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“Navigator” HO'OKELE

FOR THE NAVY AND AIR FORCE TEAM IN HAWAII

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Family farewell

USS Michael Murphy (DDG 112) Command Master Chief Ben Pierson from Dallas, wishes his family farewell on the pier at Joint Base Pearl Harbor-Hickam, Jan. 13.
U.S. Navy photo by Ensign Britney Duesler



HIANG conducts first Sentry Aloha exercise of new year

Senior Airman Orlando Corpuz

154th Wing Public Affairs

The Hawaii Air National Guard (HIANG) began conducting its first large-scale “Sentry Aloha” fighter exercise of 2017, Jan. 19. Oahu residents, particularly along Oahu’s southern coast may see an increase in military aircraft as they approach Honolulu International Airport for landing.

Sentry Aloha is an ongoing series of fighter combat exercises, hosted by the Hawaii Air National Guard’s 154th Wing and involves multiple types of aircraft and services.

Visiting aircraft will be taking part in simu-

lated combat exercises in the airspaces in and around Hawaii with F-22 Raptors flown by the HIANG’s 199th Fighter Squadron and active duty 19th Fighter Squadron.

“Sentry Aloha works to fill the critical requirement for the Hawaiian Raptors in regards to Dissimilar Air Combat Training,” said U.S. Air Force Maj. Kenneth Peterson, Sentry Aloha Officer in Charge. “In order to be current, pilots from the 199th and 19th Fighter Squadron require a certain amount of adversary sorties per year. Currently Sentry Aloha is the primary source for that training as the exercise brings in 4th generation F-15s, F-16s and F-18s.”

According to Peterson, Sentry Aloha provides customizable and realistic combat training for Air National Guard, U.S. Air Force and other Department of Defense services to provide U.S. warfighters with the skill sets necessary to perform their homeland defense and overseas combat missions.

“Sentry Aloha is unique in its efforts to provide a robust large force exercise tailorable to specific unit objects,” Peterson said.

Visiting units will include tanker support from Utah and Tennessee, F-16 Falcons from Minnesota, and F-18 Hornets from California and for the first time an E-3 Sentry (AWACS) from Oklahoma will be

folded into the scenarios.

Sentry Aloha exercises have been conducted by the HIANG, about four times per year, for several decades. This iteration will involve more than 1000 personnel and more than 50 aircraft from eight other states and territories.

“We are able to incorporate a wide variety of assets with each platform training to individual and synergistic desired learning objectives,” Peterson said. “It is also an excellent opportunity for 4th and 5th generation fighters to execute fighter integration.”

The exercise will run through the end of the month, with units returning to their home stations in early February.



Photo illustration U.S. Navy file photo by MC3 Class Cole Keller

The guided-missile destroyer USS Hopper (DDG 70) makes a breakaway following a replenishment-at-sea with the fast combat support ship USNS Arctic (T-AOE 8) in this photo from Nov. 18, 2016.

USS Hopper visits Sri Lanka

Commander, Task Force 70 Public Affairs

Guided-missile destroyer USS Hopper (DDG 70) arrived in Colombo, Sri Lanka, for a brief visit, Jan. 19. Homeported at Joint Base Pearl Harbor-Hickam, Hopper is currently underway in the Indo-Asia-Pacific region on an independent deployment.

During the visit, the crew will have the opportunity to engage with members of the Sri Lankan navy and public. The crew said they are eager to experience the hospitality and culture of Sri Lanka.

The visit also provides the opportunity for the crew of Hopper to thank the Sri Lankan navy for their support in providing medical treatment to a Hopper crewmember in September.

Hopper is a multi-mission ship with anti-air warfare, anti-submarine warfare, and anti-surface warfare surface combatants capabilities. It is designed to operate independently or with a surface action group or strike group.

The U.S. Navy maintains a presence in the 7th Fleet area of operations to help preserve peace and security and to further their partnerships with friends and allies. This forward presence contributes to freedom of navigation and lawful use of the sea, as well as furthers operational training and enables an exchange of culture, skills, and tactical knowledge.

For more information on USS Hopper (DDG 70), visit www.public.navy.mil/surfor/ddg70/Pages/default.aspx.

An E-3 Sentry, Airborne Warning and Control System or AWACS from Oklahoma taxis after landing July 25, 2016 at Joint Base Pearl Harbor-Hickam. The AWACS from Oklahoma will be returning to JBPHH this week to take part in the Hawaii Air National Guard’s Sentry Aloha fighter exercise marking the first time AWACS have been integrated into the Sentry Aloha combat scenarios.

U.S. Air Force photo by 2nd Lt. Caleb Wanzer



Dr. Martin Luther King Jr. Day observed at chapel

Story and photo by
Ensign Britney Duesler

Joint Base Pearl Harbor-Hickam Public Affairs

Members of the U.S. Navy, Army and Air Force gathered to share memories of Dr. Martin Luther King Jr., during an observance ceremony at the Pearl Harbor Memorial Chapel at Joint Base Pearl Harbor-Hickam, Jan. 18.

The ceremony was organized by the Joint Base Cultural Committee, and led by Master-At-Arms 1st Class Jeremy Harborth.

Lt. Col. James Blount was the keynote speaker following remarks by Capt. Stanley Keeve, Joint Base Pearl Harbor-Hickam commander. Both speakers were alive

when King was assassinated on April 4, 1968.

“Dr. King’s life can be summarized, in my opinion, in just one word: courage. He was not a one-hit wonder,” Keeve said.

Keeve said that while King was best known for his “I have a dream” speech and his bus boycott with Rosa Parks, that was “only a small view of Dr. King. He really made a big difference in this country. When we talk about big people in this country, like President Washington and President Lincoln, I’d put Dr. King right up there.”

Keeve said that his view of King developed in a personal way when he found out his father did not know how to swim growing up because he was not allowed to use the

public swimming pools. As a surface warfare officer, Keeve reflected on his own experience in the Navy and how King’s teachings have eliminated many hardships in the name of civil equality.

“He was after equality for everyone,” Keeve said.

Chaplain Blount, who joined the Army in 1973, drew an even more personal parallel.

“Martin Luther King and chaplains have a lot in common,” Blount said. “As a life ordained minister, Dr. King brought God to people and people to God, much like how chaplains bring God to military personnel and military personnel to God. He wanted all of us, no matter what color, to be accepted — to be looked at for the content of their character.”

Blount said that he was dedicated to the church by Martin Luther King, Dr. King’s father, and said that in his 44 years since joining the military, he always felt the military was a place where one could be accepted.

“I would argue to you that our country has more than just a little to learn from the branches of the military with regards to acceptance,” Blount said.

The observance ceremony was concluded by a gospel rendition of Amazing Grace by Air Force Capt. Nicole White, and a dramatic performance of the “I Have A Dream” speech by Culinary Specialist 2nd Class Freddy White, as well as a cake-cutting ceremony and special meal at the Silver Dolphin Bistro.



Chaplain James Blount, a U.S. Army lieutenant colonel, reflects on Dr. Martin Luther King Jr.’s impact on his own life during the observance ceremony at the Pearl Harbor Memorial Chapel at Joint Base Pearl Harbor-Hickam, Jan. 18.

USS North Carolina receives Navy Unit Commendation

Story and photo by
MC1 Daniel Hinton

Submarine Force Pacific Public Affairs

The crew of USS North Carolina (SSN 777) received a Navy Unit Commendation from Capt. Richard Seif, commanding officer of Submarine Squadron 1, Jan. 13 pier side, at Joint Base Pearl Harbor-Hickam.

Cmdr. Gary Montalvo, North Carolina’s commanding officer, said he attributed the award to the work of the crew.

“You don’t see all the hard work behind the scenes keeping the ship operating and at sea so that the important missions can be done,” Montalvo said. “There were no boundaries between the divisions and we all worked together as one. The synergy of the entire crew overcame the challenges of a few every time.”

Montalvo also noted the importance of the award but cautioned from being satisfied.

“Our past is worth remembering, but we must remain humble, hungry and charge forward to the success of the future,” Montalvo said.

Electronics Technician 2nd Class Cameron



Cmdr. Gary Montalvo, USS North Carolina’s (SSN 777) commanding officer, congratulates the crew after he accepted a Navy Unit Commendation on behalf of the crew presented by Capt. Richard Seif, commanding officer of Submarine Squadron 1 at Joint Base Pearl Harbor-Hickam.

Slate, a member of the crew during the North Carolina’s most recent deployment, said the crew worked hard and was able to meet every challenge as a cohesive unit.

“Every deployment starts with a goal and the crew worked really well as a team to meet those goals no matter how hard

they were,” Slate said. “We worked our butts off to meet the mission. That doesn’t mean there weren’t challenges but this award showed we overcame them and stuck together doing it.”

Lt. Cmdr. Brian Pennington, North Carolina’s weapons officer, said the crew consistently did an outstanding job.

“The crew was just unwilling to lose or not be in the game,” Pennington said. “Every division from the navigation to the auxiliary divisions did what they had to do to be in the right place at the right time.”

Pennington said he was happy the crew was awarded such a prestigious honor.

“It is a huge deal to be identified and recognized by the entire Navy as a ship that achieved a lot of success in only a six-month deployment,” Pennington said.

Former Secretary of the Navy James V. Forrestal established the Navy Unit Commendation Dec. 19, 1944. The Secretary of the Navy

may award the Navy Unit Commendation to any unit of the Navy or Marine Corps that distinguishes itself by outstanding heroism in action against an enemy.

It may also be awarded to a unit that distinguishes itself through extremely meritorious service not involving combat (but in support of military operations), which renders that unit outstanding when compared to other units performing similar service.

North Carolina is the fourth ship of the Navy to carry the name of the Tar heel State. North Carolina is a Virginia class fast attack submarine and is able to attack targets ashore with highly accurate Tomahawk cruise missiles and conduct covert long-term surveillance of land areas, littoral waters or other sea-based forces. Other missions include anti-submarine and anti-ship warfare; special forces delivery and support; and mine delivery and minefield mapping.

North Carolina returned to its homeport of Pearl Harbor March 17, 2016, after the successful completion of its third scheduled deployment to the western Pacific.

Air Force opens new Hawaii recruiting station

Story and photo
by **Staff Sgt. Christopher Stoltz**

Joint Base Pearl Harbor-Hickam Public Affairs

More than 20 people recited the Oath of Enlistment and entered the delayed entry program during the opening of the Air Force’s newest recruiting station in Aiea, Jan. 17.

The recruiting station, led by members of the 369th Recruiting Squadron Aiea Hub, is responsible for the Air Force Recruiting Command’s largest area of responsibility, covering more than 1.2 million square miles including areas such as Hawaii, the Philippines, Saipan, Guam, South Korea and Cambodia.

Although it is only January, the 369th Recruiting Squadron has already confirmed 118 new enlistment contracts and has shipped 119 new Airmen to basic training.

“Only around 30-per-

cent of young Americans between the ages of 18 and 24 are eligible for military service,” said Lt. Col. Scott Fleming, 369th Recruiting Squadron commander. “Less than one half of one-percent make that commitment to serve.”

One of those individuals who swore in Tuesday is Arasi Lemapu Suani, 19, who has hopes of becoming an aircraft mechanic.

“I am joining the Air Force because I wish to serve my country and acquire skills and traits that will help me do well in life,” he said. “I feel the Air Force is the best branch of service and the best option to assist in my goals.”

Arasi said while he is sure about his long-term plans for the future, he said that he is slightly concerned about the short-term events which will unfold when he arrives at Lackland Air Force Base.

“I am a little anxious



Maj. Gen. Garrett Harencak, Air Force Recruiting Service commander, reads the Oath of Enlistment to more than 20 men and women in Aiea, Jan. 17.

about basic training, but the recruiters here have answered hundreds of questions from me and have been nothing but great,” Suani said. “I cannot wait to graduate basic training so I can serve beside great men and women like the Airmen I have had the pleasure of meeting so far.”

Suani and more than

20 others swore to defend the Constitution of the United States that morning, and entered the delayed entry program.

During his speech, Air Force Recruiting Service commander Major Gen. Garrett Harencak said some of the young men and women who swore in that morning could be a command chief master

sergeant, one could be the next chief of staff of the Air Force, and some could serve their four years, and leave as a more well-rounded person.

He said regardless of what happens in their careers, they are now Airmen, and are now brothers and sisters in arms.

“Thank you all for be-

ing here to celebrate this grand opening and thank you to our future Airmen who will be taking the Oath of Enlistment today,” Fleming said. “Whether they serve four years or 20, we’re going to take care of them, train them, make them part of our team — and return them to you even better than they are today.”

Diverse VIEWS



Share one suggestion for people to increase their personal safety on the job, at home or during recreational activities.



Tech. Sgt. Jennifer Aviles
369th Recruiting Squadron

"Think before you act and if there is a possibility of getting injured, follow safety precautions or don't do it if it isn't necessary."

1st Lt. Michelle Paras
735th Air Mobility Squadron

"Always have a buddy."



Master Sgt. Kyle Thomas
HQ PACAF

"Always stay vigilant of your surroundings and practice the proper safety measures at work, home or at school."

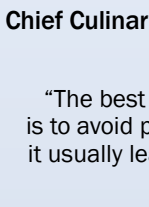
Master Sgt. Edwin Ventura
PACAF

"Put your cell phone down while driving, walking, and riding a bicycle."



HM2 Jonathan Calderon
Naval Health Clinic Hawaii

"The best safety tip I can provide is to prepare from what you do know, because you can't prepare for the unknown."



Chief Culinary Specialist Yong Choi
Navy Region Hawaii

"The best safety tip I can provide is to avoid peer pressure, because it usually leads to bad situations if you aren't careful."



Senior Chief Master-at-Arms Angelica Vironchi
Navy Region Hawaii

"I would say the best safety tip is to get off your phone and pay attention to what's actually around you."

Provided by Staff Sgt. Christopher Stoltz and David D. Underwood Jr.

Want to see your command featured in Diverse Views?

Got opinions to share?

Drop us a line at editor@hookelenews.com

Commentary

Constants in a sea of changes in 2017

Rear Adm. John Fuller

Commander, Navy Region Hawaii and Naval Surface Group Middle Pacific Commander, Task Force Energy and Environment



Rear Adm. John Fuller

We live in a time of great change. In this increasingly complex time and environment filled with new challenges we must be able to reset, adapt, respond and prevail if called upon to fight.

Recently U.S. Pacific Commander Adm. Harry Harris reminded all of us, "The need for and the value of American engagement in the Indo-Asia-Pacific is convincing, and it's proven over decades as part of a long history of U.S. commitment to the region."

At last month's USS Oklahoma Memorial ceremony on National Pearl Harbor Remembrance Day, U.S. Pacific Fleet Commander Adm. Scott Swift provided us with a message of continuity inspired by the attack of 75 years ago and continuing today.

"That path began here in Pearl Harbor in the middle of the Pacific Ocean, and it led our Pacific nation to grow from a Pacific power to the Pacific power," Adm. Swift said. "Sailors who serve today on Pearl Harbor and throughout the Pacific embody that proud heritage."

My previous commentaries discussed Chief of Naval Operations Adm. John Richardson's "A Design for Maintaining Mari-

time Superiority," focusing on CNO's core attributes: Integrity, Accountability, Initiative and Toughness.

In fact, it was the focus of my commentary one year ago this week: "Resolving to do more right in 2016."

The Design is built on four lines of effort that focus on Warfighting, Learning Faster, Strengthening Our Navy Team, and Building Partnerships. The CNO describes the forces that are bringing about dynamic change in the maritime system, information system and new technology rapidly entering the environment.

What does that mean for us here in Hawaii in 2017 on the waterfront for Naval Surface Group Middle Pacific and at our installations — Joint Base Pearl Harbor-Hickam and Pacific Missile Range Facility — for Navy Region Hawaii?

Our senior leaders provide an aligned, connected and consistent vision and guiding principles. Using

those tools we navigate sea changes ahead.

Vice Adm. Thomas Rowden, Commander, Naval Surface Forces, U.S. Pacific Fleet, just issued his "Surface Force Strategy: Return to Sea Control," focusing on Forward, Visible and Ready forces able to respond to a dynamic world. His strategy employs the concept of "Distributed Lethality" and is aligned with the CNO's Design. I'll present more details in an upcoming commentary.

Vice Adm. Dixon Smith, Commander Navy Installations Command, gives us the "how" from the shore perspective — the roadmap to achieve our collective vision and meet the needs of the Fleet. We welcome him back to our (his) region next week. His Guiding Principles help us ask the right questions:

Take Customer Service to the Next Level: Have we identified all of our customers? Do we have the empathy needed to understand our customers' needs? Are we prepared to support the producers and deployers with a can-do attitude? Do we look for ways to "get to yes" when it makes sense?

Be Brilliant on the Basics: Are we committed to policy alignment, continuity of purpose and perfecting guidance and leadership? This is critical in a challenging and changing environment.

Make Smart Business Decisions: Are we operating as efficiently and effectively as possible, especially as we use

energy? The Navy Shore Energy Program is part of the Department of the Navy's effort to minimize energy consumption, reduce energy costs and use renewable resources and environmentally sustainable technologies whenever possible.

Live a Culture of Continuous Improvement: Are we self-aware, examining our performance and practicing critical self-introspection? Are we challenging assumptions, accepting disruptive ideas and using measurable data to make decisions?

Represent Navy to the Surrounding Community: What kind of relationship-building are we doing with our neighbors? Adm. Smith reminds us, "Installations are the face of the Navy. It's all about relationships."

This last principle, in particular, dovetails with the CNO's "Line of Effort Purple," which keys to this desired outcome: "A Naval Force that produces leaders and teams who learn and adapt to achieve maximum possible performance, and who achieve and maintain high standards to be ready for decisive operations and combat."

Rooted in a common and profound heritage, our Navy Ethos, Core Values and Navy leaders' guiding principles give continuity and clarity in these dynamic times moving forward. These are interesting times, so we must continue our commitment to operational, material and personal readiness.

Amelia Earhart completes record-breaking flight



Photo courtesy of Hawaii State Department of Transportation

Amelia Earhart receives a bouquet in the cockpit of her plane after landing at Oakland Field, California, on Jan. 12, 1935 following her record-breaking flight from Oahu to California. She was the first person to fly solo from Hawaii to the U.S. mainland, a feat that took place 82 years ago this month.

624 RSG to fill vacancies for Deserving Airman Commissioning Program

Master Sgt. Theanne Herrmann

624th Regional Support Group

The Air Force Reserve's 624th Regional Support Group is ready to fill two of their officer vacancies using the Deserving Airmen Commissioning Program by March 12.

The Deserving Airman Commissioning Program, or DACP, in accordance with AFI 36-2005, is used by the commander to commission enlisted personnel who exhibit exceptional leadership skills and the

potential to become an officer.

"Enlisted Airmen have a lot to offer with their experience and leadership skills. It's a common belief that the best officers come from the enlisted ranks," said Col. Kenneth Lute, 624th RSG commander. "I encourage commanders to use the DACP, as it's a great way to give enlisted members an opportunity to commission."

The two available positions are for logistic readiness officers, 21RX, whose primary responsibility is to ensure all supply, distribution, organizational structures and contin-

gency plans are in place prior to the beginning of any mission.

One of the positions is located at the Andersen Air Force Base, Guam, in the 44th Aerial Port Squadron (APS), and the other at Joint Base Pearl Harbor-Hickam at the 48th Aerial Port Squadron.

The 44th and 48th APS provide air terminal operations worldwide for all military related needs which includes expertise in aircraft loading, cargo processing and inspecting, passenger services, aircraft fleet services and aerial port command and control.

To be eligible for the position potential candidates must be a participating enlisted member of the Air Force Reserve, must under the age of 35 by the time they commission and have a four-year degree.

Applicants are required to submit a package by March 12 which includes: a military resume, essay, current Fit to Fight score record, college transcript, three letters of recommendation, last five enlisted performance reports and various Air Force and defense department forms. A complete list of package requirements

is available at the 624th RSG military personnel office.

Prior to being commissioned the candidates will be required to attend the nine-week Officer Training School at Maxwell Air Force Base, Alabama, where they will endure military training and leadership development.

For more information on the Deserving Airman Commissioning Program, call the 624th RSG military personnel office at 315-448-3825 or email your questions and submission packet to Jason.holguin.1@us.af.mil.



Commander,
Navy Region Hawaii
Rear Adm. John V. Fuller

Commander, Joint Base
Pearl Harbor-Hickam
Capt. Stanley Keeve Jr.

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Clayton McNair, 25, and Austin McNair, 23, were sworn in to the U.S. Army Hawaii National Guard by their father, retired Navy Capt. Daniel McNair at JBPHH, Jan. 13.

Local brothers-in-arms enlist together at MEPS

Story and photo by
Ensign Britney Duesler

Navy Region Hawaii Public
Affairs

Two brothers from Mililani enlisted in the U.S. Army together at the Military Entrance Processing Station (MEPS) at Joint Base Pearl Harbor-Hickam (JBPHH), Jan. 13. Clayton McNair, 25, and Austin McNair, 23, were sworn in to the U.S. Army Hawaii National Guard by their father, retired Navy Capt. Daniel McNair. The

date was the 30th anniversary of Capt. McNair’s entry into naval service. Both brothers expressed a desire to remain in their home of Hawaii while also serving their country. “I chose the National Guard in order to stay here and give back to the community,” said Austin, shortly after the swearing-in ceremony. His older brother, Clayton, explained he was initially pursuing a career in the U.S. Coast Guard, but when his younger brother Austin showed interest in the Hawaii National Guard,

Clayton was won over. “It feels great to have a literal brother-in-arms right next to you. I feel empowered and humbled,” Clayton said. Both brothers were sworn in at the MEPS at JBPHH in a ceremony led by Army Capt. Russell Newman, the operations officer at MEPS. Newman oversees the processing of all applicants interested in serving in the military, to include swear-ins, medical examinations, and Armed Services Vocational Aptitude Battery (ASVAB) testing.

“There are 65 MEPS across the country. At MEPS, we test and evaluate [applicants] to meet the standards. We’ve been called ‘Freedom’s Front Door,’” Newman said. Although MEPS is located on the Navy side of JBPHH, applicants for all branches of the services are processed here, to include a small number of applicants who work for the National Oceanographic Atmospheric Administration (NOAA). The McNair brothers are slated to attend boot camp later

this year before proceeding to the Officer Candidate School, where they would earn a commission as officers in the Hawaii National Guard. “Life is a series of decisions and I think this is a positive decision for my sons,” Capt. (Ret.) McNair said. “This is a significant day for us all, and I think they will do a great service to this country.” For more information regarding MEPS, please visit <http://www.mepcom.army.mil/Units/Western-Sector/5th-Battalion/Honolulu/> or call 471-8725.

Blending the old with the new: Military retirement system

Military and Family
Support Center

The 2017 Blended Retirement talks have started. Will you be affected? How do you know? Here are some key points from the Department of Defense (DoD) regarding the differences between the current “Legacy Retirement System” and the new “Blended Retirement System.”

Legacy Retirement System

Under the Legacy Retirement System, which we often call the “High-3 System,” the retired pay is based on an average of a service member’s highest three years of pay. Service members who complete at least 20 years of active military service are eligible to receive monthly retired pay, also known as defined annuity. The retired service member receives monthly retired pay based on years



of service and a percentage of a service members pay. The service member’s years of service are multiplied by two and a half percent to determine a percentage. However, only 19 percent of active component service members today qualify for monthly retired pay, and only about 14 percent of our reserve and National Guard population. This means approximately 81 percent of active service members

and up to 86 percent of reservists leave military service with no retirement. Blended Retirement System The new Blended Retirement System (BRS) combines the legacy 20-year military retirement system with a defined contribution plan, known as the Thrift Savings

Plan or TSP. The defined contribution component or TSP includes automatic one percent DoD contributions after 60-days and up to four percent additional matching contributions after two-years of service to the member’s TSP account when entering the military.

Military members in the “opt in” currently serving will receive DoD matching one percent and up to four percent additional DoD matching beginning the first pay period of election. The new BRS will now ensure nearly 85 percent of military service members leave the service with retirement benefits. The trade-off as we incorporate matching TSP contributions is that, under the BRS, the annuity

is lowered. The formula for calculating retired pay will use a two percent multiplier for each year of service rather than two and a half percent under the legacy system. BRS will provide retirement benefits to approximately 85 percent of the force, rather than the 19 percent who receive benefits under the legacy system. “The new Blended Retirement Plan has the potential to be a good thing for many people serving in the military. Understanding the advantages and disadvantages and how it fits into your overall retirement strategy is critical in helping you make an informed decision,” said Ric Mesa, accredited financial counselor of Military and Family Support Center (MFSC) at Joint Base Pearl Harbor-Hickam. For questions or concerns, contact the MFSC finance team at 474-1999.

Pearl Harbor-Hickam Highlights



U.S. Army photo by Kristen Wong

Sailors from the Pacific Fleet Band participated in the Martin Luther King Jr. Holiday Parade in Waikiki, Jan. 16. The parade, which ran from Magic Island at Ala Moana Beach Park to Kapiolani Park, included a unity rally. The Hawaii Martin Luther King Jr. Coalition annually coordinates the parade and rally.



U.S. Navy photo by Shannon Haney

Above, Senior Chief Culinary Specialist Curtis Addleman, Joint Center for Culinary Excellence, discusses the changes to the Enlisted Aide program following the revision of the DoD Instruction 1315.09, Utilization of Enlisted Aides on Personal Staffs of General and Flag Officers, in historic quarters at Joint Base Pearl Harbor-Hickam, Jan. 18.



U.S. Air Force photo by Tech. Sgt. James Stewart

Above, Tech. Sgt. Geoffrey Erese, Eagle Vision Data Integration Segment non-commission officer-in-charge, unchains a hard-sided shelter shortly after arriving at Clark Air Base, Philippines, Jan. 14. Erese is a Hawaii Air National Guardsman deployed to the Philippines to support a Pacific Air Forces Subject Matter Expert Exchange between the U.S. and Philippine Air Forces.



At left, Maj. Gen. Garrett Harencak, Air Force Recruiting Service commander, speaks during the opening of the Air Force's newest recruiting station in Aiea, Jan. 17.

U.S. Navy photo by Ensign Britney Duesler



U.S. Navy photo by Ensign Britney Duesler

USS Michael Murphy (DDG 112) Aviation Ordnanceman 2nd Class Sean O'Hara from Wooster, Ohio wishes his family farewell as the ship departs Joint Base Pearl Harbor-Hickam, Jan. 13.



Cmdr. Steven Everhart, standing, shakes hands with Cmdr. John Cage during a change of command ceremony for the Ohio-class ballistic-missile submarine USS Pennsylvania (SSBN 735), Jan. 13.

Story and photo by MC1 Amanda R. Gray

Commander, Submarine Group 9 Public Affairs

The Blue crew of Ohio-class ballistic-missile submarine USS Pennsylvania (SSBN 735) welcomed a new commanding officer during a change of command ceremony, in Keyport, Washington, Jan. 13.

Cmdr. Steven Everhart, from Great Falls, Montana, relieved Cmdr. John Cage, from Jefferson City, Missouri, during the ceremony held at

the Keyport Undersea Museum.

Cage’s next duty station is Joint Base Pearl Harbor-Hickam, where he will serve as the director for Strategic Forces, Nuclear Weapons, and Force Protection at Commander, Submarine Force, U.S. Pacific Fleet.

“That’s what I will remember most about my command tour — the crew; my crew,” said Cage. “I will never forget each and every one of you — your honor, your courage, and your commitment. Three years ago I told you that I considered

it an honor to serve as your commanding officer, and that is even more true today. Thank you to every Sailor for making my command tour the most rewarding time of my life.”

Cage assumed command of Pennsylvania’s Blue crew March 28, 2014. During his leadership, the crew completed four strategic deterrent patrols, they received the Pacific Fleet Outstanding Trident Award, the Meritorious Unit Commendation, and the Retention Excellence Award. Also, 121 officers and enlisted Sailors received their submarine

warfare qualifications, or “dolphins” during Cage’s time in command.

Most notably, the Blue crew recently returned from a 92-day patrol, where they conducted a scheduled port visit to Apra Harbor, Guam. This was the first time since 1986 a SSBN has pulled into Guam.

“To the crew — the ones who really deserve all of the credit for the success of Pennsylvania during my tour — you stand a watch that most people never think about, yet it’s the one that has helped keep our country safe for almost 60 years,”

Cage said. “But as hard as it is to say goodbye, I’m also excited for Pennsylvania’s future. I have had the good fortune to serve with your new commanding officer, Steve Everhart, and I know from that experience that he’s a tremendous submariner. I look forward to watching their continued success under his command.”

Everhart comes to Pennsylvania from Washington, D.C., where he served as the executive officer of the Operations, Evaluation and Training Branch of Strategic Systems Programs.

Volunteer opportunity set for today

A Hawaii Foodbank volunteer opportunity to help distribute food to low-income families will be held at noon today, Jan. 20 at 2243 Kalauna St., Honolulu.

Volunteers should wear closed-toed shoes.

This opportunity consists of packaging up and distributing perishable and nonperishable items for a low-income housing area. Volunteers should wear closed-toed shoes such as tennis shoes and civilian clothing is allowed.

After today, the Hawaii Foodbank volunteer schedule for 2017 is as follows.

- | | |
|------------|------------|
| • Feb. 17 | • Aug. 11 |
| • March 17 | • Sept. 22 |
| • April 28 | • Oct. 20 |
| • May 12 | • Nov. 3 |
| • July 21 | • Dec. 15 |

Those who are interested in volunteering should email CS1 Alyssa Crowder at Alyssa.crowder@navy.mil.





Got a sports event you want featured in the Ho‘okele? PHONE: (808) 473-2888 E-MAIL: editor@hookelenews.com



U.S. President Barack Obama speaks on Kilo Pier at Joint Base Pearl Harbor-Hickam while Japanese Prime Minister Shinzo Abe looks on, Dec. 27.

NAVSUP FLC provides support during Obama, Abe visit

**Story and photos by
Shannon R. Haney**

*Naval Supply Systems
Command Fleet Logistics
Center Pearl Harbor*

The president of the United States (POTUS) and the prime minister of Japan had support from Naval Supply Systems Command Fleet Logistics Center (NAVSUP FLC) Pearl Harbor’s ocean terminals, contracting, and fuels departments during their joint visit to Hawaii, Dec. 27.

NAVSUP FLC Pearl Harbor’s contracting team provided contracting support by soliciting and awarding a contract for event equipment and support services required for the public engagement with POTUS and the prime minister of Japan.

Personnel from NAVSUP FLC Pearl Harbor’s ocean terminals department prepared Kilo Pier prior to the event. They provided forklift support to create a security wall and barriers using shipping containers.

The team also conducted walkthroughs for White House representatives, communicated with vendors, coordinated pier access, and ensured the



Naval Supply Systems Command (NAVSUP) Fleet Logistics Center (FLC) Pearl Harbor Physical Science Technician Marissa Tanaka takes a fuel sample from a R-11 refueling truck designated to refuel Air Force One at Joint Base Pearl Harbor-Hickam, Dec. 30.

cleanliness of the pier.

During the visit, President Barack Obama and Prime Minister of Japan Shinzo Abe delivered remarks from NAVSUP FLC Pearl Harbor’s Kilo Pier conveying a message of reconciliation between Japan and the United States for the previous attack to Pearl Harbor. This event showcased to

the world the remarkable turnarounds of former enemies in world history to a strong alliance of nations now and in the future.

“NAVSUP FLC Pearl Harbor Sailors turned an industrial military pier into a global stage and together delivered a magnificent product to host our president and the

Japanese prime minister for a historic visit to commemorate the 75th attack on Pearl Harbor,” said Lt. Cmdr. Cindy Suarez, director, NAVSUP FLC Pearl Harbor ocean terminals.

NAVSUP FLC Pearl Harbor’s fuels department provided 24/7 support Dec. 16-31. Refueling teams refueled the air-

craft upon arrival and prior to departure. For the POTUS fuel operation, personnel met with the presidential advance agents one week prior to the arrival of Air Force One and supporting aircraft to identify the specifics such as dates, times, how many aircraft, and quantity of jet fuel.

NAVSUP FLC Pearl Harbor’s fuels laboratory personnel took samples from the R-11 refueling trucks designated for the POTUS fuel operation. They ran a specified amount of tests based on POTUS mission requirements to ensure the fuel met special specifications. Defense Logistics Agency’s (DLA) quality assurance representative, who observed the process from start to finish and verified the tests.

Upon completion of the tests, documents were collected and sent to the Pentagon, White House Military Office agents, Air Force Petroleum Office, and DLA.

As a result, the fuel collected for testing met specifications and a total of 11 R-11 refueling trucks pumped 51,900 gallons of jet fuel into Air Force One and the backup aircraft.

For the Japan prime

minister fuel operation, personnel met with the Japan prime minister flight support team two weeks prior to the arrival of their aircraft. Based on the fuel requirements, they tested the fuel from the refueling trucks prior to the refueling of their aircraft. A total of six R-11 refueling trucks pumped 29,500 gallons of jet fuel.

“Holidays, weekends, night or day, we are here to pump fuel,” said Brian Inouye, Airfield Fuels Division chief, NAVSUP FLC Pearl Harbor.

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

Life & Leisure

Stay safe while enjoying scenic Hawaii

Story and photos by Don Robbins

Editor, Ho'okele

The island of Oahu boasts many scenic lookout spots and spectacular beaches.

For example, there is a small island just off the windward shore of Oahu known as Rabbit Island, or Manana Island. Another small rock island lies right next to Rabbit Island and is known as Kaohikaipu Island, or Black Rock.

Another visually stunning location on Oahu is Kualoa Regional Park, located at Kaneohe Bay. The park offers a close-up view of the offshore island of Mokoli'i, commonly known as Chinaman's Hat.

Along the eastern edge of Waikiki's coastline is the recognizable profile of Diamond Head, or Leahi. Diamond Head State Monument is known for its breathtaking views, hiking trail and history.

In the town of Laie in the Koolauloa district of Oahu, there is a point of land called Laniloa, or the Mo'o. According to legend described on a plaque at the site, this peninsula was originally a "mo'o" or giant lizard, standing upright ready to kill any intruder.

In addition, there are also a multitude of beautiful beaches along Oahu's north and south shores. They are stunningly attractive, but they can also feature rough, dangerous surf conditions. The Joint Base Morale, Welfare and Recreation website www.greatlifehawaii.com/recreation/ safety features links to state ocean-safety and hiking-safety tips and videos. According to a Navy Region Hawaii Recreation and Off-Duty Safety Awareness (RODS), although Hawaii is beautiful, there are inherent dangers in the surf, cliffs and trails.

A Hospital Corpsman 3rd Class died in 2014 in an incident near the China Walls in Maunalua Bay after being swept out to sea by strong currents. That same year, a Naval Aircrewman 3rd Class died in a recreational cliff jumping activity near the Spitting Cave at Maunalua Bay just east of Honolulu. In 2005, a Navy Operations Specialist 3rd Class also drowned at Spitting Cave.

The following are a few Navy Region Hawaii ocean safety tips in the brief.

- Swim in lifeguarded areas.
- Ask a lifeguard about beach and surf conditions and safety before swimming.
- Never swim alone.
- Don't dive into unknown water or into shallow breaking water.
- Don't attempt to dive over large waves.
- If unable to swim out of a strong current, or you are having difficulty returning to the beach, signal for help.
- Avoid swimming too close to or standing on reefs.
- Avoid murky water.
- When in doubt, don't go out.



Nanakuli big man puts roadblock on Radford



Radford Rams guard Jamar Hill goes up for two points.

**Story and photo
by Randy Dela Cruz**

Sports Editor, Ho'okele

After winning two games in a row, the Adm. Arthur W. Radford High School Rams boys' varsity basketball team stood only one game away from evening out their record at 4-4.

However, standing in the way of the boys' third straight victory was the towering presence of 6-foot-8-inch Nanakuli High School post-player Carlos Brown, who used every inch of his height to dominate the paint and lead the Golden Hawks to a home 55-47 victory Jan. 17 in a battle of OIA Division I teams.

Brown saved his best game of the season for the visiting Rams, as the senior center scored 20 points on a variety of put-backs and close-range shots under the basket.

Radford started off the show-down on a high note, when the team went on a 9-0 run to close out the first quarter to take a double-digit lead at 17-7.

Rams guard Santiago Cal-loway came off the bench and ignited the run by scoring five straight points on two baskets and a free throw.

In the second quarter, the team didn't score a basket until 3:13 had ticked off the clock, when center Jordan Pinder scored on a lay-up.

Still, despite the short dry spell, the Rams went back up by 10, 24-14, on a trey by guard Christian Cristobal at the 4:10 mark.

Instead of protecting the lead going into the half, the Rams seemed to lose momentum, while the Golden Hawks started to score at will.

When Brown scored on a lay-up with 19 seconds remaining in the second quarter, the basket topped off a 10-1 run by Nanakuli that saw the home team cut the lead down to a single point at 25-24.

"We just didn't get anything going on offense," said Rams head coach Travis Armstrong about losing two 10-point leads in the first half. "We wasn't running our offense, wasn't patient and wasn't moving the ball. They (Golden Hawks) kind of clogged in it and we just didn't move the ball well enough on offense to keep the scoring going."

To make matter worse, Arm-

strong said that Nanakuli figured out the Rams press, which was the main reason for Radford's 9-0 run in the first quarter.

The back-and-forth contest continued in the second half, as both teams were deadlocked at 30-30 with 5:47 remaining in the third quarter.

At that point, the Rams offense seemed to go into hibernation, while Brown was just warming up.

The Golden Hawks big man scored three baskets in a row on three possessions to give Nanakuli a 36-30 advantage.

"We didn't need to do the things we needed to do," said Armstrong about the team's inability to corral Brown. "But he (Brown) played a hell of a game. He definitely dominated us on the boards and made a ton of inside shots."

Then on the next trip down the floor, Nanakuli guard Moustapha Wagne set up just beyond the arc and sank a trey to up the team's lead to 39-30.

Radford did manage to get back into the game on five straight points by Jamar Hill that cut the lead down to two points at 49-47 with only 1:26 left in the game.

However, Brown wasn't about to let this one get away from Nanakuli, as the big man sank two free throws with 34 seconds to ice the game away.

One bright note for the Rams was the return of Pinder, who sat out the last two games with a concussion.

Pinder, who started off the year with highs of 20 and 18 points, wasn't back to his old self, but he still contributed six in the defeat.

"It feels good to be back on the team," said Pinder, an Army family member, who is only a junior. "I was feeling a little bit dazed out by the concussion, but I'm trying to get back."

The loss to Nanakuli may have stranded Radford outside of the playoffs with only two games to go in their regular season.

Back-to-back wins would give the team a 5-5 record, but the Rams are a long shot to make the postseason as the sixth and final seed from the OIA West.

"We're not back to full strength," Armstrong said. "We haven't been at full strength all year, but they (Rams) won't quit. No matter what the score is, they won't quit."

Fitness guru offers advice on physical wellness

Randy Dela Cruz

Sports Editor, Ho'okele

Since leaving the armed forces in 2012, retired Navy Lt. Donta Tanner has rewritten his life to become of the most respected fitness trainers in the islands.

Already a possessor of an International Federation Bodybuilding (IFBB) pro card, Tanner is quickly carving out a niche as a respected name in the world of fitness and is eagerly sought out to speak at bodybuilding clinics with some of the biggest names in the world.

With the start of the New Year, getting in shape is always one of the top resolutions that

success is to take things slow and build up gradually.

Saying that doing a particular movement isn't as important as just moving your body, Tanner advises that being consistent is way better than binge workouts.

"Just allot time for a fitness activity," he said. "Don't overwhelm yourself in what you're going to do during that time. Start right when you get home, don't even change from your work clothes and don't impose any intensity standards. Start with 10 minutes. Start where you are and just walk down the block for five minutes and walk back. Hold yourself to that and do it for five days."

An even better alternative to getting it done after work, he

with your exercise routine, Tanner said that diet would be the next element to get you to the next level.

Although some bodybuilders may take it to the extreme by measuring and counting every calorie that they consume, Tanner said that you could achieve some pretty fantastic results by using some basic common sense.

He said that our local diets tend to be fairly loaded with carbohydrates, but our meals can be easily adjusted.

"If you have two scoops of rice and a macaroni salad for lunch or dinner," Tanner said for example. "I would substitute one of those scoops of rice for a piece of chicken and would substitute the macaroni salad for a green-



Donta Tanner Courtesy photo

Retired Navy Lt. Donta Tanner gets ready for another workout session.

“Don’t let your expectations prevent you from getting the gains that you would eventually get if you remained consistent.”

— Retired Navy Lt. Donta Tanner

are reserved by people of all fitness levels.

Tanner, who through his years of helping individuals reach their physical goals, is back again in our pages here at Ho'okele to offer sound advice for those wanting to start 2017 on the right foot.

"Fitness can be an overwhelming endeavor," Tanner said. "Just say, it's a new year and I'm going to change the direction that I'm going. Last year was probably not headed to a more fit you, so let's go ahead and try to make more healthy choices."

While many people start off with a gung-ho attitude, only to burn themselves out, Tanner said that the best way to ensure

said, would be to do it the first thing in the morning before breakfast for more calorie burn.

Tanner said that through time, your body will start to crave the workouts due to elevated endorphins, which will cause you to want to continually raise the bar.

"Your body wants to adapt to whatever you do to it," he said. "Lifestyle changes tend to take a little longer than a week. A first your body will feel a bit sore, but that soreness is going to start to feel good to you. You're going to release some endorphins and to maintain that release, you're going to have to challenge yourself a little bit more."

Once you get into the groove

leafy vegetable. If you did that, even for one meal, you are cutting so much excess calories out of your diet."

After you've made those changes to your daily routine, Tanner said that if you want even more results, sign up with a trainer.

Tanner said that the trainers at Joint Base fitness centers are excellent and have earned the highest level of accreditation in the country.

"Don't let your expectations prevent you from getting the gains that you would eventually get if you remained consistent," Tanner said. "Fitness is not everybody's specialty. Go and get yourself a professional coach."

MY FAVORITE PHOTO



John Burns, administrative support assistant for Navy Region Hawaii, took this recent photo of a double rainbow over the Pearl Harbor Memorial Chapel. *How to submit: Email photos to editor@hookelenews.com.*

Tuskegee Airmen to speak at museum

Pacific Aviation Museum Pearl Harbor

On Feb. 3 and 4, Pacific Aviation Museum Pearl Harbor will pay tribute to the Tuskegee Airmen and the vital role they played during World War II with special presentations by decorated WWII Tuskegee Airman Pilot Col. Charles McGee to Hawaii's youth and the public.

On Friday, Feb. 3, from 10 to 11 a.m. in the theater, teachers are encouraged to bring their students in grades six to 12 to a presentation geared towards youth titled "In His Own Words," by McGee.

McGee fought in WWII, Korea and Vietnam, and holds the record for the highest three-war total of fighter combat missions of any pilot in the United States Air Force history. McGee began his military service as one of the Tuskegee Airmen in the 332nd Fighter Group. The Tuskegee Airmen were pioneers who fought racial prejudices to fly and fight for their country during WWII.

McGee's career in the U.S. Army Air Corps and U.S. Air Force spanned 30 years and three wars,

where he flew 409 aerial combat missions. During his military career, McGee was awarded the Legion of Merit with Cluster, three Distinguished Flying Crosses, the Bronze Star and the Air Medal (25 times).

Admission is free for this youth presentation, and funding for bus transportation to the museum will be provided for school groups who register in advance. Seating is limited and reservations are strongly advised.

To register, call 808-445-9137 or email Education@PacificAviationMuseum.org.

On Saturday, Feb. 4, McGee will once again be the featured speaker at a "hangar talk" in the theater, from 11 a.m. to noon. This event is open to the public. The cost is \$10 for the hangar talk only. Access to the hangar talk is free with museum admission, free to museum members, free for military, Tuskegee Airmen Association Members and Navy League members with I.D.

Also present at the hangar talk will be WWII Tuskegee Airman Philip Baham.

Baham served as a crew chief for

the 337th Composite Group at Tuskegee Army Air Field.

Baham is a dedicated volunteer at Pacific Aviation Museum, sharing his story with visitors as a greeter in the lobby of hangar 37.

For more information, call (808) 441-1007. Discounted tickets are available online at www.PacificAviationMuseum.org.

Prior to 1940, African Americans were prohibited from flying for the U.S. military. Even in light of extreme racism, African Americans fought to defend their country, which led to the formation of an all African American pursuit squadron based in Tuskegee, Alabama, in 1941. They became known as the Tuskegee Airmen, who overcame segregation and prejudice to become one of the most highly respected fighter groups of WWII. Their dedication to defending the freedom of all Americans and their acts of heroism paved the way for full integration of the U.S. military. Tuskegee Airmen completed more than 1,500 missions.

Both events are being held in conjunction with African American History Month.

Jump-start the new year at Fitness Challenge

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

The beginning of a new year often means a resolution to get in better physical shape. But sometimes, finding the right fitness regimen is a stumbling block. What type of exercise is right for you? Joint Base Morale, Welfare and Recreation's (MWR) Fitness Department is hosting a free event tomorrow that may help make the decision easier and more fun.

Fitness Challenge 2017 will be held from 9 to 11 a.m. Saturday at the Joint Base Pearl Harbor-Hickam (JBPHH) Fitness Center. Participants will get to participate in



MWR Marketing photo

Yoga is just one of the classes patrons can sample for free at the Fitness Challenge.

mini sessions of several fitness classes held on base.

Included on the schedule are PiYo (a class combining Pilates and yoga), kickboxing, Zumba, yoga and more. The actual instructors of the classes

at the fitness center will lead each session. Each one will last approximately 20 to 25 minutes and will be held consecutively, with short breaks in between.

The Fitness Challenge is held every year to get

people in the mindset of getting fit. All eligible patrons are welcome to participate and may choose one, several, or all if they wish.

For more information, call the JBPHH Fitness Center at 471-2019.

Five things to know about glaucoma

National Eye Institute

January is National Glaucoma Awareness Month. The National Eye Health Education Program has a list of five things everyone should know about glaucoma, a disease that can cause blindness.

Every New Year, you make a list of things you will do to stay healthy so you can feel your best. But did you realize that feeling your best includes seeing your best too? Because January is Glaucoma Awareness Month, the program is spreading the word about the disease.

1. Glaucoma can cause vision loss and blindness, which can't be reversed. Glaucoma causes fluid to build up in your eye, causing pressure that can damage the optic nerve, which transfers visual images to your brain. But, you can save your vision with early detection and treatment.
2. There are no early symptoms.



toms. Glaucoma often has no early warning signs. No pain. No discomfort. No blurry vision. Only advanced glaucoma will affect your vision. Don't wait for symptoms to visit your eye doctor.

3. In the United States, half the people who have glaucoma don't know they do. Nearly 3 million Americans have glaucoma. Half don't know it. Lack of awareness and the absence of symptoms are preventing people from detecting the disease early. You can change that. Find out if you have glaucoma.
4. Some people are at higher


risk than others. African-Americans over 40, adults over 60 — especially Hispanics/Latinos, and people with a family history of glaucoma are at higher risk, making early detection especially important. Are you at higher risk? Talk to your family about glaucoma.

5. There is only one way to know if you have glaucoma. Getting a comprehensive dilated eye exam is the only way to find out if you have glaucoma. During the exam, an eye care professional places drops in your eyes to widen the pupils and looks for signs of the disease in the optic nerve.



Visit www.nei.nih.gov/glaucoma to learn more about glaucoma.

The National Eye Institute (NEI) leads the federal government's research on the visual system and eye diseases. For more information, visit www.nei.nih.gov.

January 20, 2017Ho'okele B-3



Winter



UPCOMING EVENTS

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

MWR events include Chinatown food, tour

- Club membership drive low country boil will be held from 5:30 to 8 p.m. tonight at the Historic Hickam Officers' Club. Food will include an assortment of seafood, sausage, corn, potatoes and more, plus live entertainment. This event is open 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.
- Free bench press/push up competition will be held at 9 a.m. Jan. 21 at the Hickam Fitness Center. For more information, call 448-2214.
- Free Fitness Challenge will be held from 9 to 11 a.m. Jan. 21 at JBPHH Fitness Center. Participants can sample various fitness classes in mini sessions. The event is for all eligible patrons. For more information, call 471-2019.
- Free golf clinic will be held at 9:30 a.m. Jan. 21 at Barbers Point Golf Course. Get tips on improving your golf game. For more information, call 682-1911.
- Information, Tickets and Travel (ITT) shuttle to "Eat the Street" is at 6:30 p.m. Jan 27, departing from the Hickam ITT office. Taking the ITT shuttle avoids traffic and parking to the food truck rally. The cost is \$7 per person round trip and the shuttle returns to the base at 9:30 p.m. For more information, call 448-2295.
- Hike Ehukai Pillbox at 8 a.m. Jan. 28, departing from the Outdoor Adventure Center at the Fleet Store. This hike provides a panoramic view of Oahu's North Shore. The cost is \$20 and the deadline to sign up is Jan. 26. For more information, call 473-1198.
- Chinatown food and historic tour will be held from 8:30 a.m. to 1 p.m. Jan. 28. Participants can discover the history and culture of Honolulu's Chinatown district. They can also sample Chinese treats along the way. The cost is \$35 for adults, \$30 for ages 4-11 years and transportation from Hickam Information, Tickets and Travel office is included. For more information, call 448-2295.
- Spearfishing excursion will be held from 9 a.m. to noon Jan. 28 at Outdoor Recreation Hickam Harbor. Participants can experience three hours of open-water spearfishing. They must have taken the "Learn to Spearfish" course to participate. The cost is \$20 and the deadline to sign up is Jan. 26. For more information, call 449-5215.
- Bottom fishing at Hickam Harbor will be held from 2:30 to 5:30 p.m. Jan. 28. The event is suitable for both beginners and experts. The trip includes gear, bait, guides and boat. The cost is \$30 and the sign up deadline is Jan. 26. For more information, call 449-5215.
- Learn to stand up paddleboard at Hickam Harbor will be held 9:15 to 10:15 a.m. and 10:30 to 11:30 a.m. Jan. 29. The cost is \$25 and the deadline to sign up is Jan. 27. For more information, call 449-5215.

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.

Upcoming blood drives



Currently scheduled drives include:

- 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.

Start strong, stay strong, finish strong: Optimizing performance through food

Defense Commissary Agency

Maj. Benjamin Wunderlich and Whitney Carrington

Improving your performance is easier than you think. Performance is defined as a person’s ability to accomplish an action, task or function. It can be measured by the degree of success of different missions; physical fitness scores, academic achievements, work performance and even day-to-day household duties.

The Performance Triad is a comprehensive plan to improve readiness through maintaining, restoring and improving health. It aims to promote optimal performance through adequate sleep, physical activity and optimal nutrition.

Did you know that what and when you eat not only influences your waistline? How you nourish your body with foods also has tremendous, impact on your mental and physical performance throughout the day.

Start strong

It all starts with breakfast. Those who eat a well-balanced breakfast perform better at school and work. Eating a balanced breakfast provides more energy throughout the day, improves ability to focus, contributes to higher test scores and helps with maintaining a healthy weight.

A balanced breakfast should include a source of lean protein, whole grains, fruits or vegetables, and calcium rich foods.

Meal ideas:

- Scrambled eggs, sliced avocado on warm whole grain toast with a glass of calcium-fortified orange juice.
- Frosted shredded wheats (with cow milk or soy milk) and your favorite fruits.
- One to two packets of flavored oatmeal, sliced fruit and a Greek yogurt.
- Peanut butter and jelly sandwich on whole grain bread, a glass of milk, and a crisp apple.

Timing matters. Boosting your metabolism is one of the benefits of eating breakfast first thing in the morning. Plus, it gets your system going.



Stay strong

It is important to refuel throughout the day so you can handle what work and life throw your way. A balanced lunch keeps you focused, boosts energy levels, decreases stress and reduces mid-afternoon cravings for sweets.

Meal ideas:

- Whole grain wrap with turkey, cheese, veggies, a side of hummus with mixed bell peppers, fresh crunchy carrots, and celery.
- Soup and sandwich: a can of your favorite low-sodium soup paired with half a panini.
- Healthy frozen dinner with a side of microwaveable rice and a fruit cup packaged in water or light syrup.

Do you feel groggy or in a fog on some days? Apart from being filling, low in calories, loaded with vitamins and minerals, and friendly on the waistline, fruits and vegetables provide many brain health benefits. For example, the powerful antioxidant, anthocyanin, (found in berries, grapes and purple colored vegetables) is shown to enhance mental performance. Eating purple fruits and vegetables (blackberries, blueberries, grapes, red onions, plums, red cabbage, purple potatoes, eggplants and prunes) increases your focus.

Other great brain foods include whole-grains and foods rich in omega-3 such as fatty fish, specialty eggs, walnuts, chia and flax seeds.

Finish strong

Refueling enables your body to properly recover so it is physically and men-



tally ready for the next mission. Fruits, vegetables and lean proteins repair the body and mind from daily challenges.

Meal ideas:

- Pita pocket stuffed with baked falafel, tzatziki sauce, your choice of veggies and seasoned sweet potato fries.
- Baked lemon pepper salmon, glazed carrots and roasted red potatoes.
- Stir-fry: Rice, mixed veggies and chopped seasoned chicken tenders with low-sodium soy sauce.

Sources of protein

Protein is the body’s building block; it repairs body tissues that are damaged throughout the day. Your body’s protein requirements can be fully met from foods. Great sources of protein are fish, poultry, soy, eggs, dairy, beef, beans, nuts and whole grains.

Fruits and vegetable goals

The Performance Triad encourages everyone to aim for at least eight servings of fruits and vegetables per day. A great way to do this is to choose fruits and vegetables in place of sweets and chips most of the time and aim to make your plate half fruits and vegetables for most meals.

Choosing fresh fruits and vegetables that are in season and combining them with frozen fruits and vegetables can keep you on top of your game, your budget, and provide variety during meals and snacks. Check out the lists of seasonal fruits we’ve provided to get you started:

- **Winter:** Apples, rutabagas, cabbage,

brussel sprouts, carrots, celery, kale, leeks, lemons, oranges, parsnips, pears, potatoes, sweet potatoes, yams, winter squash (ex: spaghetti squash, butternut, acorn, pumpkin, etc.).

- **Spring:** Asparagus, collard greens, mushrooms, lettuce, peas, spinach, strawberries, radishes and blueberries.
- **Summer:** Pineapple, blackberries, raspberries, cantaloupe, watermelons, cherries, cucumbers, mangos, okra, peaches, plums, eggplant, green and waxed beans, tomatoes, and apricots.
- **Fall:** Bell peppers, broccoli, brussel sprouts, garlic, ginger, grapes, onions, sweet corn, pears, potatoes, spinach, turnips, cranberries and apples.

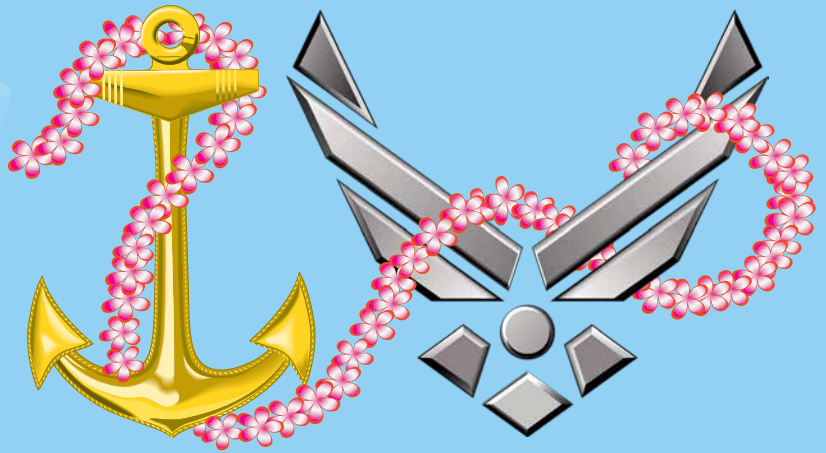
Enhancing mental and physical performance is a vital goal for the Performance Triad. Fueling for performance prevents disease and protects the body for any mission. Although this article mainly focuses on nutrition, optimal health and performance includes obtaining seven to eight hours of quality sleep, a variety of physical activity, and nutrient-rich foods where we eat, work, play, and shop.

For more information, visit the Performance Triad website.

Editor’s note about the authors: Maj. Benjamin Wunderlich is the nutrition lead for the Performance Triad. Whitney Carrington is a Performance Triad coordinator and fellow through Oak Ridge Associated Universities. Both work at the Office of the Army Surgeon General in Falls Church, Virginia.

JANUARY COMMUNITY CALENDAR

HO'OKELE
PEARL HARBOR - HICKAM



COMMAND FINANCIAL SPECIALIST

TRAINING JAN. 23-27 — A five-day Command Financial Specialist (CFS) workshop will be held from 7:30 a.m. to 4 p.m. each day at Military and Family Support Center Pearl Harbor. The workshop is offered to Navy command-sponsored service members who will be assigned this collateral duty. In accordance with OPNAVINST 1740.5B members attending class must be E-6 and above with a minimum of one year left on their PRD. FMI: To register, call 474-1999.

VAIT TRAINING JAN. 23-27

Sexual Assault Prevention and Response (SAPR) Victim Advocate Initial Training (VAIT) training will be held from 8 a.m. to 4 p.m. each day at Military and Family Support Center Pearl Harbor. The VAIT is a 40-hour in-depth SAPR course that is designed to prepare an individual for the role and responsibilities of a U.S. Navy SAPR Unit Victim Advocate. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

ANGER MANAGEMENT CLASS

JAN. 24 — An anger management class will be held from 1 to 4 p.m. at Military and Family Support Center Hickam. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

TRANSITION GPS JAN. 24-25

A Transition GPS: Accessing Higher Education Track class will be held from 7:30 a.m. to 3:30 p.m. each day at Military and Family Support Center Pearl Harbor. The course is designed to guide participants through the complicated

decisions involved in choosing a degree program, college institution, and funding, as well as completing the admissions process. Academic acculturation and connection to veteran student organizations is also a key part of service members' academic success and is integrated into this learning course. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

PURPLE CRYING CLASS JAN. 26

A class on "PURPLE Crying" will be held from 1 to 2 p.m. at the Hickam Medical Building No. 554 at Joint Base. PURPLE Crying describes the time in a baby's life when they cry more than any other time. This class captures the behavioral characteristics of excessive crying during this normal developmental phase. The class aims to help parents find ways to soothe their baby and build resilience during this challenging period. 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 others organizations. The fair will also be held again Feb. 3-4. FMI: 423-3287.

SUICIDE PREVENTION CLASS JAN. 27

A "safeTALK" suicide prevention class will be held from 8 to 11 a.m. at Military and Family Support Center Pearl Harbor. Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety. The safeTALK trained suicide alert helpers

learn to move beyond common tendencies to miss, dismiss or avoid suicide, identify people with thoughts of suicide, and apply the TALK steps (Tell, Ask, Listen, Keep Safe) to connect that person to suicide first aid caregivers. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

AFTER GPS CLASS JAN. 27

An After GPS class will be held from 8 a.m. to 3 p.m. at Military and Family Support Center Hickam. The class is a follow-on to the five-day TGPS workshop, with informative briefs including survivor benefit, TRICARE, veterans affairs, Workforce Development Office and CAPSTONE prep. This workshop also includes an employer panel to assist participants in understanding the civilian hiring process and how to present themselves as the best candidate. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

LIVING HISTORY DAY JAN. 28

Living History Day will be held from 9 a.m. to 3 p.m. at the Battleship Missouri Memorial, Ford Island. The event is free for kama'aina, military and "Mighty Mo" members with Hawaii-issued ID. All other guests need to purchase admission 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. The event will include 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. FMI: www.ussmissouri.org/

MOVIE SHOWTIMES



ROGUE ONE: A STAR WARS STORY

From Lucasfilm comes the first of the Star Wars standalone films, "Rogue One: A Star Wars Story," an all-new epic adventure. In a time of conflict, a group of unlikely heroes band together on a mission to steal the plans to the Death Star, the Empire's ultimate weapon of destruction. This key event in the Star Wars timeline brings together ordinary people who choose to do extraordinary things, and in doing so, become part of something greater than themselves.

SHARKEY THEATER

TODAY — JAN. 20

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

SATURDAY — JAN. 21

2:30 PM Sing (3-D) (PG)
4:50 PM Assassin's Creed (PG-13)
7:40 PM Passengers (PG-13)

SUNDAY — JAN. 22

2:30 PM Sing (PG)
4:50 PM Rogue One:
A Star Wars Story (3-D) (PG-13)

7:30 PM Collateral Beauty (PG-13)

THURSDAY — JAN. 26

7:00 PM Office Christmas Party (R)

HICKAM MEMORIAL THEATER

TODAY — JAN. 20

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

SATURDAY — JAN. 21

6:00 PM Rogue One:
A Star Wars Story (PG-13)

SUNDAY — JAN. 22

3:00 PM Rogue One:
A Star Wars Story (PG-13)

THURSDAY — JAN. 26

7:00 PM Collateral Beauty (PG-13)