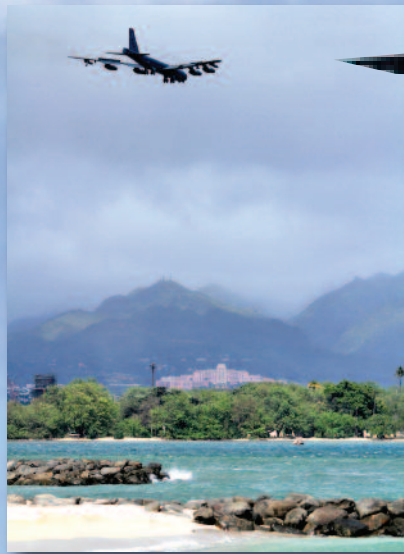


## Strategic bombers conduct low approaches over joint base



### Pacific Air Forces Public Affairs

Two B-52 Stratofortress strategic bombers from Barksdale Air Force Base, La. and two B-2 Spirit strategic bombers from Whiteman Air Force base, Mo. flew non-stop

from their respective home stations to training ranges within the vicinity of Hawaii and conducted range training operations and low approach training flights at Joint Base Pearl Harbor-Hickam. These training flights, which were approximately 20 and 21

hours in duration, respectively, ensure U.S. strategic bomber forces maintain a high state of readiness and demonstrate U.S. Strategic Command's ability to provide a bomber force that is flexible, credible and always ready to respond to a variety of threats

and situations around the world.

This ensures that the president of the United States has capable, credible and scalable military options to meet national security obligations to the U.S. and its allies and partners.

Photo illustration | Photos by U.S. Marine Corps by Lance Cpl. Wesley Timm, Staff Sgt. Jason W. Fudge

## JBPHH earns Retention Excellence Award

Story and photo by  
MC1 Nardel Gervacio

Navy Region Hawaii  
Public Affairs

Sailors assigned to various commands at Joint Base Pearl Harbor-Hickam stood in formation at the Pearl Harbor Memorial Fountain as the Retention Excellence Award (REA) pennant was raised on April 7.

The Retention Excellence Award is given to select commands by the Department of the Navy for meeting and exceeding career program requirements.

“For me, although it's great to meet certain criteria for the Retention Excellence Award, it's most important that Sailors get quality information. The Sailors are being taken care of through mentorship and their chain of commands are involved and assisting,” said Navy Counselor 1st Class



Electronics Technician 3rd Class Brianna Castaneda, assistant command career counselor, and Navy Counselor 1st Class Johnathon Young, command career counselor, prepare to raise the Retention Excellence Award Pennant.

(SW/AW) Johnathon Young, command career counselor at Joint Base Pearl Harbor-Hickam.

“The big part is mentorship. The Sailors really need to understand what is going on and

what might be an immediate concern so they can plan for it, so they can take appropriate action, so they can be happy,” said Young.

The annual award recognizes accomplishments

in executing programs and policies that enable Sailors to have successful naval careers and be afforded all opportunities possible.

Programs aimed at retention like career development boards, sponsorship programs, mentorship, Career Waypoints, and Selective Reserve help the Sailors with choices for their naval careers.

The Retention Excellence Award is given once a year to those commands that have met or exceeded the Chief of Naval Operations' retention requirements for two or more quarters. “Having the Retention Excellence Award says we're doing our job and we're doing it well. We met the criteria that has been set by the Navy and we are performing outstanding or above, which is great,” said Young.

Commands awarded the retention excellence award are authorized to

fly the retention excellence pennant.

“Retention Excellence Award is an award that every command competes for every year, so that they can be recognized for meeting requirements or benchmarks that are outlined earlier that year,” said Chief Navy Counselor (SW/AW) Athena R. Allen, command career counselor at Joint Base Pearl Harbor-Hickam.

“Hopefully, it's giving a realistic reflection of the career development team and the leadership's ability to keep Sailors on track.” Allen said that the Retention Excellence Award would not have been possible without the hard work of Young and Electronics Technician 3rd Class Brianna Castaneda, assistant career counselor.

“They help us to schedule, execute, track and

See RETENTION, A-2



### In memoriam

Pearl Harbor survivor and retired Navy Chief George Bennett, age 90, passed away April 7 in Battleground, Wash. He frequently attended the Pearl Harbor Day remembrance ceremony and the end of the war ceremony on the Battleship Missouri Memorial. He served as secretary for the Pearl Harbor Survivors' Association before it disbanded in December 2011. (See next week's Ho'okele for more coverage.)

## ‘Think green’ at upcoming Earth Day events

Don Robbins

Ho'okele Editor

A series of events will be held at Joint Base Pearl Harbor-Hickam (JBPHH) and Pacific Missile Range Facility throughout this month to celebrate Earth Day.

They include:

- Pearl Harbor Navy Exchange (NEX) Earth Day coloring contest now through April 15 at the NEX mall aloha center and garden center. Authorized patrons ages 12 and under can show off their Earth Day creativity in the contest. Parents can pick up the official entry form and drop off the finished entry by April 15 to the NEX aloha center. Entries will be judged on April 17 and the winner will be presented with a prize and award on April 18. All artwork will be featured in the NEX rotunda.

For more information, call 423-3287.

- NEX Earth Day Expo: Partnering for a Greener Future from 10 a.m. to 4 p.m. April 18 at the NEX mall-side tent. NEX and JBPHH will



Photos courtesy of NAVSUP FLCPH

A clean islands oil spill response vessel will be at the Naval Supply Systems Command Fleet Logistics Center Pearl Harbor (NAVSUP FLCPH) Earth Day Fair April 22.

welcome all authorized patrons to “think green” at the expo. The event will include

eco-friendly demonstrations, information booths explaining how to create a greener future,

Earth Day children's games, awards presented to the coloring contest winner and new

earth-friendly products. For more information, call 423-3274.

- Earth Day festival from 10 a.m. to 2 p.m. April 19 at Hickam Harbor. The event will include boat rides, a touch tide pool and informational booths.

- Beach cleanup from 8 a.m. to noon April 19 at Pacific Missile Range Facility.

- Fifth annual Naval Supply Systems Command Fleet Logistics Center Pearl Harbor (NAVSUP FLCPH) Earth Day Fair from 10 a.m. to 1 p.m. April 22 at building 473 at Kilo 7/8 Piers. The event will include environmental displays, a clean islands oil spill response vessel and alternative fuel vehicle displays. For more information, contact Lt. j.g. Chris Herbert at 473-7818 or email Christopher.l.heber1@navy.mil.

Earth Day began in 1970 as a way to place environmental protection onto the national agenda. It is officially designated on April 22 and now celebrated globally to show support for environmental protection.



Pearl Harbor Commissary launches farmers' market, promotes Healthy Base Initiative See page A-2



Diverse Views: What does Earth Day mean to you? See page A-3



Volunteers help clean Pearl Harbor Bike Path See page B-1



April is Sexual Assault Awareness and Prevention Month See Page A-3



15th MXG motorcycle riders hold rally for safety ride See page A-6



Easter sunrise service to be held at Battleship Missouri, April 20 See page B-2



# Pearl Harbor Commissary launches farmers' market, promotes Healthy Base Initiative

Story and photo by  
MC2 Tiarra Fulgham

Navy Public Affairs Support  
Element West, Detachment  
Hawaii

The Pearl Harbor Commissary hosted a farmer's market on April 4. The event was part of the Healthy Base Initiative, focused on promoting healthy behaviors and healthy environments for military members and their families.

Part of the entertainment included hula dance exercise and music by Sailors of the Pacific Fleet Band. Representatives from health and wellness and local farmers were on hand.

Capt. Jeffrey James, commander of Joint Base Pearl Harbor-Hickam, together with Air Force Col. David Kirkendall, 647th Air Base Group Commander and deputy commander of Joint Base Pearl Harbor Hickam, were on hand in a show of military support.

"The Healthy Base Initiative could also be called the common sense initiative," said James about HBI. "It aligns what we already know about the benefits of a healthy lifestyle, good nutrition, regular exercise, no tobacco use with more formal resiliency programs, such as the 21st Century Sailor, to help inform sound decision-making across a broad spectrum of subjects ranging from



The Pearl Harbor Commissary gives patrons the ability to purchase fresh grown produce from local farmers in Hawaii.

design of streets, sidewalks and crosswalks, to food options on base, to fitness programs offered to service members and their families," he said.

The events were designed to promote both healthy food choices and a healthy active lifestyle.

"Today we are trying to introduce our local farm products," said Eyvinne Umemoto, Pearl Harbor commissary store director.

"There are over 115 vendors that we have on island, and we get to call and order fresh products from. We also want to continue supporting the Healthy Base Initiative with the Naval Health Clinic."

A new display was featured that includes fresh locally grown foods available in the produce section of the commissary. Patrons were able to taste different samples and ask farmers questions.

"We were invited to do this program with the commissary on promoting Hawaii grown products," said Derwin Okinaka, representative for Sugarland Farms.

Zumba and hula dance exercise demonstrations offered some fun ways for people to stay active.

"It's a health alliance through DECA, MWR, the NEX, AFFES and Health Promotions, both Air Force and Navy," said James Duff, Healthy Base Initiative program representative for Joint Base Pearl Harbor-Hickam.

"There are various health promotions classes, MWR health

classes to help lose weight, healthy eating at DECA, promoting eating healthy fruits," Duff said.

"I am part of a team within 'Choose to Lose,'" said Linda Stolze, who was participating in the hula dance exercise.

"And we have done hikes together and we have met at parks with equipment like weights, medicine balls and we workout outside which is awesome because we are in Hawaii and it's great to get out. That has really motivated me. I still have a long way to go, but I am on my way and I am going to stick with it," Stolze said.

The Defense Commissary Agency (DeCA) is a Department of Defense agency that supports more than 245 commissaries worldwide, providing groceries and household supplies to members of the armed services and their families since the early 1800s.

The Healthy Base Initiative began in 2013 as a demonstration project that examines select military installations' efforts to support improved nutritional choices, increased physical activity, obesity reduction, and decreased tobacco use. HBI is also a part of Operation Live Well, which aims to make healthy living the easy choice and the social norm across the Department of Defense.

For more information, visit [greatlifehawaii.com](http://greatlifehawaii.com) or any DECA store or health promotions office.

# Volunteers search for invasive species habitats at Mamala Bay Golf Course

Story and photo by  
Brandon Bosworth

Assistant Editor, Ho'okele

More than 60 civilian and active duty volunteers spent the morning of April 7 scouring Mamala Bay Golf Course, Joint Base Pearl Harbor Hickam, for possible coconut rhinoceros beetle (CRB) breeding sites.

Volunteers roamed the grounds in teams, marking possible CRB breeding sites with bright flags. Potential breeding sites included mulch piles and dead trees. Those sites will later be thoroughly examined for signs of the invasive beetles.

"We appreciate everyone coming out today, said Cmdr. Tom Lyons, environmental assistant

engineer for Navy Region Hawaii. "We appreciate the support. This is a really big deal for us."

The coconut rhinoceros beetle is a high profile invasive species and a pest to coconut palms and other palm species. They were discovered on JBPBH property last December. More than 300 traps have been deployed in a two-mile radius were set, and more than 100 adult CRB have been captured near the Hickam golf course and beach, along with more than 250 larvae.

Patty Coleman, Navy Region Hawaii Environmental Outreach, thinks the April 7 project was helpful.

"We located some potential breeding sites and all the potential trouble spots," she said.



Rebecca Smith (right), Hawaii Department of Land and Natural Resources, spoke to civilian and active duty volunteers who were preparing to search for possible coconut rhinoceros beetle breeding sites at Mamala Bay Golf Course, Joint Base Pearl Harbor-Hickam.

Rebecca Smith, Hawaii Department of Land and Natural Resources, agreed.

"We identified all that we could," she said. "This is where the boots hit the ground."

It is unknown at this time how the CRB arrived at JBPBH. The CRB could have been brought on either military or civilian flights from many possible locations. Joint Base Pearl Harbor-Hickam has the nearest green space to the shared runway and airfields of Honolulu International Airport and Hickam, so it isn't unusual that invasive species would appear there first.

Residents can report any sighting of rhino beetles to the state pest hotline at 643-PEST (643-7378). If anyone finds a beetle and is willing to capture it in a bag or jar, place it in a freezer to kill it and contact the number above. Residents who find a trap that is damaged can call 832-0585 to have it picked up.

# Pacific Air Chiefs Symposium brings international strategic partners together



U.S. Air Force photo by Staff Sgt. Nathan Allen



U.S. Air Force photo by Master Sgt. Victoria Boncz



U.S. Air Force photo by Staff Sgt. Nathan Allen



U.S. Air Force photo by Master Sgt. Victoria Boncz

(Top) Attendees at the Pacific Air Chiefs' Symposium listen to a briefing presented March 29 at the Pacific Air Forces Headquarters building at Joint Base Pearl Harbor-Hickam. (Middle left) Senior Chief Alex Rincones, chief of the U.S. Pacific Fleet's commander's barge, explains how the wall at the USS Arizona Memorial lists the names of each crew member who died in the Dec. 7, 1941 attack on Pearl Harbor. (Middle right) Gen. Harukazo Saitoh (left), Japan Air Self-Defense Force chief of staff, signs the Pacific Air Forces (PACAF) guestbook with the help of Gen. "Hawk" Carlisle, PACAF commander, at the 2014 Pacific Air Chiefs' Symposium held March 29 at the Pacific Air Forces Headquarters building at Joint Base Pearl Harbor-Hickam. (Above) Attendees of the 2014 Pacific Air Chiefs' Symposium salute outside the Pacific Air Forces Headquarters building March 29 at Joint Base Pearl Harbor-Hickam.

# Retention excellence

Continued from A-1

submit career development boards into the systems, document training, communicate with the chain of command on who have approval to stay in the Navy, who has plans to separate and where Sailors are transferring to. They assist with all the re-enlistment and retirements to make sure the requests are processed. They do everything. They're awesome," said Allen.

Young and Castaneda submit the Career Waypoint (formerly Perform to Serve).

"Not only do we have Sailors that want to stay Navy and actually re-enlist, we also have to make sure in the career counselor office, we are providing every single opportunity for Sailors to be able to stay. So as soon as they (Sailors) come to their window to be eligible for a career waypoint application, we have to submit it. If you have one application for one Sailor for one-month missing, then you don't earn the award, so they're meticulous about making sure that everything is submitted on time. They do a great job," said Allen.

Awardees selected achieve a score of 85 points or better on the annual Career Development Program Review (CIPR), achieve 100 percent perfect Career Waypoint on-time submission for each review a Sailor is eligible to receive, achieve 100 percent qualification of PACT Sailors in the Fleet Rating Identification Engine (Fleet Ride) and achieve 100 percent Leadership Development Program completion for required personnel.

To learn more about career options and retention, contact your command career counselor.

Remember ... Government vehicles are for official use only.



Photo courtesy of Naval Facilities Engineering Command Hawaii Public Affairs



Commentary

# April is Sexual Assault Awareness and Prevention Month

Ray Mabus

Secretary of the Navy

April 2014 is Sexual Assault Awareness and Prevention Month and will be recognized as such throughout the Department of the Navy. This year's theme is "Live Our Values: Step Up to Stop Sexual Assault."

Sexual assault is a crime. Every Sailor, Marine and Department of the Navy civilian is responsible for their own actions and for inter-

vening to protect others from harm. We hold ourselves to high standards, our core values demand nothing less, and our nation rightfully expects us to set a visible and consistent example for all.

We must all be personally committed, as I am, to a culture of gender respect where no one must suffer the trauma of sexual assault, where sexual assault victims receive support and protection, and where offenders are held appropriately accountable.

Together, we have accomplished

much in the past year. Sailors and Marines are better educated and more aware of sexual assault issues than they have ever been. They are more comfortable reporting sexual assaults when they occur, and many have intervened themselves, or witnessed acts of intervention to prevent assaults.

Leaders at all levels are engaged, and victim support processes are stronger, as are our capabilities for criminal investigation and prosecution of cases. Our primary challenge remains—to

prevent sexual assaults in the first place. There are no simple precedents to follow, and we will break new ground in doing so. One result will be enduring culture change.

Sexual Assault Awareness and Prevention Month is an annual reminder of values and commitments that apply all year. I encourage you to organize or participate in local and regional events. Together, we can eliminate this crime. Nothing less is acceptable.

I pledge to all victims of sexual assault our department-wide commitment to your support and healing. I encourage you to seek that support. Your local victim advocate, uniformed victim advocate, sexual assault response coordinator, or civilian employee assistance specialists are excellent initial points of contact.

In addition, live confidential assistance is available anywhere 24/7 from the safe helpline toll-free at (877) 995-5247 or by chat at [www.safehelpline.org](http://www.safehelpline.org).

## Sexual Assault Awareness Month kicks off at Submarine Force Pacific

MC1 Jason Swink

Commander  
Submarine Force U.S.  
Pacific Fleet Public  
Affairs Office



Month (SAAM), with the goal to raise public awareness about sexual assault and to educate communities and individuals on how to prevent sexual violence.

"For the last two years, the Navy and the entire Department of Defense has been on a pretty significant journey in figuring out how we can rid ourselves of sexual assault," said Capt. John Russ, COMSUBPAC chief of staff.

"Last year, we had lots of discussions about sexual assault. We are getting everyone educated, and, most importantly, people are taking action against sexual assault."

Considerable time, effort and focus have been placed on sexual assault prevention and response. The goal is to empower each individual command to take ownership of this problem by focusing on the values we should embody day-in and day-out.

"Reporting has increased 46 percent from FY12 to FY13," said Lt. Crystal Campbell, COMSUBPAC's sexual assault prevention and response officer. "Though it may sound like a negative data point, it is truly a testament of progress."

"Sexual assault is a crime that is underreported and it's a significant obstacle to overcome," said Campbell. "An increase of reporting

shows that Sailors are trusting leadership and trusting the process to come forward."

The Navy's goal is to reduce and eliminate sexual assault by fostering a culture of prevention through education and training, which includes encouraging Sailors to take action through bystander intervention. Bystander intervention training helps Sailors understand the value of intervening with other Sailors who may encounter risky situations that, if unchecked, may lead to sexual assault.

"It's when somebody steps up and intervenes—when a friend at a bar jumps in and intervenes when he sees a potential

sexual assault developing, or when a Sailor walks a friend home so they get home safely," said Russ.

"It's a testament to all the training that's been done and all the conversations we have had about this crime," Russ said.

The Navy has adopted a comprehensive approach to tackling the problem of sexual assault and is continuing to change its culture surrounding the issue.

"There has been an array of efforts, such as roving patrols on base and barracks, decreased hours of alcohol sales, increasing emphasis on command climate, and all-hands events with distinguished experts," said Campbell.

April has been designat-

ed as Sexual Assault Awareness Month for the last 10 years. Events throughout the month are being held to raise awareness and reinforce the efforts to eliminate sexual assault from the Navy. It also provides Sailors with opportunities for personal involvement in communicating key messages.

For more information about sexual assault prevention and response, visit the Navy's SAPR program web page at [www.sapr.navy.mil](http://www.sapr.navy.mil), or the Department of Defense SAPR office website at [www.sapr.mil](http://www.sapr.mil). Additional information can also be found through social media channels and the hashtag #StepUpStepIn.

## Diverse Views



### What does Earth Day mean to you?



Staff Sgt. Ricardo Herrera  
392nd Intelligence Squadron

"Earth Day gives us the chance to celebrate this beautiful planet we live on, but also honor what it means to keep it clean so it can remain beautiful."

HM3 Ryan Licup  
NEPMU 6



"It means you spend most of the day cleaning up the base or just cleaning up, period. Just trying to be more environmentally friendly. I try to clean up a little bit around the house, try to make my environmental footprint a little smaller."



Tech Sgt. Tanecia Janice  
Det. 1, 18th Aeromedical Evacuation Squadron

"An opportunity to celebrate our beautiful planet and educate people on the importance of taking care of it."

IT2 Chris Harris  
TPU



"I think it means just being conscious about pollution and being mindful and taking steps toward improving our wastefulness. Everybody taking small steps."



Master Sgt. Dawn Kloos  
624th Regional Support Group

"A moment in time to observe and honor our exquisite planet. This is a day to dedicate to recognizing all that we have, and continue to take care of our earth."

BM2 Paige Schmit  
Naval Health Clinic Hawaii



"Earth Day I guess means when people go out and plant trees and make the environment more natural."



Senior Master Sgt. Ernie Bailey  
HQ PACAF

"An opportunity to celebrate and admire the beauty that God has given us."

Lt. j.g. Josh Shishkoff  
USS Hawaii (SSN 776)



"Everybody probably plants a little tree or something, thinks about recycling."

Provided by Lt. j.g. Eric Galassi  
and David D. Underwood Jr.

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

Drop us a line at [editor@hookelenews.com](mailto:editor@hookelenews.com) or [karen.spangler@navy.mil](mailto:karen.spangler@navy.mil)

## Sexual assault awareness month events to be held this month

### Navy Region Hawaii Sexual Assault Prevention and Response Office

The theme for this year's Sexual Assault Awareness Month (SAAM) is "Live Our Values: Step Up to Stop Sexual Assault."

A series of events in recognition of SAAM have been announced.

- April 14, 11 a.m., SAAM flash mob in collaboration the University of Hawaii-Manoa.
- April 15, 9 a.m. to 3 p.m., food drive collecting donated canned items and sexual assault awareness display

table at the Pearl Harbor Navy Exchange commissary.

Canned food items will also be collected by individual commands through April 15. All donations will be given to the Armed Services YMCA.

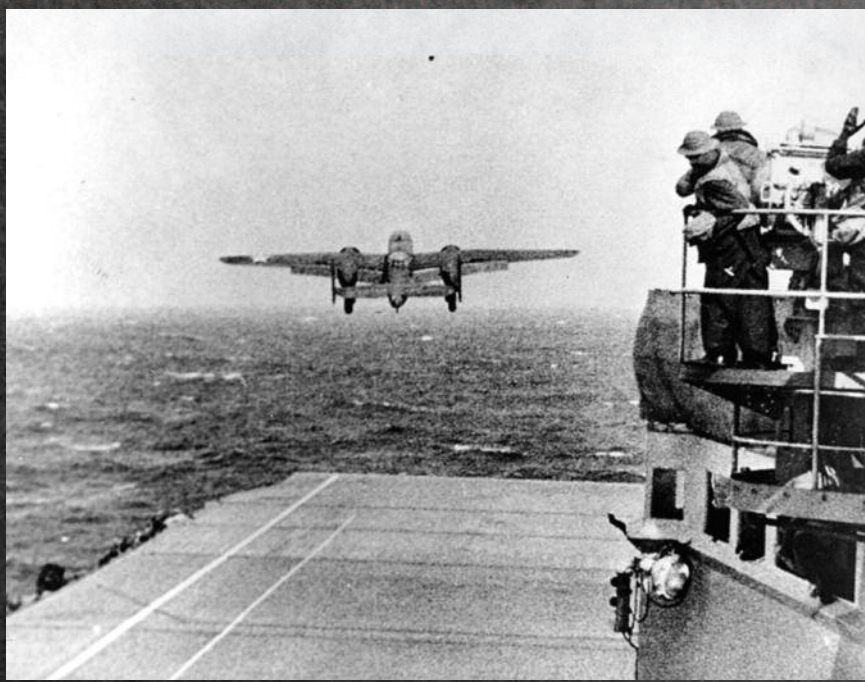
- April 17, 6:30 a.m., SAAM fun run at Pacific Missile Range Facility.
- April 18, 6 to 9 p.m., movie night at the liberty center at the Wahiawa Annex.
- April 19, 8 a.m. to 3 p.m., "Ryde Against Sexual Assault."
- April 23, Denim Day/Ask Me Why?

Denim Day has been internationally celebrated since 1999, after an Italian high court ruling that overturned a rape conviction because the victim was wearing tight jeans. They indicated that the victim would have had to help take them off, making her a willing participant.

• April 25, 9 a.m. to 3 p.m., "Shootout Sexual Assault" bystander-intervention training at Hawaii All Star.

The Sexual Assault Prevention and Response emergency line is 722-6192. For more information on SAAM, call 474-0154.

## Bomber takes off from USS Hornet



An Army Air Force B-25B bomber takes off from USS Hornet (CV-8) at the start of the Doolittle Raid on Japan on April 18, 1942. Men are watching from the signal lamp platform at right. The raid, led by Lt. Col. James H. Doolittle, was the most daring operation yet undertaken in the Pacific by the United States in World War II. The raid took place 72 years ago this month.

Official U.S. Navy photograph

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# BAH recertification process begins at JBPHH

**Tech. Sgt. Terri Paden**

*15th Wing Public Affairs*

The Air Force Accounting and Finance Office has directed an Air Force-wide recertification for those receiving with-dependent rate basic allowance for housing. The 15th Comptroller Squadron (CPTS) began the process for JBPHH Airmen on April 1.

By Dec. 31, every Airman will be required to provide the finance office with documentation for their primary dependent as part of Air Force audit readiness efforts.

The recertification process will allow the Air Force to validate Airmen BAH entitlements, ensuring every dollar of the \$5.4 billion the Air Force spends annually on BAH is fully auditable.

The JBPHH recertification process will move forward a few units at a time to keep the program

manageable. Staff Sgt. Bien Covita, 15th CPTS NCO in charge of special actions, said members should expect to receive an email from the 15th CPTS notifying them when it is time to bring in their documents. However, absence of an email does not excuse the member from personal responsibility.

Once notified, Airmen will have 30 days to provide the required documents to the finance office or have their housing allowance status reduced to single-rate. Deployed Airmen and those on extended leave or temporary duty will be given special consideration in meeting the 30-day deadline.

"If you know you receive with-dependent rate BAH but you never receive an email, you still need to come see us," said Covita. "It's especially important to make sure you don't miss your deadline in Hawaii because the cost of rent is

so high here that losing part of your BAH will hurt."

Covita said there will be no retroactive payments made to members whose BAH is reduced due to failure to provide proper documentation by the given deadline.

Airmen have the option of responding via email by scanning in their paperwork and sending to 15cpts.fmbahrecertification@us.af.mil or taking their documents into the finance office. Covita said that either way, AF Form 594 will require a wet signature.

Additionally, Covita cautions members not to assume exemption from the recertification process before contacting the finance office.

"Even if you just PCS'd or got married last month and you just received your with-dependent rate status, you will still need to provide paperwork," he said.

The push for revalidation of

dependent documentation comes as the Air Force prepares to meet financial improvement and audit readiness requirements laid out in the 2010 National Defense Authorization Act. The Air Force currently retains dependent documentation for six years, which is insufficient to meet audit readiness requirements. Bennett said this one-time revalidation will ensure Air Force compliance with audit requirements.

"America entrusts the Air Force not only to spend taxpayer dollars wisely and efficiently, but also to account and justify that expenditure," said Air Force Chief of Staff Gen. Mark A. Welsh III in a recent memo. "Preparation for this important and legislatively-mandated effort rests in the hands of every Airman, not just the financial community."

Although revalidation of Airmen's dependents will be a one-

time recertification, Airmen will continue to play a vital role in the Air Force's audit readiness. Starting in 2015, independent auditors will visit work stations for Airmen to review processes, procedures and transactions that directly impact the Air Force's financial statements.

"Ensuring we have the proper documentation to account for every expenditure in a very large budget is a difficult but essential effort," said Dr. Jamie Morin, the assistant secretary of the Air Force for Financial Management and Comptroller.

"Becoming audit ready will help us demonstrate to the American public that we are responsible stewards of taxpayer money at a time when we must make every dollar count."

To view the timeline for the JBPHH recertification process, visit <http://ow.ly/vAddG>.

## Hickam Mental Health Flight hosts Alcohol Awareness Week

**Tech. Sgt. Terri Paden**

*15th Wing Public Affairs*

In observance of Alcohol Awareness Week, the Hickam Mental Health Flight hosted several educational events at Joint Base Pearl Harbor-Hickam from April 7 to 11.

According to Staff Sgt. Amanda Villa, 15th Medical Operations Squadron mental health flight resiliency and outreach specialist, the purpose of Alcohol Awareness Week is to educate Airmen of the dangers associated with binge drinking and to promote a culture of responsible drinking and decision making.

"During this week, we will be encouraging people to learn more about their drinking patterns, learn what a standard drink is, and how to make responsible choices and decisions while drinking," she said.

According to the American Society of Addiction and Medicine, four or more standard drinks for a woman and five or more for a man is considered binge drinking. Binge drinking is responsible for many unintentional injuries, such as trips and falls, car crashes and accidental drowning. In addition, binge drinking has been associated with many health problems including liver disease, sexual dysfunction, high blood pressure, stroke and alcohol poisoning.

However, Villa said the consequences of irresponsible drinking could extend past health concerns to personal injury if an Airman makes the unwise decision to drink and drive.

"We like to educate people on responsible drinking because it is important for them to understand what they are drinking and how it will affect them," Villa said.

"One standard drink for a male will produce a blood alcohol content of .02 and .03 for a female. The legal limit for a DUI in the state of Hawaii is .08. Even if one is pulled over and has a BAC of less than .08, they can still be considered under the influence, so we

like to tell people not to drive after having any drinks."

A standard drink containing liquor is 1.5 ounces, which is one regular-sized shot glass. Airmen should be aware that many mixed drinks often contain three to five shots of alcohol. For example, the island favorite mai tai could potentially put an Airman over the legal limit to drive.

Airmen who frequently engage in binge drinking or make poor decisions while drinking should seek professional help. Villa said the alcohol drug abuse and prevention treatment program is available for Airmen who need assistance.

"If someone feels that they drink too much or people have made comments about their drinking, it's best they go to ADAPT [Air Force Drug & Alcohol Abuse Program] before a negative incident like a DUI occurs," she said.

Though there is often fear that a visit to ADAPT may ruin one's career, Villa maintains that self-referred treatment through ADAPT is non-punitive. In other words, members should not receive disciplinary action from their command for seeking treatment.

In addition to ADAPT, there are a number of useful resources available, such as Airmen Against Drunk Driving (AADD), 448-RIDE/LIFT, the Joint Enlisted Association (JEA) Cares program, 473-1222, and island taxi services for afterhours or weekend help if designated driver plans fall through.

To mitigate adverse actions and keep alcohol-related incidents at bay, Villa advises Airmen to always have a plan, be informed, make responsible choices when drinking alcohol, and to be good wingmen to one another.

For more information, contact the mental health flight at 448-6377. The office is open from 7:30 a.m. to 4:30 p.m. Monday through Friday.

## Letter to the Editor

### Permit scooters at the skatepark

Many skateboarders are annoyed at the presence of scooters at various skate parks. The sign at the blue skatepark on Hickam says that the park is intended for skateboards and roller blades only. Scooters and bicycles are not allowed. Although the original "cruise" scooters are not designed for ramps that might be at the skatepark, new pro scooters are designed for tricks and should be allowed at the skatepark. Whether you are on a scooter or a skateboard, you need to be safe, courteous and take turns.

The other day a skateboarder got mad at my friend and me because we were scootering at the skatepark. He told us that if we got in his way, he would call the police. We were taking turns and being courteous, but he was calling us names.

I can see why some skateboarders don't like the original "cruise" scooters. They are not designed for ramps, or for doing tricks. Some little kids get in the way of the ramps and the skateboarders and that could be unsafe.

I agree that bikes shouldn't be at the park either because they are really big and bulky and get in other people's way. Pro scooters, however, are more stable and have a wider handlebar compared to regular scooters. Unlike bikes, scooters take up the same amount of space as skateboards and use the same ramps.

Both skateboarding and scootering have safety concerns, but scootering is safer and scooters have more control. With scootering you need to be careful when you are doing tricks like a bry flip or tail whip when you swing the scooter. If you fall on a scooter, however, you are holding the handle and it will not roll into someone else. With skateboarding the skateboards can roll all over the place when the person falls off.

Both skateboarders and scooters need to have courtesy. This includes not sitting on the ramps, not loitering, taking turns, and using nice language. If they changed the rules to include scooters, there would be less conflict between scooters and skateboarders.

The sign at the blue skate park is out-of-date. The park should modify the rules to allow pro scooters. They are designed for ramps and doing tricks. They are just as safe as skateboards. Whether you ride a scooter or a skateboard, we can all benefit from this change.


*Matthew Taylor, age 12  
Joint Base Pearl Harbor-Hickam*

**GOT SPORTS**  
**Phone: 473-2890**  
 editor@hookelenews.com

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



**STORY IDEAS?**  
 Contact the Ho'okele editor for guidelines and story/photo submission requirements  
**Phone: (808) 473-2890/2895**  
 Email: editor@hookelenews.com





# Pearl Harbor-Hickam *Highlights*



Military and community members run across the bridge during the 17th annual Ford Island 10K Bridge Run at Joint Base Pearl Harbor-Hickam. The Ford Island Bridge Run is one of the largest 10k runs in the state of Hawaii.

U.S. Navy photo by MC1 Daniel Barker

(Right, below) Master Sgt. Alfred Wells (left), 15th Aircraft Maintenance Squadron first sergeant, demonstrates proper hand signals before leading a group safety ride March 31 for 15th Maintenance Group Airmen. More than 50 Airmen from the 15th Maintenance Group joined their leadership for a 50-mile safety ride around the island.

U.S. Air Force photos by Tech. Sgt. Terri Paden



Representatives from Sugarland Farms prepare samples of fresh grown bananas for patrons at the Pearl Harbor commissary farmers' market. The Defense Commissary Agency (DeCA) is a Department of Defense agency with more than 245 commissaries worldwide. It has provided groceries and household supplies at a low cost to members of the armed services and their families since the early 1900s.

U.S. Navy photo by MC2 Tiarra Fulgham



U.S. Navy photo by MC2 Tiarra Fulgham

Patrons of the Pearl Harbor Commissary participate in Hula Fitness as part of a special fitness event for "Choose to Lose." The program is designed to promote healthy choices, increase physical activity and help manage weight.



# 15th MXG motorcycle riders hold rally for safety ride

Story and photo by  
Tech. Sgt. Terri Paden

15th Wing Public Affairs

More than 50 Airmen from the 15th Maintenance Group (MXG) grabbed their keys, donned protective gear, hopped on their bikes, and joined their leadership for a 50-mile safety ride around the island March 31.

According to Master Sgt. Alfred Wells, 15th Aircraft Maintenance Squadron first sergeant, the gathering provided the perfect opportunity for leadership to interact directly with their motorcycle riders and administer the annual motorcycle safety briefing as well.

"I didn't know some of the guys were riders until today," said Wells. "It's great to be able to put a name and a face with the bikes you see in the parking lot at work, and it's reassuring to be able to know firsthand how an Airman rides and what his experience level is. Things like this are also great for morale and building unit cohesion because it gives the guys more in common than working in the same unit."

The group rallied prior to the ride to go over basic fundamentals of group riding, including pre-ride inspections, hand signals, lane changes and emergency stops. Additionally, the motorcycle safety program officers updated the group on Air Force instruction policy changes



More than 50 Airmen from the 15th Maintenance Group joined their leadership for a 50-mile safety ride around the island March 31. (Additional photos on page A-5.)

regarding training and ensured everyone was wearing the proper protective equipment and was up-to-date with their required paperwork.

"Operating a motorcycle is a high-risk activity and takes different skills than driving a four-wheeled vehicle," Tech. Sgt. Chadwick Smith, 15th AMXS motorcycle safety program officer, told the group.

"Even though most Airmen take the necessary precautions, every year we, unfortunately, lose Airmen to motorcycle accidents, and each incident impacts our units, communities and Air Force family. Most of our accidents are due to a lack of training, poor riding skills, risky behavior and, most notably, driving too fast for conditions. I want to make sure all members of the maintenance group develop the right skills, the right training and the

right attitude to be a safe rider," Smith said.

According to Smith, the number one cause of motorcycle mishaps in the Air Force is excessive speed and, though training may help, the key to mitigating those mishaps rests in the rider's personal discipline.

"Airmen should incorporate the same compliance and discipline culture in their off-duty lives as they display on duty," he said. "Training that involves weaving in and out of cones in a parking lot will not effectively reduce fatal mishaps risks if Airmen intend on simply complying with training requirements, so they can later ride their motorcycles at 140 miles per hour the first chance they have."

The day's ride took the group through changing traffic patterns, weather conditions and speed limits and tested the group's ability to act as a team.

In fact, the formation was assembled around the team concept. Highly experienced riders led the group from the front, alerting the rest of the team to road hazards and changing road conditions. An additional set of experienced riders brought up the rear, helping to facilitate group lane changes and keep four-wheeled vehicles from intermingling with the bikes. In the middle of the formation, the riders grouped themselves into smaller clusters by experience level.

The entire formation rode at a pace that accommodated the least experienced rider in the group so no Airmen were left behind.

Wells said the set-up of the formation was the most ideal for group riding and helped ensure the overall safety of the group.

"Working together to complete the ride as a unit was just as much an exercise in team building as it

was in safety," he said.

"If I can trust you to have my back on the road, then I can trust you to be a good wingman," he said.

Senior Airman Jason Button, 15th Maintenance Squadron motorcycle safety program officer, said group rides are also the perfect place to find a safe riding buddy.

"Group riding is important because it helps you find other people who fit your riding style," he said. "Once you find someone with a similar experience level, they can become your wingman, and you can grow your experience as riders together. It also helps you figure out who the more experienced riders are, and those are the people you can look to for mentorship."

Wells said when it comes to riding, experience trumps rank any day and Airmen should look to those with more years of experience to be good mentors.

"It's all about safety and good mentorship," he said. "It doesn't matter about the rank. If someone is being unsafe, you have to call them on it. If someone needs help, you help them."

The ride concluded safely and successfully back at base with a group huddle and feedback on things observed along the route.

For more information on motorcycle safety, contact your unit motorcycle safety program officer or the 15th Wing Ground Safety office at 449-0789.

## Shipyard keeps USS Lake Champlain on maneuvering schedule

David Tomiyama

Pearl Harbor Naval Shipyard, Code 1160  
Congressional & Public Affairs

Pearl Harbor Naval Shipyard recently made emergent repairs to USS Lake Champlain (CG 57), enabling the Ticonderoga-class, guided missile cruiser to remain on schedule to participate in subsequent maneuvers.

Shop 38 mechanical, shop 72 rigging civilians and shipyard Sailors from the diesel and gas turbine sec-

tions worked around the clock over two days to repair Lake Champlain.

"A 'job well' done to the shipyard for their support and superior performance," said Capt. Christopher Barnes, Lake Champlain commanding officer.

"Your hard work has contributed greatly to the successful bearing replacement of 2A LSB. Your professionalism and dedication resulted in the completion of a major voyage repair within 48 hours and allowed us to perform our duty at sea."

Lake Champlain returned from a recent Pacific

deployment needing her line shaft bearing repaired or replaced. The line bearing is a key component on any ship. The part plays a key role in supporting and aligning the main shaft.

The replacement bearings on board Lake Champlain were unusable due to excessive corrosion and could not be repaired. Finding a replacement bearing could not be flown in from the mainland to complete the repair in time for the ship to join planned maneuvers at sea.

USS Chosin (CG 65) volunteered to give up one of her bearings to Lake Champlain as Chosin was moored here and not scheduled for a mission in the near future.

The shipyard's and ship's personnel began removing both 350-pound line shaft bearings from Lake Champlain as well as the bearing from Chosin. Chosin's spare bearing was then moved to Lake Champlain. Then the real work of correctly installing the part began.

"We needed to make sure the new bearing feasibly fit, according to our engineering criteria, to include

alignment readings, clearance readings, etc.," said Ken Waid, shop 38 supervisor. "What made this tough was that the installation needed to be done in a short amount of time. Normally on a job like this, we have a lot more time to make it happen."

Another challenge to be met was that shop 38 is made up of 21 gas turbine specialists, enginemen and machinist mates who are only minimally familiar with this type of surface ship work. They had never accomplished this degree of work in so short a time, but

that didn't stop them from learning quickly and exerting maximum effort. The Sailors put the mission first, determined to work together and meet the deadline to get the ship back to sea.

By Sunday morning, the work was complete, exceeding all expectations.

"The keys to completing the mission were the enthusiasm and willingness to learn on the part of our shop 38 Sailors," said Waid. "They embraced this new kind of training and met the challenge of getting the job done."