



# WELCOME RIMPAC

"Navigator"

# HO'OKELE

PEARL HARBOR - HICKAM NEWS

June 27, 2014

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Volume 5 Issue 25

# RIMPAC 2014 UNDERWAY



Coverage of RIMPAC 2014 will be featured in Ho'okele over the next few weeks.

Photo illustration | U.S. Navy photos by  
MC2 Tiarra Fulgham, MC3 Pyoung K. Yi,  
MC3 Johans Chavarro



USS North Carolina returns to Pearl Harbor after deployment  
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Welcome RIMPAC  
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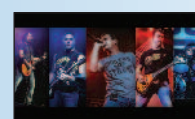
Pound Town defeats Chung-Hoon for softball title  
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USS Hopper assists successful missile intercept  
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Changes of command  
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4th of July  
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# USS North Carolina holds change of command

Story and photo by  
MC1 Steven Khor

Submarine Force Pacific  
Fleet Public Affairs

Cmdr. Gary Montalvo relieved Cmdr. Richard Rhinehart as commanding officer of the Virginia-class, fast attack submarine USS North Carolina (SSN 777) during a time-honored change of command ceremony June 24 at the submarine piers at Joint Base Pearl Harbor-Hickam.

Rhinehart was emotional as he addressed his Sailors for the last time as their commander. He noted how proud he was that he had the opportunity to be in command of North Carolina and to work with some amazing Sailors.

"What makes this job so amazing are the people and the crew," said Rhinehart. "Each and every one of you have a shared heritage, not just being fellow brothers of the fin, but of being shipmates on the North Carolina. Together, we took the finest ship of the Pacific Fleet to sea."

In command for more than three years, Rhinehart took his submarine and crew on two lengthy western Pacific deployments and numerous shorter underway periods.

"Together, we fought to keep the boat at sea, operationally proficient and ready to execute any and

all taskings," said Rhinehart. "I couldn't be more grateful for the sacrifices you made or more proud of what you accomplished."

The ceremony's guest speaker, Rear Adm. Phillip Sawyer, commander of the Pacific Fleet's submarine force, praised Rhinehart for a job well done, taking the submarine on every western Pacific deployment the submarine has made.

"Rich, you and your team have had across-the-board success," said Sawyer. "These are successes for the submarine force, the U.S. Navy and for our nation. You can be justifiably proud of what you've accomplished. Congratulations on a highly successful tour."

Sawyer also spoke to the assembled crew and guests about the Chief of Naval Operations' three guiding tenets of warfighting first, operate forward and be ready. Sawyer added that North Carolina exemplified these tenets while playing an important role in achieving national objectives.

During the ceremony, Rhinehart was awarded the Meritorious Service Medal for his successes in command of North Carolina from April 2011 to June 2014.

As Montalvo assumed command of North Carolina, he thanked Rhinehart for turning over a



Cmdr. Gary Montalvo (right) relieves Cmdr. Richard Rhinehart as commanding officer of the Virginia-class, fast attack submarine USS North Carolina (SSN 777), overseen by the commodore of Submarine Squadron 1, Capt. Harry Ganteaume (middle) at a change of command ceremony held June 24.

great ship and a highly enthusiastic crew.

"It is a time like this that reminds me that the strength of the North Carolina is more than just technology and design," said Montalvo, referring to the importance of the crew

on board. "I look forward to being a part of the North Carolina 'Tar Heel' team for the next few years."

Commissioned May 2008, North Carolina is the fourth U.S. Navy ship to carry the name North Carolina. The Virginia-class

boat was built by General Dynamics Electric Boat Division in Groton, Conn. and Newport News Shipbuilding in Newport News, Va. and joined the fleet in December 2006.

The state-of-the-art submarine is capable of

supporting a multitude of missions, including anti-submarine warfare, anti-surface ship warfare, strike, naval special warfare involving special operations forces, and intelligence, surveillance and reconnaissance.

# USS Hopper assists successful missile intercept

American Forces Press  
Service

WASHINGTON (NNS) — The U.S. military successfully intercepted an intermediate-range ballistic missile test target June 22. The target missile was launched from the U.S. Army's Reagan Test Site on Kwajalein Atoll in the Republic of the Marshall Islands, according to a Defense Department news release.

The Missile Defense Agency, U.S. Air Force 30th Space Wing, the Joint Functional Component Command, Integrated Missile Defense, U.S. Northern Command and the U.S. Navy completed an integrated exercise of the ground-based midcourse defense element of the nation's ballistic missile defense system, according to the release.

The U.S. Navy destroyer USS Hopper, homeported at Joint Base Pearl Harbor-Hickam, with its Aegis weapon system, detected and tracked the target using its onboard AN/SPY-1 radar, which



U.S. Navy file photo

The Arleigh Burke-class guided-missile destroyer USS Hopper (DDG 70) sails port side along the aircraft carrier USS Ronald Reagan (CVN 76) during Rim of the Pacific (RIMPAC) 2010.

provided data to the GMD fire control system via the command, control, battle management and

communication system. The sea-based X-band radar also tracked the target and relayed information

to the GMD fire control system to assist in the target engagement and collect test data.

"I am very proud of the government and industry team conducting the test today. Their professionalism and dedication made this test a success," Navy Vice Adm. James D. Syring, the Missile Defense Agency's director, said in the release.

During the test, a long-range ground-based interceptor launched from Vandenberg Air Force Base, Calif. intercepted an intermediate-range ballistic missile target launched from Kwajalein.

The test, designated Flight Test Ground-Based Interceptor-06b, will provide necessary data to assess the performance of numerous ballistic missile defense elements for homeland defense.

The successful test "is a very important step in our continuing efforts to improve and increase the reliability of our homeland ballistic missile defense system," Syring said.

"We'll continue efforts to ensure our deployed ground-based interceptors and our overall homeland defensive architecture continue to provide the warfighter an effective and dependable system to defend the country," the admiral added.

Initial indications are that all components performed as designed, according to the release. Program officials will spend the next several months conducting an extensive assessment and evaluation of system performance based upon telemetry and other data obtained during the test.

The test was the 65th successful hit-to-kill intercept of 81 attempts since 2001 for the ballistic missile defense system. The GMD element of the system has completed four intercepts using the operationally configured interceptor since 2006. Operational ground-based interceptors are currently deployed at Fort Greely, Alaska and Vandenberg Air Force Base, protecting the nation and its friends and allies against a limited long-range ballistic missile attack.

# USS North Carolina returns to Pearl Harbor after deployment

Story and photos by  
MC1 Steven Khor

Submarine Force Pacific  
Fleet Public Affairs

The Virginia-class, fast attack submarine USS North Carolina (SSN 777) returned home to Joint Base Pearl Harbor-Hickam on June 19 following a deployment to the western Pacific region.

The 140-man crew was greeted with signs, banners and lei as families and friends gathered at the submarine piers.

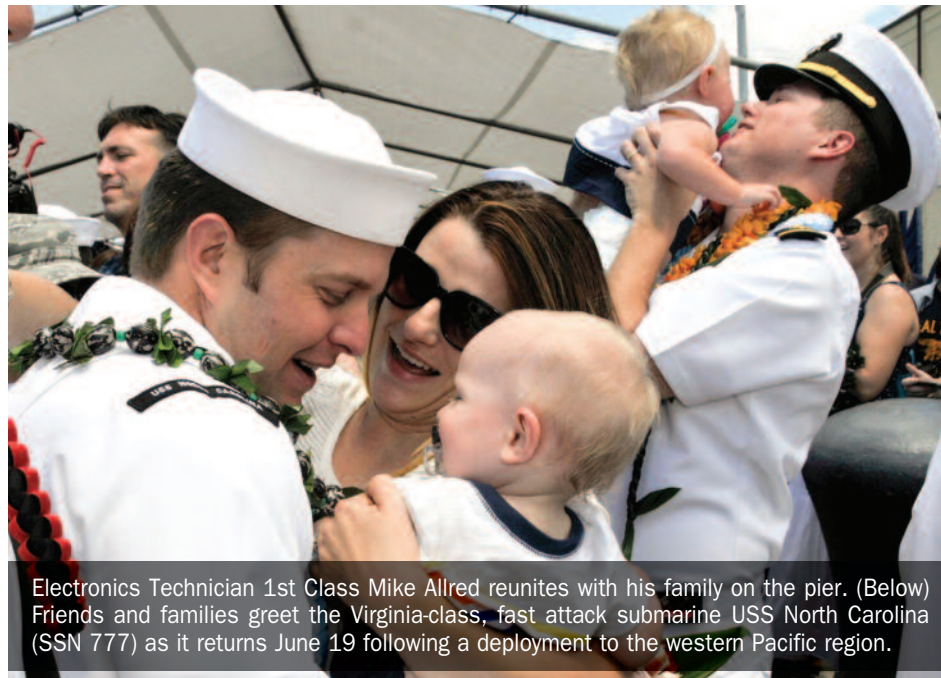
Cmdr. Richard Rhinehart, the submarine's commanding officer, said he is proud of his Sailors and their hard work.

"Conducting forward-deployed operations is one of the most professionally rewarding experiences a Sailor can have," said Rhinehart. "There is no more challenging or strategically more vital a region of the world than the western Pacific."

Rhinehart said being forward-deployed is a culmination of years of training and many months of preparation and certification.

In addition to gaining the experience of operating in the western Pacific for several months, the deployment afforded Sailors the opportunity to work on qualifications.

Despite half of the crew being on their first deployment, 22 enlisted personnel and



Electronics Technician 1st Class Mike Allred reunites with his family on the pier. (Below) Friends and families greet the Virginia-class, fast attack submarine USS North Carolina (SSN 777) as it returns June 19 following a deployment to the western Pacific region.



eight officers became submarine-qualified and are now entitled to wear their respective submarine warfare "dolphin" insignia.

"As a young Sailor, there is no better opportunity to learn than while on deployment," said Rhinehart. "Deployments pack a lot of

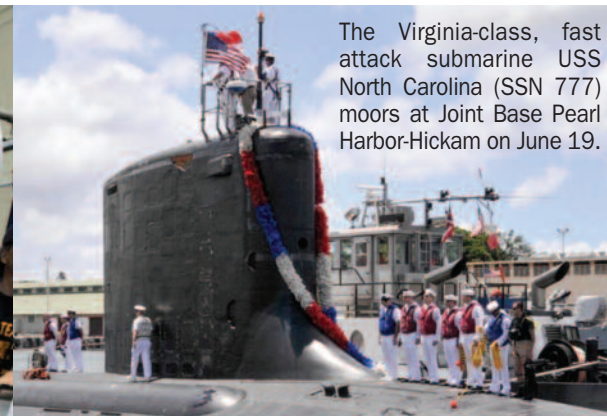
experience into a fairly short period of time. We spent more than 80 percent of our time deployed at sea."

For spouse Dani Allred, having her husband back home, Electronics Technician 1st Class Mike Allred, brought smiles of joy.

"I'm so overwhelmed, it's

surreal," said Allred. "I can't believe this day is here, and we are looking forward to starting our life together again."

Commissioned in May 2008, North Carolina is the fourth U.S. Navy ship to carry the name North Carolina. The Virginia-class boat



The Virginia-class, fast attack submarine USS North Carolina (SSN 777) moors at Joint Base Pearl Harbor-Hickam on June 19.



Lt. Andrew Hutchison reunites with his family on the pier.

was built by General Dynamics Electric Boat Division in Groton, Conn. and Newport News Shipbuilding in Newport News, Va. and joined the fleet in December 2006.

The state-of-the-art submarine is capable of supporting a multitude of missions, including anti-submarine

warfare, anti-surface ship warfare, strike, naval special operations forces, and intelligence, surveillance, and reconnaissance.

For more information about Submarine Force, U.S. Pacific Fleet, visit [www.csp.navy.mil](http://www.csp.navy.mil).



Commentary

# Welcome and 'aloha!' to RIMPAC participants

**Rear Adm. Rick Williams**

Commander, Navy Region Hawaii and Naval Surface Group Middle Pacific



Rear Adm. Rick Williams

Yesterday was the formal opening of the Rim of the Pacific Exercise.

RIMPAC 2014 is hosted by Adm. Harry Harris, commander of the U.S. Pacific Fleet, and led by Vice Adm. Kenneth Floyd, commander of the U.S. 3rd Fleet, who is command task force commander for the exercise.

Our region is proud to serve as the primary base of operations for RIMPAC, and our MIDPAC ships are primed and ready to be part of the exercise.

This is the world's largest international maritime exercise and, in my opinion, it's being held in the best training and testing location anywhere.

I have the personal pleasure of helping to welcome the leaders, representatives and participants from dozens of countries who have come to Joint Base Pearl Harbor-Hickam and Pacific Missile Range Facility for this year's exercise.

Our international participants and guests are there to get realistic and relevant training. I'm con-

fidant our installations and key tenant commands are ready to support a safe, secure and successful training experience. We train to be ready.

Another goal of RIMPAC is to foster and sustain cooperative relationships. Such relationships are critical to ensuring the safety of sea lanes and build speed of trust when we operate forward.

Many of our Sailors and other service members will have a chance to meet and make friends with sailors from other countries. Our morale, welfare and recreation team will offer tours, adventure, entertainment and tickets and transportation to shows,

including *luau*.

We have planned many sporting events, including a RIMPAC Cup (not to be confused with the World Cup). There will be opportunities to enjoy golf, basketball, soccer, sand volleyball, softball, tennis, bowling, bench press, indoor triathlon, swimming, surfing, kayaking, water polo and a sailing regatta, and many more competitive and fun events.

MWR will provide many other opportunities for interaction between host ships and guest participants. Read our region/base paper "Ho'okele" each week to see what's available. We look forward to friendly get-togethers and healthy competition.

Adm. Arleigh Burke once wrote: "One of the most essential elements of an effective combat force is team work ... A good team player has reconciled in his heart the true correlation between competition and cooperation."

So, to our teammates here for RIMPAC — on behalf of every service member, family member and DoD civilian in Navy Region Hawaii and Naval Surface Group Middle Pacific — welcome! And as we say here in Hawaii, "aloha!"



U.S. Navy photo by MC2 Daniel Viramontes  
The amphibious assault ship USS Peleliu (LHA 5) transits while in formation during a photo exercise. Peleliu will participate in exercise Rim of the Pacific (RIMPAC) 2014.

## Diverse Views



If you could put some item from today into a time capsule that would be opened in 100 years, what item would that be?



**Lt. j.g. Bryan Lay**  
USS Halsey (DDG 97)

The book 'Tin Can Sailors.' That way Sailors even 100 years from now won't ever forget our roots and what it means to be a true Sailor."

**Master Sgt. Jason Kabutan**  
735th Air Mobility Squadron



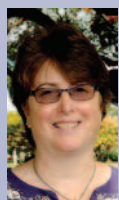
"I would place the American flag that was flown over Kabul, Afghanistan for my dad during my one year deployment. His patriotism continued even on his final breath. Rest in peace, Wayne!"



**LS1 Carmen Admire**  
NOSC Springfield, Ore.

"The view from my hotel window."

**Brenda Nonnweiler**  
Hickam Chapel



"An aerial photo of the base to show the changes that take place over the next 100 years."



**GM2 Eric Haro**  
USS Michael Murphy (DDG 112)

"A photo album or SD card with 1,000 photos on it. I can't imagine showing people what life was like now better than with photos."

**Senior Airman Emanuel Atwater**  
8th Intelligence Squadron



"I would put a newspaper from today to see the differences of what was going on in today's world."



**GSCS Kay Resurreccion**  
CNSG MIDPAC

"Time that I spent with my family. Going back from now I think it would be more beneficial for me to see my kids growing up."

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)

## Feds Feed Families campaign launches at joint base

**Brandon Bosworth**

Assistant Editor, Ho'okele

Joint Base Pearl Harbor-Hickam (JBPHH) is once again participating in the annual Feds Feed Families program. Feds Feed Families is a charitable campaign led by the United States Department of Agriculture that collects canned goods and non-perishable food items for those in need. The campaign began this

month and runs through the end of August.

Since the campaign began in 2009, service members and federal workers have donated and collected 24.1 million pounds of food and other non-perishable items to support families across America. Nearly 9 million pounds of food were collected in 2014 alone.

Collection boxes for canned goods and non-perishable food items have been placed at several locations

around JBPHH, including base chapels, the Naval Surface Group Mid-Pacific administration building, and the third floor of building 150. Individual commands will be placing their own collection boxes.

The Feds Feed Families program will accept donations through Aug. 31.

For more information, call Chief Religious Program Specialist Kimberly Bell at 473-4512 or visit [www.fedsfeedfamilies.gov](http://www.fedsfeedfamilies.gov).

## Ponchatoula refuels Kitty Hawk in RIMPAC 1975



Official U.S. Navy photograph  
USS Ponchatoula (AO-148) refuels USS Kitty Hawk (CV-63) while underway in the Pacific Ocean during Operation "RimPac 75" on April 7, 1975. A Canadian navy frigate and HMCS Provider are in the left background with a U.S. Navy Knox-class escort ship following them. The Australian and New Zealand navies also took part in this operation. This year's Rim of the Pacific (RIMPAC) 2014 exercise began yesterday and is scheduled to run through Aug. 1.

## HO'okele

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Commentary

## WINDOW ON JOINT BASE PEARL HARBOR-HICKAM Welcome to our RIMPAC friends

**Karen S. Spangler**

Managing Editor, Ho'okele

RIMPAC has arrived. Welcome to our friends from 22 Pacific area nations – Australia, Brunei, Canada, Chile, Colombia, France, India, Indonesia, Japan, Malaysia, Mexico, Netherlands, New Zealand, Norway, People's Republic of China, Peru, Republic of Korea, Republic of the Philippines, Singapore, Tonga and United Kingdom – currently here in the Hawaiian Islands to participate in Rim of the Pacific (RIMPAC) exercises 2014 with the United States Navy.

This is the 24th year since 1971 that the RIMPAC participants have converged on Hawaii for the multi-national maritime exercise.

Although the duration of time that the RIMPAC participants will spend here in the islands is brief – only about a month – the joint exercise will help them to hone their warfighting skills, test their capabilities, and practice a variety of scenarios that will foster and sustain cooperative relationships.

Through it all, approximately 25,000 military

personnel will have the opportunity to improve communication and teamwork, develop even better cooperation with other RIMPAC allies, and establish solid military relationships and friendships with other nations from the Rim of the Pacific.

The show of international presence integrates 49 surface ships and the might of the aircraft carrier, USS Ronald Reagan, along with six submarines and more than 200 aircraft. But although RIMPAC is all about improving multi-national cooperation and inter-operability between allies on the high seas and in a combat scenario, it also affords numerous opportunities to build friendships and camaraderie among nations.

It offers the chance for some stiff, but friendly competition in sports and athletic events. It provides the chance for RIMPAC participants to learn about each other's countries and cultures. And, since it all takes place here in paradise, it gives those of us who live here the opportunity to extend to our visitors the spirit of *aloha* and *ohana* for which Hawaii is well-known.

Hopefully, while they are here for RIMPAC, our visitors from many nations will have the chance to try a snorkeling or scuba diving adventure or just relax on a sunny beach overlooking the azure waters of the Pacific Ocean.

Maybe they will enjoy a climb to a perch on Diamond Head – high above Waikiki. Perhaps they will take advantage of the varied music venues at the island's popular nightspots.

And, certainly, they will have many chances to appease their taste buds with a variety of foods from many cultures – our very untypical "local" cuisine.

But mostly, we hope that they will return to their native countries with pleasant memories of time spent in a paradise in the middle of the blue Pacific – imbued with the welcoming spirit and hospitality from this land of *aloha*.

As we foster a spirit of cooperation and communication between our allied nations, we also extend our sincerest welcome. Aloha to our RIMPAC friends!

*(We welcome photos, stories and comments from readers. If you have comments, please send them to: Karen.spangler@navy.mil.)*

## Take care of Hawaii's environment during RIMPAC

**Rebecca Hommon**

Navy Region Hawaii  
Environmental Counsel

Many Hawaii residents believe in the concept of "*aloha aina*" – love of the land, which is marked by stewardship and reverence for the environment, attributing spiritual power to the Earth and its features as well as wildlife.

•While on rest and relaxation or during an operation, watch out for the highly endangered Hawaiian monk seal resting on beaches as well as turtles near coral or on the near shore. Both are endangered species and have the right of way. Don't get near them even though others might do so. Take pictures with high-powered lenses.

•While snorkeling or diving, do not step on or hit coral with fins. Please watch where you put your feet. Coral is alive, and hitting it breaks and kills it.

•Exposing your bare skin to coral can result in painful cuts and possible infection.

•Hiking near or in fresh water streams has two invisible risks beyond the usual trip and fall: flash floods and catching a disease called leptospirosis due to wild animals (pigs mostly) that live in the uplands. Their feces contain bacteria that drains into the streams. The disease can cause severe nausea, chills, high fever which manifests seven to 14 days after exposure and, in worst cases, can be fatal.

Hikes that lead off usual trails can lead to a very narrow, steep

path where turning around is impossible. Deaths have occurred when hikers lost their way or tried to take short cuts only to fall to their deaths. Don't make a rescuer risk his or her life to come get you, based on your bad choice.

•Kayaking to, or landing on, several of the islands offshore of Oahu is illegal as they are bird sanctuaries and monk seal resting places. People are on shore watching with binoculars and will report the trespass. Authorities could be waiting upon your return to shore.

•Rip tides kill several every year as people swim off shore and get caught, then try to fight their way back. Swim parallel to the shore until the tide shifts, which could be a very long time.

•Jellyfish can be seen in the water and can cause burns as they tangle around feet or arms. Signs are usually posted when they are present. They usually arrive on the tides seven to 11 days after full moon.

•Portuguese man-of-war are present year-round, usually on windward (east-facing) beaches such as Bellows. Both stings can be extremely painful.

Reef fish are not good eating as they may contain a toxin (ciguatera) and are usually too small to be of much value. While no fishing license is needed to fish from shore in Hawaii, there are size minimums and catch limits for many kinds of fish. The best choice is to leave the fish in the sea and enjoy them while snorkeling rather than injuring and wasting them.

## *E komo mai* means welcome

**Karen S. Spangler**

Managing Editor, Ho'okele

Here is a handy reference to some of the most frequently used Hawaiian words, especially those that you may come across during your time here in Hawaii:

**Aloha** – *Aloha* means hello, *aloha* means good-bye, *aloha* means love. You'll hear it a lot.

**Mahalo** – Don't be confused when you see this word on litter cans and trash bins throughout the islands. It isn't the Hawaiian word for trash – it means "thank you" and in this usage, *mahalo* for placing your litter in the trash cans and helping to keep paradise beautiful.

**Ono** – This is a special word used to describe food that is yummy or delicious. Saying that something is *ono* is pay-

ing a huge compliment.

**Shaka** – *Shaka*, meaning "hang loose" or chill, or be laid back, is a greeting used in Hawaii which is sometimes associated with the surfer community. To give the *shaka*, extend the thumb and smallest finger while holding the three middle fingers curled. Raise the hand in greeting while extending the back; it can be rotated back and forth for extra emphasis. People in Hawaii use the *shaka* to convey the "aloha spirit," a gesture of friendship and understanding between the various ethnic cultures that reside within Hawaii.

**Pau hana** – This is something that everyone looks forward to – the end of the work day. *Pau hana* is especially good on *aloha* Friday.

**Ohana** – Family and a sense of family are very impor-

tant in Hawaii and *ohana* means extended family. Our RIMPAC participants are part of our Hawaii *ohana*.

**Kane** – This is the Hawaiian word for man or male and you will see it frequently on the door of the men's restroom.

**Wahine** – This is the Hawaiian word for woman or female and you will see this Hawaiian word on the door of the ladies' restroom.

**Keiki** – Children in Hawaii are frequently called *keiki*, a Hawaiian word for children.

**Mauka** and **makai** – To give you some sense of where you are or where you are trying to go, directions are frequently given using *mauka* (toward the mountain) or *makai* (toward the sea).

**Luuu** – You will see many *luuu* here in Hawaii. A *luuu* is a traditional Hawaiian feast or

party which usually also includes entertainment. The cuisine at a *luuu* will typically feature such Hawaiian foods as *kalua* pig, *poi*, *lomi* salmon and *haupia* (coconut). Hawaiian music and *hula* dancers, and perhaps an opportunity to learn a few *hula* moves, are part of the festivities.

**Pupu** – This also refers to food, but more of a finger food, appetizer, or hors d'oeuvres. Many of Hawaii's *pupu* are also *ono*.

**Malama pono** – This means take good care with or take good care of yourself and we hope that you do.

**A hui hou** – This is a common expression used in Hawaii and it means until we meet again. When you depart Hawaii after RIMPAC, you will probably be wished a fond *a hui hou*.

Crash course in Hawaiian pronunciations: As you travel throughout the state of Hawaii, you will notice many street names, places and venues using Hawaiian words. There are only 13 letters in the Hawaiian alphabet, five vowels (a, e, i, o and u) and eight consonants (h, k, l, m, n, p, w, '). The final Hawaiian consonant, the 'okina ('), indicates a glottal stop which means your breath stops briefly as between the two parts of the English term "oh-oh." For the most part, all vowels are pronounced. Got it?

Then try twisting your tongue around the pronunciation of Hawaii's state fish, the *Humuhumunukunukuapua'a*. It is also called the Hawaiian trigger fish.

To our RIMPAC visitors, *e komo mai*, which means come in or welcome, to Hawaii.

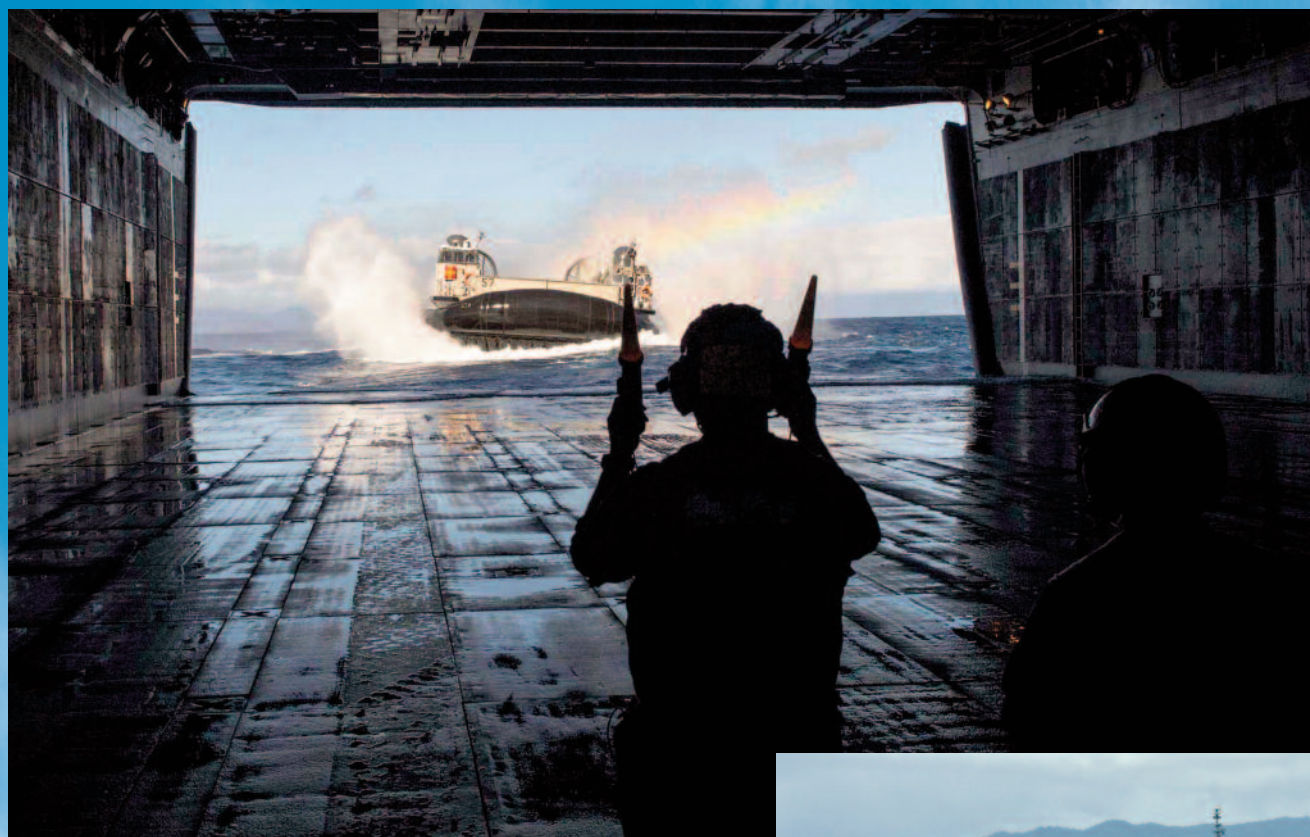
A multinational task force consisting of ships from Brunei, Singapore, the People's Republic of China and the United States, led by the guided-missile cruiser USS Chosin (CG 65) and including the guided-missile destroyer USS Howard (DDG 83), transits the Pacific in formation during a group sail from Guam to Pearl Harbor.

U.S. Navy photo by MC2 Brian T. Glunt





# Pearl Harbor-Hickam Highlights



Boatswain's Mate 2nd Class Brooks Graham from Ludington, Mich. directs a landing craft air cushion (LCAC) assigned to Amphibious Craft Unit (ACU) 5 into the well deck of the amphibious assault ship USS Peleliu (LHA 5) following a training exercise.

U.S. Navy photo by MC3 Will Gaskill

(Below) The Ticonderoga-class, guided-missile cruiser USS Chosin (CG 65) transits into Joint Base Pearl Harbor-Hickam.

U.S. Navy photo by MC2 Laurie Dexter



(Left) U.S. Navy Sailors assist to moor Republic of Singapore frigate RSS Intrepid (F 69) following its arrival at Joint Base Pearl Harbor-Hickam for the Rim of the Pacific (RIMPAC) 2014 exercise.

U.S. Navy photo by MC2 Tierra Fulgham

(Below) The Military Sealift Command hospital ship USNS Mercy (T-AH 19) passes the USS Missouri and USS Arizona memorials as the ship arrives in Hawaii for Rim of the Pacific (RIMPAC) 2014.

U.S. Navy photo by MC2 Tim D. Godbee



(Above left) Lt. Col. Michael Fea (center), former 15th Medical Operations Squadron commander, renders a salute to Col. Virginia Garner (left), 15th Medical Group commander, just prior to handing over command to Lt. Col. Jennifer Vecchione (right), in a ceremony June 20 at the Missing Man Formation at Joint Base Pearl Harbor-Hickam. Fea is headed to attend the Air War College at Maxwell Air Force Base, Ala.

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

(Above right) Col. Michael Merritt (center), 15th Operations Group commander, addresses the audience during the 65th Airlift Squadron change of command ceremony.

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



(Left) Chief Machinist's Mate Michael Sears Jr. provides a guided tour to members of Boy Scout Troop 70 from Austin, Texas during a small boat tour of Pearl Harbor. During their visit to Joint Base Pearl Harbor-Hickam, Troop 70 visited the USS Arizona Memorial and Surface Warfare Officer School Command. Troop 70's aim is to foster citizenship, build character, and develop fitness through monthly camp-outs, weekly meetings and community service projects.

U.S. Navy photo by MC2 Tierra Fulgham



## RIMPAC to include sports tournaments, recreation

### Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation Athletics

RIMPAC sports tournaments will run during in-port periods. The deadline has passed and most are at full capacity. Awards will be given for each event listed below:

First in-port period events (June 28 to July 7), will be eligible toward RIMPAC Cup.

#### The following events will be held from June 28 through July 7:

- Basketball tournament at Joint Base Pearl Harbor-Hickam Fitness Center.
  - Soccer tournament at Ward Field.
  - Indoor volleyball tournament at Joint Base Pearl Harbor-Hickam Fitness Center and Naval Station Gym.
  - Four-person sand volleyball tournament at Wentworth Volleyball Sand Courts.
  - Softball tournament at Millican Field.
- The following events will be held on June 30:**
- Bowling team tournament at Naval Station Bowling Center (three start times).
  - Swim meet at Scott Pool.
  - Outrigger canoe race at Rainbow Bay Marina.

From June 30 to July 7, there will be a singles and doubles tennis tournament at Wentworth Tennis Facility.

- July 2 - 5K run will begin at RIMPAC Central across from Bravo Pier.
- July 2 - Golf tournament will be held at Mamala Bay Golf Course.
- July 3 - Bench press contest will be held at Joint Base Pearl Harbor-Hickam Fitness Center.
- July 3 - Strong arm contest (pull-ups and chin-ups) will be held at Joint Base Pearl Harbor-Hickam Fitness Center.

Second in-port period events (from July 31 to Aug. 2), will not be eligible toward the RIMPAC Cup.

- July 31, a sailing regatta will be held at Rainbow Bay Marina.
- The following events will be held from July to Aug. 2:
- Basketball tournament will be held at Joint Base Pearl Harbor-Hickam Fitness Center.
- Soccer tournament at Ward Field.
- Indoor volleyball tournament at Joint Base Pearl Harbor-Hickam Fitness Center and Naval Station Gym.
- Softball tournament at Millican Field.
- On Aug. 1, a 5K run will begin at RIM-

### PAC Central across from Bravo Pier Liberty

Daily events for single Sailors/Airmen modified for RIMPAC.

- June 28 - hiking trip and paintball.
- June 29 - shuttle for souvenirs and beach bay at Bellows Air Force Station.
- June 30 - go kart racing.
- July 1 - horseback riding and golf at Kealahi.
- July 2 - dinner cruise in Honolulu.
- July 3 - casino night at Beeman Center.
- July 4 - Independence Day celebration at Ward Field.
- July 5 - kayaking trip and waterpark trip.
- July 6 - mini golf/zipline trip and day hike.
- July 7 - night fishing at Hickam Harbor.

### Information, Tickets & Travel (ITT)

Scheduled daily outings are scheduled with various ITT vendors across the island. The price includes transportation from Joint Base Pearl Harbor-Hickam. Activities include local island tours, helicopter rides, luaus, parasailing, shows, ATV rides, go karts and water park. Many already have a high amount of confirmed purchases.

### Outdoor recreation

Daily outdoor activities with MWR Outdoor Adventure Center and Outdoor Recreation guides are scheduled on base and around the island. Activities include surfing, snorkeling, hiking, fishing, paddle boarding, kayaking and bicycling. Many activities are already sold out.

### Club Pearl

- Various promotions will be held nightly in the clubs.
- Brews & Cues will host pool challenges.
- The Country Bar will have various promotions and contests.

### Sam Choy's Island Style Seafood Grille

- The restaurant will have expanded hours, open until 10 p.m. during the in-port period.
- The afternoon music schedule will be expanded to daily from June 26-30 (normally only on Fridays). The July schedule is to be determined.
- Random parties and promotions.

For detailed information on the RIMPAC events, visit the <http://www.greatlifehawaii.com/index/RIMPAC.html> website.

## RIMPAC 2014 facts

Held every two years by Commander, U.S. Pacific Fleet, RIMPAC is a multinational maritime exercise that takes place in and around the Hawaiian Islands.

RIMPAC is intended to provide a unique training opportunity that helps participants foster and sustain the cooperative relationships that are critical to ensuring the safety of the sea-lanes and security of the world's oceans.

RIMPAC 2014 is the 24th in a series of Pacific naval exercises, which began in 1971 as an annual exercise and became a biannual exercise in 1974. It is the world's largest multi-national exercise. The participating nations and forces will exercise a wide range of capabilities and demonstrate the inherent

flexibility of maritime forces.

Twenty-two nations, 49 surface ships, six submarines, more than 200 aircraft and approximately 25,000 personnel will participate. This year's exercise includes units or personnel from Australia, Brunei, Canada, Chile, Colombia, France, India, Indonesia, Japan, Malaysia, Mexico, Netherlands, New Zealand, Norway, People's Republic of China, Peru, the Republic of Korea, the Republic of the Philippines, Singapore, Tonga, the United Kingdom and the United States.

The first RIMPAC exercise in 1971 involved the U.S., U.K., Canada, Australia and New Zealand. The U.S., Canada and Australia have participated in every RIMPAC.

## Summer safety advice for RIMPAC participants

### Navy Region Hawaii Public Affairs

Hawaii summer is practically year-round. Sun, warm weather, beaches, mountains, volcanoes and tropical forests attract outdoors enthusiasts from all over the world, but for military service members visiting for RIMPAC or living here, it is especially important to maintain outdoor safety awareness.

Here are some tips to keep safe while enjoying outdoor activities in Hawaii:

- Always use sunscreen outdoors to avoid sunburn.
- Take plenty of water to stay hydrated and look for beach shade.
- Research planned outdoor activities and develop a risk-prevention strategy before venturing out.
- Make sure you have the proper skills and training before participating in any sport and remember to play at your level. Use the proper protective gear for the particular sport you are playing to lessen the chances of being injured.
- Unseen dangers can occur for those who enjoy hiking trips. Trails become very slick when wet, so stay on marked trails.
- Wear proper footwear and, for water sport activities, obey posted signs for ocean currents and talk to the lifeguards who may know something particular about that location. Search for online jellyfish warnings.
- While swimming or engaging in any other outdoor activity, don't let peer pressure get you into a situation for which you are not trained and conditioned.
- If hiking, things to bring are a medical kit, water and emergency supplies in case it gets dark or in case of heavy rains, as well as having a fully charged cell phone. Bring a friend to hike with you, rather than hiking alone.
- When kayaking, always have a life vest.
- Avoid alcohol consumption when engaging in potentially dangerous outdoor activities.

For more information, visit <http://safetycenter.navy.mil> on summer safety resources and <http://www.greatlifehawaii.com> for safe and fun summer activities.

*(Editor's note: Ho'okele recently published two articles on summer safety in the May 23 and June 13 issues. Visit the following links to read the articles: <http://www.hookelenews.com/tips-for-summer-safety/> and <http://www.hookelenews.com/military-urged-to-stay-safe-while-enjoying-summer-activities/>.)*

The aircraft carrier USS Ronald Reagan (CVN 76) is en route to Hawaii for Rim of the Pacific (RIMPAC) 2014.

U.S. Navy photo by MC1 Dustin Kelling



# Hickam NCO proves 'everybody is a hero to somebody'

Staff Sgt.  
Alexander Martinez

15th Wing Public Affairs

Balancing an Air Force career and being a mother didn't seem to be enough for Tech. Sgt. ShaDonna McPhaul, the 324th Intelligence Squadron NCO in charge of knowledge operations. In addition to those fulltime jobs, she decided to add another project to her life — one that makes a positive difference in the homeless veteran community.

After researching online and with the help of volunteers, McPhaul started the process of creating a non-profit organization, Mo's Heroes, Inc., an organization that provides services and information to assist homeless veterans in reintegrating into the labor force.

"This is a passion of mine, and I've always been the type of person to help others," McPhaul said. "Our veterans need all the help they can get, so I pulled my resources together to start this project and help get the vets back on their feet and reintegrated into society."

McPhaul, a native of Fayetteville, N.C., can recall growing up



Photo courtesy of Tech. Sgt. ShaDonna McPhaul  
Tech. Sgt. ShaDonna McPhaul (far left) helps out at a homeless outreach event June 14 at Tripler Army Medical Center Chapel.

near Fort Bragg and seeing homeless veterans and veterans in need. One evening in late 2013, she decided it was time to make a difference and help. From that point on, the planning of Mo's Heroes

was in full swing.

"I knew that I had the knowledge and the resources to do this," McPhaul said. "Most people that volunteer with us are veterans themselves, so they were more

than willing to help us get organized and put their professions together to get things done."

Mo's Heroes, Inc. is an employment-focused organization, providing services to help with job placement, training, job development, career counseling and resume preparation. In addition, the organization will provide supportive services such as clothing assistance, housing assistance, referrals to medical and substance abuse treatment, and transportation assistance.

"No veteran deserves to be living underneath a bridge or in their car," McPhaul said. "We want to give them peace of mind by securing a roof over their head."

So far, Mo's Heroes has partnered with a Honolulu homeless shelter, assisting the homeless and people at risk of being homeless, on a trial basis in order to further build the organization's plan. This helps Mo's Heroes better assess what local homeless veterans need in order to maximize assistance.

Chaplain (Capt.) Deborah Hughley from the 15th Wing volunteered with Mo's Heroes during a visit to a local homeless shelter. Volunteers served food to homeless veterans

and listened to their stories about how they got into their current situation.

"I was happy to be there, and [the veterans] were happy to have us come out to visit," Hughley said. "It let them know we are thinking about them and taking steps to help them further in the future, so no homeless veteran is left behind. Just because a person no longer serves in the military doesn't mean we aren't still family."

McPhaul said another part of creating Mo's Heroes is the positive impact it can have on her son.

"It's important to be a good example for my son and help him understand how important veterans are to this country, and we should always find ways to help them," McPhaul said.

While working full-time, taking care of her family and managing a non-profit organization seems like a lot, McPhaul finds satisfaction in knowing she is helping others earn what she has and cherishes.

"It takes a lot out of me but when everything is up and running helping veterans, that's my payoff," McPhaul said. "We'll be helping these people get back on their feet, and it will be so worth it to see."

## Soil vapor extraction system to be installed at Onizuka Village housing

Story and photo by  
Denise Emsley

Naval Facilities  
Engineering Command  
Hawaii

The Navy has hired a contractor to install a soil vapor extraction (SVE) system at Joint Base Pearl Harbor-Hickam (JBPHH) at Onizuka Villages, Hickam near the base commissary and exchange, beginning with drilling efforts scheduled from June to July.

"The installation of the SVE system is completely safe and will require drilling beneath some buildings and roads within Onizuka Village," said Brian Whitehouse, Naval Facilities Engineer-



An employee from contractor AECOM operates a horizontal drill rig June 10 that will install a soil vapor extraction (SVE) system at Onizuka Village housing at Joint Base Pearl Harbor-Hickam.

ing Command (NAVFAC) Hawaii remedial project manager.

"Residents and base personnel passing by the housing area began seeing workers outside around May 19, performing utility surveys and marking drilling locations," he said.

In 2013, the Navy conducted an environmental investigation in Onizuka Village to determine the locations and amount of petroleum stained soil beneath the area. The investigation concluded that while there were no detections of petroleum vapors inside homes or immediately beneath building foundations, three areas have elevated concentrations of petroleum in soil

vapor above recommended action levels at depths of four to six feet below ground surface outside some residences.

An SVE system with horizontal wells beneath residences will remove and treat elevated soil vapor. It has a vacuum pump which will extract soil vapors from soil pore spaces into the underground wells and pull them to the SVE enclosure across Freedom Avenue.

Drilling began the week of June 2 and is expected to last for approximately six to seven weeks, on weekdays and during daylight hours.

For the protection of all residents from construction hazards, a temporary

fence will encompass the work zones.

After completion of the horizontal drilling, shallow vertical borings will be drilled into the soil at the 10 locations. A soil vapor monitoring point will be installed in the soil at each of these locations with work expected to be completed within two days.

"NAVFAC Hawaii recognizes the concerns expressed by many residents and appreciates their patience while it performs construction and testing," said Whitehouse. "We will continue to work with base leadership and Hickam Communities to keep residents informed of work schedules and the latest developments."