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FOR THE NAVY AND AIR FORCE TEAM IN HAWAII

January 12, 2018

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Volume 9 Issue 1

MCPON talks about camaraderie with Hawaii Sailors

MC1 John Herman

Navy Public Affairs Support Element Detachment Hawaii

Master Chief Petty Officer of the Navy (MCPON) Steven Giordano met with Sailors and toured various commands during his visit at Joint Base Pearl Harbor-Hickam (JBPHH),

As part of the visit, the MCPON held an all-hands call at Bloch Arena where he addressed hundreds of Sailors from local commands about the increase of suicides in the Navy and the importance of Sailors looking out for each other.

"One Sailor lost is too many," Giordano said. You know each other better than anyone else. If you see something which doesn't feel right, check-in with your shipmate. It can make a difference."

Giordano shared a story about a recent situation where a Sailor noticed something odd with a fellow shipmate.

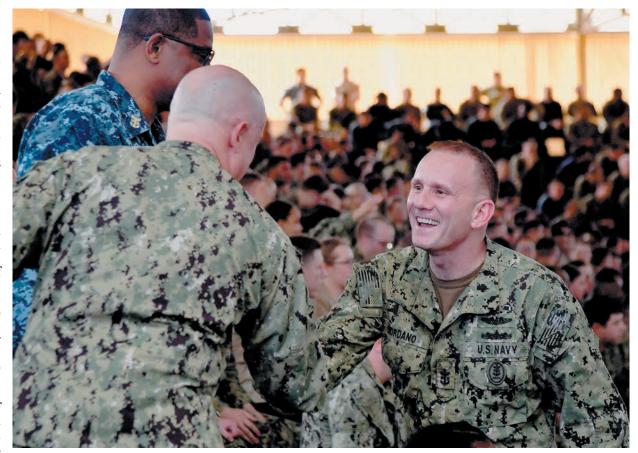


Photo by MC1 Nardel Gervacio

Master Chief Petty Officer of the Navy (MCPON) Steven Giordano talks with Sailors and senior enlisted leaders during an all-hands call at Bloch Arena.

alright and, ultimately, The Sailor stopped to prevented an attempted

of a shipmate.

Erinç, stationed at Pearl Electronics Technician Harbor Naval Shipyard the MCPON's comments

see if everything was suicide and saved the life Nuclear 1st Class Adam and Intermediate Maintenance Facility, stated

on suicide prevention hit home.

Previously, he had helped two of his own Sailors overcome stressful times in their life. One confided that he had considered suicide.

"See something, do something," Erinç said.

"Everybody has stress. What's important is being there for them to talk to. When you see something that doesn't seem right, just taking the time to stop and ask them if they are okay can make a difference.'

During the all-hands call, the MCPON made time for questions from the audience.

He also talked about the future of the Navy and the Sailor 2025 initiative.

Giordano also toured JBPHH Security followed by a visit at the Construction Battalion Maintenance Unit 303 Det. Hawaii.

His other visits also include a number of area commands such as Marine Corps Base Hawaii, Pacific Missile Range Facility and USS Chung-Hoon (DDG 93).



Naval Surface Force, U.S. Pacific Fleet **Public Affairs**

The guided-missile destroyer USS Chafee (DDG 90) is scheduled to return to Joint Base Pearl Harbor-Hickam from an independent deployment to the western Pacific and South America, Jan. 12.

nearly 350 officers and enlisted Sailors and is a multi-mission ship designed to operate independently or with an associated strike group. The embarked maintainers and pilots from Helicopter Maritime Strike Squadron (HSM) 37 served as the air support for the ship

Chafee has a crew of throughout the deployment.

While deployed, the ship conducted theater security cooperation and maritime presence operations with partner nations throughout the Pacific. Chafee engaged in multinational exercises with navies from Chile, Peru, Republic of Korea, and Japan Mari-

time Self Defense Force, among other countries. Its crew recovered over 800kg of illicit narcotics while patrolling the waters of 4th Fleet. Additionally, the destroyer successfully integrated into Carrier Strike Group 5 in support of the USS Ronald Reagan's extensive patrol of the U.S. 7th Fleet area of

responsibility.

"The superior performance of Chafee on deployment is a testament to the hard work and sacrifice of all the men and women serving aboard,' said Cmdr. Jacob Braun, commanding officer of Chafee. "Their teamwork, positive attitude and spirit ensured Chafee was always prepared to execute

tasking.

Chafee was named after the late Sen. John Lester Hubbard Chafee, a Marine veteran who fought in the Battle of Guadalcanal and served as the Secretary of the Navy. The ship was last deployed to the western Pacific and South America in 2015.

USS Michael Murphy ready to depart for deployment today

MC3 Jasen Moreno-Garcia

Carl Vinson Strike Group Public Affairs

The Arleigh Burkestroyer USS Michael Murphy (DDG 112) is to depart Joint Base Pearl Harbor-Hickam today for a regularly scheduled deployment to the western Pacific with the Carl Vin-

son Strike Group Michael Murphy will deploy with a crew of approximately 320 Sailors and a detachment of MH-60R helicopters from Helicopter Maritime Squadron U.S. 3rd Fleet's command mously awarded the E. Meyer (DDG 105).

ers," based at Marine Corps Base Hawaii. The ship will join the strike group as it transits toward the western Pacific.

"The crew of USS class guided-missile de- Michael Murphy has trained extensively for this deployment and is ready to execute all missions as part of the Carl Vinson Strike Group and 3rd Fleet," said Cmdr. Kevin Louis, the ship's

commanding officer. The deployment marks the second time the Carl Vinson Strike Group will operate throughout the

Indo-Pacific region under

group became the first in recent history to demonstrate a command and control construct called Third Fleet Forward when units completed a sixmonth deployment last

Michael Murphy is a multi-mission ship designed to operate independently or with a surface action group or strike group. The destroyer was commissioned in 2012 and is named after former U.S. Navy SEAL Lt. Michael

P. Murphy. Murphy was posthu-

(HSM) 37, the "Easyrid- and control. The strike Medal of Honor for his heroic actions during Operation Red Wings in Afghanistan, June 28, 2005. He was the first person to be awarded the medal for actions in Afghanistan and was the first member of the U.S. Navy to receive the award since the Vietnam War.

Michael Murphy operates under Destroyer Squadron 1. The squadron is deployed with Nimitz-class aircraft carrier USS Carl Vinson (CVN 70), Carrier Air Wing 2, guided-missile cruiser USS Lake Champlain (CG 57) and USS Wayne



File photo by MCSN Lasheba James

The Arleigh Burke-class guided-missile destroyer USS Michael Murphy (112) participates in a refueling-at-sea with the Nimitz-class aircraft carrier USS Carl Vinson (70) in the Pacific Ocean, Nov. 6, 2017.

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Lt. Rob Reinheimer

Carrier Strike Group Nine Public Affairs

Editor's note: Two Pearl Harbor homeported ships USS Halsey (DDG 97) and USS Preble (DDG 88) are part of DESRON 23's Little Beavers legacy.

Across the U.S. 5th Fleet area of operations, four destroyers from Destroyer Squadron (DES-RON) 23 have the watch. While four destroyers deployed from one DES-RON at the same time is not unusual, this group is special because these ships are from the Navy's most storied DESRON, the "Little Beavers" of DESRON 23.

"Under the command of Commodore Arleigh Burke, DESRON 23 was the only destroyer squadron of World War II to be awarded a group Pres-

idential Unit Citation," said current Commodore, Capt. Bill Daly. "Today we tend to refer to the DES-RON staff as the Little Beavers, but it's the ships and their commanding officers that are the true lineage of the original Little Beavers.

The Little Beavers of World War II executed decisive victories at the battles of Empress Augusta Bay and Cape St. George. Seven of the eight commanding officers eventually rose to flag rank and included naval greats such as Vice Adm. Bernard Austin and Rear Adm. Herald Stout. In the Battle of Cape St. George, Cmdr. Burke's training and tactics resulted in DESRON 23 ships sinking three Japanese destroyers without suffering a single hit from the en-

Today, USS Sampson (DDG 102), USS Halsey (DDG 97), USS Preble (DDG 88), and USS Higgins (DDG 76), along with the Commander, Destroyer Squadron 23, are deployed as part of the Theodore Roosevelt Carrier Strike Group.

All four ships are currently conducting missions across the 2.5 million square miles of water area that make up the U.S. 5th Fleet, including the Arabian Gulf, Gulf of Oman, Gulf of Aden, Red Sea, and Arabian Sea. Destroyers are multi-mission warships, capable of a wide-array of missions, to include surface warfare, anti-submarine warfare, maritime interception operations, and more.

Across the area of operations, Cmdr. Allen Maxwell, commanding officer of USS Preble, understands how the past is shaping his ships current operations.

"On Preble, we understand our lineage with the Little Beavers, and this crew trains and operates in theater today with an eye to preserving this squadron's legacy and current standards of superb operational readiness." Preble's training recently paid off, as their quick response provided aid to a fishing vessel in distress while on patrol off the coast of Iran.

The phrase "The Little Beavers" was adopted by Burke after he saw the cartoon character being painted on torpedo tubes on one of the DESRON ships in 1943. Little Beaver was the companion character to Red Ryder in the newspaper comic strip, "The Adventures of Red Ryder," which ran from 1938 to 1964. To this day, Little Beaver remains a hallmark symbol of this famous squadron.

Don't let mumps spoil your fun

Centers for Disease Control and Prevention



MMR (measles-mumps-rubella) vaccination is the best protection against mumps!

Keep from spreading mumps

- Don't share drinks or eating utensils
- Cover your coughs and sneezes
- Stay home when you are sick · Wash your hands often with soap and water
- Clean and disinfect surfaces

Signs and symptoms of mumps

Mumps is best known for the puffy cheeks and swollen jaw that it causes, fever, headache, loss of appetite, muscle aches and tiredness.

There is no treatment for mumps

If you have symptoms, stay home and away from others and contact your health care provider.

Ask your health care provider about where you can get vaccinated.



CNRH issues reminder of marijuana prohibition

Navy Region Hawaii **Human Resources**

Recent changes in state laws necessitate clarification on the use of marijuana by Department of the Navy (DON) employees. The use of marijuana remains illegal for federal employ-

Marijuana remains illegal under federal law, regardless of state laws, as a Schedule I drug in the Controlled Substances Act. Marijuana is therefore illegal for federal employees unless or until there is further specific guidance issued

at the federal level allowing for marijuana use in some (or any) situations.

Those employees subject to random testing, or any other testing (applicant, reasonable suspicion, post-accident, or follow-up), remain subject to the consequences for illegal drug use. Based on state laws, federal employees remain accountable to comply with federal law unless there are changes at the federal level.

For more information, call your command's drug program coordina-

Aircraft travel over Diamond Head

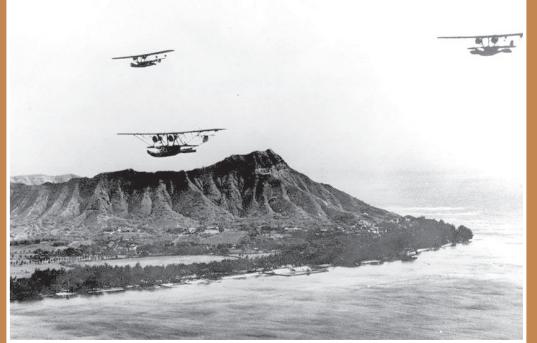


Photo courtesy of the Naval History and Heritage Com
In the first nonstop formation flight from the United States to the territory of Hawaii, Consolidated P2Y-1 aircraft from Patrol Squadron (VP-10) fly over Diamond Head near Honolulu en route Pearl Harbor, Jan. 11, 1934. The flight, which took place 84 years ago this week, departed San Francisco Jan. 10. The P2Y-1 aircraft arrived in Hawaii after flying 2,399 miles in 24 hours and 35 minutes.

Commander. Navy Region Hawaii

Rear Adm. Brian Fort

Director, Navy

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Diverse VIEWS















This past year was tough for the Surface Navy. I know. In June of 2017, less than a week after I arrived in Pearl Harbor to take over as the new Region Hawaii and Naval Surface Group Mid-UJV ARIZ; TT ^ ^ R_UVd.: ~ Vh e` J`\`suka, Japan to lead the USS Fitzgerald (DDG $6\dot{2}$) collision investigation. For the rest of my life, I am emotionally invested in that investigation, and for the remainder of my service in the Navy I am professionally and personally invested in the corrective actions — most daVIZ; TR]]jL`fchRc; XYeZ_XcVRUZ_Vdd to win.

In wartime our mission is simple — fight and win our nation's wars. In peacetime our mission is equally simple SV cVRUj e`X R_U} XYe R_U h Z_Ž:_ 2018 if you are assigned to the Surface Navy in Pearl Harbor, you will be at the epicenter of Navy warfighting culture and readiness to win!

In Pearl Harbor we have history on our side. Seventy-five years ago, Lt. Cmdr. Richard O'Kane set the standard of our Navy warfighting culture. 2d Vi VIf eZgV`VVTVc`WFDDHRY``ıDD 238) and then, in 1943, as commanding officer of USS Tang (SS 306), O'Kane earned an unequaled record of victories against the enemy, destroying their war

ships and supply lines. O'Kane went into harm's way focused and committed to the mission.

unteered for submarine duty because he saw it as more dangerous and challeng-

ing. And, in many ways, he was right. Submariners suffered the greatest numbers of casualties on average in World War II. They wore no life vests war President Truman presented him juncture: the intersection of the water- $cVRUj \ e$ $X \ LcVRUj \ e$

in place, weighs only 2 tons. Amazing!

When anchored offshore, Navy com-

manders depend on their anchor to hold

fast when the weather or tide turns, and

when leaving or entering port they de-

So when it comes to your leadership,

what's your anchor? Ask yourself this

question, what do you want most from

your leaders and what do those you lead

The answer is simple — integrity.

This week, our guided-missile de-

strover USS Chafee (DDG 90) returns

to homeport at Joint Base Pearl Har-

bor-Hickam following a seven-month de-

ployment. Sailors aboard Chafee served

throughout the span of the Pacific,

from WestPac to South America. They

demonstrated warfighting readiness,

I am very proud of Team Chafee,

not only for their command of the seas

but also for the honor and integrity

they showed throughout their deploy-

ment. And, by the way, check out their

YouTube video at www.youtube.com/

watch?v=7BCQvPSdEgc with a par-

speed, precision and reach.

want most from you?

That's your anchor.

pend on their anchor in an emergency.

became prisoners of war, they were singled out for the most brutal punishment. Worst of all, in the heat of battle their torpedoes often malfunctioned, espe-

emy ships and 107,323 tons of enemy $dYZaaZ_XL@^{<}R_V\}cVUYZd\}_R]e^{c}aVU^{*}L$ but it curved left, porpoised and circled back, striking Tang's stern and sinking the submarine.

O'Kane survived both the sinking and his time as a POW, and after the

toughness in the face of adversity, and after the war he served as commanding WyTVc`WeYVDfS^RcZVDTY``]Z_?Wh London, Connecticut, where he inspired RTf]ef cV`WhRc} XYeZ_XZ

Today, USS O'Kane (DDG 77) is one of five guided-missile destroyers forof the homeported surface ships in Hawaii. A number of submarines are also deployed from Pearl Harbor.

Here at Navy Region Hawaii and Naval Surface Group Middle Pacific we have the exceptional distinction of be-

which provide infrastructure, repairs, logistics, training, and testing of those ships. With the strong support of our tenant commands we meet and sustain eYV_WUd`Wfc~WeL`fchRc}XYeVcdL and our families. Fundamentally, we are best and uniquely postured to positively impact the Pearl Harbor surface fleet hRc} XYeZ_XTf |ef cVLR_U h V RcV WIf dW and committed to that task.

Today, our allies' maritime forces know they have no better friend than the United States Navy. Potential adversaries should also know they have no worse enemy.

Here in Pearl Harbor, we rose to the challenge 76 years ago as "Remember AVRc] 9 RcS`c%dYRcaV_VU`fchRc} XYe ing culture. In the wake of 9/11, when our culture was tested, we rose to the challenge once more. At the direction of the Secretary of the Navy, Gordon England, we returned to our First Navy Jack, "Don't Tread on Me," on the jack staffs of all Navy warships as a historic reminder of the nation's and Navy's origins and our will to persevere and triumph.

Throughout 2018, the headquarters building of Region Hawaii and Naval Df cVRIV 8c`fa > ZUU]V ARIZ; ThZ] R]d`fly our First Navy Jack. We do this to honor the 17 shipmates we lost on FitzhRcUUVa] j VUZ_ eYV: _U łARIZ Tłł YR]W gerald and John S. McCain and as a re-Z UVc eYRe `f c h Rc} XYeZ X VUXV Zd_`e

only back but renewed and forged with purpose.

Sailors in Hawaii are focused and committed to our warfighting culture. Just like Rear Adm. O'Kane and the ing two commands united at a perfect Sailors of World War II, our Sailors are

cially in the early months of the war. Even as late as 1944, errant torpedoes caused problems, including for O'Kane. Aboard USS Tang, after sinking 13 en-

Two months later he enlisted as a private in the United States Marine Corps. Six months later he was in combat with the original invasion force at Guadalcanal — just over 75 years ago. A modern U.S. Navy destroyer weighs During World War II, Chafee was seapproximately 9000 tons. The anchor lected for officer candidate school. He (not including the weight of the chain), was commissioned a second lieutenant which is designed to hold the ship safely

> Sixth Marine Division in the Battle of Okinawa. He also served in Ting Tao, China at the end of 1945. In 1946 Chafee returned to Yale and became captain of the wrestling team. He then took the initiative to study at

> $R_U cVef c_V ue` JVRUR_U XYeh ZeY eYV$

Harvard Law School. In 1950, war ignited on the Korean Peninsula when the North invaded the South and duty called once more. Chafee returned to service as a captain and a company commander with the First Marine Division. His young Marines loved him because he led with integrity. His lieutenant, James Brady, who would author a book called "The Coldest War," called Chafee "the most admirable man I've ever known."

@_VURj hYV_4YRWWdcZ-VT^aR_j had to cross a snow-covered ground believed to be a minefield, he took point and led his men across. The Marines, trusting their leader's judgment, followed precisely in his footsteps. When they looked back, they saw one set of footprints in the snow.

Following his tour in Korea, Chafee dVcgVUZ_eYV> RcZ_V4`cad=VXRI`WIV in Pearl Harbor until his release from active service in 1953.

After his military service, Chafee served as a local legislator and then as governor of Rhode Island. President Richard Nixon appointed Chafee as Secretary of the Navy in 1969. As SECNAV,

Chafee chose Adm. Elmo Zumwalt to be Chief of Naval Operations, which accelerated our Navy's integration of minorities and women. Chafee championed modernization of naval forces as a top priority. He also oversaw the USS Pueblo incident with statesmanship and

diplomacy. Chafee was elected to the U.S. Senate in 1976 and helped bring about the Clean Water Act and Clean Air Act. He was an architect of the Superfund program to clean up hazardous waste sites. He advocated construction of Interstate-95, expanded Medicare, and developed parks throughout his state. He demonstrated a lifelong commitment to physical fitness, the environment and support of the military.

In other words, he served people, and he served with integrity. Fellow Senator Kay Bailey Hutchison of Texas said John Chafee set "a standard of decency, civility and kindness, remembering how

to disagree without rancor ... He exema]Zį VU VgVcj eYZ_XeYRe h RdX `UR_UUV cent and honorable about our country."

Our Sailors expect us, as leaders, to take care of our people, including family members. They expect us to be trained in decision making, to be masters of communication, to be skilled in critical self-assessment, and to be willing to rise to the challenge in a crisis. Sailors and Marines — gravitate to integrity and the chance to make a difference as leaders themselves

The Honorable John Chafee is the namesake for USS Chafee, but he is an icon of leadership and integrity for our entire Navv.

Honor, Courage and Commitment are our core values. Integrity is our leadership anchor.

ticular shout-out to their namesake John H. Chafee!

John Chafee epitomized integrity. He was a 19-year-old sophomore on the wrestling team at Yale University on Dec. 7, 1941 when Oahu was attacked. A-4 • January 12, 2018



Sailors conduct their bi-annual Physical Readiness Test (PRT) on stationary bikes in the hangar bay of the aircraft carrier USS Theodore Roosevelt (CVN 71).

Chief of Naval Personnel Public Affairs

Blended Retirement System (BRS)

The implementation of the Uniformed Services Blended Retirement System, known as the BRS is in effect. The Fiscal Year 2016 Nation Defense Authorization Act created a new military retirement system that blends the traditional legacy retirement pension with a defined contribution to service members' Thrift Savings Plan account. All members serving as of Dec. 31, 2017, are grandfathered under the legacy retirement system. Active component service members with fewer than 12 years since their pay entry base date, and reserve component service members who have accrued fewer than 4,320 retirement points as od Dec. 31, 2017, have the option to opt into the BRS. All service members who enter the military on or after Jan. 1 are automatically enrolled in BRS. The BRS opt-in period is now open. To opt-in, visit DFAS myPay. For more information, visit http://militarypay.defense.gov/BlendedRetirement/.

PFA separation policy

The goal of the Navy's physical readiness program is to maintain a minimum prescribed level of fitness necessary for worldwide deployment and to maintain a Sailor's long-term health and wellness. Revisions were made to the Physical Readiness Program separation policy, directing commands to discontinue processing Sailors for separation as a result of Physical Fitness Assessment (PFA) failures and providing guidance on how to handle Sailors with approved separations in NAVADMIN 304/17. For more information, visit https://go.usa.gov/xnp4P.

Navy uniform policy

Several updates to Navy uniform policy and uniform initiatives had been announced in NAVADMIN 310/17. Policy updates include Engineering Duty

Officer (EDO) qualification insignia, North American Aerospace Defense Command (NORAD) identification badge, Navy Working Uniform Type II and III (NWU Type II/III) embroidered shoulder patches, Navy Career Counselor identification badge, black v-neck pullover sweater, and revised occasion for wear of the NWU. For more information, visit https://go.usa.gov/xnp2x.

Alignment of End of Active Obligated Service

A policy and process change, directing commands to immediately take action to align Sailors' end of active obligated service (EAOS) with their duty station tour length had been announced in NAVADMIN 307/17. The new policy changes and processes include commanding officer's (CO) extension authority, obligated service (OBLISERV) policy, Career Waypoints (C-WAY) policy and enlistment extension policy. In addition permanent change of station (PCS) orders will now require OBLISERV to complete their full prescribed tour. Sailors will now meet the OBLISERV requirements through enlistment extension, reenlistment, or, in some cases, by filing an Administrative Remarks (NAVPERS 1070/613) prior to executing orders. For more information, visit https://go.usa. gov/xnpTB.

Selective Reenlistment Bonus

The Selective Reenlistment Bonus (SRB) award plan for active component and full time support Sailors has been announced in NAVADMIN 311/17. SRB serve as an incentive for those Sailors with critical skills and experience to remain in the Navy. Sailors can keep abreast of award changes through the Navy's SRB webpage at http://www.public.navy.mil/bupers-npc/career/enlistedcareeradmin/Pages/SRB. aspx/ and review the NAVADMIN, which contains a complete listing of changes to skills award levels eligible for SRBs.

Naval Health Clinic Hawaii year in review

Naval Health Clinic Hawaii Public Affairs

"It was an awesome year for Naval Health Clinic (NHC) Hawaii. One of the cornerstones of our health care operations is a continuous process improvement. The command's culture embraces patient safety as everyone has a voice and that contributes to the success of the command," said Capt. Lynn Wheeler, commanding officer, NHC Hawaii."

Wheeler said, "As we begin a New Year, we are reminded that quality is a journey, not a destination and that everything we do must support readiness."

Here are 10 of the many highlights:

- Empowered annual goal teams and 4DX teams accomplished amazing things—raising the "quality" bar every day.
- NHC Hawaii's access to care is consistently at the top of Navy Medicine in acute and routine access.
- RelayHealth enrollment (secure messaging with medical home port teams) currently at 87 percent the only Navy military treatment facility above 80 percent for each of the past 12 months.
- NHCH is leading the region with our Tactical Combat Casualty Care (TCCC) course program being officially certified in 2017.
- Initiated new dental prophylaxis initiative to provide an exam and cleaning "one-stop shop"
- Medical Readiness Clinic fully implemented new electronic Periodic Health Assessment (ePHA)
- Initiated new mammography upgrade to provide a semi-3D assessment cutting edge technology that will improve lesion detection for better identification of breast cancer.
- The Bureau of Medicine and Surgery Detachment's Data Quality Manager of the Year – Desiree Baba
- Awarded Lean Six Sigma Master Black Belt (Lt. Cmdr. Vince Deguzman) and Green Belts (Hospital Corpsman 2nd Class Samantha Sanchez and Geoffrey Cheng)
- Winner "Best Performance, 3rd Quarter, Fiscal Year 2017" by the DHA's Medical Logistics Division, Medical Materiel Enterprise Standardization Office (MMESO) NHC Hawaii provides world-class care from the heart of the Pacific to warfighters and their ohana!



HO'OKELE January 12, 2018 • A-5



Photo by MC3 Sean Galbreath

Sailors stand at the rails on the flight deck of the amphibious assault ship USS Wasp (LHD 1) at Joint Base Pearl Harbor-Hickam, Jan. 2. Wasp is transiting to Sasebo, Japan to conduct a turnover with the USS Bonhomme Richard (LHD 6) as the forward-deployed flagship of the amphibious forces in the U.S. 7th Fleet area of operations.



Photo by MCSN Randall W. Ramaswamy

Boatswain's Mate 3rd Class James T. Breiding hoists the Navy Jack on the jackstaff of the submarine tender USS Frank Cable (AS 40) at Pearl Harbor, Jan. 2. Frank Cable, forward deployed to Guam, repairs, rearms and reprovisions deployed U.S. Naval Forces in the Indo-Asia-Pacific region.



U.S. Air Force Staff Sgt. Nicholas Souza, an air transportation specialist for the Air Force Reserve's 48th Aerial Port Squadron, secures a humvee onto the tracks of an U.S. Air Force C-17 Globemaster III aircraft during a joint training exercise with the Hawaii Air National Guard at Joint Base Pearl Harbor-Hickam, Jan. 7.

Photo by Master Sgt. Theanne Herrmann



Photo by Staff Sgt. Armando R. Limon

A Sailor assigned to a Navy Cargo Handling Battalion ground guides a vehicle inside the USNS Mendonca, a Bob Hope-class Large, Medium-Speed Roll-on/Roll-off (LMSR) vessel, at Joint Base Pearl Harbor-Hickam, Jan. 4. Vehicles and equipment from the 25th Infantry Division are being loaded aboard the Mendonca to be shipped to Texas to be used at the Joint Readiness Training Center at Fort Polk, Louisiana, later in the month.



Photo by MC2 Omar Powell

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USS Frank Cable visits Pearl Harbor, returns to Guam

USS Frank Cable Public Affairs



Photo by MC3 Heather C. Wamsley Sailors assigned to the submarine tender USS Frank Cable (AS 40), stand at the rails as the ship pulls into Joint Base Pearl

JBPHH changes TLA process for single unaccompanied service members

Joint Base Pearl Harbor-Hickam **Public Affairs**

USS Hopper arrives in 7th Fleet Commander, Task Force 70 Public Affairs

For more information and to schedule an appointment in advance, call the Housing Services Center at 474-1820/1.

Harbor-Hickam, Jan. 2.

HO'OKELE January 12, 2018 • B-1









Left, Airman 1st Class Carlos Rodriguez, 690 COS, powers his way up for a basket. Center, Chad Baldini, 735 AMS, crushes one of three home runs during the Winter Softball League title game. Right, Staff Sgt. James Chaney, quarterback for 792/8 Intelligence Squadron Hangar 5 Warriors, cranks it up for a long throw.

Story and photos by Randy Dela Cruz

Sports Editor, Hoʻokele

Editor's note:

The call to compile teams, keep scorebooks and setup schedules is a daunting task for our friends at MWR Sports.

While the gang will be at it again to keep the various seasons of sports running as smoothly as a clock, MWR Sports will miss a valuable member in 2018.

For years, Wayde Ichiyama has been the go-to guy to set up and keep track of teams and schedules, but after retiring in 2017, he is on to his next great adventure.

I would like to wish Wayde all the best in whatever endeavors he chooses to seek and to thank him for the years of service and help he gave to me in my coverage of Joint Base sports.





Left, HIANG outside hitter Staff Sgt. AlanMichael Warner leaps for a slam and kill. Right, Gas Turbine Systems Technician (Mechanical) Fireman Jonathan Bendarsky boots in a goal to help lead NHCH to the soccer title.

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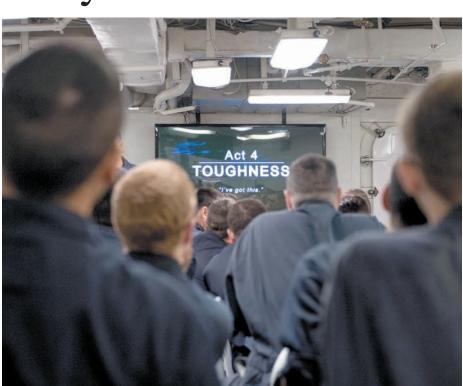
ASBP celebrates National Blood Donor Month

Armed Services Blood Program



An Airman donates blood in 2015 at Joint Base Pearl Harbor-Hickam.

Navy launches 2018 Full Speed Ahead 2.0 training



Sailors attend "Full Speed Ahead" training in the mess decks aboard the Ticonderogaclass guided-missile cruiser USS Princeton (CG 59), in the South China Sea, Nov. 8.

Naval Education and Training Command Public Affairs

For more news from Naval Education and Training Command, visit www.navy.mil/local/cnet/.

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Navy lieutenant bids aloha with big night for Swish

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

Last season, Lt. Mark Veazey was a constant presence at the five spot for the Hawaii Swish, a local professional basketball team that competes in the American Basketball Association.

Playing in his first and last game for the Swish this season, Veazey reminded everyone just how valuable he was to the Swish after walking off the court for the last time with 21 points in a 126-83 rout of the ABA defending champs Southwest Atlanta Warriors in the year's opener Jan. 7 at the Neal S. Blaisdell Center in Honolulu.

After two years in Hawaii, Veazey will be leaving the islands later this month to continue his education in California courtesy of the U.S. Navy.

"I'm going to the Naval post-graduate school," Veazey said. "I'll be leaving in the middle of this month."

Veazey is a graduate of the U.S. Naval Academy, where is also competed on the school's basketball squad. He had recently returned from a stint on the All-Navy basketball team, where he added more polish to Against the Warriors, Veazey

was at his best in sliding past the defense on a several pickand-rolls, while slamming home two impressive dunks before finishing off the night by connecting on a long three-point shot from beyond the arc.

"I feel good," he said. "I just got back from All-Navy basketball in Texas and it got me prepared. They really get you in shape. I was feeling really confident and that's all you need."

Veazey got off to a quick start by scoring six points on two baskets and two free throws in the first quarter, as Hawaii got out to a 35-20 lead.

In the second quarter, the 6-foot-10-inch player executed perfectly on a pick-and-roll to convert his eighth point of the game, before finishing the first half with in double figures at 10

Veazey added six more points in the third quarter with one of the baskets coming off a huge slam dunk on a dime from Swish owner/player Geremy Robinson, as the team raced off to a dominating 93-62 lead after three quarters.

"A lot of us have been here or there, but we've had practices and have been playing together a lot," he said about the team's impressive play against the Warriors. "We got great continuity and we're building off of last



year. We all know each other and won't have to figure it out during the season."

Even more impressive was the fact that Veazey accomplished so much while being matched up against a 7-foot-2-inch player in Brandon Baker.

"He was big and he definitely had a lot of size to him," Veazey said. "But I just feel like I'm quicker. I can run pretty good for

a big guy, so that's what I do." Although Veazey will be exithave a military connection with former Navy Information Operations Command (NIOC) basketball star Sean Caddell and

268), MCAS Kaneohe Bay.

Both players did their part in contributing to the win over the Warriors, with Caddell recording five points and James posting eight points that included two slam dunks.

'I love it. I've been doing this all my life," James said. "For my company to allow me to do this is amazing.

Head coach Artie Wilson, a former star basketball player at the University of Hawaii. ing the team, the Swish will still said that having a military presence on the squad enhances the overall team chem-

"No. 1, they're respectful and active-duty Marine Lance Cpl. No. 2, they have no fear," Wil-Jarren James, Marine Medium son said. "They're warriors and Tiltrotor Squadron 268 (VMM- they'll go to war for you on the

court, but No. 3, they are good human beings. I enjoy coaching all these guys.'

Veazey said that he'll always cherish his time spent in Hawaii and expressed his gratitude for the fans and his fellow co-workers at Pacific Command/Joint Intelligence Operation Center (PACOM/JIOC).

"I'm leaving a year early to pursue my master's degree," he said. "It's amazing. We loved it and wouldn't trade it for anything else in the world."

The Hawaii Swish will back on the court at the Blaisdell Jan. 26 in an ABA matchup against the Chicago Vipers.

For more information about the Swish, visit their website at www.hawaiiswishaba.com.

Latin beats drive heart-healthy exercise in Zumba

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

In the multitude of workout programs offered at Joint Base Pearl Harbor-Hickam (JBPHH) by Morale, Welfare and Recreation (MWR), Zumba has created a special niche for itself that is formed by avid fans of the Latin fitness craze.

Moved by the pulsating rhythms of the Latin beat, the exercise program here at Joint Base and around the world has been credited for numerous success stories of people getting back into shape while having fun at the same time.

Lydia Drews, who conducts several classes of the popular routine at JBPHH Fitness Center, said that once people see how much fun it is, they are usually hooked. "I've been teaching for six years

(at JBPHH)," she said. "It's fun and effective for fitness. It's like you don't even know that you're losing a lot of calories. Sometimes, you don't even feel it.' At a recent class at JBPHH

Fitness Center, Drews was totally engaged and full of lively exuberance in conducting the class of more than a dozen

Zumba enthusiasts. Encouraged by the spirited sounds of Latin music, Drews immersed her students into the

routine that seemed to be full of



high energy from the start.

One noticeable difference between Zumba and other forms of exercise is that even though it works out the entire body, people participating in the class seemed happy and were seen straining and heard grunting.

smiling throughout the workout a stark contrast with other workouts where people are seen Daisa Condit, wife of an active-duty military member, said

that, compared to other forms of workouts, she finds Zumba to be freeing and far more enjoyable. "It feels amazing," said Condit, who has been using Zumba as a primary workout to stay

healthy and fit for several years.

"This is significantly more fun.

The music is great, the company is fantastic, you're moving around getting a great cardio workout and you're also stretching and working all of your muscles all at the same time. Drews said that the learning

curve to Zumba isn't steep at all and after just a few sessions, people feel right at home.

"You can see that at first they kind of look lost," Drews said. "But they get it eventually because the music has a lot of repetition in it."

For Matthew Faxon, another Zumba instructor at JBPHH, he said that his journey in Zumba

went from being a student into

becoming an instructor in just

two years.

Besides being great fun, Faxon said that Zumba lets you step in at your own pace and invites you to use your personality to make it your own.

"A long time ago, I used to do step-aerobics, where the instructor told you what to do," he said. "Then I tried Zumba and nobody told you what to do. You just followed the instructor. You get to be yourself. You can be creative and joke around. It's like a happy hour for fitness. Condit agreed and said that

while she has come and gone with the program, she always returns back to Zumba. "It's just the love of music and

the ability to move," said Condit, who also does yoga and some weightlifting at JBPHH Fitness Center. "To feel the music, go with the beat, there's nobody hounding you to go a certain way and everyone is really accepting in the classes. So you feel like yourself and it's pretty cool."

Drews also said that while many men think that Zumba is only for women, guys should give it a try because of its many health benefits.

"I hear that Zumba is only for women. No it's not," Drews said. "This is the No. 1 (workout) for

the heart. If you want to lose weight quick and burn tons of calories, this is it.' For more information about MWR's fitness programs and classes, visit their website at

www.greatlifehawaii.com.

Commands at JBPHH among award recipients

Ed Barker

Naval Education and Training Professional Development Center Public Affairs

Twelve commands, including two located at Joint Base Pearl Harbor-Hickam, were recognized for community service excellence Jan. 9. Naval Education and Training Command (NETC) announced the Health, Safety and Fitness Flagship Awards for calendar year 2017, as detailed in Naval Administrative Message (NAVADMIN)

In the shore command category, the small command award recipient is Afloat Training Group Middle Pacific, Pearl Harbor. Joint Base Pearl Harbor-Hickam received an honorable mention for large commands.

The Health, Safety and Fitness Flagship Awards are managed by NETC as the flag sponsor, and executed by the Naval Education and Training Professional Development Center (NET-PDC). Winners are recognized for having the best overall community service programs teaching and encouraging individuals, especially youth, to lead active

"The Navy's Health, Safety and Fitness Flagship Award program promotes positive lifestyles through command partnerships with schools and communities,' said Capt. Kertreck Brooks, NETPDC commanding officer. "Every day, thousands of Sailors are out in the community, around the world, promoting health and fitness by educating and setting a good example for kids to emulate.'

According to Rear Adm. Kyle Cozad, NETC commander, devoting the time to improve health, safety, and fitness in the community is time well-spent by commands and sows the seeds of great rewards.

"This program re-enforces the Navy's commitment and support to our surrounding communities," Cozad said. "Continuing partnerships and positive leadership make a significant difference in the quality of lives for our Sailors and in those

Other 2017 Health, Safety and Fitness Flagship Award recipients by category are:

Shore command category

- Small honorable mention: Center for Naval Aviation Technical Training Unit, Lemoore, California.
- Medium recipient: Center for Naval Aviation Technical Training Unit, Keesler Air Force Base, Mississippi.
- Medium honorable mention: Navy Medicine Professional Development Center, Bethesda, Mary-Large recipient: Naval Air
- Technical Training Center, Pensacola, Florida.
- Large honorable mention Naval Air Station Patuxent River, Maryland.

Overseas category

- Small recipient: Naval Airborne Weapons Maintenance Unit 1, Guam Large recipient: U.S. Na-
- val Hospital, Naples, Italy Large honorable men-
- tion: U.S. Naval Hospital, Guam

Sea category

- Medium recipient: Helicopter Sea Combat Squadron 23, San Diego Large recipient: U.S. Na-
- val Mobile Construction Battalion 3, Port Hueneme, Calif. Large honorable mention:
- USS Gerald R. Ford (CVN 78), Norfolk, Virginia.

For more news from the center, visit www.navy.mil/ local/NETPDTC/.

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The CENSECFOR mobile app is here

Darryl Orrell

Center for Security Forces Public Affairs



U.S. Navy image by Darryl Orrell

The CENSECFOR mobile app allows Sailors to have additional resources to attain mastery at their fingertips. The app features mobile training courses, references, contacts, and more.



Don Robbins, Hoʻokele editor, took this recent photo of the sakura (cherry blossom) flowers blooming along California Avenue in Wahiawa Heights.

Tax Assistance Center volunteers needed

Region Legal Service Office Hawaii



Single Sailors, Airmen bowling night to hit the lanes

- Free golf clinic will be on the green at 2 p.m. Jan. 11 at Mamala Bay Golf Course. Pre-registration is encouraged. For more information, call 449-2304.
- Free meet and greet with Olympian Gabby Douglas will be held at 11:30 a.m. Jan. 12 at Bloch Arena. The USO will present the gold medal-winning gymnast to Joint Base Pearl Harbor-Hickam. For more information, visit www.greatlifehawaii.com.
- Free single Sailors and Airmen bowling night will be held from 7 to 9 p.m. Jan. 12 at the bowling center on the Pearl Harbor side of the base. The event will include cosmic bowling, pizza and soda. This activity is open to single, active duty Sailors and Airmen only. For more information, call 473-2574.
- Free Red and White Ladies' Nite will be held from 4:30 p.m. to midnight Jan. 13 at Club Pearl Brews and Cues (building 1557). The event will include music, giveaways and more. It is open to ages 18 years and older. For more information, call 473-1743.
- Free advanced screening of "12 Strong" will begin at 7 p.m. Jan. 13 at Sharkey Theater. Tickets will be given to the first 400 patrons. Active duty may receive up to four tickets. Retired military, military family members and Department of Defense cardholders may receive up to two tickets. The ticket booth opens at 5:30 p.m. but get there early, as a sellout is expected. For more information, call 473-2651.

- Customer appreciation day featuring free bowling will roll from 11 a.m. to 2 p.m. Jan. 14 at the Escape Bowling Center at Wahiawa Annex. For more information, call 473-2651.
- \$2 Tuesday will be held from 3:30 to 5:30 p.m. every Tuesday at Mamala Bay Golf Course driving range and for \$2, participants will receive two buckets of balls to hit. Clubs are available to borrow and PGA club pros will be on hand to offer tips. The event will include \$2 hot dogs and \$1 water and soda. This activity is open to ages 6 and up. For more information, call 449-2304.
- Paint and Sip will be held from 5:30 to 8:30 p.m. Jan. 17 and every Wednesday at the Historic Hickam Officers' Club. An instructor will guide participants to paint the subject of the night. The cost of the event is \$40 and includes all art supplies. Food and beverages will be available for purchase at the Koa Lounge next door. For more information, call 448-9907.
- Free Fitness Challenge 2018 will be held from 9 to 11 a.m. Jan. 20 at the Joint Base Pearl Harbor-Hickam Fitness Center. Participants can burn holiday pounds with a workout where they can sample a variety of group exercise classes. For more information, call 471-2019.
- Free golf clinic will be on the green at 9:30 a.m. Jan. 20 at Barbers Point Golf Course. Pre-registration is encouraged. For more information, call 682-2098/1911.

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A class on parent-child communication will be held from 10 a.m. to noon at Military and Family Support Center Pearl Harbor. Parents can learn tips to improve their communication skills with their children of all ages. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

A class on the Thrift
Savings Plan (TSP) will be held from
11:30 a.m. to 1 p.m. at Military and
Family Support Center Wahiawa.
The TSP is a retirement savings and
investment plan for federal employees
and members of the uniformed services.
Participants can bring their lunch. FMI:
www.greatlifehawaii.com/family-support/
mfsc-class-schedule or call 474-1999.

A class on self-care and managing stress will be held from 1 to 3 p.m. at Military and Family Support Center Pearl Harbor. FMI: www. greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

A Transition GPS (Goals, Plans, Success): Accessing Higher Education Track course will be held from 8 a.m. to 3 p.m. each day at Military and Family Support Center Pearl Harbor. The course is designed to guide participants through the decisions involved in choosing a degree program, college institution, and funding, as well as completing the admissions process. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

Martin Luther King Jr.
Day will be observed from 10 to
11 a.m. at Pearl Harbor Memorial
Chapel. In addition, a special meal in
honor of Martin Luther King Jr. Day
will be held from 11 a.m. to 12:30
p.m. at the Silver Dolphin Bistro. The
special meal is priced at \$5.60 and
is open to all active duty personnel,
escorted family members of active duty
personnel, retirees and Department
of Defense employees with a valid ID



A free meet-and-greet with Olympic gold medalist in gymnastics Gabby Douglas will be held at 11:30 a.m. at Bloch Arena. The event is presented by the USO and Joint Base Morale, Welfare and Recreation. FMI: www.greatlifehawaii.com.

card. Please bring exact change for cash transactions. VISA, MasterCard, American Express and Discover credit cards are now being accepted.

A deployment resource fair will be held from noon to 2 p.m. at Military and Family Support Center Pearl Harbor. The fair is open to all service members, families, command coordinators, ombudsmen, key spouses and command support teams to learn about the deployment process. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

A free motivational presentation about self-worth and never giving up on your dreams will be held from 6 to 8 p.m. at the Commander, U.S. Pacific Fleet Boat House. Registration is required. FMI: call Raegan Patrick-Mudd or Georgia Thompson at 474-1999.

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

A class on earning supplemental income will be held from 1 to 3 p.m. at Military and Family Support Center Hickam. FMI: www. greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

A Navy individual augmentee (IA) pre-deployment brief will be held from 1 to 2 p.m. at Military and Family Support Center Pearl Harbor. They are conducted on the third Thursday of each month. FMI: www. greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

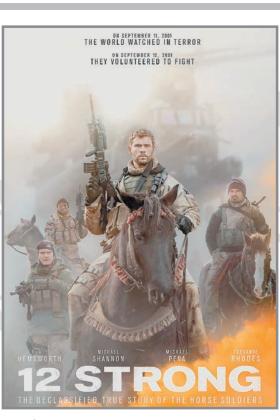
A program for those who are a new Air Force spouse, about to become one or who still have questions about the Air Force way of life will be held from 7:45 a.m. to 2 p.m. at Military and Family Support Center Hickam. A complimentary lunch will be served. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

Training is designed for newly designated Exceptional Family Member Program (EFMP) points of contact (POC) will be held from 9:30 a.m. to noon at Military and Family Support Center Pearl Harbor. Contact the EFMP Liaison for more information. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

A workshop on saving and investing will be held from 2 to 4 p.m. at Military and Family Support Center Pearl Harbor. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

Parents can bring their kids to the Military and Family Support Center from 1 to 3 p.m. for an "Unstoppable Me" story time. This book focuses on the amazing people kids are, and how they persevere and shine. Following the end of the reading, kids can participate in an empowering activity. FMI: www. greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

Volunteers are needed for an Ahua Reef wetland restoration event from 8 to 11 a.m. Activities will include removing invasive weeds, picking up trash and planting costal plants. This will take place at the wetland on the Hickam side of Joint Base, near Hickam Harbor and Hawaii Air National Guard. Volunteers need to wear closed toed shoes. They should also bring sunblock, water, a hat and snacks. Expect to get wet and muddy. Boots, long sleeves and pants are recommended. Navy Natural Resources will provide tools, gloves and water to fill up bottles. RSVP to Aurelia Gonzalez or Corrina Carnes at 474-0125 or email Aureliag@hawaii.edu or corrina. carnes.ctr@Navy.mil.



7:00 PM • Star Wars: The Last Jedi (3-D) (PG-13)

2:30 PM • Ferdinand (PG) 7:00 PM • 12 Strong (R).

2:30 PM • Ferdinand (3-D) (PG) 5:00 PM • Star Wars: The Last Jedi (PG-13)

8:10 PM • Just Getting Started (PG-13)

7:00 PM • Wonder (PG)

7:00 PM • Ferdinand (PG)

3:00 PM • Star Wars: The Last Jedi (PG-13)

6:00 PM • Roman J. Israel, Esq. (PG-13)

1:30 PM • Coco (PG)

4:00 PM • Star Wars: The Last Jedi (PG-13)

6:30 PM • Ferdinand (PG)

12 Strong

In the wake of Sept. 11, Capt. Mitch Nelson leads a U.S. Special Forces team into Afghanistan for an extremely dangerous mission. Once there, the Soldiers develop an uneasy partnership with the Northern Alliance to take down the Taliban and its al-Qaida allies. Outgunned and outnumbered, Nelson and his forces face overwhelming odds in a fight against a ruthless enemy that takes no prisoners.

Free advance screening of 12 Strong (R) at Sharkey Theater Saturday, Jan. 13 at 7 p.m. Free to the first 400 authorized patrons. Tickets will be distributed at the Sharkey Theater ticket booth at 5:30 p.m. Active duty military ID card holders will be able to receive four tickets. Military family members, military retirees and Department of Defense card holders will be able to receive up to two tickets. The doors to the theater will be open at 5:30 p.m. Patrons need to be seated by 6:30 p.m.