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Navy birthday highlights 'Tough, Bold, Ready' Sailors

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"Navigator" ullet For the Navy and Air Force Team in Hawaiiullet

October 7, 2016

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

Volume 7 Issue 39

JBPHH celebrates six years of partnership

Story and photo by

Joint Base Pearl Harbor-Hickam Public Affairs

Air Force and Navy leaders of Joint Base Pearl Harbor-Hickam (JBPHH) gathered for a cake-cutting ceremony at the Silver Dolphin Bistro to celebrate the sixth-year anniversary of JBPHH, Oct. 3.

The event highlighted six years of joint basing, which was a result of the 2005 Base Closure and Realignment Commission's decision to combine former Hickam Air Force Base and Naval Station Pearl Har-

Event goers were treated to a special menu at the Silver Dolphin Bistro, which included steak, chicken and vegetables for \$5.55. Although many patrons enjoyed the low-cost meals, many saved room to partake in the cake, which was showcased at the center of the room.

Rear Adm. John Fuller, commander, Navy Region Ha waii and

Naval Surface Group, Middle increase. It is amazing to be Staff Sgt. Christopher Stoltz Pacific, and 15th Wing commander Col. Kevin Gordon de- men and women--it makes livered remarks about what the job that much easier." Joint Base has achieved in the

> 'In six-short years we have accomplished quite a lot," Gordon said. "Although there have been some minor communication hiccups along the way, I have seen our capabilities and our capac-

last six years.

surrounded by such talented

speech, Fuller joined other Navy and Air Force leaders for a cake-cutting ceremony.

After the cake cutting, Fuller said while Joint Base Pearl Harbor-Hickam has accomplished so much in a short amount of time, the best things are yet to come.

"I would like to say this is Joint Base 3.0,' Fuller said. "We have accomplished many things together in the short time we have been

a Joint Base, but I feel we are just starting to hit our stride. We have so many talented individuals and it shows with what we have been able to achieve to-

(Center) Rear Adm. John Fuller, commander, Navy Region Hawaii and Naval Surface Group, Middle Pacific, leads a ceremonial cake cutting along with (left to right) 647th Air Base **Group Command Chief Master** Sgt. Michael Andrews, JBPHH chief staff officer Cmdr. Thomas Gorey, 15th Wing commander

Col. Kevin Gordon, JBPHH Command Master Chief Allen Keller and 15th Wing Command Chief Master Sgt. Jerry L. Williams Jr. during the JBPHH six-year anniversary event, held Oct. 3 at Silver Dolphin Bistro.



'Rock The Troops' to perform at Joint Base Pearl Harbor-Hickam Oct. 22

Joint Base Pearl Harbor-**Hickam Public Affairs**

Nations (ASEAN) conference Sept. 30 in Kapolei.

Rock The Troops, a music and entertainment event, will be held at Joint Base Pearl Harbor-Hickam on Saturday, Oct. 22 at 5:30 p.m. at the Hickam flight line. Gates will open at 3 p.m. Actor Dwayne Johnson will host the event, which will feature performances by stars in music, film and comedy. Rock The Troops will be filmed by Spike TV and air on Spike at a later date.

The event is free and open to military and DoD ID cardholders (military, family members, DoD civilians, and retirees). Sponsored guests of DoD ID cardholders are authorized with a valid special event pass (see instructions below). There are no age restrictions, but expect a PG-13 show. Food

be issued for the event, but entry restrictions apply. Base access for spon-

sored guests: Sponsored guests of DoD ID cardholders must have a valid "Rock The Troops" special event pass to be shown at the gate for base access. From now until Oct. 20, sponsors can submit the request for "Rock The Troops" special event passes by completing a required form. Visit the "Rock The Troops" link at www. greatlifehawaii.com and follow the instructions for completion.

Event passes may also be processed at the Nimitz Pass and ID Office (Bldg. 3455) located outside Nimitz place. The follow-Gate. Office hours are Monday to Friday from 7:30 a.m. apply: NO to 3:30 p.m. To avoid long coolers, lines on the day of the event,

for purchase. No tickets will event form and submit electronically by Oct. 20.

Entry: Drivers may enter through any of the gates to the main base at Joint Base Pearl Harbor-Hickam-O'Malley, Nimitz, Makalapa and Kuntz Gates. All guests in the vehicle must have a valid military or DoD ID card or a "Rock The Troops" special event pass to gain entry on base. Vehicles will be turned around if all occupants do not have valid credentials or passes to enter. No pedestrian or bicycle entry is allowed through O'Malley Gate. Security:

Strict security measures will be in ing restrictions

and drinks will be available please fill out the special outside food and beverages, instructions, visit www. glass bottles, audio/visual recording devices other than a cell phone, backpacks, camera bags, or bags larger than a clutch. Small purses, mats, small lawn chairs and cell phones are allowed. All items carried in are subject to search. As a courtesy to others, please bring only essential items. For more information

and other

security

greatlifehawaii.com.



October marks the month of cooler temperatures, nighttime rainfall and the anticipation of the holiday season in Hawaii. This month, Joint Base Pearl Harbor-Hickam celebrates its sixth year anniversary as a combined Navy and Air Force base, which merged on Oct. 1, 2010, as part of the Base Realignment and Closure Commission Law of 2005. (This edition's top

Throughout October, our

stories will feature topics relating to the different themes observed this month. Some of the themes include Energy Action Month, National Disability Employment Month, National Cybersecurity Month, National Breast Cancer Awareness Month, Bullying Prevention Month, National Domestic Violence Month and Flu Season, to name a few.

birthday on Oct. 13 when Prevention.

birthday balls are an annual tradition. This year's theme is "America's Sailor. For 241 Years: Tough, Bold and Ready." (See page A-6 to read the full story) With the importance of safety and security, we also continue to provide ongoing VEST (Vigilance, Engagement, Speed, Together) articles throughout the year. In this edition, you will find VEST related In addition, the Navy stories on Cybersecurity, will celebrate its 241st Bullying and Sexual Assault

Some events to look forward to this month include the Energy Fair on Oct. 11, Top Chef Competition on Oct. 13, Pink Day Fun Run on Oct. 14, Pearl Harbor Bike Path cleanup on Oct. 15, Rock the Troops on Oct. 22 and the Hawaii Women's Joint Leadership Symposium on Oct. 24 to 25. (Details can be found in the Life and Leisure section). For Morale, Welfare and Recreation (MWR) events, visit www.greatlifehawaii.com.

Sri Lanka navy assists USS Hopper with MEDEVAC

Commander, Task Force 70 Public Affairs

WATERS OFF THE COAST OF SRI LANKA-Guided-missile destroyer USS Hopper (DDG 70) was assisted by the Sri Lanka navy in an emergency medical evacuation (MEDEVAC) Sept. 30 to help a Sailor in need of medical attention.

At approximately 9 p.m., Sept. 29, Hopper notified Commander, De- Hopper to enter Sri

15 that a Sailor aboard required MEDEVAC.

Hopper, more than 165 miles from shore, didn't have an embarked helicopter aboard nor were they in close range to available U.S. air assets. Officials then called the Sri Lankan navy to assist.

Within hours of the initial report, Sri Lankan Defense Secretary Gotabaya Rajapaksa approved

stroyer Squadron (CDS) Lankan territorial waters to conduct the medical evacuation via small boat. The medical team provided continuous care for the patient while Hopper made best speed to get closer to Sri Lanka.

At approximately 7:30 a.m., two Sri Lanka navy dvoras, fast patrol boats, met Hopper three miles off the Sri Lankan coast to receive the patient in need of assistance. The Sailor was transferred to

the dvoras and taken to the mainland, where the patient is currently being treated by medical personnel at Asiri Central Hospital in Colombo. 'A heroic effort oc-

curred across many commands and governments, and it happened within 10 hours to save a Sailor's life," Cmdr. J.D. Gainey, commanding officer of Hopper, said. 'This controlled urgency with precise execution

was possible based on trust and interoperability, which has been established through previous exercises and exchanges with our partner. My thoughts and prayers are with our Sailor, and I want to extend a sincere 'thank you' to the Sri Lankans for the quick and professional response to aide a fellow mariner upon the seas."

Hopper is a multi-mis-

warfare, anti-submarine warfare and anti-surface warfare surface combatants capabilities; designed to operate independently or with a surface action group or strike

Homeported in Pearl Harbor, Hopper is currently underway in the Indo-Asia-Pacific region on an independent deployment, headed toward the 5th Fleet area of resion ship with anti-air sponsibility (AOR).

Exercise Toxic Pineapple tests Airmen's ability to survive and operate

Story and photo by Tech. Sgt. Terri Paden

15th Wing Public Affairs

Exercise Toxic Pineapple took place at Joint Base Pearl Harbor-Hickam (JBPHH), Sept.

Hosted by the 15th Operations Support Squadron (15th OSS) the exercise saw 28 aircrew flight equipment (AFE) Airmen from Pacific Air Forces, Air Combat Command, and the Air Force Reserve Command where they learned to set up and run an aircrew contamination control area in a simulated deployed environment.

The exercise was very successful," said Master Sgt. Josh Anderson, 15th OSS AFE Quality Assurance office superintendent. "The biggest test came on the first day when the Airmen had to show up at 8 a.m. and were given three hours to set up the line and run deployers through. Right out the gate they were able to successfully complete the mission-that's pretty impressive."

In addition to practicing the nine-step process for the aircrew contamination control area, the exercise also featured an academic portion that focused on teaching the Airmen the "do's and don'ts" of the process as well as lessons learned.

"The purpose of the process a chemical or biological agent; and to remove their flying equipment and flight suit off as quickly and safely as possible,'

Anderson said. Previously, Anderson said there were many ways to set up and run a decontamination line until recently when the aircrew



is to take an aircrew member An aircrew flight equipment Airman removes external protective equipment from an aircrew member who may have been exposed to during the aircrew contamination control area process as part of Exercise Toxic Pineapple at Joint Base Pearl Harbor-Hickam, Sept. 16.

contamination control area was made the standardized way to perform the process; and that's the ability Toxic Pineapple was

"There were so many ways to do this process, and that's what

makes the ability to come together as strangers and be able to pick it up right away which is

even more impressive," he said. Anderson said the exercise was important and necessary because properly setting up and a very methodical process. The

processing aircrew through the aircrew contamination control

area is serious business. "Processing the line correctly is a life or death situation so we take it very, very seriously. It's

tiniest breath of some of these agents is enough to kill someone," he said.

Tech. Sgt. Lindy Knight, 1st Special Operations Support Squadron, said the unique thing about the exercise was the ability to see the process from both sides—as a worker and as a simulated aircrew

"We got to familiarize ourselves with how to process aircrews from all the different airframes, as opposed to only being familiar with the airframe we work with daily at home," she said. "I think in the real world, a combat situation would already be stressful, but adding a contamination element to it would certainly add to that stress, so it helps to be familiar with the process and be ready for any scenario.'

Throughout the exercise, the students were faced with a variety of scenarios aimed to mimic potential real-life events, such as the lightweight inflatable decontamination system (lids), which is used as the infrastructure for the decontamination line deflating.

Knight said it was those scenarios that made the training more realistic and beneficial.

I absolutely got a lot out of this exercise," she said. "I think it made everyone a lot more comfortable and gave us a very thorough understanding of the process. Getting to see the process from both the aircrew perspective and as someone who's running the line also helped us identify communication issues

to look out for." Though this was the first time holding Toxic Pineapple at JBPHH, Anderson said he believes after its success, it will become an ongoing occurrence.

Submarine Force integrates enlisted women aboard submarines

have aboard submarines during a presentation at Lockwood Hall at Joint Base Pearl Harbor-Hickam, Sept. 29.

Petty Officer 1st Class Daniel Hinton

Commander, Submarine

Forces Pacific The Enlisted Women in Submarine Task Force hosted a recruitment and

conversion brief at Lockwood Hall at Joint Base Pearl Harbor-Hickam, Sept. 29.

The recruitment for this cycle of applicants comes on the heels of successful integration of female officers and senior enlisted Sailors aboard submarines that started

in 2010. In January 2013, Secretary of Defense Leon Panetta rescinded the 1994 Direct Combat Exclusion act, which restricted women from serving aboard submarines.



(NAVADMIN) message formally approved in De-Sailors interested in ap-726) submarine crews in 19/15 entitled, "Opening cember 2014 for federal Submarine Force Billets funding by Congress. to Enlisted Women," de-

This year, NAVADMIN tailed the enlisted women message 196/16 detailed tial enlisted integration Naval Administrative integration plan and was requirements for female of the USS Ohio (SSGN selection process will http://ow.ly/s3oS304TGdc.

plying.

Lt. Marquette Leveque, the Enlisted Women in Submarines Task Force coordinator, speaks to Sailors about the opportunities that enlisted women

This cycle of conversions will be for the ini-

Bangor, Washington in 2018.

Applications are due by April 1, 2017 and the

begin in May 2017.

For eligibility and more information on how to apply, see your command career counselor and visit

Commissaries announce holiday hours

In observance of the Columbus Day/Discoverer's Day holiday on Oct. 10 the Pearl Harbor Commissary hours of operation will be 9 a.m. to 5 p.m. The Hickam Commissary will be open

For more information, call Pearl Harbor Commissary at 471-8402, ext. 101 or the Hickam Commissary at 449-1363.

Temporary road closure to shut down Ford Island Bridge Oct. 12

All lanes of the Ford Island Bridge will be closed on Wednesday, Oct. 12 during non-commute hours: 9 to 11 a.m. and 1 to 3 p.m. for final testing operations in support of recent major repairs to the bridge's hydraulics systems. All motorists and pedestrians should plan accordingly.



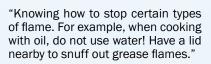
Oct. 9 to 15 is Fire Prevention Week. Share a tip to prevent house fires.



Seaman Tyler Campbell Naval Submarine Support Command

"Don't leave candles lit and unattended when you leave the

Tech. Sgt. Marina Gonzalez 15th Aerospace Medicine Squadron







Petty Officer 3rd Class Joshua Hauxhurst Navy Information Operations Command Hawaii

'Clean your stove and oven regularly."

Maj. Miriam Howard 48th Aerial Port Squadron

"Be mindful of open flames such as candles, and remember to blow them out before leaving or going to





Petty Officer 2nd Class Lisa Sperhake Construction Battlion Maintenance Unit 303

"Don't leave clothes and other flammables near heat sources."

Master Sgt. Jake Kearney 37th Intelligence Squadron

"Don't leave candles lit when you go to sleep or leave the home."





Petty Officer 2nd Class D.J. Thomasbey Naval Health Clinic Hawaii

"Keep your house clean and try to prevent excess clutter."

1st Lt. Jeremy McCarthy 613th Air and Space Operations

"Do not daisy chain extension cords together. Extension cords should always be plugged into a wall outlet."



Provided by Petty Officer 1st Class Corwin Colbert and David D. Underwood Jr.

Want to see your command featured in Diverse Views?

Got opinions to share? Drop us a line at editor@hookelenews.com

Correction to First MIDPAC tactical conference A1

A photo associated with the First MIDPAC tactical conference story, which was published on page A-1 of the Sept. 30 edition of Ho'okele, incorrectly published the wrong photo cutline. It should read: "Rear Adm. John Wade, the new commander of Naval Surface and Mine Warfighting Development Center, speaks to surface warfare officers during the Surface Navy Association West Coast Symposium at Naval Base San Diego, Aug. 11." We apologize for the error and any inconvenience this may have caused. Remembering 'honor, courage, ferocity' of the 100th

(Capt. Vinnie Johnson, com-manding officer of the Pacific Missile Range Facility Barking Sands, recently addressed the West Kauai Club 100 to honor the 100th Infantry Battalion. He extended a special welcome to Mr. Monty Nishie—"101 years young"—and offered his aloha to all World War II veterans. "These men are national treasures and truly the greatest generation.' These are his remarks, as presented.—Editor)

Capt. Vinnie Johnson

Commanding Officer, Pacific Missile Range Facility

When a Sailor reports to my command I always take a few minutes to welcome him or her and share a few thoughts. I remind them that because of the oath they have taken to serve their country that their loyalty will never be questioned, but rather always assumed.

Yet in the days following the attack on Pearl Harbor, the loyalty of these men was questioned. In fact on Jan. 5, 1942, all Japanese immigrants and Americans of Japanese Ancestry were labeled 4-C, enemy aliens, ineligible to serve.

Luckily, these Nisei (second generation) Japanese from Hawaii were eventually allowed to serve and formed the 100th Infantry Battalion. The Nisei soldiers grew up learning the American Ideals of justice, equality and democracy in school, while being taught the



Capt. Vinnie Johnson

Japanese value of giri or moral obligation at home.

It is lucky for us today that these brave men fought for the best version of America and not the America that was too often seen by them in the early days of World War II.

And they fought with honor, courage and ferocity.

The 100th landed in Italy and fought from the heights of Monte Cassino and the beaches of Anzio to the capture of Belvedere. They fought in France participating in the famed rescue of the Lost Battalion. They fought until the German surrender on May 2, 1945.

After Monte Cassino, General Mark Clark, Commander of the 5th Army, sent a telegram to his headquarters saying, "They have performed magnificently on the field of battle. I've never seen such fine soldiers. Send me all you got."

And it came at a cost. On the first day of combat, Sept. 29, 1943, Sgt. Joe Takata became

the first member of the 100th to be killed—and the first to receive the Distinguished Service Cross. Like Joe, many of these gallant

men would not come home. Three times in its first year of combat, the 100th was awarded the Presidential Unit Commendation for extraordinary acts of her-

oism against armed enemy forces. •3,147 soldiers in the 100th earned 4,340 individual awards,

•8 Medals of Honor,

•24 Distinguished Service

•147 Silver Stars,

•238 Bronze Stars for Valor, and

•1,703 Purple Hearts

While serving their country, they sought to absolve themselves from this false notion of disloyalty...and they did. During a parade and review

held in Washington DC following the war, President Harry Truman pinned the Presidential Unit Commendation on the 100th/442nd Regimental Combat Teams colors.

"You have not only fought the enemy," he said, "you have fought prejudice—and won." They did win, but if you watch the news. there is work to be done and the path is uncertain.

As Hawaiians, whether native or adopted like the members of the 100th, it is our kuleana, our responsibility, to continue their legacy to fight for justice, equality and democracy. In that, we honor the "Purple Heart Battalion," The "One-Puka-Puka," The 100th Infantry Battalion.

Protect yourself and those around you – Get a flu vaccine

Naval Health Clinic Hawaii

Vaccinations will be available to all TRICARE beneficiaries at the installation exchanges:

Oct. 14 and Oct. 15, 9 a.m.- 2 p.m., Pearl Harbor NEX Oct. 15, 9 a.m.-2 p.m., Schofield

Oct. 22, 9 a.m.-2 p.m., Hickam

The single best way to protect against the flu is to get vaccinated each year. Beginning Oct. 11, Oahu military medical treatment facilities will offer the flu vaccination to all eligible Department of Defense beneficiaries.

For more information on getting the flu shot, call the Hawaii Joint Services Flu Hotline (433-1FLU).

For more information about this year's flu season, visit http:// ow.ly/AVkr304VMh2



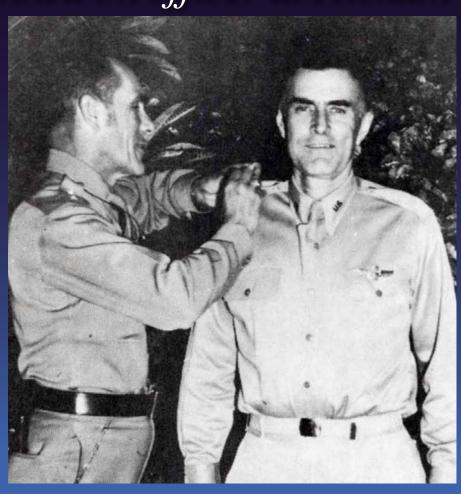
U.S. Navy photo by Petty Officer 2nd Class Katarzyna Kobiljak

Rear Adm. John Fuller, commander, Navy Region Hawaii and commander, Naval Surface Group, Middle Pacific, receives a flu shot administered by Petty Officer 2nd Class John Taan, assigned to the Naval Health Clinic Hawaii, during a Navy-wide flu vaccination season at Bloch Arena at Joint Base Pearl Harbor-Hickam, Oct. 5.

Stars pinned on officer at Hickam

Maj. Gen. Clarence A. Tinker, commanding general of 7th Air Force, pins stars of brigadier general on Col. William Farthing, commander of the 7th Air Force Base Command, at Hickam Field, on Oct. 1,

> Photo courtesy of the Hawaii Department of **Transportation**



MHO'OKELE

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hoosing not to be a bully

Brandon Bosworth

Assistant Editor, Ho'okele

October is Bullying Prevention Month. I dislike bullies. I always have. Interestingly, philosopher Alan Watts once wrote that what we dislike in others is often what we most fear in ourselves. So does that mean I fear my own potential to be a bully? Maybe. After all, I am taller than many people. I'm also a martial arts instructor. But if I do have an inner bully, I try to keep him well in check.

To illustrate, here are a couple of exam-

Years ago, I was watching a lion dance in Chinatown. It was the middle of the afternoon, and hundreds of people were there enjoying the festivities. As I was standing there watching, a middle-aged homeless man came up to me. Obviously drunk, he decided to try to strike up a conversation. He wasn't particularly coherent. I tried to gracefully extricate myself from the situation by smiling, shaking my head, and saying "je ne parle pas anglais" (French for "I don't speak English.") I walked away. He followed. I continued to be polite, and continued speaking in French.

The homeless man got irritated. He called me stuck-up and proceeded to kick my butt, literally. He did some sort of sad attempt at a roundhouse kick and kicked me in the rear.

When telling this story to other martial artists, someone inevitably asks, "What did you do? Did you fight back?"

No, I didn't "fight back." I again walked away. The homeless man apparently lost interest in me and wandered off.

Why didn't I "fight back"? Against what? At that point, I didn't feel legitimately threatened. If the homeless man escalated by doing something like drawing a weapon or really attacking me, I was prepared to act, but I saw no reason to respond to his inept kick with a counterattack. What would be gained by beating up a middle-aged, drunken homeless man? Doing so would have made me a bully.

Another incident happened right outside my house. It was early in the morning, right at the crack of dawn. I was sound asleep in my bed. I was rudely awakened by the sounds of a couple loudly arguing on the sidewalk in front of my house. I waited for them to leave. They didn't. I started to get angry. I threw on some clothes and went outside. I saw a chubby guy who looked a lot like comic Patton Oswalt berating his girlfriend. Something in me snapped.

"Hey!" I shouted. "Shut the hell up!" (Actually, I used a stronger word than "hell.")

The guy started walking to me, and I started walking towards him. We stopped just a couple of feet away from each other. He looked up at me (I was at least seven or eight inches taller) and started telling me I couldn't talk to him like that and how this was a public sidewalk and so on and so on. We started to go back and forth verbally, things getting more and more heated.

I could feel myself getting angrier, but then I paused a bit. I collected myself. Where was this going? What was I going to do? Does this guy really want to fight me? If so, he probably wouldn't come out ahead in the confrontation. I think his girlfriend knew this, as she looked worried.

So I deescalated the situation and backed down.

"I'm sorry for swearing at you," I said. "It's just early in the morning and you woke me up. This is a quiet neighborhood. Please keep it down.'

Satisfied, and with his pride in tact, faux Oswalt and his girlfriend walked off. Quietly, I should add.

My apology wasn't merely an attempt to calm things down. I was truly sorry I yelled and swore at this man, despite how irritating he was. I was wrong. I should have approached him calmly and reasonably, if at all. By yelling and swearing at someone smaller and weaker than myself, I was being a bully. It would have been even worse if things had gotten physical. I started off angry at a stranger, and ended up angry at myself.

I keep stories like this in the back of my mind to keep me on the right track in life. My mother raised me to be a gentleman, both in the tradtional sense and in the sense of being a "gentle man." And being gentle means not being a bully.



U.S. Air Force Senior Airman Ryan Buffett, command post controller, with the Hawaii Air National Guard's 154th Wing, and Green Dot coordinator, trains members of the HIANG on the Green Dot program at Joint Base Pearl Harbor-Hickam, Sept. 23.

Green Dot aims to eliminate violence

Story and photo by **Airman 1st Class** Stan Pak

154th Wing Public **Affairs**

The Hawaii Air National Guard strengthens anti-violence education with the Green Dot training.

The Green Dot program is a new training regimen that is being integrated into the total Air Force. The initiative aims to give people the power to demonstrate their individual commitment to ending violence.

Green Dot is a violence prevention and awareness program focusing on a bystander approach," Senior Airman Ryan Buffett, 154th Wing command post controller and Green Dot coordinator. said. "It focuses on combating all violence, not just limiting itself to one form.'

Green Dot is replacing the Sexual Assault Prevention and Response (SAPR) program

been looking for a violence prevention program to replace SAPR, as it was not getting the results that the Department of Defense wanted," Buffett said. "Green Dot statistically has the best results so the Air Force decided to adopt this program for the next five years. In short, Green Dot is Air Force wide and we are the only branch out of all the military components using it.

One of the things the training started out with was talking about barriers, which prevents Green Dot suc-

"The program allows people to acknowledge barriers within their personalities that would prevent them from intervening or helping someone who is about to or has suffered from violence," Buffett said. "Once people have acknowledged their barrier, we then teach techniques to get around those barriers

"The Air Force has Green Dot is that just raising awareness of violence is not enough and that only a cultural change sparked by many will be the catalyst required to stop violence.

"Aside from violence, social media is the biggest culture we have and we saw how it could change...simply taking two minutes or less to put in an email and password," Buffett said. We can take that same approach to combating violence if everybody does one small thing."

With the Green Dot program in effect, the Air Force hopes to lower violence by 50 percent over the next five years. The goal is to have all active-duty, Guard, and Reserve Airmen trained in Green Dot by Dec. 31, 2016.

"I believe in the program and believe that we can change the culture," Buffett said. "Remember, 'No one has to do everything... everyone must do something.' As long as everyone does their part, we

EST 2.0 and make a difference." in the Air Force. The idea behind can win.' VEST 2.0 **VEST 2.0 ST 2.0**



(Above) Sailors take down the flag aboard the USS Missouri during an official dinner attended by Secretary of Defense Ash Carter and ministers of the Association of Southeast Asian Nations (ASEAN) conference at Joint Base Pearl Harbor-Hickam, Sept. 30.

DoD photo by U.S. Air Force Tech. Sgt. Brigitte N. Brantley

(Left) Chief Petty Officer Ben Clark gives training on a primary air supply pack to Sailors during a damage control drill aboard USS Chafee (DDG 90) during a Surface Warfare Advanced Tactical Training (SWATT) exercise in the Southern California operating area, Sept. 29.

U.S. Navy photo by Petty Officer 3rd Class William J. Blees

(Right) Members of the Defense POW/MIA Accounting Agency (DPAA) cover the disinterred casket of an unknown U.S. service member with the U.S. flag at the National Memorial Cemetery of the Pacific (Punchbowl), Oct. 3. The remains will be taken back to DPAA's lab for analysis and hopeful identification as part of the agency's mission to provide the fullest possible accounting for missing personnel to their families and the nation.

U.S. Air Force photo by Staff Sgt. Matthew Bruch

(Below) World War II Seabee veteran Markus Kelly accepts a 75th Anniversary Pearl Harbor commemorative coin from Chief Scott Jones of Naval Facilities Hawaii Seabee Detachment during a special recognition ceremony at Joint Base Pearl Harbor-Hickam, Oct. 3. This marked Kelly's first visit since his travels through Pearl Harbor en route to the Island of Tinian, during WWII.

U.S. Navy photo by Traci B. Feibel





VEST 2.0 VEST VEST 2.0

AF launches yearlong 'Cyber Secure' campaign

Secretary of the Air Force Public Affairs

WASHINGTON -The Air Force message is clear—October may be National Cybersecurity Awareness Month, but with the continuous advancement of technology and evolving cyber threats, one month of cybersecurity awareness is no longer enough.

In a memorandum sent to Air Force personnel, Lt. Gen. William J. Bender, the Air Force's chief information officer, said he was establishing the Chief Information Security Office and beginning a yearlong Cyber Secure campaign in October to address cybersecurity throughout the service.

We must position cyber at the forefront of our thinking, planning, and operations," Bender said. "Cybersecurity depends on every Airman, regardless of rank or job description. Every time you log onto a system, click on a link, download a file, or plug one device into another, we risk exposing our systems to exploitation.

In other words, when it comes to cyberspace, everything is connected. plugs an unauthorized device into a network or circumvents a security control on a maintenance loader needs to understand that he or she is creating vulnerabilities for our enemies to exploit," Bender said.

Maj. Gen. Cedric D. George, the Air Force deputy chief of staff for logistics, said it's important to emphasize at every echelon of command that data and information are primary reasons we must take cybersecurity seriously.

"Data remains a strategic, operational and tactical asset," George said. "It's as important to logisticians as fuel. No Jet Propellant 8, no airpower; no secure and synthesized log data, no airpower—period. We need every Airman to understand that cybersecurity awareness and the mission systems we connect to are inextricably linked, and we must be cyber secure.'

Air Force leadership also emphasized that the cyber domain is much more than the internet.

"While the internet is part of cyberspace, it is not all of cyberspace," Bender said. "Any computer system capable of communicating with

"Every Airman who other computer systems in some way is part of cyberspace. A desktop computer, an avionics computer on an aircraft, a smart phone, an industrial controller, and the processors on a modern car are all part of cyberspace, although only some of them are routinely connected to the internet. Most modern military equipment -from a humble truck to a B-2 (Raider) bomber —has some form of processor and is thus reliant upon and a part of cyberspace.'

Bender called on Airmen across the total force to start considering cybersecurity as part of their normal routine in the same way they're accustomed to thinking about physical safety.

"It is not just the cyberspace warriors who need to adapt; operators and support personnel who focus on the physical domains also need to practice operating effectively in an environment of constant change where not everything works as expected," he said. "Everyone in the total force must learn to think of cyberspace as a war-fighting domain. Mission assurance is not something created by technical experts

Navy birthday highlights 'Tough, Bold, Ready' Sailors

Don Robbins

Editor, Ho'okele

The U.S. Navy will celebrate its 241st birthday and heritage week with events from Oct. 13 to 15.

The Pacific Missile Range Facility Navy Birthday Ball will begin at 5 p.m. Oct. 14 at the Grand Hyatt in Poipu, Kauai. The 2016 Hawaii Navy Birthday Ball will begin at 5:30 p.m.

Oct. 15 at the Sheraton Waikiki. Adm. Scott H. Swift, commander U.S. Pacific Fleet, is scheduled to be the guest speaker at the two events. In addition, a Navy Region Hawaii birthday event sponsored by CPO-365 is also being planned.

The theme for the U.S. Navy's 241st birthday is "America's Sailor. For 241 Years: Tough, Bold and Ready." The theme reflects upon the core characteristics that have defined the Navy since its inception, highlighting that Sailors have always been and will continue to be Tough, Bold and Ready. The Navy's official birthday on Oct. 13, 2016 presents an opportunity to tell the Navy's story, strengthen its connection to the public and highlight its role in the nation's history and security.

According to the Naval History and Heritage Command (NHHC), the spirit of toughness "infused Gunner's Mate Paul Carr of USS Samuel B. Roberts, who fired 324 five-inch rounds at the battle of Leyte Gulf before being pulled mortally wounded from his mount ... clutching the last unfired round from the magazine in his arms. It is also the spirit that drove a young Lt. j. g. John F. Kennedy to swim 3.5 miles to a deserted island while clinging to a severely burned shipmate after his PT boat was rammed by an enemy destroyer."

NHHC said John Paul Jones framed the concept of boldness with these words: "I wish to have no connection with any ship that does not sail fast, for I intend to go in

In addition, NHHC emphasized that the readiness of the American Sailor as an individual has continually inspired the Sailor to fight in defense of the nation. They include examples from Petty Officer

Dorie Miller m anning the .50 caliber gun on the burning decks of USS West Virginia at Pearl Harbor to Lt. Mike Murphy making the ultimate sacrifice in the mountains of Afghanistan.

The United States Navy traces its origins to the Continental Navy, which

the Continental Congress established on Oct. 13, 1775, by authorizing the procurement, fitting out, manning, and dispatch of two armed vessels to cruise in search of munitions ships supplying the British Army in America. The legislation also established a Naval Committee to supervise the work. All together, the Continental Navy numbered some 50 ships over the course of the war, with approximately 20 warships active at its maximum strength.

After the American War for Independence, Congress sold the surviving ships of the Continental Navy and released the seamen and officers. The Constitution of the United States, ratified in 1789, empowered Congress "to provide and maintain a navy." Acting on this authority, Congress ordered the construction and manning of six frigates in 1794, and the War Department administered naval affairs from that year until Congress established the Department of the Navy on April 30, 1798.

In 1972 Chief of Naval Operations (CNO) Adm. Elmo R. Zumwalt authorized recognition of Oct. 13 as the Navy's birthday. The Navy birthday is intended as an internal activity for members of the active forces and reserves, as well as retirees and family members. Since 1972 each CNO has encouraged a Navy-wide celebration of this occasion "to enhance a greater appreciation of our Navy heritage, and to provide a positive influence toward pride and professionalism in the naval service."

NHHC has created a website for all things Navy birthday. The latest information can be found at www.history.navy.mil/

Navy announces enlisted rating modernization plan

Chief of Naval Personnel Public Affairs

WASHINGTON-Following the completion of its review earlier this year, the Navy announced Sept. 29, it will modernize all rating titles for Sailors with the establishment of a new classification system that will move towards occupational specialty codes similar to how the other services categorize skill

"In modernizing our our Sailors increased opportunities within the level of flexibility in training and detailing, but also increasing their opportunities when they transition out of the service. In aligning the descriptions of the work our Sailors do with their counterparts in the civilian world, we understand that this more closely reflect the represents a significant nation we protect while also making it easier for Navy and will take time

credentials they'll need to be successful in the private sector," Secretary of the Navy Ray Mabus

Chief of Personnel Vice Adm. Robert Burke emphasized, "We believe that opening enlisted career paths will enhance our ability to optimize talent in our enlisted workforce. This change is the first step of a multiphased approach to help us do just that."

Petty Officer of the Navy we are not only giving Michael Stevens led the ond class petty officer, tions to enable the Navy and expertise and will training and professional for the Secretary of the Navy, such as a higher Navy on behalf of Chief of Naval Operations, Adm. John Richardson.

"We are all Sailors and changing our rating titles does not affect that.' current Master Chief Petty Officer of the Navy Steven S. Giordano said.

"While we certainly cultural shift for the

our Sailors to obtain the to become fully adapted not change: an E-7 will nized and valued within flexibility to move bethroughout the Fleet, this is about giving Sailors more choice and flexibility and ultimately providing the Navy opportunities to get the right Sailors with the right training and experience in the right bil-

> Giordano described how this change will work.

"Sailors would no longer be called, 'yeoman stead they will be ever, Sailors' rates will and certifications recog-fields that will enable it to billets.

remain a Chief Petty Officer and an E-3 will remain a seaman. Additionally, there will no longer be a distinction between 'airman, fireman and seaman.'

This change will also allow the Navy to more accurately identify Sailors' skills by creating "Navy Occupational Specialty" (NOS) codes that allow greater assignment flexibility for Sailors similar civilian occupathe civilian workforce.

For example, a petty officer who used to be identified as a corpsman will now have a NOS matched as a medical technician. Medical technician better reflects the work and responsibilities of someone in that position and is better aligned with the civilian medical profession.

Sailors will be able to hold more than one s do just that." second class' or YN2, for throughout their career NOS, which will give ization plan will provide Former Master Chief example," he said. "In- and will be matched with them a broader range of the ability to much more professional experience review earlier this year or 'petty officer.' How- to identify credentials be grouped under career development and match

tween occupational specialties within the fields.

As the Navy transforms its training to a mobile, modular and more frequent system called Ready Relevant Learning, combined with recent creation of the Billet-Based Distribution system that provides a more comprehensive picture of billet requirements fleetwide, this enlisted rating modern-NOS, which will give ization plan will provide closely track a Sailor

USS Fort Worth departs Pearl Harbor, journeys home to San Diego

Ensign Judstra

USS Fort Worth Public Affairs

USS Fort Worth (LCS 3) departed Joint Base Pearl Harbor-Hickam Sept. 30, following a port call which included participation in the Association of Southeast Asian Nations (ASEAN) Defense Informal, hosted by Secretary of Defense

Ash Carter. While moored in Pearl Harbor, Fort Worth participated in a live helicopter visit, board, search, and seizure (VBSS) demonstration with Helicopter Maritime Strike Squadron (HSM) 37, Helicopter Sea Combat Squadron (HSC) 21, and a U.S. Coast Guard Maritime Safety and Security Team. The demonstration included two VBSS teams fast roping onto Fort Worth's flight deck as a presentation to allies from Southeast Asia in efforts to enhance multilateral partnerships throughout the re-

"Being afforded the opportunity to participate in the Secretary of Defense's ASEAN conference has been a very positive experience for us," Cmdr. Michael Brasseur, Fort Worth's commanding officer, said. "The teams we worked with were very impressive. I'm glad our Sailors were able to be a part of this demonstration of some our Navy's and USCG's top end capabilities."

The ASEAN confer- form for strengthening



DoD photo by U.S. Air Force Tech. Sgt. Brigitte N. Brantley Secretary of Defense Ash Carter and ministers of the ASEAN conference watch a helicopter search and seizure demonstration Sept. 30 at Pearl Harbor.

ence is a multi-day gath- relationships throughout visit was also a big moering between leaders of nations in the Southeast the Southeast Asian na-Asia region.

tions. It provides a forum Aside from enabling Fort Worth to receive to discuss ongoing relationships surrounding valuable parts and humanitarian and disasstores, the port call to ter relief capabilities, re-Pearl Harbor marked a gional security interests, significant milestone in and is an overall platthe ship's story.

"The Pearl Harbor

ment in the life of our warship," Brasseur said. "This is Fort Worth's first time back in the United States in nearly two years. We look forward to completing the final leg of our 8,500 nautical mile journey home from Singapore to San Diego."

Fort Worth is currently en route to its San Diego homeport, following a scheduled deployment to U.S. 7th Fleet in support of the Indo-Asia-Pacific rebalance. Fort Worth's deployment is part of an initiative to deploy up to four littoral combat ships to the region on a rota-

tional basis. Fort Worth operated out of Singapore as a maintenance and logistics hub from which the ship conducted patrols and trained with regional navies during exercises and real-world events, including the search for AirAsia Flight QZ8501.

Military recognition ceremony planned for college graduates

for college graduates, presented by Joint Base Pearl Harbor-Hickam, will begin at 9 a.m. Nov. 4 at the Historic Hickam Officers Club lanai.

The event will honor Joint Base service members who earned or will earn an associate, bachelor, master or doctorate degree between September 2015 and December 2016.

Families and friends are invited to attend. Graduates' attire should be service dress uniform.

To participate, email Kenneth-.p.bohan@navy.mil or Charles.mansfield@navy.mil or call 473-0686, or college or university.

A military recognition ceremony Robert.redmond.1@us.af.mil or call 448-2705 no later than Oct. 21 and provide the following information:

- Full name
- Rate/rank Current command
- Contact phone number
- Email address
- · Name of college or university awarding degree or certificate
- Complete title of degree or cer-
- Proof of degree completion (college transcript or diploma)



Any honors received from the



MHO'OKELE SPORTS



Seaman Devon Spohn splits the defense to haul in a pass for a PAT conversion.

Preble pounces on Asheville for second straight win

Story and photo by Randy Dela Cruz

Sports Editor, Hoʻokele

Only two weeks have gone by in the 2016 intramural flag football league, but already the USS Preble (DDG 88) Panthers are creating a buzz in the Afloat Division.

Going up against USS Asheville (SSN 758) on Oct. 1, Preble scored early and often in coming away with a 35-6 mercy-rule win at Joint Base Pearl Harbor-Hickam's Ward Field.

Preble heads into next weekend's games undefeated with a record of 2-0, while Asheville, who appears to be in a rebuilding year, dropped to 0-2.

Our team is loaded with con-

and our defense by our offense," said Preble signal caller Petty Officer 1st Class Mychal Johnson. "We really feed off of each other."

Johnson had the golden touch against Asheville as he led the offense to touchdowns every time the team got possession of the football.

After taking a quick 7-0 lead to open the game, Johnson led his team to touchdown number two to Petty Officer 3rd Class Dilan Brune, who hauled in a 10-yard pass in the corner of the end zone for six.

Like they did the first time and would do every time they scored, Preble converted their point after touchdown (PAT) to take a 14-0 advantage.

tion of their own, when Petty Officer 3rd Class Ross Kreisle picked off a pass deep in Asheville territory.

Starting from the Asheville 26-yard line, Johnson needed only four plays to hit pay dirt.

Once again, Johnson found Brune in the end zone for the duo's second scoring hookup of the game.

Another PAT and Preble sat in the drivers seat with a 21-0 advantage that the team took into halftime.

Up by three scores to start off the second half, Preble had built up enough of a cushion to take a few gambles here and that was capped off by a 10there.

After their first drive out of intermission seemed to stall With the offense doing most just short of a first down, fidence, so we're able to hype of the work up until now, the Preble, facing a fourth-andup our offense by our defense team's defense got in some ac- two at their own 38 decided

to roll the dice.

Johnson dropped back and connected on a 42-yard, catchand-run all the way to the house for a commanding 28-0 lead after the PAT was good.

Asheville finally got on the scoreboard on a long bomb that traveled for 65 yards and a touchdown to receiver Petty Officer 1st Class Durell Jacobs to make it 28-6 still in favor of Preble.

However, with one more possession remaining in the game for Preble, Johnson negated the TD by Jacobs, as he led the team 65 yards on only five plays yard scoring toss into the arms of Seaman Quentin Brittiane for the final touchdown of the

ur offense can run efficiently afraid of anyone.

and that everybody knows which job is his," Johnson said. The wide-outs know their jobs because we practice so much. I'd say that it's the wide-outs that are making plays for me. I got the easy job, I just got to throw it."

With Preble off to such a good start, Johnson said that the only way for their team to stay hot is to continue their threetimes-a-week practice sessions.

Practices are mandatory, Johnson said, as he explained that if you don't show up for practice, you don't get to play.

While it may seem a little strict, Johnson pointed out all of that discipline should pay off in the end.

"We're definitely going to win it all," Johnson said. "We've "It's a comfort to know that watched everyone and we're not

Custom adventures through the Outdoor Adventure Center



Justin Hirai

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

The Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation Outdoor Adventure Center (OAC) offers patrons the chance to create custom adventures with the help of the center's experienced staff.

There are six activities available: stand-up paddleboarding, mountain biking, snorkeling, kayaking, surfing and hiking. The OAC staff will help patrons select the best locations to enjoy their outdoor pursuits.

Custom adventures are available Monday through Friday and start at \$15 per person. There is a minimum requirement of six people needed

per trip, with a maximum of 10 people. Registration is required at least one week prior to the activity date. All trips include round-trip transportation from the Outdoor Adventure Center. Basic gear is included; for example, the kayaks, paddles and life vests are included for a kayaking excursion.

"The big benefit of going on a customer adventure is getting the expert field advice from our staff, which makes going out much safer,", said Russell Jaffey, OAC program manager. "Don't forget our prices are very good when compared to commercial outfitters.'

For more information or to set up a trip, call the OAC at 473-1198. The Outdoor Adventure Center is located adjacent to the NEX Fleet Store on the Pearl Harbor side of JBPHH.



Custom trips arranged through the Outdoor Adventure Center (OAC) staff include gear, guides and transportation.

Fleet and Family Readiness marketing photos by Theresa Valadez

Story and photo by Randy Dela Cruz

Sports Editor, Hoʻokele

With only three games in the books, Defense POW/MIA Accounting Agency (DPAA) is making a strong case for being a legitimate contender in the intramural flag football Gold Division.

Armed with a shutdown defensive backfield, coupled with a veteran and athletic signal caller, DPAA continued to turn doubters into believers after earning a decisive 20-0 victory over Bellows.

Out of 13 teams in the Gold, DPAA continues their climb to perfection, as the club is now only one of three teams to hold a 3-0 record.

"We need everybody to come," said Spc. Gary Reed about what the team needs to keep the streak going. "We can't have weeks where we're missing six or seven people. As long as we've got the numbers, we can swap people in and out. Everybody on our team can ball, so as long as we've got everybody here, we should be good."

Reed, along with fellow corner Pfc. Trayvon Martin, anchored DPAA's airtight secondary and started the team's party by picking off a pass during Bellows' first offensive series.

The interception handed the ball to DPAA starting at their own 30yard line.

Veteran quarterback retired Rick June maneuvered his team deep into Bellows territory, before sweeping it into the left side of the end



away for a 6-0 lead.

The team tacked on another point on the after-touchdown conversion to make it 7-0 with lots of time on the clock before halftime.

Bellows got the ball back starting at their own 15, but two plays later, the team's offense stalled once again as Martin got his first of two picks for the

Given another opportunity inside their own 30, June directed the team zone from eight yards to its second touchdown me."

much needed,

Jay said. "It

was a very

for us. It

set us up

to score

ther out our

of the game.

The score came on third and goal from the Bellows 10, when June faked a run to the left and came back with a toss to the middle into the arms of Reed, who made the catch in the end zone for six points.

"I was just looking for the open spot," Reed said about his touchdown catch. "If my quarterback is under pressure, I'm going to find the open field, go to it and hope he sees

Another conversion on a point after touchdown ception of the game and made it 14-0 going into halftime. The second half turned

into a total defensive

struggle for the first cou-

ple of series, but another turnover dashed any hopes of a comeback by Bellows. With only a few minutes left on the clock, Bellows penetrated into DPAA ter-

ritory and appeared to be moving in for their first

score of the game.

up with his second intergave June and company one final shot at the end the races.' While its always a Wasting no time, June

dropped back from the 16 and rifled a shot into the arms of Reed at midfield. Reed did a couple of spin moves to get away

from the crowd and then turned it down the right sideline for his second touchdown of the game.

"I remembered from the first half, that they (Bel-Instead, Martin came lows) didn't have much gressive."

speed," Reed said. "I'm really quick on my feet. One move and then it's off to

badge of honor to walk off the field with a shutout, Reed said that if you think you've seen the best that the team's defense has to offer, you haven't seen anything yet.

"We still missing one corner," Reed said. "So this isn't even our complete defense. It's expected of us always. We're ag-

Pound Town hammers HIANG for second win

Story and photo by Randy Dela Cruz

Sports Editor, Hoʻokele

Clinging to a six-point lead, 647th Security Forces Squadron (647 SFS) Pound Town defensive back Airman big play 1st Class Lorenzo Hawkins came up with a huge steal that changed the entire complexion of the intramural and furflag football Gold Division clash against Hawaii Air Na- lead and just tional Guard (HIANG) that was played on Oct. 4 at Joint Base Pearl Harbor-Hickam Ward Field.

Holding on to a 12-6 lead going into the second half, Hawkins swooped in and picked off a pass that placed the football in good field position at the HIANG 36-yard line.

The turnover breathed life into the Pound Town offense, as six plays later, quarterback Airman 1st Class David Jay completed a four-yard pass into the end zone to teammate Senior Airman Terrence Webb for a touchdown and comfortable 18-6 advantage.

The ensuing point after touchdown made it 19-6, but more importantly, handed Pound Town full control of the game.

The win raised Pound Town's record to a perfect 2-0, while the HIANG lost for the second time in three tries.

"I was just trying to make a play for my team," Hawkins said. "Before halftime, I messed up a little, so I had to get it back for my team."

Jay said that the pick by

Hawkins was huge and he gave us a little more cushion. was grateful to get a shot at That was an amazing play by the end zone from inside the Hawkins." HIANG territory.

At the time, the two touchdowns lead was the big-"It was very gest of the game, as both teams traded scores all throughout the first

On the opening drive, Jay directed the team 65 yards on eight plays to pick up the first touchdown of the Using a balanced of-

fense in which Jay

completed three ran the ball five times, the QB took it into the zone from one yard out on fourth down for a 6-0 lead. Not to be outdone, the

HIANG,

on their

first

possession moved the football from their own 15 down to the Pound Town 20.

Then on first and goal from the 20, Airman 1st Class James Hashimoto broke down the middle and made a nice grab inside the end zone for a 6-6 deadlock.

Now it was Pound Town's turn to answer and that's exactly what they did.

After moving the football down to the HIANG 30, Jay, instead of using his feet to score, used his arm instead to zip a spiral down the middle and into the arms of Airman passes and 1st Class Jailen Robertson to take a 12-6 lead going into halftime.

Shortly after intermission, Hawkins' pick led to Pound Town's third touchdown of the game, but the team wasn't quite done just yet.

With the clock quickly winding down, Jay switched to a hurry-up offense and made it pay off right away.

On first down at his own 29, Jay pitched a strike into the hands of Robertson, who got all the way down to the HIANG

two-yard line. Two plays later, Jay rushed for his sec-

ond

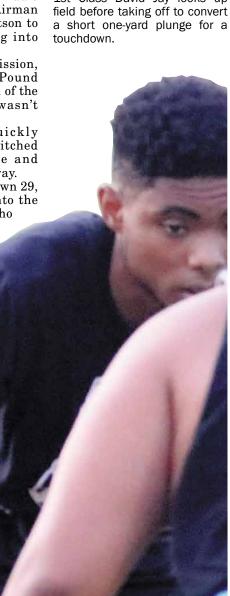
touchdown of the night to put the game away for good.

While the team looked outstanding for the second game in a row, Jay promised that there would be more to come.

"I do see our potential now, but there is more potential to grow," Jay said. "Our offense is amazing, our defense is amazing, we play both sides of the ball and we play hard. We just come out and get what needs to be done."

1st Class David Jay looks up touchdown.

Pound Town quarterback Airman





Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Super Garage Sale set for Oct. 8

- MWR Super Garage Sale will be held from 8 a.m. to noon Oct. 8 at Richardson Field. The event is open to the public with parking at Rainbow Bay Marina and overflow parking at Aloha Stadium for minimal cost. No pets are allowed at event or on the field. Admission is free for shoppers. For more information, call 473-0792.
- A healthy food and label reading clinic will be held from 9:30 to 10:30 a.m. Oct. 10 at the Aloha Aina Park (on the Hickam side of Joint Base Pearl Harbor-Hickam). This clinic will offer tips on easy, healthy food and label reading. There will be free gifts for all kids and adults. The event is open to ages 3 to 6 years old and 7 to 12 years old. The cost is \$5 per child. Participants can sign up at www. realwellnessco.com. For more information, call 471-2019.
- Discoverer's Day holiday bowling will be held from noon to 6 p.m. Oct. 10 at the bowling center on the Hickam side of the base. For more information, call 448-9959.
- Fall break Parkour camp will be held from Oct. 10 to 14 at the Hangar Skate Park. Registration is now available online through Oct. 9. The event is open to ages 12 to 17 years old. The cost is \$50. Limited space is available. For more information, call 473-0789.
- Fall craft camp will be held from 10 a.m. to noon Oct. 11 to 14 at the Joint Base Pearl Harbor-Hickam Arts & Crafts Center. The event is open to ages 7 and up. The cost is \$60. For more information, call 448-9907.
- Honolulu City Haunts Walking Ghost Tour with Liberty will be held Oct. 13. Shuttles will depart from the following Liberty Centers: Express 5:30 p.m., Beeman 6:30 p.m., Instant 6:15 p.m., Makai Rec 6 p.m. The cost is \$10. Participants walk through downtown Honolulu, where supernatural events are still happening today. The tour will take 2-2.5 hours. Participants can bring a jacket and a camera. Participants can meet the staff at Iolani Palace at 7:20 p.m. This event is open to single, active-duty military E1-E6. For more information, call 473-2583.
- Movie in the park will begin at 6:30 p.m. Oct. 14 at the Hickam Harbor Waterfront. Patrons can bring blankets and sit on the grass. This is a free event. For movie listings, visit Joint Base Pearl Harbor-Hickam Outdoor Recreation on Facebook or call 449-5215.
- Pink Day Fun Run will begin at 7 a.m. Oct. 14 at the Pearl Harbor NEX/DeCA parking lot. This is a two-mile run or walk. Patrons can register on the day of the event. The event is open to all active duty, family members, Department of Defense civilians, retirees, Reservists and sponsored guests. For more information, call 471-2280.

Club Pearl Complex closing for repair work

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Joint Base Pearl Harbor-Hickam's Club Pearl Complex, located next to Ward Field and across from Merry Point Landing, will be closing in late October for major utility repair. The closure is scheduled to last several months. Some water lines in the complex are due to be replaced and many of them lie directly under the building, meaning the flooring in several spots will need to be dug through.

Most of the operations within Club Pearl will be affected. The Country Bar, Brews & Cues, Instant Liberty and all Morale, Welfare and Recreation (MWR) programs will be closed. Taco Bell, Pizza Hut and the Honolulu City tration office will also close.

The self-serve laundry run by the Navy Exchange will continue to operate, as the water runs on separate

Facilities manager Debbie Steinly said plans are in place to accommodate customers of Brews & Cues.

"We are closing on Oct. 22, so the last day of operation is Friday, Oct. 21," Steinly said. "Then we start packing to move. We're looking to open at building 1557 on Nov. 1st."

Some may recognize the temporary location for Brews & Cues as the former site of Jagger's Café and Island Steaks. Access to the facility is located between the Club Pearl entrance and the road leading to Makalapa Gate.

Steinly said the temporary Brews & Cues should have many of the same features as the current version, including pool tables, satellite TV and free WiFi. She added there are also plans to have a live DJ on Friday and Saturday nights. Hours of operation are being discussed and will be announced by management soon

For some other occupants of the Club Pearl Complex, alternate locations are available. MWR's Liberty program offers Beeman Center near the submarine piers. The city and the base command are looking into another on-base location for the motor vehicle registration office. A separate announcement will be made if one is found.

No firm timetable has been announced, but with repair and cleanup plus operational improvements following the repair project, management anticipates Club Pearl reopening by summer of



Fleet and Family Readiness Marketing photo

Patrons practice with pros at the Mamala Bay Golf Course driving range on Patron Appreciation Day, Oct. 1.

Patron Appreciation Day offers free golf clinic

Helen Ko

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation's Mamala Bay Golf Course hosted a Patron Appreciation Day on Oct. 1 featuring a free golf clinic along with free food and prizes. All participants received a MWR golf towel and pouch for attending. Two junior golfers also received animal-themed golf headcovers.

Our golf courses offer free

golf clinics each month, but we wanted to make this extra special by offering a free food and prizes to our patrons," Todd Nicely, program director, said. "The intent was to introduce more people to the great game of golf and help those who already play, as well as to help people get started if they never have played or are basically beginners."

All the PGA members from JBPHH attended the event and participated in the one-on-one lessons. They included staff from all four MWR courses, including Nicely, David Chin, Simon Carpio,

Carl Kelly, Ron Kia'aina, George Hutchison, Robin Hashimoto, Don Wilburn and Charlie Neconie.

Antonioray Pieda attended the event to learn everything he can to improve his golf skills.

"I want to get better in my game, and with all the golf pros coming to one location, there's a lot of knowledge here so I want to be able to learn and lean off that knowledge," he said. "I'm looking to learn everything about golf today because I'm not very good".

If you're interested in attending a free golf clinic, visit www.greatlifehawaii.com.

Women's Joint Leadership Symposium to be held Oct. 24, 25

The 2016 Hawaii Women's Joint Leadership Symposium will be held at the Ford Island Conference Center from 7:30 a.m. to 3:30 p.m. on Oct. 24 and 25.

Purpose: Embracing the Future."

commander, Joint Region Marianas is the keynote speaker. The target audience is women and men serving in all pay The theme is "Leading with a grades and military services

Rear Adm. Bette Bolivar, lead women in their commands. Volunteers are also sought for

the event. For more information, email chanda.r.clifton@navy.mil or call 472-8881, ext. 325 or david.tayon Oahu. It is also for men who lor@navy.mil or 473-1781.

Express Scripts pharmacy network changing for TRICARE beneficiaries

Defense Health Agency

Express Scripts, Inc. (ESI) has announced upcoming changes to the retail pharmacy network it manages on behalf of TRICARE.

On Dec. 1, 2016, Walgreens pharmacy locations will join the network. CVS pharmacies, including those in Target stores, will leave the network on the same day.

The new network will have more than 57,000 locations nationwide, and is designed



to ensure TRICARE beneficiaries have timely access to retail pharmacies in their community.

ESI is the TRICARE pharmacy contractor, responsible for developing the pharmacy network. ESI reached a new

greens, which will replace CVS pharmacy in the TRICARE network.

This change is intended to provide better value and maintain convenient access for beneficiaries. The addition of Walgreens into the network means that 98 percent of TRICARE beneficiaries will still have a network pharmacy within 5 miles of their home. Find a network pharmacy

at ESI's website. If beneficiaries chose to fill a prescription at CVS after Dec.

network agreement with Wal- 1, it will be a non-network with no gap in their prescrippharmacy. This means they will have to pay the full cost of the medication upfront, and file for

partial reimbursement. ESI and TRICARE are working to notify all beneficiaries of this change, and ensure that people currently using CVS have time to switch to another network pharmacy. ESI is doing additional outreach to patients filling specialty drugs at CVS

pharmacies to ensure they

can move their prescription

tion coverage.

For more information on this change, contact David Whitrap at ESI at DWhitrap@ express-scripts.com or visit the ESI website at http://www.express-scripts.com/TRICARE.

Sign up for Military Health System e-mail updates at www.health.mil/subscriptions.

Connect with the Military Health System on Facebook and Twitter at www.facebook. com/MilitaryHealth and www. twitter.com/militaryhealth.

ENERGY TRAINING AND FAIR OCT. 11 − A training seminar for building energy monitors and an energy fair will be held with two sessions at 10 a.m. and 1 p.m. at the Ford Island Conference Center. The energy fair is open to everyone with base access. October is Energy Action Month. FMI: Amy Hanada at

471-3208 or email amy.hanada@navy.mil. **FEDERAL RESUME WRITING OCT. 11** — A class on federal resume writing and navigating USAJobs will be held from 8 to 11:30 a.m. at Military and Family Support Center Wahiawa. FMI: www.greatlifehawaii.com/family-support/

mfsc-class-schedule or call 474-1999.

CIVILIAN RESUME WRITING OCT. 11 — A civilian resume writing class will be held from 1 to 3 p.m. at Military and Family Support Center Wahiawa. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

STRESS MANAGEMENT OCT. 11 — A class on stress management will be held from 8 to 11 a.m. at Military and Family Support Center Pearl Harbor. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

ASIST TRAINING OCT. 11, 12 — Applied Suicide Intervention Skills Training (ASIST) will be held from 8 a.m. to 4 p.m. at Military and Family Support Center. FMI: www. greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

STARTING YOUR OWN BUSINESS

OCT. 12 — A seminar on starting your own business will be held from 8 to 10 a.m. at Military and Family Support Center Pearl Harbor. The seminar is sponsored by the Small Business Administration and the Business Action Center.

FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

COMMUNICATION SKILLS

OCT. 12, 19, 26 — A class on developing and sharpening communication skills will be held from 10 a.m. to noon at Military and Family Support Center Pearl Harbor. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

TOP CHEF OCT. 13 — A Top Chef competition and food show sponsored by Fleet Logistics Center Pearl Harbor will be held from 10 a.m. to 1 p.m. at Lockwood Hall lanai, building 662, Dealey Circle, Joint Base Pearl Harbor-Hickam. FMI: 473-7950 or email William.duka@navy.mil or 473-7542 or email Dario.paningbatan@navy.mil.

PCS WORKSHOP OCT. 13 — A Smooth Move workshop on better understanding the permanent change of station (PCS) process will be held from 8 to 11:30 a.m. at Military and Family Support Center Hickam. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

UNPLUG YOUR MARRIAGE THROUGH ART

OCT. 13 — A class called Unplug Your Marriage Through Art will be held from 4:30 to 6:30 p.m. at the Joint Base Pearl Harbor-Hickam Arts and Crafts Center. The event is designed as an opportunity to create art while developing healthy, strong relationships. Pizza and beverages will be provided. FMI: www. greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

TRANSITION GPS OCT. 13, **14** — A Transition GPS: Career and Technical Training Track workshop will be held from 7:30 a.m. to 3:30 p.m. at Military and Family Support Center Pearl Harbor. The workshop is designed to provide transitioning personnel with information and tools to obtain technical training in their chosen field. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

PINK RUN OCT. 14 — A free two-mile
Pink Run to commemorate Breast Cancer
Awareness Month will be held at the Pearl
Harbor Navy Exchange (NEX) parking lot near
the package store. Registration is at 6:15 a.m.
and the run starts at 7 a.m. Authorized patrons
can put their pink gear on for the event. It will
include prizes and healthy food choice samples
from Defense Commissary Agency (DeCA).
Registration will be on the day of the event, but
participants can pick up an application at NEX
or DeCA and bring it with them. FMI: 423-3287
or email stephanie.lau@nexweb.org.

SMOKE OUT DOMESTIC VIOLENCE

OCT. 14 — A Smoke Out Domestic Violence Chili Contest will be held from 11 a.m. to 1:30 p.m. at Makai Recreation Center, on the Hickam side of Joint Base Pearl Harbor-Hickam. Participants can enter their chili recipe by registering at www. greatlifehawaii.com. Those who don't want to cook can stop by to taste the chili and vote for their favorite. The event will also include information on the relationship core values and the pledge to live by them. FMI: call the Military and Family Support Center at 474-1999.

PEARL HARBOR BIKE PATH CLEANUP

OCT. 15 — Joint Base Pearl Harbor-Hickam and the City and County of Honolulu will hold a Pearl Harbor bike path cleanup from 7:30 to 11 a.m. Volunteers will meet at the far end of the Best Buy Aiea parking lot. Participants are encouraged to carpool if they can. Volunteers should dress to get dirty, wear closed toed shoes and sunscreen. FMI: email Daniel. mayer@navy.mil or call 439-3050.

TOYLAND AT HICKAM EXCHANGE

OCT. 15 — The Hickam Exchange Main Store will celebrate the grand opening of the Army & Air Force Exchange Service's special Toyland section from 11 a.m. to 4 p.m. in the BX-Tra area. Festivities include a coloring contest and Playdoh sculpting. FMI: 422-5395.

MOVIE SHOWTIMES



THE WILD LIFE

On a tiny exotic island, Tuesday, an outgoing parrot lives with his quirky animal friends in paradise. After a violent storm, Tuesday and his friends wake up to find a strange creature on the beach: Robinson Crusoe. Slowly but surely, they all start living together in harmony until one day when their comfortable life is overturned by two savage cats. A battle ensues between the cats and the group of friends, but Crusoe and the animals soon discover the true power of friendship up against all odds (even savage cats).

SHARKEY THEATER

TODAY - OCT. 7

7:00 PM Mechanic: Resurrection (R)

SATURDAY - OCT. 8

2:30 PM Kubo and The Two Strings (PG) 4:50 PM The Wild Life (PG) 7:00 PM Sully (PG-13)

SUNDAY - OCT. 9

2:30 PM The Wild Life (3-D) (PG) 4:50 PM When The Bough Breaks (PG-13)

7:10 PM Don't Breathe (R)

THURSDAY - OCT. 13

7:00 PM Sully (PG-13)

HICKAM MEMORIAL THEATER

TODAY - OCT. 7

6:00 PM Sully (PG-13)

SATURDAY - OCT. 8

6:00 PM Ice Age: Collision Course (PG) 6:00 PM Suicide Squad (PG-13)

SUNDAY - OCT. 9

3:00 PM The Secret Life of Pets (PG)

THURSDAY - OCT. 13

7:00 PM When the Bough Breaks (PG-13)