

Koa Kai

(Images clockwise from right)

Members of a Visit, Board, Search and Seizure (VBSS) team board guided-missile destroyer USS Paul Hamilton (DDG 60) from a rigid-hull inflatable boat (RHIB)

Sailors aboard guided-missile destroyer USS Paul Hamilton (DDG 60) raise a rigid-hull inflatable boat (RHIB) aboard.

Sailors assigned to guided-missile destroyer USS Paul Hamilton (DDG 60) perform maneuvers in a rigid-hull inflatable boat (RHIB).

Underway replenishment ship USNS Henry J. Kaiser (TAO 187) (left) and guided-missile destroyer USS Benfold (DDG 65) perform maneuvers during maritime exercise Koa Kai 12-2.

(Additional photo on page A-5)



Illustration | U.S. Navy photos by MC2 Daniel Barker

Anti-terrorism exercise set for April 9-12

Grace Hew Len

Joint Base Pearl Harbor-Hickam Public Affairs

Joint Base Pearl Harbor-Hickam (JBPHH) will participate in the Commander U.S. Pacific Fleet/Commander Naval Installations Command-sponsored Citadel Protect/Citadel Pacific 2012 (CP12) anti-terrorism/force protection (AT/FP) field training exercise from April 9-12.

CP12, being conducted on naval installations (and Navy-led joint bases) throughout the U.S. Pacific Command area of responsibility, is designed to exercise and evaluate ashore, afloat, installation and tenant command AT/FP integration, as well as fleet and family readiness, fire and emergency services, and emergency preparedness.

CP12 will be conducted across JBPHH in conjunction with the 647th Air Base Group/15th Wing/154th Wing (HIANG) Initial Readiness Response Exercise in order to leverage similar AT/FP exercise requirements. CP12 is not in response to any specific threat, but is a regularly scheduled exercise. JBPHH, as well as Pacific Missile Range Facility, will be among the installations throughout the U. S. Pacific Fleet area of responsibility that will be participating.

The exercise will include robust scenarios coupled with realistic props within the perimeter of the base that may be seen and heard on and off the installation. Measures have been taken to minimize any inconvenience to the surrounding community and disruptions to normal base operations, but there may be times when the exercise causes increased traffic around the base or delays in base access.

Across JBPHH, the Giant Voice public address system will be used and may be audible to residents who live or work near JBPHH. The exercise will include the outlying annexes of West Loch, Luahalei, Wahiawa and Makalapa, but will not affect operations nor limit visitation to the nearby WWII Valor in the Pacific National Monument, Battleship Missouri Memorial, USS Bowfin Submarine Museum and Pacific Aviation Museum.

For more information about the exercise, contact the JBPHH public affairs office at 473-2926.

See CITADEL PACIFIC, A-2

15th Wing aircraft, Airmen shine under Hollywood spotlight

Senior Airman
Lauren Main

15th Wing Public Affairs

It was an abnormal day of duty for the Airmen and Soldiers at Joint Base Pearl Harbor-Hickam. The glamorous lights of Hollywood shined down around a C-17 Globemaster III as film crews and actors busily rushed back and forth between the director, shouting out the commands, "action!" and "cut!"

Approximately 15 Airmen and Soldiers from JBPHH and the 93rd Civil Support Team (CST) from the Hawaii Army National Guard had the opportunity to participate as "Hawaii Five-0" extras March 26 while the crew filmed a portion of an upcoming episode.

The professionalism and bearing of the military members involved contributed to the success of the show, according to Elwood Reid, co-executive producer of Hawaii Five-0.

"Our costume people can

copy your uniform exactly, we can give the [actors] the haircuts, but the bearing you guys have in the military, you can't buy," Reid said. "There's just a certain way that you guys look and hold yourselves that we can't teach."

The extras, who were asked to perform their regular, day-to-day jobs for the crew to film, now have a chance of appearing in the episode's final cut.

"It was a pretty unique experience seeing how they actually film and put it all together," said Army Sgt. 1st Class James Sturdivant, 93rd CST. "Plus it is great to represent the Hawaii Army National Guard. It was pretty cool. I enjoyed it."

The scene was filmed on the flightline at DV1, an aircraft parking spot normally reserved for distinguished guests. A 535th Airlift Squadron C-17 Globemaster III was specifically positioned nearby for a cameo in the scene. When the cameras began to roll, the extras filled the frame by, per the direc-

tor's command, performing their regular jobs and representing their units.

"I know the actors feel a lot more comfortable here in this environment than when we're shooting downtown," said Patrick Dawn, production assistant for the show. "Personally, it's a great pleasure working with the military. I have a great respect for the military and everything that it represents. It's so cool to be around it."

The more than 50-man film crew shot the scenes in less than three hours. Each scene included Scott Caan, a main character of Hawaii Five-0, as well as LL Cool J and Chris O'Donnell, actors from the show "NCIS: Los Angeles."

"Everyone has been very helpful with all of our requests," Dawn said. "It is different than what we often encounter. [The military] is going out of their way to accommodate us, and the hospitality is so welcoming. It really makes our job easier."

The episode is set to air in mid-April on CBS.

LL Cool J visits Arizona



U.S. Navy photo by MC2 Tiarra Fulgham

Capt. Lawrence Scruggs (left) gives a tour of the USS Arizona Memorial to rapper and actor Todd Smith (center), known as LL Cool J, and his family at Joint Base Pearl Harbor-Hickam. Smith and his family are in Hawaii for the filming of Hawaii Five-0.



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Airmen offer Pilates in honor of Women's History Month
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USS Chosin hosts change of command

Story and photo by
MC2 (SW) Mark Logico

Navy Region Hawaii Public
Affairs

The guided-missile cruiser USS Chosin (CG 65) hosted a change of command ceremony at Joint Base Pearl Harbor-Hickam on April 3.

Chosin bid farewell to Capt. David J. Sheridan and welcomed Capt. Patrick Kelly as the ship's new commanding officer in a ceremony at the pier.

Rear Adm. Frank Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, was the honored guest and key speaker.

Ponds commended Sheridan for a job well done as the commanding officer of Chosin since March 2010.

"You leave a tremendous legacy," Ponds said.

"In a few moments you will witness the exchange of salutations and circumstance," said Ponds to those gathered. "The words 'I relieve you,' signals to Capt. Sheridan a job well done. For Capt. Kelly, this signals the beginning of a new chapter in his career, one that I'm sure he eagerly anticipates."

Sheridan was the weapons officer and combat systems off-



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

Capt. David J. Sheridan departs USS Chosin's (DDG 65) change of command ceremony. Chosin bid farewell to Sheridan and welcomes Capt. Patrick Kelly as the ship's new commanding officer in a ceremony April 3 at the pier.

cer aboard Chosin during an Arabian Gulf and western Pacific deployment several years ago.

"I've been fortunate to have

two of the best tours of my career on this ship, one as a department head under the tutelage of Capt. Dennis Dean," Sheridan said. "Now I'm back

here again as captain. Capt. Dean, I'm proud to report that the 'war dragon' is back and in fighting shape. I've done my best to pass on all those lessons you

taught me to the next generation."

Sheridan said that Chosin has been a workhorse cruiser on Pearl Harbor for the last two decades with eight major deployments.

"As they say she's been rode hard, and she is rough around the edges, but like her namesake, the 'war dragon' has the reputation of being the ship that gets the job done," Sheridan said. "It's been an honor and privilege to serve with all of you. Thank you for coming today and supporting me in the effort to bring Chosin back where she belongs, a war dragon breathing fire at the tip of the spear."

After Sheridan's speech, the two captains read their orders and exchanged salutes as Kelly took over command of Chosin.

"USS Chosin's history draws its story spanning of two decades," Kelly said. "I am deeply honored to be in command of this mighty warship."

Kelly, a native of New Jersey, has served aboard USS Haylor (DD 997), USS Benfold (DDG 65), USS Hurricane (PC 3) as commanding officer, USS Mitscher (DDG 57) as executive officer and USS Momsen as commanding officer. He has also been an instructor at the U.S. Naval Academy.

Pinwheels for Prevention event held at Moanalua Navy Services Center

Jazzmin Williams

Contributing Writer

April is the Month of the Military Child. It is also Child Abuse Prevention Month. To bring light to the issue of child abuse, the Joint Base Pearl Harbor-Hickam (JBPHH) Military and Family Support Center (MFSC) held a "Pinwheels for Prevention" event at the Moanalua Navy Services Center on April 2.

"The Navy is doing a lot of public awareness prevention education," said Chet Adessa, family advocacy prevention specialist for the MFSC. "A lot of it has to do with education, keeping information out there and getting parents involved in the community."

According to the Prevent Child Abuse Hawaii website, each year nearly 6,000 cases of suspected child abuse are reported. Child abuse can fall under a large range of grievances and is defined as a non-accidental injury or pattern of injuries that can be physical, sexual, emotional or just plain neglect.

This year was the first Pinwheels for Prevention event at JBPHH. A group of 88 sixth graders from Pearl Harbor Elementary School attended, along with community and MFSC members. Adessa

explained to the children assembled the importance of child abuse prevention. He let them know that for each pinwheel they plant, they are pledging to help a parent, child or friend who is stressed out and may need help.

"They reacted pretty well," Adessa said. "They had a great time planting [the pinwheels], and the ground was a little hard but we figured it out."

Steven Zahl, regional family programs director for the MFSC, was the first to place a pinwheel at the Moanalua Navy Services Center. Everyone soon pitched in to line the lawn with silver and blue pinwheels, which spun in the wind.

"The Navy has been doing child abuse prevention for years, but in recent years it's been 'let's be more proactive,'" Zahl said. "Military [members], and especially new spouses, usually don't have extended families around them. So what we try to do is support them and become their extended family."

Pinwheels are the new symbol for child abuse prevention, replacing the previous symbol of a blue ribbon. The JBPHH MFSC is working with Prevent Child Abuse Hawaii and the Hawaii Children's Trust Fund to support community-wide efforts to prevent child abuse and neglect. There was a



Photo courtesy of Military and Family Support Center

Chet Adessa, family advocacy prevention specialist for the Military and Family Support Center, speaks to children at Moanalua Navy Services Center on April 2.

Pinwheels for Prevention event the day before in front of the state capitol and there will be another held at the Hickam MFSC on April 9.

Education and prevention are the keys to preventing child abuse, Adessa said. Based on

recent research, many people are not aware of how important a role they can play in preventing child abuse and neglect just by being a good neighbor or friend and reaching out to families under stress, he added.

"One of the things that every-

body can do in their own neighborhood is if they notice that parents are under a lot of stress, if they notice that the kids are under a lot of stress, just reach out to help them," Adessa said. "Just try to be understanding."

Citadel Pacific 2012

Continued from A-1

From the commander

"Anti-terrorism experts say that in the future there may be another attack against America or American interests. I say it is not a question of 'if' but 'when.'

Protection of our military forces, their families and our communities remain one of my top priorities. The week of April 9 through 12, CNRH will conduct a series of drills and exercises on and around JBPHH and PMRF. The drills and exercises are designed to verify and validate our ability to prevent, react, respond and recover to a threat or act of terrorism. This realistic training will be conducted on, in and around our ships and installations. Planning the exercises included communication and coordination with local officials and emergency management and response teams to ensure that we (1) meet training objectives, (2) maximize public awareness, (3) minimize disruptions and (4) exercise safely. In a word, this series of drills and exercises prepares us for the "when."

Although the exercise will be conducted within the confines of JBPHH and



Rear Adm. Frank Ponds

PMRF installations, you may be close enough to witness (see or hear) aspects of the exercise. For instance, you may hear loud noises or see teams responding to a simulated event. You may also hear exercise announcements or see smoke trails from afar. To invoke realism, you will likely see slight delays in traffic patterns in and around the installation. The intent is not to inconvenience but to establish an environment of realism. However, we are confident that any inconveniences will be minimum and of short duration. Your safety and protection is our most important concern, and I thank you in advance for your understanding and cooperation."

'Easter bunny' comes early to military keiki



Capt. Jeffrey James, commander of Joint Base Pearl Harbor-Hickam, receives Easter Baskets from Mildred Courtney, Outrigger hotel's military liaison. The Easter baskets for military children were donated from employees of Outrigger hotels with an assist by the Girl Scouts and the USO.

A Sailor from Joint Base Pearl Harbor-Hickam helps gather Easter baskets in front of the quarterdeck of Joint Base Pearl Harbor-Hickam.



U.S. Navy photos by MC1 Donald W. Randall

Industry and energy conference offers networking for Navy, industry partners

Story and photo by
Krista K. Catian

Naval Facilities
Engineering Command
Pacific Public Affairs

The first Naval Facilities Engineering Command (NAVFAC) Pacific Industry and Energy Conference drew more than 450 people March 26-27 at the Hilton Hawaiian Village, Coral Ballroom, Honolulu, Hawaii.

Presentations, panel discussions and breakout sessions were the driving forces behind the conference for both days, which provided the opportunity for leaders in the public and private sectors to initiate an in-depth discussion with the Navy and Marine Corps.

"Networking between the Department of Defense, Navy, industry partners and financiers was one of the key accomplishments," said Rear Adm. Kate Gregory, NAVFAC Pacific commander. "As we adapt to the new fiscal realities of the changes in



Douglas Lee, American Council of Engineering Companies of Hawaii, gave the opening remarks on both days of the NAVFAC Pacific Industry and Energy Conference held at the Hilton Hawaiian Village March 26-27. Both NAVFAC Pacific and American Council of Engineering Companies of Hawaii co-sponsored the two-day event.

the defense budget and our nation's renewed focus in the Pacific, it's important that we remain engaged with our partners in industry."

The first day of the conference focused on industry and consisted of NAVFAC Marianas, Hawaii and Far East overview briefs given by each commanding officer,

an update of the Guam Buildup Program, and 16 breakout sessions ranging from NAVFAC administration issues, specific business/support line products and services, applying for construction contracts, Navy energy.

Rear Adm. Frank Ponds, commander of Navy Region

Hawaii and Naval Surface Group Middle Pacific, served as the keynote speaker on day one and provided a high level view of the Navy in the middle Pacific.

"The opportunity to have an effective and meaningful dialogue with the Navy is always a challenge, but this conference provided a great forum for our industry to collaborate with the Navy and find out what the Navy is currently doing and what they have planned in the future," said Douglas Lee, president of American Council of Engineering Companies of Hawaii.

"This allows our industry to better understand the Navy's needs and to help us make better business decisions on what to focus our attention on and determine how the industry can best respond to support the Navy's mission," Lee said.

The second day of the conference focused on implementing energy solutions and innovative financing. William Tayler, director for

shore energy, office of the deputy assistant secretary of the Navy, gave a brief on the Department of Navy energy goals and strategies.

"We have a lot of energy issues at stake, and resolving those issues are imperative to us," Tayler said. "The Pacific area and NAVFAC Pacific has some unique challenges which are different from what we've come across in the continental United States. This conference has given us the opportunity to address these issues and where to go from here."

Day two of the conference also featured a brief by Robert Griffin, NAVFAC Headquarters director of acquisition, based on Navy acquisition/procurement successes and challenges. Following this brief, a panel discussion on the Department of Navy energy case studies sparked the interest of the audience, along with an energy industry panel of private and public financiers. Afternoon

breakout sessions ranged from financing, procurement tools, and environmental.

Brig. Gen. Richard Stevens, commander and division engineer, U.S. Army Corps of Engineers, Pacific Division, served as the keynote speaker on day two and addressed both the overall Army energy program and current energy initiatives in the Pacific region.

As both days of the conference concluded, each attendee was asked to complete a conference evaluation form to help the Navy improve upcoming conferences and to better conduct business with the industry.

"The conference provided the opportunity to receive feedback and further develop our win-win-win partnership," Gregory said.

"I believe it was a very well thought out, well-prepared conference and that NAVFAC Pacific did the Navy proud by the way they set it up," Griffin said.

Hawaii's new task force seeks to improve care of women vets

Patricia Matthews

Dept. of Veterans Affairs
Pacific Islands Health Care System

HONOLULU – The newly formed Hawaii Women Veterans Task Force will go a long way in addressing the needs of women veterans, according to Ron P. Han Jr., director of the Hawaii Office of Veterans' Services.

While support for more than 11,000 women veterans residing in Hawaii has improved, there is a "strong need to develop programs and to address pertinent issues affecting this fastest growing group of veterans,"

Han said during the State of Hawaii Senate Committee on Public Safety, Government, Operations and Military Affairs on March 15.

The task force's mission is "to improve the lives of women who are serving or have served in the military, to identify and address the unique needs of women veterans, and to harness the power of women, influencing change."

The task force will operate in partnership with the Department of Veterans Affairs and the Hawaii Office of Veterans Services – in conjunction with the Department of Defense – to

develop new comprehensive programs and services which address key issues facing women veterans. The task force will also build upon existing programs and services for veterans.

Integral issues include medical and mental health care, child care services, housing and financial assistance, among others, according to the Hawaii Senate Resolution passed Jan. 25. Progress made on the task force's development of comprehensive programs and services to address the needs of women veterans is due to the Hawaii Senate in January 2013.

Han is confident that the task force is off to a running start and said the task force showed "incredible dialogue during the initial meeting on March 23" and "the founda-

tion has been laid." "This important initiative has been brought to the forefront by the tremendous efforts of the Women's Military/Veterans Task Force members," he said.

The task force includes 14 women veterans from the local community, a few of whom are currently serving as active duty members of the armed forces or the National Guard. The women represent all eras, services and professions, and many have served in combat. The members unequivocally believe in the strength of empowering women veterans through education and opportunities to improve and increase resilience.

"I am proud of my time in the service and respect the Army that gave me so many opportunities," said Ann

Freed. As a veteran, co-chair of the Women's Coalition and member of the Hawaii Women Veterans Task Force, Freed is an advocate for the provision of gender appropriate services for women veterans.

"There's no getting around it. Military experience affects how you think, how you perform, and I think it's embedded in you," said Master Sgt. Roxanne "Rocky" Bruhn, task force vice chair. She has served 28 years with the Hawaii Air National Guard (HIANG) in the 154th Wing at Joint Base Pearl Harbor-Hickam and was the HIANG's first female aerospace ground equipment mechanic.

According to Air Force 1st Lt. Kathleen "Kat" Eisenbrey, who was elected

as the task force chair and is currently stationed at the 15th Wing, Joint Base Pearl Harbor-Hickam, the task force's mission will enable advocacy for women veterans locally. "By canvassing the community to recruit and gain support from women veterans who have served our country as Soldiers, Sailors, Airmen, Marines and Coast Guard personnel, social capital will increase exponentially," Eisenbrey said.

"Increasing social capital leads to opportunities in employment and education that ultimately lead to empowering women veterans. The members of the Hawaii Women Veterans Task Force look forward to making a difference in the lives of fellow women veterans," she said.

Diverse Views



"April is the Month of the Military Child. What can we all do to help make the quality of life better for military children?"



Camilla Menefee
Family member

"I think that the military should provide more extra-curricular activities and a fair with the military."

Cmdr. Jon Brzek
Joint Base Pearl Harbor-Hickam



"Every adult has the responsibility to care for and protect children. It does take a village to raise a child, and I think in the military we do that a little better. Kids move around so often, and they move from school to school, so it's hard to have that tight bond of friends."



Master Sgt. Daniel Rea
HQ PACAF

"Hickam has a fantastic teen center, but I don't think it gets the publicity it deserves. Teens, check out the center, lots of activities going on there!"

Culinary Specialist 1st class
Since Pante
Fleet Family Readiness Program,
JBPHH



"What we're trying to do is put some extra effort, like this coming Sunday we're having giveaways and events for the kids. The guys that are on shore duty now, they are always out there doing something for us, so we make sure we take care of whatever's left behind."



Master Sgt. David Becraft
1st Sgt
735th Air Mobility Squadron

"The Air Force has done an outstanding job taking care of the military family and JBPHH is no exception. In order for us to make the quality of life of our children better, we all need to fully utilize the benefits and programs offered. By doing this and interacting with the local community, our children will continue to reap the benefits they are entitled to."

(Provided by David Underwood Jr. and Jazzmin Williams)

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

Drop us a line at editor@hookelenews.com or karen.spangler@navy.mil

Long flight from Hawaii to New York remembered



U.S. Air Force photo
Air Force Col. Bob Thacker stands beside the North American F-82B Twin Mustang at the National Museum of the United States Air Force in Dayton, Ohio. Thacker flew the museum's F-82B, "Betty-Jo," (named after his wife) from Hawaii to New York on Feb. 27-28, 1947. It was a distance of 5,051 miles, the longest non-stop flight ever made by a propeller-driven fighter.

HO'OKELE

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Hawaii-based CPOs celebrate Year of the Chief at JBPHH



Story and photos by
MC2 (SW) Mark Logico

Navy Region Hawaii
Public Affairs

Hawaii-based chief petty officers commemorated the 119th birthday of the CPO rank April 1 and 2.

The Hawaii CPO mess kicked off the Year of the Chief commemoration with a CPO Deckplate Leadership Run at Joint Base Pearl Harbor-Hickam, an observation of evening

colors at USS Missouri Memorial, and a cake-cutting ceremony at the U.S. Pacific Fleet boat house.

The CPO community Navy-wide celebrated the 119th birthday of the CPO rank which has provided deckplate leadership to the Navy since April 1, 1893. There are about 1,600 CPOs stationed in Hawaii.

During the traditional cake-cutting ceremony, the chiefs introduced Command Master Chief Bob Crossno and Chief

Hospital Corpsman (FMF) Chat Rice as the oldest and youngest chiefs, respectively, in attendance. The two chiefs cut the commemorative cake.

Crossno, who has been in the Navy for more than 20 years, said that the best advice he can give to any chief and to any would-be chief is to maintain the mentality of "not on my watch."

"Not on my watch am I going to let a Sailor go astray," Crossno said. "Not on my watch am I

going to fail on my command. Not on my watch am I going to lose my integrity or my honesty, and I will always maintain my courage and commitment."

Rice, who is assigned to Naval Health Clinic Hawaii, has been in the Navy for about 12 years, but she has been a chief for only a year.

"Being a chief means a whole lot to me," Rice said. "I am very grateful for the Sailors who have worked so hard alongside me and for my

mentors who always kept me in line with what I wanted to become in the Navy. When we call each other brother or sister, we just don't say it for the sake of saying it. It really means caring about each other and helping each other."

Chief Utilitiesman (SCW) Shane Daniel Ouimette, assigned to Naval Facilities Engineering Command Hawaii, said the best part of being a chief is capturing the look on a

Sailor's face when they succeed in meeting a goal that they have set for themselves.

"Hanging out with my brethren is the most fun I have had in my entire life," Ouimette said. "You will not meet anyone in any other organization that is more willing to call you family than a fellow member of the United States Chief Petty Officers mess."

Ouimette has been in the Navy for more than 20 years, and he has been a chief since 2007.

Pearl Harbor-Hickam *Highlights*

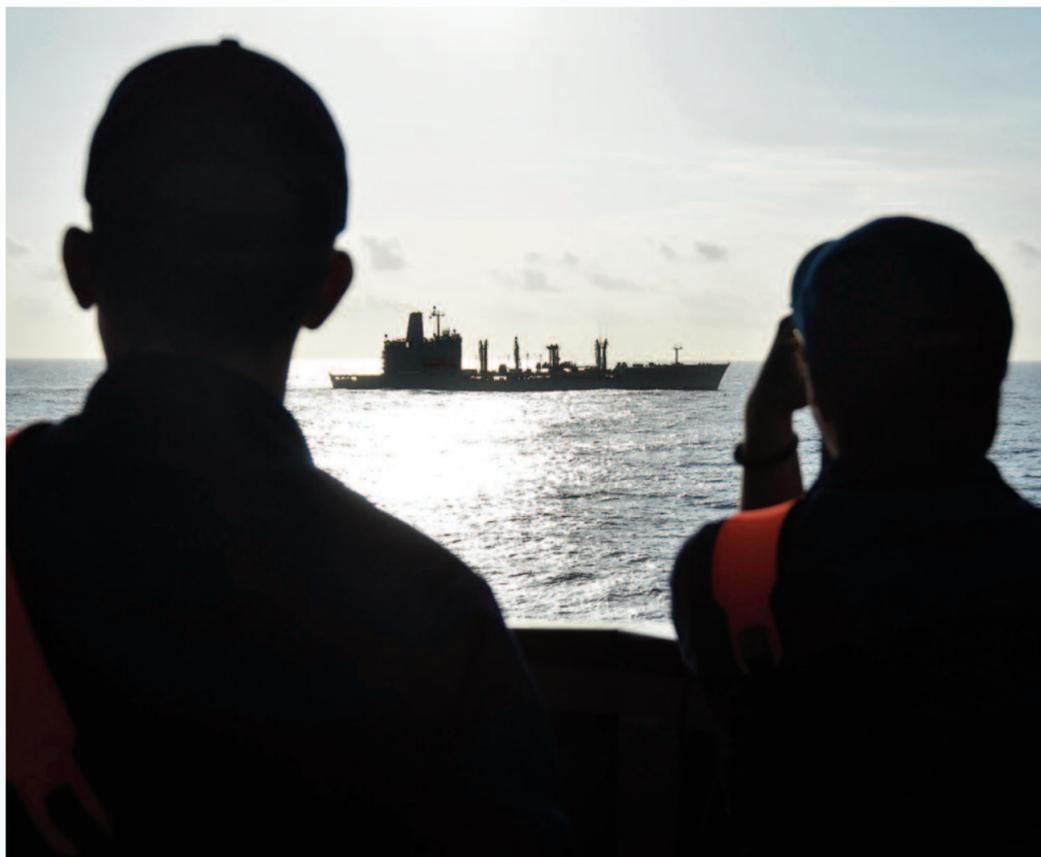


The officers aboard the guided-missile cruiser USS Chosin (DDG 65) participate in the ship's change of command ceremony. Chosin bids farewell to Capt. David J. Sheridan and welcomes Capt. Patrick Kelly as the ship's new commanding officer in a ceremony at the pier April 3.

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

Boatswain's Mate 2nd Class (SW) Robert Barrios stands by to ring the bell during the USS Chosin (DDG 65) change of command ceremony.

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



(Below) Sailors on watch aboard guided-missile destroyer USS Paul Hamilton (DDG 60) observe underway replenishment ship USNS Henry J. Kaiser (T-AO 187) during maritime exercise Koa Kai 12-2. Koa Kai is a semi-annual exercise in the waters around Hawaii designed to prepare independent deployers in multiple warfare areas and provide training in a multi-ship environment. This is the first year San Diego-based ships are also participating.

U.S. Navy Photo by MC2 Daniel Barker



Rear Adm. Frank Ponds (left), commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, and his wife Carol greet Kauai Mayor Bernard Carvalho Jr. and his wife Gina during a gathering with the Kauai community March 23 in Kapaa, Kauai, Hawaii that included government and business leaders. During the gathering, a certificate from the Hawaii State Legislature was presented honoring the Navy in Hawaii for winning environmental stewardship in several 2011 Secretary of the Navy and CNO environmental awards and "for environmental education, energy conservation and preservation of natural resources, on land and at sea." The gathering in Kapaa was the first opportunity for Rear Adm. and Mrs. Ponds to meet many of the community leaders on Kauai.

U.S. Navy photo by MC1 Jay Pugh



Homefront Heroes

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

Tech. Sgt. Sarah Peterson looks at certificates that Ethan and Zoe Peterson received during the Homefront Heroes ceremony at Joint Base Pearl Harbor-Hickam, Hawaii on April 4. The ceremony recognizes the sacrifice and support of the children of deployed sponsors.



Thalia Zaccheo holds the medal she received at the Homefront Heroes ceremony at Joint Base Pearl Harbor-Hickam, Hawaii on April 4. Her mom, Rebecca Zaccheo, looks on.

Events planned for Sexual Assault Awareness Month

Local events will be held for National Sexual Assault Awareness Month (SAAM) in April.

Events include:

- Today: Commander Submarine Force Pacific (CSP) Sexual Assault Prevention and Response (SAPR) stand-down at Sharkey Theater includes lining Nimitz Street to Sharkey Theater with 611 pairs of donated shoes. Each pair represents the number of sexual assault victims within the Navy in 2011. The shoes will then be donated to local charities after this event.
- 10 a.m. to 2 p.m. Saturday: "Bag" Sexual Assault at the Pearl Harbor Commissary. Volunteers will bag groceries while handing out information with emphasis on new SAPR policies.
- 9 a.m. to 1 p.m., April 14, Pearl Harbor Naval Shipyard Intermediate Maintenance Facility volunteers will host a car wash at the Fleet Reserve Association and collect donations for local rape/crisis response agencies.
- April 16: VP-4/VP-9 SAAM bake sale.
- April 17: Pacific Missile Range Facility 5K SAAM run.
- 9 a.m. to 1 p.m., April 22: "Ride Out" sexual assault. The Ruff Ryders, a local motorcycle club, will conduct an island ride to raise sexual assault awareness.
- April 25: "Denim Day." As mission allows, various commands will wear jeans as a symbol of protest against erroneous and destructive attitudes about sexual assault.
- 7 a.m. April 28, "SAAM walk/run" JBPHH 5-10K walk/run for military, family members and civilian personnel.
- Noon to 8 p.m., April 28 "flag" sexual assault co-ed flag football tournament at Marine Corps Base Hawaii, Kaneohe Bay with military and civilian personnel. Donations will be accepted for local agencies that support sexual assault awareness and prevention.

Hawaii Sailor named Recruiter of the Year

Jazzmin Williams
Contributing Writer

Chief Machinist's Mate Ferlin Espinal, a recruiter at Navy Recruiting Station Pearlridge, earned the 2011 Recruiter of the Year Award for Enlisted (active component) in a recent ceremony in Washington, D.C., honoring only 15 recruiters out of approximately 5,000.

"[It was] something I will always remember," Espinal said. "It's something I will always carry. When I look at the Navy and how I feel about it, being in the Navy has forged me into the leader I am today."

Espinal, a native of Long Island and the son of two immigrants from the Dominican Republic, has embraced the Hawaiian culture and family lifestyle, allowing him to connect with fellow future Sailors.

Stationed in Hawaii for the past 12 years, Espinal is a former submariner. He did three tours from Pearl Harbor, serving aboard the



U.S. Navy photo by MC2 Dennis Irwin

Chief Machinist's Mate Ferlin Espinal (left), his wife August Grace Espinal (center) and Vice Adm. Dirk J. Debbink, chief of Navy Reserve, commander, Navy Reserve Force, gather to celebrate Espinal's award in this photo taken shortly before his promotion in Washington, D.C.

USS Key West (SSN 722), USS Columbus (SSN 762) and the USS Buffalo (SSN 715). During these deployments, Espinal operated and maintained steam turbines and reduction gears used for

ship propulsion and auxiliary machinery such as turbo generators, pumps and oil purifiers.

Espinal then realized what he really wanted to do in his role as a part of the Navy.

"I requested recruiting, specifically to be able to recruit out of Hawaii," Espinal said. "I have a real connection and sense of family ties in Hawaii. [I wanted] not only to recruit but to promote what I believe in."

"What opportunities the Navy has given me, I want to give young Sailors the same opportunities," he said.

Recruiting in a place like Hawaii, with such a diverse population and strong family ties, would be a daunting task to most recruiters. But Espinal flourished at his position. In 2011, Espinal recruited 69 future Sailors.

Espinal has credited his mentors, Navy Chief Counselors Urraca Romulo and Drake Michael, and the support of a tight crew at Pearlridge with his unprecedented success.

"The Navy has the opportunity [for anyone] to be a successful Sailor and every tool that you need," Espinal said. "The only thing that stops you is your motivation. I'm very motivated ever since I came in the Navy."

Recruiting is a prolonged procedure and requires long hours talking with an applicant and getting to know them. Every future Sailor is different and has a specific concern or need, according to Espinal. He attributed that understanding as part of the process.

"The main focus when I talk to an applicant is to really see and identify what motivates them, what they want to do with their life, both long and short term," Espinal said.

Espinal is also a mentor to his incoming Sailors. From the day he meets him or her to the day they leave for boot camp, Espinal stays in close contact with every recruit. With the power of Facebook, Espinal has also stayed updated on the successes and triumphs of those he brought into the Navy.

To make his duties even more stringent, Espinal recruits only Sailors specifically interested in the fields of nuclear engineering and special warfare, which are also two of the Navy's most

competitive career fields. He performed so well that he was promoted from machinist's mate first class to chief machinist's mate the same week he received the Recruiter of the Year award.

"For him to be selected out of such a large pool, the whole command is cheering for him," said Chief Mass Communication Specialist Anthony Briggs. "His being selected [for the award] and being promoted to chief petty officer is something that doesn't happen to a lot of people. So he is in rare company."

Espinal plans on staying in recruiting and hopes to transition over to become a full-time recruiter after finishing his naval career. He wants to continue to inspire future Sailors and the experiences he has had and bring in the best possible candidates for the Navy.

"The future Sailors that are coming in will be relieving me," Espinal said. "We want to forge leaders and make a difference. These are going to be the next leaders."

Diamond Tips: Fitness on a profile

(Diamond Tips are provided by Air Force first sergeants to address concerns in the Air Force community and provide guidance to Airmen.)

Master Sgt. Harold J. Frithsen

First Sergeant, 647th Force Support Squadron

Aches, pains, sprains, tears, wears, inflammations, abrasions, contusions and anything else that limits one's physical abilities can, and will, happen from time to time when you are physically active.

Of course, life tends to add to the mix by giving us unwanted variables which also inhibit our physical abilities. These minor bumps in the road can drive both short and long-term duty limiting conditions, resulting in a physical profile. Profiles are a tool for individuals to employ in recovering and rehabilitating from life's physical impediments. They are not to be feared or avoided, but embraced and utilized until you are fully fit for duty.

From a unit leadership point of view, I believe there are 3 Ps which enable you to maintain fitness while on a profile: Proactive, performance and persistence.

According to Merriam-Webster.com, "proactive" means to act in anticipation of future problems, needs or change. Living a physically fit lifestyle before ailments, surgeries and broken bones plague your body is the proactive beginning to success while on a profile. If you only exercise in preparation for your semi-annual fitness assessment, then you are setting yourself up for failure

due to unexpected circumstances. If you continually manage to just score somewhere between 75 and 80 points, then any alteration of your physical ability could jeopardize your assessment results.

However, by living a fit-minded lifestyle you will be prepared to weather life's bumps and bruises far better than if you do not. Most notably, you are less likely to sustain injuries and more likely to recover quickly if you have a healthy body composition.

I've seen a severely wounded EOD technician recover remarkably fast from an improvised explosive device blast, and the doctors attributed his recovery in large part to his excellent physical condition. The bottom line is that proactive physical preparation will set you up for success if life throws you a curve ball resulting in a physical profile.

The next "P" is performance. Exercise performance while on profile measured by quality is far better than performance measured by quantity. Simply stated, if you walk at a pace that barely raises your heart rate above resting for two hours, you will not achieve the same benefits as if you completed a 25-minute circuit training that keeps your heart rate in a zone to maximize cardiovascular and strengthening endurance.

The human performance

and rehabilitation center (HPARC) has the means to assist you in this area. By having your primary care manager (PCM) refer you to the exercise physiologist and the dietician, they can help you tailor an exercise regimen and diet to meet your specific needs within the constraints of your profile. Profiles are not a "get out of exercise free card." Instead, they often mean you need to be more creative and work harder to maintain and/or increase your physical conditioning.

So you may have to ride the stationary bike for 60 minutes instead of a 25-minute jog, or learn to swim laps if walking is not an option. Also, if you are severely limited from physical activity, then you need to increase the "push away" exercise where you "push away" from the dinner table sooner than normal, and watch your portion intake. Even so, when an event renders you on a physical profile, the sooner you engage in quality exercise performance, the more likely you will have a positive outcome.

Quality performance is enhanced by persistence. Persistence in achieving an optimal healthy body composition while on profile rests completely on you. When your PCM sets duty limitations and the HPARC determines acceptable exercises under the guidance of your profile, you must persistently operate to the intensity,

for the duration, and under the limits prescribed by their instructions.

This is an integrity check because neither your PCM, the physiologist nor your supervisor will be standing over your shoulder to ensure you are adhering to the plan. The proof will be in the pudding, and pudding is served on fitness assessment day. However, just diligently adhering to a well-designed plan may not be enough. You also need to be persistent in requesting follow-up care. This means make your follow-up appointments before you leave the clinic.

Sometimes the plan calls for certain actions to take

place over a six-week period, but after two weeks the plan is not producing the expected results or new problems have arisen. At this point, seek medical care or follow up with the HPARC to alter the plan immediately. Don't wait four more weeks when a telephone consultation can steer you back on track in 15 minutes. Be persistent in your rehabilitation while on profile.

While fitness on a profile can be arduous and difficult, you can maintain a healthy fitness lifestyle which will help you achieve and surpass the Air Force fitness standard. This is accomplished by being proactive and living in a way that prepares you

and sets you up for success before you are limited under a profile condition. Then by focusing on the quality of the exercise you are permitted to perform under profile and not merely the quantity of exercise, you will maintain, if not improve, your physical condition.

Couple this with a persistent attitude to heal, and correct the issue driving the profile by diligently adhering to a well-prepared plan and following up with medical care until the condition is resolved greatly improves success under a profile. Remember: proactive + performance + persistence = passing on a profile.

Energy tip

Every thermostat set wrong... light left on... or window left open waste energy that we will never recover. Every little action adds up: Maximum efficiency is maximum defense.

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Illegal dumping is prohibited on Joint Base Pearl Harbor-Hickam

Naval Facilities Engineering Command Hawaii

Misuse of government solid waste bins by military personnel, Department of Defense civilians and residents on Joint Base Pearl Harbor-Hickam (JBPHH) is a problem and must stop immediately. Capt. Jeffrey James, JBPHH commander, is directing that dumping illegal waste at the installation is strictly prohibited as it pollutes the environment, creates a burden for the dumpster's owners, and is in violation of state and federal laws.

What is illegal dumping?

It is the unlawful disposal of hazardous or nonhazardous material in an unpermitted area and typically occurs to avoid waste-handling fees or the time and effort required to dispose of

waste properly. This illegal activity most commonly happens at night or early morning when the person is least likely to be seen.

Solid waste dumpsters on military installations are allocated to specific activities that generate waste and are intended for "official use only." Dumping of hazardous or nonhazardous waste is unlawful and strictly prohibited.

Common items illegally dumped:

- Building materials, construction and demolition waste (paint, roofing shingles, drywall, concrete, lumber, bricks).
- Appliances or electronic waste (A/C units, TVs, computers, refrigerators).
- Scrap tires, auto parts, bicycles, batteries.
- Hazardous household products.
- Yard and green waste.

- Furniture, mattresses, and other household items.
- Medical waste (potentially hazardous).

Why is it a problem?

Illegal dumping contributes directly to environmental pollution as waste can contain hazardous substances and cause other types of contamination. Disposal of materials in an unpermitted area can pollute our land, air and drinking water sources. It costs the government time and money to remove unlawful waste that should have been disposed of correctly the first time. Activities that use solid waste dumpsters pay for their use and are subject to additional costs/charges when people dump personal waste next to or into them.

Common problems attributed to illegal dumping:

- Dumped items are often

combustible and pose a fire hazard and can generate toxic fumes if burned.

• Heavy rains can leach hazardous chemicals into the soil, affecting waterways, wildlife, and natural resources. They can also carry debris toward waterways and obstruct drainage ways which makes areas more vulnerable to flooding.

• Discarded items attract rodents (rats, mosquitoes, flies) which may carry infectious diseases.

• Illegal dumping often attracts more illegal dumping and other criminal activity in the community and creates more costs to the government.

Enforcement:

Joint Base Pearl Harbor-Hickam is subject to Hawaii Department of Health inspections at any time, without notice. Enforcement action and

civil penalties of up to \$10,000/day may be assessed for each offense (§342H-9, HRS). For more information concerning State of Hawaii illegal waste activities, visit: <http://healthuser.hawaii.gov/health/environmental/waste/sw/index.html>.

Military and civilian personnel caught illegally dumping on JBPHH will be reported to base security and are subject to disciplinary action.

What is the solution?

Effective environmental management is the responsibility of our government, workforce and community, as well as our duty as citizens. We all enjoy the benefits of a clean environment to live and play. It is important to make the right decision when faced with the opportunity to dump illegally.

City & County of Honolulu convenience centers

Convenience centers are available for residential waste only and free to use. They are open seven days a week and accept most household items, including furniture, appliances, non-hazardous waste, tires and car batteries.

Two locations closest to Joint Base Pearl Harbor-Hickam:

- Waipahu Convenience Center 93-071 Waipahu Depot Road Waipahu

Hours: 7 a.m. – 6 p.m.

- Wahiawa Convenience Center 71-129 Wilikina Drive Wahiawa

Hours: 7 a.m. – 6 p.m.

For more information on how to dispose of waste legally or to check when the bulky item pickup occurs in your neighborhood, visit <http://www.opala.org/>.