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“Navigator” HO'OKELE

FOR THE NAVY AND AIR FORCE TEAM IN HAWAII

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U.S. Navy photo by Lt. Cmdr. Nathan Christensen

Chief of Naval Personnel Vice Adm. Robert Burke speaks with Sailors at Joint Base Pearl Harbor-Hickam during an all-hands call, Jan. 9.

Chief of Naval Personnel visits Sailors in Hawaii

Chief of Naval Personnel Public Affairs

The Chief of Naval Personnel (CNP) Vice Adm. Robert Burke visited Hawaii Sailors to discuss Sailor 2025 and some of the Navy's other personnel initiatives at an all-hands call at Joint Base Pearl Harbor-Hickam, Jan. 9.

While in Hawaii, Burke and Fleet Master Chief April Beldo met with Sail-

ors at Pearl Harbor and Kaneohe Bay.

“We have done a lot of work on Sailor 2025 over the past year, and it's important that we meet with Sailors to let them know we're working on their behalf as we modernize and improve the Navy's personnel system,” Burke said. “As we continue to improve our personnel policies and programs, Fleet feedback is vital to our efforts. Hearing from

Sailors is the number one way we can make our policies and systems better.”

This trip marks Burke's first visit to the Pacific as CNP.

“From the South China Sea to the shores of California, Sailors in the Pacific are doing extraordinary work 24/7/365,” Burke said. “They are conducting operations where it matters and also providing us with valuable Fleet input and per-

spective on a variety of personnel policies and issues, as evidenced by the Pacific Fleet Rating Modernization Operational Planning Team (OPT).”

For Beldo, this is the last time she'll travel to visit with Sailors before retiring later this month after 34 years of naval service.

“Talking with Sailors and hearing from them is absolutely vital to the work we do in Washington,” Beldo said. “It has

been the privilege of a lifetime to serve Sailors in this job and work to make our personnel policies better for them.”

“For me, what makes the Navy special is the opportunities that anyone can have if they work hard,” Beldo said. “Anyone who serves in the Navy—no matter how long—finds something bigger, nobler and more honorable in their lives—I know I certainly have.”

As the Chief of Naval Personnel, Burke reports to the Chief of Naval Operations on matters of the Navy's manpower readiness. He also serves as the deputy chief of naval operations (Manpower, Personnel, Training, Education / N1) and oversees the Bureau of Naval Personnel, Navy Personnel Command, Naval Education and Training Command, and Navy Recruiting Command.

USS Michael Murphy to begin western Pacific deployment

Navy Region Hawaii Public Affairs

USS Michael Murphy (DDG 112) is scheduled to depart Joint Base Pearl Harbor-Hickam today for a regularly scheduled deployment with the Carl Vinson Carrier Strike Group to the Indo-Asia-Pacific Region.

Michael Murphy will deploy with a crew of approximately 320 Sailors and a detachment of MH-60R helicopters from Helicopter Maritime Squadron (HSM) 37, the “Easyriders,” based out of Marine Corps Base Hawaii, Kaneohe Bay, who trained for months to earn deployment certification.

“The crew has worked tirelessly in preparation for this deployment, said Cmdr. Robert A. Heely, Jr., commanding officer, USS Michael Murphy. “Team Murphy will be challenged with diverse mission sets within the Indo-Asia-Pacific Region. Their resiliency will be tested, but they are up to the task and are ready to perform as part of Carrier Strike Group One.”

While deployed, the Carl Vinson CSG will remain under U.S. 3rd Fleet command and control, including beyond the international dateline which previously divided operational areas of responsibility for 3rd and 7th fleets.

Third Fleet operating forward offers additional options to the Pacific Fleet commander by leveraging the capabilities

USS Michael Murphy (DDG 112), which is shown in this photo from January 2013, is scheduled to depart Joint Base Pearl Harbor-Hickam today for a regularly scheduled deployment.

U.S. Navy file photo



of 3rd and 7th Fleets. This operational concept allows both numbered fleets to complement one another and provide the foundation of stability in the Indo-Asia-Pacific Region.

“Our forward presence contributes to freedom of navigation and lawful use of the sea, as well as furthers operational training and enabling the exchange of culture, skills and tactical knowledge,” said Rear Adm.

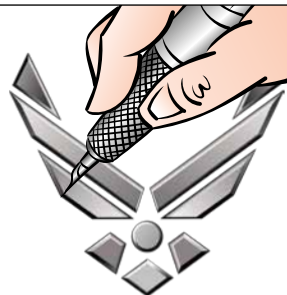
James W. Kilby, commander, Carrier Strike Group (CSG) 1.

U.S. 3rd Fleet leads naval forces in the Pacific and provides the realistic, relevant training necessary for an effective global Navy. Third Fleet constantly coordinates with U.S. 7th Fleet to plan and execute missions based on their complementary strengths to promote ongoing peace, security and stability throughout the entire

Pacific theater of operations.

The Nimitz-class aircraft carrier USS Carl Vinson (CVN 70), Carrier Air Wing (CVW) 2, and embarked Destroyer Squadron (CDS) 1 deployed from San Diego, January 5 with Ticonderoga class guided-missile cruiser USS Lake Champlain (CG 57) and Arleigh Burke-class guided-missile destroyer USS Wayne E. Meyer (DDG 108).

The Carl Vinson CSG deployed with approximately 7,500 Sailors and will focus on maritime security operations and theater security cooperation efforts. The strike group assets will conduct bilateral exercises in the Indo-Asia-Pacific region to include anti-submarine warfare, maneuvering drills, gunnery exercises and visit, board, search and seizure subject matter expert exchanges.



Air Force tattoo policy updated

Secretary of the Air Force Public Affairs

WASHINGTON (AFNS) — The Air Force announced new policies on dress and appearance with regard to tattoos, as well as changes to service medical accession policy, Jan. 9.

These changes result from a review of Air Force accessions policies directed by Air Force Secretary Deborah Lee James in 2016.

“As part of our effort to attract and retain as many qualified Airmen as possible we periodically review our accessions policies,” she said. “In this instance, we identified specific changes we can make to allow more members of our nation to serve without compromising quality. As a next step in this evolution, we are opening the aperture on certain medical accession criteria and tattoos while taking into account our needs for worldwide deployability and our commitment to the profession of arms.”

Authorized tattoos on the chest, back, arms and

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Senior Chief Petty Officer Raina Hockenberry, Operation Proper Exit wounded warrior, returns to the bed she occupied while a patient at the Craig Joint Theater Hospital during a return visit to Bagram Airfield, Afghanistan Nov. 16, 2016.
U.S. Air Force photo by Staff Sgt. Katherine Spessa

Veterans Talk Story: Senior Chief Raina Hockenberry

Wounded Warrior’s journey to recovery explained

MC1 Brian M. Wilbur

U.S. Pacific Fleet Public Affairs

You’re drifting in and out of consciousness. Chaos has consumed your life for the past 48 hours. The screaming and crying of the injured and the fuzzy memories of nurses and doctors rushing to save lives are burned in your brain. Tubes and wires are connected all over your body. You’re quickly gathered up and hurried on to yet another helicopter. Receding back to unconsciousness you vividly hear the doctor say, “Return to AOR (Area of Responsibility) unlikely.”

“Something about those words hit me. It was like he was saying I was done; my life was over,” said Senior Chief Personnel Specialist Raina Hockenberry, who is currently serving at U.S. Pacific Fleet headquarters at Joint Base Pearl Harbor-Hickam.

“I remember getting pissed, thinking ‘who the hell was he to decide?’ As I stepped off the plane back in Afghanistan, I remembered those words.”

It has been two years since her Individual Augmentee (IA) tour in Afghanistan where she and others were attacked during a site visit at the Marshal Fahim Training Facility. She spent the next 16 months recovering from five gunshot wounds to the leg and abdomen at the Walter Reed National Military Medical Center in Bethesda, Maryland.

While there, Hockenberry had time to think about the millions of ways she could have done things differently to change the outcome of the events of her attack.

Hockenberry explained how



down time and over thinking can become very dangerous for someone in recovery and how imperative it is to find something constructive to keep your mind occupied. One thought that she kept circling back to was her involvement in supporting a group of wounded warriors as they arrived in Afghanistan for Operation Proper Exit (OPE).

She believed that a service member’s involvement in the welcoming would help to keep them grounded and remind them of the harsh realities of serving in a combat zone. Her experience and those memories helped her decide to become a participant of OPE. When the time came for the next trip, she was contacted by the Troops First Foundation and told she would be going back.

Since its launch in June 2009, OPE has taken 20 trips to Iraq and Afghanistan, taking more than 100 wounded warriors, to include Hockenberry, their first woman and first Sailor participant.

Hockenberry and five other wounded warriors visited the Heathe N. Craig Joint Theater Hospital at Bagram Airfield. During the visit, Hockenberry

“At that moment it really hit me that I was there. He pointed to the trauma bed I was in and all of the sudden, I remembered being in that bed.”

— Senior Chief Raina Hockenberry

had the chance to meet some of the new staff and was reunited with her intensive care unit doctor. He asked Hockenberry if she would like to see the trauma bed she was in after being medevaced.

“At that moment it really hit me that I was there,” Hockenberry said. “He pointed to the trauma bed I was in and all of the sudden, I remembered being in that bed. Then it got emotional and I didn’t think it would but it really did.”

Hockenberry remembered looking around at the young medics, realizing that while her injury was just her injury and the only one she had to deal with, these men and women have to deal with one after another.

“For a little while, it was no longer about me — my accommodations, my physical therapy schedule, my wheelchair, everyone looking at me,” Hockenberry said.

“It was about the troops that were deployed. I got so much from being out there because I got to talk to the troops and thank them for what they are doing. They are out there for me while I can’t be and that means a lot.”

Although Hockenberry’s recovery is far from over, she believes OPE has helped her find something that was missing from her healing process. She was unable to put a finger on it until forming new bonds with other wounded warriors on her trip back to Afghanistan. She talks about how nice it was to be welcomed in to the group and treated no differently than any of the other participants.

“Through them, I got to see that life will eventually settle down to something more; that life will be more than recovering,” Hockenberry said. “I had determination, but I think I was missing the inspiration part. I now have role models and mentors that have inspired me.”

As the first woman to join OPE, Hockenberry hopes that her story will open the door for and inspire other combat-injured women to look into the program.

“Having Senior Chief Hockenberry as part of OPE 20 was very significant,” said Rick Kell, co-founder of the Troops First Foundation.

“Her participation was a relevant reminder to all that the enemy does not discriminate

and all of our warriors, male and female, are at risk on the battlefield.”

As the first Sailor to travel back for OPE, she believes that there is an important message to be heard.

“The Navy is in Afghanistan and that’s one thing I am so proud of. The Navy is boots on the ground in Afghanistan and we’re doing it just like the Army, the Marine Corps and the Air Force.”

Now that OPE has given Hockenberry the opportunity to leave on her own terms, her main focus is to continue recovery and become operational again.

“I would never return to operational duty if I knew I could not hold my own. And physically, there are still painful days,” Hockenberry said. “There are doubts, but going back and being in uniform, walking around rough terrain, climbing in and out of helos and armored vehicles, going to the range, shooting — I did those things. I did them a little differently, but I did them.”

Hockenberry believes that there is a point in every wounded warrior’s recovery where they should participate in OPE. She says that everyone will be ready at different times and that it is important to have made progress both physically and emotionally before returning.

For more information about Hockenberry and her story or about Operation Proper Exit, visit <http://www.cpf.navy.mil/news.aspx/040035>.

Editor’s Note: This is the second of a two part series. The first part was published in the Military Star Dec. 23 during the Ho’okele newspaper hiatus.

Air Force announces new tattoo policy

< FROM A-1

legs will no longer be restricted by the “25 percent” rule, while tattoos, brands or body markings on the head, neck, face, tongue, lips and/or scalp remain prohibited. Hand tattoos will be limited to one single-band ring tattoo, on one finger, on one hand. The hand tattoo change ensures the ability to present a more formal military image when required at certain events and/or with dress uniforms. Current Airmen with existing hand tattoos that were authorized under the previous policy will be grandfathered in under the old policy standards.

A recent review of Air Force field recruiters re-

vealed almost half of contacts, applicants and recruits had tattoos. Of these, one of every five were found to have tattoos requiring review or that may be considered disqualifying; the top disqualifier was the 25 percent rule on “excessive” tattoos. The new policy lifts the 25 percent restriction on authorized tattoos to the chest, back, arms and legs, opening up this population for recruitment into the Air Force.

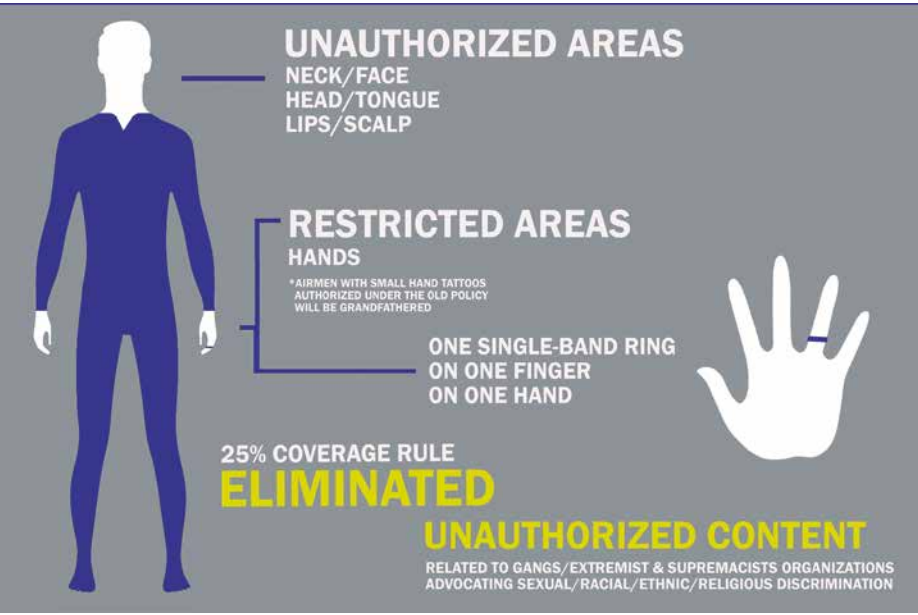
Tattoos, brands and body markings anywhere on the body that are obscene, commonly associated with gangs, extremist and/or supremacist organizations, or that advocate sexual, racial, ethnic or religious

discrimination remain prohibited in and out of uniform.

To maintain uniformity and good order and consistent with Air Force Instruction 36-2903, “Dress and Personal Appearance of Air Force Personnel,” commanders will retain the authority to be more restrictive for tattoos, body ornaments and/or personal grooming based on legal, moral, safety, sanitary, and/or foreign country cultural reasons.

The new tattoo policy is effective Feb. 1, 2017. Further implementation guidance will be released in an addendum to the policy guidance.

For more information, visit <http://bit.ly/2iB-8Mmg>.





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.

Diverse VIEWS



Jan. 16 is Martin Luther King Jr. Day.
What freedom do you most hold dear and why?



HR Dennis Brown
Naval Health Clinic Hawaii

"Freedom of religion is the most important to me. A person should have the right to serve a god or gods of their choosing. They should also never be forced to serve a god if they do not wish to."

RP3 Kamau Daajara
JBPHH

"To me, the freedom of choice is the most important freedom of all. It covers everything, including freedom of speech and religion."



OS2 Taneshia Mayo
JBPHH

"I would say the most important freedom to me is the freedom of speech. How are people going to know what is on each other's minds if they're not allowed to share it truthfully?"

Tech. Sgt. Amber Costello
15th Medical Support Squadron

"The freedom to raise my child in a country where he has the choice to follow his dreams, speak freely and choose his own happiness because as a mother, that's all we want for our children."



Tech. Sgt. Terrance Greenwood
535th Airlift Squadron

"The freedom I hold most dear is the freedom to be the best person I can. There was a time in my life when I didn't believe I had many options to improve myself and I eventually realized that we have countless opportunities to do so if we work hard for it."

Maj. Ayo Olanipekun
*2nd Battalion 228th Aviation Regiment
Joint Base McGuire-Dix-Lakehurst*

"The freedom I hold most dear is the freedom to pursue any dream or goal that my heart desires without obstruction or resistance. As a Black male who grew up reading about a time when a person that looked like me faced multiple challenges and restrictions in realizing their full potential, the freedoms that I now have to be the best person that I can be and contribute to this great nation is a freedom that I embrace and cherish greatly."



Capt. Charlene Rueben
15th Medical Support Squadron

"There are multiple freedoms that we can all hold dear: having three little boys, and being in this amazing Air Force are just two things I appreciate most. Having the choice to join the service at 17 years old and be able to set the example for my children everyday is what I live for."

*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*



VIGILANCE ENGAGEMENT SPEED TOGETHER

Commentary

How not to be in an 'invisible force field'

Rear Adm. John Fuller

*Commander, Navy Region
Hawaii and Naval Sur-
face Group Middle Pacific*



Rear Adm. John Fuller

Have you made any New Year resolutions? Have you already broken some?

Here's a resolution for 2017 that we can make together. And it's one worth keeping. Ready? Safety first, foremost and forever.

Also: don't think you can enter an "invisible force field." (More about that in a moment.)

Wear the 'VEST'

Let's be **Vigilant** in the months ahead. Let's be aware of our surroundings and the potential for danger, and let's look for opportunities to prevent accidents and mitigate risk. Work to avoid crises; always have a plan—and a plan "B."

Let's be willing to **Engage**: See something, say something; know something, do something. Stand up and be disruptive if necessary when you see something wrong, and learn to follow up on those gut feelings.

Let's use **Speed**. Think about all those times

when bad things happened because no one was willing to speak up or act. Now consider those other times when someone acted quickly and intervened when they knew about an unsafe situation.

Let's act **Together**. Safety and security are not someone else's problem or responsibility. Collectively, we all have the imperative to protect ourselves and our loved ones, our friends and co-workers, and our neighbors and partners in our ohana.

A Culture of Respect

The military is known for having a strong ethos

and core values. We developed a culture of respect. That means we respect ourselves and our shipmates. We have overcome difficulties and earned trust by giving respect.

We must reject destructive behavior—there are better alternatives than drug and alcohol abuse, sexual harassment and assaults, and unsafe conduct on and off base. Don't let any circumstance or "in-the-moment" urge obscure the fact that those destructive behaviors represent a breach of trust and can be career-ending.

So, resolve to think and act soberly, sanely and responsibly, not just because it's a new year, but also because it's part of the core values that helped our military develop and maintain the respect of our grateful nation.

Riding a motorcycle? Obey the rules of the road and the laws of physics. Always use personal protective equipment.

Hiking Ko'olau or Kala-lau trails? Follow the laws and don't take unnecessary chances.

Crossing the street? Take responsibility and make sure drivers can see you and always make sure they stop before you

walk or run in front of a car. That's what we tell young children before we let them cross the street by themselves.

I like what Region Chief of Staff Capt. Jim Jenks said about this:

"The crosswalk is not an invisible force field that will protect you from a car coming toward you at 30 miles per hour."

In conclusion: I need your help. Please reinforce the **VEST**—Vigilance, Engagement, Speed, Together concept. All I'm really asking is that you take an extra moment before you act so you can make common sense decisions. I'm asking you to keep building our healthy culture of respect and real life operational risk management.

We employed these principles proactively last summer during RIMPAC—with 25,000 international guests here. And, with just a few exceptions, we had a safe and secure summer at our installations and off base.

While we did a great job in 2016, I'm betting those who were hurt feel we had one too many incidents. So, let's make 2017 even safer.

Martin Luther King Jr. delivers famous speech



Public domain photo

Martin Luther King Jr. addresses a crowd from the steps of the Lincoln Memorial where he delivered his famous, "I Have a Dream," speech during the Aug. 28, 1963, march on Washington, D.C. Jan. 16 is Martin Luther King Jr. Day.



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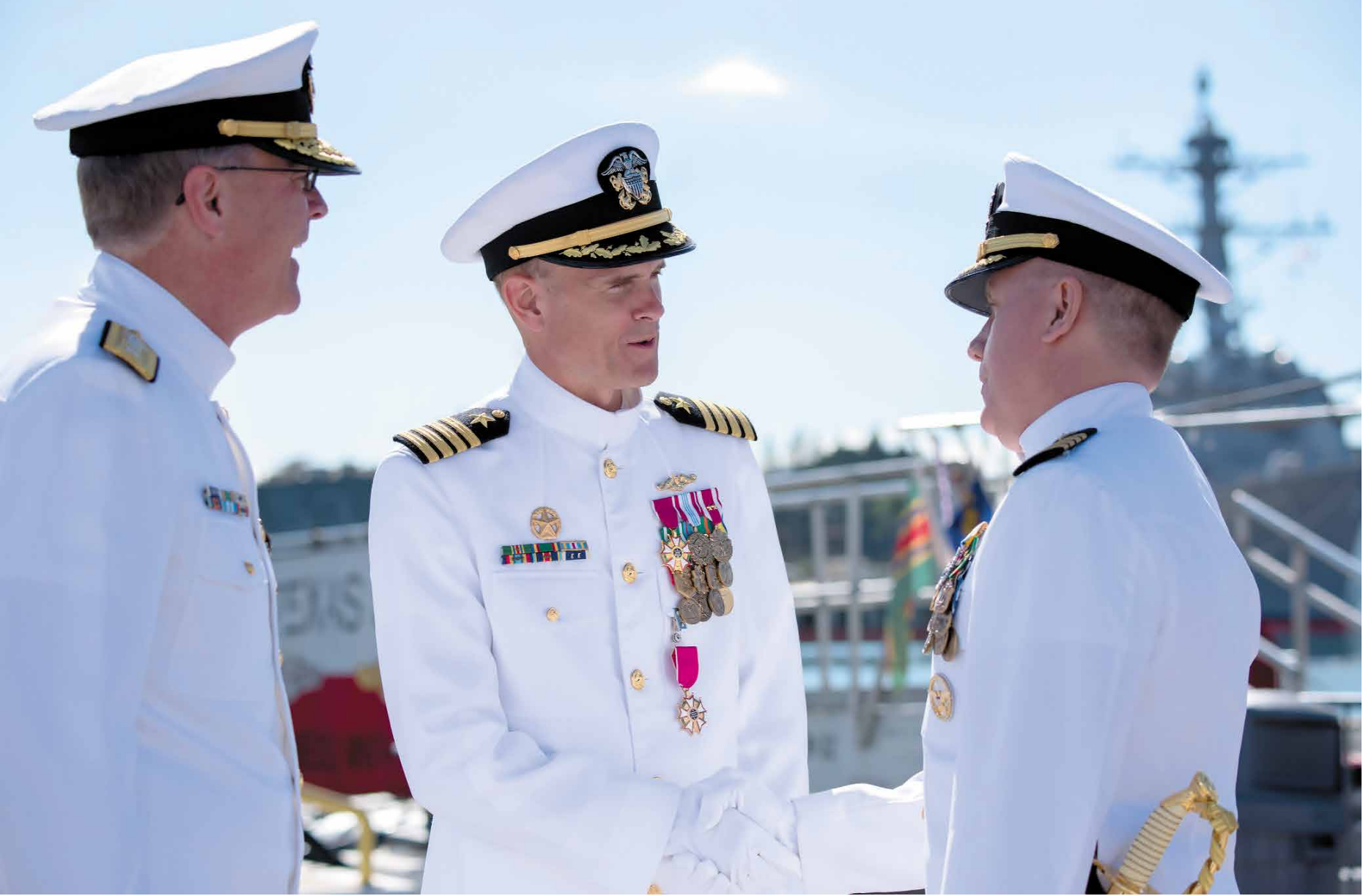
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U.S. Navy photos by MC1 Daniel Hinton

Commander, Submarine Force, U.S. Pacific Fleet Rear Adm. Frederick Roegge, left; Capt. Timothy Rexrode, center, departing commanding officer of Submarine Squadron 1; and Capt. Richard Seif, right, incoming commanding officer of Submarine Squadron 1, share a laugh following the change of command ceremony at Joint Base Pearl Harbor-Hickam, Jan. 5.

Submarine Squadron 1 changes hands

MC2 Shaun Griffin

Commander, Submarine Forces Pacific

Commander, Submarine Squadron 1 held a change of command ceremony at the historic submarine piers at Joint Base Pearl Harbor-Hickam, Jan. 5. Capt. Timothy Rexrode, commanding officer of Submarine Squadron 1, was relieved by Capt. Richard Seif. Commander, Submarine Force, U.S. Pacific Fleet Rear Adm. Frederick Roegge was the guest speaker for the ceremony and praised Rexrode for his hard work and wished him luck at his next command, as the executive assistant to the Vice Chief

of Naval Operations at the Pentagon. “I am particularly impressed with Tim’s thoughtful leadership and mentorship of the submarine commanding officers in his charge,” Roegge said. “Tim, the submariners of Squadron 1 will miss you, but the vice chief will be fortunate to have you.” Roegge also welcomed Seif to Pearl Harbor and expressed his confidence in him as the new commander of Squadron 1. “It’s clear that Tim will be a difficult act to follow,” Roegge said. “But it’s equally clear to me that you are exactly the right man to build upon that legacy; and Rick, I challenge you to lead Squadron 1 to even greater success.”



Sailors assigned to Submarine Squadron 1 look on during a change of command ceremony for Submarine Squadron 1 at Joint Base Pearl Harbor-Hickam, Jan. 5.

During the ceremony, Roegge presented Rexrode with the Legion of Merit Medal for exceptional meritorious conduct while serving as Commander, Submarine Squadron 1 from March 2015 to January 2017.

Rexrode took time to thank those in attendance as well as the men and women he’s been commanding. “First, if you think the pro bowl is leaving Hawaii, look again at the roster of Squadron 1’s

commanding officers,” Rexrode said. “To be the leader of that group was the utmost privilege. Captains, I learned a lot from each and every one of you and just as I said earlier, I remain your biggest fan and supporter.” Seif addressed his new command for the first time and commended Rexrode on his success at Squadron 1. “Tim, by all accounts and every metric, under your watch Squadron 1 has truly set a high bar for submarine operational readiness and proficiency,” Seif said. “To the staff of Squadron 1, I have been very impressed with your professionalism and your track record of success.

I challenge each of you to continue your superb efforts to support our boats as they work to meet milestones, prepare to deploy, and maintain mission readiness.” Seif served as deputy chief of staff for operations at Submarine Group 7/Task Force 74 in Yokosuka, Japan. He most recently served in the Pentagon as the Military Assistant to the Assistant Secretary of Defense for Strategy, Plans, and Capabilities. Submarine Squadron 1 was first established in May 1941 at New London, Connecticut. On Oct. 1, 1945, Submarine Squadron 1 moved to the U.S. Pacific Fleet at Pearl Harbor, and has remained there ever since.

Naval Submarine Training Center holds change of command

Story and photo by MC1 Daniel Hinton

Submarine Force Pacific Public Affairs

Naval Submarine Training Center, Pacific (NSTCP) held a change of command ceremony at the submarine piers at Joint Base Pearl Harbor-Hickam, Jan. 6. Capt. Michael W. Martin, commanding officer of NSTCP, was relieved by Capt. Andrew C. Hertel during a ceremony held aboard the Virginia-class fast-attack submarine USS Mississippi (SSN 782). Commander, Submarine Force, U.S. Pacific Fleet Rear Adm. Frederick “Fritz” Roegge was the guest speaker for the ceremony and praised Martin for his commitment to serving the crews of the Submarine Pacific Fleet and wished him luck at his next command, as the commanding officer of the Navy Element of U.S. Forces Korea. “If submarines form the tip of the proverbial spear, then NSTCP keeps that spear sharp,” Roegge said.



Capt. Michael Martin, right, commanding officer of Naval Submarine Training Center, Pacific, is relieved by Capt. Andrew Hertel, left, during a change of command ceremony at Joint Base Pearl Harbor-Hickam, Jan. 6.

“The strength of this command is the quality of training, and the quality of training is due to the quality of our people.” Roegge also welcomed Hertel back to Pearl Harbor and expressed his confidence in him as the new commander of NSTCP. “Andy is no stranger

to the challenges of the Pacific, as he comes to us from a challenging assignment as the director of the Commander’s Initiatives Group for Commander U.S. Seventh Fleet in Yokosuka, Japan,” Roegge said. Roegge challenged Hertel to lead NSTCP to even

greater success following the successful tour of Martin. During the ceremony, Roegge presented Martin with a Legion of Merit Medal for exceptionally meritorious service while serving as NSTCP from August 2014 to January 2017.

Martin took the time to thank those in attendance as well as the men and women he’s led. “This team is some of the best instructors I have had the privilege to work with,” Martin said. “I cannot recognize everyone individually, but every one of you has made

a significant contribution and it has been an honor for me to be your commanding officer.” Hertel addressed his new command for the first time and praised Martin on his success at NSTCP. “All policies and guidance put in place under Martin remain in effect,” Hertel said. “Mike, as stated multiple times today and several different ways, you clearly did a splendid job leading the team here. I seek to carry on your legacy as best I can.” Hertel committed NSTCP to continue to help enable the Submarine Force to retain and expand the advantages it enjoys today. “I pledge to you, NSTCP will provide you the best product we can to enable you to conduct your mission,” Hertel said. “We know your challenges and we will do everything in our power to help keep you ready to deter in peace and dominate in conflict.” NSTCP was first established in January 1962 as Fleet Submarine Training Center. Today, it is comprised of approximately

Pearl Harbor-Hickam Highlights

Ship's Serviceman 2nd Class Lynee Jackson, from Honolulu, left, and Damage Controlman 3rd Class Coleman Johnson, from Lincoln, Nebraska, pass the flame during the Christmas Eve candlelight service held on the flight deck of the amphibious assault ship USS Makin Island (LHD 8) during deployment at the Gulf of Aden, Dec. 24.

U.S. Navy photo by MC1 Larry S. Carlson



At right, Morgan Roberts, a student from Radford High School, reads her poem, "Our Service Applaud," Jan. 9 at the Military and Family Support Center (MFSC). Roberts is the winner of the inaugural Military Family, MFSC Creative Arts Contest.

U.S. Air Force photo by Staff Sgt. Christopher Stoltz



Below, Friends, families and colleagues look on during a change of command ceremony for Naval Submarine Training Center Pacific at Joint Base Pearl Harbor-Hickam, Jan. 6. Capt. Andrew Hertel relieved Capt. Michael Martin as commanding officer of Naval Submarine Training Center, Pacific.

U.S. Navy photo by MC1 Daniel Hinton



Friends, families and colleagues look on during a change of command ceremony for Submarine Squadron 1 Joint Base Pearl Harbor-Hickam, Jan. 5. Capt. Richard Seif relieved Capt. Timothy Rexrode as commanding officer of Submarine Squadron 1.

U.S. Navy photo by MC1 Daniel Hinton

Army's 2nd Infantry Brigade Combat Team, 25th Infantry Division "Warrior Brigade" walk back to Majors Bay at the end of their senior non-commissioned officer's physical training exercise at Pacific Missile Range Facility (PMRF) Barking Sands, Kauai, Dec. 6.

U.S. Navy photo by MC2 Omar Powell



Suit up: Proper safety gear can save your life

Story and photo
by Ensign Britney
Duesler

Navy Region Hawaii
Public Affairs

For riders like Yeoman Second Class Kelvin Marshall, safety gear is everything. After wiping out on H-1 at 55 miles per hour, Marshall walked away with minimal injuries—thanks to the quality of the gear he was wearing.

“I was doing the speed limit when a piece of sheet metal came off a construction vehicle near an exit ramp,” Marshall said. “The SUV in front of me tried to swerve around it and hit the metal, which deflected towards my bike.”

Marshall attributes the lack of broken bones and abrasions to his safety gear, which included racing boots, a reinforced riding jacket with rigid plastic inserts, a backpack, and a properly fitted helmet.

“You only get one body, one head,” Marshall said. “Invest in good gear, especially a helmet.”

Motorcycle helmets are rated by a variety of safety companies, most notable of which is the Snell Memorial Foundation which was named after William “Pete” Snell, a well-known sports race car driver who died of head injuries during a fatal crash in 1956. The non-profit organization provides a high quality standard of safety for helmet safety research, testing and certification.

Following the crash, Marshall replaced his helmet with a new one. Although the helmet required replacement, Marshall’s other gear withstood the test of time.



Yeoman Second Class (SW) Kelvin Marshall, assigned to Naval Surface Group Middle Pacific, ensures his gloves are properly fastened prior to heading home from work on his motorcycle.

He still wears the same reinforced jacket, which now sports a minor fray on the sleeve.

“It’s about convenience versus safety,” he said, opening the heavy jacket to reveal the removable plastic inserts along the spine. “My gear saved me.”

Marshall also emphasized the importance of having proper footwear and accessories.

“I really believe you should have full race boots and a backpack,” Marshall said.

The Navy’s Traffic

Safety Program, in accordance with OPNAVINST 5100.12J, requires all Sailors to have over-the-ankle boots when riding, but does not require a backpack. Marshall went one step further, upgrading his boots with rigid plastic over a leather exterior for durability and protection. He recommends riders customize their gear, buying directly from the manufacturer and upgrading as necessary.

“Most gear is abrasion rated, meaning you can expect [a finite amount of

time] of abrasion wear at a certain speed.”

For some riders, style is as important as certification. Marshall agrees, pointing out that color plays an important factor in visibility on the road. A high contrast color scheme makes it easier for cars to see motorcyclists, especially during an early morning commute to work.

Style also can increase a rider’s desire to wear safety gear, which in the hot climate of Hawaii can be bulky, uncomfortable, and inconvenient.

Motorcycle dealerships, as well as the Navy Exchange and safety gear manufacturers, provide many options for safe, stylish gear that can be customized to suit riders’ individual needs. When looking for the right gear, Marshall recommends reading online reviews, ensuring the gear is from a reputable company, and trying it on for comfort and fit.

The Navy requires riders to wear the following gear:

- Department of Trans-

portation-approved helmet.

- Eye protection in the form of shatter resistant safety goggles or face shield properly affixed to the helmet.

- Sturdy over-the-ankle footwear.

- Long sleeved shirt or jacket and long trousers.

- Full-fingered gloves.

More information regarding the Navy’s policy on motorcycle safety gear can be found online at [https://doni.daps.dla.mil/Directives under the OPNAVINST 5100.12J](https://doni.daps.dla.mil/Directives%20under%20the%20OPNAVINST%205100.12J).

Five things to know about extending your enlistment

Navy Personnel Command Public Affairs

MILLINGTON, Tennessee — The Navy released NAVADMIN 004/17 that now allows first-term Sailors on sea duty the ability to elect to extend their expiration of active obligated service (EAOS) to complete their sea duty assignment, known as prescribed sea tour (PST).

Here are five things you need to know:

1. Why this is important to the Navy. First-term Sailors make up approximately 60 percent of the fleet and about half that percentage separate

at the end of their first enlistment. This initiative allows first-term Sailors to match their projected rotation date (PRD) with their EAOS and helps alleviate unnecessary gaps at sea. This is designed to help reduce gaps at sea and support fleet manning that will be created as the large FY13 enlisted cohort begins to leave sea duty.

2. How this benefits Sailors. First-term Sailors, who elect to extend their enlist-

ments to complete their PST will benefit from additional opportunities to advance and additional opportunities to apply for reenlistment quotas.

3. Eligible Sailors who can apply:

- First-term, rating-designated Sailors (PACT Sailors are not eligible).
- Must have an EAOS before Jan. 31, 2020, and prior to the completion of their PST.
- Type 2, 3 or 4 sea duty as defined in MILPERSMAN 1306-102.
- Passed their most recent

Physical Fitness Assessment.

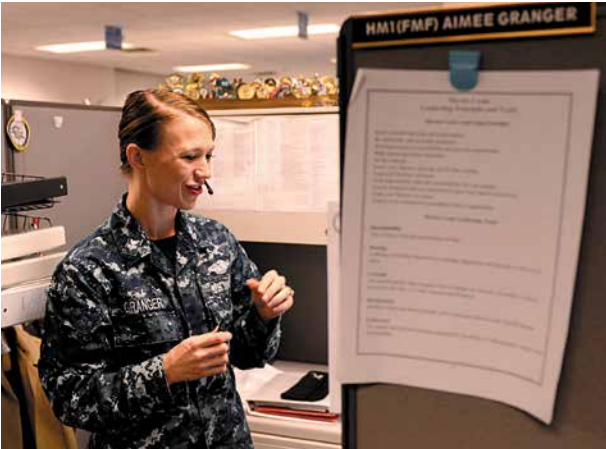
- Have no performance mark below 3.0, or an advancement recommendation of “progressing” or “significant problems” in the most recent competitive evaluation.
- Must be recommended by their commanding officer.
- High year tenure waiver will be favorably endorsed to allow Sailors to complete their prescribed sea tour.
- Eligible Sailors do not need an approved C-WAY quota to take advantage of this opportunity.

4. How do Sailors apply? Those eligible Sailors need to submit a NAVPERS 1306/7 form endorsed by their commanding officer to Navy Per-

sonnel Command. Non-nuclear Sailors need to send their forms to PERS81@navy.mil and nuclear Sailors need to send their forms to bullnuke@navy.mil both before Feb. 28, 2017, to take advantage of this opportunity.

5. What’s happens next: Sailors’ requests will be approved by either Enlisted Community Management (BUPERS-32) or the Nuclear Program Manager (OPNAV N133). After approval, a members’ servicing personnel office will prepare a Sailors’ enlistment extension.

For more information on this opportunity, please read NAVADMIN 004/17



At left, Hospital Corpsman 1st Class Aimee Granger, a Hospital Corpsman detailer with Navy Personnel Command's Career Management Department, helps a Sailor with a detailing issue.
U.S. Navy photo by MC2 Christopher Marshall

Command offers live chat

Navy Personnel Command Public Affairs

Navy Personnel Command Customer Service Center opened a live chat option on the Navy Personnel Command (NPC) website Jan. 3.

The new function allows Sailors, families, and retirees located around the globe to chat directly with NPC representatives without the need for a long distance phone connection.

“Being responsive to our customers is our priority,” said Greg Moody, deputy director and customer relations manager. “The live chat option provides just one more avenue for us to answer questions from our constituents.”

The customer service center supports active

duty, family members, and retired service members by answering questions on a wide range of topics including career information, selection boards, distribution and Navy records maintenance.

“It’s a better option for Sailors and career counselors to receive updated information directly from NPC,” said Navy Counselor 1st Class Deanna Ponder, assigned to the Career Transition Office at NPC, Millington, Tennessee.

The live chat function is available from 7 a.m. to 7 p.m. CST Monday to Friday. To use the function click on the “Live Chat” link on the NPC homepage, fill out your contact information, your question, and click the “start chat” button at the bottom of the page.

Life & Leisure

Below, Tech. Sgt. Stephen Lorenzo pounds down a kill during the team's championship game.

2016 year in review

TOP FIVE CHAMPIONSHIPS

**Story and photos
by Randy Dela Cruz**

Sports Editor, Ho'okele

As we closed a great year in sports, we are looking forward to another season of fantastic intramural action at Joint Base Pearl Harbor-Hickam (JBPHH) in 2017.

One thing is for sure, if this year turns out to only half as exciting as it was in 2016, it would still rival any year of sports at JBPHH.

Let's take a look back to 2016 for the great year that it was, as we count down the most impressive accomplishments by teams here on Joint Base.

Coming at No. 5 are the Hawaii Air National Guard (HIANG) volleyball squad, which continued to keep their dynasty for the last 15 years intact.

While their story from last season could have easily marked them as the top team at Joint Base, their domination of intramural volleyball has become so second nature that you expect the team to do it over and over again.

In 2016, the team completed another spectacular year for the HIANG, which first captured the Gold Division title with a 11-0 record and then put an exclamation point on the season by getting past 154th Maintenance Group (154 MXG) in straight sets, 25-17 and 25-24, for the title.

Although the team is stocked with veteran players, such as Staff Sgt. Alan Michael Warner, Lt. Col. Rick Cox and perhaps Joint Base's top player of all time in Tech. Sgt. Stephen Lorenzo, HIANG did it last year with a lot of newcomers that filled out the roster.

Back with much of the team's same personnel as last season, the HIANG are expected to take it all in 2017.

At No. 4, the Pacific Command/Joint Intelligence Operation Center (PACOM/ JIOC) positioned themselves for a strong run in the softball playoffs by going through the entire season with only one defeat.

Finishing with a mark of 7-1, the team was among the favorites to secure the championship trophy and went on to do it by finishing off the 647th Security Forces Squadron (647 SFS) Pound Town by a score of 8-7 on June 19 at Millican Field.

Marine Staff Sgt. Mike Cox sent everyone with a two-out, bases-loaded slice to the opposite field that drove in the winning run.

Team captain Mike Todd, a Department of Defense civilian, said that bringing home the hardware for the first time was extremely gratifying.

"This was very satisfying," Todd said. "This is what you play for. It's one thing to talk about it, but now we've got the hardware to prove it."

Coming in at No. 3, USS Michael Murphy (DDG 112) did something no other Afloat Division team has ever done. They defeated the combined 747th Communication Squadron (747 CS) and 690th Cyberspace Operations Squadron (690 COS) by a score of 3-0 to become the first ship to win the soccer title.

With the title-clinching victory, Murphy joined the select company of only two other ships, all in basketball, to ever win a Joint Base intramural sports championship.

The team went 5-1-1 to take the crown of the Blue Division in the regular season, before walking off Earhart Field with the winning trophy.

Murphy played superb defense throughout the title showdown, but it was the foot of Gas Turbine System Technician (Electrician) 2nd Class Jesus Ruiz, which really stole the show, as he scored all of Michael Murphy's three goals.

The Navy Information Operations Command (NIOC) Hawaii Anchors flag football squad comes in at No. 2 after winning their first flag football championship by a score of 12-6 over Defense POW/MIA Accounting Agency (DPAA) on Dec. 3 at Earhart Field.

Anchored by a shutdown defense that dominated throughout the year, NIOC went back to the same strategy to hold the explosive DPAA offense to only six points in the title matchup.

The football championship put NIOC in an excellent position to come in as the No. 1 team of 2016, but the most impressive squad of the year has to go to USS O'Kane (DDG-77), which became only the second ship in Joint Base history to win an intramural basketball title.

O'Kane, which first won the Afloat Division flag, featured a run-and-shoot offense coupled with a stifling full-court pressure defense, subdued Naval Submarine Support Command (NSSC) into submission, 46-34, to win the 2016 JBPHH intramural basketball crown.

Head coach Fire Controlman 1st Class Kenroy Edwards did an excellent job of keeping the team tight and ready to go at full speed, but he also knew his players very well and substituted wisely to keep all of his players legs fresh.

Edwards said that the team came a long way from its early days, when the players competed without any formal uniforms.

Although Edwards was too busy in the moment savoring the team's title, he said that he wouldn't put it past the team to make it back-to-back.

"I'm not going to say anything that anyone can hold me to later on, but I'm going to say this, any team, at any time, I think my guys are more hungry," Edwards said.

This year's sports schedule will begin another cycle, when basketball tips off on Jan. 24.

Keep track of all your favorite teams by following Ho'okele, which will be on the spot to chronicle all the seasons to come.



Above left, Gas Turbine System Technician (Electrician) 2nd Class Jesus Ruiz scored all three of the USS Michael Murphy (DDG 112) goals in the championship game. Above right, O'Kane guard Personnel Specialist 3rd Class Roland Love slips past Chief Yeoman Markus Howard.

Top, NIOC Anchors quarterback Petty Officer 2nd Class Jermaine Carmenia looks downfield to throw a pass, while trying to avoid a pass rush. Carmenia led two scoring drives to lead NIOC to the championship. Above, Tech. Sgt. Joe Berube puts the tag on Senior Airman Keith Munson at home plate to prevent a score.

Relentless Radford Rams win in double OT

Story and photo
by Randy Dela Cruz

Sports Editor, Ho'okele

One of the most hard luck stories in high school boy's varsity basketball this season has got to include the Adm. Arthur W. Radford High School Rams.

The school, which is only minutes away from Joint Base Pearl Harbor-Hickam, is stocked with talented players supplied by armed forces families, with many of them coming from JB-PHH.

Before the team's showdown against Campbell High School Sabers on Jan. 10, the Rams had lost four of their five games, with three of the defeats handed to them by five points or less.

Playing at the Sabers gym in Ewa Beach, the Rams shook off a slow start to overtake and then defeat Campbell, 46-41, in a knock-down-drag-out fight that expanded into two overtimes.

First year head coach Travis Armstrong was ecstatic by the team's second win of the season and praised the boys for their hard effort.

"I think it must have helped," said Armstrong about the team's past struggles. "We were in every game. Sometimes, I think, they were not doing the things that I was telling them, but it was all hustle."

In the first quarter, the Rams didn't score a single point until there was only 2:12 remaining in frame.

Down 7-0 right out of the gates, Jamar Hill sank one of two free throws to break the drought.

Then, just before the end of the quarter, guard Earl Ray Navarro scored on a breakaway to give the Rams some momentum going into the second quarter down 9-3.

Like many of the team's players, Navarro, a Navy family member, developed much of his skills playing basketball as a youth while playing for Morale, Welfare and Recreation's youth sports here at Joint Base.

Radford, behind the hot hand of guard Jeremy



Rams guard Santiago Calloway sparks the team late in the game to lead Radford over Campbell in double overtime.

Ramos, erased the deficit in the second period

to take an 18-17 lead into halftime.

Ramos scored eight points on two baskets

and shot four-of-five free throws to lead all players

at intermission.

After the break, the Sabers controlled the third quarter and took a 25-24 lead going into the fourth quarter, but from there the game was a toss up. The lead would change nine times during the rest of the contest.

Rams guard Santiago Calloway came off the bench in the fourth period and immediately gave the team the spark it needed.

"That is what he is there for," Armstrong said. "We've just got to keep him under control."

Calloway quickly scored five points to put Radford ahead, but the Sabers held tough to tie the game up at 34-34 and send it into the first overtime.

The Rams stormed out for the first OT, by scoring the first two baskets of the half-period to take a quick 38-34 lead.

Jordan Annaquey connected on a jumper from the corner, and while back on defense, center Robert Garrison blocked a shot to start a fast break that was ended by Calloway for the 4-0 start.

Once again, though, Campbell rebounded to tie the score at 39-39 to send the game into its second overtime period.

Similar to the first OT, the Rams got the upper hand first. Campbell racked up four fouls to send Radford to the charity stripe.

With the game in their hands, the Rams could have put the game away easily. But with tired legs, the players could only knock down three free throws to keep the game close at 42-39 with 1:20 left in the game.

With time running out, the Sabers were forced to foul and sent the Rams back to the charity stripe four more times. It ultimately sealed the game for the visitors.

Armstrong credited a strong team effort and went on to point out the solid finish by Garrison, who is playing in his first season of basketball.

Although Armstrong was a bit shy about predicting a turnaround for his team, he did feel that the win could be the Rams' turning point.

"I hope so," he said. "I know this, that no matter who we play, we won't stop battling."

Radford Lady Rams rout Aiea on Senior Night

Story and photo
by Randy Dela Cruz

Sports Editor, Ho'okele

Spurred on by a special night to honor the team's seniors, the Adm. Arthur W. Radford High School Lady Rams varsity basketball squad tore up crosstown rival Aiea Na Alii, 48-31, in a prep Division I clash at Radford High School gym, Jan. 11.

Radford outscored Aiea, 10-0, in the first quarter and never looked back, as the Lady Rams racked up their seventh victory against only two defeats.

Head coach Charles Chong said that a huge question mark hung in the air prior to the game. The team took to the court missing stalwart player Shaelie Burgess, who is injured and might miss the upcoming playoffs, which begin Jan. 20.

"When Shaelie got injured, it shook up our rotation," Chong said. "I basically challenged the younger girls and I said, 'Hey, I want to see who would step up.' I was very pleased to see everybody try to step up and I think it shows that Radford has a very good future."

It all started with the team's defense, which smothered Aiea on every Na Alii possession.

Holding Aiea scoreless in the first quarter, the Lady Rams kept their rival off the

scoreboard until well into the second quarter, until Vien Crisostoma swished a trey to break the drought.

Still the night belonged to the Lady Rams, as the girls recorded their biggest quarter of the game with 14 points to go into halftime up 24-10.

Coming out of the break, Natalie Jackson fired one in from beyond the arc to give Radford their biggest lead of the game at 27-7.

However, Aiea, behind the sweet shooting of markswoman Crisostoma, outscored the Lady Rams, 13-6, in the third quarter to cut the deficit in half at 30-20.

"I said to the girls that they (Aiea) are not laying down and dying. They're a good program," Chong said, as he tried to snap Radford out of their cold third quarter. "We can't relax, we can't get sloppy. We've got to get back to square one and do things the right way."

The talk must have worked, as the girls scored the first two baskets in the fourth quarter to retake a commanding 14-point advantage.

Baskets by Salara Dill and Aimee Chock seemed to reset the squad into killer mode and back on track to the lopsided victory.

Leading scorer for the Lady Rams was forward Jackson, who scored a dozen points. That included the trey that opened up the second half.

Last week, in a loss to Nanakuli, Jackson led all scorers by throwing down 22 of the team's 35 total points.

Also contributing with a solid overall game was guard Dill, who tallied 11 points against Aiea, but more importantly, has been the team's most consistent player.

Rounding out the team's score was Daphnea Fagaran and Punipua Seei with 5, which included a trey. Peyton Vincent added a basket, as did Marika Wojtal, Ashlyn McGarrah and Chock. Angela Howell went one of two from the charity stripe.

The Lady Rams will play one final regular-season game on Friday, Jan. 13, at Pearl City High School, before marching into the playoffs.

Ending the season with two lower tier squads in the division might seem to interfere with postseason preparation, but Chong said that it worked out perfectly because he was able to get more work in for the younger players.

Although matching up against the East in the playoffs will be difficult, Chong remains optimistic in a format where he says anything can happen.

"It's going to be a war any way," he said. "In the East you've got weird upsets happening, just like this side. We just have to see who we're going to match up against and create a game plan accordingly."



Radford Lady Rams guard Salara Dill goes up for two of her 11 points.



GAR to include military divisions

Don Robbins

Editor, Ho'okele

The Great Aloha Run (GAR) will be held Presidents Day, Feb. 20, beginning at 7 a.m. The event will include the following divisions for military.

- Elite Military is where competitive runners must qualify. Participants should bring proof of running/race times. Military runners need to present their military ID. Mandatory check-in is at Expo Packet Pick-up. Military runners must choose either Elite Military or Elite Open Division prior to race day for prizes.
- Trophies and medals for Military Elite are awarded to the top three male and female individual military finishers. The top three male and female finishers are not eligible for age group awards.
- Military is for active-duty, Reserve, National Guard and family members. For more in-

formation, call the Great Aloha Run office at 528-7388 or email military@greataloharun.com

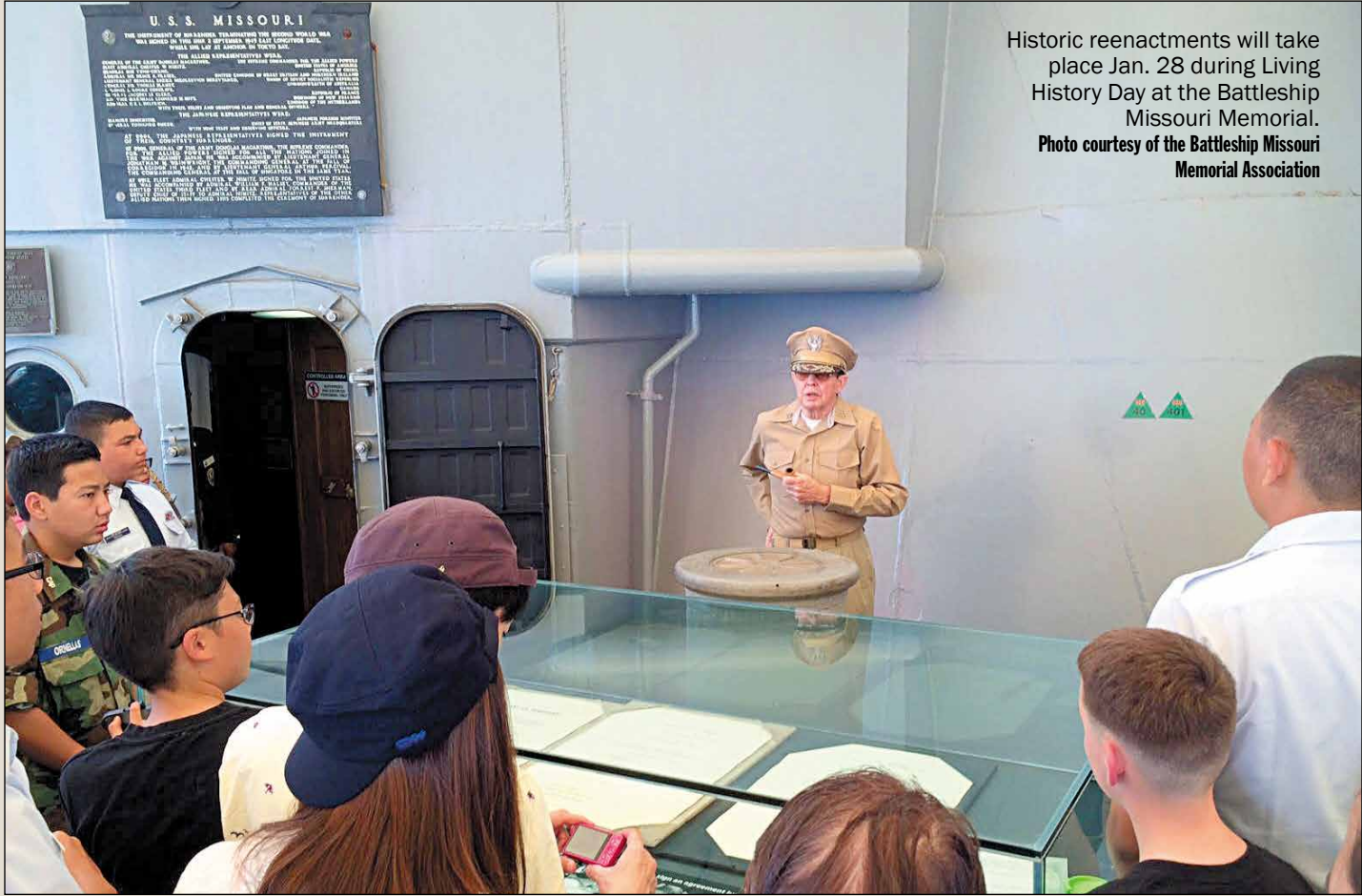
- Sounds of Freedom is for military troops running in formation with their unit. It consists of service men and women from all branches of service. The Sounds of Freedom is not a chip-timed race. It is a march with all branches in their units calling out cadence, running in formation in PT gear, as “The Sounds of Freedom!” Participants need to use the SOF entry form. Entry into the Sounds of Freedom is complimentary.
- For more information on Sounds of Freedom, call the GAR office 528-7388, contact your unit Sounds of Freedom coordinator or email soundsoffreedom@greataloharun.com
- Individual Military Entries are for active duty, Reserve, National Guard and family members who run with the rest of the public on race day, and follow the rules and guide-

lines of the race. They can run with their family and friends. There is prize money for the top three male and female runners who register in the Elite Military Division. To enter, you may register online at www.greataloharun.com (service fees apply) or visit a Morale, Welfare and Recreation office and/or participating retail store for an official entry form and mail it to the GAR office with your entry donation of \$30 which includes an \$8 discount for serving the country.

The 8.15-mile relatively flat course starts at Aloha Tower in downtown Honolulu. It winds its way along the harbor, down Nimitz Highway, Kamehameha Highway, and on to Aloha Stadium. Aid stations are at miles two, three, five and seven and at the finish. The event will include entertainment along the route.

For more information, visit www.greataloharun.com.

History to come alive Jan. 28 at ‘Mighty Mo’



Historic reenactments will take place Jan. 28 during Living History Day at the Battleship Missouri Memorial. Photo courtesy of the Battleship Missouri Memorial Association

Battleship Missouri Memorial Association

A Living History Day event will be held from 9 a.m. to 3 p.m. Jan. 28 at the Battleship Missouri Memorial at Ford Island. The event is free for kama'aina, military and “Mighty Mo” members with Hawaii-issued ID. All other guests must purchase tickets.

Free round-trip shuttle service will be available from the Pearl Harbor Visitor Center

“Living History Day” commemorates two special occasions for the “Mighty Mo” — the battleship’s first launch in 1944 and its 18th year as a living educational maritime monument in Hawaii.

Living History Day is designed to have something for the entire family, including live big band style music, exhibits of historic vehicles and wartime weaponry, 1940’s memorabilia, historic reenactments, photo displays from other historic sites, and oral histories from World War II witnesses and survivors.

For more information, visit www.usssmissouri.org/

Food event to kick off annual club membership drive

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Morale, Welfare and Recreation (MWR) is hosting a different kind of food event next week as part of an effort to invite new people to a club program available on base. A Low Country Boil is happening Friday, Jan. 20 on the Grand Lanai at the Historic Hickam Officers’ Club.

The event begins at 5:30 p.m. and is open to all base-eligible patrons.

The menu includes an assortment of seafood, sausage, corn, potatoes and more. There will also be live entertainment. Prices are \$10 for club members, \$15 for adults, \$7.50 for children 7-12 years and \$5.50 for 4 to 6 years (under 4 years is free).

The Low Country Boil is also an opportunity for customers to learn about the benefits of being an Air Force Club member. A common misconception is that the club is only open to active duty air force personnel.

In reality, a wide demographic can join, including all active duty members of the U.S. armed forces, U.S. reserve, National Guard, Coast Guard members, retired military, U.S. Department of Defense (DoD) civilians, Non-Appropriated Fund (NAF) employees and DoD contractors.

MWR on Joint Base Pearl Harbor-Hickam (JBPHH) offers a range of food & beverage benefits for joining the club. Some of the perks include: discounts on holiday buffets such as Thanksgiving and Easter, as well as weekly and monthly events such as Sunday brunch, Mongolian barbecue and Warrior Friday.

Personal functions booked with Joint Base Catering get a 10 percent discount. Plus, a monthly coupon sheet is available for members, with offers for other MWR programs. Monthly dues rates are dependent on rank.

Non-members who apply for club membership at the event will receive a coupon good for discount on food purchases at Mongolian barbecue, Koa Lounge, Sunday Brunch or at Wright Brothers Café and Grille. Reservations are required.

For more information, call 448-4608.



Photo courtesy of the Defense Commissary Agency

Commissaries debut nutrition guide program

Defense Commissary Agency

Just in time for those whose New Year’s resolution is to be more fit and watch what they eat, commissaries worldwide will debut their new nutrition guide program in January.

The program catch phrase, “Dietitian Approved! We Did the Work for You!” aptly describes it. Through color-coded shelf tags, customers will find it easy to spot products featuring one or more of five popular nutritional attributes such as low sodium, no-added sugar and high fiber. The labels also highlight organic products.

“Military service is all about readiness and resilience, and the foods we eat play a big role in that,” said Defense Commissary Agency Director and CEO Joseph H. Jeu. “By highlighting the products with key nutrient attributes our commissary

patrons look for, our nutrition guide program makes shopping much more convenient and effective to help service members and their families meet their health and wellness needs.”

The NGP is based on U.S. Food and Drug Administration and U.S. Department of Agriculture criteria and standards, which are widely recognized and trusted, according to Deborah Harris, the DeCA dietitian. All NGP shelf labels for manufactured products are based on the food manufacturer’s product labeling, to include the Nutrition Facts Panel and ingredients list.

Some NGP labels will have a “Thumbs Up” icon, which means the products align closely with the green category (high nutrition quality/high performance foods) of DOD’s Go for Green program, Harris said.

DeCA collaborated with key DOD agency and service branch health and wellness experts to align NGP with the Go for Green nutrition education program, which uses traffic light colors to identify food choices in military dining facilities.

“Customers will find more than 600 ‘Thumbs Up’ items just in the center of our stores, where you find the unrefrigerated packaged and canned goods,” Harris said.

More detailed information about the program, including the color code guide and frequently asked questions, go to the Nutrition Guide page, www.commissaries.com/healthy-living/nutrition-guide.cfm

“Part of our brand promise is, ‘We’re More,’” and offering this level of service that makes shopping more convenient is a great way to start off the New Year,” Jeu said.



UPCOMING EVENTS

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Joint Base MWR plans upcoming activities

- Traditional film darkroom black and white printing class will be held from 9 a.m. to noon Jan. 14 to 21 at the Joint Base Pearl Harbor-Hickam Arts & Crafts Center. Students can learn how photos were made before digital came along, including developing black and white film and processing negatives. The cost is \$55 plus supplies and is open to ages 16 and up. For more information, call 448-9907.
- Free family night: Parents vs. teen dodgeball will be held from 5:30 to 7:30 p.m. Jan. 17 at the Joint Base Teen Center. Light snacks will be served. The event is open to families of teens ages 13 to 18 years old. For more information, call 448-0418.
- Child and Youth Programs hiring fair will be from 11 a.m. to 6 p.m. Jan. 18 at the Hale Koa Hotel. Qualified applicants can get jobs in full-time, part-time and flex positions at childcare centers across JBPHH. For more information, visit www.greatlifehawaii.com/cyphiringfair.
- Free Barracks Bash with Liberty will be held from 5 to 7 p.m. Jan. 19 at Gabrunas Hall. Liberty provides free food and drinks, plus music and games. This event is for single, active-duty military E1-E6 only. For more information, call 473-2583.
- Club membership drive Low Country Boil will be held from 5:30 to 8 p.m. Jan. 20 at the Historic Hickam Officers' Club. An assortment of seafood, sausage, corn, potatoes and more, plus live entertainment will be offered. This event is open to all base-eligible patrons. The price is \$10 for Air Force Club members, \$15 for non-members, \$7.50 for ages 7-12 years and \$5.50 for 4-6 years. Reservations are required. For more information, call 448-4608.
- North Shore bike ride and big wave watching will be from 8 a.m. to 1 p.m. Jan. 21, departing from the Outdoor Adventure Center at the Fleet Store. Experience a north shore bike ride from Waimea Bay to Sunset Beach. The trip is about seven miles round-trip on level terrain. The cost is \$25 including a bicycle or \$20 if you bring your own. The trip includes gear, transportation and guides. For more information, call 473-1198.
- Learn to stand-up paddleboard at Hickam Harbor will be held from 9:15 to 10:15 a.m. and 10:30 to 11:30 a.m. Jan. 21 at the Outdoor Recreation-Hickam Harbor. The cost is \$25, and the deadline to sign up is Jan 19. For more information, call 449-5215.
- Learn to surf Hickam Harbor will be held from 9 a.m. to noon Jan. 22 at Outdoor Recreation Hickam Harbor. Participants must be able to swim without a life jacket. The cost is \$30 and deadline to sign up is Jan. 19. For more information, call 449-5215.



Arion Forbes, with 15 years of service with CYP, tells a story during the preschool story hour at Ford Island CDC.

Navy Child and Youth Programs aim to fill more than 200 positions

Story and photo by Gaea Armour

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Those who love kids and are in the market for a job, and potential career, have a unique opportunity next week. Navy Child and Youth Programs (CYP) will hold a hiring fair on Wednesday, Jan. 18, from 11 a.m. to 6 p.m. in DeRussy Hall at the Hale Koa Hotel in Waikiki.

CYP is looking to fill 280 vacancies, including full time, part time and flexible direct care positions at Joint Base Pearl Harbor-Hickam and Pacific Missile Range Facility Barking Sands on Kauai for applicants age 18 and older, in all levels of education. Unlike many other job fairs, qualified applicants can potentially walk away with a

job offer on the same day.

CYP cares for all ages between 6 weeks old to 18 years at all CYP facilities, such as: Child Development Centers, School Aged Centers, 24/7 care, Teen Center and Youth Sports and Fitness. Various work schedules will be available to include weekends, nights and special events. Benefits include: built-in training for career advancement, competitive wages, guaranteed transfer to other location with permanent change of station move (for military spouses), and access to many base facilities and activities.

Interested applicants must bring necessary forms including an application form, resume, government issued photo ID card, Social Security card, high school diploma, GED or college transcripts, three letters of recommendation (two personal, one personal), and shot records.

Applicants with Veterans Preference (VP) and Military Spousal Employment Preference (MSEP) can get a head start as early as 9 a.m. Interested VP applicants must provide a copy of page four of the DD-214 with all other paperwork. MSEP applicants must provide the Military Spouse Employment Preference Request form with a copy of spouse's PCS orders.

All other applicants are welcome from 11 a.m. Qualifications screening are scheduled to include interviews, NAF (Non-Appropriated Funds) Human Resources orientation, background checks, pre-drug and health screening. The screenings will be held on-site to determine qualified applicants. Applicants must be prepared to stay between two to four hours.

For more information and to download necessary forms, visit greatlifehawaii.com/cyphiringfair.

Tax Assistance Center volunteers sought

Region Legal Service Office Hawaii

The Navy Tax Assistance Center will open on Jan. 30 at the Navy College Building, 1260 Pierce St., building 679, Joint Base Pearl Harbor-Hickam. The center will be in classroom 11 on the first floor.

The Tax Assistance Center will be open Monday through Friday: from 11 a.m. to 5:30 p.m. on Mondays and Wednesdays, 8 a.m. to 2 p.m. on Tuesdays and Thursdays, and 8:30 a.m. to noon on Fridays.



ity to electronically file individual tax returns through internet-based software applications. Internal Revenue Service (IRS)-certified tax personnel assist with questions but

do not prepare individual tax returns.

Volunteers are critical to the success of the Tax Assistance Center. To participate, volunteers will complete a self-study program to obtain advanced and military IRS certifications. Service members or their family members interested in volunteering at the Tax Assistance center full-time or part-time should contact Lt. Kurt Siegal by phone at (808) 473-0443 or email Kurt.Siegal@navy.mil

The Tax Assistance Center relies on local commands for supplies, including papers, pens and toner cartridges for Lexmark E250D printers.

Hickam Officers' Spouses' Club offers scholarships

Each year the Hickam Officers' Spouses' Club (HOSC) awards multiple scholarships to military family members to help further their education.

Funding for these scholarships is generated completely through sales from the Hickam Thrift Shop. The HOSC scholarship is available to active duty military family members of all ranks and branches and may be used at trade schools, two-to-four year colleges, and universities to include masters and doctorate-level programs.

Applicants may apply in one of the following categories: high school senior, continuing education and spouse. An applicant's sponsor must meet one of the following criteria to be eligible:

- Active-duty U.S. military member currently assigned in Hawaii
- Active-duty U.S. military member on a remote assignment from Hawaii
- Retired U.S. military member residing in Hawaii
- Full-time Hawaii National Guard member
- Full-time U.S. military Reserve member residing in Hawaii
- Deceased U.S. military member with applicant residing in Hawaii

Recipients are selected based on educational information, employment, volunteerism, school and community related clubs/activities, self-improvement activities, leadership positions, awards/honors, personal essay and letters of recommendation.

Recipients will be chosen in April and will be honored at the HOSC annual scholarship awards banquet in May where amount values of the individual scholarships will be announced.

Scholarship money can be used for payment of tuition, fees, and/or room and board charged by the Finance or Business Office of the school during the fall 2017 semester and/or the spring 2018 semester(s).

Applications are available now at www.hickamosc.com/scholarships and must be received by March 1, 2017.

Please refer to the application for full eligibility requirements. Any questions can be directed to the scholarship coordinator at hosc scholarship@gmail.com.

MLK special events set for Jan. 18

A Martin Luther King Jr. Day celebration will be held at Pearl Harbor Memorial Chapel from 10 to 11 a.m.

A special meal in honor of Martin Luther King Jr. Day will be held Jan. 18 from 11 a.m. to 12:30 p.m. at the Silver Dolphin Bistro, Joint Base Pearl Harbor-Hickam.

The special meal is open to all active-duty military, escorted family members of active-duty personnel, retirees and Department of Defense employees with a valid ID card.

The cost of the meal is \$5.55, cash only. Please bring exact change to expedite time spent at the cashier stand.

The menu will include corn chowder, "build your own" salads, potato salad and cole slaw. Other vegetables will include collard greens with bacon and buttered corn on the cob. Entrees will be barbecue chicken, grilled pork chops and fried catfish. Starches will include macaroni and cheese and candied sweet potatoes.

Breads will include corn bread and hot rolls. Desserts will be pecan pie with whipped topping, banana pudding, a ceremonial cake, chocolate chip cookies, oatmeal cookies, peanut butter cookies and an ice cream bar.

Upcoming blood drives

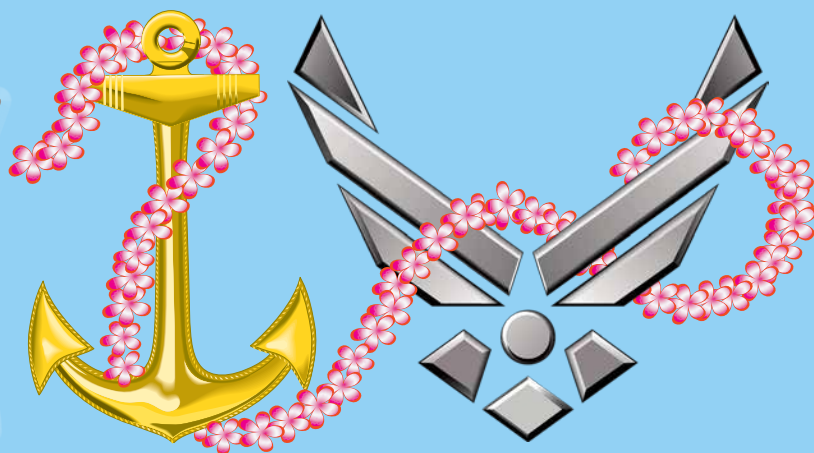
Tripler Army Medical Center Blood Donor Center has updated its schedule of upcoming blood drives as part of the Armed Services Blood Donor Program (ASBP). Dates and locations are updated regularly online as new drives are scheduled. Donors are encouraged to schedule an appointment online, call to make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

Currently scheduled drives include:

- Jan. 17, 11 a.m. to 3 p.m., Pearl Harbor Navy Exchange (NEX) main entrance.
- Jan. 23, 6:30 to 9:30 a.m., University of Hawaii Army ROTC, Manoa campus.

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

JANUARY COMMUNITY CALENDAR



MILITARY APPRECIATION TENT

NOW — The 2017 Sony Open golf tournament is featuring a “Birdies for the Brave Patriots’ Outpost” military appreciation tent from today through Jan. 15. The hospitality tent on the 18th fairway is open to active-duty and retired military service members, veterans, Reserves and their families. Free food and beverages will be provided. Free admission to the Sony Open is extended to active-duty and retired military, Reserves and family members who present a valid military ID. Free admission also is extended to veterans with tickets issued through the Veteran Tickets Foundation. FMI: www.sonyopeninhawaii.com/

NFL GAME EVENT JAN. 14 — A free Madden 2017 NFL game event for authorized patrons will be held from 11 a.m. to 3 p.m. at the Pearl Harbor Navy Exchange (NEX) mall electronics department. Prizes will include a \$100 NEX gift card for first place and a \$75 card for second place. Participants can sign up in the electronics department. FMI: 423-3287.

MLK SPECIAL EVENTS JAN. 18 — A Martin Luther King Jr. Day celebration will be held at Pearl Harbor Memorial Chapel from 10 to 11 a.m. A special meal in honor of Martin Luther King Jr. Day will be held from 11 a.m. to 12:30 p.m. at the Silver Dolphin Bistro, Joint Base Pearl Harbor-Hickam. The special meal is open to all active-duty military, escorted family members of active-duty personnel, retirees and Department of Defense employees with a valid ID card. The cost of the meal is \$5.55, cash only. Please bring exact change to expedite time spent at the cashier stand.

HOME-BUYING WORKSHOP JAN. 18 — A home-buying workshop will be held from 4:30 to 6:30 p.m. at Military and Family Support

Center Pearl Harbor. The workshop will focus on the purchase decision process, steps to take before investing in a home, details of the purchase and mortgage options. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

NEW MOMS AND DADS CLASS

JAN. 18 — A class for new moms and dads will be held from 5 to 8 p.m. at Military and Family Support Center Hickam. The class is for new and soon-to-be parents (or those who are thinking about becoming parents). FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

INTERVIEWING 101 JAN. 18

An interviewing 101 class will be held from 1:30 to 3:30 p.m. at Military and Family Support Center Hickam. Participants can learn how to present themselves as the best candidate, and discover different interview styles and techniques. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

INDIVIDUAL AUGMENTEE RESOURCE FAIR

JAN. 18 — An individual augmentee (IA) resource fair will be held from 10 a.m. to noon at Military and Family Support Center Pearl Harbor. The fair is open to all IA Sailors, families, command coordinators, ombudsmen and command support teams. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

SAPR COMMAND POC TRAINING

JAN. 19 — Sexual Assault Prevention and Response (SAPR) point of contact training will be held from 8 a.m. to 4 p.m. at Military and Family Support Center Pearl Harbor. Contact the Sexual Assault Response Coordinator (SARC) for more information and to register for this course which will require a letter of designation. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

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

EFMP COMMAND POC TRAINING

JAN. 19 — Training for newly designated Exceptional Family Member Program (EFMP) points of contact will be held at Military and Family Support Center Pearl Harbor. It will include enrollment process and responsibilities, EFMP benefits for commands, service members and their families, TRICARE for special needs families and local military/civilian resource information. Contact the EFMP liaison for more information. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

CONFLICT MANAGEMENT JAN. 20

A conflict management workshop will be held from 9 to 10 a.m. at Military and Family Support Center Hickam. This workshop is designed to help people manage conflict by examining their attitudes and behaviors when faced with conflicting situations. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

MANAGING MONEY, CREDIT JAN. 20

A class on managing money and credit will be held from 10 to 11:30 a.m. at Military and Family Support Center Pearl Harbor. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

FITNESS, HEALTH FAIR JAN. 27-28

“A Better You” free fitness and health fair for authorized patrons will be held at the Pearl Harbor Navy Exchange mall sporting goods section. Partners will include Naval Health Clinic Hawaii, TRICARE and other organizations. The fair will also be held again Feb. 3-4. FMI: 423-3287.

SHARKEY THEATER

TODAY — JAN. 13

7:00 PM Rogue One:
A Star Wars Story (PG-13)

SATURDAY — JAN. 14

2:30 PM Moana (PG)
4:40 PM Rogue One:
A Star Wars Story (PG-13)
7:30 PM Collateral Beauty (PG-13)

SUNDAY — JAN. 15

2:30 PM Rogue One:
A Star Wars Story (PG-13)
5:20 PM Collateral Beauty (PG-13)
7:50 PM Office Christmas Party (R)

THURSDAY — JAN. 19

7:00 PM Collateral Beauty (PG-13).

HICKAM MEMORIAL THEATER

TODAY — JAN. 13

7:00 PM Moana (PG)

SATURDAY — JAN. 14

6:00 PM Studio appreciation advance screening (free admission) (PG-13)

SUNDAY — JAN. 15

3:00 PM Moana (PG)

THURSDAY — JAN. 19

7:00 PM Man Down (R)

MOVIE SHOWTIMES



MOANA

A sweeping, CG-animated adventure about a spirited teenager who sails out on a daring mission to prove herself a master wayfinder and fulfill her ancestors' unfinished quest. During her journey, Moana meets the once-mighty demi-god Maui and together they traverse the open ocean on an action-packed voyage, encountering enormous fiery creatures and impossible odds.