Hawaii Sailors recognize Earth Month

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PHOTO OF THE WEEK

Yeoman 2nd Class Houston Torres, from Orlando, Florida, participates in field day events during a Sailor 360 team-building exercise held to celebrate the 128th birthday of the rank of chief petty officer (CPO) at Joint Base Pearl Harbor-Hickam, April 4. Sailor 360 is a command-level program for junior enlisted, senior enlisted and junior officers designed to strengthen and develop leadership through community relations events, classroom discussions and physical training events. (U.S. Navy Photo by Mass Communication Specialist 2nd Class Melvin J. Gonzalez)
Green Dot aims to change the culture

Since its 2016 roll-out, Green Dot has been used by commands across the Air Force as part of a strategy to decrease interpersonal violence across the service. With the initial goal of teaching avenues of response, Green Dot has encouraged thousands to intervene and respond during high-risk situations.

Green Dot is an interactive sexual assault prevention training program designed to help Airmen intervene in and prevent situations of sexual and domestic violence, abuse and stalking. Now to meet the initiatives of the Air Force community action team, Green Dot is experiencing a foundational shift from a focus on intervene and response to response and prevention.

Recently, the Green Dot program held a series of workshops to address many issues facing our communities and to expand on bystander skills for sexual assault, harassment, and suicide.

“While the previous Green Dot training was great at teaching individuals to overcome their personal barriers by finding a method best suited for them to intervene in conflict situations, the new focus is change of mindset, from response to prevention,” said U.S. Air Force Senior Airman Nathan Atkin, 25th Air Support Squadron Green Dot implementer. “A big part of the paradigm shift is focusing on things to influence and change the mindset of the community, to increase communication throughout the unit, and to bring people together.”

The new Green Dot focus builds upon the same tenets of the previous course of preventing suicide, sexual assault, family violence, abuse, stalking and other forms of violence by helping Airmen develop key skills that address the underlying common risks. While the previous course stressed responding to concerning situations, the new course focuses on preventing those situations from starting by changing an organization’s culture.

With a new focus on developing strategies on prevention, commands across Oahu have taken notice. Participants from the Army, Navy, and Coast Guard joined the Air Force in the Paradigm Shift workshop, with the goal of implementing the skills learned in their commands.

“Most Army units don’t have a holistic program like Green Dot,” said U.S. Army Sgt. 1st Class Matthew McMurray, U.S. Army Pacific Command sexual assault and response coordinator. “Green Dot does a great job at teaching individuals about themselves and how best to respond in situations.”

“While we are always finding different ways to track reaction and response, our commanders are also interested in the prevention aspect Green Dot offers,” added U.S. Army Sgt. 1st Class Hannah Nunley, 728th Military Police Battalion sexual assault and response coordinator.

“What this training gets down to, is people don’t take into consideration the second and third effects their actions or comments have. With its new focus, Green Dot is offering us and our commands another avenue for communication to ultimately alter the culture to one that is more inclusive.”

Green Dot empowers participants to actively intervene when issues arise. By recognizing the warning signs, understanding personal barriers, actively intervening, and now being aware of how a unit’s culture can result in ‘red dots,’ service members are better prepared to prevent violent situations.

For more information contact 15WG.CVP.OrgAcct@us.af.mil.
While all eyes are set on the skies for the Langkawi International Maritime and Aerospace Exhibition 2019, the Air Force Band of the Pacific, from Joint Base Pearl Harbor-Hickam (JBPHH), drew their own crowd as they entertained guests across Langkawi, Malaysia from March 25-30.

Attendees at their performances spanned a wide scope, from dignitaries to children and community elders to statesmen. The nine-person ensemble played six concerts with a medley of songs ranging in genres from the current top 40 to classic rock.

“Our mission here is to help strengthen our partnership with Malaysia,” said Tech. Sgt. Patrick Brush, U.S. Air Force Band of the Pacific trumpet player. “We support our partnership here in Langkawi through three avenues. First is through the LIMA airshow by playing music for the crowds on behalf of the Malaysian government; the second is via community outreach by performing concerts in the local area, and finally by meeting distinguished visitors and government officials.”

The Air Force Band of the Pacific, stationed at JBPHH, is one of two bands in the United States Air Force that covers the Indo-Pacific region. With an associate unit in Japan, their influence spans 36 nations spread across 53 percent of the Earth's surface with more than 1,000 unique languages spoken.

To enable the continued goodwill between the two countries, the band uses a persuasive approach to enhance international relations and build cross-cultural trust.

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Story and photo by Tech. Sgt. Heather Redman, PACAF Public Affairs
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Malaysia is a significant regional partner to the U.S., and together they share a diverse and expanding partnership in trade, security, environmental cooperation, as well as educational and cultural relations.

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Sometimes, connecting with the audience means band members have to step out of their comfort zone.

“Our lead singer, Staff Sgt. Rachel Wilson, performed the Malaysian National Independence Day song,” said Brush. “That song gained the biggest reaction from the crowds, drawing in people and getting them to sing along. Rachel learned and sang it in Malay, and I feel it helped them understand that we are interested in them and we care about continuing to build a relationship with our partner nation.”

The U.S. Air Force has used music for decades as an effective diplomatic tool. Music, in and of itself, has an innate quality to exist without language barriers and bring people together despite seemingly vast differences. And with their performances around Langkawi, the Air Force Band of the Pacific surely sharpened that tool.
More than 1,100 service members and civilians participated in the 22nd annual Ford Island 10k Bridge Run at Joint Base Pearl Harbor-Hickam, April 6.

For the past 22 years, the 6.2 mile run has been one of the largest 10k runs on Oahu. Race walkers, leisure walkers, serious and recreational runners have all enjoyed the scenic and historical sites along the run.

Awards and prizes were presented to the first, second and third place male and female, military and non-military finishers on Richardson field, across from the Aloha Stadium. Runners who finished in first, second and third place in each age category were also provided awards. The categories were: Under 10, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, and 80 and over. Race organizers were prepared to present the first 1,200 finishers with a certificate of completion.

Humberto Baeza, 29, of Honolulu, finished in first place overall, with a time of 33:56.7. He was followed in second place by Evan Weatherby, 23, of Joint Base Pearl Harbor-Hickam, with a time of 34:47.3. Ben Schluckebier, 39, of Kapolei, followed in third place with his time listed at 35:37.5. Valentine Roberts, 99, of Waianae; and Timothy Ensign, 99, of New Preston, Connecticut, finished in the 80 and over category in fourth and fifth place.

Ford Island is an islet in the center of Pearl Harbor and has been known as Rabbit Island, Marin’s Island, and Little Goats Island, and its native Hawaiian name is Moku’ume’ume. The island had an area of 334 acres when it was surveyed in 1825, which was increased during the 1930s to 441 acres with fill dredged out of Pearl Harbor by the United States Navy to accommodate its battleships.
The U.S. Navy, O'ahu Waterkeepers and the Pacific Aquaculture and Coastal Resources Center (PACRC) at the University of Hawai'i Hilo have joined forces to use native species of shellfish to improve water clarity and quality in the Pearl Harbor estuary. This unique partnership will sponsor the first large-scale effort to use native shellfish species for harbor water quality improvement modeled on research trials by the PACRC with the native Hawaiian Oyster species in Hilo Bay. Historically, the Pearl Harbor area was known as “Wai Momi” or “pearl waters.” Native shellfish species were once abundant in the area and are preserved in history through Native Hawaiian chants, songs, and legends. Before the arrival of humans to the Hawaiian archipelago, there was a natural harmony and balance that existed for the oysters. Ultimately, overfishing, pollution and the rapid, unnatural deposition of tons of silt and debris combined to nearly eliminate native Hawaiian oyster species. This project is an important step in the restoration of these treasured environmental and cultural resources and will support the mission of the base by improving the quality of its waters.

Capt. Jeff Bernard, commanding officer at Joint Base Pearl Harbor-Hickam is happy to support this project. “Our partnership with Oahu Waterkeepers on this oyster remediation project is a great example of Navy's initiative with improving and taking care of our environment,” said Bernard.

The Navy, Oahu Waterkeepers, and NMFS (National Marine Fisheries Service) are working together to gather more information and adaptively develop an approach to growing and maintaining a target population of oysters. Oysters remove organic and inorganic particles from the water column resulting in cleaner water, which positively impacts other species. They can selectively choose and feed on microscopic phytoplankton, or algae, removing biomass from the water. Oysters can live long and depending on their size, can filter an estimated 25-50 gallons of water a day.

Oysters are filter-feeders and can remove everything from bacteria, heavy metals, PCBs [Polychlorinated biphenyl], oils, microplastics, and sunscreen chemicals, so those raised in the wild are not safe for consumption. Unlike commercial oysters, which are raised under controlled conditions and rigorously tested before sale to the consumer, the oysters raised through this project are only intended to improve water quality for humans and marine life. They will not become part of the local restaurant or pearl industries.

Oysters are also ecological engineers. The presence of their shells creates a hard bottom substrate that provides habitat for other organisms. Many critters depend on the existence of the shell to grow, reproduce and seek protection from predators. The existence of an oyster reef creates a truly dynamic environment, which is key in a healthy functioning ecosystem.

“This project will further the Navy's environmental stewardship activities in Pearl Harbor and hopefully lead to long-lasting positive effects on the harbor through sustained augmentation of oyster beds,” said Cory Campora, Natural Resources Manager at Naval Facilities Engineering Command, Hawai'i.

To learn more about this project, visit the Waterkeepers website www.waterkeepershi.org.
In support of Earth Month, the Navy and Air Force highlighted efforts to achieve sustainability and environmental restoration in a series of events throughout the month of April. These efforts provided an opportunity to build relationships across commands, government agencies and the local communities in Hawaii.

Some of the events included bike path cleanups, informational booths, family Earth Day celebrations, ancient Hawaiian land preservation, and learning about native plants and birds.

As part of the “50 for 50” initiative, Navy Region Hawaii and the City and County of Honolulu hosted the annual Pearl Harbor Bike Path cleanup in the vicinity of Aiea Kai Way and Aiea Bay State Recreation Park. More than 50 volunteers participated in this cleanup effort on April 12.
Sailors assigned to the Arleigh Burke-class guided missile destroyer USS Chafee (DDG 90) and Afloat Training Group Middle Pacific (ATG MIDPAC) were among the volunteers.

"More than 3 tons of trash was collected from six cleanup locations along the bike path by all the participants," said Kyle Tokuda, community relations specialist for the City and County of Honolulu. "The military collected a total of 1,940 lbs. of the 3 tons. Everyone did an awesome job."

In addition to the Pearl Harbor Bike Path cleanup, the Morale, Welfare and Recreation’s (MWR) Outdoor Recreation department held a two-day Earth Day celebration at Hickam Harbor on April 12 and 13, in partnership with Naval Facilities Engineering Command (NAVFAC) Hawaii Environmental which included family activities, games, live music, movie night, camping in the park and reef walking.

"There were more than 500 people who attended on both days. It was a good turnout, the weather was nice and we had a constant flow of people," said Hana Lambur, program coordinator for MWR Outdoor Recreation. "On the first day, we had a movie night and camping at the park which went well. On the second day, we had 16 vendors, informational booths, a touch pool for kids, arts and crafts and more."

Several other events took place during the month where volunteers participated in a restoration event to remove invasive weeds and to restore a habitat for native plants and birds at Ahua Reef, a coastal wetland located on the Hickam side of Joint Base Pearl Harbor-Hickam. The Earth Month events conclude with an Earth Day on the Bay at Pacific Missile Range Facility on Barking Sands, Kauai on April 26, and a fishpond cleanup at Loko Pa‘a‘alu on April 27 from 9 a.m. to noon.

Earth Day is acknowledged annually on April 22, but the Navy and Air Force in Hawaii celebrated throughout the entire month of April with a variety of Earth Day-related events to provide environmental and conservation awareness to the community.
Since 1986, April has been designated as the "Month of the Military Child" (MotMC), a time set aside to recognize military children for their character, courage, sacrifices, and continued resilience.

The MotMC is sponsored by the Department of Defense military community and family policy and supported by many other organizations.

This month's theme is "Purple Up! For Military Kids." April 24 is set aside as a day for communities to wear purple to show support and thank military children for their strength and sacrifices. Purple indicates that all branches of the military are supported: Air Force blue, Army green, Navy blue/green, Marine red, and Coast Guard blue, all combined together as a single color.

Mass Communication Specialist 1st Class Corwin Colbert and his children, Corwin II, 10, and Anela de Vie, 13, are all too familiar with the tribulations brought on by being a military family.

"When my dad is deployed I feel sad because he is my best friend and it's like I lost my best friend," said Corwin II. "The thing I hate the most when my dad has to go away is that I have no one to play with and pick on."
Like many similar military recognition events, MotMC is also often celebrated “internally” within military communities and military associations. It’s best to start your search for events with the base Public Affairs office and the Morale, Welfare and Recreation department, Military and Family Support Centers, Department of Defense Education Activity (DoDEA) schools, and Child Development Centers.

Making the most time at home with events such as these is important for any family, but, more than anything, the elder Colbert said he understands the importance of making sure his wife and children are taken care of when he is away. This includes things like setting bills up for auto-pay, making sure his wife has power of attorney, and many other things.

“I have been in for more than 19 years, so besides making sure I am operationally ready I’m making sure my family is setup for success,” said Colbert. “I don’t want them to worry about anything while I am gone. I want to spend the last few months of my time at home with my babies (children), since I will likely miss both birthdays and holidays with them. I also try to make sure they develop the right habits so mommy does not have to stress as much.”

There are currently 1.2 million military children of active duty members worldwide, and approximately 2 million military children have experienced a parental deployment since 9/11. The average military family also moves three times more often than their civilian counterpart. For more information, visit https://www.dodea.edu/dodeaCelebrates/Military-Child-Month.cfm
Teen represents JBPHH at Youth of the Year competition

These young leaders then compete in their separate categories, and the winners advance on to represent their clubs at the state, regional, and national level.

The Youth of the Year serves as an advocate for young people and this title gives people a platform to transform over one million teen lives by being their voice and advocating for many teen and/or social issues in today’s society.

They must turn in an essay packet consisting of four essays about their personal brand, military experience, club experience, and vision for America’s youth. They also prepare a speech to present to a panel of judges and go through a 15-minute interview process. State contestants are competing for a $5,000 scholarship and a chance to represent their club at the regional level.

“The competition was fun and challenging. The support of the JBPHH staff, my friends from the teen center, and the other Youth of the Year’s helped calm any nervousness I had,” said Bethard about the day’s activities.

Bethard has been a regular in the teen program for four years and is a key member in cooking, art, S.M.A.R.T Girls, and Keystone -- BGCA’s leadership club. Through the teen center she has worked up over 150 hours of community service through planning and implementing events and projects.

To name a few, she has helped plan and implement teen outreach events through BGCA’s #weownfridays platform, single-handedly organized a S.M.A.R.T Girls Keystone collaborative project with the local Ronald McDonald House where they cooked dinner for the families, and acted as a mentor to school-aged youths’ Torch club - BGCA’s leadership club for 9 - 12 year olds.

Over the years, Bethard’s participation in the club has turned her into a confidant for her peers-- someone they can turn to when they need a friend.

“Hannah has always been a role model to me since the first day I met her. She took me under her wing and showed me kindness when I needed a friend. Her advocacy for mental health and compassion for the world is something that has helped me and so many others through hard times,” said Amira E., JBPHH teen center member.

When she is not at the club, she is a taking three advanced placement courses as a junior at Radford High School where she is a chief petty officer for her Navy JROTC unit.

Bethard put her heart and passion on full display during the competition at the State Capitol and even though she was not awarded with the title of Hawaii State Military BGCA Youth of the Year, she held her head high and displayed the characteristics of a true leader.

“Today was a very happy day. Everyone spread so much positivity and kindness which made the competition experience so special,” Bethard said. For more information about the Teen Center, call 448-1068 or visit www.facebook.com/jbphhteencenter.
The Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation celebrated spring with a block party at Wahiawa Annex, March 20. This year’s theme was “Board Game Day.” A variety of games and activities took place at “The Escape” bowling center which included board games, tabletop games and even a few giant-sized games that kept the young and old busy. Patrons were also treated with free bowling, food and shaved ice while others enjoyed the time to relax. (Photos by Reid Tokeshi)

“The summer months are almost upon us which means it will be the busiest moving season for military service members and their families. Many service members will receive their permanent change of station (PCS) orders, so it’s good to start preparing for temporary lodging.

The Navy Lodge is the official government lodging for military members on PCS orders. Navy Lodges offer room rates at an average of 45 percent below comparable civilian hotels.

“Navy Lodges are a comfortable and safe place to stay for families on PCS orders,” said Rachel Guerrero, Navy Lodge Hawaii General Manager.

“Once a family initiates their household goods move, contact the Navy Lodge at your PCS destination and we will do everything we can to accommodate you for as long as you need.”

Authorized Navy Lodge guests on PCS orders can take advantage of a scratch-off card which is valid at all Navy Lodges in the continental United States until Feb. 29, 2020. Guests may use only one scratch-off card per stay. Scratch-off cards are available on base at PSD [Personnel Support Detachment], housing offices, Navy-Marine Corp Relief Society, USO, and the Pearl Navy Exchange Aloha Center.

The Navy Lodges feature oversized guest rooms and family suites along with a lobby that promotes a fun and social atmosphere that fits the busy lifestyle of today’s service members and their families. On-site amenities include vending machines, laundry area, and a workout room as well as children’s outside play area at many locations. Navy Lodges also offer guests free Wi-Fi, breakfast and weekly manager’s reception. Every Navy Lodge is accessible. As an added convenience, cats and dogs up to 70 pounds in weight can stay at most Navy Lodges when traveling with its owner. Guests need to contact their specific Navy Lodge regarding its pet policies.

To make a reservation, call 800-628-9466 or visit www.navy-lodge.com or www.dodlodging.com.

NEXCOM Public Affairs

Diverse VIEWS

“April is Month of the Military Child. What was your favorite childhood game/activity and why?”
Submitted by Helen Zuikeran and David D. Underwood, Jr.

Submarine Sonar Technician
Lidell Booysen
USS North Carolina (SSN 777)
“Halo Reach. I played a lot of it and it’s fun.”

Senior Chief Logistics Specialist
Kimberly Connelly
Joint Base Pearl Harbor-Hickam
“Hopscotch. It was fun to play.”

Jorge Pagan-Nieves
Military Family Member
“Four Square was my favorite childhood game to play with my friends. There was never a dull moment since it seemed to be ever evolving. Making up rules and special moves always kept it challenging and fun!”

Staff Sgt. Lauren Wilson
647th Civil Engineer Squadron
“Soccer was my favorite game as a child to play. It still is today. Soccer is a great team sport you can play all year round. It’s a great way to get outside and be around your peers.”
Safety tips to enjoy the beach

Hawaii has year-round warm and sunny weather, making it perfect for fun beach activities. However, beach activities can sometimes also lead to injuries and accidents.

Here are some tips on beach safety:

- Protect your skin: Sunlight contains two kinds of UV rays. UVA increases the risk of skin cancer, skin aging, and other skin diseases. UVB causes sunburn and can lead to skin cancer. Limit the amount of direct sunlight you receive between 10 a.m. and 2 p.m., and wear a sunscreen with a sun protection factor of 15 or higher.
- Drink plenty of water regularly and often even if you do not feel thirsty. Your body needs water to keep cool. Avoid drinks with alcohol or caffeine in them.
- Watch for signs of heat stroke. Heat stroke is life-threatening. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. Signals include hot, red and dry skin; changes in consciousness; rapid, shallow breathing. Call 9-1-1 or your local EMS number. Move the person to a cooler place. Quickly cool the body by wrapping wet sheets around the body and fan it. If you have ice packs or cold packs, place them on each of the victim's wrists and ankles, in the armpits and on the neck to cool the large blood vessels. Watch for signals of breathing problems and make sure the airway is clear. Keep the person lying down.
- Wear eye protection. Sunglasses are like sunscreen for your eyes and protect against damage that can occur from UV rays. Be sure to wear sunglasses with labels that indicate that they absorb at least 90 percent of UV sunlight.
- Wear foot protection. Many times, people's feet can get burned from the sand or cut from glass in the sand.
- Spinal injury prevention.
  - Don't dive headfirst into any unknown water. Remember, the beach ocean floor may change its shape constantly. In shallow water, don't dive headfirst towards the bottom into oncoming waves and don't stand with your back to the waves.
  - Don't jump or dive from a cliff, pier, jetty or bridge. Avoid bodysurfing, bodyboarding or surfing straight "over the falls." Ride the shoulder.
  - During a bodyboard or surfing "wipe out," try to put hands out in front of you. Don't dive straight to the bottom.
  - While bodysurfing, always keep at least one arm out in front of you to protect your head and neck.
  - Don't swim near piers or breakwaters. The currents may be very strong, even for the best of swimmers.

For more information, visit the Naval Safety Center at https://www.public.navy.mil/NAVSAFECEN/Pages/media/index-safetips.aspx
**NEX Car Care Center announces new location**

**NOW** - The Pearl Harbor Navy Exchange (NEX) Car Care Center moved to a new location, located behind the NEX appliance store. The hours of operation are from 7 a.m. to 7 p.m. A grand opening and full operation services are planned for June 1. For more information, call 423-3287.

**Cookies and Canvas**

April 24 - Kids can create a painted masterpiece while nibbling on a sweet treat from 3:30 to 5:30 p.m. at the Arts & Crafts Center. This monthly activity has a different painting subject each session. Cost is $30 per person, includes all art supplies and is open to ages 7 to 14. Advance sign-up is encouraged. For more information, call 448-9907.

**April 27**

- As part of Earth Month, join volunteers for this national celebration of service on public lands at the Loko Pa’iaau Fishpond cleanup from 9 a.m. to noon via McGrew Point military housing. Learn about the ancient Hawaiian fishpond, native plant species and endangered water birds. Open to active-duty personnel, their family members, and the community. For more information, contact Jeff. pantaleo@navy.mil.

**Operation Megaphone**

April 26-27 - As part of Month of the Military Child, this program goes global from 7 p.m. to 7 a.m. at the Teen Center. It connects youth with others around the world for a night of music, bowling, food and fun. Advance registration is required as space is limited. Cost is $20 per teen. Deadline to register is April 24. For more information, call 448-1068.

**Ohana Paint Night**

April 26 - Parents can bring their child to a night of step-by-step painting from 5:30 to 7:30 p.m. at the Arts & Crafts Center. Cost is $35 per person, includes art supplies and their completed masterpiece. Open to ages 7 and older. Advance sign-up is encouraged. For more information, call 448-9907.

**King of the Hill Bowling Tournament**

Every Thursday - Bowl two free games at the Naval Station Bowling Center from 11 a.m. to 1 p.m. for a chance to be declared King of the Hill. This event is open to active-duty personnel. The two highest scores of the month will win 10 free games. For more information, call 473-2574.

**Leisure and Travel Showcase**

April 27 - Have the opportunity to talk directly with vendors of Hawaii’s most popular attractions and resorts at the Pearl Harbor NEX from 9 a.m. to 2 p.m. You might even win a prize. This is a free event and is open to all eligible patrons. For more information, call 473-0792.

**Writing Workshop**

April 27 - Aspiring writers can get tips from a member of Organization of Military Community Writers at the JBPHH Library at 4 p.m. This is a free event open to ages 18 and older. For more information, call 449-8299.

**Pet Adoption**

First and Second Sunday of the Month - The Pearl Harbor NEX and the Humane Society have partnered to bring military families monthly pet adoption events at the NEX pet shop. There will be a range of pets from kittens, puppies to full-grown dogs and cats. Open to authorized patrons only. For more information, call 423-3287.

**#TGIF Concert Series**

April 26 - Get ready for a rockin’ night with live music from Goat’s Punishment, a Weezer cover band from 8 to 10 p.m. at Paradise Lounge at Club Pearl. Admission is free and is open to ages 18 and older. For more information, call 449-6112.

**Home Run Derby**

April 29 - Show off your swing and compete with other batters from 11 a.m. to 2 p.m. at Ward Field. This is a free contest open to all JBPHH active-duty personnel, Department of Defense civilians and family members ages 18 and older. Sign up in advance at the Athletics office. For more information, call 474-2494.

**Homefront Heroes Ceremony**

April 30 - The Military and Family Support Center (MFSC) will honor children of deployed Sailors and Airmen assigned to Joint Base Pearl Harbor-Hickam in recognition of Month of the Military Child at the Hickam MFSC from 5 to 6 p.m. For more information, call 474-1999.

**Dating with Purpose**

April 30 - This course will help participants take a moment to evaluate the qualities they want to bring and receive from a relationship using improved communication skills. This class will be held at the Pearl Harbor MFSC from 10 a.m. to noon. For more information, call 474-1999.

**Time Management**

May 1 - Gain the personal understanding and practical skills to implement a customized framework for successful time management from 10 a.m. to noon at Pearl Harbor MFSC.

**From Base to Place**

May 2 - This course will prepare service members for moving off base while establishing effective financial goals and saving strategies. This class will be held at the Pearl Harbor MFSC from 8 to 9:30 a.m. For more information, call 474-1999.

**Holocaust Remembrance Observance**

May 2 - The JBPHH diversity committee will host a recognition ceremony to commemorate the Holocaust special observance from 11 a.m. to noon at the Aloha Jewish Chapel. This year’s theme is “Learning from the Holocaust: Beyond Religious Boundaries.” The guest speaker will be Dr. Daniel Bender. This observance is to increase awareness and educate our diverse military and civilian communities. For more information, call Chief Jean “Phil” Bissainthe at 473-6754.

**Pailolo Swim Challenge**

Month of May - Swim the length of the Pailolo Channel, about 9 miles, by the end of May at any JBPHH swimming pools. This is a free event. Sign up at Scott Pool. For more information, call 473-0394.

**Mother’s Day Massage Special**

May 4 - Gain the personal understanding and practical skills to implement a customized framework for successful time management from 10 a.m. to noon at Pearl Harbor MFSC.

**May the Fourth 5K Run**

May 4 - Run from the Hickam Memorial Fitness Center at 6:30 a.m. during this themed run. This is a free event open to eligible patrons with base access. For more information, call 448-2214.

**Lifeguard Hiring Day**

May 5 - The Hickam Family Pool is looking to hire certified lifeguards onsite from 9 a.m. to 2 p.m. Others can get certified with the Aquatics program. Positions are open to ages 16 and older. For more information, call 473-0394.

**Sponsor Training**

May 7 - This course gives a new sponsor the information, resources, and tools necessary for assisting incoming personnel and their families with their transition to new environment. Spouses are encouraged to attend. This class will be held at the Wahiawa Conference Center from 1 to 3 p.m. For more information, call 474-1999.

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**Unlocking Your World**

May 8 - Focus on using your voice power and personal social media. For more information, call 473-1000.

**May 9**

- The Hickam Family Pool is looking to hire certified lifeguards onsite from 9 a.m. to 2 p.m. Others can get certified with the Aquatics program. Positions are open to ages 16 and older. For more information, call 473-0394.

**May 10**

- Learn the basic skills and techniques of managing and saving your money at this workshop at the Pearl Harbor MFSC from 1 to 2:30 p.m. For more information, call 474-1999.

**May 11**

- Bowl two free games at the Naval Station Bowling Center from 11 a.m. to 1 p.m. for a chance to be declared King of the Hill. This event is open to active-duty personnel. The two highest scores of the month will win 10 free games. For more information, call 473-2574.

**How to Train Your Dragon**

April 27 - Memorial Day Weekend - Join your favorite characters for this special screening. For more information, call 473-3000.

**May 2**

- As part of Earth Month, join volunteers for this national celebration of service on public lands at the Loko Pa’iaau Fishpond cleanup from 9 a.m. to noon via McGrew Point military housing. Learn about the ancient Hawaiian fishpond, native plant species and endangered water birds. Open to active-duty personnel, their family members, and the community. For more information, contact Jeff. pantaleo@navy.mil.

**May 5**

- The Hickam Memorial Fitness Center is looking to hire certified lifeguards onsite from 9 a.m. to 2 p.m. Others can get certified with the Aquatics program. Positions are open to ages 16 and older. For more information, call 473-0394.

**May 10**

- Learn the basic skills and techniques of managing and saving your money at this workshop at the Pearl Harbor MFSC from 1 to 2:30 p.m. For more information, call 474-1999.

**May 11**

- Bowl two free games at the Naval Station Bowling Center from 11 a.m. to 1 p.m. for a chance to be declared King of the Hill. This event is open to active-duty personnel. The two highest scores of the month will win 10 free games. For more information, call 473-2574.

**May 17**

- Run from the Hickam Memorial Fitness Center at 6:30 a.m. during this themed run. This is a free event open to eligible patrons with base access. For more information, call 448-2214.

**May 21**

- The Hickam Family Pool is looking to hire certified lifeguards onsite from 9 a.m. to 2 p.m. Others can get certified with the Aquatics program. Positions are open to ages 16 and older. For more information, call 473-0394.

**May 22**

- Learn the basic skills and techniques of managing and saving your money at this workshop at the Pearl Harbor MFSC from 1 to 2:30 p.m. For more information, call 474-1999.

**May 23**

- Bowl two free games at the Naval Station Bowling Center from 11 a.m. to 1 p.m. for a chance to be declared King of the Hill. This event is open to active-duty personnel. The two highest scores of the month will win 10 free games. For more information, call 473-2574.

**May 28**

- Run from the Hickam Memorial Fitness Center at 6:30 a.m. during this themed run. This is a free event open to eligible patrons with base access. For more information, call 448-2214.

**May 30**

- The Hickam Family Pool is looking to hire certified lifeguards onsite from 9 a.m. to 2 p.m. Others can get certified with the Aquatics program. Positions are open to ages 16 and older. For more information, call 473-0394.
HURRICANE SEASON IN HAWAII RANGES FROM JUNE - NOVEMBER

HURRICANES ARE FORMED AT THE EQUATOR OVER WARM WATERS, MAKING HAWAII A MORE LIKELY RECIPIENT

THE NORTHERN HEMISPHERE IS TWICE AS LIKELY TO BE HIT BY A HURRICANE THAN THE SOUTHERN HEMISPHERE

90% OF DEATHS FROM HURRICANES COME FROM THE FLOODS FOLLOWING THE DISASTER

HURRICANES ARE CATEGORIZED ON THE SAFFIR-SIMPSON SCALE FROM CATEGORY 1 (74-95 MPH WINDS) TO CATEGORY 5 (>157 MPH)

For more information, visit http://dod.hawaii.gov