

SECDEF speaks here: ‘You are the rebalance’



U.S. Secretary of Defense Ashton B. Carter speaks during a “troop talk” event held Nov. 6 at Joint Base Pearl Harbor-Hickam.

Story and photo by Staff Sgt. Christopher Stoltz
15th Wing Public Affairs

In his last stop before leaving Hawaii, U.S. Secretary of Defense Ashton B. Carter held a “troop talk” with the Air Force, Navy, Army, Marine Corps and the Coast Guard on Nov. 6 at Joint Base Pearl Harbor-Hickam (JBPHH). The event, which was held at hangar 19 at JBPHH, allowed service members from all five branches of the military to learn more about the evolving balance of forces

in the Indo-Asian Pacific region. Carter also fielded questions from Airmen, Sailors, Marines, Soldiers and Coast Guardsmen that ranged from tensions in the South China Sea to sequestration and budget cuts. **How is China’s military going to affect our military budget in the future?** “There is no question we have some points of contention, some objections, especially regarding action in the South China Sea,” said Carter. “These are things that should be resolved diplomatically. However, we reflect in our budget all po-

tential military operations and take specific actions to make sure that we stay ahead when it comes to capabilities.” **Is maintaining freedom of navigation in the South China Sea the responsibility of the U.S. or its regional partners?** “It is certainly the responsibility of the United States,” he said. “However, the regional partners should take responsibility as well. It is a global thing, it’s not just a South China thing. Freedom of navigation is critical to global commerce.” **Currently, most of the cuts made to the Penta-**

gon have been non-strategic. What cuts would be made to the military as a whole on the strategic side? “With respect to the general sequestration, as the Secretary of Defense I would always like to have more, I’ll admit,” he said. “But we balance all of the cuts to each service and try to eliminate things that are least important to warfighting capability. Sometimes this is difficult. There are times when we are not permitted to make adjustments that we have recommended to POTUS, and Congress denies it because they’re worried

about the impacts to their individual regions.” **Is there going to be a rebalancing of military efforts due to the amount of ‘fires’ we are working with in Europe, as far as border control, Ukraine, etc.? Will there be a realignment of our military forces?** “There will be a rebalance,” he said. “We have to be prepared at all times because change can happen at any moment. The capability to ‘fight tonight’ is important. You cannot take for granted what we have out here.” Beyond questions from

the audience, Carter stated his, and the United States’, goal throughout the Indo-Asian Pacific region is working toward peace and security where people can rise and prosper. Carter also thanked the service members in attendance for their service and sacrifice. “You are the rebalance,” he said to the audience. “Thank you all for your service, and do not forget to remember those who came before you. Most of you are not veterans yet, but you will be one day. And I would like to personally thank you all for what you do.”

SECDEF Carter visits USS Theodore Roosevelt

MCSN Chad M. Trudeau

USS Theodore Roosevelt (CVN 71) Public Affairs

SOUTH CHINA SEA (NNS) —Secretary of Defense Ash Carter visited the Nimitz-class aircraft carrier USS Theodore Roosevelt (CVN 71), Nov. 5, and met with Sailors and Marines to thank them for their service following more than eight months at sea. During the visit, Carter received a brief covering the operations of the Theodore Roosevelt Carrier Strike Group; held a brief press conference; met with Cmdr. Robert Francis, commanding officer of the Arleigh Burke-class guided missile destroyer USS Lassen (DDG-82); and spoke with a group of 200 Sailors and Marines. During his press conference, Carter discussed the U.S. role in security operations in the region. “The American approach to the security structure for Asia is an inclusive one. I believe that discussions with China, military-to-military contact with China, and making sure that nobody does anything or has any misunderstandings is all a critical part of the job of keeping peace and stability out here,” said Carter. “We’re not trying to make divisions. We want China to be part of the



U.S. Air Force photo by Senior Master Sgt. Adrian Cadiz

The USS Theodore Roosevelt can be seen in the background as Secretary of Defense (SECDEF) Ash Carter flies in a V-22 Osprey after visiting the aircraft carrier with Malaysian Minister of Defense Hishammuddin Hussein Nov. 5. Carter thanked them for their service and noted the impact they have had on events around the world. “I am so proud to be your secretary of defense. You have

been at the hinge of everything happening in the strategic history of this era,” said Carter. “First off, you were part of the ISIL fight. That was when you were in the Middle East. Now you are in a completely different part of the world. If you look around this region, there is no NATO. There is no structure that keeps the peace in Asia, and yet half of humanity lives here. Half of the world’s economy is here. “So it is a place of great consequence for America’s future and security. We are what creates reassurance, brings people together, and stops the animosity that is very real among these countries,” he said. Carter presented coins to the crew in attendance as more than 200 Sailors and Marines lined up to shake the defense secretary’s hand. “He was very knowledgeable on the region. It was definitely interesting to have him put it in perspective for us,” said Aviation Electronics Technician 3rd Class Joseph Evans. “It was nice hearing that someone actually knows and cares about what’s going on with our military.” Theodore Roosevelt is operating in the U.S. 7th Fleet area of operations as part of a worldwide deployment en route to its new homeport in San Diego to complete a three-carrier homeport shift.

USS Theodore Roosevelt to arrive Sunday

Joint Base Pearl Harbor-Hickam Public Affairs
The aircraft carrier USS Theodore Roosevelt (CVN 71) will have a brief stop in Pearl Harbor on the way to its new homeport of San Diego. The

Roosevelt arrives the morning of Nov. 15 and departs Nov. 17. During the visit, the crew will be able to enjoy liberty in Hawaii. Theodore Roosevelt (TR) departed Norfolk on March 11 for an around-the-world deploy-

ment. TR and its Sailors conducted operations in the U.S. 5th and U.S. 7th Fleets during the deployment. The TR Carrier Strike Group supported Operation Inherent Resolve (OIR), the U.S. coalition conducting airstrikes against ISIS.

Salute warriors Nov. 19

The monthly Pearl Harbor Colors honors and heritage ceremony will begin at 7:30 a.m. Nov. 19 at Pearl Harbor Visitor Center. The theme will be Warrior Care Month and the U.S. Marine Corps Birthday. Pearl Harbor Colors is an opportunity for local

residents and international visitors to witness a U.S. military ceremony and meet veterans, service members and their families. Attendees can learn about various aspects of military history. For more information, visit www.cnic.navy.mil/pearlharborcolors.



JBPHH graduation ceremony honors service members **See page A-2**



USS North Carolina ‘Tarheels’ visit Yokosuka **See page A-4**



Makahiki **See page B-1**



Wounded Warrior Project Soldier Ride kicks off in Hawaii **See page B-2**



Ho-ho-hosting ‘Snacks with Santa’ **See page B-4**



‘Young enough to not die from smoking’ **See page A-3**

JBPHH graduation ceremony honors service members

Story by Blair Martin Gradel and Ensign Dorothy Wright

Joint Base Pearl Harbor-Hickam Public Affairs

Joint Base Pearl Harbor-Hickam (JBPHH) hosted a military college graduation recognition ceremony on Nov. 6 at the Historic Hickam Officer's Club.

Col. Charles Velino, commander for 15th Operations Group at JBPHH and the key-note speaker for the event, encouraged graduates to continue to strive for future education opportunities.

"Try your best to learn something new each and every day," he told graduates and family members during his speech.

"One of my favorite quotes is from Thomas Dewar, 'Minds are like parachutes. They only function when open.' What you have accomplished today shows



U.S. Navy photo by Blair M. Gradel

Senior Master Sgt. Donna Mottley, Hawaii top three military ceremonies committee lead, congratulates recent graduates during the Joint Base Pearl Harbor-Hickam (JBPHH) military college graduation recognition ceremony held Nov. 6 at the Historic Hickam Officer's Club.

both the desire and ability to open your minds, to continue to learn, to continue to increase your knowledge base, and strive for better understanding of the

world around you," he added.

More than 60 Navy and Air Force service members were honored who earned an associate, bachelor, master or doctoral

degree between September 2014 and December 2015.

Air Force Senior Master Sgt. Noel Ramirez from the 766th Specialized Contracting Squadron (SCONS) unit, said one of the biggest reasons he chose to pursue a master's degree in the first place was to show his children that "anything was possible."

"At the rank that I'm at right now, it's difficult to pull away from work and go to school," Ramirez said.

"But my leadership made it possible for me to be able to attend classes and to be able to aggressively attack the coursework in order to get it done within a year and a half," he said.

Aside from the graduates, family members were also in attendance to cheer on their spouses and family members as their accomplishments were recognized.

Mayra Salazar, military

spouse, was there in support of her husband, Air Force Master Sgt. Joe Salazar Jr. as he received his master's degree in acquisition management from American Graduation University.

"It's been long, but it's been good," he said of the couple's journey. "I would encourage all military spouses to be patient and supportive during this time."

Navy Chief Master-at-Arms (EXW/SW) Jasper Johnson also echoed similar sentiments when he recounted his journey in pursuing an associate's degree in business from Excelsior College.

"My encouragement to my colleagues and [their] spouses would be to continue to pursue your dreams and never stop," Johnson advised.

"Continue to pursue your education because [keep in mind] whatever you learn, you take it with you after you retire," he said.

Pacific Fleet commander, fleet master chief visit shipyard

Story and photo by Sean Hughes

Pearl Harbor Naval Shipyard Public Affairs

Adm. Scott Swift, commander of U.S. Pacific Fleet, and Pacific Fleet Master Chief Susan Whitman visited Pearl Harbor Naval Shipyard and Intermediate Maintenance Facility (PHNSY&IMF), Nov. 2, to learn details of the command's mission, workload and innovation initiatives.

"Between Pearl Harbor maintenance of home-ported ships, Guam sup-



Andy Llanos explains the benefits of electronic work tablets to Adm. Scott Swift, commander, U.S. Pacific Fleet, during a tour of Pearl Harbor Naval Shipyard and Intermediate Maintenance Facility, Nov. 2.

port and AOR voyage repairs and emergency response, the visit really drove the point of the command's importance home," said Swift. The command's submarine and surface fleet-maintenance mission is centered at Pearl Harbor and extends across the Asia-Pacific region.

Swift and Whitman toured drydocks and industrial facilities to learn from shipyard leaders and workers about how they keep up with increased fleet nuclear and non-nuclear workload, improve Virginia-class submarine

maintenance, train new apprentices, partner with the private-sector repair industry and academia, and maintain stewardship responsibilities in facilities and historic preservation.

"It's all so amazing, from the historic and heritage perspective to the education connections, along with the nature of the work itself in routine and emergent repairs," Swift said.

While visiting a submarine project in drydock, Swift, Whitman and the project team discussed new waterfront technol-

ogy initiatives, such as waterfront wireless connectivity and implementation of electronic tablets, the need for accelerated development of new maintenance personnel to manage fleet workload, and in caring for the submarine crew's quality of life.

"All the levels of maintenance you're responsible for, and what you're doing in finding—and making—opportunities to innovate is remarkable," Swift told Capt. Jamie Kalowsky, shipyard commander.

"It's good to see the command taking these opportunities," Swift said.

Master Chief Petty Officer of the Navy releases 2015 Veterans Day message

Office of the Master Chief Petty Officer of the Navy

WASHINGTON (NNS)—Master Chief Petty Officer of the Navy (MCPON) Mike D. Stevens and Theresa Stevens released the following Veterans Day message to the fleet, this week.

Veterans, shipmates and Navy families,

President John. F. Kennedy once said, "I can imagine no more rewarding a career. And any man who may be asked in this century what he did to make his life worthwhile, I think can respond with a good deal of pride

and satisfaction: 'I served in the United States Navy.'"

That timeless statement rings true to this day. Taking the oath to protect our nation and fellow citizens through military service is one of the most rewarding experiences anyone can have.

Theresa and I are apprecia-

tive of the sacrifices and achievements made by our veterans, and we are grateful for the continued efforts and commitment that Sailors and their families make every day in order to preserve the liberties we hold so dear.

We encourage you to thank

those who have worn the uniform, as they have been instrumental in the development of today's Sailors through their legacy and commitment to excellence. May God bless you and may God bless the United States of America. All the best, MCPON and Theresa

Diverse VIEWS



Today is Friday the 13th. What are you most superstitious about or most afraid of?



2nd Lt. Jennifer Beierle
766th Specialized Contracting Squadron

"Sharks are my greatest fear. While they're my greatest fear, they're also my greatest fascination. I both dread and look forward to the day I finally see one in the water."

CTM2 Patrick Cepeda
NIOC



"I do not believe in superstitions. I just try to live my life without having to worry about more things. Nothing bad has happened from bad luck stuff like Friday the 13th yet, so I don't think anything is going to happen."



Senior Airman Amori Colbert
37th Intelligence Squadron

"There was a time I was superstitious about black cats crossing me and overall bad things happening to me throughout the day. And because I thought those things, they usually happened. Now, Friday the 13th is just Friday the 13th, the last of the work week and the start of a great weekend! It's usually an awesome day!"

Lt. j.g. Curran Meek
USS Charlotte (SSN-766)



"I still hold my breath when I go through a graveyard. My mother told me about the superstition as a kid and it stuck with me."



Tech. Sgt. Brandon Gaines
15th Wing

"I used to be superstitious about opening umbrellas indoors, but how do you know if you like an umbrella before buying it? You gotta try it before you buy. I open them all to see if I like the coverage, and nothing happens. Friday the 13th is only as unlucky of a day as you make it."

YN2 Chris Pelkey
USS Asheville (SSN-758)



"I don't believe in things like superstitions."



Master Sgt. Alan Gawronski
369th Recruiting Squadron

"I am most afraid of failure. Throughout life, everyone will experience some type of failure, but we must learn from our mistakes, correct them, and press on."

Provided by Lt. Paul Fylstra 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

Commentary

Suicide prevention: We have power and responsibility to help

Vice Adm. Bill Moran

Chief of Naval Personnel



Vice Adm. Bill Moran

Suicide is a tragedy that the Navy works to address every single day. While we have strengthened prevention and intervention strategies, we can't stop there.

Over the past year, we've aggressively informed Sailors and commands of warning signs, provided prevention tips, and set command climates that support open dialogue and encourage Sailors to seek help.

Last month during Suicide Prevention Month, we launched "1 Small ACT." Preventing

suicide, however, is not a momentary action, or something we think about one month out of the year; it's 24 / 7 / 365. It is about breaking barriers and encourag-

ing Sailors to seek help. It's about taking time to care and asking tough questions.

Right now in your division, your office, your department, your ship or your command, there is someone who may need your help, struggling with stress or having thoughts of suicide. Be aware of the following trends and signs:

- Most of our suicides occur among enlisted 20-24 year old Caucasian males.

- Relationship problems and transitions are significant contributors with more than 50 percent of the Sailors who died by suicide in the past three years expe-

riencing relationship problems.

- Fall from glory (legal, disciplinary, personal failure, loss of status) continues to be a factor in many suicides.

- Death by firearm is the most common method of suicide.

Progress will be made one Sailor at a time, one act at a time. Talk to your shipmates; look for these signs. Ask them how they're doing. Open the dialogue. Help those in distress.

Assistance is always available. Call the military crisis line at 1-800-273-TALK (8255), www.militarycrisisline.net or text 838255 for free confidential support 24/7.

Commentary

'Young enough to not die from smoking'

Rear Adm. John Fuller

Commander, Navy Region Hawaii and Naval Surface Group Middle Pacific



Rear Adm. John Fuller

Hawaii is making it easier for smokers to quit.

Beginning Jan. 1, 2016, it will be against the law in this state for anyone under 21 to buy or use tobacco products, including electronic nicotine delivery devices.

Quitting tobacco is one of the best things we can do to improve fitness and readiness.

I've heard this argument by some shipmates against cracking down on tobacco: "If someone is young enough to die for their country, they should be free to be allowed to smoke."

But, turning that argument on its head: "If someone is young enough to fight for their country, they should be free from addiction to a deadly drug." Tobacco harms people's physical wellbeing, leads to illness and costs them money.

Some Sailors spend 10 dollars a day on their nicotine habit. That leads to nearly \$4,000 a year and close to \$40,000

in 10 years.

But the long-term costs are much greater. Forty percent of all deaths over the age of 45 are tobacco-related. Dr. Jonathan Woodson, assistant secretary of defense for health affairs, in a memorandum last year, noted that, "On average, smokers shorten their lifespan by 10 years." I wonder about their quality of life in their shortened lifespan.

From Dr. Woodson's memorandum:

"Tobacco use undercuts military readiness and harms individual performance. Lung function is reduced, physical capabilities are diminished, hear-

ing loss is increased, and acute medical conditions are more likely. Wounded warriors who smoke suffer from increased risk of surgical complications and delayed wound healing.

"Additional threats to smokers include higher risk of stroke, cancer and, for males, impotency. Smokeless tobacco brings similarly high risks of oral cancers and dental disease. Tobacco use costs DoD an estimated \$1.6 billion annually in medical costs and lost work time.

"Smoking is the leading cause of preventable death; one-half of smokers will die from a smoking-related complication. For DoD, this equates to an estimated 175,000 current active duty service members who will die from smoking unless we can help them quit."

Navy Medicine has long been a leader in helping men and women quit their addiction to nicotine. Medical practitioners and pharmacies provide resources and advice in clinics, aboard ship and online: <http://go.usa.gov/cYtUJ>.

Healthcare providers know the dangers to warfighters—increased injuries and decreased stamina and lung capacity—so they provide nicotine replacement therapy (NRT) products such as NRT gum and patches.

My advice to smokers: Take advantage of these therapies. My advice to nonsmokers: Don't start. My advice to leaders in our ranks: Lead by example.

Secretary of the Navy Ray Mabus said, "Today, tobacco use is the most avoidable public health hazard in the Navy and Marine Corps."

With the new state law beginning Jan. 1, the state of Hawaii is helping us make it easier to quit tobacco—or, better yet, prevent our youngest shipmates from ever getting hooked.

The new smoking age law makes good sense and supports the good health of our service members and their families. It's really hard to make a logical argument against improved health and readiness and cost savings to both individuals and the government—I'm just saying....

Ships, planes line up at Pearl Harbor



Official U.S. Navy photograph

Seen here is an aerial photograph of Ford Island, taken Nov. 10, 1941, (74 years ago this week) with five battleships tied up along Battleship Row at the top of the image. USS Lexington (CV-2), a seaplane tender and a light cruiser are moored on the island's other (northwestern) side. Approximately 21 patrol planes are parked at the former Naval Air Station's seaplane base, in the upper right. The bright diagonal line, at the lower left end of Ford Island, points to the north.

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USS North Carolina ‘Tarheels’ visit Yokosuka

Lt. Tyler Vaughan

USS North Carolina (SSN 777)
Public Affairs

FLEET ACTIVITIES YOKOSUKA, Japan (NNS)—The Virginia-class, fast-attack submarine USS North Carolina (SSN 777), homeported at Joint Base Pearl Harbor-Hickam, Hawaii, arrived Nov. 5 at Fleet Activities Yokosuka for a routine visit as a part of its 2015 deployment to the western Pacific.

With a crew of 135, North Carolina will conduct a multitude of missions and employ the latest capabilities of the submarine force.

“The Tarheel Boat is proud to be here in the western Pacific and is honored to be guests in Japan and of the JMSDF (Kaijoutai),” said Cmdr. Gary Montalvo, commanding officer of North Carolina.

“The Tarheel crew has shown exemplary resilience in getting our ship to peak readiness for this deployment. I am extremely proud of the effort and am simply amazed every day by their attitude and suc-



U.S. Navy photo by MC2 Brian G. Reynolds

The Virginia-class fast-attack submarine USS North Carolina (SSN 777) transits Tokyo Bay before arriving at Fleet Activities Yokosuka.

cess. They truly represent the strength of the ship and exemplify the Tarheel spirit,” Montalvo said.

North Carolina is the fourth submarine in the Virginia-class, the Navy’s newest class of submarine and the first ship designed for the post-Cold War environment. It is designed to operate with stealth, agility and endurance in the world’s littoral regions, as well as the deep oceans.

Designed to accomplish a

wide variety of missions as required by its operational commanders, North Carolina’s crew recently completed a rigorous training and evaluation cycle to prepare for the full range of possible tasking in the region.

“The crew has put in a lot of long days throughout 2015 preparing to bring the Tarheel boat from Pearl Harbor to the western Pacific and do the work our nation requires of us,” said Master Chief Sonar Technician (submarines)

JR O’Donnell, the chief of the boat aboard North Carolina.

“All the training and preparations have already paid off during our time in theater and it is all because of the Tarheel crew. Now we’re all looking forward to some well-deserved time during North Carolina’s return visit to Japan,” O’Donnell said.

For many of the crew members, this is not only their first deployment but also their first time visiting Japan.

There are some personnel, however, who have spent time in Japan prior to this deployment and are enthusiastic to return.

“I am very excited to be seeing Japan again and look forward to spending time immersed in the culture,” said Information Technician (Submarines) 2nd Class Khalid Kei Kozawa Alkazak. “I spent three years here when I was younger and look forward to speaking my first language again.”

Others are looking forward to visiting with fellow submariners from the JMSDF.

“Japan is one of our closest allies in this region, and the relationship of the United States and Japan cannot be overstated,” said Lt. j. g. John A. Chisvette.

“I’m excited about this port visit because it affords the Tarheel boat an opportunity to both build personal relationships and strengthen international ones.”

North Carolina was commissioned in 2008. This is North Carolina’s third deployment.

Warrior Care Month spotlights resilient service members

DoD Office of Warrior Care Policy, Wounded Warriors

Many professionals working in the Department of Defense (DoD) make it their year-round mission to ensure exceptional care is provided to wounded, ill and injured service members. However, November is an especially important time for those working in the field of warrior care.

In 2008, November was officially designated as Warrior Care Month, a month dedicated to honoring the courage, resilience and accomplishments of wounded, ill and injured service members, their



families and their caregivers.

This year’s Warrior Care Month theme, “Show of Strength,” is about recognizing the mental and physical resilience consistently demonstrated by our wounded, ill and injured service members, as well as acknowledging the critical support provided by families and caregivers,” said James Rodri-

guez, the deputy assistant secretary of Defense for Warrior Care Policy.

“Show of Strength’ also underscores DoD’s ongoing commitment to policy, programs and resources that enable wounded, ill and injured service members to thrive as they embrace a new normal,” he said.

Throughout November, DoD and the military ser-

vices will sponsor events and activities to increase awareness of the significant achievements and milestones that often occur during the recovery, rehabilitation and reintegration or transition process.

These events and activities include a sitting volleyball tournament, a wheelchair rugby exhibition, a healing arts recognition event, a Facebook town hall and a blog series focused on military caregivers.

According to Rodriguez, highlighting adaptive sports—sitting volleyball and wheelchair rugby—demonstrates DoD’s broad focus on identifying and

enhancing abilities after a wound, injury or illness occurs.

“Adaptive sports and reconditioning activities, such as healing arts which includes painting, ceramics, music therapy and expressive writing therapy, are an essential way of understanding what each wounded, ill and injured service member is able to achieve—focusing on ability rather than disability,” Rodriguez said.

Although DoD has seen a steady decrease in the total population of wounded, ill and injured service members since 2007, prompting some questions about the fu-

ture of warrior care, Rodriguez stated warrior care remains a top DoD priority.

“While the case management needs of the wounded, ill and injured population are changing, policy, process and baseline capability will not,” Rodriguez said.

“DoD continuously evaluates the needs of the wounded warrior programs to ensure an exceptional level of care is provided to the current and future population of wounded, ill and injured service members,” he said.

(For more information about Warrior Care Month, visit www.defense.gov/warriorcaremonth.)

Pearl Harbor-Hickam Highlights



Commander, U.S. Pacific Fleet, Adm. Scott Swift, second from left, and Fleet Master Chief Susan Whitman, third from left, listen as Project Superintendent Mike Carreira talks about shipyard innovation and personnel training during a tour of Pearl Harbor Naval Shipyard and Intermediate Maintenance Facility, Nov. 2.

U.S. Navy photo by Sean Hughes

Chief Fire Controlman (SW/AW) Dustin Coons from Afloat Training Group Middle Pacific receives a lei from his wife, Jennifer, after being recognized during the Joint Base Pearl Harbor-Hickam (JBPHH) military college graduation recognition ceremony Nov. 6 at the Historic Hickam Officer's Club.

U.S. Navy photo by Blair M. Gradel



Wounded Warriors from around the country and Australia participated in Hawaii's Soldier Ride on Nov. 7 at JBPHH.

Photo by Nick Kraus

Wounded Warriors toured JBPHH as part of the Wounded Warrior Project's Soldier Ride in Hawaii.

Photo by Nick Kraus



Veteran honors parents as NMCP caretaker

Story and photo by
Staff Sgt.
Christopher Hubenthal

Defense Media Activity Hawaii

NATIONAL MEMORIAL CEMETERY OF THE PACIFIC, Hawaii —Veterans Day serves as a time to celebrate and honor American veterans for their patriotism, love of country, and willingness to serve and sacrifice for the preservation and protection of the nation. For some veterans, taking time to honor and remember those who served is a way of life.

Chris Farley, a Navy veteran and National Memorial Cemetery of the Pacific (NMCP) caretaker, helps commemorate the memory of the fallen that are interred or memorialized at the NMCP. He is responsible for the maintenance of the 112.5 acres of land that make up the cemetery, the 56,971 gravesites of those who are interred in-ground or in-columbarium, and the 28,788 fallen who are memorialized in the courts of the missing.

While performing his daily tasks at the cemetery, Farley said that he keeps in mind the significance of the responsibility to honor and preserve the memories of those who served before him.

“As a duty to our veterans that served our country and paid the ultimate sacrifice, it’s an honor to do it for us as a nation,” Farley said. “Our country appreciates that we remember our fallen in this way. It’s an honor to take care of the veterans.”

Farley’s responsibilities at the NMCP include ensuring the upkeep of the cemetery and supporting events such as burials, disinterment and interment ceremonies. Another inherent



Chris Farley, U.S. Navy veteran and National Memorial Cemetery of the Pacific (NMCP) caretaker, visits the resting place of his parents at the NMCP, Nov. 28, in Honolulu.

part of his job is representing what the cemetery stands for on a daily basis when interacting with visitors.

“I get a lot of satisfaction when I see the response of the visitors and the families of those that we are doing this service for,” Farley said.

“I’ve done a little bit of cemetery rep work where we bring the family up to the ceremony and then bring them down to the gravesite. It’s a very personal moment, of course, for them and to be involved with that, I want to make sure that

we’re doing the best job that we can do and honor their memory for their loved ones,” he said.

James Horton, director of the NMCP and an Air Force retired colonel, said that the work Farley and other veteran employees do day-to-day is essential for the success of the cemetery.

“They are responsible for mowing smaller areas, the trimming of the markers and trees, and they are the ones who make sure that everything is looking as beautiful as it can,” Horton said. “They’re actually face to face with folks who are here vis-

iting, so they become the faces of the cemetery themselves and they are very proud of that.”

Horton said that Farley has a personal investment when working at the cemetery. For Farley, working on the grounds brings him closer to family.

Farley’s late father, Bob Farley, served in the U.S. Marine Corps as an aviator and reached the rank of colonel. He was a major influence in Chris’s life, and it was because of his father’s character that Chris decided to join the U.S. Navy in 1982 as an air traffic controller.

“My parents are both buried here, and a lot of my father’s friends and my friend’s parents are buried here,” Farley said.

“I’ve always enjoyed aviation, and he was a pilot so I looked into joining the service. I enjoyed being in the Navy. It teaches you discipline, how to take care of yourself, and I learned a trade, one that brought me closer to my father in particular because he was a pilot. That was good for our relationship.”

Farley often finds himself visiting his parent’s gravesite as he fulfills his daily duties.

“I do it almost every day. I look it over and read it again and again. It brings back memories for me and pride in my family,” he said.

“On holidays and birthdays, Father’s Day and Mother’s Day, I try to be the regular average visitor who comes up here to pay respects to their family. I miss them a lot.”

Horton said that Farley has distinguished himself at the cemetery due to his hard work and compassion toward the NMCP’s goals.

“He is a great success story,” Horton said. “He was hired on as a temporary lower wage grade and made it through that period and competed and won a higher grade position. He has worked his way very quickly in just over a year and a half up to a very high level caretaker position here at the cemetery because of his work ethic and because of his dedication to the mission.”

Twenty veteran staff members at the NMCP work as cemetery caretakers, and five veterans work as part of the administrative staff to help ensure the memory of the nation’s fallen heroes are preserved and honored.

Pearl Harbor survivor lives his happily ever after

Karen S. Spangler

Managing Editor, Hoʻokele

On Nov. 8, just before Veterans Day, William “Bill” Hughes married his childhood sweetheart. The 90-plus-year-old USS Utah survivor of the Dec. 7, 1941 attack on Pearl Harbor was thrilled to walk down the aisle with his bride and say his “I do’s.”

Back in 1941, Bill was a radioman assigned to the USS Utah at Pearl Harbor when the attack on the Pacific Fleet at Pearl Harbor began.

“At 07:55 a.m., Sunday morning, Dec. 7, 1941, our lives would be changed forever. On that lazy Sunday morning, the tumultuous explosion that rocked the ship almost threw us out of our bunks,” Hughes recounted.

“Within 20 or so seconds, a second jarring explosion again rocked the ship and within minutes, the USS Utah was taking on a pronounced list to port. It was obvious to all of us that we needed to reach the top side immediately,” he said.

As the Japanese Zeroes made strafing runs on the ship, Hughes and his fellow Sailors jumped into the waters of the harbor and swam to shore. “The only scratch I received during World War II occurred when wading up the beach onto Ford Island. I cut my bare foot on a piece of coral,” he said.

Hughes noted all of his personal belongings, including a prized photo of movie actress Rita Hayworth, remained on the ship in his locker.

On the night of Dec. 7, the Sailors were transported from Ford Island on the USS Argonne. “We observed the terrible



Photo courtesy of Bill Hughes

Bill Hughes and his former childhood sweetheart, Lu.

sight of the mangled superstructure of the USS Arizona, the capsized Oklahoma, the sunken California, Nevada, Maryland and three other ships, such as the destroyers, Downs and Cassin and Shaw. These sights gave us a knot in the pit of our stomachs and very heavy hearts,” Hughes said.

He was later assigned to the USS Saratoga, an aircraft carrier, and was in Tokyo Bay when the Instrument of Surrender was signed.

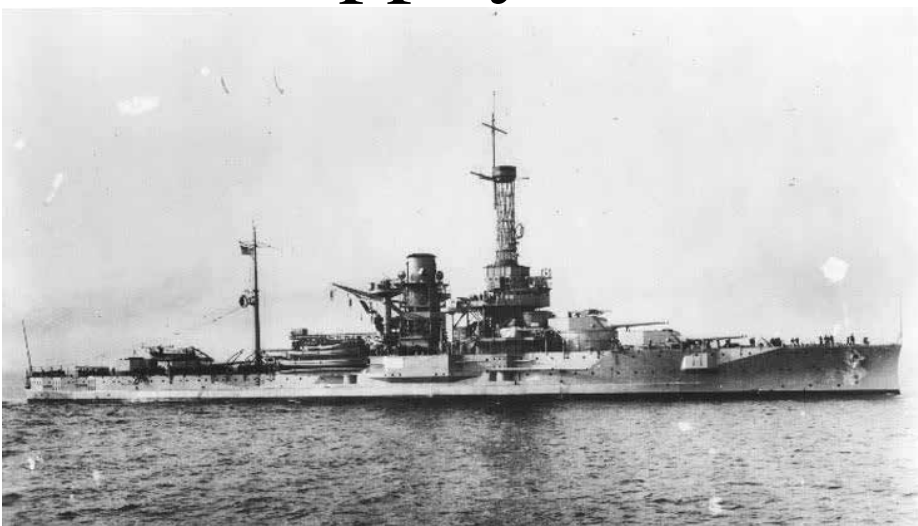
Bill remembers his time on the USS Utah as one of his greatest—but also saddest—experiences.

“On my first birthday in the Navy, Nov. 8, 1940, I boarded the USS Utah in Hawaiian waters. It was a grand old ship, the best sea duty I ever had. Meanwhile, WW2 hap-

pened. I survived the sinking of said USS Utah at a place etched in history as Pearl Harbor. Despite the odds, I survived the Pacific war. I was in Tokyo Bay when the surrender was signed,” he said.

His love for the Utah continued long after the war. As a USS Utah and Pearl Harbor survivor, Bill has been an active member of the USS Utah Survivors Association.

“Bill kept up with modern technology and created a website for the USS Utah Survivors Association. It was a brilliant piece of work that included all Sailors killed that day, the survivors with their stories, news of reunions, and myriad other subjects,” said Jim Taylor, volunteer Pearl Harbor survivor liaison for Navy Region Hawaii.



U.S. Navy file photo

USS Utah after its modernization in 1925 which replaced its coal-fired boilers with new oil-fired models.

“He has been an active member of the association which still thrives today. There are many survivors and family members who are planning to be here in Hawaii for a final USS Utah survivors’ reunion in December of next year in conjunction with the 75th anniversary of the attack on Pearl Harbor,” Taylor said.

But Bill’s story begins much earlier, when he met his childhood sweetheart, Lu. In the 1930s, he was living in a rural area of Louisiana. “There she was, the first female person on Planet Earth I ever loved (never mind I was only nine years old and the most I could offer her was half of my peanut butter and jelly sandwich.),” he said.

But the “romance” was short-lived. Bill moved away and later enlisted in the Navy where he served for six years. “I thought I had lost Lu through the years. But I never forgot her; I even told my children about her,” he said.

He was a Navy recruiter in his early ‘20s and assigned to Hot Springs, Ark. when he

met his soon-to-be wife, Reeca. “Having lost Lu, my gorgeous blond dream girl, I was not letting Reeca get away. I hit on her with everything my Navy experiences had taught me. I confess that I was looking for a one-night stand. But to her credit, she was looking for a husband and was not going to facilitate anyone’s one-night stand,” Bill joked.

“I was dressed in my CPO uniform, brass buttons, hard hat and all. Guess who won? I became her husband and the proud father of our three terrific children that included twin gorgeous blonds. We were blessed with 65 years of marriage,” he said.

When he lost Reeca, Bill was devastated and it took him quite awhile to recover from his grief.

When he later went to live at an assisted living facility, Bill made an amazing discovery as he was surfing family trees on Ancestry.com and found a familiar name.

“I immediately zapped an e-mail to the tree owner whose mother just happened to be Lu’s

youngest sister, and many years ago married one of my first cousins (now deceased). It was a poppery of coincidences when I found myself talking to my first cousin, once removed, who sent a photo of her aunt,” Hughes explained.

As it turned out, Bill’s childhood sweetheart was living only about 30 miles away from where he resided. “Well, not being one to let a golden opportunity pass, I visited her - and as they say, ‘the rest is history,’” Bill said.

“Not only have we been surpassing ‘teenagers’ burning up phone lines, we have spent every minute possible together. Cupid’s arrow fired at me, met its hit, its target - me!” Bill said.

“My last life adventure begins with my first love. A lesson here, i.e., we seasoned citizens (aka old people) need TLC also and just perhaps we enjoy it more,” Hughes advised.

He and his brand new wife plan to attend the Pearl Harbor Day ceremony in 2016.

Bill Hughes is now living his happily ever after.

Life & Leisure

“... we are all big family, one big ohana. It's important that we not only work together, but we play together as well.”

— Capt. Stanley Keeve Jr.
commander of Joint Base Pearl Harbor-Hickam

Joint Base celebrates

MAKAHIKI

Story and photos by

Anna Marie General, Joint Base Pearl Harbor-Hickam Public Affairs

Staff Sgt. Christopher Stoltz, 15th Wing Public Affairs

Service members, families and civilians participated in the annual Kapuaikaula Makahiki, held Nov. 7 at Hickam Harbor Beach at Joint Base Pearl Harbor-Hickam (JBPHH). The event provided an opportunity for military service members and their families to learn more about the culture and history of Hawaii.

The Oahu Council of Hawaiian Civic Clubs, Navy Region Hawaii and Joint Base Pearl Harbor-Hickam (JBPHH) collaborated to preserve the island's rich heritage by hosting the annual makahiki festival.

Makahiki (Hawaiian Thanksgiving) is an ancient Hawaiian celebration dedicated to Lono, the guardian of agriculture, rain, health and peace, to give thanks for nature's gifts received from land and sea.

“The makahiki is a very unique Hawaiian event that many have not experienced in the military, and it gives us the opportunity to work with a larger Hawaiian community that we call ohana (family). It allows us to not only educate ourselves about the Hawaiian culture but also to help keep relationships going with the local community,” said Capt. Stanley Keeve Jr., commander of Joint Base Pearl Harbor-Hickam.

“I would say we are all big family, one big ohana. It's important that we not only work together, but we play together as well,” Keeve said.

Traversing across the ocean from Iroquois Point to Hickam Harbor Beach, canoe paddlers and command leadership participated in a re-enactment of the arrival of Lono by canoe to the shoreline as Kahuna nui Kalamā Cabigan recited an ‘oli komo (welcoming chant).

“It was a lot of fun, and it was a great opportunity to learn a little bit more about the Hawaiian culture, and to actually participate was a great experience. I was really blessed to get to do the canoe ride across the channel,” said Capt. Mark Manfredi, chief of staff for Navy Region Hawaii.

“That was an awesome experience, so I'm looking forward to doing that again,” he said.

Col. Richard Smith, JBPHH deputy commander, said he also enjoyed participating in the canoe ride and expressed the importance of the Hawaiian culture.

“I was fortunate enough to paddle, which was definitely quite a treat. Building relationships is the important part for those here in the military that transition every two or three years,” Smith said.

“It is an education on the culture and history of the Hawaiian people. It is an educational process for us and that building of a relationship

carries over to the work we do every day,” he said.

Tavia Santiago, a paddler from Kāmaha'o Canoe Club, expressed the importance of teaching military families about the Hawaiian culture.

“We get to perpetuate our culture, bring back the traditions, and try to get the military families involved to become part of it. Being part of the canoe club, we do work with a lot of military families, and I think it's great that we get to teach them about our culture,” Santiago said.

Shad Kane, cultural practitioner and Oahu Council of Hawaiian Civic Clubs historic preservation chair, spoke about the importance of makahiki in ancient Hawaiian times.

“Makahiki is not just a celebration of games and eating. It was done in an effort by our chiefs to establish a relationship between the farmer, the fishermen and the gatherers of la'au (wood) and feathers,” Kane said.

“Often times we struggle to understand why ancient people struggle to do certain things. Hawaii is different; other cultures had a means to get around and communicate. Here in Hawaii, walking around the island was the only way to establish a relationship. Makahiki was then established and provided a relationship on all aspects. It's about getting together and getting to know you,” he said.

Military families participated in various games of skill and were able to step back in time to learn about the culture and traditions of ancient Hawaiians.

“These games symbolize warfare, but during makahiki time you couldn't do warfare. The games were more about practicing warfare without anyone getting hurt,” said Eric Wiliama Matanane, member of Nakoa o Palehua.

Although there were plenty of games played at the makahiki, Keeve said the event holds more importance than just enjoying activities on the beach during the weekend.

“Makahiki provides an opportunity to share the cultural heritage of the native Hawaiians. I consider it a win/win. We get to play a part in their history, but at the same time we get to educate ourselves in the process and that's a winning combination,” Keeve said.

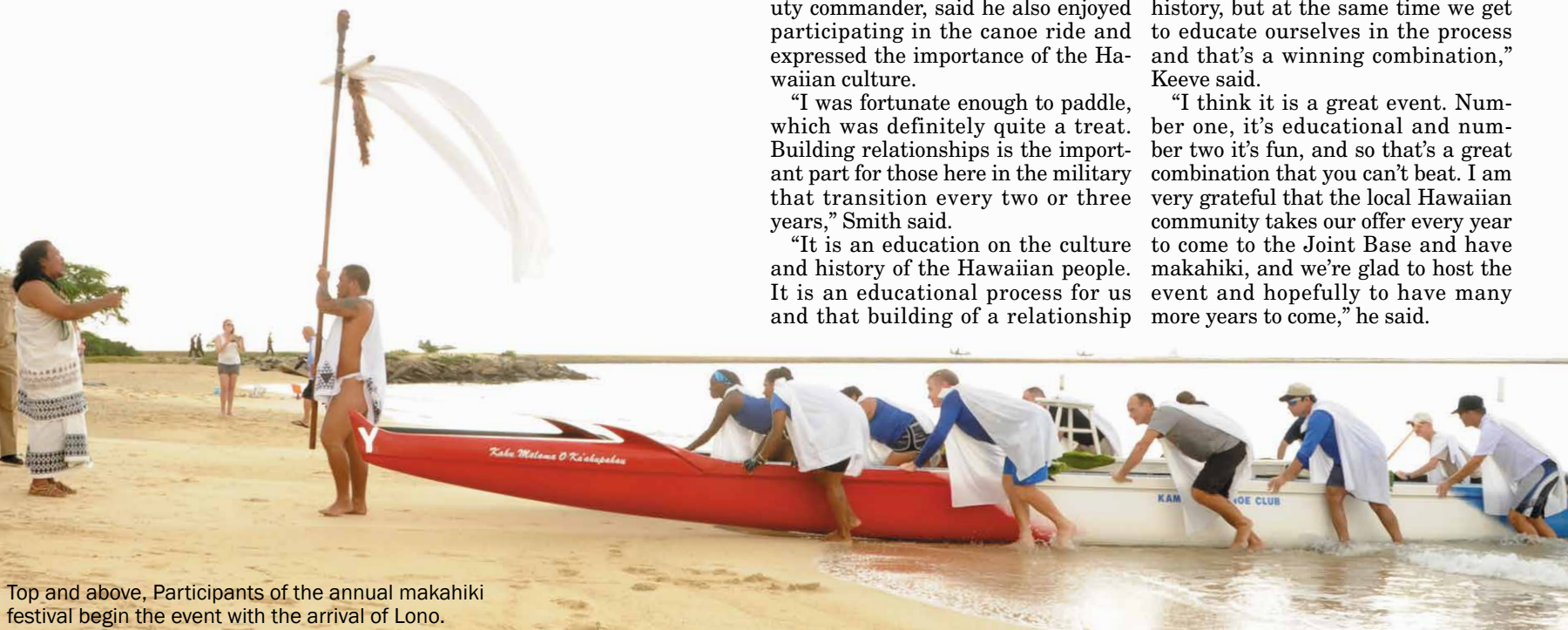
“I think it is a great event. Number one, it's educational and number two it's fun, and so that's a great combination that you can't beat. I am very grateful that the local Hawaiian community takes our offer every year to come to the Joint Base and have makahiki, and we're glad to host the event and hopefully to have many more years to come,” he said.



At left, Kapuaikaula Makahiki event-goers participate in hakamoa, a one-legged wrestling competition.



Above, Members of the Nakoa 'O Palehua demonstrate an exhibition of the “kaka la'au” (stick fighting) at the annual makahiki festival at Joint Base Pearl Harbor-Hickam. Below, Capt. Mark Manfredi, chief of staff for Navy Region Hawaii, participates in the “makaihe,” known as the spear-throwing competition.



Top and above, Participants of the annual makahiki festival begin the event with the arrival of Lono.

Wounded Warrior Project Soldier Ride kicks off in Hawaii

Story and photos by
Ensign Krystyna Nowakowski

Joint Base Pearl Harbor-Hickam
Public Affairs

The first Wounded Warrior Project (WWP) Soldier Ride in Hawaii kicked off with a practice ride Nov. 6 in the North Shore area and culminated with a ride through Joint Base Pearl Harbor-Hickam (JBPHH) on Nov. 7.

The Wounded Warrior Project provides both standard road bikes as well as various adaptive models free of charge to suit veterans with disabilities.

The on-base route consisted of two 10-mile loops that took riders from Earhart Field all the way to the Mike Piers, with views of ships and historic sites in between.

Also along for the ride were representatives from Soldier On, an Australian program with a similar mission to the Wounded Warrior Project. Darrin Lincoln, Soldier On coordinator, brought eight veterans and three staff members to Hawaii for the program's first ever bike ride.

"It's an awesome project to bring Soldiers, Sailors, Marines to bond and to get to know each other," said Army Sgt. 1st Class Marvin Fernandez, originally from Guam.

"Plus [the project] is a good way to give back," he said.

Members of WWP and Soldier On were also treated to a Nov. 6 harbor boat tour led by Cmdr. Thomas Gorey, Joint Base chief staff officer. The tour included a stop onboard the USS Arizona Memorial where members of the group were able to pay their respects to fellow warriors. Australian veteran Retired Warrant Officer 2nd Class Dennis Ramsay described the journey to sunny Hawaii as a "very emotional, very rewarding trip."

The Wounded Warrior Project Soldier Rides visit different cities across the nation.

(For more information, visit <http://www.woundedwarriorproject.org/programs/soldier-ride.aspx>.)

(For information on the Australian program, Soldier On, visit <https://www.soldieron.org.au/>.)



Above, The ride kicks off at Joint Base Pearl Harbor - Hickam near historic Earhart Field. Members are outfitted with bikes tailored to their needs.



At left, Warrant Officer 2nd Class Dennis Ramsay of Australia gets ready to ride the 20-mile course. At right, Participants enjoy a breezy day by the waterfront as they cycle past modern day warships.

Michael Murphy stays hot in big win over Olympia

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

The saying goes, “it’s not how you start, but how you finish.”

Right now, USS Michael Murphy (DDG 112) is proving that axiom to be true by winning their third game in a row with a dominating 25-2 performance over USS Olympia (SSN 717) on Nov. 7 in an Afloat Division intramural flag football game at Ward Field, Joint Base Pearl Harbor-Hickam.

In the team’s most complete game of the season, Michael Murphy all-purpose player Damage Controlman 3rd Class Terray Franklin said that the turnaround is a source of pride for him and his teammates after the ship opened the season on a five-game losing streak.

“It’s a team attitude,” said Franklin, who collected three interceptions for the game. “Losing five in a row will either make you or break you. We just got tired of losing. We had to buckle down and started identifying everybody’s strengths and weaknesses, so we can make adjustments. All the losing really takes a shot on your pride. We got to step up or continue to get run over. So we stepped up.”

On the first play from scrimmage, Michael Murphy set the stage for what was about to come, as quarterback Culinary Specialist 3rd Class Terrance Sample went deep with a pass that arched over the Olympia defense and dropped into the hands of Franklin for a 65-yard, catch-and-run touchdown and a 6-0 lead.

Then Electronics Technician 3rd Class Thaddeus McKinney got the first pick on defense to stop Olympia in the Michael Murphy red zone, but back on offense, Sample got sacked in the end



Damage Controlman 3rd Class Terray Franklin returns one of his three interceptions.

zone for a safety to reduce the lead down to four at 6-2.

Sample wasn’t so easily stopped on his next set of downs as the QB used his legs and throwing arm to pick up the team’s second touchdown of the game.

Starting at his own 30, Sample ran 19 yards to place the ball on the Olympia 31 and then on the very next play, he went over the top one more time to hit a streaking Quartermaster 3rd Class Kelub Dunbar down the left sideline and into

the end zone for a 12-2 lead.

While Michael Murphy didn’t score again in the first half, the team’s defense continued to nullify Olympia with interceptions by Sample and Franklin to preserve the 10-point lead going into halftime.

Olympia got the first possession coming out of the break, but while the halves changed from first to second, things stayed the same for Franklin and the Michael Murphy defense.

Franklin got his second pick of the day on Olympia’s first drive of the second half to give Michael Murphy the ball at their own 27.

Three plays later, Sample went 19 yards in the air to Dunbar for the duo’s second touchdown of the game and an 18-2 lead.

With two picks in his pocket, Franklin went after number three the next time the defense took the field.

Franklin got the hat trick deep inside Olympia territory and handed the

ball over to Sample who, on second down from the 22, took the ball all the way to the house for the final score.

“It’s just being aware of your surroundings,” said Franklin about his three interceptions. “I got beat the first time, and that’s probably why they kept going to my side. I thought they (Olympia) would learn after the second one. I like being tried. I like the challenge.”

Sample said that he was told if Michael Murphy wins out the rest of

their schedule, then the playoffs are a real possibility.

After winning three in a row, Sample said that the team feels energized and added that if Michael Murphy makes it to the postseason, teams had better look out.

“We’re shooting for the postseason, so we’re just going to keep this attitude and hope for the best,” Sample said. “If we get there, it’s over. We’re going to most definitely take it. I don’t see us taking any more losses.”

Wahine Koa goal-line stand saves win over Wardawgs



Wahine Koa defensive back Spc. Tiera Barmore steals the ball away from Wardawgs receiver Aviation Electronics Technician 2nd Class Lachandra Owhochokwo for her second pick of the game.

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

A tough goal-line stand aided by a sack from Joi Kiel, a Department of Defense (DoD) civilian, with only seconds on the clock shut down an advancing Wardawgs squad and secured a 12-7 win for Wahine Koa on Nov. 7 in a Hawaii’s Finest Flag Football (HF3) game at Mits Shito Park in Waikale, Hawaii.

The HF3 is owned and operated by Mike Todd, a military veteran and current DoD civilian at Joint Intelligence Operation Center, and is the only local flag football organization that intermixes civilian and armed forces personnel with divisions for men and women.

Wahine Koa, which started off as the Navy Sharks four years ago, are the defending women’s HF3 champions and are currently in third place with a 3-3 record, while the hard-luck Wardawgs are 1-6.

“It was a good job,” said Wardawgs head coach Marine Staff Sgt. Marques Nelson. “We actually came in and executed for the most part. A few plays, here and there, we gave up big plays and let them back in. But honestly, we dominated the majority of the plays.”

While the Koa offense found the pickings tough throughout the game, the team’s defense was ready to play from the opening whistle.

After the Wardawgs

picked up six yards on the first play from scrimmage on a pass from Cpl. Jordan Dunlap to Aviation Electronics Technician 2nd Class Lachandra Owhochokwo, Dunlap tried to go back to Owhochokwo, but instead was picked off by Koa defensive back Spc. Tiera Barmore.

Not able to generate anything on offense, Koa was forced to punt the ball away after only four downs.

Back behind center, Dunlap marched the Wardawgs into the Koa red zone at the 13 on only six plays.

However, on fourth down, Dunlap was forced to go for it all and made the mistake of throwing the ball in the vicinity of Barmore.

For the second time in the game, Barmore came up with a takeaway to kill the Wardawgs’ threat.

With the defense coming up with the second steal, the Koa offense received a golden opportunity to grab the lead.

This time quarterback Aubrey Kiemnec was determined to make something happen.

Moving the ball into the red zone on only four plays, Kiemnec lobbed a pass to the right corner of the end zone and right into the arms of Rosie Yun for six points and a 6-0 advantage.

With time running out in the first half, the Wardawgs began the final series on offense before intermission.

Feeling a sense of urgency, the Wardawgs ran their hurry-up-offense to perfection and needed

only three plays to move the ball 12 yards and break into the red zone at the Koa 18.

On first down, Dunlap went back to her favorite receiver Owhochokwo, who got behind the defense and made the catch in the end zone.

The Wardawgs converted their point after touchdown attempt to take a 7-6 lead into halftime.

After the break, Koa got back the lead by moving the ball 40 yards on seven plays that ended with a two-yard plunge into the end zone by Shardae Ingano for a 12-7 lead.

Later, the Wardawgs had one final shot to come from behind with seconds on the clock, but after getting down inside the Koa 10, Kiel’s sack of Dunlap back to the 13 all but killed the Wardawgs momentum and put the game away.

“It’s real hard to swallow,” said Wardawgs head coach Cpl. German Thompson. “At the same time, stuff like that happens. You just got to learn to execute in those situations.”

For the Wahine Koa, while the win helps them get back on track, Nelson said that a lot needs to happen if the team hopes to successfully defend their title.

“The main thing is, we need consistency,” Nelson admitted. “We have up and down games. Last week, we put up 27 points, this week we put up 12. If we’re consistent and do the things that we’re supposed to do, we can be successful.”

Switchfoot scheduled to perform at JBPHH Beachfest



Photo courtesy Switchfoot

Rock band Switchfoot will headline the Nov. 22 Beachfest at Hickam Beach.

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

National recording artists Switchfoot will be performing at Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation's (MWR) Beachfest on Nov. 22.

The free event is held at Hickam Beach and features a variety of activities, beginning with the pre-party at noon. As the live DJ spins music, customers can take part in cornhole, ladder ball and other outdoor games.

Switchfoot, known for hits such as "Dare You to Move," "Love Alone is Worth the Fight" and "Dark Horses" takes the stage at 3:30 p.m. This per-

formance is presented by Armed Forces Entertainment.

Other attractions include a giant mural for kids to paint, bubbles, water ballons and more. Nearby, Sam Choy's Island Style Seafood Grille and food trucks will be on hand to offer food and drinks for purchase.

Parking is available within walking distance. A special nearby parking area will be reserved for those who choose to "go green" and ride bicycles to the beach.

Beachfest is open to Department of Defense ID cardholders and their sponsored guests. No tickets are needed to attend. Certain items are restricted. *(For more event information, go to www.greatlifehawaii.com.)*

Ho-ho-hosting 'Snacks with Santa'

Hickam Officers' Spouses Club

The Hickam Officers' Spouses Club will hold Snacks with Santa, a special, annual activity that serves as the club's gift to the families of Joint Base Pearl Harbor-Hickam.

This free event will be hosted from 9 a.m. to 1:30 p.m. Dec. 5 at the Ka Makani Community Center on the Hickam side of Joint Base.

The event will include holiday crafts, games, prizes, snacks, donating toys for Toys for Tots, and a visit with Santa.

Previous attendees plan to participate again, as both children and parents said that they enjoyed the event last year.

"The kids had a blast making Christmas crafts with friends, and I thoroughly enjoyed taking pictures of the kids with Santa in such a gorgeous facility rich with history," said Carolyn McElhaney, spouse of Lt. Col. Richard McElhaney.

"I loved everything. The best part was getting a big cookie, and Santa was awesome because he



Photo courtesy of the Hickam Officers' Spouses Club

The Hickam Officers' Spouses Club will hold its Snacks with Santa event Dec. 5 at the Ka Makani Community Center, JBPHH.

gave out candy canes," said Hannelore Esslinger, age 6, daughter of Lt. Col. Mark Esslinger and his wife Jessica.

Registration is required, since the event is limited to only 300 military children. The recommended age for participating children is 12 years old and under. The online registration link goes live at 9 a.m. Nov. 21 via www.hickamosc.com/santa.

[hickamosc.com/santa](http://www.hickamosc.com/santa).

Participants need to present a proof of registration to gain entry at Ka Makani Community Center through either a printout or a copy on the mobile phone.

Participants also need to make sure they have base access.

(For more information, email santa@hickamosc.com.)

Upcoming blood drives



- Today, 9 a.m. to 1 p.m., Pearl Harbor Naval Shipyard, building 2, Joint Base Pearl Harbor-Hickam.
- Nov. 17, 9 a.m. to 1 p.m. 94th Army Air and Missile Defense Command, Fort Shafter Flats, building 1507, Fort Shafter.
- Nov. 18, 10 a.m. to 1:30 p.m., Naval Submarine Support Command, 822 Clark St., suite 400, Joint Base Pearl Harbor-Hickam.
- Nov. 24, 8 a.m. to 3:30 p.m., room 2A207, Tripler Army Medical Center.
- Nov. 30, 9 a.m. to 1 p.m., Pollock Theatre, Camp Smith.

(For more information, contact Michelle Lele-Himalaya, Armed Services Blood Program, Tripler Army Medical Center, at 433-6699 or email Michelle.Lele.civ@mail.mil.)

Kids can learn CPR Nov. 21 at MCBH

A cardio-pulmonary resuscitation (CPR) training session for any child of a Department of Defense ID card holder in grades kindergarten through 12 will be held from 9 to 11 a.m. Nov. 21 at the Marine Corps Base Hawaii, Kaneohe, theater (building 219).

No reservations are

being taken. Training is on a first come, first served basis.

The Hawaii HEART Foundation, founded by Pam Foster, has developed a program to teach school-aged children the vital skills needed to save a life in the time of need.

The goal is to teach 15,000 school-aged chil-

dren by the end of 2015 the hands-only CPR in case they witness a sudden cardiac arrest. There were dozens of children at September's CPR training session held at Joint Base Pearl Harbor-Hickam.

(For more information, call 473-1880, ext. 9-2310.)

NOVEMBER

HERITAGE MONTH OBSERVANCE

TODAY — A National American Indian Heritage Month observance will be held from 10 to 11 a.m. today at the 9th Mission Support Command (MSC) Assembly Hall, building 1544, Fort Shafter Flats. The 18th Medical Command (Deployment Support) is sponsoring this year’s U.S. Army Hawaii (South) observance. FMI: 787-4737.

VEHICLE REGISTRATION OFFICE OPEN

NOW — The City & County of Honolulu satellite vehicle registration office at Joint Base Pearl Harbor-Hickam has reopened. The office is located at 915 North Road, building 1314, in the Club Pearl Complex and is open for appointments from 8:30 a.m. to 4 p.m. Monday through Friday. The office will be closed on all state and federal holidays. Appointments can be made online. FMI: <http://ow.ly/UurnF> or visit the link at the JBPHH website, www.cnmc.navy.mil/pearlharbor-hickam/.

PEARL HARBOR DAY VOLUNTEERS NEEDED

NOW — The Navy and National Park Service need more than 700 active duty military personnel from all services to volunteer in various events commemorating the 74th anniversary of the attack on Pearl Harbor. Volunteers should sign up by Nov. 24. FMI: Chief Ken Bohan at Kenneth.p.bohan@navy.mil, (904) 434-9485, or Lt. Cmdr. Michael Genta at Michael.genta@navy.mil, (808) 473-5752.

MEET THE SURFERS

SATURDAY — Authorized patrons can meet surfers Sunny Garcia and Mark Healey from 1 to 3 p.m. at the Pearl Harbor Navy Exchange mall camera department. There will be free giveaways and participants can enter for a chance to win a Go Pro camera. FMI: 423-3287 or Stephanie.Lau@nexweb.org.

MEET DOC MCSTUFFINS

SATURDAY — Children of authorized patrons can meet the character Doc McStuffins from 10 a.m. to 2 p.m. at the Pearl Harbor Navy Exchange big white tent. Parents can enter their child for a chance to win giveaways. FMI: 423-3287 or Stephanie.Lau@nexweb.org.

HICKAM SHORELINE CLOSURE

17 — As part of the Navy’s mission to restore and improve the natural habitats at Joint Base Pearl Harbor-Hickam, mangrove removal along the Hickam shoreline will occur daily beginning Nov. 17. The area includes the beach starting at the Navy’s Fort Kamehameha Wastewater Treatment Plant to the Air National Guard parking lot (including Kamehameha Beach Park, commonly known as Dog Beach). All dogs, even those on

a leash, will not be permitted in the parking lot, on the shoreline, or in the waters from the area by the Navy treatment plant to the Air National Guard parking lot throughout the removal process. FMI: NAVFAC Hawaii environmental at 471-1171, ext. 243.

FRIENDS OF HICKAM BUS TOUR

18 — Air Force personnel and their families are invited to participate in a Friends of Hickam bus tour from 12:45 to 4 p.m. Participants can become familiar with their new duty station and Oahu. This is a free three-hour tour to Honolulu and Waikiki, Diamond Head beach and the Pali Lookout. Participants need to register to reserve their seat. FMI: Le’Etta Garbett at 474-0092 or leetta.garbett@navy.mil.

PEARL HARBOR COLORS

19 — The monthly Pearl Harbor Colors honors and heritage ceremony will begin at 7:30 a.m. at Pearl Harbor Visitor Center. The theme will be Warrior Care Month and the U.S. Marine Corps birthday. Pearl Harbor Colors is an opportunity for local residents and international visitors to witness a U.S. military ceremony and meet veterans, service members and their families. Attendees can learn about various aspects of military history. FMI: www.cnmc.navy.mil/pearlharborcolors.

SPECIAL OLYMPICS HAWAII

21-22 — Special Olympics Hawaii will host its holiday classic from 6:30 to 9:15 p.m. Nov. 21 and from 8 a.m. to 1 p.m. Nov. 22 at Club Pearl, Joint Base Pearl Harbor-Hickam. The holiday classic is a multi-competition event where teams from neighboring islands and on Oahu gather to compete in sports. The event is open to spectators who have Joint Base access. Volunteers are also needed for the event. FMI: Cindy Ujimori at volunteers@specialolympicshawaii.org.

MUSTDASH 5K TURKEY TROT

26 — The Surface Navy Association’s (SNA) Pearl Harbor Chapter will hold the third annual MustDash 5K Turkey Trot on Thanksgiving. The run will begin at 8 a.m. at the intersection of O’Kane Boulevard and Wasp Boulevard on Ford Island. Prizes will be awarded in three categories: best real mustache, best fake mustache and worst in show (for those men that try their hardest to grow a mustache yet fail miserably). Registration is \$15 and covers a race T-shirt. Participants can register by contacting Ensign Christopher Zeleznik and provide their shirt size. Shirts are in men’s sizes only. The last day for registration is Nov. 24. T-shirts are limited to the first 100 people registered. FMI: Ensign Christopher Zeleznik at wingmasterz870@aol.com.



LOVE THE COOPERS

Love The Coopers follows the Cooper clan as four generations of extended family come together for their annual Christmas Eve celebration. As the evening unfolds, a series of unexpected visitors and unlikely events turn the night upside down, leading them all toward a surprising rediscovery of family bonds and the spirit of the holiday.

Movie Showtimes

SHARKEY THEATER

TODAY - 11/13
7:00 PM Love The Coopers (PG-13)

SATURDAY - 11/14
2:30 PM Pan (PG)
5:00 PM Goosebumps (3-D) (PG)
7:10 PM Bridge of Spies (PG-13)

SUNDAY - 11/15
2:30 PM Goosebumps (PG)
4:40 PM Pan (PG)
7:00 PM Love The Coopers (PG-13)

THURSDAY - 11/19
7:00 PM Crimson Peak (R)

HICKAM MEMORIAL THEATER

TODAY - 11/13
6:00 PM Pan (PG)

SATURDAY - 11/14
4:00 PM Kilo Two Bravo (R) *Studio appreciation advance screening, free admission. FMI: 422-4425*

SUNDAY - 11/15
2:00 PM Pan (PG)
6:00 PM Everest (PG-13)

THURSDAY - 11/19
7:00 PM The Intern (PG-13)





U.S. Navy photo

Patrons approach a booth at a previous Great American Smokeout on Ford Island.

Don't be the weakest link: It's time to quit tobacco

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As a former user of chewing tobacco, I understand both the perceived appeal of using tobacco products as well as the challenges associated with quitting. However, the bottom line is that using tobacco negatively impacts fleet force readiness, and it is your duty as a Sailor or Marine to be at your physical and mental best in order to carry out the mission at any given notice. This November, I urge you to make the commitment to quit using tobacco products for good.

In the 2011 Health Related Behaviors Survey of Active Duty Military Personnel, 24.4 percent of active duty Sailors and 30.8 percent of Marines indicated they were current smokers, while 9.3 percent of Sailors and 19.0 percent of Marines indicated they use smokeless tobacco at least one day/week.

The data also indicates that many of these smokers are also using smokeless tobacco products. Tobacco kills 4 million persons each year and in the U.S. 438,000 annual deaths are attributable to tobacco use.

To underscore the importance of a tobacco-free lifestyle and to support the Navy and Marine Corps' anti-tobacco efforts within the fleet, programs such as the Navy and Marine Corps Public Health Center's (NMCPHC) Health Promotion and Wellness Campaign are committed to providing Sailors and Marines with the tools they need to stop using tobacco. NMCPHC has an extensive list of online resources, including mobile apps, websites, Quit lines and texting services that are tailored towards quitting smoking, chewing, dipping and spitting.

All ships and submarines, as well as hospitals, base clinics, pharmacies and battalion aid station are required to carry tobacco cessation products, so items such as nicotine patches and nicotine gum are readily available, along with counseling, at no cost.

Myths and facts

Nobody wants to be the weakest link during sustained operations. Read the myths and facts below to learn more about how using tobacco can negatively impact your contribution to your unit and your family.

- Nicotine is a stress reliever. False. Using nicotine releases a chemical called dopamine in the brain, which results in an initial sense of calm.

However, this is a temporary and addictive solution and actually causes the body increased physical stress. Blood pressure and heart rate increase, muscles become tense, blood vessels constrict, and less oxygen is available to the brain and body to facilitate healthy coping during stressful situations.

- Tobacco use is the best predictor of military training failure. True. Smokers and users of tobacco are more likely to perform poorly on military fitness evaluations, sustain musculoskeletal injuries and have impaired respiratory function.

- Nicotine is a performance enhancer. False. The dopamine reaction that nicotine produces may make you feel more focused, but it actually decreases the amount of oxygen to your brain and body, which decreases physical performance.

- Tobacco use has an impact on military families. True. In addition to the harmful effects of second-hand smoke, tobacco can cost as much as 10 percent of an enlisted member's salary.

- Being tobacco-free is good for your shipmates. True. Tobacco has many short and long-term negative effects on the body that decrease physical and mental performance. Being as healthy as possible is not only good for you, but it directly impacts your contribution to your shipmates, your team and the fleet.

Remember that despite common misconceptions, tobacco use is not good for you, your shipmates, your friends or your family. Although it can be challenging to quit, you can do it. Don't hesitate to reach out for medical and peer support.

Additional resources

In addition to the tobacco cessation resources listed below, you can also visit your medical provider, dentist, or health promotion coordinator for face-to-face treatment and support.

- www.UCanQuit2.org/
- <http://betobaccofree.hhs.gov/>
- NMCPHC Health Promotion and Wellness Campaign's Tobacco Free Living – Ready to Quit resources
- State and national quit lines: call 1-800-QUIT-NOW

(Master Chief Modglin has been in the Navy for nearly 27 years, and has dedicated his career to the health of the fleet. He has been instrumental in crafting Navy policy around tobacco cessation and currently serves as the fleet medical master chief, United States Fleet Forces Command.)

DoD VOLED is offering Virtual Education

Ed Barker

Naval Education and Training Professional Development and Technology Center (NETPDTC) Public Affairs

As part of an effort to expand the reach of military voluntary education (VOLED) and help make higher education accessible for all service members, veterans and family members, the Department of Defense Voluntary Education Program will host its first online Virtual Education Fair, Nov. 19.

The online fair is designed to enable members' participation from anywhere in the world, helping them get a headstart on the information needed to reach their education goals.

Taheesha Quarells, the military evaluations program manager for the Defense Activity for Non-Traditional Education Support (DANTES), said this inaugural online education fair will serve as a pilot for future events and offers several advantages over local education fairs.

"We wanted the virtual education fair to act as a force multiplier, working in conjunction with the services' education centers to offer service members a greater variety of school options," said Quarells.

"Each of the 43 schools participating in this fair have both online and face-to-face programs and are currently members of the Servicemembers Opportunity College (SOC) Degree Network System (DNS). SOC DNS schools have simplified credit transfers and reduced residency requirements, making it easier for students to



U.S. Navy photo by Carla M. McCarthy

Information Systems Technician Seaman Austin Tresner from the Center for Information Dominance explores how to register online for the DoD Virtual Education Fair.

complete degree requirements," Quarells said.

Registration is required to participate but takes only a few minutes and is anonymous, asking for a unique username, location, e-mail, major interest, education level and how participants heard about the fair. Advance and day-of registration for the virtual education fair is available through: <https://dodeducationfair.com/signup.html>.

Representatives from participating schools will be available via live chat from 8 a.m. to 6 p.m. EST to accommodate different time zones. The fair is designed to offer an informative, pressure-free experience where members can learn about:

- Schools having a signed agreement with the Department of Defense to provide a quality education to service members and military spouses.
- Financial aid options to help defray the cost of your education.

- Degree and certificate program offerings.
- Cost of tuition and fees
- Post 9/11 GI Bill benefits.

During and after the fair, several prerecorded video information sessions will be available, including: top high-growth career fields and degrees, resources for choosing a school, and bridging education and credentialing. Information from schools participating in the fair will be accessible online after the event.

One unique aspect of the virtual education fair is participation of education counselors representing each branch of the armed forces, offering real-time counseling during the fair.

"All of the services have unique rules, requirements and policies regarding tuition assistance, education plans and credit transfer options," said Dr. Deborah Harris-Sims, manager of special projects for Navy VOLED.

"During the online fair,

service counselors will be able to explain and clarify any misconceptions that service members may have about education benefits and get answers that are accurate for their particular service branch."

Quarells added that rarely will service members and their families find so many resources in one place, and the virtual education fair is perfect for those who might not have an educational support office nearby.

"Depending on their location, it can be challenging for service members to find answers to their education questions quickly," she said.

"During the virtual education fair, not only will they be able to speak with someone from DANTES or a counselor from their service, but they will also be able to chat live and get real-time answers from federal student financial aid and post-9/11 GI Bill representatives."

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Port Royal holds on to capture fifth consecutive win

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

Facing a tough, but depleted Pearl City Peninsula (PCP) Warriors squad, USS Port Royal (CG 73) broke a 6-6 tie at halftime with two scores in the second half to earn an 18-13 victory on Nov. 7 in an Afloat Division intramural flag football game at Ward Field, Joint Base Pearl Harbor-Hickam.

After an opening-day loss, the win was the fifth in a row for Port Royal and raised the team's record to 5-1, while PCP dropped their third game against five victories.

"We don't worry about the competition," Port Royal receiver Seaman Apprentice Tariq Jackson said about the team's hot streak. "We just do what we got to do, make sure everybody is familiar with the plays, do our fundamentals and go out there and play our best."

In perhaps their stiffest challenge since opening day, Port Royal found themselves behind early in the game after PCP scored on their first possession.

Filling in for starting QB Navy Diver 2nd Class Andy Engelhardt, Navy Diver 1st Class Wayne Shearer led a methodical drive inside the 10-yard line of Port Royal.

On third down from the eight, Shearer lobbed a rainbow to the left side of the end zone where Navy Diver 3rd Class Kyle Roderick fought off the defense and made the grab for a 6-0 lead.

Down by a score, Port Royal, behind signal caller Information Sys-



Port Royal quarterback Information Systems Technician 3rd Class Angelo Messina scrambles away from a pass rush, while looking down field for a receiver.

tems Technician 3rd Class Angelo Messina immediately answered the challenge.

Starting from his own 15, Messina tracked down Jackson with a pass for 21 yards to the 36.

After completing another toss to the PCP 36, Messina went deep and connected with Gas Turbine System (Mechanical) 3rd Class Charles Mason to place the ball at the PCP five.

Then on the next play, Messina zipped a pass into the end zone only to have it tipped up into the air.

With the ball inches away from the turf,

Jackson, who was below the pile of bodies, made a heads-up play and snatched the ball before it hit the ground for a game-tying touchdown.

"Coming from a football background, it's just tip drills," Jackson said about his catch for six. "I always follow the ball, so once the ball goes up, I always try to get to the ball."

The deadlock stood up through halftime, but on Port Royal's first possession out of the break, Messina directed a 65-yard, 11-play drive to the end zone for a 12-6 advantage.

On the final play of the

drive, Messina scrambled for the last two yards before breaking the plane for the score.

PCP was forced to punt on their next possession, which gave Port Royal good field position from their own 35.

A false-start infraction pushed Port Royal back to their 30, but on second down, Messina hooked up with Jackson with a big play down the middle.

Jackson caught the pass at midfield, cut to the outside and then took it all the way to the house for a touchdown and 18-6 lead.

"They (PCP) were play-

ing me off-set football," Jackson explained. "They weren't manning me up, so I'm going to just shake them and get where I want to be."

With time running out, PCP managed to post one more touchdown on the board on a pass from Shearer to Boatswain's Mate 2nd Class Stephen Hunter, but it was too little and too late.

"A couple of our key players didn't show up because they had family time," said Shearer about the lack of manpower on PCP, which played with only one substitution. "We tried the best that we

could. That's all you can do."

While there are a couple of games remaining before the playoffs, Jackson said that he likes where Port Royal is sitting right now.

A member of Port Royal's Joint Base intramural championship basketball team, Jackson said that the football team has what it takes to go all the way.

"We come out and play like we got a chip on our shoulder," he stated. "We have a lot of weapons, skills and fundamentals. Everybody plays their part very well, so we're looking to be the champs."