

NAVSEA COMPLETES FINAL PHASE

Pg. 6





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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.

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Special Announcement:


Congratulations HO'OKELE MAGAZINE


2021 RUSSELL EGNOR NAVY MEDIA AWARD RECIPIENT
NAVY REGION HAWAII
DIGITAL PUBLICATION CATEGORY: THIRD PLACE WINNER


BRavo Zulu to our individual category winners
MELVIN GONZALVO - 2ND PLACE Civilian Photographer of the Year
MCC HOLLY HERLINE - 3RD PLACE PHOTOJOURNALISM
MC2 GREG HALL - 3RD PLACE TRAINING VIDEO
MC2 SAMANTHA JETZER - 2ND PLACE INFORMATION STORY

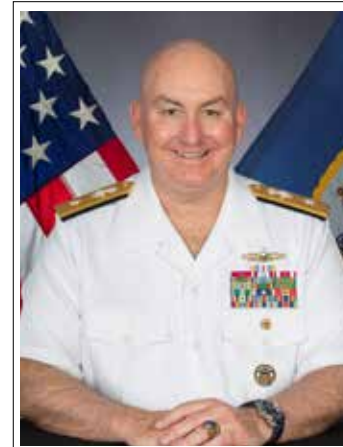
ON THE COVER:
Naval Sea Systems Command contractors begin the final phase of an equipment removal project at Nanakuli Beach Park, April 1. (Photo by Melvin J. Gonzalvo)

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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

647th SFS Airmen compete in obstacle course

Airmen with the 647th Security Forces Squadron take on the Air Assault Obstacle Course at Schofield Barracks to prepare for an upcoming PACAF wide competition called Advanced Combat Skills. This obstacle course provides Airmen an opportunity to build cohesion, as well as physical and mental toughness. (Photo by Senior Airman Jacob M. Thompson)

Diverse VIEWS

May is Military Appreciation Month.
"What do you appreciate most about working for the military?"

Interview by David D. Underwood, Jr.



Christian Freire
766th Enterprise Sourcing Squadron

"It is my way to serve my country. As a civilian, I love being able to be in service after completing my uniform service. It is my way to show gratitude and return the favor to others."



Master Sgt. Mercylen Ayo
15th Medical Group

"The military gave me a sense of purpose, which is to serve my country and at the same time provides me with the experience and skillsets that I need to be a leader which I can use beyond my military career."



Lt. Cmdr. Ivan Dobrev
U.S. Pacific Fleet

"The leadership opportunities the military service provides are unparalleled. The experience of leading the nation's finest men and women in serving our country and defending our values is most rewarding."



JBPHH recognized among CNIC installation excellence winners

Story by MCC Holly Herline
Joint Base Pearl Harbor-Hickam Public Affairs

Joint Base Pearl Harbor- Hickam (JBPHH) has been announced as a 2022 Commander, Navy Installations Command (CNIC) Installation Excellence award winner. JBPHH received second place in the large category for outstanding performance during fiscal year 2021, according to criteria set forth by the Office of the Secretary of Defense.

Vice Adm. Yancy Lindsey, commander, CNIC, made the announcement in a Navywide message, April 19. He also acknowledged the competitiveness of this year's award and commended installation efforts by saying, "Thank you for your outstanding leadership and world-class support of the fleet, fighter and family. I am extremely proud of all you do, day-in and day-out, for our Navy and our nation."

Encompassing 28,000 acres on the island of Oahu, and homeport to eight warships, 11 submarines, and 47 fixed wing aircraft, JBPHH delivers exceptional mission-enabling installation support to over 250 tenant commands, to include U.S. Indo-Pacific Command, U.S. Pacific Fleet, Pacific Air Forces, U.S. Special Operations Command Pacific, and Submarine Force Pacific.

"We are honored to be recognized for the massive effort our JBPHH team undertakes each and every day," said Capt. Erik

Spitzer, JBPHH commanding officer. "Their ability to support critical mission readiness while simultaneously providing installation services, facilities support and quality of life programs is no small feat and we're thankful for those who consistently work hard for mission, team and family's success."

The award recognizes the base's efforts in mission support, energy, quality of life, environmental, real property asset management and stewardship, communications, safety and health, security and protection, public relations and command initiatives.

Throughout 2021, JBPHH remained committed to warfighting readiness, supporting forward operations and control in the air, land, and sea. Demonstrating best business practices in energy use and real property stewardship, JBPHH invested in smart technology and infrastructure upgrades to reduce consumption and cut costs while continuing to meet the Navy's security needs.

Beyond the perimeter, JBPHH valued community engagement opportunities, building cooperative partnerships with state government agencies and local schools, and volunteering to support environmental remediation efforts and community relations tours.



HURREX 2022 TRAINING ABOARD USS DANIEL INOUE (DDG 118)



Sailors aboard the Arleigh Burke-class guided-missile destroyer USS Daniel Inouye (DDG 118) heave additional foul-weather mooring lines as part of Hurricane Exercise (HURREX) 2022 at Joint Base Pearl Harbor-Hickam, May 5. HURREX allows Navy and Air Force activities in Hawaii to review, exercise and validate their response plans and operational capabilities as they pertain to the threat of hurricanes and effects of severe weather.

(Photos by Melvin J. Gonzalvo)



PMRF places third in 2022 CNIC Installation Excellence Awards

Pacific Missile Range Facility Public Affairs

Pacific Missile Range Facility (PMRF) was recently announced as a winner for the 2022 Commander, Navy Installations Command (CNIC) Installation Excellence Award program.

PMRF placed third in the small installation category for outstanding performance during fiscal year 2021. The award is based on enterprise strategic goals and Secretary of Defense criteria.

"I am humbled and fortunate to be a part of this excellent organization," said Capt. Tim Young, commanding officer of PMRF. "PMRF has performed above and beyond as an installation and I'm very proud of what we all have accomplished.

Thank you to our PMRF ohana for your hard work and dedication."

The PMRF workforce includes approximately 90 Sailors, 200 government civilians and 600 permanent contract civilian employees.

In 2021, PMRF provided pivotal fleet training and program test support for the U.S. Navy, other U.S. armed services, and armed services of allied nations. PMRF played a critical role in the testing and evaluation of future weapons and sensor systems even amongst the global pandemic. While performing these services, PMRF also continued cultural and natural resources environmental

management programs that have themselves won awards in the past.

CNIC oversees 70 U.S. Navy installations worldwide. For the Installation Excellence Awards, bases are evaluated on a number of categories including facilities management, quality of life, environment, energy, property stewardship and safety and health, among others.

"To all of our installations and activities across the enterprise, thank you for your outstanding leadership and world-class support of the Fleet, Fighter and Family," said Vice Adm. Yancy Lindsey, CNIC. "I am extremely proud of all you do, day-in and day-out, for our Navy and our nation."

NAVSEA COMPLETES FINAL PHASE OF FORACS PROJECT AT NANAKULI

Story by Anna Marie G. General
Navy Region Hawaii Public Affairs

Photos by
Melvin J. Gonzalvo
Anna Marie G. General
MC2 Gregory Hall

As part of a three-phase project, the Naval Sea Systems Command (NAVSEA) contractors completed its final phase of the Navy equipment removal project off Nanakuli Beach Park from March 21 to April 18. The duration of the project was originally planned from March to May but was successfully completed ahead of schedule. This final phase focused on shoreline removal actions to provide a safer and more aesthetic environment for the community.

Located on Oahu's west shore, Nanakuli Beach once served as the shore landing of a Navy multipurpose sensor test range for ships and submarines from 1964 to 2010, which was known as the Fleet Operational Readiness Accuracy Check Site (FORACS). The test range ceased operations in 2010. All land-based, above-ground structures were removed in 2014 but underwater conduits and cables remained in place, which led the Navy to coordinate the removal and restoration in phases.

"Now that operations have ceased at the FORACS facility, the Navy removed equipment and infrastructure to comply with the state of Hawaii lease agreement, and in an effort to be a good neighbor to the community by increasing safety for beachgoers," said Dawn Rodes, FORACS program manager and NATO FORACS U.S. representative. "The project was separated into three phases based on availability of resources and applicability of permitting."

Rodes explained the three phases of the Nanakuli FORACS project.

"Phases I and II involved removal of equipment in the water and required a state water quality certificate, as well as a pre-construction notification document for the U.S. Army Corps of Engineers. Phase III was conducted on shore and had different permitting requirements which required consultation with the Hawaii State Historic Preservation Division," added Rodes.

In 2020, Navy divers assigned to Mobile Diving and Salvage Unit (MDSU) 1 began the first phase with the successful removal of underwater conduits, pipes, cable and debris from the reef and waters off Zablan Beach located on the south end of Nanakuli Beach Park. In 2021, MDSU-1 continued the second phase to remove more of the underwater equipment and cables, and the transplant of healthy corals to a nearby location. With the final phase, NAVSEA contractors continued to work on the removal of a 20-inch conduit and the top portions of three manholes/vaults where each manhole was covered with textured colored cement over the remaining conduit trench to match the color and surface height of the natural rock.

According to Rodes, this project was supported by the City and County of Honolulu, Naval Sea Systems Command, Environmental Group; Legal, Naval Undersea Warfare Center Division Newport Rhode Island, Naval Facilities Command Hawaii, Navy Region Hawaii, MDSU-1, and other state and federal agencies.

With the U.S. Navy's equipment removal and restoration project in partnership with the City and County of Honolulu, proper guidelines and regulations were met with the local, historic and environmental agencies prior to beginning the project, and a permit was obtained. During the construction removal project, fences secured the rocky shoreline and a 24-hour security was provided to ensure the safety of the general public. After eight years of planning this restoration effort, Zablan Beach at Nanakuli Beach Park is now open for beachgoers to safely enjoy from the shoreline to the seashore.

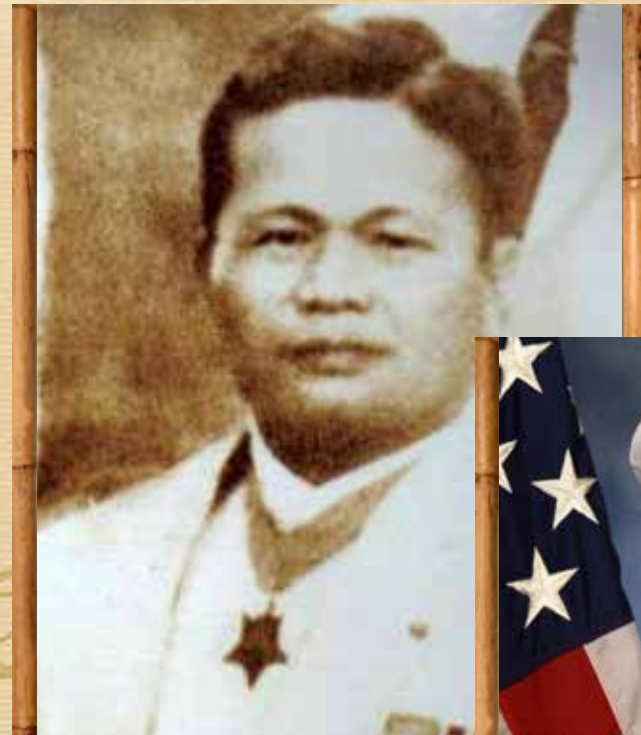


photos continued on page 8



Celebrating ASIAN AMERICAN PACIFIC ISLANDER HERITAGE MONTH

Story by MC2 Jaimar Carson Bondurant
Navy Public Affairs Support Element Hawaii



Advancing Leaders Through Collaboration

“Growing up in the Philippines was fun because everybody knew everybody in the neighborhood. So after school I could just call my friends at any time and we’d all hang out together.”

- CSSN Katrina Insigne

Our Navy is as diverse as our world in most ways, made up of Sailors from a range of cultures, backgrounds and walks of life.

May is Asian American and Pacific Islander Heritage Month, when we highlight a culture that is an integral part of world history and celebrate a people that helped shape our Navy into the exceptional warfighting force it is today.

The story of many Asian Americans and Pacific Islanders in the Navy is one with no true start or end, but a boundless retelling of everything from quiet and simple years of service to trailblazing men and women who made all the difference in the Navy we serve today.

Fireman 2nd Class Telesforo Trinidad, a Sailor from the Philippines, rescued two Sailors after a boiler exploded aboard USS San Diego (ACR 6) in 1915. He was awarded the Medal of Honor for the extreme act of bravery.

To this day, history continues to be made. Command Master Chief Josephine Tauoa became the first female Samoan command master chief in February 2020 aboard USS Chung-Hoon (DDG 97), which happens to be the namesake of Asian American and Pacific Islander, Rear Adm. Gordon Pai’ea Chung-Hoon.

While it’s important to highlight the stories like that of Master Chief Tauoa or Fireman 2nd Class Trinidad for their service, it’s equally as important to hear the stories of Sailors who serve their country and uphold the Navy’s core values even if it’s just by simply showing up to work everyday with a smile on their face.

Culinary Specialist Seaman Katrina Insigne, assigned aboard USS Wayne E. Meyer (DDG 108), was born and raised in Manila, Philippines, before moving to California at age 12. She shares some of her favorite memories growing up in the Philippines and details the transition of moving to California and eventually joining the Navy.

“Growing up in the Philippines was fun because everybody knew everybody in the neighborhood,” says Insigne. “So after school I could just call my

friends at any time and we’d all hang out together.”

Insigne had a very communal upbringing while living in the Philippines. She describes most days being simplistic, going to school and hanging out with friends and family afterwards. For Insigne, family was always around. She distinctly remembers coming home from school to a meal made by her grandmother before going out with friends later that day.

Then Insigne moved to California at age 12, which she described as a huge culture shock until meeting some Filipino friends at school. Years went by as she established herself in America, not forgetting the culture from which she came but still embracing a new lifestyle in California. Then the time came as an adult to welcome a career, and it was no easy choice for her.

“Joining the Navy was the hardest decision I ever made, but it was my very own decision. My parents wanted me to go to nursing school, but I didn’t actually want to be a nurse. That was their dream for me. I went to the recruiter’s office without even asking my parents,” said Insigne. “I joined the Navy to start making my own decisions, to be independent and of course to make my own money. It can always change but right now, I plan to stay in for 20 years.”

Insigne cites food as one of her favorite things about Filipino culture, and as a culinary specialist in the Navy, she frequently invites her fellow Sailors to enjoy food she’s grown up with. During long underways and weeks out to sea, she enjoys making Filipino dishes for Sailors to try.

“When we’ve gone on underways, I started baking Filipino bread and everyone liked it. They were like, ‘what’s this?’ and I tell them it’s a coconut bread, like a Filipino-type dessert.”

Insigne’s story is one of thousands, but will always be completely unique to her. Asian American and Pacific Islander Heritage Month encompasses a history that is so much more than any one person or place. Take the time to hear the stories of so many Sailors who all have similar stories, but not one identical to another.

ASIAN AMERICAN PACIFIC

IN 1992 CONGRESS PASSED PUBLIC LAW 102-450. THIS LAW WOULD ANNUALLY DESIGNATE MAY AS ASIAN AMERICAN AND PACIFIC ISLANDER HERITAGE MONTH. IT IS A MONTH TO REFLECT ON THE MANY CONTRIBUTIONS ASIAN AMERICANS AND PACIFIC ISLANDER AMERICANS HAVE MADE BOTH CULTURALLY AND HISTORICALLY TO THE ACHIEVEMENTS OF THE UNITED STATES. MAY WAS CHOSEN FOR TWO REASONS. THE FIRST JAPANESE IMMIGRANTS CAME TO THE U.S. ON

JAPAN: POP: 125.8 MIL
 NATIONAL DISHES: RAMEN, SUSHI, CURRY RICE
 NATIONAL TREE: CHERRY BLOSSOM
 NATIONAL DANCE: NOH MAI

CHINA: POP: 1.402 BIL
 NATIONAL DISH: PEKING DUCK
 NATIONAL ANIMAL: PANDA
 NATIONAL TREE: GINKGO

TAIWAN: POP: 23.57 MIL
 NATIONAL DISH: BEEF NOODLE SOUP
 NATIONAL FLOWER: PLUM BLOSSOM
 NATIONAL BIRDS: BLUE MAGPIE & MIKADO PHEASANT

PHILIPPINES: POP: 109.6 MIL
 NATIONAL DISH: ADOBO
 NATIONAL BIRD: PHILIPPINE EAGLE
 NATIONAL VEHICLE: JEEPNEY

HAWAII: POP: 1.46 MIL
 STATE SPORT: HEIHEIWA'A (OUTRIGGER CANOE RACING)
 STATE FISH: HUMUHUMUNUKUNUKUAPUA'A (TRIGGER FISH)
 STATE PLANT: KALO (TARO)

ISLANDER HERITAGE MONTH

MAY 7, 1843. THE SECOND WAS THE COMPLETION OF THE TRANSCONTINENTAL RAILROAD ON MAY 10, 1869, IN WHICH THE MAJORITY OF THE TRACKS WERE LAID BY CHINESE IMMIGRANTS. ASIAN AND PACIFIC ISLANDER AMERICANS CONTINUE TO CONTRIBUTE TO THE RICHNESS AND DIVERSITY OF AMERICAN SOCIETY IN CULINARY, ARTISTIC AND CULTURAL WAYS. THIS MONTH GIVES PEOPLE A TIME TO REFLECT AND HONOR THOSE CONTRIBUTIONS.

SOUTH KOREA: POP: 51.78 MIL
 NATIONAL DISH: KIMCHI
 NATIONAL ANIMAL: SIBERIAN TIGER
 NATIONAL SPORT: TAEKWONDO

INDOCHINA: POP: 257 MIL
 NATIONAL BIRD OF CAMBODIA: GIANT IBIS
 NATIONAL DISH OF THAILAND: PAD THAI
 NATIONAL INSTRUMENT OF MYANMAR: SAUNG

MALAYSIA: POP: 32.37 MIL
 NATIONAL DISH: NASI LEMAK
 NATIONAL BIRD: RHINOCEROS HORNBILL
 NATIONAL FLOWER: HIBISCUS

INDONESIA: POP: 273.5 MIL
 NATIONAL DISH: SATAY
 NATIONAL ANIMAL: KOMODO DRAGON
 NATIONAL FLOWER: SAMBAC JASMINE

OCEANIA: POP: 41.57 MIL
 CONSISTS OF: AUSTRALASIA, MELANESIA, MICRONESIA & POLYNESIA
 POPULAR SPORTS: RUGBY & CRICKET
 CULTURAL ART FORMS: TATTOOING, WOOD CARVING, TEXTILE WORK

MC2 ANDRE T RICHARD



The holiday was first founded by Anna Jarvis of Philadelphia while honoring her late mother Anna Reeves Jarvis, who organized women's groups promoting proper childcare.

Other states followed her lead and honored her mother. President Woodrow Wilson recognized the impact she had and named it a national holiday in 1914. Now, the holiday is observed all around the world, although at different times of the year.

"Being a mom is the most rewarding and hardest job in the world. Being a military mom and having to separate from your children adds another layer to this dynamic," said Cmdr. Aleah McHenry, deputy chief of staff at Navy Region Hawaii.

"I was a single parent for many years and always felt supported by my command and supervisors. The Navy is mission focused, but the biggest part of its mission is people. There is tremendous support from Fleet and Family Services, and the child development centers," said McHenry.

Culinary Specialist Senior Chief Sarah Brinn of Navy Region Hawaii shares her experience as a new mom.

"I would have to say the hardest part is going to work every day when you want to be home capturing all of those first moments, giggles, challenges, and tears that you share with your little one. Time is so precious," said Brinn.

"Increasing maternity and primary caregiver leave, providing rooms for pumping/nursing when available, intentional family-friendly events, and taking action, when possible, on feedback provided by the fleet to improve quality of life for mothers and parents have been positive steps moving forward," she added.

With the demanding lifestyle of an active-duty service member, it can be difficult to balance work and family priorities. Along with the job, the military does wonders in providing support, and McHenry and Brinn's experiences are few of many examples.

Celebrating Mother's Day Around the World

Story by Ensign Brianna McLaughlin
Navy Region Hawaii Public Affairs

All around the world, mothers are honored for the positive contributions they make to their families and to society. On the second Sunday in May, Mother's Day celebrates the gift of motherhood and shows appreciation to all the sacrifices mothers endure for their children and spouses.

Honoring mothers around the world



USA

Mother's Day is celebrated by gifting mothers through acts of service and presents. Typically, mothers will take the day off work and children will cook them a delicious meal or will go out to eat at a restaurant. Delivering flowers is a popular Mother's Day gesture. The official Mother's Day flower in the USA are carnations.



Peru

Rather than celebrating Mother's Day in one day, Peruvian families celebrate over the span of one week. During this week, dinners are prepared, music and art festivals entertain through performances, and museums are free for mothers to browse. Children give back by delivering stories and short poems that their mothers will cherish.



Italy

Mother's Day is referred to as La Festa della Mamma in Italy and is celebrated like traditions found in the USA. Children attempt to spoil them through gifts, cooking meals, writing poetry, and sending flowers. The day typically ends with a cake presented to the mother in the shape of a heart.



Japan

The biggest gesture presented to mothers in Japan is gifting carnations. Symbolizing love, purity, and endurance in Japanese culture, these flowers are a popular present. Children create gifts themselves and some even draw portraits of their mom. Two popular dishes cooked on this day are Chawanmushi (egg custard) and Tamagoyaki (omelet).



Germany

Mother's Day is observed by children gifting their mothers with cards, presents, flowers, and surprise visits home. Giving mothers plane tickets to travel to their favorite destinations is very common.

"Being a mom is the most rewarding and hardest job in the world. Being a military mom and having to separate from your children adds another layer to this dynamic."

- Cmdr. Aleah McHenry

CNRH Sailors give Mother's Day shout outs online

Editor's note: Check out Navy Region Hawaii (CNRH) Facebook at www.facebook.com/NavyRegionHawaii as CNRH Sailors greet a Happy Mother's Day to their mom, wife, sister, grandmother and to all the wonderful mother's in the world.





**PCS HELP SESSIONS
LIVE ON ZOOM**

JOIN US AT 0600 HAWAII

**MAY 6
SUCCESSFUL MOVE: TIPS AND TRICKS
FROM NAVY SPOUSES**

**MAY 13
USING YOUR GTCC DURING YOUR PCS**

**MAY 20
SINGLE SAILORS/SINGLE PARENTS**

**MAY 27
HOW NAVY APPS CAN HELP YOU**



**MENTAL
HEALTH
AWARENESS MONTH**



Story by Ensign Brianna McLaughlin
Navy Region Hawaii Public Affairs

Health is wealth, especially when dealing with mental well-being. Growing up, kids are taught if they are hurt physically in any area, to seek help. The same should go for anyone's mental health.

Lt. Nicholas Grant, the embedded clinical psychologist for Naval Surface Group Middle Pacific, expressed his thoughts on mental health.

"Mental and physical health are interconnected. Mental health is a core component of overall health, and a holistic perspective is important in order to understand the relationship between these variables and allows individuals to deal with their cognitive, behavioral, and emotional well-being head on," said Grant.

When left untreated, mental health can have a negative toll on an individual's success, happiness, and safety. Therefore, the negative stigma around mental health must be fought by understanding, providing support, and educating members and families on the importance of asking for help.

Despite how it may seem, Mental Health Awareness Month is a celebration of mental health. The purpose is to raise awareness of struggles people are dealing with and to commemorate their recovery and progress. Mental health is essential for an overall productive and happy life. However, in the military, there is a large stigma against seeking assistance due to the fear of being treated or perceived differently.

"Military specific stigma of mental health has a lot to do with concern of change to one's duty status, including potential determination around fitness and suitability for duty, as well as how this might impact access to resources that comes with being on active duty. Folks may minimize symptoms due to these concerns. We must be thoughtful in the way we communicate around mental health and the importance of help seeking," said Grant.

Due to the stigmas surrounding the topic and the lack of knowledge of resources, only 38 to 45% of people showed interest in receiving

help, according to BMC Public Health.

Not only has the COVID-19 pandemic affected patient's physical health, but it has also played a role in their mental health. With the large increase in mental illness associated with the pandemic, society was forced to have those tough conversations about the negative implications of poor mental well-being. As a result, awareness has spread, and support has increased.

Mental health has a direct impact on a person's quality of life. If neglected, other aspects of one's life can deteriorate. To get the most out of life, one must take care of themselves on a deeper level. It would be a disservice to overlook the struggles preventing someone from performing at their full potential. Society's mindset is changing everyday as the outlook on mental illness is becoming more accepted.

"The more we can normalize mental health as a core component of holistic health and well-being, as well as change the way in which we talk about mental health, the more we will see societal change in the way mental health is viewed," emphasized Grant.

Check up on friends and family, and most importantly, give yourself the support you deserve.

For more advice, check out the following resources:
Psychological Health Center of Excellence
(<https://health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/>)

Military One Source:
(1-800-342-9647)

National Suicide Prevention Lifeline:
(1-800-273-8255)

Pearl Harbor Chaplain Services:
(808) 473-3971

Makalapa Medical Center:
(808) 473-1880

15th Medical Group:
(808) 448-6000

Tripler Army Medical Center:
(808) 683-2778

#greatlifehawaii

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

May 1 Lifeguard Hiring Day. 9a.m.–2p.m. at Hickam Family Pool. Open to the public, ages 16 and up. Become certified and get hired by us. Already certified? Get hired on the spot! Call 808-473-0394 for more info.

May 2–31 Youth Sports Summer Camp Registration. Rugby, Paddling, Basketball, Lacrosse, Hula, Volleyball, Wizarding Camp, Wacky Sports, Golf, Pickleball.

May 3 Smucker's Mission Breakfast. 7–10 a.m. at Ward Field. All uniform, non-uniform, active and retired service members and their families are invited to a FREE BREAKFAST CELEBRATION, plus live music, giveaways and more! Smucker's wants to serve those who serve our country.

May 5 Salsa Night at Kona Winds. Free Lessons from 7–10p.m. Celebrate Cinco de Mayo with dancing, beverage specials, chips & salsa! Call 808-473-1743 for more info.

#greatlifehawaii

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

MAY 6 FITNESS & WELLNESS FAIR
Sponsored by USAA.

10a.m.–2p.m. at JBPHH Fitness Center. Class demos, commercial vendors, personal training Q&A, giveaways and more! FREE admission. Call 808-471-2019 for more info.



FIRE TRUCK PULL CONTEST

11a.m. at JBPHH Fitness Center. FREE to enter. Open to military, DoD civilians and contractors. Enter your 6-person team at JBPHH Fitness Center. Call 808-471-2000 for more info.



May 8 Mother's Day Brunch. 10a.m.–2p.m. at Tradewinds. Treat MOM to a delicious buffet, featuring an omelet station, dessert bar and much more! \$54 per person. Reservations required, accepted until May 4. Call 808-449-7144 for reservations and more info.

May 11 Lupe Fiasco in Concert, presented by Armed Forces Entertainment. 7p.m. at Paradise Lounge in Kona Winds Complex. FREE admission, open to 18 and older. Meet & Greet following performance.

May 21 Craft Fair, 9a.m., every third Sat. of the month at Hickam Arts & Crafts Center. Featuring beautiful handmade arts and crafts. Call 808-448-9907 for more info.

Armed Forces Kids Run, 5–6:30p.m. at Earhart Track. FREE, open to ages 5 and up. Get your kids moving with this fun run. 5–6yrs run 0.5 mi., 7–8yrs run 1 mi., 9–13yrs run 2 mi. and 14yrs + run a 5K. Registration is required online at americakidsrun.org by May 13.

FREE Advance Screening of "Top Gun: Maverick", 7p.m. at Sharkey Theater. Active duty can accept up to four tickets. All others, up to two tickets. More details coming soon.

More to see on the other side! ▶



THIS MONTH'S EXTRA! PHOTO OF THE MONTH
National Photography Month

Thanks to modern technology, anyone can be a shutterbug. Throughout the month of May, we'll be posting photos on our social media. Want to share with our audience some of your memorable pics? Tag us @greatlifehawaii and #greatlifehawaii and we may highlight your photo on our page.



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.



Arts & Crafts

Summer Craft Camp
May 31 – June 3 | 10a.m.–12p.m.
There's no limit to the beauty a child can create when given some instruction and artistic freedom. Different projects presented each week.

Everything Food & Drink

Friday Rooftop Pau Hana at Wright Brothers Cafe & Grille
Fridays, 4–8p.m.
Enjoy drinks and a limited pau hana menu while watching the sun set at our open-air rooftop lounge.

DJ Bingo at Tradewinds
Saturdays, 7p.m.

DJ Trivia at Tradewinds
Tuesdays, 7p.m.
Think you know it all? Prove it at Trivia night!

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

Learn Stand Up Paddle Boarding
May 3 (registration open) | \$30/session
June 11 (9–10a.m.), June 26 (10:30–11:30a.m.)
Get your feet wet and discover stand up paddle boarding. Learn the basics in a stress free environment. Paddle boarding is a great way to work out and enjoy the ocean. Sign up and experience something new!

Moonlight Paddle at Hickam Harbor
May 3 (registration open)
\$40/session | June 14 (8–10a.m.)

Melt the day to day stress with an evening paddle. As the moon lights our way across the water, enjoy the company of the group, the stillness of the water and let our guides lead the way. All gear included. Paddling experience required; some physical exertion necessary. Bring water and dry clothes to change into after the activity. **Subject to change due weather and ocean conditions. Safety is our biggest priority!

Makai Recreation Center

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

Adult Dance
Thursdays, 7–7:40p.m.
All levels. Coed. Treat your body and soul with forms, conditioning, flexibility grace of Ballet, Contemporary, Jazz, Hip Hop moves. Character, choreography and lots of fun with great positive high energy.

MFSC

Spring refresh – out with the old and in with the new! Learn a new life skill with 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.



STAY CONNECTED AND FOLLOW US ONLINE!

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PHOTO HIGHLIGHTS



Students attending the Non-commissioned Officer Academy (NCOA) at the Binnicker Professional Military Education Center begin a school run at Joint Base Pearl Harbor-Hickam, April 14. The NCOA is the second level of Enlisted Professional Military Education and prepares Technical Sergeants to manage and lead units.

(Photo by 1st Lt. Benjamin Aronson)

The Joint Diversity Committee hosted a candlelight ceremony in honor of Holocaust Remembrance Day at the Aloha Jewish Chapel, April 28. Six ceremonial candles were lit during the ceremony in honor of 6 million Jews who perished.

(Photo by Ensign Brianna McLaughlin)

Royal Australian Air Force Corporal Grant Vaughan, No. 36 Squadron loadmaster, helps conduct a pre-flight inspection for the crew of a C-17 Globemaster III before taking off for the first training mission of Exercise Global Dexterity 2022 at Joint Base Pearl Harbor-Hickam, May 3.

(Photo by 1st Lt. Benjamin Aronson)

U.S. Army Spc. Austin Reeder, 520th Military Police Detachment military working dog handler, and Nora, 520th MWD, showcase their abilities against Spc. Christian Peterson during Pacific Defender 22-2 at Schofield Barracks, April 22.

(Photo by Jason Treffry)

Service members, civilians and family members attend a free Mission: Breakfast event at Ward Field on Joint Base Pearl Harbor-Hickam, May 3, in celebration of Military Appreciation Month.

(Photo by Ensign Brianna McLaughlin)

Vice Adm. John B. Mustin, chief of Navy Reserve and commander, Navy Reserve Force, salutes during morning colors alongside leadership during his first visit to Navy Reserve Center, Pearl Harbor, April 9.

(Photo by MC1 Ernesto Bonilla)

Sailors and civilians sign a pair of jeans in observance of Denim Day, April 27. Naval Supply (NAVSUP) Systems Command Fleet Logistics Center Pearl Harbor annually observes Denim Day with the rest of the NAVSUP enterprise as one of the ways to encourage personnel to have conversations about issues surrounding sexual assault prevention and response.

(Photo by Daniel Mayberry)





Honoring all who have served

MEMORIAL DAY 2022

