

JBPHH kicks off Healthy Base Initiative

Story and photos by
MCSA Rose Forest

Navy Public Affairs
Support Element
West Det. Hawaii

Karen S. Spangler

Managing Editor, Ho'okele

Getting fit and having fun was the theme for the day as more than 1,000 service members, family members and Department of Defense (DoD) civilians learned about habits for good health and fitness when Joint Base Pearl Harbor-Hickam (JBPHH) launched its Healthy Base Initiative event Oct. 18 at Ward Field.

JBPHH is one of 14 DoD bases, one of only two Navy bases and the only joint base, selected as sites for DoD's "Healthy Base Initiative (HBI)" campaign to promote good health across the nation.

HBI is a demonstration project that examines select military installations' efforts to support improved nutritional choices, increased physical activity,



Ben, one, and Ryen, 22 months, play together during the kick-off event of the Healthy Base Initiative at Joint Base Pearl Harbor-Hickam.

obesity reduction, and decreased tobacco use.

The free event at JBPHH focused on new and ongoing programs to help people make healthy choices. The family activity offered fitness demonstrations and workouts, nutrition and fitness guides and tips, and body fat measurements. But there were also bounce

houses, adult obstacle courses and live music from the U.S. Pacific Fleet Band to round out the entertainment.

"I think it's really important that we instill this healthy lifestyle in our children, especially with so many schools cutting out physical education and limiting recess," said Mariah

Tatla, mother of a two-year-old girl.

Attendees at the event also had the opportunity to get moving during the Zumba demonstration with a combination of dance and workout routines. "I think it's very important that we get the younger



Zumba instructors lead participants in a demonstration which included a combination of dance and workout routines as part of the kick-off event for the Healthy Base Initiative.

See Healthy base, A-6

Hickam Airmen participate in search and recovery training



Airmen at JBPHH collect and tag evidence found during a recent search and recovery team training exercise. The purpose of the search and recovery team is to respond to military-related incidents on base, including military vehicle, aircraft mishap and mass casualty incidents.

Story and photo by
SrA Christopher Stoltz

Joint Base Pearl Harbor-Hickam Public Affairs

Airmen from Joint Base

Pearl Harbor-Hickam recently completed their first search and recovery team training, held on Hickam Beach, to better prepare for possible accidents and incidents on base.

The purpose of the search and recovery team is to respond to military-related incidents on base, including military vehicle, aircraft mishap and mass casualty incidents.

If called upon, the team must search and cover selected areas, keeping an eye out for evidence, things out of place, or personal effects. A line is formed with one step taken at a time, a quick search of that immediate area conducted, and then the line moves one step forward yet again.

Anything that could be considered out of place is collected, then bagged and tagged as evidence. The team then covers the entire area again from a different direction, to ensure nothing has been missed.

Air Force Technical Sgt. Brian Wingo, 647th Force Support Squadron Unit training manager and search and recovery team lead, said the quarterly training is used to train Airmen to recover and help preserve evidence which could help determine the cause of an incident.

"Search and recovery is important because it provides a method to recover and return home the remains of fallen personnel," he said. "The team is trained to conduct operations to

recover all remains and do so in a manner that preserves dignity and respect."

Wingo has only been a part of the team on Hickam for nine months, but said he has been fortunate enough to have never needed to respond to a real-world incident. However, this does not stop him from ensuring new Airmen added to the team know how to respond accordingly.

"Usually, we (the instructors) will conduct a classroom session covering search and recovery procedures," he said. "Then we will go out and apply those instructions in the field. The location for the outdoor portion changes to keep a sense of realism because the terrain for a real-world incident could be anywhere."

Maintaining a sense of realism in a training environment is nearly as important as ensuring the training given is the best it can possibly be. This is why Air Force Staff Sgt. Jay Waddell, Hickam Mortuary Affairs non-commissioned officer in charge, not only helps main-

tain and train the team, but the trainer as well.

"I draw up a crash site for the team and give all the crash details to the team lead," Waddell said. "I inspect the team lead on his communication and leadership, as well as question him or her on the procedures they are about to conduct. I also conduct equipment checks and see if the team lead inspects equipment prior to sending their team out."

Waddell said the teams are there to help aid civil engineering, security forces and local law enforcement agencies if there ever is a need. He also said sharing part of the flight line with the Honolulu International Airport makes the team that much more helpful if there ever is an incident.

"Completing the training and providing hypothetical situations for my team ensures that I'll have the knowledge to perform the mission," he said. "Accidents happen all the time, so I have to be ready to lead my team into any operation."

JBPHH plans for makahiki celebration

Tom Clements

Navy Region Hawaii Public Affairs

Joint Base Pearl Harbor-Hickam (JBPHH) and Navy Region Hawaii will celebrate *Kapuaikaula Makahiki* starting at 9 a.m. Nov. 2 at Hickam Harbor Beach.

Military and civilian personnel, their families and sponsored guests are invited to observe *makahiki*, an ancient Hawaiian celebration known as a "Hawaiian Thanksgiving."

The free event is organized by the Oahu Council of Hawaiian Civic Clubs, in partnership with JBPHH. Families are invited to bring their beach chairs and mats to enjoy the festivities and take part in *makahiki* games, such as *o'o* (spear throwing) and *ulu maika* (stone rolling).

Winners will receive homemade *kahili* or feather standard, as prizes and compete for the "grand champion" prizes.

Before the *makahiki* begins, paddlers in canoes carrying the Hawaiian deity Lono will make a journey from Iroquois Point to Hickam Harbor. Once near shore, the blast of the *pu* (conch shell), will announce their arrival, ushering the start of the *makahiki* with a procession from the beach to the *makahiki* site in the grassy area near Sam Choy's Seafood Grille.

In ancient Hawaiian history, Lono was the embodiment of peace and welfare and all warfare was strictly forbidden during the time of *makahiki*. The focus on health and welfare made games of skill that tested a healthy body and mind a focal point of the *makahiki* games.

For more than 2,000 years, the significance of Lono and his contributions to the beliefs and practices of the early Hawaiian people influenced the celebration of events held during *makahiki* festivals throughout the Hawaiian Islands.

According to the ancient calendar of Hawaii, the Hawaiian new year begins on the first night of the rising star constellation *Makali'i*, or Pleiades. The four months following the rise of the *Makali'i*, from October to the end of January, were set aside as a time for Lono, to give thanksgiving for the bounty of land and sea.

For more information, contact Tom Clements, Navy Region Hawaii environmental public affairs officer, at 473-0662, or the JBPHH public affairs office at 473-2926.

CSADD gets the word out about suicide prevention, PTSD



Joint Base Pearl Harbor-Hickam's Coalition for Sailors Against Destructive Decisions (CSADD), (above), recently held a freeze mob at the Pearl Harbor Navy Exchange. CSADD members used the event to inform the community about suicide prevention and post-traumatic stress disorder, also known as PTSD. They discussed PTSD, its symptoms and different ways for veterans to seek out help. Besides the event at the NEX, CSADD members also recently participated in a Diamond Head hike to raise awareness about CSADD and its mission to prevent destructive decisions. For more information on how to join, and about upcoming events, visit the JBPHHCSADD Facebook page or email jbphh.csaddcares@live.com.

photo courtesy of CSADD



Jim Taylor: Helping Pearl Harbor survivors in their final journey: See page A-2



Hollywood comes to JBPHH with Hawaii Five-0 See page A-2



'First 100 Days' – all about family, Sailors, civilians, veterans See page A-3



Joint base personnel work behind the scenes for distinguished visitors: See page A-8



Music fills the air at Joint Base Pearl Harbor-Hickam See page B-1



Spook-tacular spectacles scheduled for Halloween See page B-2

Jim Taylor: Helping Pearl Harbor survivors in their final journey

Brandon Bosworth

Navy Region Hawaii
Public Affairs

For nearly 20 years, retired Master Chief Yeoman Jim Taylor has served as the Pearl Harbor survivors' liaison and honored the service of those who survived the Dec. 7, 1941 attack on Pearl Harbor.

Many who survived the attack hope to be reunited with their fallen friends when they die. Navy Region Hawaii offers special burial services for service members who were serving at Pearl Harbor on that "Day of Infamy."

Survivors can have their ashes scattered in the waters of Pearl Harbor, and those serving on USS Arizona or USS Utah may be interred inside their ship. Families and friends of the deceased are welcome and encouraged to attend the

services, which include military honors, a chaplain for religious service, the playing of "Taps," and presentation of the American flag. Then the family scatters the ashes in the water.

Taylor is the man who helps to make all this happen.

On Oct. 18, Taylor was honored for his service and dedication when he was awarded the Lex Brodie Above and Beyond Award. Lex Brodie was an iconic Hawaii businessman and an active member of the community. The Above and Beyond Award honors those affiliated with the U.S. military who go above and beyond the call of duty.

"In the mid-90s, I volunteered to assist with the Navy's casualty assistance and funeral honors program," said Taylor.

"There was a program in place to honor Pearl Harbor survivors by placing their

remains in the waters of the harbor when they died. Since then, I have become very close to the Pearl Harbor survivors and their families, resulting in burial services for over 300 Sailors, Soldiers and Marines. There are approximately 20 burials a year, and the number grows each year," Taylor said.

For Taylor, volunteering as a Pearl Harbor survivor liaison is a labor of love.

"I have always supported our veterans, in particular those who were here in Hawaii, during the terrible attack on our country," he said.

"They are all heroes – even though almost every one of them doesn't like the word hero. To me, they are definitely heroes. They created the mold for Sailors who followed in their footsteps during many encounters with enemies up until the present day.

"This all satisfies my



U.S. Navy photo by MC1 Daniel Barker

Jim Taylor is congratulated by his granddaughter Maile after receiving the Lex Brodie Above and Beyond Award.

need to help others, educate our citizens, and carry on the legacy of our heroes, past and present. It gives me a great deal of satisfaction every time I coordinate a burial. It brings almost final closure to families over the loss of

their loved ones, and it honors our heroes."

Taylor said he has no plans to quit and looks forward to continuing to serve in the future.

"I have two goals," said Taylor.

"One is to continue my

personal mission of carrying on the legacy left by our heroes in World War II and all conflicts thereafter. My second is to be there for the families in honoring every Pearl Harbor survivor until the last one departs."

Hollywood comes to JBPHH with Hawaii Five-0



(Above) Col. Johnny Roscoe, 15th Wing commander, reviews a scene playback for an episode with Allison Liddi Brown "Hawaii Five-0" director, on the flightline at Joint Base Pearl Harbor-Hickam on Oct. 9. (Top right), Chief Master Sgt. Leslie Bramlett, 15th Wing command chief, poses for a photo during filming. (Right), Actors portraying secret service agents practice a scene. The crew and cast were on base to shoot a portion of an upcoming episode.



U.S. Air Force photos by Tech. Sgt. Jerome S. Tayborn



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Commentary

‘First 100 Days’ – all about families, Sailors, civilians, veterans

**Rear Adm.
Rick Williams**

*Commander, Navy Region
Hawaii and Naval Surface
Group Middle Pacific*

This very fortunate position continues to humble me every day as I have the privilege to work with so many professionals who, like me, have the chance to live and work at Pearl Harbor. History, current events and a dynamic future all surround us here. Those heroes who have gone before us are remembered when we go aboard Mighty Mo or Bowfin, when our kids go to Radford High School, or when we visit preserved landmarks like Lockwood Hall.

Navy traditions are preserved here. Many of the customary ceremonies and traditions today have not changed since when my predecessors were here over the past century. Their black-and-white portraits are displayed on a wall in the HQ leading to my office. Their images are a constant reminder of how quickly time will pass and of the imperative to get things



Rear Adm. Rick Williams

done in the little time we have together.

I am reminded of these sentiments whenever I have the opportunity to visit our MIDPAC ships or attend meetings at U.S. Pacific Fleet headquarters – in offices and conference rooms where Nimitz, Spruance and Halsey once met. My sense of urgency and constant energy is because I am but a guest here. I want to experience as much as I can and be part of something much bigger than me before I am like the pictures on the wall

and my tour is already over.

Last Friday I completed 100 days “in office” as region and MIDPAC commander. My first 100 days began with my own change of command and were capped, just coincidentally, with last week’s U.S. Pacific Fleet change of command ceremony, in which Adm. Harry B. Harris took the helm once held by Fleet Adm. Nimitz.

We salute Adm. Haney and wish him well at U.S. Strategic Command, and we look forward to a high optempo and continued rebalance to Indo-Asia-Pacific under Adm. Harris’s leadership.

There have been many other highlights in the first hundred days, and one thing is clear – our most important component to success here in Hawaii is people.

Family: My first commentary for Ho’okele in July was “Navy in Hawaii: building, supporting, defending families.” The CNO has said it’s all about readiness. If we take care of our families, we can meet our mission. When we take care of our families, we give our service members the peace of mind they need to do their jobs.

Our families and

ombudsmen deserve our ongoing praise and appreciation for all their support and for all they do, and I’m glad we held an ombudsmen appreciation dinner in September to tell them so.

Sailors: I continue to be amazed at the caliber and can-do attitude of our enlisted service members and officers – on deployment and at home, afloat and ashore. Our Sailors train, test and stay ready to deploy forward.

During my first 100 days, I was privileged to see nearly 300 Sailors in Hawaii pinned as chief petty officers. That was a true highlight to witness these key leaders take the next step of investing in our Navy.

Working with the Missile Defense Agency and PMRF, our MIDPAC Sailors are making history. The cooperative spirit between service members on operational platforms, aboard installations and in support commands here is second-to-none.

Civilians: The first time a mainlander sees our workforce at the joint base and Barking Sands, it can be startling – few suits, no neckties and lots of *aloha* wear. Then the outsider quickly sees the superior work ethic, professionalism

and brainpower of our civilian teammates. Our civilians are our commands’ lifeblood, and it was a huge relief during the past 100 days when furloughs were lifted and the shutdown was shut down.

As I said in Tuesday’s all hands call this week, we need and appreciate our civilian teammates – indispensable members of our total force.

Veterans: As most of you know – from my change of command remarks, Navy Birthday speech and various articles in the Ho’okele – history is extremely important to me. If we learn from the lessons of history, we are less likely to make the same mistakes.

We are stationed in what I consider our Navy’s most historically significant region. And we are extremely fortunate to often be in the presence of “living monuments,” in particular our Pearl Harbor survivors. Meeting with World War II veterans and our Wounded Warriors and hearing their stories is right up there as a top highlight, not just in my first 100 days but in my entire naval career as well.

Everyone: Some other big highlights over my first 100 days include meeting educators, environmental-

ists, local leaders and government officials. Two weeks after my change of command ceremony, we hosted Vice President of the United States Joe Biden for a military appreciation family barbecue. We hosted British and Japanese ships and welcomed People’s Liberation Army (Navy) visitors and the Chinese ambassador to the United States. Also in these first 100 days, I met Navy League teammates and Wounded Warriors at their regatta in August. Suzy and I took part in the Aloha Festival in September that paid tribute to the Polynesian Voyaging Society. And I’ve had the pleasure to conduct several award ceremonies over the past few months to celebrate and honor our people.

This isn’t meant to be a complete list of all of the highlights in the past 100 days, and if I failed to mention an event or group, just keep reading the commentaries in the weeks and months ahead.

I’m looking forward to the next 100 days and all we can achieve together, especially with a combined sense of urgency to get things done in the limited time we have together.

Diverse Views



What was your favorite Halloween costume and why?



OS2 Josh Williams
CTF 34

“My son’s Spiderman costume. I like watching him act strong. It had the muscles already on it.”

Air Force 2nd Lt. Kellie Dowling
647th Logistics Readiness Squadron

“My favorite costume was when a group of my friends dressed up like gorillas, then chased my other friend around, who happened to be dressed in a giant banana costume.”



IT1 Josh Brice
Navy Region Hawaii

“Voltron. Voltron was the coolest. He had tigers on his hands and a sword.”

Master Sgt. Paul Nelson
647th Logistics Readiness Squadron

“My favorite costume has to be the zombie. I was always a fan growing up of the movie ‘Night of the Living Dead,’ and it always does a great job of scaring the kids.”



ETSN Cody Kenner
USS Michigan

“Spiderman. My favorite superhero. I always used to dress up as him as a kid.”

Airman 1st class Christopher McCloud
15th Aerospace Medical Squadron

“The best costume I ever saw had to have been the time I saw a man who dressed himself up like a porta-potty. He even had legs coming out of the toilet itself. I liked it because it was different and creative, and set itself apart from what you usually see.”



HM2 Michelle Parmelee
Naval Health Clinic Hawaii

“I was a pirate for Halloween one year when the original ‘Pirates of the Caribbean’ came out. It had a hat that was cool.”

*Provided by Lt. j.g. Eric Galassi
and SrA Christopher Stoltz*

*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

Pacific Submarine Force successfully completes SLMM-EX

**Commander Submarine Force,
U.S. Pacific Fleet Public Affairs**

The U.S. Navy’s Pacific Submarine Force recently honed its operational proficiency during a submarine-launched mobile mine exercise (SLMM-Ex) conducted off the coast of Kauai at the Pacific Missile Range Facility (PMRF).

SLMM-Ex was designed to demonstrate the capability of a Los Angeles-class submarine to successfully launch Mk-67 SLMMs used specifically for destroying and/or disrupting enemy ships. The MK-67

SLMM was developed as a submarine-deployed mine for use in areas inaccessible for other mine deployment techniques or for covert mining of hostile environments.

This end-to-end demonstration began with the training of a Los Angeles-class submarine crew to handle and launch Mk 67 SLMMs. The training included SLMM weapons handling and certification using training shapes and walk-through events, including a simulated launch. The exercise culminated in the actual launch of inert Mk 67 SLMM exercise mines off

PMRF.

“Conducting exercises like these ensures the operational readiness of the submarine force,” said Rear Adm. Phil Sawyer, commander of Submarine Force, U.S. Pacific Fleet.

“It further ensures that our submarines stand ready to provide critical access to the world’s ocean trade routes, provide credible defense against any hostile maritime forces, and project power from the sea to the shore when needed,” he said.

The Mk-67 SLMM is a submarine-launched mine in service with the Navy.

General soared to great heights in Air Force



Photo courtesy of Pacific Air Forces

On Oct. 27, 1954, Benjamin O. Davis, Jr., left, became the first African American promoted to general officer in the United States Air Force, when Gen. Earle Everard Partridge pinned the general’s star on him. The historic event took place 59 years ago this week. Among his accomplishments, West Point graduate Davis commanded the 332nd Fighter Group, the “Tuskegee Airmen.”



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Ho’okele is a free unofficial paper published every Friday by The Honolulu Star Advertiser 500 Ala Moana Boulevard Suite 7-500 Honolulu Hawaii 96813, a private firm in no way connected with DoD, the U. S. Navy, Air Force or Marine Corps, under exclusive contract with Commander, Navy Region Hawaii. All editorial content is prepared, edited, provided and approved by the staff of the Commander, Navy Region Hawaii Public Affairs Office: 850 Ticonderoga, Suite 110, Pearl Harbor, Hawaii, 96860-4884. Telephone: (808) 473-2888; fax (808) 473-2876; e-mail address: editor@hookelenews.com World Wide Web address: <https://www.cnic.navy.mil/Hawaii/> or www.hookelenews.com. This civilian enterprise newspaper is an authorized publication primarily for members of the Navy, Air Force and Marine Corps military services and their families in Hawaii. Its contents do not necessarily reflect the official views of the U. S. Government, the Department of Defense, the U.S. Navy, Air Force or Marine Corps and do not imply endorsement thereof.

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U.S. Pacific Fleet master chief visits Sailors in Kaneohe

**Story and photo by
MC1 Amanda Dunford**

*U.S. Pacific Fleet
Public Affairs*

U.S. Pacific Fleet (PACFLT) Master Chief Marco Ramirez visited various commands at Marine Corps Base Hawaii, Kaneohe Bay on Oct. 17, updating Sailors on fleet priorities and discussing issues of concern.

During an all hands call and luncheon, Ramirez answered Sailors' questions about topics that included CPO 365 training, sexual assault and prevention, and warfighting readiness. He also toured the Third Marine Regiment regimental aid station, various air squadrons and had an office call with Capt. Lance Scott, commander, Patrol and Reconnaissance Wing Two.

"I wanted to come out to Kaneohe Bay and talk with

Sailors and unite them and let them know PACFLT's thoughts about the mission and priorities and how we value them and their service," Ramirez said.

Ramirez has been traveling around the world introducing himself to the fleet and sharing PACFLT's priorities and mission since his selection as fleet master chief in March.

"I think it's important to come out and share what the commander's mission is and what his priorities are," Ramirez said.

"The United States Pacific Fleet protects the sea lanes and keeps them open. That's exactly what we do. And not only do we keep them open but we work with our partners, our allies and our coalition forces and work well with them, so we can enhance keeping those sea lanes open," he said.

"If we meet aggression

then we're going to try to deter it and if we can't we're going to fight, that's the mission of our Pacific Fleet."

Sailors said they appreciated Ramirez's visit.

"It was very informative. We talked about the mission, DUT's, CPO 365 and anything that encompasses our daily routine," said

Information System's Technician 1st Class Robert Leviker, Patrol Squadron (VP) 9.

"It was nice seeing fleet master chief during the all-hands call and being able to ask him questions and having him listen to our concerns and tell us his thoughts and advice about different issues."

Ramirez is the 16th U.S. Pacific Fleet master chief and is the senior enlisted advisor for more than 140,000 Sailors who serve on approximately 2,000 aircraft and 180 ships and submarines.



U.S. Pacific Fleet Master Chief Marco Ramirez receives a capabilities brief from Air Traffic Controller 2nd Class Brian Miller in the air traffic control tower on Oct. 17 at Marine Corps Base Hawaii.

USS O’Kane chief petty officers receive specialized training



Command Master Chief Jeff Steinly, trainer for Pacific Fleet commanders, Fleet CPO Mobile Training Team, speaks to chief petty officers at Joint Base Pearl Harbor-Hickam about the importance of communication, both up and down the chain of command.

**Story and photo by
MCSA Rose Forest**

*Navy Public Affairs
Support Element Hawaii*

U.S. Navy chief petty officers (CPO) assigned to the guided-missile destroyer USS O’Kane (DDG 77) took part in a full-day training seminar Oct. 17 at the Silver Dolphin Bistro at Joint Base Pearl Harbor-Hickam.

Command Master Chief Jim Knudsen, lead trainer, and Command Master Chief Jeff Steinly, trainer for the Pacific Fleet commanders, Fleet CPO Mobile Training Team, led the training seminar.

The training seminar was designed to assist the crew of USS O’Kane with operations and meeting objectives. With rigorous training exercises, inspections and preparations for a deployment, the concept behind this workshop was

to give leadership the tools they need to best best prepare their Sailors for upcoming challenges.

"This is a great instructional tool for the chief's mess to get back to the basics, to help them better manage their day, their people, their Sailors, their organization within their division, and to see the bigger picture," said Command Master Chief David Blackburn, USS O’Kane.

"Sometimes being on the platform we are on, we are tasked with a whole bunch of exercises, and I think some of this training that we are going to get is going to re-instill some of those basics — sponsorship, indoctrination and ombudsmen — those types of things."

A common saying in the Navy is that the chief is the backbone of the Navy, but part of the discussion was not only how Sailors work for their chiefs but also how

they work for the other Sailors.

"I think this has been a great opportunity to speak with CMCs outside of the ship and get a different perspective on how to run programs on board so that rather than putting a check in a box, we are actually having an impact on those aboard," said Senior Chief Cryptologic Technician (Collection) Douglas Haydon.

"It's going to help us get better on the basics so we can set our Sailors up for success in the future."

Chief Yeoman Christine Hughes, who became chief during the most recent CPO pinning ceremony, said she was glad to see emphasis on some programs that needed more attention.

"A big program that I see being implemented more is the mentorship program, and that goes back to leadership and watching that Sailor grow," Hughes said.

Pearl Harbor-Hickam*Highlights*

(Right): Fletcher Dahman, regional fire chief, refers to an organizational board listing names of personnel and equipment at the Federal Fire Department Hawaii headquarters. The board helps determine location of personnel during responses to emergencies. The department's motto is 'Protecting Those Who Defend America.' It provides fire prevention, protection and emergency medical services to Department of Defense installations and islands of Hawaii.

U.S. Navy photo by MC3 Diana Quinlan

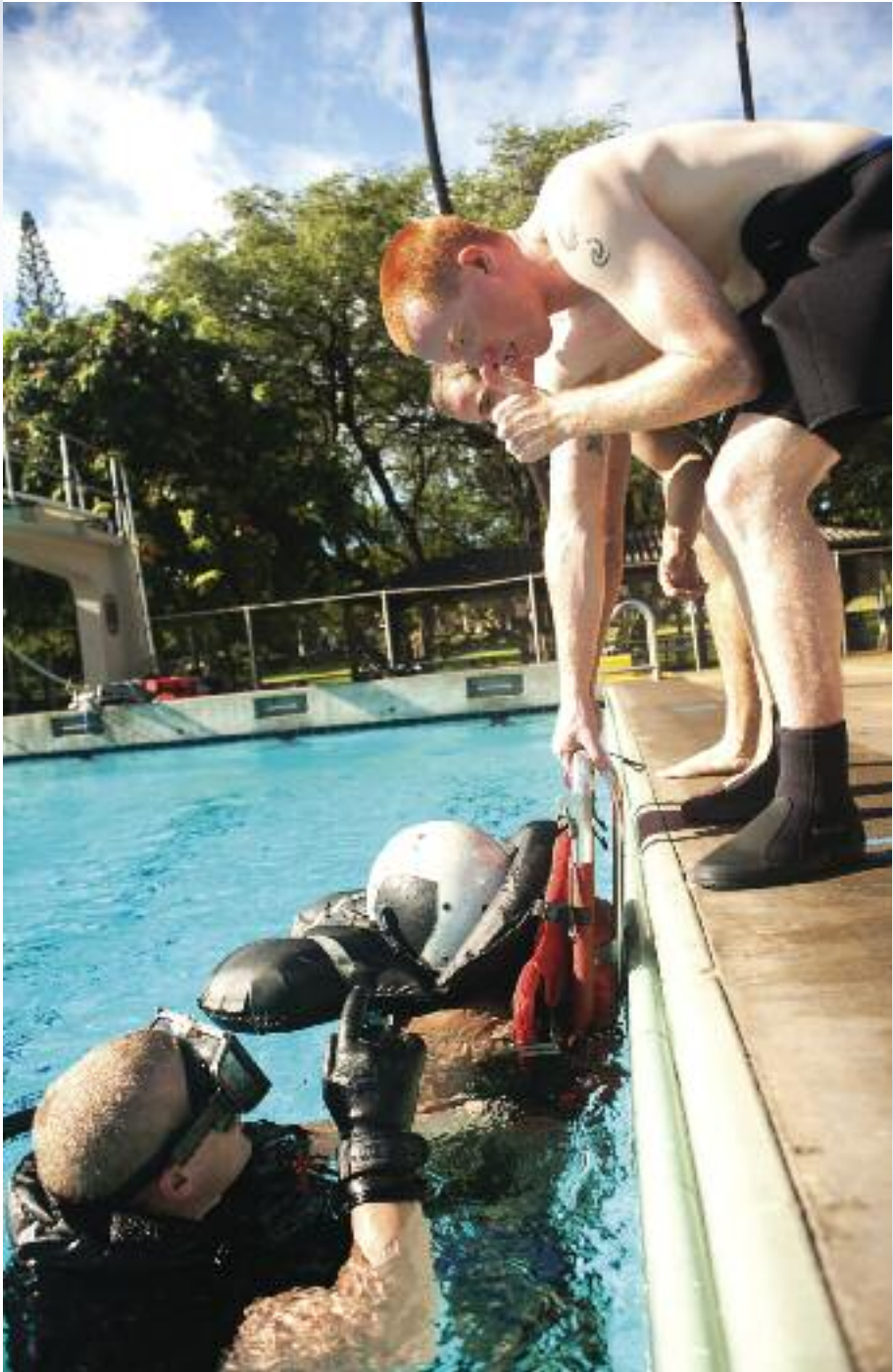


(Left and below): Firefighters assigned to various installations on the island of Oahu participate in hazardous material (HAZMAT) training offered at the Federal Fire Department Hawaii headquarters.

U.S. Navy photos by MC3 Diana Quinlan



A partial section
Intermediate Mainten
dows is preserved (le
(right). The project rep



U.S. Navy photos by MCSN Johans Chavarro



(Clockwise from top left): Search and rescue (SAR) swimmers perform a simulated medical evacuation drill at Joint Base Pearl Harbor-Hickam. The training was run by the Afloat Training Group Middle Pacific which provides training for the Navy and Coast Guard in the Middle Pacific region. It is designed to maintain a combat-ready force capable of performing a broad spectrum of maritime missions. Quartermaster 3rd Class Nathan Bolton gives the thumbs-up signal during a simulated man overboard drill. Quartermaster 3rd Class Nathan Bolton attaches a casualty to a rescue litter.

PHNSY receives ‘bravo zulus’ for surface ship work

Story and photo by
David Tomiyama

*Pearl Harbor Naval
Shipyard Public Affairs*

Pearl Harbor Naval Shipyard's code 210 Fleet Technical Support received “bravo zulus” (BZ) from the commanding officers of USS Port Royal (CG 73) and USS Decatur (DDG 73) for their recent critical work.

Capt. Eric Weilenman, Port Royal commanding officer, gave a BZ to code 210 for their challenging and expeditious work in replacing a key part that allowed the guided-missile cruiser “to get underway safely and on time for an operational commitment.”

Cmdr. Joel Ellingson, Decatur commanding officer, sent a BZ for the code's “outstanding support and selfless dedication...commitment to teamwork and ‘can do’ attitude” that enabled the ship to get underway on time.



(From left) Code 210's Electrical Engineer Vernon Ford and Gas Turbine Control Technician Joe Graham work on USS Decatur's (DDG 73) electronics support module.

Code 210 regularly provides electrical, steering, deck machinery, gas turbine control, and diesel engine inspection guidance for surface ships. The code is often called upon to help ships

force troubleshoot equipment and systems and give “over-the-shoulder” support to Sailors on how to fix technical issues.

In some cases, code 210 personnel deploy to ships at

sea or in other ports to provide technical guidance to the crew, said Chris Moe, code 210 electrical engineering technician.

Code 210 assisted in the replacement of 1A steering gear hydraulic pump unit (HPU) mechanical seal on Port Royal. The ship has two rudders that need to be operational in order to qualify as mission ready.

The Code 210 three-person team took only three hours to secure the seal on HPU 1A.

“They immediately replaced the seal on 1A with no problems and then followed up with replacing the seal on HPU 1B on another day,” said Joe Au-Franz, code 210 engineering branch head.

The work code 210 performed is part of their normal skill set. However, this particular need to replace the seals was not something they do on a daily basis.

“It was not an everyday

occurrence or something we do all the time,” Au-Franz said. “This type of request for emergency work happens a few times a year, and the actual tasks are something that we're familiar with. But on a regular basis, the production group is scheduled to do the bulk of this kind of work.”

Code 210 received another BZ a month later for their work on Decatur. The Arleigh Burke-class guided missile destroyer made a transient, four-day stop here during its recent deployment.

Even with a laundry list of maintenance jobs, Decatur was able to continue on with its mission on schedule. The support from the shipyard did not stop once it set sail.

Code 210 Mechanical Engineering Technician Derek Teruya provided distance support to the ship's force on mechanical issues which included the OD box again while at sea.

“It's not uncommon to provide support from the shipyard to a ship underway,” said Teruya. “We help ship's force troubleshoot via email, messaging, or phone. In Decatur's case, we were able to nail down what was wrong with the OD box while she was at sea and order the parts so we could immediately begin work once she arrived back here (she returned Sept. 15 for a five-day transient stop before returning to Naval Station San Diego).”

“Our people did a phenomenal job. They definitely went above and beyond to get Decatur ready and respond to Port Royal's needs,” Au-Franz said.

“To have COs recognize that reliability and knowing confidence has been gained in the ships from our work is personally rewarding to the folks in our code. Code 210 can do everything and anything. The workforce has proven it,” he said.

Continued from A-1 Healthy base

kids out here and playing recreational sports or running around, especially because this society and generation is the video game era,” said Master-at-Arms 3rd Class Abrel Smith, president of the Joint Base Pearl Harbor-Hickam chapter of Coalition of Sailors Against Destructive Decisions (CSADD).

The Healthy Base Initiative is part of Operation Live Well, the DoD program that supports the National Prevention Strategy of improving Americans' health and well-being through a prevention-oriented approach.

Operation Live Well aims to make healthy living the easy choice and the social norm across the Department of Defense.

According to statistics provided by DoD, obesity and tobacco use among U.S. military health care beneficiaries add more than \$3 million per year to the DoD

budget in health care costs and lost duty days. Today, more than one-third of adult Americans are obese, and a fourth of potential new recruits are unqualified due to their weight.

Capt. Jeffrey James, commanding officer of Joint Base Pearl Harbor-Hickam, noted that the Healthy Base Initiative could also be called the Common Sense Initiative.

“It aligns what we already know about the benefits of a healthy lifestyle (good nutrition, regular exercise, no tobacco use) with more formal resiliency programs, such as the 21st Century Sailor, to help inform sound decision-making across a broad spectrum of subjects ranging from design of streets, sidewalks and crosswalks to food options on base, to fitness programs offered to service members and their families,” James said.

At the HBI launch, fresh fruits and vegetables were available for purchase at a farmers' market.

Representatives at various booths provided infor-

mation on healthy living, including mental health, responsible alcohol use, and the negative effects of tobacco.

The Healthy Base Initiative project was launched in 2013 to encourage a healthy and fit alternative to the trend toward obesity and tobacco use. The project promotes a healthy and fit force, which is essential to national security.

It provides a hands-on look at service-level innovations, which can be used to promote healthy and wellness best practices throughout DoD.

“Health and fitness programs help our service members hone a combat-ready force. These programs — including the new Healthy Base Initiative here — are already helping Wounded Warriors, family members, DOD civilians, retirees and other members of our team get and stay healthy,” said Rear Adm. Rick Williams, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific.

The goal of the Healthy Base Initiative is to make the healthy choice the easy choice. This could include such activities as walking to meetings, eating a salad for lunch instead of an extra large cheeseburger, and taking the first steps toward making the healthy choice the easy choice.

The initiative focuses not only on the active duty service member but all individuals who live and work on joint base. Proponents of the program point out that “a healthy family will make for a healthy service member.”

“This holistic approach is especially applicable to Joint Base Pearl Harbor-Hickam, as we recently completed a master development plan for the base that incorporates many healthy lifestyle features, such as a more walka-

ble/bikeable campus feel to the base, not to mention the fact that we have a climate that supports year-round healthy outdoor activities,” James said.

“We are excited to assess/measure our current initiatives as well as incorporate new ideas that promote a healthy lifestyle. The results will ultimately net us a more effective fighting force, all the while improving the lives of our families and reducing unnecessary medical expenses borne out of poor lifestyle choices,” he continued.

According to James Duff, HBI project officer for JBPHH, the Healthy Base Initiative will continue for about a year and the installations will be assessed to see what programs worked best. This information will be shared throughout the DoD.

“One of the great things that the Healthy Base Initiative will do is provide metrics and help to establish the importance of some of the health-related programs we have. These metrics can then be used to help validate programs and ensure that they survive the current fiscal climate,” Duff explained.

“Even though the Healthy Base Initiative is only a one-year pilot program, my hope is that the initiatives that are put in place will continue to have a positive impact on all those that live and work on JBPHH for years to come,” he added.

This program and the DoD's Operation Live Well are part of the president's National Prevention Strategy and complement the first lady's Let's Move! program.

Sen. Mazie Hirono visits Hickam Commissary



Photos by David D. Underwood, Jr.



(Left): U.S. Sen. Mazie Hirono talks with Staff Sgt. Lacey Dirck during her visit to the Hickam Commissary on Oct 22. (Right): Hirono and Sharon Zambofan, American Logistics Association, tour the store aisles during a visit to the Hickam Commissary.

Civil Air Patrol receives tour, instruction from USS Michael Murphy



Photo by Cadet Abraham Cheng

In the ship's helo hanger, Cmdr. Corey Turner, USS Michael Murphy's (DDG 112) commanding officer, highlights the ship's aviation mission and capabilities.

Susan Turner

Hawaii Wing
Civil Air Patrol
Public Affairs

Instead of conducting a standard weekly squadron meeting, on Oct. 1, cadets and senior members from the Air Force Auxiliary

Civil Air Patrol's (CAP) 66th Composite Squadron, located at Joint Base Pearl Harbor-Hickam, received a ship tour and instruction from Sailors of the USS Michael Murphy (DDG 112).

Maj. Jim Bedient, CAP Hawaii Wing's chief of staff, was excited to see firsthand

where his son-in-law will serve later this year.

"This is the coolest thing I've done all month," Bedient said.

During the tour of the ship, Sailors discussed their roles onboard and some of the real-world missions of the ship to the CAP cadets.

Operations Specialist 1st

Class Jacob Jennings (SW/AW) helped the CAP members understand how the ship operates to accomplish two of its missions, aerospace education and emergency services. Jennings showed them the ship's combat systems center and described how the ship uses the resources and equipment it has to turn it into a mobile air traffic control center.

Cadets also learned how the Navy is able to use its technology to conduct search-and-rescue missions, detecting and rescuing mariners and aviators at sea.

Sonar Technician Surface 1st Class (SW) William Hutton showed the group the images lining the walls of the mess deck of Michael Murphy.

The "Wall of Heroes" contains a photo and biography of every man lost during Operation Red Wings. Cadets said they were impressed by the display and

the powerful story behind it. They listened as Hutton conducted a lecture on how they can become better leaders.

"I'm the first non-plankowner onboard," Hutton said.

The USS Michael Murphy is the newest destroyer in the fleet. The ship's first crew members are given the title "plankowner," and good natured ribbing sometimes occurs between plankowners and non-plankowning members of the crew.

In the helicopter hanger and ship's flight deck, the ship's commanding officer, Cmdr. Corey Turner, taught the group about the ship's capabilities regarding helicopter operations.

The tour included Dietz and Axe, Michael Murphy's two ridged hull inflatable (RhIB) boats. The crew chose to honor two of Michael's teammates lost during Operation Red Wings by naming the RIB's after them.

Ship's Serviceman

Seaman Parker Christensen, one of the ship's search and rescue (SAR) swimmers, spoke about the various aspects of a SAR swimmer's job. In addition to helping save people by using the two RhIBs, SAR swimmers can enter the water from the forecastle.

"It's my favorite way to go in," Christensen said.

The commanding officer also helped dispel movie myths and answer questions asked by cadets. The group had a good laugh when Cadet Jett Kaler asked, "How many bathrooms are there?"

He was momentarily stunned when the commanding officer replied, there were no bathrooms onboard his ship. However, the cadet was quickly relieved to hear there were plenty of "heads" the crew uses.

For more information about joining the Civil Air Patrol, visit the website <http://www.gocivilairpatrol.com/>.

Joint base personnel work behind the scenes for distinguished visitors

SrA Christopher Stoltz

Joint Base Pearl Harbor-Hickam Public Affairs

It is just another *aloha* Friday in sunny Hawaii. You're driving past the commissary on the Hickam side of Joint Base Pearl Harbor-Hickam. You pass the AMC terminal, look left, and see a white plane with a few light-blue accents slowly coming to a halt.

"I wonder who is visiting," you ponder.

It is probably a senator or representative. Who knows, maybe it's the president.

While seeing this plane is nothing more than a simple observation to you, the arrival of this Boeing VC-25 (Air Force One) means it is going to be a long weekend for quite a few people, namely those who help plan and support visits for distinguished visitors (DVs).

According to Air Force Capt. Nathaniel Cavender, 15th Wing Plans officer, the purpose of the DV group is to make sure all distinguished visitors arriving at

Hickam get all the support they need for their aircraft, aircrew and anyone who may be traveling with them.

Cavender, who has been part of the group since April, said the group also ensures the wing commander is kept in the loop on any changes or problems that may arise during the DV's visit.

"We are a working group made up of individuals from agencies around the 15th Wing to include: public affairs, Logistics Readiness Squadron, Operational Support Squadron, Force Support Squadron, Security Forces Squadron, Command Post, safety, maintenance, and plans. The members of this group constantly change, and there are multiple people from each agency," Cavender said.

Cavender said having a representative from each agency is critical when scheduling a visit, especially if it is someone like the President. Countless hours are given by many individuals to create a schedule that is planned to the second, he added.



U.S. Air Force photo by Staff Sgt. Mike Mearns

President Barack Obama shakes hands with Lt. Col. Theresa Sheppard, 15th Comptroller Squadron commander, and other service members and families at Joint Base Pearl Harbor-Hickam, before boarding Air Force One on Dec. 26, 2012.

"There is a lot of coordination that goes into a visit for someone like the President of the United States. We hold many working group meetings to discuss all the details ranging from security, fuel, parking, airfield opera-

tions, maintenance, transportation, lodging, public affairs, and all contingencies in case there are any changes in the DV's plans," Cavender said.

One thing Cavender said is more important than having a representative

from each agency is having Airmen dedicated to making each visit a success.

"The work we do wouldn't be possible or successful without everyone else doing their job perfectly," he said.

"Whether it's refueling

the jet, security forces providing perimeter security for the aircraft from dusk 'till dawn, or the troop driving the air stairs quickly and precisely to make sure it's exactly in place on the jet to avoid delaying the DV, it's everyone that makes the group efficient and the visit successful."

Cavender and the planning group's most recent achievement was planning the visit for the secretary of defense. The group will have to push through here shortly as the president is expected to make his way back to JBPHH. Cavender reminds his team while the job may be tough, it is very rewarding.

"I would say that we are sometimes jaded by what we do on a day-to-day basis," he said.

"If you sit back and think about the impact that we have on what is going on in the world, it really gives you a sense of pride. Can you imagine if we delayed the president and in turn, he didn't make an important meeting or event?"

NEPMU-6 announces support for U.S. Pacific Fleet for Pacific Partnership 2014

Lt. Cmdr. Chadwick Yasuda

Navy Environmental and Preventive Medicine Unit 6 Public Affairs

The Navy Environmental and Preventive Medicine Unit 6 (NEPMU-6) announced Oct. 10 plans to support preventive medicine efforts for the U.S. Pacific Fleet (PACFLT) Pacific Partnership 2014 (PP14).

As part of the preliminary planning, NEPMU-6 staff is working closely with PACFLT medical planners to identify the public health activities for PP14. These meetings will create the framework of the pre-deployment site surveys (PDSS) for countries expected to participate in PP14.

NEPMU-6 intends to continue

its support through direct participation in the PDSS to coordinate with the host country and other partner countries regarding specific public health activities for execution during the PP14 mission.

According to Cmdr. Ray Stiff, NEPMU-6 officer-in-charge, careful coordination and planning with PACFLT is critical to the success of the public health mission.

"NEPMU-6's primary mission is to provide force health protection support at PACFLT and U.S. Pacific Command (PACOM)," Stiff said.

NEPMU-6 is scheduled to participate directly in PP14 by deploying its public health and preventive medicine capacity overseas as part of the humanitarian assistance and disaster preparedness mission. Based on prior support of Pacific

Partnership missions, topics generally include water and food safety, monitoring and surveillance of infectious diseases threats, and the control of insect pests.

These topics are central to the capacities that NEPMU-6 provide routinely for PACFLT and tailored to the interests of the partner nation, the capacity of the deployed team, and the strategic needs of PACFLT.

"There are multiple goals targeted by Pacific Partnership. This includes executing the NEPMU-6 deployed capacity, establishing and fostering relationships in the Pacific theater, and coordinating with PACFLT to prepare for a future public health disaster or humanitarian assistance scenario," said Lt. Cmdr. Tammy Servies, NEPMU-6 preventive medicine officer and

PP14 lead public health member.

The Pacific Partnership mission, established in response to the tsunami of 2004 that devastated parts of Southeast Asia, continues to maintain engagements with regional partners in the Pacific theater to provide humanitarian assistance and readiness for disaster response.

Public health activities with PP14 represent an on going collaborative relationship between NEPMU-6 and PACFLT building on previous activities like Pacific Partnership 2013. NEPMU-6 provided preventive medicine, entomology and environmental health support to Pacific Partnership 2013 in Oceania by performing PDSS in four island nations (Tonga, Kiribati, Samoa, and Solomon Islands), direct participation of

five NEPMU-6 officers and enlisted staff embarked for nearly three months aboard the U.S.S. Pearl Harbor (LSD-52), and coordinating an independent NEPMU-6 project in the Republic of the Marshall Islands.

NEPMU-6 is a field activity of the Navy and Marine Corps Public Health Center (NMCPHC) and part of the Navy medicine team, a global health care network of 63,000 Navy medical personnel around the world who provide high-quality health care to more than one million eligible beneficiaries.

Navy Medicine personnel deploy with Sailors and Marines worldwide, providing critical mission support aboard ship, in the air, under the sea and on the battlefield.

Life&Leisure

B

Music fills the air at Joint Base Pearl Harbor-Hickam

Story and photos by
MCSN Johans Chavarrro

Navy Public Affairs Support
Element West, Det. Hawaii

It's 1:15 pm and the sun hangs high in the Hawaiian afternoon sky at Joint Base Pearl Harbor-Hickam. A cacophony of bells and whistles fills the air as Sailors of building 277 collectively begin to fine-tune their musical equipment on the concrete patio outside their building.

In the midst of the discordance, Musician 3rd Class Justin Skorupa listens closely to the resonance coming off his bass guitar and with a precise turn of one of his tuning pegs, is ready to go. In the background, unit leader Musician 1st Class Stephen Hux is experiencing a malfunction with his drums and points to his ears as he signals to Musician 2nd Class Matt Aiello. Aiello checks the switches

and knobs in front of him until finally, a thumbs up signal is given by Hux.

"And a one, two, three, four!" The collection of indiscernible noises turns into an orchestrated rendition of Stevie Wonder's "Master Blaster."

The members of the U.S. Pacific Fleet Band Popular Music Group are preparing for an upcoming gig, and it's another multi-hour rehearsal session. This is a typical occurrence, according to Musician 2nd Class Travis Smilen.

Despite being a rehearsal,

members of the popular music group play as if an audience was standing just beyond their small concrete practice stage, watching, as lead singer Musician 3rd Class Steven LaMonica's face turns red while holding onto the last "ahhh" of the chorus.

"I enjoy the connection that I have with the audience,"

LaMonica said. "If there's one person in the audience that I can look at and know that song is speaking to them, that song is moving them in some way, that moves me a lot."

Made up of nine musicians, the group plays the most popular music from the 1960s to today and show they enjoy every second of it as they flash smiles back and forth throughout each song.

Even Aiello, the

sound technician, stops and grooves to the beat behind his soundboard during the set, something Hux says is what he enjoys most about being a musician.

"The joy that it brings to the audience members, having them get up and dance and be entertained and relaxed is a true pleasure of being a musician," Hux said.

Throughout the rehearsal, saxophone solos by Musician 3rd Class Jason Gay and electric guitar rifts by Smilen create a high-energy musical experience.

In between songs, Musician 3rd Class Andrea Kolbach juggles back and forth between her saxophone and

singing skills and performs a choreographed dance during the band's performance of Cupid's "Cupid Shuffle" for the imaginary audience.

By this time, the band has been practicing for more than an hour, the sun still hangs high in the sky and Kolbach is still unable to shake the smile off her face as Musician 3rd Class Abby Johnson and LaMonica follow the song's lyrics and dance, "To the right, to the right, to the right, to the right, to the right."

Under the operational control of the Commander, United States Pacific Fleet, the Pacific Fleet Band is dedicated to providing top quality music and entertainment in

support of the U.S. Navy's retention and recruiting programs, and for internal and external public relations.



Musician 3rd Class Steven LaMonica performs during a rehearsal with the U.S. Pacific Fleet Band Popular Music Group at Joint Base Pearl Harbor-Hickam.



(Above) Musician 3rd Class Adam Meyer performs during a rehearsal with the U.S. Pacific Fleet Band Popular Music Group. (Above right) Musician 1st Class Justin Skorupa prepares his bass guitar.



(Left) Musician 2nd Class Matt Aiello makes adjustments to the soundboard.

Spook-tacular spectacles scheduled for Halloween

Don Robbins

Assistant Editor

Joint Base Pearl Harbor-Hickam (JBPHH) trick-or-treating will take place Oct. 31.

JBPHH Security Sailors and Airmen will do a pumpkin patrol beginning at 6 p.m. Oct. 31 around the housing areas of Ford Island, Makalapa Compound and throughout Joint Base Pearl Harbor-Hickam.

The purpose of the pumpkin patrol is to provide a safe environment for all children in housing areas at JBPHH during Halloween.

In addition, a variety of Halloween-themed spooky and fun spectacles have been scheduled around the joint base and Oahu military installations. They include:

Haunted Ship

Center for Security Forces Detachment Pearl Harbor is holding its annual Haunted Ship experience from 7 to 10 p.m. tonight and Saturday.

A force protection ship simulator will be decorated to provide a haunted house experience, including flashing lights and theatrical smoke. The event is free.

The haunted ship is located on Ford Island in hanger 54 just past the Pacific Aviation Museum. For more information, call STG1 (SW) Jeremy R. Sosh at 472-0395.

Warehouse of Terror

The Seabee Ball Committee will hold the "Warehouse of Terror" from 6 to 9 p.m. tonight and



Photo illustration

Saturday on the Pearl Harbor side of Joint Base Pearl Harbor-Hickam at self help building 292.

Admission for adults is \$5 and \$3 for children.

For more information, call UT2 Daniel Rhine at 474-0890.

Hospital Point

The residents of Hospital Point will hold their annual Halloween costume parade and bonfire beginning at 6 p.m. Saturday.

The Federal Fire Department will help lead the parade and light the bonfire. The parade route will start at the end of Crommelin Street and proceed to the open field near the water.

After the bonfire is lit, residents

will enjoy pizza and fellowship.

Bellows Boofest

Bellows Boofest 2013 will be held from 5 to 9 p.m. Saturday at Bellows Air Force Station.

Participants can experience a haunted village with creepy cabins to explore.

The schedule of events includes: • Costume contest check-in from 5 to 5:15 p.m.

• Costume contest from 5:30 to 6 p.m.

• Trick or treating from 6 to 7 p.m.;

• Bounce houses, campfire Halloween "hair spraying," and movies on the lanai from 6 to 9 p.m.

• Haunted village from 7 to 9 p.m.

The Halloween festivity is open

to all ages. Participants should bring a picnic blanket, lawn chair or cooler and lounge by the campfire. They can also bring a costume and bag for trick or treating. Prizes will be awarded. Food and beverages will be available for purchase.

The event is open to active duty, military retirees, Reservists, National Guard, current and retired Department of Defense civilian employees with an authorized ID, and their families.

For more information, call 259-4136 or visit the website www.bellowsafs.com.

Forest City Residential Management

Forest City Residential

Management Halloween events include:

• Trick or Treat and Show Off Your Costume

Residents can attend these events wearing a costume and enter to win a prize. Candy and refreshments will be provided while supplies last. They include:

- 1 to 2 p.m. Oct. 30, at Camp Stover Community Center, open to central community residents. For more information, call 839-8670.

- 1:30 to 2:30 p.m. Oct. 30, at Hale Mai Pavilion at the corner of Savo/Leyte. For more information, call 839-8670.

- 3:30 to 4:30 p.m. Oct. 31, Pearl City Peninsula office, open to central community residents. For more information, call 839-8670.

• Dress up your Doggie, 3 to 4 p.m. Oct. 30, Moanalua Dog Park, open to west community residents. Dress up your doggie in the spirit of Halloween. Forest City will be passing out dog treats. For more information, call 839-8640.

• Halloween Trick or Treat, 3 to 5 p.m. Oct. 31, Ford Island Community Center and Moanalua Community Center, open to west community residents. Show off your costumes and receive a free Halloween goodie bag. For more information, call 839-8640.

• Halloween Block Party, 3 to 3:30 p.m. Oct. 31, Halsey Community Center, open to east community residents. The event will feature a costume contest, a pumpkin carving contest, a bounce house and more. For more information, call 839-8620.

Halloween safety precautions can make experience safer for all

Joint Base Pearl Harbor-Hickam Public Affairs

Below are some important Halloween safety precautions to remember.

For children:

- Buy or make costumes that are flame resistant and short enough to prevent tripping and falls. Wear shoes that fit. Make sure accessories (such as swords) are of soft, flexible material.
- Costumes must be bright enough to be clearly visible to

motorists. Decorate costumes with reflective tape that will glow in the car's headlights. Bags or sacks should also be light colored or decorated with reflective tape.

- Use masks that don't restrict breathing or obscure vision. Try face painting instead.
- Children should carry a flashlight.
- Young children should always be accompanied by an adult or older, responsible child.
- Know the route your kids will be taking if you aren't

going with them.

- Only visit homes where you know the residents and where the outside lights are on.
- Children shouldn't enter homes unless they are accompanied by an adult.
- All treats need to be checked by an adult before eaten.
- Make sure children obey all traffic laws.
- Tell children not to run. Children should be cautioned against running out from between parked cars or across lawns and yards where ornaments or furni-

ture present dangers.

- Use sidewalks, cross streets at corners or crosswalks, and obey all traffic signals when crossing streets.
- Make sure to set a curfew and stress the importance of returning home on time.

For homeowners:

- If you expect trick-or-treaters, turn on outdoor lights and prepare your lawns, steps and porches by removing anything that could be a tripping hazard.
- Use only battery operated lights for jack-o'-lanterns, no

open flames.

- Secure all pets inside the house to avoid contact with trick-or-treaters.

For motorists:

- Drive slowly in residential areas. Watch out for children darting from behind and between parked cars.
- At night, watch for children in dark clothing walking down the road, in the shoulder of the road or on the median.
- Watch carefully for trick-or-treaters when backing vehicles out of driveways.

15th Medical Group promotes technology tools to improve access

Capt. Louis Edwards

15th Medical Group

Both civilian and military health care systems are leveraging technological advancements to benefit their patients, and the Air Force and the 15th Medical Group are no exception. The 15th Medical Group is currently promoting several technological advancements to make it easier for beneficiaries to access their health care team and manage their health care information. The tools available to improve access and manage health care are MiCare, TRICARE Online (TOL) and Facebook.

MiCare is a new secure messaging portal that allows patients to communicate with their health care team for non-urgent medical issues or concerns. MiCare alleviates the need for beneficiaries to call or play "phone tag" with their health care team for non-

urgent health care questions.

In addition, it allows beneficiaries to request appointment times, receive referral information, request prescription refills, or search an education database that contains information on over 5,000 health topics and 6,000 medication products.

MiCare is a system used by several large civilian health care organizations and is also used by the Navy and the Army.

Beneficiaries may also hear MiCare referred to as either relay health or secure messaging (SM). The 15th Medical Group is required to do a face-to-face verification for all beneficiaries who would like to register for MiCare.

To register, bring your ID card to any clinic front desk at the 15th Medical Group. Your patient information will be validated and a MiCare invitation will be sent. Once the 15th Medical Group invites a patient, they will receive an email on behalf of their provider at

the email address supplied at the time of registration.

At this time, the patient will need to click on the MiCare hyperlink in the email and follow the instructions to finalize their MiCare account. The 15th Medical Group advises patients to check their junk email inboxes as sometimes confirmation emails are inadvertently routed there.

Once the patient has clicked on the link and completed the registration process, the patient will be able to start messaging the health care team.

MiCare should not be used for acute or emergency issues and in all cases of medical emergencies, the patient should seek care at the closest civilian or military emergency room. For more information n MiCare, visit <http://www.afms.af.mil/micare>.

TRICARE is a fully automated system that allows patients to book appointments 24/7 from any computer with Internet access and even from smart phones that have Internet capabilities.

In addition, patients can view parts of their health record, cancel appointments, request refills for existing medications that

have remaining refills, view lab results, and even request text and/or email appointment reminders to be sent to a cell-phone or personal email addresses. Text message rates may apply. Consult with your carrier to verify.

To use TRICARE online, register at www.tricareonline.com and set up a password protected account. Once a patient has an account, the patient will have 24/7 access to view parts of his or her health record and book or cancel family health, pediatrics, optometry (active-duty only) and women's health appointments.

Social media has exploded over the last decade and is a way for the 15th Medical Group to communicate with beneficiaries. The 15th Medical Group Facebook page (AFMS Hickam 15th Medical Group) provides information such as closures for the month changes to services, TRICARE updates, and upcoming health care events and programs available on Joint Base Pearl Harbor Hickam. Find the medical group at "AFMS Hickam 15th Medical Group" and "like" the page to automatically receive updates.



Wahine Koa downs Stingrays to stay undefeated

Story and photo by Randy Dela Cruz

Sports Editor

While the teams involved were named Wahine Koa and the Stingrays, the women's flag football game on Oct. 20 at Kapiolani Park could have been called Joint Base Pearl Harbor-Hickam vs. Army.

Previously, Wahine Koa competed as the Navy Sharks, while the Stingrays played as the Army Her-icanes in the old Women's Flag Football League.

Now playing under the banner of Hawaii Gridiron League (HGL), the two former all-military squads picked up right where they left off in a toe-to-toe battle won by Wahine Koa by the score of 25-6.

Wahine Koa quarterback Dana Hester continued the role she started as a member of the Navy Sharks and like in the old days, led the team to victory by throwing for three touchdowns and running in for another.

"We just wanted to win, just dominate and not make any mistakes," Hester said. "We want to win it all."

With Hester directing the traffic on offense, the Wahine Koa defense was also on top of their game in stopping an athletic Stingrays team that was quarterbacked by speedy Pfc. Regina Patterson.

On the very first play of the game, Wahine Koa safety Keala Kuupu-Chambers, a Department of Defense (DoD) civilian, picked off a pass to give her team good field position at the Stingrays 21-yard line.

Five plays later, Hester lobbed a short pass into the arms of Hawaii Air National Guard Sgt.



Wahine Koa receiver Sgt. Danielle Little, Hawaii Air National Guard, reaches for a pass during a Hawaii Gridiron League women's flag football game versus the Stingrays at Kapiolani Park.

Danielle Little for the team's first touchdown.

The Stingrays committed another costly error on their next set of downs when a bad snap on a punt attempt sailed over the punter's head and gave Wahine Koa the ball on the Stingrays five-yard line.

This time, Hester ran in for the touchdown to put Wahine Koa up by two scores.

Although the Stingrays seemed to gain some momentum when Patterson rushed in 10 yards for a touchdown just before halftime, the Wahine Koa swiped back control of the game on a 29-yard scoring toss from

Hester to DoD civilian Christy Ayers for a 19-6 lead.

Hester connected on one final touchdown on a bomb down the right sideline to DoD civilian Bopha Yun.

Wahine Koa head coach August Young, whose wife Hospital Corpsman 3rd Class Adriana Tirado-Young, Naval Operation Support Center, is a member of the team, said that once he figured out how to stop the Stingrays attack, he felt confident about the final outcome.

"From the first half, I realized that they (Stingrays) were trying to establish a run," he noted. "So I decided to close the line, take

the run away from them, and force them to throw the ball."

On most football teams, intensity is usually handed down from coach to players, but, said Tirado-Young, her enthusiasm for the game seems to fuel the fire in her husband.

"He rubs off of me," said Tirado-Young, who was a member of the original Navy Sharks three years ago. "If I don't do good, I feel like I've let him down."

Former University of Hawaii football star (1989-92) and ex-NFL player Darrick Branch heads the HGL, which added women's flag football after get-

ting their start as an all-men's tackle football league.

From its inception, Branch said that the league has always had a good mix of military players on its teams and the association has been win-win all the way.

"It (ratio) might be 60-40 – especially the women's league," he pointed out. "I think there are more military women playing in this league than there are civilians."

"I didn't know that it was going to develop into this relationship, but this is one of the reasons why we continue. We understand the contribution they are making, so to have them be a part of this is an honor. If we could do more, we would do more for them."

With continual expansion, Branch said that there will be more opportunities for local and island-based military personnel.

The league, which already has a full tackle season for men and four flag seasons per year for women, has joined forces with Arena Football League Global and will hold its first game at Neil Blaisdell Center on Nov. 2.

The day will encompass a health and fitness exhibit, an all-star AFL game and an appreciation concert.

"This is the culmination of the expansion of the AFL," Branch explained. "The plan is for Hawaii to be the headquarters for this whole new expansion. So we're talking about training facilities, where those teams from China will have a chance to come out here and train with us."

For more information about HGL or the upcoming AFL game, visit the league's website at Gridironhawaii.com.

Late rally raises 15th MXG to fifth win of season

Story and photo by Randy Dela Cruz

Sports Editor

The 15th Maintenance Group (15 MXG) scored three touchdowns in the final two minutes of the game to defeat 747th Communication Squadron (747 CS) Mauraunders, 31-12, on Oct. 22 in a Red Division intramural flag football matchup at Ward Field, Joint Base Pearl Harbor-Hickam.

The three-score blitz brought MXG all the way back from a 12-0 deficit to claim their fifth win of the season against only one defeat, while the Mauraunders fell to 0-6.

"I think we just underestimated them," MXG quarterback Airman 1st Class Aaron Maxwell admitted. "We saw their record and definitely started off on a bad foot, but we finished the game strong with defense."

Early in the game, the Mauraunders defense vic-

timized Maxwell by picking him off in the MXG's first two offensive series of the game.

On the opening drive, Maxwell moved the ball to the Mauraunders 39-yard line, but on the very next play from scrimmage, Maxwell's pass to the right flat was picked off by Airman 1st Class Bilal Karoum, who took the ball 37 yards and into the end zone for a quick 6-0 lead.

Then on the MXG's next series, Maxwell, on first down at the 15, was intercepted by Airman 1st Class Sean Green on a pass down the middle of the field.

With the ball resting on the 19, Mauraunders quarterback Senior Airman Mike Marquez needed only three plays before connecting with Staff Sgt. Jessie Funiestas in the right corner of the end zone to make it 12-0 in favor of the 747 CS.

Down by two scores, the MXG finally got things rolling on their next set of downs as Maxwell led the



Quarterback Airman 1st Class Aaron Maxwell looks downfield before throwing a pass.

team on a 65-yard march into the end zone on only four plays.

The final play was a

catch-and-run into the end zone by Senior Airman Nick Anderson that covered 47 yards to make it 12-

6 at halftime.

After intermission, the MXG defense tightened and forced the 747 CS to turn the ball over on downs.

Seizing the opportunity, Maxwell, working from the Mauraunders' 39, topped off a scoring drive by rushing the ball 18 yards to the end zone and the game-tying touchdown.

With the score even at 12-12, the MXG came up with another big defensive stop and handed the ball over to Maxwell, who didn't disappoint.

At the two-minute mark, Maxwell delivered his second touchdown toss of the game, this time finding Airman 1st Class Cody Vinavong with a 17-yard connection to paydirt.

The converted point-after-touchdown gave the MXG their first lead of the game at 19-12.

Now forced to play catch up for the first time in the game, the Mauraunders tried to respond by taking it to the air.

The decision proved to be

costly as, on the very first play from scrimmage, Staff Sgt. Art Gandy picked off a pass from Marquez and took it to the house for a 25-12 advantage.

Then on the next series for Mauraunders, Gandy put the game away for good by cashing in on his second pick-six of the game and the final score of 31-12.

"It was communication from my safety," said Gandy about his two interceptions. "He told me to cheat left and that's what I did."

Although the MXG was able to pull out the win in the end, Gandy said that he hates playing from behind.

Maxwell agreed with his teammate and stated that the team has learned a huge lesson.

"We knew we should have been up. That's why we panicked," Maxwell said. "We can't take anything for granted. Don't look at the record. Make sure you say, 'this team is undefeated' and play like it."

15th Medical Group comes back to defeat COMSUBPAC

Story and photo by Randy Dela Cruz

Sports Editor

An acrobatic catch by Airman 1st Class Christopher McCloud put 15th Medical Group (15 MDG) in front, and the team's tough defense came up with a big red zone stop to gain a 14-12 win over Commander Submarine Force U.S. Pacific Fleet (COMSUBPAC) on Oct. 22 in a Red Division intramural flag football game at Ward Field, Joint Base Pearl Harbor-Hickam.

The win preserved the 15 MDG's record at a perfect 6-0, while the hard-luck COMSUBPAC dropped to 1-5.

"We're comfortable being behind," said 15 MDG quarterback Tech. Sgt. Tommy Hazlewood. "We don't like to be behind, but we don't mind because we have a good strong defense. We get one or two turnovers and we're right back in the ball game."

On the first series of the game, COMSUBPAC, behind quarterback Fire Controlman 2nd Class Frank Lofton, moved the ball from their own 15 into the MDG's red zone.

However, a pick by MDG defensive back Senior Airman Chris



Wide receiver Airman 1st Class Marguelli Steed moves up field after making a catch.

Bowlds put an abrupt end to the drive.

Hazlewood mounted a long drive that put the ball on the COMSUBPAC two-yard line, but the drive stalled and the MDG was forced to turn the ball over on downs.

Working on his second series from deep inside his own territory, Lofton needed just two passes to

move the ball to the 37-yard line.

Then on the very next play, Lofton dropped back into the pocket and delivered a long over-the-top spiral that was caught by Yeoman 1st Class Camron Phillips for 43 yards and a 6-0 lead.

Things really started looking good for COMSUBPAC when on the very next play, defensive

back Machinist's Mate Fireman Devon Gibson picked off a pass from Hazlewood on the MDG eight-yard line.

Lofton took the first snap from the line of scrimmage and darted his way into the end zone and a 12-0 advantage.

Down by two scores, MDG wasted little time in getting back into the ballgame when Hazlewood threw a bomb down the left sideline and into the arms of Airman 1st Class Marguelli Steed for 52 yards and a touchdown.

The team pulled to within five points after MDG converted their point after touchdown (PAT).

In the second half, MDG took the opening snap and moved the ball from their own 15 to the COMSUBPAC 37 in eight plays.

Then facing third down, Hazlewood threw a pass into the middle of the field that was tipped and bobbled by McCloud, before the receiver hauled in the pass and broke away for a touchdown and the lead.

"Our team needed a big touchdown," McCloud said. "We preach no dropped balls and if I'm the main one preaching that, I got to make sure I come through."

The converted PAT put MDG

up by 14-12, but the game was far from over.

With Gibson in for Lofton at quarterback, COMSUBPAC moved into position to steal the game away by sustaining a drive all the way to the MDG nine-yard line.

However, the MDG defense stepped up to preserve the win by forcing Gibson to throw four straight incomplete passes.

"Our defense works a lot on spying the quarterback instead of blitzing the quarterback," Hazlewood said. "For our defense to continue to step up, it's huge."

The come-from-behind win may have kept MDG's record perfect, but Hazlewood cautioned that there is still a lot of football to be played.

While winning every game would be nice, Hazlewood said, the team remains focused on getting into the playoffs.

Once there, Hazlewood said that with the team's personnel, he likes their chances of winning it all.

"We can't look too far ahead," he said. "We don't have all the talent that some of these teams have, but we got a lot of guys with a lot of will and have played a lot of football. So is it crazy to think that the med group can take it all? I don't think so."



Live the Great Life

Jewelry class available at Hickam Arts & Crafts Center

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

Just in time for the holiday season, Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation's Hickam Arts & Crafts Center is offering classes to create one-of-a-kind jewelry pieces.

These one-day classes allow customers to make bracelets or earrings that can be used as a personal gift. The classes are all under \$20 and include most supplies.

Basic and intermediate classes in bracelets and earrings are offered as well as intermediate classes on making jewelry with Hawaiian shells. For those with a little more experience, the Bead Mom Open Studio is an unstructured class with guidance from the instructor.

Kids can also get into the act with "Mom and Me" classes held the first three Thursdays in



MWR Marketing photo

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation's Hickam Arts & Crafts Center is offering classes for patrons to create jewelry pieces.

November. For \$12, children from ages 7 to 12 and a parent can work together to create a bracelet or earrings. Projects vary by class. Classes begin at 3 p.m. and last 90 minutes. Some classes require completion of a basic class first. For more information, call the Hickam Arts & Crafts Center at 448-9907.



MWR Marketing photo

The Naval Station Bowling Center will hold a Halloween cosmic bowling event Oct. 31.

Patrons invited to scare up fun

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

The Naval Station Bowling Center will hold a Halloween cosmic bowling event for children and adults on Oct. 31. Customers can wear a scary, funny or creative costume to the bowling center and get a free game of cosmic bowling

from 3 to 5 p.m.

"We get a good number of kids that attend our Halloween bowling activities each year. Last year we had about 30 people dress up in costume," said Millie Gomes, bowling program director.

Treats and snacks will be given out for children in costume. For more information, call 473-2574.

Your Weekly Fun with MWR

Texas Hold'em and Bunco will be held today at JR Rockers Sports Café. The schedule is 5:45 p.m. for Bunco check-in, 6 p.m. for Texas Hold'em check-in and play begins at 6:15 p.m. This event is open to members only. Reservations are encouraged. The event is subject to change or cancellation. FMI: 448-2271.

Phat Friday with DJ Magic and DJ G-Flava will be held from 6 p.m. to midnight tonight at JR Rockers Sports Café. Patrons can dance to music spun by the U.S. Air Force's DJ Magic and DJ G-Flava. FMI: 448-2271.

Crud Tournament will be held from 6 to 10 p.m. tonight at the Hickam Officers' Club Koa Lounge. Crud is a team game played on a billiards table with players using their hands instead of pool cues. FMI: 448-4608.

Chill & Grill and 9-Ball Tournament will be held from 6:30 to 8:30 p.m. tonight at Brews & Cues at the Club Pearl Complex. Participants must be age 18 years and older. FMI: 473-1743.

Nightmare on McChord Street" Teen Lock-in will be held from 7:30 p.m. to 7:30 a.m. tonight to Saturday at the Hickam Teen Center. Activities and meals will be provided throughout the night. Participants should bring socks for bowling and pillows and blankets. FMI: 448-0418.

Happy Halloween 5K Run will begin at 8 a.m. Saturday at the Hickam Fitness Center. First, second and third place prizes will be

awarded for best costume. No sign up is required. FMI: 448-2214.

OI' Skool Halloween with Doc J & Uptown Crew will begin at 9 p.m. Saturday at JR Rockers Sports Café. J.R. Rockers is throwing its annual Halloween party. Patrons can enter the costume contest for a chance to win prizes for best overall male, female and couple. FMI: 448-2271.

Halloween Costume Contest will begin at 10 p.m. Saturday in The Country Bar at the Club Pearl Complex. Participants need to register with the DJ before 11 p.m. FMI: 473-1743.

Beginner's Golf Clinic will begin at 9 a.m. Oct. 26 at Mamala Bay Golf Course. FMI: 449-2304 or 449-2305.

The Bead Mom Open Studio will be held from 1:30 to 3 p.m. Oct. 29 at the Hickam Arts & Crafts Center. Patrons can finish a project while getting one-on-one instruction. FMI: 448-9907.

Hawaiian Cone Shell & Puka Shell Jewelry class will be held Oct. 29 at the Hickam Arts & Crafts Center. Participants can make a bracelet with a Hawaiian cone shell and puka shell, while learning about special characteristics for working with shells. Participants must have taken a Jewelry Making 101 Basics course. Call for times. FMI: 448-9907.

Beginning Adult Watercolor will be held from 6 to 8 p.m. Tuesdays, Oct. 29 to Dec. 3, at the Hickam Arts & Crafts Center. Students will learn how to use basic tools, techniques and procedures of watercolor. FMI: 448-9907.

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



Halloween Cosmic Bowling will be held from 3 to 5 p.m. Oct. 31 at Naval Station Bowling Alley. Cosmic Bowling, Halloween treats and shoe rentals are \$1.50 each. FMI: 473-2574.

Fall Craft Fair vendors are still being sought. Vendors can choose from a 15 foot by 15 foot space for \$75 or a space for two at \$105. The 38th Annual Hickam Fall Craft Fair will be held from 9 a.m. to 3 p.m. Nov. 9 on the lawn of the Hickam Arts & Crafts Center. All work needs to be handmade by participants. The event is free and open to the public. FMI: 448-9907, ext. 101 or 102 or email donna.sommer@navy.mil.

Halloween Massage Special is ongoing from now through Oct. 31. The special is \$55 for a 60-minute massage at the Hickam Fitness Center Spa. Hot stone not included and a 24-hour cancellation policy applies for all appointments made. FMI: 448-2214.

Intramural Golf Tournament registration is being accepted until Nov. 1. Participants can register now for tournament to be played Nov. 22 at Mamala Bay Golf Course. Golfers will pay their own green and cart fees on-site. Tee times will be available after Nov. 8. FMI: 473-2494 or 473-2437.

Gridiron Game Days is ongoing through Dec. 29 from 6:30 a.m. on Sundays and 11 a.m. on Thursdays at JR Rockers Sports Café. Patrons can catch all NFL games on Sundays and Thursdays at J.R. Rockers. FMI: 448-2271.

NFL Pick'em Is back through Dec. 29 at Hickam and Naval Station Bowling Centers. Patrons can get an entry form each week at the front desk and choose winning teams. The deadline to turn in the forms is every Wednesday by 8 p.m. and the weekly winner receives a prize. FMI: 448-9959 or 473-2574.

Bowled Over by Books is ongoing through Dec. 31 at the Hickam Library and Hickam Bowling Center. Patrons can sign up at the library and get a bookmark/stamp card. Every week that participants check out books, they get a stamp and a coupon for a free game of bowling at the Hickam Bowling Center. Bowling is valid while lanes are available Sunday through Saturday from 9 a.m. to 9 p.m. The offer is not valid for leagues, special events and Thunder Alley. This program is open to youth in grades K-9. FMI: 449-8299 or 448-9959.

Private Swim Lessons are ongoing from now through March 28. The lessons are open to children ages 4 years and older. Private swim lessons are offered in 30-minute sessions for individuals and for groups of up to three students (who must all be at same level). Patrons can register at Hickam Pool 2 during normal open hours. FMI: 260-9736.

Wood Shop Safety Class will be held every Saturday from 4:30 to 7:30 p.m. at the Hickam Arts & Crafts Center. The class emphasizes the proper and safe use of the different equipment in the shop. This class is for students 12 years and older. Those ages 12-15 must be accompanied by a parent or guardian. Pre-registration is necessary. FMI: 448-9907.

To report...

Fraud, Waste or Abuse

CONTACT COMMANDER, NAVY REGION HAWAII INSPECTOR GENERAL

- WE ARE HERE TO HELP
- YOU CAN REMAIN ANONYMOUS
- REMEMBER TO USE YOUR CHAIN OF COMMAND FIRST

HOTLINE:
808-473-1782

EMAIL:
PRHL-CNRHIG@NAVY.MIL

STORY IDEAS?

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

Phone: (808) 473-2890/2895

Email: editor@hookelenews.com



Morale Welfare & Recreation

CHINATOWN FOOD, HISTORIC TOUR

A tour of Honolulu’s Chinatown featuring a traditional dim sum lunch will be held from 8:45 a.m. to 12:45 p.m. Saturday. The tour departs from Information, Tickets & Travel-Hickam. FMI: 448-2295.

YOUTH WINTER BASEBALL REGISTRATION

Registration for youth baseball runs now through Nov. 8. The season runs from December to March. Registration is open to youths ages 5-15. FMI: www.greatlifehawaii.com or call 473-0789.

MWR SUPER GARAGE SALE

The Morale, Welfare and Recreation Super Garage Sale will be held from 8 a.m. to noon at Richardson Field on Nov. 2. The event is open to the public. Admission is free for shoppers. FMI: www.greatlifehawaii.com.

LEARN TO SURF AT HICKAM HARBOR

The learn to surf class will be held from 9 a.m. to noon Nov. 2 at Outdoor Recreation-Hickam Harbor. Professional instructors will teach the basics from standing and paddling to catching waves and angling down the wave. Participants must be able to swim without a lifejacket. The registration deadline is Oct. 30. FMI: 449-5215.

KAYAKING MOKULUA

There will be a kayaking excursion to Mokulua beginning at 9 a.m. Nov. 3. Departures are from the Outdoor Adventure Center-Fleet Store. Transportation will be provided. Minimum participation is required, and location is subject to change due to weather conditions. The registration deadline is Oct. 30. FMI: 473-1198.

STAND-UP PADDLEBOARD

Learn the basics of paddle boarding at 9:30 a.m. or 10:45 a.m. on Nov. 3 at Outdoor Recreation-Hickam Harbor. Oct. 30 is the last day to register. FMI: 449-5215.

HICKAM FALL CRAFT FAIR

The 38th Annual Hickam Fall Craft Fair will take place from 9 a.m. to 3 p.m. on Nov. 9 at the Hickam Arts & Crafts Center lawn. The fair will feature live entertainment, original handmade arts and crafts, food booths, horse rides and more. This free event is open to the public via Kuntz Gate or via public transportation on The Bus number 19. FMI: 448-9907.

SESAME STREET LIVE

Sesame Street Live will be held at 2 p.m. and 5 p.m. Nov. 17 at the Hickam Fitness Center Gymnasium. Doors open 30 minutes before each show. Seating is limited and on a first-come, first-served basis. No tickets are needed for this free event. FMI: www.greatlifehawaii.com.

Community Calendar

BIKE PATH CLEAN UP CANCELLED

The Pearl Harbor Bike Path cleanup led by the City and County of Honolulu, originally scheduled for Nov. 9, has been cancelled due to a scheduling conflict. A date has not yet been determined for the cleanup to be rescheduled. FMI: Lt. j.g. Eric Galassi at 473-0660 or e-mail eric.galassi@navy.mil.

OCTOBER

Today — A Fall Festival will be held beginning at 6 p.m. at Pearl Harbor Memorial Chapel. The event will include free food, candy, a bounce house, games and more. Everyone with base access is welcome to attend. FMI: 473-3971.

29, 30 —Tripler Army Medical Center blood drives will be held from 9 a.m. to 1 p.m. at 3rd Radio Battalion, Marine Corps Base Hawaii. FMI: 433-6699 or 433-6148, email michelle.lele@amedd.army.mil or visit www.militaryblood.dod.mil.

31 - NOV. 3 — The 735 AMS Passenger Terminal will provide a free service to screen children’s Halloween candy. The terminal staff will X-ray candy to ensure there isn’t any hidden tricks in treats. Those who are interested in the service can stop by the AMC Passenger Terminal with the candy anytime between 6 p.m. on Oct. 31 and 6 p.m. on Nov. 3. Ask the passenger service agents for assistance, and “like” the terminal on Facebook for updates, events and flight information. FMI: the 449-6833, option 7.

NOVEMBER

1 — The City & County of Honolulu will conduct the monthly statewide outdoor warning siren test at 11:45 a.m. The Joint Base Pearl Harbor-Hickam “Giant Voice” works in conjunction with Honolulu’s outdoor warning sirens and will sound a steady tone for 45 seconds.

2 — A free gospel extravaganza will be held beginning at 2 p.m. at the Schofield Barracks Main Post Chapel. The event will feature choirs from chapels across Oahu and gospel recording artist and worship leader Darlene McCoy. The chapel is located at 790 McCormack Road, building 790, behind the post exchange. FMI: Chaplain Lt. Col. Eric Jackson at pastorericj@gmail.com or call 655-9307.

6 — The Armed Forces Communications and Electronics Association Young AFCEAN Social will be held from 4:30 to 7:30 p.m. at Gordon Biersch in Honolulu. Attendance is free to AFCEA member plus one guest. Additional guests will cost \$35, the price of a one-year membership. FMI: <http://afcea-hawaii.org> or Air Force Capt Marc Aurilio at marc.aurilio@us.af.mil or 449-3909.

13 —A grand reopening of the renovated mall will be held beginning at 8 a.m. at the Pearl Harbor Navy Exchange mall rotunda. The event will include a performance by the Pacific Fleet Band, remarks by dignitaries and special guests, and giveaways for customers. A cake cutting ceremony will follow. The event is for authorized NEX patrons. FMI: 423-3287.



RIDDICK (R)

Riddick has been left for dead on a desert planet where he finds himself fighting for his life against alien predators far more vicious than any human he has ever faced. Riddick is forced to use a beacon to alert the very bounty hunters he has been evading to come and collect him as this is the only way he can possibly escape.

SHARKEY THEATER

TODAY 10/25

7:00 PM Prisoners (R)

SATURDAY 10/26

2:30 PM Cloudy with a Chance of Meatballs 2 (3D) (PG)

4:50 PM Parkland (PG-13)

7:00 PM Don Jon (R)

SUNDAY 10/27

2:30 PM Cloudy with a Chance of Meatballs 2 (3D) (PG)

4:40 pm Hotel Transylvania (PG)

6:50 pm Riddick (R)

THURSDAY 10/31

7:00 PM Insidious Chapter 2 (PG-13)

HICKAM MEMORIAL THEATER

TODAY 10/25

6:00 PM Prisoners (R)

SATURDAY 10/26

4:00 PM The Smurfs 2 (PG)

7:00 PM The Family (R)

SUNDAY 10/27

2:00 PM The Smurfs 2 (PG)

THURSDAY 10/31

7:00 PM Insidious Chapter 2 (PG-13)

Movie Showtimes



Wounded Warriors participate in charity golf tournament

Story and photo by
MC1 (SW) Cynthia Clark

AFN-Pacific Hawaii News
Bureau

Members of the Wounded Warrior Transition Battalion participated in the fourth annual golf tournament to benefit the Salute Military Golf Association (SMGA) at Waikele Country Club on Oct. 18.

More than 30 Wounded Warriors golfed alongside fellow service and community members to benefit the Salute Military Golf Association. The nonprofit corporation provides rehabilitative golf experiences to improve the mental and physical conditions of those injured in Iraq and Afghanistan through golf instruction, equipment and playing opportunities.

“I’ve always used golf as a way to clear my mind,” said U.S. Marine Corps Staff Sgt. James Martin, a member of the Wounded Warrior Battalion at Marine Corps Air Station Kaneohe Bay.

“It keeps me engaged with the task at hand, that tactical thinking we’re all born and bred with as we come through the ranks. It gives me the ability to stay focused. Don’t get mad, don’t let this injury defeat you, don’t feel like you’re always broken, and you can still do things.”



U.S. Marine Corps Sgt. Casey Randall, a member of the Wounded Warrior Battalion at Marine Corps Air Station Kaneohe Bay, starts the Wounded Warrior Golf Tournament at the Waikele Country Club on Oct. 18.

One SMGA member who traveled from New York City to participate in the tournament, U.S. Army (ret.) Staff Sgt. R.J. Thorman, agreed that the program is designed to change the mindset of Wounded Warriors and help

them focus on staying positive. Thorman is a Wounded Warrior, and she knows exactly what the program has to offer and how it has benefited her and others.

“The SMGA takes the Wounded Warriors out of their rooms, from always

being in pain and not moving — through lessons onto the golf course. It was important for me, for the organization to come to you and say, ‘hey, we can work with you.’ They keep you going. They were a major part of my recovery.”

Not only does the game of golf and the SMGA give the transitioning Wounded Warriors a way to work through their own injuries, it also gives them a way to give back to those who have given them so much.

“It’s nice to see that peo-

ple care, whether we’re broken or not,” Martin said. “They’re so grateful they can bring us together. However, from me personally, it’s nice to say thank you to them, because the support means more than they’ll ever know.”

Naval Health Clinic Hawaii closed on Oct. 31

All Naval Health Clinic Hawaii operations will be closed on Oct. 31.

This includes all medical and dental facilities at Branch Health Clinics Makalapa, Camp Smith, Wahiawa, Marine Corps Base Hawaii, Pearl Harbor Naval Shipyard and Pacific Missile Range Facility Barking Sands.

The providers will attend required training to ensure delivery of the best and most current patient care. Beneficiaries are asked to take this into consideration when scheduling care.

All routine care should be planned

prior to or after Oct. 31. This includes appointment scheduling, prescription refills, laboratory draws, etc.

All clinics will re-open for regular business hours on Nov. 1. For Naval Health Clinic Hawaii hours of operation, visit the website at <http://www.med.navy.mil/sites/nhch>.

Beneficiaries can speak to a health-care provider at anytime the clinics are closed by calling the “provider after-hours advice line” at (808) 473-0247, ext. 3. For emergencies, dial 911 or go to Tripler Army Medical Center. For active duty dental emergencies, dial (808) 864-4705.

Bridge repair work causes temporary closure of Pearl Harbor bike path

Bridge repair work has resulted in temporary closure of the Pearl Harbor Bike Path between McGrew Loop and Hekaha Street. The closure began Oct. 23 and will continue through Nov. 27.

Bicyclists, joggers, pedestrians and others

who use the path between McGrew Loop and Hekaha Street are advised to seek alternate routes during the repair work. Signs have been posted on the Pearl Harbor Bike Path advising of the closure.

For construction updates, contact the city

department of facilities maintenance at 768-3630. For other questions and/or comments, contact Chris Sayers, bicycle coordinator, or Mark Kikuchi, traffic engineering division chief, at the Department of Transportation Services at 768-8321.

World War II aircraft gets a modern day make over

**Story and photos by
MC3 Diana Quinlan**

*Navy Public Affairs
Support Element West, Det.
Hawaii*

It is bright and breezy in historic hangar 79 at Ford Island, which sustained some of the first damage of World War II as Japanese Imperial Forces attacked Pearl Harbor on Dec. 7, 1941.

Hawaiian winds still blow through bullet holes left in the windowpanes of the hangar doors. The hangar is now a part of the Pacific Aviation Museum (PAM) Pearl Harbor, connecting new generations with the history of aviation as the age of technology progresses.

In the back of the hangar, under a huge American flag billowing in the wind, sits an old Douglas C-47 Skytrain. Its wings are gone now. Several layers of old paint reveal some of its previous service to Aero Venezuela, covering now barely legible Gemanco Air Cargo writing on its right side. A few containers on the floor collect remaining fluids from the plane.

Yet despite the C-47's old and seemingly neglected state, the work has already begun by the restoration team to bring the plane to its former glory. Several members of the restoration crew were buzzing around one of the propellers, chatting away about the work at hand, clinking with tools against the metal, unscrewing and removing some of the panels.

New wooden floors have been laid inside the plane, with fans adding to the hum of the hangar as they dry and blow out the smell of paint and glue.

All members of the restoration crew are former military members across all services, now volunteering

(Below, bottom right) Volunteers Fred Ferrell, U.S. Marines (retired), and Randy Gratz, Hawaii Police Department (retired), work on a Douglas C-47 Skytrain at hangar 79 of the Pacific Aviation Museum Pearl Harbor (PAM), on Ford Island.



(Right) Jim Martinelli, restoration manager, and John Fisher, U.S. Army (retired) volunteer, place a fluids collection pan under one of the propellers of a Douglas C-47 Skytrain at hangar 79.



their time to the community and the museum in particular. These are people who dedicate their time restoring the past, teaching future generations, and learning from each other.

“Now that we got it [C-47] in here, we are going to use it as a training aid. We are going to redo it and paint it up. The museum's new program is to put a new dress on the old gal,” said John Fisher, U.S. Army veteran and volunteer at the museum.

“Right now we are working on the interior and the cockpit where we are going

to put the original instrument panel. We already put new flooring in as old floors have rotted out and broke down. We are going to paint the interior the same color as it was in a paratrooper [designated aircraft], and then refurbish seats, paratrooper type seats, for the inside.”

According to Fisher, the outside of the plane will receive a brand new paint job, same colors as C-47s of World War II and, of course, the left side of the plane's nose will be graced by traditional nose art – a pin up girl in a ruffled black dress.

In its glory days of World War II, C-47 Skytrains were an important aspect in supporting the Allied troops as they carried personnel and cargo around the globe. They also towed troop-carrying gliders, dropped paratroopers into enemy territory, and air evacuated sick or wounded.

A C-47 could carry approximately 28 fully equipped paratroopers, about 6,000 pounds of cargo, or 14 stretchers and three medical personnel. They

were primarily flown by U.S. Army Air Corps as well as the U.S. Navy under a designation of R4D.

“Navy used to call it R4D and it flew cargo and troops,” shared Fred Brossy, a World War II veteran and volunteer at PAM, as he watched the work being done on the plane. “It would hold almost a platoon. That's how we got around sometimes rather than trains.”

Brossy joined the Marines at the age of 17 and caught

the end of World War II, serving from 1945 to 1949. His silver hair is still cleanly cut and his eyes are as blue and as sharp as they must have been when he was a young man climbing aboard one of the C-47s.

“Last trip I took in a C-47 was in 1949 with a platoon of Marines, of which I was a sergeant,” he reminisced. “I remember that trip very well; it was a lieutenant, myself and about 15 or 20 troops. And this is kind of a disgusting story, but the Navy gave us box lunches,” Brossy said.

“When we went over the Rocky Mountains in the middle of the day, there were all kinds of air currents, turbulence, the plane was going this way and that. So when we landed in Denver all of the lunch boxes were full again,” he said.

Brossy also spoke about watching old planes coming back to life through work and perseverance of the museum's volunteers.

“It is great they are restoring the plane,” he said. “And I'm sure that people who flew [C-47s], the pilots, must be delighted, when it gets finished, to get up inside it. There are probably not that many of those guys around. I'm 85 and most of the people who were in the Second World War are older than I am.”

The museum's crew estimates that work on the aircraft will be done by spring of 2014. The interior of the plane will be available to visitors, where they can relive a bit of history and get a sense of how paratroopers of World War II traveled before descending to the ground.

Most of the controls will be functional as well, which will allow hands-on experience for history enthusiasts of all ages.

Service members display arts and crafts creativity at gallery opening

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Military and family members attended a gallery opening reception Oct. 16 at the Hickam Arts & Crafts Center at Joint Base Pearl Harbor-Hickam.

The gallery featured artwork, crafts and photography created by artists in the military community displayed in the Hickam Arts & Crafts Gallery Showcase. The work is scheduled to be on display at the gallery until Jan. 16.

Donna Sommer, director of the Hickam Arts & Crafts Center, organized the exhibit and attended the reception.

“Tonight’s the opening and we had a really good turnout,” Sommer said. “I had a lot of help hanging the show. They did a fabulous job, and of course every show has to have an opening. It’s really nice. The turnout throughout the night, people were here at 5:30 when we opened and it’s still going strong.”

“It’s a showcase where the community artists that want to participate submitted either photography, arts and crafts like sculpture, paintings, even jewelry,” Sommer said.

The work on display will also be featured digitally on an online website.

“So this show will stay here and I’ll photograph all the artwork, and all the photography will be sent to me digitally. I’ll coordinate all that and send it forward to the Air Force gallery website where the Air Force headquarters is,” Sommer explained.

“That will allow me to submit all these entrees into the



Military and family members view examples of artwork and photography on display at the Hickam Arts & Crafts Center at Joint Base Pearl Harbor-Hickam during a gallery opening reception.

Joint Base Pearl Harbor-Hickam section of the website. All these artists will be named along with the title of their photographs or pictures. It gives everybody worldwide exposure.”

“When I announced this show, I said the stipulation was that it had to be wall ready. It’s amazing what a frame does. You might have a great piece and it becomes fantastic when it’s framed,” Sommer said.

Photographer Ethan Whitecotton, whose father is in the Air Force, explained how he created a panoramic work on display titled “Hickam Harbor Sunrise.”

“This panorama was created by merging six photographs,” Whitecotton said. “It was taken first thing in the morning after camping overnight at Foster’s Point as part of Earth Day activities.”

A photograph titled “Golden Temple,” by Mass Communication Specialist 3rd Class Diana Quinlan, was another work on display.

“This was my first time visiting Byodo-In Temple,” Quinlan said. “It’s a Japanese temple set in the Valley of the Temples and surrounded by the moun-

tains of Hawaii. The setting reminded me not only of a different culture but a different time as well, so I aged and altered the colors using a photo technique in an

attempt to evoke that sense of time and place.”

The Hickam Arts & Crafts Center offers more than 20 classes including pottery, painting, clay, cake

decorating, Hawaiian quilting, wood shop and pick & paint in addition to having an arts and crafts shop and frame shop.

The center also hosts the

spring and fall craft fairs each year that are open to the public. More than 100 vendors participated. This year’s fall craft fair is scheduled for Nov. 9.