

Life & Leisure

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The family of Pearl Harbor survivor Lt. Cmdr. Karl C. Gresowski commits his ashes to the sea near the USS Utah Memorial on Ford Island.

U.S. Navy photos by MCSA Rose Forest

Photo illustration by Rico Onaha Hutter

(Above): Utilitiesman 2nd Class Jeremy Orndoff, assigned to the Joint Base Pearl Harbor-Hickam Honors and Ceremonies Detachment, presents a flag to Brenda Gresowski-Judd, the oldest daughter of Pearl Harbor survivor Lt. Cmdr. Karl C. Gresowski.

Honors

MCSA Rose Forest

Navy Public Affairs Support
Element West, Det. Hawaii

Brandon Bosworth

Ho'okele Staff Writer

The ashes of Lt. Cmdr. Karl C. Gresowski, (Navy ret.), a Pearl Harbor survivor, were scattered in the waters near the USS Utah Memorial on Ford Island, Joint Base Pearl Harbor-Hickam during a ceremony Feb. 25.

Among the more than 30 people in attendance were Gresowski's family, including his oldest daughter, Brenda Gresowski-Judd, and close friends. Jim Taylor, Navy Region Hawaii Pearl Harbor survivor liaison coordinated the ceremony. Chaplain Lt. James Ragain, Pearl Harbor Memorial Chapel, presided over the services.

Gresowski was born Jan. 15, 1917 in St. Louis, Mo. He joined the Navy in April 1936 and served until his retirement in 1961.

During his military service, he was stationed at Pearl Harbor on the Sotoyomo-class auxiliary fleet tug USS Sunnadin (ATA 197), a seagoing tugboat. He saw action on the morning of Dec. 7, 1941 while on the Sunnadin.

"My father once told me that being here on Dec. 7, 1941 defined the rest of his life," said Gresowski-Judd. "He was on duty when those first bombs hit."

As warships attempted to get underway to search for the Japanese fleet, the Sunnadin was ordered to assist them as well as help fight fires and rescue Sailors from the oily waters. Later, the crew of Sunnadin kept the USS Raleigh from sinking by laying across the damaged ship for three days and nights before helping it into drydock.

During his 26 years of military service, Gresowski served in World War II, the Korean

Conflict and the beginning of the Vietnam War. He earned two Good Conduct Awards, the American Defense Service Medal, the Asiatic-Pacific Campaign Medal, the Philippine Liberation Ribbon, the China Service Medal and the World War Two Victory Medal.

After active military service, Gresowski began his civilian career by opening Hawaiian Polynesia Tours in 1964. He was one of the first group travel companies to offer scheduled weekly tours to Hawaii. Tours to Alaska, Mexico and the Caribbean followed.

Karl Gresowski died in December of last year.

"He was a hero to citizens of our great country and, of course, to all the family and friends who have made today possible," Taylor said.

"Because of his wartime experience that began on that infamous December day, and continued for four years fighting in the South Pacific, he decided he wanted his ashes to join his lost friends and shipmates in Pearl Harbor," added Gresowski-Judd.

Military honors included a rifle salute, the playing of "Taps," and the presentation of the burial flag to the family by the Joint Base Pearl Harbor-Hickam Honors and Ceremonies Detachment.

Gresowski's wife Pearl was buried locally a few days earlier.

"By bringing mom and dad's ashes home to Honolulu, they have come full circle with completion of their 73 years of marriage. They were so close and committed to each other. It is ironic that they died within two months of each other. This is where they met, this is where they first loved, and this is where they chose to rest for all eternity," said Gresowski-Judd.

Gresowski is survived by four daughters, Brenda Gresowski-Judd, Vera Ann Gillespie, Tari J. Hazen and Cary Ross; two sons, Larry Gresowski and Ted Gresowski; seven grandchildren and seven great-grandchildren.

(Right): Brenda Gresowski-Judd, oldest daughter, speaks during an ash scattering ceremony for her father, Pearl Harbor survivor Lt. Cmdr. Karl C. Gresowski, at the USS Utah Memorial on Ford Island. Gresowski's remains were scattered near wreckage of the battleship USS Utah (BB 31) wreckage which was sunk during the 1941 attack.



Members of the Joint Base Pearl Harbor-Hickam Honors and Ceremonies Detachment participate in an ash-scattering ceremony for Pearl Harbor survivor Lt. Cmdr. Karl G. Gresowski.

Naval Health Clinic Hawaii holds heart health promotion

Story and photo by
Brandon Bosworth

Staff Writer

Naval Health Clinic Hawaii held a Healthy Heart Fair and Great American Spit-Out Awareness Day event on Feb. 20 at the Pearl Harbor Navy Exchange mall rotunda.

The event featured blood pressure screening, healthy eating tips, and information about cholesterol management. There were a variety of displays, including models of lungs and mouths that had become diseased through tobacco.

"We're trying to promote the Great American Spit-

Out and encourage people to stop tobacco use for just one day," said Eleanor Bru, a registered nurse with Naval Health Clinic Hawaii Health Promotion. "It's a start."

February is American Heart Month, and the Healthy Heart Fair and Great American Spit-Out Awareness Day emphasized how avoiding tobacco use is a part of good heart health.

"Heart disease is the number one cause of death in the U.S.," Bru said. "Using tobacco is a risk factor. Reducing tobacco use helps to reduce the risk of heart disease."

According to the Centers

for Disease Control and Prevention, about 600,000 people die of heart disease in the United States every year. Heart disease accounts for one out of every four deaths in the U.S.

Cigarette smokers are two to four times more likely to develop coronary heart disease than nonsmokers, and nonsmokers who are exposed to second-hand smoke at home or work increase their heart disease risk by 25 to 30 percent.

For more information about the Great American Spit-Out and tobacco cessation, visit the Department of Defense website www.ucanquit2.org.



Alexandra Stivers, Hospital Corpsman 3rd Class and Francis Paul Balisi, Hospital Corpsman 2nd Class answer questions from exchange patrons during the Naval Health Clinic Hawaii Healthy Heart Fair and Great American Spit-Out Awareness Day event on Feb. 20 at the Pearl Harbor Navy Exchange.

Wahine Koa upends Bombshells for 2nd straight win

Story and photo by
Randy Dela Cruz

Sports Editor

Wahine Koa quarterback Dana Hester threw for three touchdowns and ran in for another to lead the team to a 30-18 win over the Bombshells on Feb. 23 in an Xtreme Flag Football at Keehi Lagoon Park.

The win improved Wahine Koa's record to 2-0, while the Bombshells have opened the new season by losing two straight games.

Both teams are filled with military-family members affiliated with Joint Base Pearl Harbor-Hickam.

"She's stepping up," said Wahine Koa head coach August Young about Hester's prowess at QB. "Her mobility in the pocket is really good, that and reading where her blockers are. She picked it up so much. We go over it in practice and she implements it."

Working with first-year offensive coordinator Lt.j.g. Gennaro Hawkins, Navy Computer Telecommunications Area Master Station Pacific, Hester wasted little time in getting the team moving forward.

Starting at her own 20-yard line, Hester finished off a seven-play drive to pay dirt with a 13-yard scoring



Sandy Robinson, a Navy spouse, clutches the ball in the end zone to score a touchdown in an Xtreme Flag Football game between Wahine Koa and the Bombshells. Robinson's score was the first of Wahine Koa's four touchdowns in a 30-18 win over the Bombshells.

toss to Sandy Robinson, a Navy spouse who has recently enlisted with Navy and will be attending boot camp later this year.

The two-point conversion was good to give Wahine Koa the early upper hand at 8-0. After the Bombshells

were stopped on downs on their first drive of the game, the team responded on the next possession by moving the ball 43 yards on nine plays for six points.

Bombshells quarterback Caryn Harman, a Navy spouse, came up big with

two long gains on a couple of keepers before handing the ball off to Staff Sgt. Sade Vasquez, 15th Wing, for a one-yard plunge into the end zone.

With their lead cut down to two points, Wahine Koa, behind the straight forward

running style of retired Army veteran Simone Davis, quickly got the lead back up to eight.

Davis started off the five-play drive with a strong 11-yard rush and then later picked up another five yards before catching an eight-yard scoring pass from Hester just prior to halftime.

Wahine Koa kept the pressure on in the second half by storming out of the break with their third scoring drive of the day.

Aided by a pass-interference penalty on Bombshells' defensive back Ashley Jenkins, an Air Force spouse, that placed the ball at the Bombshells' seven-yard line, Hester needed only two plays before completing her third touchdown pass of the game by lobbing a short one-yard toss to Fleming Belvilyn, who is a Coast Guard spouse.

The teams traded touchdowns, with Navy spouse Jessica Fama scoring on a one-yard run for the Bombshells and Hester taking off on a 22-yard scamper before Fama reached the end zone on a nine-yard pass from Harman for the final score.

While the Bombshells have now lost two games this season, which is something that didn't happen to the team until the final

championship matchup at the end of last season, Harman remained positive.

"Everything is possible," said Harman about winning the rest of the team's games. "Look, we're the only team that can score that amount of points on the Koa, so there's no reason we can't go out and blast everyone from here on out."

The Bombshells' slow start may have ultimately cost the team the game as Wahine Koa scored on each of their possessions except their last series, which they used to run out the clock.

In designing the team's attack, Hawkins said that the ladies did everything he asked them to do.

"We just try to take advantage of everything the other team has to offer," Hawkins explained. "A lot of teams come out aggressive and, of course, we're going to try and exploit that. There's some things we got to work on, but other than that, it felt great."

After winning the league championship two seasons in a row, Young said that anything short of a threepeat would be a disappointment.

"Undefeated championship. That's the goal," Young said. "Hopefully, we'll get there."

'Discover your future' at aviation museum

Story and photo by
Pacific Aviation
Museum Pearl Harbor

Young people interested in aviation as a career or hobby, schools, Scouts and families can attend Discover Your Future in Aviation from 10 a.m. to 4 p.m. March 29 at Pacific Aviation Museum Pearl Harbor.

This is the fifth year for the special aviation day, which will feature hands-on workshops, a career fair, flight lab and interactive science exhibits. Guests

can venture into the open cockpits of some of history's greatest aircraft and learn to fly on the museum's flight lab simulators.

Participants can enter to win aviation prizes and take photos with historical re-enactors portraying Amelia Earhart, Rosie the Riveter, a Zero pilot and others. Girl and Boy Scouts also can fulfill objectives for badge programs.

In celebration of Women's History Month and the contribution of women in aviation, the mu-

seum will honor Capt. Sharyn Emminger Dey, the first female pilot to fly for Hawaiian Airlines, who captained the highly publicized flight of the first all-women flight crew of a United States scheduled air carrier. A special celebration of Emminger Dey's career will take place at the event.

The event is free with regular museum admission and to museum members. For more information, visit www.PacificAviationMuseum.org or call 441-1007.



The Discover Your Future in Aviation event on March 29 at Pacific Aviation Museum Pearl Harbor will include hands-on workshops and interactive exhibits.

Navigate to Ho'okele website
www.hookelenews.com or www.cnic.navy.mil/hawaii

Joint base observes African American History Month



U.S. Navy photo by MC2 Dustin W. Sisco

Master Chief Culinary Specialist Rory Bacon speaks at Joint Base Pearl Harbor-Hickam during a African American History Month event.

MC3 Johans Chavarro

Navy Public Affairs
Support Element
Det. West, Hawaii

Joint Base Pearl Harbor-

Hickam (JBPHH) commemorated African American History Month with special events, including a luncheon at the Silver Dolphin Bistro and observances hosted by the

Hickam African American Heritage Association at both the Pearl Harbor and Hickam Air Force Base Memorial Chapel during the month of February.

The national and Depart-

ment of Defense theme for this year's observance is "Civil Rights in America," highlighting the important milestones by African Americans and others in the battle for civil rights and equal treatment under the law.

The observances hosted by the Hickam African American Heritage Association featured guest speakers who spoke about the importance of recognizing and remembering those accomplishments and the efforts to bring together those from different backgrounds.

"Our Navy is more diverse today with the amount of people with different backgrounds that's coming in, and sometimes you have to think back and ask yourself, 'Why is that so important?'" said Master Chief Culinary Specialist Rory Bacon.

"Each of us has a different socialization based upon where you're from, your religion, your education, which is an enhancer, because when we come to-

gether and concentrate on those differences, that helps the mission, that's what makes us stronger. We are a stronger Navy today because of those differences we have amongst ourselves," Bacon said.

Service members who attended the luncheon at the Silver Dolphin Bistro were treated to a traditional southern menu and learned about the significance of African American History Month while spending time with service members from other commands.

To Sailors in attendance, the luncheon served as a reminder of the struggle and achievements of ancestors and the people who have made equal rights a reality today.

"Events like these are good because they bring people together," said Hospital Corpsman Seaman Robert Phillips, stationed at Naval Health Clinic Makalapa, Pearl Harbor.

"Shore commands, sea commands. It's a good opportunity to gather and not

just to honor one day, but to appreciate each other."

"With me being African American, it's not just the month of February that means a lot to me. Black history as a whole is important to me," Sonar Technician Submarine 2nd Class La' Marcos Rayford stationed with JBPHH Honors and Ceremonies.

"The contributions from the past that people have made to help the future and the present means everything. If it wasn't for the civil rights movement and movements similar to that, a lot of people in America would not have equal rights and I wouldn't even be in the military right now. So for me it means a lot," Rayford said.

According to NAVADMN 016/14, African American Sailors comprise more than 17 percent of the Navy's active-duty force, participating in every facet of naval operations. That is nearly 54,500 active-duty Sailors, Reserve Sailors and Navy civilians who contribute to the Navy's efforts.

NIOC goes into beast mode to rattle JPAC Ballers for 47-33 victory

Story and photo by
Randy Dela Cruz

Sports Editor

The twin towers of Navy Information Operations Command (NIOC) Hawaii, reservist Senior Airman Sean Caddell and Cryptologic Technician (Collection) 2nd Class Quentin Leathers, dominated the point to lead their team to a 47-33 victory over Joint Prisoner of War/Missing in Action Accounting Command (JPAC) Ballers. The match was played on Feb. 25 in a Red Division intramural basketball game at Joint Base Pearl Harbor-Hickam Fitness Center.

Caddell, a former Division II basketball player at giant killer Chaminade University (2006-07), scored 12 points in the first half and finished with a game-high 22, while Leathers controlled the

boards and chipped in with 15, which included a couple of slam dunks.

The win placed the back-to-back defending base champions in a tie for first place in the Red Division with the 324th Intelligence Squadron (324 IS) Tigers.

Both teams are undefeated with a record of 4-0 and will meet in an all-important battle on March 4 at the JBPHH Fitness Center starting at 6 p.m. to decide sole possession of the division's top place.

"We feel that we're the best team in the league," said NIOC head coach Senior Chief Cryptologic Technician (Collection) Christopher Webb about the upcoming showdown. "We're going to work hard and prepare for them. We will be ready. Our players have been in some tough games over the past two years, so we feel we're prepared."

Against the 324 IS, Webb

left no doubt that NIOC will count heavily upon the inside game, which the team used to devastate JPAC.

Tied at 12-12 with 1:04 left on the clock before halftime, Leathers put NIOC out in front on a steal that he finished off with a thunderous slam.

The dunk seemed to awake the defending champs as Caddell ended his stellar first-half performance with back-to-back lay-ups to give NIOC an 18-12 advantage at the break.

"That was important," said Webb about the team's 6-0 run at the end of the first half. "We rotate so many players that when they (the opposition) rotate to try and catch their break, we jump on them. We got that momentum going into the half and we carried that over into the second half."

While Caddell continued to play above the rim after intermission, Leathers really began to establish his presence under the hoop.

Held to only four points in the first half, Leathers threw down 11 close-range points in the second half, mostly on second and third shots.

"That's what we do," said Webb about the team's tough inside game. "We will always go to Leathers and Sean to take the lead. Through their offensive prowess on offense and the boards, we lead to them and push back outwards."

Although NIOC seemed to be in control for most of the game, JPAC, behind the shooting and rebounding of Master Sgt. Rick June, managed to hang around and even cut the lead down to four at 29-25 on a basket and trey by June with 9:20 on the clock.

June led JPAC in scoring with 17 points. Fourteen of his total game points came in the second half.

However, with time winding down, the duo of Caddell and Leathers made sure that there would be no coming back for JPAC.

Leathers tapped in a missed shot to give NIOC a 35-27 lead at the 5:15 mark and, after a basket-and-one from Caddell, Leathers scored on another putback to seal the game with a 40-27 lead and only 3:36 remaining in the game.

While Webb understands where his bread is buttered, he said that he would like more diversity in the team's offensive attack.

He said that he hopes to get it before NIOC's meeting against the 324 IS.

"We have to get better at hitting jump shots," he admitted. "Our jump shots haven't been where they should be. If we can make some jump shots and relieve some of the pressure in the middle, then we're going to be unbeatable."



Cryptologic Technician (Collection) 2nd Class Quentin Leathers gets ready to throw down a dunk to put Navy Information Operations Command (NIOC) Hawaii ahead of Joint Prisoner of War/Missing in Action Accounting Command (JPAC) Ballers, 14-12, in the first half.

Bremerton hangs on to beat Chafee to gain first win of season

Story and photo by
Randy Dela Cruz

Sports Editor

USS Bremerton (SSN 698) got out to a 27-11 lead at halftime and then hung on to defeat USS Chafee (DDG 90), 40-34, in an Afloat Division intramural basketball game on Feb. 22 at Joint Base Pearl Harbor-Hickam Fitness Center.

Bremerton used a full-court press to jumpstart their offense and go on a 10-0 run in the first half and then kept up the heat to win their first game of the season.

With the victory, Bremerton now holds a 1-3 record in the Afloat Division while Chafee fell to 1-2.

"It feels great," said Electronics Technician 2nd Class Mike Ortiz about getting the first win. "We were on a slump there, but we got our feet underneath us a little bit, we ran, learned from our mistakes from our losses and we came together today as a team."

Midway through the first half, the score was deadlocked at 8-8 after Chafee post-player Cryptologic Technician (Technical) 1st Class Petros Emmanouil sank one of two free throws at the 9:48 mark.

Momentum took a severe upswing for Bremerton right after Emmanouil's shot as the team dialed up its full-court press.

Electronics Technician 3rd Class Douglas Bacolini put Bremerton back out on top at 10-8 with a basket on the team's next trip down the floor.

Then Ortiz converted a steal into a basket-and-one for a five-point lead before Bacolini pumped in a trey, was fouled and then knocked down the free throw for a four-point play and a 17-8 advantage.

Bremerton got a free throw from Lt. j.g. Bryan Ortiz to pick up their 10th straight point within a five-minute span.

"We like to run," Ortiz said. "We look for each other, so as soon as we get our hands on the ball, we try to turn the other way. Everyone's moving with it."

A trey from Chafee forward Electronics Technician 3rd Class Jonathan Miller finally broke the run for Bremerton, but back-to-back baskets by Bacolini and Ortiz with 2:36 remaining before halftime helped the team to a 16-point lead at the break.

"That was huge," said Ortiz about the team's big lead at halftime. "But at the same time, we knew in the second half they were going to come out at us with a lot of intensity."

After intermission, Chafee slowly chipped the



Electrician's Mate 2nd Class Thomas Chengcuenca converts a lay-up in an Afloat Division intramural basketball game on Feb. 22 between USS Bremerton (SSN 698) and USS Chafee (DDG 90).

lead down to 12 points. They fell back behind by 15, but a basket by Emmanouil with 5:02 remaining on the clock completed a 12-2 run to cut the lead down to five points.

However, that was as close as Chafee would get, as Bremerton guard Electrician's Mate 2nd Class Thomas Chengcuenca got a lay-up and two free throws with a minute left on the clock to secure the game.

A total of six players got in the scorebook for Bremerton with Chengcuenca setting the pace with 10 points, followed by Bacolini with eight points and Ortiz with seven points.

Chafee sank a total of four three-pointers with Miller connecting on two from long distance.

In gaining the first win of the season, Ortiz said that it took a lot of resiliency to pull away from Chafee each time the team made a run at Bremerton in the second half.

After putting an end to the team's losing streak, Ortiz said he now believes that Bremerton is finally back on track.

"We feel like we're going to have a good rest of the season," Ortiz said. "We got a lot of momentum going for us now and we feel good about it."



Live the Great Life

Spartan Sprint tests agility, strength, endurance

Reid Tokeshi

Joint Base Pearl Harbor-Hickam
Morale, Welfare and Recreation

The popular international series Spartan Race will be held March 23 at Aloha Stadium. Organizers are bringing the Spartan Sprint version to the islands, a three-mile, 15-obstacle course race designed to test one's agility, strength and endurance through physical and mental challenges.

Traditionally a muddy race, this time the Spartan Sprint will have an urban twist, making use of the stadium structure for many of the obstacles. A similar format was used in 2012 at Fenway Park in Boston.

Participants from beginners to elite ath-

letes around the world test themselves on this obstacle course series. Different starting times are available, depending on preference and fitness level.

Joint Base Pearl Harbor-Hickam's Morale, Welfare and Recreation Information, Tickets & Travel (ITT) is offering discounted registration for the race. ITT's price of \$86 is cheaper than the online price of \$115 and includes the insurance fee (an additional \$14 charge). ITT's special pricing is available until March 17.

There is also a Spartan Kids race for ages 4 to 13 years old, which includes a variety of scaled-down obstacles. The price is \$35 at ITT.

Those who may not compete but want to learn more about the event can go as a spectator for \$1, paid directly at the stadium.



The Spartan Sprint will be held March 23 at Aloha Stadium.

MWR Marketing photo



This year's Ford Island Bridge Run will be held April 5. The application deadline is March 21.

Photo courtesy of Pictureman Hawaii

Bridge run deadline is March 21

Helen Ko

Joint Base Pearl Harbor-Hickam
Morale, Welfare and Recreation

The application deadline for this year's annual Ford Island Bridge Run is March 21.

The run will begin at 7 a.m. April 5. Those who are competitive runners, leisure walkers or recreational runners can participate in this 10K run on Ford Island. Last year, 3,099 runners attended and this year even more participants are expected.

Applications are available online at greatlife-hawaii.com, or entrants can regis-

ter online at <https://enduranceui.active.com/event-reg/select-race?e=5571552>.

Participation in the event costs \$20 for active duty, military family members, retirees, Department of Defense civilians and Reservists. The cost is \$25 for regular entry.

The fee will be \$45 for those who choose to sign up on the day of the run (accepted until 6:45 a.m.).

The MWR Athletics Department urges entrants to have a healthy breakfast prior to starting the run.

For more information, visit greatlife-hawaii.com or call 473-0784/2494/2437.

Your Weekly Fun with MWR



Visit www.greatlife-hawaii.com or subscribe to MWR's digital magazine Great Life Hawaii.

A free advance screening of "300: Rise of an Empire" in 3D will be held at 7 p.m. Saturday at Sharkey Theater. The ticket booth and doors open at 5:30 p.m. The screening is free to the first 400 authorized patrons. Viewers must be age 17 or older to attend. Military ID cardholders can receive up to six tickets. Department of Defense and retiree cardholders can receive up to four tickets. FMI: 473-0726.

The "Created Equal" series documentary "Slavery by Another Name" will be shown for free at 1 p.m. Saturday at the Hickam Library, with historian Jon Davidann from Hawaii Pacific University. Series information is at <http://createdequal.neh.gov>. FMI: 449-8299.

Call of Duty Black Ops II voice actors who bring real-life action to Raul Menendez and Sgt. Frank Woods will be at Brews & Cues at the Club Pearl complex March 7. Kamar de los Reyes and James C. Burns will answer questions at 5 p.m. followed by a meet-and-greet for gamers and fans at 5:20 p.m. The free event is open to military-affiliated personnel and their sponsored guests. FMI: www.greatlife-hawaii.com.

The **Annual Creative Writing Contest** will be held by Hickam Library. Submissions will be accepted from Saturday to April 5. There are two divisions, poetry and short story, and three age groups: child (6-10 years), young adult (11-18 years), and adult (19 years and up). Prizes for both divisions will be awarded in all age categories. Winners will be announced April 19. Entry is free. FMI: 449-8299.

Ko Olina Whale Watching Cruises will be held on Saturdays and Sundays from noon to 3:45 p.m. from Saturday through April 6. The activity includes round-trip transportation from Information, Tickets and Travel-Hickam. Bottled water will be provided. Participants should sunscreen protection. The cost is \$45 for adults and \$40 for children up to age 11. FMI: 448-2295.

Three-Point Shoot Out will begin at 11 a.m. March 7 at the Hickam Fitness Center Gym. Participants can sign up for the free challenge from Saturday through March 6. Prizes will be awarded to top winners in male and female categories. The event is open to active duty and family members 18 years and older affiliated with Joint Base Pearl Harbor-Hickam and Department of Defense civilians. FMI: 448-2214.

Pearl Harbor Valor Tour will be held on Tuesdays through Fridays from 8:30 a.m. to 12:30 p.m. March 4 to 28 starting from Information, Tickets and Travel. The tour includes the USS Arizona Memorial, a stop at USS Utah Memorial on Ford Island, the USS Oklahoma Memorial and the Navy Club Memorial. The cost is \$25 per person and free for children ages 2 and younger on an adult's lap. FMI: 448-2295.

Hawaiian Quilted Pillow class will be held on Tuesdays from 9 to 11 a.m. and 7 to 9 p.m. at the Hickam Arts & Crafts Center. The cost is \$35 plus the cost of supplies. FMI: 448-9907.

Wilton Basic Cake Decorating will be held on Tuesdays from 10 a.m. to noon March 4 to 25 at the Hickam Arts & Crafts Center. The cost is \$45 plus the cost of supplies. FMI: 448-9907.

Basic Digital Photography will be held on Tuesdays from 6 to 8 p.m. March 4 to 25 and Wednesdays from 9 to 11 a.m. March 5 to 26 at the Hickam Arts & Crafts Center. The cost is \$60 plus the cost of supplies. Lighting, framing and composition will be discussed to achieve quality images. FMI: 448-9907.

Junior Lifeguard/Ocean Safety Registration ends March 7. Spring session runs from April through May. Registration is open to youth ages 11 to 17. The cost is \$95. FMI: www.greatlife-hawaii.com or 473-0789.

Hickam Historical Tour will be held from 9:30 a.m. to 1:30 p.m. March 7 through Information, Tickets and Travel. The cost is \$45 for adults, \$40 for children ages 3 to 11, and \$10 for each addi-

tional person for Hale Koa pickup. The tour includes lunch. Due to the nature of the tour, it is not recommended for children under age 6. The tour departs from ITT-Hickam office and Royal Alaka'i Lodge. FMI: 448-2295.

Basic Drawing Techniques: Still Life will be held on Wednesdays from 6 to 7:30 p.m. March 5 to 26 at the Hickam Arts & Crafts Center. Students will use a variety of drawing media and exercises, including working from still life setups and eventually photographs. The cost is \$60 plus the cost of supplies. FMI: 448-9907.

Beginner Sewing class will be held from 6 to 8 p.m. on Thursdays from March 6 to 27 at the Hickam Arts & Crafts Center. The cost is \$60 plus the cost of supplies. Participants must have their own sewing machine. FMI: 448-9907.

A free Ladies Golf Clinic will begin at 9:30 a.m. March 5 at Barbers Point Golf Course. FMI: 682-1911.

Crochet Basics class will be held from 6 to 8 p.m. on Wednesdays March 5 to 19 at the Hickam Arts & Crafts Center. Students will be taught how to hold the hook properly, read patterns, do a foundation chain, change colors and work with two colors at once. The cost is \$20 plus the cost of supplies. FMI: 448-9907.

The **Patriot Tour** will be held from 8:30 a.m. to 3:30 p.m. on Thursdays March 6, 13, 20 and 27 through Information, Tickets & Travel. The tour will include USS Arizona Memorial, USS Utah Memorial, the USS Oklahoma Memorial, the Navy Club Memorial and the National Memorial Cemetery of the Pacific. The event includes buffet lunch. The cost is \$55 for adults, \$45 for children ages 3 to 11, and \$10 per additional person for Hale Koa pickup. FMI: 448-2295.

Pastel Landscapes class will be held from 6 to 7:30 p.m. on Fridays from March 7 to 28 at the Hickam Arts & Crafts Center. The cost is \$60 plus the cost of supplies. FMI: 448-9907.

Morale Welfare & Recreation

MILITARY BOWL FREE

Active duty military service members can receive up to two free games of bowling (shoe rental not included) from 11 a.m. to 1 p.m. Mondays and Wednesdays at the Hickam Bowling Center and the Naval Station Bowling Center. A military ID is required. FMI: 448-9959 or 473-2574

WOOLLY WEDNESDAYS

Woolly Wednesdays will be held from 2:30 to 5:30 p.m. March 5, 12, 19 and 26 at Hickam Arts & Crafts Center. Participants of all skill levels may participate, including beginners. Patrons can bring their current project to knit and crochet. FMI: 448-9907

LIBRARY KNOW-HOW

The Hickam Library will hold a free educational tour beginning at 2 p.m. March 8, 15, 22 and 29. The staff will demonstrate how to find e-books, audiobooks, music, online foreign language training, as well as explaining the Universal Class for online continuing education and the Dewey Decimal system. FMI: 449-8299.

STAND-UP PADDLEBOARD

Learn the basics of paddle boarding beginning at 9:30 a.m. and 10:45 a.m. March 9 at Outdoor Recreation-Hickam Harbor. March 6 is the last day to register. Participants must be able to swim without a lifejacket. FMI: 449-5215.

SPRING CRAFT CAMP

Spring craft camp for children 7 years and older will be held from 10 a.m. to noon March 11-14 or March 18-21 at the Hickam Arts & Crafts Center. Registration is required. FMI: 448-9907.

PRESCHOOL STORY TIME

Preschool story time will be held from 9 to 10 a.m. March 12 at the Hickam Library. The theme will be "clap, trap, and drum." FMI: 449-8299.

GROUP SURF LESSON

There will be a group surf lesson beginning at 8 a.m. March 15 at White Plains Beach. The registration deadline is March 12. Shuttle service is included via the Outdoor Adventure Center at the Fleet Store. Participants must be able to swim without a lifejacket. FMI: 473-1198.

Community Calendar

FEBRUARY

TODAY — The online Cost of Living (COLA) Living Pattern Survey ends today. Service members are asked to help the Department of Defense (DoD) determine what Hawaii COLA should be by taking the COLA Living Pattern Survey. The survey provides DoD critical information for determining rates for Hawaii. The survey takes approximately 30 minutes to complete. Visit <https://www.defensetravel.dod.mil/site/lps-hawaii.cfm> to take the survey. This link is also available at www.pacom.mil by clicking on the graphic that says "COLA Living Pattern Survey Hawaii."

MARCH

4, 5, 11 — Tripler Army Medical Center Blood Donor Center has updated its schedule of upcoming blood drives as part of the Armed Services Blood Donor Program. Currently scheduled drives include March 4, 7:30 a.m. to noon at Makalapa Clinic, Joint Base Pearl Harbor-Hickam; March 5, 9 a.m. to 1 p.m., Club 14, U.S. Coast Guard Sector Honolulu, Sand Island; March 11, 11 a.m. to 3 p.m., NEX, Tripler Army Medical Center. FMI: 433-6699 or 433-6148 or email michelle.lele@amedd.army.mil or visit www.militaryblood.dod.mil.

8 — In celebration of Women's History Month, a hangar talk and book signing will be held with Donna Knaff at Pacific Aviation Museum Pearl Harbor. The talk will begin at 2 p.m. and the book signing will begin at 3 p.m. Knaff is the author of "Beyond Rosie the Riveter: Women of World War II in American Popular Graphic Art." She will examine the role of women during World War II, including a discussion of the Women Airforce Service Pilots (WASP). The event is free with museum admission and free to museum members. FMI: 441-1007 or email Education@PacificAviationMuseum.org.

10 — The Hickam Officers' Spouses Club is currently accepting scholarship applications from all college bound military family members, including high school seniors, current college students and spouses. Family members from all branches of service are eligible. The deadline is March 10. FMI: <http://www.hickamosc.com/> or email scholarships@hickamosc.com.

13 — A "space available" brief will be held at 11 a.m. at Hickam Memorial Theater, Joint Base Pearl Harbor-Hickam. Air Mobility Command Passenger Terminal will host the briefing. FMI: 449-6833 or <http://www.facebook.com/HickamAMC>.



THE NUT JOB (PG-13)

An incorrigibly self-serving exiled squirrel finds himself helping his former park brethren raid a nut store that is also the front for a human gang's bank robbery.

Movie Showtimes

SHARKEY THEATER

TODAY 2/28

7:00 PM Labor Day (PG-13)

SATURDAY 3/1

2:30 PM The Nut Job (PG-13)

7:00 PM Advance Screening of 300: Rise of an Empire (R)

SUNDAY 3/2

2:30 PM The Nut Job (PG-13)

4:30 pm Vampire Academy (PG-13)

7:10 pm That Awkward Moment (R)

THURSDAY 3/3

7:00 PM Lone Survivor (R)

HICKAM MEMORIAL THEATER

TODAY 2/28

6:00 PM The Legend of Hercules (PG13)

SATURDAY 3/1

4:00 PM The Nut Job (PG)

7:00 PM Ride Along (PG13)

SUNDAY 3/2

2:00 PM The Nut Job (PG)

THURSDAY 3/3

7:00 PM The Legend of Hercules (PG13)



Aliamanu Elementary teacher wins presidential award



Photo courtesy of Aliamanu Elementary School

Laura Fukumoto, Aliamanu Elementary School fifth grade teacher, is honored at a surprise assembly Feb. 14 as one of two Hawaii recipients of the prestigious Presidential Award for Excellence in Mathematics and Science Teaching.

David Tom

Navy Region Hawaii
School Liaison Officer

"You have taught us to be the best that we can be, and we will be your students forever," said the student em-

cee at the Feb. 14 Aliamanu Elementary School surprise assembly to honor fifth grade teacher Laura Fukumoto. She was one of two Hawaii recipients of the prestigious Presidential Award for Excellence in Mathematics and Science

Teaching by President Obama.

Two winners are chosen from every state, District of Columbia, Puerto Rico and Department of Defense Education Activity.

"These teachers are inspiring today's young stu-

dents to become the next generation of American scientists, mathematicians, and innovators," Obama said. "Through their passion and dedication, and by sharing their excitement about science, technology, engineering, and math, they are helping us build a promising future for all our children."

Fukumoto, her husband, and three sons are all about service. Her husband, Dennis, is a retired master sergeant. from the Hawaii Air National Guard (HI-ANG). Son Danny is a teacher at Aliamanu Elementary; son Jonathan is a technical sergeant. C-17 crew chief in the HI-ANG; and son Michael is a CWO2 Chinook helicopter pilot in the Hawaii Army National Guard deployed in Afghanistan.

She has taught at Aliamanu for more than 40 years and said she absolutely loves the school's diversity with more than 60 percent military students coming from Doris Miller, Halsey Terrace, Maloelap and parts of Moanalua Terrace housing communities.

Fukumoto started as a language arts teacher in 1967 and did not like teaching math. However in 2003, she attended the National Council of Teachers of Mathematics Conference and was exposed to Singapore Math.

"I realized that I had been teaching arithmetic, not mathematics," she said. She embraced this program and made it her own, designing lessons to incorporate strong visual strategies that help students see, touch and learn abstract math. She uses four models in her math teaching: cause and effect, part-whole, comparison-contrast and sequences.

Her students learn to solve difficult math problems such as: "Andy and Barry saved a total of \$368. Cindy and Daisy saved a total of \$246. Andy and Daisy had the same amount of savings, while Barry saved five times as much as Cindy. How much did each person save?"

"The math makes my son Christopher think a lot and connect with difficult math ideas," said Navy spouse,

Carronda Alexander.

"The math challenges my daughter Hallie to higher levels of math at an early age - much more advanced than I experienced in fifth grade," said Master Chief Electronics Technician Steven McKee.

Her students love math. "At first I didn't like math. Then, although the problems were getting harder, I felt like it was getting easier," Hallie McKee said.

"Sometimes it's hard, but when Mrs. Fukumoto teaches it, it becomes easy," Demetrius Fulwiley added.

"In the beginning math was sooooo hard. Now I'm third in my class with Cross-matics (7-12 grade math), Mackenzie Young said.

Several former students of Fukumoto were at the assembly to honor her. Chad Ullery, a student of Fukumoto during school year 2004-2005, remembers all the challenging lessons and said, "You definitely left an impact on me."

For Fukumoto, it is a labor of love. "I see a genius in every child, and my job is to spark it," she said.

Naval Health Clinic Hawaii joins nationwide effort to promote Patient Safety Awareness Week campaign

Naval Health Clinic Hawaii

In an effort to raise awareness and encourage the engagement of patients, families, health care providers and the public, Naval Health Clinic Hawaii at Joint Base Pearl Harbor-Hickam has announced its participation in the 2014 Patient Safety Awareness Week campaign, "Navigate Your Health...Safely."

Patient Safety Awareness Week from March 2 to 8 is an annual education and awareness campaign for health care safety led by the National Patient Safety Foundation (NPSF). Each year, health care organizations around the world take part in the event, creating awareness in their community and among their staff.

This year's theme highlights the need for health care providers to ensure that patients and consumers are more engaged in the health care process, whether visiting the doctor for a routine exam or entering the hospital for surgery.

"Health care today is extremely complex," said Tejal K. Gandhi, NPSF president. "All of us will be patients at some point in life, and we should approach that experience the way we would approach any important journey - with careful planning and communication. "Navigate Your Health...Safely" reminds us that that providing safe patient care can best be achieved when patients are a key part of the team and take an active role in their care."

This year's campaign is also stressing greater awareness of diagnostic errors, an area

that has not been widely studied in the medical literature. A diagnostic error can be defined as a wrong, delayed or missed diagnosis, and while not all diagnostic errors result in patient harm, they represent the leading cause of malpractice cases for many organizations.

Naval Health Clinic Hawaii will engage staff, patients and the community through educational and awareness-building activities specific to patient safety science and practice.

"I am proud of the work our staff does every day delivering safe, high quality, patient-centered care to make Naval Health Clinic Hawaii the healthcare team of choice," said Capt. Connie Stamateris, organizational performance improvement coordinator.

For more information on Patient Safety Awareness Week, visit www.npsf.org.

Story Ideas?

Contact Ho'okele editor for guidelines and story/photo submission requirements. 473-2890 / editor@hookelnews.com



MiCare increases provider, patient interaction

Tech. Sgt. Terri Paden

15th Wing Public Affairs

The 15th Medical Group at Joint Base Pearl Harbor-Hickam launched MiCare, the online secure messaging service, in September 2013. Though the program is currently thriving, the 15th Medical Group continues to encourage patients to sign-up and take advantage of the new system, which is giving patients more control over their medical care.

"MiCare gives patients a secure means to access their healthcare team via the Internet," said Capt. Scott Cook, 15th Medical Group MiCare lead. "It can save the beneficiary time by not having them come into the clinic for something simple like requesting prescription refills or test results. It also allows them to ask their healthcare team medical questions through a secure electronic message without an appointment."

Additionally, after patients are registered, the Air Force-wide service will follow them wherever the Air Force takes them, so they will never have to sign-up again.

Cook said MiCare was created to give patients increased access to medical care as well as align the Air Force Medical Service with the secure messaging trend in civilian healthcare facilities. Patients using MiCare are able to contact their healthcare team directly.

"It eliminates 'phone tag' with our medical staff," he said. "MiCare has been shown to reduce the number of phone calls between patients and providers, which increases patient satisfaction and saves time for both the patients and the MDG staff."

Currently, about 30 percent of 15th Medical Group beneficiaries are using MiCare, but Cook said he expects that to increase as patients find out how easy and convenient it is to use the system.

Senior Airman Sharlene Kelm, 15th Wing knowledge operations management office, said she has used MiCare a few times since it came online and would recommend it for anyone looking to skip the middle man and go directly to their healthcare team.

"The system is definitely easy to use and navigate," she said. "I used it for lab results, but I know that you can also use it to make appointments and send e-mails directly to your doctor, and I would think using MiCare would be much better than waiting around on the phone to schedule an appointment."

Kelm said she heard from her doctor within 24 hours on an initial result request via MiCare.

"Of course the success of the program really depends on how fast they are able to get back to you, but not having to go back in or make tons of phone calls to get my lab results was really convenient," Kelm said.

Sign-up for MiCare is ongoing, and the 15th Medical Group plans to enroll as many patients as possible into the system and begin using secure messaging as the primary form of communication between patients and their healthcare teams.

To register, patients should visit the 15th Medical Group to initiate the face-to-face registration process. Patients will need to show their military identification card and provide basic information such as name, social security number, birthday and email address. An email will be sent for patients to finish enrollment and begin confidential messaging with their healthcare team. For more information, visit <http://www.afms.af.mil/micare>.

New enrollment options available for qualified TRICARE beneficiaries

A new enrollment policy for non-active duty TRICARE beneficiaries on the island of Oahu allows enrollment to any Hawaii Military Treatment Facility regardless of the beneficiary's service branch affiliation.

Under the new policy, for example, an Army or Air Force beneficiary (active duty family member, retiree, their family member, survivor) living on the windward side of Oahu now has the option to enroll to the Naval Health Clinic Hawaii-Marine Corps Base Hawaii in Kaneohe instead of having to drive to Tripler Army Medical Center or the 15th Medical Group, Joint Base Pearl Harbor-Hickam.

"The intent of this market-wide policy is to allow our beneficiaries access to military health care where it is most convenient," said Brig. Gen. Dennis Doyle,

enhanced multi-service market manager and commanding general for Pacific Regional Medical Command and Tripler Army Medical Center. "This creates a patient-centered approach to healthcare delivery while optimizing the MTF resources throughout the Hawaii market."

As part of the National Defense Authorization Act of 2013, governance of the Military Health System (MHS) has resulted in the consolidation, integration, and standardization of shared services and functions within the MHS.

For more information on enrollment, primary care manager changes or other TRICARE information, beneficiaries can call UnitedHealthcare Military & Veterans at 1-877-988-WEST (1-877-988-9378) or visit online at <https://www.uhcmilitarywest.com>.