WELCOME RIMPAC

"Navigator"

HO'OKELE

PEARL HARBOR - HICKAM NEWS

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World's largest international maritime exercise gets underway

U.S. Pacific Fleet Public Affairs

Military leaders from 22 nations formally launched Rim of the Pacific Exercise (RIMPAC) 2012 on July 2. RIMPAC is hosted biennially by U.S. Pacific Fleet in and around Hawaii.

U.S. and international speakers at the opening press conference included Adm. Cecil D. Haney, commander of the U.S. Pacific Fleet; Vice Adm. Gerald R. Beaman, commander of the U.S. Third Fleet; Japan Maritime Self Defense Force Rear Adm. Fumiyuki Kitagawa, commander of Escort Flotilla Three; and Royal Canadian Navy Rear Adm. Ron Lloyd, chief of force development.

"The theme of capable, adaptable partners resonates here in what is the world's largest international maritime exercise," Haney said.

Haney said 22 nations, 40 ships, six submarines, more than 200 aircraft and 25,000 personel are participating in RIMPAC 2012. The exercise is designed to enhance the tactical capabilities of participating units in major aspects of maritime operations at sea. RIMPAC 2012 is the 23rd in the series, which began in 1971. It is the world's largest international maritime exercise.

RIMPAC, as well as the cooperation and interoperability it fosters, "is critical to ensure the safety of the sea lanes and security of the world's oceans," said Haney, who was flanked by representatives of the participating nations during a pierside press conference.

Haney noted that this year's RIMPAC is unique with a number of exercise firsts:

- The naval and air functional component commands in RIMPAC are being led by international partners.

- Includes a humanitarian assistance/disaster relief (HA/DR) component.

- The U.S. Navy will demonstrate its "Great Green Fleet" approach with some surface warships and aircraft functioning on biofuel blends.

Beaman said the HA/DR portion of the exercise is a five-day exercise that involves Hawaii disaster responders as well as more medical personnel than have participated in past RIMPACs. He also highlighted the international leadership roles throughout the exercise.

"It is the first time in the RIMPAC series that the component commanders are led by other than U.S. leaders," Beaman said. "It's a sign of where we have come with this exercise, and we're excited, each and every one of us, to be here and to carry out RIMPAC 2012."

Kitagawa took a moment to recognize the growth in the international participation over previous years.

"I am very glad to welcome seven countries of new partners and the opportunity for us to train together," Kitagawa said.

Kitagawa noted that this is the 17th RIMPAC Japan is participating in, and he expressed his gratitude to all of the nations participating in RIMPAC for the assistance they provided to Japan in the wake of the March 2011 earthquake and tsunami.

"Continued participation in RIMPAC and regular deployments in the Pacific Rim also allows us to renew our focus on the region on a biennial basis," Lloyd said. He also thanked Hawaii for "what is truly first-class, world-class hospitality" that is being offered to all of the RIMPAC participants.

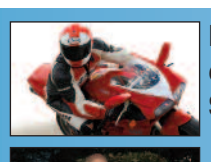
This year's exercise includes units or personnel from Australia, Canada, Chile, Colombia, France, India, Indonesia, Japan, Malaysia, Mexico, Netherlands, New Zealand, Norway, Peru, the Republic of Korea, the Republic of the Philippines, Russia, Singapore, Thailand, Tonga, the United Kingdom and the United States.

Sailors re-enlist aboard 'Mighty Mo' July 4

U.S. Navy photo by MC3 Sean Furey

Sailors aboard the Battleship Missouri Memorial at Joint Base Pearl Harbor-Hickam participate in a mass reenlistment ceremony during the Rim of the Pacific (RIMPAC) exercise 2012.

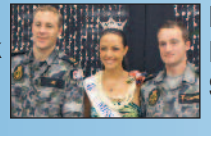
Photo Illustration



Motorcycle track day helps riders get ahead of the curve **See page A-2**

Commander, Navy Region Hawaii reflects on July 4th week and RIMPAC **See page A-3**

Welcome to RIMPAC **See page A-4**



Miss Hawaii 2012 visits Pearl Harbor Navy Exchange **See page A-9**

Softball title goes to 8th IS in blowout over HQ PACAF **See page B-1**

Kunia Gallos beat HIANG for soccer championship **See page B-2**

New 15th Wing CO arrives in Hawaii

Col. Johnny Roscoe (right), the incoming 15th Wing commander, and his family aregreeted June 29 upon arrival on Oahu at the Honolulu International Airport. Col. Terry Scott, 15th Wing vice commander, and members of the 15th Wing from Joint Base Pearl Harbor-Hickam were on hand to say aloha.

U.S. Air Force photo by Capt. Ben Sakrisson

96th Air Refueling Squadron inducts newest 'pilot'

Story and photos by Staff Sgt. Nathan Allen

15th Wing Public Affairs

As entertainer Bill Cosby would likely testify, kids can say some unexpected things. That's why it surprised some in the flight deck of the KC-135 Stratotanker simulator at Joint Base Pearl Harbor-Hickam (JBPHH) that Rosco Rebibis, a "year old" cancer patient at Kapi'olani Medical Center, decided to forego the usual "oohs" and "aahs." Instead, with the poise of an experienced flier, he immediately addressed his "passengers."

"Attention everyone, this is your captain speaking. We will be taking off in 3...2...1..."

Rosco toured different areas of JBPHH as a guest of the "Pilot for a Day" (PFAD) program hosted by the 96th Airlift Squadron.

According to Capt. Johnathan Walker, Pilot for a Day director from the 96th Air Refueling Squadron, PFAD provides an opportunity for members of the U.S. Air Force to reach out to the community and allow children battling diseases to obtain a reprieve from their battles, if only for a day. They get the chance to come see the base, enjoy being a kid, and witness some of the "big-kid" toys Airmen play with every day.

Rosco's grandfather, Mel DeCasa, said Rosco was first diagnosed with acute lymphoblastic leukemia, a common form of cancer in children, in October 2010.

"When we first found out, of course we were devastated but, according to the doctors, they have a better recovery rate at his age," he said. "We actually thought he was going to be gone in a couple months when he was diagnosed."

DeCasa said it has been a long road to recovery for Rosco. However DeCasa said that Rosco hasn't changed a bit, despite suffering through a debilitating illness.

"He was really sick. He lost a lot of weight, lost a lot of hair," he said. "Since then he's obviously gotten a lot better. The illness hasn't changed his personality at all. If anyone had to fight this, he's a perfect candidate."

During his visit, Rosco was able to "fly" in a KC-135 simulator, operate a bomb disposal robot, learn about aircrew flight equipment, and receive a first-hand tour of a KC-135.

Walker said Air Force community outreach events like PFAD are not only designed to help kids escape what can sometimes be a painful and exhausting recovery process, it fosters trust and cooperation between Airmen and the community in which they operate.

"Whether it's opening our doors to (the community) or letting them see what we do on the inside...it provides a good testimony to the community and al-lows us to work together to have a better overall relationship," Walker said. "We're in their community, and we'll do anything we can to help."

Photo Illustration

Navy League presents American Patriot Awards

Karen S. Spangler

Managing Editor

HONOLULU—The Navy League, Honolulu Chapter, hosted the American Patriot Awards Convention banquet June 23 at the Sheraton Waikiki Hotel.

American Patriot Awards were presented to Mildred Courtney, the military liaison for Outrigger/Ohana Hotels and Resorts, and to U.S. Sen. John McCain.

Courtney, a 55-year employee of Outrigger Hotels, has been instrumental in various efforts that benefit military service members. She has personally organized support for ship commissioning ceremonies, including USS Hawaii, USS Chung-Hoon and USS Lake Erie, and for the arrival of USS Chafee.

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

Mildred Courtney was a recepient for the Navy League Patriot award for her work for the military. One project she coordinated was the collection of easter basket for military kids.

She also arranged for a keiki hula performance at Groton, Conn. to provide an early and friendly welcome for submariners and families. This past Easter, Courtney collected filled Easter baskets from Outrigger employees for children of service members and presented them to Capt. Jeffrey James, commander of Joint Base Pearl Harbor-Hickam (JBPHH).

In recent years, she has sponsored welcome home events for returning warriors from Iraq and Afghanistan, ensuring that Sailors, Airmen, Marines and Soldiers who went in harm's way were not forgotten.

Courtney also established a first-of-its-kind Sailor's Attic at JBPHH. The Sailor's Attic provided basic household items at no cost to families in need, a big help to young families.

"There isn't anything that gives me more joy, more honor than improving the quality of life for all service men and women through efforts such as these. I want to thank Dr. Richard Kelley for giving me this opportunity and David Carey for allowing me to do what I love every day," Courtney said as she addressed the guests at the banquet.

"Although very much appreciated, this recognition pales in comparison to the gifts of freedom and security that our military men and women provide us all, often under the most difficult conditions and circumstances and sometimes at the greatest personal sacrifice."

"It is thanks to them that I will donate my time, my service and my aloha, for as long as I am able, to our U.S. military. It has been a great ride and one that Outrigger and I take great pride in fulfilling. Mahalo from the bottom of my heart," Courtney said.

Motorcycle track day helps riders get ahead of the curve

Story and photo by Staff Sgt. Nathan Allen

15th Wing Public Affairs

Motorcyclists from every branch of the U.S. military gathered June 27 and 28 at Wheeler Army Airfield to participate in the "Advanced Rider Track Day," a training event designed to help service members practice maneuvers in a controlled environment.

Mario di Prete, traffic safety program manager at Marine Corps Base Hawaii, Kaneohe, started the track day in April 2009 in response to a command directive to reduce motorcycle fatalities.

"The two-wheeled private motor vehicle accidents a few years back were through the roof," he said. "The Marine Corps, through one of their safety initiatives, said, 'What can we do beyond what we have right now."

At that point, the Marine Corps approached the California Superbike School and asked them for help designing a course to help focus on common errors motorcyclists make when riding. There was a special focus on three elements of motorcycle riding: entry speed, throttle versus lean, and throttle control.

"It's all based on cornering. Pretty much anyone can travel relatively safely in a straight line. There's not much to it, just point and shoot," he said. "When you start factoring in turns and different degrees of turn, that's when things get a little bit tricky. (Turns) are where most of your fatalities and crashes happen."

The course is not mandatory, but aspiring attendees must attend the basic rider's course and, depending on the type of motorcycle the rider uses, either the military sport-bike riders course or the experienced rider's course before attending the track day. Class frequency depends on when space becomes available to conduct it. Currently, the group facilitates three to four track days a year.

Riders should know that the track day is not for beginners. According to di Prete, aspiring riders should visit their local safety office and enroll in the basic rider's course.

"If you're just starting out, get trained, wear your gear, and never stop learning," he said. "I've been riding for many years, but I'm always trying to pick new things up. When you think you know it all, that's when bad things are going to happen."

Randy Collier, Motorcycle Safety Foundation instructor, agred that even the most experienced riders can benefit from attending the track day.

"I've been riding for 42 years. You think I've ridden correctly for 42 years? No. You think I ride perfectly now? No, I still have flaws, I know I have flaws, and I'll admit I have flaws. It's an ongoing process and you have to continue working on it."

Michael Jeffery, apprentice coach, tests a motorcycle course set up by a team of coaches June 26 for the upcoming "Motorcycle Track Day" at Wheeler Army Airfield, Hawaii.

Commentary

Commander, Navy Region Hawaii reflects on July 4th week and RIMPAC

Rear Adm. Frank L. Ponds

Commander, Navy Region Hawaii and Naval Surface Group Middle Pacific

I want to take this opportunity to welcome every single service member and civilian visiting here for Rim of the Pacific Exercise 2012.

On behalf of all of the participants, thank you to Gov. Abercrombie, Mayor Carlisle and all the people of the state of Hawaii for your gracious *ohana*-style hospitality, generosity and support for RIMPAC and your understanding of our Navy's need to conduct this vital training.

This past Wednesday's July 4th celebration, as RIMPAC was just getting underway, was very special for everyone at Navy Region Hawaii and for me personally.

It was a privilege for Mrs. Ponds and me to host a backyard reception on behalf of the commanders of U.S. Pacific Fleet and U.S. 3rd Fleet in honor of our allies, friends and partners here for RIMPAC 2012. And, it was our guests' opportunity to enjoy some American hospitality in Hawaii as we celebrated Independence Day.

Our American Independence Day, with parades, cookouts and fireworks, is special not only for the United States but also for all freedom – loving nations everywhere. The concept that we are all created equal with unalienable rights of life, liberty and the pursuit of happiness is a fundamental truth for all men and women. Our nation fought wars, including the War of 1812, World War II and even our own Civil War, to defend freedom and democracy.

Our Declaration of Independence in 1776 inspired other democracies and brought transformational freedom and equal rights to other nations. Now, we work together to provide maritime security on the world's oceans. We keep sea lanes open for the free-flow of commerce. We work together – as partners – to offer humanitarian or civic assistance in time of need.

As I met with RIMPAC guests in my backyard, we introduced ourselves and "talked story" about our cultures and our navies, and I had an opportunity to reflect on how much we all share in common.

RIMPAC is an opportunity for all of us to share the spirit of aloha with our visitors – from nearly two dozen nations. I'm very grateful to hear how our guests have been welcomed and assisted, with a simple "hello" or "can I help you"

MWR is providing "RIMPAC Central," sports and entertainment events, and convenient buses. The ships are conducting waterfront receptions. Commander, U.S. 3rd Fleet announced a robust training schedule. We expect this RIMPAC to be not only the biggest in history but also the best.

As Adm. Haney and Vice Adm. Beaman announced Monday, this is the first RIMPAC with non – U.S. officers commanding functional components of the combined task force. Royal Australia Navy's Commodore Stuart Mayer is commanding the maritime component, and Royal Canadian Air Force's Brig. Gen. Michael Hood is commanding the air component.

Another first for RIMPAC is that HADR (humanitarian assistance/disaster relief) will be a key component of the exercise, allowing our Hawaii-based Department of Defense and state of Hawaii medical facilities to participate in mass casualty drills and receive required medical certification.

Finally, as many of you know, it is the first RIMPAC to demonstrate, on a large scale, renewable energy such as biofuels and other energy-saving innovations.

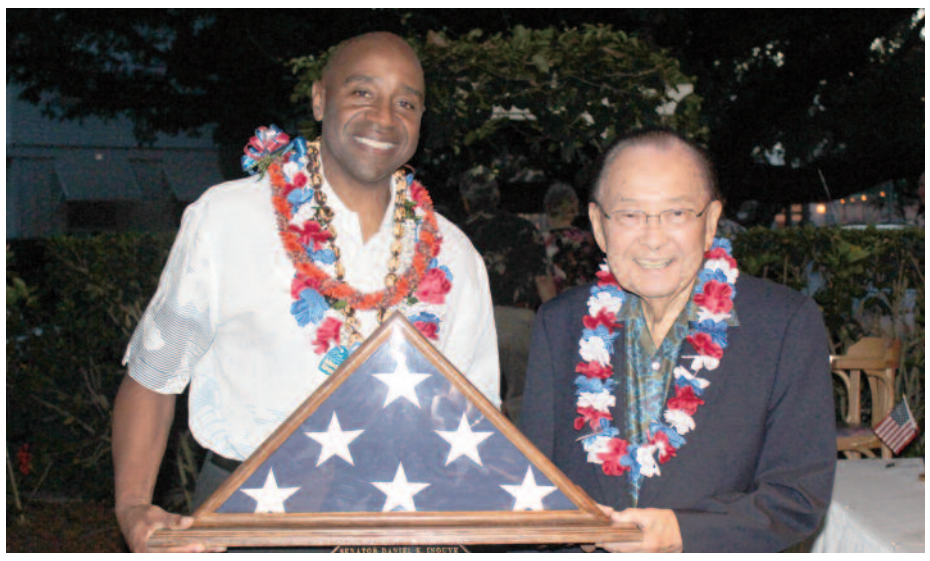
At Navy Region Hawaii – both at Joint Base Pearl Harbor-Hickam and at Pacific Missile Range Facility – we are supporting, wholeheartedly, renewable energy and sustainability initiatives, environmental protection and safety of the exercise.

With collaboration, cooperation and commitment, we can achieve a safe and productive RIMPAC 2012 – one which achieves its goal, as expressed in the theme: building strong, capable and adaptable partnerships. Navy Region and MIDPAC stand ready to support and participate.

During our July 4th backyard reception, we presented U.S. Senator Dan Inouye of Hawaii with a special shadow box with an American flag that had been flown over USS Arizona Memorial, Battleship Missouri Memorial, USS Bowfin Memorial and USS Lake Erie. Sen. Inouye's lifetime service and devotion to his country is truly inspirational to all Americans and to anyone who cherishes justice, democracy and freedom. A service and sacrifice that began on the battlefields in World War II, his unwavering commitment continues today in the halls of the Senate.

So, during this July 4th week, I reflect on the values that we share, RIMPAC hosts and guests alike. Let us never take our freedom for granted, and let us never tire in our pursuit of freedom for others.

Welcome, RIMPAC! Aloha!



U.S. Navy photo by Lauren Lasser

Rear Adm. Frank L. Ponds, commander of Navy Region Hawaii, presents U.S. Sen. Daniel Inouye of Hawaii with a shadow box with an American flag.

Diverse Views

Francis Scott Key wrote the national anthem "The Star-Spangled Banner" during the War of 1812, and this year is the bicentennial of that war. What words in the song have the most emotional effect on you?

Lt. Col. Rene Chadwell
Commander
15th Medical Operations Squadron

"For me, the most emotional words of the national anthem are in the closing phrase 'Oh say does that star-spangled banner yet wave, o'er the land of the free and the home of the brave?' Those words sung in the presence of the waving flag make my heart swell with pride, pride with having had the opportunity to serve alongside so many brave men and women, pride with having served a higher calling, and pride with being a citizen of this great nation."

LS2 Hilda Hayes
Naval Supply Center

"'Oh long may it wave, O'er the land of the free and the home of the brave!' Serving active duty in the military, whenever I have been on deployments and heard that line, it just touches me."

Senior Master Sgt.
Adrian Bandhu
HQ PACAF

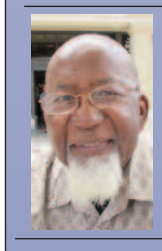
"For me, the words 'land of the free' has the most emotional effect because of the freedom that we enjoy as a nation/society. In the world today, many other countries and sovereign nations do not enjoy such freedom."

Michelle Agoo
Associate, Navy Exchange Pearl Harbor

"'What so proudly we hailed at the twilight's last gleaming…' Because no matter what, America always comes back."

Seaman Apprentice
Daniel Tanner
Naval Health Clinic Hawaii

"I like 'Gave proof through the night that our flag was still there.' It reminds me that the flag will always be there, and it isn't going away."

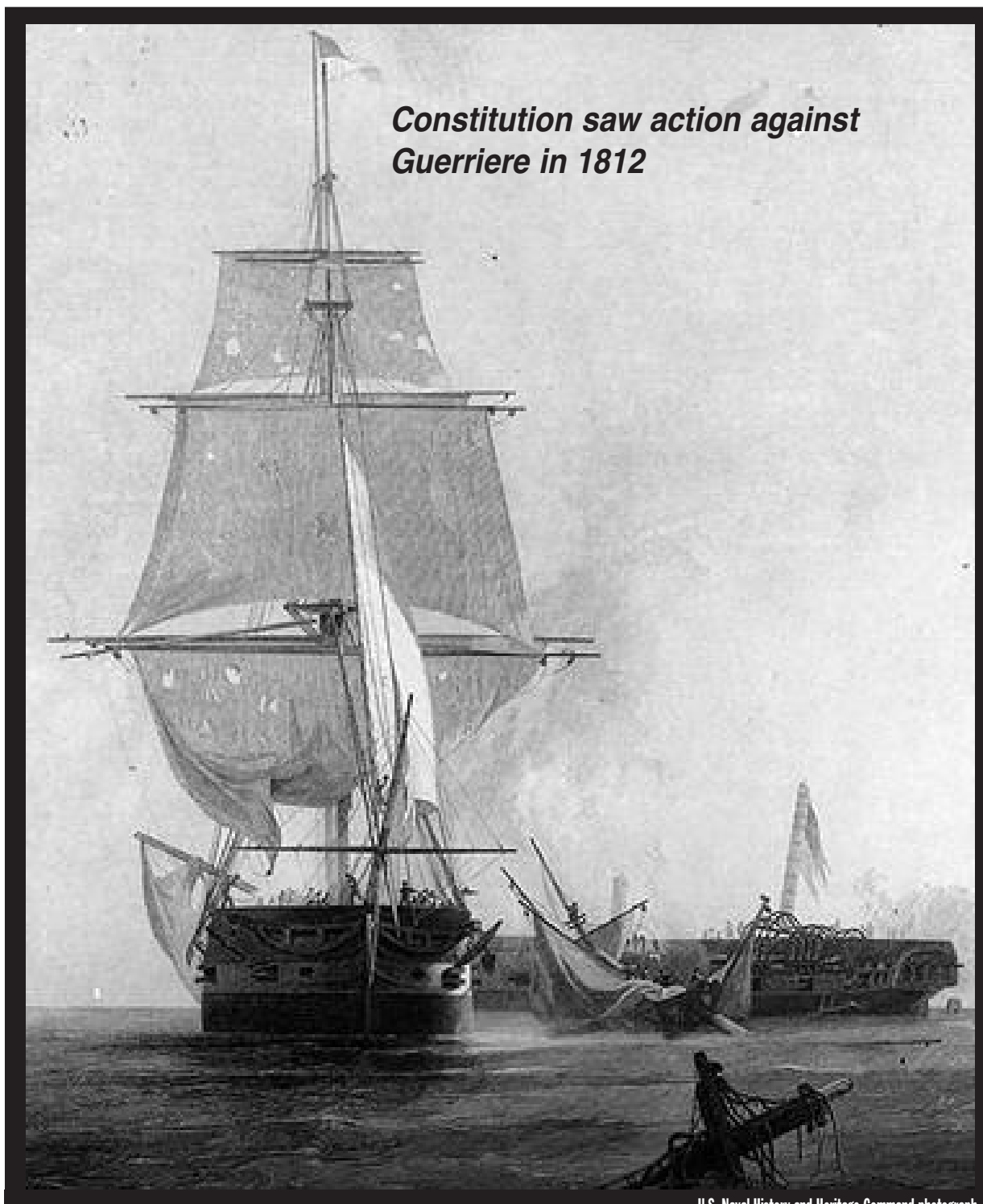


John Tucker
USAF Retired

"The most important line to me is 'In God is our trust,' because I am a true believer in God and a true Christian."

(Provided by Brandon Bosworth and David Underwood Jr.))

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



U.S. Naval History and Heritage Command photograph

This photo is from a mid-19th century line engraving by James D. Smillie after a painting by Alonzo Chappel. It depicts the USS Constitution standing near the dismasted British frigate Guerriere. The Constitution battled Guerriere on Aug. 19, 1812. The Constitution is also participating in Boston Navy Week 2012 and the Boston Harborfest held this week in commemoration of the War of 1812 bicentennial.

HO'OKELE
Pearl Harbor - Hickam News

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Sports, events on tap

Don Robbins

Assistant Editor

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation (JBPHH MWR) will host a variety of athletic and special events during RIMPAC, including tournaments in basketball, soccer, indoor and sand volleyball, softball, singles and doubles tennis and bowling.

For example, a RIMPAC 5K run will be held at 9 a.m. Aug. 3. Deadline for entry for the run is July 11. The race course will start and finish at RIMPAC Central on Bravo Piers. Water and beverages will be provided and trophies will be awarded.

Other scheduled RIMPAC events include a bench press contest, indoor triathlon, versa climb challenge, swim meet, international military boogie board and surf meet, belly flop contest, kayak race competition, RIMPAC king and queen of the beach and golf tournament.

During RIMPAC there are special rates in bowling. Monday through Friday from 11 a.m. to 9:30 p.m., open bowling will be $2 per game. Cosmic bowling on Friday nights from 5 to 11 p.m. will be $2 per game.

A RIMPAC strong-arm contest is scheduled for 9 a.m. Aug. 4 at the JBPHH Fitness Center. The deadline for entry is July 11. The contest will consist of the most pull-ups contest and longest chin-up hang.

The RIMPAC sailing regatta is scheduled for 9 a.m. to 3 p.m. Aug. 3 at Rainbow Bay marina. Deadline for entry is July 11.

A RIMPAC golf tournament will be held at 12:30 p.m. Aug.6 at Navy and Marine Golf Course. Deadline for entry is July 11.

RIMPAC T-shirts will be provided to tournament participants, subject to availability.

In addition to the numerous sporting and special events planned for this year's RIMPAC 2012 exercise, JBPHH MWR will sponsor the RIMPAC Cup. The cup is a perpetual trophy presented to the ship or command who earns the most total points during RIMPAC 2012.

Visit RIMPAC Central located across from Bravo Piers 23 and 24 and at Hotel Pier for MWR RIMPAC information, including transportation for scheduled off-base excursions, food and beverage vendors, tickets and more.

RIMPAC Central (Bravo Piers and Hotel Piers) will be open 8 a.m. to 11 p.m. now to July 9 and Aug. 1 to 6.

For entry fees and up-to-date information on how to sign up for sporting competitions, visit the website www.greatlifehawaii.com.

Visit RIMPAC Central for sign-ups

Joint Base Pearl Harbor-Hickam

Morale, Welfare and Recreation

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation has scheduled many activities to welcome all RIMPAC commands to Hawaii featuring the scenic beaches and unique activities available in the state.

Visit "RIMPAC Central" located across the street from Bravo Piers 23 and 24 at Hotel Pier.

RIMPAC Centrals are one-stop locations for updated information, tickets to local attractions, outdoor recreation gear rental, food, hotel room sales/car rental and Pearl Harbor Navy Exchange mini-mart.

Transportation for the scheduled off-base excursions will begin and end at RIMPAC Centrals. Stop by RIMPAC Central (Bravo) now through July 9 and Aug. 1 to 6 between 8 a.m. and 11 p.m. RIMPAC Central (Hotel) will be open from 8 a.m. to 11 p.m. now to July 9 and Aug 1 to 6.

The Information, Tickets and Travel (ITT), Outdoor Adventure Center (OAC), Single Sailor Program offers daily outings from RIMPAC Central Bravo and Hotel Pier locations.

For complete and updated information on all of the activities, visit the website www.greatlifehawaii.com.

A few of the upcoming events include:

July 7

• Get a guided tour of the Battleship Missouri Memorial and Pacific Aviation Museum. The cost is $34 per person and a minimum of six people is required to participate. The activity departs RIMPAC Central at 11 a.m. The return time is 3 p.m.

• Experience the Polynesian Cultural Center Alii luau package. The cost is $95 per person and a minimum of six people is required. The activity departs RIMPAC Central at 10:15 a.m. and returns at 10 p.m.

• Take a Waikiki rigger sunset sail. The cost is $41 per person with a minimum of six people required. The activity departs RIMPAC Central at 4:15 p.m. and returns at 8 p.m.

July 8

• Hike the Nuuanu-Judd trail through a bamboo forest to a pond. The cost is $10 per person and a minimum of six people is required to participate. Depart RIMPAC Central at noon and return at 4 p.m.

• Experience the Paradise Cove luau, including food and entertainment. The cost is $10 per person and a maximum of 40 people may participate. The activity departs RIMPAC Central at 4:45 p.m. and returns at 9:30 p.m. This is a Single Sailor Program activity.

July 9

• Go for a mountain bike excursion around the North Shore. The cost is $25 per person and a minimum of six people is required. The activity departs RIMPAC Central at 8 a.m. and returns at noon.

• Snorkel Sharks' Cove on the North Shore of Oahu. The cost of the activity is $20 per person and a minimum of six people is required. The activity departs RIMPAC Central at 9 a.m. and returns at 1 p.m.

• Go night-fishing at Hickam Harbor. The activity is free and a maximum of 25 people may participate. The activity departs from RIMPAC Central at 5 p.m. and return at 9 p.m. This is a Single Sailor Program activity.

July 10

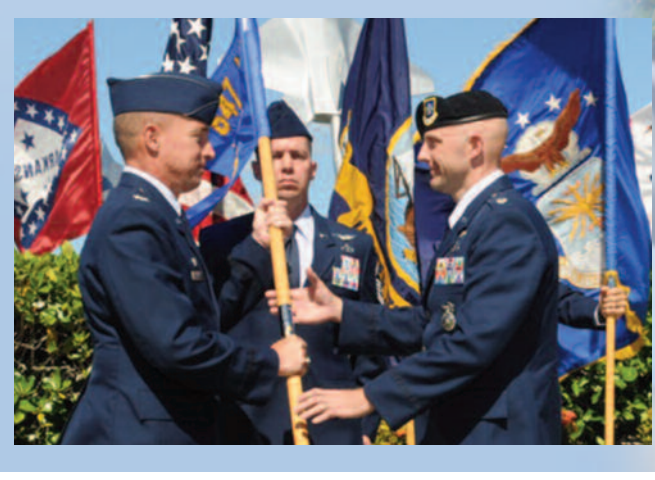
• Go outrigger canoeing at Rainbow Bay in Pearl Harbor. The cost is $20 per person. A minimum of six people is required to participate. This activity departs RIMPAC Central at 10 a.m. and returns at 2 p.m.

• Hike Diamond Head and see Oahu's famous skyline. The cost of the activity is $10 per person with a minimum of six people required to participate. The activity departs RIMPAC Central at 1 p.m. and returns at 5 p.m.

647th Security Forces

Change of command

Lt. Col. Gregory E. Nowak assumes command of the 647th Security Forces Squadron, Joint Base Pearl Harbor-Hickam, on June 29.



Lt. Col. Gregory E. Nowak takes the guidon from Col. Dann Carlson, commander of the 647th Air Base Group and deputy commander of Joint Base Pearl Harbor-Hickam, and assumes command June 29 of the 647th Security Forces Squadron. Lt. Col. Michael E. Gimbrone (right) relinquished the command.

U.S. Airforce photos by David Underwood Jr.

Photo Illustration

Pearl Harbor-Hickam *Highlights*

Soldiers from Alpha Company, New Zealand Army, running through procedures for clearing buildings as part of the Military Operations Urban Training (MOUT). Alpha Company is hosted by the 1st Battalion 3rd Marine Regiment during the Rim of the Pacific (RIMPAC) Exercise.

New Zealand Defence Force Photo by LAC Amanda McErlich

(Left) The Nimitz-class aircraft carrier USS Nimitz (CVN 68) transits the waters of Joint Base Pearl Harbor-Hickam in support of Rim of the Pacific (RIMPAC) 2012 exercise. Twenty-two nations, 40 ships and six submarines, more than 200 aircraft and 25,000 personnel are participating in the biennial RIMPAC exercise from June 29 to Aug. 3 in and around the Hawaiian Islands.

U.S. Navy photo by MC2 Daniel Barker

(Below) Personnel from the Hydrographic Survey team from the Royal New Zealand Navy (RNZN) load equipment and put together a rigid hulled inflatable boat (RHIB) alongside personnel of the Japanese Minesweeper Tender Bungo (MST-463), Japan Maritime Self-Defense Force.

New Zealand Defence Force Photo by LAC Amanda McErlich

Petty Officer 2nd Class Steve McDonald (left), 2nd Class Ross McDonald and 1st Class Mike Broadley, Canadian sailors from the jazz band "Jolly Tars," perform at the Pearl Harbor Visitor Center. The band is participating in the Rim of the Pacific (RIMPAC) 2012 exercise.

U.S. Navy photo by MC1 Anderson C. Bomjardim

Rim of the Pacific leadership participate in a representative from Kagamiwari ceremony, a Japanese ritual breaking open a barrel of sake during a reception held aboard Japanese destroyer Shirane (DDH-143). Shirane is in Hawaii to support RIMPAC.

Japan Maritime Self-Defense Force photo by LS Tetsuya Sekino

Total Force Airmen ready for deployed medical support

1st Lt. Kathleen Eisenbrey

Airman 1st Class Tiffanie Gaines

15th Medical Group

U.S. Air Force photo by 1st Lt. Kathleen Eisenbrey

Airmen from the Pacific Theater build an "Emergency Medical Support +10" field hospital recently at Camp Mad Bull at Joint Base Elmendorf-Richardson. The EMEDS +10 package is a novel Pacific Air Forces concept that includes a field hospital and a contingency response group in response to humanitarian and disaster relief operations.

Personnel from Joint Base Pearl Harbor-Hickam were among 67 Pacific Air Forces Airmen and Air National Guardsmen who recently sharpened their warfighter medical support capabilities at Joint Base Elmendorf-Richardson (JBER) in Anchorage, Alaska.

The medical personnel concluded Expeditionary Medical Support training, a mandatory pre-deployment requirement, where Airmen are taught readiness skills expected of them while deployed to a "bare base" environment. This includes arriving on site and building a base camp and a field hospital while maintaining, improving and enhancing medical proficiencies and combat capabilities.

"The Alaska EMEDS course, also known as the Mobile EMEDS course, focuses on issues prominent in the Pacific theater, such as contingency response operations for humanitarian assistance and disaster relief involving potentially nearly two billion people who reside in over 40 countries," said Col. (Dr.) Mark Holland, PACAF deputy surgeon general.

"The ability to offer the Expeditionary Medical Services course within the PACAF region is a benefit for Airmen stationed in the Pacific as they are geographically separated across over 50 percent of the world's surface area," Holland explained.

According to Holland, the location is ideal for Pacific Air Forces as it reduces travel costs and enables a greater number of PACAF Airmen to be trained in a single event, quickly raising unit training percentages and readiness.

Typically held at Brooks City Base, Texas, students from wings within 5th, 11th and 13th Air Forces, along with students and instructors from Texas and Michigan Air National Guard units, honed their expeditionary medical skills while facing the Alaskan climate.

"EMEDS provides a unique opportunity for Guardsmen and their active duty counterparts to demonstrate medical proficiency in a collaborative manner. It was one of the best training experiences I've had in my military career," said Col. (Dr.) Brad Eisenbrey, state command surgeon of the Michigan Air National Guard.

Airmen spent nine hours constructing an EMEDS+10, or field hospital, consisting of six dome-shaped shelter tents, approximately nine feet in height and 15-by-30 feet wide, linked by a central hallway. The hospital consisted of an emergency room, an intensive care unit, an operating room, surgical ward, dental treatment room, laboratory and pharmacy.

The EMEDS +10 was part of an "operational capability package," a PACAF concept that includes rapidly establishing and deploying an EMEDS package and a contingency response group in response to humanitarian and disaster relief operations. Built in 1999 to replace an outdated, cumbersome air-transportable hospital, the EMEDS +10 facility provides medical personnel the capability to manage 10 surgical injuries in addition to 20 non-surgical injuries within a 24-hour period.

According to Col. Robin Hunt, 673rd In-Patient Treatment Squadron commander at JBER, the benefits of training to appropriately respond to disaster scenarios is invaluable.

"This unique type of training provides Airmen the ability to train like we're fighting in real-time scenarios," said Hunt. "All scenarios tested how we would care for patients when deployed in support of [contingency] and wartime operations."

Airmen who participated in the training mentioned the importance of learning from personal experiences in an environment that fosters teamwork.

"Intermingling with our fellow team members was a valuable experience," said Tech Sgt. Vanessa Cifuentes, a bioenvironmental engineering craftsman stationed at JBER. "Anytime you blend various bases, units and services, it can be exceptional training."

"The Expeditionary Medical Support course is, in my opinion, an essential training for the development of our medical force," said Tech Sgt. Eric Patterson, a public health journeyman stationed at Andersen AFB, Guam.

"It not only equips us for a deployment [or] humanitarian situation in our own career fields, but it enlightens us to what other medical career fields do. These skills directly translate into all medical services working together as a cohesive team in an austere environment," Patterson said.

Golden Eagles participate in BALTOPS 2012

Lt. j.g. Nicholas Henderson

Patrol Squadron Nine Public Affairs

NAVAL AIR STATION SIGONELLA, Sigonella, Italy – A crew from Patrol Squadron Nine at Marine Corps Base Haw-aii, Kaneohe recently returned from Ronneby Air Base in Sweden.

The Golden Eagles crew took part in BALTOPS 2012, an international exercise which included participants from more than 20 nations. The purpose of this exercise was to build and strengthen the Navy's compatibility with allies in anti-submarine warfare.

This was the inaugural visit for an American P-3C operating from a location in Sweden. The F17 Blekinge Wing of the Swedish Air Force hosted the event.

During the BALTOPS exercise, the crews were tasked to search, localize and track patrolling submarines. The Golden Eagle crew, led by Lt. Larry the submarines in an efficient manner, setting the bar high for other nations.

Participation in the exercise paved the way for future operations in Sweden. This ultimately will increase the military's interoperability with allied forces, enhancing regional stability and theater security cooperation.

STORY IDEAS?

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

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HO'OKELE

Book review: Honor, courage, commitment in *1776*

Bill Doughty

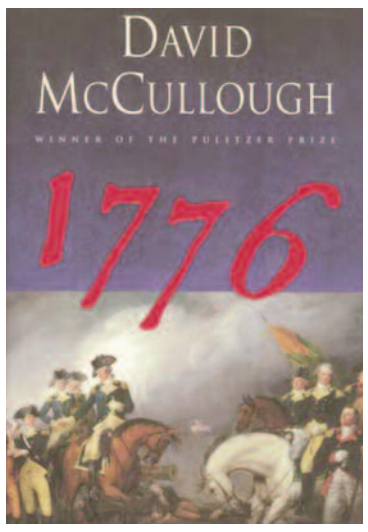
Navy Region Hawaii Public Affairs

David McCullough's *1776* is a compelling, lively story of the fragile beginnings of our nation and how the United States nearly didn't make it.

It's a good read during this July 4th week.

McCullough introduces us to George Washington, King George III and Benedict Arnold, as well as lesser-known but equally colorful characters like Maj. Gen. Charles Lee, Washington's deputy.

About Lee: "He was a spare, odd-looking man with a long, hooked nose and dark, bony face. Rough in manner, rough of speech, he had nothing of Washington's dignity. Even in uniform he looked perpetually unkempt . . . He had been married to an Indian woman, the daughter of a Seneca chief," writes McCullough.



"Lee was also self-assured, highly opinionated, moody and ill-tempered (his Indian name was Boiling Water), and he was thought by many to have the best military mind of any of the generals, a view he openly shared."

Thomas Paine

Using hundreds of quotes from archived letters, diaries and newspaper accounts of the time, McCullough shows how the honor of individuals – Americans, "Loyalists" and the British – was tested in battle. He describes the commitment of leaders and volunteers in fruit orchard battles, city sieges and long marches through forests in the dead of night. He reveals the courage of the mostly volunteer militia against overwhelming odds, facing the British army and Hessian forces.

Honor, courage and commitment come together in the story of Henry Knox of Boston. Knox was a self-educated bookseller from Boston who enjoyed reading about the "military art" and who became a colonel in Washin-gton's army.

"Colonel Henry Knox was hard not to notice," writes McCullough. "Six feet tall, he bulked large, weighing perhaps 250 pounds. He had a booming voice. He was gregarious, jovial, quick of mind, highly energetic – 'very fat, but very active' – and all of twenty-five."

McCullough writes: "The army that had crossed in the night from Brooklyn was, in the light of day on August 30, a sorry sight to behold – filthy, bedraggled, numb with fatigue, still soaked to the skin, many of them sick and emaciated. The army that had gone off to Brooklyn cheering was no more."

Knox had the idea of bringing 58 mortars and cannon from Fort Ticonderoga in New York to the outskirts of Boston.

Traveling over snow-blanketed hills and across ice-covered rivers, cutting down trees and using sleds, Knox and his team succeeded in bringing the heavy guns (believed to be 120,000 pounds in total) to Washington. Knox's heroic act helped deal a powerful and demoralizing early blow to the British.

The book *1776* shows the few victories, but it includes painful details of the losses and the almost hopelessness of the situation at times.

The capture of more than a thousand American prisoners in Brooklyn was part of a terrible campaign in New York, including a retreat into New Jersey.

Thomas Paine famously wrote in "The American Crisis":

"These are the times that try men's souls. The summer soldier and the sunshine patriot will, in this crisis, shrink from the service of their country; but he that stands it now, deserves the love and thanks of man and woman. Tyranny, like hell, is not easily conquered; yet we have this consolation with us, that the harder the conflict, the more glorious the triumph. What we obtain too cheap, we esteem too lightly: It is dearness only that gives everything its value."

Paine's writings unquestionably inspired the leaders, warriors and patriots of the time. Washington is said to have ordered Paine's words read throughout the Continental Army.

The tide for Washington turned, thanks to freak weather conditions, some political crises on both sides of the Atlantic, and a timely capture of British vessels carrying re-sources all helped turn the tide for the colonies.

In *1776*, McCullough writes: "The war was a longer, far more arduous and more painful struggle than later generations would understand or fully appreciate."

"The year 1776 . . . (was) a year of all-too-few victories, of sustained suffering, disease, hunger, desertion, cowardice, disillusionment, defeat, terrible discouragement and fear, as they would never forget, but also of phenomenal courage and bedrock devotion to country, and that, too, they would never forget."

While the 13 colonies continued to struggle from tenuous beginnings, American merchant vessels became a target of the mighty British fleet, North African pirates and other countries' navies. That led Thomas Jefferson into the Barbary Wars ("to the shores of Tripoli") and inevitably brought the Navy into the War of 1812.

A version of this review was published on the Navy Reads blog at http:// www. navyreads.blogspot. com/ . Recent Navy Reads reviews feature perspectives on Battle of Midway, War of 1812 and Ray Bradbury.

A recent blog post at Navy Reads is a review of "A Captain's Duty" *by Richard Phillips, former captain of the Maersk-Alabama container ship who was rescued from Somali pirates by Navy ships and SEALs.*

U.S. Navy photo

In 1776 25-year-old Colonel Henry Knox moved 59 cannons 300 miles in 3 months from Fort Ticonderoga to Boston in a move that helped win the Revolutionary War.

Community meetings set for July 10 and July 12

Navy Region Hawaii Public Affairs

Additional community meetings for residents in Forest City housing areas will be held in July. Led by Rear Adm. Frank Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, and Tom Carter, vice president of military housing for Forest City, the meetings will provide residents with an opportunity to offer their ideas to housing representatives and Navy leadership.

The July meetings have been scheduled for 5:30 p.m. July 10 at FCRM Moanalua Terrace Community Center and at 5:30 p.m. July 12 at FCRM Hokulani Community Center.

"The feedback we're receiving from residents is extremely important to us. This is a tremendous opportunity to foster dialog, appreciate various issues and develop mutual understanding," Ponds said.

Additional meetings will be held in September, with specific dates and times to be announced at a later date.

"Forest City is committed to providing exceptional customer service to our residents," said Tom Carter, vice president of military housing for Forest City. "We are listening very carefully to the messages our residents are giving us at these meetings, and their input will help us focus on the areas we need to improve in," he added.

Information about recent changes to the Residential Energy Conservation Program (RECP) will also be presented at the community meetings. RECP will be rolled out to the rest of public private venture (PPV) housing beginning in October.

At that time, all RECPs will use a 10 percent buffer above and below the average monthly electricity usage by PPV residents. As a result, Navy Region Hawaii's current 20 percent buffer will be lowered to 10 percent in October.

Residents can learn more about RECP at one of the community meetings or visit the Navy Region Hawaii website at http://bit.ly/ Mysetx.

KHON (FOX) TV 2 Hawaii Navy News upcoming segments

July 12: Marine Corps Base Hawaii Kaneohe: News from Marines in Hawaii
July 19: Fitness: 21st Century Sailor and Marine
July 26: Medical Service Corps 65th birtday
Aug. 2: RIMPAC wrap-up
Aug. 9: U.S. Coast Guard 'Paddle Smart'
Aug. 16: Dental Corps 100th birthday
Aug. 23: Pearl Harbor Naval Shipyard/Apprentice Program
Aug. 30: STEM

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

Got a story for KHON Hawaii Navy News?
Email editor@hookelenews.com or call Navy Region Hawaii Public Affairs at 473-2875. Stories must have a Navy tie and be of interest to the general public.

Pacific Partnership 2012 bids farewell to Samar

MC2 Kristopher Regan

Navy Public Affairs Support Element West

SAMAR, Philippines (NNS) -- Service members and civilians aboard Military Sealift Command hospital ship USNS Mercy (T-AH 19) participated in a closing ceremony July 1 after a two-week visit to the host nation of the Philippines while underway for Pacific Partnership 2012 (PP12).

During the Philippines mission, the PP12 team conducted six medical civic action programs (MEDCAP), five biomedical equipment technician (BMET) exchanges, 11 veterinarian civic action programs (VETCAP), four civil engineering civic action programs (ENGCAP), and numerous other medical services, subject matter expert exchanges, and community service engagements in the region of Samar.

"What the last few weeks of this mission has reinforced with me is that the benefit of shared experiences strengthens and builds the trust and confidence that is necessary for responding together in times of adversity and human suffering," said Capt. James Morgan, mission commander.

Samar, Philippines was the second of four mission ports for PP12 and finished with great results.

Aboard Mercy, which was anchored one mile off the Calbayog City pier, more than 1,200 crew members of the PP12 team spent 14 days working in the region of Western Samar, spanning cities and towns from San Isidro to Catbalogan City.

The multi-national, multi-organizational crew of host and partner nations and non-governmental organizations (NGOs) worked in the fields of medical and dental, veterinarian, civil engineering, subject matter expert exchanges, and hosted community service and donation events.

"Pacific Partnership has brought together the very best military, humanitarian, governmental and non-governmental agencies we and the international community have to offer," said Rear Adm. Matthew Carter, commander, Patrol and Reconnaissance [U.S.] 5th/7th Fleet. "These groups are made up of tireless, dedicated, incredibly knowledgeable individuals."

U.S. Navy photo by Kristopher Radder

Ivy Singua plays a guitar for her son as Hospital Corpsman 3rd Class Angelo Cuellar looks after him June 29 in the intensive care unit aboard the Military Sealift Command hospital ship USNS Mercy (T-AH 19) during Pacific Partnership 2012.

They also conducted 18 community service projects in the areas of sports and recreation, donated items and 14 band performances.

The mission participated in 17 major subject matter expert exchanges, allowing this year's mission to continue building on established best practices for all of the countries involved.

The goal of PP12 is to take part in a humanitarian and civic assistance mission that brings together U.S. military and civilian personnel, host and partner nations, non-government organizations and international agencies to build stronger relationships and develop disaster response capabilities.

Working together as an integrated team and at the invitation of the Philippine government, Philippine military and civil service personnel worked alongside the partner nations of Australia, Canada, Great Britain, France, Japan, Malaysia, the Netherlands, and the United States; the NGOs of Bugto, Calbayog Rotary Club, Catbalogan Fire Brigade, Fit for School, Global Grins, Latter Day Saints Charities, Project Handclasp, Project Hope, University of California San Diego Pre-Dental Society, University of Hawaii Schools of Engineering and Nursing, Western Samar Development Foundation and World Vets. Joint and interagency teams from the United States Army, Air Force, Marine Corps and Navy, Departments of State, Justice, National Oceanic and Atmospheric Administration, and the U.S. Agency for International Development also paticipated. Approximately 70 professional civilian mariners also ensured the safety and navigation of Mercy.

The remaining Pacific Partnership 2012 mission ports include Vietnam and Cambodia. Through active engagement with host nation officials and militaries, subject matter expert exchanges, civil action projects and medical exchanges, the mission will continue to build the regional partnerships and collective abilities needed to respond to natural disasters.

Sponsored by the U.S. Navy Pacific Fleet and now in its seventh year, Pacific Partnership is the largest annual humanitarian civic assistance mission in the Asia-Pacific Region.

For more information, visit www.navy.mil, www.facebook.com/us navy, or www.twitter.com/usnavy.

PHNSY hosts blood drive with succesful turnout

Story by ET3 (SS/DV) Rory H. Teehan

Through the joint efforts of Pearl Harbor Naval Shipyard and Intermediate Maintenance Facility (PHNSY & IMF), Tripler Army Medical Center (TAMC), and Armed Services Blood Program (ASBP), a blood drive held June 22 at PHNSY collected 71 pints of blood.

"We had approximately 81 people come out (mostly civilians) and donate blood, which is double the outcome we had last year," said Gas Turbine Systems Technician (Mechanical) 1st Class Michael Budomo from PHNSY, who coordinated the blood drive event.

Clayton Cadorna, formerly with the Army Corps of Engineers, works as an apprentice for shop 57 at the shipyard. Cadorna, who completed a tour in Iraq from 2006-2007, was one of those who donated blood.

"Lots of my friends got hurt in Iraq last deployment, so I give blood to help those who are still over there," Cadorna said.

The ASBP provides blood for service members worldwide. "We support weekly shipments of blood to Afghanistan," said Michelle Lele, blood donor recruiter for the Armed Services Blood Program at TAMC.

"We do these blood drives to try and prevent the need for emergency blood drives overseas. This blood is necessary to make a difference in any type of surgery, and people who are deployed should not have to worry about providing it," Lele said.

"Much mahalo to all who participated, and we hope to see these kinds of results again for our next blood drive," Budomo said.

Photo by Marshall Fukuki

Raymond Tom, a scheduler for Pearl Harbor Naval Shipyard and Intermediate Maintenance Facility (PHNSY & IMF), has his blood drawn by Kolin Koizumi, a medical technician from Tripler Army Medical Center (TAMC), during a blood drive hosted June 22 by PHNSY & IMF.

Miss Hawaii 2012, visits Pearl Harbor Navy Exchange

Austrailian sailors pose with Miss Hawaii 2012 Skylar Kamaka, at Pearl Harbor Navy Exchange. Miss Hawaii recently made the special appearance in honor of RIMPAC. Shoppers had a chance to meet and be photographed with the recently crowned Miss Hawaii.

Photo by Rochelle Apo

Million Dollar Sailor/Airman: The complete financial picture

Debbie Blunt

Accredited Financial Counselor

Military and Family Support Center

The Military and Family Support Center (MFSC) offers a two-day course to help service members and their families develop financial management skills to move toward becoming a "Million Dollar Sailor/Air-man."

The primary goal is to provide participants with necessary tools to increase financial awareness, develop skills in managing personal finances, and enhance their quality of life. The program emphasizes a proactive, career life-cycle approach to service members by providing long-range education aimed at preventing financial crises before they occur.

This preventive and educational approach allows service members to focus on mission needs and helps to increase retention and readiness for the military. Security clearance issues, horrible credit scores, and not understanding personal financial management were exactly what prompted the development of this course.

The "Million Dollar Sailor/Airman" class was developed by MFSC accredited financial counselors at Pearl Harbor and, with its tremendous success, was adopted as a Navy-wide program. It is now offered at all Navy installations as well as for Air Force service members at Joint Base Pearl Harbor-Hickam.

The two-day course covers a variety of topics, including the need for personal financial management, understanding military pay and allowances, car buying strategies, insurance (including car, home, renters, etc), creating a spending plan, savings and investment basics, Thrift Savings Plan, how to be a smart consumer (predatory lending), establishing and maintaining credit, and understanding credit reports/scores.

Debt has a different meaning to everyone. Some individuals may not see a problem with a debt of $30,000, but others can't sleep at night if they owe $1,000. There is a way to pay off debts, and students are provided with a program they can take home to develop a spending plan that moves them toward paying off their debts.

Counselors have seen clients who owed more than $21,000 in debts and worked diligently to be debt free in less than two years. The financial counselors provide the tools for everyone to make it happen.

Just by preparing a spending plan (another name for a "budget"), individuals will automatically give themselves a 10 percent raise. Most people say they are struggling paycheck to paycheck. The counselors prepare the budget, and the clients find they have a surplus of $500-$600 that they can't account for each month. It's a real eye-opener for them.

The course teaches students to treat their personal finances just like a business. Their main goal for their business would be profit, the same goal as for their personal finances. A budget doesn't have to be restrictive. People just need to know and decide where they want their money to go. Without a good budget, a person is just guessing.

Comments from evaluations from participants in previous classes include: "Wish I would have had this information earlier in my career." "The instructors were very knowledgeable about financial management and were available for discussion after each session." "Excellent car buying tips, such as recommending that we 'sleep on it' and do our 'research' to know exactly what we should be paying." Other comments were: "I feel I can decide where I want my money to go, and plan for an early retirement." "The best class I have ever attended, instructors made it interesting, never bored for a minute." "I feel I now know about mutual funds, IRAs and other investment options." "I never participated in Thrift Savings Plan (TSP) because it was never explained to me before. I signed up today during lunch for TSP. Thank you for everything. This class may have just changed my life … thank you."

The Million Dollar Sailor/Airman class is open to all active duty, Reserve, retired personnel, family members and Department of Defense employees.

Visit www.greatlifehawaii .com for class dates and times and to register for any of the classes offered by MFSC or call 474-1999.

Asia-Pacific Sailors join culinary organization

U.S. Pacific Command Public Affairs

In a sunlit dining room usually reserved for the highest ranking military officials, Alicia Boada, an American Culinary Federation (ACF) executive chef evaluator, sat with pen in hand waiting to be served.

A potential executive chef walks through a door with a bowl and plate held in hand, samples of lobster, salmon, and other items placed with all the care and sensitivity that only a parent gives to a child.

With a sigh of relief and resignation, the chef carefully sets the platter and promptly leaves the room. All hopes placed in white porcelain, he knows the outcome is out of his hands.

With a slow measured pace, Alicia samples the chef's best culinary efforts, lobster and salmon, lingering over every spoonful, all while keeping a watchful eye on the two other evaluators.

"He nailed it!" she exclaims with the clink of the spoon on the saucer. "That was beautiful! My bowl is empty!"

Her fellow evaluators smile and nod in agreement.

U.S. Navy photo by MC1 Danny R. Hayes

Chief Culinary Specialist Shenan Pacheco of Commander, Pacific Fleet (COMPACFLEET) fabricates (cuts up) a chicken as one of the requirements for the American Culinary Federation (ACF) executive chef certification at U.S. Pacific Command, Camp H.M. Smith. Pacheco and nine other Sailors earned the prestigious certification as part of a collaborative effort between the U.S. Navy and the ACF to provide opportunities for culinary specialist Sailors.

An ACF executive and sous chef certification event was recently hosted at U.S. Pacific Command, Camp Smith, Hawaii. Ten culinary specialist Sailors exhausted their talents in pursuit of the esteemed certification in order to take their place among the elite in this culinary organization; a rite of passage in the world of chefs reserved only for the best.

Founded in 1929, the ACF is the largest professional chefs' organization in North America and is known as "the authority in cooking in America," according to their website http://www.acfchefs. org/.

"Being at PACOM is very significant," said Navy Master Chief Culinary Specialist Michael Carter, an ACF executive chef and evaluator. "This is a most prestigious environment, and it shows how far we've come to recognize these Sailors."

Urs B. Emmenegger, also a certified ACF executive chef and evaluator who traveled from San Diego to provide his services to this event, explained the process and challenges of certification.

Evaluations are based on sanitation, preparation, time management, organization and the quality of the food presented, he said. Each individual must provide a three-course meal, ready to be served in three hours, using ingredients and food items not served on a daily basis.

"I don't think I have met anyone who wasn't nervous," said Emmenegger. "Some are nervous to the point where they don't sleep the night before, some don't eat, and some get so stressed that they get sick."

All evaluators on site agreed that being a chef is more than just getting the ingredients and timing right.

"It takes a lot of guts to step forward and take the test," said Boada. "We really make sure that the standards are high."

"You have to have passion," said Navy Culinary Specialist 1st Class Zachary Brown, a participant who sought certification. "The nervousness didn't come out until I woke up … then all those butterflies came out."

"I tried to stay calm and collected and then when my time started, the focus came right back and it was just another day in the kitchen," he said. "In that three-hour time, you don't have time to question yourself. It's a culinary battlefield."

Within the culinary battlefield, Brown emphasized the importance of organization skills, timing and pressure, along with his own worst enemy.

"Everyone needs to dig inside themselves and find that artist," he said. "The biggest enemy to every chef is themselves. It needs to be perfect at the right time."

With these culinary certifications, Sailors are given an opportunity to prove their skills in a venue recognized within military and civilian communities.

"It's [an] intense three hours," said Carter. "Having a mentor goes a long way, and these certifications are only going to give value to our rating. [You need to be able to] demonstrate the ability to cook in a professional environment at the highest level."

"It's an opportunity to give them a certification that's going to make them competitive," he said. "The ACF and military has had a longstanding relationship in terms of having people qualify."

ACF certification became available to Navy personnel in 2004 after Chief Culinary Specialist Brandon Parry certified as chief executive chef.

"I just started spreading the wealth and giving people the opportunity to certify wherever I went," said Parry.

Even with intense preparation, the certification still offers considerable challenges.

"There's no easy way to prepare for this," said Culinary Specialist 2nd Class Jason Flynn. "I was very nervous. Now that it's all over, it feels like the world's been lifted off my shoulders."

"[PACOM] is a place I actually look forward to coming to work every day," said Flynn. "Just the satisfaction of knowing that I took care of somebody and fed somebody is a really great feeling."

All 10 of the Sailors brought their best – eight qualified for the executive status and two qualified for the second-in-command position, sous chef.

"Every single one of the gentlemen that tested gave their heart and soul," said Boada. "They were so well trained and so well organized. Some of them were to the point that they were perfectionists in there. It was really a beautiful display."

Blood drive schedule

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). Dates and locations are updated regularly online as new drives are scheduled. Donors are encouraged to schedule an appointment online, call to make an appointment, and check the website for the latest information.

Currently scheduled drives include:

- July 11, 8:30 a.m. to 2 p.m., Kunia Tunnel.
- July 16, 9 a.m. to 1 p.m., Marine Corps Base Hawaii, Kaneohe chapel.
- July 24, 9 a.m. to 1 p.m., Joint Base Pearl Harbor-Hickam 647th Logistics Readiness Squadron.
- July 25, 9 a.m. to 1 p.m., SPAWAR Hawaii.
- July 31, 11 a.m. to 3 p.m., NEX, Tripler Army Medical Center.

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