

HO'OKELE

Life & Leisure



Na Koa

WOUNDED WARRIOR Regatta

kicks off OceanFest

Photo courtesy of RJ Kaleidoscope Photography

The Warrior Transition Battalion Female Group paddles hard to the finish line.

Joint Base Pearl Harbor-Hickam Public Affairs

Injured veterans launched Duke's OceanFest Aug. 22 at the sixth annual Na Koa Wounded Warrior Regatta.

The event featured about 80 teams of canoe paddlers taking part in a series of races at Waikiki Beach at Fort DeRussy. Three of the four divisions of the regatta featured veterans.

The regatta provides Wounded Warriors, active duty military, Reserves and National Guard canoe paddling teams from all services the opportunity to compete in various divisions in the spirit of athletics and camaraderie.

Wounded Warrior Project (WWP) took part in the regatta to encourage engagement and physical health and wellness. Engagement is a key pillar of the WWP mission to honor and empower Wounded Warriors. Injured veterans can build a network of support through shared experiences. Besides helping wounded veterans reduce stress, it also promotes an overall healthy and active lifestyle by encouraging participation in fun, educational activities.

Duke's OceanFest is an annual summer event designed to honor Duke Paoa Kahanamoku, a five-time Olympic medalist in swimming.



Photos courtesy of banzaibetty.com and Jim "Goose" Guziar

Top left, lei are draped on Duke Kahanamoku memorial statue. Left, paddlers racing to finish. Top right, teams launch at the start of the Na Koa Wounded Warrior Canoe Regatta competition. Hawaii Rep. Tulsi Gabbard, pictured above, delivered remarks during the opening ceremony.



A display of a koa canoe that honored Soldiers was showcased at Duke's Oceanfest opening festivities held Aug. 22 at Kapiolani Park.

Photo courtesy banzaibetty.com



Staff Sgt. Chris Yarbrough of Team MXG battles Staff Sgt. Kyle Rachan of PACOM/JIOC at the net.

PACOM/JIOC closes in on 'first' with win over MXG

Story and photos by Randy Della Cruz

Sports Editor, Ho'okele

Pacific Command/Joint Intelligence Operation Center (PACOM/JIOC) put together their most complete game to date and shocked Team Maintenance Group (MXG) in straight sets, 25-18 and 25-23, in a battle of top teams in the Gold Division on Aug. 19 at Hickam Fitness Center, Joint Base Pearl Harbor-Hickam.

The intramural matchup pitted teams with identical 5-2 records and with the win, PACOM/JIOC maintained their position in the standings in a tie for second place with the 647th Civil Engineer Squadron (647 CES) Bulls.

Both teams are just off the pace of the 613th Air and Space Operation Center (613 AOC), which leads the division with a 5-1 record.

"I think today we were scrappy. That's the word I like to use," said military spouse Michelle Farrar, who is the setter for PACOM/JIOC. "We knew that we're getting into the playoffs, so we wanted this, we fought for this. It's crunch time now, so we can't lose another game."

In the first set, the lead bounced back and forth as the game was tied three times with the final dead-



Players battle at the net during a showdown between PACOM/JIOC and Team MXG.

lock coming at 14-14.

Hitter Yeoman 2nd Class Steven Marsh gave PACOM/JIOC a huge boost by smashing back-to-back kills to give his team a 16-14 lead.

Then with the team clinging to a one-point advantage at 18-17, Marsh blocked a shot for a point

and side-out and followed that up with another kill to put PACOM/JIOC out in front by three.

Farrar picked up service at 23-18 and proceeded to induce a hitting error for a point before closing out the first set with a service ace.

Marsh, whose presence at the net caused huge

problems for the MXG, said that he wasn't quite sure how he did, but he's glad that he did.

"Honestly, I'm not sure," he said about how he played so well at the net. "I'm not really a volleyball player. I'm a basketball player, so I just jump."

As close as the first set

was, the second set was even tighter, with MXG holding a small lead for most of the game.

PACOM/JIOC finally caught the MXG at 14-14 and took their first lead of the night three plays later to go up 16-15.

The MXG came back to tie the score at 21-21, but a

kill by Staff Sgt. Kyle Rachan put PACOM/JIOC back out in front at 22-21.

The MXG managed to go back out on top by a point at 23-22, but a service error not only tied the score, it also put the ball into the hands of Farrar, whose deadly serves ended set one.

With Farrar serving, Rachan got a big kill to make it 24-23 before Farrar, like she did in the first set, ended it all on an ace.

"I've been playing since I was 6 years old, so I've faced pressure most of life," Farrar explained about how she kept her poise in a couple of very clutch situations. "I'm the setter, so I have to be calm."

With only a couple of games remaining in the regular season, PACOM/JIOC appears to be peaking at the right time.

Farrar said it's due to the dedication of the players, who have committed themselves to practice.

A win over a strong team like the MXG will do wonders for the team's confidence, Farrar said, as PACOM/JIOC prepares for the playoffs.

"I knock on wood, expect us to win the playoffs," she said. "If we have the right people in there and the right mindset, I think we can do it. We have a lot of talent. We just need to put it where it needs to be."



Navy Lt. Chuck Wood picks up another kill for Hawaii Air National Guard as the guard rolls on to their eighth-straight victory.

Depleted HIANG dominates over struggling 67th CW

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

Even without any substitutions, the Hawaii Air National Guard (HIANG) didn't miss a beat against a well-stocked 67th Cyberspace Wing (67 CW) team, as the HIANG swept a two-game set, 25-6 and 25-9, the teams met Aug. 20 in a Blue Division intramural volleyball matchup at Hickam Fitness Center, Joint Base Pearl Harbor-Hickam.

Down to only the bare minimum of six players, the HIANG got even distribution of the ball and dominated from wire-to-wire to raise their record to a perfect 8-0, while the 67

CW fell to their seventh consecutive defeat without a win.

Although both teams entered the showdown at opposite ends of the standings, HIANG team captain Tech. Sgt. Stephen Lorenzo said that it's important to enter each game focused and ready to play no matter who is the opposition.

"We keep on the same principle that we play our game," Lorenzo said. "We try our best to make it an error-free game. That minimizes the fact that the errors are our fault. That's the only way you can focus and stay on the same path. We stick to the principles that keep us going forward."

The strategy worked perfectly against the 67 CW,

which got bombarded from every angle on the court.

Tied at 1-1 in the first set, HIANG setter Tech. Sgt. Alika Kaahanui went to the back line for service and quickly put the deadlock in the rearview mirror.

Serving up two aces and forcing three hitting errors, Kaahanui got a hand from Navy Lt. Chuck Wood's kill to put the HIANG out in front with a seven-point lead at 8-1.

A serving error broke the streak, but a side-out by Lt. Col. Rick Cox put the ball back into the hands of the HIANG, who tacked on three more points.

Later, Cox was front-and-center again, as he took over service with the

score at 12-3 in favor of HIANG.

Like Kaahanui before him, Cox was superb from the back line.

Following a kill by newcomer Aviation Boatswain's Mate (Equipment) 2nd Class Isaac Atkins, Cox served up three straight aces for a 16-3 lead.

Next, Lorenzo put the finishing touch on the win with another outstanding performance from service.

With the ball in his hands at 18-6, Lorenzo picked up three aces and got two kills from Atkins en route to seven straight points and a 25-6 win.

"It feels good the team is actually coming together," said Lorenzo about the team's balanced attack.

"The passing is coming together, the hitting is coming together, and everybody is getting a chance at swinging at the ball."

Like in the first set, the game was all tied up at 1-1 in the second set, but from there it was all HIANG once again.

Wood served up two aces in a five-point rally and then later, an ace by Cox gave the HIANG their first double-digit lead in the second set at 15-5.

The 67 CW was still trailing by 10 at 18-8, when Lorenzo took over service, and once again the team captain took over control.

A kill by Atkins made it 19-8 before Lorenzo served up five straight aces that culminated when Wood

sent everyone home on another kill.

With PCP as the only remaining team in the division besides HIANG with a perfect record, Lorenzo said that it is exciting to face a challenge from anyone and everyone.

While the game hasn't been scheduled as yet, Lorenzo said that he only hopes that the HIANG will be fully stocked with players when the two kingpins finally throw down.

"Yeah, we're looking forward to it, but it's hard to prepare because we're not sure of the personnel we're going to have on that day (that) we're going to play them," he said. "I'm hoping that we'll all be here when we play them."

Serving and strong net-play lead COS to victory

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

The 690th Cyberspace Operations Squadron (690 COS) trumped Defense POW/MIA Accounting Agency (DPAA) in straight sets, 25-15 and 23-16, on Aug. 20 in a Blue Division intramural volleyball game at Hickam Fitness Center, Joint Base Pearl Harbor-Hickam.

The COS, which has two of the tallest players in 6-foot-10-inch Airman 1st Class Theryn Hudson and 6-foot-6-inch Senior Airman Demetrius Harvey in the division, kept their hopes alive for the top spot by keeping pace with the undefeated and defending champs Hawaii Air National Guard (HIANG) and Pearl City Peninsula Warriors.

With a record of 6-2, the COS is only two games behind the division leaders, while DPAA has now lost three in a row and has a record of 2-4.

Staff Sgt. Steve Frost said that while he is encouraged by the team's most recent win, he insisted that for the COS to play better against the big boys in the division, they will have to improve.

"I think we have a lot of improving to do," Frost admitted. "We've gotten better with our hitting and serving, but as far as calling (for) the ball and the little things, we've got to improve on that."

In a game without the



690th Cyberspace Operations Squadron 6-foot-6-inch Senior Airman Demetrius Harvey goes up for a kill against Defense POW/MIA Accounting Agency (DPAA).

presence of Hudson, the COS didn't appear to miss a beat against the struggling DPAA.

After the team cruised ahead at 18-13 in the first set, the COS rolled on to the finish on the shoulders of Senior Airman Tim

Johnson and Harvey.

Down the stretch, the duo of Johnson and Harvey smashed six kills, three apiece, with Johnson putting down the final point for a 25-15 win.

Starting off in the second half, it appeared that the

COS lost a bit of their mojo and quickly fell behind at 3-0.

However, once Capt. Alan Geason got his hands on the ball to serve following a side-out by Harvey, it didn't take that long before the COS were back in business.

Behind Geason, the COS rallied for seven straight points to go up by four after trailing by three.

During the game-changing rally, Geason induced five hitting errors and picked up two service aces to complete the comeback.

"Once we get in a rhythm, a couple of good serves in a row, I think we're one of the best teams in the league," Geason said. "I kind of look for where the open areas are. Usually, they'll leave some big hole and I'll just aim for it. It usually works out."

DPAA, behind the solid play of team captain Gary Starks, a retired veteran and current DoD civilian, did manage to tie up the score at 11-11, but key kills and blocks by Harvey down the stretch were enough to hold off DPAA for the rest of the game.

"Like I said before, you can't replace his height," Frost said about the 6-foot-6-inch Harvey. "We just send him up front and he's like a brick wall. He'll block anything. Even on his way down, he's still blocking shots."

With the team only two games in back of the leaders, Geason said that he thinks the team is looking pretty solid.

Like Frost, Geason said there are still a few kinks to work out, but overall the team looks pretty good.

Frost said that if the team needs to understand where they should be in terms of readiness, then all it has to do is look no further than within their own division.

"Thinking back to our game against the HIANG, that was a huge eye-opener for us," Frost stated. "We're not on their level. I'm hoping that we can keep improving and make it a long stretch."



A taste of Morocco with ras el hanout eggplant and chickpeas

Ras el hanout is a North African spice mixture that is central to Moroccan cuisine. It is not to be confused with Ra's al Ghul, who is a Batman supervillain.

In Arabic, ras el hanout means "head of the shop," signifying that it is the best spice mix the seller has to offer. It can sometimes contain 30 or more ingredients, but most recipes include cardamom, nutmeg, anise, mace, cinnamon, ginger, peppers and turmeric. Premixed ras el hanout can be found at many health food stores and well-stocked groceries, though a quick Web search will find several recipes for those who want to make their own batch.

Ras el hanout is most commonly used in tajines, which are a form of stew named for the earthenware pot they are cooked in. This recipe, ras el hanout eggplant with chickpeas, is sort of a cousin to a tajine. It also bears a certain similarity to an Afghani dish called bonjan, which used cinnamon and mint instead of ras el hanout and does not include chickpeas.

Ras el hanout eggplant with chickpeas

(Serves 4-6)

2 tablespoons olive oil

1 onion, diced

3 cloves garlic, minced

1 large eggplant, peeled and cut into 1-inch cubes

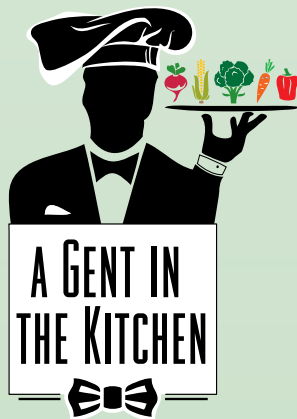
1 15-oz can plain diced tomatoes with juices

1 15 oz. can chickpeas, rinsed

2-3 teaspoons ras el hanout

Salt and pepper to taste

Preheat the oil in a large pot on medium-high heat. Add the onion and sauté until it is soft. Toss



BY: BRANDON BOSWORTH

in the garlic and eggplant and stir for a couple of minutes.

Add the tomatoes, chickpeas, and ras el hanout, cover. Lower the heat to low, and cook until the eggplants are soft, about 20 minutes give or take. Be sure to give everything a stir every so often, and add water or broth in small increments if the ingredients start sticking to the pot.

Once the eggplant is soft and cooked through, the dish is done. Salt and pepper to taste. Serve over rice (jasmine or basmati work especially well), with pita, or go for the full Arabic experience and have it with couscous.

If you are a classical music buff, set the mood with Rimsky-Korsakov's "Scheherazade." If you prefer something more modern, explore the contemporary Middle Eastern-influenced music of artists such as SoapKills, Azam Ali or Natacha Atlas (who does an incredible version of the Screamin' Jay Hawkins classic 'I Put a Spell on You.' Be sure to have some strong, sweet mint tea on hand for afterwards!

(Ho'okele assistant editor Brandon Bosworth blogs about food, fitness, philosophy, martial arts, and other topics at www.agentintraining.com.)

Your Weekly Fun with MWR



Visit www.greatlifehawaii.com or subscribe to MWR's digital magazine Great Life Hawaii.



Schooners' open-air dining room overlooks Rainbow Bay Marina.

MWR Marketing photo

Relaxed atmosphere, scenic views at Schooners Restaurant

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Diners can find breathtaking harbor views and classic entrees at Schooners Restaurant.

Schooners' off-base location near the historic USS Arizona Memorial makes it a convenient spot for

lunch, dinner or pau hana for military patrons and guests. The open-air dining room overlooks the waters of Rainbow Bay Marina and the rows of boats gently bobbing with the tide.

The Schooners menu offers a range of dishes, from appetizers and burgers, to salads, steaks, pastas and other items. In addition, Schooners offers daily

and weekly specials. Kids can eat free from the keiki meal daily from 5 to 6 p.m.

Fans of buffets can go on Saturday nights for Schooners' seafood/crab legs buffet. Diners can eat steamed crab legs, shrimp, fish and other food from the sea from 6 to 8 p.m. The price is \$31.50 per person and \$13.25 for kids 6 to 12 years old.

A lunch buffet is available every Wednesday for \$14.95 per person or \$6.50 for kids 6 to 12 years old. Choices during the 11 a.m. to 1:30 p.m. buffet include chicken, kalua pork, fish of the day and other items.

During the pau hana social hour from 4 to 6 p.m. patrons can watch the sunset over the mountain range and marina.

Big swim meet expects to 'make a splash' next week

Helen Ko

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Joint Base Morale, Welfare and Recreation's aquatics program will hold its first all ages swim meet from 5 to 6 p.m. Sept. 5 at Scott Pool. The event is free.

"The main goal of this event is to provide a fun competition for families without the pressure of winning or losing. We want the fun to be in the racing, not the winning," said Noa Chung, lead lifeguard at Scott Pool.

"This event is tailored more towards families as a whole to come and have fun. But if we can get more adults to participate, then maybe we can do more fun events for them as well," Chung said.

Patrons can sign up at Scott Pool from Sept. 1 to 5.

There will be three events: a wheelbarrow tag team relay, 50-yard doggie paddle sprint and a fun-dive contest, where costumes are welcome.

Chung said that for the wheelbarrow race, a partner is needed, so this is a way to include family members or a friend. She added that the fun-dive contest is about falling with style.

"From the diving board you take off, and be as crazy as you can be doing it. Dress up like Batman, Birdman, Wonder Woman or whatever. Our categories for winners will be best dressed, funniest jump, and best dive," Chung said.

Patrons planning to participate in the event can bring their own goggles for the race.

(For more information, visit greatlifehawaii.com or call 473-0394.)



MWR Marketing photo

The fun-dive contest will be featured at the all ages swim meet on Sept. 5.

Community Calendar

SEPTEMBER

ACING THE INTERVIEW

1 — An Acing the Interview workshop will be held from 1 to 3 p.m. at Military and Family Support Center Pearl Harbor. The workshop will include what to bring for the interview, interview formats and how to ask and answer questions effectively. FMI: www.greatlifehawaii.com or 474-1999.

SAVINGS AND INVESTMENT BASICS

2 — A Savings and Investment Basics workshop will be held from 1 to 3 p.m. at Military and Family Support Center Pearl Harbor. The workshop will cover managing and budgeting money, how to shop for investments, the difference between stocks, bonds, Roth and traditional IRAs, CDs and money market accounts. FMI: www.greatlifehawaii.com or 474-1999.

GOLF DEMO DAY

2 — Golf demonstration day will be held from 4 to 6:30 p.m. at the Navy-Marine Golf Course. Patrons can try out some of the latest equipment at the driving range. There is no charge for the event. FMI: 471-0142.

AIR FORCE SPOUSE 101: HEART LINK

3 — An Air Force Spouse 101: Heart Link program from 7:30 a.m. to 2 p.m. at Military and Family Support Center Hickam will introduce spouses to all aspects of Air Force life, provide them an opportunity to establish a peer network, and offer tools to adapt to the military way of life. The event will include a complimentary lunch: FMI: www.greatlifehawaii.com or 474-1999.

WOMEN'S SURF LESSONS

5 — Women's surf lessons will begin at 9 a.m. at Joint Base Morale, Welfare and Recreation Outdoor Recreation at Hickam

Harbor. Participants need to be able to swim without a lifejacket. The cost is \$30. The sign-up deadline is Sept. 2. FMI: 449-5215.

LABOR DAY CAMPING WITH LIBERTY

5 — A Liberty Labor Day weekend overnight camping event will be held at Bellows Air Force Station. Besides beach activities, the event will feature kayaking to the Mokulua Islands. Meals, drinks, equipment, tents, lights and sleeping bags will be provided. Participants will return from the event on Sept. 7. Participants are advised to bring swim clothes and sunscreen. The event is for single, active-duty military E1 to E6 only. FMI: 473-2583.

ALL AGES SWIM MEET

5 — A free all ages swim meet will be held from 5 to 6 p.m. at Scott Pool. Events include wheelbarrow tag team relay, doggie paddle sprint and a fun dive contest. Participants can sign up at Scott Pool the week of the event. FMI: 473-0394.

FREE LABOR DAY CONCERT WITH SHINEDOWN

7 — A free Labor Day concert with the group Shinedown will begin at 5 p.m. at Ward Field, Joint Base Pearl Harbor-Hickam. Gates open at 3 p.m. The event is open to Department of Defense ID cardholders and their sponsored guests. The pre-party will be held from 3 to 5 p.m. Food and beverages will be available for purchase. FMI: www.greatlifehawaii.com.

FARMER'S MARKET WITH LIBERTY

9 — Fresh fruit and vegetables from local farmers will be available for purchase from 4 to 7 p.m. at the farmer's market in front of the Blaisdell Center in Honolulu. Plate lunches and other local products will also be available for purchase. Liberty will pick up participants and return them by 8 p.m. The event is for single active-duty military E1-E6 only. FMI: 473-2583.



PIXELS

When aliens intercept video feeds of classic arcade games and misinterpret them as a declaration of war, they attack Earth, using the games as models. Knowing that he must employ a similar strategy, President Will Cooper (Kevin James) recruits his childhood pal, former video-game champ and home-theater installer Sam Brenner (Adam Sandler), to lead a team of old-school arcade players.

Movie Showtimes

SHARKEY THEATER

TODAY 8/28
7:00 PM Pixels (PG-13)

SATURDAY 8/29
2:30 PM Ant-Man (3-D) (PG-13)
5:00 PM Minions (PG)
7:00 PM Southpaw (R)

SUNDAY 8/30
2:30 PM Pixels (PG-13)
4:50 PM Minions (3-D) (PG)
6:50 PM Trainwreck (R)

THURSDAY - 9/3
7:00 PM Vacation (R)

HICKAM MEMORIAL THEATER

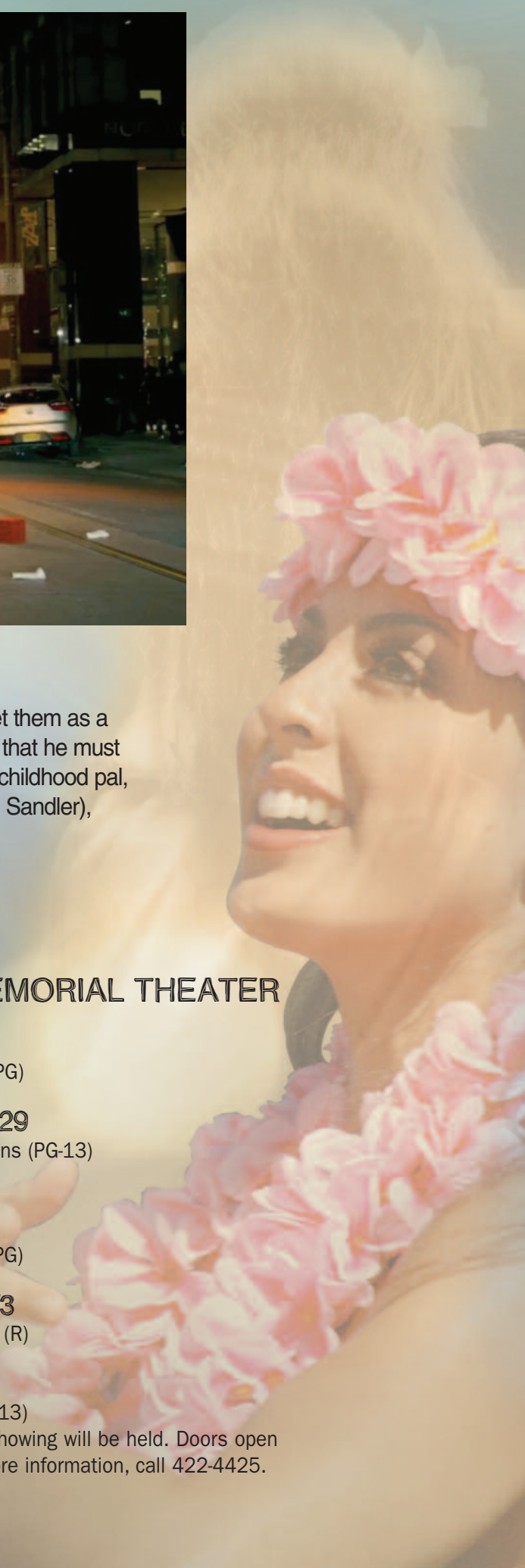
TODAY 8/28
6:00 PM Minions (PG)

SATURDAY 8/29
4:00 PM Paper Towns (PG-13)
7:00 PM Ted 2 (R)

SUNDAY 8/30
2:00 PM Minions (PG)

THURSDAY 9/3
7:00 PM Southpaw (R)

MONDAY 9/7
2:00 PM Pixels (PG-13)
A special matinee showing will be held. Doors open at 1:30 p.m. For more information, call 422-4425.



Event to honor fallen service members

Tripler Army Medical Center

The Tripler Army Medical Center's Fisher House will hold the fourth annual 8K Hero & Remembrance Run on Sept. 5.

The free event starts at 6 a.m. at the Pacific Aviation Museum on Ford Island.

It honors more than 7,000 fallen service members from all branches of service who have given their lives since 9/11.

The event is open to the public. All participants should be on the island no later than 5 a.m. to ensure access before the Ford Island Bridge closes. An official welcome and military honors will be held from 6:30 to 7 a.m.

All parking will be on Ford Island as directed when participants cross the bridge. Due to the amount of anticipated participants, carpooling and buses are recommended. There is no cost for parking.

There will be numerous boots with pictures of fallen service members on them and flags inside that will line the 8K running route. The run is not a timed event.

Once the event is over, the boots will be reassembled on the corner of Enterprise and O'Kane Streets on Ford Island and will stay on display until Sept. 12.

This will allow everyone an opportunity to look through the boots to find the names and pictures of loved ones and take photos of this memorial.

Military and political leaders of the community will participate in the opening ceremonies and the run. The host for the event is Hawaii's Augie T.

Hawaii radio stations Power 104.3, Hawaiian 105.1 KINE, KRATER96 and FM100 will broadcast live from the event and throughout the run.

Event shirts will be available for pre-order purchase online for \$18 or for to \$20 at the event, with limited quantities available. Bottled water will be available at the event.

The military unit with the most participants registered online by Sept. 1 will be awarded the Traveling Bronzed Boots at a presentation prior to the run at 6:15 a.m. near the starting line stage. Last year's awarded unit, the 528th Military Police, will pass the boots to the unit with the most participants this year.

The registration website is www.eventbrite.com.

(For more information or to volunteer, contact anita.f.clingerman.naf@mail.mil or 489-8261 or theresa.m.johnson.naf@mail.mil or 931-217-0800.)



U.S. Navy photo by MC2 Diana Quinlan

Boots of fallen service members serve as a somber reminder of sacrifice at last year's Tripler Fisher House 8K Hero & Remembrance Run, Walk or Roll.

Navy to observe Suicide Prevention Month in September

Chief of Naval Personnel Public Affairs

WASHINGTON — While September is Suicide Prevention Month, subject matter experts from the 21st Century Sailor Office's Suicide Prevention Office, OPNAV N171, say their goal isn't to prevent suicide on just a single day or month, but every day of the year.

"Every life is precious, and the fight is year-round," said Capt. Mike Fisher, OPNAV N171 director.

"We want people engaged with their shipmates every day of the year.

We're talking about being there for every Sailor, every day."

This year, Suicide Prevention Month will focus on a new message with its Every Sailor, Every Day campaign, "1 Small ACT." The message promotes simple, everyday actions that can ultimately save lives, using Navy's "ACT" (Ask Care Treat) bystander intervention model.

Last week, the Navy Suicide Prevention office released a toolkit to help Navy commands and Sailors engage in the fight to prevent suicide. This

toolkit features educational resources, high-resolution graphics, and ideas for actions to take during September and year-round.

Also in the toolkit are engagement ideas to promote peer support, personal wellness and bystander intervention all year long. One way to get involved as an individual or organization is to participate in the "1 Small ACT" photo gallery.

Participants can print the "1 Small ACT" sign directly from the toolkit or online, personalize it with their example of a

small act that they can perform in a shipmate's life, and then send a photo with the sign to suicide-prevention@navy.mil.

Submissions will also be accepted through the Real Warriors mobile app, which can be downloaded on the Apple App Store or Google Play.

"We want to highlight people across the fleet as they share their ideas for supporting their shipmates and promoting psychological health," Fisher said. "You never know when that everyday action — a kind word, an offer to help — will make

the big difference in someone's life."

The "1 Small ACT" photo gallery will be displayed on the Navy suicide prevention office's Operational Stress Control Facebook page, building a virtual wall of hope for the entire Navy community. Submissions will be accepted from Sept. 1 through Aug. 31, 2016.

Help is always available. Call the Military Crisis Line at 1-800-273-TALK (press 1), text 838255 or visit www.militarycrisisline.net for confidential, free support, 24/7.

'Navigate' to Ho'okele website

www.hookelenews.com or www.cnic.navy.mil/hawaii

Story Ideas?

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

473-2890 / editor@hookelenews.com

In 1945, USS Missouri (left) transfers personnel to USS Iowa in advance of the ceremony marking the end of the war in the Pacific.

U.S. Navy photo



End of WWII event planned for Sept. 2

Battleship Missouri Memorial Association

The USS Missouri Memorial Association will commemorate the 70th anniversary of the end of World War II with a Sept. 2 ceremony at the Battleship Missouri Memorial.

The theme is "The Day that Launched a Better Future," and the ceremony will honor the veterans of World War II.

The event will begin at 9:02 a.m., the exact time in 1945 when the formal proceedings for Imperial Japan's surrender began.

The ceremony's keynote address will be delivered by U.S. Sen. Brian Schatz, a member of the Senate Appropriations Committee and the Senate Defense Appropriations Subcommittee.

Adm. Scott Swift, commander of U.S. Pacific Fleet, will also address attendees as the ceremony's distinguished guest speaker.

Also speaking at the ceremony will be U.S. Rep. Mark Takai who will pre-

sent an Award of Special Congressional Recognition to the Battleship Missouri Memorial. Tim Guard, chairman of the board for the USS Missouri Memorial Association, will also present remarks.

The commemoration by the Battleship Missouri Memorial will feature an exhibit of rare historic artifacts that were part of the ceremony 70 years ago.

The ceremony is free and open to the public. To reserve a seat and receive complimentary round-trip shuttle service to the ceremony from the Pearl Harbor Visitor Center, guests are encouraged to RSVP via e-mail at RSVP@ussmissouri.org.

For those who are unable to attend the ceremony in person, the Battleship Missouri Memorial will be live streaming the entire event on its website at <https://ussmissouri.org>.

(For more information about the event, visit: <https://ussmissouri.org/get-involved/events/end-of-wwii-commemoration/>.)

Don't wait: Communicate before an emergency

Navy Installations Command Public Affairs

WASHINGTON — The time to prepare for an emergency is before the first raindrop falls, the first crack of lightning splinters the sky, or the first media report of a storm warning elevates your fear factor.

The time to make a plan is now. Don't wait. This urgent theme of action is the focus of September's National Preparedness Month: Don't wait. Communicate. Make an emergency plan today that includes how you will communicate

with your family if disaster strikes.

"We may not know when a wildfire will break out or a flood will occur, but with a communication plan, your family will know who and how to contact someone so you'll know if our loved ones are safe in any emergency," said Jeff Sanford, Navy Installations Command emergency management specialist. "Having a documented and well-thought-out plan can be the difference between calm and panic in a storm or other disastrous event."

Your communications plan should include how to advise your family mem-

bers on your status, location, next steps and a place to go where you'll be safe and can be found.

All Sailors, civilian personnel, and families are urged to assess their readiness at home and abroad and act during the month-long campaign culminating with America's PrepareAthon! (AP!) National Day of Action Sept. 30.

There are several other ways to participate in National Preparedness Month and AP!:

- Follow @ReadyNavy, @Readygov, and @PrepareAthon and share the conversation with #Natl-Prep and #PrepareAthon.
- Conduct an emergency

drill at home to practice your escape routes, such fire or tornado exercise.

- Register to receive Wide Area Alert Network and local emergency alerts.

- Purchase flood insurance, which can take 30-days to go into effect.

- Collect and safeguard important documents (e.g., insurance policies and birth records).

- Assemble or update emergency supply kits.

(For more information on Ready Navy, visit www.Ready.Navy.mil, or contact Ready Navy by e-mail at ready.navy@navy.mil or by phone at (202)433-9348, DSN 288-9348.)

Upcoming blood drives

- Aug. 31, 9 a.m. to 1 p.m., Makalapa Clinic, Joint Base Pearl Harbor-Hickam.
- Sept. 8, 9 a.m. to 1 p.m., USS Chosin (CG 65), Joint Base Pearl Harbor-Hickam.



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