics in Berlin — showed that he "still had it" by eagerly following Pagano down three decks, tackling steep ladders and doorway "knee-knockers," to see the Missouri's famed Broadway and second Battleplot, where past crew had fired the ship's mighty guns.

Later, when asked if there was anything good that came out of his POW experience, Zamperini said with a grin that it prepared him for marriage.

Big inning helps Pacific Fleet close out Nasty Pac

Story and photos by
Randy Dela Cruz

Sports Editor

The Commander U.S. Pacific Fleet (COMPACFLT) softball team scored eight runs in the bottom of the sixth inning to break open a close game and beat Naval Submarine Training Center Pacific (Nasty Pac), 17-8, in an Ashore Intramural Softball League matchup at Millican Field, Joint Base Pearl Harbor-Hickam on April 26.

Up by only a single run, COMPACFLT bats came alive to touch up Nasty Pac pitcher Chief Electronics Technician James Carroll for nine hits and eight runs, as the team rallied to win its first game of the season.

The win improved COMPACFLT's league record to 1-3, and left Nasty Pac still searching for a victory at 0-4.

"I can tell that there is a big difference in the morale of this team," said Chief Cryptologic Technician (Networks) Jeremy Brown, whose big three-run homer in the fifth inning may have been the spark that ignited the team's final outburst. "We're going to carry this as long as it will take us."

With both teams entering the game without a win, each squad squared off with full intentions to break out of the doldrums.

Nasty Pac got out of the gates first with two runs in the top of the first, before adding two more runs in the fourth and four runs in the fifth.

However, each time Nasty Pac moved out ahead, COMPACFLT answered to take the lead in its next turn at bat.

Down by two in the bottom of the first, COMPACFLT plated three runs to take a slim one-run lead, and clung to the single-digit margin by matching Nasty Pac with two runs in the fourth and four runs in the fifth.

The turning point of the game seemed to take place in the bottom of the fifth inning, when Nasty Pac held an 8-5 advantage.

With two men on and one out, Brown came up to the plate and swatted a deep fly ball that sailed over the head of the Nasty Pac right fielder. As the ball rolled to the fence, Brown circled the bases for a three-run, inside-the-park homer to tie the score.

"I was just trying to put a hard one down the line," Brown said. "I didn't think it would go that far. I was just trying to get it over the first basemen's head."

Then following the game-tying jack, COMPACFLT cleanup hitter Senior Chief Master-at-Arms Donnie Reinhart got hold of a Carroll offering and blasted it completely out of the park to put the team back out in front by one run.

"I was just looking for a base hit," said Reinhart about his shot over the left-field fence. "I hit one out last week as well, so I think I finally got my stroke down."



Senior Chief Master-at-Arms Donnie Reinhart of the Commander U.S. Pacific Fleet (COMPACFLT) softball team launches a shot over the left-field fence against Naval Submarine Training Center Pacific (Nasty Pac) in an Ashore Intramural Softball League matchup at Millican Field, Joint Base Pearl Harbor-Hickam on April 26.

The back-to-back slams seemed to uplift COMPACFLT, as the team put down Nasty Pac hitters in order, before putting the game away with its eight-run explosion in the sixth.

"It motivated everybody," Reinhart noted. "A lot of people got excited and it was good to see everybody alive."

After putting up a good fight, Carroll said that the loss was a hard pill to swallow. The Nasty Pac hurler said he thought that the team was just trying to do too much to break its losing streak.

"They (COMPACFLT) had some good hitting," Carroll admitted. "We'll just have to practice and try harder."

In fact, practice, said Brown, might have been the remedy that cured COMPACFLT's ills at the plate and on the field.

Prior to the game, the team held a two-hour practice session the day before to try and turn its season around.

"We've been doing a lot of batting practicing lately and we just needed to win tonight," Brown said. "Everything is coming together, so hopefully, we'll keep this streak going."



Senior Chief Cryptologic Technician (Technical) Rob Stewart of the Commander U.S. Pacific Fleet (COMPACFLT) softball team circles third base after blasting a three-run inside-the-park home run against Naval Submarine Training Center Pacific (Nasty Pac).

PAM will celebrate 100 years of naval aviation May 12

Pacific Aviation Museum Pearl Harbor

Aviators and those who support them will enjoy an evening of dining, dancing and celebrating the 100 years that naval aviators have given to ensure America's strength and freedom from 6 to 9 p.m. May 12 at Pacific Aviation Museum Pearl Harbor (PAM). Special guest is celebrity Jim Nabors at this event.

"Honoring the 100th anniversary of naval aviation speaks to the commitment of the Navy, Marine Corps and Coast Guard to protect the home front and sustain

peace. We are honored to celebrate with those who serve," said Kenneth DeHoff, museum executive director. The evening is co-sponsored by Pacific Aviation Museum Pearl Harbor and United States Navy League, Honolulu Council.

Guests will enjoy cocktails and dinner in hangar 37, followed by big band dancing.

Calling itself "A Global Force for Good," the official website says, "Our air forces are strong because of the support of our service members, their families and the American public. By honoring naval aviation, we honor our coun-

try and assure America and our allies that their security is guaranteed by a strong Navy, Marine Corps and Coast Guard team."

On the agenda for the evening are cocktails at 6 p.m., dinner at 7 p.m. and celebration of Hawaii's own naval aviation units at 8 p.m. Honored guests will include aviators from World War II, Korea, Vietnam and POW/MIA. Tickets are \$25 per person. Attire is summer whites or service equivalent. Civilian attire is aloha crisp.

For more information call 441-1004 or e-mail SpecialEvents@PacificAviationMuseum.org.

Hickam education office announces events

Hickam's annual Community College of the Air Force (CCAF) graduation ceremony is scheduled at 10 a.m. May 13 at the Hickam Officer's Club lanai. Graduates desiring to participate must RSVP as soon as possible in hangar two room 103. Point of contact is Timothy Smith at timothy.smith2@hickam.af.mil

In addition, the Air Force Culture and Language Center (AFCLC) will soon begin taking applications for "Introduction to Cross-Cultural Communication" (CCC) which is an online, self-paced course which fulfills three resident hours of either social science or general elective credit required for

the Community College of the Air Force (CCAF) Associate of Applied Science degree.

Enrollment for the spring 2011 CCC session has begun and seating will be limited to 75 students. E-mail the Force Development Flight for more information at 647fss.fsde@hickam.af.mil.

Due to personnel shortage and the Christmas holiday, the Force Development Flight Education Office testing schedule will change to the following for the month of December: at 8 a.m. on Dec. 7 only, 1 p.m. Dec. 8 only, Dec. 27-31 all sessions are cancelled. For information, e-mail 647fss.fsde@hickam.af.mil.

HO'OKELE Online

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

Saints march over Bears in youth season opener

Story and photos by Randy Dela Cruz

Sports Editor

A flawless opening-season day was capped off with the speedy Saints toppling a determined Bears team, 31-6, in a Morale, Welfare and Recreation Spring NFL Youth Flag Football 12U Division game at Quick Field, Joint Base Pearl Harbor-Hickam (JBPHH) on April 23.

The game completed a full schedule of fun but competitive matchups that pitted youth squads from ages 6-and-under through the big boys and girls at 15-and-under.

This year at JBPHH, a total of 23 teams in five age divisions are playing in the NFL youth spring season.

Among the final four games of the day, the pass-happy Saints, behind the strong arm of quarterback Ricky Escoto, struck quickly and often in an awesome aerial attack that overwhelmed the spirited Bears.

After the Bears opening drive stalled on five plays, the Saints took possession and scored on their second play of the game, when Escoto connected with receiver Alex Dela Cruz on a 35-yard pass-and-catch into the end zone.

Then after stopping the Bears on three plays, the Saints added another TD on an even longer pass. This time, Escoto deposited an over-the-top toss to Andres Cortez that covered 45 yards for the score to make it 12-0.

Chief Electronics Technician Derrick Lee, head coach of the Saints, said that alignment of the Bears' defense led to the team's early game-busting strikes.

"After our first running play, I noticed that



(Above) Players scramble for the ball during a 12U youth flag football game between the Saints and the Bears.

(Left) Saints quarterback Ricky Escoto throws a long pass downfield against the Bears in a Morale, Welfare and Recreation Spring NFL Youth Flag Football 12U Division game at Quick Field, Joint Base Pearl Harbor-Hickam on April 23. Escoto threw for four touchdowns in leading the Saints past the Bears during the season opener for both teams.

they (Bears) were in a man-to-man defense," Lee said. "Once I saw that, I felt that we had more speed than they had. So I decided to stretch the field."

The Bears defense held tough to hold the Saints on their next possession, but with time running down in the first half, Escoto struck again with a 17-yard hookup to Cole Bailey to

help the Saints take a 19-0 lead into halftime.

Following intermission, the Bears defense stopped the Saints on the team's opening drive, but the Saints came back on its next possession to mount a three-play, six-yard drive that culminated in a short pass from Escoto to EJ Navarro that increased the lead to 25-0.

The Saints added its final touchdown on an eight-yard run by Landon Lee.

In the final minutes of the game, the Bears showed tremendous heart in pushing their way through for a touchdown.

The Bears started their only drive for a score on the 25-yard line and moved the ball to the 18, before Clay Lemons made a nice grab in heavy traffic for the score.

Although the Bears came out on the short end this time around, Master Sgt. Sam Nelson, head coach of the Bears, said that he was extremely encouraged by the team's effort and its never-give-up attitude.

"They played hard," Nelson said. "We got a lot of young guys. We only got three guys that played before, so the kids went out there fighting. They're learning on the fly pretty much."

The lack of experience and the speed of the Saints, Nelson pointed out, were two factors that were hard to overcome.

"It kind of surprised our kids at how fast they were," Nelson stated. "There are ways to negate that, but right now, we're not to that point where we are going to be able

to do that."

After starting the season on a positive note, Lee said that he was also proud of the way that his team performed.

"I feel like they did an excellent job executing," Lee admitted. "My quarterback did an outstanding job passing the ball; they did an outstanding job running their routes and catching the ball."

Lee also complimented his players on the way that they have committed themselves to having fun and giving it their best.

"I like to see the leadership that they are taking," Lee said. "I come out to practice; they already know the routine. They put their flags on, stretch out and run through their plays without me saying anything."

Volunteers needed for Golden Age Games

Joan Foley

BSN, CHPN, Hospice and Palliative Care coordinator

The Department of Veterans Affairs (VA) 25th annual Golden Age Games will be hosted (various locations) in Hawaii May 26 to June 1, including at Joint Base Pearl Harbor-Hickam.

We are very honored to be chosen as the site of the VA's premier sports event for veterans 55 years of age and older. It is the largest sports and recreation competition for this age group of military veterans in the world.

The games serve as a showcase for the rehabilitation value that wellness and fitness provide in the lives of older Americans.

There are many ways to support veterans as they strive are needed to meet their goals. About 1,000 volunteers to make this year's VA Golden Games flow smoothly. Volunteers can fill many roles and capacities.

The VA is seeking a

minimum of four people with varied levels of medical expertise, including licensed and unlicensed personnel, at each event for a total of around 260 medical volunteers. The roles will be to provide "Red Cross" first aid or to stabilize and call for an ambulance.

All medical volunteers will need an active CPR card and will be expected to review a brief powerpoint presentation. All licensed medical personnel will also need an active license.

Events may not start without first having a medical team in place, and the medical team may not leave until the last veteran has left the event.

For more information on how to be a medical/healthcare team volunteer, contact Joan Foley, BSN, CHPN: joan.foley@va.gov or Linda Shivok: lindashivok@aol.com

Visit the website for event information at <http://www1.va.gov/opa/peceven/gag/index.asp>.

Moving requires a pet plan

Rebecca Hommon

Navy Region Hawaii Environmental Counsel

If a permanent change of duty station is on the horizon, a pet plan needs to be part of the checklist.

Abandoning cats on Navy property is not an option. In addition, Navy

policy prohibits the feeding of feral cats on Navy property.

Should transport or adoption by a friend or neighbor not work out, both the Oahu Society for the Prevention of Cruelty to Animals (754-1519) and the Hawaiian Humane Society (946-2187) accept and try to find new homes for pets.

To report...
Fraud, Waste or Abuse
 CONTACT COMMANDER, NAVY REGION HAWAII 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

GOT SPORTS
 Phone: (808)473-2888
 editor@hookelenews.com

PEARL HARBOR-HICKAM **Maniawa Nanea** LEISURE

Morale Welfare & Recreation

☞ FAMILY NIGHT WITH 'KERNEL POPCORN'
A family night with "Kernel Popcorn" will be held tonight at two venues. The event will be held at 6 p.m. at Sharkey Theater and 6:45 to 9 p.m. at Naval Station Bowling Center. Join Kernel Popcorn at Sharkey Theater for a free 25-minute magic show and autograph signings. Stay for a showing of "Mars Needs Moms" at 7:30 p.m. Adults pay \$4, children ages 6 to 11 pay \$2, and children ages 5 and under enter free. At Naval Station Bowling Center, "Kernel Popcorn" will be performing roving magic tricks and family entertainment throughout the night. Take advantage of a family special for \$25 for a family of four. It includes one hour of bowling, shoe rental, one pizza and one pitcher of soda. FMI: 473-2651.

☞ LEISURE TRAVEL SHOWCASE
Travel Connections at Joint Base Pearl Harbor-Hickam will hold a "Leisure Travel Showcase" from 9 a.m. to 2 p.m. on Saturday at the Pearl Harbor Navy Exchange (NEX) mall courtyard. The event will cover the many ways water helps people celebrate life in Hawaii. This event is free. There will be live entertainment and prize giveaways, or talk to travel specialists to plan a vacation or learn more about a destination. This is an outside event located in the NEX courtyard. FMI: 422-0139.

☞ SUMMER CAMPS 2011
Morale Welfare and Recreation's (MWR) Child and Youth Programs staff will offer day camps in May, June and July for children who have completed kindergarten, as well as some specialty camps for older children. Activities include sports, the arts or outdoor adventure. Open registration begins May 2. FMI: www.greatlifehawaii.com

☞ SPRING CRAFT FAIR
The 36th annual Spring Craft Fair and Family Fun Day will be held from 9 a.m. to 3 p.m. May 7 at Joint Base Pearl Harbor-Hickam, building 1889. The event is free and open to the public with access via Elliott Street and Kuntz Gate. The event features music by Island Storm, original arts and crafts, food booths, horse rides and more. FMI: 448-9907, ext. 101.

☞ CANOE REGATTA
The All-Military Wounded Warrior Canoe Regatta will be held from 8 a.m. to noon May 7 at Rainbow Bay Marina Canoe Hale. FMI: 473-0279 or 473-0284.

☞ FREE NEWCOMERS LUNCHEON
A free Newcomers Luncheon will be held May 10. The event will include MWR information booths, sponsor booths, prize wheels, bounce house and more. Learn about Joint Base Pearl Harbor-Hickam's recreational facilities, the island's hidden secrets and how MWR can provide deals on programs and services. The optional MWR base bus tour (limited space available) will take you to MWR locations around the base following the luncheon at 12:30 p.m. FMI: 473-2570.

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

Community Calendar

☞ May

☞ 10 ~ Fleet and Industrial Supply Center (FISC) Pearl Harbor will hold a small business IT industry event from 9 a.m. to noon May 10 at FISC Pearl Harbor, 1942 Gaffney St., building 475, second floor, training room one. FMI: Hayden Hu, Hayden.Hu@navy.mil or 473-7583.

☞ 10 ~ The AFCEA Hawaii Armed Forces Communications and Electronics Association (AFCEA) luncheon will be held at 11 a.m. May 10 at the Fort Shafter, Hale Ikena Club. Speaker is Lt. Gen. (retired) John Goodman, director, Center for Excellence in Disaster Management and Humanitarian Assistance (COE DMHA). Topic is COE DMHA's current mission and its Japan disaster role. FMI: www.afceahawaii.org or 441-8524.

☞ 12 ~ Pacific Aviation Museum Pearl Harbor will celebrate 100 years of naval aviation from 6 to 9 p.m. May 12 at the museum. Jim Nabors will be the special guest. The evening is co-sponsored by Pacific Aviation Museum Pearl Harbor and United States Navy League, Honolulu Council. The schedule for the event includes dinner at 7 p.m. and a celebration of Hawaii's own naval aviators from World War II, Korea, Vietnam and POW/MIA. FMI: 441-1004 or e-mail SpecialEvents@PacificAviationMuseum.org

☞ 13 ~ Hickam's annual Community College of the Air Force (CCAF) graduation ceremony is scheduled at 10 a.m. May 13 at the Officer's Club lanai. Graduates desiring to participate must RSVP as soon as possible in hangartwo room 103. FMI: Timothy Smith at timothy.smith2@hickam.af.mil.

☞ At a glance

☞ The Air Force Culture and Language Center (AFCLC) will soon begin taking applications for "Introduction to Cross-Cultural Communication" (CCC), which is an online, self-paced course which fulfills three resident hours of either social science or general elective credit required for the Community College of the Air Force (CCAF) associate of applied science degree. Enrollment for the spring 2011 CCC session has begun and seating will be limited to 75 students. FMI: e-mail the Force Development Flight at 647fss.fsde@hickam.af.mil.

Movie Showtimes



Rango (PG)

A chameleon that aspires to be a swashbuckling hero finds himself in a western town plagued by bandits and is forced to literally play the role in order to protect it.

SHARKEY MOVIE THEATER

TODAY
6:00 PM "Kernel Popcorn" Roving Magic Show (Free)
7:30 PM Mars Needs Moms (G)

SATURDAY
2:30 PM Rango (PG)
4:45 PM Beastly (PG-13)
7:15 PM The Adjustment Bureau (PG-13)

SUNDAY
2:30 PM Mars Needs Moms (PG)
4:45 PM Rango (PG)
7:00 PM Take Me Home Tonight (R)

HICKAM MEMORIAL THEATER

TODAY
6:00 PM Mars Needs Moms (PG)
8:30 PM Paul (R)

SATURDAY
4:00 PM Gnomeo and Juliet (G)
7:00 PM Battle: Los Angeles (PG-13)

SUNDAY
2:00 PM Rango (PG)



FOCUS project teaches resiliency to military families

MC2 (SW) Liz Vlahos

Defense Media Activity - Navy

WASHINGTON (NNS) — The Families Overcoming Under Stress (FOCUS) Project is a service initiated by the Bureau of Medicine and Surgery that teaches practical resiliency skills to service members and their families to better equip them to meet the challenges of deployment and reintegration. Part of this involves teaching the family to communicate and solve problems effectively,

and to successfully set goals together and create a shared family story.

"The role of the program is to basically help families identify, look through, and define what [it] is that's causing their stress," said Kirsten Woodward, director of the family programs division at the U.S. Navy Bureau of Medicine and Surgery. "[The] program can then assist with that stress in terms of emotional regulation, defining a shared family narrative, and working through compounding stressors that might come from a deployment,

multiple deployments, or high operational tempo issues."

Two of the tools FOCUS uses for teaching these skills are the feeling thermometer and the personal narrative. The feeling thermometer, modeled after the Navy's Operational Stress Continuum, helps family members to discuss their emotional states. Green means "comfortable," yellow means "less comfortable," orange, "uncomfortable," and red, "extremely uncomfortable."

The personal narrative is when each member of

the family writes a story about his or her life as part of that family. In a subsequent meeting, each family member shares his or her narrative, with focus on the children, and from that point the family builds a combined narrative. This helps the family to be able to understand different perspectives, clear up misunderstandings and create a stronger family unit.

"When a service member deploys, the whole family is really experiencing that deployment," said Dr. Anna Crane, a family resiliency trainer for the FOCUS Project at

Joint Base Little Creek-Fort Story, Va. "Deployments can be an opportunity for a lot of growth, but [there's] quite a few challenges often associated," Crane explained. FOCUS provides skills so families can stay strong through those multiple deployments. We frequently hear that as a service member, when they're deployed and their family's okay, they're able to do their job even better," she explained.

Chief Information Systems Technician Liam Benincasa, assigned to Naval Special Warfare

Group 2 Support Activity, Little Creek, Va., is pleased with the shift in the Navy's view of the Sailor's family.

"When I came in 11 years ago, there was the old adage of 'your spouse didn't come in your seabag,'" said Benincasa. "To see now, 11 years later, where they're really understanding that families are just as important to the military as the service member...definitely makes me feel better about being in the military," she said.

To learn more about the FOCUS project, visit www.focusproject.org.



Free combined military band concert planned

As part of Military Appreciation Month in Hawaii, military bands from around the Pacific will meet again this year for the Combined Military Band Concert at 7 p.m. May 21 at Hawaii Theater. This year's theme will be "A Salute to Military Aviation," and highlights the Centennial of Naval Aviation among other significant events in military aviation. Free tickets will be available through the Chamber of Commerce of Hawaii. Participants include members from the 25th Infantry Division Army Band, U.S. Marine Forces Pacific Band, U.S. Navy Pacific Fleet Band, U.S. Air Force Band of the Pacific, and the 111th Hawaii Army National Guard Band. For more information, visit the website www.cochawaii.com.



Sesame Street/USO Experience arrives at JBPHH on May 28

The Sesame Street/USO Experience for Military Families will arrive at Oahu military bases in May, including at Joint Base Pearl Harbor-Hickam on May 28. The festivities will be held at 2 and 5 p.m. at Hickam Fitness Center building 1120 on May 28. In addition, the experience will be held at:

- Marine Corps Base Hawaii Kahuna Ballroom at 10 a.m. and 6 p.m. May 18; and 6 p.m. on May 19.
- Schofield Barracks Martinez Physical Fitness Center at 2 and 5 p.m. May 21.
- Aliamanu Military Reservation Physical Fitness Center at 4 p.m. May 25.

Sesame Street and the USO bring the furry, fuzzy and friendly Muppets to military families across the world. Program highlights include free admission for military families and their children; mini-show and giveaways. For tour information visit www.sesameworkshop.org/TLC and www.uso.org

Earth Day cleanup at Ahua Reef will take place April 30

A Joint Base Pearl Harbor-Hickam Earth Day cleanup and out-planting event at Ahua Reef will be held from 8 a.m. to noon April 30. The Ahua Reef wetlands, located across from the Hawaii Air National Guard headquarters and near Hickam Beach, provides a special refuge for seabirds and native Hawaiian plants. Volunteers will help to remove invasive mangrove and kiawe, sharpen their plant identification skills, and put some "aloha" in the ground by increasing plant diversity on base. Wear closed-toe shoes and proper gardening or working attire. Some tools will be provided; however, bring gloves, shovels, rakes, and wheel barrows, if you have them. Water and a pizza lunch will be provided upon completion of the event. For information, call Grace Hew Len, Navy Region Hawaii Public Affairs Office at 473-2926.

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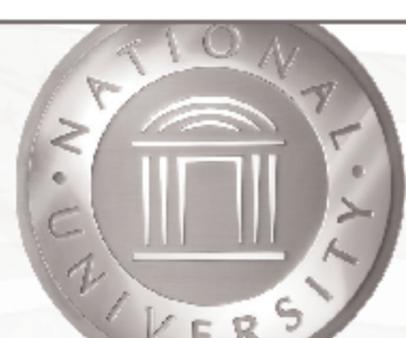
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Son of USS Port Royal Sailor is baptized in ship's bell

Story and photo by
MC2 Robert Stirrup

Navy Region Hawaii Public
Affairs

Sailors aboard the guided-missile cruiser USS Port Royal (CG 73) witnessed one of the Navy's oldest traditions as the son of a Port Royal Sailor was baptized during a ceremony held on the ship's forecastle April 26.

The son of Lt. Cmdr. Matthew Hoekstra, Port Royal's operations officer, and his wife Danae, was baptized in the ship's bell by Air Force Chaplain Maj. Christine Blice-Baum, senior protestant chaplain for Hickam Nelles Chapel.

The bell's connection to religious origins is longstanding. Originating in the British Royal Navy, it is a custom to baptize a child under the ship's bell or to use the bell as a christening bowl, filled with water for the ceremony. Once the baptism is completed, the child's name may be inscribed in the ship's bell.

Hoekstra stated that his service in the Navy played a large part in the decision to have his son baptized on the ship.

"Being in the Navy is a huge part of my life and it was a big deciding factor in having the baptism on the ship. Also, the ship is like a family to the Sailors on board and it's part of my family, and I wanted to share this experience



Air Force Maj. Christine Blice-Baum (right), senior protestant chaplain for Hickam Nelles Chapel, baptizes the son of Lt. Cmdr. Matthew Hoekstra and his wife Danae during a baptism ceremony aboard the forecastle of the guided-missile cruiser USS Port Royal (CG 73).

with my extended family," Hoekstra said. "This also was a unique opportunity and something that is not done very often."

Hoekstra also spoke about what the baptism meant to him and his family.

"The focus of the cere-

mony was to welcome my son into the family of God. I spend a lot of time on the ship, my wife and son support me being here, and being able to share this moment back with them means a lot to me," said Hoekstra.

Blice-Baum said this was her first baptism

aboard a Navy ship and she took pleasure in being able to conduct the ceremony.

"It was great to be able to come aboard a ship and I was tremendously honored to be asked to be involved in this ceremony here today," Blice-Baum said.

Painting project planned April 30-May 31 at base pass and ID

The portion of South Drive between the entrance to the Pass and ID parking lot and the employee parking lot at Joint Base Pearl Harbor-Hickam will be closed from April 30 to May 31 to support the exterior painting of Pass and ID. In addition, three to five parking

stalls of the base Pass and ID parking lot will be used as a contractor lay-down area.

The painting project will not affect base Pass and ID operations.

Drivers and pedestrians should approach the work area with caution and obey all warning signs and traffic guides.

GOT SPORTS

(808) 473-2888

editor@hookelenews.com

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



Weight Watchers meets at base

It is often easier to attend meetings when the time and location is convenient for members. This is what the Weight Watchers At Work program does.

Everyone is welcome to attend and experience a meeting firsthand. Pearl

Harbor Naval Shipyard has been hosting this for the past two years and is now welcoming other commands who may want to join the work group. Meetings run every Wednesday from about 3 to 4 p.m. in the shipyard's building two,

room 106. There is a fee for each 17-week or 12-week session. HMSA or Kaiser health insurance members receive a discount.

For more information, contact Shirley Zukeran at 473-8000, ext. 2536 or shirley.zukeran@navy.mil.

Leisure Travel Showcase set for April 30

Travel Connections at Joint Base Pearl Harbor-Hickam will hold a "Leisure Travel Showcase" from 9 a.m. to 2 p.m. on Saturday at the Pearl Harbor Navy Exchange (NEX) mall courtyard.

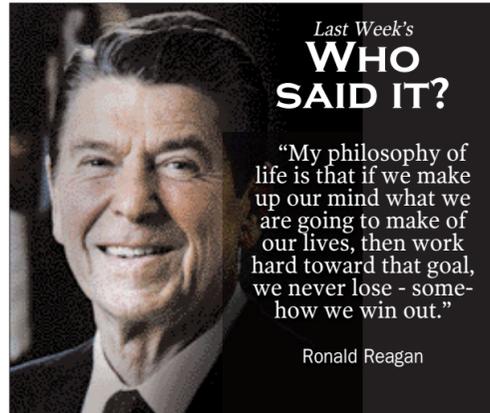
According to Travel Connections officials, the event will cover the many ways water helps people celebrate life in Hawaii.

This event is free. There will be live entertainment and prize giveaways, or attendees can talk to travel specialists to plan a vacation or learn more about a destination. This is an outside event located in the NEX courtyard.

For more information, call 422-0139 or go to www.greatlifehawaii.com.

WHO SAID IT?

"Our greatest glory is not in never falling, but in rising every time we fall."



Last Week's WHO SAID IT?

"My philosophy of life is that if we make up our mind what we are going to make of our lives, then work hard toward that goal, we never lose - somehow we win out."

Ronald Reagan

This Week's Trivia

When did Congress establish the Department of the Navy?

Last Issue's Question:

What was the "Doolittle Raid" which took place on April 18, 1942?

Answer:

Col. James H. "Jimmy" Doolittle led 16 B-25s from the aircraft carrier Hornet to bomb Tokyo and other sites in the first U.S. air raid on Japan.

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