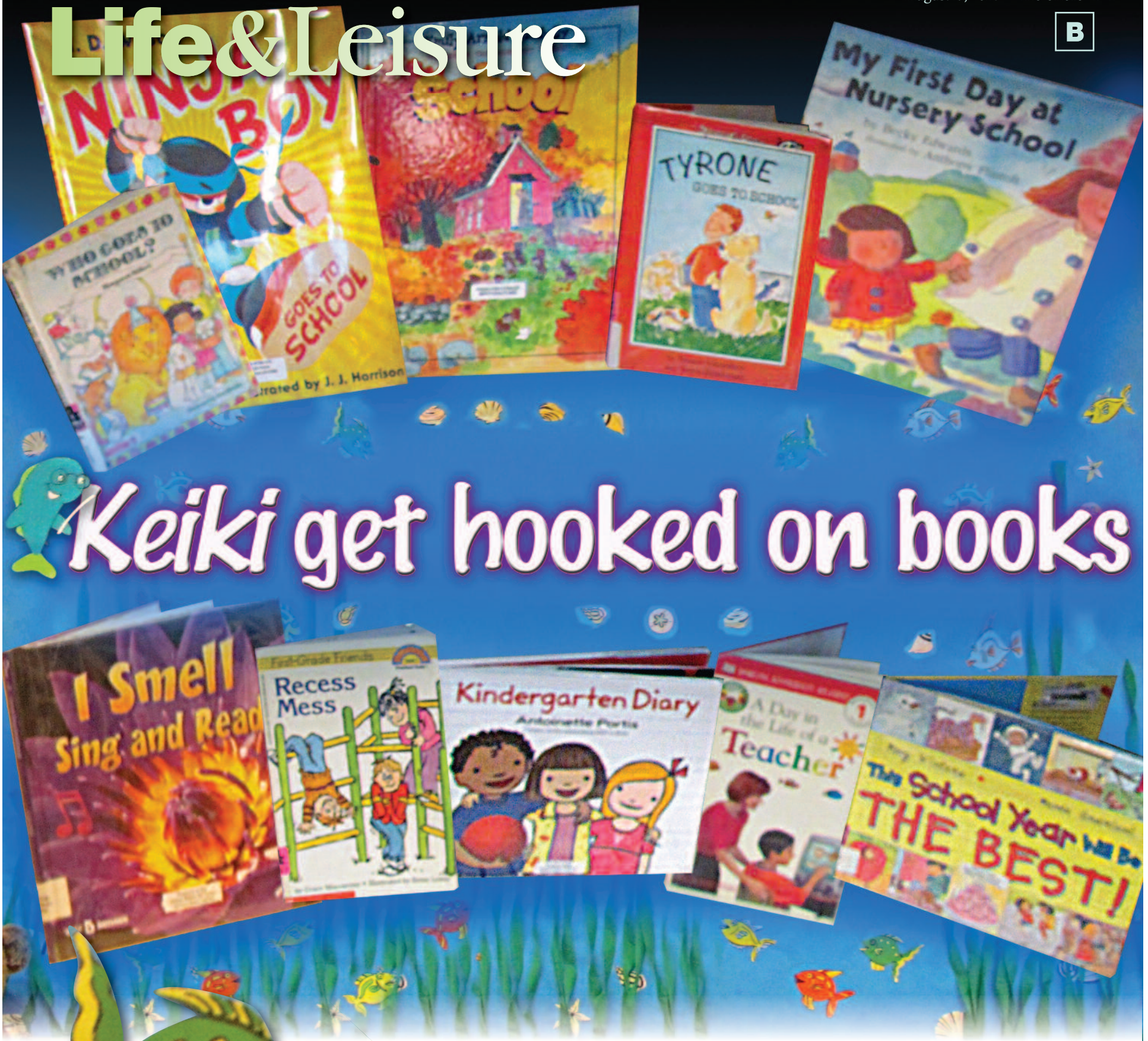


Life & Leisure



Keiki get hooked on books



Story and photos by Brandon Bosworth

Assistant Editor, Ho'okele

Twice a month, the library at Joint Base Pearl Harbor-Hickam offers free preschool story time. It's a chance for children and their families to come together, hear stories, engage in crafts and have fun.

"It's a very popular program," said Phyllis Frenzel, library director. "We've been running it for several years. On average, about 25 children attend each story time session. Every session has a different theme, and the library maintains a list of themes for the storytellers to choose from."

On Aug. 13, the theme was "Sense of Smell." Marsha Adkins, library aide, read from different books about scent, including one about a dog trying to solve the mystery of the stinky smell in the barn where he lives. Spoiler alert: It isn't

the baby pig. Adkins frequently serves as the storyteller at preschool story time.

"I've been doing it since November of last year," she said. "I have a background in preschool ministries and have been working with kids for 25 years."

She said children appreciate hearing stories read to them by someone other than their mother or father.

"It's a different experience for them," she said.

Reading books aloud to little kids requires the reader to have special skills (such as being able to do all the voices).

"You can't be serious," said

Adkins. "As an adult, you have to be willing to be silly. You have to be enthusiastic."

In addition to hearing stories, preschool story time offers children a chance to work on arts and crafts activities. During the most recent smell-themed session, kids colored paper flowers and chose scents for the flowers, such as vanilla or strawberry. A library staffer then spritzed the flower with the chosen scent.

Frenzel said preschool story time helps children develop a love of books and reading.

"It boosts circulation from our children's collection," she said. "After each story time, our chil-

dren's collection is totally decimated. Families will check out 25 or 30 books."

Besides learning to appreciate books, many of the children who attend preschool story time also make new friends.

"They get to meet new kids and make new friends," said Adkins. "A lot of them are homeschooled and have never met the other homeschooled kids."

Preschool story time is held twice a month at the base library. The next session is on Aug. 27 from 9 to 10 a.m. The theme will be "Grandparents." For more information, call 449-8299.



Photo illustration by Rico Onaha Hutter

Civil Engineer Bulls outlast Intelligence Support Warriors

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

In one of the closest matches this season, the 647th Civil Engineer Squadron (647 CES) Bulls fought off a strong effort by the 792nd Intelligence Support Squadron (792 ISS) but withstood the challenge to win in straight sets, 25-24 and 25-23, on Aug. 6 in a Gold Division intramural volleyball game at Joint Base Pearl Harbor-Hickam Fitness Center.

The Bulls jumped ahead in both sets, only to see the leads evaporate as the two teams battled tooth-and-nail to win their first game of the season.

With the win, the Bulls record now stands at 1-3, while the Warriors extended their stay in the cellar with a mark of 0-4.

"First game (set), we had a lot of mental errors," said Senior Airman Kiefer Palm of the Bulls. "Later in the game, as everyone got more experience, you could see it coming through."

The Bulls got the first point of the game on a kill from 1st Lt. Paige Black and went on to take an 8-4 lead, but that would be the biggest margin of difference in the first set.

Instead of building upon the lead, the Bulls' hitting turned sour and gave up three consecutive points that helped the Warriors tie



Senior Airman Kiefer Palm tries for a kill over the defense of Senior Airman Phillip Vandenberg during a matchup of Gold Division teams.

the game up at 8-8.

During the first set, the game was tied 11 times, and the Warriors took their first lead of the game on a side-out at 18-17.

A kill by Black immediately retied the game at 18-18, but after winning the next two points to gain a 20-18 lead, a kill by Senior Airman Andrew New and another hitting error allowed the Warriors to catch up with the Bulls at 20-20.

Later, after the Bulls took a 23-20 advantage, the Warriors on kills by New and Senior Airman Phillip Vandenberg, plus a net violation from the Bulls, tied the game up at 23-23.

With the game tied up again at 24-24, the Warriors, holding service, had a chance to win the game but a net ball on a returned hit ended the game in favor of the Bulls.

In the second set, the Bulls started off even better than they did in the first set by racing off to a 7-1 lead.

However, the Bulls hitting woes returned, and the Warriors outscored their opponent 8-2 over the next 10 serves to tie the game at 9-9.

The Warriors went on to pass the Bulls at 12-11 on a side-out kill by New and then built a five-point advantage at 17-12.

Instead of succumbing, the Bulls, sparked by a kill from Palm, were able to catch the Warriors at 22-22, before going on to lock up

the win on a service error.

"In each game, we had an original set where I kind of placed people according to their height, strengths, everything," Palm said. "As people rotated, they played in positions they never played before. That was a big factor."

Just as the Bulls were in unfamiliar territory, the Warriors were starting to jell to take full advantage of the mismatches.

New said that although the team is four games into the season, the players are still figuring out how to play together.

"We're still getting used to each other," New explained. "Talking and communication, that's the key right there. We are just about there. We got really close and I had a lot of fun out there."

As for the Bulls, Palm said that while it's nice to get the first win out of the way, he still believes that the victory doesn't mean that the team is ready to tangle with the likes of co-division leaders Head Quarters Pacific Air Forces and defending champions Hawaii Air National Guard.

"Right now, we're going to need a lot of work," he said. "We need to get a consistent team. In all of our games so far, we've had to deal with new players. So far, we're starting to see the same faces, so hopefully we can go from there."

Get fit with Power Pump training class from MWR

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

If building a lean, strong physique is on your to-do list for 2014, then Morale, Welfare and Recreation has a program that could get you on track to meet your goal and then some.

Held every Tuesday and Thursday morning from 9:45 to 10:45 a.m. at Joint Base Pearl Harbor-Hickam Fitness Center and Hickam Fitness Center, Power Pump offers a different spin on training with weights.

"It's total body," said Power Pump instructor Tricia Howerton. "We work every single muscle and try to work every muscle group to fatigue. We continue with one muscle and then we add in combination movements. If we're working our arms, we'll throw in some lower body movements to give it just a little more challenge."

While the weights being used by the class members are considerably less than the more traditional forms of weight training, the workouts are certainly tough enough for even seasoned practitioners of heavy metal.

Driven by the constant rhythm of Howerton's upbeat selection of tunes, the class moves, nonstop, from set to set to not only keep muscles under tension but to also provide a cardio element to the workout.

"We use less weights but more repetitions," said Heidi Mayo, who has been an advocate of Power Pump



Heidi Mayo follows the lead of instructor Tricia Howerton during a session of Power Pump training at Joint Base Pearl Harbor-Hickam Fitness Center.

for three years. "You get a better toning value rather than a bulk-up value. Mostly, I'm just trying to stay fit and stay toned and this is absolutely what does that."

Howerton said that although the workout does get your heartbeat up, the

focus on Power Pump is mainly on resistance training.

"It's an increased heart rate, but it's definitely not a cardio workout," she said. "This class follows a spin class and a Zumba class, so that's two opportunities for cardio that falls immedi-

ately before this class. We focus on strength, a little bit of coordination, balance, and definitely muscular endurance. Obviously building muscle is going to help you increase your metabolism."

In addition to the upbeat music, Howerton keeps the workouts fresh by constantly

changing up the routine.

She explained that by systematically moving things around, she not only keeps her class from getting stagnant, but also serves to keep muscles growing through a method she calls muscle confusion.

"The way I like to do it is

to teach a four-week or monthly rotation," Howerton stated. "From the first of the month, we go from strength to endurance to stability. You've got to keep your muscles confused. Otherwise, you get into your plateau and your body stops changing."

Although some people may not like the idea of periodically switching routines, Mayo said that the way Howerton conducts her class keeps her wanting to come back for more.

"I like this class because of the diversity of exercises," Mayo pointed out. "You never get bored. She's (Howerton) always changing it up."

Howerton said that even though women mainly attend the class, she knows that Power Pump is a great way for men to work out as well.

In fact, she said that she has had well-trained men come to class and end up being humbled after thinking that the light-weight workout looked easy.

While Howerton admits that most men probably won't trade in their weight training regiment for Power Pump, she believes that guys could definitely benefit by incorporating the class into their routine.

"Without a doubt, they (men) could benefit from it," she said. "It's just a different kind of environment." For more information, visit the web at www.greatlife.hawaii.com or call JBPHH Fitness Center at 471-2019 or the Hickam Fitness Center at 448-2214.

'Biggest Little Airshow' to take flight Saturday, Sunday



Pacific Aviation Museum Pearl Harbor will hold its Biggest Little Airshow on Saturday and Sunday.

Story and photos by Pacific Aviation Museum Pearl Harbor

Pacific Aviation Museum Pearl Harbor's remote-control Biggest Little Airshow in Hawaii will be held from 10 a.m. to 4 p.m. Saturday and Sunday.

Guests will be able to drive on to Ford Island for this event, or take the free shuttle from the Pearl Harbor Visitor Center. There will be music, food, drinks, retail and entertainment booths and exhibits, children's rides and activities.

For two days, Ford Island will feature remote-control flying and static aircraft on display, "candy bombings" over Ford Island runway for the children, hands-on modeling stations, and open access to hangar 79 to see the museum's aircraft exhibits and restoration shop. The event will also feature broadcasts of the 2014 Red Bull Air Race World Championship.

Local performers, mainland pilots from the Academy of Model Aeronautics, and remote control flyers from Japan will perform remote-control aviation feats for two days, flying their massive, 1-to-5 scale planes in the skies above the museum.

Specialty acts to be performed include: pattern, 3-D fixed wing and helicopter aerobatic flights, South Pacific battles and Skycam drone helicopters. Remote control aircraft will be in the air and on static display including jets, helicopters, F-22s, warbirds, B-17s, P-38s, Corsairs, OV-10s and more.

Clubs flying in the Biggest Little Airshow include the Birds Of Paradise Airshow Team, Paradise Flyers, Aloha State Radio Control Club and Aloha State R/C Heli Club.

The event will include a morning airshow from 10 a.m. to 12:30 p.m., a live-remote broadcast from 10 a.m. to noon (Saturday only), candy bombers from

12:30 to 12:40 p.m., a full-scale warbirds fly-by from 12:50 to 1:10 p.m., an afternoon airshow from 1:30 to 4 p.m., and candy bombers at 4 p.m. A free showing of the Disney film, "Planes: Fire & Rescue" will begin at 5:30 p.m. Saturday.

Admission to the airshow is \$5 per person (including entry to hangar 79), \$15 per family (limit six entries per family). The event free with museum general admission and free to museum members. Tickets for the airshow only and tickets for the entire museum visit that day are available online at www.PacificAviationMuseum.org.

Museum admissions may also be purchased at the museum and at the Pearl Harbor Visitor Center ticketing desk. Shuttles depart every 15 minutes from 7:30 a.m. to 5 p.m. from the Pearl Harbor Visitor Center, round trip to the museum. For more information, call 441-1007.

Blue Angels to perform at JBPHH Sept. 27-28

Joint Base Pearl Harbor-Hickam Public Affairs

The Joint Base Pearl Harbor-Hickam (JBPHH) "Wings Over the Pacific" airshow will feature the Blue Angels, the U.S. Navy's world-famous flight demonstration squadron.

The airshow will take place Sept. 27 and 28 from 10 a.m. to 5:30 p.m. on the Hickam side of JBPHH. The Blue Angels flight demonstration will use the F/A-18 Hornet aircraft to exhibit the choreographed refinement of skills pos-

sessed by all naval aviators.

The Leap Frogs, the United States Navy Parachute Team, will also perform, and there will be demonstrations by the Blue Angels C-130 Hercules support aircraft affectionately known as "Fat Albert" and C-17.

"Wings over the Pacific" will also offer displays of vintage and modern aircraft, food booths and an Xtreme Fun Zone for children that will feature rides, games and more.

The show is free and open to the general public.

Security restrictions will be in place.

"On behalf of our Navy and Air Force community, I invite you to join our *ohana* for this great event," said Capt. Stan Keeve, commander of Joint Base Pearl Harbor-Hickam.

"You will be entertained by the Blue Angels and other airshow performers, and you will have an opportunity to see static displays of a variety of aircraft."

For more information, visit www.wingsoverthepacific.com.



The Wings Over the Pacific airshow on Sept. 27 and 28 will feature the U.S. Navy's world-famous Blue Angels.



U.S. Navy photo by MC1 Eric Rowley



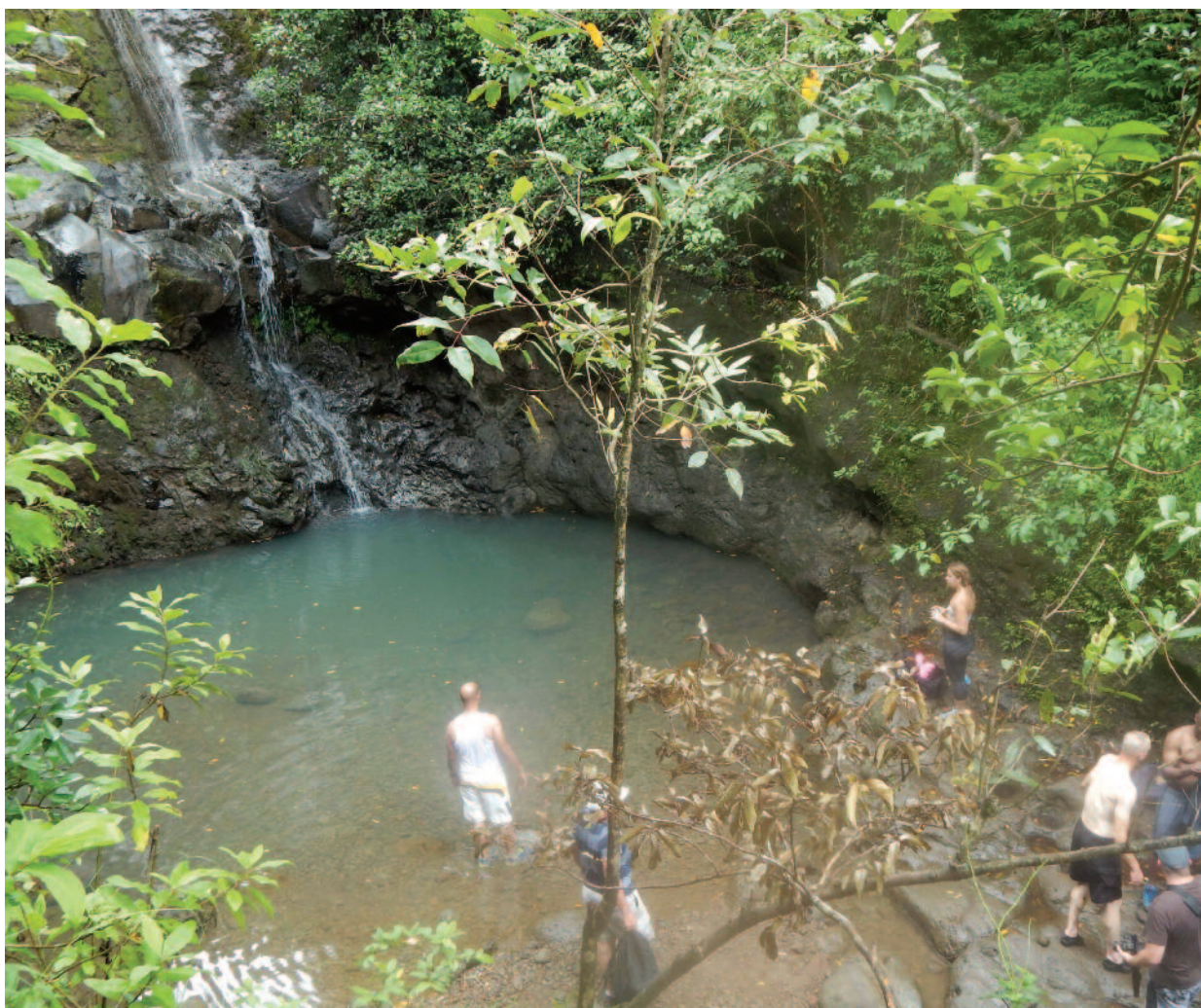
U.S. Navy photo by MC2 Kathryn E. Macdonald



U.S. Navy photo by MC1 Eric Rowley



Live the Great Life



Hiking in search of waterfalls was just one of the many activities offered to RIMPAC participants by MWR. MWR Marketing photo

RIMPAC participants get one last taste of Hawaii

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

RIMPAC 2014 concluded Aug. 1, and for many of those participating having the opportunity to enjoy Hawaii for a few more days afterward was a nice reward at the end. MWR

scheduled an assortment of activities to help visitors explore the island.

MWR Information, Tickets & Travel (ITT) offered luau, go kart racing and dinner cruises, while the Liberty Center took single Sailors and Airmen on excursions to Waimea Valley and a luau.

MWR's Outdoor Adventure Center (OAC) con-

ducted guided tours that provided a variety of ways to see Oahu from different perspectives. Hikes into valleys and bike trips on the North Shore explored the land. Stand up paddleboard and snorkeling excursions showed the world above and below the water surface at different spots around the island.

In total, MWR's sched-

uled activities, such as those listed above, and sports tournaments held during the two in-port periods, delivered recreation for more than 6,000 participants. This number does not include the hundreds more that privately planned their own fun with help from MWR, such as hotel stays, command functions and rentals.

Craft fair registration begins today

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Registration opens today for vendors interested in participating in MWR Arts & Crafts Center's 39th Annual Fall Craft Fair and Family Fun Day. This year's event will be held Nov. 8.

Items sold at the craft

fair must be handmade. Samples (or photos) of the handmade artwork or crafts must be brought for screening at the time of registration.

More than 100 stalls will be available. There will also be food booths and entertainment. Vendors and crafters interested in selling their products can visit the Hickam Arts & Crafts Center or call 448-9907.



Hundreds attend the fall craft fair every year at Hickam Arts & Crafts Center. MWR Marketing photo

Your Weekly Fun with MWR

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



Fall Junior Team Tennis Registration period for youth ages 7 to 18 years old closes today. The fall season runs August through November. The fee is \$40 and does not include USTA membership. Registration is available at www.greatlifehawaii.com. FMI: 473-0789.

Free Golf Clinic will begin at 9:15 a.m. Saturday at Barbers Point Golf Course. FMI: 682-1911.

Pre-Teen Back to School Bash will be held from 10 a.m. to 1 p.m. Saturday at the Makai Recreation Center (building 1859) for youth ages 9 to 12 years old. There will be tug-of-war, water games, food, music and more. The cost is \$5. FMI: 448-0418.

Wood Shop Safety class will be held from 4:30 to 7:30 p.m. Saturday at the Hickam Arts & Crafts Center. Students can learn the proper and safe use of the tools and equipment in the Wood Hobby Shop. Upon comple-

tion, participants are issued a safety certification card. The cost is \$20. FMI: 448-9907.

Peewee Basketball Registration period for youth ages 3 to 5 years old opens Aug. 18 and closes Sept. 12. The fall season runs October through December. The fee is \$35. Registration is available at www.greatlifehawaii.com. FMI: 473-0789.

Ford Island & Battleship Tour will be held from 8 a.m. to noon Aug. 20. This tour focuses on the battleships docked on Ford Island. Information, Tickets & Travel (ITT) will lead a guided tour aboard the USS Missouri and a visit to the USS Nevada Memorial at historic Hospital Point. Round-trip transportation from the ITT-Hickam office is included. FMI: 448-2295.

Wheel Throwing pottery class for adults will meet at the Hickam Arts & Crafts Center at four different

times: 6 to 8:30 p.m. every Wednesday from Aug. 20 through Sept. 24; 6 to 8:30 p.m. every Thursday from Aug. 21 through Sept. 25; 9 to 11:30 a.m. every Friday from Aug. 22 through Sept. 26; or 9 to 11:30 a.m. every Saturday from Aug. 23 through Sept. 27. All of the fundamentals will be covered as well as advanced techniques. Tuition is \$65 per session. FMI: 448-9907.

Back to School BOGO Bowling will be held from 1:30 to 4:30 p.m. Aug. 20 at the Naval Station Bowling Center. Patrons can purchase one bowling game and get one game free. Shoe rental is free. FMI: 473-2574.

Mongolian Barbecue will be offered from 5:30 to 8 p.m. Aug. 21 on the lanai of the Historic Hickam Officers' Club. A variety of meats, vegetables and sauces will be available for 85 cents per ounce, and rice, noodles, soup, beverages and fortune cookies are included. FMI: 448-4608.

Paint 'n' Sip will be held from 5:30 to 8:30 p.m. Aug. 21 at J.R. Rockers Sports Cafe blue room. An experienced instructor will lead patrons through the featured painting of the night. All art supplies are included for \$40, and cocktails and food are available for purchase. Advance registration and a \$20 deposit are required with the balance payable in cash on event night. FMI: 448 9907.

Third Thursday Summer Special will be held at 7 p.m. Aug. 21 at Sharkey Theater. Three deals will be available: a movie ticket for \$3; a small popcorn and a small drink for \$3; a hotdog and a small drink for \$3. FMI: 473-0726.

Hickam Historical Tour will be held from 9:30 a.m. to 1:30 p.m. Aug. 22 with visits to the original World War II Hickam Field buildings. The tour departs from the ITT-Hickam office and from Royal Alaka'i Lodge and includes lunch. Due to the nature of

the tour, it is not recommended for children under 6 years old. FMI: 448-2295.

Hickam Half-Marathon Registration closes Aug. 22. The Eighth Annual Hickam Half-Marathon will be run this year on Aug. 30 starting and finishing at the Hickam Track. Prizes will be awarded to the top three finishers in each category. The entry form, waiver and map are available at www.greatlifehawaii.com. The registration fee is \$40. FMI: 448-2214.

Molokai Saint Damien Tour will be held from 8 a.m. to 3 p.m. Aug. 23. The ITT tour to Molokai Island includes shuttle to aircraft, round-trip airfare and guided tour. Participants should wear comfortable clothes and walking shoes and bring their own snacks, lunch and drinks. Retail facilities will not be available. The cost is \$325 per person. FMI: 448-2295.

Snorkeling Sharks Cove excursion will begin at 8 a.m. Aug. 23. MWR Outdoor Adventure Center staff will lead a trip to explore the reefs at this North Shore location, which is protected

by natural rock formations. Participants should bring a lunch, water and sunscreen. The cost is \$30. The sign-up deadline is Aug. 20. FMI: 473-1198.

Bottom Fishing excursion will depart at 2:30 p.m. Aug. 23 from Hickam Harbor. This trip is suitable for both experts and beginners and includes gear, bait, guides and boat. The cost is \$30. The sign-up deadline is Aug. 21. FMI: 449-5215.

Women's Surf Lessons will begin at 9 a.m. Aug. 24 at Hickam Harbor. The class will cover the basics. Participants need to be proficient swimmers and able to swim without a lifejacket. The cost is \$30. The sign-up deadline is Aug. 21. FMI: 449-5215.

Manoa Hike will begin at 10 a.m. Aug. 24. MWR Outdoor Adventure Center staff will take participants through a rain forest environment with tropical plants and fruit trees, jungle landscapes and a waterfall. Hikers should bring snacks, water and mosquito repellent. The cost is \$10. The sign-up deadline is Aug. 21. FMI: 473-1198.

AUGUST**FEDS FEED FAMILIES**

NOW — Joint Base Pearl Harbor-Hickam (JBPHH) is participating in the annual Feds Feed Families program through Aug. 31. The program is a charitable campaign by the U.S. Department of Agriculture that collects canned goods and non-perishable food items for those in need. Collection boxes for the 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 can place their own collection boxes. FMI: Chief Religious Program Specialist Kimberly Bell at 473-4512 or www.fedsfeedfamilies.gov.

GALLERY SHOWCASE SUBMISSIONS

NOW — The Hickam Arts & Crafts Center is now accepting entries for the 2014 Gallery Showcase. The opening reception will be held Oct. 15. The showcase is open to active-duty military and their family members, Department of Defense civilians, contractors, reservists and retirees. Categories include artist-craftsman, photography or digitally created. FMI: email donna.sommer@navy.mil or 448-9907.

WOUNDED WARRIOR CANOE REGATTA

SATURDAY — The sixth annual Wounded Warrior Canoe Regatta will begin at 8:30 a.m. in the waters behind Hale Koa Hotel and the U.S. Army Museum in Waikiki. There will be 12 teams competing in the wounded warrior division, 33 teams in the military division for active duty, National Guard, Reserves and veterans, nine teams in the youth division, and a VIP exhibition heat at 10 a.m. FMI: Matt McCarville at 525-7902 or Matthew.McCarville@morganstanley.com.

BLOOD DRIVE SCHEDULE

20, 25, 26 — Tripler Army Medical Center Blood Donor upcoming drives:

- Aug. 20, 9 a.m. to 1 p.m., Pearl Harbor Memorial Chapel, building 1601, Joint Base Pearl Harbor-Hickam.
- Aug. 25 and 26, 9 a.m. to 1 p.m., Marine Corps Base Hawaii, Kaneohe Bay, 3rd Radio Battalion.

FMI: 433-6699 or 433-6148 or email michelle.lele@amedd.army.mil.

'CREATED EQUAL' DOCUMENTARY

23 — A free documentary film showing and discussion of "The Loving Story" will begin at 1 p.m. at the Hickam Library. Richard and Mildred Loving were arrested in 1958 for violating Virginia's ban on interracial marriage. This is the third documentary of the "Created Equal" film series, made possible by the Hawaii Council for the Humanities. Discussion after the screening will be led by literary scholar Jack Taylor III from the University of Hawaii at Manoa. FMI: 449-8299.

WOMEN'S EQUALITY DAY ACTIVITIES

26 — A Women's Equality Day event will be held from 8:30 to 9:30 a.m. at the Pearl Harbor Memorial Chapel. The event is sponsored by Navy Region Hawaii. Guests should be seated by 8:15 a.m. The guest speaker will be Coralie Chun Matayoshi, chief executive officer of the American Red Cross, Pacific Islands Region. The Silver Dolphin Bistro Galley will also offer a special menu from 11 a.m. to 12:30 p.m. on the same day in recognition of Women's Equality Day. The cost of the meal is \$4.65. The meal will be open to active duty military, Department of Defense civilians, retirees and family members of active duty military with valid ID cards. FMI: 473-2948.

COACHES MEETING

27 — An Intramural Flag Football coaches' meeting will begin at 1 p.m. at Joint Base Pearl Harbor-Hickam Fitness Center. The league is limited to active-duty commands from JBPHH. Any additional active-duty members not belonging to a command team will come from a players' pool. FMI: 473-2494 or 473-2437.

CRUD TOURNAMENT

29 — A free Crud tournament will be held from 6 to 10 p.m. at the Koa Lounge. Participants of all branches and skill levels are welcome. Crud is a team game played on a billiards table with players using their hands instead of pool cues. No experience with the game is necessary. FMI: 448-4608.

SEPTEMBER**TEEN SOCIAL**

6 — A "Hats Off to You" teen social will be held from 4 to 8 p.m. at the Hickam Teen Center. The event is for teens ages 13 to 18. The cost is \$5 per youth. Participants can wear their best, coolest, funniest hat, eat food and play games. FMI: 448-0418.

JEMS JOB FAIR

10 — The Joint Employment Management System (JEMS) will hold its 27th annual job fair from 9 a.m. to 1 p.m. at Club Pearl. Recruiters from an estimated 115 local businesses, mainland companies and government agencies will participate. Companies are recruiting for all types of positions from entry level to highly technical and professional.

FLOAT NIGHT

12 — MWR patrons can bring their floats and gather at Scott Pool. This is a free event for those who have passed the swim test and are 12 years of age and older. FMI: 473-0394.

'UNDER THE BLOOD RED SUN' DAY

14, 20 — "Under the Blood Red Sun" Day, a day to join author Graham "Sandy" Salisbury, will be held from noon to 5 p.m. Sept. 14 at the Pacific Aviation Museum. The event will celebrate the 20th anniversary of this childhood book and a film screening of the new movie of the same name. Another special screening of the film will be held at 6:15 p.m. Sept. 20 at the World War II Valor in the Pacific National Monument. FMI: www.Pacificaviationmuseum.org or Amanda_Carona@nps.gov.

**THE FLUFFY MOVIE (PG-13)**

This is a comedy concert film that captures the on-stage performance and inspirational success story of Gabriel "Fluffy" Iglesias.

SHARKEY THEATER**TODAY 8/15**

7:00 PM Planes: Fire and Rescue (PG)

SATURDAY 8/16

2:30 PM Earth to Echo (PG)

4:40 PM The Fluffy Movie (PG-13)

6:40 PM Sex Tape (R)

SUNDAY 8/17

2:30 PM Planes: Fire and Rescue (3-D) (PG)

4:30 PM Transformers: Age of Extinction (PG-13)

7:30 PM The Purge: Anarchy (R)

HICKAM MEMORIAL THEATER**TODAY 8/15**

6:00 PM Transformers: Age of Extinction (PG-13)

SATURDAY 8/16

4:00 PM Planes: Fire and Rescue (PG)

7:00 PM The Purge: Anarchy (R)

SUNDAY 8/17

2:00 PM Planes: Fire and Rescue (PG)



'Turn the Ship Around!'—Emancipation Leadership explored

Review by Bill Doughty

Here's a paradox: More leadership creates more unthinking follower-ship; less top-down leadership creates more engaged leadership—at every level of an organization.

How can a Navy leader build trust, ownership, competency and passion in their workforce?

“Tap into the existing en-

ergy of the command, discover the strengths, and remove barriers to further progress.” That's the advice of Navy Capt. (ret.) L. David Marquet, author of “Turn the Ship Around: A True Story of Turning Followers into Leaders,” published in 2012 and added this year to the CNO's Professional Reading Program as an essential Navy read under “Be Ready.”

Marquet takes us aboard the nuclear-powered attack submarine USS Santa Fe (SSN 763) and shows us how his leader-leader philosophy succeeded over a traditional top-down, do-as-I-say focus on procedures rather than objectives and goals.

Among his revelations, in no particular order:

- “Control without competence is chaos.”
- To change the organization, “change the genetic code.”
- Celebrate the workforce's or individual's success immediately.
- Communicate goals and intents all the time at every level.
- Find the courage to change and tolerate (and learn from) failure.
- “Encourage dissent and a questioning attitude over blind obedience.”
- “Take deliberate action”—no autopilot non-thinking.
- Celebrate the organization's legacy and traditions.
- Eliminate top-down monitoring systems and administrative disincentives.
- Don't brief; instead, certify.
- “Giving control is a deliberate act of courage.”

As captain of Santa Fe, Marquet discovered that the old top-down leader-follower model was a disincentive to ownership and eroded the authority of the chief petty officers, who are generally recognized as the backbone of the Navy's chain of command, especially at the deck-plates.

With less authority and responsibility, chiefs lost “eyeball accountability.” But, with Marquet, “Being the chief would no longer

mean a position of privilege but a position of accountability, responsibility and work.” His pillars are control (give control), competence, clarity and courage.

Under the new paradigm, leaders at all levels moved from a focus of avoiding errors to achieving goals and objectives in order to become “truly exceptional.”

Marquet was inspired by Stephen R. Covey (“7 Habits for Highly Effective People”), who stressed, “Begin with the end in mind.” Covey writes in the introduction: “My definition of leadership is this: Leadership is communicating to people their worth and potential so clearly that they are inspired to see it in themselves. I don't know of a finer model of this kind of empowering leadership than Captain Marquet's.”

In fact, Marquet moves beyond empowerment, preferring the term “emancipation,” allowing the natural tendency of the individual to have freedom and control over their destiny and to be part of the greater whole.

Another author who influenced his thinking is G. Edwards Deming (“Out of Crisis”), father of Total Quality Management and Total Quality Leadership. Deming believed that people have an inherent desire to do a good job, but processes

often get in their way. To improve performance, improve the processes. Marquet writes:

“This had a big effect on me. It showed me how efforts to improve the process made the organization more efficient, while efforts to monitor the process made the organization less efficient. What I hadn't understood was the pernicious effect that “we are checking up on you” has on initiative, vitality and passion until I saw it on Santa Fe.”

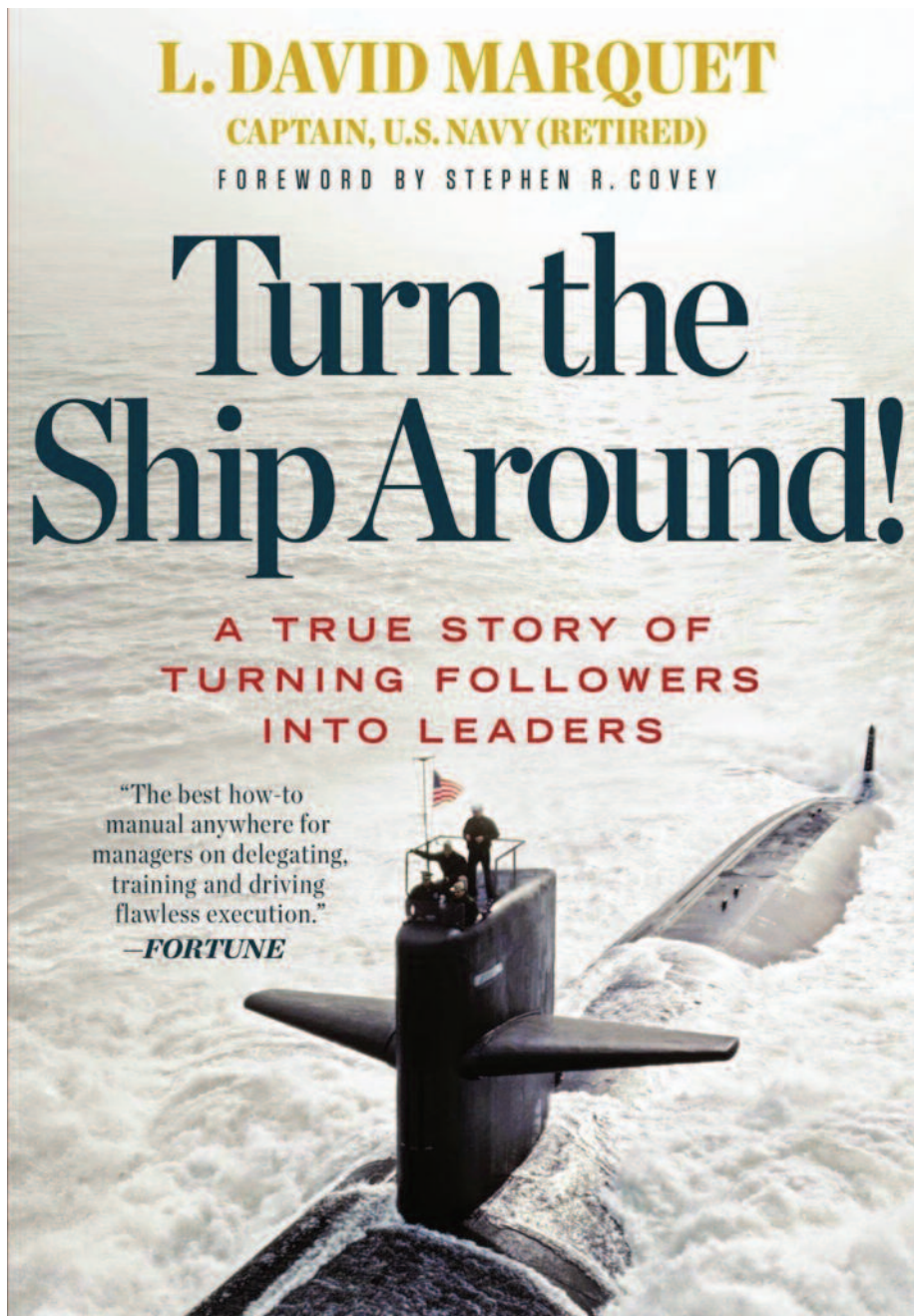
Marquet asks, “How many top-down management systems are in play within your organization. How can you eliminate them?”

Santa Fe's creed, included in this book, is a work of art. The ship's guiding principles under Marquet are clear and concise. Marquet includes lists of before and after—reelishments, retention, advancement, qualifications and certifications—that demonstrate the success of the leader-leader philosophy. His “don't do this, do this” list is a great snapshot reminder that I intend to keep at my desk.

“Turn the Ship Around!” begins, “Our greatest struggle is within ourselves. Whatever sense we have of thinking we know something is a barrier to continued learning.”

Reading, thinking, learning and listening can help us achieve what Marquet discovered: “A truly better way for humans to interact.”

(A version of this review appears on Navy Reads, an unofficial blog in support of Navy professional reading and related books. Doughty writes and posts to Navy Reads: www.navyreads.blogspot.com—on weekends. The Navy Reads blog supports the CNO's professional reading program and related books.)



In 2000, Stephen Covey rode USS Santa Fe (SSN 763) with then Cmdr. Marquet.

Feds Feed Families continues at joint base

Brandon Bosworth
Assistant Editor, Ho'okele

The Feds Feed Families program is in full swing at Joint Base Pearl Harbor-Hickam. 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 has been held annually since its launch in 2009. Since then, 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.

Chief Religious Program Specialist Kimberly Bell said so far collections at JBPHH have been steady, except for one unexpected snag.

"It's been going well but got slower in the first part of August," she said. "That's probably because of the hurricanes. You have to have canned food during a hurricane."

Now that the threat of twin hurricanes has passed, Bell hopes to see

donations pick up again before the Feds Feed Families drive ends on Aug. 31.

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. Some individual commands have their own collection boxes.

For more information, call Chief Religious Program Specialist Kimberly Bell at 473-4512 or visit www.fedsfeedfamilies.gov.



Highlights from this week in USAF and PACAF history

Charles Nicholls
PACAF historian

• On Aug. 14, 1973, the Bellows Air Force Station beach area was entered into the National Register of Historic Places because of significant archaeological

findings, which determined it to be one of the oldest places of human habitation in the Hawaiian Islands. Sociological and scientific studies suggest that Bellows beach area was occupied around A.D. 800 to 1000.

• On Aug. 5, 1943, the Aleutian Campaign ended

with the reoccupation of Kiska. Japan had occupied the Aleutians to secure the northern flank of their Pacific empire, and the U.S. feared that the islands could be used as bases for air attacks on the American west coast.

In May 1943, American forces seized Attu, and by July the U.S. Army Air Forces began using it as a base for raids against the Kurile Islands. When U.S. troops landed on Kiska, they found the enemy had already evacuated the outpost. Primarily an air war, the Aleutian Campaign was the only World War II campaign fought on North American soil.

• On Aug. 17, 1943, more than 300 B-17s took off from the United Kingdom without fighter protection to attack ball-bearing factories at Schweinfurt and aircraft plants at Regensburg on the deepest U.S. air raid into Germany to date. Many bombers missed their targets and 60 were lost, mostly to enemy fighters. The high loss rate shook the confidence of Eighth Air Force leaders, and the bombers did not return to Germany until Sept. 6.

• On Aug. 14, 1945, the 20th Air Force conducted the final B-29 combat mission against Japan. This mission included a record number of effective aircraft: 754 B-29s and 169 fighters. One phase of the mission, against the Nippon Oil Refinery at Tsuchizaka, produced the longest nonstop mission of the war from the Marianas—3,650 miles.

• On Aug. 15, 1945, the cease-fire in the Pacific was announced. After U.S. atomic bombs struck Hiroshima and Nagasaki, the Japanese government announced it would surrender "unconditionally," subject to an Allied agreement to maintain the monarchy. Washington declared a cease-fire immediately.

• On Aug. 15, 1957, Gen. Nathan F. Twining became the first USAF officer to serve as chairman of the Joint Chiefs of Staff (JCS). During World War II, Twining was the commander of Thirteenth Air Force, chief of staff of Allied Air Forces in the South Pacific and commander of 20th Air Force in the strategic bombing campaign against Japan, including the atomic bomb missions.

In 1947, he became commander of Alaskan Air Command. Twining was the chief of staff of the Air Force prior to being appointed CJCS. Twining was known for his belief in strategic bombing, his common sense and his ability to work well with other officers across the Department of Defense.

• On Aug. 11-12, 1958, Iwaki-Gawa River in Japan went over its banks and flooded the city of Hirosaki. Fierce currents prevented the use of rescue boats, so city officials asked the 6139th Air Base Group at Misawa Air Base for help. USAF H-19 helicopters from the 6139th saved 133 passengers, airlifting stranded flood victims by cable from roofs, bridges, vehicles, trees, and islands of higher ground and taking them to relief centers.

• On Aug. 15, 1972, Operation Saklolo concluded. In this disaster relief operation to aid flood victims in the Philippines, PACAF C-130s, H-3 helicopters and H-43 helicopters airlifted more than 2,000 tons of food, medical supplies, clothing, fuel, and other relief to Luzon.

• On Aug. 17, 1990, Operation Desert Shield/Storm began. President George Bush activated the Civil Reserve Air Fleet (CRAF) for the first time since it was established in 1952. CRAF aircraft transported 709,613 passengers and 126,309 tons of cargo for the campaign.



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My Favorite Photo...

Cameron James Cassani, age 12, took this photo of a palm tree on Ford Island recently while his family was staying at the Navy Lodge.



How to submit: Email your (non-posed) photos to editor@hookelenews.com

Reward offered by NCIS for tips

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That Guy.com



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Joint Base Pearl Harbor-Hickam

Military and Family Support Center

Military and Family Support Center (MFSC) is the service center for Joint Base Pearl Harbor-Hickam. There is no charge for classes unless otherwise specified. The classes are for active duty, family members, Reserves, retired military personnel and Department of Defense employees, except as noted in the individual program descriptions. Schedules are subject to change. August classes include:

- Employment in Hawaii workshop will be held from 9 to 11 a.m. Aug. 18 at MFSC Pearl Harbor. Participants can learn to analyze the local job market and federal, state and civilian job opportunities.
- Million Dollar Sailor/Airman class will begin at 7:30 a.m. Aug. 19 at MFSC

Pearl Harbor and continue on Aug. 20.

- Couples Class: Mastering the Art of Relationship Skills will be held from 10 a.m. to noon Aug. 19 at MFSC Pearl Harbor. The class will include information on improving communication skills, different "love languages," relationship stages and struggles, and differences in personality types.
- Sponsor Training class will be held from 9 to 11 a.m. Aug. 20 at MFSC Pearl Harbor. The class gives the new sponsor the information, resources and tools needed to assist incoming personnel and families.
- Financially Savvy Retirees class will be held from 9:30 to 11 a.m. Aug. 20 at MFSC Pearl Harbor. This class will explain the differences between a will and a trust and how to secure assets for loved ones or distribute the assets.
- New Moms and Dads class will be held from 5 to 8

p.m. Aug. 20 at MFSC Hickam. New and soon-to-be parents (or those thinking about becoming parents) can learn about the roles, responsibilities, demands and joys of being parents.

- Exceptional Family Member Program (EFMP) Walking Group will be held from 9 to 11:30 a.m. Aug. 22 at the Joint Base Pearl Harbor-Hickam sidewalk trail on the Hickam side of the base behind the Hickam Officer's Club and the Wright Brothers Restaurant. The group is for special needs families and will include Navy and Air Force facilitators and community outreach organizations.
- Anger Management class will be held from 8 to 11 a.m. Aug. 26 at MFSC Pearl Harbor. The class is designed for people who want to better control their anger in either work, social or family settings.
- Job Fair Success workshop will be held from 1 to 3

p.m. Aug. 27 at MFSC Hickam. The workshop is designed to provide specific employer-based information on how a job candidate can effectively prepare for a job fair.

- Writing Your Best Resume workshop will be held from 1 to 3 p.m. Aug. 27 at MFSC Pearl Harbor. The workshop is designed to identify specific resume for-

mat, important information to include, and how to target the resume to the job announcement.

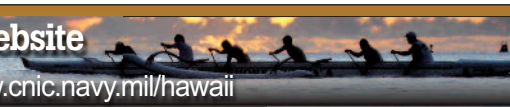
- Hawaii Troops to Teachers information seminar will be held from 9 to 11 a.m. Aug. 28 at MFSC Pearl Harbor. Troops to Teachers is a collaboration between the U.S. Department of Education and the Department of Defense. Troops to

Teachers is designed to relieve teacher shortages, especially in math, science, special education and other high-needs subject areas. It is designed to assist military personnel in making successful transitions to second careers in teaching.

For more information about the classes, call 474-1999 or visit www.greatlife.hawaii.com.

'Navigate' to Ho'okele website

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



Pedestrian safety is everyone's responsibility

Joint Base Pearl Harbor-Hickam Safety Department

Did you know that August is Hawaii's Pedestrian Safety Month? Did you also know that Hawaii is the only state nationwide that has a Pedestrian Safety Month? The Hawaii Pedestrian Safety Month is five years old.

The Department of Transportation Walk Wise Hawaii Street Team and the Honolulu Police Department along with other sponsors and volunteers conducts several pedestrian safety events all month long, like sign waving, safety awareness walks, and conferences at schools, malls and other public areas.

Walking and jogging is a great way to exercise, meet new people, view the local sites and is an inexpensive way to travel. While you are out and about be sure to take the proper pedestrian precautions.

"People tend to think that pedestrian safety only matters when you are crossing the street or walking/jogging in the street but that's not all. We also need to be careful when passing

driveways and in parking lots and parking structures," said Miranda Caban JBPHH safety director.

"It doesn't matter the direction arrows placed on the ground or on signs. Vehicles, bicycles included, can come from any direction," Caban said.

"We all need to work together when it comes to pedestrian safety, because people of all ages could be affected and end up becoming a statistic," Caban emphasized.

From 2003-2012, there were more than 47,000 fatalities nationwide and 262 of these fatalities were in Hawaii.

Tips for pedestrians

- Cross the street at a designated crosswalk.

- Cross only on proper signal.

- Look all ways before you cross. Ensure it is safe to cross before stepping off the curb.

- Make sure the driver comes to a complete stop before you step off the curb.

- Make eye contact with the driver to ensure they see you crossing the street. Even if one driver stops, do not assume drivers in the other lanes have stopped.

- Keep to the right side in the crosswalk.

- Be careful at intersections where drivers may fail to yield the right of way to pedestrians while turning onto another street.

- Cross the street at a well-lit crosswalk at night.

- Increase your visibility at night by carrying a flashlight and wearing reflective clothing.

- Walk/jog on a sidewalk, but if you must walk/jog in the street, face the traffic when you do.

- Never cross between cars, in front of hedges or other obstacles that impair the driver's ability to see you cross or your ability to see a driver coming toward you.

- Remain alert. Avoid dis-

tractions like wearing headphones or talking on the phone while crossing.

- Maintain awareness to engine noise, back-up lights and emergency vehicle sirens on the street, in parking areas and in driveways.

- Be extra cautious when attempting to cross multiple lane roadways/highways and where higher speeds exist.

- Know that alcohol may impair your ability and judgment to walk safely on any roadway. If you are under the influence of alcohol, call a friend, a taxi or someone you know for assistance.

Tips for drivers

- You can encounter pedestrians anytime and anywhere—even in places

where they are not supposed to be.

- Pedestrians can be very hard to see. This is especially true at night and in bad weather. Keep a constant lookout and drive extra slow if you can't see clearly.

- As you near a crosswalk area, drive slowly and be prepared to stop suddenly.

- Stop for pedestrians who are in a crosswalk. When stopping for these pedestrians, stop well before the crosswalk so that drivers in adjacent lanes can also see the pedestrians crossing and come to a stop as well.

- Never overtake a vehicle or pass a stopping vehicle because the driver may

be stopping for a crossing pedestrian.

- At intersections, you may be waiting for the opportunity to make a left or right turn. Be sure that you are constantly looking out for crossing pedestrians who may be rushing to cross the street.

While driving, be especially attentive and cautious near and around schools, neighborhoods and in parking lots.

For more information on the Hawaii Pedestrian Safety events go to Walk Wise Hawaii on Facebook or on line to Hawaii DOT at <http://ow.ly/Aj0QQu>

For further assistance, contact the JBPHH Safety Department at 473-1169.

Fisher House event to be held Sept. 6 at Ford Island

The Tripler Fisher House will hold its 8K Hero and Remembrance Run, Walk or Roll beginning at 6 a.m. Sept. 6 at Pacific Aviation Museum on Ford Island.

All participants should be on the island no later than 5 a.m. The official welcome and military honors will be held from 6:30 to 7 a.m.

The free event is open to the public and military members.

Tripler Fisher House "Traveling Bronzed Boots" will be passed on to the unit with the most participation whose team to include family members, is registered

online by Sept. 1.

Strollers, wheelchairs, small children's bikes or hand bikes, skates and pets are allowed. No skateboards or adult bikes are allowed.

Shirts will be available for pre-order purchase online for \$18 or \$20 at the event. Limited quantities will be available. Bottled water will be provided, but no snacks will be provided.

For more information, visit the <http://triplerfisherhouse.eventbrite.com> website, email anita.f.clinger.man.naf@mail.mil or call 561-7423.

FISHER HOUSE

