

Photos by MC1 Corwin M. Colbert

Aloha means hello and goodbye: Navy Region Hawaii welcomes USS Wayne E. Meyer (DDG 108), which arrived this week to its new homeport at JBPHH, and bids farewell to USS sioned in Pearl Harbor Oct. 23.

JBPHH holds 9/11 remembrance ceremony

Erin Huggins

Joint Base Pearl Harbor-Hickam Public Affairs

At 8:03 a.m., Tuesday, Sept. 11, Joint Base Pearl Harbor-Hickam held a small remembrance ceremony at Federal Fire Station Six to honor the memories of those who lost their lives in the 9/11 attacks in 2001.

The ceremony began promptly following morning colors, and was attended by approximately 150 people.

The audience, made up of Sailors, Airmen, civilian employees and residents, was seated in the open bay of the fire station, with a view of the flight line.

Guard, the attendees that occurred this day were asked to begin the in 2001, and also the rendition of "God Bless America" and the na-

tional anthem, performed by two members of the Air Force Band of the Pacific.

The song and anthem were followed by the Firefighter's Prayer, the Security Forces Prayer, the Corpsman's Prayer, and a short summary by the master of ceremonies about the terrorism that occurred 17 years ago that day.

The attacks on the World Trade Center, at the Pentagon and aboard Flight 93 left a lasting mark on many Americans, especially those who are first responders.

Gregg Moriguchi, regional fire chief for the Federal Fire Department was the first speaker at the day's ceremony.

"The 9/11 remembrance Flanked by fire trucks ceremony serves to and the Air Force Honor remind us of the events event by standing for a countless acts of heroism. sacrifice and devotion to duty displayed by



Photo by MC2 Charles Oki

A firefighter's uniform and folded American flag rest at the base the ceremonial bell.

emergency responders heroism that took place and ordinary citizens,' he said.

Moriguchi then introduced the day's special guest, Joseph Wassel. Wassel was in the Pentagon when it was attacked on Sept. 11, 2001. He retold the stories of

at the Pentagon that day and about the quick response by his boss, then Secretary of Defense Donald Rumsfeld.

'On days like today we turn around and we look back and we remember, we respect, we reflect and

we try and reconcile what happened on that day,' Wassel said.

"And then we turn right around with purpose, passion and patriotism to move forward and do what we do every day."

Col. W. Halsey Burks, commander, 15th Wing, was the final speaker of the day. He emphasized that ordinary citizens answered the call 17 years ago.

"Hundreds of first responders rushed to the scene in Manhattan," he said. "A desperate race against time to save, rescue and evacuate as many as they could inside the burning towers. These men and women were everyday Americans."

After the speakers all concluded their reflections a bell was positioned at the front of the podiums. The "striking the four fives" was performed by the fire department.

This tolling of the bell, a firefighter tradition, is a way of honoring those who were killed in the 9/11 attacks.

The last bell rang out, signifying the end of watch and the ceremony concluded with a firing of volleys and the playing of taps.



CPO selectees show chief pride

Chief petty officer (CPO) selectees present their guidon for judging at CPO Pride Day held at the Battleship Missouri Memorial on Ford Island, Sept. 7. CPO Pride Day includes events that pay homage to chiefs past, present and future. The selectees do this via mentoring opportunities, CPO heritage training and a drill and cadence competition held between chief selectees from various commands.



Ahua Reef restoration questions and answers

Kathy Isobe

Navy Region Hawaii Public Affairs

Q. Who is doing the restoration?

A. Restoration work is done by the JB-PHH Natural Resources Program.

Q. What exactly are you doing to restore this wetland?

A. Restoration at Ahua Reef is focused on providing habitat for native plants and birds, some of which are endangered, such as the Ae'o, or Hawaiian Stilt. The first step is removing invasive weeds such as Pickleweed and Red Mangrove that cause reduced biodiversity and less foraging habitat for birds.

After we remove invasives from an area, we sometimes see native plants grow in on their own. Seeds can lie dormant in the ground, sometimes for years, until conditions are favorable for them to grow. We also outplant native vegetation several times a year, and some of that work is performed by volunteers.

Q. Why is it so important?

Photo by D

A. In addition to providing important Main wetlands on Navy land include habitat for native plant and bird species, wetlands provide numerous ecosys- Beach, and two national wildlife refuges



Hawaiian Stilts nesting at Ordy Pond.

tem services including flood and erosion control and add to the recreational value of our shorelines for JBPHH families. Oahu has experienced an estimated 65 percent loss in wetland habitat since human settlement (https://link.springer.com/ article/10.1007/s13157-013-0501-2). Primary causes of this loss include development and spread of invasive species. Main wetlands on Navy land include Ahua Reef Wetland, Ordy Pond in Ewa Beach, and two national wildlife refuges Photo by Corrina Carnes

— Waiawa and Honouliuli. The two refuges are managed by U.S. Fish and Wildlife Service and are regular nesting sites for Hawaiian Stilts, Hawaiian Coots, and Hawaiian Moorhens, all of which are endangered. We also regularly see stilts and coots nesting at Ordy Pond, and Ahua Reef has seen several stilt nesting attempts over the last three years, but we have yet to see a successful nest. Natural flooding of nests is fairly common in a tidal wetland.

Q. What results have you seen since dogs/cats were banned in April 2016?

A. In addition to restoring habitat, a key part of protecting our native birds is minimizing threats from introduced predators. Navy Natural Resources provides trapping services for mongoose around the wetland through a USDA contract, and in 2016 Joint Base Pearl Harbor-Hickam began enforcing an existing base policy restricting dogs from Ahua Reef. Since initiating this enforcement effort, we have seen an increase in numbers of foraging birds during all times of the year, both at Ahua Reef Wetland and the adjacent Fort Kamehameha Beach.

Q. How else can folks help?

A. Having the public's support in conserving our wetland species is crucial. We have seen a lot of progress in use of the wetland by native birds since enforcing the dog ban. Continue to comply with the rules and remind friends. Pick up litter in the walkway, and keep volunteering!

For more information, email ashley.n. dunn.ctr@navy.mil.

The "Tribute in Light" memorial is in remembrance of the events of Sept. 11, 2001, in honor of the citizens who lost their lives in the World Trade Center attacks. The two towers of light are created by two banks of high wattage spotlights that point straight up from a lot next to Ground Zero.

15th MDG Airman remembers Sept. 11

Courtesy Story

Air Force Medical Service 15th Medical Group

As we reflect on all those affected by the events of Sept. 11, 2001, the 15th Medical Group has a story to share from one of our own; Airman 1st Class Javonte Bryant, an outpatient records technician.

Bryant's mother would always let him miss the first part of school on his birthday, Sept. 11. In 2001, Bryant and

In 2001, Bryant and his mother lived in the Bronx, New York City, and were traveling into Manhattan for Javonte's 8th birthday. He and his mother were riding in the subway when the towers collapsed; he recalled seeing the air in

the tunnel around the subway car turn milkywhite from the debris/dust. The subway came to an emergency stop at the next possible location, and they exited with a mass of panicked civilians.

Bryant remembers crying as he and his mother struggled to move with the crowd towards the nearest stairs, when

a man picked Bryant up by the waist and carried him (and escorted Bryant's mother) to a coffee shop at ground level. To 8-year-old Bryant, this man was a real-life superhero who had saved his life.

He found out that the man was a U.S. Marine traveling from New York City to Washington, D.C., who took a simple action to help a struggling mother and son in a time of crisis. From that point on, Bryant knew he wanted to join the military.

Seventeen years later, Bryant, according to his unit, is a hard worker with an infectious personality who has already earned a great reputation within his duty section and squadron.



Photo courtesy of 15th MDG A1C Javonte Bryant

September 14, 2018 • A-3



Submitted by David D. Underwood Jr. and MC2 Charles Oki

What do you wish you had known before you came to Hawaii?



Staff Sgt. Brandon Ortiz 735th Air Mobility Squadron

"I wish I would have known how bad the traffic is.'



Airman 1st Class Jasmine Blunt 56th Air and Space Communications Squadron

"I wish I would have known how expensive household goods are off base and bad traffic.



Senior Airman Jay O'Neill 324th Intelligence Squadron

"I wish someone told me to take full advantage of TMO (Transportation Management Office)."



Yeoman 3rd Class Alex Wiggin JBPHH

"I wish I had known how expensive the cost of living was here.'



Logistics Specialist 1st Class Rena Wright NAVSUP

"I would have started the daycare waitlist process before arriving instead of after arriving."



Lt. Cmdr. Clayton Beas COMNAVSUBPAC

"How long the process to bring pets over was. We started early but I would have started even earlier if I had known how long it would take."

Want to see your command featured in Diverse Views? Got opinions to share? Drop us a line at editor@hookelenews.com



Rear Adm. Brian Fort Commander, Navy Region Hawaii and



O'Kane and warfighting readiness to win

(Editor's Note: In honor of USS O'Kane's departure from Pearl Harbor this week, we are republishing Rear Adm. Fort's blog from last January on name-sake World War II veteran and Prisoner of War Lt. Cmdr. Richard O'Kane.)

Last year was tough for the Surface Navy. I know. In June of 2017, less than a week after I arrived in Pearl Harbor to take over as the new Region Hawaii and Naval Surface Group Middle Pacific commander, I flew to Yokosuka, Japan to lead the USS Fitzgerald (DDG 62) collision investigation. For the rest of my life, I am emotionally invested in that investigation, and for the remainder of my service in the Navy I am professionally and personally invested in the corrective actions - most specifically, our warfighting readiness to win.

In wartime our mission is simple - fight and win our nation's wars. In peacetime our mission is equally simple - be ready to go and fight and win. In 2018 if you are assigned to the Surface Navy in Pearl Harbor, you will be at the epicenter of Navy warfighting culture and readiness to win!

In Pearl Harbor we have history on our side. Seventy-five years ago, Lt. Cmdr. Richard O'Kane set the standard of our Navy warfighting culture. As executive officer of USS Wahoo (SS 238) and then, in 1943 as CO of USS Tang (SS 306), O'Kane earned an unequaled record of victories against the enemy, destroying their warships and supply lines.



and committed to the mission.

The former surface warfare officer volunteered for submarine duty because he saw it as more dangerous and challenging. And, in many ways, he was right.

Submariners suffered the greatest numbers of casualties on average in World War II. They wore no life vests because of the narrow hatches. If they became prisoners of war, they were singled out for the most brutal punishment. Worst of all, in the heat of battle their torpedoes often malfunctioned, especially in the early months of the war.

Even as late as 1944, errant torpedoes caused problems, including for O'Kane. Aboard USS Tang, after sinking 13 enemy ships and 107,323 tons of enemy shipping, O'Kane fired his final torpedo, O'Kane went into harm's way focused but it curved left, porpoised and circled

back, striking Tang's stern and sinking e submarine.

O'Kane survived both the sinking and his time as a POW, and after the war President Truman presented him with the Medal of Honor. He personified toughness in the face of adversity, and after the war he served as commanding officer of the Submarine School in New London, Connecticut, where Capt. O'Kane inspired a culture of warfighting.

Here at Navy Region Hawaii and Naval Surface Group Middle Pacific we have the exceptional distinction of being two commands united at a perfect juncture: the intersection of the waterfront surface ships and the installations which provide infrastructure, repairs, logistics, training and testing of those ships.

With the strong support of our tenant

commands we meet and sustain the needs of our fleet, our warfighters and our families. Fundamentally, we are best and uniquely postured to positively impact the Pearl Harbor surface fleet warfighting culture, and we are focused and committed to that task.

Today, our allies' maritime forces know they have no better friend than the United States Navy. Potential adversaries should also know they have no worse enemy

Here in Pearl Harbor, we rose to the challenge 76 years ago as "Remember Pearl Harbor" sharpened our warfighting culture. In the wake of 9/11, when our culture was tested, we rose to the challenge once more. At the direction of the Secretary of the Navy, Gordon England, we returned to our First Navy Jack, "Don't Tread on Me," on the jack staffs of all Navy warships as a historic reminder of the nation's and Navy's origins and our will to persevere and triumph.

On January 1st, and throughout all of 2018, the headquarters building of Region Hawaii and Naval Surface Group Middle Pacific flew our First Navy Jack. We did this to honor the 17 shipmates we lost on Fitzgerald and John S. McCain and as a reminder that our warfighting edge is not only back but renewed and forged with purpose.

Sailors in Hawaii are focused and committed to our warfighting culture. Just like Rear Adm. O'Kane and the Sailors of World War II, our Sailors are ready to go, ready to fight and ready to win when called.

Naval Surface Group Middle Pacific

Navy Region Hawaii Public Affairs

The 2018 Navy Community Service Award recipients for Navy Region Hawaii (CNRH) for the period of July 1, 2017 to June 30, 2018 have been announced.

During this period, Navy commands all over the region were given the opportunity to showcase their dedication to the surrounding community through the Navy Community Service Program (NCSP). It is a competition that takes place every year, and those who win at the region level move on to the next level of competition at Commander, Naval Installations Command (CNIC) in Washington, D.C.

Commands submitted packages in five different categories including Personal Excellence Partner-

ship, Health Safety and Fitness, Campaign Drug Free, Project Good Neighbor, and Environmental Stewardship. Commands who submitted packages in three or more of the following categories and win are also eligible for the Bainbridge Overall Excellence Award.

Packages were submitted in a maximum five-page summary with information pertaining to the corresponding category. After receiving packages from different commands, CNRH would like to extend congratulations to the following commands:

• Afloat Training Group Middle Pacific, a small shore command, won in the Personal Excellence Partnership, Health Safety, and Fitness, as well as the Project Good Neighbor and Environmental Stewardship categories.

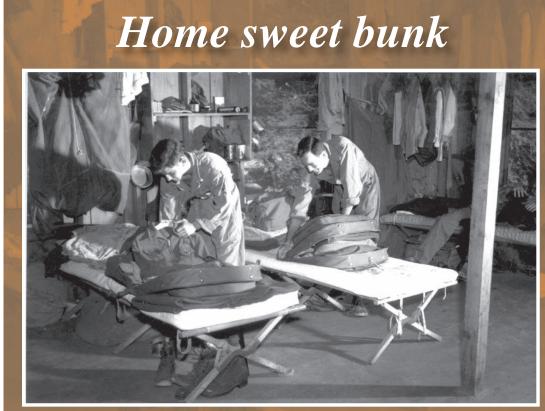
- Pacific Missile Range Facility, a medium shore command, won in the Personal Excellence Partnership, as well as the Project Good Neighbor and Environmental Stewardship categories.
- Joint Base Pearl Harbor-Hickam, a large shore command, won in the Personal Excellence Partnership, Health, Safety, and Fitness, as well as the Project Good Neighbor, and Environmental Stewardship categories.

These command's NCSP packages have been forwarded to CNIC for further judging. Results for the CNIC-level competition will be announced in November.

	"Navigator" OKELLE AIR FORCE TEAM IN HAVAII	C.	
Commander, Navy Region Hawaii Rear Adm. Brian Fort	Commander, Joint Base Pearl Harbor-Hickam Capt. Jeff Bernard		
Director, Navy Region Hawaii Public Affairs Agnes Tauyan Communication Strategist	Managing Editor Anna General Life & Leisure Editor Kristen Wong		
Bill Doughty	Sports Editor Randy Dela Cruz	1	
Director, Joint Base Pearl Harbor-Hickam Public Affairs Chuck Anthony	Graphic Artist Michelle Poppler		

Hoʻokele is a free unofficial paper published every Friday by The Honolulu Star Advertiser 500 Ala Moana Boulevard Suite 7-500 Honolulu Hawaii 96813, a private firm in no way connected with DoD, the U. S. Navy, Air Force or Marine Corps, under exclusive contract with Commander Navy Region Hawaii. All editorial content is prepared, edited, provided and approved by the staff of the Commander, Navy Region Hawaii Public Affairs Office: 850 Ticonderoga, Suite 110, JBPHH, Hawaii, 96860-4884. Telephone: (808) 473-2888; fax (808) 473-2876; e-mail address: editor@hookelenews.com World Wide Web address: https://www.cnic.navy.mil/Hawaii/ or www hookelenews.com. This civilian enterprise newspaper is an authorized publication primarily for members of the Navy, Air Force and Marine Corps military services and their families in Hawaii Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense. the U.S. Navy, Air Force or Marine Corps and do not imply endorsement thereof. The civilian publisher, The Honolulu Star Advertiser, is responsible for commercial advertising, which may be purchased by calling (808) 521-9111. The appearance of advertising in this newspaper, including inserts or supplements, does not

constitute endorsement of the products and services advertised by the Department of Defense, he U.S. Navy, Air Force or Marine Corps, Commander. Navy Region Hawaii or The Honolulu Star Advertiser. Everything advertised in this paper shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. A confirmed violation of this policy of equal opportunity by an advertiser will result in the refusal to print advertising from that source. Ho'okele is delivered weekly to Navy & Air Force housing units and Navy and Air Force installations throughout Oahu.



Pictured here are enlisted men's quarters at Barking Sands, Kauai.

U.S. Air Force file photo

B-2s conduct training missions out of JBPHH

Airman 1st Class Christopher Rucker, a crew chief assigned to the 509th Aircraft Maintenance Squadron, marshals a B-2 Spirit returning from a routine training mission Sept. 6 at Joint Base Pearl Harbor-Hickam.

Photo by Staff Sgt. Danielle Quilla



Pacific Air Forces Public Affairs

Two U.S. Air Force B-2 Spirits took off from Joint Base Pearl Harbor-Hickam (JBPHH), to conduct routine training Sept. 6 in the vicinity of Guam and Hawaii.

The B-2s deployed to JBPHH from Whiteman Air Force Base, Missouri, in support of the U.S. Strategic Command's (USSTRATCOM) Bomber Task Force deployment.

USSTRATCOM regularly tests and evaluates the readiness of strategic assets to ensure they are able to honor U.S. security commitments.

"This unique training is key to ensuring that our crews are ready," said Lt. Col. Nicholas Adcock, Air Force Global Strike 393rd Bomber Squadron commander.

"Our allies and partners depend on us to be ready, capable, and lethal at all times in the joint environment. Our crews need the integration experience to maximize our platform and pilots' capabilities."

The B-2s regularly rotate through the Indo-Pacific region to conduct routine air operations that integrate capabilities with key regional partners and familiarize aircrews with operations in the region.

Although this is the first time the B-2s deployed specifically to JBPHH, it's not the first time they were in the region. The B-2s last deployed to the Indo-Pacific theater at Andersen Air Force Base, Guam, in January 2018.

During their last deploy-

ment, they conducted local and regional training sorties and integrated capabilities with key regional partners.

"Hickam affords us the chance to work closely with the 154th (Air National Guard) Wing and refine and exercise multiple tactics, techniques and procedures that are crucial to the Indo-Pacific Command area of responsibility," Adcock said.

With a wingspan of 172 feet, the width of a football field, plus 12 feet, and weight of 160,000 pounds, this multi-role bomber provides flexibility and effectiveness inherent in manned bombers.

Bomber missions demonstrate the credibility of U.S. forces to address a global security environment.

NSSC welcomes new commanding officer

MC2 Michael Lee

COMSUBPAC Public Affairs

Naval Submarine Support Command (NSSC) Pearl Harbor held a change of command ceremony Sept. 7 at the Museum and Park in Pearl Harbor.

Cmdr. John M. Killila relieved Cmdr. Christopher Lindberg as the NSSC commanding officer.

Rear Adm. Daryl L. Caudle, the commander of Submarine Force, U.S. Pacific Fleet, served as the guest speaker at the

Harbor waterfront. "We are all working to significantly improve the lethality of our undersea enterprise," Caudle said.

"NSSC understands its role in my strategy. The support our submarines get from the staff at NSSC is essential in USS Bowfin Submarine ensuring our Sailors are ready to execute their mission.'

Following his speech, Caudle awarded Lindberg with a Meritorious Service Medal for outstanding service as NSSC commanding officer from October 2017 through September 2018.

Lindberg attributed ceremony and recognized the success of NSSC's Lindberg and NSSC's mission to his hardworkimportance to the Pearl ing departments, and the standing turnover and

daily support from his Sailors and their families

"Each one of my staff was vital to our mission and the success of this last year," Lindberg said.

"I will tell everyone it is because of the Sailors seated here, who make up NSSC, they made us successful. I had the easy job of leading this outstanding group of Sailors.'

Lindberg's next assignment is to assume command of the Los Angeles-class fast-attack submarine USS Bremerton (SSN 698) in Bremerton, Washington.

As Killila assumed command, he thanked Lindberg for the out-

tinue NSSC's warfighting submarine crews, Submission to support the marine Squadron One Pacific submarine force. and Seven, and type Commander, Submarine

Museum and Park in Pearl Harbor, Sept. 7.

"I look forward to con- command (TYCOM), as Force, U.S. Pacific Fleet, tinuing that important NSSC continues to sup- visit ww.csp.navy.mil.

Cmdr. Christopher Lindberg addresses guests during the change of command ceremony

of the Naval Submarine Support Command Pearl Harbor at the USS Bowfin Submarine

dedicated himself to con- work with the many port the best submarine waterfront in the world."

Photo by MC2 Shaun Griffin

For more news from





Below, a Standard Missile 2 launches from the aft missile deck of Arleigh Burke-class guided-missile destroyer USS Chung-Hoon (DDG 93) during a live-fire evolution, Aug. 24.

Photo by MC3 Logan C. Kellums





Photo by MC1 Robin W. Peak

Above, Adm. Phil Davidson, commander U.S. Indo-Pacific Command (USINDOPACOM), right, speaks with Bangladesh Army Lt. Gen. Mahfuzur Rahman, head of the Bangladesh Armed Forces Division, at the USINDOPACOM-hosted Chiefs of Defense conference in Honolulu, Sept. 11.



Photo by MC3 Morgan K. Nall

Above, Sailors fight a simulated fire during a damage control drill aboard the Arleigh-Burke class guided-missile destroyer USS Michael Murphy (DDG 112), Sept. 8. Michael Murphy is participating in Australian exercise Kakadu 2018.

At right, Airman 1st Class Danielle Demello evaluates Spc. Jordan East to establish a medical baseline in Kahului, Hawaii, Sept. 11. Assigned to the Hawaii National Guard's Chemical, Biological, Radiological, Nuclear and Explosive Materials, Enhanced Response Force-Package (CERF-P), Demello continues to monitor CERF-P team members to ensure their health and safety, should they be called upon to respond in the wake of tropical storms or other emergencies.

Photo by Army Staff Sgt. Christopher Martens



HO'OKELE

ife&

September 14, 2018 • B-1

Far left, service members and civilians participate in the Fisher House Remembrance Run on Joint Base Pearl Harbor-Hickam's Ford Island. At left, a young child assists with the boot display.

> Photos by MC2 Justin R. Pacheco

At left, chief petty officer selectees participate in the Fisher House Remembrance Run. Below, service members and civilian volunteers prep thousands of boots to be displayed.

Fisher House commemorates fallen

Compiled by Hookele Staff

Military and civilian personnel participated in the Fisher House 8K Hero & Remembrance Run, Walk or Roll, at Joint Base Pearl Harbor-Hickam's Ford Island, Sept. 8.

Rows of military boots, each bearing the name of a fallen service member or military working dog, lined the event's course. Volunteers came to Ford Island

boots will be displayed through Sept. 15, on the corner of O'Kane Boulevard and Enterprise Street.

"This event was created to raise awareness about the mission of the Fisher House here in Hawaii," according to Fisher House's event page. "They are here to provide comfort homes to our service members and their families during a medical crisis. This is (the)

Sept. 6 to place them for the event. The seventh year honoring our fallen serwould bring back the names and faces of all service members who lost their lives in combat since 9/11."

This year, the Navy Information Operations Command Hawaii Chief Petty Officers group received the "Traveling Bronze Boots" award for the unit with the highest participation.

The Fisher House Foundation offers

support to the military and their famvice members by creating an event that ilies and is best known for a network of comfort homes where military and veterans' families can stay at no cost while a loved one is receiving treatment. The Fisher House Foundation has more than 70 houses across the nation. For more information about the Fisher House at Tripler Army Medical Center, visit http://www.orgsites.com/ hi/triplerfisherhouses/.



HO'OKELE

Ombudsmen support families

Kristen Wong

Life and Leisure Editor, *Ho*'okele

Danielle Trout once received a phone call about a Sailor's grandfather who was diagnosed with cancer. The Sailor in question was out at sea.

It took several calls to leadership and fellow ombudsmen as well as three to four hours of waiting, but the Sailor was able to speak to their grandfather before he passed away. This is just one example of what an ombudsman can do.

The Navy Family Ombudsman Program began in 1970 through an initiative by Adm. E.R. Zumwalt Jr., then-chief of naval operations.

The ombudsman is responsible for disseminating information to the military families of their respective commands. The ombudsman is also available for families in need in certain situations.

Trout, the ombudsman for the USS Port Royal, de-

and the families" and an ear for the families. She supports roughly 60 families with the USS Port Royal, answering general questions, reaching out to other points of contact to support a family, and, on some occasions, just being there for family members who want to vent frustrations.

"Knowledge is key," she said. "The knowledge I can give (family members) makes it a little easier for them to understand the Navy life. Navy life can definitely be rough at times, especially if your Sailor is gone six to eight months at a time, and prior to that maybe they have three months of work-ups, so you may not have seen your Sailor for an entire year.'

Trout said she also supports family members beyond spouses and children. She responds to inquiries by parents and other relatives about their Sailor.

When asked what was most rewarding about being an ombudsman, Trout scribes herself as a "voice said it is seeing the success

between the command of events and smiles on the families' faces.

Marielle Dilks is the ombudsman assembly chair of Navy Region Hawaii. She has been the USS Preble's ombudsman for four years, and was the ombudsman for the USS Shrike/Crew Bold (MHC 62) for three.

Dilks said she chose to be an ombudsman in order to provide support for her fellow spouses with information, and became an ombudsman chair to support her fellow ombudsmen.

Dilks said she spends six to seven hours a month in her position as assembly chair, and two to three as an ombudsman.

As the assembly chair, she assists the ombudsman coordinator at Military and Family Services Center, with scheduling ombudsman training and managing ombudsman meetings among other duties.

She helps families with various issues from making contact with their Sailors to learning about upcoming events.



"Networking with other Navy/military spouses and learning from them (has been most rewarding),² Dilks said.

"Even after 20 years of being a Navy spouse I am always learning something new or a new way to approach/do something."

Commanding officers appoint the ombudsman. An individual does not have to be a military spouse to volunteer as an ombudsman. They must apply to the command, and have an interview with the commanding officer.

"Dress to impress in business wear and bring vour resume and/or references," Dilks said.

For those thinking of becoming an ombudsman, Trout recommends giving it a try.

If you don't like it, just let your command know ... that's fine ... (being) an ombudsman isn't for everybody," Trout said.

"But I would definitely try it out, get involved with your command and get involved with your families.'

Dilks added that although the position is rewarding, it can also be overwhelming, especially considering the pace of military life. "When families call,

you might be going through a crazy hectic time of your own, she said.

"You have to learn to shut off your needs and focus on helping someone else through a disaster."

Dilks added that ombudsmen help families by giving them tools and resources so they can help themselves.

"Once families are empowered then they feel accomplished, selfreliant, and able to share what they learned with others," she said.

PACAF command chaplain: Perpetual optimism

Chaplain (Col.) Shon Neyland

Pacific Air Forces Command Chaplain

In this season of change and transition with new PACAF leadership, it is natural to think about what was and what is to come.

We welcome a fresh vision and mission vector that is complete with an examination of who we are as a command and what we bring to the readiness spectrum in our day-to-day lives often causes us to examine our personal lives as well.

Perhaps we dream of what can change in our lives or what can become better. Some may think about reaching the next level in their careers; maybe we dream about what's the next step after the military or our civilian government employment.

In the end, as Secretary Colin Powell stated, a dream doesn't become reality through magic or waving a wand with smoke

"sweat, determination and hard work."

To have a dream shows we are looking ahead, we are planning for the future, and we are trying to reach certain goals in life. It calls for us to be innovative, agile and resilient.

But what do we do when our dreams seem unreachable or unfulfilled? We turn to perpetual optimism. Powell also stated, "Perpetual optimism is a force multiplier.'

Perpetual optimism is the ability to see through the most challenging and difficult moments while pursuing your dreams and not giving up. Let's face it, we will all face challenges in life, whether it is relationship, legal, financial or work/career-related.

Powell, the son of Jamaican immigrants, would rise through the military ranks to reach pinnacle offices and positions in his illustrious career. He would shape national strategic policy in America for several decades.

Combat Infantryman, and member of the Air Assault Division, Powell would rise to the highest military and national levels.

Specifically, he served as national security advisor (1987-1989), as commander of the U.S. Army Forces Command (1989) and as chairman of the Joint Chiefs of Staff (1989-1993), holding the latter position during the Persian Gulf War.

Powell retired as a fourstar general from the U.S. Army and went on to serve as the 65th U.S. Secretary of State from 2001 to 2005. It is an amazing American story, yet not free of trouble, despair, tough times, or even failure, but a story of perpetual optimism and continuing to dream of what could be.

Optimism is a mental attitude reflecting a belief or hope that the outcome of some specific endeavor will be positive and favorable. The term derives from the Latin word "optimum," meaning "best." Most have heard With an elite military the phrase, "The best is

points to optimal thinking. It does not mean you ignore problems or tough situations, but you believe a positive attitude will enable you to go forward and future conditions will work out for the best.

There are many different things that can give us optimism in the midst of tough times. I personally rely heavily on the Comprehensive Airman Fitness domains (physical, social, mental, and spiritual).

Like many of you, it is the spiritual domain along with the mental tension that gives us max-

domain that are very important and critical for my life. My faith sustains me through the most difficult times. Additionally, a positive mindset helps me to see encouraging outcomes no matter how demanding

or challenging it gets. For others, it may be the social domain or connection with family and friends that gives you the greatest sense of optimism.

Perhaps it is the physical domain that gives others strength through exercise and release of

imum assurance things will get better.

Studies suggest a strong link between optimism and psychological wellbeing. Those who are optimistic tend to be less stressed, more secure, and emboldened with resilience.

None of us are perfect, but may I encourage you to strive to live a life embodied by perpetual optimism. It is through perpetual optimism that we can dream again, experience confidence, and reach the highest levels in our lives and careers.

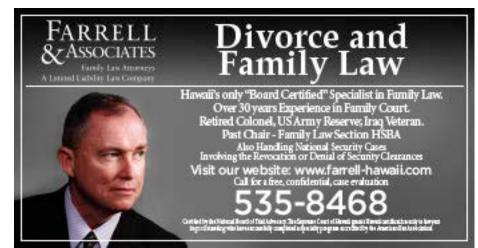


This phrase career as an Army Kanger, yet to come."



Photo by Tech. Sgt. Eric Donner

Chaplain (Col.) Shon Neyland, Pacific Air Forces command chaplain, speaks with Master Sgt. Kristen Allen, PACAF religious affairs, in his office at Headquarters PACAF, Joint Base Pearl Harbor-Hickam, Sept. 5. Neyland is writing a series of commentaries and appearing in videos about the importance of resilience.



mas Dru Hawall 🍽 Honda Dealers WIN A TRIP 7.7.69 8 12

FROM VACATIONS HAWAII

Meet or beat the score of the winning panelist for a chance to win. Panelist picks found in the Star-Advertiser every Friday.

ONE WINNING BALLOT SELECTED EVERY WEEK

ONE WINNER WILL WIN A 70" TV 0)5 PROMOTION! 10000









September 14, 2018 • B-3

Heidi Murkoff visits JBPHH

Story and photo by MC3 Cole Pielop

Navy Public Affairs Support Element Detachment Hawaii

Mothers and mothers-to-be gathered at the Historic Hickam Officers' Club on Joint Base Pearl Harbor-Hickam for a baby shower with Heidi Murkoff, New York Times bestselling author of the "What to Expect" book series, Sept. 10.

The baby shower, sponsored by the USO, was held for active duty service members and spouses, including those who may not have been able to be with their family for their own special occasion.

"The biggest difference between military and civilian pregnancies is that you're so far away from your family and your network of support," Murkoff said. "When you're moving all of the time you don't have a chance to make those

connections. By bringing them together they can exchange numbers and be each others' support system."

Murkoff also expressed how important it is for mothers to have this special day.

"For some of these moms, this is the only baby shower they will get," Murkoff said. "These moms need that celebration. In fact, every mom needs that hug and support, and that's what we're here to provide. Everyone is here to help each other."

Tables of women laughed as the event opened up with conversation starters such as weird cravings, other pregnancy experiences and past duty stations.

"I've learned so much from this event, even from the ladies at the table with me," said Sarah Wilson, an active-duty spouse. "I've been married for 10 years and we were told we couldn't have children. It's neat to see women who have done it

Heidi Murkoff (center), author of the New York Times bestseller "What to Expect When You're Expecting," talks to attendees at the baby shower.

before and people like me who are new to this.'

Murkoff and her husband travel across the world to military bases talking to mothers and fathers answering questions and giving advice.

"Know that you're not alone," Murkoff said. "Motherhood is the ultimate sisterhood but I'd say that goes even more emphatically in the military. I think military moms often try to be strong for the whole fam-

ily and the whole planet. I love seeing these moms get together and make lasting bonds.'

The event wrapped up with a question and answer session followed by a book signing with goodie bags.



Shipyard stays alive in summer soccer playoffs

Story and photo by **Randy Dela Cruz**

Sports Editor, Ho'okele

Scott Kawamura, a Department of Defense civilian, scored back-to-back goals late in the second half to help Pearl Harbor Naval Shipyard (PHNSY) defeat Da Chutes, 4-2, on Sept. 8 in a Summer Soccer League postseason matchup at Earhart Field, Joint Base Pearl Harbor-Hickam.

Up by a score of 2-1 in the second half, Kawamura scored on a one-on-one against the keeper to put PHNSY up by two goals, before he added the final dagger with a kick over the head of the goalkeeper to seal up the game at 4-1.

The win kept PHNSY alive in

only needs a victory in the semifinals Sept. 15 and in the following championship game Sept. 16 to walk away with the title.

Shipyard will play Navy Information Operations Command (NIOC) Hawaii in a semifinal showdown at Earhart Field on Sept. 15 starting at 9 a.m. If PHNSY wins, it will advance to the championship game at noon on Sept. 16.

"Our defense played well and we held them (Da Chutes) down," Kawamura said after the win. "On offense, we rotated and ran off of each other. We got some openings and took advantage of it, but it was a team effort."

At first, the showdown between the two teams looked like a possible shootout, as PHNSY and Da Chutes

the playoffs and now the team traded goals early to start off with the game tied at 1-1. Shipyard got out in front first after Navy Diver 1st Class Wesley Lantz put a shot away to take a 1-0 advantage.

The lead didn't last long, as Da Chutes mounted a quick comeback and tied the score on a straightaway kick by Master Sgt. Edwin Bernal.

The fast pace continued and in just a few minutes after the goal by Bernal, PHNSY retook the lead on a shot by Joe Grogan, who is also a DoD civilian.

Grogan is a veteran soccer player and was a key member of several Joint Base championship teams, when he played for the Pearl Harbor Futbol Club.

Grogan used his experience to advance the ball through a lane down the left side of the field.

the pack. Grogan finished off the play by placing a perfect boot into the goal for a 2-1 lead that stood through halftime.

Following intermission, both teams tightened up their defense and didn't allow a goal for most of the second half.

Just when it appeared that the game was headed for a 2-1 final, Kawamura broke the drought and scored with a clean shot from the right side of the goal.

In order to free himself for the shot on goal, Kawamura executed a sharp cut past his defender, before scoring on a one-on-one matchup against the goalkeeper.

"I ran down and cut it, (but) because of the cut, I was allowed a lot of time to shoot,"

After breaking out ahead of Kawamura stated. "The goalie was just waiting for his defense to come back and help him. He (goalie) did the right thing. If he comes out to meet me, he gets beat. I got lucky. I had a nice shot and I made it.

The second goal from Kawamura was even more spectacular, as he got a pass from teammate Liko Oliveira, a DoD civilian, and made a tough shot over the head of the goalie for a 4-1 lead.

"Liko had a good ball," he said. "It's all of your teammates that make you better."

Finally, with time running out, Da Chutes managed to put one more score on the scoreboard, when Master Sgt. Justin Saint-Jacques finished off a kick with a goal that put the final score at 4-2.

ROK Navy, PACFLT to perform

SEPT. 21 — Come out to the Halsey Terrace Community Center Friday, Sept. 21 at 5 p.m. for an afternoon the whole family can enjoy. The Republic of Korea Navy Cruise Training Task Group will be performing with the U.S. Pacific Fleet Band to promote Korea's traditional and modern culture and to strengthen the relationship between the United States and Korea. The performance will include: Orchestra, pop, dance, percussion, taekwondo and more. Attendees can also sample authentic Korean food. Call 473-2880 for more information.

Photos by MC3 Natalie M. Byers





Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Entries for the Arts & Crafts Center's Gallery Showcase will be accepted from now through Sept. 30. Get your creative juices flowing and prepare to submit your artwork, crafts, photography and digital creations. It is free to submit a piece and works will be displayed in the gallery beginning with the opening reception on Oct. 3. For more information, call 448-2393

Registration is open now for the 43rd annual Fall Craft Fair, happening on Nov. 3 at the Hickam Arts & Crafts Center. Cost is \$75 for a 15-by-15 space or \$105 for a shared space. For more information, call 448-9907.

Registration is open now for the Alpha Warrior Battle Rig Competition happening Oct. 5 at Hickam Memorial Fitness Center. Individuals and teams will try to complete the unique obstacle course in the fastest time. Instruction and practice on the rig will be available Oct. 4. This is a free event and is open to all base-eligible patrons. Sign-ups are also open to command fitness leaders and physical training leaders for a fitness certification course happening Oct. 3. For more information, call 448-4640/2214.

Liberty Movie Night takes place at 7 p.m. Sept. 14 at Sharkey Theater. Get a free movie ticket, plus one free small popcorn, hot dog and small drink. This activity is open to single, activeduty Sailors and Airmen E1-E6 only and advance sign up is required. For more information, call 473-2583.

Day for Kids is happening from 4 to 6 p.m. Sept. 15 at Hickam School-Age Care. It's a wizarding theme this year so grab your robes and get ready for magical games and activities. This is a free event. For more information, call 473-0789.

Disco Night lets you boogie while you bowl from 8 p.m. to midnight Sept. 15 at Hickam Bowling Center. DJ Reid will play tunes from the '70s, '80s and '90s. For more information, call 448-9959.

STRONG by Zumba now also has a class at 8:30 a.m. Sept. 17 and every Monday at the JBPHH Fitness Center. STRONG combines body weight, muscle conditioning, cardio and plyometrics with music. The cost of this class is one group exercise ticket (\$3) per session. For more information, call 471-2019.

The U.S. Air Force turns 71 this year and the birthday is being celebrated with a special

Mongolian barbecue meal from 11 a.m. to 1 p.m. Sept. 18 at Hale Aina Dining Facility. This special meal is only \$5.65 and is open to U.S. military, retirees, Department of Defense civilians and active duty dependents with valid ID card. For more information, call 449-1666.

Family Night: Suicide Awareness and Prevention takes place from 5:30 to 7 p.m. Sept. 18 at the JBPHH Teen Center. Come by the center and enjoy light snacks, learn about upcoming events and participate in an informative workshop from the Military & Family Support Center. This event is free and is open to all teens and their families registered with the center. For more information, call 448-1068.

Resiliency Run 5K takes place at 7 a.m. Sept. 22 at the Hickam Memorial Fitness Center. Join us for a 5K run in support of getting healthy not just physically, but also mentally and emotionally. This is a free event and registration begins at 6:30 a.m. the morning of the event. For more information, call 448-2214.

Get fit with a new Foam Rolling/Stretching Class from 11:30 a.m. to 12:30 p.m. Sept. 24 at the Hickam Fitness Center. In this class you'll learn self-myofascial release therapy incorporating static and dynamic stretching and CARS (controlled articular rotations) to help build flexibility and range of motion. This class is free, happens on the fourth Monday of each month and is open to ages 18 and up. For more information, call 448-2214.

Cookies & Canvas gets colorful from 3:30 to 5:30 p.m. Sept. 26 at the Arts & Crafts Center. Kids get to create a painted masterpiece while nibbling on a sweet treat. This twice-a-month activity has a different painting subject each time. Cost is \$30 per person, includes all art supplies and is open to ages 7 to 14. Advance sign up is encouraged. For more information, call 448-9907.

Sunset Yoga is a midweek break from 5 to 6:30 p.m. Sept. 26 at the Missing Man Memorial. In partnership with MWR Fitness, Military & Family Support Center (MFSC) brings this outdoor session with mindful and self-care training in mind. This is a free activity and attendees need to bring their own mat and water. For more information, call 474-1999.



during Makerspace at library

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

The scene was something not normally found at a library; kids were using food to play music on a computer.

They were tapping on bananas, grapes, donuts and tater tots, all wired to a circuit board displaying a piano and bongo drum on the screen. Smiles indicated they were having fun while discovering Makerspace at the Joint Base Pearl Harbor-Hickam Library, Sept. 5.

Makerspace is an activity meant for youth to have fun with hands-on learning tools. Library Director Phyllis Frenzel said it provides interactive ways to promote learning about science, technology, engineering, arts and mathematics.

"Makerspaces are examples of the willingness and ability of libraries to evolve programs and resources in sync with the times in order to meet our customers' changing needs," Frenzel said.

When Morale, Welfare and Recreation Director Mark Richards sought programs for Makerspace, Frenzel jumped at the chance.

"I was only too happy to take the project on, because for some time I'd been wanting to start one for the library," she said.

The Sept. 5 session was called Makey Makey. It consisted of a small circuit board with connectors that teaches the principles of electricity. The kids used different foods as conductors.

"The two big lessons from this are how one person or a group of people holding hands can complete a circuit and that salt-containing items are excellent conductors," Frenzel said.

The kids completed the circuit by touching a piece of foil also connected to the circuit board.

The next Makerspace session is scheduled for Oct. 3 from 2 to 3:30 p.m. with a demonstration of Cubelets. Frenzel described it as tiny magnetized robotic blocks that have sensing, thinking and acting roles and can be configured in many ways. The Cubelet session is open to ages 4 and up. This is unlike the previous sessions where only children ages 8 and older were recommended due to the use of electricity.

Parental supervision is essential at each Makerspace and Frenzel shared that she hopes to eventually have the items available for checkout from the library.

"We hope that families will explore and expand on the basics in greater depth and encourage their kids to learn and develop critical thinking skills as they enjoy hands-on learning," she said.

For more information, call 449-8299 or visit www.greatlifehawaii.com.

CONTRACTOR OF CONTACTOR OF CONTACTOR OF CONTACTOR OF CONTACTOR OF CONTACTOR OF CONTACT

NAVY BALL TICKETS ON SALE NOW

NOW – Tickets for the 2018 Navy Ball are on sale. The event will be held on Saturday, Oct. 13 from 5 to 11 p.m. at the Hilton Hawaiian Village in Waikiki. This year's theme is "Forged by the Sea." Costs for individual ticket prices are \$90 through today and \$100 from Sept. 15 to Oct. 12. The Navy Ball tickets are available at http://buytickets. at/hawaiinavyball2018/165458.

MAILI STREAM MOUTH UNDERGOING Sand Plug Removal

NOW - The Department of Facility Maintenance is utilizing heavy equipment to remove the sand plug at the mouth of Ma'ili Stream at Ulehawa Beach Park. The work is expected to last two to three weeks. The work is being performed in accordance with an U.S. Army Corps of Engineers permit. While work is being performed, the public is asked to avoid the work area on the beach due to the heavy equipment being used, and avoid swimming in the ocean immediately outside where the sand plug will be removed as there may be strong currents resulting from the opened stream mouth. City crews will remove as much large debris and floatable litter as possible, and signs will be posted. For questions, call the Division of Road Maintenance at 768-3600.

HANAUMA BAY NOW OBSERVING WINTER HOURS

NOW – The Hanauma Bay Nature Preserve has now changed to its winter hours schedule, which means the park will be closing an hour earlier through next Memorial Day weekend. Hanuama Bay will be open from 6 a.m. to 6 p.m. every day, except on Tuesdays, which is set aside for maintenance and upkeep work. Hanauma Bay is also closed on Christmas Day and New Year's Day. The Hanauma Bay Lecture Series will continue to be held on Thursday evenings at 6:30 p.m. Call Hanauma Bay at 395-2211 for more information.

PEARL HARBOR HISTORIC SITES ANNOUNCE 'FREE PASS DAYS'

SEPT. 15 AND 16 – Pearl Harbor Historic Sites will commemorate the official birthdays of each branch of the U.S. military by offering "free pass days" to active-duty, retired members and their dependents. A valid military I.D. must be presented at the Ticket and Information Booth at the Pearl Harbor Visitor Center or onsite at each site. Free admission is available Sept. 15 and 16 for the U.S. Air Force's birthday, Oct. 13 and 14 for the U.S. Marine Corps' birthday, and Dec.15 and 16 for the U.S. National Guard's birthday. For more information, visit www. PearlHarborHistoricSites.org.



MILITARY FAMILY HIRING DAY

SEPT. 15 — Military family hiring day is scheduled from 9 a.m. to noon on the second floor of the Mall at Pearl Harbor. On-site interviews for various positions ranging from cashiers to warehouse workers, with the opportunity to get a conditional job offer on the spot.

self-care into your daily routine, be mindful through your activities and reach your fullest potential. For more information, call 474-1999 or visit https:// jbphh.greatlifehawaii.com/support/military-family-support-center.

COMMUNITY BLOOD DRIVE

SEPT. 18 — The 692nd Intelligence, Surveillance and Reconnaissance Group is hosting a blood drive at Nelles Chapel, Sept. 18 from 9 a.m. to 1 p.m. All donations made will directly support Tripler Army Medical Center, deployed service members, military missions and their families. For more information, call 433-6148.

HIGH TECH PARENTING

SEPT 18 — This class is scheduled from 10 a.m. to noon at MFSC Pearl Harbor. Learn how to parent effectively in the age of social media. For more information, call 474-1999 or visit https://jbphh.greatlifehawaii.com/support/military-family-support-center.

MOVIES AND POPCORN

SEPT 19 AND 26 – Bellows Air Force Station has free movie showings with popcorn at Turtle Cove Lanai, Wednesdays at 3 p.m. Popcorn is served from 3 to 3:30 p.m. Sept. 19 is a showing of "Breaking In." Sept. 26 is a showing of "Ocean's 8." Events are subject to change or cancellation, due to weather and ocean conditions. For availability and details, call Turtle Cove at 259-4136 or 259-4137.

CONFLICT RESOLUTION

SEPT. 20 — This workshop, scheduled from 10 a.m. to noon at MFSC Pearl Harbor, helps people to manage conflict by examining their attitudes and behaviors when faced with conflicting situations. Learn how to prevent conflict from escalating and how to work with others to solve problems; this allows people to grow, missions to succeed and families to strengthen. For more information, call 474-1999 or visit https://jbphh.greatlifehawaii.com/ support/military-family-support-center.

HELPING YOUR KIDS COPE WITH Divorced parents

SEPT. 20 — This class is scheduled from 1 to 3 p.m. at MFSC Pearl Harbor. Divorce is stressful for the entire family. This workshop focuses on how to prepare your child for this transition, establish comfort in a new routine and understand the new dynamics of their parental relationship. For more information, call 474-1999 or visit https://jbphh.greatlifehawaii. com/support/military-family-support-center.

AHUA REEF RESTORATION EVENTS

SEPT. 21 AND 22 - These events are scheduled for both days from 8 to 11 a.m. Help restore a coastal wetland by creating habitat for native plants and birds. Activities include pulling invasive weeds and trash pickup. Ahua Reef Wetland is located on the Hickam side of JBPHH, near Hickam Harbor and Hawaii Air National Guard. There is a parking lot with plenty of stalls. Closed-toe shoes are required. Expect to get wet and muddy - Wellington boots, long sleeves and pants are recommended. Additional items to bring include sunblock, water, a hat and snacks. Navy Natural Resources will provide tools, gloves and water refills. RSVP to Noel Dunn at Ashley.n.dunn. ctr@navy.mil or by phone 224-249-2180.

15. A fun run at the Missing Man Memorial is scheduled Sept. 21 at 7 a.m. There will also be a Cross Talk event Sept. 26, from 10 to 11 a.m. at Sharkey Theater. The Silver Dolphin Bistro will host a special meal Sept. 26 from 11 a.m. to 12:30 p.m. The special meal is open to all active-duty personnel, escorted military family members, retirees, Department of Defense employees with a valid ID card. Please bring exact change to expedite time spent at the cashier stand. Meal price is \$5.60. Cash and major credit cards accepted. For more information, call MSgt. Josephine Santana at 449-2314.

LIVING HISTORY DAY 2018

SEPT. 22 - In affiliation with Smithsonian Magazine's Museum Day, Pacific Aviation Museum Pearl Harbor will bring America's history during World War II to life at its annual Living History Day from 9 a.m. to 4:30 p.m. The Museum Day ticket provides free admission to Living History Day for two people. Event will feature student-created exhibits, World War II themed games and activities, re-enactors, and much more. In our Museum Theater, we will hold two screenings of the award-winning film "Go For Broke: An Origin Story," followed by Q&A panels with the cast and crew. Also in the theater, there will be a Hangar Talk with portrait photographer Shane Sato. For more information, visit www.pacificaviationmuseum.org.

UPCOMING CREDO EVENTS

SEPT. 28–30 – The next CREDO Marriage Enrichment Retreat (MER) is scheduled for Sept. 28-30 in Waikiki. A free, all-inclusive weekend away, the MER is for any couple that wants to re-connect after a deployment, enhance couple communication or understand your partner better. Preregistration is required for all CREDO events and can be done on the Facebook page. For more information, email credo_hawaii@navy.mil.

JOINT SPOUSES CONFERENCE

SEPT. 29 – The 2018 Joint Spouses Conference is scheduled for Sept. 29 from 8 a.m. to 6 p.m. at the Hawaii Convention Center, located at 1801 Kalakaua Ave. The Joint Spouses' Conference provides a forum for spouses of active duty, reserve, and retired military members of all services and ranks to learn, network, and help each other in our challenging roles as spouses, parents, professionals, and community leaders through workshops and special guest speakers. Visit jschawaii.com for more information and how to register.

TRANQUIL SEAS: MINDFULNESS AND SELF-CARE

SEPT. 17 — This class is scheduled from 10 a.m. to noon at Military Family Support Center Pearl Harbor. Self-care is a critical element in managing stress, preventing burnout and achieving a sense of fulfillment. Evaluate ways you can build

NEW MOMS AND DADS

SEPT. 19 — This class is scheduled from 5 to 10 p.m. at MFSC Hickam. New and soon-to-be parents (or those who are thinking about becoming parents) will learn about the roles, responsibilities, demands and joys of being parents. The session will also include early childhood social, emotional and physical development, crying and consoling, and more. For more information, call 474-1999 or visit https://jbphh.greatlifehawaii.com/support/ military-family-support-center.

HISPANIC HERITAGE EVENTS

SEPT. 21 AND 26 - National Hispanic Heritage Month is observed from Sept. 15 to Oct.

NISEI SOLDIERS TO BE REMEMBERED

SEPT. 30 – The 13th annual Joint Memorial Service, honoring Japanese American Soldiers who served in World War II. The ceremony will take place Sept. 30, at 9:30 a.m. at the National Memorial Cemetery of the Pacific. Tom Coffman, author of books on the history and political development of Hawaii, will be keynote speaker. Call Larry Enomoto at 255-8971.



Smallfoot — A smart young yeti encounters a stranded human mountaineer, creating chaos amongst his small village of disbelievers. Desperate to prove the existence of the "smallfoot," he sets out to find the mountaineer and bring an end to the debate once and for all.

MOVIE SHOWTIMES SHARKEY THEATER HICKAM MEMORIAL THEATER

FRIDAY – SEPT. 14 7 p.m. • Crazy, Rich, Asians (PG-13)

Saturday - Sept. 15

3 p.m. • An advance screening of "Smallfoot," rated PG, is free to the first 400 authorized patrons. Tickets will be distributed at 1:30 p.m. on the day of the movie at the Sharkey Theater ticket booth. Active-duty ID cardholders may receive up to four tickets. Family members, retirees and Department of Defense cardholders may receive two tickets per ID card. 6:10 p.m. • Mile 22 (R)

SUNDAY - SEPT. 16

1:30 p.m. • Teen Titans Go: To the Movies (PG)
3:40 p.m. • Crazy, Rich, Asians (PG-13)
6:20 p.m. • Mission Impossible: Fallout (3-D) (PG-13)

THURSDAY - SEPT. 20

7 p.m. • Mission Impossible: Fallout (PG-13)

FRIDAY – SEPT. 14 7 p.m. • Crazy Rich Asians (PG)

Saturday - Sept. 15

2 p.m. • There will be free admission to a studio appreciation advance screening of a movie rated PG, at 2 p.m. Tickets will be available at your local exchange food court. Seating open to nonticket holders 30 minutes prior to showtime.

5 p.m. • Alpha (PG-13)

SUNDAY – SEPT. 16 2 p.m. • The Meg (PG-13) 4:30 p.m. • Crazy Rich Asians (PG)

THURSDAY – SEPT. 20 6:30 p.m. • Mile 22 (R)

*Movie schedules are subject to change without notice.