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“Navigator” WHO'OKELE

FOR THE NAVY AND AIR FORCE TEAM IN HAWAII

November 4, 2016

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Volume 7 Issue 43

Decatur, Spruance visit Pearl Harbor

Commander, U.S. 3rd Fleet Public Affairs

Guided-missile destroyers USS Spruance (DDG 111) and USS Decatur (DDG 73), along with embarked Helicopter Maritime Strike Squadron (HSM) 49 and staff from Destroyer Squadron (CDS) 31, arrived at Joint Base Pearl Harbor-Hickam, Nov. 3 for the final port visit in their Pacific Surface Action Group (PAC SAG) western Pacific deployment.

Decatur and Spruance, operating under CDS 31, were most recently underway conducting routine patrols in the South China Sea prior to pulling into port.

Capt. Charles Johnson, commander, CDS 31, said the staff, which is homeported in Pearl Harbor, looks forward to sharing the culture and scenery of Oahu with Decatur and Spruance crews. The time in Hawaii will allow for some much needed relaxation before the ships continue their journey to their homeport of San Diego.



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

Sailors assigned to the guided-missile destroyer USS Preble (DDG 88) help moor the guided-missile destroyer USS Spruance (DDG 111) at Joint Base Pearl Harbor-Hickam for the final port visit during the Pacific Surface Action Group western Pacific deployment, Nov. 3.

“The Sailors have worked hard during this deployment, and they greatly deserve this rest and relaxation here in paradise,” Johnson said.

While in Hawaii, the

ships will also embark riders for a tiger cruise. Tiger cruises provide family members and friends of the crew the opportunity to stay aboard the ship to see the daily operations of

a surface naval vessel up close.

Decatur, Spruance and the embarked HSM 49 “Devil Fish” are part of the U.S. 3rd Fleet PAC SAG. USS Momsen (DDG 92)

and the embarked helicopter detachment “Warbirds” of HSM 49 are also members of the PAC SAG.

Under the operational control of 3rd Fleet, the PAC SAG conducted rou-

tine patrols, maritime security operations and theater security cooperation activities with allies and partners to enhance regional security and stability throughout their deployment. Since departing in April, the PAC SAG conducted several multilateral exercises with Japan Maritime Self-Defense Force, Republic of Korea, Australia and France and also conducted joint exercises with U.S. Air Force and Marine Corps assets.

Momsen and Spruance spent part of the deployment participating in the Oceania Maritime Security Initiative (OMSI). OMSI is a Secretary of Defense program utilizing Department of Defense assets transiting the region to increase the Coast Guard’s maritime domain awareness, ultimately supporting its maritime law enforcement operations in Oceania.

Later this month, Decatur and Spruance are scheduled to return to their homeport of San Diego, and Momsen will return to its homeport of Everett, Washington.

DoD volunteers care for Native Hawaiian burial vault

Story and photo by Petty Officer 1st Class Corwin Colbert

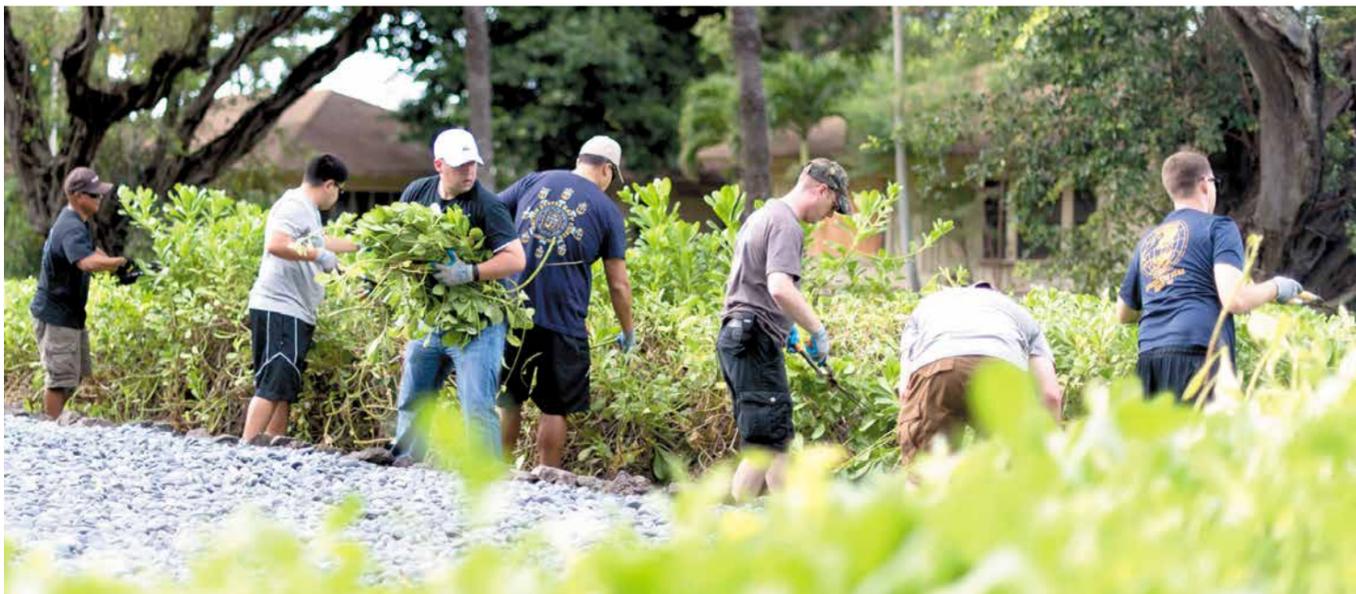
Navy Region Hawaii Public Affairs

Over the years the Hawaii Air National Guard, Navy and Air Force assigned to Joint Base Pearl Harbor-Hickam has been guarding and maintaining a replica of a traditional Hawaiian burial platform around Halealoha Haleamau, Fort Kamehameha housing area, on the Hickam side of the base.

Volunteers from the group trimmed bushes, removed debris, raked the area and were cautious not to disturb the vault during a cleanup effort, Oct. 29.

The vault is a permanent site and reminder for Native Hawaiian burials that were planted on the base. Burying of the dead was considered a planting of the soul for Native Hawaiians. “Kanu” means to bury or to plant in the Hawaiian language.

“In 1993 we found Native Hawaiian burial grounds near the water-waste treatment plant,” said Jeff



Volunteers assigned to various commands at Joint Base Pearl Harbor-Hickam maintain the Native Hawaiian burial vault in the unoccupied Fort Kamehameha housing area, Oct. 29. The vault was built to protect remains found at a site nearby to protect and preserve its heritage.

Pantaleo, Naval Facilities Engineering Command, Hawaii archaeologist.

“We consulted with the Native Hawaiians and they wanted us to find a better place for them. We picked this location because it’s closer.

We built a vault with plenty of room to respectfully replace the remains in. And there’s more room for future findings.”

According to tradition, the living take care of and protect their family’s burial site. In doing so, their ancestors pro-

tect the living, supporting the mutual relationship between them and living descendants.

Pantaleo said he is the caretaker for the site and that the cleanup is a quarterly gathering with service members and any volunteer that is interested.

“We made an agreement with the Native Hawaiians that this place will be protected,” Pantaleo said. “It is our responsibility to uphold that promise and make sure this site is maintained, protected and respected.”

JBPHH to host Makahiki celebration Nov. 5

Joint Base Pearl Harbor-Hickam Public Affairs

The annual Makahiki at Kapuaikaula, better known today as Hickam, will be celebrated at Hickam Harbor Beach at Joint Base Pearl Harbor-Hickam (JBPHH) from 9 a.m. to noon on Saturday, Nov. 5.

The Makahiki, or festival, will feature ho’okupu (gift) presentations, cultural demonstrations, and ancient makahiki games. The annual event is organized by the Oahu Council of Hawaiian Civic Clubs and provides an opportunity for military families to learn about the rich pre-western Hawaiian traditions and history of the lands surrounding JBPHH.

Before the Makahiki begins at 9 a.m., senior members of Joint Base Pearl Harbor-Hickam will participate with paddlers from Kamaha’o

Canoe Club in carrying Lono, the deified guardian of agriculture, rain, health and peace to the shore. These canoes will make a journey from Iroquois Point to Hickam Harbor. Once on shore, they will be greeted and a blast of the conch shell will announce their arrival, and the Makahiki will commence.

One of the highlights of the event is the Makahiki games. These games were a test of strength and skill for competitors to win recognition for their prowess. Adults and children can participate in games such as ‘ulu maika (stone rolling), moa pahe`e (dart tossing), haka moa (one-leg wrestling), and maka ihe (spear throwing).

The event is free and open to military and civilian personnel with base access, their families and sponsored guests. For more information, call 473-2920 or 473-0662.



Capt Mark Manfredi, former chief of staff for Navy Region Hawaii, participates in the traditional game of ‘Makaihi’ (spear throwing) at the Makahiki festival at Joint Base Pearl Harbor-Hickam, Nov. 7, 2015.

U.S. Navy photo by Anna Marie General

Chief of Navy Supply Corps visits Pearl Harbor

Story and photo by Shannon R. Haney

Naval Supply Systems Command Fleet Logistics Center Pearl Harbor

Naval Supply Systems Command (NAVSUP) Fleet Logistics Center (FLC) Pearl Harbor hosted Rear Adm. Jonathan A. Yuen, commander, NAVSUP and chief of the U.S. Navy Supply Corps, during his visit to Joint Base Pearl Harbor-Hickam (JBPHH), Oct. 24-25.

Yuen conducted town hall meetings with supply corps officers, and the events focused on the critical role of logistics support in fleet readiness.

"We fight shoulder to shoulder with the warfighter," Yuen said. "We are sustaining today, planning for tomorrow, and always supporting the fleet."

Yuen also discussed his views on ethics during the town hall events, noting his first Navy lesson was to do what was good for the Navy, good for the crew, and had no personal gain. He then discussed the difference between doing the right thing and



Rear Adm. Jonathan A. Yuen, commander, Naval Supply Systems Command (NAVSUP), salutes as he departs the guided-missile destroyer USS John Paul Jones (DDG 53) at Joint Base Pearl Harbor-Hickam, Oct. 24.

doing things right. He said character and competence matter; ethics are the rules and character

helps us follow our rules when tested.

The Silver Dolphin Bistrot Galley welcomed Yuen and supply-coded Sailors from Naval Special Warfare Logistics Support Unit (LOGSU) 3, U.S.

Pacific Fleet (PACFLT), guided-missile destroyers USS Preble (DDG 88) and USS Halsey (DDG 97), and attack submarine USS Hawaii (SSN 776) for a special luncheon. Yuen immersed himself with the Sailors by sitting directly in the middle of the long, rectangle table and initiated conversation with the Go For Green (G4G) program that was fully implemented Oct. 20.

Afterwards, Yuen met with the supply department aboard USS John Paul Jones (DDG 53). Yuen held a brief ceremony, where he awarded his personal coin to Sailors recognized as superior performers by their supervisors. Ship visits like these provide Yuen an opportunity to give thanks to the crews and discuss initiatives, as well as receive feedback directly from Sailors on the deckplates.

During the two-day visit, Yuen also met with Navy Exchange Pearl Harbor management for a Rim of the Pacific (RIMPAC) exercise support brief, and took a walking tour of each department.

Prior to departing Ha-

waii, Yuen had the honor of participating in a cake-cutting ceremony to celebrate NAVSUP FLC Pearl Harbor's 74th anniversary of fleet logistics support.

"Thank you for all you do to support the warfighter," Yuen said. "I heard RIMPAC was phenomenal, and your preparations for all operations that occur on-island are great."

After the ceremony, local military and civilian logisticalicians enjoyed a potluck lunch and had a chance to meet with Yuen.

NAVSUP FLC Pearl Harbor is one of eight fleet logistics centers under NAVSUP GLS, which provides global logistics, business and support services to fleet, shore and industrial commands of the Navy, Coast Guard, Marine Corps, Air Force, Army and allied forces. Services include contracting, regional transportation, fuel, material management, household goods movement support, postal and consolidated mail, warehousing, global logistics and husbanding, hazardous material management and integrated logistics support.

CPO speaks of suicide attempt to Sailors in Hawaii

Petty Officer 1st Class Phillip Pavlovich

U.S. Pacific Fleet Public Affairs

During the combined U.S. Pacific Fleet, Commander Navy Region Hawaii and Joint Base Pearl Harbor-Hickam Resilient Workforce summit Oct. 26-27, one presenter, Chief Petty Officer Jeremy Kelsey, shared his story of overcoming depression and attempted suicide.

The goal of the summit was to "Preserve a Resilient Workforce," and was held to allow Sailors and spouses the opportunity to interact with Operational Navy and fleet program subject matter experts, like Kelsey.

"A resilient workforce is all about having the flexibility to adapt to changing situations and taking care of its people," Adm. Scott Swift, commander, U.S. Pacific Fleet said.

"I truly believe our most important resource is our people. By people, I'm referring not just to Sailors, but also to our families and civilian Sailors as well. We cannot get the mission done without them and have an obligation to help all of them succeed."

The summit held separate training sessions for triad leadership, officers and chiefs, E4-E6 Sailors, and command ombudsmen and family readiness group leaders.

Kelsey, assigned to

Helicopter Sea Combat Squadron (HSC) 3 "Merlins" has shared his story of survival around 100 times while traveling to multiple commands in the Pacific Fleet. He hopes his story of overcoming depression and what he called "full blown chaos" will bring awareness and improve how the Navy approaches a Sailor who may be considering ending their life.

"I feel we aren't always hitting the mark with some of the suicide training I've gone to. I had an insight that folks just didn't know," Kelsey said. "The Navy doesn't just send you to medical and kick you out and that sometimes is the stigma. When I found out that's not what happens, I felt it needed to be shared."

During his presentation, he spoke of possible reasons that might lead a Sailor to suicide and described the types of behavior that could potentially help someone recognize and prevent suicidal tendencies.

"Sometimes when a Sailor gets in trouble and gets asked why they did what they did, they respond with 'I don't know.' Believe them because sometimes they honestly don't know," Kelsey said. "We as leaders sometimes get stuck on what went wrong when we should try to find out what is happening in their life that caused them to do it."

"Depression doesn't always look like a kid on a



U.S. Navy file photo

Chief Petty Officer Jeremy Kelsey speaks during a previous readiness summit at Joint Base Pearl Harbor-Hickam.

park bench with his head down," Kelsey said. "We don't always have these huge signs that a person is struggling. I feel knowing about how your Sailors grew up or what's happening in the personal lives can help you prevent them from suicide if they are suffering from depression."

He also shared how he personally feels leaders should approach a young Sailor that may be considering suicide.

"Young Sailors today are more open to talking

about issues. So now it becomes, 'what do I do about it?' The last thing you want to do with a young Sailor is get them to shut down. I feel they will do that quickly if they feel that what they're saying isn't important to you," Kelsey said.

"It's very important to make them feel that what they are saying is important, that they are important and we're going to help them fix the problem."

Using his personal experience as a reference

he addressed the role he feels leaders play in the lives of Sailors and how caring, understanding and early response can save lives while encouraging success in the Navy.

"When I woke up in the hospital I knew at that moment I didn't want to die. Because now I knew it was possible," said Kelsey. "While at the hospital, my commanding officer asked me 'what can I do to help you' and I told him please just help me to get better."

"It was overwhelming

how much the Navy took care of me. All I had to do was ask someone to help me," Kelsey said.

In addition to suicide prevention, experts offered sessions to hundreds of Sailors on topics to include equal opportunity, drug and alcohol awareness, command fitness leadership, sexual assault prevention and response, and career development.

For more information on suicide prevention please visit <https://www.veteranscrisisline.net/>

Vehicle registration office on base closes temporarily

The City and County of Honolulu's Pearl Harbor Satellite Vehicle Registration Office temporarily closed on Oct. 24 due to building repairs at its location at Club Pearl, Building 1314 at Joint Base Pearl Harbor-Hickam. The building is scheduled to reopen in summer 2017. For other Satellite City Hall locations, please visit www.satellitecityhall.com/locations.html



Photo by Tylyn Taylor

Service members and their families wait for their appointment at the Satellite Vehicle Registration Office at Joint Base Pearl Harbor-Hickam.

Honolulu Council Navy League to hold awards luncheon Dec. 1

The Honolulu Council Navy League will hold an awards luncheon from 11:30 a.m. to 1:30 p.m. Dec. 1 at the Ala Moana Hotel Hibiscus Ballroom.

The Navy League will announce the grand award winners at the luncheon. Invitations and congratulatory letters have been sent to all award recipients at their duty station address.

To RSVP, contact the Navy League at 422-9404 by Nov. 23. As sponsored guests of the Navy League, award recipients will receive seating reservations for themselves and one guest.

For all others, tickets are \$50 per person. Uniform for Navy personnel will be summer whites for E-7 and above and Navy service uniform for E-6 and below, blue delta for Marine Corps personnel and tropical blue for Coast Guard personnel.

Diverse VIEWS



What is your favorite style of dancing and why?



Senior Airman Brandon Bergen
17th Operational Weather Squadron

"The chicken dance. You can't go wrong with this Oktoberfest classic. A few pints of German beer and everyone will join in. Before the Air Force, I was the Chick-fil-A cow back home and this dance was part of my repertoire."

Seaman Kaitlin Fernlund
Makalapa family practice

"My favorite type of dance would have to be the Bachata, because it's a romantic type of dance. It helps me connect to my husband more when we have the chance to go out."



Maritza Braxton
Air Force Spouse

"Cumbia music is a lively, fun, and free form of dance. It allows your energy to flow to the music. It is one that originates from my cultural background in Colombia that holds as a backbone to Latin music."

PO2 Tanya Bowles
Naval Health Clinic Hawaii

"My favorite type of dance would be Tahitian fire dancing. It's fun to watch, and the combination of the fire and movement are almost hypnotic."



Staff Sgt. Debora DeKlein Ha
18th Aeromedical Evacuation Squadron

"Interpretive dance, because I can't mess up if I'm just making it up."

PO1 George Noah
Executive Transport Detachment Pacific

"My favorite type of dance is old-school '80s style breakdancing. It took plenty of physical talent combined with rhythm to pull it off. There was no flailing around like some of the 'dancing' we see today."



Provided by Staff Sgt. Christopher Stoltz 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

Commentary

November is Native American Heritage Month

Barack Obama

President of the United States



As the first Americans, Native Americans have helped shape the future of the United States through every turn of our history.

Today, young American Indians and Alaska Natives embrace open-ended possibility and are determining their own destinies.

During National Native American Heritage Month, we pledge to maintain the meaningful partnerships we have with tribal nations, and we renew our commitment to our nation-to-nation relationships as we seek to give all our children the future they deserve.

Over our long shared history, there have been too many unfortunate chapters of pain and tragedy, discrimination and injustice. We must acknowledge that history while recognizing that the future is still ours to write.

That is why my administration remains dedicated to strengthening our government-to-government relationships with tribal nations and working to improve the lives of all our people.

Three years ago, I issued an executive order establishing the White House Council on Native American Affairs to help ensure

the federal government engages in true and lasting relationships with tribes and promotes the development of prosperous and resilient tribal communities.

Last month, I hosted the eighth Tribal Nations Conference and brought tribal leaders together to identify key issues we still face.

We have worked to better protect sacred lands and restored many acres of tribal homelands, as well as supported greater representation of indigenous peoples before the United Nations and called for further implementation of the Declaration of the Rights of Indigenous Peoples. And we have taken steps to strengthen tribal sovereignty in criminal justice matters, including through the Tribal Law and Order Act.

Through the Affordable Care Act and permanent re-

authorization of the Indian Health Care Improvement Act, we empowered more Native Americans to access the quality health care they need to live full, healthy lives.

Throughout their lives, 84 percent of American Indian and Alaska Native women and girls will experience some form of violence, and in 2013, I signed the reauthorization of the Violence Against Women Act, which allows tribes to prosecute non-Native individuals who commit acts of domestic violence in Indian Country. And through the North American Working Group on Violence Against Indigenous Women and Girls, we are strengthening regional coordination on the rights of women and girls from indigenous communities across the continent.

In recognition of the immeasurable contributions that Native Americans have made to our nation, we continue to advocate for expanding opportunity across Indian Country. We have supported tribal colleges and universities and worked to return control of education to tribal nations—not only to prepare Native youth for the demands of future employment, but also to promote their own tribal languages and cultures.

We are investing in job

training and clean-energy projects, infrastructure, and high-speed internet that connects Native American communities to the broader economy. We are connecting more young people and fostering a national dialogue to empower the next generation of Native leaders through the Generation Indigenous initiative.

Through www.NativeOneStop.gov, we have also worked to improve coordination and access to federal services throughout Indian Country. Indian Country still faces many challenges, but we have made significant progress together since I took office, and we must never give up on our pursuit of the ever-brighter future that lies ahead.

This month, let us celebrate the traditions, languages, and stories of Native Americans and ensure their rich histories and contributions can thrive with each passing generation. Let us continue to build on the advancements we have made, because enduring progress will depend on our dedication to honoring our trust and treaty responsibilities. With sustained effort and unwavering optimism, we can ensure a vibrant and resilient Indian country filled with possibility and prosperity.

Navy celebrates American Indian, Alaska Native Heritage Month in November

Chief of Naval Personnel Public Affairs

WASHINGTON—The Navy joins the nation in celebrating American Indian and Alaska Native Heritage throughout the month of November.

This year's theme, "Serving our Nations," represents American Indians and Alaska Natives, both civilian and military, as U.S. citizens and citizens of their tribes.

Today, National American Indian and Alaska Native Heritage Month is celebrated to recognize the intertribal cultures of Native Americans and to inform the public of the rich heritage, history, and traditions of American Indian and Alaska Native peoples.

More than 9,000 Sailors and 2,000 civilians of American Indian and Alaska Native heritage serve in the Navy. According to the U.S. Department of Interior's Bureau of Indian Affairs, 565 federally-recognized American Indian

tribes and Alaska Natives reside in the United States, composed of nearly 4.5 million American Indians and Alaska Natives, or 1.5 percent of the nation's population.

American Indians and Alaskan Natives have served honorably in the United States Navy for more than 200 years. During the 20th century, three Sailors of American Indian heritage received the Medal of Honor including Navy Cmdr. Ernest E. Evans, of Cherokee and Creek ancestry, who was awarded the medal posthumously for his actions during the Battle of Leyte Gulf while commanding destroyer USS Johnston (DD 557) Oct. 25, 1944.

Petty Officer 1st Class James Elliot Williams, a South Carolina Cherokee, received the Medal of Honor for heroic actions as a river patrol boat commander in South Vietnam's Mekong Delta Oct. 31, 1966. He is the most decorated enlisted Sailor in Navy history. In December 2004, guided-missile

destroyer USS James E. Williams (DDG 95) was commissioned and named after Williams.

Lt. Michael Edwin Thorton, a South Carolina Cherokee, received the Medal of Honor for his heroic action as a petty officer second class SEAL in the Mekong Delta Oct. 31, 1972.

Patriots of American Indian and Alaskan Native heritage continue to build legacies of freedom and diversity. Serving today, Rear Adm. Jeffrey Trussler, an Oklahoma Cherokee, was commissioned at the Officer Candidate School in Newport, Rhode Island, and qualified as a submarine officer. He was a recipient of the Naval Submarine League's Rear Adm. Jack Darby Award for Inspirational Leadership and Excellence in Command for 2006, and as a member of the Cherokee Nation was the American Indian Science and Engineering Society Executive Excellence award winner for 2008.

Kellie Pickler to perform at PMRF's Shenanigans Nov. 16



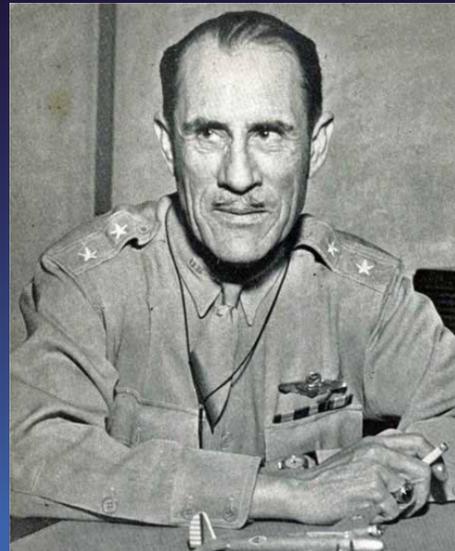
Country music recording artist and television personality Kellie Pickler will visit Pacific Missile Range Facility on Kauai Nov. 16 to hold a special free concert at Shenanigans starting at 4 p.m.

This concert is part of Military Family Appreciation Month and is open to Pacific Missile Range Facility-authorized patrons only.

Photo courtesy of USO

Tinker served as first Native American major general

Maj. Gen. Clarence L. Tinker, shown here, was the first Native American in U.S. Army history to attain the rank of major general and the first American general to die in World War II. He was a member of the Osage Nation. Tinker Air Force Base, Oklahoma, is named in his honor. During World War II, he had been assigned as commander of the Seventh Air Force in Hawaii. November is National Native American Heritage Month.



U.S. Air Force photo

HO'OKELE

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Airmen, Soldiers 'on the move' for Lightning Forge training

Story and photos by Staff Sgt. Armando Limon

3rd Brigade Combat Team, 25th Infantry Division

Elements of Task Force Raider from the 3rd Brigade Combat Team (BCT), 25th Infantry Division (ID), performed a rare boarding at Wheeler Army Airfield of a C-17 Globemaster III to fly to the island of Hawaii, Oct. 24.

Normally, Soldiers would board a C-17 from the 535th Airlift Squadron, 15th Wing, at Joint Base Pearl Harbor-Hickam, instead of flying out of Wheeler to reach the Pohakuloa Training Area (PTA).

"Task Force Raider is deploying to PTA in support of Lightning Forge 17, and a certain amount of passengers and equipment is loading the C-17 to take a flight over," said 1st Lt. Michael Wilhelm, unit movement officer, Headquarters and Headquarters Troop, 3-4th Cavalry Regiment.

"Roughly 200 Soldiers are heading to PTA."

The movement of troops and equipment wasn't just a benefit for the Army, but for the Air Force as well.

"Joint training with the Army and Air Force in support of Lightning Forge 17 allows both Soldiers and Airmen a great training opportunity," said Warrant Officer 1 Miguel Flores, mobility officer, Headquarters and Headquarters Company, 3rd BCT.

"It is important for the Air Force to stay proficient at flying in and out of Wheeler Army Airfield. The challenging airfield gives the Air Force great training value and allows 3rd BCT to stay ready for contingency operations."

Flores worked with Air Force personnel to overcome obstacles to make the mission a success.

"Meeting the Air Force standards to move Soldiers and equipment is always a challenge," he said. "The more we conduct joint training in Oahu, the less complicated it will be for everyone."



Tech. Sgt. Terry Greenwood, a C-17 Globemaster III crewmember assigned to the 535th Airlift Squadron, speaks to Spc. James Risenhoover prior to loading equipment aboard the C-17 at Wheeler Army Airfield, Oct. 24. (Top) A C-17 Globemaster III assigned to the 535th Airlift Squadron, takes off from Wheeler Army Airfield, with Soldiers and equipment assigned to the 3rd Brigade Combat Team, 25th Infantry Division.

Public Health Center launches new tobacco awareness videos

Hugh Cox

Navy and Marine Corps Public Health Center Public Affairs

PORTSMOUTH, Va. —The Navy and Marine Corps Public Health Center (NMCPHC) announced the release of four new tobacco awareness public service announcements (PSAs) Nov. 2 in support of Tobacco-Free Living Month.

The PSAs were developed by NMCPHC and the Navy Bureau of Medicine and Surgery (BUMED) Visual Information Directorate to

promote tobacco-free living for Sailors and Marines.

According to Dr. Mark Long, NMCPHC public health educator, the PSAs are a convenient medium to share accurate information about the dangers of using tobacco products and effective ways to quit.

The PSAs are intended for general tobacco awareness and education, command indoctrinations/orientations, command internal information networks, and for the Navy surgeon general's Blue "H" Health Promotion and

Wellness Award process.

"It is never too late to quit using tobacco and there are many effective and available resources and programs to help, and the NMCPHC tobacco-free living website has many useful resources," Long said.

Long's advice to service members and their families is to encourage those who use tobacco to consider quitting, and urge friends to support their shipmates with quitting and not starting tobacco use.

"As a Navy Public Health physician, I definitely under-

stand the effects of tobacco use from both a health and readiness perspective," Capt. Todd Wagner, NMCPHC's commanding officer, said.

"The importance of educating our Sailors and Marines about the negative health effects of tobacco use is paramount. At the Navy and Marine Corps Public Health Center, our Health Promotion staff is 100 percent committed to getting the word out Navy-wide about the dangers of tobacco use and the resources available to help both tobacco users and health care

providers. These PSAs will go a long way toward making that happen."

According to the 2014 U.S. Surgeon General's Report on smoking, tobacco harms almost every organ in the body and negatively affects fitness, health, and readiness.

"Counseling and FDA-approved medications increase the likelihood of quitting, and all products are available through your local Health Promotion departments," Capt. R Shelley Kay-Marriner, NMCPHC director for Population Health, said.

NAVFAC Hawaii continues Ahua Reef restoration

Sailors and civilian volunteers participate in a reef cleanup hosted by Naval Facilities Engineering Command (NAVFAC) Hawaii Natural Resources Department to restore Ahua Reef wetlands at Joint Base Pearl Harbor-Hickam, Oct. 28. The restoration is part of an ongoing effort to clear out invasive plants that are taking over the historic reef. The Ahua Reef beach shoreline along the coast of Oahu provides a refuge for rare wetland plants and animals.

U.S. Navy photo by Petty Officer 2nd Class Gabrielle Joyner



Pearl Harbor-Hickam Highlights



Rear Adm. Jonathan A. Yuen, right, commander, Naval Supply Systems Command (NAVSUP), addresses the supply department on the messdecks aboard the guided-missile destroyer USS John Paul Jones (DDG 53) at Joint Base Pearl Harbor-Hickam, Oct. 24. Ship visits like these provide Yuen an opportunity to give thanks to the crews and discuss initiatives, as well as receive feedback directly from Sailors on the deckplates.

U.S. Navy photo by Shannon Haney

Volunteer Sailors from Joint Base Pearl Harbor-Hickam, Naval Facilities Engineering Command (NAVFAC) Hawaii, Seabees, Navy Expeditionary Combat Command (NECC) Pacific and volunteers from all over Oahu helped clean up Mokuleia Beach, Oct. 29. The volunteers gathered and dug up debris from fire pits and took away more than 400 pounds of trash.

Photo by Mary Finley of Ocean Soul Photography



Cmdr. James Imlah, executive officer of the Golden Swordsmen of Patrol Squadron (VP) 47, middle, talks to Maj. Gen. Richard L. Simcock II, commanding general of 3rd Marine Division, about the capabilities of a P-3C Orion maritime patrol aircraft in Okinawa, Japan, Nov. 2. VP-47 is currently deployed to the U.S. 7th Fleet Area of Operation (AOO) at Kadena Air Base, Okinawa, Japan, and to the U.S. 4th Fleet AOO at Comalapa, El Salvador.

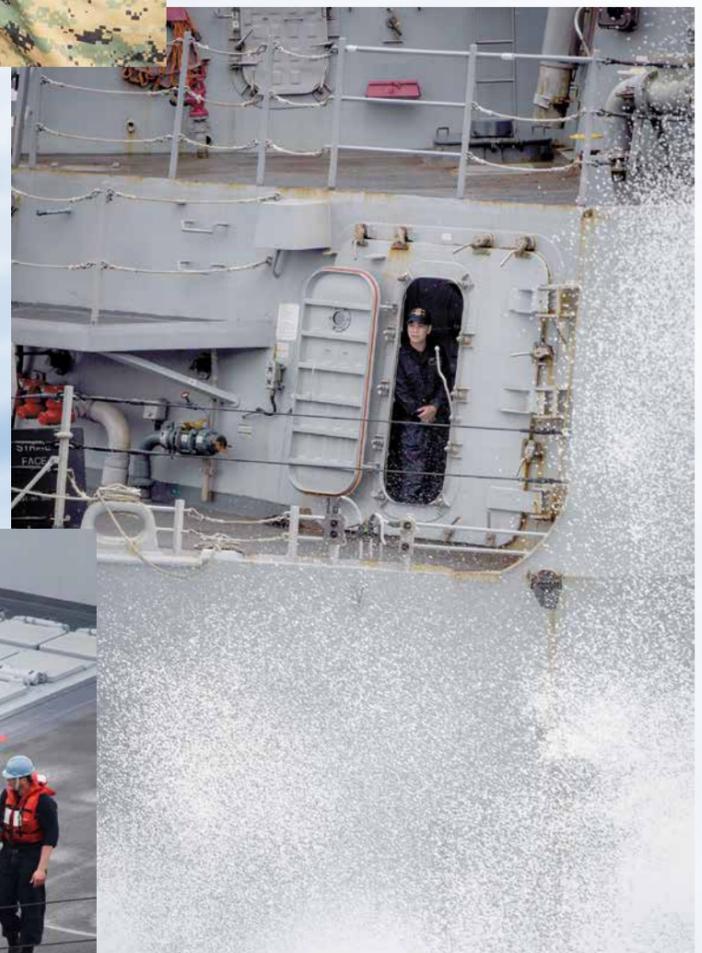
U.S. Navy photo by Petty Officer 2nd Class Joshua E. Walters

(Right) A Sailor assigned to the Arleigh Burke-class guided-missile destroyer USS Chafee (DDG 90) looks out of a water-tight hatch at waves crashing against the ship as it pulls alongside the aircraft carrier USS Nimitz (CVN 68), Oct. 16.

U.S. Navy photo by Petty Officer 2nd Class Siobhana R. McEwen

(Below) Sailors assigned to the Arleigh Burke-class guided missile destroyer USS Chafee (DDG 90) man a line during a scheduled replenishment-at-sea with the aircraft carrier USS Nimitz (CVN 68) on the Pacific Ocean, Oct. 16.

U.S. Navy photo by Seaman Weston A. Mohr



PACAF hosts Chinese mid-level officer exchange

Maj. Phil Ventura

Headquarters Pacific Air Forces Public Affairs

Officers from the U.S. Air Force hosted a dozen of their naval, army, and air force counterparts from the People's Republic of China at Joint Base Pearl Harbor-Hickam, Oct. 18 to share perspectives and discuss mechanisms to maintain peace and stability throughout the Indo-Asia-Pacific region.

The mid-level officer exchange featured a command-level briefing, a tour of the Headquarters Pacific Air Forces (PACAF) Courtyard of Heroes and a facilitated, open dialogue between the two Pacific nations.

"Events like this are important opportunities for us to discuss issues of mutual importance and concern," said Col. Art Primas, PACAF's International Affairs division chief.

Topics raised included the culture of aviation



U.S. Air Force photo by Staff Sgt. Alexander Martinez
People's Liberation Army Senior Col. Hua Bo and U.S. Air Force Col. Art Primas, Pacific Air Forces International Affairs division chief, speak during a mid-level officer exchange at Joint Base Pearl Harbor-Hickam, Oct. 18.

safety and maritime law, rules of behavior implementation, and how to avoid miscalculations be-

tween militaries.

Beyond current topics, participants were reminded of the history

shared between the air forces of the two countries stretching back to the formation of the famed

"Flying Tigers" in 1941. Today, the contributions of these brave American and Chinese aviators are

enshrined in museums in both Hawaii and Beijing.

The exchange, hosted by the U.S. Joint Chiefs of Staff, also included visits to U.S. Pacific Command Headquarters. Following their Hawaii visit, the group is scheduled to travel to Washington, D.C.

Beyond this most recent exchange, engagements between the U.S. and Chinese armed forces in 2016 have included: the U.S. Air Force Band of the Pacific tour of China in July; a military maritime consultative agreement working group meeting in May at Headquarters, U.S. Pacific Fleet; and a visit to PACAF from the People's Liberation Army Air Force Command College in April.

"I am very pleased to come here with my colleagues," said Senior Col. Hua Bo, the senior officer in charge of the Chinese delegation. "It is the first time here for nearly all of us and I'd like to express our gratitude."

Honoring wounded warriors, families on their journey to recovery

Anna Marie G. General

Managing Editor, Ho'okele

November is designated as Warrior Care Month, a time to honor the courage, resilience and accomplishments of wounded, ill and injured service members, their families and their caregivers.

Established a decade ago by former Secretary of Defense Robert F. Gates, Warrior Care Month was declared as a Department of Defense effort commemorated across all military branches to increase awareness of warrior care issues.

This year's theme is "A Show of Strength," which



celebrates the fortitude that wounded warriors and their families' exhibit during their journey toward recovery.

Throughout November, the Navy will highlight on the sacrifices and inspiration, mental and physical well-being, fam-

ilies and the recovery process and warrior games.

Though November is Warrior Care Month, the Navy assists wounded warriors year-round. With their wounded warrior support program, Navy Wounded Warrior—Safe Harbor cares for them and their families every single day.

Navy Wounded Warrior — Safe Harbor provides Sailors and Coast Guardsmen, as well as their families, with non-medical care while they are recovering from serious illness or injury. The program also allows service members and their families to focus on recovery without distractions.

More than 4,300 Sailors and Coast Guardsmen are enrolled in Navy Wounded Warrior—Safe Harbor where wounded warriors are assigned to a regional non-medical care management team that helps develop a comprehensive recovery plan, which identifies short and long-term recovery goals and lists strategies to achieve them.

For questions on enrollment eligibility, call Navy Wounded Warrior – Safe Harbor's toll-free line at 1-855-NAVY WWP (628-9997) or email navy-woundedwarrior@navy.mil or to learn more about Warrior Care Month, visit <http://warriorcare.dodlive.mil/>

U.S., Cambodian forces combine for CARAT exercise

Editor's Note: Sailors from the Navy Environmental and Preventive Medicine Unit (NEPMU) 6, homeported at Joint Base Pearl Harbor-Hickam participated in this year's CARAT exercise.

30th Naval Construction Regiment Public Affairs

U.S. and Royal Cambodian Navy service members kicked off the 7th annual Cooperation Afloat Readiness and Training (CARAT) exercise in Cambodia with an opening ceremony at Ream Navy Base at Sihanoukville, Cambodia Oct. 31.

Held consecutively since 2010, CARAT Cambodia is a bilateral training exercise to increase cooperation and enhance maritime security between the U.S. and Cambodian navies.

"Our navies enter into CARAT with a common goal to increase force readiness and interoperability," said Capt. Erich Diehl, commander, Navy Expeditionary Combat Command Pacific.

"CARAT provides a unique opportunity to work alongside and learn from the Royal Cambodian



U.S. Navy photo by Chief Petty Officer Lowell Whitman

U.S. Navy Cmdr. Jason Blitz, (center) assigned to Navy Environmental and Preventive Medicine Unit (NEPMU) 6, discusses malaria with Royal Cambodian Navy sailors during a preventive medicine course for Cooperation Afloat Readiness and Training (CARAT) at Sihanoukville, Cambodia, Oct. 31.

Navy, and build upon our core expeditionary capabilities. The benefit is mutual, and ensures a strong collective capacity to employ our maritime capability most effectively."

Throughout the week, U.S. Navy Seabees from Naval Mobile Construction Battalion (NMCB) 5; Sailors from Explosive Ordnance Disposal Mobile Unit (EODMU) 5; Coastal Riverine

Group (CRG) 2; Navy Environmental and Preventive Medicine Unit (NEPMU) 6; and Marines from 3rd Battalion, 2nd Marine Regiment will work hand-in-hand with their Cambodian counterparts in subjects such as command and control, small unit tactics, amphibious operations, preventive medicine, boat operations and maintenance, among others.

Each topic discussed during the week will be demonstrated during a field training exercise flexing the different learned skill sets which will include an amphibious landing.

"We look forward to an exciting week and the opportunity to strengthen our long-standing relationship with the Royal Cambodian Armed Forces," said Capt. Jeffrey Kilian, commodore,

30th Naval Construction Regiment. "We view this exercise as a premier event bringing our two countries together, and a model for how the U.S. Navy and Marine Corps and Royal Cambodian armed forces can work together to address shared maritime security priorities, develop relationships and enhance interoperability."

Approximately 150 U.S. Sailors and 200 Royal Cambodian sailors are participating in CARAT Cambodia 2016. The U.S. 7th Fleet Band will also perform for local communities around Sihanoukville at the M'Loap Tapang Orphanage, Don Bosco Technical School, Ream Primary School, Village D'enfant, as well as a public concert.

Many of the U.S. service members and their equipment arrived in Cambodia aboard the USNS Millinocket (T-EPF-3), a Spearhead-class expeditionary fast transport. CARAT is a series of bilateral naval exercises between the U.S. Navy, U.S. Marine Corps, and the armed forces of Bangladesh, Brunei, Cambodia, Indonesia, Malaysia, the Philippines, Singapore, Thailand and Timor-Leste.

PACOM strengthens bilateral relations in Vietnam

U.S. Embassy & Consulate in Vietnam Public Affairs

Adm. Harry B. Harris, Jr., commander of U.S. Pacific Command, met with Vietnam People's Army Chief of General Staff, Lt. Gen. Phan Van Giang; Vice Chairman of the Communist Party External Relations Commission, Tran Dac Loi; and Vice Minister of Foreign Affairs, Le Hoai Trung while in Hanoi, Vietnam, Oct. 26.

During his meetings, Harris reaffirmed the U.S. commitment to strengthening bilateral relations and enhancing Vietnam's capability and capacity, particularly in the areas of maritime security and law enforcement.

Harris praised recent U.S.-Vietnamese military cooperation for humanitarian aid and disaster relief training and support to multinational peacekeeping. He also praised their

cooperation in continuing to address war-legacy issues including accounting of missing service personnel, and continued efforts to reduce the threats of unexploded ordnance.

During the remainder of the visit, Harris will travel to Ho Chi Minh City, Da Nang, and inaugurate a Vietnamese Coast Guard maintenance and boat haul-out facility in Command Region 2, Quang Nam, developed in coordination with the United States.

Vietnam People's Army, chief of the general staff and deputy minister of National Defense, Lt. Gen. Phan Van Giang, left, and Adm. Harry Harris Jr., commander of U.S. Pacific Command, render honors during honor ceremony at the Ministry of National Defense at Hanoi, Vietnam, Oct. 26.

U.S. Navy photo by Petty Officer 1st Class Jay Chu



Photo illustration
U.S. Navy photos by MC2 Jeff Troutman
and MC3 Johans Chavarro

HO'OKOLE

Life & Leisure

VETERANS DAY

NOVEMBER 11, 2016

Events to commemorate
Veterans Day 2016

Don Robbins

Editor, Ho'okele

Veterans Day on Nov. 11 is a nationwide celebration to honor America's veterans for their patriotism, love of country and willingness to serve and sacrifice for the common good.

Events across Oahu have been scheduled for Friday, Nov. 11 to commemorate Veterans Day. They include:

- A Veterans Day ceremony will be held at 10 a.m. at the National Memorial Cemetery of the Pacific (Punchbowl.)
- A Bowfin Base U.S. Submarine Veterans organization Veterans Day ceremony will be held at 11 a.m. at the USS Parche Submarine Memorial, Joint Base Pearl Harbor-Hickam. Rear Adm. Frederick Roegge, commander, Submarine Force U.S. Pacific Fleet, is scheduled to be the keynote speaker.
- A Veterans Day ceremony will be held at 1 p.m. at the Hawaii State Veterans Cemetery in Kaneohe.
- In honor of Veteran's Day, Medal of Honor recipient Capt. Roger Donlon of the U.S. Army will be at the Pearl Harbor Navy Exchange mall heritage wall from 11 a.m. to 1 p.m. Donlon will meet with, and sign autographs for, authorized patrons. Donlon has been honored for conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty while defending a U.S. military installation against a fierce attack by hostile forces. Donlon served as the commanding officer of the U.S. Army Special Forces Detachment A-726 at Camp Nam Dong in Vietnam. For more information, visit the website <http://ow.ly/aVoP305PKMh>.
- A free sunset ceremony in honor of Veterans Day will be held on the Battleship Missouri Memorial fantail from 4:30 to 5:30 p.m. This year's ceremony will pay special tribute to the Filipino veterans of World War II. Veteran Domingo Los Banos of the 1st Filipino Infantry Regiment will be the guest speaker. U.S. Sen. Mazie Hirono will deliver the keynote address. USS Missouri Memorial Association board member Vince Barfield will provide opening remarks. Attendance is open to the public. Complimentary round-trip shuttle service will be offered from the Pearl Harbor Visitor Center beginning at 3:30 p.m. For more information, visit www.USSMissouri.org or call 1-877-644-4896.



Photo by Jack Kampfer

The Air Force Reserve Officers Training Corps Detachment 175 of the University of Hawaii march in the Wahiawa Lions Club's 69th annual Veterans Day Parade on Nov. 11, 2015.

• The Wahiawa Lions Club will hold its 70th annual Veterans Day Parade beginning at 10 a.m. in Wahiawa. The theme of this year's parade is "Respecting Our Veterans." Best marching units will receive trophies. The parade starts from Kaala Elementary School at 130 California Ave., and proceeds up California Avenue to the Wahiawa District Park where ceremonies honoring veterans will take place. The featured speaker is Maj. Gen. Christopher G. Cavoli, commanding general, 25th Infantry Division.

Besides the events on Oahu, events to honor veterans will also take place on Kauai.

• Sailors and civilian personnel from Pacific Missile Range Facility will take part in the Kauai Veterans Day parade beginning at 10 a.m. on Nov. 5 at Rice Street, Lihue. In addition, Capt. Vincent Johnson, commanding officer, Pacific Missile Range Facility, is scheduled to participate in the Veterans Day ceremony at Hanapepe Veterans Cemetery on Nov. 11.



U.S. Navy photo by Petty Officer 2nd Class Omar Powell

World War II Navy Veteran, Charles T. Edwards visited Pacific Missile Range Facility and met with the commanding officer, Capt. Vincent Johnson during lunch at Shenanigan's, Oct. 25.

World War II veteran
revisits PMRF after 72 yearsRobert Purdy
Pacific Missile Range Facility
Public Affairs Office

World War II Navy veteran, Charles T. Edwards visited Pacific Missile Range Facility (PMRF) on Oct. 25 and met with Sailors and civilians at a special meet-and-greet held in honor of his visit.

Edwards, who is currently 97 years old, was accompanied by his daughter, Susan McCarthy and his granddaughter, Kate Edwards. Although this was his fifth visit to Kauai, it marked almost 72 years since last stepping foot on Barking Sands in the mid 1940's. Known for his call sign "Charlie," Edwards was stationed on then Naval Air Facility Barking Sands between 1944 and 1945 where he piloted the F4F Wildcat assigned to the VC-66 Composite Squadron along with the TBF Avenger torpedo bomber. He and his squadron flew wartime missions, trained for carrier deployment in the Pacific theater, and enjoyed a little rest and relaxation between flights while stationed here.

Edwards reminisced and shared many of his wartime experiences with the group during the meet-and-greet. In particular, he spoke of his participation in a successful strike against a Japanese submarine in the Pacific Ocean

for which he was awarded an air medal. His squadron, VC-66 was also awarded the World War II 3-Star Presidential Unit Citation "In Honor and Remembrance of All Who Served."

In addition to his wartime experiences, Edwards shared his personal "off duty" adventures while stationed on Kauai, filling the room with laughter and smiles as he recalled traveling the "bumpy dirt road" to Polihale State Park, which by the way remains pretty much the same today.

When asked how things have changed, Edwards said, "It isn't all that different than 70

"It isn't all that different than 70 or so years ago. I wouldn't change a thing for the world."

— Charles T. Edwards
World War II Navy veteran

or so years ago. I wouldn't change a thing for the world. I never forgot the beaches. They look as beautiful as they were then. I had some great times at this station, so many good memories here. It's like I'm home again and I'll be back many more times."

Edwards and his family spent the remainder of the afternoon on a guided tour of the base, recollecting his time spent at Barking Sands, and learning about PMRF's current mission.

Pacific Missile Range Facility is the world's largest instrumented multi-environment training and test range in the world. For more information on Pacific Missile Range Facility, visit www.cnic.navy.mil/PMRF or on Facebook at www.facebook.com/PacificMissileRangeFacility/.



UPCOMING EVENTS

MWR to hold English Channel swim challenge

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

English Channel swim challenge will be held throughout November at Scott Pool, Towers Pool and Pool 1. The free English Channel swim will follow the path of the Strait of Dover (33 kilometers or 21 miles), which stretches from Dover, England to Calais, France. Swimmers will be given a card on which they can update their swims every day by the pool staff. Bring this card to Scott Pool, and we will log your progress on our Channel map. Swimmers will have the entire month of November to reach this goal. The first 50 swimmers who complete the swim will receive a commemorative towel. For more information, call 473-0394.

Youth winter sports 2017 online registration for co-ed T-ball/baseball, co-ed basketball and cheerleading closes today. Registration costs \$50 for each sport and is open to youth ages 5 to 16 years old. Seasons run from January through March 2017. The fee includes uniform top and medal. Signup for each sport is available online. Registration packets must be completed and/or on file before or after signing up. Visit www.greatlifehawaii.com for registration requirements and to download the packet. For more information, call 473-0789.

Acai bowls for lunch with Liberty will be offered from 11 a.m. to 1 p.m. today at Beeman Center. Single service members can come for a free acai bowl. Registration is not required for this event, but patrons may sign up for an email reminder. For more information, call 473-2583.

Pre-teen Thanksgiving bash will be held from 10 a.m. to 1 p.m. Saturday at the Joint Base Pearl Harbor-Hickam Teen Center. Participants can join the Teen Center Keystone Leadership Club for some Thanksgiving activities. Registration will be accepted at the door. The cost is \$5. The event is open to ages 9 to 12 years old. For more information, call 448-0418.

Turkey roll will be held from 11 a.m. to 4 p.m. Nov. 7 to 18 (except the Nov. 11 Veterans Day holiday) at the Hickam Bowling Center. Each bowler can fill out an entry form for each game bowled. Participants who bowl three games can get four entry forms. Three turkeys will be given away (the limit is one turkey per family or individual). The drawing will be held on Nov. 19, and winners must pick up their turkeys from the bowling center by Nov. 23. Open to military, family members (10 years and older), retirees, NAF, DoD, and FAA employees. Bowling center employees and their families are not eligible to participate. For more information, call 448-9959.

Bowlers \$1.75 Mondays will be held from 5 to 9 p.m. Nov. 7 at the Bowling Center on the Pearl Harbor side of Joint Base. Patrons can purchase a game of bowling for \$1.75 and hot dogs for \$1.75 each. For more information, call 473-2574.

Free preschool story time will be held from 9 to 10 a.m. Nov. 9 at the Joint Base Pearl Harbor-Hickam Library. The theme is shapes. For more information, call 449-8299.

Free ESPN youth basketball clinic will be held Nov. 9 at the Joint Base Pearl Harbor-Hickam Fitness Center. Two sessions are being held: 4:30 to 5:30 p.m. (for ages 8 to 10 years old), 6:30 to 7:30 p.m. (ages 11-13 years old, sold out). Kids can play basketball with the Armed Forces Classic teams and coaches. Participants must register by Nov. 7. For more information, call 473-0789.

Veterans Day holiday bowling will be held from noon to 9 p.m. Nov. 11 at the Hickam Bowling Center. Patrons can start the three-day holiday weekend with family at the bowling centers. For more information, call 448-9959 or 473-2574.



Fleet and Family Readiness Marketing photo

Kayak trips to the Na Mokulua Islands are available through MWR's Outdoor Adventure Center.

Popular kayak trip returns to the Outdoor Adventure Center

Justin Hirai

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation's Outdoor Adventure Center (OAC) recently began offering their popular kayaking trip to the Na Mokulua Islands again. The trip was previously removed from their schedule due to changes in commercial permit requirements needed to land on the island.

OAC management recently completed the necessary steps to receive their permits and is excited to be offering this trip to customers again. "The Mokes" is the commonly used name for the Na Mokulua islands. The two islands each have their own names. The larger is Moku Nui and the smaller is Moku Iki.

Both islands are part of the Hawaii State Seabird Sanctuary, which is the reason laws regulate activities and areas on them. Moku Iki is off-limits to the public. Moku Nui has a small sand

beach and a popular swimming lagoon on the backside of the island.

A kayaking excursion to the Na Mokulua Islands is currently being offered once a month through OAC. The cost is \$30 per person. The trip includes all the necessary gear and transportation from the facility. Schedules are posted in "Great Life Hawaii" magazine. For those who can't make the scheduled trip, custom trips are available.

For more information, call the Outdoor Adventure Center at 473-1198.

Canoe paddling offered at Honeymoon Beach



FFR Marketing photo

Justin Hirai

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

The Morale, Welfare and Recreation's Hickam Harbor currently offers Outrigger Canoe Paddling at Honeymoon Beach on select Fridays throughout the year from 8:30 to 9:30 a.m. The next available dates are Nov. 18, Dec. 2, 16 and 30. If you're interested in paddling, registration

for each session must be completed by the Wednesday before at the Hickam Harbor Marina Office. The cost per person is \$3 per session.

No paddling experience is necessary. Each trip includes an experienced guide who steers the canoe and explains basic paddling techniques. The canoe holds up to five customers, which makes for a fun group activity.

"Outrigger canoe paddling provides a different form of ex-

ercise for people to experience. It's not a normal exercise like going on a treadmill or lifting weights and you get to use different muscles," Gavin Doi, Hickam Harbor Marina staff member, said.

For more information or to check availability, call the Hickam Harbor Office at 449-5215. Other similar activities and schedules can be found in the Great Life Hawaii magazine, which can be found online at www.greatlifehawaii.com.



MWR Marketing photos

Craft Fair features activities and handmade items

Justin Hirai

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation will host its 41st Annual Fall Craft Fair Nov. 12. This free event will be held in the grass field next to the JBPHH Arts & Crafts Center on Kuntz

Ave from 9 a.m. to 3 p.m. There will be more than 120 booths selling a variety of products. The Arts & Crafts Center requires all vendors to sell only items that are verified as handmade. Food will be available for purchase from several different vendors.

The Duhaylonsod Brothers and Randy Allen will provide live music throughout the event on the

main stage. There will be other activities throughout the day for including archery lessons, pony rides, make-n-take crafts and a silent disco for kids in the courtyard. The Arts & Crafts Center's wood and pottery departments will provide live demonstrations.

For more information about the 41st Annual Fall Craft Fair, call the JBPHH Arts & Crafts Center at 448-9907.

Legendary bodybuilder will give a gift for Veterans Day at Joint Base

Randy Dela Cruz

Sports Editor, Ho'okele

One of the biggest names in bodybuilding and fitness will spend three days in Hawaii and is planning to make the military a big part of his stay.

Hall of Fame bodybuilder Shawn Ray, who dazzled audiences with his amazing physique and stage presence during the golden era of the sport, will spend one of those days as the master of ceremonies at the 2016 Paradise Cup, but the other two days Ray will come bearing gifts for Hawaii's military.

Starting on Veterans Day, Nov. 11, Ray will hold a free autograph session at 11 a.m. at the Joint Base Pearl Harbor-Hickam Fitness Center, where he will also answer questions on fitness tips. The meet-and-greet event is open to all eligible patrons.

Then following the Paradise Cup, where many athletes from the military are scheduled to compete on Nov. 12, Ray will lead a team of fitness experts and athletes at the Shawn Ray Muscle and Fitness Clinic Hawaii on Nov. 13 at the Blaisdell Arena from 11 a.m. to 2 p.m.

To show his appreciation to the military, Ray announced that he will give all military personnel a discount for the clinic.

"Well, the older you get, the more appreciation you have for the military," Ray said. "When I was competing as a bodybuilder I was essentially focused on my career. As I travel around the world, it's very cool to engage with people that have a real job and have that same kind of passion (of a professional bodybuilder). As a professional bodybuilder, I didn't have to split my focus, but when you're in the military you have people you have to answer to, responsibilities, family, friends and travel. When you're in the military, whether it's active duty or reserves, it's a whole another level."

Ray said that he was inspired to offer his time to the military after witnessing Dwayne "The Rock" Johnson's tribute to the military called "Rock the Troops."

"I watched what the Rock did over here and I got inspired," he said. "I've got to do this more often. I haven't shown my appreciation to the degree that I'm satisfied with, so I'm taking baby steps, but I definitely want to make sure that these guys know that I appreciate all the comfort that they've provided for my life, my family and country."

With that said, Ray said that he is really looking forward to spending time with the troops at JBPHH Fitness Center.

While some people may be intimidated by approaching him at the free autograph session, he said he is here for them.

"I'll bring some pictures, sign the pictures for the troops, take some pictures

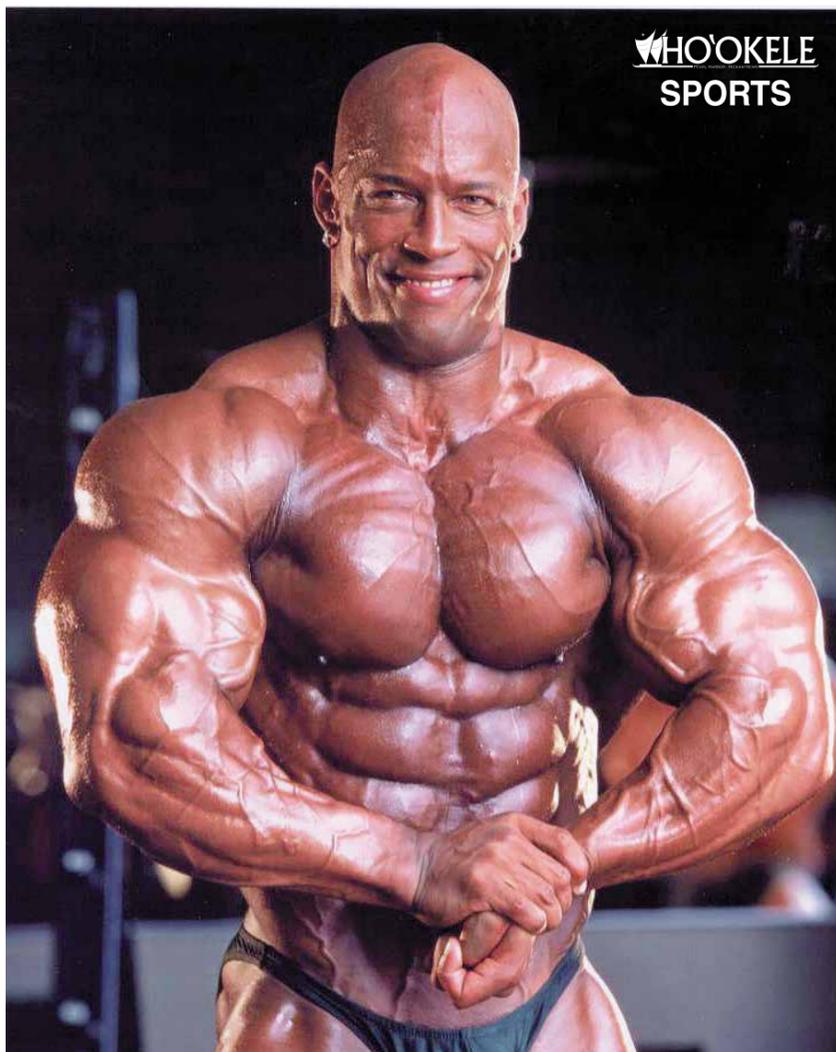


Photo courtesy of Shawn Ray

Hall of Fame bodybuilder Shawn Ray will hold a free autograph session at JBPHH Fitness Center on Veteran's Day, Nov. 11. Ray said he will also bring a surprise guest.

with the guys and just hang out," Ray said. "I'll have a ton of giveaways, I'll answer some general questions and just spend the day. I'm coming out there and I'm not in a rush to go anywhere."

While having one Hall of Fame bodybuilder attend the autograph session is great, how about two?

Ray was so excited about bringing along his friend, superstar bodybuilder Chris Comier, to the session that he accidentally spilled the beans.

"I'm going to bring Chris Comier with me. They don't know that yet," he said. "Comier is flying in with me so I'm going to bring him out there too. He'll be there to help out."

Meanwhile at the seminar, Ray will bring down a lineup of who's who in the world of bodybuilding and fitness.

"You'll hear all the expert Hall of Famers, Rich Gaspari, Comier and myself," he said. "We'll have active bodybuilders and physic athletes like Donta Tanner, and we'll have some amateurs that are just finding their way through, such as Jacquelyn Geringer, who just

competed and took second among fitness athletes."

Both Tanner and Geringer are from Hawaii.

Tanner, whose story has been told in "Ho'okele," is a retired Navy lieutenant who received his bodybuilding pro card in 2012.

Tanner, who met Ray while he was stationed in San Diego, said that he cannot believe what's in store for local military bodybuilders.

"It's amazing," he said. "It's huge to have someone who has achieved so much. We had people like Arnold Schwarzenegger, and he (Ray) was competitive against those guys. Shawn Ray is an icon in bodybuilding."

For more information about Ray's meet-and-greet at JBPHH, visit www.greatlifeohawaii.com.

For the clinic at Blaisdell Arena, military personnel can pick up their tickets at the Blaisdell Arena box office or any Ticket Master outlets. In order to get your discount, you must show your military I.D.



Overcome inexperience with absentee voting process

Federal Voting Assistance Program

New research released by the Federal Voting Assistance Program (FVAP) indicates that citizens living outside the United States are more likely to return absentee ballots when they use an FVAP assistance resource. During the 2014 election, inexperienced voters particularly benefitted from the use of FVAP resources; their likelihood to return ballots increased by nearly 50 percent.

FVAP provides resources to citizens covered by the Uniformed and Overseas Citizens Absentee Voting Act (UOCAVA) to help them overcome barriers they may experience during the absentee voting process. Previous analyses has shown that active duty military personnel who used FVAP resources were significantly more likely to register and vote, but the research had not been extended to the overseas citizen population until now.

"Overseas citizens are an understudied UOCAVA population and can be difficult to reach," Matt Boehmer, FVAP director, said. "Over the last few years, we've leveraged an innovative technique to survey overseas citizens who voted in 2014, which provided us with important findings to understand more about this population. For those who do choose to participate, it is comforting to know that FVAP's resources have a pronounced impact on a person's likelihood of returning their ballot. We will use these findings to enhance targeted outreach campaigns to help these citizens understand the process and inform them of the tools and resources available to vote from anywhere in the world."

Inexperienced overseas voters are less familiar with the absentee voting process and are generally assimilating into a new environment, creating a greater need for voting assistance resources. The research note provides a review of previous analyses and details the data, methodology and results of the new study.

Key findings from this research:

- FVAP resources were associated with an increased likelihood of returning ballots, particularly among those without previous overseas voting experience.
- The likelihood of returning ballots increased by almost 50 percent among inexperienced overseas citizens who requested an absentee ballot.

FVAP.gov was the most commonly utilized resource. All FVAP resources, including • FVAP.gov, the online assistant and staff support, were positively associated with returning ballots, consistent with helping users overcome experience barriers to overseas voting.

The probability of returning a ballot with no resource used was 19 percent for inexperienced voters and 29 percent for experienced voters. The probability of returning a ballot with any FVAP resource used was 28 percent for inexperienced voters and 38 percent for experienced voters. For overseas citizens, both the use of FVAP voting assistance resources and prior voting experience are associated with an increased likelihood of returning ballots. FVAP will leverage these findings to explore outreach campaigns targeting overseas citizens likely to benefit the most from these resources, particularly those in countries and demographic groups with low rates of resource usage or high rates of inexperience.

View the infographic, executive summary and research note at <http://ow.ly/vUpK305PMUz>.

View the full Overseas Citizen Population Analysis report at <http://ow.ly/NxvR305PMWU>.

Voters can contact FVAP's call center at 1-800-438-VOTE (8683), DSN 425-1584 or at vote@fvap.gov. Find FVAP on Facebook at [facebook.com/DoDFVAP](https://www.facebook.com/DoDFVAP) and follow @FVAP on Twitter.

Trunk-n-Treat

Service members and their families observe decorations during a Trunk-n-Treat event held at Naval Health Clinic Hawaii at Joint Base Pearl Harbor-Hickam. The event highlights Halloween decorations displayed in the trunks of vehicles rather than homes.

U.S. Navy photo by Petty Officer 1st Class Meranda Keller



MY FAVORITE PHOTO



Graphic artist Tony Verceluz took this photo of his prize-winning jack-o-lantern over Halloween weekend. *How to submit: send your photos to editor@hookelenews.com*

Volunteer project set for Nov. 19

A Hawaii Army National Guard (HIANG) National Public Lands Day volunteer environmental project will be held from 8 a.m. to 1 p.m. Nov. 19 at Bellows Air Force Station Pu'ewai wetlands and burial vault.

Volunteers will remove invasive plants, spread mulch and plant native Hawaiian plants. An orientation will teach about cultural history.

Volunteers should bring sunblock, a re-usable water bottle, gloves and lunch. All other tools will be provided. Volunteers can receive a native plant as a gift.

RSVP to Craig Gorsuch at 927-1867 or email craig.gorsuch.ctr@us.af.mil.

Commissaries announce Veterans Day holiday hours

On Veterans Day, Nov. 11, the Pearl Harbor Commissary will be open from 9 a.m. to 5 p.m. The Hickam Commissary will be open from 10 a.m. to 6 p.m.

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

2016 holiday season mailing deadlines

Naval Supply Systems Command Public Affairs

The Naval Supply Systems Command's (NAVSUP) mail-by dates for pre-Dec. 25 deliveries of holiday cards, letters, and packages are now available.

For mail addressed to/from:

APO/FPO/DPO AE zips 090-098 (except 093); AA zips 340; AP zips 962-966

- Priority Express Mail Military Service: Dec. 16

- First-Class and Priority Mail (letters/cards and packages): Dec. 9

- Space Available Mail: Nov. 25

- USPS Retail Ground (formerly "Standard Post"): Nov. 7

APO/FPO/DPO AE ZIP 093

- Priority Express Mail Military Service: N/A

- First-Class and Priority Mail (letters/cards and packages): Dec. 2

- Space Available Mail: Nov. 25

- USPS Retail Ground (formerly "Standard Post"): Nov. 7

Domestic Mail

For ships in port and personnel on shore duty in the U.S. mailing to U.S. destinations-not including APO/FPO:

- First-Class Mail: Dec. 20

- Priority Mail: Dec. 21

- Priority Express Mail: Dec. 23

International First-Class Packages and Priority Mail addressed to Africa and Central and South America should be mailed no later than Dec. 1.

International First-Class Packages and Priority Mail addressed to Asia/Pacific Rim; Australia/New Zealand; Canada; Caribbean; Mexico, Europe; and the Middle East should be mailed no later than Dec. 8.

All classes of mail addressed to FPO addresses must contain the New Navy Standardized Address format, which includes ship or mobile unit number, (or PSC number for ashore FPOs), virtual mail box number, and five-digit ZIP code to ensure delivery. Mail not addressed correctly could be returned to sender as undeliverable.

Priority Express Mail Military Service (PEMMS) is available from selected military post offices. If mailing to an APO/FPO/DPO address, check with your local post office to determine if PEMMS service is available and specific delivery service standards.

Space Available Mail (SAM) refers to parcels mailed to APO/FPO addresses at parcel post rates first transported domestically by surface, then to overseas destinations by air on a space available basis. The max-



imum weight and size limits are 15 pounds and 60 inches in length and girth combined. From overseas locations, items mailed at USPS Retail Ground (formerly "Standard Post") rates are sent to CONUS by air on a space available basis. The maximum weight and size limits are 70 pounds and 130 inches in length and girth combined.

It is recommended customers check with local civilian or military post offices for information regarding size restrictions and customs declaration form requirements. Customers are advised mailing restrictions apply and some items cannot be mailed. Examples of non-mailable items are: alcohol, switchblade knives, pornography, controlled substances, and explosive or incendiary devices. If in doubt, contact your local civilian or military post office.

As a final note, customers should ensure articles are packaged properly for mailing and packages do not display markings related to any type of hazardous material such as bleach, alcohol, or cleaning fluids. Parcels found by U.S. Postal Service with such markings or labels on the outside of the box will not be processed. For more news from Naval Supply Systems Command, visit <http://www.navy.mil/local/navsup/>.

Great American Smokeout set for Nov. 17

Naval Health Clinic Hawaii

November is a month to celebrate Tobacco-Free Living.



The Great American Smokeout is on Thursday, Nov. 17. This is a day where people pledge to start their tobacco-free life. Patrons can join Naval Health Clinic Hawaii for a group workout at Joint Base Pearl Harbor-Hickam's Ward Field at 6 a.m. or at Marine Corps Base Hawaii Pop Warner Field at 11:30 a.m. and support their peers, family and friends in quitting the tobacco habit. Those who pledge to quit tobacco use for a day or sup-

port someone who is quitting may be eligible to get a free class such as yoga or kickboxing.

Those who use tobacco can find the motivation to quit tobacco and get support from family and friends. There are plenty of reasons to consider quitting, from the increasing costs of a pack of cigarettes to wanting to be healthier inside and out. Whatever your reasons are, it's important to gain support from your family and friends for encouragement and accountability.

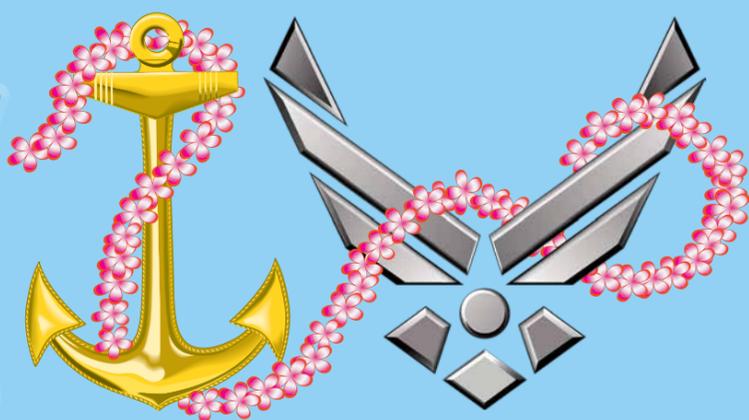
According to the Naval Health Clinic Hawaii Facebook page, "Tobacco use negatively affects the health and readiness of Sailors,

Marines, families and retirees. According to the World Health Organization, tobacco use is the single greatest cause of preventable death globally."

Naval Health Clinic Hawaii's Health Promotion department conducts classes to help people achieve their health and wellness goals. Naval Health Clinic Hawaii offers tobacco cessation services to Sailors, Marines, family members and retirees.

Whether you are thinking about quitting tobacco or supporting someone who is, contact Naval Health Clinic Hawaii's Health Promotion department at 471-2280 for a starter kit to quit tobacco and more information about actions you can take.

NOVEMBER

HO'OKELE
PEARL HARBOR - HICKAMCOMMUNITY
CALENDAR

KAPUAIKAULA MAKAHIKI NOV. 5 — Navy Region Hawaii and Joint Base Pearl Harbor-Hickam will hold a free Kapuaikaula Makahiki beginning at 9 a.m. at Hickam Harbor Beach. At Kapuaikaula (Hickam Beach), participants will experience Makahiki, an ancient Hawaiian festival of Thanksgiving. The event will include various games of skill from Hawaii's past, along with Native Hawaiian culture and protocol. Families are welcome to attend the event and they can bring beach chairs and mats. FMI: 471-1171, ext. 368 or 473-0662.

NEX CARE PACKAGE EVENT NOV. 5 — A free care package event will be held from 11 a.m. to 3 p.m. at the Pearl Harbor Navy Exchange (NEX). Children ages 12 and under can create and ship a care package for their deployed Navy loved one. The event will include \$20 NEX gift cards, photos, packing materials, shipping and entertainment. Space is limited. Patrons can register now at the NEX Aloha Center concierge desk. FMI: call Stephanie Lau at 423-3287 or email stephanie.lau@nexweb.org.

JBPHH ANNUAL RETIREE SEMINAR

NOV. 5 — The JBPHH Annual Retiree Seminar will be held from 7:30 a.m. to noon at the Historic Hickam Officers' Club. No reservations required. This event is open to all Navy, Air Force, Marine Corps and Coast Guard retirees, their spouses and annuitants. Exhibitors will be open 7:30 a.m. for displaying their literature, handouts and giveaways. Flu shots will be provided. Light refreshments will be served. Guest speakers begin at 8:30 a.m. The seminar is sponsored by the Navy Retired Activities Office (RAO), which is located at the Moanalua Military and Family Support Center. FMI: call the RAO at 474-0032.

STRESS MANAGEMENT NOV. 8 — A stress management class 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.

KEY SPOUSE CONNECT MEETING

NOV. 8 — A key spouse connect meeting will be held from 9 to 11 a.m. at Military and Family Support Center Hickam. Participants can network with other key spouses and mentors, and discover community resources. The meeting is open to all appointed U.S. Air Force key spouses, commanders and first sergeants. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

FEDERAL RESUME WRITING NOV. 8

A class on federal resume writing and navigating USAJobs will be held from 8 to 11 a.m. at Military and Family Support Center Wahiawa. Registration is highly encouraged. It's also helpful for participants to bring their own laptop and a federal job announcement from USAJobs that they may be interested in pursuing. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

CIVILIAN RESUME WRITING NOV. 8

A civilian resume writing class will be held from 1 to 3 p.m. at Military and Family Support Center Wahiawa. Registration is highly encouraged. It's also helpful for participants to bring their own laptop, a draft resume and a civilian job announcement that they may be interested in pursuing.

TRANSITION GPS NOV. 8-9

— A Transition GPS: Career and Technical Training Track workshop will be held from 7:30 a.m. to 3:30 p.m. over two days at Military and Family Support Center Pearl Harbor. The workshop provides 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.

SURVIVOR BENEFIT PLAN NOV. 9

— A class on the Survivor Benefit Plan (SBP) will be held from 1 to 2 p.m. at Military and Family Support Center Pearl Harbor. The SBP is an insurance plan that will pay a surviving spouse a monthly annuity payment to help make up for the loss of a deceased spouse's military retirement income. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

FINANCIAL PLANNING FOR RETIREMENT

NOV. 9 — A class on financial planning for retirement will be held from 8 to 9:30 a.m. at Military and Family Support Center Pearl Harbor. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

FINANCIALLY SAVVY RETIREES

NOV. 9 — A Financially Savvy Retirees: Wills and Trusts class will be held from 9:30 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.

SOCIAL SECURITY CLASS NOV. 9

— A seminar on the subject of Social Security will be held from 2 to 3:30 p.m. at Military and Family Support Center Pearl Harbor. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

WORK AND PERSONAL LIFE BALANCE

NOV. 9 — A class on work and personal life balance will be held from 1 to 3 p.m. at Military and Family Support Center Pearl Harbor. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

SUICIDE PREVENTION AWARENESS

NOV. 10 — A class on suicide prevention awareness will be held from 8 to 9 a.m. at Military and Family Support Center Wahiawa. The class will include how to apply ACT (Ask, Care, Treat) steps. This counts as Navy Suicide Prevention training. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

SHARKEY THEATER**TODAY — NOV. 4**

7:00 PM Deepwater Horizon (PG-13)

SATURDAY — NOV. 5

2:30 PM Middle School:
The Worst Years of My Life (PG)
4:40 PM Miss Peregrine's Home For
Peculiar Children (3-D) (PG-13)
7:10 PM The Birth of a Nation (R)

SUNDAY — NOV. 6

2:30 PM Storks (3-D) (PG)
4:40 PM Masterminds (PG-13)
6:50 PM The Girl on The Train (R)

THURSDAY — NOV. 10

7:00 PM Snowden (R)

HICKAM MEMORIAL THEATER**TODAY — NOV. 4**

7:00 PM Deep Water Horizon (PG13)

SATURDAY — NOV. 5

3:00 PM Storks (PG)
6:00 PM The Girl on the Train (R)

SUNDAY — NOV. 6

3:00 PM Deep Water Horizon
(PG13)

THURSDAY — NOV. 10

7:00 PM Miss Peregrine's Home
for Peculiar Children
(PG-13)

MOVIE
SHOWTIMES**MISS PEREGRINE'S HOME
FOR PECULIAR CHILDREN**

When Jake discovers clues to a mystery that spans alternate realities and times, he uncovers a secret refuge known as Miss Peregrine's Home for Peculiar Children. As he learns about the residents and their unusual abilities, Jake realizes that safety is an illusion, and danger lurks in the form of powerful, hidden enemies. Jake must figure out who is real, who can be trusted and who he really is.

PACIFIC AVIATION MUSEUM PEARL HARBOR®

FORD ISLAND, HAWAII

PEARL HARBOR REMEMBRANCE

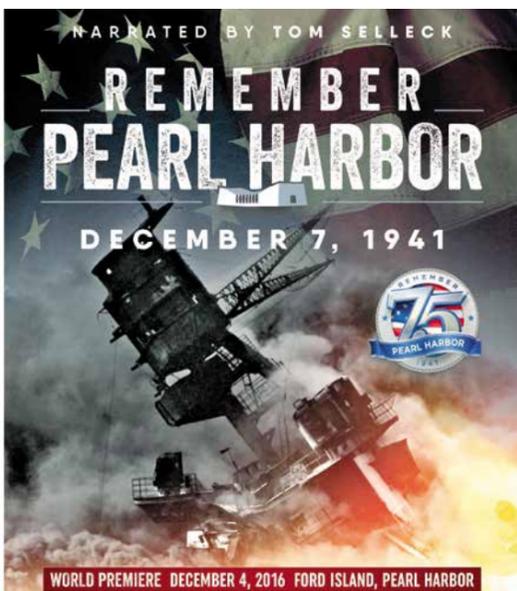
Dec. 7, 2016 will mark 75 years since America was launched into World War II, with the attack on Pearl Harbor. It will also mark 10 years since Pacific Aviation Museum Pearl Harbor opened its doors on Ford Island at Pearl Harbor, vowing to honor America's greatest aviators by sharing aviation history of the Pacific and the stories of the heroes of WWII.

The following are some events taking place this year at Pacific Aviation Museum Pearl Harbor or in which the museum will participate. For other events, visit www.pearlharbor75thanniversary.com.

Dec. 4

Dedication of the 1941 Ford Island Aerological Tower will be from 1 to 2 p.m. This event will dedicate newly restored areas, including the historic Aerological Tower which was the flight control central that was in use the morning of the Pearl Harbor attack. The event will also dedicate a portion of the library/archival area that is in the Operations Building. For information contact: Elissa.Lines@PacificAviationMuseum.org, or call 445-9069.

World premiere of the "Remember Pearl Harbor" documentary film will be at 2 p.m. at hangar 79. In association with the commemoration of the 75th anniversary of the attack on Pearl Harbor, WWII Foundation's "Remember Pearl Harbor" will preview for the first time. This 90-minute documentary produced and directed by Tim Gray, features interviews with 36 WWII veterans and focuses on more than a dozen Pearl Harbor survivors and eye-witnesses, including Mitsuo Fuchida, the Japanese pilot who led the attack on Pearl Harbor. The film is narrated by actor Tom Selleck. Attendees can meet USS Arizona survivors and Iwo Jima Medal of Honor recipient Woody Williams, who are expected to attend the screening. The cost is \$10 per person, or \$5 with museum admission. For information or to purchase tickets, contact Vangie. Villa@PacificAviationMuseum.org, 808-447-1794.



Dec. 6

Blackened Canteen Ceremony will be held at 7 a.m. aboard the USS Arizona Memorial. The event is hosted by Pacific Aviation Museum Pearl Harbor in coordination with the National Park Service. Dr. Hiroya Sugano M.D. Sugano, director general of the Zero Fighter Admirers' Club, comes from Japan to conduct this annual commemoration of peace and reconciliation ceremony with a silent prayer and pouring bourbon whisky from a WWII-blackened canteen into the water from the USS Arizona Memorial as an offering to the spirits of the fallen. The public and press are invited on a first come, first served basis by calling museum event coordinator Gary Meyers at 282-6570, for reservations.

Following the Blackened Canteen ceremony, a youth symposium will be held in the Pacific Aviation Museum Theater from 10 to 11:30 a.m. The symposium will highlight the story and lessons of the Blackened Canteen Ceremony, commemorating the friendship, honor and reconciliation borne out of the horror of WWII. Students from Nagaoka, Japan and Kamehameha Schools in Honolulu will participate in the program, along with Dr. Hiroya Sugano and Jerry Yellin, WWII pilot and author of The Blackened Canteen. Dr. Maya

For more information, visit www.pacificaviationmuseum.org.

Soetoro-Ng will serve as moderator. This event is free and open to the public. Teachers at public, private, or charter schools who register their classes for the Youth Symposium will receive The Blackened Canteen classroom curriculum and an autographed copy of the book. Additionally, the cost of bus transportation to the event will be provided for registered school groups. Curriculum materials and a video of the symposium will also be available at www.pacificaviationmuseum.org. Seating is very limited. For more information, call 445-9137.

Dec. 7

The museum's F-104 Starfighter will join the other bands and floats to parade down Kalakaua Avenue in Waikiki, to honor and pay respect to the Pearl Harbor survivors, veterans, active duty military and their families. The Pearl Harbor Memorial Parade will take place on the anniversary of the Pearl Harbor attack. The parade starts at 6 p.m. at Ft. DeRussy in Waikiki and proceeds down Kalakaua Avenue to Kapiolani Park.

Dec. 8-9

Discover Pearl Harbor Youth Program will be held from 7:30 a.m. on Dec. 8 to 4 p.m. on Dec. 9. This is a two-day program for teens that combines aviation-related science, technology, engineering and math (STEM) activities within the historically significant context of the Pearl Harbor sites. The event is open to students ages 12-15, program participants will spend two days at Pacific Aviation Museum and one night aboard the USS Missouri Battleship Memorial. The program will build upon the anticipated national and international youth participation in the 75th commemoration of the attack on Pearl Harbor. The cost is \$225 per student, \$202.50 for museum members and includes meals, snacks, overnight accommodations and program on the USS Missouri Memorial, program materials and souvenir T-shirt. Registration limited to 50 youth. Call 445-9137 or email Education@PacificAviationMuseum.org for more information.

Dec. 9

Local TV newscaster, actor and playwright Joe Moore will be joined by television personality and Wheel of Fortune host Pat Sajak for a reprisal of Moore's historical play, "Righteous Revenge" from 6 to 9 p.m. "Righteous Revenge" tells the story of the incredible Doolittle Raid that flew over Japan after the Pearl Harbor attack. The Doolittle Raid lifted American spirits and helped fuel America's wartime energy. The event includes a reception and photo opportunities with the stars of the play. The cost is \$125 per person. For information or to purchase tickets, call 447-1794 or email Vangie.Villa@PacificAviationMuseum.org.

Dec. 10

Pearl Harbor Youth Day will be held from 9 a.m. to 3:30 p.m. Families and visitors of all ages can explore the lessons and legacy of WWII through special presentations, exhibits, and hands-on activities. The event is designed to engage and educate youth about the history of Pearl Harbor and its impact on young people in Hawaii and throughout the Pacific. Featured activities include screening of "Under the Blood Red Sun" followed by a presentation and question-and-answer session with author Graham Salisbury, historical exhibits created by local high school students, thematic tours of the museum, and costumed interpreters and historical demonstrations. The event is free to students 18 years and younger, free with museum admission, and free to museum members. Registration is required for teachers and youth organizations that are interested in bringing large groups and wish to apply for funding assistance for bus transportation. Call 445-9137 for more information or to register.

Sunset ceremony to honor WWII veterans

A free sunset ceremony in honor of Veterans Day will be held Nov. 11 on the Battleship Missouri Memorial fantail from 4:30 to 5:30 p.m. This year's ceremony will pay special tribute to the Filipino veterans of World War II. Veteran Domingo Los Banos of the 1st Filipino Infantry Regiment will be the guest speaker. Sen. Mazie Hirono will deliver the keynote address. Attendance is open to the public. Complimentary round-trip shuttle service will be offered from the Pearl Harbor Visitor Center beginning at 3:30 p.m. FMI: www.USSMissouri.org or call 1-877-644-4896.

USS Missouri (BB-63) is shown here rounding the east end of Ford Island in Pearl Harbor in late September 1945. U.S. Naval Historical Center photograph.



Shoppers can get free reusable shopping bags

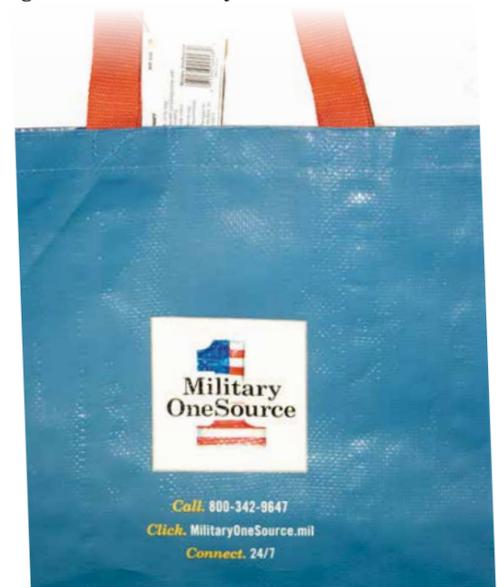
Defense Commissary Agency

Commissary shoppers can get free reusable shopping bags imprinted with important contact information about services available to them thanks to a partnership with Military OneSource. Commissary patrons worldwide can receive the free shopping bags, distributed one-per-customer while supplies last. Military OneSource distributed 4,800 cases of bags to the Defense Commissary Agency.

The bags are one way the program reaches out where the military community lives, works, plays and shops. Serving more than 7 million patrons per month worldwide, the commissary is a resource to get the bags in the hands of military members and their families.

Military OneSource is a program funded by the Defense Department that provides free confidential help, tools and information to active duty, National Guard and reserve service members, their immediate family members and survivors anytime. DeCA, along with Military OneSource and National Industries for the Blind, which is providing the bags, is taking part in the endeavor.

"Military OneSource is a valued resource for our military community," Tracie Russ, DeCA's director of sales, said. "Increasing the awareness of this resource through the distribution of bags will serve to remind seasoned military members that support is just a phone call away and perhaps, introduce the support program to new military members."



Upcoming blood drives

Currently scheduled drives include:

- Nov. 7, 9 a.m. to 1 p.m., Pearl Harbor Memorial Chapel, Joint Base Pearl Harbor-Hickam
- Nov. 15, 9 a.m. to 1 p.m., room 2A207, Tripler Army Medical Center
- Nov. 16, 8 a.m. to 3:30 p.m., room 2A207, Tripler Army Medical Center

For more information, call 433-6699 or 433-6148 or email michelle.lele@amedd.army.mil.

Operation Homefront accepting Military Child of the Year nominations

Through Dec. 5, Operation Homefront, a national nonprofit with the mission of building strong, stable, and secure military families, will accept nominations for the 2017 Military Child of the Year awards, which will be presented at a recognition gala April 6, 2017, in the nation's capital.

Mary Turpin, an Army family member from Wahiawa, was one of 30 nationwide 2016 finalists. Summer Lecher, a Marine Corps family member from Kailua, was among the 90 nationwide 2016 semifinalists. Both were 17



when they were nominated.

The annual awards will recognize seven outstanding young people. Six of them in the age 8 to 18 range will represent a branch of the armed forces — the Army, Marine Corps, Navy, Air Force, Coast Guard, and National Guard — for their scholarship, volunteerism, leadership, extracurricular involvement, and other criteria while facing the challenges of military family life.

The seventh award, which is open to young people ages 13 to 18, is the Military Child of

the Year Award for Innovation. With a new invention, improvement to existing technology, creation of a new nonprofit or community service group, or expansion of an existing membership organization, the winner of this award shows the power of innovative thinking.

The six armed services branch Military Child of the Year awardees will receive \$10,000 each, a laptop computer and other donated gifts, and be flown with a parent or guardian to Washington, D.C., for the gala, during which se-

nior leaders of each branch of service will present the awards.

The Military Child of the Year Award for Innovation recipient will receive a \$5,000 cash award, benefit from mentorship, and be flown to Washington along with a parent or guardian to be recognized at the gala.

Anyone may nominate a favorite young patriot. Parents, siblings, teachers, coaches, clergy, neighbors, grandparents and anyone who knows a child's talents may nominate. Go to www.militarychildoftheyear.org and click the nominate tab.

Flock to MustDash 5K Turkey Trot on Thanksgiving

The Surface Navy Association's (SNA) Pearl Harbor Chapter is sponsoring the third annual MustDash 5K Turkey Trot to support men's health.

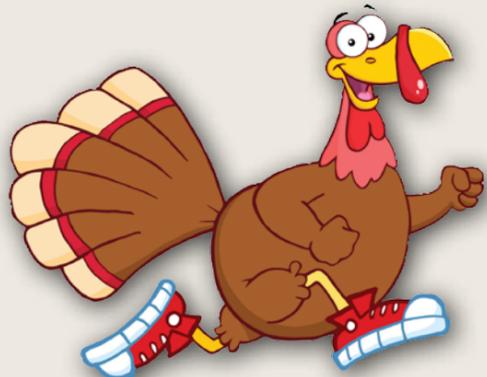
The run will be held on Ford Island at the intersection of O'Kane Boulevard and Wasp Boulevard at 7:30 a.m. on Thanksgiving Day, Nov. 24.

Prizes will be awarded in three categories: best real mustache, best fake mustache and worst in show (for those men that try their hardest to grow a mustache, yet fail miserably.) Participants can register by Nov. 7 for \$25 by emailing SNAmustdash@gmail.com with their T-shirt size.

Shirts are in men's sizes. Current and new SNA members can register for \$18.

Sign up for SNA is online at navysna.org or fill out an application at the race to receive the member discount. Late registration will be available for \$30 (\$23 for SNA members) until Nov. 14.

For more information, email Bridgette.barden@ddg97.navy.mil.



Snacks with Santa to return



The Hickam Officers' Spouses Club Snacks with Santa free event will be held from 9 a.m. to 1:30 p.m. Dec. 3 at the Ka Makani Community Center on the Hickam side of Joint Base Pearl Harbor-Hickam (JBPHH). The event is an annual activity that serves as the club's gift to the families of JBPHH. Registration goes live Nov. 19 at 9 a.m. The event is limited to 300 military children. The recommended age for participation is 12 years and under. The event will include face painting, crafts, games, prizes, cookies, drinks and Santa. Registration and base access is required. Participants must present a proof of registration to gain entry to event, via copy or phone.

For more information, email santa@hickamosc.com.

Photo courtesy of Hickam Officers' Spouses Club

USS Bowfin Memorial Scholarships available

The Pacific Fleet Submarine Memorial Association announced that the application period for USS Bowfin Memorial Scholarships has opened for Hawaii area assigned submarine families for 2017-2018 academic year.

Since 1985, this scholarship program has given more than \$700,000 in scholarships to hundreds of Hawaii area submariners and their families. This

year, the USS Bowfin Submarine Museum Board of Directors has made available up to \$75,000 in funds to support this scholarship effort that provides monies for tuition, books, and fees for submariners, their spouses and children.

Scholarship applications are available online at www.bowfin.org/scholarship or by calling USS Bowfin Submarine Museum

and Park at (808) 423-1341.

Completed scholarship application packages must be post-marked by March 24, 2017 in order to support the interview process on April 1, 2017. Scholarships will be awarded in a ceremony at USS Bowfin Submarine Museum and Park on April 29, 2017.

For more information, call (808) 423-1341.