

## Hawaii military spouses honored for hard work, sacrifice

Story and photos by MC2 Michael Hight

U.S. Pacific Fleet Public Affairs

Eight women were recognized as the 2010 Hawaii Outstanding Military Spouses by the state of Hawaii and the Hawaii Navy League during ceremonies held Oct. 15 and 16.

On Oct. 15 the spouses, each representing different branches of the military and commands throughout Hawaii, received a certificate from the Hawaii State Legislature and Honolulu Mayor Peter Carlisle during a ceremony at Honolulu City Hall. The following day, they were each presented a \$1,000 check from the Honolulu Council Navy League on Military Appreciation Night at Aloha Stadium in Honolulu.

Recipients of this year's award functioned as the volunteer communication and organizational focal point for units that were or still are deployed in the theater of hostile operations during calendar year 2010.

"It means a lot to me to be recognized by the State of



Hawaii and Mayor Carlisle," said Lindsay Hearne, who was recognized for her service as the Navy family ombudsman for Joint Base Pearl Harbor-Hickam, a command that serves hundreds of military families.

Hearne knows her job is important and added that sometimes the most important thing a spouse can do is try to help others in their time of need.

"Sometimes it is a very hard thing to do, but I do it

because of others in the past before me who have helped others," Hearne said. "For some spouses, dealing with a deployment is harder than for others. I just do what I can to help everyone and lead by example."

During the presentation of certificates, Hawaii leaders discussed what a dedicated spouse brings to the unit and to the community, emphasizing the compassion and energy they must have to help

make a difference.

"It's great to honor people who go that extra mile," said Mel Ing, Honolulu Council Navy League president. "It's people like you who hold families and their units together in times of need."

Closing out the day's ceremony, Maj. Gen. Robert G.F. Lee, adjutant general of the Hawaii National Guard, echoed Ing's sentiments and again praised the awardees for their work.

"Those in the military really appreciate you for helping hold families together," Lee said. "We can't do our job well unless we know our home is secure. Your job is immensely tough, and we appreciate all the extra effort you give. You really are the glue that holds families together."

Along with Hearne, others honored were Melissa McGuire, Air Force; Dawn Workman, Army; Crystal Lynn Risacher, Coast Guard; Samantha Peschka, Marine Corps; Arcellie Alcaide, Hawaii Air National Guard; Kirsten "Nani" Kainoa, Hawaii Army National Guard; and Elisa Vertuli, Special Operations Command.

## Skis-up! LC-130 takes off for Antarctica to support Deep Freeze mission

Tech. Sgt. Kerry Jackson

13th Air Force Public Affairs

A New York Air National Guard LC-130 Hercules, equipped with retractable ski-wheels, departed from Joint Base Pearl Harbor-Hickam on Oct. 18 to support the U.S. Antarctic Program (AP) and the National Science Foundation's (NSF) research at international sites throughout the Antarctic continent.

The uniquely equipped aircraft is necessary for the movement of personnel and cargo vital to the AP's and NSF's research and exploration efforts in Antarctica. The U.S. Air Force, Navy, Army and Coast Guard lend operational and logistical support to these efforts as part of Operation Deep Freeze.



A 109th Aircraft Maintenance Squadron crew chief from Stratton Air National Guard Base, N.Y., does a routine pre-flight inspection on an LC-130 Hercules, equipped with retractable ski-wheels, at Joint Base Pearl Harbor-Hickam, Hawaii, on Oct. 18. The LC-130 is preparing for a flight to Antarctica to support Operation Deep Freeze. The uniquely equipped aircraft is necessary for the movement of personnel and cargo vital to the U.S. Antarctic Program and the National Science Foundation's research and exploration efforts in Antarctica. The U.S. Air Force, Navy, Army, and Coast Guard lend operational and logistical support to these efforts as part of Operation Deep Freeze.

"The LC-130 provides the Deep Freeze mission an extraordinary capability, and permits us to carry out challenging missions in an unpredictable climate and environment," said Col. Paul Sheppard, Joint Task Force Support Forces Antarctica (JTF-SFA) deputy commander at Joint Base Pearl Harbor-Hickam, Hawaii. "I continue to be impressed with the capability of this aircraft."

The LC-130 is the largest aircraft to be fitted with retractable ski-wheels. The main skis are 20 feet long and 5.5 feet wide. The nose ski is 10 feet long and 5.5 feet wide. The complete ski set weighs 2.8 tons.

The New York Air Guard's 109th Airlift Wing in Schenectady, N.Y. is the only organization in the world that flies the ski-equipped LC-130s. The Air National Guard has been flying people and supplies on

its ski-equipped aircraft to Arctic and Antarctic outposts since 1975. Only 10 such aircraft exist in the U.S. Air Force inventory.

"This is a great mission to be a part of and great ski bird to fly" said Lt. Col. Chris Sander, an LC-130 pilot from the 109th Airlift Wing who has flown the aircraft for 17 years. "I enjoy the challenge of the weather and the support we're providing the National Science Foundation and the U.S. Antarctic Program because of the work they're doing."

The support provided by JTF-SFA, led by 13th Air Force at JBPHH, includes strategic inter-theater airlift, tactical deep field support, aeromedical evacuation support, search and rescue response, sealift, seaport access, bulk fuel supply, port cargo handling, and transportation requirements.

(Related story on page A-8.)

## Hawaii honors wounded warriors

Story and photo by MC2 Michael Hight

U.S. Pacific Fleet Public Affairs

Hawaii-based wounded warriors were honored by the Honolulu community on Oct. 16 during the University of Hawaii (UH) football game at Aloha Stadium.

Army Spc. Luke Harvey from U.S. Army Warrior Transition Battalion at Schofield Barracks, Hawaii participated in the halftime festivities during the Saturday night match between the UH Warriors and University of Nevada Wolfpack.

"It's a great opportunity to be out here and represent the military," said Harvey, who was injured in an improvised explosive device (IED) blast while supporting operations in Afghanistan. "It is an honor to see the local community reach out to

the military."

Harvey joined other Hawaii-based wounded warriors at midfield for halftime recognition. As their names were announced, Honolulu Mayor Peter Carlisle presented each with a plaque.

"It is my privilege as Honolulu's newest mayor to honor these Americans who have given so much for their country," Carlisle said. "They have sacrificed their health and even their lives so that the rest of us can enjoy the many freedoms that we often take for granted. We all need to thank our wounded warriors for what they have done."

The crowd honored the wounded warriors with a standing ovation as they walked off the field.

"The support the local community has shown these service members today is an inspiration for all," said Army Command

Sgt. Maj. Iuniasolua Savusa, senior enlisted leader at U.S. Pacific Command. "We can't thank these service members, as well as everyone that serves in the military, enough."

"We owe our young service members who have been injured a great debt," he added. "They have all given everything that they have to support and defend the freedom that we all enjoy."

November is Wounded Warrior Care Month, and the Department of Navy has created a care coordination system, working with federal and non-federal agencies and members of the health care team to improve the delivery of services to wounded, ill and injured service members and their families. For more information on this program, visit <http://www.navy.mil/navydata/woundedwarrior.html>. (See photo on page A-5.)

## Happy 235th Birthday, Navy!



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

(From left to right) Commander Navy Region Hawaii Command Master Chief (SW/AW) Marcos Sibal, Naval Computer and Telecommunications Area Master Station Pacific Command Master Chief (SW/AW) James Matthews, Hospital Corpsman Sean Riley and Rear Adm. Dixon Smith, commander, Navy Region Hawaii, perform the traditional cake-cutting ceremony during the 235th Navy Birthday Ball on Oct. 16. Sailors and guests from throughout Hawaii celebrated the Navy's birthday at the Hilton Hawaiian Village.



Aloha Aina Park Playground is dedicated  
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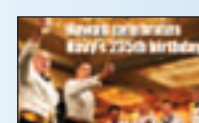
Sailor's Attic opens with ribbon-cutting ceremony at Pearl Harbor  
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Maintainer support of airborne school a fun, valuable opportunity  
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NAVFAC Hawaii educates keiki on energy conservation  
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Hawaii celebrates Navy's 235th birthday  
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Intelligence Squadron set to defend Hickam flag title  
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# Aloha Aina Park Playground is dedicated

**Brister Thomas**

*Contributing Writer*

The Hickam Officers' Spouses' Club (HOSC) held a dedication ceremony for the toddler playground at the Aloha Aina Park on Oct. 13.

Pastor Kelekona Bishaw of Real Life Christian Center, along with David Green, Isabel Green, Diego Green and Sheridan Hoffman, provided the traditional Hawaiian blessing for the new playground near the Hickam Officers' Club at Joint Base Pearl Harbor-Hickam.

The HOSC, in coordination with Hickam Communities, purchased the playset through funds received from the HOSC Thrift Shop. The idea was proposed to the HOSC committee in March by Tammy Baumgardner, Kim Lowe and Tammy Hilburn, who saw the need to upgrade the playground equipment for safety reasons.

Tammy Hilburn, HOSC president, said, "This project is an excellent way for the HOSC to give back to the Hickam community."

HOSC contracted Defense Information



Photo by David D. Underwood Jr.

Pastor Kelekona Bishaw of Real Life Christian Center, along with Diego Green (white shirt), Isabel Green (blue shirt), David Green, and Sheridan Hoffman, provides the traditional Hawaiian blessing of the new playground at Aloha Aina Park near the Air Force Officer's Club on Joint Base Pearl Harbor-Hickam on Oct. 13. The new playground was purchased by the Hickam Officers' Club (HOSC) and Hickam Communities through funds received from the HOSC thrift shop.

Systems Agency (DISA) to construct the park. "DISA worked extremely hard on this playground and it was completed in just 48

hours," Hilburn said. Hilburn and Liz Ladd, first vice-president of HOSC, opened the ceremony by attributing the

success of the endeavor to each and every person who worked long and hard hours to make the playground a reality.

Sgt. 1st Class Charles Pesnell attended the ribbon-cutting to represent the many volunteers from DISA who assisted with

building the park. DISA contributed more than 25 volunteers who worked together to assemble the set.

David Tripp was present to accept ownership of the playground for Hickam Communities. "It is a great honor to receive this gift on behalf of the Hickam Community residents. This is a gift that will keep on giving all our residents, current and future," Tripp said.

The equipment manufacturer is Kidstuff Playsystems. Kidstuff works with military across the world. Kelly Barrett, the HOSC advisor, said that red, white and blue colors were selected for the playground equipment in honor of American families.

The Hickam Thrift Shop supports military and local organizations, scholarships and projects such as the playground. "All profits from the Hickam Thrift shop go to charity. We support military and local organizations, scholarships and projects such as this playground," Hilburn said. The thrift shop is run by volunteers and is at the back of Hickam by the Kuntz Gate.

## Commander, Navy Region Hawaii holds energy awareness training

**Story and photo by MC2 Robert Stirrup**

*Navy Region Hawaii Public Affairs*

Commander, Navy Region Hawaii's energy program team held energy awareness training for Sailors, Airmen and civilians assigned to various commands in Hawaii at the Ford Island Conference Center on historic Ford Island on Oct. 15.

The goal of the training was to raise awareness and compliance with Commander, Navy Installations Command's and CNRH's energy awareness programs.

The main topic of the training was the building energy monitor program.

"The concept of the program is to identify one person at every facility in Navy Region Hawaii, and provide them with training on energy awareness so they can provide training to personnel at their com-



U.S. Navy photo by MC2 Robert Stirrup

Krista Stehn, energy program manager for Commander, Navy Region Hawaii (CNRH), speaks with Sailors, Airmen and civilians assigned to commands in Hawaii during an energy awareness training event at the Ford Island Conference Center on historic Ford Island. The goal of the training was to raise awareness and compliance with Commander, Navy Installations Command's and CNRH's energy awareness programs.

mands," said Krista Stehn, energy program manager for CNRH.

Stehn spoke about the importance of abiding by the regulations of CNRH's

energy program. "CNRH is federally required to reduce energy use by 30 percent by 2015," Stehn noted. "With the increased cost of oil, we

have to make sure to reduce our energy use so we can continue to pay our utility bill."

Attendees received information on what they can

do to conserve and cut their daily use of energy.

"There were a few things that I found out I could do to save energy, such as turning off my computer at

the end of the work day and making sure the air conditioner stays set at 78 degrees," said Information Systems Technician 3rd Class Michael Lewis.

During the training, Stehn also talked about the school outreach program for energy awareness.

"We recently launched the program at five schools that have a high percentage of Navy and Air Force dependents," said Stehn. "We go into the schools and educate the students on energy conservation with hopes that they will go home and take the lessons they learned to use less energy in their homes."

Upcoming energy awareness events at Navy Region Hawaii include an energy fair at the Navy Exchange Pearl Harbor from 10 a.m. to 2 p.m. today, and building energy monitor training at the Ford Island Conference Center from 1 to 2 p.m. on Oct. 26.

## Sailor's Attic opens with ribbon-cutting ceremony at Pearl Harbor

**Story and photo by Brister Thomas**

*Contributing Writer*

Joint Base Pearl Harbor-Hickam (JBPHH) hosted the grand opening of the Sailor's Attic at Pearl Harbor during a ribbon-cutting ceremony held Oct. 15 at the 'attic's' location across the parking lot from the Makalapa Health Clinic.

The Sailor's Attic is a free-of-charge store supported by volunteer workers and donations. Capt. Lawrence Scruggs, chief staff officer, JBPHH, welcomed those who attended.

"A special thank you to the spouses and dependents for coming out this morning. This is for you," Scruggs said.

Tailored after the Airmen's Attic which is located at Hickam, the Sailor's Attic is designed to enhance younger enlisted families' quality of life by offering a venue where donations are collected and distributed to those in need.

"This program has been established to improve the quality of life for eligible active duty Navy personnel and their immediate family in pay grades E-5 and below," said Joint Base Pearl Harbor-Hickam Command Master Chief Earl Gray.

Supported by Mildred Courtney, the military liaison for Outrigger Hotels, the Sailor's Attic is believed to be the first of its kind for the U.S. Navy. Capt. Richard Kitchens, commander, Joint Base Pearl Harbor-Hickam, commented on the work that Courtney has accomplished over many years in serving the military community.

"You have no idea what Mildred has done for Sailors, Soldiers Airmen



Felicia Armstead (left), Sailor's Attic assistant manager and a Navy spouse, and Lindsay Hearne (far right), ombudsman for Joint Base Pearl Harbor-Hickam (JBPHH), hold the ribbon while Capt. Lawrence Scruggs, chief staff officer for JBBHH, and Capt. Richard Kitchens, commander, JBBHH, cut the ribbon at the grand opening of the Sailor's Attic on Oct. 15.

and Marines for decades," Kitchens said.

He noted that Courtney has committed years of experience and has a heart dedicated to improving the lives of all service members and family members.

"It is because of Mildred's persistence and loyalty that this is possible," Kitchens added.

In explaining the efforts that have brought the project together, Courtney said, "This has been a team effort. I have been working with the Airmen's Attic for years, and when I would go onto Pearl Harbor and see all of these kids running around, I realized how much the Navy needed an attic."

Today she recognizes all of the departments and volunteers that have fused together for one common goal. Courtney was instrumental in securing the facilities and organizing the volunteers who enabled the project.

"I just kept going until someone

listened. Capt. Kitchens was so supportive and really helped to move this forward," Courtney said.

Kitchens also recognized Lindsay Hearne, ombudsman for Joint Base Pearl Harbor-Hickam, as being a key element in the implementation of the project. "Lindsay represented the Navy wonderfully and beautifully and has been honored for her dedication as a key spouse this year," Kitchens said.

"With all of the hard work that has been put in by all of the volunteers, it was great to finally see it come to fruition," Hearne said.

She recognized the opening of the Sailor's Attic as an opportunity to serve the families of E-5 and below. "In today's economy and the cost of living, especially in Hawaii, having a place where you can pick up a few items at no cost is a blessing," she said.

The Sailor's Attic operates fully on volunteer support for staffing and donations. The personal satisfaction

of being able to offer a service at no cost to Navy families in need is what attracts many of the volunteers.

Jackie Arterburn, a volunteer spouse, said, "I became a part of this project because I've been in a place where I've needed something like this."

Altruism is a common bond among those who work at the 'attic.' Jessica Goldsmith, another volunteer, stated that she became involved in order to "help out our military families in need."

Chaplain Cmdr. Timothy Koester from Pearl Harbor Memorial Chapel offered, "Today we are honoring a time-old tradition to recognize the need to care for one another. And today, with dignity and pride, we look out for one another and care for one another."

The line of Sailors who were waiting to be the first to use the new facility wrapped around the building. Many of them were hoping to find essentials for children and babies.

Crystal Sackett was there with her young son, Miles.

Sackett said, "Baby items are just so expensive today. It would be a great help to find some things in the store."

The project is self-sustaining and encourages participants to continue their partnership with the attic by someday helping there.

Kitchens explained, "The Sailor's Attic operates 100 percent on volunteer support and donations and is 100 percent free to the recipients. For those of you who partake of items today, we hope someday you can donate time or items in the future."

Courtney added, "We hope that as families PCS they will consider donating items they no longer need to the Sailor's Attic."

The Sailor's Attic is located at the far right end of the building that houses the Navy Marine Corps Relief Society. Available items range from household and baby items to clothing, electronics and furniture. Donations are accepted during normal business hours from 10 a.m. to noon on Fridays and Saturdays. Active duty Navy personnel E-5 and below and their immediate families are encouraged to visit the Sailor's Attic on either day.

The Airmen's Attic is in building 1723 on Hickam and is open from 10 a.m. to 1 p.m. on Tuesdays and Thursdays and from 10 a.m. to noon on Saturdays for Air Force E-5s and below. The attic is open for Air Force E-9s and below from 10 a.m. to 1 p.m. on the second and fourth Tuesdays and from 10 a.m. to noon on Saturdays. Donations can be dropped off anytime at the sheds located behind the Airmen's Attic.



**STAFF SGT. ROBERT WOOLLEY**  
supports medical team

Story and photos by  
SrA Gustavo Gonzalez  
15th Wing Public Affairs

Staff Sgt. Robert Woolley, 15th Medical Operations Squadron aerospace medical technician, is this week's Hickam Warrior.

His responsibilities include providing medical administrative support to two physicians, ensuring 3,100 joint base beneficiaries receive \$2 million a year in health care. He also conducts more than 25 pediatric health screenings daily which includes anticipatory guidance and counseling as well as record reviews.

In addition, he augments physicians by performing throat cultures, nebulizer treatments, cyrotherapy, and suture and staple removals. He enforces 48 infection control standards ensuring cleanliness and supply integrity of patient exam, treatment, waiting and

storage rooms. "It's never the same thing," Woolley said. "Helping all sorts of patients day in and day out brings a great sense of pride. I've always enjoyed being in the Air Force and all of the opportunities it provides, such as being able to change jobs if you're a first term Airman, or all the great commissioning opportunities it offers for enlisted personnel, to name a few," he explained.

According to Woolley, he has enjoyed his tour in Hawaii so far.

"Living on a paradise island is pretty sweet in itself, but also the ease of beach access," he said. For the most part, the laid back attitudes are great. In my off duty time, I enjoy exploring and enjoying all the great things Hawaii has to offer with my wife, Erin, and also playing ice hockey for the local hockey team," Woolley said.

*Diverse Views*



**What are your thoughts about the Navy's 235th Birthday Ball ?**



Yeoman 2nd Class (SW)  
**Maxine Turner**  
Naval Surface Group Middle Pacific

"It's been a great journey being on the Navy Ball committee and we hope that everybody has a smile on their face and are happy. It's important because it is a traditional celebration and despite ... the issues that we have that are challenges, we put on a good show and we hope that everyone realizes that this is the 235th birthday of the Navy and that's what we are here for."

Staff Sgt.  
**Edgar Martinez**  
Marine Corps Base Hawaii, Kaneohe



"So far it has been a really good evening. I've been having a great time. Navy personnel have been treating me like I was one of them. I've been invited, and I'm having a great time with my wife."



Intelligence Specialist  
1st Class (SW/AW)  
**Wally Shamson**  
U.S. Pacific Fleet

"It is important to remember the past of the Navy and celebrate the future."

Personnel Specialist Seaman  
**Jerry Smart**  
Navy Pay and Personnel Support Center, Hawaii



"This is the first year I have participated in the Navy Ball. I think it's important to celebrate the Navy's birthday, especially in a time of war to make everybody more excited about being in the Navy."



Chief Navy Counselor (SW/AW)  
**Angela Keen**  
Enlisted Navy Ball committee chairperson

"It was very overwhelming because it took a long time to put this together, and I knew that this had to be meticulously done because of the traditions that we carry in the Navy. I wanted to make sure that the junior

Sailors could see the event, the ceremonial part and talk about it afterwards. It's the birthday of the Navy. It's extremely important to carry this tradition for us, for the junior Sailors and for everybody to see and feel the moment."

(Provided by MC2 (SW) Mark Logico)

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

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or [karen.spangler@navy.mil](mailto:karen.spangler@navy.mil)

**Anniversary of bombing of USS Cole**



U.S. Navy photo

Oct. 12 marked the 10-year anniversary of the terrorist attack on the Arleigh Burke-class, guided-missile destroyer USS Cole (DDG 67) in Aden, Yemen on Oct. 12, 2000 during a scheduled refueling. The attack killed 17 crew members and injured 39 others. Cole was transported from Aden to Pascagoula by the Norwegian heavy transport ship M/V Blue Marlin and in this photo, USS Cole (DDG 67) arrives at Ingalls east bank facility at Pascagoula, Miss., on Dec. 13, 2000 aboard the M/V Blue Marlin.



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# Shipyard begins maintenance 'makeover' of USS Hopper

Story and photo by  
Katie Vanes

Pearl Harbor Naval  
Shipyard Public Affairs

Pearl Harbor Naval Shipyard teamed up with BAE Systems Ship Repair to begin a selected restricted availability on USS Hopper (DDG 70) on Sept. 27.

The guided-missile destroyer recently served as a movie set for the Hollywood production "Battleship." The three-month-long maintenance "makeover" Hopper is undergoing will have her ready for real-world action when she deploys next year.

"(Hopper's availability) is achievable and on schedule to finish Dec. 21 - right before the Christmas holiday," said Halfred Chang, project manager. "The shipyard works well with the contractor as a maintenance team."

Doey Guasch, port engineer for Hopper, added, "Hopper's budget is a challenge because it began at the end of the fiscal year, but we've had great support overall."

The main job on Hopper is the modernization of the closed-in weapons system. The maintenance team will install a new style of cannon with a camera and state-of-the-art technology.

Other significant work includes water tank preservation and ammunition trunk repairs. The shipyard is also installing



25 new flight deck tie-downs. BAE will consecutively replace all of the non-skid mats on the deck for the safety of Hopper's 250 Sailors.

According to Chang, the biggest challenge will be testing the integration of all combat systems on the ship, and ensuring that the ship's force can operate their engineering system efficiently after the work is completed.

Chang and Guasch credit the successful start of the Hopper project to refined preparation and teamwork. "The maintenance team had a great pre-planning effort - a 100-hour plan that was executed on time," Chang said. "The contractor and the shipyard team cannot be segregated. We need to integrate in planning and execution."

Contractors perform work on Hopper under a public-private partnership. This partnership is vital to sustaining the shipyard's capability to provide necessary ship repair work and meet the needs of the fleet in times of surges in workload. The partnership also helps to maintain the local economy by creating work opportunities for private industry.

Pearl Harbor Naval Shipyard shipwrights set up staging for net repairs on USS Hopper (DDG 70). The shipyard began Hopper's three-month selected restricted availability on Sept. 27.

## 'Aim High ... Fly-Fight-Win' to be Air Force motto

**Air Force News Service**

WASHINGTON, D.C. - Incorporating extensive inputs from all ranks and career fields in the development effort, Airmen have selected "Aim High ... Fly-Fight-Win" as the service's motto.

An enduring statement of Airmen's pride in their service, the motto is a two-part expression - a call to action, with a response of commitment.

"The call and the response are two sides of the same coin," said Air Force Chief of Staff Gen. Norton Schwartz. "Airmen indicated 'Aim High' and the response 'Fly-Fight-Win' as indicative of their enduring commitment to do just that in defense of our nation."

When the Air Force motto team embarked on the project, they committed to Airmen buy-in in an inclusive, well-researched effort, rooted

in Air Force culture and identity.

"Airmen recognize a motto should represent something enduring," Schwartz said. "It must be bigger than any single person, something that gives voice to the pride of service of all who've worn this nation's Air Force uniform - past, present and future."

"We took the time to try to get this right," Schwartz said. "A service motto belongs to those who serve, and we've done our best to give voice to how Airmen feel about serving this nation."

The chief master sergeant of the Air Force, the director of Air Force Public Affairs, the Air Force director of force management policy, and the commander of Air Force Recruiting Service provided the leadership oversight for the motto team research experts.

In early 2010, the motto team engaged in

almost nine months of hands-on research that began with extensive face-to-face meetings with nearly 300 total force Airmen from all job specialties and in every major command. Airmen described to the team what they thought it means to be an Airman, to serve, and what is unique about the Air Force.

"The exhaustive research process showed that Airmen share a core set of identity concepts that serve as a basis for an Air Force motto," said Gen. Stephen Lorenz, Air Education and Training Command commander.

"No matter what career field they serve in, Airmen consistently told us they see themselves, and they see the heritage of the Air Force, as those entrusted by the nation to defend the modern, complex security domains - first air, then space and now cyberspace," Lorenz

added. "Airmen take this sense of mission very seriously."

An Air Force-wide survey to validate and quantify input from discussions indicated Airmen have a shared pride in their abilities to adapt to meet any threat, and they feel empowered to bring innovation and excellence to the mission of national defense.

"After understanding the shared identity, the motto team began transforming words and concepts into a unifying, enduring and credible motto," said Lt. Col. Clark Groves, the lead scientist for the project.

"The research team held more meetings with nearly 250 Airmen on bases in each major command, discussing scores of identifying words and concepts tied to the core Airman identity," he added.

"These discussions, information from Air Force historical archives,

and input from total force Airmen, Air Force civilians, retired Airmen and the public provided the basis for identifying the ideal motto candidates," the colonel said.

That led to an Air Force-wide survey.

Five potential mottos emerged and were presented at CORONA for final consideration.

"This really was a process grounded in inputs from Airmen," Groves said. "We went Air Force-wide four times, including face-to-face discussions at bases in every major command twice, and in two Air Force-wide surveys."

"The data provided quality information on everything from accessions and retention, to diversity and broader Air Force cultural initiatives," Lorenz said.

Airmen can expect to gradually hear and see more of the motto as it is included in Air Force presentations, correspon-

dence and products. It will also be introduced in the coming year into basic training, professional military education, Reserve Officer Training Corps and U.S. Air Force Academy courses.

"This motto encompasses what Airmen say about what it means to serve in this great Air Force," said Chief Master Sgt. of the Air Force James Roy. "Aim High ... Fly-Fight-Win' gives our service a new and lasting tradition for voicing our pride."

The chief noted an important distinction between slogans and mottos.

"Slogans and ad phrases come and go, but a motto is meant to be passed from one generation of Airmen to another," Roy said. "This is for the hundreds of thousands of Airmen who now serve, who have served and who will serve in the future."



**WHO'OKELE Online**

<http://www.hookelenews.com/> or visit  
<https://www.cnmc.navy.mil/Hawaii/index.htm>



# Pearl Harbor-Hickam *Highlights*

Calvin Wong, program specialist with Hawaii Energy, talks to Pearl Harbor Navy Exchange patrons about energy efficiency and conservation programs during an energy expo at the exchange at Joint Base Pearl Harbor-Hickam, Hawaii on Oct. 15.

Photo by David D. Underwood Jr.



(Below) Marine Corps 1st Lt. Richard Rush, from Wounded Warriors Detachment Kanehoe Bay, Hawaii, meets Peter Carlisle, mayor of the City and County of Honolulu, during halftime ceremonies at Aloha Stadium. The Honolulu community honored eight wounded warrior service members during the University of Hawaii and University of Nevada college football game.

U.S. Navy photo by MC2 Michael Hight



(Below) Kate McCauley, programs director for Wounded Warrior Family Support, Inc., passes out information about the organization to Kevin Peng, an engineer at the Pearl Harbor Naval Shipyard, during the command's Taste 'n' See fundraiser to benefit the Combined Federal Campaign on Oct. 5. A total of \$1,118 was raised.

U.S. Navy photo by Marshall Fukuki



Staff Sgt. Josh Leugers, 15th Aircraft Maintenance Squadron flying crew chief, refuels a C-17 during a stop in Orlando, Fla. on Oct. 10. A C-17 Globemaster III from the 15th Wing at Joint Base Pearl Harbor-Hickam made the journey to Fort Benning to support the student jump requirements of the 507th Airborne School.

U.S. Air Force photo by Staff Sgt. Nathan Allen

Recipients of the 2010 Hawaii's Outstanding Military Spouse Award pose for a group photo following a recognition ceremony at Honolulu City Hall. The recipients of this year's awards have functioned as the volunteer communication and organizational focal point for units that were or still are deployed in the theater of hostile operations during the calendar year of 2010.

U.S. Navy photo by MC2 Michael Hight



# Crew chiefs jump at the chance to assist airborne school

Story and photo by Staff Sgt. Nathan Allen

15th Wing Public Affairs

It might be hard to tell a flying crew chief from a loadmaster when they all show up in flight suits ready to fly a sortie. Here's a hint: If you see an Airman in a flight suit working on a jet engine, it's probably not a loadmaster.

Two flying crew chiefs from the 15th Aircraft Maintenance Squadron (AMXS) at Joint Base Pearl Harbor-Hickam zipped up their flight suits alongside the normal air crew and took the week-long journey to Fort Benning, Ga. from Oct. 9-15 to support the 507th Airborne School there. Regardless of the mission, being a flying crew chief means having an opportunity to experience new things.

"Being able to see the world is always fun," said Staff Sgt. Joseph Leugers, 15th AMXS flying crew chief. Meeting new people, seeing new places, doing new things ... not all crew chiefs get this opportunity."

According to Staff Sgt. Jonathan Solomon, 15th AMXS flying crew chief, the



Staff Sgt. Jonathan Solomon, 15th Aircraft Maintenance Squadron flying crew chief, performs a pre-flight inspection on a C-17 engine at Fort Benning, Ga. on Oct. 10. A C-17 Globemaster III from the 15th Wing at Joint Base Pearl Harbor-Hickam made the long journey to Fort Benning to support the student jump requirements of the 507th Airborne School.

experiences are fun, but the responsibility is great.

"Being a flying crew chief is not a deployment or a temporary duty," Solomon said. "It's a mission that requires individuals to perform their job to their fullest ability. It's

a lot of responsibility."

Solomon believes the advanced technology and mission capability a C-17 offers make being a flying crew chief on a C-17 a particular treat.

"The aircraft's capabilities

go hand-in-hand with the advanced systems installed on it," Solomon said. "Overall, it beats other aircraft in the realms of range, efficiency and reliability."

During the mission to Fort Benning, Leugers was

able to fly with the aircrew as it dropped paratroopers from the C-17's side doors.

"Going up and seeing the paratroopers jump was really cool," he said. "(Missions like these) give me better opportunities to learn more

about the aircraft. I'm a hydraulics troop, but I'm flying on this mission as a crew chief. Experiences like these help broaden my career," Solomon added.

Leugers' and Solomon's efforts did not go unnoticed just because they aren't part of a traditional aircrew. Brig. Gen. Bryan Owens, U.S. Army Infantry School Commandant, coined the duo for their ability to keep the plane in the air to drop paratroopers without a single incident or delay.

"We dropped a lot more paratroopers this week than they've dropped in a long time - about 2,300 in four days," Leugers said. "When I went to jump week in Alaska, we only dropped 500 to 600 paratroopers in a week. We were really helping them out."

Solomon said that the Air Force's joint training partnership with the Army is more than a mingling of the services. It is a co-dependency.

"(The Air Force) can't win any ground battles without the Army, and the Army can't transport troops or equipment without a plane," he said.

(See more photos on page A-5)

# USS Crommelin 'Indestructibles' race to support Breast Cancer Foundation

Ensign Tyler H. Sharp

USS Crommelin (FFG 37)

Fourteen crew members from the USS Crommelin (FFG 37) competed in the Pink Ribbon Run, a 5k road race to support the Breast Cancer Foundation, during a recent port visit to Singapore. The crew wore pink ribbon breast cancer T-shirts to show their support.

"We look pretty darn good in

these," said Gas Turbine System Technician (Mechanical) Fireman Martin Houston.

Indeed, everyone looked great as they crossed the finish line exhausted, yet ecstatic, to support such an important cause. Joined by more than a thousand local competitors, the crew had the time of their lives.

The Pink Ribbon Run took place on a hot and humid Saturday morning, just a day after the Crommelin pulled into port. "It was difficult waking up at 0530," said Lt. j.g. Peter Gangcuango. "But it was worth it to run with all those people

and support such a great cause."

Instead of sleeping in or visiting local amusements, 14 Indestructibles boarded a bus at 6 a.m. to join thousands of other runners for the charity race.

Upon arriving at the race site, the crew was welcomed by a myriad of pink. Recognized as the universal color in support of breast cancer, the organizers spared no expense to bedazzle everything in the pink pigment.

Pre-race festivities included face painting, group warm-ups, and introduction by the guest of honor, Grace Fu, senior minister of state, ministry of national development and

ministry of education.

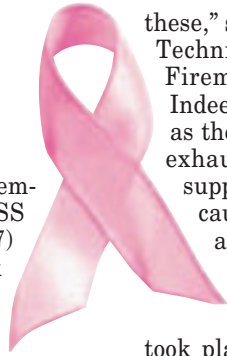
"We came here to support a worthy cause, interact with the local people and have a great race. What we saw was a group of people united in the fight against breast cancer, and we were extremely proud to be part of it," said Chief Aviation Electronics Technician Jonathan Weisenborn.

Soon after Fu shared inspirational words with the competitors, the race started. What had began as a fun Saturday morning run quickly turned into a highly competitive race with every runner pushing themselves to the limit of their

endurance. Crommelin runners did not disappoint.

"Wow, that was really hard," remarked Ensign Sarah Taylor as she crossed the finish line. "All of the supporters and the other runners motivated me to finish strong. It doesn't matter if you are a runner or not; this event is for everyone," she said.

Following the race, runners enjoyed refreshments and camaraderie. "The race was a huge success. All of us from the Crommelin are looking forward to the next port that we can run a race in," said Damage Controlman Fireman Juan Deleon.





U.S. Air Force photos Senior Airman Gustavo Gonzalez

## Experience the *makahiki* festival at Hickam Beach on Nov. 6

Grace Hew Len

Navy Region Hawaii Public Affairs

The annual *Kapuaikaula Makahiki* festival will grace the shores of Hickam Harbor Beach from 9 a.m. to noon on Nov. 6.

Military and civilian personnel with base access are invited to observe the *makahiki*, an ancient Hawaiian celebration known as a "Hawaiian Thanksgiving," at *Kapuaikaula*, or Joint Base Pearl Harbor-Hickam. Bring your beach chairs and mats and experience Hawaii's rich past and her-

itage at the unique and educational cultural event. The event is organized by the Oahu Council of Hawaiian Civic Clubs.

Before the *makahiki* begins at 9 a.m., paddlers in canoes carrying *Lono*, the deified guardian of agriculture, rain, health and peace, will make a journey from Iroquois Point to Hickam Harbor. Once on shore, the blast of the *pu*, or conch shell, will announce their arrival, ushering the start of the *makahiki*.

For more than 2,000 years, the significance of *Lono* and his contributions to the beliefs and practices of the early Hawaiian peo-

ple influenced the celebration of events held during *makahiki* festivals throughout the Hawaiian Islands. According to the ancient calendar of Hawaii, the Hawaiian new year begins on the first night of the rising star constellation *Makali'i*, or Pleiades. The four months following the rise of the *Makali'i*, from October to the end of January, were set aside as a time for *Lono* to give thanksgiving for the bounty of land and sea.

"The annual *makahiki* at *Kapuaikaula* is an important celebration of the past that will help redefine our relationships as con-

temporary people of Hawaii for the future," said Shad Kane, the Ewa Moku representative for the Oahu Council of Hawaiian Civic Clubs.

The celebration provides an opportunity for military families to understand the culture and history of Hawaii. The *makahiki* celebration includes Native Hawaiian *oli*, or chants, and an exhibition of games, which is an important aspect of *makahiki*.

In ancient Hawaiian history, *Lono* was the embodiment of peace and welfare, and all warfare was strictly forbidden during the time of *makahiki*. The focus

on health and welfare made games of skill that tested a healthy body and mind a focal point of the *makahiki* games. Guests may take part in the games.

"*Makahiki* will help to improve relationships between the military and the Hawaiian and non-Hawaiian community, but also establish an awareness of the rich pre-western Hawaiian traditions and history surrounding where Joint Base Pearl Harbor-Hickam is today," Kane said.

For more information, contact Navy Region Hawaii Public Affairs Office at 473-2926.

# Arctic Warriors kick off Operation Deep Freeze season

**Joint Task Force Support Forces Antarctica Public Affairs**

The Department of Defense begins its support of the U.S. Antarctic Program and the National Science Foundation during the Operation Deep Freeze 2010-2011 season scheduled through Feb. 24.

The U.S. Air Force, Navy, Army and Coast Guard lend operational and logistical support to the National Science Foundation's research and exploration in Antarctica. This support is provided by the Joint Task Force Support Forces Antarctica (JTF SFA), led by 13th Air Force at Joint Base Pearl Harbor-Hickam (JBPHH). JTF SFA coordinates strategic intertheater airlift, tactical deep field support, aeromedical evacuation support, search and rescue response, sealift, seaport access, bulk fuel supply, port cargo handling, and transportation requirements.

Christchurch International Airport, New Zealand is the staging point for deployment to McMurdo Station,



U.S. Air Force photo by SrA. Gustavo Gonzalez

An LC-130 Hercules, equipped with retractable ski-wheels, parks on the flightline at Joint Base Pearl Harbor-Hickam, Hawaii, while local media and civic leaders tour the aircraft on Oct. 18. The LC-130 is preparing for a flight to Antarctica to support Operation Deep Freeze. The uniquely equipped aircraft is necessary for the movement of personnel and cargo vital to the U.S. Antarctic Program and the National Science Foundation's research and exploration efforts in Antarctica. The U.S. Air Force, Navy, Army, and Coast Guard lend operational and logistical support to support these efforts as part of Operation Deep Freeze.

Antarctica, a key research and operations facility for the U.S. Antarctic Program.

Operation Deep Freeze is unlike any other U.S. military operation. It is possibly the military's most difficult

peacetime mission due to the harsh Antarctic environment. The U.S. military is uniquely equipped and trained to operate in such an austere environment and has provided support to

the U.S. Antarctic Program since 1955.

Active duty, National Guard and Reserve personnel from the U.S. Air Force, Navy, Army and Coast Guard work together as

part of the joint task force. This team continues the tradition of U.S. military support to the U.S. Antarctic Program and demonstrates the United States' commitment to a stable Pacific region.

The 2010-11 Operation Deep Freeze season marks a historic first for Joint Task Force - Support Forces Antarctica (JTF-SFA), headquartered at JBPHH. In response to requirements from the U.S. Antarctic Program, a JTF-SFA attached C-17 Globemaster III employed night vision goggle (NVG) operations in total darkness to resupply McMurdo Station located on Ross Island, Antarctica.

Airlift for Operation Deep Freeze involves active duty and reserve C-17 support from Joint Base Lewis-McChord, Washington; LC-130 Hercules support from the New York Air National Guard; sealift support consisting of one U.S. coast guard icebreaker on standby in Seattle, Wash.; one military sealift command tanker, the USNS Richard G. Matthiesen; one military sealift command-char-

tered dry cargo ship, MV American Tern; engineering and aviation services from U.S. Navy Space and Naval Warfare Systems Command; and the U.S. Navy Cargo Handling Battalion One from Williamsburg, Va.

This year's pre-season, known as WINFLY, included seven special assignment airlift missions (SAAMs) - four were NVG and three daylight missions. The 13th Air Force-led network of inter-theater aircraft delivered 412 passenger and more than 400,000 pounds of cargo, which was more than what was projected.

For more information, contact Joint Task Force Support Forces Antarctica Public Affairs at 808- 449-7985 or email 13af.pa@hickam.af.mil.

*(Editor's note: Operational and logistical support to the National Science Foundation's research and exploration in Antarctica is provided by the Joint Task Force Support Forces Antarctica, led by 13th Air Force at Joint Base Pearl Harbor-Hickam.)*

## NAVFAC Hawaii educates *keiki* on energy conservation

Story and photo by MC2 (AW) Eric J. Cutright

Navy Public Affairs Support Element West Det. Hawaii

Naval Facilities Engineering Command (NAVFAC) Hawaii's energy team held an educational seminar for children at Pearl Harbor Kai Elementary School on Oct. 13, as part of the command's annual energy outreach program.

Krista Stehn, the guest speaker and a representative of the energy team, spoke to children in grades kindergarten through sixth about what energy is, and provided educational information on how to conserve energy.

"This is the fourth year that NAVFAC has implemented its outreach program. We are going to schools that feature a high percentage of DoD [Department of Defense] dependents, and this year we started out at Pearl Harbor Kai Elementary School," Stehn said. "The whole purpose of the program is to go into the schools and educate the students on energy conservation and hopefully, they'll apply



Krista Stehn of Naval Facilities Engineering Command (NAVFAC) Hawaii speaks with students at Pearl Harbor Kai Elementary School about energy conservation. The educational session was given to the students as part of NAVFAC Hawaii's energy conservation outreach program.

those tips that we teach them about in their homes and also encourage their parents to be more earth-con-

scious," she explained.

During Stehn's lesson on energy conservation, she held an open

question and answer session with the students, who won prizes for their correct responses.

"This is the third year that we have been involved with the Navy's conservation program," said Cathy Callejo, curriculum coordinator and vice principal at Pearl Harbor Kai. "I just think that it is a fantastic program for our students as well as their parents."

Callejo elaborated on how the students get their parents involved with the energy conservation initiative.

"As an adult, we tend to forget to conserve energy and take things for granted, forgetting simple things such as turning off the lights or turning off the water," Callejo said. "I know that I'm guilty of these things, so our children are coming home and teaching our parents how to conserve a little bit better."

NAVFAC Hawaii's energy outreach program is also sponsoring a contest in which Pearl Harbor Kai's students will illustrate what they have learned about conservation. The best artwork depicting saving energy from each grade level will be put into a calendar to be distributed throughout Navy Region Hawaii later this year.

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



## Pacific inspectors general get 'back to basics' at conference

MC2 Michael Hight

U.S. Pacific Fleet Public Affairs

The 9th Annual Pacific Inspectors General (IG) Conference gathered together IGs from around the Pacific theater on Oct. 13-15.

With a theme of "Back to Basics," this year's three-day conference focused on the four core functions of naval IG activities: assistance, investigations, inspections and audit liaison.

The conference provided participants valuable training with topics including travel issues, ethics, contracting, social media, and other services they can take back to their commands to enhance mission effectiveness.

"The level of training that goes on at this IG conference is vital to other inspectors general, both at the echelon two and echelon three levels," said Vice Adm. Anthony Winns, Naval Inspector General. "Here we are able to review and discuss many IG policy issues and align our efforts. As well, this training symposium fosters communication and camaraderie."

According to Pacific

Fleet Inspector General Betty Vega, the annual conference offers the perfect opportunity for IGs to share practical applications and lessons learned.

"It's important for all of the IGs from around the Pacific to meet in one place to get policy updates, advanced training, plan strategically, and to set goals and objectives for the next fiscal year," Vega said. "The three-day conference helps all of us make sure that we align with the guiding principles and priorities of the Naval Inspector General and that of the Commander, U.S. Pacific Fleet."

The mission of the IG is to assist the commander in maintaining effective command and control and high standards of operational readiness. They also serve as an extension of the eyes, ears, voice and conscience of the commander.

Pacific Fleet IGs were also honored at an awards luncheon held at Joint Base Pearl Harbor-Hickam's Seabreeze restaurant where 11 IGs were recognized for their contributions throughout the year.

## NIOC Hawaii chief shares her IA experience

CT11 (AW/NAC)  
Jennifer Schooley

Navy Information Operations Command Hawaii

Chief Cryptologic Technician (Collection) (SW/AW/EXW) Tabitha Henry departed Navy Information Operations Command Hawaii for her individual augmentee (IA) assignment in December 2009.

Leaving behind the comforts of paradise, she began her training at NMPS Norfolk, followed by a brief class in Maryland, and then a month at Fort Dix. Her favorite part of the training was the time spent on the range.

On April 10, she arrived at Camp Ramadi in the Al Anbar province of Iraq. While it is located near the Euphrates and Tigris Rivers, it is certainly not the same as looking at the Pacific Ocean from Waikiki Beach.

While she has had no chances to interact with the local population for volunteer work, she does feel she has made a positive impact in Iraq. "My greatest successes have been when I have seen tangible results of my work in direct action," Henry said. Noting that being a senior non-commissioned officer in Iraq comes with increased responsibility, she explained, "My biggest challenge has been keeping an eye on my Sailors who are spread between three detachments." This is considerably different than being at home at NIOC Hawaii where her Sailors are all working in the same building.

While deployed, Henry



Photo courtesy of CTRC (SW/AW/EXW) Tabitha Henry

Chief Cryptologic Technician (Collection) (SW/AW/EXW) Tabitha Henry is currently serving as an individual augmentee (IA) in Iraq. She is assigned to Navy Information Operations Command Hawaii and left for her IA assignment in December 2009.

earned her enlisted expeditionary warfare specialist qualification. The qualification was developed to provide a chance for enlisted Sailors in the Navy expeditionary combat command community (naval personnel serving in a maritime security or maritime combat-related

role) to earn a warfare qualification. Core qualification skills include weapons qualification and maintenance, marksmanship, land navigation, field communications, and expeditionary camp deployment.

Henry, who is currently still on IA deployment in

Iraq, said that her deployment to Iraq has been a rewarding and eye-opening experience. When asked about others considering an IA, she said, "If you're thinking about taking an IA, go ahead and do it. It's beneficial to get out of your comfort zone."

### STORY IDEAS?

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

Phone: (808) 473-2888

Email: editor@hookelenews.com

**HO'okele**

# PHNSY hosts international shipyard management class

Story and photo by  
Katie Vanes

Pearl Harbor Naval  
Shipyard Public Affairs

Naval officers from 11 countries are attending a six-week annual International Shipyard Management Course at Pearl Harbor Naval Shipyard. Classes began Sept. 27 and will finish in early November.

"The training is strategically important to the U.S. Navy in terms of humanitarian support and security assistance," said Robert Sonoda, shipyard supervisory production controller.

Fifteen naval officers from Ireland, Sri Lanka, Thailand, Bahrain, Dominican Republic, Bangladesh, Egypt, Philippines, Korea, Saudi Arabia and Taiwan are learning about environmental regulation, shipyard management and maintenance, and counterterrorism during their visit.

Other key course elements include shipyard organizational structure, planning and estimating, material ordering, and ship overhaul and repair.

The international naval forces involved in the program have fleets that vary in size and capabili-



ties are instructed to create an e-mail account specifically to keep in touch with each other after the class.

"Most importantly, this course helps our allies build up capability and capacity. These foreign naval officers come together as strangers and become true allies after spending six weeks together. Some graduates of the program still keep in touch by e-mail five years later," Sonoda said.

Capt. Brian Osgood, Pearl Harbor Naval Shipyard commander, welcomes 15 officers from 11 different countries to the International Shipyard Management Course. Classes began Sept. 27 and will continue through early November.

ty, according to Sonoda. For example, some of the countries have floating dry docks and others do not have any at all.

Sonoda explained that the students benefit from the opportunity to see first-hand and understand how a U.S. Navy shipyard operates.

"Whether it's a big or small country, they all take part in ship maintenance and management of some kind," he said.

The international stu-

## KHON (FOX) TV 2 Hawaii Navy News upcoming segments

Oct. 28 – Diver diversity

Nov. 4 – Makahiki Festival

Nov. 11 – Veterans Day

Nov. 18 – Pearl Harbor Naval Shipyard  
"flyaway teams"

Nov. 25 – Thanksgiving holiday

Dec. 2 – Pearl Harbor survivors

(The segments currently air between 6:15 and 6:45 a.m. each Thursday. Previous segments can be viewed at <http://www.bit.ly/KHONNavy>)

Got a story for KHON Hawaii Navy News? Email [editor@hookelenews.com](mailto: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.

## Diamond Tips

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

By Master Sgt.  
Deborah Hernandez

Many Air Force members spend time after hours volunteering around the island for numerous charity organizations or causes. Some of these often include beach, park or road cleanup. While these are worthy causes, we need to look in our own back yards.

As I walk my dog through our neighborhoods, I admire the parks which were built for our children and maintained by Hickam Community Housing. But as I look closely, I see lots of waste that

needs to be picked up. Lying in the grass are water bottles, pop cans, drink boxes, snack wrappers, discarded toys and mismatched shoes. Our children are carrying these items to the park and not discarding the trash properly.

What can we do to combat this problem? Our children are being taught conservation and pollution prevention in grade school and we need to reinforce this enduring cause. Remind your children when they walk out of the house with drinks or snacks to throw the trash in the garbage can and not on the ground. Make sure they return to the house with both shoes. We can also volunteer to clean up our back yards and make our children help.