

CMSAF visits joint base, shares knowledge with Airmen

Story and photo by Staff Sgt. Alexander Martinez

15th Wing Public Affairs

Chief Master Sgt. of the Air Force James Cody visited with Airmen and hosted separate all-calls with junior and senior enlisted Airmen during his visit Jan. 15-16 to Joint Base Pearl Harbor-Hickam (JBPHH).

Cody's discussion-style all-calls allowed for Airmen to openly express their career concerns or opinions.

"I liked how he made it a priority to come and talk to the bottom tier of the enlisted force," said Airman 1st Class Sarai Crook, 15th Comptroller Squadron. "It made him approachable for Airmen like me to communicate with him. It wasn't just a 'Q and A.' It was a discussion."

A major topic Cody addressed during his discussions was the implementation of the new enlisted performance report process, which he said will take time and effort to get right.

"These are big changes



Chief Master Sgt. of the Air Force James Cody shakes hands with Tech. Sgt. Renieka Pepper, professional military education (PME) instructor, during his visit on Jan. 15 to the Binnicker PME Center at Joint Base Pearl Harbor-Hickam.

that require some real work by leadership and by you all in order for us to get our heads around why we're going in the direction we're going," Cody said.

"We'll learn along the way, and we'll make adjustments on execution. I think we're getting after everything that our Airmen are telling us, so I ask you to look at [the process]

in its entirety, look at the end state, and work with us to get where we need to be," he said.

Other topics addressed included concerns with joint basing, retention

challenges in critical career fields, and the Air Force's ongoing plan to combat sexual assaults.

"[Sexual assault] is a big problem, and it's a problem we will have to work

at forever," Cody said. "We have to look out for each other and treat each other with dignity and respect."

Joining Cody on his visit was his wife, Retired Navy Chief Master Sgt. Athena Cody; Chief Master Sgt. Sandra Pfeffer, the first sergeant special duty career field manager; and Senior Airman Ariful Haque, one of the 12 outstanding Airmen of 2014.

Cody thanked JBPHH Airmen for what they do and reminded them of the important role they play in the Air Force.

"We are significantly engaged globally, more today than in the history of our country," Cody said. "We're in the longest sustained combat operations and we are the smallest Air Force since 1947. That's your legacy."

"You serve in a time in our Air Force and our country that is unprecedented because it's being done with an all-volunteer force. You should be proud of that, and you should be proud that you are shaping our future. It's important to know how much we appreciate you and your families so thanks for what you do," he said.

Rear Adm. Snyder will speak to Sailors today at Bloch Arena

Navy Region Hawaii Public Affairs

Rear Adm. Rick Snyder, director, 21st Century Sailor Office, will speak to Sailors and take their questions at an all hands call 10:30 a.m. today at Bloch Arena, Joint Base Pearl Harbor-Hickam.

Topics discussed will cover sexual assault prevention and response, suicide prevention, fitness and nutrition, family programs, hazing prevention and drug and alcohol

abuse prevention.

Snyder graduated with honors from Tulane University in May 1983, earning a bachelor's degree in management. He was commissioned in the Navy having completed the Navy ROTC program. In November 1984, Snyder was designated a naval aviator.

Following initial training in the SH-60B Seahawk helicopter, Snyder served at Helicopter Anti-Submarine Squadron Light (HSL) 43, based in North Island, Calif. Subsequent flying tours in-

cluded duties as an instructor pilot at HSL-40 and as a department head at HSL-46 in Mayport, Fla.

Shore tours included attendance at the Naval Postgraduate School in Monterey, Calif., where he earned a master of science degree in operations research and a follow-on tour as the Navy analyst for the Republic of Korea/U.S. Combined Forces Command in Seoul, Korea.

In Washington, D.C., Snyder served the secretary of defense as the aviation liaison for pub-

lic affairs and he served as a senior fellow at the Atlantic Council of the United States. Snyder also was a senior fellow in the Chief of Naval Operations Strategic Studies Group. On the joint staff, Snyder served in the directorate for strategy and policy (J5) as deputy director for joint strategic planning, deputy director for partnership strategy, and as executive assistant to the J5 director.

Snyder served at sea on USS Carl Vinson (CVN 70) as navi-

gator and on USS Bataan (LHD 5) as executive officer.

In command, Snyder led the Sailors and Marines of HSL-46, HSL-40, Bataan and, most recently, Expeditionary Strike Group 2.

Personal awards earned by Snyder include the Defense Superior Service Medal, Legion of Merit (two awards), Defense Meritorious Service Medal, Meritorious Service Medal (four awards) and the Navy/Marine Corps Commendation Medal (three awards).



Airmen from the 15th Maintenance Squadron (MXS) and Hawaii Air National Guard 154th MXS raise an F-4 Phantom II with airbags during a crash, damaged, disabled aircraft recovery exercise Jan. 14, at Kalaheo Airport in Kapolei. The exercise, in its third year as a joint event, was initial and refresher training for maintenance technicians, and an opportunity for a required inspection of the airbag equipment.

15th, 154th MXS participate in aircraft crash recovery exercise

Story and photo by Staff Sgt. Alexander Martinez

15th Wing Public Affairs

KAPOLEI, Hawaii—More than 45 Airmen from the 15th Maintenance Squadron (MXS) and Hawaii Air National Guard 154th MXS participated in a crash, damaged, disabled aircraft recovery (CDDAR) exercise Jan. 14 at Kalaheo Airport.

"Every January we

come out here to lift an aircraft, this year being the F-4 [Phantom II]," said Master Sgt. Ken Doi, CDDAR program manager. "We have to inflate the airbags and do serviceability inspections on our equipment."

Essentially, the exercise involved placing large airbags below an F-4 in order to lift it off the flightline. Hoses connected to air compressors pumped air into the bags, while cables attached to the air-

craft kept it stable during the raising and lowering. Maintenance technicians manually controlled the air pressure valves and stabilizing cables in sync with each other to prevent the aircraft from toppling over.

Doi explained that in a real-world situation the airbag method of lifting an aircraft would work in a situation involving a stuck gear or blown tire. Other options are available for these scenarios, but he

said this method is ideal for causing as little damage to the aircraft as possible.

Capt. Kelly Womble, 15th MXS Maintenance Flight commander, said the exercise was a perfect example of total force integration (TFI) with active duty, Guardsmen and civilian maintenance technicians working together.

"TFI is the new way of the military and it's great to see that it's working," Womble said. "I'm fortunate

to be involved in it."

The process of raising and lowering the aircraft took about an hour, not including equipment setup and teardown.

Doi said the cooperation between the participants made the process safe and easy.

"It was all done safely," Doi said. "When you have a good plan and everybody follows it, it works out every time."

The CDDAR training exercise, now in its third

year as a 15th and 154th joint event, also included two Coast Guardsmen and several civilian aircraft maintenance technicians. The training allows participants to obtain initial or refresher training and provides an opportunity to test and inspect necessary CDDAR equipment.

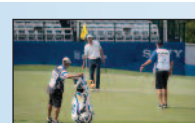
Exercise organizers worked closely with the Naval Air Museum Barber's Point, the organization that owns the F-4 used in the training.



Patrol and Reconnaissance Wing Two holds change of command See page A-2



Looking back and ahead to another busy year in 2015 See page A-3



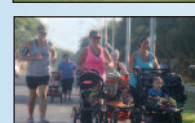
Military service members caddie for pro golfers at Sony Open See page B-1



JBPHH service members read to local students in honor of MLK Day See page A-2



Observing MLK Day See page A-6



Sense of community and fitness drives Stroller Warriors See page B-3

CMSAF meets Air Force Reserve commander, senior NCO

Story and photo by
Tech. Sgt. Phyllis Keith

624th Regional Support
Group Public Affairs

The commander of the 624th Regional Support Group (RSG) and the chief enlisted manager for the 48th Aerial Port Squadron had a rare opportunity to meet privately with the Air Force's top enlisted leader during his visit Jan. 16 to Joint Base Pearl Harbor-Hickam (JBPHH).

Chief Master Sgt. of the Air Force James Cody sat down with Col. Maynard "Max" Mendoza, commander of the largest Air Force Reserve presence in the Pacific, and Chief Master Sgt. Gregory Boyer, a senior enlisted Reservist, at the Aloha Conference Center at JBPHH.

Both Mendoza and Boyer said they were im-

pressed that Cody carved out time during his busy two-day schedule to meet with them.

Mendoza gave Cody an overview of the units he commands — three squadrons at Joint Base Pearl Harbor-Hickam and two at Andersen Air Force Base, Guam—and their commitment to the total force concept through participation with the 515th Air Mobility Operations Wing in base exercises and training.

"We're reducing redundancies and completely integrating versus being co-located," said Cody.

The total force concept integrates Air Force's active duty, Air National Guard and Air Force Reserve units, creating a more cost-efficient and culturally cohesive force.

"I appreciate the fact that the components have their necessary differences but when it comes to capa-



Col. Maynard "Max" Mendoza, center, commander of the 624th Regional Support Group, shakes hands with Chief Master Sgt. of the Air Force James Cody after he and Chief Master Sgt. Gregory Boyer, left, chief enlisted manager for the 48th Aerial Port Squadron, met Jan. 16 with Cody at the Aloha Conference Center at Joint Base Pearl Harbor-Hickam to discuss the Air Force Reserve role in total force integration.

bility, it's just all about Airmen. There's only one Air Force," Cody said.

Mendoza and Boyer said

their number one issue was manpower, no different from the active duty and Guard units who also

had been affected by budget cuts and downsizing. Mendoza told Cody about the recent deactivation of

the 624th RSG's security forces squadron they had spent more than three years standing up.

"Most of the decisions we have to make are creating capability, maintaining capability for the nation. Given the fact that we do not have enough resources and we cannot afford all the resources we have, we have to make decisions about the ones we have," Cody said.

Mendoza and Boyer said speaking face-to-face with the chief master sergeant of the Air Force reinforced their focus on wingmanship and the mission at hand as key to maintaining a state of readiness.

"We'll have to come back at a point when you're drilling and spend some dedicated time with your Airmen just availing ourselves to them and seeing what's on their mind and watching them do their mission," said Cody.

Patrol and Reconnaissance Wing Two holds change of command

Story and photo by
MC3 Amber Porter

Patrol Squadron Nine
Public Affairs

KANEHOE BAY, Hawaii —Commander Patrol and Reconnaissance Wing (CPRW) Two held a change of command ceremony Jan. 16 in hangar 104 at Marine Corps Base Hawaii, Kaneohe Bay.

Capt. Stephen L. Newlund relieved Capt. Lance G. Scott as commanding officer of Patrol and Reconnaissance Wing Two. Adm. Harry Harris Jr., commander of U.S. Pacific Fleet, was the keynote speaker at the event.

"From the time he took command, Lance set out to sharpen this already high performance organization into one with a reputation for aggressiveness and panache," said Harris. "Wing Two adjusts to change on its own, with a weather eye on the future even as it focuses on the missions at hand."

Scott was born in Urbana, Ill. and raised abroad, spending 14 of his first 18 years in Germany and Japan. He received a bachelor of science degree in marine transportation from the U.S. Merchant Marine Academy at Kings Point and a master of arts in national security and strategic studies from the Naval War College.

He is reporting to the Pentagon to work on staff



Capt. Lance G. Scott renders honors while passing through the sideboys as part of the change of command ceremony for Patrol and Reconnaissance Wing (CPRW) Two.

for the Office of the Chief of Naval Operations (OPNAV).

Harris lauded Scott's accomplishments across the board in leading Wing Two, including the successful hosting of the international aviation contingent during Rim of the Pacific Exercise (RIMPAC) 2014. Nearly 1,500 personnel, 31 maritime aircraft and six countries participated in the month-long Pacific-wide battle response exercise.

"By any standard, under Lance's leadership, the Rainbow Fleet performed superbly," said Harris. "You can see that most directly in the achievements of the

squadrons that make up the wing. As CTF-32, Lance led an operational long-range ASW Task Force through an 11-day, high-interest, out of area submarine search.

"He played a lead role in RIMPAC 2014, the largest RIMPAC in the exercise's 43-year history. As CTF-172, he led a six-nation coalition with 31 aircraft, including the first fleet participation of Canada's Block III upgraded CP-140 Aurora and our brand new P-8 Poseidon," Harris said.

In recognition of his accomplishments, Harris presented Scott with the

Legion of Merit Award. In his speech, Scott credited the Sailors he works with for where he is today and his success along the way.

"I am where I am because of the proud warriors of the wing," said Scott. "This staff has earned the reputation of the best, and that is because of your hard work day in and day out."

"No leader is successful unless he or she has a team of professionals that genuinely believe and care about winning. Our community is blessed with incredible talent, and Wing Two has the best of the best leading its men, and

women. You took every challenge head on and owned our heralded reputation for on-station excellence," Harris said.

"On assumption of command, I challenged you to continue our mission of delivering the finest operational combat ready crews and weapons systems to our commanders, both forward deployed and here in [U.S.] 3rd Fleet," said Scott.

"Your collective efforts have met that in spades. We remain a relevant force and while it is an exciting time with the P-8 transition well underway, you have led our squadrons to greater

heights and keep pushing the envelope with the venerable P-3. We continue to set the course, owning the skies to keep our commanders fully informed and poised to execute bringing the full weight of a finely honed team ready to fight," Scott said.

Scott gave his confidence that CPRW-2 is going to continue building on its excellent reputation with Newlund assuming command.

Newlund holds a bachelor of science degree in oceanography from the United States Naval Academy and a master of arts degree in national security and strategic studies from the Naval War College. He has logged more than 3,000 flight hours in the P-3C Orion.

His awards include a Defense Meritorious Service Medal, two Meritorious Service Medals, three Navy and Marine Corps Commendation Medals, and three Navy and Marine Corps Achievement Medals.

Wing Two provides training, standardization and administrative control for its four squadrons who use the P-3C Orion for anti-submarine warfare, multi-mission command and control, surface search and surveillance, overland reconnaissance and anti-surface warfare. In addition, the Rainbow Fleet provides humanitarian assistance, homeland defense patrols and search and rescue services for the state of Hawaii.

JBPHH service members read to local students in honor of MLK Day

Story and photo by
Tech. Sgt. Terri Paden

15th Wing Public Affairs

In honor of Dr. Martin Luther King Jr. Day, Airmen and Sailors at Joint Base Pearl Harbor-Hickam read to elementary school students in the local community Jan. 15.

In keeping with this year's observance theme, "Remember! Act! Celebrate! A Day on Not a Day Off," more than 30 volunteers read books which were either biographical in nature or promoted the principles King famously stood by.

"I think it is timely to spread his message and if we plant those seeds now, then it will help our kids go on to be better citizens," said Senior Master Sgt. Harvey Philson, 647th Force Support Squadron Personnel Flight superintendent and MLK Day project chair.

Philson said the event played well into King's message of giving back to the community.

The books, which were either chosen by the reader or hand-picked from the school libraries, were age appropriate based on the grade level. In addition to teaching the children about who King was, they also chose books which focused on King's insistence on having a tolerant and diverse society free of bullying and violence.

"Even though Dr. King was not from this generation, his principles are still relevant today and if we take the time to spread his



1st Lt. Stephen Shaffer, 8th Intelligence Squadron section commander, reads "I Have Seen the Promised Land" to a group of students at Hickam Elementary School in honor of Dr. Martin Luther King Jr. Day, Jan. 15 at Joint Base Pearl Harbor-Hickam.

message to our children, then they will be able to learn about him and his legacy and what he stood for," Philson said. "I believe knowing who he was is important, but I believe knowing what he stood for is even more important, in my opinion."

Philson said his main objection for the event was to educate.

"If we are able to inform our children when they are young and

teach them about respecting each other and being tolerant when they are still on the playground, then those children will grow up with those same values and I can't think of any better time or way to teach them that," he said.

At the end of each book, the volunteers took time to discuss the message with the students.

Though King is widely honored for his work as a civil rights ac-

tivist, Philson said it is important for the community to celebrate his life and achievements together as one group.

"From the start, we wanted to make sure even the volunteers were a diverse group of people," he said. "We wanted to make sure when they went into the classrooms the students recognized you don't have to be black to appreciate what Dr. King stood for.

His principles apply to people of all ethnicities."

1st Lt. Stephen Shaffer, 8th Intelligence Squadron section commander and volunteer reader, said he felt a duty to take the time to educate the children on one of the people who paved the way for equality in America.

"I've hopefully impressed upon them that the hard work and sacrifice of MLK is what helped us get to where we are today," he said. "I wanted to help mentor this younger generation and hopefully show them the importance of equality."

Shaffer said he was pleasantly surprised to see just how interested and aware the students were on the subject of King and the civil rights movement and was pleased to see how informed they were about topics like acceptance and equality. Shaffer said he attributes the heightened awareness to the children growing up in military communities and families where diversity is commonplace.

After the reading, the children asked many questions regarding the life and death of King.

"The kids have been really engaged today," said Alyssa Yengo, Hickam Elementary School project coordinator.

"This may be some of the little guy's first exposure to the subject, but they all like learning about heroes and were excited to do something different. That it was service members reading the stories to them made the event even more special."

Commentary

Looking back and ahead to another busy year in 2015

Capt. Stanley Keeve Jr.

Commander, Joint Base Pearl Harbor-Hickam



Capt. Stanley Keeve Jr.

As the first month of the year, January is a great time to reflect back on all the good things Joint Base Pearl Harbor-Hickam (JBPHH) did in 2014, as well as taking a peek ahead to what's potentially on tap for this year.

The year 2014 was a clearly a busy year for the joint base. In addition to getting a new base commander, JBPHH also hosted the Rim of the Pacific (RIMPAC) exercise. As the largest maritime exercise in the world, last year's event did not disappoint. In addition to the first ever inclusion of the Chinese Navy (People's Liberation Army-Navy) vessels, the aircraft carrier Ronald Reagan and her embarked air wing were major players in the exercise.

The event featured vessels from 22 countries including: Australia, Japan, South Korea, France, and New Zealand. This event kept the JBPHH operations department busy as they conducted 782 harbor movements during this time.

Who can also forget the two hurricanes, Ana and Iselle, from last year. Both threatened JBPHH but eventually both storms even-

tually tracked south and north, respectively, away from Oahu. Yet, the potential threat of damaging winds did force our Air Force planes to sortie back to mainland.

In 2014, JBPHH hosted the "Wings Over the Pacific Air Show." This event also welcomed back the Blue Angels air demonstration team since their last show on Oahu in 2012. They were the featured performers in an excellent show that included performances by the Navy Leap Frogs Parachute team, as well as C-17 and F-22 aerial flight demos.

Our outstanding MWR team was busy as well in 2014. They sponsored numerous events including: our 4th of July concert and fire-



U.S. Navy photo by MCI Shannon Renfro

USS Ronald Reagan (CVN 76) steams in close formation as one of 42 ships and submarines representing 22 countries during Rim of the Pacific (RIMPAC) Exercise 2014.

works, Wings over the Pacific, "Cooks in the Valley" Veterans Day steak meal, and the annual Freedom Tower Lighting.

The year 2014 closed out with ceremonies supporting a new PACAF commander and a great makahiki festival with our community partners at Hickam Beach; welcomed USS John Paul Jones, USS Preble and USS Mississippi to their new

homeport; supported an outstanding Dec. 7 ceremony; and the annual visit by the commander-in-chief.

Although not a RIMPAC year, 2015 looks to be busy as well. In the near future, JBPHH expects to host change of command ceremonies for Commander, U.S. Pacific Fleet; Commander, U.S. Pacific Command; and, later this summer, Commander, Navy Region Hawaii.

This summer JBPHH will also get a new deputy commander as Col. Kirkendall rotates to his new assignment.

There will also be physical changes on and off the base as we expect the restaurants Schooners, Seven Palms and J.R. Rockers to be renamed as they transition to new ownership.

Off but near the base, we expect to see more construc-

tion on Kam Highway as the Honolulu Authority for Rapid Transportation (HART) project continues to make progress toward its eventual completion in the years to come.

In 2015, your JBPHH team of dedicated professionals will continue to focus on safety, security and quality of service to make this year as good or better as the last.

Commentary

Resolve to be ready for emergencies

Dan DuBois

JBPHH Emergency Manager

With the new year, it is important to resolve to be ready for emergencies. Prepare yourself and your family for emergencies. Remember — be informed, have a plan, make a kit.

The year 2014 brought several close calls with emergencies, such as a tsunami alert in April from the Chile earthquake, destructive weather from Tropical Storm Iselle in August and Hurricane Ana in October. Oahu escaped with minimal damage from Ana and Iselle.

Get back to basics, review or make a family emergency plan and stock your kit with essential items that you need.

Don't know where to start? There are several sites to help you.

For example, you can visit Ready Navy www.ready.navy.mil, Be Ready Air Force www.beready.af.mil and FEMA's Ready.Gov.

In addition, if you go to the Be Ready Air Force site or the FEM Reeady.Gov site, there are apps for your iPhone or Android smart phone to walk you through the preparedness process.

Another tool for you is the 2015

National Preparedness Calendar that you can download from Ready.Gov to help you prepare through the year.

In the coming months, joint base emergency management will continue to provide information through multiple venues to help you be better prepared.

June 1 is the kickoff of the annual hurricane season that runs through Nov. 30.

So start with the basics and use the websites to prepare your family and remember the three things you need to know: to be informed, have a plan and make a kit.

Diverse Views



How do you stay physically active?



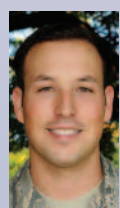
Senior Airman Jasmine Johnson
324th Intelligence Squadron

"I find new exercises and activities to do with friends. We keep each other motivated and share our workout ideas with one another. I stay active so that I can be as healthy as I can for as long as I can and to encourage others to do the same."

EN2 Kelly Wentworth
Pearl Harbor Naval Shipyard



"I follow an exercise regimen and eat a balanced diet so I can live a long life and not be sick."



Staff Sgt. Brandon Owens
647th Security Forces Squadron

"I stay physically active by utilizing the base gym. I like to work out four to five times a week, mixing up my exercises as much as possible. I work out not only because it is required by Air Force standards to stay physically fit, but because I want to live a healthy life."

GSM1 Fabian Hunter
PSNS & IMF detachment Everett



"I normally go to the gym and lift in the evenings and 45 minutes of cardio in the mornings, part of the work day."



Master Sgt. Bridgette Hopkins
HQ PACAF

"I love to stay physically active by running. This beautiful Hawaii weather leaves no excuses for not to run. I also take advantage of the excellent cardio equipment offered at the Hickam gym along with strength training at home. I stay active because I have a family history filled with strokes, heart attacks and now diabetes. Obesity kills and it's not getting me if I can help it."

CTN2 Anthony Ward
NIOC Hawaii



"Get outdoors, enjoy the scenery, take advantage of what you can only get in Hawaii. It makes life better, makes you feel better."



2nd Lt. Robin Casabar
154th Maintenance Squadron

"I stay physically active by using various workout routines. I use crossfit training and mix it up with Olympic lifting. I also love to get out and run to throw in cardio workouts."

Provided by Lt. j.g. Eric Galassi and David D. Underwood Jr.

Want to see your command featured in Diverse Views? Got opinions to share?

Drop us a line at editor@hookelenews.com or karen.spangler@navy.mil

Construction continues at Hickam



Photo courtesy of the Hawaii Department of Transportation, Airports Division

This photo shows the progress of construction at Hickam Field as viewed from Pearl Harbor on Jan. 25, 1939 (76 years ago this week). Construction of Hickam Field began in 1935. Four aircraft and 12 men moved from Luke Field to Hickam in 1937, living in a tent city while construction continued.

HO'OKELE

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Bell tolling ceremony honors lost submariners

Story and photo by
MC1 Steven Khor

Submarine Force Pacific
Public Affairs

A special bell-tolling ceremony was held Jan. 14 at the Submarine Base Chapel at Joint Base Pearl Harbor-Hickam in memory of both submariners and submarines lost in the month of January during World War II.

Submariners past and present gathered to honor and remember those sacrifices for the nation. The event was sponsored by the Submarine Veterans, Bowfin-based and the chaplain's office at Commander Submarine Force, U.S. Pacific Fleet (COMSUBPAC).

Lt. Bill Gritton, chaplain from Naval Submarine Support Command, said the importance of the ceremony is the remembrance of what the submarine force has done in the past and what they are still doing today.

"The idea is to remind people of the interconnectedness of the submarine force," said Gritton. "It is to remind people that the submarine legacy has extended back to 1900 and to remember the sacrifices that individuals have made during that time period."

The bell-tolling ceremony is held every month to honor and pay respects to the 52 submarines and crews lost during the war.

The month of January honored five submarines and



Veterans from the United States Submarine Vets, Inc., Bowfin-based, and Sailors from Submarine Force, U.S. Pacific Fleet, attend a monthly bell tolling ceremony at the submarine memorial chapel at Joint Base Pearl Harbor-Hickam, Jan. 14. The monthly event honors submarines and crews lost at sea.

their crews that were lost as well as 10 Sailors who were lost although the submarines themselves made it home.

Pictures of the submarines and their crews were displayed on a large screen as Sailors spoke of accomplishments and sacrifices.

One submarine in particular honored at the event was USS Argonaut (SS 166).

A V-class submarine, Argonaut was the largest submarine built until the nuclear era. A mine layer and troop transport, it was

launched on Oct. 10, 1927. While engaging a Japanese convoy, it was sunk by direct fire and depth charges from Japanese destroyers. The sinking of Argonaut and its crew of 102 personnel was reported as the worst loss of life for a wartime submarine.

The bell that hangs in the steeple of the Submarine Base Chapel, and tolled in remembrance for the fallen each month, was donated from the crew of USS Argonaut right before its last patrol, from which it never returned.

Following the ceremony, submarine veterans and active-duty personnel reflected upon the event.

"Everything that we do in the submarine force has been built on the backs of the Sailors that we have lost," said COMSUBPAC's Force Master Chief Russ Mason, a native of Mears, Mich. "There is nothing in the submarine force that was not written in blood. For us to come here to honor them is a small price to pay to remember these Sailors and their sacrifices."

Mason has seen his share of Sailors lost during his career and believes events like bell-tolling ceremonies help show that Sailors past and present acknowledge their sacrifice and honor them.

"It is personal to me and I think it is personal to each one of us," added Mason. "They know someone or know of someone that we have lost, so we want to remember them and honor them."

Retired submariner, Lt. Cmdr. Paul Jurcsak of the U.S. Submarine Vets, Inc.,

Bowfin-based, and a native of New York, believes the bell-tolling ceremonies help attendees remember and share the proud tradition of the U.S. submarine force.

"We all leave here with a deep sense of pride of being a part of probably the greatest submarine force that the world has ever known," said Jurcsak. "It's our pleasure to honor the memory of those great Sailors and it is fitting that we continue this tradition."

Jurcsak recounted his experience losing a fellow shipmate while he served on active duty and said he was devastated.

"We are all brothers, and we feel a deep sense of loss whenever someone leaves us," added Jurcsak.

Operations Specialist 1st Class Steven Warden, assigned to Task Force 34, was a presenter at the event and said he believed the tolling of the bells was even more inspiring for him because he is from a different naval community.

"Being from the surface Navy, we are not as knowledgeable of the subsurface community and the dangers that come with it," said Warden, originally from Vinita, Okla.

Warden said he believes that submariners have that constant risk of not being able to surface. Some will surface, and some will not.

"For those who did not surface, we should all stand and support them," said Warner.

15th MDG set to open battlefield acupuncture clinic

Story and photo by
Tech. Sgt. Terri Paden

15th Wing Public Affairs

A battlefield acupuncture clinic (BFA) is scheduled to open at the 15th Medical Group (15th MDG) in March.

In preparation for the opening of the clinic, battlefield acupuncture training classes have begun at the MDG.

Maj. Katie Crowder, 15th MDG Family Health Clinic medical director and training instructor, said the new clinic will offer patients a low-cost alternative to pain management.

"Acupuncture is such a valuable way to treat pain," she said. "It's quick, easy and effective."

Crowder said the treatment works much the same as traditional acupuncture by stimulating the flow of energy to promote healing and the release of endorphins though the procedures are noticeably different.

For battlefield acupuncture, up to five gold semi-permanent needles are placed into each ear. The needles remain in the ear until they naturally dislodge, which takes approximately four to five days.

During wear of the needles,



Maj. Katie Crowder, 15th Medical Group Family Health Clinic medical director, demonstrates the correct technique for battlefield acupuncture on Maj. Samantha Chuplis, 535th Airlift Squadron flight surgeon, during a refresher course for battlefield acupuncture held Jan. 15 at the 15th MDG at Joint Base Pearl Harbor-Hickam.

dles, patients can continue with regular activities including rigorous exercising and swimming. The gold needles are also suitable for wear in uniform.

Crowder said the procedure takes only 10 to 15 minutes to complete with most patients experiencing

near immediate pain relief.

"There is mild discomfort when the needles are placed, but patients love how quickly and well it works with very limited, if any, side effects," she said.

The clinic will be open to anyone enrolled at the Hickam Clinic with pain

that has already been diagnosed. At approximately \$5 a treatment, Crowder said the clinic will also help save the 15th MDG money that might otherwise be spent on other treatment methods.

"This particular form of

acupuncture has a high success rate in treating migraines and musculoskeletal pains, and is a great alternative or adjunct for pain medication, physical therapy and surgery," she said.

To prepare for the opening of the new clinic, Crowder is actively training providers on the procedure.

During the class, participants were educated on the history and purpose of the procedure, as well as the proper application of the needles. The participants were also able to receive hands-on training and witness firsthand the immediate effects of the procedure.

Maj. Samantha Chuplis, a 535th Airlift Squadron flight surgeon, volunteered as a test subject during the class and credits the procedure with instant pain relief for chronic pain in her feet.

"This is the least amount of pain I've been in, in two years," she said after having Crowder demonstrate the application on her during the training.

Chuplis recommends that patients who may be unsure or disbelieving of the effectiveness of the procedure to be open minded.

"I'd say if anyone has any doubts and if they are willing, to try and see how it works for them," she said.

Capt. Susan Berganio, a 15th MDG family nurse practitioner, was also in attendance and said she also believes in the benefits of acupuncture.

"The day I attended my first acupuncture training class, I showed up to the class nauseated," she said. "During the demonstration, as soon as one needle was placed, my nausea instantly went away and I felt better, so that's been my experience with acupuncture."

Berganio said as a provider, she would recommend acupuncture to her patients.

"We're trying not to have people be so medication dependent and this is one of those ways, and it's simple, easy and the benefits are sometimes instant with minimal side effects," she said.

The BFA will be open two days a month on a referral only basis. For more information or a referral to the battlefield acupuncture clinic, contact your medical provider.

Pearl Harbor-Hickam *Highlights*



Chief Master Sgt. of the Air Force James Cody speaks with Airmen during an all-call held Jan. 15 in Memorial Theater at Joint Base Pearl Harbor-Hickam. Cody shared Air Force leadership knowledge during discussions with junior and senior enlisted Airmen and met with leadership groups and Airmen in their work areas during his two-day visit.

U.S. Air Force photo by Staff Sgt. Alexander Martinez



Chief Fire Control Technician Joseph Engro, left, and Operations Specialist 1st Class Steven Warden, both stationed with Submarine Force, U.S. Pacific Fleet, present at a monthly bell tolling ceremony held Jan. 14 in the Submarine Memorial Chapel at Joint Base Pearl Harbor-Hickam.

U.S. Navy photo by MC1 Steven Khor



Airmen from the 15th Maintenance Squadron, Hawaii Air National Guard 154th MXS and maintenance Coast Guardsmen install a cable into a grip hoist during a crash, damaged, disabled aircraft recovery exercise Jan. 14, at Kalaeloa Airport in Kapolei. The grip hoist was used to stabilize an F-4 Phantom II that was raised off the ground with airbags as a part of the annual training exercise.

U.S. Air Force photo by Staff Sgt. Alexander Martinez

Airmen from the 15th Maintenance Squadron and Hawaii Air National Guard 154th MXS prepare airbags and control consoles in preparation to raise an F-4 Phantom II during a crash, damaged, disabled aircraft recovery exercise Jan. 14, at Kalaeloa Airport in Kapolei.

U.S. Air Force photo by Staff Sgt. Alexander Martinez



Senior Chief Machinist's Mate Neph Ludwig gives ROK chaplains a tour Jan. 14 of the central control station on USS Chung-Hoon (DDG 93). (See story and additional photo on page A-6.)

U.S. Navy photo by PS2 Dominica Humphries

USS Chung-Hoon hosts ROK chaplains

Ensign Caleb Robinson

USS Chung-Hoon (DDG 93) Public Affairs

USS Chung-Hoon (DDG 93) hosted two chaplains from the ROK Navy for a ship tour Jan. 14. The visit gave them an insight into the surface community of the United States Navy.

The Chaplain Corps in the U.S. Navy has the guiding mission, "to inspire hope and strengthen spiritual well-being through the delivery and coordination of effective religious ministry at sea and ashore."

Although Chung-Hoon does not have a chaplain permanently attached, Chaplain Carl Muehler, Destroyer Squadron 31 chaplain, frequently goes to sea with Chung-Hoon and other ships on the wa-

terfront. In doing this, he is able to fulfill the mission that guides his community in their day-to-day service within the U.S. Navy

The ROK chaplains were visiting Hawaii in support of a Marine Corps exercise but wanted to take time to converse with Muehler and gain perspective on what life is like being stationed on a ship in the U.S. Navy. Topics of discussion included the type of support that chaplains provide to ships and the comparison of perspectives on their unique role within their respective militaries.

President Obama said of the U.S. alliance with the ROK in April 2014, "This alliance is special, forged on the battlefield. It has been fortified by the common values and mutual interest and mutual respect of our peoples," President

Obama said in April 2014 about the U.S. alliance with the ROK.

Chung-Hoon works to bolster this critical alliance as it is strengthened not only through national actions but through simple acts such as the sharing of perspectives and ideals on service.

"It was a unique opportunity for Chung-Hoon to provide this tour to a group of individuals who do so much for the well-being of the sailors of their countries. The support that the chaplains provide will be an invaluable asset as the schedule ramps up and deployment approaches," said Cmdr. Ryan Collins, commanding officer of Chung-Hoon.

USS Chung-Hoon will continue through the basic training phase in preparation for deployment.



U.S. Navy photo by PS2 Dominica Humphries

An ROK chaplain takes the watch at the ship's control console during a tour Jan. 14 of the USS Chung-Hoon (DDG 93).

Observing MLK Day



U.S. Navy photo by MC2 Johans Chavarro

Sailors attend a Dr. Martin Luther King Jr. observance luncheon at Silver Dolphin Bistro, Joint Base Pearl Harbor-Hickam.



U.S. Navy photo by MC2 Johans Chavarro

Service members attend a Dr. Martin Luther King Jr. observance event at Sharkey Theater, Joint Base Pearl Harbor-Hickam. The event was hosted in commemoration of Martin Luther King Day and allowed those in attendance a chance to honor and reflect on the sacrifices Martin Luther King Jr. made in support of equal rights.

HO'okele Online

<http://www.hookelenews.com> or <https://www.cnic.navy.mil/hawaii>



U.S. military service members watch Vijay Singh, professional golfer, tee off at the 18th hole.

Military service members caddie for pro golfers at Sony Open

Story and photos by Staff Sgt. Christopher Hubenthal

Defense Media Activity Hawaii



U.S. Marine Corps Sgt. Javier Marcano, right, Marine Aviation Logistics Squadron hazardous material coordinator, caddies for Matt Kuchar center, professional golfer.

HONOLULU — Military families attended the Sony Open in Hawaii as part of the Birdies for the Brave military appreciation program from Jan. 15 to Jan. 19.

Thirty service members caddied for professional golfers during the Official Pro-Am Tournament held Jan. 14 as part of the Birdies for the Brave Military Caddie Program at the Waialae Country Club.

The program provided U.S. active duty service members from across the island of Oahu and all five military branches the chance to caddie for PGA Tour players for one hole during the Official Pro-Am Tournament.

U.S. Marine Corps Capt. Casey Ward, assigned to the 3rd Marine Regiment, used the volunteer opportunity to not only spend one-on-one time with pro golfers but also to contribute and better the event.

"Golfing has always been something I enjoy doing on my off time and being able to come out here and spend time with professional golfers, some of whom are in the golf hall of fame, is a phenomenal experience," Ward said. "Any opportunity where we can come out, contribute and give back is something we will always take the opportunity to do."

Ward sees the military caddie program as a unique chance for the U.S. Armed Forces and is humbled to volunteer.

"I think it is more of a product of opportunity that you can come out here and participate in these kinds of events," Ward said. "I'm very honored and blessed to have the privilege to do this because not everybody does."

Paul Goydos, professional golfer and winner of the Sony Open in 2007, took time to meet with service members and veterans at the Birdies for the Brave military appreciation tent during the Sony Open.

"These are heroes," Goydos said. "The real heroes at the Waialae Country Club at the Sony Open are sitting in this tent, not playing on the golf course. They are inspirational to me. These are people that have something in them that I obviously don't. For them to go out and do the things that they do, I come out here to inspire myself. These are good people."

The 2015 Sony Open marks the seventh year the Birdies for the Brave teamed with military service members during PGA Tour events across the United States.

"Active duty service members are invited by the PGA and the Friends of the Sony Charities to participate in the event by caddying for a pro on the 18th fairway," said Mike Connolly, Pasha Group Ocean Services Relocation Services vice president. He explained how the 30 military members selected participated during the Pro-Am.

"They will literally relieve the normal caddie of his bag and act as a real caddie for that 18th hole. This is just a wonderful opportunity for us to give something back as well and thank people for their service," Connolly said.



U.S. Navy Intelligence Specialist 1st Class Scott Torres, Fleet Intel Activity, caddies for Kyung-Ju Choi, professional golfer, at the 18th hole during The Sony Open in Hawaii Official Pro-Am Tournament Jan. 14 at the Waialae Country Club.



U.S. Marine Corps Sgt. Robert Rioux (center), 3rd Marine Regiment motor transport operator, caddies for Brian Harman (left), professional golfer.



U.S. Military service members caddie for professional golfers at the 18th hole during the Sony Open in Hawaii Official Pro-Am Tournament at the Waialae Country Club Jan. 14.

Pookela and Air Defense System earn hoop titles

Story and photos by
Randy Dela Cruz

Sports Editor, Ho'okele

After four months of hardwood wars, two teams emerged as champions in the Hawaii Air National Guard (HIANG) Intramural Basketball League.

In an exciting doubleheader, Pookela defeated C17 Maintenance Group (C17 MXG), 44-33, to win the master's division (ages 35 and up) championship, and 169th Air Defense System went to overtime to beat 15th Aircraft Maintenance Squadron (15 AMXS) Weapons, 39-37, for the open championship at Hickam Fitness Center, Joint Base Pearl Harbor-Hickam.

During the master's showdown, Pookela fell behind early in the game, but midway through the first half, the team picked up its first lead when Capt. Barry Bicoy sank a long-range trey for an 11-10 advantage.

Later, with the game tied at 16-16, Sgt. Marvin Isidro connected on a three-pointer to put Pookela back out in front at 19-16 before going on to take a 24-19 lead into halftime.

With momentum on their side going into the half, Pookela continued to push the action in the second half on the hot shooting of Tech. Sgt. William Chang.

Chang, who scored four points in the first half, found his range coming out of the break and popped in nine points mostly on jumpers from the perimeter.

On the first possession in the second half, Chang calmly grabbed a pass just outside the arch and tossed in a perfect rainbow for three and a 27-19 advantage.

A minute later, Bicoy gave his team its first double-digit lead at 29-19 on jumper from outside.

A free throw by C17 MXG Master Sgt. Chris Adams finally broke the run, but the tough inside defense and the shooting of Chang, Bicoy and Isidro kept Pookela in charge and on their way to the title.

Chang said that a switch in strategy was the main reason why Pookela was able to pull away in the second half.

In the first half, the inside play of Adams and Tech. Sgt. Paul Kalama was able to keep C17 MXG in the game.

Chang said that Pookela was able to neutralize the duo by passing the ball around and being quicker.

"That was the game plan in the second half," Chang said. "They (Adams and Kalama) were hurting us, but we made the adjustment."

In the nightcap, things really started to heat up as the 169th ADS and Weapons went back and forth in a thrilling matchup that had everyone on the edge of their seats.

At first, it appeared that 169th ADS was going to walk away with an easy win by building up a nine point, 19-10, lead at halftime.

However, Weapons got out to a hot start in the second half and quickly turned the would-be rout into a game.

Fresh out of halftime, Weapons opened the second half on back-to-back treys by Staff Sgt. Donovan Olmos and Airman 1st Class Joe Nishimura to cut the lead down to



Tech. Sgt. Stephen Lorenzo goes up for a shot over the defense of Staff Sgt. Donovan Olmos. Lorenzo and his teammates on 169th Air Defense System won the open division basketball title in the HIANG Intramural Basketball League.

three at 19-16.

Weapons finally tied the score at 21-21 on a three-pointer by Staff Sgt. Gabriel Lanai and then took their first lead of the game on another trey by Olmos with 10:39 remaining in regulation time.

The lead changed five times during the rest of regulation before ending in a deadlock at 37-37.

In the two-minute overtime period, Weapons got the ball and was playing for the final shot when a turnover at midcourt handed the ball to the 169th ADS with 41 seconds on the clock.

As time ticked away, Senior Airman Shae Bryan Sylva took a pass at the top of the key and nailed the jumper at



Tech. Sgt. William Chang goes up for two of his 13 points to help Pookela win the master's division championship of the HIANG Intramural Basketball League.

the buzzer for the win.

Sylva said that as soon as he let it go from his hand, he knew the ball was going down.

"It felt good," he said. "I was just looking to get open and when I got the ball I just shot it."

Olmos, who led Weapons to the comeback in the second half, connected on four of the team's seven three-pointers.

He said that the plan was to hold the ball for the final shot, but it didn't work out.

"Unfortunately, we just turned over the ball," Olmos said. "It was miscommunication. It happens. We had a chance to stop them on defense, but they made a great shot."



Photo courtesy of Barbara Billand, monk seal responder volunteer

Monk seal returned to water after surgery

Benny, a Hawaiian monk seal, was returned to the ocean Jan. 16 after recuperating from surgery by veterinarians that saved his life. On Dec. 30, volunteers helped search for Benny who was rescued at White Plains Beach and taken to the National Oceanic and Atmospheric Ad-

ministration's Ford Island facility. An internal scan showed that a hook, monofilament and lead were stuck in its stomach. After a three-hour surgery to remove the foreign objects, Benny recuperated at the facility before being released back into the wild.

Blood drive schedule updated

January is National Blood Donor Month, and Tripler Army Medical Center Blood Donor Center has updated its schedule of upcoming blood drives as part of the Armed Services Blood Donor Program (ASBP).

- Jan. 26, 9:30 a.m. to 1:30 p.m., oceanside lobby entrance, Tripler Army Medical Center.
- Jan. 27, 9 a.m. to 1 p.m., NEX, Tripler Army Medical Center.
- Jan. 28, 8 a.m. to 3:30 p.m., blood donor center, Tripler Army Medical Center.
- Jan. 29, 8 a.m. to 1 p.m., Makalapa Clinic, Joint Base Pearl Harbor-Hickam.

For more information, call 433-6699 or 433-6148 or email michelle.lele@amedd.army.mil or check the website www.militaryblood.dod.mil.

Mokulele Flight Kitchen, Hale Aina Dining Facility collocate

647th Force Support Squadron

The Mokulele Flight Kitchen has collocated with the Hale Aina Dining Facility. The new Mokulele Flight Kitchen telephone order number will be 449-1666. The new meal pick-up location will be in the rear of building 1860 (across Kuntz Street from 24-hr AAFES Gas Station/Shoppette).

The flight kitchen will remain a 24/7 operation and continue to serve all current customers.

Additional patrons, including military shift workers and essential station messing meal card members will now be able to use the flight kitchen as flight line access will no longer be required.

Members authorized to eat at the Hale Aina Dining Facility and Mokulele Flight Kitchen include:

- Enlisted members on a meal card.
- Enlisted members receiving basic allowance for subsistence.
- Active duty officers.
- Temporary duty personnel (officers, enlisted and civilians) directed to dine at the dining facility on stated orders.
- Authorized Guardsmen and Reservists on unit training assembly drills and inactive duty for training orders.
- Spouses and family members accompanied by the military member.
- Authorized special groups and organizations.



Sense of community and fitness drives Stroller Warriors

Story and photos by
Randy Dela Cruz

Sports Editor, Ho'okele

Finding a place to blend in can be a difficult task when you are constantly moving from one base to another.

The endeavor can be even more daunting if you're a mom with a newborn baby or even with one on the way.

The situation is no different at Joint Base Pearl Harbor-Hickam, but Kate Laing is the chapter coordinator of a unique program that reaches out to moms and their youngsters to form an on-base community that will make them feel at home.

Stroller Warriors is a free club that puts kids on wheels with their moms providing the muscle in a multifaceted exercise program that gives support, camaraderie and a sense of community.

Founded in 2010 by military spouse Stephanie Geraghty, the program has grown to include 18 chapters around the world, with Hawaii, under the leadership of Laing, entering two years ago.

"I launched the club in 2013," she said. "I was a member in Louisiana and when we got orders to permanent change of station here, I wanted to bring the club with me because I feel really passionate about it."

Laing added that while exercise and wellness is a major theme in Stroller Warriors, the club goes far beyond a workout.

"It's a community and I wanted to create a community where moms can get together with their kids," Laing stated. "We run, which is what brings us together, but we're a support network. It's a way for spouses to be able to have a platform to build a community. The friendships that form out of this are long lasting."

Toni McNulty, an Army spouse, was part of the original group that started off two years ago and is still going strong today.

From the very first meeting, she said that she was hooked by the workout and warm welcome she received from everyone there.

"At the time I had just moved to the islands and figured I had to do something because I had two boys (ages 1 and



4)," McNulty shared. "I just came to work out. I was really nervous, but it was really supportive."

Laing said that on any given day, the workouts, which include a 20-minute run and 15-minute strength training that focuses on your body's core, welcomes anywhere from 30-40 runners.

Workouts are geared to everyone's fitness level, so no one is pushed beyond their means.

"It's encouraging at all levels," said Megan Seeley, a Marine spouse. "The experienced ones encourage the beginners. We've all been there, so it takes encouragement."

For those who want to be challenged, the club has several options, including the Couch to 5K (C25K), which progressively takes a newbie on a nine-week program with the goal of finishing a 5K (3.1 miles) run.

Allison Chance, a Navy spouse, arrived at JPBHH last year and joined Stroller Warriors while she was three months pregnant.

Although Chance admitted that she wasn't a runner, she took the C25K challenge and completed the task while she was 26 weeks pregnant with her daughter Charlotte.

"This group just kind of motivates you," Chance pointed out. "It's been fun for me. My daughter was born in July and now she comes along with me."

Besides spending time pounding the pavement together, Laing said that members bond through other ways, such as providing community outreach to several charities.

"We always give back," she said. "We get so much as spouses. The military really provides well for us and so we reach out and do for others. We support (Tripler) Fisher House and held a 5K for breast cancer awareness."

Like Laing, who is helping spread the word about Stroller Warriors, other members are also determined to take their new-found community everywhere they go.

"We are worldwide now," McNulty said. "So wherever we move, we (Stroller Warriors) will be there."

Stroller Warriors meets at JPBPH every Tuesday at 9 a.m. and at Marine Corps Base Hawaii on Thursday at the same time.

For more information, visit Stroller Warriors @ Pearl Harbor on Facebook or email Laing at strollerwarriorspearlharbor@gmail.com.

'Mighty Mo' to host living history

Battleship Missouri
Memorial Association

History will come to life from 9 a.m. to 4 p.m. Jan. 31 at the Battleship Missouri Memorial during a day of festivities for visitors of all ages to participate in Living History Day.

Guests of the Battleship Missouri Memorial at Ford Island, Joint Base Pearl Harbor-Hickam will see and experience first-hand a variety of historical exhibits and activities designed to be entertaining and educational, including:

- Displays of military vehicles, memorabilia and weaponry.
- Access to tour special areas of the Battleship Missouri, including the captain's cabin and the radio room.
- Military musical bands.
- Oral history presentations.
- Re-enactors in historical period dress and costumes.
- Static displays from active-duty military units.
- A vintage aircraft fly-over.

Admission is free for *kamaaina* (Hawaii residents), members of the armed forces and Mighty Mo members with valid I.D. The event is open to the public. Guests can visit the Pearl Harbor Visitor Center to get tickets on the day of the event.

Complimentary round-trip shuttle service for the



event will be offered from the Pearl Harbor Visitor Center beginning at 8 a.m. for those without base access.

Since opening in January 1999, the Battleship Missouri Memorial has attracted more than 6 million visitors from around the world with a tour showcasing the USS Missouri's unique place in history.

Located a mere ship's length from the USS Ari-

zona Memorial, the Mighty Mo completes a historical visitor experience that begins with the "day of infamy" and sinking of the USS Arizona in Pearl Harbor on Dec. 7, 1941, and ends with Imperial Japan's surrender aboard the USS Missouri in Tokyo Bay on Sept. 2, 1945.

For more information, call (toll-free) 1-877-644-4896 or visit USSMissouri.org.

HART utilities work near Makalapa Gate, Radford Drive to begin Jan. 26

Beginning Jan. 26, the Honolulu Authority for Rapid Transportation (HART) will begin work on Kamehameha Highway near Makalapa Gate and Radford Drive next to Joint Base Pearl Harbor-Hickam. The work will include single lane closures in the eastbound direction.

Drivers will experience staggered single lane closures along Kamehameha Highway in the eastbound direction for pole and camera installations and intermittent closures of the right lane exiting Makalapa Gate heading east.

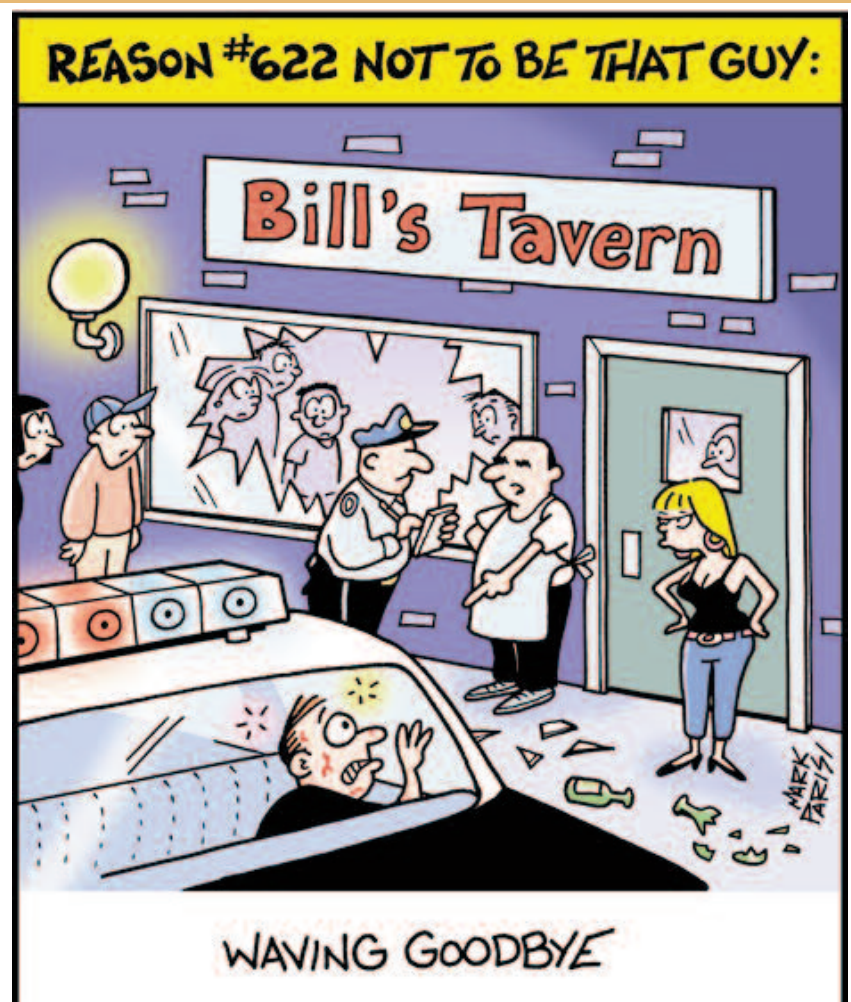
Right turns onto Kamehameha Highway will be controlled from the center lane by Honolulu Police Department officers.

HART began roadwork on the Airport

Section Utilities Project along Kamehameha Highway on Jan. 5. Work near Radford Drive includes staggered single lane closures in the westbound direction for potholing and utility probing. Construction work takes place from 8:30 a.m. to 2:30 p.m. Motorists should follow posted speed limits and other signs in the construction areas.

Contractor Nan Inc. is working closely with HART to provide weekly traffic updates.

For more information and traffic updates for all impacted areas relating to rail, visit HART's website, www.honolulutransit.org.



www.hookele.com or www.cnic.navy.mil/hawaii

'Navigate'
to Ho'okele website



Live the Great Life



Photo Courtesy Ko Olina Ocean Adventures

Yoga is just one of the classes that attendees can try Saturday at the JBPHH Fitness Challenge.

New year means new you at JBPHH Fitness Challenge

Helen Ko

*Joint Base Pearl Harbor-Hickam
Morale, Welfare and Recreation*

The end of the holiday season and the start of a new year often drives people to search for a way to improve their health and fitness. If you have made a resolution like this, you are not alone. Looking to try a new workout but not sure which to choose from? Joint Base Pearl Harbor-Hickam (JBPHH) Fitness Challenge 2015 will be ongoing from 9 to 11 a.m. Saturday at Joint Base Pearl Harbor-Hickam Fitness Center.

Patrons will be able to sample various classes, including kickboxing, Zumba, Shimmy Fitness, PiYo Strength and yoga. Each format will be showcased individually so that patrons can fully understand each

different class.

"Fitness Challenge is an annual event that I organize in January. It is a great way to kick off the new year and showcase the different class formats offered at JBPHH and Hickam Fitness Centers. Each class format is approximately 25 minutes long and the event is two hours," said Lori Gaynor, fitness manager at Wahiawa Annex.

PiYo Strength is a new class that will start in February at the JBPHH Fitness Center and the Hickam Fitness Center. The class incorporates Pilates and yoga in an athletic style workout. Attendees should be prepared to sweat and burn calories.

The fitness challenge is free to all eligible patrons. For more information, call 471-2019.



MWR Marketing photo

Raspberry cheesecake is one of the tasty ways to end a romantic dinner at Sam Choy's at Hickam Harbor.

Base eateries to offer Valentine's Day dinners

Reid Tokeshi

*Joint Base Pearl Harbor-Hickam
Morale, Welfare and Recreation*

Valentine's Day may be three weeks away, but if a special night out for dinner is in the plans, reservations need to be made right away. Long one of the busiest nights of the year for restaurants, a romantic dinner for Valentine's Day can be hard to book if not done quickly.

What many people may not know is that two restaurants at joint base have special evenings planned for Valentine's Day. Each provides their own unique touch for a memorable Valentine's Day event.

Joint Base Catering will offer a Valentine's Day Sweetheart Dinner. Described as a romantic evening of live jazz music and elegant table service, the event happens at the Historic Hickam Officers' Club. All ranks are welcome. A set menu is available for \$45 per person. Reservations will be accepted beginning Jan. 26. For more information, call the catering office at 448-4608.

At Sam Choy's Island Style Seafood, Harold Beltran, executive chef, has created special menu items just for the occasion, including salads, entrees and desserts. These selections are available for dinner only, alongside the restaurant's regular menu. Reservations are recommended and being accepted now. Call 422-3002 for more information.

Your Weekly Fun with MWR

Visit www.greatlifehawaii.com or subscribe to MWR's digital magazine Great Life Hawaii.



T.G.I.F. will be held from 4 to 6:30 p.m. today on the lanai at J.R. Rockers Sports Cafe. This after-work social event with a buffet, half-price pupus, music and prizes is free for Air Force Club members and \$9.99 for non-members. FMI: 448-2271.

The 2015 New Year's Lock-In for youth ages 13 to 18 years old will begin at 7 p.m. today to 7 a.m. Saturday at the teen center. Attendees can celebrate National Pie Month while enjoying games, snacks and prizes. The cost is \$25 or \$20 with a canned food donation. FMI: 448-0418.

Free Golf Clinic will begin at 9 a.m. Saturday at Mamala Bay Golf Course. FMI: 449-2304. Fitness Challenge 2015 will be offered from 9 to 11 a.m. Saturday at JBPHH Fitness Center. Patrons will be able to sample a variety of fitness classes, including kickboxing, yoga and Shimmy Fitness. This free workout session is open to all eligible patrons. FMI: 471 2019.

Wood Shop Safety class will be held from 4:30 to 7:30 p.m. Saturday at the Hickam Arts & Crafts Center. Students will be able to learn the proper and safe use of the tools and equipment in the wood hobby shop. Upon completion, participants will be issued a safety certification card enabling them to use the shop tools and equipment and to go on to more advanced woodworking classes. The cost is \$20. FMI: 448-9907.

Monday Night Kid's Night will be held from 5 to 9 p.m. Jan. 26 at Sam Choy's Island Style Seafood Grille. Children ages 12 years and younger can obtain a free kid's meal with the purchase of an adult entree. A

bounce house will be available for children from 5 to 7 p.m. FMI: 422-3002.

"On Location" Photography Workshop: Intro to Studio Lighting/Poses will be held from 6 to 8 p.m. Jan. 26 at the Hickam Arts & Crafts Center. Students will be able to gain experience and practice in photographing a variety of subjects under various lighting conditions. Tuition is \$25. FMI: 448-9907.

Beginning Glass Fusing class will be held from 3:45 to 5:45 p.m. every Tuesday from Jan. 27 through Feb. 17 at the Hickam Arts & Crafts Center. Students will learn how to cut and fuse sheet glass and other techniques. Tuition is \$75. FMI: 448-9907.

Preschool Story Time will begin at 9 a.m. Jan. 28 at the base library. The theme of this free program is "Hats, Caps and Bonnets." FMI: 449-8299.

Drawing with Glass class will be held from 3:45 to 5:45 p.m. every Wednesday from Jan. 28 through Feb. 11 at the Hickam Arts & Crafts Center. Students ages 12 years and older can learn to create their own expressive designs on glass with the flexibility of traditional media. Tuition is \$60. FMI: 448 9907.

Wild Wing Wednesday will be held from 5 to 8:30 p.m. Jan. 28 at J.R. Rockers Sports Café. "Rockers Wings" will be available with a variety of sauces from which to choose. FMI: 448-2271.

Kiln-Formed Vessels class will be held from 6 to 8 p.m. every Wednesday from Jan. 28

through Feb. 11 at the Hickam Arts & Crafts Center. Students will be able to build fully three-dimensional pieces. Previous glass experience is recommended. Tuition is \$60. FMI: 448-9907.

Mongolian BBQ will be held from 5:30 to 8 p.m. Jan. 29 on the lanai of the Historic Hickam Officers' Club. A variety of meats, vegetables and sauces will be available. Rice, noodles, soup, beverages and fortune cookies are included. FMI: 448-4608.

Hickam Historical Tour will be held from 9:30 a.m. to 1:30 p.m. Jan. 30 with visits to the original World War II Hickam Field buildings. The tour departs from Information, Tickets & Travel's Hickam office and from Royal Alaka'i Lodge and includes lunch. Tickets are \$45 for adults and \$40 for children ages three to 11 years old (there is an additional \$10 per person charge for pickup at the Hale Koa Hotel). Due to the nature of the tour, it is not recommended for children under six years old. FMI: 448-2295.

Makapu u Lighthouse Hike and Whale Spotting excursion will begin at 9 a.m. Jan. 31. Outdoor Adventure Center staff will take participants to the easternmost point of Oahu on a hike suitable for the whole family. Participants should bring a lunch and plenty of sunblock and water. The cost is \$10, and the sign-up deadline is Jan. 28. FMI: 473-1198.

Snorkeling at Hickam Harbor Cove excursion will begin at 9:30 a.m. Jan. 31. Outdoor Recreation staff will take patrons to explore

the outside reef at Hickam Harbor. Participants must know how to swim. The cost is \$15, and the sign-up deadline is Jan. 29. FMI: 449-5215.

Whale Watching Cruise will depart at noon Jan. 31 from the Information, Tickets & Travel-Hickam office for Ko Olina Marina. Participants will sail along the west coast of Oahu to search for humpback whales. Tickets are \$45 for adults and \$40 for children under 10 years old. FMI: 448-2295.

Women's Surf Lessons will begin at 9 a.m. Feb. 1 at Hickam Harbor. Women will learn the basics of surfing in a format similar to the regular group classes. Participants must be proficient swimmers and able to swim without a lifejacket. The cost is \$30, and the sign-up deadline is Jan. 29. FMI: 449-5215.

Snorkeling at Baby Makapuu excursion will begin at 9 a.m. Feb. 1. Outdoor Adventure Center staff will take patrons to Kaupo Cove, commonly referred to as "Baby Makapuu," just around the corner from Makapuu Point. Beginner snorkelers can stay near the shore for viewing, while advanced snorkelers can swim a bit further to the outer reefs. The cost is \$30, and the sign-up deadline is Jan. 29. FMI: 473-1198.

Moonlight Paddle at Hickam Harbor will begin at 6:30 p.m. Feb. 3. All paddling abilities are welcome. The trip is led by Hickam Harbor's Outdoor Recreation staff and includes all required gear. The cost is \$25, and the sign-up deadline is Jan. 30. FMI: 449-5215.

JANUARY**21ST CENTURY SAILOR OFFICE**

TODAY — Rear Adm. Richard Snyder, director of the 21st Century Sailor Office, will participate in an all hands call from 10:30 to 11:30 a.m. at Bloch Arena, Joint Base Pearl Harbor-Hickam. In addition, an all hands call will be held from 2 to 3 p.m. at the Marine Corps Base Hawaii Theater.

O'MALLEY VCC CLOSED TEMPORARILY

NOW — The O'Malley Visitor Control Center (VCC) is closed for approximately three months for renovation. All sponsors (except those authorized call-in privilege sponsorship) will need to meet their guests at the Nimitz VCC, building 3455 (also known as pass and ID), located outside Nimitz Gate for access onto the installation. During the renovation period, Nimitz VCC will be open 24 hours a day, seven days a week. FMI: 449-0865.

NEX FITNESS FAIR

NOW — Pearl Harbor Navy Exchange (NEX) will hold "A Better You" Fitness Fair will be held from 10 a.m. to 2 p.m. daily now through Jan. 27 at the NEX mall. NEX has partnered with health and fitness organizations to help patrons with healthy-living resolutions. Patrons include Naval Health Clinic Hawaii, TRICARE, Joint Base Morale, Welfare and Recreation fitness and others. FMI: 423-3287 or email Stephanie.Lau@nexweb.org.

STROLLER WARRIORS

NOW — Stroller Warriors Pearl Harbor is a free running club for military spouses living on Oahu. The club holds workouts twice a week, both beginning at 9 a.m. one at Joint Base Pearl Harbor-Hickam on Tuesdays and one at Marine Corps Base Hawaii on Thursdays. FMI: email strollerwarriorspearlharbor@gmail.com or www.facebook.com/Strollerwarriors or www.strollerwarriors.com.

HOSC SCHOLARSHIPS

NOW — The Hickam Officers' Spouses' Club is now accepting applications for scholarships. All college-bound military family members are eligible, including high school seniors, current students and spouses. Applications and eligibility information are available online at www.hickamosc.com. Applications need to be postmarked and mailed by March 9. FMI: email hoscscholarship2015@gmail.com.

ASMC SCHOLARSHIPS

NOW — The Aloha Chapter of the American Society of Military Comptrollers (ASMC) is providing college scholarships this year to Hawaii high school seniors entering a field of study directly related to financial/resource management, such as business administration, economics, accounting and finance. Applicants do not need to be affiliated with ASMC or the federal government. Applications are due March 6. Application and submission requirements are located at the chapter website at <http://chapters.asmconline.org/aloha/awards-4/>. FMI: email mary.c.garcia@navy.mil or call 473-8000, ext. 6320.

PASSENGER TERMINAL HOURS CHANGE

NOW — The Joint Base Pearl Harbor-Hickam Passenger Terminal's hours of operation have changed. The terminal will

remain open seven days a week, but it will be closed from 10 p.m. to 4 a.m. daily. Roll calls will be advertised between the hours of 10 p.m. and 4 a.m. The terminal will open one hour prior to the roll call time to allow passengers to sign up and mark themselves present for the flight. Passengers are able to sign up for travel using the remote sign-up process. All flight information will remain available through social media and the pre-recorded telephone services. FMI: https://www.facebook.com/HickamAMC?ref=br_tf or call 449-6833.

COLOR THE COSMOS DAY

24 — A ribbon cutting will begin at 2 p.m. for the grand opening of Pacific Aviation Museum Pearl Harbor's exhibit showcasing student enhanced astrophotography images. The exhibit is part of the Smithsonian affiliate "Youth Capture the Colorful Cosmos" program. FMI: 441-1007 or www.pacificaviationmuseum.org.

HICKAM BEACH RESTROOM RENOVATIONS

26 — Renovations on the Hickam Beach restroom, building 3470, will commence. During renovations the women's and men's restrooms will be closed to facilitate interior refurbishment. Renovations are tentatively expected through Feb. 13. During the closure, port-a-potties will be available adjacent to the restrooms. Alternate shower facilities will still be available for use until the renovations are complete.

HART UTILITIES WORK

26 — The Honolulu Authority for Rapid Transportation (HART) will begin work on Kamehameha Highway near Makalapa Gate and Radford Drive next to Joint Base Pearl Harbor-Hickam, which will include single lane closures in the eastbound direction. Drivers will experience staggered single lane closures along Kamehameha Highway in the eastbound direction for pole and camera installations, and intermittent closures of the right lane exiting Makalapa Gate heading east. Right turns onto Kamehameha Highway will be controlled from the center lane by Honolulu Police Department officers. HART began roadwork on the Airport Section Utilities Project along Kamehameha Highway on Jan. 5. Work near Radford Drive includes staggered single lane closures in the westbound direction for potholing and utility probing. Construction work takes place from 8:30 a.m. to 2:30 p.m. Motorists should follow posted speed limits and other signs in the construction areas. FMI: www.honolulutransit.org.

TAX ASSISTANCE CENTER

30 — The Navy Tax Assistance Center will open at the start of the tax season. The self-service model center will be located at the Navy College building, 1260 Pierce St., building 679, Joint Base Pearl Harbor-Hickam in classroom 11. The tax center will be open daily from 8:30 a.m. to 3 p.m. Volunteers are also being sought for the assistance center. FMI: Ursula.m.smith1@navy.mil or 473-0443.

FEBRUARY**PEARL HARBOR COLORS CEREMONY**

26 — A Pearl Harbor Colors Honors and Heritage ceremony will be held at 7:30 a.m. at the Pearl Harbor Visitor Center. The theme will be "African America History and Heritage" with a focus on Dorie Miller, the Tuskegee Airmen, Vietnam and civil rights.

**THE HOBBIT: THE BATTLE OF THE FIVE ARMIES (PG-13)**

This final battle brings to an epic conclusion the adventures of Bilbo Baggins, Thorin Oakenshield, and the Company of Dwarves. Having reclaimed their homeland from the dragon Smaug, the Company has unwittingly unleashed a deadly force into the world. Enraged, Smaug rains his fiery wrath down upon the defenseless men, women and children of Laketown.

SHARKEY THEATER**TODAY 1/23**

7:00 p.m. The Hobbit: The Battle of The Five Armies (PG-13)

SATURDAY 1/24

2:30 p.m. Night at the Museum: Secret of the Tomb (PG)

7:00 p.m. Black Sea (R)

Free to the first 400 authorized patrons. tickets will be distributed at 5:30 p.m. at the ticket booth of the Sharkey Theater. Active duty military card holder will be able to receive up to four tickets. Military retirees, military family members and DoD card holders can receive up to two tickets. All tickets will be by assigned seating.

SUNDAY 1/25

2:30 p.m. Night at the Museum: Secret of the Tomb (PG-13)

4:30 p.m. Into the Woods (PG)

7:00 p.m. Unbroken (PG-13)

THURSDAY 1/29

7:00 p.m. Unbroken (PG-13)

HICKAM MEMORIAL THEATER**TODAY 1/23**

6:00 p.m. Night at the Museum: Secret of the Tomb (PG)

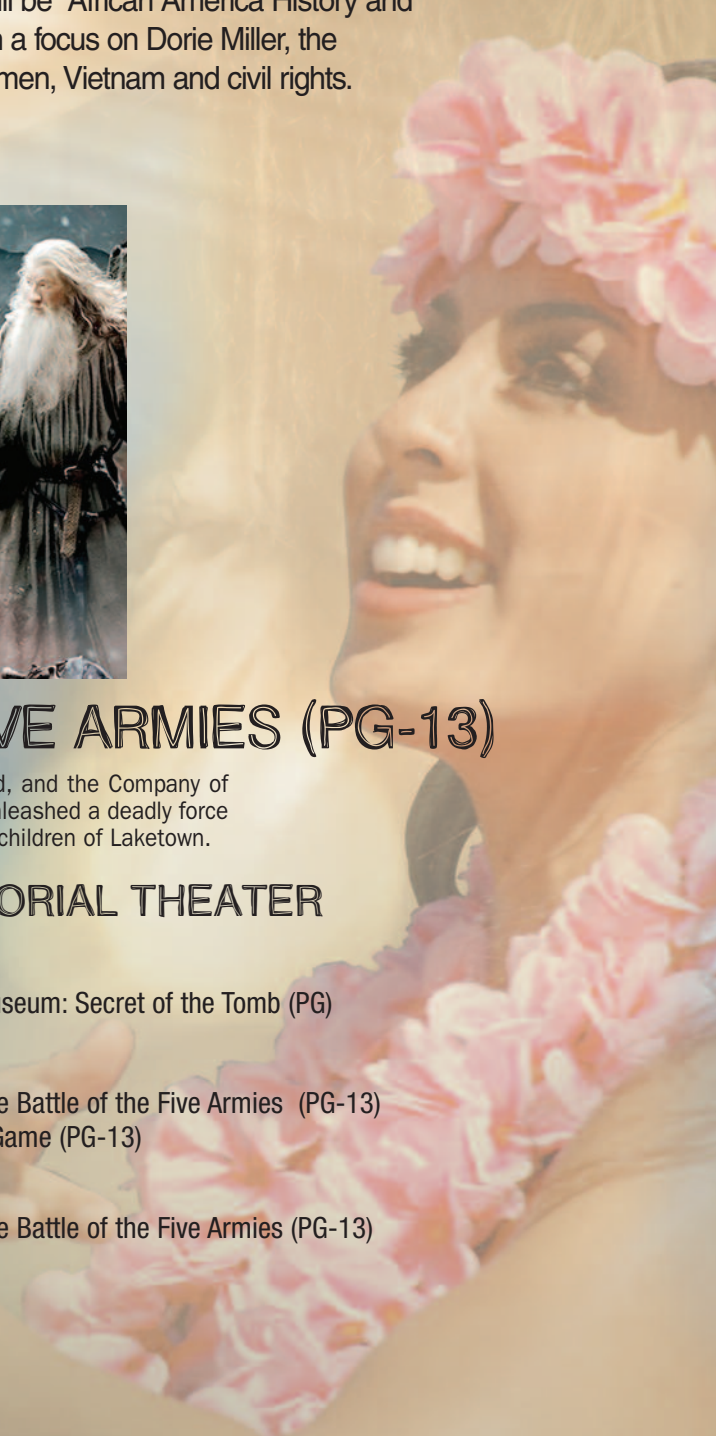
SATURDAY 1/24

4:00 p.m. The Hobbit: The Battle of the Five Armies (PG-13)

7:00 p.m. The Imitation Game (PG-13)

SUNDAY 1/25

2:00 p.m. The Hobbit: The Battle of the Five Armies (PG-13)





U.S. Navy file photo

Chief petty officer (CPO) selectees assigned to commands in the Hawaii region participate in a morning physical training (PT) session at Ford Island in 2008.

Center launches weight management initiative

Navy and Marine Corps Public Health Center, Public Affairs

The Navy and Marine Corps Public Health Center (NMCPHC) announced the launch of its weight management initiative Jan. 7 as part of "Healthy Weight" Month.

The initiative encourages Sailors, Marines, their families and health educators to access relevant healthy eating, active living, and psychological and emotional well-being resources that help achieve and maintain a healthy weight.

The timing of the announcement is aligned with NMCPHC's "Healthy Weight" Month and the "New Year, New You" Month observed by the Military Health System and Navy Medicine.

"Addressing healthy weight is important for Sailors and Marines because exceeding body composition assessment (BCA) standards can negatively affect their career and compromise mission readiness," said Cmdr. Connie Scott, the health promotion and wellness department head at NMCPHC. "Exceeding BCA can also be an impediment to readiness because extra pounds can decrease quality of life and increase health problems such as heart disease, diabetes, stroke and some types of cancer."

In support of the Secretary of the Navy's (SECNAV) 21st Century Sailor & Marine Initiative, NMCPHC's "Healthy Weight" Month increases awareness about the benefits of achieving and maintaining a healthy weight. It offers resources that equip Sailors and Marines to take charge of their weight management by developing lifelong healthy behaviors including healthy eating, active living and psychological and emotional well-being.

Weight management is part of the spectrum of wellness that maximizes each Sailor's and Marine's personal readiness. Resources offered include a comprehensive listing of posters and infographics; fact sheets; brochures and interactive tools, including quizzes and games developed by both NMCPHC and other leading health organizations. Newly created NMCPHC materials include One Day at a Time: 31 Day Challenge for a Healthier Life, a fact sheet series addressing the safety and health impacts of supplements and Better Eating Habits in Seven Days food log.

Sailors and Marines can also achieve weight management goals with the ShipShape Program, the official Navy weight management program that assists active duty and Reserve military service members, beneficiaries and government civilians with making healthy behavior changes in order to lose weight. The program consists of eight sessions that focus on three important components for weight management: mindset, nutrition and physical activity.

The ShipShape Program is highly recommended for active duty personnel who have failed or are at risk of failing their BCA standards. The program is managed by NMCPHC and aligns to the missions of the 21st Century Sailor and Marine Initiative and Navy Medicine to maintain a healthy, fit and ready force.

For more information and resources on weight management, visit NMCPHC's website at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-january.aspx>.

For more news from Navy and Marine Corps Public Health Center, visit www.navy.mil/local/nmcphc/.

H-1 viaduct roadwork update announced

Hickam Communities

On behalf of Goodfellow Bros., Inc. and the state Department of Transportation Highways Division, Hickam Communities has announced work is scheduled for this weekend in the westbound direction of the H-1 viaduct.

The two right lanes on the viaduct, as well as the two right lanes on Nimitz Highway within the vicinity of Rodgers Street and Aolele Street, will be closed beginning at 9 p.m. today through midnight on Jan. 26. Both the Joint Base Pearl Harbor-Hickam offramp (15B) and the Valkenburgh intersection on Nimitz Highway will be open to traffic throughout the weekend. Motorists are advised to follow all posted speed limits in the construction area.

The following week (Jan. 26 thru Feb.

1), work will go back to the eastbound lanes. At this time, work is scheduled to occur on Tuesday, Wednesday and Thursday evenings starting at approximately at 7 p.m. and ending around 4:30 a.m.

These nights are in addition to the normal Friday night (9 p.m.) through Sunday (midnight) work schedule.

During these periods, motorists should note that the shoulder lanes will be used as travel lanes to keep traffic flowing.

In addition, the onramp originating from Joint Base Pearl Harbor-Hickam heading east will be closed each work night. Drivers will be asked to take Nimitz Highway to the airport and use the onramp originating from the airport to access the viaduct eastbound. There will not be any lane closures on Nimitz Highway on any of these work nights.

Story Ideas?

Contact Ho'okele editor for guidelines and story/photo submission requirements.

473-2890 / editor@hookelenews.com

The Gathering Place offers JBPHH Airmen perfect on-base retreat

Story and photo by
Tech. Sgt. Terri Paden

15th Wing Public Affairs

Dorm-dwelling Airmen at Joint Base Pearl Harbor-Hickam who are looking for a place to enjoy a free meal and kick back and relax with their peers after a long day's work need look no further than The Gathering Place.

The Gathering Place, a lounge conveniently nestled in the courtyard between the Airmen dorms, provides a neutral environment for Airmen to meet up and spend their leisure time.

In addition to comfy couches and free WiFi, The Gathering Place offers Airmen free use of several video game consoles, desktop computers, cable television, board games and books. The lounge is designed to make Airmen feel as though they are relaxing in the comfort of their own living room and also comes equipped with a full kitchen stocked with coffee, tea, Italian sodas and snacks.

Although The Gathering Places comes fully equipped, its motto, "It's not about the coffee, it's about the connection," speaks to the intent behind the chapel-backed facility.

"This is a lot of Airmen's first duty station and they show up here not knowing anyone or what to do," said Tech. Sgt. ShaDonna McPhaul, 692nd Intelligence Surveillance and Reconnaissance Group administrative support. "The Gathering Place is a spot they can come to meet people, socialize and occasionally get a free meal."

McPhaul said for many Airmen, The Gathering Place is a convenient and safe way to have fun in an alcohol and smoke-free environment.

"If you don't want to go downtown and party, you need a quiet place to study, or if you just don't want to be alone in your room, then The Gathering Place is for you," she said.

Currently, The Gathering Place is open from 6 to 10



Airmen enjoy pizza on the lanai at The Gathering Place during the weekly free meal Jan. 15 at Joint Base Pearl Harbor-Hickam.

p.m. Monday through Thursday and from 6 to 11 p.m. Friday and Saturday.

"Airmen usually come in for the home-cooked meals as a way to save money and enjoy something different than the dining facility," said Airman 1st Class Michael Taylor, 324th Intelligence Squadron network infusion analyst.

"It's a good hangout spot and way to meet people. A lot of Airmen are bored when they first get here and they don't know what to do for fun, but there's always something to do and people here."

For Senior Airman Zachariah Crisel, a 324th Intelligence Squadron network infusion analyst, The Gathering Place provides a way to give back to his fellow Airmen. He said he spends his time volunteering at the facility to keep it clean and help out with the weekly meals.

"This is a place where Airmen can come and let go and be themselves, away from smoking and drinking and

things that might otherwise make an environment bad," he said. "It's great volunteer work and I get to meet with almost every new Airman that lives in the dorms."

Though The Gathering Place is officially supported by the base chapel as part of the Single Airmen Ministry, McPhaul said it is a community effort that keeps the doors open. Much of the facility's equipment is provided by the Morale, Welfare and Recreation Center, and weekly meals provided by volunteer community organizations keep the Airmen coming back each Tuesday.

In addition to providing the weekly meals, The Gathering Place is also in need of additional volunteers to work the daily shifts, keeping watch over the facility. Two people are needed per shift, and volunteers can work as often or as long as they would like. For more information on The Gathering Place, contact Mark Schake at 808-457-0201.



My Favorite Photo...

John Burns, administrative support assistant for Navy Region Hawaii, took this photo earlier this week of workers harvesting watercress at Sumida Farm in Aiea. The workers piled the watercress into bright red wheelbarrows.

How to submit: send your non-posed photo to editor@hookelenews.com.