



Military joins cleanup for National Public Lands Day

Story and photos by
MC3 Dustin W. Sisco

Navy Public Affairs Support
Element West Det. Hawaii

Military service members and other volunteers from Boy Scout and Girl Scout troops celebrated National Public Lands Cleanup Day by volunteering their services Sept. 29 at Ahua Reef

and the Halealoha Haleamau burial platform on JBPHH.

Some of the work completed included pulling or cutting non-native plants, outplanting of native plants and spreading mulch after outplanting has occurred. Outplanting consists of transplanting from a nursery bed, greenhouse or other location to an outside area.

"About 30 percent of coastal wetlands in Hawaii have been destroyed, and the ones that

are left are very degraded, and there's not many native species that remain," said Tiffany Thair, botanist and environmental planner for SWCA environmental consultants. "So today we have some kids pulling pickle weed, which is a non-native invasive plant, and then planting some native Hawaiian species."

At the burial platform, volunteers trimmed the *naupaka* hedge and grass and planted *ti*

leaf to beautify the site.

The volunteers learned about elements of Hawaii's environment, how to preserve and take care of Hawaii's wetlands and the animals that live there.

"One of the primary reasons we do this is because the Navy has a responsibility to be good stewards to the natural and cultural resources under our stewardship," said David Sullivan, the deputy regional

environmental coordinator for Navy Region Hawaii. "Another important reason is to engage the military community and their children, to show them what we're doing as stewards of the environment. Hopefully, we'll inspire them to be good stewards as well."

For more information on how to volunteer or initiate a cleanup, call the Navy Region Hawaii Public Affairs Office at 473-2926.



No obstacle too big for Wounded Warriors

Story and photos by
Randy Dela Cruz

Sports Editor

To see the Wounded Warriors Amputee Softball Team (WWAST) perform, it seems as if everything fits on the team's title except the word "wounded."

Watching the team practice Oct. 1 at Millican Field, Joint Base Pearl Harbor-Hickam (JBPHH), it quickly became clear that the players on the team are proof positive that anything is possible.

The squad was in Hawaii this past week to promote a series of games that it will play against teams from JBPHH and Marine Corps Base Hawaii in January.

For those teams that are looking to take it easy on the visitors, former Marine Lance Cpl. and now WWAST third and first baseman Josh Wege has only one request: "bring it!"

"I think it's a common theme anywhere we play," said Wege, who has been with the team since it began in 2011. "When you think of amputee, it's an ugly word. It means that you're not whole. If I was playing against a team of amputees, I'd be like, 'Hey, let's not try and humiliate them.' But if you think like that, you're giving us an advantage. Bring it on. I can't wait to see what we do with this."

Tom Plant, who is the team's volunteer media representative, holds the same sentiment.

After traveling with the squad, Plant said that he is constantly amazed at what the players can do and has seen other teams playing catch-up ball when they



(Left) Twenty-three-year-old Matias Ferreira, catcher on the Wounded Warriors Amputee Softball Team (WWAST) and former Marine, keeps his eyes on the ball as he connects with a pitch during batting practice at Millican Field. Ferreira and his teammates will be back in January to battle teams from Joint Base Pearl Harbor-Hickam and Marine Corps Base Hawaii. (Right) Josh Wege, a former Marine Lance Cpl. and current third and first baseman for WWAST, makes the long throw from third to first during infield drills at Millican Field. Wege, like Matias, is a double amputee.

underestimate Wege and his teammates.

"That happens a lot," he acknowledged. "The first thing people say is, 'It's nice that they're doing this, but I don't want them to hurt themselves. Then in the second inning, they're going, 'Gosh, they're kind of good.' By the third inning it's like, 'They're going to win.'"

Slugging catcher and former Marine Matias Ferreira was among the WWAST

players who put on a show during batting practice at Millican Field.

Like Wege, Ferreira is a double amputee who is missing both legs from his knees down.

Although Ferreira said that since he can no longer get his hips into his swing, he has adapted his stroke to use more of his upper body strength.

The change didn't appear to cause any problems to his

hitting, as Ferreira, who said he is trying to be more of a line-drive hitter, ricocheted shot after shot off of the left-field fence at Millican.

"Today, I was using a 27-ounce bat," he said. "If I were to pick up a 30-ounce bat, I could hit the ball over the fence without a problem."

According to Plant, the team, which also has players that are missing a hand, an arm and two players with missing right feet, has a col-

lective prosthetic price tag of \$2 million.

However, no amount of equipment is worth the heart and determination of each and every player on the WWAST.

Wege lost both his legs to a blast from a 200-pound improvised explosive device in 2009, while Ferreira suffered the same condition, when he jumped off a building onto a landmine in 2011. Both incidents happened

while they were serving their country in Afghanistan.

From the time of the incident, it took only six months for Wege to step back out onto the ball field.

Wege, who admits that he hit a wall after he got out of the hospital, credits the support from Walter Reed Army Medical Center for helping him adjust to everyday life.

"Just being at Walter Reed is therapy in itself," Wege explained. "It was absolutely a blessing being around guys in similar cases or unfortunately in worse off situations than you are. It's just a matter of working with your brothers and getting better."

Ferreira also benefited from the brotherhood when, during a low period in his life, he got a big boost from Wege.

"I was sitting in bed and Josh comes in, and I'm like, 'I don't want anybody coming in here today,'" Ferreira said. "He came over in jeans, so I couldn't tell. He walks in and says, 'Hey, I'm Josh, I play softball, snowboard and sky-dive.' Then when he showed me his legs, I was even more impressed. Then you have that possibility, you have that hope that you're going to be able to do these things. I don't know how, but I'm going to do them."

The same camaraderie can be seen on the ball field between all members of the WWAST.

Even though the mission can be overwhelming at times, Wege said that he couldn't think of doing anything else.

"I just love playing this game," he pointed out. "Honestly, playing with this team is a humbling experience. It's very rewarding in so many ways."

HO'OKELE Online PEARL HARBOR - HICKAM NEWS <http://www.hookelenews.com/> or visit <https://www.cnic.navy.mil/Hawaii/index.htm> 

STORY IDEAS?
Contact the Ho'okele editor for guidelines and story/photo submission requirements
Phone:
(808) 473-2888
or email:
editor@hookelenews.com

Kunia Gallos close out legacy with final title

Story and photos by Randy Dela Cruz

Sports Editor

Over the past few years, the Kunia Gallos have dominated soccer play on base with a core of talented and savvy players that know how to get the job done.

After winning their second consecutive Joint Base Pearl Harbor-Hickam (JBPHH) intramural soccer championship on June 30, the Gallos completed their reign as base kingpins, Sept. 29, by downing the Blue Penguins, 3-1, to win the Summer Soccer League crown at Quick Field, JBPHH.

Kunia team captain Cryptologic Technician (Interpretive) 1st Class Steven Bloom, who has seen the Gallos win five intramural crowns, two summer championships and a RIMPAC title during his tenure, said that while the win was sweet, it's also heartbreaking to know that this was the team's final hooray.

"It's kind of sad you know," said Bloom, who admitted that he might have also seen his playing days on base come to an end. "Now with all the guys leaving, I can't see it continuing with a different team. Plus it takes time away from my wife and kids, so I think this is it."

If Bloom never roams the soccer fields on base ever again, at least he will have the memory of knowing that he left as a champion, but it wasn't easy.

Like in their regular-season meeting on Aug. 25, the Blue Penguins, a team that is mostly comprised of members from the 15th Operations Group, got on the scoreboard first, when striker Ensign Jamie Gaines got behind Bloom and goalkeeper Lt. j.g. Donny George and boot- ed in a shot for an early 1-0 lead.

"I just had poor communication with the goalkeeper," Bloom pointed out. "He was kind of half coming out and I didn't know what he was going to do. We talked about it after-



(Above) Members of the 2012 Summer Soccer League champions Kunia Gallos pose wearing their championship T-shirts after winning the title at Quick Field. The Gallos, who have dominated soccer play on base for the past five years, played their final game together as a team.

(Right) 1st Lt. Leon Hontz of the Blue Penguins soccer team tries to kick the ball through the defense of Navy Diver 3rd Class Brian Ledyard of the Kunia Gallos during the 2012 championship game of the Summer Soccer League at Quick Field.



wards. We couldn't let that happen again."

Although momentum seemed to be with the Blue Penguins after the goal, the tide changed quickly when Cryptologic Technician (Interpretive) 2nd Class Allen Noel delivered a hard shot from the left wing that sailed past the goalie and into the net for a 1-1 tie.

Then, moments later, the Gallos struck again, when Culinary Specialist 3rd Class Christian Diaz navigated his way through a crowded backfield to score on an unassisted shot and put Kunia ahead at 2-1.

"Get past the defender, before he gets to me," said Diaz about what was going through his mind as he approached the goal. "I always stay a step ahead of them, especially on a tight little weave, and there were probably around three or four guys."

The lead stood up through halftime and shortly into the second half, before Diaz struck again to raise the lead to 3-1.

Being up by two goals proved to be plenty, as the Blue Penguins offense went dry following their game-opening goal.

Blue Penguins captain 1st Lt. Daniel Montilla explained that after the goal by Gaines, the team tried to focus on stopping the Gallos, but the plan backfired.

"We starting playing more defensive after that, but they scored two and we were down," he said.

Still, even in defeat, Montilla said that reaching the finals was more than the Blue Penguins ever expected.

"This was so much fun playing with these guys," he stated. "It's funny because our roster is pretty big, but people are on TDYs and missions, and on any given day, we might have seven or 14. Going into this game, we were pretty excited because we're like, 'Oh man, the other guys have played three games, we got a chance.' But they're (Gallos) just solid."

While Bloom, who recently returned from the soccer All-Navy tryouts at Naval Base San Diego, has experienced the top of the hill many times before, for Diaz, the feeling is still new.

Diaz was a member of the SEAL Delivery Vehicle Team-One (SDVT-1) Navy intramural champs three years ago, but had come up empty since then.

"I've missed this feeling," said Diaz, who joined the Gallos midway through the summer season. "To be back with a good team and win a championship, you can't ask for anything else. Whenever you're out here trying to have fun, a championship doesn't hurt."

Photo by Cpl. Reece Lodder

Photo by Cpl. Reece Lodder

U.S. Navy photo by MC2s Daniel Barker

Blue Angels thrill audiences at 2012 Kaneohe Bay Air Show

The U.S. Navy Flight Demonstration Squadron, the Blue Angels, demonstrate choreographed flight skills in F/A-18 aircraft during the 2012 Kaneohe Bay Air Show on Marine Corps Base Hawaii, Kaneohe Bay. Many other aircraft including An Air Force C-130, CH-53E Super Stallion helicopters, AH-1 Cobra attack helicopters and U.S. Marine Corps C-130T Hercules, known as "Fat Albert," performed maneuvers and demonstrations. Thousands of visitors flocked to the air show, Sept. 29 and 30. The free event was open to the public and celebrated the centennial of Marine Corps aviation.

Photo by Cpl. Reece Lodder

Strong second half leads Thundercats past 17th OWS

Story and photo by
Randy Dela Cruz

Sports Editor

Quarterback Air Traffic Controller Airman Bobby Walker threw for four touchdowns, while the defense stepped up to shutdown the 17th Operational Weather Squadron (17 OWS) in the second half to help the Fleet Area Control and Surveillance Facility (FACSFAC) Thundercats earn a tough 27-14 win in a National Division intramural flag football game Oct. 2 at Ward Field, Joint Base Pearl Harbor-Hickam.

Walker threw scoring strikes of 39, 61, 19 and 10 yards to lead the Thundercats, which had to rally from a 14-13 deficit at halftime.

The first three of Walker's touchdowns passes were caught by Operations Specialist 2nd Class Kelvin Marmolejos, while Air Traffic Controller 1st Class Justin Blackwood punched in the final tally.

"For a little bit, there were some broken plays," Walker said. "But for the most part, whoever is open is going to get the ball."

The Thundercats' first drive of the game appeared to stall after Walker was sacked on third down for an 11-yard loss back to the 17 OWS 39-yard line.

However, on fourth down, Walker went over the top and connected on a clutch toss in the back of the end zone to Marmolejos for six.

"He (Marmolejos) just got loose," Walker said. "I just let it go and usually, a guy like that, he'll go up and get it."

The Thundercats converted their one-point conversion to take a 7-0 lead, but it didn't take long for the 17 OWS to respond.

Led by signal caller Aerographer's Mate 2nd Class Dan Hicks, the 17 OWS began their drive on their own 15 and needed only five plays to march down to the



Air Traffic Controller Airman Bobby Walker, quarterback for the Fleet Area Control and Surveillance Facility (FACSFAC) Thundercats, scrambles while looking for a receiver during the team's National Division intramural flag football game versus the 17th Operational Weather Squadron (17 OWS). Walker threw for four touchdowns to lead the Thundercats past the 17 OWS.

Thundercats 16, before Hicks rushed in for a touchdown.

The extra-point attempt was good to tie the score at 7-7.

Then with the Thundercats back on offense, Walker, following a penalty, took a snap at the 19 before hurling a pass into the direction of Marmolejos.

The toss was overthrown and deflected by the 17 OWS backfield, but instead of falling to the ground the ball was tapped into the arms of Marmolejos, who took the gift and streaked down the right sideline and into the end zone.

"We got a little lucky there," Walker admitted. "It was a poor pass on my part, but sometimes we need a break like that."

The team failed to notch its extra point but still seemed to secure the lead going into the half when the Thundercats defense stood tough and forced the 17 OWS to punt with less than two minutes remaining before intermission.

Instead, three plays into the Cats' drive, Walker was picked off by 17 OWS defensive back Tyler Lundy, a mili-

tary spouse, at the eight-yard line.

Needing to travel 62 yards with only a few ticks on the clock before halftime, Hicks delivered by completing two passes, with the second toss going 43 yards and into the hands of Airman 1st Class Derrick Smith for six points.

The extra point was good as time expired to give the 17 OWS a 14-13 lead at the break.

In the second half, the 17 OWS was stopped on a quick four-and-out and immediately handed the ball over to the Thundercats.

Starting on their own 38, the Thundercats moved to the 17 OWS 10-yard line on two rushes by Walker and pass completions to Blackwood and Operations Specialist 2nd Class Ruffie Salazar.

Then, after a bad snap put the ball back on the 19, Walker delivered another scoring strike to Marmolejos.

Walker rushed in for a two-point conversion to make it 21-14, and then put the game into the hands of the Thundercats defense.

With time running out and forced to pass, Hicks tried to

sneak in a toss to the left sideline, but wound up being intercepted by Salazar, who returned the pick to the 17's 28-yard line.

Two plays later, Walker put the game away on a crossing pattern to Blackwood, who made the catch and scampered into the end zone.

"We killed ourselves," said a dejected Hicks following the defeat. "We played terrible. We're much better than that. If our regular defense was out there I feel like we could beat that team. We'll see. I'm sure we'll get another shot at them."

Yeoman 2nd Class Jarvis Williams, acting head coach of the Thundercats, said that the win confirms the team's dedication, which means practice, doing their jobs and executing.

With the team's fast start this season, Williams said that every game is seen as a step towards the Thundercats' ultimate dream.

"Our hopes and dreams right now is to win the championship," he said. "Me personally, I've never been past the second round. With this team, I'm trying to get to the championship game and win."

New Operation Mahalo honoree named



MA1 Kelly Wilson, accompanied by his wife, Elizabeth, and son, Bryson, receives the Operation Mahalo award.

Story and photo by Brandon Bosworth

Contributing Writer

Master of Arms 1st Class Kelly Wilson, of Commander, Navy Region Hawaii, is the latest recipient to be honored by the Armed Forces YMCA Operation Mahalo program.

"Kelly Wilson has gone above and beyond the call of duty," said Stanley Lum, executive director of Armed Services YMCA of Honolulu, at the Oct. 2 ceremony at Joint Base Pearl Harbor-Hickam.

"He has been called the command's most knowledgeable and effective investigator."

Lum also praised Wilson's role as a mentor to 40 Sailors as well as a volunteer tutor at Pearl City Elementary School.

Operation Mahalo was launched by Paul Brown of Hawaii's Paul Brown Salons in appreciation of the sacrifices made daily by military members and their families. Winners receive a personalized hair and body makeover, as well as dinner and a two-night hotel stay.

Wilson said he did not expect the honor.

"I was shocked," he said. "I knew I was coming here today for some sort of recognition, but I didn't know what."

Wilson and his wife, Elizabeth, hope to take advantage of the free hotel stay before December, when they transfer to a new duty station in Georgia.

As for the makeover, he said his wife would be the one to use it, though she had other thoughts.

"He deserves the pampering," she said.

PEARL HARBOR-HICKAM Maniawa Nanea LEISURE

Morale Welfare & Recreation

🏊 DIVE-IN MOVIE

A free movie showing at Pool 2 takes place Friday evening. The movie will begin at sunset. Children under the age of 10 must be accompanied by an adult. FMI: 448-2223.

🏊 SNORKELING SHARKS COVE WITH LIBERTY

There will be a free snorkeling trip to Shark's Cove on the North Shore with liberty on Saturday. Departures are from Beeman Center at 8:45 a.m., Instant Liberty at 9 a.m., Makai Recreation Center at 9:15 a.m. and Liberty Express at 10 a.m. This event is for single active-duty Sailors and Airmen only. FMI: 473-2583.

🏊 YOUTH ULTIMATE FRISBEE REGISTRATION

Registration for youth ultimate frisbee begins Monday. The season runs Dec. 2012–Feb. 2013, and games will be played at Richardson Field. The \$65 fee includes jersey, shorts and award. Youth ultimate frisbee is open to ages 10-16. FMI: www.greatlifehawaii.com.

🏊 WOMEN'S SURFING CLASS

Hickam Harbor will offer a women's surfing class at 9 a.m. Oct. 13. Instructors will teach surf history, wave science, etiquette and technique. Participants must be able to swim without a lifejacket. The fee is \$30 per person, and the registration deadline is Oct. 8. FMI: 449-5215.

🏊 PRESCHOOL STORY TIME

Preschool story time will be held 9 to 10 a.m., Wednesday, at the Hickam Library. The theme for the day is "show and tell." FMI: 449-8299.

🏊 STAND-UP PADDLEBOARD KAILUA

There will be a paddleboarding excursion to Kailua Beach at 10 a.m., Oct. 13. Departures are from the Outdoor Adventure Center-Fleet Store. The fee is \$24 per person, and transportation, instructions and equipment are provided. The registration deadline is Oct. 10. FMI: 473-1198.

🏊 OAHU HIGHLIGHTS TOUR

There will be a tour of Oahu 8:30 a.m.-3:30 p.m. Oct. 11. The tour features the major sights of east and central Oahu, including Hanauma Bay, Pali Lookout and Punchbowl Cemetery. The cost is \$45 for adults, \$40 for children, and free for children ages 2 and under on an adult's lap. Lunch is included. Departures are from ITT-Hickam office. FMI: 448-2295.

🏊 FREE LADIES' GOLF CLINIC

There will be a free ladies' golf clinic at 10 a.m., Oct. 11 at the Barbers Point Golf Course. FMI: 682-1911.

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

Community Calendar

🌙 October

🌙 5 - In conjunction with Fire Prevention Week, the Federal Fire Department (FFD) will promote fire escape planning and practice 11 a.m. to 2 p.m. Oct. 5 at Pearl Harbor Navy Exchange. FFD will also be at the Schofield Barracks Base Exchange, 11 a.m. to 2 p.m. Oct. 10, and at the Kaneohe Marine Corps Base Mokapu Mall, 11 a.m. to 2 p.m. Oct. 11. FMI: Fire Inspector Angela Sanders at 471-3303, ext. 617 or email angela.sanders1@navy.mil.

🌙 5-6 - Dozens of Medal of Honor recipients will join the public with Gary Sinise and his Lt. Dan Band during a block party 5 to 10 p.m. Oct. 5 in downtown Honolulu, on Nimitz Highway between Smith Street and Nuuanu Avenue. The event is free and open to the public. In addition, more than 50 Medal of Honor recipients will be on hand at two sessions, 9 to 11 a.m. and 11 a.m. to 1 p.m. Oct. 6 at the Hale Koa Hotel for a book signing. Tickets for the event are \$20 and can be purchased online. This event is open exclusively for those who purchase tickets in advance. Only 500 tickets for each session will be sold. FMI: MedalofHonorConvention2012.com.

🌙 6 - The 2012 "makahiki" at Kapuai'kaula (Hickam Beach) will be held 9 a.m.-noon at Hickam Harbor Beach, Pearl Harbor-Hickam. Families are invited to participate in the free ancient Hawaiian games of skill and experience the educational cultural event. FMI: email patricia.colemon@navy.mil, jeff.pantaleo@navy.mil, or grace.hewlen@navy.mil.

🌙 9 - The Armed Forces Communications and Electronics Association (AFCEA) Hawaii Chapter monthly luncheon meeting will be held 11 a.m.-1 p.m. at Fort Shafter's Hale Ikena. The guest speaker will be Maj. Gen. Norman J. Brozenick, Jr. commander, Special Operations Command Pacific. FMI: http://www.afceahawaii.org/program/default.htm.

🌙 27 - Bellows Boofest will be held 11 a.m.-9 p.m. at Bellows Air Force Station. The event will include a pumpkin carving contest, scavenger hunt, costume contest, trick or treating, spooky story telling, a movie under the stars and "Kiddieland" with the purchase of \$5 wristbands. Activities will also include include bouncers, a water slide, face painting, arts and crafts and a disc jockey. FMI: www.bellowsaafs.com.

Movie Showtimes



Total Recall (PG13)

Total Recall is an action thriller about reality and memory. Welcome to ReKall, the company that can turn your dreams into real memories. For factory worker named Douglas Quaid, even though he's got a beautiful wife who he loves, the mind-trip sounds like the perfect vacation from his frustrating life – real memories of life as a super-spy might be just what he needs. But when the procedure goes horribly wrong, Quaid becomes a hunted man. Finding himself on the run from the police-controlled by Chancellor Coahaagen, the leader of the free world – Quaid teams up with a rebel fighter to find the head of the underground resistance and stop Coahaagen. The line between fantasy and reality gets blurred and the fate of his world hangs in the balance as Quaid discovers his true identity, his true love, and his true fate.

SHARKEY MOVIE THEATER

TODAY
7:00 PM Total Recall (PG-13)

SATURDAY
2:30 PM The Odd Life Of Timothy Green (PG)
4:45 PM The Campaign (R)
7:00 PM Bourne Legacy (PG-13)

SUNDAY
2:30 PM The Odd Life of Timothy Green (PG)
4:45 PM The Campaign (R)
7:00 PM Total Recall (PG-13)

HICKAM MEMORIAL THEATER

TODAY
6:00 PM Sparkle (PG-13)
8:30 PM Hit and Run (R)

SATURDAY
4:00 PM Sparkle (PG-13)
7:00 PM Hit and Run (R)

SUNDAY
2:00 PM Madagascar 3 (PG)



Peleliu Amphibious Ready Group resupplies, relaxes in Hawaii

Story and photo by
Lance Cpl. Timothy Childers

15th Marine Expeditionary Unit

USS RUSHMORE – After spending a week at sea, Marines and Sailors aboard the USS Rushmore, part of the USS Peleliu Amphibious Ready Group, were given a break when they arrived at Joint Base Pearl Harbor-Hickam. Many took the opportunity to relax on Hawaiian beaches or shop for souvenirs before continuing on their western Pacific deployment.

The PELARG left the piers of Hawaii, Sept. 25, after spending a day resupplying, refueling and relaxing. The USS Rushmore, USS Green Bay and USS Peleliu will continue their deployment that began the week before.

“After we depart Hawaii we will head to the western Pacific where we plan to conduct theater security cooperation exercises with foreign nations,” said Maj. Bryan Boyle, executive officer, Combat Logistics Battalion 15, 15th MEU. “Apart from training exercises, we also plan to provide humanitarian assistance with engineering, medical and dental aid to other nations.”



Marines from the 15th Marine Expeditionary Unit watch as the USS Rushmore leaves Joint Base Pearl Harbor-Hickam, a week into the unit's western Pacific Deployment, Sept. 25. The MEU and Peleliu Amphibious Ready Group will continue their deployment, where they plan to conduct theater security cooperation exercises and humanitarian operations.

The servicemembers have a long float ahead of them as they travel thousands of miles west, but many of them are ready and well rested after spending some free-time on the tropical island of Oahu.

“It's nice to have some time away

from work every once in a while,” said Lance Cpl. Christopher Moore, field artillery cannoner, Battery B, BLT 3/5, 15th MEU. “I

wouldn't be able to go to Hawaii on my own outside the Marine Corps.

The time we had in Hawaii made

me look forward to future destinations,” added the 20 year-old Columbia, Mo., native.

An important aspect of mission readiness is troop welfare. Even a few liberty stops overseas can raise the moral of shipmates while they

are underway and away from home.

“It's good to have liberty ports. Everyone needs time to relax,” said Lance Cpl. Jeffrey C. Cook, fire direction controller, Battery B, Battalion Landing Team 3/5, 15th MEU. “I'm afforded the opportunity to visit foreign nations that I would normally not be able to go to. It makes the deployment far more enjoyable,” added the 20 year-old Orlando, Fla. native.

Besides being able to unwind, the troops took something more away with them while visiting Hawaii.

“Liberty is a good thing for Marines. Servicemembers are exposed to and learn about different cultures and those cultures are able to see our Marines and Sailors and learn a little about us,” said Boyle, a 41-year-old native of Wilkes-Barre, Pa. “It also gives Marines a chance to relax and decompress from being at-sea for long periods of times.”

After spending the day docked, the Marines and Sailors mustered on board the following morning before the ship pulled away from dock. They were rested, motivated, happy and ready to take on the challenges that awaited them.

Community to walk for breast cancer awareness

MC2 Amanda Dunford

U.S. Pacific Fleet Public Affairs

The American Cancer Society is hosting the fourth annual Making Strides Against Breast Cancer Walk in Hawaii Oct. 6 at Joint Base Pearl Harbor-Hickam.

Registration is also open the morning of the walk, starting at 6:30 a.m. at Richardson Field, with a rolling start from 7 to 9 a.m. on the Ford Island Bridge.

Celebrating its 20th anniversary, the event raises awareness and funds to help end breast cancer by supporting the society's efforts to find cures and support programs and services for all people fac-

ing the disease.

Thousands of local breast cancer survivors, volunteers, businesses and community members will walk the five-mile route from Aloha Stadium to Richardson Field.

Mary Johnson, a registered nurse and breast health educator at Naval Branch Health Clinic Hawaii-Makalapa and Tripler Army Medical Center, supports the walk every year.

“I will be working with other exercise professionals to warm up this year's participants, I have performed this role for the last four years for the making strides effort,” said Johnson. “My passion for combatting breast cancer was born a little over a decade ago when my sister-in-law was

diagnosed with the disease.

She received her treatment at Tripler Army Medical Center and I began my journey as a breast cancer navigator. I have cared for several women who have been diagnosed with breast cancer over the past nine years. I have learned an incredible amount of patience, strength and knowledge from them. I walk to honor them and to honor those friends whom I have lost.”

“One in every two women newly diagnosed with breast cancer reaches out to the American Cancer Society for help and support,” explained Milton Hirata, director of communications, American Cancer Society, High Plains

Division - Hawaii Pacific. “An estimated 226,870 new cases of invasive breast cancers are expected to occur among women in the U.S. during 2012, about 2,190 new cases are expected in men.”

Funds raised through the Making Strides Against Breast Cancer Walk enable the American Cancer Society to provide free resources and support to the one in two women newly diagnosed with breast cancer who turn to the society for information and help; to invest in research to find, prevent, treat and cure breast cancer, and to ensure access to mammograms for women who need them.

(How traffic will be affected: page A-6)

ASBP blood drive schedule announced

Tripler Army Medical Center Blood Donor Center has updated its schedule of upcoming blood drives as part of the Armed Services Blood Donor Program (ASBP).

Currently scheduled drives include:

Oct. 9, 10 a.m. to 2 p.m., Schofield Barracks Tropics, Schofield Barracks

Oct. 10, 7:30 a.m. to 12:30 p.m., Joint Base Pearl Harbor-Hickam Makalapa Clinic.

Oct. 15, 9-11 a.m., 18th MEDCOM Fort Shafter Flats, 210 Suehiro Rd Bldg. X1510, Fort Shafter

Oct. 16, 11 a.m. to 3 p.m., NEX, Tripler Army Medical Center.

Oct. 17, 9 a.m. to 1 p.m., 205th MI Battalion, Bldg. 520, Fort Shafter.

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

National disability employment awareness event to be held Oct. 25

Navy Region Hawaii
Comptroller
Department

The Navy Region Hawaii Comptroller Department will hold a National Disability Employment Awareness Month event from 10 to 11 a.m. Oct. 25 at Pearl Harbor Memorial Chapel.

The theme of the event is “A strong workforce is an inclusive workforce: what can you do?”

This event's keynote speaker will be Brock McNabb from the Department of Veterans Affairs, Honolulu Veterans Center.

The event will also include information and resources to help organizations build an inclusive workforce.

For more information, call 473-1809.

Bluegrass Hawaii announces spring camp

Bluegrass Hawaii has announced its spring 2013 Bluegrass in the Ko'olaus camp.

The camp is scheduled for April 26-29 at Ho'omaluhia Botanical Garden in Kaneohe.

Bluegrass musicians of all levels, from professional to amateur, will gather for three days of jamming, performances, workshops and a gospel singing session.

Both campers and day-visitors are welcome to attend.

Bluegrass music is typically played on fiddle, banjo, guitar, mandolin, bass fiddle, dobro, autoharp and sometimes ukulele. Amplification is prohibited at Ho'omaluhia and all the music will be acoustic.

For more information, visit www.bluegrasshawaii.com/bluegrassinthekoolaus.html.

Email mikespen-gel@bluegrasshawaii.com to register for camping.

Tripler hosts its first regional behavioral health summit

Stephanie Bryant

Tripler Army Medical Center Public Affairs

Tripler Army Medical Center hosted its behavioral health summit in the Pacific region, Sept. 13-14.

The 2012 Pacific Region Behavioral Health Summit focused on the theme of "Answering the Call: Addressing the Challenges of Behavioral Health within the Pacific Rim."

At the summit, Air Force, Coast Guard, Marine, Navy, local hospital and university behavioral health providers gathered together to share knowledge and discuss the latest tactics, strategies, technologies, systems, treatments, processes and services for patient care.

Providers were offered the opportunity to build partnerships between and within the Department of Defense, Veterans Affairs and the community to assist in developing effective behavioral health



U.S. Air Force Tech. Sgt. Michael Holzworth

Col. C.J. Diebold, chief, Department of Psychiatry, Tripler Army Medical Center, participates in a panel presentation addressing how Tripler cares for service members and families behavioral health needs in the Pacific region at the 2012 Pacific Region Behavioral Health Summit, Sept. 13-14, in Tripler's Kyser Auditorium.

prevention strategies.

Dr. David Brown, chief, Behavioral Health, Pacific Regional Medical Command, opened the summit by discussing the importance of knowledge sharing. Brown said as a child he learned about Hermann von Helmholtz, a German physicist, and his ideas about the creative process.

"As we learn our crafts

and our skills, we saturate ourselves with knowledge," Brown said. "The knowledge incubates and, after awhile, you have that eureka moment."

Presentations and discussions were held during the two-day gathering covering areas ranging from resiliency and suicide prevention to post-traumatic stress disorder

and mild traumatic brain injuries.

Brig. Gen. Keith Gallagher, commander, PRMC and TAMC, echoed Brown's message about the importance of knowledge sharing to combat behavioral health issues.

"Because you are here signifies how important behavioral health is ... (as well as) your desire to effectively treat the vari-

ous diseases that our service members, our families and our veterans are going through," Gallagher said. "It also signifies your thirst for knowledge."

"The Army continues to put forth great effort, great intellect and funding in order to mitigate some of the effects of some of the challenges (our military) faces today," Gallagher added.

Due to the region's geography, the Pacific has additional challenges obstructing its efforts that other geographic areas of responsibility do not. In an effort to overcome these challenges, PRMC has embraced tele-health and it has become an important resource for providers, especially those who work in behavioral health.

"Tripler really is leading the way in tele-behavioral health," said Karl Kiyokawa, vice president, Hawaii Operations, TriWest Healthcare Alliance.

"I had an opportunity to observe a pilot program (for

behavioral health) and to sit behind the providers as they did the (video teleconferences). I (also) talked to the Soldiers and the providers. The growth and evolution of (the tele-behavioral health) program is just phenomenal."

In addition to current services, treatments and technologies, the summit allowed providers to work together to identify areas for future research on the spectrum of behavioral health and its impact on service members, veterans, families, caregivers and health care providers.

As the providers looked to future initiatives, the key focus stays on reaching the beneficiaries who need them.

"When you get injured, shot or blown up, you can see those wounds, but many of our Soldiers are hiding wounds from the tragedies they have experienced and the fighting they have done," Gallagher said.

"What we have got to do is get them to come forward and talk about that with us. Once they start talking about it, the healing begins."

This Week's Trivia

What day is recognized as the birthday of the U.S. Navy?

Last Issue's Question:

When was the U.S. Air Force founded as an independent service, equal in status with the Army and Navy?

Answer:

The Air Force became an independent service on Sept. 18, 1947. W. Stuart Symington took his oath as the first Secretary of the Air Force.

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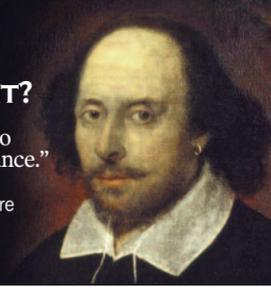
WHO SAID IT?

"It follows then as certain as that night succeeds the day, that without a decisive naval force we can do nothing definitive, and with it, everything honorable and glorious."

Last Week's WHO SAID IT?

"I say there is no darkness but ignorance."

William Shakespeare



Lt. Cmdr Kathleen A. Elkins

Navy Region Hawaii Legal Service Office

You have the right to vote!

Service members have a history of greater-than-average participation in elections.

According to the Federal Voting Assistance Program

(www.FVAP.gov), 77 percent of the military registered to vote in the 2010 election, compared to 65 percent of the civilian population.

Throughout history, people have fought and died for your freedom to vote. Your vote sends the message to your elected leaders that they are responsible for the decisions they make on issues that are important to you.