

Remembering historic surrender aboard *Battleship* **'MIGHTY MO'**

USS Missouri Memorial Association

The Battleship Missouri Memorial will mark the 65th anniversary of Imperial Japan's formal World War II surrender with a free public ceremony, titled "The End of World War II," from 8 to 9:30 a.m. Sept. 2 at the Battleship Missouri Memorial at Pearl Harbor.

Keynote remarks will be provided by U.S. Secretary of Veterans Affairs Eric K. Shinseki, retired four-star Army general, former Army chief of staff and combat veteran. U.S. Sen. Daniel K. Inouye, who received the Medal of Honor for his service in WWII, will also address attendees, sharing his thoughts and memories of the war.

The ceremony will be the centerpiece of a week of commemorative events, providing an opportunity to remember the end of history's most devastating

war in the presence of the USS Arizona Memorial and the Battleship Missouri — symbolic "bookends" of America's role in WWII.

"Commemoration Week is a unique opportunity to memorialize one of the most significant dates in world history with a pilgrimage to Pearl Harbor, an experience that in recent years has grown well beyond a single day and now includes five distinct historic sites," said Michael Carr, president and chief operating officer of the Battleship Missouri Memorial. (In addition to the USS Arizona Memorial and Battleship Missouri Memorial, Pearl Harbor historic sites include the USS Bowfin Submarine Museum and Park, Pacific Aviation Museum — Pearl Harbor, and USS Oklahoma Memorial.)

Carr added, "Just in time for the 65th anniversary commemoration, the Missouri returned from

drydock in spectacular shape and fortified against the elements to stand the test to time as a floating memorial, watching over the nearby Arizona. We invite first-time and returning visitors alike to explore the new features of our historical and educational visitor experiences."

Commemoration Week events will also include the "Lessons of War and Peace" history conference from Aug. 27 to 29, "Night of American Heroes" celebration dinner on Sept. 3 from 5 to 9 p.m., and more.

The Battleship Missouri Memorial's summer operating hours are from 7:30 a.m. to 5 p.m. daily. For more information or to reserve a tour, call toll-free at 1-877-MIGHTYMO (1-877-644-4896) or visit uss-missouri.org. For special Friends of the Mighty Mo travel arrangements during the 65th anniversary commemoration, visit: <http://www.aatpa.com/mightymo>



U.S. SENATOR
DANIEL K. INOUE



U.S. SECRETARY OF VETERANS AFFAIRS
ERIC K. SHINSEKI



Security Forces move into first with win over HIANG

Story and photo by
Randy Dela Cruz

Contributing Writer

In a showdown of the top two teams in the Monday-Wednesday Division, the 647th Security Forces Squadron (647 SFS) staged a late-inning rally to beat the Hawaii Air National Guard (HIANG), 6-5, in an Air Force intramural softball game at Hickam softball four-plex, Joint Base Pearl Harbor-Hickam, on Aug. 9.

The victory ushered 647 SFS into first place with a record of 14-2, while the HIANG's league mark now stands at 13-2. Both of the HIANG's defeats have come at the hands of its nemesis, the 647 SFS.

"It's our colonel's first game so we wanted to show him a winner," said Tech. Sgt. Robert "Woody" Wooderson, whose triple in the bottom of the fifth inning started the comeback for SFS. "And, of course, we love messing with the HIANG."

The new 647th SFS commander, Lt. Col. Michael Gimbrone who was installed on Aug. 2, attended the game.

Against the HIANG, one of the top hitting teams in the league, SFS pitcher Master Sgt. RB Brown delivered a masterpiece — especially in the early part of the game when he threw three shutout innings.

Using a dancing knuckleball as his primary weapon, Brown struggled in the top of the fifth inning when he allowed three runs (two earned), but came back to set down HIANG batters in order in the sixth and seventh innings to preserve the one-run decision.

"I threw a little knuckleball and went inside and out and high low," said Brown about his sterling performance. "They (HIANG) are



Senior Airman Kyle Shy of the 647th Security Forces Squadron (647 SFS) forces out Staff Sgt. Mark Victorino of the Hawaii Air National Guard (HIANG) at second base during the teams' Air Force intramural softball game at Hickam softball four-plex, Joint Base Pearl Harbor-Hickam, on Aug. 9. The 647 SFS went on to defeat the HIANG, 6-5, to take over first place in the league's Monday-Wednesday Division.

a good hitting team so I just tried to keep them off-balance."

In the seesaw affair, the 647 SFS clung to a 1-0 lead until the HIANG plated two runners in the top of the fourth to go out in front.

After SFS Tech. Sgt. Mark

Moore lofted a sacrifice fly to tie the score at 2-2, the HIANG finally put a dent in Brown's pitches when the team opened the top of the fifth with back-to-back singles, before an error by Wooderson loaded the bases with no outs.

Tech. Sgt. Charlie McKintosh stepped up to the plate and stroked a single past third base to drive in a go-ahead run which, aided by another error by Wooderson, led the way for the HIANG to take a 5-2 lead.

Armed with a three-run advantage, Chief Master Sgt. Vince Ramos, pitcher for HIANG, started off the bottom of the fifth by retiring the first two SFS hitters.

However, an error by Ramos on a comebacker that was hit by Brown, allowed

SFS the opportunity to stage its dramatic come-from-behind triumph.

Following a single to put two men on-board, Wooderson, who recorded two errors in the previous inning, got the perfect chance for redemption and he didn't disappoint his teammates.

Wooderson blasted a shot that rolled all the way to the center-field fence, which drove in two runs and placed the SFS shortstop at third.

"I saw the right fielder come up on me and the pitcher left it out there," recalled Wooderson about his clutch hit. "So I just tried to put it over their heads and it worked out."

Although Ramos complemented Wooderson on his hit, the HIANG pitcher said that the inning should have been over before Wooderson's at-bat.

"It was my fault," Ramos said. "The line shot up the middle; I didn't grab the ball. It all started after that."

While Ramos said it was disappointing to lose to the HIANG's rival, he believes that the loss shouldn't affect the team's chances in the upcoming playoffs.

"We just need to get more people out here," Ramos stated. "We'll see what happens the next time."

Meanwhile, Brown pointed out that changes to the team's personnel may be a problem in the post-season, but still thinks that the SFS will be among the contenders for the division's pennant.

A few more players from the 647 SFS are scheduled for deployment in the near future, including Brown, who leaves for Iraq on Aug. 16.

"That will play a factor in the end so some of the other guys will have to step up," Brown noted. "If the guys can get off of work and make it here, I think we'll be competitive."

NIOC-Hawaii outlasts Security in softball slugfest

Story and photos by
Randy Dela Cruz

Contributing
Writer

Hoping not to become the second team to fall in an upset, Navy Information Operations Command (NIOC) Hawaii stormed back to beat Security, 15-10, in the first round of the Ashore Intramural Softball League playoffs at Millican Field, Joint Base Pearl Harbor-Hickam, on Aug. 10.

Earlier in the evening, the top-seeded Naval Submarine Support Command (NSSC) was stunned and eliminated by SEAL Delivery Vehicle Team One (SDVT-1).

With the score tied at 5-5 after four innings, NIOC erupted for four runs in the top of the fifth to take a lead that it would never relinquish.

The key hit in the inning came off the bat of Air Force Staff Sgt. Luis Torres, who while starting his first game for NIOC, came up to the plate with two outs and two men on base and swatted a long shot over the head of Security's right fielder for an inside-the-park, three-run homer.

"I actually like the inside pitch," said Torres, who bats from the left side. "I was looking for an inside pitch or anything down the middle, but nothing outside."

The blast seemed to be the turning point of the game and was the catalyst for NIOC's victory.

"That was the kick in the butt we needed," said NIOC center fielder Air Force Staff Sgt. Kevin Sunyak. "It gave us the lead and it went on from there."

At first, NIOC was in total control of the game



Cryptologic Technician (Collection) 1st Class Alexander James of Navy Information Operations Command (NIOC) Hawaii strokes an RBI single in the first inning against Security in the first round of the Ashore Intramural Softball League playoffs at Millican Field, Joint Base Pearl Harbor-Hickam, on Aug. 10. NIOC-Hawaii went on to beat Security, 15-10, and earn a second-round showdown against SEAL Delivery Vehicle Team One (SDVT-1).

after it scored one run in the first inning, three runs in the second and another tally in the third to jump out to a quick 5-0 lead.

Then in the bottom of the fourth, Security hitters awoke from its slumber with a vengeance, as the team rallied to tie the score with five runs on five hits and three errors.

Master-at-Arms Seaman Robert Watkins of Security came up with the big hit of the inning, when he stroked a two-run inside-the-park home run that ignited the team's outburst.

Watkins was the big stick for Security. Besides blast-

ing a homer, he also lined a bullet for a single that drove in two runs in the bottom of the sixth inning.

However, in the very next frame NIOC pulled itself together and, led by the Torres jack, took the lead for good.

Torres noted that his home run came at the right moment and appeared to breathe life back into NIOC's attack.

"We came back with our heads down with the game tied at 5-5," Torres said. "It (his homer) was a big boost. Everybody got off the bench when I scored and it just got contagious."

Sunyak, who bats lead-off and plays center field for NIOC, agreed with his teammate.

"After we put up the first five, we got lackadaisical and let them (Security) back into the game," Sunyak admitted. "We knew that we had to do something. So we started hitting and that got the guys fired up."

NIOC followed up its four-run inning by pounding out nine more hits to score six times in the top of the sixth.

Meanwhile, Security fought back to scratch out three runs in its final turn

at-bat, but fell short in its comeback attempt.

Although the fifth-seeded Security battled the fourth-seeded NIOC every step of the way, Security pitcher Master Chief Master-at-Arms Jacob Thomas said that the team just couldn't string together enough hits to overcome NIOC's strong attack.

"It all came down to timely hits," Thomas acknowledged. "They (NIOC) had timely hits and we didn't. When you go into the late innings, that doesn't help out."

While the loss ended Security's season, Thomas

said that he was very proud of the way his team played this year.

"Win or lose, we played as a team," Thomas stated. "So this (loss) doesn't matter. I tell my guys, 'Win or lose, just have fun. We can't win everything.'"

Sunyak said that even though NIOC was very fortunate to come out on top over Security, he believes that the team has what it takes to capture the division's pennant.

"We got a solid lineup throughout," he pointed out. "We got solid fielders, so it just depends on who hits on any given game."

Hawaii TV Bowling spotlights Navy bowling center

Story and photo by
Randy Dela Cruz

Contributing Writer

Showcasing the top bowlers from around the state, Hawaii TV Bowling brought its bright lights and cameras to Naval Station Bowling Center (NSBC) to record a segment of its popular local television show that is broadcast throughout the island on KWHE 14 every Saturday at 4 p.m.

The made-for-TV tournament was recorded at NSBC on Aug. 8 and will be aired on Aug. 14 at its regularly scheduled time.

Hawaii TV Bowling's next two episodes will be recorded at the Hickam Bowling Center on Aug. 15 and Aug. 22. The Schofield Bowling Center will round out the season's final two shows on Aug. 29 and Sept. 5.

Millie Gomes, who is the Morale, Welfare and Recreation's Program director of bowling, Liberty and Sharkey Theater, said that the association between Hawaii TV Bowling and NSBC has done much to increase the military's awareness of the Naval Station Bowling Center that is located at Commander, Submarine Force U.S. Pacific Fleet (COMSUBPAC).

"It's good exposure," Gomes said. "If people are watching and the center looks nice on TV, then the military will want to come and bowl."

Scot Mitamura has been the president of Hawaii TV Bowling since 1998. He said that the non-profit organization was started in 1990 and just might be the longest running television program in Hawaii. He added that the show began its long-standing relationship with the military only a year after it first went on air.

In addition to the Navy, Hickam and Schofield bowling centers, the traveling road show also made an appearance at the Barbers Point Bowling Center on July 4.

"In our first year, we only went to Aiea Bowl," Mitamura said. "As the



Justin Stevens displays his form during warm-ups at the Hawaii TV Bowling tournament, which was recorded at Naval Station Bowling Center, Joint Base Pearl Harbor-Hickam, on Aug. 8. Stevens, who made the cut for the TV show as the tournament's third seed, was an active-duty Sailor aboard the USS Lake Erie (CG 70) as an information systems technician second class in 2006.

program was evolving, we started taking it to different centers to get other people interested. I think by 1991, we were already going to the military bases."

Mitamura added that,

like Gomes, he has developed a deep appreciation for the joint venture that uses bowling to blend local culture with military families.

"It's been very good," Mitamura acknowledged.

"At first, our turnouts were affected because some of the civilians weren't accustomed to coming onto the bases. But in time, they got used to it. I love that we get to compete against different

people. There are a lot of really good military bowlers."

At NSBC, a total of 57 upper-caliber bowlers competed for the chance to be a member of the competition's top-five,

which would roll off for the title in the televised portion of the tournament.

Among the top bowlers of the day was Justin Stevens, who entered the TV event as the third seed. Stevens spent six years in the Navy. His last duty was in 2006 as an information systems technician second class aboard USS Lake Erie (CG 70).

Stevens, who uses a two-handed bowling style, said that it took awhile to get used to the glare of the TV cameras, but it got easier as time went by.

"It (TV) adds a different factor, but I've kind of been around it for awhile so it doesn't really bother me," Stevens said. "I remember the first time. I was a nervous wreck. Since then, I just kind of bowl my own game and I've been alright."

In the finals, Mitamura, the fourth seed, defeated fifth-seeded Thomas Ching, before getting past Stevens, 258-203, to advance to the semi-final against Keith Odette.

Although Mitamura brought in a 240 average versus Odette, things unraveled for the Hawaii TV president, as he was out-dueled by Odette, 227-145.

"What determines the score ability of the lane is the oil on the lane," Mitamura explained. "What happened was he (Odette) went all the way left and depleted the oil on the lane. Because he went one way, I had to cross him twice. I wasn't able to figure it out."

In the championship showdown, Odette met up with first seed Blaine Morton, who held seven TV championships going into the title matchup.

Morton was outstanding as he defeated Odette, 259-204, to capture his eighth Hawaii TV Bowling crown.

"It's been awhile since my last title, so I was lucky to get this one," Morton said. "The equipment has a lot to do with it. I just drilled up a new ball and I had no idea what I could do with it. I threw it in practice and it felt pretty good. It gave me a real comfortable shot."

PMRF hosts model rocket launches

Approximately 25 visitors arrived at Pacific Missile Range Facility (PMRF), Barking Sands, Kauai early Aug. 7 for "CANSAT" model rocket launches in support of Kauai Community College's model rocketry program. CANSAT utilizes telemetry packages inside soda cans, launched in model rockets up to approximately 2,000 feet, and reporting positioning and other data to ground station laptops below. Funded by Hawaii Space Grant Consortium, this is PMRF's second event in the last several years in support of CANSAT programs.

U.S. Navy photos by MC2 Jay Pugh





JOINT BASE *Sports* PEARL HARBOR-HICKAM



The 647th Security Forces Squadron (647 SFS) jumped to the top of the Monday-Wednesday Division after defeating the Hawaii Air National Guard (HIANG), 6-5, in an Air Force intramural softball game at Hickam softball four-plex, Joint Base Pearl Harbor-Hickam, on Aug. 9. The 647 SFS upped its outstanding league record to 14-2 to overtake the HIANG, whose mark stood at 13-2 following the loss.



Navy Information Operations Command (NIOC) Hawaii scored 10 runs its final two innings to get past Security, 15-10, in the first round of the Ashore Intramural Softball League playoffs at Millican Field, Joint Base Pearl Harbor-Hickam, on Aug. 10. The win ushered NIOC into the semifinals, where it was scheduled to face SEAL Delivery Vehicle Team-One (SDVT-1).



Hawaii TV Bowling recorded its popular local television program at Naval Station Bowling Center, Joint Base Pearl Harbor-Hickam, on Aug. 8. The show's next two episodes will be televised from the Hickam Bowling Center.

PEARL HARBOR-HICKAM **Maniawa Nanea** LEISURE

Morale Welfare & Recreation

FLICK AND FLOAT

Relax on your rafts and tubes in the pool while you watch a feature flick at Flick and Float from 6:30 to 9 p.m. tonight at Hickam pool two. Bring your own movie snacks and drinks. The cost is \$3 per person or \$5 per family. FMI: 448-2223.

MWR BIKE RIDE & RALLY

Ride around the island with the Patriotic Souls Motorcycle Club at an MWR Bike Ride and Rally on Sunday. The ride departs at 9 a.m. from J.R. Rockers. Then head back to J.R. Rockers for an all-you-can-eat barbecue lunch and live music at 11 a.m. All ranks are welcome. There is a cost of \$9.95 per person for lunch. FMI: 448-2271.

PRACTICAL PILATES

A one-day Practical Pilates training course will be held from 9 a.m. to 6 p.m. Sunday at Hickam Fitness & Sports Center. The course is offered by the American Fitness Aerobics Association (AFAA) and combines the best of eastern and western philosophies and traditions. The cost is \$96.75 per person. FMI: 448-2214.

72-HOLE MEN'S CHAMPIONSHIP

A 72-Hole Men's Championship will be held Aug. 21-22 and Aug. 28-29 at Mamala Bay Golf Course. Sign up by Aug. 16. There will be a \$40/person entry fee. The championship is open to all military and Department of Defense card holders. Format is stroke play, with Championship, Alpha, Bravo, Charlie and Delta flights. FMI: 449-2304.

KAYAK CHINAMAN'S HAT

Hickam Outdoor Recreation will host a kayaking adventure to Chinaman's Hat from 9 a.m. to 3 p.m. Aug. 22. The outing will include swimming, snorkeling and a hike to the top for views of the windward coast. Sign up by Aug. 19. The cost is \$35 per person. FMI: 449-5215.

FULL MOON PADDLE

Enjoy a full moon paddle from 8 to 11 p.m. Aug. 23 with Hickam Outdoor Recreation. The trip includes kayaks, gear and professional guides. All paddling abilities are welcome. Sign up by Aug. 19. The cost is \$20 per person. FMI: 449-5215.

Community Calendar

August

18 ~ WWE superstars, The Miz and Diva Eve, will be at the Pearl Harbor Navy Exchange from noon to 2 p.m. to meet and greet service members and their families. Autograph and photo-taking opportunity will be available. The event will be on the second floor of the Mall near the electronics department.

25 ~ In order to meet emergency management and exercise requirements, the 15th Medical Group, Hickam Clinic, will be closed on Aug. 25 and Sept. 9. For more information, call 448-6120.

September

9 ~ In order to meet emergency management and exercise requirements, the 15th Medical Group, Hickam Clinic, will be closed Sept. 9. For more information, call 448-6120.

At a glance

To be a part of CCAF's fall 2010 class, CCAF must receive all documentation (official transcripts) for degree candidate submissions by Aug. 27. Please have your college transcripts send directly to: CCAF/DESS, 100 South Turner Blvd. Maxwell-Gunter AFB, AL, 36114-3011. Visit hangar two, room 103 to speak with one of our education advisors. FMI: e-mail Force Development Flight at 647fss.fsde@hickam.af.mil.

DANTES rescinded their announcement to stop reimbursing for these tests at the end of this fiscal year. These tests will remain reimbursable until further notice. FMI: visit DANTES website <http://www.dantes.doded.mil> or contact the Force Development Flight at 647fss.fsde@hickam.af.mil.

Movie Showtimes



The Last Airbender (PG)

Air, Water, Earth, Fire. Four nations tied by destiny when the Fire Nation launches a brutal war against the others. A century has passed with no hope in sight to change the path of this destruction. Caught between combat and courage, Aang (Noah Ringer) discovers he is the lone Avatar with the power to manipulate all four elements.

SHARKEY MOVIE THEATER

TODAY
7:00 PM Knight and Day (PG 13)

SATURDAY
2:30 PM Toy Story 3 (G)
5:00 PM Despicable Me (PG)
7:00 PM The Twilight Saga: Eclipse (PG 13)

SUNDAY
4:45 PM The Last Airbender (PG 13)
7:15 PM Grown Ups (PG-13)

HICKAM MEMORIAL THEATER

TODAY
6:00 PM The Twilight Saga: Eclipse (PG-13)

SATURDAY
4:00 PM The Last Airbender (PG)
7:00 PM The Twilight Saga: Eclipse (PG-13)

SUNDAY
2:00 PM The Last Airbender(PG-13)

Defense Commissary Agency seeks new products at food show

Nancy O'Neill

DeCA West public affairs officer

McCLELLAN, Calif. — Ice cream, honey, salsa and sizzling marinated beef will be among the foods presented by more than 80 small business owners from Hawaii to Defense Commissary Agency (DeCA) buyers during the 13th Annual American Logistics Association Hawaii Food Show on Aug. 19 at the Hawaii Prince Hotel in Waikiki.

The annual event provides DeCA buyers with the opportunity to taste-test locally produced products and interact one-on-one with business owners before selecting new products for commissary shelves. DeCA operates four military commissaries on Oahu.

"Selecting products and keeping store shelves stocked is the core of the commissary business," said Thomas E. Milks, DeCA acting director and CEO. "During the food show, we look for products that reflect the unique tastes and culture of the Hawaiian Islands to satisfy the huge demand military shoppers have for products made in Hawaii," he explained.

The show is hosted by the American Logistics Association, known as ALA, a nonprofit trade association of manufacturers, manufacturer's representatives, brokers, distributors, publishers and service providers who sell or provide products to the military resale systems and to various military morale, welfare and recreation services activities.

Commissaries in Hawaii routinely stock more than 3,000 grocery items from local companies and more than 100



Photo by Helen Parubrik/DeCA

Kevin Blecha, a commissary supervisory specialist, replenishes chocolate covered nuts in the Pearl Harbor Commissary. Store directors from the commissaries on Oahu and commissary buyers will attend a food show in Waikiki on Aug. 19 to evaluate and select products produced in Hawaii. DeCA's acting director and CEO, Thomas E. Milks, said the buyers are looking for "products that reflect the unique tastes and culture of the Hawaiian Islands to satisfy the huge demand military shoppers have for products made in Hawaii."

varieties of locally grown fruits and vegetables. The value of these products combined is \$41 million. More than \$16 million of these grocery products are unique Hawaiian items like coffee, marinades and bakery products.

"There are many ways for local business owners to present products to DeCA, but the Hawaii Food Show is the most popular method with vendors," said Vicki Sliwicki, a DeCA buyer who will be attending the show for the 10th

year.

One advantage of the food show is that DeCA buyers come to Hawaii for the presentation so that business owners can sell the attributes of their products in-person, and the product can be presented the way it would taste if cooked at home. A company with marinades or rubs can offer samples of their product on beef and chicken hot from the grill. Beverages can be served ice-cold.

DeCA buyers also provide each company with

personal feedback within a few days of the show, a valuable education for any company wishing to do business with a government agency.

"Among other things, we provide one-on-one feedback to a company on their marketing plan," said Sliwicki. "We explore whether the company has the resources to keep steady supplies of the product flowing to the commissaries."

More than 161,000 military service mem-

bers, retirees and their family members live on Oahu, making military commissaries an attractive market to local businesses.

Companies can also present products to DeCA by e-mail, fax or in person at the DeCA West offices in Sacramento, Calif. Information on how to present a product can be found by visiting the DeCA website at <http://www.commissaries.com>. From the homepage, select: About Us; Business with DeCA;

Resale/Grocery Products & Services; and Brand Name Resale Products.

Over the past 12 years, DeCA has placed 1,571 products in commissaries as a direct result of the ALA Hawaii Food Show, and some of these products are now sold in commissaries worldwide.

"Service members travel the world over and taste foods from many cultures," said Sliwicki. "We owe it to them to find the very best products from Hawaii."

WHO'okele Online
PEARL HARBOR - HICKAM NEWS

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

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

WHO'okele



Military service members, family members to sing with Oahu Choral Society

Oahu Choral Society

The military community will be represented at a concert that will be given at 8 p.m. Saturday at Blaisdell Concert Hall.

Navy vocalists will include Capt. Alma Grocki, assigned to Pearl Harbor Naval Shipyard and Intermediate Maintenance Facility, and her son Daniel, who will be performing with the chorus in Verdi's "Requiem." Daniel is a student at Punahou School and plays French horn in the Punahou School band.

Laura Allen, spouse of HM3 (FMF) Daniel Allen with the 3rd Regiment, 3rd Battalion Marines,



who is currently deployed in Afghanistan, will also be performing.

Vocal talent will also include service members from the Army and Coast Guard.

The Oahu Choral Society will present the Honolulu Symphony Chorus with its special guests, the Junge

Kammerphilharmonie Freiburg (the Freiburg, Germany Philharmonic Orchestra). The orchestra is paying its first visit to Hawaii, giving two concerts with the Honolulu Symphony chorus - Beethoven's "Ninth Symphony" which was presented Aug. 11 at Pearl City Cultural

Center and Verdi's "Requiem" on Saturday.

The orchestra focuses primarily on the great symphonic works of the classical and romantic periods, giving regular concerts in the Freiburg Concert Hall, and its repertoire has expanded greatly over the years. These concerts represent the group's last performances on its first tour of the United States.

Esther S. Yoo is the artistic director for the Honolulu Symphony. Andreas Winnen is the conductor of Junge Kammerphilharmonie Freiburg.

Featured soloists will include Tamara Bevard, soprano; Soon Cho, mezzo

soprano; James Price, tenor; and Valerian Ruminski, bass.

Soprano Tamara Bevard has been a soloist with organizations such as the Los Angeles Chamber Orchestra, Musica Angelica and the Santa Barbara Symphony and has toured Vienna, Budapest, Prague, Rome and Florence.

An award-winning mezzo-soprano, Soon Cho has performed in operas, recitals and concerts all over the U.S., Canada, Italy, Korea, and Belgium.

Versatile tenor James Price is familiar to Honolulu audiences, having performed for eight seasons with Hawaii

Opera Theatre as El Dancaire in "Carmen," Basilio in "Le Nozze di Figaro," Monsieur Triquet in "Eugene Onegin," Roderigo in "Otello" and Pang in "Turandot," among many other roles.

American bass Valerian Ruminski has performed with some of the great opera companies in the USA and abroad, including the Metropolitan Opera, NYC Opera and Dallas Opera.

Tickets may be ordered from the Oahu Choral Society web site, www.oahuchoral.com, or by phone at 524-0815, ext. 257.

Suggested donation is \$25 general admission, \$20 students and military.

Navy prepares Sailors, families for seasonal flu

Bureau of Medicine and Surgery Public Affairs

WASHINGTON (NNS) – The Navy recognizes August as Immunization Awareness Month. With flu season quickly approaching, Navy leadership is urging service members, veterans and family members to be aware of the risks of seasonal flu and to receive their scheduled vaccinations.

Influenza, or "flu," has the potential to significantly impact Navy force readiness and missions. In the United States, influenza results in more than 25 million reported cases, more than 150,000 hospitalizations due to serious complications and more than 30,000 deaths annually.

According to the Navy Surgeon General Vice Adm. Adam M. Robinson Jr., immunization is one of the best ways to prevent the spread of seasonal influenza.

"Influenza is not the common cold," Robinson said. "It can be a severe to life-threatening disease and getting an annual flu vaccine immunization protects us from getting the disease or becoming severely ill. The seasonal flu vaccine not only helps protect vaccinated individuals, but also helps protect entire communities by preventing and reducing the spread of the disease."

Navy medical officials anticipate the supply of vaccine to Navy medical treatment facilities will arrive by late September and do not anticipate any availability issues like those experienced last fall.

This year's seasonal

influenza vaccine contains three inactive virus components based on an estimate of the most prevalent strains for the upcoming season. The 2009 H1N1 pandemic strain is incorporated as one of the three 2010-2011 seasonal influenza vaccine components. New influenza strains with the potential to become pandemic have not yet been identified for 2010-2011, but the possibility remains that a new virus strain could emerge, become a pandemic and require an additional influenza vaccine. The Armed Forces Health Surveillance Center will closely monitor the emergence of potential new virus strains.

"Let me assure you that the vaccine is safe, effective and will be widely available beginning next month," Robinson said.

Robinson said that all personnel and their family members can limit the effects of the seasonal and H1N1 flu by adopting some basic preventive health practices such as covering their mouths when they cough, washing hands often, and avoiding touching their eyes, nose or mouth.

"Following these simple good practices will help us all stay healthy during this flu season," Robinson said. For more information, NAVADMIN 255/10 details the Navy's influenza vaccination and reporting policy and is located at <http://www.npc.navy.mil/NR/rdonlyres/C24F4F7E-721A-4DC4-8796-96EACD4F7DEA/0/NAV10255.txt>.

GOT SPORTS
(808) 473-2888
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 Contact the Ho'okele editor for guidelines and story/photo submission requirements.

Help is available for Post Traumatic Stress Disorder

Andrea Hantman, LCSW
Warfighter and Family Services, JBPHH

Stress is part of life. Some stressors can be overwhelming. Post Traumatic Stress Disorder (PTSD) is an anxiety condition that can result from experiencing a direct or indirect threat of death, serious injury or harm to your physical integrity or that of others. Such a life threatening incident could be a car accident, a sexual assault, childhood abuse, work in which you see dead bodies or are confronted with physical danger, a natural disaster, physical threat or military combat experience.

When a traumatic event occurs, the brain gets 'revved up' and is flooded with stress hormones to help you survive. In PTSD, the brain's metabolism has been altered by the rush of fight or flight hormones and can be re-triggered when you are in a situa-

tion that makes you feel you are in danger again. PTSD symptoms include flashbacks, nightmares, inability to feel all or some of your feelings, insomnia, difficulty concentrating, persistent anxiety and being easily startled. There may be recurrent and intrusive memories and images or flashbacks. There may be numbing or avoidance. One may be more likely to suffer with PTSD if there has been prior abuse or other threat to self.

The survivor's responses may involve intense fear, helplessness or horror. Over a lifetime, about 60 percent of men and 50 percent of women will experience a traumatic event. About eight percent of the U.S. population will have PTSD symptoms at some time in their lives.

PTSD symptoms may occur soon after the trauma or years after the trauma. Sometimes the memory of the event is suppressed and only recalled when another

event or situation re-triggers the memory.

PTSD may manifest itself at work in a variety of ways. The employee may have difficulty with concentration, be irritable or have outbursts of anger, appear tense, startle easily, be tired from lack of sleep, or overreact to certain situations.

Shouting can be a trigger for a person raised in an abusive home. Loud noises or being approached from behind without warning may be triggers for someone who has been in a combat situation. Excessive drinking, depression or suicidal thoughts may also stem from PTSD.

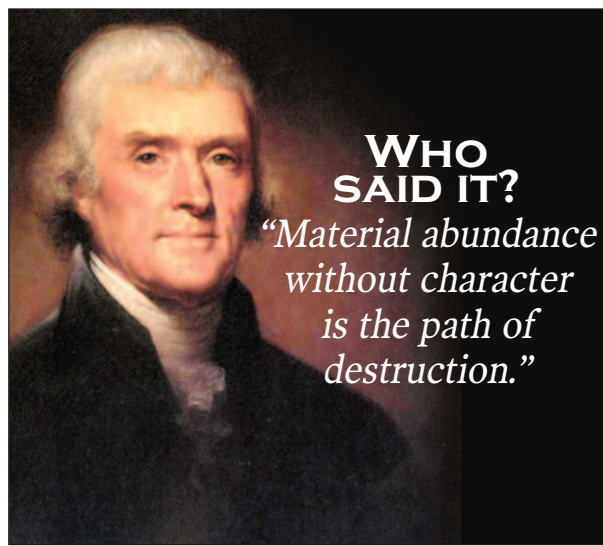
There is help available. There are successful treatments for PTSD. Your Civilian Employee Assistance Program (CEAP) counselor can help you find the best options and direct you to resources which can help. Sometimes talking and developing a plan can go a long way to resolving the problem and being your

best self.

The Civilian Employee Assistance Program (CEAP) provides free, confidential, professional assessment, short-term counseling to explore options and provide referral services to civilian employees. Call Andrea Hantman at 474-1999, ext. 6204, or Susan Bierman at 474-1999, ext. 6206, between 7 a.m. and 4:30 p.m. Monday through Friday for CEAP information and to inquire about the no cost at-your-site training.

Warfighter and Family Service's classes are free for Department of Defense civilian employees, military personnel and family members. Class information may be found on the Quality of Life Navy Hawaii website at <http://www.greatlifehawaii.com>.

Classes for August include:
New Moms and Dads: Aug. 17, 5-8 p.m.
Anger Management: Aug. 24, 8-11 a.m.



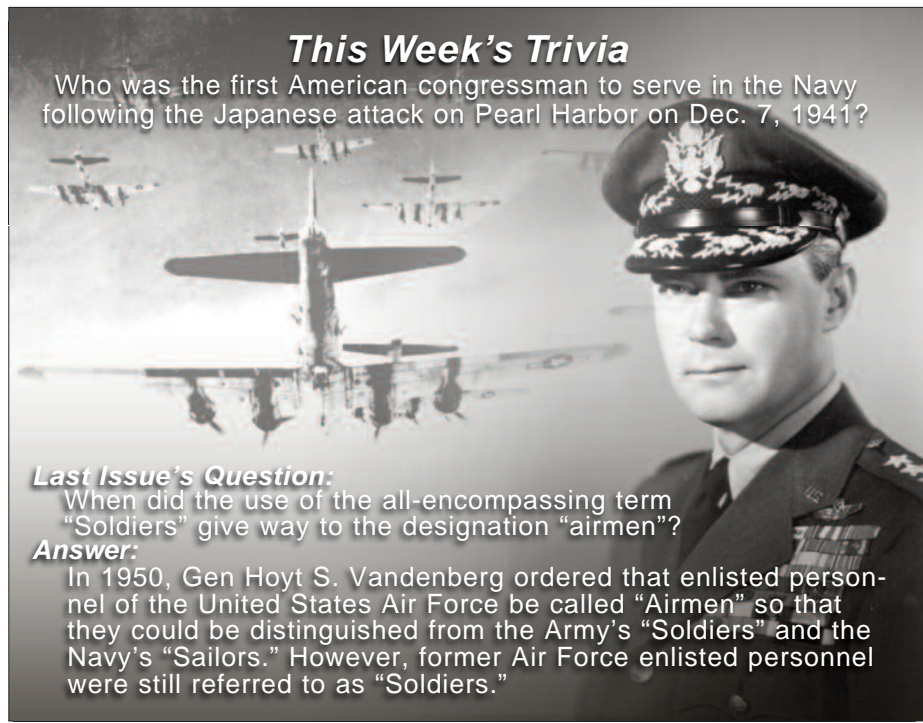
WHO SAID IT?
"Material abundance without character is the path of destruction."



PREVIOUS ISSUE
WHO SAID IT?
"I think of a hero as someone who understands the degree of responsibility that comes with his freedom."
Bob Dylan

This Week's Trivia

Who was the first American congressman to serve in the Navy following the Japanese attack on Pearl Harbor on Dec. 7, 1941?



Last Issue's Question:

When did the use of the all-encompassing term "Soldiers" give way to the designation "airmen"?

Answer:

In 1950, Gen Hoyt S. Vandenberg ordered that enlisted personnel of the United States Air Force be called "Airmen" so that they could be distinguished from the Army's "Soldiers" and the Navy's "Sailors." However, former Air Force enlisted personnel were still referred to as "Soldiers."

HO'OKELE

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