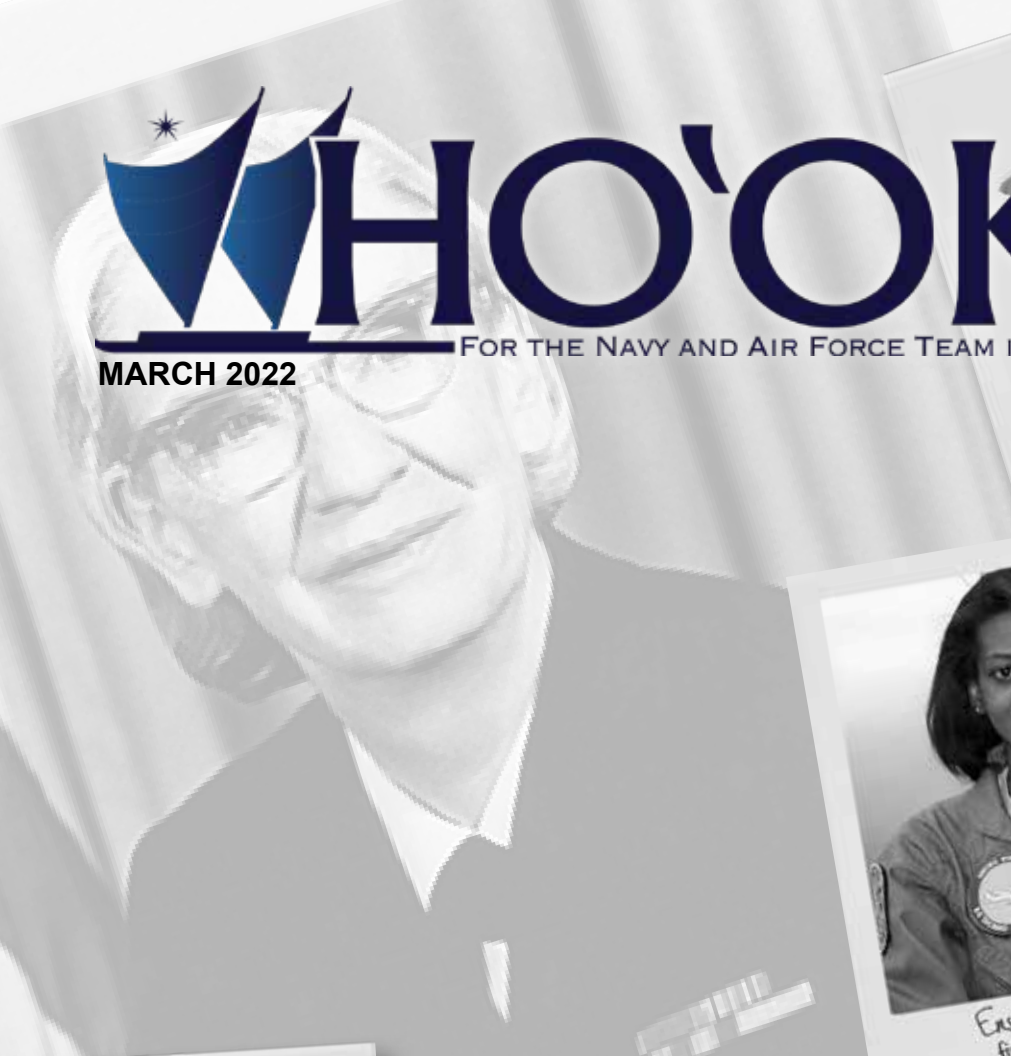


# WHO'OKELE

MARCH 2022

FOR THE NAVY AND AIR FORCE TEAM IN HAWAII



*“Navigator”*  
Esther McBain Blake  
First woman to serve Air Force



Annaton Boatman's Mate  
(Equipment)  
Airman Ashley Linaves



Ensign Matice Wright  
First African American female flight officer in Navy



Lt. Gen. Carol Mutter  
First woman to achieve 3-star status



Cmdr. Darlene Iskra  
First woman to command



Seaman Makayla Meners



Maj. Nicole Malacho  
First woman Air Force demonstration Pilot



When I think of women who serve, I always think there's a certain relentlessness that you have to have as part of who you are

1st Lt Denise Guido-Corpus



## Women's History Month THE MOMENTS Pg. 8 IN BETWEEN



They say anyone ordinary can be extraordinary. It doesn't matter who you are as long as you show up and care

Story By:  
Mee Holly & Hentine





# Airmen participate in Tropic Fury

Airmen assigned to 647th Civil Engineer Squadron administer Self-Aid Buddy Care during Exercise Tropic Fury at Joint Base Pearl Harbor-Hickam, March 8. The third phase of the exercise tests the 15th Wing's capability to plan, generate and execute a deployment tasking and the ability to establish a forward operating base in a combat environment. (Photo by A1C Makensie Cooper)



**Director of Public Affairs, Navy Region Hawaii**  
Lydia Robertson

**Deputy Director of Public Affairs, Navy Region Hawaii**  
Mike Andrews

**Director of Public Affairs, Joint Base Pearl Harbor-Hickam**  
Chuck Anthony

**Director of Public Affairs, Pacific Missile Range Facility**  
Tom Clements

**Editor**  
Anna Marie General

**Production Team**  
Melvin Gonzalvo  
Elaine Phillips  
David D. Underwood, Jr.  
Jason Treffry  
MCC Holly Herline  
MC2 Gregory Hall  
Senior Airman Jacob Thompson



Ho'okele is a free publication. 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. This is an authorized publication primarily for members of the uniformed 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, and the military branch of services and do not imply endorsement thereof. A Hui Hou!

## Your Navy Team in Hawaii

Commander, Navy Region Hawaii oversees two installations: Joint Base Pearl Harbor-Hickam on Oahu and Pacific Missile Range Facility, Barking Sands, on Kauai. As Naval Surface Group Middle Pacific, we provide oversight for the ten surface ships homeported at JBPHH. Navy aircraft squadrons are also co-located at Marine Corps Base Hawaii, Kaneohe, Oahu, and training is sometimes also conducted on other islands, but most Navy assets are located at JBPHH and PMRF. These two installations serve fleet, fighter and family under the direction of Commander, Navy Installations Command.

A guided-missile cruiser and destroyers of Commander, Naval Surface Force Pacific deploy independently or as part of a group for Commander, U.S. Third Fleet and in the Seventh Fleet and Fifth Fleet areas of responsibility. The Navy, including your Navy team in Hawaii, builds partnerships and strengthens interoperability in the Pacific. Each year, Navy ships, submarines and aircraft from Hawaii participate in various training exercises with allies and friends in the Pacific and Indian Oceans to strengthen interoperability. Navy service members and civilians conduct humanitarian assistance and disaster response missions in the South Pacific and in Asia. Working with the U.S. Coast Guard, the Navy in Hawaii provides drug interdiction and fisheries enforcement operations for Commander, U.S. Pacific Fleet. In even-numbered years Hawaii hosts the biennial summer Rim of the Pacific Exercise, the world's largest military maritime exercise, featuring more than two dozen nations and 25,000 personnel.

The Navy family in Hawaii comprises around 50,000 people, most of whom are active duty service members and their families, and includes nearly 15,000 civilians and contractors as part of our workforce.

JBPHH includes the Pearl Harbor waterfront, Hickam flight line, Wahiawa annex and several other areas in West Oahu and provides a major logistics and other support hub for the military and military families. Supporting the nation's ballistic missile defense initiative, the Pacific Missile Range Facility on the western coast of "The Garden Island," is the world's largest instrumented multidimensional testing and training missile range.

We provide services to the U.S. Pacific Command, one of DOD's six geographic combatant commands, with an area of responsibility covering half the globe. We directly support two component commands whose headquarters are on JBPHH: Commander, U.S. Pacific Fleet and Commander, U.S. Pacific Air Force. Close to our own Region/MIDPAC headquarters command is Commander, Submarine Force, U.S. Pacific Fleet. With 18 forward-deployable combat-ready U.S. Navy submarines, Pearl Harbor is home to the largest submarine presence in the Pacific. The Pearl Harbor Naval Shipyard, on JBPHH, is the largest ship repair facility between the West Coast and the Far East. Within our region we support more than 100 tenant commands.

## CONTENTS

05-07

**JBPHH WATER RESOURCES**  
- On-island analyzer provides faster lab results  
- Four steps to safe drinking water  
- Oahu military water response resources

08-13

**COVER STORY**  
- Women's History Month: The Moments in Between  
- Women in Naval History

14-15

**IN THE SPOTLIGHT**  
Featuring NMRTC PH: ShipShape hosts mission readiness in the Pacific

16-17

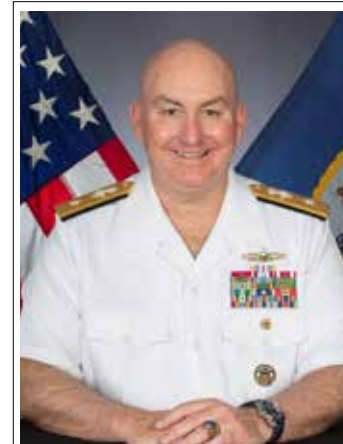
**MILITARY & FAMILY SUPPORT**  
- Monthly classes to support service members, families and retirees

18-19

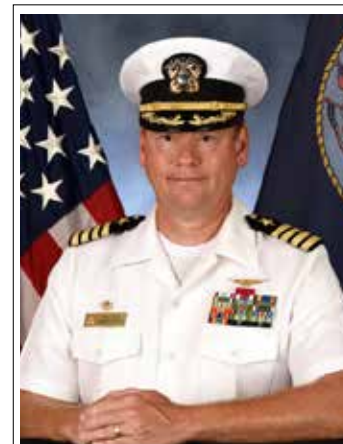
**MWR CALENDAR OF EVENTS**

20-21

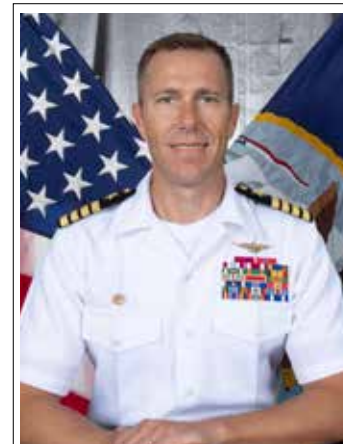
**PHOTO HIGHLIGHTS**



Commander  
Navy Region Hawaii and  
Naval Surface Group Middle Pacific  
**REAR ADM. TIMOTHY KOTT**



Commander  
Joint Base Pearl Harbor-Hickam  
**CAPT. ERIK SPITZER**



Commanding Officer  
Pacific Missile Range Facility  
**CAPT. TIMOTHY YOUNG**

## Diverse VIEWS

**March is Women's History Month. Which woman throughout history do you admire most and why?**

Interview by David D. Underwood, Jr.



**Cmdr. Trevor Bingham**  
NAVFAC Hawaii

"I admire Harriet Tubman. After being born into slavery and escaping, she put herself in danger by aiding so many others to gain their own freedom."



**SMSgt. Latonya Robinson**  
647th Force Support Squadron

"Michelle Obama is one of the most inspirational women that come to my mind. Her dedication and wisdom always inspires me to be the best version of myself."



**Gabriela Vega**  
Military Spouse

"Rosa Parks. Her willingness to disobey when she knew it was wrong, even after repercussions, made history and is one of the reasons we can live how we do now."

Special Announcement:

*Congratulations*  
**SILVER DOLPHIN BISTRO**  
2022 Capt. Edward F. Ney Memorial Food Service Award Recipient  
Joint Base Pearl Harbor-Hickam  
Category Winner: West Coast General Mess

Illustration by Elaine Phillips

connect with us



@NavRegHawaii  
@JointBasePHH



@NavyRegionHawaii  
@JBPHH  
@PacificMissileRangeFacility



@JBPHH





THE UNITED STATES OF AMERICA  
**VIETNAM WAR  
COMMEMORATION**



**NATIONAL  
VIETNAM WAR  
VETERANS DAY**

**29 March**

*Join the Nation  
... thank a  
Vietnam veteran!*

[vietnamwar50th.com](http://vietnamwar50th.com)



# ON-ISLAND ANALYZER PROVIDES FASTER LAB RESULTS

Story by MC2 Samantha Jetzer

Ella Vicedomini, a Naval Facilities Engineering Systems Command contractor, tests a water sample. (Photo by MC2 Brandon Williams-Church)

As residents of Joint Base Pearl Harbor-Hickam family housing begin to return to their homes in government housing, some have questions about the quality of their water. The Navy's Rapid Response Team is conducting on-island rapid testing for Total Petroleum Hydrocarbons (TPH) in the water.

This capability can detect diesel and gasoline contamination in water samples in a matter of minutes.

"This is really exciting technology, with a complete test in 15 minutes," said Lt. Cmdr. Richard Forney, the officer in charge of Naval Facilities Engineering Systems Command Engineering Working Group Rapid Response Team. "The Navy has made an investment in this technology to provide residents with the results as fast as possible. Rather than losing time to shipping, we're spending that reclaimed time on fixing any problem we may find, and getting families home."

The SiteLab UVF-TRILOGY Benchtop Analyzer uses ultraviolet fluorescent technology to offer accurate sample results.

"The TPH analyzer zeroes in on hydrocarbons, which allows a faster result to be delivered to the resident to validate that the Navy is providing clean, safe water," said Forney.

When the Rapid Response Team is dispatched, they evaluate the water in the home and determine any necessary follow-up actions, to include flushing the home and taking samples back to the lab for testing with the SiteLab analyzer. This testing capability is one way the Navy is supporting residents while assisting the Interagency Drinking Water System Team in restoring safe drinking water to the Navy's water distribution system.

"It's important for us to get it right," said Forney. "That's why we contract proven chemists trained in the technology here on-island. Once our Rapid Response Team returns with a sample from a home visit, they turn it over to the chemist for testing. In many instances, we can provide a resident with their results the same day, and they can feel confident that the water is clean and safe."

The tests done using the analyzer detect TPH diesel and TPH gasoline (TPH-D and TPH-G). Samples that are sent off-island are tested for a wider range of components.

"The TPH analyzer is allowing us to bring a new level of response to our residents on-island," explained Forney. "We can discover possible instances of TPH-D and TPH-G contaminants, thus moving faster to remediate it. The narrower scope and specialized equipment allow for faster results."

The Rapid Response Team is made up of 20 two-person teams. The teams have responded to 94 calls, conducted 65 flushes, and used the hydrocarbon analyzer to examine 63 samples. All analyzer tests to date were negative.

To contact the Rapid Response Team, call the Emergency Services Operations Center at the following numbers (808) 448-3262/2557/2570/2583 or email: [jpbhh-water-response@navy.mil](mailto:jpbhh-water-response@navy.mil)

For general project information, news and updates visit: <http://www.navy.mil/jointbasewater>





# OAHU MILITARY WATER RESPONSE RESOURCES

www.cpf.navy.mil/jointbasewater • www.facebook.com/JBPHH



## RAPID RESPONSE TEAM

The Rapid Response Team (RRT) is an on-call team available to respond to water concerns residents may have after DOH determines their water is safe to drink. Residents can call the **emergency operations center**, which will dispatch the RRT to investigate.

## JBPHH Emergency Operations Center

(808) 449-1979 or  
(808) 448-3262/2557/2570/2583

You can also email:  
jbphh-water-response@navy.mil

## RESOURCES & CONTACTS

Housing Assistance Call Center (808) 789-5287  
Hickam Housing Communities (888) 329-4758  
Island Palms Housing Communities (877) 487-4323  
Ohana Military Communities (855) 413-8805  
Joint Base Emergency TLA Hotline (808) 789-5287

## CLAIMS CONTACTS

Air Force & Space Force Claims (808) 449-0893  
Army Claims (808) 620-7957  
USN Claims (808) 471-2314 / (808) 471-2330  
USMC Claims (808) 257-1582  
USCG Claims (808) 219-9084 / (808) 220-3461  
(808) 220-1920  
Civilians (808) 473-5729



# Four Steps to Safe Drinking Water

www.cpf.navy.mil/jointbasewater • www.facebook.com/JBPHH



# 1



### SAMPLES:

Water samples are taken from 10% of homes and non-residential buildings in each zone, based on scientific criteria set by the Interagency Drinking Water System Team (IDWST). Sample results for each zone are then reviewed by the IDWST, which includes the Hawaii Department of Health (DOH), U.S. Environmental Protection Agency (EPA), U.S. Army, and U.S. Navy.

# 2



### MAILED TO DOH:

IDWST representatives review and validate the information. Results are then forwarded to Hawaii DOH who will (1) ensure that no contamination is entering the water, (2) ensure that no contamination remains in the system, and (3) determine that water is safe to drink.

# 3



### AMENDED ADVISORY:

Hawaii DOH's final review should take approximately seven days. Once Hawaii DOH determines the Navy's drinking water is safe to drink, Hawaii DOH will amend the health advisory certifying the water is safe to drink.

# 4



### TLA:

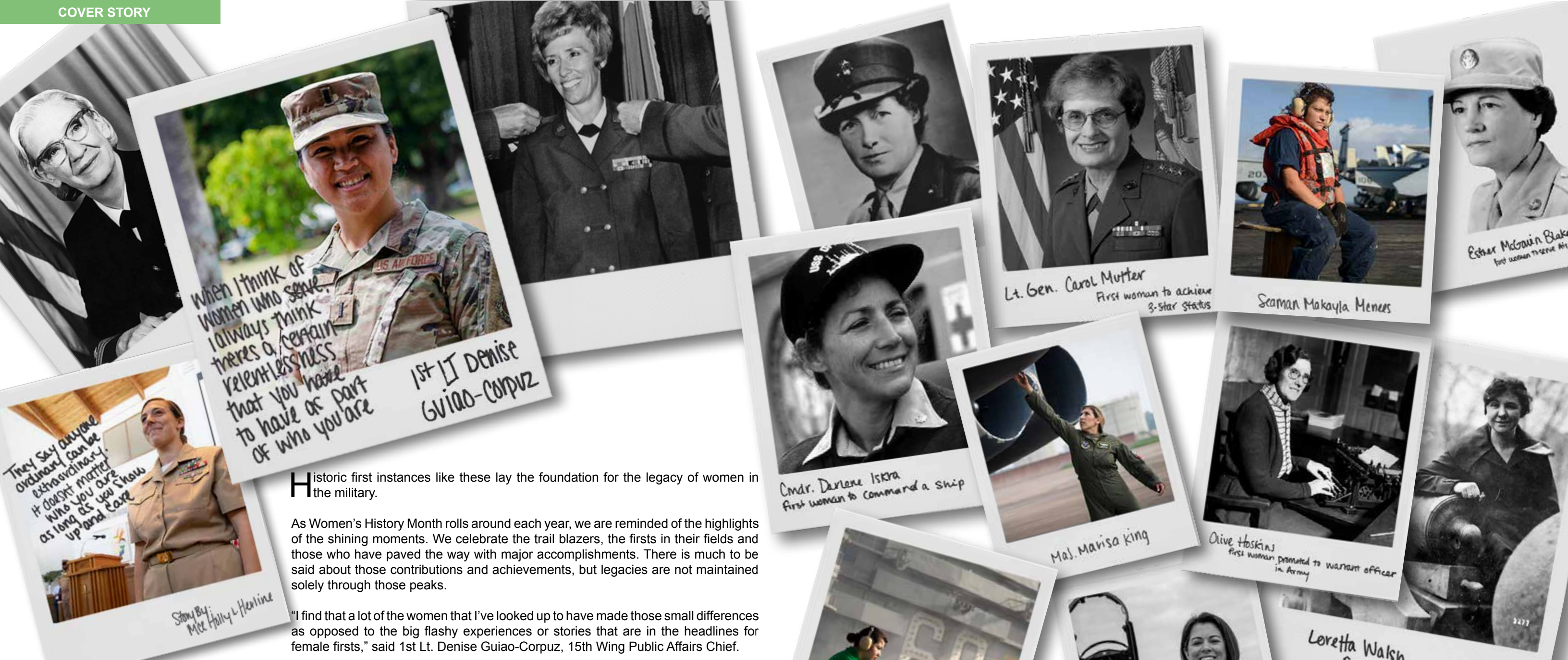
The drinking water is certified safe to drink. Residents will be notified via their respective housing offices of the amended Hawaii DOH health advisory. Temporary Lodging Allowances, per diem, and any other financial entitlements will end two calendar days after notification is issued.

#### TLA example for U.S. Navy

| Day 0              | Day 1 | Day 2           | Day 3                              |
|--------------------|-------|-----------------|------------------------------------|
| Residents Notified |       | Last day of TLA | Residents in hotels move back home |

**\*\*Each affiliation may vary, contact your representative\*\***  
Navy & Marine Corps: (808) 471-2314/2330 Army: (808) 655-1023  
Air Force: (808) 449-0893 Civilians: (808) 473-5729  
Coast Guard: (808) 220-3461/1920 (808) 425-0671 (808) 219-9084





When I think of women who serve, I always think there's a certain relentlessness that you have to have as part of who you are

1st Lt Denise Guiao-Corpuz

They say anyone ordinary can be extraordinary. If doesn't matter who you are as long as you show up and care

Story By: Moe Holly & Herline

Historic first instances like these lay the foundation for the legacy of women in the military.

As Women's History Month rolls around each year, we are reminded of the highlights of the shining moments. We celebrate the trail blazers, the firsts in their fields and those who have paved the way with major accomplishments. There is much to be said about those contributions and achievements, but legacies are not maintained solely through those peaks.

"I find that a lot of the women that I've looked up to have made those small differences as opposed to the big flashy experiences or stories that are in the headlines for female firsts," said 1st Lt. Denise Guiao-Corpuz, 15th Wing Public Affairs Chief.

# THE MOMENTS IN BETWEEN

Lt. Gen. Carol Mutter  
First woman to achieve 3-star status

Seaman Makayla Menees

Esther McGavin Blake  
First woman to serve in...

Cmdr. Darlene Iskra  
First woman to command a ship

Maj. Marisa King

Olive Hoskins  
First woman promoted to warrant officer in Army

Loretta Walsh  
First woman enlisted in Navy

Aviation Boatswain's Mate (Equipment)  
Airman Ashley Linares

Maj. Nicole Malachowski  
First woman Air Force demonstration pilot





**March 17, 1917:**

*Loretta Walsh becomes the first woman to enlist in the U.S. Navy.*

**June 1, 1973:**

*Air Force Maj. Gen. Jeanne Holm becomes the first woman to achieve two-star status in any military branch.*

**August 2000:**

*Lt. Col. Shawna Kimbrell becomes the first female African American fighter Pilot in the U.S. Air Force.*

**Jan. 24, 2022:**

*Cmdr. Billie Farrell became the first woman to command USS Constitution.*

It's the seemingly little things like effort, perseverance, relentlessness, networking and a plethora of other attributes that women exemplify in their daily contributions that fill in the gaps of women's legacy in the military.

"We tend to put [trailblazers] up on a pedestal," said Guiao-Corpuz. "But, to get to be the first female Chief Master Sergeant of the Air Force, you had to be a master sergeant, a tech sergeant etc. All those people that we look up to didn't just appear there in those positions. They got there doing the same things that we do."

It is important to remember that these women that have made history followed a path to get to that point. In many ways it often mirrors that of most of the women in service. One of the first things women seek out and benefit from on that path everyday is guidance and mentorship.

At Guiao-Corpuz's first command, she found guidance and perspective from the women working around her. She reflected on the different personalities that she saw in her co-workers that became her mentors. Both taught her about her job and the parameters she should operate in.

One was very blunt and the other took an empathetic approach; both were successful in their jobs and in leading others. Guiao-Corpuz learned from their approaches and bolstered her own professional and personal toolbox with lessons learned to lead by example herself and affect the change she sees to be most valuable.

"I'm not a trailblazer," said Guiao-Corpuz. "But, I do my best and I think I am really good at caring and creating a culture of family in the shops that I have worked in. I recognize that can sometimes mean the difference in whether a person wants to stay in, or if they enjoy their job."

Women learn from those who came before them and show up for those that follow. They also recognize what sets them apart to make their own contributions within their sphere of influence.

"It's understanding that not just you as a female, but you as an individual, create a whole different set of circumstances, advice, perspective and culture that you can bring to the force, and help make whatever team you're part of better," said Guiao-Corpuz.

What sets someone apart can also bring others together. Sometimes something as simple as one's presence in the workplace can create a sense of solidarity and belonging for other women. The importance of representation is not lost on Guiao-Corpuz, not only as a female, but especially when it comes to diversity.

"Serving as a female person of color from Asian background is very different, right?" said Guiao-Corpuz. "Nowadays, you see them more often, but it's still a rarity. It's why representation is so important. Because you have someone that fully understands without you having to explain everything. Anyone that you can automatically have a shared bond with will always put you more at ease and drive you. I understand the importance of having those mentors."



The camaraderie that is developed through daily interactions between women is valuable. Networking and sharing stories with one another to see that others have experienced what one has and might go through can provide a sense of comfort and confidence.

"I hope hearing or seeing what I have done will make everything that much easier to overcome or face. Because it has been done; so it can be done."

Everyday throughout the services women are using their voices to advocate for themselves and others, leaning on each other for mentorship and lessons learned, setting the standard for what it means to serve one's country and clearing the path for one another.

"Just your presence alone can be a difference, even if just a quiet kind of difference, in the experience of someone that serves," said Guiao-Corpuz.

A woman does not have to be the first at something to bring something to the table, positively affect those around them or take ownership of the legacy being written. Showing up for each other and leading by example in the moments in between those paramount achievements can make all the difference and add up to something special.

"The little moments may feel small in the now. But in hindsight, they're so big," said Guiao-Corpuz. "I think it's so important that you appreciate them for what they are."

“

**It's understanding that not just you as a female, but you as an individual, create a whole different set of circumstances, advice, perspective and culture that you can bring to the force, and help make whatever team you're part of better.**

- 1st Lt Denise Guiao-Corpuz





1862

In 1862, Sisters of the Holy Cross served aboard USS Red Rover, the Navy's first hospital ship, joining a crew of 12 officers, 35 enlisted, and others supporting medical care. Red Rover remained the only hospital ship in the Navy until the Spanish-American War.



1908

Navy Nurse Corps is established. Esther Hasson is chosen as Superintendent due to her experience as an Army contract nurse aboard hospital ship USS Relief.



1918

During World War I, Opha May Johnson was the first of 305 women to be accepted for duty in the Marine Corps Reserve.



1941

Over 11,000 Navy nurses served at naval shore commands, on hospital ships, at field hospitals, in airplanes, and on 12 hospital ships.



1942

Women's Reserve Corps is created. Ensign Frances Wills and Lieutenant (j.g.) Harriet Ida Pickens are commissioned as the first African-American Women Accepted for Voluntary Emergency Service (WAVES).



1944

Public Law 238 granted full military rank to members of the Navy Nurse Corps. Sue Dauser, Director of the Navy Nurse Corps, received a full commission in the rank of captain and was the first female O-6.



# WOMEN IN NAVAL HISTORY



1948

The Women's Armed Services Integration Act of July 30, 1948 allowed women to serve in the peacetime military with some restrictions. Edna Young became the first black enlisted female to serve in the regular Navy in 1948.



1974

Lieutenant (j.g.) Barbara Allen Rainey became the first designated Navy female aviator in 1974. She attained the rank of lieutenant commander. She was killed in an aircraft crash in 1982 while performing her duties as a flight instructor.



1978

Navy Nurse Joan C. Bynum became the first black female promoted to the rank of captain. The Navy expanded the types of ships on which women could be stationed. Previously, only hospital ships had women permanently stationed on board.



2001

Captain Vernice Armour, USMC, earned her wings in 2001. The Department of Defense acknowledged her as the first female African-American combat pilot in the military during Operation Iraqi Freedom; she completed two tours in the Persian Gulf.



2010

Secretary of the Navy Ray Mabus announced on January 9, 2010, that women would be assigned to Ohio-class submarines.



2014

Admiral Michelle J. Howard was promoted to a four-star admiral. She was the first African-American woman to serve as vice chief of naval operations.



MARCH IS NATIONAL NUTRITION MONTH

# Ship Shape

## BOOSTS MISSION READINESS IN THE PACIFIC

Story and photos by Macy Hinds  
Naval Health Clinic Hawaii Public Affairs

The Navy Medicine Readiness and Training Command Pearl Harbor (NMRTC PH) Health Promotion Department provides educational opportunities and services focused on health protection, disease prevention, and/or disease management for improved quality of life. The Health Promotion team supports the Navy's efforts to provide programs and initiatives that screen, educate, and manage medical and dental health concerns, to include weight management, efforts center on improving and sustaining military readiness, encouraging healthy lifestyles, and boosting overall wellness.



Navy Medicine Readiness and Training Command Pearl Harbor Health Promotion team, Tracy Navarrete and Eleanor Bru, educate members on weight management in the Joint Base Pearl Harbor-Hickam Fitness Center. Navarrete and Bru help facilitate the Navy's official weight management program, ShipShape, intended to ensure Sailors are fit for mission readiness and success.

Located onboard Joint Base Pearl Harbor-Hickam, the NMRTC PH Health Promotion team facilitates the Navy's official weight management program, ShipShape. The eight-week course runs four times a year and participants can continue in the program for more than one cycle.

The eight-session cycle begins and ends with a self-paced online session, broken up by six in-person group sessions. The program focuses on three pillars of weight management: nutrition, physical activity, and mindset.

According to the Navy and Marine Corps Public Health website, "The program presents a healthy and permanent approach to weight loss and can decrease the loss rate of active duty and reserve military service members by helping them to get back within standards, pass the Physical Fitness Assessment (PFA), and continue to achieve long-term weight management goals."

"I personally feel that changing your diet and exercise habits involve lifestyle modifications, but maintaining these lifestyle changes is the real challenge," said Tracy Navarrete, Health Promotion Director at NMRTC PH. "We have learned from teaching ShipShape that most members tend to lose motivation and only want to see the scale move, (often) losing lean muscle and not body fat, therefore, leading to a yo-yo effect."

The ShipShape program intends to help break habit patterns and change mindsets to guide participants away from yo-yo

and fad diets and instead equip them with the tools they need for sustainable weight loss.

"I feel that educating the member on the importance of doing an initial assessment and setting attainable short and long-term goals is how we will succeed in keeping our military members in a readiness state," said Navarrete. "Understanding body composition and helping members understand their caloric intake needed to meet their goals have been effective and we have happy military members that are more energetic and have lost body fat versus lean muscle."

Beyond weight management, the Health Promotion Department also focuses on other health and wellness elements to include Drug and Alcohol Abuse Prevention and Control, Tobacco Use Prevention and Cessation, Injury and Illness Prevention, Sexual Health and Sexual Responsibility, Suicide Prevention, and Stress/Anger Management.

"We are your resource for any of your wellness needs," said Navarrete.

**Health Promotion programs and resources are available to active duty and reserve military service members, beneficiaries, and government civilians. Interested participants can contact the Health Promotion Department at (808) 471-2280 with inquiries or to enroll in a program. All classes take place at the Joint Base Pearl Harbor-Hickam Fitness Center, Building 1338, 2nd Deck, Classroom 2.**





# MILITARY & FAMILY SUPPORT CENTER CLASSES

# MARCH 2022



## Personal Development & Family Life

- Family Advocacy Program (FAP) Training: Supervisors | Mar 2 | 1030
- Strategizing With Stress | Mar 2 | 1400
- Family Advocacy Program (FAP) Training: FAC & IDC | Mar 2 | 0800
- Anger Management | Mar 3 | 1200
- Interpersonal Relationships | Mar 7 | 1500
- Communication | Mar 16 | 0800
- Infant Massage | Mar 16 | 1000
- Bringing Home Baby | Mar 16 | 1600
- Personal Growth | Mar 17 | 1000
- Child Abuse And Neglect & Problematic Sexual Behaviors for Childcare Providers | Mar 17 | 1700
- Parenting | Mar 23 | 1700
- Suicide Prevention | Mar 30 | 1300

## Personal Financial Management

- Saving And Investing | Mar 1 | 1000
- Art Of Investing | Mar 1 | 1500
- Thrift Savings Plan (TSP) | Mar 3 | 1300
- Touchpoint Tuesday | Mar 8 | 0800
- Ditching The Dorms | Mar 9 & 23 | 1200
- Financial Bootcamp | Mar 17-18 | 0800
- Your Brain On Money | Mar 24 | 1000

Register for any of these classes at [jbphh.greatlifehawaii.com/support](https://jbphh.greatlifehawaii.com/support) or <https://bit.ly/3kfW1aJ>

## Information & Referral

- EFMP Program Overview | 2 Mar | 0900
- EFMP Coffee Talk | Mar 10 | 1000
- Green Card / Immigration And Naturalization | Mar 15 | 0930

## Relocation & Deployment

- Sponsor Training | Mar 1 | 1300
- Smooth Move | Mar 10 | 0900
- Green Card/Immigration & Naturalization | Mar 15 | 0930
- Relocation And Children | Mar 23 | 0830
- PCSing With Pets | Mar 23 | 1015
- A Hui Hou: Deployed Spouse Resiliency Group | 24 Mar | 1000
- Welcome To JBPHH | Mar 16 | 1300

## Transition & Employment

- Acing the interview | Mar 9 | 1200
  - Federal Employment 101 – Navigating USAJobs | Mar 11 | 1330
  - Federal Employment 102 – Federal Resume | Mar 11 | 1630
  - Civilian Resume Writing | Mar 15 | 1000
  - Employment Hot Topics | Mar 18 | 0800
  - Salary Negotiation | Mar 21 | 0900
  - Linkedin | Mar 21 | 1630
  - Transition Hot Topics | Mar 22 | 0800
  - Pre-Separation | Mar 1 & 23 | 0800
  - Skillbridge 101 | Mar 23 | 0900
  - Career Exploration: Finding Your Passion | Mar 24 | 1400
- (Visit Great Life Hawaii for CAPSTONE, Separatee, & Retiree TAP dates & times)

4827 Bougainville Drive  
Honolulu, HI 96818

808-474-1999

MFSCHawaii@navy.mil

jbphh.mfsc

@jbphh\_mfsc

jbphh.greatlifehawaii.com/support



**Mar. 3** **Liberty Bowling Night**, 6–8p.m. every first Thursday of the month at Pier Side Bowling Center. Single sailors/airmen get treated to free bowling from Liberty. Sign up in advance at the Liberty Center. Call 808-422-7169 for more info.

**MAR. 4, 11, 18, 25** **PAU HANA ROOFTOP FRIDAYS**

4–8p.m. at Wright Bros. Cafe and Grille. Start the weekend right, a chill moment on the roof of WB with a cool drink in your hand while watching the sunset. Call 808-448-4608 for more info.



**Mar. 8–June 1** **Ekolu Artists**, featuring work by artists Seth Litov, Soriana Sanchez Mostajo and Jimmy Tablante. Reception on March 11, 5:30 - 7p.m.

# #greatlifehawaii

A quick guide to what's going on with MWR, CYP and MFSC.

**Mar. 10** **Intramural Golf Tournament**, 11a.m. at Mamala Bay Golf Course. Open to players belonging to JBPHH commands. 2-person scramble format, partners must be from same command. Sign up by March 7. Green and cart fees paid onsite. Visit Intramural Sports office or call 808-473-2494 for more info.

**Mar. 13** **Lifeguard Course** at Hickam Family Pool. 6-class course, March 13, 14, 16, 18, 19, 20. \$175, for ages 15 and up. Must pass prerequisite assessment prior to course. Call 808-473-0394 for more info.

**MAR. 16–18** **DUELING PIANOS**

Presented by Armed Forces Entertainment, three, count 'em, THREE nights of musical fun on JBPHH. March 16 at Tradewinds, March 17 (St. Patrick's Day) at Kona Lounge and March 18 at Wright Bros. Cafe and Grille.



**MAR. 19** **CRAFT FAIR**

9a.m., every third Saturday of the month at the Hickam Arts & Crafts Center. Featuring beautiful handmade arts and crafts. Call 808-448-9907 for more info.



**Mar. 25** **3-on-3 Basketball Tournament**, 1p.m. at Hickam Fitness Center. Get into the Madness mood with our double-elimination format. Max 4 players per team. Open to all DoD ID cardholders. Sign up Mar. 1–24. Call 808-448-2214 for more info.

More to see on the other side! ▶

**PHOTO OF THE MONTH**  
**Pro Blitz Week**  
 Armed Forces Entertainment brought Pro Blitz Week to JBPHH in time for the Super Bowl last month. NFL awesome ambassadors of the game. They hosted a golf event, meet and greets, a group date night for single sailors/airmen, football and cheer clinics for youth and even appeared at the Super Bowl watch parties on base.



# #greatlifehawaii

A quick guide to what's going on with MWR, CYP and MFSC.

Scan our QR codes!

**Arts & Crafts Center**  
 See the full calendar of classes.

**Liberty Program**  
 See this month's Liberty activities calendar.

**Outdoor Recreation**  
 See the classes and excursions we have planned on the horizon!

**Makai Recreation Center**  
 See our full list of classes here.

**Military & Family Support Center**  
 See our full list of classes here.



**THIS MONTH'S EXTRA:**



**Did You Know?**

Celebrate Pi Day, March 14. Pi (π) symbolizes the mathematical constant of the ratio of a circle's circumference to its diameter, rounded off to 3.14. While math enthusiasts celebrate that on this day, others do it by enjoying some pie, or even pizza pie. How will you celebrate 3.14?

**Arts & Crafts**

**Ekolu Artists**  
 March 8 – June 1  
 Featuring work by artists Seth Litov, Soriana Sanchez Mostajo and Jimmy Tablante. Reception on March 11, 5:30 –7p.m.

**Craft Fair**  
 March 19 | Saturday, 9a.m.  
 Check out our monthly event featuring beautiful handmade arts and crafts. Be sure to also check out the Ceramics Shop, Frame Shop, Sales Store, and the Wood Shop!

**Basic Digital Painting for Youth w/Jenni Clark**  
 March 21–28 | Mondays, 3:30–5:30p.m.

Learn how to draw and paint digitally on your smartphone, tablet, or laptop. Students will be encouraged to draw and paint their own unique pieces of art using free software.



**Everything Food & Drink**

**NCAA Basketball Championships at Tradewinds** (starting March 15)  
 Watch the Action on the Big Screen TV's.

**Tradewinds St. Patricks Day**  
 March 17 | Thursday  
 Enjoy St. Patricks Day with Food and Drink specials.

**The Sandbar Pool Tournament**  
 March 25 | Friday, 5:30p.m.  
 Compete in the monthly tournament for pride & prizes!

**Liberty Programs**

**Explore the Island!**  
 Liberty is here to help you get the most of your time stationed in Hawaii. Hikes, fishing trips and more await. Broaden your horizons with Liberty!

**Outdoor Recreation**

The main phone line at Hickam Harbor is down! Please call 808-781-6318.

**Makai Recreation Center**

**Adult & Child Tap Dancing**  
 Wednesdays, 4:30–5p.m.  
 All levels. Tap Dancing workout with fun! No prior experience is required.

**Okinawan Kempo Karate**  
 Mondays & Wednesdays, 5:30–6:30p.m.  
 This class focuses on self-discipline and student develop in the time-honored tradition. Adults, pre-teens and teens are welcome, no prior martial arts experience needed.

**Adult Self-Defense Classes**  
 Wednesdays (7–8p.m.) & Fridays (6–7p.m.)  
 In this life changing seminar, our certified self-defense instructor, will teach defensive awareness skills and practical self-protection techniques.

**MFSC**

Take a class at the Military & Family Support Center! Classes available in financial planning, personal development, relocation, transition & employment! To register or check out the available class listings at [jbphh.greatlifehawaii.com/support/military-family-support-center/mfsc-class-schedule-registration](http://jbphh.greatlifehawaii.com/support/military-family-support-center/mfsc-class-schedule-registration).



STAY CONNECTED AND FOLLOW US ONLINE!

@GreatLifeHawaii | GreatLifeHawaii.com





# PHOTO HIGHLIGHTS



Members of the Defense POW/MIA Accounting Agency (DPAA) conduct an honorable carry, March 1, at Joint Base Pearl Harbor-Hickam. The remains are returning from missions conducted in 2020 that couldn't be moved due to the coronavirus. DPAA's mission is to achieve the fullest possible accounting for missing and unaccounted for U.S. personnel to their families and our nation.

(Photo by Staff Sgt. James Thompson)

1

Gunner's Mate 2nd Class Kelci Westmoreland, assigned to the Arleigh Burke-class guided-missile destroyer USS Chafee (DDG 90), hugs her fiancée during the ship's homecoming ceremony at Joint Base Pearl Harbor-Hickam, Feb. 19.

(Photo by MCC Holly Herline)

2

A C-17 Globemaster III, locally renowned as 'The Spirit of Inouye,' rests on the Joint Base Pearl Harbor-Hickam flightline Feb. 24. The aircraft was named after Daniel K. Inouye, a Medal of Honor recipient who served as a U.S. Senator for nearly 50 years. C-17 aircraft at JBPHH are operated and maintained by total-force Airmen, comprised of guardsmen from the 154th Wing and active-duty servicemembers from the 15th Wing.

(Photo by Staff Sgt. John Linzmeier)

3

The Zumwalt-class destroyer USS Michael Monsoor (DDG 1001) arrives at Joint Base Pearl Harbor-Hickam, Feb. 17. Michael Monsoor is visiting Joint Base Pearl Harbor-Hickam while operating in U.S. 3rd Fleet.

(Photo by Jason Treffry)

4

Lt. Travis Christensen (left), assigned to Naval Facilities Engineering Systems Command Washington, and Joe Nehl (right) with Naval Facilities Engineering Systems Command Hawaii Public Works Department, collect a water sample from Red Hill Well under an interagency-approved pumping and filtration plan, March 9.

(Photo by MCSN Christopher Thomas)

5

Service members temporarily assigned to Region Support Center, Hawaii, assist Sailors and their families with Temporary Lodging Assistance (TLA). U.S. Navy is working closely with the Hawaii Department of Health, U.S. Environmental Protection Agency, and the U.S. Army to restore safe drinking water to Joint Base Pearl Harbor-Hickam housing communities.

(Photo by MCSN Christopher Thomas)

6



A FE BRINGS THE MELODY

# FREE DUELING PIANOS

STEPHEN  
DAKIN

PAMELA  
HOPKINS

KATY  
MARQUARDT

### Event Info



March 16 @Tradewinds, 7:30-9:30pm

☘ March 17 @Kona Lounge, 7:30-9:30pm, 18+

March 18 @Wright Bros, 5:30-7:30pm

First come first serve space available

Open to DoD ID card holders & their sponsored guests. Covid mitigations will be in effect as appropriate.

### More AFE info



ARMED  
FORCES  
ENTERTAINMENT®



GOOD TIMES, FRONT AND CENTER

No official endorsement intended



ARMEDFORCESENTERTAINMENT.COM