



(Above left) The Los Angeles-class attack submarine USS Cheyenne (SSN 773) returns to Joint Base Pearl Harbor-Hickam after completing a deployment to the western Pacific region June 14. (Right) Chief Electronics Technician Lior Shpungin hugs his wife Dremaliza Ortiz as families reunite on the pier following the return of the Los Angeles-class attack submarine USS Cheyenne (SSN 773).

U.S. Navy photo by MC2 Steven Khor

## USS Cheyenne returns from western Pacific deployment

Lt. j.g. Victor Perez

USS Cheyenne (SSN 773) Public Affairs Officer

The last of the improved Los Angeles-class submarines, USS Cheyenne (SSN 773), returned home to Pearl Harbor on June 14 after completing a successful six-month western Pacific deployment.

With a crew of approximately 150 Sailors, Cheyenne visited Subic Bay, Philippines; Busan, South Korea; Yokosuka, Japan; and Guam. Cheyenne's deployment

allowed the crew to test the capabilities of the ship, employ the ship tactically and test their ability to conduct sustained forward-deployed operations away from port.

"The crew enjoyed the last six months a lot. We started with an end in mind, which was the safe execution of the deployment, mission accomplishment and a safe return to our loved ones who have supported us every day since we left. To them, I say Bravo Zulu," said Cmdr. Noel Gonzalez.

"I am very proud of the way our crew has taken care of each other, how we have safely enjoyed all the ports we visited and the international relationships we established in each port. Now it's time to spend time with our families who have also made a sacrifice and shown their commitment by letting us Sailors do what we do best.

"I hope my crew enjoys the time they get off and that they continue to take care of each other as they have done all deployment," he said.

"It's been a long six months and our guys have maintained their professionalism and kept the ship safe under stressful conditions," said Electronic Technician Master Chief Michael Hinkle, Cheyenne's chief of the boat. I want them to get out there and enjoy their time off with their family and friends," he said.

Homeported at Joint Base Pearl Harbor-Hickam, USS Cheyenne is named after the city of Cheyenne, Wyo. The ship's sponsor Ann Simpson, wife of former Sen. Alan

Simpson of Wyoming, christened Cheyenne on April 1, 1995. The ship has since lived by the city's motto, "Live the Legend."

In 2001, Cheyenne earned the distinction of the first to strike when she was the first ship to launch Tomahawk missiles in Operation Iraqi Freedom. Since then, the submariners aboard have modified the motto to "Ride the Legend," representative of the warrior spirit of the crew and the pride they take in their mission and sponsor city.



Members of the U.S. Naval Academy midshipmen participate in visit, board, search and seizure (VBSS) ship boarding operations while on USS Chafee (DDG 90).

## USS Chafee hosts Naval Academy midshipmen for summer training

Story and photo by Ensign Samantha Neirby

USS Chafee (DDG 90) Public Affairs

Eight midshipmen from the United States Naval Academy recently visited the USS Chafee (DDG 90) for their first phase of summer training.

After arriving in Honolulu by plane, the midshipmen were shuttled to the small-boat pickup dock at Joint Base Pearl Harbor-Hickam. A rigid hull inflatable boat transported them alongside Chafee, and they climbed up to the flight deck.

Once on Chafee, the midshipmen were greeted by their running mates and Lt. Cmdr. Shea S. Thompson, the executive officer. Running mates are members of the Chafee crew assigned to guide the midshipmen around and instruct them on shipboard life at sea.

During their stay, the midshipmen aboard Chafee participated in damage control drills, flight quarters, a towing exercise and standing watch.

They also received hands-on training with .50-caliber machine guns and visit, board, search and seizure (VBSS) operations. Midshipman 3rd Class Richard Thomas said that if he

were to become a surface warfare officer, he would definitely want to be on the VBSS team after participating in embarkation drills.

"My favorite part of being underway has been the hands on training received, while conning the ship alongside the oiler during underway replenishment with USNS Guadalupe," said Midshipman 1st Class Emily Wilkin.

This is Wilkin's third summer cruise, but she said this experience has solidified her decision to service select surface warfare in the fall.

Midshipman 1st Class Thomas Stone said he looks forward to assuming the supply officer role so he can be the helicopter control officer (HCO) during flight operations. "The control tower is the best seat in the house while conducting flight operations," he said.

During the last week of training, the midshipmen saw first-hand how Chafee prepares for its upcoming Board of Inspection and Survey (INSURV) inspection. Some of the drills conducted during INSURV include anchor drop tests, full power runs, air defense exercises as well as strike and anti-submarine scenarios.

## Major League Baseball players visit JBPHH



U.S. Air Force photos by Senior Airman Christopher Stoltz

(Above) Rear Adm. Frank Ponds, commander, Navy Region Hawaii and Naval Surface Group Middle Pacific, met with Major League Baseball players Dallas Braden and Brian Wilson during their visit to Joint Base Pearl Harbor-Hickam on June 18. (Below) Braden and Wilson visited the F-16 Fighting Falcon, C-17 Globemaster III and F-22 Raptor. Their visit concluded with a harbor tour and visit to USS Arizona Memorial.



USS Chosin Sailors visit with special education students  
See page A-2



CNIC announces reduction in force  
See page A-3



Weiss relieves Mattingly as VP-9 commander at MCBH  
See page A-2



Fitness, health  
See pages A-3, 4, 6



Hot Hula, Cardio and Core joint base doubles down  
See page B-1



Independence Run/Walk to support this year's Hawaii Navy Ball  
See page B-7

# Weiss relieves Mattingly as VP-9 commander at MCBH

Lt. j.g. Becky Shaw

Patrol Squadron Nine  
Public Affairs

Cmdr. Brian D. Weiss assumed command of Patrol Squadron Nine (VP-9) from Cmdr. Craig T. Mattingly during a ceremony June 6 at Marine Corps Base Hawaii, Kaneohe Bay.

Capt. Christopher P. Ramsden, commander of Patrol and Reconnaissance Wing Two (CPRW-2), presided over the ceremony.

He welcomed Weiss and commended Mattingly for leading VP-9 through a dynamic deployment where the Golden Eagles flew a record 196,804 mishap free hours on station and added to their eight years of safety excellence.

Mattingly led the Golden Eagles to earn the prestigious Arleigh Burke Trophy for Pacific Fleet, recognizing the unit with greatest improvement in operational readiness.

Mattingly's next assignment is with Commander Task Force 72 where he will assist U.S. 7th Fleet Operations.



U.S. Navy photo by VP-9 Public Affairs

Cmdr. Brian Weiss assumes command of Patrol Squadron Nine (VP-9) from Cmdr. Craig T. Mattingly at a June 6 ceremony at Marine Corps Base Hawaii, Kaneohe.

Weiss served as executive officer during a 5th and 6th Fleet deployment. This is Weiss' third tour in Hawaii and second in VP-9.

He originally served at NAS Barber's Point from 1997-1999 with the VP-47 "Golden Swordsmen" and then with VP-9 during his

department head tour from 2006-2008.

Weiss became the 64th VP-9 skipper since the squadron's establishment in 1951.

"Going forward, my philosophy for the squadron is simple and direct - continue to give your best

every day. Act as if what you do makes a difference ... because it does! "Stay on flight plan, and remember that we're always students in the aircraft and on the hangar deck. Continue to learn and do things by-the-book, the first time,

every time," Weiss said.

Assuming the duties as Executive Officer of the squadron will be Cmdr. Katrina L. Hill of Westminster, MD. She is joining VP-9 from a tour at the United States Strategic Command in Omaha, Neb. This is

Hill's first tour in Hawaii.

"I am very happy to be joining the 'Golden Eagles' ohana and look forward to working with all the members of VP-9 as we continue our squadron's proud tradition of outstanding performance," Hill said.

# USS Chosin Sailors visit with special education students

Lt. Jeffrey Moore

USS Chosin Public Affairs

OLONGAPO CITY, Republic of the Philippines (NNS) —Sailors and midshipmen from the Ticonderoga-class guided missile cruiser USS Chosin (CG 65) visited approximately 35 students at the Center for Special Education at the Columbine College during a port visit to Subic Bay on June 13.

The Center for Special Education, sponsored by the Lotus Foundation, Inc. and funded by Lotus Hilfsprogramme e. V., is one of the few schools focused on students with special needs.

The students, a majority of



U.S. Navy photo by MC3 Dustin W. Sisco

The guided-missile cruiser USS Chosin (CG 65) departs Joint Base Pearl Harbor-Hickam on April 30 for a scheduled western Pacific deployment.

whom are deaf, entertained the Sailors and midshipmen with several dances. Inabilities to communicate verbally were quickly overcome with pen and paper and some sign language.

"I truly enjoyed the opportunity to interact with the students," said Seaman Aaron Montoya. "The students, who could not hear but, could make you laugh, gave you a greater perspective on life."

Emilia Sanchez, special education coordinator, and Norman Tuzon, retired Marine liaison volunteer, explained that the school educates children from early elementary school through college.

Currently, the school system

in the Philippines is undergoing a transition. Previously, high school in the Philippines was four years from ages 12 to 16 following six years of elementary school. The program is moving to a K-12 system that mirrors the United States' school system. This resulted in many college students' ages that are younger than American counterparts.

Chosin is currently on deployment in the U.S. 7th Fleet area of responsibility supporting security and stability in the Indo-Asia-Pacific region.

For more news from Commander Task Force 70, visit [www.navy.mil/local/ctf70/](http://www.navy.mil/local/ctf70/).

**HO'OKELE Online** <http://www.hookelenews.com/> or visit <https://www.cnbc.navy.mil/Hawaii/index.htm>





Commentary

# Keep yourself 'fit to fight' ready with healthy choices



**Rear Adm. Frank Ponds**

Commander, Navy Region Hawaii and Naval Surface Group Middle Pacific

The slogan "fit to fight" applies not only to the hardware we operate but also to the men and women serving in uniform today. We must be able to meet the Chief of Naval Operations' third tenet: "Be Ready."

Our installations have top-notch fitness facilities. The joint base has been selected for the Department of Defense's Healthy Base Initiative, and we are fortunate to be in Hawaii with nearly year-round outdoor sports.

If you're not kayaking,

surfing, hiking, playing volleyball or learning martial arts, you're missing out.

Fitness programs available on base through Morale, Welfare and Recreation (MWR) or off base in the civilian community provide a great opportunity to not only build strength and endurance but also give service members and families healthy alternatives away from their jobs.

Our work is often filled with physical, mental and emotional rigors and stress, particularly if we are asked to deploy or go on assignment. It is important that we make healthy choices in how we spend our leisure time.

The Navy is making a concerted effort to promote fitness and wellness: healthy

eating, tobacco cessation, and responsible use of alcohol.

Recently, CMDCM (SS) Robert Crossno of USS Port Royal (CG 73) appeared on local TV here in Hawaii to demonstrate and explain the alcohol detection device now deployed throughout the fleet. He and other waterfront leaders are helping Sailors make good choices about drinking alcohol. The goal is to prevent problems before they happen. Some choices made in the wrong situations can be career-ending.

Alcohol is often the common (and lowest) denominator in sexual offenses, harassment or hazing incidents, car and motorcycle accidents and suicide tragedies ... poor decision and bad behavior. Through studies, we have found that alcohol often is the path to drug use/abuse and an accelerant of sexual assault.

Fortunately, there are

alternatives to alcohol use and abuse, and you can find them in the gyms, on the beach, in the library, in a classroom, on a trail, or in a kayak. You just have to look, and if challenged in finding something that you like, I encourage you to visit your nearest Information, Tickets and Travel (ITT) for activity information and resources, often at reduced and very affordable prices.

**"Individual fitness leads to greater team cohesiveness."**

—Rear Adm. Frank Ponds

You'll be seeing more emphasis on a "culture of physical readiness," where healthy choices are the norm; where more nutritious wholesome foods are available as "fuel for the fighter," and where fitness is incorpo-

rated in our lifestyles, not just tested in assessments.

Individual fitness leads to greater team cohesiveness. Inclusion and diversity lead to respect and understanding. The goal is preventing suicides, DUIs and sexual assaults. There's a lot being done to achieve this goal, and resources are available for fleet, fighter and family.

Improved fitness means improved readiness, resilience and a safer environment for our people, our greatest asset and most precious resource.

The continuing resolution and sequestration have caused cutbacks in some services, and many of our valued DoD civilians are unfortunately facing financial hardship in the months ahead due to furloughs. Non-appropriated fund (NAF) activities Navy-wide, particularly MWR services, have not been significantly impacted but may be affected by some lowered patronage

in the months ahead. But even where we have had to reduce hours at some facilities, these steps have been prudent, measured and reversible.

Still, Navy leaders, including here in Hawaii, remain committed to promoting quality-of-life services and fitness and helping Sailors and their families build life skills to promote wellness. In the long run, a healthier workforce will actually reduce costs for the military.

The 21st Century Sailor and Marine program encapsulates what's being done now and what's on the horizon for better nutrition, tobacco cessation, alcohol abuse prevention and other issues. I hope you'll take an opportunity to learn more about the options available to you and your shipmates. We need you "Fit ... We need you Fit-To-Fight."

(Editor's note: Learn more at [www.21stCentury.navy.mil](http://www.21stCentury.navy.mil))

## Navy Installations plans reduction in force

**Commander, Navy Installations Command**

Commander, Navy Installations Command (CNIC) has announced a plan to conduct a reduction in force (RIF) action in fiscal year 2013 that will be completed in 2014.

Over the course of the next seven months, CNIC will eliminate 745 civilian positions throughout its shore enterprise in seven Navy regions across 20 states, the District of Columbia, the island of Guam, and in the countries of Italy, Greece and Cuba.

The actual total number of people directly impacted by this RIF action will be determined once other workforce shaping measures such as Voluntary Separation Incentive Payments, Voluntary Early Retirement Authority and placement into current vacancies have been completed.

CNIC, along with other Navy commands, has experienced reduced budgets and must implement cost-saving

measures across the entire force.

"Up to 42 positions may be impacted at Navy Region Hawaii," said Rear Adm. Frank Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific. "Every effort will be made to place displaced employees within the organization, and we are looking at creative opportunities to take care of all of our people. I urge all Navy Region Hawaii civilian employees to stay informed, engaged and involved as we meet these challenges together."

"Our civilian workforce remains essential to the success of our Navy's mission and our nation's security; especially here in Hawaii. We value their contribution and regret the negative impact that this and other personnel workforce shaping actions will have on them and their families," Ponds said.

"This action is not taken lightly, but is part of a conscious, risk-based approach to future shore capabilities that are aligned with the Navy Mission," said Vice Adm. William French, CNIC. "I am committed to

ensuring that we do all we can to assist those people directly impacted by this action by providing them access to all tools available under reduction in force rules and assisting them with finding future employment."

Career transition services for the employees affected by the RIF action will vary depending on their needs, but services available will include skills assessment, resume and cover letter preparation, networking and interviewing techniques, counseling, job search assistance, and retraining, if necessary.

Reducing these positions may have marginal impacts on the services CNIC has provided in the past. However, it will not have any direct impacts to CNIC's capability to support the mission of providing service to the fleet, fighter and family.

Navy Region Hawaii employees should visit this site for up-to-date RIF information: [https://g2.cnic.navy.mil/TSCNRH/N1/N\\_13/default.aspx?PageView=Shared](https://g2.cnic.navy.mil/TSCNRH/N1/N_13/default.aspx?PageView=Shared) or check with the human resources office.

## Diverse Views

**"What is your favorite healthful food?"**

**Staff Sgt. Brian McCullough**  
647th Civil Engineer Squadron



"Protein shakes because they refuel after an intense workout."



**Construction Mechanic 1st Class Dana T. Cox**  
Construction Battalion Maintenance Unit (CBMU) 303 Det Pearl Harbor

"A Caesar salad because I like the way it tastes."

**Pomai Silva**  
Joint Base Pearl Harbor-Hickam



"I currently like quinoa. You can adapt it to almost any recipe. I've replaced rice with quinoa. Quinoa salads made with kale and soybeans are delicious. Also, I've been adding to my diet almond butter. It's creamy and rich in flavor."



**Culinary Specialist 1st Class Lorena Cox**  
Joint Base Pearl Harbor-Hickam

"It's yogurt, it tastes great and it's healthy for you, great for your digestive system and it's a great diet supplement."

**Staff Sgt. Carlos Hernandez**  
647th Civil Engineer Squadron



"Guava pancakes from Cinnamon's Restaurant. Guava is a fruit, so it's healthy."



**Electronics Technician Seaman Erik F. White**  
Joint Base Pearl Harbor-Hickam

"Broccoli, because it tastes good."

**David Reantaso**  
NAVFAC HI



"I like poke, for the taste."

## Air Force officer candidates practice physical fitness



U. S. Air Force Officer Candidate School students take calisthenics on the beach at Miami, Fla. on Jan. 20, 1943.

Photo courtesy of the Air Force Historical Research Agency

## HO'okele

Commander,  
Navy Region Hawaii  
**Rear Adm. Frank Ponds**

Chief of Staff  
**Capt. Mark Manfredi**

Director,  
Public Affairs  
**Agnes Tauyan**

Deputy Director,  
Public Affairs  
**Bill Doughty**

Commander,  
Joint Base  
Pearl Harbor-Hickam  
**Capt. Jeffrey James**

Deputy Commander  
**Col. David Kirkendall**

Director, Public Affairs  
**Grace Hew Len**

Managing Editor  
**Karen Spangler**

Assistant Editor  
**Don Robbins**

Sports Editor  
**Randy Dela Cruz**

Staff Writer  
**Brandon Bosworth**

Layout/Design  
**Antonio Verceluz**  
**Richard Onaha Hutter**

Ho'okele 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, Pearl Harbor, Hawaii, 96860-4884. Telephone: (808) 473-2888; fax (808) 473-2876; e-mail address: [editor@hookelenews.com](mailto:editor@hookelenews.com) World Wide Web address: <https://www.cnic.navy.mil/Hawaii/> or [www.hookelenews.com](http://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, the 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. Housing residents may contact the publisher directly at (808) 690-8864 if they wish to discontinue home delivery.

Provided by David Underwood Jr. and MC2 Nardel Gervacio

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

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

# 96 ARS hosts first JBPHH Fitness Throwdown

Staff Sgt. Terri Paden

15th Wing Public Affairs

More than 50 servicemembers from the 15th Wing competed for the chance to earn bragging rights in a friendly fitness challenge June 14 at Joint Base Pearl Harbor-Hickam (JBPHH).

The 96th Air Refueling Squadron (ARS) hosted the JBPHH Fitness Throwdown at Hangar 13 to encourage team building and camaraderie among the athletes on base who shared interest in extreme or high intensity workouts.

The Special Operations Command Pacific Team took the lead in the competition, which consisted of nine six-person teams tasked to collectively complete six high intensity workouts for the best timed score. The competition was the first of its kind for the wing, but will ultimately become part of a larger island-wide competition that will pit Soldiers, Sailors and Marines together to find the most fit team on the island.

Capt. Michael Kerschbaum, 96 ARS and competition creator, said the idea began to take shape four months ago after he witnessed the success of an



U.S. Air Force photo by Tech. Sgt. Jerome S. Tayborn

Tech. Sgt. Richard Baldogo, 154th Hawaii Air National Guard fuels shop technician, (right), performs an Olympic lift as Staff Sgt. Earl J. Mata, 647th Logistics Readiness Squadron and volunteer judge, looks on during the 96th Air Refueling Squadron's Fitness Throwdown Challenge, at Joint Base Pearl Harbor-Hickam on June 14.

inner-squadron competition.

"On a Sunday, about four months ago, I put together a team workout that was tons of fun," he said. "We got 11 members from the 96 ARS out in the morning to race through a course and that eventually grew into the competition we had today."

Kerschbaum said the competition was loosely based off the

Crossfit Games held in 2011 and 2012, though he changed some of the workouts for the JBPHH Fitness Throwdown.

"The goal of this competition was to test a unit's ability to field athletes with many different skill sets," he said. "Each event requires a different level of cardio respiratory endurance, stamina, strength, flexibility, power, speed, coordina-

tion, agility, balance and accuracy. The squadron that prepared their unit in one domain but lacked ability in other areas was obviously not going to win this competition."

Lt. Col. Grant Sharpe, SOCPAC team member, said his team, which also included Maj. Charles Siedlecki, Lt. Col. Loren Jerlow, Maj. Dan Fuhr and Chief Warrant Officer 3 Justin Ackerman, began training for the competition by working out as a team one to two times per week two months prior to the event.

Sharpe said he is especially proud of his team's performance given their handicap. One of their team members was forced to drop out of the competition at the last minute due to a TDY which caused one teammate to have to complete two events.

In addition to his team's performance, Sharpe said he was also impressed by the exciting atmosphere and the athletes who signed up for the competition.

"The second and third heats had some exceptional athletes that posted individual times that rival those of professional crossfitters and having that level of competition really pushed all the athletes to excel and push themselves to the limit," he said. "It was amazing to

see everyone pushing themselves to help their teams and no one giving up. It was especially fun to see the carnage of crossfitters sprawled out on the ground after each event."

Though ultimately there was only one winner, the spirit and camaraderie of the competition proved to be the biggest reward for those competing.

"It was awesome to get together with my squadron members and co-workers to workout," said Capt. Daniel Montilla, KC-135 Stratotanker pilot. "It was awesome, inspiring and it makes you want to keep working out. It's infectious and I think it definitely motivated the people watching to get back into working out if they've been out of the gym for a few weeks or even months."

As the first Joint Base Pearl Harbor-Hickam Fitness Throwdown came to a close, Kerschbaum said he was extremely excited about the outcome of the competition.

"In the end it came down to about a minute separating the top three teams and made for some great races to the finish," he said. "I am pumped we got to meet and compete with so many outstanding athletes. I could not have drawn it out any better."

## 15th MXS structures flight upgrades to environment-friendly wash rack

Staff Sgt. Terri Paden

15th Wing Public Affairs

A new environment-friendly wash rack recently installed on the flightline at Joint Base Pearl Harbor-Hickam will allow 15th Maintenance Squadron Structures Flight personnel to operate more efficiently while saving thousands of dollars and valuable natural resources.

The wash rack, which is used to clean the base's C-17 Globemaster III fleet, acts as a water catch system. The contaminated water is accumulated in the new water filtration system which filters

out the heavy metal deposits and other potentially harmful substances allowing the water to then be disposed of as normal.

Master Sgt. Michael Vincent, 15 MXS Structures Flight section chief, said prior to obtaining the new wash rack, the waste water was drained into a reservoir where it had to be pumped out and taken to an off-base hazardous waste disposal site at the government's expense of 62 cents per gallon. The system also created unnecessary costs by requiring that even rainwater caught in the reservoir be disposed of at the off-base site.

"This is twice as fast and more efficient," said Vincent. "The new system filters the water to make it safe enough and clean enough to be disposed of without being considered a hazard—and that's where the money is saved."

However, Vincent said the biggest benefit of having the new wash rack is its smaller impact on the environment.

"When you're on an island in the middle of the ocean there are not a lot of places to dispose of waste," he said. "We all enjoy the water here whether it's for sports or the food we eat, and we need to keep it safe by ensuring we're not poisoning the wildlife or contaminating the

water—that's really important."

To ensure the system is consistently doing its job, water samples are frequently tested to make sure the water leaving the wash rack is always clean.

Vincent said the new wash

rack saves the man-hours that were previously used to pump the water out and take it to the off-base disposal site.

In addition washing the aircraft, the Structures Flight Airmen are also charged with all aircraft structural repairs, corrosion

inspection and aircraft paint touch-ups.

"Like everyone else we're doing more with less, and this frees up more man-hours to go do more maintenance, which allows us to focus on the rest of the mission," said Vincent.

### 15th Medical Group provides advice for staying on course

The 15th Medical Group at Joint Base Pearl Harbor-Hickam asks patrons to stay on course with their appointments.

A late-show is considered showing up more than 10 minutes after the sched-

uled appointment time.

A no-show is failure to cancel two hours prior to the scheduled appointment time. If an appointment is before 9 a.m., cancel before close of business the day prior.

For information on how to cancel an appointment on duty days, call central Appointments at 448-6000 between 7:15 a.m. and 4 p.m. After hours, contact Tricare Online at [www.tricareonline.com](http://www.tricareonline.com).

# Pearl Harbor-Hickam *Highlights*



(Left) One of 12 incoming Chinook helicopters alights on a helo pad behind NAVSUP Fleet Logistics Center Pearl Harbor.

U.S. Navy photo by Jim Murray

(Right) Rear Adm. Frank Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, on June 17, presents a plaque to retired Regional Fire Chief Glenn DeLaura and Regional Fire Chief Fletcher Dahman for receiving the 2012 Navy Fire and Emergency Services award for Large Fire Department of the Year. Ponds also presented a DeLaura with a plaque for receiving Fire Chief of the Year.

U.S. Navy photo by Al Balderama



(Right) USS Chafee (DDG 90) crew members conduct a rifle salute during a recent burial at sea ceremony honoring deceased service members and their spouses.

U.S. Navy photo courtesy of USS Chafee



Photo courtesy of HRO

(Above) Rear Adm. Frank Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, and Nadine Bayne, Total Force Manpower director, untie the maile lei for the Navy Region Hawaii Human Resources Office (HRO) open house and blessing on June 10 at building 1 at Joint Base Pearl Harbor-Hickam (JBPHH). The human resources office stood up on April 21 to serve Navy Region Hawaii, JBPHH and base operating support employees assigned to the Pacific Missile Range Facility at Barking Sands, Kauai. Under the Navy's new Human Resources Service Delivery Model, each major command is served by their own HRO. Previously, Navy Region Hawaii HRO served most of the Navy commands and activities in Hawaii.



U.S. Navy photo by Denise Emsley

(Below) USS Chung-Hoon (DDG 93) lines up next to USS Paul Hamilton (DDG 60) conducting a passing exercise (PASSEX) in waters off of Guam.

U.S. Navy photo courtesy of USS Chung-Hoon

(Above) Naval Facilities Engineering Command (NAVFAC) Hawaii personnel install a security fence with multiple gates around a parking area, including building 5, at Joint Base Pearl Harbor-Hickam at Ford Island, to protect small boat operation's equipment and accessories.



# Ageless shipyard employee continues to compete strong

David Tomiyama

Pearl Harbor Naval Shipyard  
Public Affairs

For many athletes, the thrill of competition drives them to train in order to compete with peers at the highest levels possible. For Pearl Harbor Naval Shipyard's Michael Lorne, age 61, competing is just simply fun.

"I do it for the fun, for the feeling, for the health benefits," he said.

The code 105 radiological control health physicist competes in more than 20 events a year that cover swimming, biking, running, paddle boarding, bodysurfing and surfing. Lorne spends a considerable amount of time out-of-state which gives him less time to train and attend the competitions he's scheduled for.

"I try to compete in about four major competitions in six events in a season at different locations so I get around the island," he explained. "I've had two events in the same day on numerous occasions. I participated in a biathlon at Ala Moana one morning and a



Photos courtesy of Michael Lorne

Michael Lorne, Pearl Harbor Naval Shipyard code 105 radiological control health physicist, competes in a surfing/bodyboarding/marathon.

bodysurf contest at Pyramid Rock in the afternoon. Not too long ago, I had a triathlon in the morning on the North Shore, then a surf contest over at Barbers Point afterwards."

While the events Lorne competes in vary from land-to-ocean, the one thing they have in common is that they require great physical endurance.

"The longest paddleboard event I

do is the Duke which is about 10 miles. The shorter paddleboard events are about four miles. The longest swim I do is about 2.2 miles; the shortest is about a mile in the North Shore Swim Series," he said. "I only do sprint triathlons which are about a 750-yard swim, 12-mile bike, and three-mile run."

Lorne is not just a participant; he has won numerous awards as a top three finisher in his age group, 60-61. Over the last 12 months, he finished in the top three in six different sporting events which was his best stretch ever. Over the years, Lorne has accumulated dozens of trophies, medals and plaques.

For Lt. j.g. Brian Governale, code 105 radiation health officer and 24 years younger, Lorne's lifestyle and race results are more than impressive.

"He's a great example of a lifetime of fitness and healthy living," he said. "I do a lot races myself and I wish I had the results Mike has."

Lorne often competes against competitors 10 years younger than him, which makes it tougher to finish at the top as he continues to age. In order to be physically pre-

pared for the grueling events, he has a very broad training regimen. He does not train specifically for one type of competition, rather he cross-trains in order to be prepared for everything.

"If the waves are up, I surf or bodysurf. When the ocean is flat, I paddle or swim," Lorne said. "I typically run on the beach and spend more time on a stationary bike than a road bike."

The Marin County, Calif. native grew up on a beach and started surfing and bodysurfing when he was 12. He began competing while in high school and college in cross country and track. Now 61 and with many awards and events under his belt, his main goal is to stay injury free in order to continue to compete.

While he does not plan on stopping any time soon, at some point Lorne will have to give up what he loves to do.

"I'm going to continue to compete until I cannot do it any longer," he said. "I have told many of the North Shore lifeguards that if I have the 'big one' while running on the beach, then just throw me in."

## 15th Medical Group plans family health school sports physicals

Capt Scott D. Cook

15th Medical Group  
Group Practice Manager

The 15th Medical Group (15th MDG) Pediatric Clinic has partnered with the Family Health Clinic to streamline annual school sports physicals this summer.

Maj. (Dr.) George Tripp, a board certified pediatrician normally assigned to pediatrics, will be working in Family Health from July 8 to 19 to provide school sports physicals for Family Health beneficia-

ries. To book an appointment for family health beneficiaries ages 0-17 who need a sports physical, utilize TRICARE Online (TOL), [www.tricareonline.com](http://www.tricareonline.com), or call the 15th MDG Central Appointments line at 448-6000 between the hours of 7:15 a.m. to 4 p.m. during duty days.

Appointments are anticipated to fill up fast and it is recommended to utilize TOL to book the appointment that best meets your need. Patients who would like to secure one of these pediatrician-specific appointments via TOL should select the "school physical" appointment option for their

Family Health beneficiary. If these dates are not convenient, select the "wellness visit" option on TOL to book a school sports physical with the beneficiary's family health primary care manager (PCM).

The family health clinic will experience a PCM gap of several weeks this

summer due to the departure and arrival of two PCMs.

Tripp has offered to assist in an effort to help reduce the workload on family health during this transition period. A board-certified pediatrician completing school sports physicals is not only a benefit to family

health beneficiaries, but will also ensure the family health clinic can continue to provide world-class healthcare to their beneficiaries during the challenging summer PCS season. The pediatric clinic expects minimal disruption to normal access to care during this two-week period.