

Life & Leisure

Repeats dominate sports headlines in 2013

Story and photos by Randy Dela Cruz

Sports Editor

They say that the hardest thing to do in team sports is to repeat as champions, but in 2013 a total of four teams battled off their competition and retained their titles during a banner year of intramural sports on Joint Base Pearl Harbor-Hickam (JBPHH).

Besides the head-to-head battles between commands, the year also included

special events on JBPHH that saw the return of NFL Pro Bowlers to Earhart Field, a friendly, but tough game of softball between the Navy Commanders and the Wounded Warriors Amputee Softball Team, and another football training camp held on base by the University of Hawaii Rainbow Warriors.

However, the meat and potatoes of the year was undoubtedly the face-to-face skirmishes among the dedicated Navy and Air Force squads on JBPHH.

First up, Navy Information Operations Command (NIOC) "A" team became the first squad on JBPHH to repeat as intramural basketball champs by defeating 647th Security Forces Squadron (647 SFS) Pound Town in the season finale.

NIOC head coach Master Chief Yeoman Darrin Bobbitt, who, along with assistant coach

Senior Chief Cryptologic Technician (Collection) Christopher Webb, master-minded and guided the team to its repeat championship season, said that the second one has to be the sweetest.

"Always, the first one is sweet because it was new territory for us," he said. "But this one just put the cap on. The first one is that feeling but, man, the second one is a dream come true."

The year of repeats continued in April, when the All-Hickam bowling team went for and got its third consecutive Hawaii All-Military (HAM) Bowling Tournament championship, despite having new faces on the squad.

First-time member Airman 1st Class Chasen Ardo (169th Aircraft Control and Warning Squadron) may have been the youngest at 20 years old, but he led the men on day two and day three after closing out day one in second place behind teammate Staff Sgt. Robert Brewster (747th Communication Squadron).

"We also supported each other throughout the tournament," Ardo said about why the team pulled through for another title. "Coming together helps a lot. If everyone is together, then we can all bowl our game."

Meanwhile, the Kunia Gallos soccer team disbanded after winning back-to-back crowns in intramural soccer, but Kunia continued on with the winning tradition by entering a squad called

the Rochefort.

Under the leadership of former Gallos team captain Cryptologic Technician (Interpretive) 1st Class Steven Bloom, the Rochefort overcame a slow start in the regular season to give Kunia a third straight championship.

"This one is really special," Bloom said. "I didn't even think this season was going to happen. I wasn't even going to play. Really, it's the tradition of the past players."

Finally, Commander, U.S. Pacific Fleet (COMPACFLT) captured the intramural flag football championship for the second year in a row by beating Joint Prisoner of War/Missing in Action Accounting Command (JPAC), 28-21, in the title game.

Quarterback Operations Specialist 2nd Class Solomon Pulu said that the game was especially satisfying because he won't be back next year.

"This is my last year," he stated. "I'll be leaving in a couple of months, so it just feels good to go out on top."

Other highlights of the past year in sports also included Hawaii Air National Guard (HIANG) winning crowns in softball and volleyball.

In just a couple of weeks, the full cycle of intramural sports will begin with NIOC going for their third consecutive basketball championship.

Once again, Ho'okele will be there to engage readers with up-to-date reports and standings in 2014.



Kajukenbo classes teach effective skills for protection

Story and photo by Randy Dela Cruz

Sports Editor

The New Year almost always starts off with promises of getting back into shape and adopting a healthier and fitter lifestyle.

For those who are interested in dropping a few pounds, the Morale, Welfare and Fitness staff and volunteers at Joint Base Pearl Harbor-Hickam Fitness Center offer a wide variety of programs that are designed to get you off the couch and into a better you.

Among the multitude of classes offered at the fitness center are several programs that not only help you get into shape, but provide skills that may help you in practical ways as well.

The kajukenbo classes will not only keep you moving, but also teach you skills that may come in handy should you encounter a dangerous situation.

According to class instructor Professor Lee Manibog, kajukenbo is a hybrid form of martial arts that combines various elements, such as boxing, judo, jujutsu, kenpo karate and kung fu, into a quick-strike attack aimed at subduing your opponent in the fastest possible way.

"The main reason why a lot of people take martial arts is for self defense," Manibog said. "If you want to spend a couple of years learning *kata* or this and that,



Professor Lee Manibog leads a recent kajukenbo class, while Machinist's Mate 3rd class Gregory Esters follows him. Kajukenbo classes are held at Joint Base Pearl Harbor-Hickam Fitness Center every Monday and Wednesday.

that's fine, but when you get down to it, how many moves you want to do to take a guy out? You can get all fancy, but you should get them out in one or two moves."

Kajukenbo was developed in the 1930s and 1940s. Manibog said that kajukenbo was formulated by five master martial artists during a more turbulent time in Hawaii.

The masters took the best and most effective methods from each martial art with the thought of stopping an attacker in the fastest possible way.

Since every individual might react differently to a potentially threatening circumstance, Manibog said that the beauty of kajukenbo is that it gives anyone several options to protect him or herself.

"They say that kajukenbo is the original mixed martial art," he stated. "It is more street orientated, which was especially needed in the '40s, which was kind of like the wild, wild west back then. We're all different, so what might not work for you, might work for the other guy."

Machinist's Mate 3rd class Gregory Esters, USS Buffalo (SSN 715), has been attending the kajukenbo classes at the fitness center since May of last year.

He said that although he has taken martial arts before, he likes the simplicity and practicality of kajukenbo.

"The martial arts I did before was all kicks," Esters said. "This is punches and blocks. There are kicks in there, but not as many. It's practical and quick and it deals with building your body to fight."

While Esters was moved up a notch in a recent class, Manibog

said that the color of the belt is more of a formality in kajukenbo.

Instead, he said that the martial art is mostly about showing you how to protect yourself in the real world.

"What we say is that the belt just holds the *gi* together," he said. "You learn the techniques for belt requirement, but on the street is where the real test is."

With that in mind, Navy spouse Gloriana Oetjen said she feels that kajukenbo not only helps with self defense, but is also a great way to relieve stress.

"It definitely improve a lot of my confidence," she admitted. "And I feel if I'm stressed out from work, I just come to class and I'm relieved."

Although Manibog has been practicing martial arts for more than 30 years, he said that he loves doing it and will probably be active in it until the day he dies.

Manibog volunteers his time to hold kajukenbo classes at the fitness center every Monday and Wednesday, from 7 to 9 p.m., and at the Wahiawa Annex Fitness Center every Tuesday from 6 to 8 p.m.

The cost is \$40 per month for unlimited classes between both centers for ages 13 and older.

"I usually tell the students to commit for at least a year or two," he said. "I guarantee you are going to learn some good skills to defend yourself."

For more information call the fitness center at 471-2019.

UH men's volleyball training camp held at JBPHH

Joint Base Pearl Harbor-Hickam hosted the University of Hawaii men's volleyball team Dec. 28-30 in preparation for their 2014 season. In order to promote a shared sense of purpose and camaraderie, the team trained, dined and housed together on the installation.

U.S. Navy photo by MCSA Rose Forest



Pro golfer Billy Hurley III gives tips at golf clinic

Story and photo by Randy Dela Cruz

Sports Editor

It's not often that golfers get to spend time discussing the game with a PGA professional, but it's even rarer when that pro shares the camaraderie with fellow members of the armed forces.

Billy Hurley III is not only a professional golfer on the PGA Tour, but is also a graduate of the United States Naval Academy and as a lieutenant served as a ship handler on USS Chung-Hoon (DDG 93) until 2009.

No stranger to the driving range at the Navy/Marine Driving Range, Hurley, who will be participating in the 2014 Sony Open, returned to his old stomping grounds Jan. 7 and held a free golfing clinic for the joint base's military personnel and family members.

"Hawaii is a special place for me and my family," Hurley acknowledged. "We love being here and love the Navy too, so it's kind of a fun homecoming of sorts."

At the clinic, Hurley graciously greeted and answered questions from the audience while demonstrating his flawless driving skills.

The attentive crowd oohed and ahed with every drive that Hurley smashed and held the golf pro for at least an hour with questions that covered both short and long games, as well as who impresses him on the PGA



Billy Hurley III, a touring PGA professional golfer, drives a shot the recent golf clinic held at the Navy/Marine Driving Range. Hurley, a former lieutenant on USS Chung-Hoon (DDG 93), is here to participate in the 2014 Sony Open.

Tour.

Hurley said that he was glad that the audience didn't pepper him with more technical questions, as he admitted that he is a better doer than teacher.

"If a technical question did come up, I wouldn't have done a good job of answering it," he said. "I play golf for a living and I don't teach, and there's a reason why."

With each question, the personable golf pro responded with thoughtful answers and treated everyone with respect.

Hurley said that it's the least he could do to help fellow golfers – especially since he feels so fortunate to live the dream that he envisioned as a boy.

"I was in high school and, sure, I wanted to play on the

PGA Tour," he noted. "I don't know if I honestly thought I would get here, but it was a dream and something that drove me to success."

Hurley credits much of his accomplishments to his service in the Navy, saying that it would always be a part of his life.

"It has helped me tremendously," he stated. "I do a lot

of things well because of the Navy – especially time management, scheduling, that kind of stuff. The Naval Academy, ships and all that stuff really honed my time management, mental toughness and perseverance."

Rear Adm. Rick Williams, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, who was also in attendance at

the golf clinic, said that it is really special when someone like Hurley gives back to the community.

"It's extremely rewarding, professionally and personally, to know that one of our own can start in the Navy, serve his country and then come out here and be a professional in another profession," Williams said. "And at the same time, still come back to his roots and include us. He's going to visit the Chung-Hoon tomorrow (Jan. 8). It makes them all feel good."

Hurley pointed out that while the media seems to focus on just a handful of golfers on the tour, there are at least 500 very good golfers in the PGA.

The one thing that separates them from the selected few that gets all of the attention said Hurley, is that that the top golfers always appear to have a breakthrough year, which is something that he feels is coming to him.

"I do anticipate that I will," he said. "I've had pieces of it show up in the last six months. I talked about my swing getting more and more repeatable and consistent and that's kind of been a big deal. How soon is really a tough question, but I do think that this year has the kind of potential to be that kind of year. Whether it's a win or not, it's just me having more consistent finishes. I'm looking forward to this year for that purpose."

MWR to kick off Pro Bowl with events for NFL fans

Emily McNulty

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

NFL players from all over the United States will soon arrive in Hawaii for the annual Pro Bowl Game. This year the format of the game has changed. It is no longer an AFC vs. NFC matchup, but a free-for-all including a Pro Bowl Draft that will diversify the rosters to include both AFC and NFC on a team.

Joint Base Pearl Harbor-Hickam's Morale, Welfare and Recreation will host the Official NFL Pro Bowl Practice on Jan. 23 at Earhart Field, from 9:30 a.m. to 12:30 p.m.

This practice is open to all military-affiliated personnel and their sponsored guests. Fans are given the chance to watch the practice up close and personal on the sidelines. At the conclusion of the practice players will take pictures and sign autographs with fans on the sidelines. Patrons are advised to arrive early.

For those who can't make the practice and have children, Ohana Day is another option. Ohana



(Left) Peyton Manning of the Denver Broncos throws a pass during last year's Official NFL Pro Bowl Practice at Earhart field on Joint Base Pearl Harbor-Hickam. (Top Right) Eli Manning of the New York Giants throws a pass during last year's Official NFL Pro Bowl Practice. (Above right) Champ Bailey signs autographs on the sideline of last year's practice.

Day is a free, family-friendly event open to the general public.

MWR is able to offer a special package for military families. The MWR

Ohana Day includes free bus service to and from Aloha Stadium on event day, special seating near the action, chances to participate in prize drawings,

a chance for kids to get on the field for contests, challenges and games and a sneak peek of the pre-game and halftime shows.

Transportation is only available to Department of Defense ID cardholders with children in attendance. Adults must accompany youths 15 and under.

The reservation deadline is 9 a.m. Jan. 17. Patrons can register online at www.greatlifehawaii.com. In addition, patrons can still attend the event by driving themselves to the stadium.

Those who are still looking for Pro Bowl tickets can contact MWR. All Information, Tickets and Travel (ITT) offices have Pro Bowl tickets for sale.

Patrons can choose from single tickets, to packages and Pro Bowl Tailgate Party tickets. For more information, ITT at 448-2295.

Patrons can also stop by the Hickam Bowling Center now through Jan. 17 from 10 a.m. to 4 p.m. and bowl for a chance to win a pair of Pro Bowl tickets. They can receive one entry per game bowled during open bowling. Those who bowl three games in one day get a fourth bonus entry. The drawing will be held at 9 a.m. Jan. 18 at 9 a.m. For more information, call the Hickam Bowling Center at 448-9959.

For more information on all Pro Bowl events visit www.greatlifehawaii.com or the Facebook page "Great Life Hawaii."

Military blood program director urges donor generosity

Jim Garamone

American Forces Press Service

Air Force Col. Richard H. McBride wants all service members to be part of a new arms race.

McBride, the director of the Armed Services Blood Program, wants service members to roll up their sleeves and donate blood to help their fellow service members and their families.

Historically, blood levels shrink around the holidays, and since 1970 January has been declared National Blood Donor Month.

"January, just like the summer months, is a time when there is a decrease in the blood supply, primarily because people are preoccupied with the holidays," McBride said during a recent interview. "This is a great time to encourage donors and keep them aware that we need donations 12 months a year, not just in the summer."

The Armed Services Blood Program is dedicated to ensuring that service members who need

Currently scheduled drives include:

- Jan. 14, 9 a.m. to 12:30 p.m., SEAL Division Team-1 SDVT-1 classrooms.
 - Jan. 21, 9 a.m. to 1 p.m., Camp Smith Pollock Theatre, Camp Smith.
 - Jan. 23, 9 a.m. to 1 p.m., Naval Submarine Support Command, Joint Base Pearl Harbor-Hickam
- For more information, call 433-6699 or 433-6148 or email michelle.lele@amedd.army.mil.

blood, get it. And the medics involved with the program have been getting a workout.

The fighting overseas has consumed a lot of blood resources, McBride said. One injured service member may need 40 units of blood in order to get back home.

"It's a sacred mission that we hold in our hearts," the colonel said.

The program's staff wants to

ensure that every wounded warrior that can make it home does come home.

"We never want to hear that they didn't come home because they didn't have enough blood," McBride said.

The program also provides blood products for stateside service members and family members.

"Right now we collect about 10,000 units per month, about 120,000 a year," said McBride. "In peacetime, it can go as low as 90,000 [units] per year, but at the height of Operation Iraqi Freedom we were collecting about 150,000 to 160,000 a year."

One blood donation can result in four products. Red blood cells are what give blood its color and what a person needs if he or she is in danger of bleeding to death. Blood plasma is the straw-colored liquid that has clotting factors in it. Doctors use plasma to prevent bleeding.

Platelets are blood cell fragments and also help accelerate clotting. A final blood product is

cryoprecipitate, which is also used to accelerate clotting.

Doctors also use whole blood and there have been times during the wars in Iraq and Afghanistan where doctors had to transfuse whole blood to wounded warriors.

In times of crises, doctors sometimes must turn to "the walking blood bank." This is an emergency whole blood collection from service members.

"It's definitely not planned, but we train for it," McBride said. "In those cases, we ask everyone to roll up their sleeves and donate at a moment's notice."

He continued, "We've never had a problem with people donating" blood throughout all the military operations.

"Our troops donate, and those deployed have no problem rolling up their sleeves if they are available to save another warrior's life," he said.

The blood program follows all Food and Drug Administration rules, even in a war zone, McBride said.

The Armed Services Blood

Program has 21 blood centers in the United States and overseas. Blood donors must be 18 or older, in good health and free of any blood-borne infectious diseases. The armed services program accepts donations from service members, family members, DOD civilians, contractors and veterans, the colonel said.

The typical donation takes about 45 minutes, he said, and it could save the lives of several military brothers or sisters thousands of miles away.

"You can help bring them back to their families," McBride said.

Editor's note: Tripler Army Medical Center Blood Donor Center has updated its schedule of upcoming blood drives as part of the Armed Services Blood Donor Program (ASBP). Dates and locations are updated regularly online as new drives are scheduled. Donors are encouraged to schedule an appointment online, call to make an appointment, and check www.militaryblood.dod.mil for the latest information.



Live the Great Life

MWR welcomes newcomers with luncheons

Emily McNulty

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation offers a free newcomers luncheon to all military-affiliated personnel in their first six months of arriving. The next newcomers luncheon will be held Jan. 15.

"It is always hard when you are brand new to a base or a city for that matter. You come with a lot of questions. Whether you have been in the military for years, every base is different and has different offerings available," said Lesly Johnson, sponsorship coordinator for JBPHH.

"By attending our newcomers luncheon, many of your questions will be answered, but if we



MWR Marketing photo

An MWR patron speaks with a sponsor at the MWR newcomers luncheon.

don't answer your specific questions, representatives from various programs will be on site to respond as well," Johnson said.

Once participants arrive, they will check in with an MWR staff member, who will give them with a press kit with the Great Life Hawaii Magazine, flyers of upcoming events and brochures with information on activities, along with one raffle ticket per family, a stamp-and-win card and the MWR coupon book. Next, the buffet will open and the MWR staff will give a presentation on all activities and hand out raffle and giveaway prizes.

"We hope that all who attend the newcomers luncheon will walk away with a wealth of information that make their time in Hawaii both comfortable and enjoyable", Johnson said.

All dates for the 2014 newcomers luncheons are now online. For more information and to register, go to www.greatlifehawaii.com.

Free advance screening set for this Saturday

Helen Ko

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

A free advance screening of the movie "Jack Ryan: Shadow Recruit" will be held at 7 p.m. Jan. 11 at Sharkey Theater. The film stars Chris Pine, Kevin Costner and Keira Knightley. This action thriller is about a young CIA analyst who uncovers a Russian plot to crash the U.S. economy with a terrorist attack.

It is set to be released in all theaters on Jan. 17, but Sharkey Theater will provide sneak peek prior to the release date for patrons.

The screening is free to the first 400 authorized patrons. Ticket booth and doors will open at 5:30 p.m.

The movie is rated PG-13. This is the fourth free advance screening that Sharkey Theater has provided within the past three months.

For more information, call 473-0726.



MWR Marketing photo

"Jack Ryan: Shadow Recruit" will be shown Jan. 11 at Sharkey Theater.

Your Weekly Fun with MWR

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



Phat Friday with DJ Magic and DJ G-Flava will be held today from 6 p.m. to 12 a.m. at JR Rockers Sports Café. Patrons can listen to music by the U.S. Air Force's own DJ Magic and DJ G-Flava. FMI: 448-2271.

Fitness Challenge 2014 will be held from 9 to 11 a.m. Jan. 11 at Joint Base Pearl Harbor-Hickam Fitness Center. The two-hour event includes Zumba, kickboxing, shimmy fitness, yoga and more. The event is open to all eligible patrons. FMI: 471-2019.

O' Skool Nights will be held from 9 p.m. to 1 a.m. Jan. 11 at JR Rockers Sports Café. Patrons can dance to classic hits music spun by DJ Doc J and the Uptown Crew. FMI: 448-2271.

Wood Shop Safety Class will be held from 4:30 to 7:30 p.m. Jan. 11 at the Hickam Arts & Crafts Center. The class is open to patrons ages 12 years and older. This class emphasizes the proper and safe use of the different equipment in the shop. After completion of the class, patrons will be issued a wood shop safety certification card enabling use of the shop tools and equipment. Those ages 12-15 years old must be accompanied by a parent or guardian. FMI: 448-9907.

Ford Island Historical Tour will be held from 8:30 to 10:30 a.m. Jan. 15 departing from Rainbow Bay Marina Parking Lot. FMI: 448-2295.

Junior Golf Clinic will begin at 4 p.m. Jan. 15 at Barbers Point

Golf Course. FMI: 682-1911.

New Year 5K Fun Run will begin at 7 a.m. Jan. 16 at Wahiawa Annex Fitness Center. The event is open to all eligible patrons. FMI: 653-5542.

Kicking off the New Year will begin at 5:30 p.m. Jan. 16 at the Teen Center/Makai Recreation Center. Patrons can join the Teen Center for the monthly family night. Turkey burgers will be provided. The event is open to all teen families whether or not they are registered with CYP. FMI: 448-0418.

Moonlight Paddle: Hickam Harbor will begin at 7 p.m. Jan. 16 at Outdoor Recreation-Hickam Harbor. Patrons need to sign up by

Jan. 13. The trip includes kayaks, gear and professional guides. Patrons of all paddling abilities are welcome. FMI: 449-5215.

Moonlight Hike: Lanikai Pillboxes will begin at 7 p.m. Jan. 17 at Outdoor Adventure Center-Fleet Store. Patrons need to sign up by Jan. 15. This is an intermediate-level hike. The location may be changed due to inclement weather. FMI: 473-1198.

North Shore Bike Ride will begin at 8:30 a.m. Jan 18 at the Outdoor Adventure Center-Fleet Store. Patrons need to sign up by Jan. 15. Bike riding will start at Waimea Bay and finish right past Sunset Beach. This trip is about seven miles round-trip on level terrain and is an easy ride for begin-

ners. The trip includes gear, transportation and guides. Inform MWR if a bicycle is needed. FMI: 473-1198.

Gridiron Game Days: NFL Post Season will be held Jan. 11, 12, 19 and Feb. 2 at JR Rockers Sports Café. Patrons can watch all the NFL Post Season action at JR Rockers. The venue will be open special hours, 30 minutes before game time. FMI: 448-2271.

Bottom Fishing at Hickam Harbor will begin at 2:30 p.m. Jan 18 at Outdoor Recreation-Hickam Harbor. Patrons need to sign up by Jan. 15. Fishing gear and bait are included. The trip is open to beginners, intermediate and advanced level fishers. FMI: 449-5215.

Morale Welfare & Recreation

WOOLLY WEDNESDAYS

Woolly Wednesdays will be held from 2:30 to 5:30 p.m. Jan. 15, 22, and 29 at Hickam Arts and Crafts Center. Participants of all skill levels may participate, including beginners. Patrons can bring their current project to knit and crochet. FMI: 448-9907

NORTH SHORE BIKE RIDE

The Outdoor Adventure Center-Fleet Store will host a bicycle trip to the North Shore at 8:30 a.m. Jan. 18. This trip is about seven miles round-trip on level terrain and is an easy ride for beginners. The trip includes gear, transportation and guides. The registration deadline is Jan. 15. FMI: 473-1198.

FREE GOLF CLINIC

The Barber's Point Golf Course will host a free golf clinic beginning at 9:15 a.m. Jan. 18. FMI: 682-1911.

STAND-UP PADDLEBOARD

Learn the basics of paddle boarding at 9:30 a.m. or 10:45 a.m. Jan. 19 at Outdoor Recreation-Hickam Harbor. Jan. 16 is the last day to register. Participants must be able to swim without a lifejacket. FMI: 449-5215.

PRESCHOOL STORY TIME

Preschool story time will be held from 9 to 10 a.m. Jan. 22 at the Hickam Library. The theme will be "blow, wind, blow." FMI: 449-8299.

HICKAM HISTORICAL TOUR

Tours of Hickam will be held from 9:30 a.m. to 1:30 p.m. on Fridays throughout the month of January. Participants will visit the original buildings, scarred with bullet holes from the Dec. 7, 1941 attack, and hear about the significant role Hickam played in World War II. They will also learn about the unique botanical and architectural landscape of the "Garden City." Due to the nature of the tour, it is not recommended for children under 6 years old. FMI: 448-2295.

JUNIOR TENNIS REGISTRATION

Registration for youth junior tennis runs now through Feb. 7. The season runs from February through April. Registration is open to youths ages 7-18. FMI: 473-0789.

PRIVATE SWIM LESSONS

Now through March 28, private swim lessons are being offered in 30-minute sessions for individuals and for groups of up to three students (must all be at same level). Registration is at Hickam Pool 2 during normal open hours. FMI: 260-9736.

Community Calendar

JANUARY

NOW — Volunteers are invited to be part of the Official NFL Pro Bowl Tailgating Party. Volunteers get a free T-shirt, box lunch and ticket to the game. Priority is given to single service members (Navy and Air Force), followed by active duty Sailors and Airmen, and lastly, Department of Defense ID cardholders. Registration is being held at Beeman Center. The deadline to register for single service members is Jan. 13. The deadline for active duty Navy and Air Force Sailors and Airmen is Jan. 14 or until filled. FMI: 473-2583.

NOW — The registration period for "Choose to Lose" is now through Jan. 15. The initial weigh-in is Jan. 17 at the Joint Base Pearl Harbor-Fitness Center. "Choose To Lose" is designed to promote healthy choices, increase physical activity, and help participants manage your weight or lose weight. Enter in one of three divisions: family, individual or team (up to four people each). The "Choose To Lose" program is a joint activity open to all authorized patrons five years and older. The program period will be from Jan. 17 to April 18. FMI: 471-2280.

SATURDAY — a hangar talk and book signing event with Christina Olds, author of "Fighter Pilot: The Memoirs of Legendary Ace Robin Olds" will be held at Pacific Aviation Museum Pearl Harbor. The hangar talk will be at 2 p.m. followed by book signing at 3 p.m.. The event is free with museum admission and free to museum members. FMI: 441-1000 or www.pacificaviationmuseum.org.

14 — An Armed Forces Communications and Electronics Association (AFCEA) luncheon event will be held at Hale Ikena Club, Fort Shafter. Check-in is at 11 a.m. and the buffet is 11:30 a.m. The speaker will be Lt. Gen Dan Leaf, director, Asia-Pacific Center discussing the evolving nature of security in the Asia-Pacific Region. The cost is \$14 for AFCEA members who pre-register; \$17 at the door or for non-AFCEA members. FMI: <http://afcea-hawaii.org> or email barry.fong@twtelecom.com or ken.wiecking@twtelecom.com.

FEBRUARY

1 — A Living History Day will take place from 9 a.m. to 4 p.m. at Pacific Aviation Museum Pearl Harbor. Guests can meet pioneers and heroes from Pacific aviation history, interact with living historians in period attire, and hear the stories of World War II, Korea, Vietnam and early aviation in the Pacific. The events are free with museum admission and free to museum members. Living History Day activities will also be taking place on the Battleship Missouri Memorial. FMI: : 441-1000 or www.pacificaviationmuseum.org.



THE HOBBIT: THE DESOLATION OF SMAUG (PG13)

The adventure continues as Bilbo Baggins journeys with the wizard Gandalf and 13 dwarves, led by Thorin Oakenshield, on an epic quest to reclaim the lonely mountain where they must face the greatest danger of a creature more terrifying than any other. It is one which will test not only the depth of their courage but the limits of their friendship and the wisdom of the journey itself – the dragon Smaug.

Movie Showtimes

SHARKEY THEATER

TODAY 1/10
7:00 PM The Hobbit: The Desolation of Smaug (PG-13)

SATURDAY 1/11
2:30 PM Frozen (3D) (PG)
7:00 PM Sneak Preview - Jack Ryan: Shadow Recruit (PG-13)

SUNDAY 1/12
2:30 PM Frozen (PG)
4:50 pm Tyler Perry's: A Madea Christmas (PG-13)
7:00 pm Out of the Furnace (R)

THURSDAY 1/16
7:00 PM The Hunger Games: Catching Fire (PG-13)

HICKAM MEMORIAL THEATER

TODAY 1/10
6:00 PM The Hobbit: The Desolation of Smaug (PG13)

SATURDAY 1/11
4:00 PM Frozen (PG)
7:00 PM The Hobbit: The Desolation of Smaug (PG13)

SUNDAY 1/12
2:00 PM Frozen (PG)

THURSDAY 1/16
7:00 PM Homefront (R)



Great Aloha Run set for Feb. 17

The 30th annual Great Aloha Run will be held President's Day, Feb. 17.

Participating in the race will be Sounds of Freedom. Sounds of Freedom is comprised of active duty service men and women from all branches of service, running in formation in PT gear, and calling out cadence.

The last day to register for the Great Aloha Run is Jan. 17.

The 8.15-mile course starts at Aloha Tower in downtown Honolulu and winds its way along Honolulu Harbor, down Nimitz Highway, along Kamehameha Highway and on to Aloha Stadium. Aid stations are at miles 2, 3, 5, and 7 and at the finish, with restrooms at the end of every aid station.

Racers can register online at www.greataloharun.com.

MFSC announces upcoming classes to help Air Force, Navy personnel at JBPHH

JBPHH Military and Family Support Center

The Joint Base Pearl Harbor-Hickam Military and Family Support Center (MFSC) offers free programs to help Air Force and Navy service members, their families and Department of Defense civilians to develop skills, improve relationships, and handle the military way of life. They include:

- Managing Money and Credit will be held from 10 to 11:20 a.m. Jan. 17 at MFSC Pearl Harbor. Participants can learn the basic skills and techniques for managing money and budgeting, gain an awareness of credit cards and loans and learn how to plan savings goals.

- Anger Management will be held from 8 to 11 a.m. Jan. 28 at MFSC

Pearl Harbor. The class is designed for people who want to better control their anger in either work or social/family settings. A variety of specific, usable suggestions are given to assist people in managing the very human emotion of anger.

- Writing Your Best Resume will be held from 1 to 3 p.m. Jan. 28 at MFSC Pearl Harbor. This workshop provides knowledge and skills training on how to write an effective private sector resume. It identifies specific resume formats, important information to include, what should be excluded, and how to target the resume to the job announcement.

- Starting Your Own Business will be held from 9:30 to 11:30 a.m. Jan. 28 at MFSC Pearl Harbor. This class will give participants information on how to get started, questions to ask yourself, creating a business plan and more.

For more information, call 474-1999 and register at www.greatlifehawaii.com.

STORY IDEAS?

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

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(808) 473-2890

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Kids get a 'kick' out of chapel soccer camp



Photos by Chaplain James Ragain

(Top) Coaches Darin Gregg, Elijah Pierick, and Crystal Pierick provide spiritual and character development lessons to their kindergarten team at Upward Soccer Camp, sponsored by the Joint Base Pearl Harbor-Hickam Chapel Division. The camp took place during the week of Dec. 30 to Jan. 3. There were 46 military kids who were campers and 21 volunteers participating in the four-day camp, which focused on skills development and scrimmages. (Above) First- and second-graders scrimmage at Upward Soccer Camp.