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“Navigator” HO'OKELE

FOR THE NAVY AND AIR FORCE TEAM IN HAWAII

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Hawaii prepares for 75th commemoration

Navy Region Hawaii Public Affairs

The 75th commemoration of the attack on Pearl Harbor has launched with plans of an unprecedented series of events that will take place now through Dec. 11. Themed, “Honoring the Past, Inspiring the Future,” the 75th commemoration events are designed to attract thousands of global visitors and Hawaii residents.

Centered around National Pearl Harbor Remembrance Day on Dec. 7, other ceremonies and events include memorials dedicated to USS Utah, USS Oklahoma, USS Nevada, the reconciliation “Blackened Canteen Ceremony” at the USS Arizona Memorial, a reception honoring Japanese American veterans, a Pearl Harbor documentary premiere, historic movies on Waikiki Beach, a Survivors Gala Tribute, Waikiki parade, celebration for veterans, active duty military and their families, and culminating to a world-class live concert that is being planned at the Aloha Stadium.

The National Pearl Harbor Remembrance Day Commemoration will be held from 7:45 to 9:15 a.m. at Kilo Pier, Joint Base Pearl Harbor-Hickam. The National Park Service and the United States Navy



*‘Honoring the Past,
Inspiring the Future’*

Ford Island Bridge closure in support of Pearl Harbor Day

Joint Base Pearl Harbor-Hickam Public Affairs

All lanes of the Ford Island Bridge will be closed Dec. 5 from 9:15 to 10:45 a.m. and Dec. 7 from 7 to 10 a.m. in support of the 75th commemoration of National Pearl Harbor Remembrance Day.

All motorists and pedestrians are reminded to plan accordingly for those two days.

In addition, the Ford Island boat access gate must be closed during bridge opening and closing to minimize collision hazards. Boat traffic under the causeway will not be allowed during these exercises.

will co-host the 75th commemoration of the attack on Pearl Harbor.

Due to an overwhelming request from survivors and World War II veterans, seating is extremely limited. Unlike in past years, people cannot just show up at the ceremony without an invitation.

There will be a free shuttle service available from the Aloha Stadium to the base. People should park at the Aloha Stadium parking lot will open at 4 a.m. Shuttles will run until seats are filled on base. Thereafter, the shuttle will run to the Pearl Harbor Visitor Center, where the ceremony can be viewed on livestream. Capacity of the visitor center is 2,300 seats.

For guests not able to attend the ceremony at Kilo Pier, a live stream of the ceremony will be available for viewing in the Pearl Harbor Visitor Center theaters (7 to 9:30 a.m.) and online.

A full list of events, other commemoration details and a library of historic and current photographs can be accessed at www.pearlharbor75thanniversary.com, and through Twitter #pearlharbor75.

For more information, call (877) 589-8898 or 589-5592.

The Nimitz-class aircraft carrier USS John C. Stennis (CVN 74) renders honors to the USS Arizona Memorial as the ship prepares to moor at Joint Base Pearl Harbor-Hickam to participate in Rim of the Pacific 2016, June 29.

U.S. Navy photo by Petty Officer 2nd Class Ryan J. Batchelder



USS John C. Stennis to support 75th anniversary of attack on Pearl Harbor

USS John C. Stennis Public Affairs

USS John C. Stennis (CVN 74) got underway from Naval Base Kitsap-Bremerton, Wash., Nov. 22 to conduct routine training and participate in National Pearl Harbor Remembrance Day events at Joint Base Pearl Harbor-Hickam.

Dec. 7, 2016 will mark the 75th anniversary of the bombing of Pearl Harbor, which precipitated the United States' entrance into World War II.

This year's commemoration's focus, “Honoring the Past, Inspiring the Future,” is highlighted through events that have already

begun and will continue through Dec. 11.

These include remembrance events, concerts and performances by military and civilian groups, themed movies on the beach, events for World War II and Pearl Harbor survivors and veterans, educational opportunities and the Honolulu Marathon.

The commemoration planning has been led by the 75th Commemoration Committee, in partnership with the U.S. military, other government agencies, nonprofit organizations and business partners.

Prior to arriving in Hawaii and after its departure, Stennis will conduct at-sea training to maintain

and build technical and operational proficiency. Ongoing training is essential in ensuring U.S. warships remain capable, adaptive and able to carry out an array of missions around the world. Scheduled operations and training while underway include damage control and firefighting drills, flight operations, seamanship evolutions, engineering training, and exercises designed to maintain technical and tactical proficiency in a variety of warfare areas.

John C. Stennis returned to its homeport of Bremerton, Aug. 14, following a regularly scheduled seven-month deployment to the Indo-Asia-Pacific.

Navy aircraft carrier to provide ship tour

In support of the Pearl Harbor 75th commemoration, USS John C. Stennis invites Department of Defense ID card holders, retired veterans and their families the chance to tour the flight deck on Dec. 5 from 8 a.m. to 3 p.m. at Joint Base Pearl Harbor-Hickam.

The tour will be self-paced. Guests must be independently mobile and able to walk, climb ladder wells and on gridded plates. Guests unable to meet this requirement will not be allowed to board the ship.

• Guests must be 8 years old or older.

• Bags and strollers are not allowed. Small backpacks and purses allowed.

• Hand held cameras, cell phones and wallets are allowed.

• Photography is limited aboard the ship as permitted by the ship's commanding officers. Photography of the pier is prohibited.

• Dress comfortably and wear closed-toe shoes.

• Bring your own water bottles.

• Parking is available in designated parking lots.

• Ship souvenirs will be available for cash purchase only.

Diverse VIEWS



If you could ask a Pearl Harbor survivor one question, what would it be?



Taylor Boomershine
766th Specialized Contracting Squadron

"What does the 75th anniversary of the attack on Pearl Harbor mean to you?"

Petty Officer 2nd Class Shavone Garnett
JBPHH

"I wrote a term paper about World War II and Pearl Harbor. One of the questions I would ask would be, 'What was the most significant moment for them during World War II?'"



Tech. Sgt. Wayne Kahalekomo
15th Maintenance Squadron

"How has your perspective on life evolved over the years since the attack?"

Petty Officer 2nd Class Richard Pavey
JBPHH

"I wouldn't necessarily ask them about that terrible event in history because of my respect for the survivor. However, I would ask them a Navy culture question. 'How has Navy culture changed from then to now and also what do you think about the new NOS codes eliminating the Navy rating system?'"



Staff Sgt. Jordan Zirpolo
37th Intelligence Squadron

"In the midst of it all, did you do something that you never thought you were capable of?"

Petty Officer 1st Class Freddy Thomas
JBPHH

"For a military survivor I would ask: 'At any moment did you think it was the end of the world?' For a civilian survivor I would ask: 'When the attack on Pearl Harbor initially happened, did you first think it was training or something and when did you realize it was an actual attack?'"



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

Want to see your command featured in Diverse Views?
Got opinions to share?
Drop us a line at editor@hookelenews.com

Commentary

Remembering Pearl Harbor, Oahu 75 years ago

Rear Adm. John Fuller

Commander, Navy Region Hawaii and Naval Surface Group Middle Pacific



Rear Adm. John Fuller

Seventy-five years ago young military service members on Oahu—most of them in their teens or early 20s—and most away from home for the first time—went about their daily lives.

Their lives would change forever on Sunday, Dec. 7, 1941. And then their generation would change the world.

The Second World War began for the U.S. with Japan, Germany and Italy as our enemies. It ended with a victory for freedom over tyranny and fascism. The result was greater prosperity and peace.

Enemies can become friends. The best of friends, in fact, as we witnessed during RIMPAC 2016 when we trained with our allies and partners Japan, Germany and Italy.

Now, each year on and around Dec. 7, especially

in Hawaii, we pause to reflect on the power of reconciliation, readiness and resiliency. This year's theme is "Honoring the Past, Inspiring the Future."

The eyes of the world will focus on Pearl Harbor in the first week of December as media from around the world visit to cover the 75th anniversary of the attack.

Our returning survivors and veterans will attend the 75th remembrance ceremony at Joint Base Pearl Harbor-Hickam, hosted by

the Navy and National Park Service. The ceremony will begin at 7:55 a.m., the exact time the attack started on Pearl Harbor 75 years ago.

In planning, my top priorities for this event remain: to provide access to as many Pearl Harbor Survivors and WWII veterans and their loved ones as we can, and to ensure the ceremony is as special and meaningful—and as safe—as it can be.

Unlike recent years, this year seating is extremely limited at Kilo Pier, with more seat requests than expected from survivors, WWII veterans, family members and dignitaries. This perfectly aligns with the first part of the theme: "Honoring the Past..."

We're eager to accommodate everyone who'd like to witness the ceremony, so with our National Parks Service partners we planned additional seating at the Pearl Harbor Visitor Center. Because of the extraordinary public interest in this year's event, we will livestream the

entire ceremony online (Details will be published soon at <https://pearl-harbor75thanniversary.com/>).

We look forward to sharing the ceremony with the rest of the world online. That's in keeping with the second part of the theme: "...Inspiring the Future."

In recent weeks we hosted celebrities and athletes at various events held to honor our veterans and commemorate the 75th anniversary. The collegiate student athletes who will visit with us for sporting events during the week surrounding Dec. 7 are the same age as the veterans they meet.

Media attention, athletic events and celebrity appearances have one overriding purpose: to ensure we create greater awareness and give more recognition for our World War II veterans and their great service and sacrifice.

The real celebrities are our survivors and World War II veterans who we honor today.

Pearl Harbor 75th anniversary traffic, parking announcement

Joint Base Pearl Harbor-Hickam Public Affairs

From now through Dec. 10, vehicular traffic will be impacted by upcoming Pearl Harbor 75th Commemoration events. These measures are being provided to educate motorists, residents and visitors in advance to review their commute plans, especially on Dec. 7 around Joint Base Pearl Harbor-Hickam. These measures include:

- Dec. 7 from 4 a.m. to noon, Kamehameha Highway town bound will be closed from Honomanu Street to Salt Lake Boulevard. All east bound traffic will be diverted onto Moanalua Freeway.

- Dec. 7 from 4 to 7:30 a.m., members of the public who are planning to attend the ceremonies should park at Aloha Stadium. They should enter through gates 2,3 and 4. Parking is free until 7:30 a.m. The general public — without invitations, including those with Department of Defense ID, will be required to park at Aloha Stadium and board shuttle buses to the ceremony. The commemoration committee is working to assist everyone who would like to witness the ceremony with partners at the National Park Service who have secured additional seating at the Pearl Harbor Visitor Center. The ceremony will be shared with the rest of the world through live streaming on the official

website www.PearlHarbor75thAnniversary.com and on all local major network television stations at 7:45 a.m.

- Invited guests only should plan to arrive before 6:30 a.m. to allow time to pass through gate security, park and be seated by 7 a.m. Please show your enclosed seating card to ushers for proper seating. After 7:15 a.m. all remaining seats will be open to the public.

- There are no actions being taken to disrupt pedestrian/bicycle path operations. That will continue as normal.

- There will be a traffic diversion on the eastbound route of Kamehameha Highway approaching Aloha Stadium. The diversion will direct vehicle traffic onto the Moanalua Freeway onramp from Kamehameha Highway. The only vehicles that will be allowed to proceed past this traffic diversion will be emergency responders, The Bus and bicyclists. Travelers will be able to access Kamehameha Highway via Salt Lake Boulevard (in order to make a right or left hand turn onto Kamehameha Highway) and also via Radford Drive (also in order to make a right or left hand turn onto Kamehameha Highway).

- At Halawa Gate to Joint Base, a contra-flow lane will be set up, using one of the outbound lanes to accommodate traffic turning left from Kamehameha Highway westbound

into the base. Outbound traffic flow will still be available.

- Additionally, on base, there will be traffic control points set up throughout the Kilo Pier area. Those entering through the Halawa Gate for regular main base access will need to ensure they advise these traffic control points of their need to get to the main base area. Only those with the appropriate ceremony invitations and parking cards will be allowed into the ceremony parking areas.

- Employees are highly encouraged to utilize an alternate gate for access other than the Halawa Gate due to the expected increase in vehicle traffic at that gate for the ceremony in addition to multiple buses as well. If access must be made at Halawa Gate, it will be honored. However, those entering will need to be prepared to wait accordingly until they are able to be addressed in a safe manner.

- All lanes of the Ford Island Bridge will be closed on Dec. 5 from 9:15 to 10:45 a.m. and Dec. 7 from 7 to 10 a.m. in support of the 75th Commemoration of Pearl Harbor Remembrance Day. All motorists and pedestrians should plan accordingly. In addition, the Ford Island boat access gate must be closed during bridge opening and closing to minimize collision hazards. Boat traffic under the causeway will not be allowed during these exercises.

Pearl Harbor attacked, Dec. 7, 1941

This photo shows a view looking down Battleship Row from Ford Island Naval Air Station shortly after the Imperial Japanese torpedo plane attack, Dec. 7, 1941. USS California (BB-44) is at left, listing to port after receiving two torpedo hits. In the center are USS Maryland (BB-46) with the capsized USS Oklahoma (BB-37) alongside. USS Neosho (AO-23) is at right, backing clear of the area. Most of the smoke is from USS Arizona (BB-39).

U.S. Navy photo



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USS Hopper leads in helping distressed Iranians

**U.S. Naval Forces
Central Command
Public Affairs**



The guided-missile destroyer USS Hopper (DDG 70) and the guided-missile cruiser USS Monterey (CG 61), currently deployed to the Arabian Gulf in support of maritime security operations, aided five Iranian mariners in distress, Nov. 29.

Hopper and Monterey received a distress call from a small Iranian fishing dhow via bridge-to-bridge radio. Monterey sent its helicopter to locate the vessel, while Hopper prepped its boarding team to render immediate assistance.

After Hopper's Sailors boarded the vessel, they found the five mariners aboard were ill. Hopper's Sailors provided

the Iranian crew with medicine and departed after ensuring the crew was safe.

U.S. naval forces have a long tradition of helping mariners in distress by providing medical assistance, engineering assistance as well as search and rescue. Ships deployed to U.S. Naval Forces Central Command assisted mariners on more than 30 occasions since 2012, 13 of which involved Iranian mariners.

Hopper and Monterey are part of U.S. Naval Forces Central Command's U.K.-led Commander, Task Force 50 under Royal Navy Fleet Flagship, HMS Ocean. Ocean and its Task Force, including Hopper and Monterey, are deployed in support of maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of operations.

U.S. 5th Fleet operates in

approximately 2.5 million square miles including the Arabian Gulf, Gulf of Oman, North Arabian Sea, Gulf of Aden, and the Red Sea, and conducts persistent maritime operations to help set the conditions for security and stability, to deter and disrupt trans-national terrorist organizations, and strengthen partner nations' maritime capabilities in order to promote a secure maritime environment.

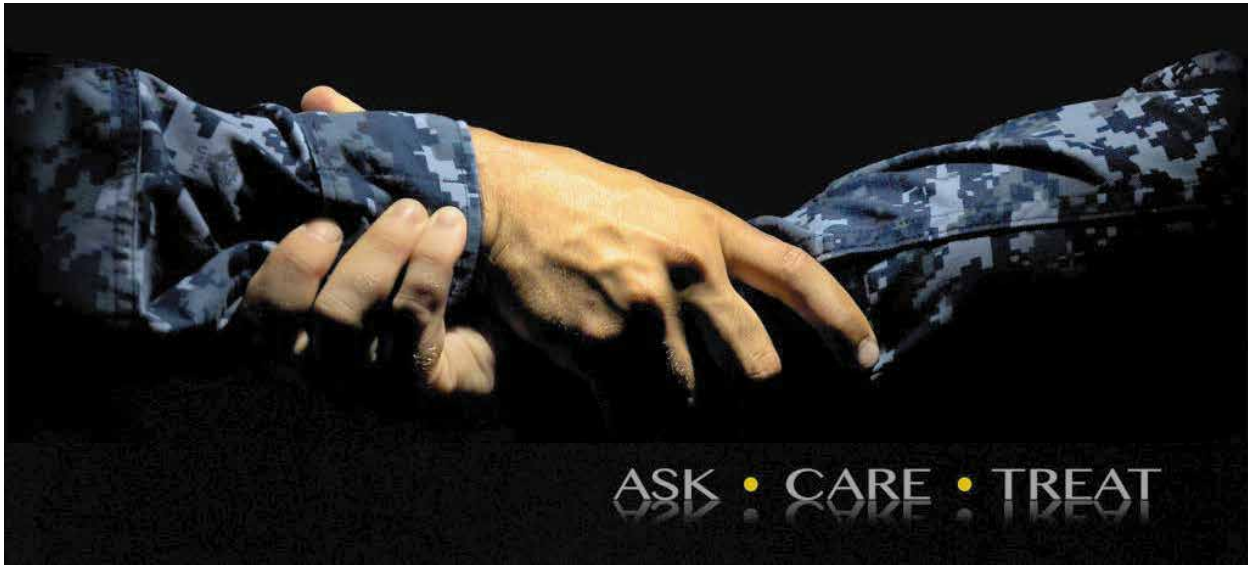
Suicide prevention: Strengthening our Navy team together

**Rear Adm.
Ann Burkhardt**

*Director, 21st Century
Sailor Office*

Suicide is a tragedy that extends beyond individual Sailors. It affects divisions, commands and the entire Navy family. Each loss is one too many. While much work has been done to understand the underlying causes of suicide, it is a complex issue that confronts our society as a whole, not just those of us in uniform.

Over the past few years we have worked hard to strengthen our prevention and intervention strategies. In September 2015, we launched "1 Small ACT," which is focused on people connecting with people. It advocates the importance of small acts of caring —getting to know each other and showing Sailors that you care. Additionally, this past fall we announced the creation of a new suicide prevention program known as Sailor



Assistance and Intercept for Life (SAIL), which is aimed at supplementing existing mental health treatment by providing continual support through the first 90 days after suicide-related behavior.

However, anyone can be at risk for suicide as we face life's challenges, even the toughest among us. And while Sailors pride themselves on their mental, physical and spiritual toughness,

as they should, all of us go through challenges that can be difficult to talk about.

That's why it's imperative that we as Sailors, as individuals and as friends, look out for each other, recognize that something may not be right and then step in.

Right now, in your division, your department or your command, there is someone that may need your help, who is struggling with stress or hav-

ing thoughts of suicide.

It's important to recognize that suicides typically occur when Sailors are experiencing some combination of recent multiple stressors, including relationship problems, personal or professional loss, recent career transitions, disciplinary / legal issues and financial strain. We cannot ignore the harmful effects of poor self-care, prolonged stress and chronic sleep deprivation

that can be catalysts for or results of such challenges.

Talking about our challenges, whether they're operational, social or psychological in nature, makes us all better as a team and helps us create a climate of trust, which encourages Sailors to come forward and seek help in times of need.

This issue doesn't end with one conversation, a momentary action or a change of policy. And

it cannot be something we only think about one month out of the year. It's a daily effort 24/7/365. Be there for every Sailor, every day.

Furthermore, it's the responsibility of Navy leaders to set a tone within our commands where Sailors have the courage to ask for help and when they do, they get the right resources and support they need. This requires that we all have awareness of the services provided by your local and embedded mental healthcare providers, Fleet and Family Support Centers, Military OneSource and the absolute confidentiality of our Navy Chaplain Corps.

Talk to your shipmates. Ask them how they're doing. Open the dialogue. It's our duty to strengthen our Navy team, today and into the future, one Sailor at a time.

Assistance is always available. Call the Military Crisis Line at 1-800-273-TALK (8255), www.militarycrisisline.net or text 838255 for free confidential support 24 / 7.

NEXCOM to distribute free phone cards to deployed Sailors, Marines this holiday

Kristine M. Sturkie

*Navy Exchange Service
Command Public Affairs*

This holiday season, the Navy Exchange Service Command (NEXCOM) is again giving away free \$10 phone cards to Sailors and Marines away from their homeports and those forward deployed to overseas ports during the holiday season.

"NEXCOM is honored to be giving free phone cards to Sailors and Marines deployed and away from home this holiday

season," said Thomas Harris, program manager in NEXCOM's Telecommunications Program Office. "NEXCOM has been giving away free phone cards over the holidays for many, many years. This is our way of thanking our service members and their families for the sacrifices they make while in service to our country."

The \$10 AT&T prepaid phone cards can be used via the Afloat Personal Telecommunications Service system, the ship's Plain Old Telephone Service (POTS) system,

or ashore in the United States or any foreign port where AT&T has a presence. NEXCOM will distribute 32,500 free phone cards this holiday season.

Among the 62 ships and submarines which will receive the free phone cards are some which are homeported at Joint Base Pearl Harbor-Hickam, including guided-missile cruiser USS Port Royal (CG 73), guided-missile destroyers USS Hopper (DDG 70) and USS Michael Murphy (DDG 112), attack submarines USS Jacksonville (SSN 699), USS Louisville



(SSN 724), USS Columbus (SSN 762), USS Santa Fe (SSN 763) and USS Cheyenne (SSN 773).

For the complete list of ships and submarines which will receive the phone cards, visit www.navy.mil/submit/display.asp?story_id=97908

Lance Cpl. Roberto Sandoval, from El Monte, Calif., makes a phone call home aboard the amphibious assault ship USS Boxer (LHD 4) in this photo from December, 2013.

U.S. Navy file photo

Six things to know about Blended Retirement System

Chief of Naval Personnel

The Navy on Nov. 28 released NAVADMIN 259/16 which serves as the official notification of eligibility to opt-in to the Blended Retirement System (BRS) additionally, the Navy plans to send emails to all eligible Sailors notifying them of the retirement system choices they may have to make during 2018.

Here are six things Sailors should know about opting in to BRS.

- BRS new retirement option for some Sailors.

The Fiscal Year 2016 National Defense Authorization Act created a new military retirement system that blends the traditional legacy retirement pension with a defined contribution to service members' Thrift Savings Plan account. Some Navy members may have the choice to stay with the legacy retirement system or opt into the BRS. No service member will be automatically moved to the BRS.

- Who can opt-in to BRS.

While Sailors with a Date of Initial Entry into Military Service (DIEMS) on or before Dec. 31, 2017 are automatically grandfathered under the current retirement system, some may be eligible to choose to opt-in to BRS depending on their length of services.

Active duty Sailors are opt-in eligible if their DIEMS is on or before Dec. 31, 2017 and they have less than 12 years of service as of Dec. 31, 2017, based on their Pay Entry Base Date (PEBD).



Reserve component members, including Full Time Support members, are opt-in eligible if their DIEMS is on or before Dec. 31 2017 and they have accumulated fewer than 4,320 retirement points as of Dec. 31, 2017.

United States Naval Academy, Reserve Officer Training Corps Midshipmen and Delayed Entry Program members are opt-in eligible if their DIEMS is on or before Dec. 31, 2017.

- Opt-in enrollment window.

The enrollment window for Sailors to opt-in to BRS is Jan. 1, 2018 through Dec. 31, 2018. Opt-in eligible Sailors must be in a paid status at the time of enrollment. If Sailors meet the opt-in requirements but are not in a paid status during the election window, they will be given an opportunity to enroll during their first period of paid status. Hardship extensions to the enrollment window for opt-in eligible members who are unable to enroll in BRS during the 2018 enrollment period will be considered on a case by case basis.

- Notification of BRS opt-in eligibility.

Eligible Sailors will receive notification of opt-in eligibility via email at their email address in the Navy Standard



U.S. Navy photo by Chief Petty Officer Steve Owsley

Capt. Bruce Derenski is piped ashore for the last time during his retirement ceremony aboard the Nautilus at the Submarine Force Museum and Library in Groton, Connecticut, May 13.

Integrated Personnel System (NSIPS). Additionally, commands should notify all opt-in eligible members within their command. Command administration departments should contact their personnel support divisions on a regular basis to access a list of all opt-in eligible members within their command.

- Making the opt-in decision.

The decision to stay in the current retirement system or opt-in to BRS is an important and irrevocable decision that eligible Sailors must make based on their individual cir-

cumstances. That is why all Navy commands must ensure that opt-in eligible members complete the Blended Retirement System Opt-In Course. This course will be available in January 2017 on Joint Knowledge Online (JKO) and Navy E-learning. Though this course will be accessible by all service members, it is mandatory for opt-in eligible service members.

- Required training for Navy leaders and Sailors not eligible to opt-in to BRS.

In an effort to facilitate a smooth transition to BRS, Navy members not eligible to opt-in

are required to complete the BRS Leader's Training course that is now available on JKO at <http://jko.jten.mil/> (course #: J3OP-US1330) and the Navy E-learning website at <https://www.nel.navy.mil> (course #: JKDDC-BRS-LTI-1.0).

For the most up-to-date information on BRS and links to training go to the Uniform Services Blended Retirement web page at <http://militarypay.defense.gov/BlendedRetirement/>

For complete information on BRS opt-in requirements and notification read NAVADMIN 259/16 at www.npc.navy.mil.

Pearl Harbor-Hickam Highlights



U.S. Marine Corps photo by Cpl. John Tran

Service members with the Defense POW/MIA Accounting Agency (DPAA) load a disinterred casket for transport containing the remains of an unknown service member from the National Memorial Cemetery of the Pacific back to the DPAA laboratory, Nov. 21. The remains will be taken back to the DPAA laboratory for analysis and identification as part of the mission to provide the fullest possible accounting for missing personnel to their families and the nation.



(Above) Joint Base Pearl Harbor-Hickam service members listen to Bruce Blankenfield, skipper on the Hawaiian canoe Hokule'a, and crew training coordinator for Polynesian Voyaging Society at Sharkey Theater, Nov. 30. The Navy League, Honolulu Council hosted the event that gave those in attendance a glimpse of traditional navigation and its influence on modern navigation.

U.S. Navy photo by
Petty Officer 1st Class Corwin M. Colbert

(Left) Petty Officer 2nd Class Michael Burdios leads Seaman Garrett Rains and Seaman Shilese Stork in color guard drills in USS John C. Stennis' (CVN 74) hangar bay. John C. Stennis is underway to conduct routine training and participate in National Pearl Harbor Remembrance Day events in Hawaii.

U.S. Navy photo by
Petty Officer 3rd Class Dakota Rayburn



(Right) An MH-60S Sea Hawk assigned to the Raptors of Helicopter Maritime Strike Squadron (HSM) 71 prepares to take off from USS John C. Stennis' (CVN 74) flight deck Nov. 26 during flight operations. John C. Stennis is underway to conduct routine training and participate in National Pearl Harbor Remembrance Day events in Hawaii.

U.S. Navy photo by Seaman Cole C. Pielop



U.S. 7th Fleet commander praises Sailors for relief efforts in New Zealand

Lt. j.g. Matthew Baker

Patrol Squadron 47

U.S. 7th Fleet commander Vice Adm. Joseph P. Aucoin met with aircrew and maintainers Nov. 20 from the Golden Swordsmen of Patrol Squadron (VP) 47 currently on a detachment to the Royal New Zealand Air Force Base, Auckland, located in Whenuapai, New Zealand.

He addressed VP-47 Sailors and recognized their work supporting critical relief efforts in the wake of the 7.8-magnitude earthquake that struck the South Island of New Zealand, Nov. 14.

“I want to thank everyone for their hard work and flexibility. This is why we train, so we can respond to situations like these,” Aucoin said.

VP-47 was participating in Exercise Mahi Tangaroa as part of the New Zealand International Naval Review when the earthquake occurred. At the request of the New Zealand Ministry of Defense, the squadron quickly changed focus and worked around the clock to provide



U.S. Navy photo by Lt. j.g. Kyle Burdick
Vice Adm. Joseph P. Aucoin, commander, U.S. 7th Fleet, thanks Sailors with the Golden Swordsmen of Patrol Squadron (VP) 47 for their role in assisting New Zealand following a 7.8-magnitude earthquake.

aerial reconnaissance of badly damaged infrastructure near the town of Kaikoura, New Zealand.

VP-47 was able to identify numerous impassible roads covered in debris. Additionally, they were able to assess bridges that were cracked and buckling and rail lines that were bent beyond use.

“It was a real honor to have the admiral come down and acknowledge our hard work in the squadron,” said Petty Officer 2nd Class David Pietri, an Aviation Electronics Technician.

“He understands the difficulty of keeping the plane up, and I appreciate 7th Fleet recognizing the hard work of our maintenance department.”

This is the Golden Swordsmen’s last deployment with the P-3C aircraft. VP-47 is the second of three Hawaii-based squadrons to make the move to Whidbey Island and transition to the P-8A.

VP-47 is currently deployed to the U.S. 7th Fleet Area of Operations (AOO) at Kadena Air Base, Okinawa, Japan, and to the U.S. 4th Fleet AOO at Comalapa, El Salvador.

Pearl Harbor unveils virtual reality experience tours Dec. 4

Pacific Historic Parks

Three new virtual reality tours will be presented at a “Night at the Museum” reception on Dec. 4 at the Pearl Harbor Visitor Center from 5:30 to 8 p.m. Pearl Harbor survivors and invited guests will have the opportunity to immerse themselves in this new addition to the visitor center’s education efforts. Virtual reality technol-

ogy will allow 21st century visitors new ways to enjoy the World War II Valor in the Pacific National Monument.

The virtual reality initiative is presented by the National Park Service in partnership with Pacific Historic Parks.

Designed to enhance a visitor’s experience at the World War II Valor in the Pacific National Monument, the new technology will immerse visitors

through three virtual reality tours:

- Walk the decks of the Battleship USS Arizona just before the attack.
- Witness the attack on Battleship Row.
- Visit the USS Arizona Memorial.

“Committed to Remember, Honor and Understand — we are pleased that the power of advanced technology will provide us with the tools to ensure that the

legacy of those who sacrificed so much to ensure our liberties will continue to inspire generations to come,” said Neil Sheehan, chairman of the Board of Directors of Pacific Historic Parks.

“Our three new Pearl Harbor virtual reality tours will be a unique way to learn, view and ‘feel’ what happened on Dec. 7 during the infamous attack, and understand how it changed

our world forever.”

Tom Gerrish, director of Information and Technology for Pacific Historic Parks, said, “These new virtual reality tours — created by HDR, the National Park Service, and Pacific Historic Parks — showcase a unique blend of visual and fascinating educational content that is ideal for educators, students and just about anyone wanting to learn more about Pearl Harbor

and the events that took place there. We are especially excited that these new virtual reality tours will also be available around the world so that people anywhere can experience Pearl Harbor.”

The Pearl Harbor virtual reality app and view may be purchased or rented at the USS Arizona Memorial ticket counter and will be available later online at phpstore.org.



WHO'OKELE Online

PEARL HARBOR - HICKAM NEWS

<http://www.hookelenews.com/> or visit <https://www.cnmc.navy.mil/Hawaii>



Citizen Airmen devote time to canine training, airport security

Story and photo by
Master Sgt. Theanne
Herrmann

624th Regional Support
Group

Air Force Reservists from the 624th Regional Support Group (RSG) and 48th Aerial Port Squadron (APS) participated in a training scenario involving a transportation security administration (TSA) explosive detection dog to sniff around passengers at the Honolulu International Airport, Nov. 16.

While waiting in line for security, passengers came in contact with a passenger-screening dog known as Zip, a German short-haired pointer, equipped with a harness that read “DO NOT PET.”

The canine is being tested to see if he can pinpoint the decoy or detect who is carrying a simulated explosive material through the security line. If Zip successfully identifies the decoy in various training scenarios, he gains employment on the elite TSA explosive detec-

tion canine team.

Within a matter of minutes Zip provided his handler with the correct alert with his eyes glued to the suspected passenger.

“When a dog finds a very sensitive item that could put the public in harm’s way, it’s rewarding,” said Tara Corse, Regional K-9 training instructor for the TSA.

The canines must pass rigorous, real-world scenarios coordinated by Corse, who also serves as an Aerial Transportation Specialist with the 48th Aerial Port Squadron, a Reserve unit located at Joint Base Pearl Harbor-Hickam.

Corse credits her Air Force career for giving her the insight to provide realistic training scenarios for the canines.

“When I transferred from active duty to the Reserves, I knew I was going to work at the airport as a K-9 instructor,” Corse said. “So I picked out the aerial port squadron specifically because it would help me in gaining knowledge of the airport environment and all of the inner workings.”



Senior Master Sgt. Tara Corse, a member of the Air Force Reserve’s 48th Aerial Port Squadron, works as the Regional K-9 training instructor at the Honolulu International Airport, Nov. 16.

The 48th APS provides expertise in all areas of air terminal operations to include aircraft loading, cargo processing and inspecting passenger services worldwide in support of contingency operations, disaster and humanitarian relief.

“My TSA job and Reserve

career correlates and I am able to rely on volunteers from the Air Force Reserve to help us train the canines,” Corse said.

“We need new people each time we do a different scenario. If we used the same person, the dog will associate that person’s

smell with the sensitive material. Changing the decoys challenges the dogs to ensure they are effective at their job.”

Master Sgt. Marilyn Kinoshita, member of the 624th RSG, volunteers as a decoy and encourages her team to participate.

“I volunteer because as an Airman, it is our duty and responsibility to safeguard and protect the people of the United States,” Kinoshita said.

“The TSA is also a partner in this critical mission as they are the forefront of airport security and the first line of defense in air travel. Teaming up with TSA not only assists in recognizing gaps in their practices, but the outcome of our efforts contribute to corrective action plans that make air travel safe.”

After Kinoshita experienced Zip identifying her as the decoy as fast as he did, she believes the explosive detection canines enhance airport security.

“Whether in the combat zones of Iraq, Afghanistan, or in the airports of America, these security professionals are on duty and trained to deter crisis,” Kinoshita said.

“As a passenger, these dogs make me feel safe. As an Airman, it is good to know that these canine teams are professional, well-trained and on duty to support our war on terrorism.”

The one thing you need to do before shopping online: Lock down your login

Department of Homeland Security

For millions of Americans, getting the best holiday shopping deals and discounts have become as much a part of Thanksgiving as turkey, football or pumpkin pie.

Increasingly, that shopping takes place online, which provides a lot of conveniences but also raises the specter of scams, fraud or identity theft. Just as consumers have migrated towards online shopping, credit card thieves have started shifting their efforts online as well.

During the holidays, deeply discounted products look appealing and shoppers make

quick purchasing decisions without always taking into consideration the online purchasing risks that can be present.

Many Americans have had their online accounts hacked and personal information compromised because of stolen credentials or weak logins. As hackers get more resourceful, usernames and passwords — which have been the fundamental account security mechanism — are no longer a sufficient solution to secure accounts. Luckily, there is a simple way to secure your online accounts and better protect yourself against online crime: strong authentication.

Enabling strong authen-

tication, sometimes called multi-factor or two-factor authentication, goes beyond just a username and password and is a useful way to lock down your login.

I encourage you to enable strong authentication on your sensitive online accounts such as your email, banking, and social media accounts today. Taking advantage of the strong authentication — such as a unique one-time code through an app on your mobile device, biometrics, or security keys — that are offered by the majority of popular websites and services can go a long way in protecting your personal information online.

The White House recently launched the “Lock Down Your Login” campaign to encourage all Americans to protect themselves online with strong authentication. For more information on strong authentication and the new campaign, please visit www.LockDownYourLogin.com. You’ll find specific advice on how to turn on strong authentication on a variety of websites and services that Americans use each day.

Additionally, DHS’s Stop. Think. Connect. campaign has a number of tips and resources to help consumers protect themselves when shopping online. In addition to using strong authentication whenever possible, con-

sumers should:

- Never provide your banking or credit card information over an unsecured public WiFi network.
- Shop only at credible, reputable websites, and look for URLs that start with “https,” which are more secure than “http” sites.
- Remember, if it sounds too good to be true, it probably is. Hackers and thieves often use “can’t miss” deals to lure unsuspecting customers and collect credit card or financial information.

For more tips and information on how to stay safe online, please visit www.dhs.gov/stopthinkconnect.



Life & Leisure

Tower Lighting tonight will begin holiday festivities

Joint Base Pearl Harbor-Hickam
Morale, Welfare and Recreation

Joint Base Morale, Welfare and Recreation (MWR) will hold a sleigh-ful of holiday activities this month, beginning tonight.

* Joint Base Morale, Welfare and Recreation (MWR) will host the 47th annual tower lighting celebration of the Freedom Tower at Joint Base Pearl Harbor-Hickam, today. The festivities will begin at 4:30 p.m. at the lawn in front of the tower.

This free family-friendly event will feature live entertainment by the Marine Corps Forces Pacific Band, food booths cooking a variety of meals available for purchase and many activities for the entire family to enjoy.

MWR Child and Youth Programs will provide holiday crafts and bounce houses will be set up for the children. Free cookies and holiday beverages such as hot chocolate, peppermint chocolate milk and eggnog will be available.

Free photos with Santa Claus will also be available beginning at 5 p.m. The MWR Marketing department will take high quality photos for patrons to later download from the Great Life Hawaii website. Photo opportunities are limited and will be closed prior to the tower lighting, which will begin at 7 p.m.

Patrons can bring a blanket or lawn chairs and claim their spot to view the lighting ceremony. No pets are allowed at the event. MWR will provide round trip free shuttle service from the BX Garden Shop beginning at 4:15 p.m.

★ Tickets are on sale now for Honolulu City Lights holiday tours. This annual holiday event returns with a festive ride, stopping to see the holiday displays at Honolulu Hale. Hickam departures from the Hickam Information, Tickets and Travel (ITT) office will be from Dec. 8 to 23. Departure times are 6 and 8:30 p.m. The cost for the 6 p.m. tour is \$15 per person and the cost for the 8:30 p.m. tour is \$10 per person. Those ages 4 and under will be admitted free but the must be in an adult's lap (one child per adult.)

Pearl Harbor departures from Bloch Arena will be on Dec. 10 and Dec. 19 to 23. Pearl Harbor departure times are 6 and 6:30 p.m. The cost is \$15 per person. Those ages 4 and under will be admitted free but the must be in an adult's lap (one child per adult.)

Private charters are also available. For availability and booking call 448-2295.

* Story time with Santa will be held from 5 to 6:30 p.m. Dec. 8 at Joint Base Pearl Harbor-Hickam Library, 990 Mills Blvd., building 595. Families of individual augmentee (IA) and deployed/remote Airmen and military are invited to join Santa Claus at the library for a holiday story, photos and activities.

To RSVP, email MFSCHawaii@navy.mil (subject: Santa) with your name, the number of adults, number of children, and your sponsor's unit name. For more information, call 474-1999.

* Free pictures with Aloha Santa will be held from 8 to 11 a.m. Dec. 10 at Pool 2. Aloha Santa will be available for picture-taking in front of the fountain of the baby pool at Pool 2. There is a limit of one photograph per child. The shallow end of the pool will be open for families, and there will be goodie bags for all. Donations of new, unwrapped toys to the Toys for Tots deposit box are welcome. The Toys for Tots mission is to collect toys each year and distribute them as Christmas gifts to needy children in the community. For more information, call 260-9736.

* Lunch and Bowl with Santa will be held from noon to 2 p.m. Dec. 11 at the bowling center on the Hickam side of Joint Base for ages 12 years and younger. The cost is \$8 per child. Patrons can get one game of bowling plus shoe rental and a lunch that includes a hot dog, chips and drink. The event is limited to the first 30 authorized patrons. Patrons can call Santa's helper to sign up. For more information, call 473-2651.

* MWR will host a holiday-themed block party from 2 to 4 p.m. Dec. 16 at Wahiawa Annex sports field. Patrons can eat free barbecue and shave ice. The event will also include gingerbread house-making, bounce houses and prize drawings. Contests will include ugly sweater, fitness challenge race and Kan Jam. For more information, call 473-2582.

* A free Ugly Sweater 5K race will be begin at 7 a.m. Dec. 17 at Hickam Fitness Center. The event is open to Joint Base active duty military, their families and Department of Defense civilians. Prizes will be awarded to the winner in the following categories: men, women, youth boys and girls ages 17 and under, men's and women's stroller. No preregistration is required and patrons are encouraged to wear their ugly sweater. For more information, call 448-2214.

* A free Hawaiian ornament-making family night will be held from 5:30 to 7:30 p.m. Dec. 20 at the Joint Base Pearl Harbor-Hickam Teen Center, 100 McChord St., building 1859. The event is open to families of teens. Light snacks will be served. For more information, call 448-0418.

For more information about MWR holiday events, go to www.greatlifehawaii.com.



Music, movies to honor 75th Pearl Harbor anniversary

Pearl Harbor 75th Commemoration Committee

The 75th Pearl Harbor anniversary events throughout the upcoming week will include free music and movies.

Members of U.S. military bands will perform a series of free public concerts from 8:45 to 10 a.m. now through Dec. 6 at the Pearl Harbor Visitor Center lanai. The concerts are in commemoration of National Pearl Harbor Remembrance Day and the 75th anniversary of the attack on Pearl Harbor.

- The U.S. Army 25th Infantry Division Band will perform Dec. 2.
 - The U.S. Pacific Fleet Band will perform Dec. 5.
 - The U.S. Marine Corps Forces Pacific Band will perform Dec. 6.
- In addition, other performances are scheduled as part of the commemoration.
- The Swingin' Blue Stars featuring the music of the 1940s and 1950s will perform from 1 to 3 p.m. on Dec. 3, and 2 to 4 p.m. on Dec. 5 at the Pearl Harbor Visitor Center.
 - The Royal Hawaiian Band will perform from 8:45 to 10 a.m. Dec. 4 at the Pearl Harbor Visitor Center lanai.
 - The 108th Army Band will perform from 2 to 2:45 p.m. Dec. 8 at the Pacific Aviation Museum Pearl Harbor.

In addition, a series of movies will be shown at events from 5:30 to 10 p.m. during the week of Dec. 2-9 in an outdoor theater setting in Waikiki. The movies will be shown in commemoration of National Pearl Harbor Remembrance Day and the 75th anniversary of the attack on Pearl Harbor.

The movies are free and open to the public. The programs and festivities will begin at 5:30 p.m. on Waikiki Beach (Diamond Head end of Kalakaua Avenue) with live entertainment, food and beverage concessions, with movie times starting at approximately 7:30 p.m. Films were unrated prior to 1968, and due to content and language, parents should determine whether the films are appropriate for preteens and children.

- The movie schedule is as follows:**
- On Dec. 2, the movie “Twelve O’Clock High” will be shown. “Twelve O’Clock High” is a 1949 Academy Award-winning American war film starring Gregory Peck, depicting aircrews in the U.S. Army’s Eighth Air Force who flew daylight bombing missions against Nazi Germany and occupied France during the early days of American involvement in World War II.
 - On Dec. 4, the movie “Run Silent, Run Deep” will be shown. This 1958 American black-and-white film starring Clark Gable and Burt Lancaster is based around a World War II submarine warfare story in the Pacific Ocean, and an obsession with a Japanese destroyer that



Photo courtesy of Beth Ivy

The U.S. Pacific Fleet Band’s “Harbor” Brass Quintet from left to right: Petty Officer 1st Class Alex Ivy, Petty Officer 3rd Class Galen McKinney, Petty Officer 1st Class Eddie Hernandez, Petty Officer 2nd Class Katie Chauvot, and Petty Officer 3rd Class Austin Blake at the Hale Koa Hotel in Waikiki, Aug. 10.

- has sunk three U.S. submarines in the Bungo Straits.
- This movie deals with themes of vengeance, endurance, courage, loyalty and honor and how these can be tested during wartime.
- On Dec. 5, the movie “From Here to Eternity” will be shown. In addition, Gary Sinise & The Lt. Dan Band will perform in concert beginning at 5:30 p.m.
- The 1953 drama “From Here to Eternity,” with eight Academy Awards, deals with the tribulations of three U.S. Army Soldiers played by Burt Lancaster, Montgomery Clift and Frank Sinatra who were stationed in Hawaii in the months leading up to the attack on Pearl Harbor. Deborah Kerr and Donna Reed portray

- the women in their lives and the supporting cast includes Ernest Borgnine and Jack Warden. “From Here to Eternity” was selected in 2002 for preservation in the National Film Registry by the Library of Congress as being “culturally, historically or aesthetically significant.”
- On Dec. 8, the movie the “Sands of Iwo Jima” will be shown. Starring John Wayne, this Academy Award-nominated 1949 war film portrays Wayne as the tough-as-nails career U.S. Marine Sgt. John Stryker, known for his rigorous combat troop training. The film follows a group of Marines from training to the brutal Battle of Iwo Jima during World War II, but also depicts Stryker’s softer side during a brief leave in Honolulu.

- On Dec. 9, the movie “The Finest Hours” will be shown. On Feb. 18, 1952, a massive storm splits the SS Pendleton in two, trapping more than 30 sailors inside the tanker’s sinking stern. Engineer Ray Sybert bravely takes charge to organize a strategy for his fellow survivors. As word of the disaster reaches the Coast Guard in Chatham, Massachusetts, Chief Warrant Officer Daniel Cluff orders a daring rescue mission. Despite the ferocious weather, Coxswain Bernie Webber takes three men on a lifeboat to try and save the crew against seemingly impossible odds. This movie is rated PG-13.
- For more information, visit www.pearlharbor75thanniversary.com*

Navy releases official logo for 75th anniversary of WWII

Naval History and Heritage Command, Communication and Outreach Division

The Naval History and Heritage Command (NHHC) released a logo to kick off its commemoration of the 75th anniversary of the U.S. Navy’s experiences in World War II, officials announced Nov. 29. The logo can be found at <http://ow.ly/zE4Z306EdgW>.

Starting with the anniversary of the attack on Pearl Harbor on Dec. 7, 2016, through the anniversary of the Japanese surrender aboard USS Missouri on Sept. 2, 2020, the Navy will commemorate the pivotal role Sailors played in America’s World War II victory. For the U.S. Navy, it will begin four years of commemorative events and close review of the history of what was a transformative event for the Navy, the nation and the world.

The use of blue and gold represents the Navy’s traditional colors — blue representing the ocean and seas and gold for integrity and valor. The anchor stands as a symbol of the seagoing service’s steadfastness and toughness in times of challenge. The golden rope which encircles the 75 years since the initial attack and ensuing war represents shared history, partnership, stability and prosperity.

NHHC also launched an online collection page to commemorate the Navy’s involvement in World War II. Featuring photographs, art, artifacts, archival material and publications covering the

Navy’s experiences during the war, new material will be added as the commemoration continues to highlight the events associated with operations in the Atlantic Theater, the Pacific Theater and on the home front.

“World War II history has always been of intense interest to both our service and the country at large — and for very good reason,” said Sam Cox, Naval History and Heritage Command director. “It was a worldwide conflict with existential consequences that continue to unfold, and it affected every American. While the broad strokes of the war are familiar from cinema, books, video games, and popular culture, this anniversary is a unique opportunity to delve deeper into the events in real time.”

As U.S. Navy ships and units around the globe hold commemorative World War II events, the Naval History and Heritage Command will provide historical and commemorative

support enabling the fleet to remember the past and inspire the future.

This will include:

- Highlighting the toughness, initiative, accountability and integrity of American Sailors and Navy civilians throughout the war and how their actions inspire the same attributes in Navy people today.
- Showcasing the innovative spirit of World War II Sailors and the American industrial base which lives on today in the strong connection between the Navy and its partners in industry.
- Illustrating the United States’ commitment to regional security and maintaining strong alliances, and how, since the end of WWII, regional powers including Japan and Germany, have evolved and are major contributors to peace and prosperity worldwide.
- Emphasizing that with partnerships spanning the vast Pacific and Atlantic oceans, America is a maritime nation whose security is tied to

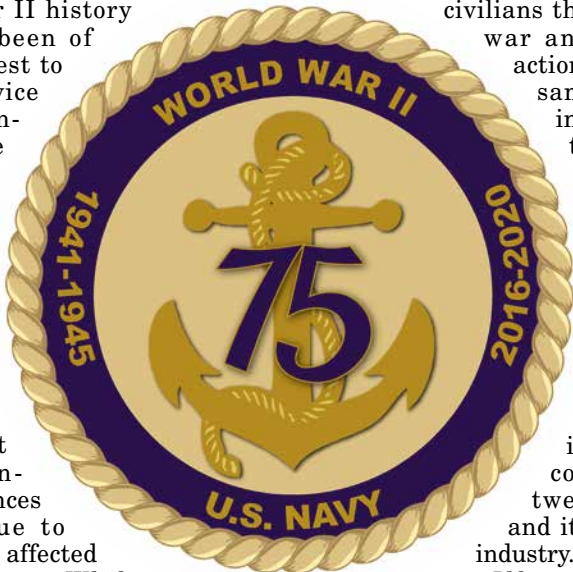
the sea and depends on a capable and credible U.S. Navy.

Cox believes studying the events in the order and pace at which they actually happened will allow Americans to get away from a rote ‘date and event’ view of history. He says the intent is to dig deeper, rediscovering past lessons and shaping new ones. Equally important are the amazing stories of dedication and sacrifice during the war that will inspire Sailors and the rest of America today.

“Events like the Battle of the Atlantic and the defense of Wake Island provide us hard-won lessons on intelligence, command and control, strategy, decision making, operations security, logistics, and more. Every day that the Navy gets underway on the same seas and straits where these battles unfolded, we must ‘use history to understand not only what we did right, but what we did wrong, to not forget the hard lessons we learned in the past and to think more critically, with fresh insights, about the future.’”

NHHC has also made available a number of high-definition video clips featuring one of their historians answering questions about the raid on Pearl Harbor. Find out more at www.history.navy.mil/news-and-events/news/2016/november/naval-history-and-heritage-command-prepares-for-wwii-75th-annive.html.

For more news from Naval History and Heritage Command, visit www.navy.mil/local/navhist/.



Spectacular comeback



Story and photo
by Randy Dela Cruz

Sports Editor, Ho'okele

Only seconds hung in the balance, but on their final play of the game, the Naval Health Clinic Hawaii (NHCH) WDIYM shocked the 324th Intelligence Squadron Tigers by scoring a touchdown and completing the go-ahead two-point conversion. They stole a 27-26 win in a battle of Blue Division intramural foes on Nov. 28 at Ward Field, Joint Base Pearl Harbor-Hickam.

Down by a score of 26-19 with less than two minutes remaining in the game, NHCH got one final opportunity to get the win and keep their play-offs hopes alive.

Things looked bleak, as NHCH got the ball at their own 15 and quickly dug themselves in a hole, as quarterback Petty Officer 1st Class Will Frey misfired on his first two passes from scrimmage.

On the next play, Frey picked up the first down at the 21 to gain a fresh set of downs.

Then, after another incomplete pass, on second down Frey rolled out of the pocket and hit Petty Officer 3rd Class Travis Kennedy down the middle of the field inside Tigers territory.

With two defenders to beat, Kennedy turned on the afterburners, sped past the secondary and was gone for a 49-yard catch-and-run to the end zone to pull the team to within a single point with 25 seconds on the clock.

Instead of going for the tie with a single-point conversion, NHCH called a gutsy play by going for the game-winning two-point conversion.

Once again, Kennedy was the man on the spot, as he found space in the end zone and caught a pass from Frey for the game winner.

“I was supposed to go deeper and then the quarterback threw it a little bit short because there was a safety in front of me,” Kennedy said about his last minute touchdown. “I caught it and then I had time to look around and I knew it was going to be the last play that I had a chance to get.”

The final touchdown was Kennedy’s third TD of the game and he was definitely the driving force behind the nail-biting comeback.

Earlier, Kennedy’s first touchdown came on the team’s first drive of the game. Frey put together a nice drive by moving the team from their own 15 to the Tigers’ 14-yard line on seven plays.

With first-and-goal deep in Tigers territory, Frey threw a quick out to Kennedy on the left side of the field.

Kennedy made the

grab, broke to the outside and then quickly shifted field to the inside, before breaking the goal line for six points.

The team converted its point-after-touchdown to take the first lead at 7-0.

On the 324’s first series of the game, the team unleashed a potent weapon in the running ability of quarterback Tech. Sgt. Edmond Gray.

After picking up a first down on their own 30, Gray provided a highlight to behold. He scrambled out of traffic and sped 50 yards for a touchdown to cut the lead down to one at 7-6.

However, Frey proved to be just as effective, as he marched the team 65 yards and nailed a clutch fourth-down pass to the end zone. He found Petty Officer 2nd Class Christopher Ferrell for six more points and a 13-6 lead.

After the teams traded the ball on downs, Gray was back at it again and had the ball resting on NHCH’s two-yard line on only three plays.

On the next play, Gray pitched an option to Senior Airman Austin Debban for the final two yards for a touchdown.

The team went for a two-point conversion and took its first lead of the game at 14-13.

After halftime, Gray showed that the first half wasn’t a fluke as he scrambled for another huge 41-yard gain that put the ball on the NHCH eight.

Gray then fired a strike to Debban to extend their lead to seven at 20-13.

Playing from behind proved to be no problem for NHCH, as Frey immediately staged another drive deep into the Tigers territory.

Then facing a fourth-and-goal from the 18, Frey lobbed a pass to the back of the end zone. Kennedy made a leaping one-handed catch and kept his feet inbounds for a touchdown to narrow the margin down to one at 20-19.

Gray responded by running for a touchdown from eight yards out to take a seemingly insurmountable lead with the clock showing less than two minutes to play.

However, NHCH had other ideas, as Kennedy scored his third touchdown of the game to lead the comeback.

The win seemed to have locked up the sixth and final postseason berth for NHCH, but the playoffs won’t be easy, as the team may lose up to three of their top players.

Both Ferrell and Kennedy are pcsing (permanent change of station) and Lt. Tyler Fleming may be lost due to an injury he sustained while getting an interception for NHCH in the first half.

“We’re going to be missing some guys,” said Kennedy, who still believes that NHCH can pull out a few surprises in the play-offs. “We love playing the game, so just have fun out there. You play your best when you’re having fun.”



Quarterback Courrey Carrawell takes off for a gain, while leading the 15 MXG to victory by throwing for four touchdowns.

15th MXG locks up Blue Division championship

Story and photo
by Randy Dela Cruz

Sports Editor, Ho'okele

Playing in their final game of the regular season, the 15th Maintenance Group (15 MXG) locked up the Blue Division championship and the division’s No. 1 seed going into the playoffs by polishing off the 37th Intelligence Squadron Cyber Predators via mercy rule, 26-7, on Nov. 28 at Joint Base Pearl Harbor-Hickam Ward Field, Joint Base Pearl Harbor-Hickam.

Although the 15 MXG got off to a slow start and fell behind to the Cyber Predators, 7-0, earlier in the first half, the team eventually showed off its championship form by racking up 26 unanswered points en route to the blowout win.

“We notice we have a tendency to come out a little stagnant,” said quarterback Courrey Carrawell who is a Department of Defense civilian. “So, after we got out of our first possession, we actually got together and talked to each other. We got a chance to analyze their defense and that’s why we worked the left side.”

While the team’s offense got off to a slow start, the 15 MXG defense had no problem in establishing themselves right away.

The Cyber Predators picked up a first down on a pass play that covered 24 yards, but two plays later; the team’s mini-drive came

to abrupt halt. Senior Airman Tyler Jenkins picked off a pass from QB Staff Sgt. Mark Geuldner at the MXG 26-yard line.

The interception would be the first of four picks by the 15 MXG secondary, with Staff Sgt. Rich Baltazar hauling in two of the four.

The steal by Jenkins went to waste when the MXG’s was forced to punt on four downs to hand the ball back to the Cyber Predators at their own 20.

This time, Geuldner guided the team with efficiency, as he navigated a 40-yard drive to pay dirt using only six plays.

One of those plays resulted in a clutch fourth down pass to reset the chains.

The final play of the drive resulted in a 19-yard scoring pass from Geuldner to Staff Sgt. Ian Hunter and the following point-after-touchdown made it 7-0.

The quick score by the Cyber Predators seemed to spark the 15 MXG’s offense, as Carrawell responded with an even faster score.

Carrawell drove the team into the end zone on only four plays, connecting three of four passes. The fourth play yielded a 30-yard catch-and-run for the touchdown by Tech. Sgt. Thomas White that cut the lead down to one at 7-6.

On the next drive by the Cyber Predators, Baltazar got his first pick of the game to set up the MXG in good field position at their own 39.

After misfiring on his first play from scrimmage, Carrawell found a streaking Sgt. Danny Nguyen down the left side of the field for a touchdown and 12-7 lead that stood through halftime.

Starting on offense in the second half, Carrawell, seeing that they could beat the Cyber Predators on a bomb to the left side of the field, exploited the weakness once again. The QB launched another rainbow over the top and into the hands of Jenkins for a 54-yard gain that placed the ball on the Cyber Predator’s one-yard line.

On the next play, Carrawell zipped a bullet into the arms of Tech. Sgt. Adam Speights for a touchdown.

A two-point conversion following the touchdown made it 20-7.

Then, minutes before the final whistle, Carrawell completed his fourth touchdown toss of the game with a pass to Baltazar for the final tally.

After clinching the title and the division’s top seed, Carrawell said that he feels really good about the team’s chances in this weekend’s playoffs, which will be held Dec. 3-5.

“I think we have an amazing shot at going deep in the play-offs,” he said. “As long as we stick together, focus on our defense, pull flags and communicate, we’ve got a good shot.”



Petty Officer 3rd Class Travis Kennedy makes a leaping grab for his second touchdown of the game.

INTRAMURAL FLAG FOOTBALL PLAYOFFS

Dec. 3-5, 2016 — Ward Field

1 Field 1	PREBLE PANTHERS Sat. Dec. 3 — 9 a.m. WDIYM	9 Sun. Dec. 4 9 a.m.	
2 Field 1	324 TIGERS Sat. Dec. 3 — 10 a.m. 15 MDG	13 Sun. Dec. 4 1 p.m.	
3 Field 1	NIOC Sat. Dec. 3 — 11 a.m. 735 AMS	10 Sun. Dec 4 10 a.m.	
4 Field 1	ENFORCERS Sat. Dec. 3 — noon ASHEVILLE	15 Mon. Dec. 5 6 p.m.	WINNER
5 Field 2	DPA Sat. Dec. 3 — 9 a.m. NCTAMSPAC	11 Sun. Dec. 4 11 a.m.	
6 Field 2	PCP WARRIORS Sat. Dec. 3 — 10 a.m. 15 MXG	14 Sun. Dec. 4 2 p.m.	
7 Field 2	613 AOC/PACAF Sat. Dec 3 — 11 a.m. 647 SFS	12 Sun. Dec. 4 noon	
8 Field 2	747 CS Sat. Dec. 3 — noon JPJ		



Winter



UPCOMING EVENTS

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Silent Disco set for Dec. 9

- Free Golf Demo Day will be held from 3:30 to 6:30 p.m. Dec. 7 at the Navy-Marine Golf Course. Patrons can get a chance to try out some of the latest golf equipment at the driving range. For more information, call 471-0142.
- #weownfriday: Silent Disco! will be held from 6 to 8 p.m. Dec. 9 at the Joint Base Pearl Harbor-Hickam Teen Center for ages 13-18 years old. The cost is \$5, and the sign up deadline is Dec. 7. Silent Disco is a party where everyone wears their own set of light-up headphones. For more information, call 448-0418.
- Kayak Mokulua Islands will begin at 7 a.m. Dec. 10 at the MWR Outdoor Adventure Center at the Fleet Store. Transportation will be provided. Participants can bring lunch. Minimum participation is required and location is subject to change due to weather conditions. The cost is \$35, and the sign up deadline is Dec. 8. For more information, call 473-1198.
- Learn to Spearfish Class will begin at 9 a.m. Dec. 10 and Dec. 11 at MWR Outdoor Recreation-Hickam Harbor. The first day's class is held at Hickam pool and lasts about three hours. The second day will include two dives from the boat. The cost is \$60, and the deadline to sign up is Dec. 8. For more information, call 449-5215.
- Free sneak preview of "Collateral Beauty" will begin at 4 p.m. Dec. 11 at Sharkey Theater. The ticket booth will open at 2:30 p.m. This is free to the first 400 authorized patrons. Active-duty may receive up to four tickets. Retired military, military family members and Department of Defense card holders may receive up to two tickets. The film is rated PG-13. For more information, call 473-0726.
- Winter junior golf clinic will be held 9 a.m. to noon from Dec. 22 to 23 at the Ke'alahi Par 3 Golf Course. This event is open to children ages 7 to 17 years old. The cost is \$15, and the deadline to sign up is Dec. 15. There are only 25 spots available.



Dec. 4 brunch canceled

Sunday Brunch on Dec. 4 (this weekend) at the Historic Hickam Officers' Club is canceled due to several upcoming events over the next week related to the 75th anniversary of the attack on Pearl Harbor and Hickam. The brunch will return on Dec. 11. Wright Brothers Café and Grille will be open on Dec. 4 normal hours, from 7 to 10 a.m.

Awards luau announced

Friends of Hickam has announced that the 15th Wing Lewa Na Koa "Sky Warriors" annual awards luau will be held at 5 p.m. Feb. 3, 2017. The event will include entertainment by the group Tahiti Mana. Clothing for the evening will be casual aloha attire. More details will be released as the event nears.

Naval Safety Center features driving safety tips

Naval Safety Center

Driving safety tips (and other safety ideas) are available from the Naval Safety Center web site at <http://ow.ly/Spfu306GvKg>. The following are some driving safety tips to remember during the holiday season and year-round.

- Don't drink and drive. If you plan to drink, plan your transportation in advance.
- Every year, 23,000 people die because someone else didn't follow this rule.
- Don't drive if you are tired.
- Keep your car running well. Make sure your tires, brakes, headlights and taillights, and turn signals are all working perfectly.
- Obey the speed limit. In rain,



fog and darkness, slow down.

- Stay aware of the drivers around you. If you see an erratic

driver, don't get angry.

- Be careful at intersections. The average American driver is mediocre. Don't assume others are going to do the right thing.
- Keep your children in car safety seats, and know how to install the seats.
- Drive defensively. Obey the rules and be predictable.
- Use caution at turns. Use your signals.
- Don't use cell phones while driving, it's illegal in Hawaii.
- If your car has an anti-lock braking system (ABS) and you must brake because of an obstacle, be sure to press the brake pedal and hold, and gently steer around the obstacle.

Defense Commissary Agency offers holiday savings

Sallie Cauthers

DeCA marketing and mass media specialist

Special in-store promotions and the Rewards Card make the commissary the place to go to save on holiday groceries, according to the Defense Commissary Agency (DeCA) director of sales.

"Our commissaries are full of great promotions for the holidays," said Tracie Russ, DeCA sales director.

"Customers will be able to save quite a bit of money for their holiday entertainment and meal needs, thanks to our industry partners."

Throughout the holiday season stateside commissaries will feature Deals of the Week, while overseas commissaries may have substitute events for certain promotional programs. Customers should check with their local commissary for details on dates and times for their promotions.

Although thanksgiving has come and gone, one of the commissary's largest worldwide promotions, the Free Turkey Coupon Booklet, continues through Dec. 31 allowing patrons to save on their holiday turkey dinners.

Through the Turkey Coupon Booklet promotion,

industry partners have combined their efforts to help patrons earn a free fresh or frozen whole turkey when they buy items for their holiday meal. This coupon booklet also includes preparation tips and holiday recipes. Commissary patrons will see another holiday promotion, supported by store displays throughout December highlighting deeply discounted items with high value, in-store coupons.

And patrons with a Commissary Rewards Card will have a special deal to enter for a chance to win a \$100 NFL gift card when they use their rewards card. This worldwide promotion runs through Jan. 3. Patrons also can receive a chance to win one of seven Apple iPad Pro 9.7-inch up for grabs when they use their rewards card now through Dec. 9.

"The Defense Commissary Agency wishes you and your family, here and abroad, a very happy, healthy, and safe holiday season," Russ said.

For more information, visit www.commissaries.com.



Volunteers sought for JBPHH Cookie Caper

Joint Base Pearl Harbor-Hickam Public Affairs

The holidays are just around the corner and that means that it is time for the annual Joint Base Pearl Harbor-Hickam (JBPHH) Cookie Caper.

This cookie drive will provide homemade cookies to single service members who live in the barracks or off base, and who are deployed.

On Dec. 15, about 1,200 dozen cookies will be collected, bagged, and distributed, so help is being sought.

Organizers of the event are requesting many people to bake several dozen cookies. They also need volunteers to help collect and bag cookies. This year's cookie drive will be at the Makai Recreation Center, 1859 McChord St., JBPHH.

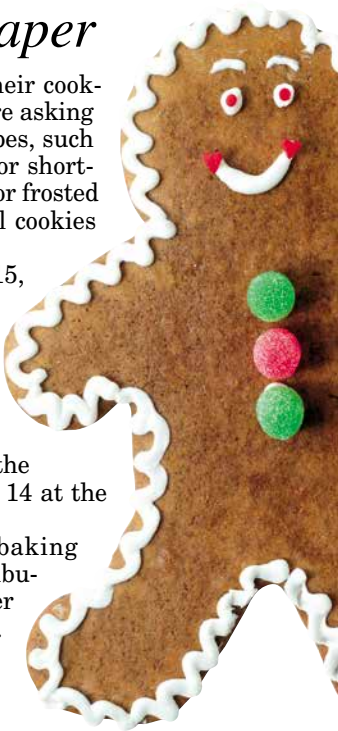
Include in your correspondence how many dozens of cookies you will bake/bring, types of cookies, your email address and your phone number.

Bakers are asked to package their cookies three per baggie. Organizers are asking for a variety of different cookie types, such as sugar, oatmeal, peanut butter or shortbread, but no basic chocolate chip or frosted cookies. Please remember to label cookies containing nuts.

Volunteers are needed on Dec. 15, for one of the following or all shifts: 6 to 6:30 a.m. (set up), 6:30 to 8:30 a.m., 8:30 to 10:30 a.m. or 10:30 a.m. to 12:30 p.m. (cookie reception, sorting and bagging), and 12:30 to 2 p.m. (clean up).

Cookies can also be dropped off the night before from 6 to 7 p.m. Dec. 14 at the Makai Recreation Center.

Those who are interested in baking cookies, volunteering in the distribution center or helping in some other way, can sign-up at <http://signup.com/go/pfMhH3> or email Cookiecaperhickam@gmail.com



Chapel holiday schedule announced

The following holiday chapel services have been announced.

Roman Catholic holiday services

- Today, 7 p.m. Advent Penance Service at Pearl Harbor Memorial Chapel (PHMC)
- Dec. 8, 11:30 a.m. Immaculate Conception Holy Day of Obligation (PHMC)
- Dec. 8, 7 p.m. Immaculate Conception Holy Day of Obligation (PHMC)
- Dec. 24, 5 p.m. Christmas Eve Vigil Mass Hickam Chapel Center (HCC)
- Dec. 24, 8 p.m. Christmas Eve Vigil Mass (PHMC)
- Dec. 25, 9 a.m. Christmas Day Mass (PHMC)
- Dec. 25, 11 a.m. Christmas Day Mass (HCC)
- Dec. 31, 5 p.m. New Year's Eve Mass (HCC)
- Jan. 1, 9 a.m. New Year's Day Mass (PHMC)
- Jan. 1, 11 a.m. New Year's Mass (HCC)

Protestant holiday services

- Dec. 11, 5:30 p.m. Squadron-Focused Christmas Caroling (HCC)
- Dec. 24, 6 p.m. Christmas Eve Candlelight Service (PHMC)
- Dec. 24, 7 p.m. Christmas Eve Candlelight Service (HCC)
- Dec. 25, 11 a.m. Christmas Day Service (PHMC)
- Dec. 25, 4 p.m. Christmas Unity Service (Nelles Chapel)
- Dec. 31, 10:30 a.m. Gospel New Year's Eve Watch-night (Schofield Barracks Chapel)

Jewish holiday services

- Dec. 30, 7:30 p.m. Shabbat Chanukah Service at Aloha Jewish Chapel, Makalapa Gate, Joint Base Pearl Harbor-Hickam.

Breakfast with Santa

The annual Breakfast with Santa will be held from 8 to 9 a.m. Dec. 10 at the Pearl Harbor Navy Exchange food court lanai. The event will include glitter tattoos, balloon art, holiday card-making for the family and prizes.

In addition, the event will include holiday arts and crafts, a pancake and bacon breakfast, goodie bags and a framed photo with Santa. The cost of the event is \$12 for children and \$8 for adults. It is open to authorized patrons only. FMI: 423-3287.



Air Force Spouse 101 to be held Dec. 15

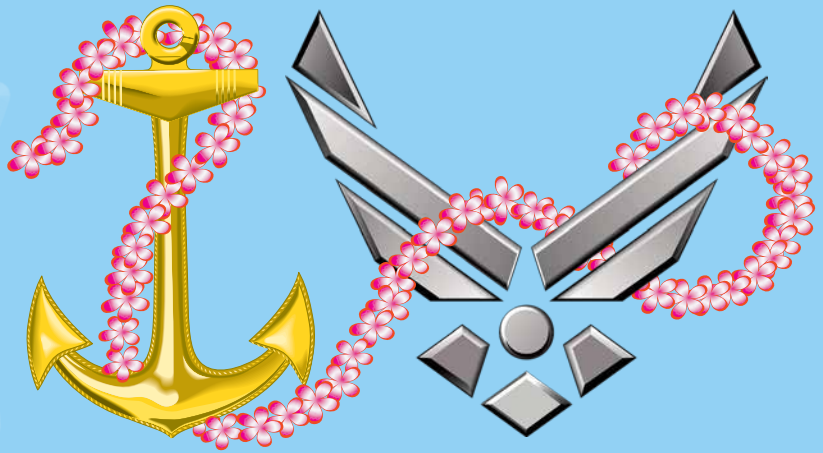
Air Force Spouse 101: Heart Link spouses orientation will be held from 7:45 a.m. to 2 p.m. Dec. 15 at Military and Family Support Center Hickam.

The program is designed as a fun and informative seminar to increase awareness of the Air Force mission, customs, traditions and available on- and off-base resources and services. With advance notice, free child care may be arranged. Lunch will be provided in the Hale Aina Dining Facility. Note that shoulders must be covered in this facility.

Those interested need to RSVP by Dec. 12 at mfschawaii@navy.mil. Participants need to register by Dec. 8 if they are requesting child care.

DECEMBER COMMUNITY CALENDAR

HO'OKELE
PEARL HARBOR - HICKAM



USO CELEBRATION FOR MILITARY

DEC. 3 — A celebration of the 75th anniversary of USO Hawaii will be held from 10:30 a.m. to 5 p.m. at Wet-n-Wild. The event will be an exclusive outing for military and their families to enjoy the park for free, with valid military or family ID. The park will be closed to the public during the event. No RSVP is required. Valid ID's include Reserves, retired, active duty and family members. Each member of the group ages 11 and up need to have an ID. Parking is available on-site, beginning at 8 a.m. for \$8 per vehicle. FMI: facebook.com/HawaiiUSO

MEET JESSICA ALBA DEC. 4 — Patrons can meet actress and entrepreneur Jessica Alba from noon to 2 p.m. at the Pearl Harbor Navy Exchange. FMI: 423-3287 or email Stephanie.Lau@nexweb.org.

TEMPORARY BRIDGE CLOSURE DEC. 5, 7 — All lanes of the Ford Island Bridge will be closed Dec. 5 from 9:15 to 10:45 a.m. Dec. 7 from 7 to 10 a.m. in support of the 75th commemoration of National Pearl Harbor Remembrance Day. All motorists and pedestrians are reminded to plan accordingly for those two days.

POSITIVE PARENTING DEC. 5 — A positive parenting skills class will be held from 10 a.m. to noon at Military and Family Support Center Pearl Harbor. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

JOINT SERVICE STATIC DISPLAY

DEC. 6 — In commemoration of the 75th anniversary of the Dec. 7, 1941 attack on Oahu, a joint service aircraft static display will be held from 9 a.m. to 2 p.m. Dec. 6 at 23 Row on the

Hickam side of Joint Base Pearl Harbor-Hickam. The event is open to all Department of Defense (DoD) cardholders and their guests. The cost of the event is free, but those in attendance need to have their DoD ID card to enter or escort their guests. Onsite parking will be available. Attendees should enter Hickam by O'Malley Gate and follow the signs to parking. No bags/coolers, no outside drinks/food, no selfie sticks are allowed. Cameras are OK, but no telescoping lenses. FMI: email kelly.womble.2@us.af.mil.

SPONSOR TRAINING DEC. 6 — Training to give new sponsors information to assist incoming personnel and their families will be held from 1 to 3 p.m. at Military and Family Support Center Wahiawa. Spouses are encouraged to attend. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

WORK/LIFE BALANCE DEC. 6 — A class on balancing work and personal life through managing everyday stress 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.

BUILDING SELF-ESTEEM IN CHILDREN

DEC. 7 — A class on building self-esteem in children will be held from 10 a.m. to noon at Military and Family Support Center Pearl Harbor. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

IA RESOURCE FAIR DEC. 8 — An individual augmentee (IA) resource fair will be held from noon to 2 p.m. at Military and Family Support Center Pearl Harbor. The event is open to all IA Sailors, their families, their command coordinators, ombudsmen and command support teams. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

STORY TIME WITH SANTA DEC. 8 — Story time with Santa will be held from 5 to 6:30 p.m.

at Joint Base Pearl Harbor-Hickam Library, 990 Mills Blvd., building 595. Families of individual augmentee (IA) and deployed/remote Airmen and military are invited to join Santa Claus at the library for a holiday story, photos and activities. To RSVP, email MFSCHawaii@navy.mil (subject: Santa) with your name, the number of adults, number of children, and your sponsor's unit name. FMI: 474-1999.

SMOOTH MOVE DEC. 8 — A workshop titled Smooth Move is designed to provide a better understanding of the permanent change of station (PCS) process. The workshop will feature speakers from several departments. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

CONFLICT MANAGEMENT DEC. 9

A workshop on conflict management will be held from 8 to 10 a.m. at Military and Family Support Center Pearl Harbor. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

TRAINING FOR AIR FORCE SUPERVISORS

DEC. 9 — Financial readiness training for Air Force supervisors will be held from 7:30 a.m. to 3:30 p.m. at Military and Family Support Center Hickam. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

PACIFIC FLEET BAND PERFORMANCE

DEC. 9 — The U.S. Pacific Fleet Band, stationed at Joint Base Pearl Harbor-Hickam, will perform a free public concert at 7 p.m. at the Hale Koa Hotel luau garden in Waikiki. Under the direction of Lt. Kelly L. Cartwright, fleet bandmaster, they will provide music from a variety of genres, including the world premiere of a newly commissioned work by Brett Abigana, to commemorate the 75th anniversary of the attack on Pearl Harbor. FMI: 474-3693.

MOVIE SHOWTIMES



TROLLS

Poppy, the optimistic leader of the Trolls, and her polar opposite, Branch, must embark on an adventure that takes them far beyond the only world they've ever known.

SHARKEY THEATER

TODAY — DEC. 2

7:00 PM Ouija: Origin of Evil (PG-13)

SATURDAY — DEC. 3

2:30 PM Trolls (PG)

5:00 PM Doctor Strange (3-D) (PG-13)

7:20 PM The Accountant (R)

SUNDAY — DEC. 4

2:30 PM Trolls (3-D) (PG)

4:40 PM Jack Reacher:
Never Go Back (PG-13)

7:10 PM Doctor Strange (PG-13)

THURSDAY — DEC. 8

7:00 PM Hacksaw Ridge (R)

HICKAM MEMORIAL THEATER

TODAY — DEC. 2

7:00 PM Doctor Strange (PG-13)

SATURDAY — DEC. 3

3:00 PM Trolls (PG)

6:00 PM Hacksaw Ridge (R)

SUNDAY — DEC. 4

3:00 PM Trolls (PG)

THURSDAY — DEC. 8

7:00 PM Doctor Strange (PG-13)

Honoring Our Heroes recipient recognized

Don Robbins

Editor, Ho‘okele

Army Capt. Brandi Walker is a 2016 Honoring Our Heroes recipient and was recently recognized at Hickam Commissary with awards of \$300 cash and \$300 in commissary gift cards. Brandi’s mother, Naline, submitted the winning essay describing why her daughter should be honored.

According to Naline, “As a captain in the



Photo by Claire Hudson
Army Capt. Brandi Walker

Army Reserves with 12 years of experience in active duty, she (Brandi)

has worked within the military community in a wide range of services.”

In addition, Naline explained that Brandi has supervised, managed and mentored military contractors and civilians.

In addition, Brandi Walker has earned a masters of arts in rehabilitative counseling from the University of Maryland, College Park and is a graduate-level, licensed professional counselor, alcohol and drug counselor, and a certified rehabilitation

counselor. Currently, she is completing her fifth year as a doctoral student in clinical psychology at Howard University.

Naline said that her daughter Brandi “has served as my mentor, encourager, and best friend while I completed my studies and obtained two masters degrees. Her unwavering passion, vision, and empathy in believing one can accomplish anything have been an inspiration to me and countless others.”

New chef brings changes to beachside restaurant

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

A new face at Sam Choy’s Island Style Seafood Grille is stirring things up. The arrival of new executive chef Paul Ellis is bringing about big changes to the restaurant located at Hickam Harbor.

A graduate of the Culinary Institute of America, Ellis comes to Joint Base Pearl Harbor-Hickam after spending more than 15 years aboard luxury and expedition cruise lines. His last five years before working at Sam Choy’s was as executive chef and food and beverage manager aboard the luxury cruise line, Paul Gauguin.

Diners who have visited Sam Choy’s will notice a revamp of all the menus, including lunch, dinner, appetizers and desserts, as well as the bar food and drink menus. Ellis created dishes inspired by ingredients from the islands as well as his experience visiting more than 130 countries.

While the menu has undergone big changes, general manager Sarah Wiggins wanted to assure customers that some of the dishes they return for will remain.

“We will continue to keep our top sellers. I would say about 70 percent of the menu is new with the other being guest favorites,” Wiggins said.

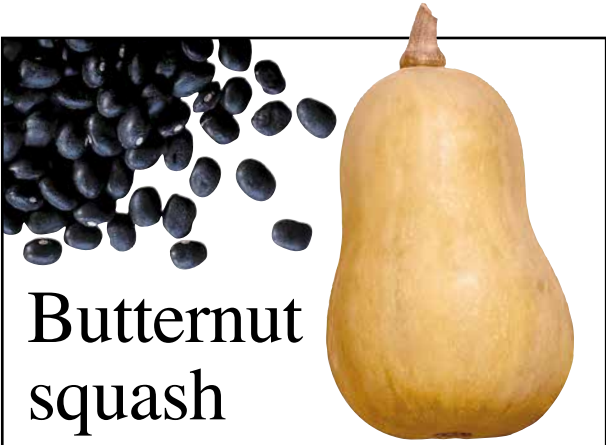
She said that the addition of Ellis, along with a new kitchen staff, brings an overall sense of freshness to Sam Choy’s.

“We are thrilled to have someone of Chef Paul’s caliber to keep the restaurant current and relevant on the culinary front,” Wiggins said.

According to Wiggins, Ellis arriving at Sam Choy’s neatly coincides with other updates planned for the restaurant and she said more announcements will be made soon.



Fleet and Family Readiness marketing photo by Reid Kagemoto
Paul Ellis, new executive chef, prepares coconut shrimp appetizers at Sam Choy’s Island Style Seafood Grille.



Butternut squash with black beans

Defense Commissary Agency

Butternut squash and black beans make a hearty side dish that is full of fiber and protein. This recipe makes six servings. Total cost is \$3.64 and serving cost is \$0.61.

- Add to shopping list these ingredients:
- 2 3/4 cups butternut squash, cubed (one small squash, about one pound)
 - one teaspoon vegetable oil
 - one onion (small, chopped)
 - 1/4 teaspoon garlic powder
 - 1/4 cup red wine vinegar
 - 1/4 cup water
 - two cans black beans (15 ounces each, rinsed and drained)
 - 1/2 teaspoon oregano

- Directions:
1. Heat the squash in the microwave on high heat for one to two minutes. This will soften the skin.
 2. Carefully peel the squash with a vegetable peeler or small knife.
 3. Cut the squash into 1/2 inch cubes.
 4. Peel and chop the onion.
 5. In a large pan, heat the oil. Add the onion, garlic powder and squash.
 6. Cook for five minutes on medium heat.
 7. Add vinegar and water. Cook on low heat until the squash is tender, about 10 minutes.
 8. Add the beans and oregano. Cook until the beans are heated through.

For more recipes, visit www.commissaries.com/healthy-living/healthy-eats.cfm

REDUCE... REUSE... RECYCLE



The Joint Base Pearl Harbor-Hickam has two convenient Recycling Center locations standing by to accept your recyclable goods:

Airfield - Bldg. 1715
and **Waterfront - Bldg. 159.**

For more information call the JBPHH Recycling Program POC at (808) 474-9207.

Harvest Float Night enlivens Scott Pool



Parents and children gather at Scott Pool Nov. 18 for a harvest-themed Float Night. Patrons participated in activities including pumpkin toss, turkey-hand contest and beanbag toss. Free snacks and goodie bags were also given away.

Joint Base Morale, Welfare and Recreation Marketing
photos by Helen Ko

Upcoming blood drives



Tripler Army Medical Center Blood Donor Center has updated its schedule of upcoming blood drives as part of the Armed Services Blood Donor Program (ASBP). Dates and locations are updated regularly online as new drives are scheduled. Donors are encouraged to schedule an appointment online, call to make an appointment, and check www.militaryblood.dod.mil for the latest information.

Currently scheduled drives include:

- Dec. 12, 9 a.m. to 1 p.m., Aloha Conference Center, Joint Base Pearl Harbor-Hickam
- Dec. 21, 9 a.m. to 1 p.m., oceanside lobby entrance, Tripler Army Medical Center
- Dec. 27, 9 a.m. to 1 p.m., Makalapa Clinic, Joint Base Pearl Harbor-Hickam

The following are a few basic requirements that must be met in order to donate blood with the ASBP. In general, donors need to:

- Have not donated blood previously within the last eight weeks.
- Weigh at least 110 pounds.
- Be at least 17 years of age.
- Have been feeling well for at least three days prior to donating.
- Be well hydrated and have eaten something prior to donating.
- Have picture ID and know when/where you have traveled.
- Be able to list the types of medications currently being taken.

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