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## Navy celebrates 100 years of Navy Reserve commitment

Story and photo by  
MC2 Johans Chavarro

Navy Public Affairs  
Support Element West,  
Detachment Hawaii

Civilians, active duty service members and Reserve Sailors gathered March 11 at the historic Battleship Missouri Memorial on Ford Island, Joint Base Pearl Harbor-Hickam, for the Navy Reserve Centennial Commemoration (NRCC).

For 100 years, young men and women from across the U.S. have stepped forward to answer the nation's call to action and volunteer their service to the U.S. Navy Reserve during times of war and peace. To remember the sacrifices those Sailors have made over the past century, the NRCC celebrated the Navy Reserve's



Juan M. Garcia III, assistant secretary of the Navy (manpower and Reserve affairs), passes through sideboys during the Navy Reserve Centennial Commemoration ceremony March 11 aboard the Battleship Missouri Memorial at Joint Base Pearl Harbor-Hickam.

rich history, the Navy, and all the families that have supported their Sailors'

service to country.

Following the parading of the colors and the invoca-

tion, Rear Adm. Alma Grocki, director of fleet maintenance for U.S. Pacific

Fleet and a 27-year Navy Reservist, delivered the ceremony's opening remarks, commending Navy Reserve Sailors for being, "ready then, ready now and ready always."

"This is a proud time for us as we celebrate an enduring legacy of Sailors who have served their country during times of war and peace, in every conflict since World War I," said Grocki.

"Although the Navy Reserve force has varied in size over the years from the initial 8,000 Sailors at the start of World War I to a high of 3,400,000 during World War II, we have been a force that our country could always rely on," said Grocki.

"Even in times of peace, we trained, honed our skills, and ensured we were 'mobilization ready' to go when-

ever and wherever we were needed—ready then, ready now, ready always."

The guest speaker for the event was Juan M. Garcia III, assistant secretary of the Navy (manpower and Reserve affairs). He spoke of the strategic importance Navy Reserve units and Sailors have played in past conflicts and, most significantly, in Iraq and Afghanistan.

"Since the towers came down, more than 52,000 Navy Reservists have been mobilized to serve in Iraq and Afghanistan," said Garcia. "More than 8,000 have done multiple combat tours; 70,000 in total have supported contingency operations around the world."

According to Garcia, Reserve units and Sailors have

See NAVY RESERVE, A-6

## Navy Region Hawaii hosts Wounded Warrior Family Symposium

Story and photo by  
MC2 Jeff Troutman

Navy Public Affairs Support  
Element West, Det. Hawaii

Sailors and their families stationed at Joint Base Pearl Harbor-Hickam participated in a Navy Wounded Warrior (NWW) - Safe Harbor Family Symposium held March 10 at the Historic Hickam Officers Club, as part of the 2015 Wounded Warrior Pacific Trials.

The Navy's Wounded Warrior-Safe Harbor Program assists service members who are injured or have a serious illness for both medical and non-medical needs.

The symposium was held as a means for NWW service members and their families to speak to others about their experiences

through panel discussions and an open forum where they had the opportunity to share their stories.

Chief Culinary Specialist Alex Torres was one of four active duty Navy service members enrolled in the NWW program who sat on the symposium panel. Since 2009, Torres has been successfully battling stage 3A breast cancer.

"There are times in our journey where we don't always have the answers we need to the questions we have," Torres said, in regard to injured service members. "But through the Wounded Warrior program, we have resources available to us that help us get the answers or the information we need to press forward, and that makes a huge difference in a person's recovery."

The symposium gave the NWW



speakers a chance to speak of both the positive and negative experiences they have had since their enrollment in the program and took the opportunity to help educate those in attendance on what they've learned in the process.

"I've experienced challenges with everything from the doctors I've encountered, to just getting myself to work in the morning, and it's been a very tough time for me," said Naval Aircrewman

See SYMPOSIUM, A-6

Naval Aircrewman (Mechanical) 2nd Class Jennifer Suber, left, a member of the Wounded Warrior program, speaks to Capt. Stanley Keeve Jr., commander of Joint Base Pearl Harbor-Hickam, March 10 during the Wounded Warrior Family Symposium.



The Virginia-class fast attack submarine USS Hawaii (SSN 776) returns to Joint Base Pearl Harbor-Hickam following a deployment to the western Pacific.

## USS Hawaii returns to Pearl Harbor

Story and photo by  
MC1 Jason Swink

Pacific Submarine Force  
Public Affairs

Friends and families of the crew of USS Hawaii (SSN 776) gathered at the submarine piers to welcome back the Virginia-class, fast-attack submarine, returning March 10 to Joint Base Pearl Harbor-Hickam after completing a deployment to the western Pacific.

"I couldn't be more proud of the crew of Hawaii," said Cmdr. William A. Patterson,

Hawaii's commanding officer. "Every one of them represented the submarine force, the Navy and the nation through seven port visits and did a fantastic job tactically when we were out doing our mission."

Hawaii returned home with a new second-in-command, as Lt. Cmdr. Charles Phillips relieved Lt. Cmdr. Mark Robinson as executive officer of Hawaii in a pre-scheduled relief during the deployment.

As this was the first deployment for more than one-third of the crew, Phillips

said one of the keys to mission success was how well Sailors supported each other.

"Our junior crew members eagerly met all challenges," said Phillips. "All first-time deployers took advantage of every opportunity to start and finish as many qualifications as they could."

During the deployment, 23 Sailors and six officers earned their designation as qualified in submarines and now wear their coveted "dolphin" warfare insignia.

See USS Hawaii, A-4

## 15th Wing Airmen refuel on the go

Story and photo by  
Tech. Sgt.  
Aaron Oelrich

15th Wing Public Affairs

Some Airmen from the 15th Wing had an aerial view of the fighter aircraft refueling during a KC-135R stratotanker incentive ride March 5.

The eight Airmen, representing the 15th Operations Group, medical group, maintenance group and the wing staff agencies, were hand-selected by their supervision to participate in the incentive flight.

According to Lt. Col. Jason Work, commander of the 96th Air Refueling Squadron, the primary mission was to conduct aerial refueling operations with four F-16 Fighting Falcons from the 162nd Fighter Wing, Arizona Air National Guard and four F-15 Strike Eagles from the 142nd Fighter Wing, Oregon Air National Guard in support of Hawaii Air National Guard exercise Sentry Aloha.

During this mission, the Airmen were allowed to lay down on either side of the boom operator in the boom pod and watch as the fighter aircraft conducted



A U.S. Air Force F-15 Strike Eagle from the 142nd Fighter Wing, Oregon Air National Guard, refuels from a KC-135R Stratotanker from the 96th Air Refueling Squadron.

refueling operations.

"This was my first time flying in a KC-135. I thought this was absolutely awesome," said SrAirmen Alicia Sims, 15th Medical Group family health clinic. "I don't know that much about airplanes, but I think that made the experience better."

For some Airmen, it wasn't learning about the planes that enhanced the

experience but learning how the big mission comes together.

"This was a great experience. Seeing real air power reinforced why I am in the Air Force," said Capt. Nicole Ward, 15th Medical Group's family health clinic. "It helped me understand how what we do in the medical group supports the flight crews so they can conduct their mission."



Navy Reserve Centennial  
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Hickam students celebrate Read Across America  
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Women's History Month events planned  
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Ashes of Pearl Harbor survivor scattered at the USS Utah Memorial  
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Hawaii welcomes 2015 Wounded Warrior Pacific Trials  
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St. Patrick's meal at Silver Dolphin  
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# Ashes of Pearl Harbor survivor scattered at the USS Utah Memorial

Story and photos by  
Brandon Bosworth

Assistant Editor, Ho'okele

The ashes of Chief Fire Controlman Leo M. Shumard, a survivor of the Dec. 7, 1941 attack on Pearl Harbor, were scattered in the waters near the USS Utah Memorial on Ford Island during a ceremony held March 11.

Shumard was born March 29, 1916 in Madison, Ill. He enlisted in the U.S. Navy in 1938 and by Dec. 7, 1941, he was stationed at Pearl Harbor serving on board the battleship USS Maryland. During the attack, the Maryland was struck by two armor-piercing bombs but not sunk.

"The ship was fortunate to be inbound of the USS Oklahoma," said Jim Taylor, Pearl Harbor volunteer survivor liaison, who spoke at the ceremony.

"The Oklahoma was one of the three ships, along with the USS Arizona and USS Utah, that suffered the most damage and never saw service again. Amazingly, only three men from the Maryland were killed in action that day."

On Dec. 30, 1941, the Maryland entered Puget Sound Navy Yard for repairs and was sent back in action in June 1942. The Maryland was the first ship



(Right) Hawaii Veterans of Foreign Wars state commander Ben Acohido served as chaplain at the ash scattering of Pearl Harbor survivor Leo Shumard.



Retired U.S. Army Col. Ben Acohido, chaplain for VFW Post 1572, passes the flag to William Sisco.



Representatives of Hawaii Veterans of Foreign Wars pay their respects to Pearl Harbor survivor Leo Shumard.

damaged at Pearl Harbor to return to duty.

"After Dec. 7, Leo remained assigned to the USS Maryland until 1943 when he was promoted to the exalted position of chief petty officer," said Taylor.

"He was then transferred to the USS Willoughby and continued to see action in the western Pacific, includ-

ing the Philippines, Midway Island and Borneo."

Shumard was discharged after seven years of honorable service in October 1945. He settled in Washington state and became a mason and bricklayer. His craftsmanship can still be seen in many of Seattle's finer homes.

Leo Shumard died on

Jan. 23 in Ocean Shores, Wash. It was his wish to have his ashes scattered at Pearl Harbor and his wish came true, thanks to the efforts of the U.S. Navy and Veterans of Foreign Wars (VFW). Members of Shumard's local post worked with Hawaii's VFW to fly his remains here where the Navy pro-

vided full military honors during the ash-scattering ceremony.

"This was the first event where two different VFW posts came together for an ash scattering at Pearl Harbor," said Ben Acohido, Hawaii VFW state commander. "It was a real honor."

Acohido is also a chaplain and presided at the cere-

mony for Shumard.

Bill Sisco, commander of VFW Post 8956 in Ocean Shores, Wash., helped coordinate the event and was there for the ceremony.

"This has never happened before and couldn't have happened without Ben stepping up," he said. "The VFW has never been involved in bringing a veteran back to Pearl Harbor."

Sisco knew Leo Shumard and described him as "100 percent Navy all the way."

"He loved talking about the Navy and his wartime experiences," Sisco said. "Nobody disliked Leo. He was always smiling, upbeat and happy."

None of Shumard's relatives could attend the ash scattering, but flowers for the ceremony were provided by a niece, Irene Shumard Trovato. Members of Hawaii's VFW were in attendance along with a few visitors to the USS Utah Memorial who were invited by Taylor to view the ceremony.

"It was the experience of a lifetime," said John Mallon, a visitor who surprisingly found himself witnessing a ceremony few get to see.

"I don't believe in coincidences," said Mallon, a Vietnam veteran who served in the U.S. Army. "None of Leo's family could be here, so maybe we were meant to be here," he said.

## State repaving outside Nimitz, O'Malley Gates next week

Repaving will take place March 19 to May 21 on the inbound and outbound lanes at the Nimitz and O'Malley gates. The contractor will limit traffic to a single lane during construction.

Work on the outbound lanes will take place first from 7 a.m. to 2 p.m. Monday through Friday. On March 24, the outbound

left lane onto Center Drive will be closed.

Work on the inbound lanes will follow beginning in April during the hours of 5 p.m. to 1 a.m. Monday through Thursday.

The work may include possible lane, exit and ramp closures. All motorists and pedestrians are asked to plan accordingly.

## DoD authorizes Global War on Terrorism Medals for Operation Freedom's Sentinel

U.S. Department of Defense

The Department of Defense announced March 12 that Operation Freedom's Sentinel is now a qualifying operation for award of the Global War on Terrorism Expeditionary Medal and Global War on Terrorism Service Medal.

Service members deployed to Afghanistan for Operation Freedom's Sentinel continue to be recognized through award of the Afghanistan Campaign Medal. However, service members deployed abroad in support of Operation Freedom's Sentinel outside of the Afghanistan Campaign Medal area of eligibility are now eligible for award of the Global War on Terrorism Expeditionary Medal.

Those service members deployed in support of Operation Freedom's Sentinel who have previously been recognized with the Global War on Terrorism Expeditionary Medal for other qualifying operations are eligible to

wear a service star on the medal or ribbon device.

Undersecretary of Defense for Personnel and Readiness Jessica Wright approved award of the Global War on Terrorism Medals for Operation Freedom's Sentinel, retroactive to Jan. 1, 2015, in a memorandum signed March 11.

Full eligibility criteria for the Global War on Terrorism Expeditionary and Service medals are contained in Department of Defense Manual 1348.33, Volume 2, Manual of Military Decorations and Awards: DoD Service Awards Campaign, Expeditionary, and Service Medals. Additionally, lists of operations and areas of eligibility are available at: <http://ow.ly/Kgo1U>.

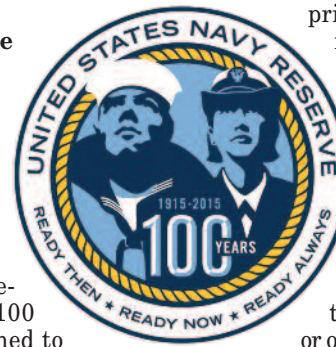
Service members should contact their respective military departments for additional guidance.

For more information, view the department's memorandum <http://ow.ly/KgnXn>.

## Navy Reserve: Ready now, anytime, anywhere

MC2 (SW/AW)  
Luke B. Meineke

Navy Region  
Europe, Africa,  
Southwest Asia  
Public Affairs



NAPLES, Italy (NNS) — In 2015, the U.S. Navy Reserve will be 100 years old. Designed to "deliver strategic depth and operational capability to the Navy, Marine Corps and joint forces in times of peace or war," the Navy Reserve has provided support in areas from healthcare to special warfare and everything in between.

First created in response to the outbreak of World War I and through the efforts of then Secretary of the Navy Josephus Daniels and his assistant, Franklin D. Roosevelt, legislation for the creation of the Naval Reserve Force was passed on March 3, 1915. Since that time, Reservists have served in every major war in which the United States has fought.

As of December 2014, 107,687 Reservists were serving as either the selected Reserve (SELRES), or individual ready Reserve (IRR) Sailors, providing vital naval warfighting and operational capabilities in myriad roles. SELRES, the largest and most relied upon of the Ready Reserve, consists of drilling reservists and full-time support (FTS) Reservists.

Drilling Reservists are Reservists who typically fulfill a service commitment of one weekend a month and two weeks a year of drilling and training. They are available for recall to active duty status and represent the Navy's

primary source of immediate manpower.

FTS Reservists serve full-time active duty service relating to the training and administration of the Navy Reserve program. They are assigned to shore installations or operational units.

IRR Reservists are composed of former active duty or Reserve military personnel. Though they typically receive no pay and are not obligated to drill, conduct annual training, or participate in any military activities, IRR personnel retain their status as uniformed military personnel. They retain their military specialty (i.e., rate) and rank and receive benefits like entitlement to a military ID card or NEX and commissary benefits.

Today, Reservists assigned to Navy Region Europe, Africa, Southwest Asia (CNREURAFSWA) contribute and help drive the command's mission to provide efficient and effective shore service support to U.S. and allied forces in the Europe, Africa and Southwest Asia area of responsibility.

Approximately 400 Reservists from 20 different units spread throughout the United States are assigned to CNREURAFSWA. Separated into boat support units (BSU), naval security force (NSF) units and regional units, the Reserve unit locations stretch as far west as Las Vegas to as far east as Long Island, N.Y., and as far south as Corpus Christi, Texas to as far north as Minneapolis, Minn.

Reservists from these Navy op-

erational support centers (NOSC) are assigned to all the installations that comprise CNREURAFSWA, with the exception of Camp Lemonnier, Djibouti (CLDJ) and Naval Support Facility (NSF) Deveselu, Romania, which has not been officially commissioned.

"The NSF units are security units, mostly made up of master-at-arms," explained Lt. Cmdr. Micah Weller, regional operational support officer.

"They are dedicated units that can be brought in if there was an increase in the force protection condition (FPCON) level. The BSUs focus on port and air operations, so that would mean boatswain mates, operations specialists, aviation boatswain mates (handling) and aviation boatswain mates (fuels), for example. They also provide Department of Defense (DOD) firefighters and our regional operations center (ROC) is augmented from those units."

These service members are essential to the CNREURAFSWA mission. The ROC unit's mission is emergency response and watch standing and conducting the exercises necessary to ensure base personnel are prepared in case of an emergency.

Weller added that the operational support office does a good job of certifying that the focus is on finding those billets that aren't manned or locating areas where a command needs support and finding the right Reservist or Reservists to step in and provide that support and expertise.

Most importantly, he said due to the training they receive both from the military and from the civilian sector, Reservists arrive ready to contribute.

Commentary

## Celebrating Navy Reserve Centennial and contributions of Navy Reserve Sailors

Vice Adm. Robin Braun

Chief of Navy Reserve

(Chief of Navy Reserve Vice Adm. Robin Braun visited Naval Air Station North Island in San Diego to speak about the contributions Navy Reserve Sailors made to the fleet over the last 100 years. Her visit was in celebration of the Navy Reserve Centennial. Some of her remarks are excerpted here.)

It's an honor to be the chief of Navy Reserve during the centennial and to be able to say "thank you" to those veterans who served, the Sailors who are currently serving, and our next generation, people like the young men and women who took the oath of enlistment with me on Jimmy Fallon.

(Braun was referring to her March 4 appearance on the Tonight Show starring Jimmy Fallon, where she led the oath of enlistment for 50 Navy Reserve Sailor recruits, then made Fallon (whose father served in the Navy Reserve) an honorary Reserve Sailor.

Nobody does this by themselves. Everybody has the support of family members, employers and shipmates who help them along the way. So the Navy Reserve is



Vice Adm. Robin Braun

really like a family. We all work together as a team to support the Navy's mission. The year-long celebration is for not only the Reserve Sailor, but their family members and employers as well.

As the Navy transforms to meet future demands, so too will the Navy Reserve, building on the readiness and operational experience gained over the past decade and a half. As the Navy studies how best to man and train the fleet to operate new platforms and hardware to meet emerging missions, the Navy Reserve stands ready to support. Ready then, ready now, always.

Commentary

## SECDEF Ash Carter thanks Reserves

Secretary of Defense Ash Carter on Navy Reserve Centennial

At the start of the year-long celebration of the United States Navy Reserve Centennial, I want to congratulate this great American institution for 100 years of distinguished service in defense of this country.



Secretary of Defense Ash Carter

In every conflict since World War I, our Reserve Sailors have served with courage and distinction, making vital contributions to the history of the Navy and our nation.

That tradition continues today. I thank each of our Reserve Sailors and their families for their service and sacrifice. And I thank all the

civilian employers and communities that support our Reservists.

The men and women of the Department of Defense celebrate the Navy Reserve's heritage this year. We salute the Reserve Sailors serving around the world today. And we commend the Navy Reserve for being ready always.

## Navy Reserve celebrates centennial

Chief of Navy Reserve Public Affairs

WASHINGTON, D.C.—The Navy Reserve marked its centennial anniversary on March 3 with a series of events starting in Washington, D.C. and continuing at installations around the country during the year. The events will highlight the history of the Navy Reserve and the contributions Reserve Sailors have made to the nation's security.

"Our centennial commemoration is a truly a once in a lifetime opportunity to highlight the Reserve Sailors for their service, and that of their families, to America," said Vice Adm. Robin Braun. "We want to recognize our rich history and heritage with all of our Sailors, both past and present."

For 100 years, Navy Reserve Sailors have answered our nation's call in times of war and peace. From communities across America, young men and women left their homes

and jobs, trading out civilian clothes for Navy uniforms. From its earliest days, the Navy Reserve has reflected the face of the nation, welcoming members from every race, color, creed and gender to strengthen our force.

History of Navy Reserve 1915-2015

Congress authorized the establishment of the Federal Naval Reserve on March 3, 1915. Initially, the only Sailors eligible to enroll were enlisted Navy veterans. On Aug. 29, 1916, with the prospect of America's entry into World War I looming, the Navy Reserve reorganized to allow the enrollment of non-veterans and was designated as the U.S. Naval Reserve Force.

When the U.S. entered World War I on April 6, 1917, there were 8,000 Sailors serving in the Navy Reserve Force. When the fighting ended on Nov. 11, 1918, more than 250,000 Reserve Sailors were on active duty, which was more

than half of the war-time Navy. These Sailors included 12,000 pioneering women – who were all released from active duty by 1920, not to serve again until World War II.

During World War II, the Navy Reserve contributed 84 percent of the Navy's manpower. Navy Reserve Sailors in World War II included five future U.S. Presidents—John F. Kennedy, Lyndon B. Johnson, Richard Nixon, Gerald Ford, George H.W. Bush – and 15 recipients of the Medal of Honor.

More than 22,000 Reserve Sailors were mobilized for the first Gulf War in the first post-Cold War test of the force and since Sept. 11, 2001, there have been more than 70,000 Selected Reserve mobilizations, along with an additional 4,500 deployments by full-time support Sailors, including more than 8,000 who have done a second combat tour.

Navy Reserve Sailors deliver essential skills and ca-

pabilities to the Navy and joint forces wherever and whenever needed. They possess in-depth knowledge and experience that complement critical Navy missions and provide best-practices, technical skills, process management and demonstrated leadership from vastly different work cultures to the Navy.

With nearly one quarter of the Navy Reserve force providing support to the active duty Navy on any given day, today's Navy Reserve is the most combat and operationally experienced force in decades.

Navy Reserve Sailors are patriots who balance the demands of family life, civilian careers, community service and the United States Navy, bringing diverse, dedicated backgrounds from all walks of life. Navy Reserve Sailors are successful because of the magnificent support they get from their families, employers and friends throughout their community.

## Diverse Views

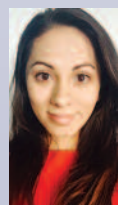


What's the most exciting or unusual job you have ever had?

PS1 Daniel Fraleigh  
Navy Operational Support Center (NOSC) Pearl Harbor



"The most interesting job I have ever had in the Navy was when I worked with a joint international force in Djibouti, Africa. It was just extremely interesting to operate and work with individuals who spoke different languages had much different cultures than my own."



OS2 Vanessa Espinoza  
NR CNRH ROC

"The most fun and excitement I've had was driving Warming Tugs and Power Mods while on Navy Reserve orders in support of the Seabees."

IT2 Nicholas Williamson  
NOSC Pearl Harbor



"The coolest job I ever had was when I was on a frigate. During that time, I got to build the 'Whip HF' antenna. I had to start the project from scratch, using more than 1,000 feet of copper wire. It took me nearly a month to do but was amazing to think, 'I built that' when everything was completed."



EM2 Arnold Ordonez  
NOSC Pearl Harbor

"I was deployed in Afghanistan and got to ride in an Osprey, but the coolest for me was when I was sent to Antarctica for two weeks. While there, I worked in crane operations. It was interesting, because at times there was 24 hours of light, making it difficult to have a solid working schedule."

HM2 Alexander Buettell  
NOSC Pearl Harbor



"The most interesting job I have ever had was working with the Royal Marines, during Operation Dom Blitz, an exercise held as Camp Pendleton. What made it so unique was the opportunity to learn about their weapons, how they were trained. It was great learning more about their culture and immersing myself in it."



PS1 Winston Han  
NOSC command services department

"The most unique position I was ever in during my time in the Navy was recently, actually. During RIMPAC 2014, I functioned as the Chinese-Navy interpreter. It was very interesting to see how their naval operations ran. I was with them for nearly three months."

Provided by SrAirman Christopher Stoltz and Wayne Randall

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

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

## Reservists served in World Wars



Joy Bright Hancock, yeoman first class, United States Naval Reserve, is shown in her uniform in February 1918. Hancock was a veteran of World War I and World War II and one of the Navy's first women officers.

Official U.S. Navy photograph

## HO'OKELE

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# Retired Sailor returns for promotion of a lifetime

MC2 Jeff Troutman

Navy Public Affairs  
Support Element West,  
Detachment Hawaii

When retired Navy Boatswain's Mate 1st Class Jim Castaneda arrived at Ford Island on the morning of March 8, he was under the impression he and his fellow brothers and sisters in the Navy Wounded Warrior-Safe Harbor program were attending a ceremony honoring the 2015 Wounded Warrior Pacific Trials being held in Hawaii.

What he didn't know was that the ceremony was for him, and the dream of a lifetime was about to become his, at last.

Within the shade of a famous banyan tree marked with the names of service members past, and messages testifying to their bravery and courage, Castaneda was made an honorary chief petty officer during the surprise pinning ceremony. His long, eventful journey as a U.S. Navy Sailor was finally reaching its peak.

"This feeling right now, there are no words for it," Castaneda, fighting back tears, told the approximately 200 service members, active and retired, who came out to share in the joy of his finest Navy achievement. "This was my dream before I re-



U.S. Navy photo by MC3 Gabrielle Joyner

Honorary Chief Boatswain's Mate Jim Castaneda proceeds through the side boys as a chief petty officer (CPO) during an honorary CPO pinning ceremony March 8 at Ford Island, Joint Base Pearl Harbor-Hickam.

tired, to make chief petty officer. And now it's finally a reality."

Castaneda's dream had not come without incredible determination and heart-breaking sacrifice. Joining the Navy in 1990, Castaneda was approaching his 20-year mark of active duty service when he was diagnosed with post-traumatic stress disorder in June 2009, a direct result of his shipboard time

performing recovery (bodies) operations off the coast of India.

In 2010, while underway, Castaneda suffered a debilitating stroke onboard his ship, and his promising ascent to the rank of chief petty officer was cut short. He was granted an honorary medical retirement from active duty service, receiving a 100 percent Veterans Affairs rating for his disability. More heart-

break followed when, in 2012, he suffered a second stroke, which left him requiring the assistance of a wheel chair.

Despite these setbacks, Castaneda's spirit and pride in his dedication to the Navy remained undeterred, as he remained active within the Wounded Warrior-Safe Harbor community.

His involvement and motivational performances in the 2012 Wounded Warrior Pacific Trials, the 2013 Wounded Warrior Pacific Invitational and the 2014 Warrior Games proved that Castaneda had plenty of fight left in him.

Yet his greatest achievement and proudest career moment was still to come.

"The journey to become a chief petty officer is not an easy one, and this man's journey exemplifies that," U.S. Pacific Fleet Master Chief Marco Ramirez told the onlookers at the ceremony.

"Boats, as a leader and now a chief petty officer, you are now hereby charged to ensure your Sailors and fellow service members alike have the tools needed to perform the tasks that are required, and I know you will willingly accept this responsibility."

Castaneda's rate is Chief Boatswain's Mate, also known as "Boats."

The words that Castaneda had longed to hear spoken to him, in the role of chief petty officer, were finally a reality. Members of the audience and the Chiefs' mess alike teared up as Ramirez and Master Chief Cryptologic Technician (Control) Tara O'Brien pinned the golden anchors to Castaneda's collar. Then, as Ramirez placed the chief petty officer cover atop Castaneda's head, welcoming him into the Chiefs' mess, the crowd erupted in applause.

"This is...the proudest moment of my naval career, to accept him into the Chiefs' Mess," O'Brien said afterwards. "It was long overdue. For this man to keep pushing forward, to stay motivated, to ultimately achieve this milestone, I couldn't be more proud right now."

Castaneda's son Junior echoed O'Brien's sentiments. "I can't put the feeling of pride into words," said Junior. "I wanted to cry when I saw the look on his face, when they announced what the reason for the ceremony was. I know what this means to him, to finally be recognized as a Navy chief."

Castaneda's first order as chief was to express his gratitude to the men and women who came out to support him on his greatest of days, as well as his broth-

ers and sisters who had served with him in the past and continue to support him today.

"I'm going to wear this everywhere, I don't care what anyone thinks," Castaneda said, referencing his chief's cover, as the crowd burst into laughter and applause. "But honestly, some of you took the time on your day off to come here and share this moment with me, and I can't begin to explain how much I appreciate it. I'm not going to let you down."

Ramirez gave the new chief his full blessing as he began his new role.

"The Chiefs' mess is the heartbeat of the Navy. They personify the code of honor and commitment the Navy so strongly upholds," he reminded the audience.

Turning to Castaneda, he offered a final compliment, encapsulating a naval career more than 20 years in the making.

"Your ongoing and steadfast commitment is inspiring to all, and these anchors and this cover you now wear are in recognition of your achievements and dedication to the world's finest Navy," Ramirez said.

And as another long round of applause was showered upon him, Castaneda could only smile. His dream of becoming a U.S. Navy chief was finally a reality.

## USS Hawaii welcomed back by friends and families

Continued from A-1

Additionally, 18 Sailors advanced in rank and five Sailors were initiated into the chiefs' mess.

During the seven-month deployment, Hawaii strengthened relations with multiple countries, taking part in maritime exercises, and conducted port visits to Stirling, Australia and the cities of Yokosuka and Sasebo in Japan.

Machinist's Mate 1st Class Darren Polston expressed his pleasure in helping to coordinate community

relations events during the various port visits.

"During my 14 years of submarine service, I have always heard of boats visiting Australia, and now I finally got to go," said Polston. "I loved meeting current submariners and veterans from all over the world and being able to speak at an Australian High School."

"We were fortunate to be in town for the Royal Australian navy's 100th year celebration of their submarine force," said Phillips.

Hawaii's crew participated in

ceremonies held at the Maritime Museum and hosted distinguished visitors including both senior military and civilian leaders.

Upon its return from deployment, the "War Canoe," as the crew calls it, was escorted to the submarine piers at Joint Base Pearl Harbor-Hickam by outrigger canoes from the Honolulu Pearl Canoe Club and greeted by hula dancers performing traditional chants.

"It was a huge honor to support the military community in this

way," said Jason Leavitt, an outrigger canoe paddler. "It's not every day you get to paddle under the Ford Island Bridge, stop and pay your respects at the Arizona Memorial, and then meet up with the submarine USS Hawaii to escort her to the pier."

Friends and families crowded the pier with "welcome home" banners as they greeted loved ones following their scheduled deployment.

"It feels really amazing. I have been so nervous lately," said 8-year-old Briana Polston, looking forward

to seeing her dad arrive. She said she was looking forward to doing the things they normally do. "We usually just chill at the house and have family time," she said.

"I am looking forward to spending time with my wife and daughter, as well as visiting with other family and catching up with friends," Polston said.

Commissioned May 5, 2007, Hawaii was the third Virginia-class attack submarine constructed and the first to be named after the Aloha state.

# Pearl Harbor-Hickam *Highlights*



**U.S. Navy photo by MC2 Diana Quinlan**  
Lt. Paul Manglona, assigned to Naval Facilities Engineering Command Hawaii, catches a frisbee during the annual Seabee Olympics held March 4 at Quick Field at Joint Base Pearl Harbor-Hickam.



**U.S. Navy photo by MC2 Diana Quinlan**  
Sailors assigned to Naval Facilities Engineering Command Hawaii participate in a tire-flipping event during the annual Seabee Olympics.



(Right) Seabees assigned to Construction Battalion Maintenance Unit (CBMU) 303 compete against Airmen assigned to 647th Civil Engineer Squadron in a tug-o-war during the annual Seabee Olympics held March 4 at Quick Field at JBPHH.

**U.S. Navy photo by MC2 Diana Quinlan**

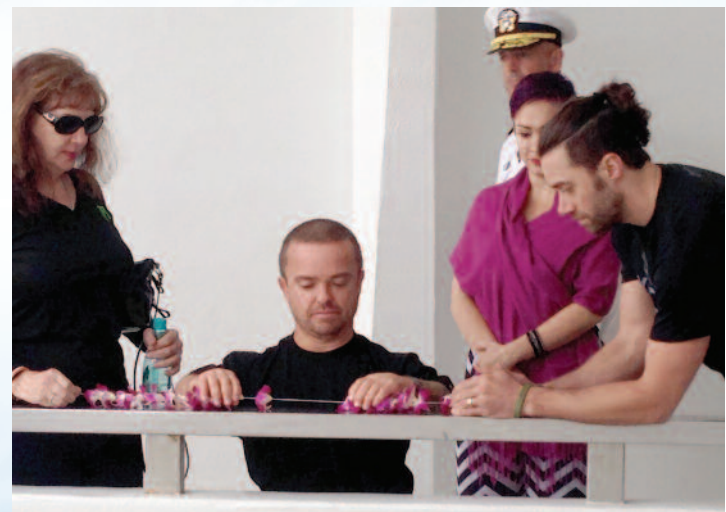


(Above) Naval Aircrewman (Avionics) 3rd Class Patrick Schwarz, assigned to the "Golden Eagles" of Patrol Squadron (VP) 9, checks sonobuoys on a P-3C Orion maritime patrol aircraft during a torpedo exercise (TORPEX) as part of the squadron's advanced readiness program (ARP). VP-9 was recently notified that they had earned the 2014 Commander Naval Air Forces, Pacific (CNAF) Battle "E" award, the Navy's top performance award presented to the commands that achieve the highest standards of performance readiness and efficiency.

**U.S. Navy photo by MC3 Amber Porter**

(Right) Lt. Emily Cordle, assigned to the "Golden Eagles" of Patrol Squadron (VP) 9, writes down communications frequencies during a torpedo exercise (TORPEX) as part of the squadron's ARP.

**U.S. Navy photo by MC3 Amber Porter**



**U.S. Navy photo by Anna Marie General**  
Motion picture and television personality Jason "Wee Man" Acuna, center, and American Idol alumnus Ace Young, right, carefully remove petals from a flower lei to drop into the water to pay tribute to the USS Arizona crew members during their March 8 visit to Joint Base Pearl Harbor-Hickam.

(Below) The Virginia-class fast attack submarine USS Hawaii (SSN 776) is given an *aloha* escort by outrigger canoes from Honolulu Pearl Canoe Club as it returns to Joint Base Pearl Harbor-Hickam following a deployment to the western Pacific.

**U.S. Navy photo by MC1 Jason Swink**





Dawn Ige, first lady of Hawaii, reads "The Three Questions" to a group of students.

## Hickam students celebrate Read Across America

Story and photo by  
Tech. Sgt. Terri Paden

15th Wing Public Affairs

Hickam Elementary School hosted its annual Read Across America event March 6-13.

The week-long event, which celebrates the life and contributions of Dr. Seuss, also serves as a motivational program to encourage children and teens to read.

Throughout the week, Airmen and other volunteers from the local community were guest readers and spent time reading to the students in grades pre-kindergarten through sixth.

Reva Dacanay, Hickam Elementary School librarian, said the event has been reoccurring at the school for nearly 20 years and also is a show of support for the children from the community.

"To me, reading should be about fun and enjoyment, and it's really important that we continue to motivate children to want to read," said Kathryn Matayoshi, Hawaii superintendent of education.

Matayoshi said she volunteered to be a guest reader for the event because she wants to be a part of anything that helps make reading fun for children.

Though the week is intended to show children how much fun they can have when they

open a book, Dacanay said it's also about preparing the students to read with purpose.

"It's not just about children learning to read but teaching them to read to learn and enjoy it," she said.

Dacanay said with the growing emphasis on education it is more important than ever that students be proficient in reading.

"This age is where it starts. Elementary school reading should be more fun because by the time they make it to secondary school, they will be reading things with more content and it may be harder to enjoy if they don't already like reading," she said.

According to Dacanay, it is critical that students learn to comprehend and understand what they are reading in elementary school, so they are ready to move on to applying what they have read in middle and high school.

She said the community event is a highlight of the year for many of the students.

"The students really enjoy this," she said. "When I introduce the event, you can see the excitement in their eyes."

For their part, Dacanay said Hickam families have done a good job helping to promote education and learning before students arrive at school.

"The families here are really attentive and supportive," she said. "Most of the kids come here with the philosophy that education is important, and they have a very positive idea about education and reading."

## Reserve event held at 'Mighty Mo'

Continued from A-1

participated in a wide array of missions in Iraq and Afghanistan that have revolutionized the rules of warfare, from providing combat life and rescue support to SEAL (sea, air, land) and SWCC (special warfare combatant-craft crewmen) teams, to administering medical care to those injured in combat.

"In World War II, for every 100 combat injuries, 68 were fatal," said Garcia. "In Vietnam, for every 100 combat injuries, 28 were fatal. Over the last decade-and-a-half, in Iraq and Afghanistan, for every 100 combat injuries, only six were fatal. That's a tribute to Reserve doctors, nurses and corpsmen. It's changed the face of warfare and is a follow up to the reality that we're bringing folks back home alive."

"The performance of Navy Reservists in Iraq and Afghanistan has convinced all that this operation capability should not be placed back on the proverbial ship. It's one team, one fight," said Garcia. "Congratulations shipmates, you're a part of an incredible tradition. Here's to the next hundred years."

After Garcia's remarks, Hawaii State Representative Bob McDermott presented the Hawaii State Proclamation to staff from the Navy Operational Support Center (NOSC) Pearl Harbor.

"This is on behalf of the state of Hawaii, to say 'thank you' to the Naval Reserve for what you do. You make our community better," said McDermott.

At the conclusion of the ceremony, Garcia was joined by NOSC Pearl Harbor's youngest Sailor, Yeoman Seaman Elliot Dixon, for a ceremonial

cake-cutting event.

After the ceremony, Dixon said he felt proud to be a part of the Navy Reserve's rich history and heritage.

"I didn't realize the Navy Reserve played such a large role in World War II and throughout the Navy's other activities," said Dixon. "Hearing that makes me feel proud, like I'm a part of something a lot bigger than myself."

Established on March 3, 1915, the Federal Naval Reserve originally only allowed Navy veterans to enroll into the program. However, on Aug. 29, 1916, with the prospect of America's entry into World War I looming, the Navy Reserve reorganized to allow the enrollment of non-veterans and designated as the U.S. Naval Reserve Force.

During World War II, the Navy Reserve contributed 84 percent of the Navy's manpower. Navy Reserve Sailors in World War II included five future U.S. presidents and 15 recipients of the Medal of Honor.

Navy Reserve Sailors have been deployed to and have been a part of every conflict since World War I, working alongside active-duty personnel to secure the Navy's mission and protect the nation's freedom.

Today, at least 20,000 Navy Reserve Sailors, or about one-third of the Navy's Reserve component, are providing fully integrated global operational support to the fleet and combatant commanders.

(For information on the history and heritage of the Navy Reserve as well as current Sailor stories and upcoming centennial events, visit [www.navyreservecentennial.com](http://www.navyreservecentennial.com).)

## Symposium includes forums

Continued from A-1

(Mechanical) 2nd Class Jennifer Suber, who was diagnosed in 2014 with superior canal dehiscence syndrome (a hole in her inner ear) and whose symptoms require her to use a cane for mobility now.

"Thankfully, through everything, my family in the NWW program has been there for me in ways that others can't be, or wouldn't be. I'm so grateful to know that they're here with me, by my side. I don't know what I would do without them," Suber said.

Other Wounded Warriors on the panel found new ways to excel as leaders just from volunteering to speaking at the symposium. Cmdr. Greg deWindt, a recent stage three cancer

survivor, vowed to commit himself to the needs of his Sailors more than ever after the day's event.

"I can honestly say that just from sitting here on this panel today, my thought process as far as what we can do as leaders for those Sailors who are in need is completely different," said deWindt.

"Having been in a similar state of need myself recently, with my illness, I can understand completely how important that support can be, and I'm going to make sure those who are in need of support know they have mine."

Dario Santana, the Navy Wounded Warrior - Safe Harbor family programs and charitable resources coordinator, wrapped up the ceremony by reminding the

audience of the importance of the Navy's "One Team, One Fight" motto.

"These open forums provide us an opportunity to find new avenues of dialogue, identify helpful resources, and meet others who are in a similar situation or struggle," said Santana.

"We've had a great opportunity to hear some of the stories here today, and as we depart and go back to our commands, remember that we—as a Navy—are a family unit, and we depend on each other to help take care of one another."

(For the latest news about the trials, visit <http://safeharbor.navylive.dodlive.mil> or call 855-NAVY WWP to learn more about NWW and the benefits of adaptive sports.)

## STORY IDEAS?

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

Phone: (808) 473-2890/2895

Email: [editor@hookelenews.com](mailto:editor@hookelenews.com)



WHO'OKELE  
PEARL HARBOR HICKAM  
**Life & Leisure**



**HAWAII WELCOMES  
2015 WOUNDED  
WARRIOR  
PACIFIC TRIALS**

U.S. Navy photo by MC2 Diana Quinlan

Fire Controlman 2nd Class Brandon Byers participates in race chair practice during the 2015 Wounded Warrior Pacific Trials at Quick Field at Joint Base Pearl Harbor-Hickam.

**Patty Babb**

*Navy Installations Command,  
Navy Wounded Warrior -  
Safe Harbor*

The 2015 Wounded Warrior Pacific Trials — which are hosted by Commander, Navy Region Hawaii and Navy Wounded Warrior (NWW) — Safe Harbor — launched March 10 in Honolulu and concludes today in a closing luau ceremony from 4 to 8 p.m. at the Hale Koa hotel.

The event, which is also supported by U.S. Pacific Fleet, brings together 60 seriously wounded, ill and injured Sailors and Coast Guardsmen, who hail from around the country. The athletes are joined by more than 20 family members and caregivers.

"I'm most looking forward to getting back in shape and getting healthier."

The sports are my favorite part; I'm very competitive," said retired Navy Aviation Support Equipment Technician 2nd Class Marlon Bevens, who was injured in a motorcycle accident in 2011. "But it's like a big family reunion when I come here, and that's a lot of fun."

After two days of practice, competition formally kicked off with archery and shooting (pistol) trials on March 10. The wounded warrior athletes are vying for a slot on the Team Navy roster and advance to the annual joint-service Warrior Games.

In addition to archery and shooting, wounded warrior ath-

U.S. Navy photo by MC2 Diana Quinlan

Hospital Corpsman 3rd Class (Ret.) Redmond Ramos participates in track and field practice.



U.S. Navy photo by MC2 Diana Quinlan

Participants in the Wounded Warrior Pacific Trials warm up with a jog.

letes went head-to-head during the trials in cycling, sitting volleyball, swimming, track and field, and wheelchair basketball. Hundreds of local spectators attended the events taking place at Joint Base Pearl Harbor-Hickam and Iolani High School in Honolulu.

There will be 40 athletes who will advance to the Warrior Games, which will take place in the summer. The final Team Navy roster will be announced in the coming weeks after coaches and NWW staff members assess results from the trials.

"It feels good to be here. I'm nervous because it's a competition and, even at my age, I still get nervous," said retired Navy Construction Mechanic 1st Class Rory Aguilar, who suffered several injuries as a result of a combat deployment. "I really enjoy being with these men and women because we can relate to one another."

"The competition is great. But everyone here has a similar story — something they have to overcome — and we understand each other. That's the best part of this event," he added.

Each athlete has been assigned a sponsor from a local command, who helps them feel at home on the island and cheers for them during competition. In addition to the 60 sponsors, more than 100 volunteers assisted with event execution.

"I'm really excited during Rory's time off to try to get him out on the island and to see some new places," said Navy Sonar Technician, Surface 1st Class Justin Merrill, who is Aguilar's sponsor. "He's very athletic and wants to stay competitive, though, so we won't take him away from practice too often."

"I'm just excited to be around all these great people this week," added Merrill, who is



U.S. Navy photo by MC2 Diana Quinlan

Retired Chief Yeoman Javier Rodriguez Santiago assists Chief Gunner's Mate Hector Varela during the track and field throwing practice at the Wounded Warrior Pacific Trials events held at Quick Field, JBPHH.

assigned to Center for Surface Combat Systems Detachment Pearl Harbor.

The wounded warrior athletes at the trials are active duty and retired service members with upper-body, lower-body and spinal cord injuries, serious illnesses, traumatic brain injuries, visual impairment, and post-traumatic stress.

All of the athletes are enrolled in NWW, the Navy and Coast Guard's wounded warrior support program. NWW links enrollees to a variety of adaptive sports opportunities to keep them active and connect them to new friends.

"I'm excited to be here, and I feel a lot better than I did the last time I was here, when I was pretty sick," said retired Navy Hospitalman Shemariah Pradia, who was previously diagnosed with a serious illness. "I really hope to make the team, but that's not really what all this is about. It's about not giving up."

For the latest news about the trials, follow NWW on Facebook ([www.facebook.com/navysafeharbor](http://www.facebook.com/navysafeharbor)).

Visit <http://safeharbor.navy.live.dodlive.mil> or call 855-NAVY WWP to learn more about NWW and the benefits of adaptive sports.



U.S. Navy photo by MC2 Diana Quinlan

Participants in the Wounded Warrior Pacific Trials stretch before their morning events.

# Dominating second half leads NIOC to impressive win

Story and photo by  
**Randy Dela Cruz**

Sports Editor, Ho'okele

After struggling in the first half, Navy Information Operations Command (NIOC) Hawaii seized full control of the game and ran away from 735th Air Mobility Squadron (735 AMS) to earn a 50-36 win on March 5 in a showdown of top teams in a Blue Division intramural basketball game at Hickam Fitness Center, Joint Base Pearl Harbor-Hickam.

Clinging to a two-point advantage at halftime, NIOC's defense went to work and smothered the 735 AMS into submission to win their fifth game in a row without a defeat, while the 735 fell to 4-2.

"It's just communication," said Cryptologic Technician (Collection) 1st Class Jomario Thomas about the team's stifling defensive effort, which held the 735 to only 13 points in the entire second half. "If you got a strong defense and you're communicating, the rest will come. That's the simplest way to put it."

The first half was a battle with both teams going back and forth all the way until intermission.

A long jumper by Tech. Sgt. Jared Flores put the 735 ahead at 10-3 early in the first half, but the lead was erased on a two-point shot from Cryptologic Technician (Networks) 3rd Class Thomson Stephens that tied the game at 12-12 with 9:08 remaining before half-time.

On their next trip down court, NIOC got their first lead of the game on a basket by Cryptologic Technician (Collection) 1st Class Gabriel Young to make it 14-12.

Then Thomas, who was a member of NIOC's back-to-back championship team in 2012-13, began to assert his will inside the paint and came up with the team's next three baskets to pull ahead at 20-14.

"I'm one of the senior players, so as a senior player, we know what to do to provide that spark," Thomas said. "We just needed someone to come in and get the



Cryptologic Technician (Collection) 1st Class Jomario Thomas goes up for two of his 10 points to help Navy Information Operations Command (NIOC) Hawaii defeat 735th Air Mobility Squadron (735 AMS).

team to calm down and focus."

However, the 735 AMS rallied back to score the next seven points and regained the lead at 21-20 on a shot from Flores.

NIOC finished off the first half strong and took a 25-

23 lead into halftime and continued the momentum into the second half.

With NIOC's defense putting pressure on the 735, the team began to slowly pull away after the break.

A basket-and-one by Stephens put NIOC ahead by nine at 36-27 with 9:48 left in the game, and then a minute later, Stephens gave his team its first double-digit lead of the game at 40-30 on a putback with 8:22 left on the clock.

Three minutes later, Stephens finished off a break-away to the basket to give NIOC an insurmountable lead at 44-30.

For the 735, the outcome had to be disappointing for a team that came out only one game behind the lead leaders.

This was the second time that the 735 fell short against a top-tier team in the Blue Division despite starting off both losses with sizable leads.

Flores, who led the 735 with 13 points, said that NIOC's relentless pressure on defense was the key difference in the game.

"It threw our rhythm off," Flores admitted. "That put everybody in a bad position. We got to move more and get the engine running."

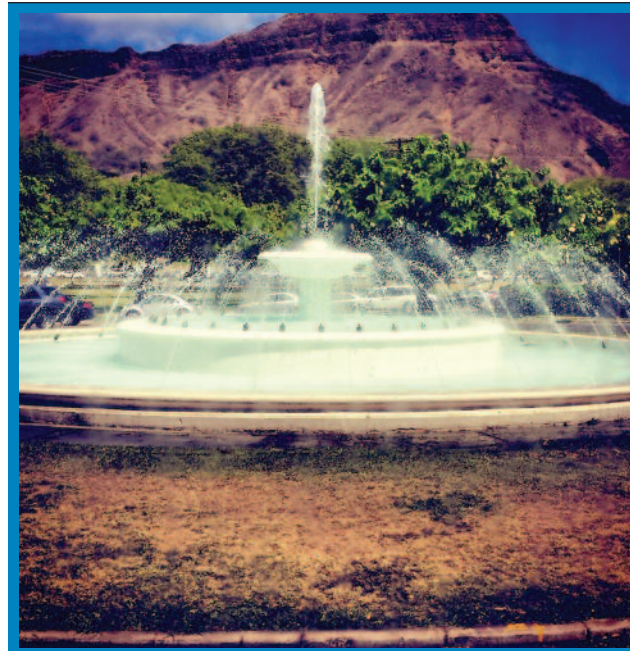
Despite the two losses, Flores said don't count out the 735 AMS just yet.

"We know we're good," he stated. "We know that we have all the pieces that we need. It's just putting a full game in. Our first half was strong. We need to have a strong second half as well."

For Thomas, after winning two of the past three base championships, he said that he believes NIOC can deliver on at least one more title before he leaves.

While the team looks like it is in a transition year, Thomas said this year's squad could go all the way.

"We got a lot of fresh legs," Thomas pointed out. "These guys will be the future of NIOC. I think this team is more than capable. We just need to keep building on the foundation that we have from previous years."



## My Favorite Photo...

Air Force Staff Sgt. Carl D. Sanders, unit deployment manager for 690th Cyberspace Operations Squadron, took this photo of the fountain at Kapiolani Park.

How to submit: send your (non-posed) photos to editor@hookelenews.com.

## State repaving outside Nimitz, O'Malley gates

Repaving will take place March 19 to May 21 on the inbound and outbound lanes at the Nimitz and O'Malley Gates.

The contractor will limit traffic to a single lane during construction.

Work on the outbound lanes will take place first from 7 a.m. to 2 p.m. Monday through Friday. On March 24, the outbound left lane onto Center Drive will be closed.

Work on the inbound lanes will follow beginning in April during the hours of 5 p.m. to 1 a.m. Monday through Thursday.

The work may include possible lane, exit and ramp closures.

All motorists and pedestrians are asked to plan accordingly.

## Women's History Month events planned

Events have been scheduled for Women's History Month in March.

- Afloat Training Group Middle Pacific (ATG MIDPAC) will hold a Women's History Month observance beginning at 11:45 a.m. today in building 39 at Ford Island. The theme is "Weaving the Stories of Women's Lives." Rear Adm. Alma Grocki is scheduled to be the guest speaker.
- A Women's History Month luncheon

will be held from 11 a.m. to 1 p.m. March 30 at the Hale Aina Dining Facility. Food will be available for purchase. The guest speaker is Col. Eva Jenkins of Pacific Air Forces. Participants should RSVP by March 23.

For more information, email margo.ochoa@us.af.mil or call 449-0861/260-1223 or email Valerie.nededog@us.af.mil or call 448-1419.



# Vice chairman of Joint Chiefs, USO, wrap up spring tour at JBPHH

Story and photos by SrAirman Christopher Stoltz

Joint Base Pearl Harbor-Hickam Public Affairs

Adm. James A. Winnefeld Jr., the vice chairman of the Joint Chiefs of Staff, along with celebrities, musicians, athletes and Miss America, wrapped up their eight-day, seven-country USO tour March 8 at Joint Base Pearl Harbor-Hickam.

The tour included Indianapolis Colts head coach Chuck Pagano; Colts quarterback Andrew Luck; Colts tight end Dwayne Allen; Pittsburgh Steelers guard David DeCastro; singers Phillip Phillips, Diana DeGarmo and Ace Young; actor Dennis Haysburt; Miss America 2015 Kira Kazantsev; and motion picture and television personality Jason "Wee Man" Acuna.

Before an appearance for the service members stationed at JBPHH, the celebrities visited the USS Arizona Memorial.

The USS Arizona tour, which was led by Navy Chief Machinist's Mate Michael Sears Jr. and Amanda Thompson of the National Park Service, provided the celebrities with the opportunity to learn more about the memorial, Pearl Harbor and the events leading up to World War II.

After the tour of the memorial, the stars made their way to Ward Field, where more than 1,200 fans awaited them. Luck, Allen and Pagano signed autographs and took pictures with Colts fans.

"Everyone keeps thanking us," said Luck. "However, we all feel it should be the other way around. The men and women in uniform we meet are inspiring, and we cannot thank them enough for their service and the sacrifices they make."

After signing shoes, hats and jerseys, and taking hun-



Indianapolis Colts tight end Dwayne Allen signs a fan's shirt after the USO variety show March 8 at Joint Base Pearl Harbor-Hickam.

dreds of photos with fans, the Colts quarterback made his way, along with the other USO tour participants, to the stage as the variety show began.

Winnefeld thanked the service members for serving and the crowd for attending. He also pumped-up the crowd as he introduced singers Young and DeGarmo.

In addition, some of those in attendance at the event had the opportunity to catch autographed footballs from Luck, Pagano, Allen and DeCastro. The show included a finale by Phillips.

Phillips ended the night with his hit-song "Home."

As the spectators sang and all of the celebrities gathered on the stage, Winnefeld said to remember those who are serving and those who cannot make it home themselves.



Pittsburgh Steelers guard David DeCastro and singer Phillip Phillips release flower petals into the waters March 8 at the USS Arizona Memorial.

## Port Royal notches biggest win of season

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

After three straight close games to open up the new season, USS Port Royal (CG 73) finally broke out of their doldrums to score a 43-29 win over USS Chosin (CG 65) on March 7 in an Afloat Division intramural basketball game at Joint Base Pearl Harbor-Hickam Fitness Center.

Tied at 18-18 at halftime, Port Royal came out on fire and torched back-to-back triples from downtown by Logistics Specialist 3rd Class London Waldon and Quartermaster 3rd Class Dylan Hartfield to start off the second half with a 24-18 advantage before rolling to the 14-point victory.

The win kept the base defending champs Port Royal alone at the top of the Afloat Division with a record of 4-0, while Chosin dropped their second game against two victories.

Port Royal head coach Sr Airman Charlton Burton said that the fast start out of the gates to open up the second half was a huge boost to get the team's offense going.

"That was huge," Burton said. "We definitely wanted to come out in rhythm. I wanted to stress defense a lot more in the second half, but our offense translated to better defense."

The additional firepower from Waldon and Hartfield was a welcome relief to Port Royal, which was carried in the first half by Lt. Cmdr. Warren Hakes.

Hakes, who started in place of the injured Mana Hawkins, was red hot in the first half and picked up Port Royal's first 14 points of the game before teammate Boatswain's Mate 2nd Class Zach Robley chipped in with a basket in the paint at the 7:36 mark.

"He was definitely in rhythm," said Burton about the hot hand of Hakes. "We wanted to ride the hot hand and swinging him the ball. He took some great shots and knocked them down."

The basket by Robley gave Port Royal a 10-point lead at 16-6, but soon after, the momentum shifted to Chosin when Boatswain's Mate Seaman Fred Pippins began to find the range.

Pippins splashed down two three-pointers in a row to pull Chosin to within three points and then with time running out, Pippins completed the comeback with another three-point bomb at the buzzer to tie the score at 18-18 going into intermission.

"We played very lazy defense to finish the half," Burton admitted. "Unfortunately, they (Chosin) started knocking down their open shots."

While Port Royal star guard Waldon was held scoreless in the first half, he immediately opened up a three-point lead on a long-distance shot to start off the second half.

Then after Hartfield banged his three-pointer, Waldon came back with his second trey of the game to put Port Royal out in front at 28-21 with 14:38 on the clock.



Lt. Cmdr. Warren Hakes swoops into the basket for two of the 14 points he scored in the first half to lead USS Port Royal (CG 73).

Minutes later, Waldon was at it again and sank two free throws to make it an eight-point game.

With Port Royal in control, Robley added to the lead with a basket-and-one to make it 35-26.

The final dagger came with nearly four minutes remaining in the game when Electronics Technician 3rd Class Anthony Hawkins notched his third basket of the game to give Port Royal a commanding 39-28 lead.

Pippins, who led Chosin with 13 points, which included four treys, said that intensity was the key factor that raised Port Royal to victory.

"It was a good effort by both teams," Pippins pointed out. "They (Port Royal) just came out with a little more energy. We couldn't find a way to match it, but we tried our best and that's all I can ask from my teammates."

After winning by their largest margin this season, Burton said that he doesn't believe that things will get any easier for the defending champs.

While last year's title run came as a surprise to many, Burton stated that Port Royal wouldn't be able to sneak up on anybody this season.

"We're no longer the hunters," he said. "We're the hunted and everybody wants to beat us. At the end of the day, if we come out here and handle our business and play our game, we'll come out with a win."



Cryptologic Technician (Networks) Seaman Tomaras Wood shields the ball away from Staff Sgt. Kareem Alfred.

## NIOC shuts out 15th Medical Group in season opener

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

Navy Information Operations Command (NIOC) Hawaii kicked off the 2015 intramural soccer season on a positive note by beating the 15th Medical Group (15 MDG), 2-0, on March 7 in a battle of Red Division teams at Quick Field, Joint Base Pearl Harbor-Hickam.

After neither team scored in the first half, NIOC got on the scoreboard with a goal on a free kick from Cryptologic Technician (Networks) Seaman Vincent Puzar midway through the second half.

NIOC then sealed the game with only minutes remaining on the clock on a put-away shot from Cryptologic Technician (Collection) 2nd Class Ryan Matkowski.

On March 14, NIOC goes after their second straight win with a 9 a.m. game versus USS Port Royal (CG 73) at Quick Field, while the 15 MDG takes on Pearl Harbor Naval Shipyard at Ward Field starting at 2 p.m.

"Defense wins championships," said Matkowski after his team walked off the field with the shutout win. "Both teams were good. We just played solid ball."

Although neither team was able to get on the scoreboard in the first half, it

wasn't because of a lack of opportunities.

Both teams had numerous kicks on goal, but perhaps due to first-game jitters, no one was able to finish off a shot to the back of the net.

"It was just bad finishing," admitted 15 MDG striker Staff Sgt. Kareem Alfred. "We had opportunities to score. I had several but just didn't capitalize."

One play in particular had Alfred salivating at the chance to put his team on top.

Alfred took a pass on the left sideline and appeared to have a breakaway to the goal, but officials blew the whistle before he ever got the chance to shoot.

"It was offside," he said. "Basically, when I hit the ball past a player, my teammate was in the vicinity, but she wasn't playing the ball. She was coming away from the ball, so I kept running and they (officials) blew offside. That was my debate."

After intermission, things proceeded along much as it had in the first half.

However, Puzar changed the game in just one kick when he lined up for a free kick on the right side of the field and lofted a perfect shot that cleared the goalkeeper's reach and snuck just under the crossbar for a 1-0 lead.

Shortly after, Matkowski appeared to have given

NIOC a 2-0 lead, but his kick for goal was called back on an offside infraction.

Later, as time in the game was quickly running out, Matkowski got one more opportunity to score and this time, he made sure to put it away for good.

"It was a good pass," said Matkowski about how his shot was set up. "I was there at the right time."

While the outcome didn't turn out in the Medical Group's favor, head coach Tech. Sgt. Steven Mata said that he was very pleased by how hard his team played.

Even though the 15 MDG entered the game without any substitutions, Mata pointed out that his team more than held its own against a very deep NIOC squad.

The team's ability was further compromised when Alfred had to take himself out of the game after suffering an injury to his hamstring.

"I want to say that we gave it 150 percent - especially since we didn't have any subs," Mata said. "It's the first game. We still got to get together. I feel that we'll be good in the future, once we get a couple of games in."

Matkowski said that although it's great to get a win, everyone on NIOC would take it in stride.

"We're just here to have fun," Matkowski said. "If we win, we win."

## St. Patrick's meal at Silver Dolphin

A St. Patrick's Day special luncheon will be held from 11 a.m. to 12:30 p.m. March 17 at the Silver Dolphin Bistro Galley.

Food items in the main line include pepper pot soup, apple glazed corned beef, Cornish hens, shepherds pie, wild rice, mustard sauce, scalloped potatoes, simmered cabbage, Irish glazed carrots, assorted desserts, ice cream bar, fresh salad bar and tropical fruit.

Food in the speed line includes hot dogs, burgers and French fries.

The meal is open to all military, their family members, Department of Defense employees and retirees.

For more information, call 473-2519.

## Breakfast with Easter bunny

Breakfast with the Easter bunny will begin at 8 a.m. March 28 at the Pearl Harbor Navy Exchange mall food court lanai.

The event for authorized patrons only will include a pancake and ham breakfast, glitter tattoos, balloon art, prizes and crafts.

The cost is \$12 for children and \$10 for adults.

For more information, call 423-3287 or email Stephanie.Lau@nexweb.org.



# Live the Great Life

## Dining options for Easter on base



MWR Marketing Photo

Teams from all branches of service are represented in the Hawaii All-Military Bowling Tournament.

### Teams set for bowling battle between branches

Helen Ko

Joint Base Pearl Harbor-Hickam  
Morale, Welfare and Recreation

Teams for the Navy and Air Force are now set. The Hawaii All-Military Bowling Tournament's first week of tryouts at the Naval Station Bowling Center were completed on Feb. 20.

This year marks the 18th year of the tournament.

The Air Force and Navy teams made their cuts for the upcoming contest, running from March 31 to April 3. They will be competing against teams from the Marines, retirees, and Air National Guard and Reservists. Representing their respective branches are:

**Air Force team**

Capt. Kevin Hooker  
Spc. Chris Ritter  
Staff Sgt. Ryan Swindlehurst  
Tech. Sgt. Brian Graf  
Staff Sgt. Michael MacLeod  
SrAirman Steven Parcel  
Staff Sgt. Nathan Hummel

**Navy team**

Senior Chief Culinary Specialist  
Derrick Pelekai  
Chief Aviation Electronics Technician  
Tom Berger  
Chief Fire Control Technician  
Patrick Mitchell  
Engineman 2nd Class John Beach  
Chief Interior Communications  
Electrician David Ocain  
Chief Construction Electrician  
Erik Dries  
Information Systems Technician 2nd  
Class Aaron Williams

Last year, the retirees team took the title.

"A few of the players come back and compete each year, especially the Guard and retirees teams," said Millie Gomes, Naval Station Bowling Center manager.

Those interested in watching the bowling tournament can catch it at four different bowling centers — March 31 at Naval Station Bowling Center, April 1 at K-Bay Lanes, April 2 at Schofield Bowling Center and April 3 at Hickam Bowling Center.

For more information, visit [greatlifehaw.aaii.com](http://greatlifehaw.aaii.com) or call 473-2651.

Reid Tokeshi

Joint Base Pearl  
Harbor-Hickam  
Morale, Welfare &  
Recreation



MWR Marketing photo

Carved round of beef is on the menu for the Easter brunch at the Historic Hickam Officers' Club on April 5.

Easter is only three weeks away, and many families will be looking for places to sit down for a relaxing meal. Two of Joint Base Pearl Harbor Hickam's Morale, Welfare and Recreation (MWR) facilities are stepping up with Easter brunches suitable for families.

Joint Base Catering is again holding its annual Easter brunch buffet on April 5. The traditional carved ham and carved round of beef lead the menu. Salmon or orzo and Caprice chicken on pasta add variety to those looking for other options. Breakfast offerings include an omelette station, waffle station and other favorites. Live musical entertainment will be provided for the crowd during the event.

Three seating times are available. Dining on the lanai overlooking the channel is at 10 a.m. and 1 p.m. Those preferring the air-conditioned comfort of the din-

ing room can opt for the 11 a.m. seating time.

Prices are \$31.95 for adults, \$17.95 for children 7 to 12 years of age and \$11.50 for children 4 to 6 years old. Reservations are accepted beginning Monday. For more information, call 448-4608.

Those with a taste for brunch by the beach can look to Sam Choy's Island Style Seafood Grille at Hickam Harbor. A brunch buffet is offered from 10 a.m. to 3 p.m. and a dinner buffet will be from 5 to 9 p.m.

The brunch includes an omelette station, waffle and pancake bar, honey glazed ham and pot roast beef. The dinner buffet also offers ham, along with prime rib, pork loin roast and fish and chicken selections. The price for either buffet is \$32.95 for adults and children 6 to 12 years are \$19.95.

In addition, Sam Choy's will hold an Easter egg hunt for children ages infant to 10 years old. The egg hunt begins at 9 a.m. For reservations and more information, call 422-3002.

## Your Weekly Fun with MWR

Visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com) or subscribe to MWR's digital magazine Great Life Hawaii.



**Youth Ocean Adventure Camps** registration closes today. MWR Outdoor Recreation-Hickam Harbor's spring break camps will be held March 16-20. Activities will include swimming, fishing and kayaking. Each session will vary depending on weather, ocean conditions and the abilities of the group. The cost is \$65. FMI: 449-5215.

**Liberty's St. Patrick's Day Dinner** will be held from 5 to 7 p.m. March 17 at Beeman Center. This free corned-beef-and-cabbage dinner is open to single, active-duty military E1-E6 only. FMI: 473-2583.

**St. Paddy's Day Parent Event** will be held from 5:30 to 7:30 p.m. March 17 at the Hickam Teen Center. Teens ages 13 to 18

and their families are encouraged to wear as much green and St. Paddy's Day festive attire as they can to this free event. The most festive family will win a prize. FMI: 448-0418.

**Intramural Softball Coaches Meeting** will begin at 1 p.m. March 18 at the Joint Base Pearl Harbor-Hickam Fitness Center. The season starts April 13 and runs through June. The league is limited to commands from JBPHH. Active-duty members not belonging to a command team will come from a players' pool. There is no fee to participate. FMI: 473-2494 or 473-2437.

**Kids' Book Club** will begin at 2 p.m. March 18 at the Joint Base Pearl Harbor-Hickam

Library for youth in fourth and fifth grades. Group two (the "third Wednesday" group) will discuss "Tuck Everlasting." FMI: 449-8299.

**Snorkeling at Hanauma Bay** excursion will begin at 9 a.m. March 21. MWR Outdoor Adventure Center staff will lead a trip to this protected reef, once an active volcano, which now provides habitat for hundreds of species of sea life. Participants should bring a towel, sun block, water and snacks. The cost is \$30. The sign-up deadline is March 18. FMI: 473-1198.

**Learn to Stand-up Paddleboard** classes will begin at 9:15 a.m. and at 10:30 a.m. March 21 at Hickam Harbor. This introductory class will cover the basics of stand-up paddling.

The cost is \$25 for each session. The sign-up deadline is March 19. FMI: 449-5215.

**Bottom Fishing** excursion will depart at 2:30 p.m. March 21 from Hickam Harbor. This trip is for both experts and beginners and includes gear, bait, guides and boat. The cost is \$30. The sign-up deadline is March 19. FMI: 449-5215.

**Women's Surf Lessons** will begin at 9 a.m. March 22 at Hickam Harbor. Women can learn the basics of surfing in a format similar to the regular group classes. Participants need to be proficient swimmers and able to swim without a lifejacket. The cost is \$30. The sign-up deadline is March 19. FMI: 449-5215.

**MARCH**

**A BETTER YOU**

**NOW TO 24** — The Pearl Harbor Navy Exchange (NEX) is partnering with health and fitness organizations for A Better You event from 11 a.m. to 2 p.m. daily throughout the NEX mall. Participating groups will include Naval Health Clinic Hawaii, TRI-CARE and JBPHH Morale, Welfare and Recreation. The free event for authorized patrons will include demonstrations, health analysis, program information and giveaways. FMI: 423-3287 or email Stephanie.Lau@nexweb.org.

**SUPPORT FOR NMCRS**

**SATURDAY, 21** — Patrons can support the Navy-Marine Corps Relief Society (NMCRS) by buying a Koala Moa chicken plate from 10 a.m. to 5 p.m. at the food truck at the Pearl Harbor NEX parking lot. FMI: 423-3287.

**GLOW RUN AND PARTY**

**SATURDAY** — A free nighttime fun run and St. Patrick's Day party will be held at Turtle Cove, Bellows Air Force Station. Patrons are invited to dress in shamrock green or festive costumes and bring their glowsticks and LEDs. The party will be from 5:30 to 9 p.m. The glow run will begin at 7 p.m. with check in at 6 p.m. Prizes will be awarded for the glow run. Participants in the run should wear shoes and bring a flashlight or headlamp. The run is not recommended for those ages 7 and younger. FMI: 259-4112 or www.bellowsaifs.com.

**TRAVELING EXHIBIT**

**SATURDAY** — Pacific Aviation Museum Pearl Harbor will serve as the first stop of the "National Memories" United States tour. The exhibit brings to life the camaraderie that existed between Chinese and U.S. Soldiers as their countries joined forces during World War II. FMI: 441-1007 www.pacificaviationmuseum.org.

**TEMPORARY GYM CLOSURE**

**16 TO 22** — The gym on the submarine side of Joint Base Pearl Harbor-Hickam will be closed from March 16 to 22 for required floor maintenance and will re-open on March 23. Patrons are asked to plan accordingly.

**'KICK BUTTS DAY'**

**18** — Aliamanu Military Reservation youth sports, Pearl Harbor Navy Exchange (NEX) and other organizations will hold a Kick Butts Day event from 11 a.m. to 2 p.m. at the NEX mall. Kick Butts Day is a national day designed to empower youth to stand out, speak up and seize control against tobacco use. In addition, a two-mile walk-run will begin at 7 a.m. at the NEX. FMI: Brittany K. Bigham at 836-1923 or Stephanie Lau at 423-3287.

**PEARL HARBOR COLORS**

**19** — The monthly Pearl Harbor Colors honors and heritage ceremony will begin at 7:30 a.m. at the Pearl Harbor Visitor Center. The monthly ceremony honors veterans, enhances public engagement and demonstrates naval heritage.

**EXPLORERS CLUB**

**19, 20** — An Explorers Club science, technology, engineering and math (STEM) session about astrophotography at Pacific Aviation Museum Pearl Harbor will focus on learning about celestial objects and using technology to enhance images of the cosmos. The event is for students in grades three through eight. One-day registration is \$60 and includes all program materials. Students need to provide their own lunch. FMI: 445-9137 or visit www.pacificaviationmuseum.org.

**THREE-POINT SHOOT-OUT**

**28** — Hickam Communities will host a Three Point Shoot-Out out from noon to 1 p.m. at Earhart Recreational Complex, intersection of Aupaka Street and Malick Avenue. The event is a fitness activity for youth ages 5 to 18 who can compete in a three-point and free throw competition to win prizes. FMI: www.hickamcommunities.com or 853-3776.

**BREAKFAST WITH THE EASTER BUNNY**

**28** — Breakfast with the Easter bunny will begin at 8 a.m. at the Pearl Harbor Navy Exchange mall food court lanai. The event for authorized patrons only will include a pancake and ham breakfast, glitter tattoos, balloon art, prizes and crafts. The cost is \$12 for children and \$10 for adults. FMI: 423-3287 or email Stephanie.Lau@nexweb.org.

**WOMEN'S HISTORY MONTH LUNCHEON**

**30** — A Women's History Month luncheon will be held from 11 a.m. to 1 p.m. at the Hale Aina Dining Facility. The speaker will be Col. Eva Jenkins of Pacific Air Forces. Participants should RSVP by March 23. Food will be available for purchase. FMI: margo.ochoa@us.af.mil or 449-0861 or 260-1223.

**BLOOD DRIVE**

**31** — A blood drive will be held from 9 a.m. to 1 p.m. at Makalapa Clinic, Joint Base Pearl Harbor-Hickam. FMI: 433-6699, 433-6148 or email michelle.lele@amedd.army.mil.

**APRIL**

**WALK TO SAFETY**

**1** — The Joint Base Pearl Harbor-Hickam Department of Emergency Management will host a one-mile "Walk to Safety" beginning at 11:30 a.m. at Aloha Aina Park. The walk will be in conjunction with the monthly tsunami siren test. The event helps promote tsunami awareness and demonstrates that people can walk to safety in less than 30 minutes. FMI: 448-2742 or larry.w.sabine@navy.mil or larry.sabatine.ctr@hickam.af.mil. All hands are invited to walk.

**PEARL HARBOR BIKE PATH CLEANUP**

**4** — Joint Base Pearl Harbor-Hickam and other military volunteers can participate in the next Pearl Harbor Bike Path cleanup led by the City and County of Honolulu. Volunteers ages 12 and above should meet at the far end of the Best Buy parking lot in Aiea by 7:30 a.m. Volunteers should dress to get dirty. The city will also host Earth Month festivities at Neal Blaisdell Park starting at 11 a.m. FMI: Chief Master-at-Arms William Matteson at William.n.matteson@navy.mil or (209) 216-7190 or Tom Clements at 473-0662 or email tom.clements@navy.mil.



**SELMA (PG-13)**

This is the story of a movement. The film chronicles the tumultuous three-month period in 1965 when Dr. Martin Luther King Jr. led a dangerous campaign to secure equal voting rights in the face of violent opposition. The epic march from Selma to Montgomery culminated in President Johnson signing the Voting Rights Act of 1965, one of the most significant victories for the civil rights movement.

**SHARKEY THEATER**

**TODAY 3/13**  
7:00 p.m. Seventh Son (PG-13)

**SATURDAY 3/14**  
2:30 p.m. The SpongeBob Movie: Sponge Out of Water (PG)  
4:40 p.m. McFarland, USA (PG)  
7:20 p.m. Hot Tub Time Machine 2 (R)

**SUNDAY 3/15**  
2:30 p.m. McFarland, USA (PG)  
5:10 p.m. Seventh Son (3D) (PG-13)  
7:10 p.m. Selma (PG-13)

**THURSDAY 3/19**  
7:00 p.m. The Boy Next Door (R)

**HICKAM MEMORIAL THEATER**

**TODAY 3/13**  
6:00 p.m. Jupiter Ascending (PG-13)

**SATURDAY 3/14**  
4:00 p.m. Strange Magic (PG)  
7:00 p.m. Project Almanac (PG-13)

**SUNDAY 3/15**  
2:00 p.m. Strange Magic (PG)

**THURSDAY 3/19**  
7:00 p.m. Jupiter Ascending (PG-13)



# Women pilots 'soar' at aviation event

Story and photos by Pacific Aviation Museum

A Discover Your Future in Aviation event took place March 7 at Pacific Aviation Museum Pearl Harbor.

Participants talked one-on-one with aviation professionals and discovered more about the women and men who contribute to aviation. The event was targeted toward young people interested in aviation as a career, school groups, Scouts and families.

Speakers in the hangar 37 theater included Jessica Cox, the world's first licensed armless pilot. Rob Kelso, executive director of the Pacific International Space Center for Exploration Systems, and Lt. Col. Karen Fuller Brannon, the first female U.S. Marine Corps F/A 18 Hornet fighter pilot, also spoke at the event.

The event included aviation-related prizes, air-



craft flyovers, remote control demonstrations, aircraft open cockpits and hands-on aviation activities.

It also covered career information, interactive science exhibits and a scavenger hunt.

For more information on the museum, visit [www.pacificaviationmuseum.org](http://www.pacificaviationmuseum.org).



Pilot Jessica Cox (above) speaks at the Discover your Future in Aviation event. (Top and right) Attendees at the event experience the exhibits at Pacific Aviation Museum Pearl Harbor.

## Temporary gym closure

The gym on the submarine side of Joint Base Pearl Harbor-Hickam will be closed from March 16 to 22 for required floor maintenance and will re-open on March 23.

Patrons are asked to plan accordingly.

# Public health center announces revitalized ShipShape Program

Navy and Marine Corps Public Health Center, Public Affairs

The Navy and Marine Corps Public Health Center (NMCPHC) on March 9 announced the launch of the revitalized ShipShape Program.

The ShipShape Program helps participants achieve healthy weight loss and maintain a healthy weight by facilitating changes in eating and exercise habits. The program aligns to the missions of the 21st Century Sailor and Marine Initiative and Navy Medicine to maintain a healthy, fit and ready force.

"We spearheaded an intensive ShipShape Program improvement initiative to enhance curriculum content, facilitator training, and participant involvement which we feel increases the value and impact of the program," said Cmdr. Connie Scott, health promotion and wellness department head at NMCPHC.

"We led an in-depth review to assess service member success rates after completing the program, surveyed current ShipShape Program facilitators on best practices and recommendations, reviewed ShipShape program participant evaluations, and conducted a contemporary literature review on management of overweight and obesity in our efforts to improve the program," Scott said.

"Additionally, we would like to recognize our ShipShape Program facilitators who are essential in providing the needed program outreach assisting service members in meeting readiness requirements and also providing a resource to improve the health of our beneficiaries and civilian staff," said Scott.

NMCPHC modernized the ShipShape Program curriculum and reporting forms, unveiled a new logo, adopted "Get Ready. Get Fit. Get Healthy" as its tagline, and redesigned the ShipShape Program website, which has garnered more than 6,000 unique visits since October 2014.

"Over the last two years, approximately 43 percent of active duty fitness enhancement program participants that successfully com-

pleted the ShipShape Program have met Navy body composition assessment standards within six months of completing the program," said Sally Vickers, ShipShape program manager at NMCPHC.

"Through the updated ShipShape Program, we look forward to helping more active duty and Reserve service members, beneficiaries and government civilians meet their weight management goals," she said.

The updated ShipShape Program curriculum ensures that each of the program's eight sessions cover three essential components for weight management: mindset, nutrition and physical activity. It also integrates engaging activities that promote both participant interaction and individual accomplishments.

Reporting form revisions include a consolidated attendance roster and reporting form, auto-population features for follow-up reporting, and other updated features that provide an easy-to-use tool for participant tracking.

"In addition to the overall redesign of the program, we also focused on increasing interaction between ShipShape Program facilitators and NMCPHC, as the program manager," said Vickers. "We established a forum via milSuite for facilitators to ask questions, share their experiences, and provide program feedback."

Since November 2014, NMCPHC has trained and/or recertified approximately 130 ShipShape Program facilitators from across the Navy.

The ShipShape Program is the official Navy weight management program that assists active duty and Reserve military service members, beneficiaries and government civilians with making healthy behavior changes to reach their weight management goals. The program is administered at local medical treatment facilities and clinics, shipboard commands and other ashore facilities.

To learn more about the ShipShape Program visit: <http://www.mednavy.mil/sites/nmcpHC/health-promtion/Pages/ship-shape.aspx>.

# Take a run: Distance makes heart grow stronger

Douglas H. Stutz

Naval Hospital Bremerton  
Public Affairs

Jenni Osborne, a health educator assigned to health promotion and wellness department at Naval Hospital Bremerton (NHB), shared an article recently published in the Journal of the American College of Cardiology titled, "Running reduces risk of death regardless of duration, speed."

The premise of the article is that running for only a few minutes a day or at slow speeds may significantly reduce a person's risk of death from cardiovascular disease compared to someone who does not run.

In other words, running to the restroom at halftime might be better than nothing, but if a person dedicates a bit more energy, and is a little less sedentary, the benefits far outweigh the chips and dips.

"Exercise is a well-established manner to prevent heart disease and is essential to a well-rounded healthy lifestyle," said Osborne.

Researchers studied 55,137 adults between the ages of 18 and 100 over a 15-year period to determine whether there is a relationship between running and longevity. Data was drawn from the Aerobics Center Longitudinal Study, where participants were asked to complete a questionnaire about their running habits.

In the study period, 3,413 participants died, including 1,217 whose deaths were related to car-



U.S. Air Force photo by SrA Christopher Stoltz

Runners participate in the Joint Base Pearl Harbor-Hickam Resolution 5K Run in January.

diovascular disease. In this population, 24 percent of the participants reported running as part of their leisure-time exercise.

Compared with non-runners, the runners had a 30 percent lower risk of death from all causes and a 45 percent lower risk of death from heart disease or stroke.

Runners on average lived three years longer compared to non-runners. Also, to reduce mortality risk at a population level from a public health perspective, the authors concluded that promoting running is as important as preventing smoking, obesity or hypertension.

The benefits were the same no matter how long, far, frequently or fast participants reported running. Benefits were also the same regardless of sex, age, body mass index, health conditions, smoking status or alcohol use.

"Short of quitting smoking, staying physically active with something like running is the best thing someone can do for themselves," said Capt. Steven Kewish,

NHB director for medical services.

NHB's health promotion and wellness actively showcased the heart health theme at local events.

"By supporting these events we are able to show other commands and communities what we offer in the way of support groups, classes and other events which help individuals and groups meet or exceed their health and wellness goals. Our vision is to empower people to live healthier lives," explained Hospital Corpsman 2nd Class (Fleet Marine Force) Christopher Spangler, health promotion and wellness department leading petty officer.

Spangler said an event like a fun run offers an avenue for people to be healthy and have fun. These events eliminate the competitive spirit most fear by attending a marathon or race.

"This allows runners from beginners to advanced to compete but still have fun," Spangler said.

According to Spangler, there are some people who might have read or heard that running is over-

rated, bad or not good for knees, but not if a person is properly trained and prepared.

"The sweet spot for many appears to be five to 19 miles per week, spread throughout three or four sessions per week. Runners who followed these guidelines reaped the greatest health benefits. Their risk of death dropped by 25 percent, according to results published in the journal *Medicine & Science in Sports & Exercise*," said Spangler, adding that consistency is key.

Spangler said that for those unable (or unwilling) to run, even if they are able to participate at a fun run by walking they can have just as much fun and reap the benefits.

Starting up a program of running or walking, or combining both on a course, might be undertaken as a New Year's resolution or because the command's physical readiness training is around the corner.

There are even marathoners and ultra-distance athletes who understand that

adding a walk portion to a long run is okay. The bottom line is still putting one foot in front of the other.

"We forget the reason we do cardiovascular fitness is for the health benefits and to feel good. Moving around increases blood flow to our muscles, strengthens the heart and lungs, and teaches the heart to work more efficiently," Spangler added.

It is proven that cardiovascular exercise also benefits more than just a stronger heart and lungs. It promotes weight loss, increased bone density, reduced stress, reduced risk of heart disease and some types of cancer, temporary relief from depression and anxiety, according to Spangler. He noted that it also offers more confidence about how you feel and how you look, better sleep, more energy, and even the intangible element of setting a good example for children to stay active as they get older.

Studies have shown that running promotes heart health by helping to manage or prevent high blood pressure; keep arteries clear of plaque by boosting good cholesterol and lowering triglycerides (fats in blood), and lower risk of coronary artery disease (CAD), heart attack and stroke.

Running can also help prevent or manage other chronic conditions that greatly impact heart health such as diabetes, overweight and obesity, as it burns more calories than most other forms of aerobics.

## MFSC to hold classes

The Military and Family Support Center (MFSC) at Joint Base Pearl Harbor-Hickam will hold upcoming classes.

- Million Dollar Sailor/Airman class will be from 7:30 a.m. to 3:30 p.m. March 17 and 18 at MFSC Pearl Harbor. This two-day class is designed for junior Navy and Air Force personnel who can learn about proper budgeting techniques, credit management, savings and investment options, insurance, military pay and allowances, consumer rip-offs, how to obtain a loan, credit scores, reports, and new and used car purchasing techniques. Participants can register online at [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

- New Moms and Dads class will be held from 5 to 8 p.m. March 18 at MFSC Hickam. New and soon-to-be parents (or those who are thinking about becoming parents) can learn about the roles, responsibilities, demands and joys of being parents. The session will also include early childhood social, emotional and physical development, crying and consoling, basic care information, and what to expect in the first year. Participants can register online at [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

- Recruitment for the Central Intelligence Agency (CIA) will be held from 11 a.m. to noon April 20 at MFSC Pearl Harbor. A CIA representative will be on hand to discuss qualification procedures, the hiring process and answer questions. Registration opens March 16.