



Tune in for Hoops for the Troops See page A-8



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**December 15. 2017** 

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**Volume 8 Issue 49** 

# Sailor posthumously awarded Bronze S A framed photo is showcased of Chief Boatswain's Mate Joseph George, who was posthumously awarded the Bronze Star with Valor during a ceremony aboard the USS Arizona Memorial, Dec. 7.

Story and photo by ET2 Jonathan Stremel

Navy Public Affairs Support Element Detachment Hawaii

Chief Boatswain's Mate Joseph George was posthumously awarded the during a ceremony aboard in Pearl Harbor, Dec. 7.

honor of the heroic efforts Chief George displayed in connection with com-

bat operations during the 1941 attack on Pearl Har-

"With today's ceremony, we honor Boatswain's Mate Chief Joseph George and we cement his rightful legacy among America's celebrated heroes," said Rear Adm. Mat-Bronze Star with Valor thew J. Carter, deputy the USS Arizona Memorial Fleet. "Chief George's story is a vivid reminder The award was given in that strength of the U.S. Pacific Fleet has always been and continues to be our people. Indeed, none

of what we achieve is possible without the sacrifice of those who serve proudly in times of crisis to achieve the extraordinary.

George, who at the time was a Boatswain's Mate 2nd Class, was on the USS Vestal (AR-4) when the Japanese attacked commander, U.S. Pacific Pearl Harbor. The ship was moored alongside the USS Arizona (BB-39) when George noticed six Sailors stranded on the sinking USS Arizona. George used a mooring

line to help the Sailors escape.

Two of the six Sailors that George saved that day, Don Stratton and Lauren Bruner, were in attendance at the ceremony to see their rescuer

honored. "There can be no greater testament to Joe George's heroism than that of the Stratton and Bruner families," Carter said. "I'm humbled to be standing before members of the greatest generation and even more humbled to be

presenting an award for heroic action 76 years ago.

Accepting the award on George's behalf was his daughter, JoeAnn Taylor, who "worked tirelessly" with the Stratton family and many others to finally see her father honored for his valor.

tions right now — pride, honor, excitement and just relief," Taylor said. "My father would not want a bunch of recognition if he were here today, but my mother would be

proud that he was finally honored."

George was 19 when he joined the Navy in 1935. He passed away in 1996. According to his daughter, he didn't speak much about that day to her or

"My dad stepped up to "I feel so many emo- be the real man he was at a time these survivors so desperately needed him," Taylor said. "I am so very proud of him for doing what was right and honorable in that moment in time."

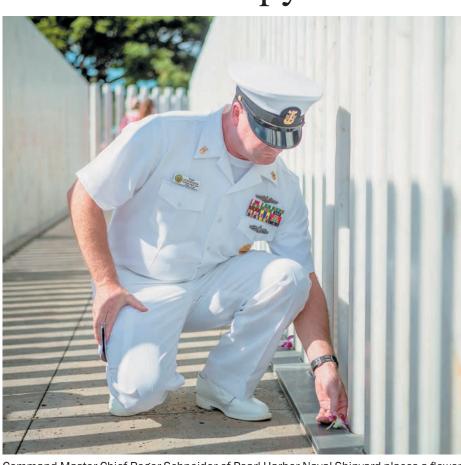
## Pearl Harbor Naval Shipyard honors USS Oklahoma

Story and photo by MC2 Jeffrey J. Hanshaw

Pearl Harbor Naval Shipyard and Intermediate $Maintenance\ Facility$ 

Pearl Harbor Naval Shipyard and Intermediate Maintenance Facility (PHNSY & IMF) recently paid homage to the USS Oklahoma at the annual National Park Service ceremony honoring the 429 Sailors and Marines who lost their lives on the battleship during the Dec. 7, 1941 attack on Pearl Harbor. Shipyard workers were among the first responders to come to the aid of the stricken ship and were instrumental in rescuing 32 crew members. In the months that followed, shipyard workers restored the ship to an upright position for salvage.

Capt. Greg Burton, PHNSY & IMF commander, served as keynote speaker at the USS Oklahoma Memorial Ceremony, Dec. 7, 2017. With the Battleship Missouri Memorial serving as backdrop, Burton reflected on the attack on Pearl Har-



Command Master Chief Roger Schneider of Pearl Harbor Naval Shipyard places a flower at one of the marble monuments dedicated to the Pearl Harbor servicemen who died aboard the USS Oklahoma.

bor and how his office window view helps him keep things in perspective.

'As I look out that by the Japanese Impewindow, it is sometimes rial Navy resulting in the workers, from mili- ing salvage operation in challenge," Burton said.

difficult to imagine that this tranquil spot was attacked 76 years ago

massive destruction and the loss of thousands of

lives," he said. Burton explained how tary members and federal Navy history." He said employees, to mechanics, Cmdr. F.H. Whitaker and machine operators, and other shipyard employees, rose to the challenge of aiding the crew of the USS Oklahoma.

"It was their actions in response to attack, and not the destruction of a surprise attack that became the most meaningful part of the story of Dec. 7, 1941," Burton said.

In his remarks, Burton focused on the many who "rose to the challenge" during the attack, including Pay Clerk D. L. Westfall, who joined a line of other men to help injured men off the ship before passing out and becoming one of the injured himself.

He spoke of Julio DeCastro and his "chipping gang from Shop 11," who, after the Oklahoma capsized within 12 minutes of being struck by multiple torpedoes, organized a group of 20 shipyard workers who were able to rescue 32 sailors trapped in the severely damaged hull.

Burton's talked about the months that followed and how the salvage of the USS Oklahoma was to become "the most ambitious and challeng-

his staff constructed an electric winch system, comprised of 21 concrete foundations on Ford Island and 42 miles of cable connected to the hull, to slowly pull the Oklahoma upright. The process took three months, but was symbolic of our country's recovery from the attack.

Burton motioned to a line of eight Sailors assigned to PHNSY & IMF who provided a visual backdrop to the ceremony, each standing by a photo representing a stage of the salvage operation.

"Stories of the Oklahoma have anchored today's shipyard workers to the Navy's mission of keeping our Fleet 'Fit to Fight," Burton said, echoing the shipyard's mantra. "Let us never forget the heroic efforts of servicemen and civilians during the attack on Pearl Harbor to save many.' "History shows us that

they all rose to the challenge. I am confident we can expect no less from today's service members and shipyard workers. We must be — and will be — ready to rise to any

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## Family of hero receives his Silver Star Medal

PO2 Kathleen Church

All Hands Update

The family of the late Lt. j.g. Aloysius H. Schmitt has received the Silver Star Medal awarded to him for his selfless act to help save countless men from the Battleship USS Oklahoma (BB 37) during the Dec. 7, 1941 attack on Pearl Harbor.

Rear Adm. Margaret Kibben, the Navy chief of chaplains, presented the medal to Schmitt's niece and nephews Dan and Del Schmitt, and Frances Hemesath during a ceremony on the campus of Loras College in Dubuque, Iowa, Dec. 7.

Schmitt was awarded the Silver Star for his unselfish disregard of his own self and bravery to help numerous Sailors escape the Battleship USS Oklahoma (BB 37) through a porthole.

In October 1942 Schmitt was posthumously awarded the Navy and Marine Corps Medal, the Navy's award for non-combat heroism.

The Navy later published a clearer definition of combat for award purposes, making Schmitt retroactively eligible for the Silver Star Medal, the military's third-high-

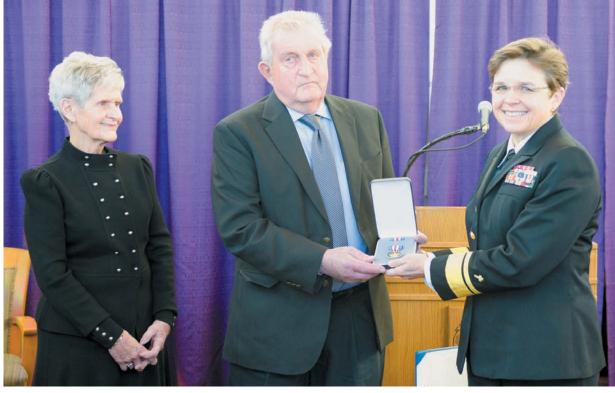


Photo by MC2 Anita C. Newman

Rear Adm. Margaret Kibben, the Navy chief of chaplains, presents deceased Lt. j.g. Aloysius H. Schmitt's Silver Star Medal to his niece and nephew, Frances Hemesath, left, and Del Schmitt, right, in Dubuque, Iowa, Dec. 7.

for valor in combat.

Schmitt's family petitioned the Navy to upgrade his recognition to a combat valor award.

Schmitt's family is happy to celebrate the heroism of their loved

great-nephew of Chaphe never met Schmitt —

family as "Father Al" - Sloan said the story was a topic of discussion at every family holiday gathering when he was

"We would talk about what happened, how many Sailors he helped Dr. Steve Sloan is the escape, and what went on - we would kind of lain Schmitt. Although relive it every holiday and it became a bit of a

excited about the medal," Sloan said.

"I think for the older people in the family it's a form of closure, but for the rest of us, our hope is that this is just the beginning of the story; that with the return of his remains and the presentation of the medal, his story will become known to a whole new genera-

According to the Navy's Nonresident Training Course History of the Chaplain Corps, Part 2, Schmitt was hearing confessions aboard Oklahoma when four torpedoes hit the port side of the ship.

As the vessel began to list to port, the crew tried to escape.

Schmitt made his way

compartment in which an open porthole small, circular window in the outer hull of the ship — afforded a means of escape. One by one, the Sailors in the space, with Schmitt's help, crawled through the porthole to safety.

When they were all out, Schmitt attempted to get through the small opening.

Even with the frantic assistance offered by the men who were already out, Schmitt struggled to get through the porthole. During the attempt to escape, the chaplain became aware that others had come into the compartment from which he was trying to escape.

Realizing that the water was rising rapidly and that even this one exit would soon be closed, Schmitt insisted on being pushed back to help others who could get through more easily, urging them on with a blessing.

As water poured into the ship, it gradually rolled over, and settled on the bottom of the harbor.

More than 400 Oklahoma Sailors, including Schmitt, lost their lives.

For more news from Naval History and Heritage Command, visit the website www.history.navy.



Story and photos by Tech. Sgt. Heather Redman

15th Wing Public Affairs

When the Japanese attacked Hickam Field on Sunday, Dec. 7, 1941, more than 189 people lost their lives.

One in particular was a young chaplain's assistant who was setting up for the morning service. Now, 76 years later, a small group gathered in the Courtyard of Heroes for a remembrance service and Catholic Mass in honor of U.S. Army Air Corps Pfc. Joseph Nelles Dec. 10.

This is a sacred place today-not just because we gather to pray and worship; it's also sacred because we gather to remember," said Lt. Col. David Dersch, Pacific Air Forces staff chaplain. "Whatever our faith background, we share a common legacy of faith and courage. Today, we are ohana—brought together by an amazing heritage."

Nelles was a Catholic chaplain's assistant stationed at Hickam Field in

He was preparing the

altar for Mass at the base freedom we cherish.'

a bomb hit. The theater was completely destroyed and Nelles' body was found at the altar.

In a letter to Nelles' parents, Col. Edmund C. Sliney, the base chaplain, wrote about their son's dedication to both God and country.

"I myself found his body, and from its position, I firmly believe that he had reached the altar and was probably kneeling before it," Sliney said. "Joe was a splendid boy who did much for the Holy Mother church while here, being untiring in his efforts to lead his fellow soldiers to God."

The ceremony was held at the at the Courtyard of Heroes in the Pacific Air Force headquarters building, which still bears the marks from the attack.

"If these walls could speak, they would tell us of the courage, faith, and sacrifice of the heroes of Hickam Field who gave their all to defend our great land," Dersch said. "This sacred heritage is now passed on to every service member who defends our nation and the

theater that Sunday when U.S. Navy Capt. John Shimotsu, U.S. Pacific Command chaplain, holds a Catholic Mass at the Courtyard of Heroes



Above, A display features mementos of Airmen who died during the 1941 attack on Hickam Field at the Courtyard of Heroes in the Pacific Air Forces headquarters building, Joint Base Pearl Harbor-Hickam, Dec. 10. Upper right, U.S. Air Force Senior Airman Summer Pech of Pacific Air Forces passes a flame to Airman 1st Class Racheli Velez of Pacific Air Forces during the remembrance ceremony for U.S. Army Air Corps Pfc. Joseph Nelles.



Submitted by David D. Underwood Jr. and Lt. j.g. Melanie Artis

#### What will be your New Year's resolution for 2018?



Alyssa Busque Navy Exchange **MWR** 

"Working with MWR, I know there's so many outdoor activities and sight-seeing things to do here but I've been so busy that I haven't taken advantage of them. I want to start the new year off by being more active.



**HM1 Select Gustavo Llerenas** Naval Medical Clinic Hawaii

"Over the past year I've been putting on more weight/muscle mass, so I want to start trimming down and getting fit as I prepare to transfer to my new unit.



**MMNC Matt Ryals** USS Chicago (SSN 721)

"Since I've been on island I haven't done much exploring or hiking. I've heard Diamond Hike is a good hike to do, so that's what I plan to start with.



Staff Sgt. Ricky Magill 48th Aerial Port Squadron

"My New Year's resolution is to become a recruiter for the Air Force Reserves. I was given an opportunity to become a recruiter and I decided to take the opportunity.'



Chief Master Sgt. **Sharreen Taylor** HQ PACAF

"My New Year's resolution is to spend more family time with my hubby and children. Time speeds by, so I want to slow down and enjoy my family more."



1st Lt. Courtney Zotto 766th Specialized Contracting Squadron

"My New Year's resolution will be to get out and explore more of the islands. It's so easy to find things to do close to home, but while I'm still here, I want to see as much as I can!"

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

## COMMENTARY

#### Rear Adm. Brian Fort

Commander, Navy Region Hawaii and Naval Surface Group Middle Pacific



## Red Hill four years later; drinking water safe

The Navy's Red Hill fuel facility is an amazing engineering wonder built during World War II. It is truly rock-solid and modernized and absolutely essential to our national defense strategy. While the fuel at Red Hill is key to protecting our state and nation, protecting our precious water supply — the water we all share — is

Nearly four years ago, poorly performed work by a contractor and insufficient oversight by the Navy resulted in the release of 27,000 gallons of fuel at Red Hill. Since then, we accelerated upgrades to the facility and updated operator procedures.

Since 2006 we invested more than \$200 million to continue modernizing Red Hill. We are committed to using the latest science and technology in our approach as we move forward.

In recent years, we improved government oversight and instituted additional safeguards, checks and alarms. We also increased groundwater monitoring wells and sampling points from 10 to 14, with an additional 11 planned.

Tests at these monitoring wells and other sources confirm our drinking water continues to be safe to drink. In fact, the Navy's Red Hill shaft, the closest drinking water well to the fuel facility, provides water to Joint Base Pearl Harbor-Hickam – water my family and I drink. The nearest Board of Water Supply well is almost a mile away.

The Environmental Protection Agency and State of Hawaii Department of Health regulators oversee our initiatives under an administrative order on consent (AOC). Under the AOC, which is a legally enforceable roadmap and timeline, we are working to find the best available, practicable solutions at Red Hill — to prevent another leak and keep our water safe to drink for many years to come.

The AOC's Statement of Work brings stakeholders, engineers and



Board of Water Supply members visit the Red Hill Underground Fuel Storage Facility near Pearl Harbor, Feb. 19, 2016. The group visited the modernized Red Hill Bulk Fuel Storage Facility, where subject matter experts showed how the Navy maintains the facility as a national strategic asset. Red Hill provides fuel to operate overseas while ensuring drinking water in the area remains safe.

the public together to evaluate options and alternatives as we continue to upgrade the Red Hill facility. Engineers and other technical experts are discussing the advantages and practicalities of six tank upgrade alternatives and thoroughly analyzing data to determine their recommendations. We think it is extremely important to do a comprehensive analysis and not rush to a decision on the tank upgrades. Rushing to an assumed "best" solution may only result in rushing to

We also think it is important to keep the public updated with the facts. We welcome public comments and requests for briefings to community groups, including neighborhood boards. I think as people learn about

the built-in safeguards and modernization initiatives at Red Hill — and our continued track record of ensuring safe drinking water — there will be more understanding and less concern in Asia-Pacific. about this important facility. Please take a few moments to visit our website: www.cnic.navy.mil/redhill or the EPA's website, which has a copy of the AOC: www.epa.gov/red-hill.

As my predecessor, Rear Adm. John Fuller, said in August 2015, someday we will no longer rely on fossil fuels, and we are moving as swiftly as we can toward that day by embracing renewable, sustainable energy.

In the meantime, as the House conference report to the 2018 Defense Authorization Act states, we need Red Hill "to support the National Mil- and community representatives.)

itary Strategy." We need to be able to "go tonight" if called upon to make a difference — whether in our nation's defense or in humanitarian missions

Red Hill fuels all our military services here in Hawaii, including the National Guard and the U.S. Coast Guard. Thanks to Red Hill, we are able to protect sea lanes and commercial shipping to and from Hawaii. As important as keeping us safe is keeping our drinking water safe. Our Navy is prepared and proud to do both.

(This week the Red Hill team scheduled briefings with the Palolo and Diamond Head neighborhood boards. Since 2014, the Navy has provided Red Hill tours to 298 elected officials

## 10'OKELE

Commander, Navy Region Hawaii Rear Adm. Brian Fort

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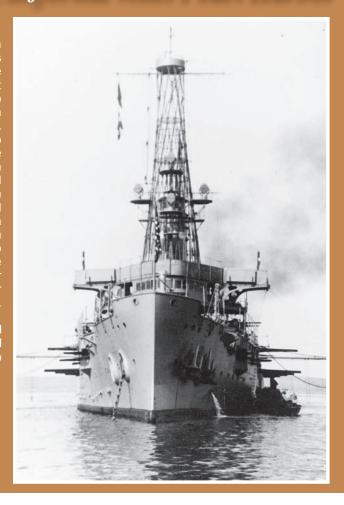
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### USS California visits Pearl Harbor

USS California of San Diego circa 1910. On Dec. 14, 1911 (106 years ago this week), the ship broke a red, white and blue ribbon across a become the first large war . Pearl Harbor.

Naval History and Heritage Command



## Ho'okele goes on hiatus

Navy Region Hawaii Public **Affairs** 

The Ho'okele newspaper will be on hiatus for the next three weeks, from Dec. 18 to Jan. 8. This edition will be the last one for 2017. The first edition for 2018 will be distributed on Jan. 12. Oahu Publications is distributing a weekly joint paper, Military Star, while Ho'okele is on hiatus.



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**MC1 Rebecca** Wolfbrandt

Navy Public Affairs Support Element Detachment Hawaii

U.S. and Japanese citizens gathered together Dec. 8 on Ford Island to honor the lives lost at Pearl Harbor and to recognize the U.S.-Japanese alliance as part of the 76th anniversary of the attacks on Pearl Harbor.

The "Lives Remembered" ceremony was lead by Koichi Ito, the consul general of Japan in Honolulu, under a banyan tree overlooking the USS Arizona Memorial.

Rev. Tomonori Kawaguchi playing a prayer of peace on a traditional Japanese flute, a moment of silence and an opening statement from Ito.

a war began 76 years ago, has now become a symbol countries. This alliance of hope."

J. Carter, the deputy commander of U.S. Pa- ity of protecting the Pacific Fleet, also spoke cific sea-lanes, advancing about the importance of international ideals and the U.S.-Japanese al- relationships, well as deliance, and remaining livering security, influcommitted to preserving ence and responsiveness peace and prosperity in in the region.

the Indo-Pacific region.

Today is a day for us to reflect and consider how much the world has changed since 1941. To embrace the friendship of our two great nations and the respect for each other and recognize the strength of our alliance and how two countries that were former enemies are now steadfast allies and partners," Carter said. "When time allows the wounds of war to fade, the lessons learned only help to make us stronger. The valor, heroism and dedication of those that came before us will never, and can never, be forgotten."

The 76th commemora-The event opened with tion of the Pearl Harbor attacks, co-hosted by the U.S. military, the National Park Service and the state of Hawaii, provided veterans, family members, service mem-"Here, the place where bers and the community a chance to honor the sacrifices made by those who of the U.S. and Japanese were present Dec. 7, 1941, alliance," Ito said. "Today, as well as throughout the as I stand here at this Pacific theater. Since the place where the historiattacks, the U.S. and Jacal counterpoint between pan have endured more us and Japan occurred, I than 70 years of continpledge to continue to do ued peace, a cornerstone my utmost to uphold this of security and prosperity alliance between our two in the Indo-Asia-Pacific

As a Pacific nation, Rear Adm. Matthew the U.S. is committed to continue its responsibil-



Above, Rear Adm. Matthew J. Carter, deputy commander, U.S. Pacific Fleet and distinguished guests pay their respects. Below left, Tomonori Kawaguchi performs a traditional Japanese prayer on a flute. Below right, Rear Adm. Carter gives remarks. Bottom right, Koichi Ito, consul general of Japan in Honolulu, speaks at the ceremony.







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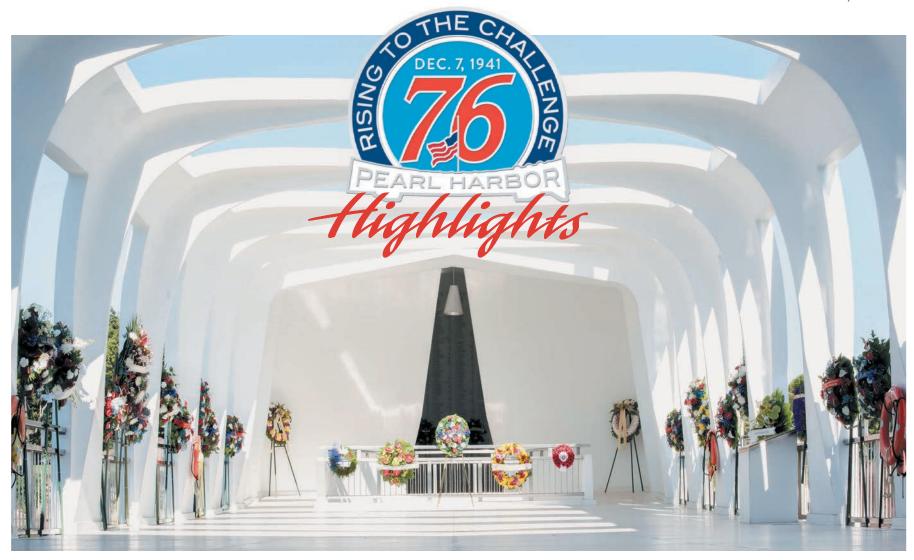


Photo by MC2 Katarzyna Kobiljak

Wreaths adorn the USS Arizona Memorial prior to a floral tribute during the 76th commemoration event of the attacks on Pearl Harbor and Oahu at the Pearl Harbor Visitor Center. The 76th commemoration, co-hosted by the U.S. military, the National Park Service and the state of Hawaii, provided veterans, family members, service members and the community a chance to honor the sacrifices made by those who were present on Oahu Dec. 7, 1941, as well as throughout the Pacific theater in WWII.



Photo by MC1 Rebecca Wolfbrandt

U.S. service members stand silhouetted against the shrine wall at the USS Arizona Memorial during the 76th Anniversary events of the attacks on Pearl Harbor and Oahu, Dec. 7.



Photo by MC2 Katarzyna Kobiljak

Adm. Scott Swift, U.S. Pacific Fleet commander, delivers remarks during the 76th commemoration of the attacks on Pearl Harbor and Oahu.



Photo by MC1 Randi Brown

Cryptologic Technician Collection Seaman Samantha McCoy and members of the Joint Base Pearl Harbor-Hickam Honor Guard attend an interment ceremony at the USS Utah Memorial.



Photo by MC2 Somers Steelman

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#### Story and photo by **Blair Martin Gradel**

Joint Base Pearl Harbor-Hickam Public Affairs

On Dec. 18, Le'Etta Garbett, Work and Family Life specialist at Military and Family Support Center (MFSC) will celebrate 50 years of service as a federal government employee.

She is always willing to help her fellow employees and customers." said her MFSC supervisor Wilhelmina "Mina" Cromartie. "She takes her

job seriously in that she wants to ensure no customer walks away without getting what they

The Hawaii native attributes her tenacity and professional longevity to following in the footsteps of her father, also a government employee who worked at Hickam Air Force base for more than 33 years.

"I wanted to follow my father's wise judgment and footsteps!" she said. "I remember when he would come home smiling after a long day because he had

accomplished something at work and could not wait to share it with all of us children.'

In 1967, Garbett began her civil service career as a 22-year-old voucher examiner at the Navy Regional Finance Center at Pearl Harbor. She quickly moved up the ranks to military pay clerk before moving to Navy Public Works Center Comptroller Office. In 1981, she began work as a management assistant at Family Service Center before finally moving to Fleet and Family Support Center in

1993, where she has spent more than two decades as a social service representative helping the military family community.

"All of these positions have placed me where I have always wanted to be—helping the military and their families and to teach and educate them on all that they needed to know to enjoy their military lifestyle and to grow within the military lifestyle and to use of their benefits and entitlements," she said.

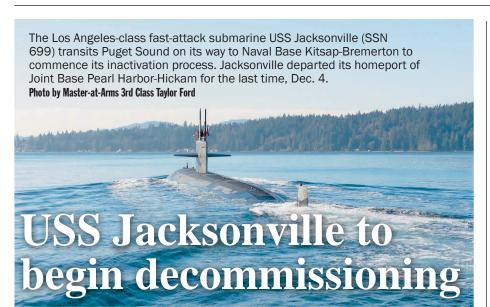
Garbett said that like many careers, hers has seen its share of peaks and valleys. From 1989 to 2002, she divorced and became a single mother to four children, one of whom needed to be homeschooled. On top of her full-time position, she also picked up additional part-time jobs (up to four at one point) in order to make ends meet.

"In those days, I had to work around-the-clock to make things happen," she said. "But thanks to my parents who helped me feed my kids and a team of bosses who believed in me and gave me

additional resources and support when I needed it, somehow...it all came to-

With no plans of retiring any time soon, Garbett said she still hopes to continue to instill that same grace she has received along the way to others she may encounter in or out of her office.

"I just love that I live and work in a place where aloha is alive and well," she said. "I've always wanted to be a part of something where I could make a difference and [now] I feel that I have."



MC1 Amanda R. Gray

Commander, Submarine Group 9 Public Affairs

The Los Angeles-class fast-attack submarine USS Jacksonville (SSN 699) arrived at Naval Base Kitsap-Bremerton to commence the inactivaprocess Dec. 11.

Jacksonville completed their most recent deployment Aug. 10. The boat and its crew spent 208 days at sea, steamed more than 48,000 nautical miles and conducted maritime security operations and joint exercises with the Japanese Maritime Self-Defense Force and Indian navies. The crew also conducted various port calls to Bahrain, Guam, Oman and Singa-

Under the command

of Cmdr. Steven Faulk, Jacksonville departed Joint Base Pearl Harbor-Hickam for a homeport change to Bremerton, Washington, Dec. 4. Jacksonville has been homeported in Hawaii since

"I want to welcome USS Jacksonville to the beaution and decommissioning tiful Pacific Northwest," said Capt. Michael Lewis, commander, Submarine Squadron 19. "We look forward to working with her over the next several months as they prepare to decommission.

> The submarine's ability to support a multitude of missions, including anti-submarine warfare, anti-surface ship warfare, strike warfare, surveillance and reconnaissance, made Jacksonville one of the most capable submarines in the world.

The submarine is visit www.csp.navy.mil.

scheduled to be retired

from the fleet in 2018. During the inactivation process, Puget Sound Naval Shipyard and Intermediate Maintenance Facility will de-fuel the submarine, with the hull retained in safe storage until decommissioning.

Commissioned May 16, 1981, Jacksonville is named after the largest and most populous city in Florida and is the first ship to bear the name. The boat's mission is to seek out and destroy enemy ships and submarines and to protect U.S. national interests. At 360-feet-long and 6,900 tons, Jacksonville can be armed with sophisticated MK48 advanced capability torpedoes and Tomahawk cruise missiles.

For more news from the Pacific Submarine Force,

## Navy Mustang Association to hold career info events

Navy Mustang Association Hawaii

The Navy Mustang Association, Hawaii Chapter will hold upcoming road shows.

Navy Mustangs are commissioned naval officers and chief warrant officers who were enlisted servicemen and women prior to being commissioned.

On Jan. 17 from 9 a.m. to noon at Hickam Memorial Theater, the Navy Mustang Association, Hawaii Chapter will hold the first of three Mustang Road Shows where Sailors and Marines will have the opportunity to learn about the Navy's enlisted to officer commissioning programs.

The road shows provide opportunities for enlisted personnel to get educated on all of the programs in one place at one time. In addition. they will be taught by Mustangs - prior-enlisted officers who com-

programs.

There are more than 300 Mustangs assigned at various commands throughout Hawaii and many of them will also road shows to assist Sailors and Marines with questions they may have about the application process, programs or designators.

The show at Hickam Memorial Theater on Joint Base Pearl Harbor-Hickam is the first of three that will be conducted in January. If Sailors miss the Jan. 17 show, they can attend either a Jan. 25 road show to be held from 9 a.m. to noon at the base theater at Marine Corps Base Hawaii Kaneohe Bay or an upcoming show at JBPHH Wahiawa Annex. The date, location and times for the Wahiawa show are not yet confirmed, but will be announced.

Marines are eligible to

missioned through those apply for three of the Navy's eight programs, the U.S. Naval Academy /Naval Academy Preparatory School (USNA/NAPS) program, for Medical Enlisted Commissionbe in attendance at the ing Program (MECP) and for the Medical Service Corps In-service Procurement Program (MSC-IPP). For other commissioning opportunities. Marines need to work through the U.S. Marine Corps.

The Navy Mustang Association, Hawaii Chapter holds the road shows multiple times a year to account for Sailors and Marines who may be deployed can ensure that shortly after they return. there will be another road show that they can plan to attend.

For more information, contact CW04 Michael Matthews, president of the Navy Mustang Association, Hawaii Chapter, at (808) 477-9883 or email Michael.Matthews 5.mil@mail.mil.

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## Harlem Globetrotters announce 'Hoops for the Troops Game' special

Harlem Globetrotters

As part of the Harlem Globetrotters' 75th anniversary celebration of entertaining United States service men and women and military personnel around the globe, the team will showcase its dedication in a onehour television special to be aired on the ESPN family of networks.

The 'Hoops For The Troops Game' will premiere on Sunday, Dec. 17 at 6 p.m. EST on ESPN2, with a special encore airing on Sunday, Dec. 31 at 3 p.m. EST on ESPN. The special will capture the Globetrotters' unique and special relationship with U.S. military personnel.

The Globetrotters consider it a privilege to honor U.S. military service men and women who make daily sacrifices for our country. Viewers of all ages will get to see what those brave men and women enjoyed up close in Hawaii," said Howard Smith, president of the Harlem Globetrotters.

The game, which will be the centerpiece to the one-hour special, takes place at historic Bloch Arena at Joint Base Pearl Harbor-Hickam. The arena, which has played host to Elvis Presley and the Pearl Harbor Invitational college basketball event, was one of the buildings which survived the bombing of the base on Dec. 7, 1941.

As part of the game, the entire audience is comprised of U.S. military personnel and their families. The event is hosted in conjunction with Navy Entertainment, who partners annually with the Globetrotters to bring joy to military bases overseas each fall.

Viewers will get to see the official return of the Harlem Globetrotters' long-time nemesis — the Washington Generals — following a two-year hiatus. There will also be the national television debut of the "Flying Globies" acrobatic trampoline dunk

team, which can be seen during the 2018 "Amazing Feats of Basketball" World Tour. The Globetrotters will also conduct the first-ever underwater ball-handling routine (known as the "Magic Circle") aboard the USS Santa Fe submarine, as well as a shooting game of N-A-V-Y with Sailors aboard the deck of the Battleship Missouri Memorial.

A number of Globetrotter stars, including Showman Ant Atkinson, Thunder Law, Cheese Chisholm, Hammer Harrison, Firefly Fisher, Spider Sharpless, Too Tall Hall, Moose Weeks, TNT Lister and Ace Jackson will be a part of the special. Fans can also catch the 2018 Globetrotter debuts of rookies Primetime Maberry, Bulldog Mack and Hot Shot Swanson.

For more information about the Harlem Globetrotters, visit the official website www.harlemglobetrotters.com and follow them on Twitter

## Review by

Rarely does a relatively thin and small book command so much respect. McCullough's "The American Spirit: Who We Are and What We Stand For" (2017, Simon & Schuster) is a collection of some of the great historian's speeches from 1989 through 2016.

An essential read in this collection is the speech, "The Spirit of Jefferson," which McCullough gave in a naturalization ceremony at Monticello, Charlottesville, Virginia in 1994

In 1776, the founders gathered together to stand up to authoritarian imperial control by King George and Great Britain.

"To Jefferson," McCullough writes, "the Revolution was more than a struggle for independence; it was a struggle for democracy, and thus what he wrote was truly revolutionary. Why do some men reach for the

David McCullough's 'Spirit' - Now and Then stars and so many others never reached for the stars:"

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness. That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the gov-erned..."

The Declaration of Independence, Articles of Confederation and the Constitution are included in the canon of reading published by Chief of Naval Operations Adm. John Richardson in the CNO's Navy Professional Reading Program, considered fundamental.

These founding documents delook up? Thomas Jefferson mand, establish and perpetuate humans, the founders were equal dignity of human beings, separation of powers, freedom of the press (among other freedoms) and self-government by

> "Never, never anywhere, had there been a government instituted on the consent of the people," McCullough reminds us.

"When he wrote the Declaration of Independence he was speaking to the world then, but speaking to us also across time. The ideas are transcendent, as is so much else that is bedrock to what we believe as a people, what we stand for, so many principles that have their origins here, with the mind and spirit of Thomas Jefferson. Sadly, too many today take for granted public schools, freedom of religion, freedom of speech, equality before the law, forgetting that these were ever novel and daring ideas."

Like the other founders, Jef-

— the 18th century. Like other flawed when it came to living up to the ideals they espoused. But those ideas were to be realized

Abraham Lincoln, certainly one of our greatest presidents, called on Americans to honor Jefferson on the eve of the Civil War.

Lincoln interpreted Jefferson's words in the Declaration to be "an abstract truth, applicable to all men and all times.'

McCullough shares a poignant moment standing on the South Portico balcony of the White House, built there on orders of Truman after the Second World War, "in keeping, as he explained to a critical press, with Jefferson's designs for the University of Virginia.'

It should be noted that one of Truman's greatest achievements was issuing an executive order ending segregation and promoting integrating of the military, further realizing Jefferson's and

"On that evening, beside me, stood the highest ranking officer in the military services, General Colin Powell. We were looking across the Mall, past the Washington Monument to the Jefferson Memorial, which was just catching the last light of the day. It is his favorite of all the memorials in Washington, the general told me. Then, slowly and with feeling he recited the line - 'I have sworn upon the altar of God eternal hostility against every form of tyranny over the mind of man."

McCullough says, "The Declaration of Independence was not a creation of the gods, but of living men, and, let us never forget, extremely brave men."

(An extended version of this review appears at http://navyreads.blogspot.com/)

## DoD complying with court orders on transgender applicants

U.S. Department of **Defense** 

As required by recent federal district court orders, the Department applicants for military This policy will be implemented while the Department of Justice appeals those court orders.

The United States District Court for the District of Columbia ordered DoD to implement, efby former Secretary Ash relief from those court

an ongoing policy review cant has been stable in scheduled to be completed before the end of 18 months, and if pres-

policy, a history of gender of Defense recently an- dysphoria is disqualify- the individual has been nounced it will begin ingunless, as certified by stable on such hormones processing transgender a licensed medical pro- for 18 months. vider, the applicant has service on Jan. 1, 2018. been stable without clinically significant distress or impairment in social, occupational, or other important areas of functioning for 18 months.

Additionally, a history of medical treatment associated with gender fective Jan. 1, 2018, the transition is disqualifyaccession policy issued ing unless, as certified by a licensed medical Carter in 2016. DoD and provider, the applicant the most recent surgery, the Department of Jus- has completed all medi- no functional limitations tice are actively pursuing cal treatment associated or complications persist, with the applicant's gen- and no additional surgerorders in order to allow der transition, the applicies are required.

the preferred gender for ently receiving cross-Under the 2016 Carter sex hormone therapy post-gender transition,

Guidance also includes specific details for recruits with a history of sex reassignment or genital reconstruction surgery.

Under the updated standards, these procedures would be disqualifying unless, as certified by a licensed medical provider, a period of 18 months has elapsed since the date of





**HO'OKELE** B-2 • December 15, 2017

## Stay healthy through the holidays and beyond

**Donta Tanner** 

Special to Ho'okele

Going through the holiday season is a great time to indulge in family, friends and food. It's also a time that we have a desire to start the new year to become the best versions of ourselves.

To get through the holidays, don't set goals to lose weight or achieve lofty fitness dreams that distracts from holiday indulgences. Instead strive to maintain current weight and fitness levels by moderation and not neglecting your fitness routines.

By all means, enjoy your favorite holiday foods, but stop eating when you are satisfied. Centenarians in Okinawa offer a great example of this by uttering a useful Confucian teaching (hara hachi bu) before meals that reminds them to stop eating when they are 80 percent full.

Also, slow down and enjoy your family and friends while eating; take time to talk and laugh between bites. There is a delay in the signals from our stomach that lets our brain know we're full, so this added time will serve us well and stave off added calories.

Do your workout before everyone wakes up or after they fall asleep, or better yet, invite them on a 20- to 30-minute walk before or after a meal. Don't miss valuable time with family and friends or avoid delicious food to take on new fitness goals. Maintain what you've already accomplished by moderation and moving before or after your planned social time.

So, how can we strive to be our best and maximize the "Four Fs," which is a term I've recently coined to refer to my favorite things (family, friends, food and Hawaii Pacific University.

The answer is simple and incorporates something called "The Power 9" or nine common denominators of what the longest-lived people in the world do. (See: https://bluezones. com/2016/11/power-9/)

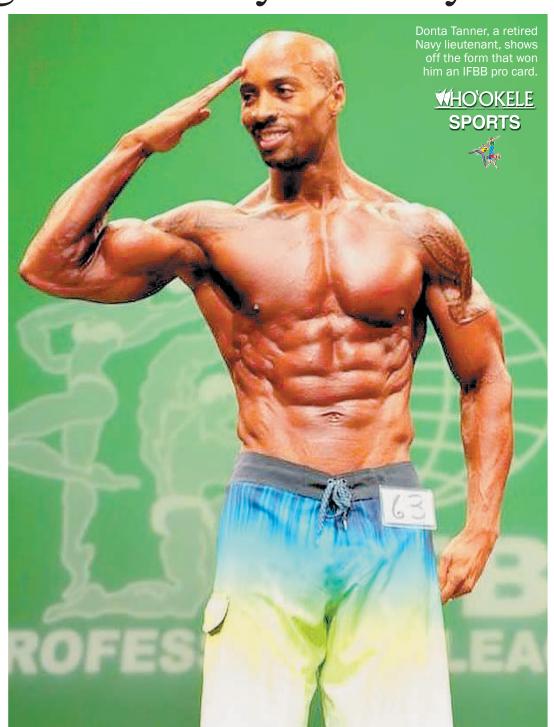
My favorite two lessons of the Power 9 are to move naturally and plant slant. Moving naturally with loved ones helps improve our strength and fitness, while plant slant encompasses adding more plant-based foods to our diets.

Basically, just eat more of the best foods for humans and less of the non-nutritious foods our palates have become accustomed to craving. This is challenging, so we should do everything we can to help make healthy choices easier and eventually the most desirable decision for ourselves and loved ones.

The communities we live in and our overall environment has a lot to do with the choices we make, so let's take action to shape and build it to accommodate options that will positively nudge us to make choices that lead to healthier and happier

Donta Tanner is a retired naval officer, professional athlete and actor, certified personal trainer and sports conditioning specialist.

A member of Hawaii Blue Zones Project team, he has earned a certificate by the American Council on Exercise (Fitness Nutrition Specialist program), a Bachelor of Science degree in Workforce Education, Development and Training, a Master of Public Administration and recently completed final courses to graduate with a Master of Business Administration from



## Total Body Conditioning sets foundation for fitness

Story and photo by Randy Dela Cruz

 $Sports\ Editor,\ Hoʻokele$ 

To set up the coming year as a time of overall wellness, Morale, Welfare and Recreation (MWR) has a vast collection of healthy classes and activities to help you get started and on a new and improved you.

From spinning to TRX and everything in between, each class can be tailored to the needs and level of fitness so everyone can enhance their physical performance.

Classes can be mixed and matched, but if you're really serious about getting a full-body body is ready to go." makeover, then the Total Body just be the program you're looking for.

Held every Tuesday from 11:30 a.m. to 12:30 p.m. at Joint Base Pearl Harbor-Hickam Fitness Center, TBC is run in an obstacle-course-like format with participants rotating through different stations until all exercises are completed.

While the course is very challenging, MWR fitness specialist Tina Iha, who conducts the class, said that because all exercises can be modified to fit any fitness level, anyone can do it.

'Today, we had 12 stations that we completed three times," Iha said. "I start out with one minute intervals, then after warm-up, I go to 45 seconds, then to 30 seconds and now the

Iha, who likes to change lower body and everywhere in ries faster."

between to make sure that each class member can strengthen and stabilize their entire body.

In order to maximize each workout, Iha uses multiple training equipments to keep each station challenging and

Looking over the layout at a recent class, Iha set up different stations with items such as kettle bells, medicine balls, battle ropes, resistance bands, sand bags, TRX and a heavy tractor tire that was used for flipping.

Stations may appear to be randomly set, but Iha said that the layout follows a specific guideline that rotates different parts of the body.

"I place stations that rotate between upper body and lower class, will target upper body, go up and down, you burn calo- strengthen your core.

lows most people to burn up to 500 calories per each one-hour session with men sometimes incinerating up to 700 calories,

Not only do you get a great calorie burn, TBC is great for developing functional strength, which not only helps Sailors and Airmen perform at the optimum level on their jobs, but also helps make everyday things like picking up groceries much easier.

We have the ball catch, so that's for your reach," she said. "We have pull and push. Every week, I focus on something dif-

In addition, the free-movement exercises used in TBC Conditioning (TBC) class might things up with each and every body," Iha said. "Any time you are a way to develop and up, so there is always knowl-

"The core is your foundation,"

Following these guidelines al- Iha said. "If your foundation is weak, then nothing can function.'

> Iha said that augmenting TBC with additional classes offered by MWR at both JBPHH and Hickam Fitness Centers is a great way to stay fit through the holidays and beyond.

> She cautioned, however, that if you are out of shape, always take things slowly at first, try working out only once a week, and progress from there, adding a day or two as you improve.

> 'We have great programs here at Joint Base and Hickam Fitness Centers," she said. "Our managers make sure that we, as fitness specialists, are on our game. All of our certifications, CPR certifications have to be edge coming in so that we can put it out there."



Two women practice running with resistance, while other class members train with kettle bells and on pushups during a Total Body Conditioning session at Ward Field.

**HO'OKELE** December 15, 2017 • B-3



#### Story and photos by Randy Dela Cruz

Sports Editor, Ho'okele

The 303rd Maneuver Enhancement Brigade (303 MEB), an Army reserve unit from Schofield Barracks, did it again by winning the fourth annual Army vs. Navy Classic flag football showdown over Joint Base Pearl Harbor-Hickam Afloat Division champions USS John Paul Jones (DDG 53), 30-13, on Dec. 8 at Earhart Field, JBPHH.

Playing under the brigade's motto, Pahu Imua (push forward), the 303 MEB, intramural flag football champs at Schofield Barracks for the third year in a row, have now won the classic two out of past three years and will hold onto the trophy between the two bases for the consecutive second season.

"It's our experience and chemistry together," said Pahu Imua quarterback Spc. Ezekiel Falaniko, whose imitation of Seattle Seahawks QB Russell Wilson kept the team's offense going strong. "It's one big family that we have. So we just go off of each other and if someone's doing bad, we know how to help out each other and get the job done."

The close bond of Pahu Imua showed up early as the team had to withstand a hot start by John Paul Jones.

After Pahu Imua lost the the first drive of the game, the team got the ball back only to have it picked off by John Paul Jones defender Lt. j.g. Paul Winston.

heated up quickly, as quarterback Operations Specialist 2nd Class Enrico Poole connected on a pass for an eight-yard pickup, before going long to Sonar Technician (Surface) 2nd Class Kalvin Popkes for a catch-and-run that placed the ball on the Pahu Imua three-yard line.

Two plays later, Poole kept the ball and swept down the right sideline and into the end zone to take the first lead of the game at 7-0 after the converted point after touchdown (PAT).

Playing from behind, Falaniko immediately gathered the troops and marched the team 65-yard on 10 plays to score its first touchdown of the game on a short pass from Falaniko to Sgt. Eleu Wilson.

Pahu Imua then took the lead on a two-point conversion that made it 8-7.

Still hot from their first score, John Paul Jones offense went back on the attack and picked right up from where they left off.

At the two-minute warning and the ball resting on the 35, Poole found Winston crossing from left to right and hit him in the numbers with a bullet.

Winston immediately turned upfield and found daylight all the way to the end zone for a touchdown that gave John Paul Jones

a 13-8 lead. halftime, Falaniko used ball on downs at the three- only two plays to get the yard line in the red zone on ball to midfield and then on the next play, the QB went over the top with toss into the arms of Sgt. Daryl

session, John Paul Jones went into halftime with a 16-13 advantage.

In the second half, it was all Pahu Imua as the team's defense, led by defensive back Sgt. Donovan Johnson with two interceptions, stepped up to shut down the John Paul Jones offense.

"We stayed true to who we are," Johnson said about the dominant second half played by the defense. "We definitely trust and love each other. The fact that we know each other that well, we know that we can just come in here and do what we do. Don't rattle under pressure and it seems to work out each vear.

With the defense running on all cylinders, Falaniko went to work on offense by connecting with Wilson for another touchdown and then a game-ending bomb to Sgt. Setu Lepou.

While Falaniko was still throwing bombs in the final seconds of the game, the Army QB said it was no disrespect to the Navy, but they did come to Hickam to make a statement.

"It was a statement for us because we've been here two years and lost the first one, so this year was kind of like a tie-breaker for us," Falaniko said. "But it was more of us just having fun. It was no disrespect to Navy. It was us just having

As the trophy travels However, just before back to Schofield Barracks ior one more year, Falaniko said that he is definitely thinking about a threepeat in 2018.

"We're looking like a down the left sideline and good two more years," he said. "We'll just take it Westbrook. He beat his a year at a time and see Failing to get a first man and took it all the way who's in or not in the mili down on their first post to the house, as Pahu Imua tary. We'll see how it goes.' who's in or not in the mili-



## Cub Scouts, community celebrate Arbor Day



Story and photo by Hickam Communities

With shovels in hand, Cub Scout Pack 941 planted indigenous smooth kou trees in celebration of Arbor Day held last month at Hickam's

The occasion was the 17th consecutive year Arbor Day has been observed on the base, which demonstrates Joint Base Pearl Harbor-Hickam's dedication to the stewardship of the urban tree canopy that beautifies its location.

Col. Douglas Pierce, commander of the 647th Air Base Group Squadron, 15th Wing and deputy commander of JBPHH, helped officiate the ceremony with a reading of the Arbor Day proclama-

Joining him were Navy arborist Matt Flach, Hickam Communities project director Kiki Villanueva, property management director Leslie Dalzell and Lendlease director of cultural resources

Arbor Day is an opportunity for the community to learn about the importance of trees, and the Arbor Day Foundation has recognized Hickam as a community dedicated to a healthy, sustainable urban forestry program. It is one of 3,400 other cities and towns across the nation being honored this year with the Tree City USA designation.

From left, Cub Scout Pack 941 leader Matthew Brougher assists Carter Brown and Noah Herring with tree planting at Hickam. The indigenous smooth kou trees will produce orange flowers year-round and provide shade with its canopy that can spread as wide as 25 to 30 feet.



Photos by Stephanie Lau

A Toys for Tots drive is held Dec. 8 at the Pearl Harbor Navy Exchange in partnership with the U.S. Marines. NEX collected 770 toys during the drive, which lasted from Nov. 1 to Dec. 8. The mission of the U.S. Marine Corps Reserve Toys for Tots program is to collect new toys for children and distribute them as holiday gifts for less fortunate children in the community.



## City Lights trolley tours continue

- Honolulu City Lights trolley tours continue through Dec. 23, departing from the Hickam Information, Tickets and Travel (ITT) office. Departure times are 6 p.m. (\$15) and 8:30 p.m. (\$10) and advance ticket purchase is required. For more information, call 448-2295.
- A free event to learn about Kwanzaa will be held from 10 a.m. to noon Dec. 15 at the Joint Base Pearl Harbor-Hickam Library. Hands-on learning through crafts and music will highlight this African American celebration. This event will

include light refreshments. For more information, call 448-8296.

- Christmas sale will be offered from Dec. 16 to 24 at the pro shops at all golf courses.
- \$2 Tuesday will be held 3:30 to 5:30 p.m. Dec. 19 at Mamala Bay Golf Course driving range. For \$2 patrons can get two buckets of balls to hit. Clubs will be available to borrow. PGA club pros will be on hand to offer tips. It will also include \$2 hot dogs and \$1 water and

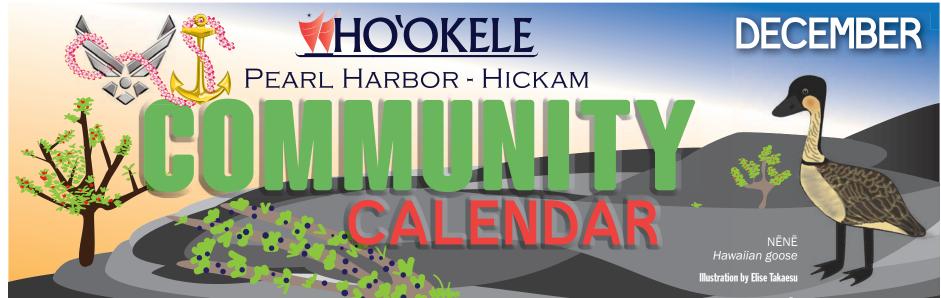
soda. This activity is open to ages 6 and up. For more information, call 449-2304.

- Free storytime with Santa is taking place from 5 to 7 p.m. Dec. 19 at Joint Base Library. The Military and Family Support Center and the library will get kids in the holiday spirit with stories, crafts and refreshments. Advance registration is required. For more information, call 474-1999.
- Holiday lunch buffet will be held from 11 a.m. to 2 p.m. Dec. 20 to 22 at The Lanai at Mamala Bay. A special weekday lunch buffet will be served to celebrate this festive time of the year. The cost is \$19.90 for adults and \$10.90 for children 6 to 12. For more information, call 422-3002.
- The 12 Days of Liberty will be held from Dec. 20 to Dec. 31 at the Liberty Centers. The Liberty Program will count down to 2018 with free activities for single Sailors and Airmen every

day until the end of 2017. Patrons can check out the Liberty calendar at www. greatlifehawaii.com or one of the centers. For more information, call 473-2583.

- Special holiday Sunday brunch will be served from 9 a.m. to 2 p.m. Dec. 24 and Dec. 31 at the Historic Hickam Officers' Club. The cost is \$24.95 for adults, \$13.50 for youth ages 7 to 12, and \$8.25 for youth ages 4 to 6. For more information, call 448-4608.
- Eat the Street with Information, Tickets and Travel (ITT) shuttle rolls out from 6:30 to 9:30 p.m. Dec. 29, departing from the Hickam ITT office. Patrons can 448-2295 for pricing and more information.
- Free New Year's Eve party will be held from 9 p.m. to 1 a.m. Dec. 31 at Club Pearl Brews and Cues building 1557. The event is open to patrons ages 18 and older. For more information, call 473-1743.





#### **JEWISH HOLIDAY SERVICE**

**TODAY** - A Shabbat Hanukah service will be held at 7:30 p.m., today, Dec. 15 at Aloha Jewish Chapel. FMI: 473-3971.

#### ANGER MANAGEMENT

**DEC.** 18 — An anger management class will be held at Military and Family Support Center Pearl Harbor. This class is designed to help participants better understand, channel and control their anger. FMI: www. greatlifehawaii.com/family-support/mfscclass-schedule or 474-1999.

#### **BLOOD DRIVES**

**DEC.** 19, 26, 27 — An Armed Services Blood Program drive will be held from 9 a.m. to 1 p.m. at the Ford Island NOAA building, 1845 Wasp Blvd. In addition, blood drives will be held at the Tripler Blood Donor Center at 1 Jarrett White Road from 8 a.m. to 3:30 p.m. on Dec. 26 and 27. FMI: www.militaryblood. dod.mil/ or call 433-6699 or 433-6148.

#### DEALING WITH DIFFICULT PEOPLE

**DEC.** 19 – A workshop on dealing with difficult people will be held from 9 to 11 a.m. at Military and Family Support Center Pearl Harbor. Do you work with a Sniper or a Tank? How about a Cry Baby? Participants who attend the workshop can learn all about those types of people who seem to create a toxic work environment for others. Class instructors can teach some tips on how to identify who they are, why they get under our skin, and the best way to deal with each specific one. FMI: www.greatlifehawaii.com/familysupport/mfsc-class-schedule or 474-1999.

#### **SAVING AND INVESTING**

**DEC.** 19 – A workshop on saving and investing will be held from 1 to 3 p.m. at Military and Family Support Center Wahiawa. This workshop is designed to teach participants the basic skills and techniques of managing and budgeting money, how to shop for investments and the difference between stocks and bonds. It will also discuss Roth and traditional IRAs, CDs, money market accounts and more. FMI: www. greatlifehawaii.com/family-support/mfscclass-schedule or 474-1999.

#### **CLASS FOR NEW MOMS AND DADS**

**DEC. 20** – A class for new moms



and dads will be held from 5 to 8 p.m. at Military and Family Support Center Hickam. New and soon-to-be parents (or those who are thinking about becoming parents) can learn about the roles, responsibilities, demands and joys of being parents. The session will also include early childhood social, emotional and physical development, information about crying and consoling, basic care, and what to expect in the first year. FMI: www.greatlifehawaii.com/family-support/ mfsc-class-schedule or 474-1999.

#### **ROMAN CATHOLIC HOLIDAY SERVICES**

- DEC. 24, 8:15 A.M., Catholic Mass at Pearl Harbor Memorial Chapel.
- DEC. 24, 6 P.M., Christmas Eve Vigil Mass at Pearl Harbor Memorial
- DEC. 25, 9 A.M., Christmas Day Mass at Hickam Chapel Center.
- JAN. 1, 9 A.M., New Year's Day Mass at Pearl Harbor Memorial

FMI: call the Pearl Harbor Memorial Chapel at 473-3971 or the Hickam Chapel Center at 449-1754.

#### PROTESTANT HOLIDAY SERVICES

- DEC. 24, 10 A.M., Christmas Eve traditional service at Submarine Memorial Chapel.
- DEC. 24, 8:30 A.M., Christmas Eve unity worship service at Hickam Chapel Center.
- DEC. 24, 11 A.M., Christmas Eve contemporary service at Pearl Harbor Memorial Chapel.
- Christmas Eve candlelight service at Hickam Chapel Center. FMI: call the Pearl Harbor Memorial Chapel at 473-3971 or the Hickam Chapel Center at 449-1754.

• DEC. 24, 6 P.M., Joint Base

#### **CONFLICT RESOLUTION**

**DEC.** 27 – A conflict resolution workshop will be held from 1 to 3 p.m. at Military and Family Support Center Pearl Harbor. This workshop is designed to help people manage conflict by examining their attitudes and behaviors when faced with conflicting situations. Participants can learn how to prevent conflict from escalating and how to work with others to solve problems. FMI: www.greatlifehawaii.

com/family-support/mfsc-classschedule or 474-1999.

#### PARENT CHILD COMMUNICATION

**DEC.** 28 – A class on parent and child communication will be held at 9 a.m. at Military and Family Support Center Pearl Harbor. The class is designed to assist parents about improving their communication with their children of all ages. Techniques suitable for each age group will be explored. FMI: www. greatlifehawaii.com/family-support/mfscclass-schedule or 474-1999.

#### **SOOTHING YOUR BABY** AND LOVING TOUCH

**DEC. 28** — A class on soothing your baby and loving touch will be held from 1 to 2 p.m. at the Hickam medical building. This class is designed to capture the behavioral characteristics of excessive crying during a baby's normal developmental phase. The class also aims to help parents find ways to soothe their baby and build resilience during this challenging period. FMI: www.greatlifehawaii.com/familysupport/mfsc-class-schedule or call 474-1999.

## **MOVIE SHOWTIMES**

#### SHARKEY THEATER

TODAY - DEC. 15

7:00 PM • Justice League (3-D) (PG-13)

#### SATURDAY - DEC. 16

2:30 PM • The Star (PG)

4:40 PM • Daddy's Home 2 (PG-13)

7:00 PM • Justice League (PG-13)

#### SUNDAY - DEC. 17

2:30 PM • The Star (PG)

4:40 PM • Thor: Ragnarok (3-D) (PG-13)

7:20 PM • Justice League (PG-13)

#### THURSDAY - DEC. 21

7:00 PM • Daddy's Home 2 (PG-13)

#### **HICKAM MEMORIAL THEATER**

TODAY - DEC. 15

7:00 PM • Justice League (PG-13)

#### SATURDAY - DEC. 16

3:00 PM • The Star (PG)

5:30 PM • Justice League (PG-13)

#### SUNDAY - DEC. 17

1:30 PM • The Star (PG)

3:30 PM • Justice League (PG-13)

#### THURSDAY - DEC. 21

6:30 PM • Daddy's Home 2 (PG-13)

#### The Star

In Sony Pictures Animation's The Star, a small but brave donkey named Bo yearns for a life beyond his daily grind at the village mill. One day he finds the courage to break free, and finally goes on the adventure of his dreams. On his journey, he teams up with Ruth, a loveable sheep who has lost her flock and Dave, a dove with lofty aspirations. Along with three wisecracking camels and some eccentric stable animals, Bo and his new friends follow the Star and become accidental heroes in the greatest story ever told - the first Christmas.



#### My Navy Portal update

Naval Education and Training Command Public Affairs

Sailors can see four updates when they log into My

Navy Portal (MNP), as of Dec. 6.
MNP is designed to combine pe

MNP is designed to combine personnel, training and education websites for Sailors into one easy-to-use location at https://my.navy.mil. The site provides Sailors with a single self-service portal to manage their careers from the day they join to the day they separate.

#### The latest updates are:

- The login page has a new look and gives Sailors the option of a low or high bandwidth site. The "Quick Links" and "About MNP" pages have also been redesigned to be more user-friendly.
- A new appointment scheduler feature allows Sailors to make and manage appointments with a Navy College education counselor for career and voluntary education (VOLED) guidance and to set up taking academic and foreign language tests. The scheduler is in the "Training, Education, Qualifications" Career and Life Event section.

This complements services already offered by the Navy College Program website and mobile application, as well as language testing managed by the Center for Language, Regional Expertise and Culture.

- As a result of Sailor feedback, the General Military Training (GMT) page has been redesigned so that course listings are now in a format that is easier to read and understand, making it easier to complete mandatory training. The new GMT page is found by going to "Professional Resources," "General Skills Training" and then "General Military Training (GMT)."
- MNP now has 10 Career and Life Event (CLE) categories, which organize content based on real tasks that Sailors must perform to manage their careers. The "Collateral Duty" CLE has been removed and the information added into the "Performance" CLE.

Sailors can also visit the feedback section or use the page-specific feedback feature and can contact 1-855-NAVY-311 (1-855-628-9311), submit a service request through MNP or email MNP\_helpdesk@navy.mil.

