

Energy conservation

‘THE ART OF THE LONG VIEW’

HO'OKELE

“Navigator”

PEARL HARBOR - HICKAM NEWS

October 19, 2012

www.cnic.navy.mil/hawaii www2.hickam.af.mil

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HAPPY 237TH BIRTHDAY U.S. NAVY!



Navy Region Hawaii and Naval Surface Group Middle Pacific held a bell-ringing ceremony in honor of the Navy's birthday Oct 12 at Pearl Harbor Visitor Center.

U.S. Navy photo by MC2 (AW/SW) Jon Dasbach Photo illustration

Energy security: The big picture focuses on environmental stewardship

Karen S. Spangler

Managing Editor

Energy security, energy conservation, energy efficiency and renewable energy are all terms that are constantly in the forefront of our world today—throughout the Department of Defense, other federal agencies, state and local government, and the civilian sector.

As everyone moves toward decreasing their dependence on foreign oil, it is important for each of us to support this initiative. The emerging energy strategy for today's Navy is focused on energy security, energy efficiency and environmental stewardship while remaining the pre-eminent maritime power.

“There is clear and compelling evidence that the efforts the Navy is making to use energy more efficiently will improve national security, will save money and save lives,” said Secretary of the Navy (SECNAV) Ray Mabus during the Naval Energy Forum 2012 held Oct. 17.

Joint Base Pearl Harbor-Hickam (JBPHH) has made great strides in its efforts to conserve energy, recently winning the Navy's top prize for energy savings, the 2012 Secretary of the Navy (SECNAV) Energy and Water



U.S. Navy photo by MC2 (SW) Mark Logico
Boatswain's Mate 2nd Class Kerik Vargas switches his lights to high efficiency light bulbs as part of an energy conservation initiative at Joint Base Pearl Harbor-Hickam (JBPHH).

Management Award.

As the SECNAV Platinum Command Award winner, JBPHH earned the privilege of flying the SECNAV Energy Flag for one year (see page A-5 for photo of the flag) and a cash award of \$45,000.

USS Paul Hamilton (DDG 60) achieved the Platinum level status for afloat commands and a \$5,000 award.

Other local commands that were honored include the Pacific Missile Range Facility, which garnered a Gold level of achievement, and USS Hopper (DDG

70), which attained the Blue level of achievement.

The accomplishments leading to JBPHH winning the 2012 SECNAV Energy and Water Management Award included reducing energy consumption by 18 percent—compared against FY2003 consumption levels, constructing photovoltaic systems at five JBPHH facilities and at the Pacific Missile Range, and conducting more than \$6.5 million in energy and water efficiency projects in fiscal year 2011.

There were a number of milestones that resulted

in reduced energy consumption for fiscal year 12 at Navy Region Hawaii and Joint Base Pearl Harbor-Hickam. The installation maintained a 21 percent reduction in energy consumption (the federally mandated target reduction is 21 percent compared to a 2003 baseline).

Water consumption (including all exempted categories) maintained a 38 percent reduction. All FY12 centrally managed, as well as locally funded projects, were awarded. The total value is \$9.6 million which will reduce

energy consumption in FY13 by approximately 2285MW, reducing energy costs by over \$70,000.

Projects included high bay industrial lighting retrofits on the Hickam side of joint base and fluorescent lighting upgrades in multiple office and living quarter spaces throughout JBPHH.

There were also heating, ventilation and air conditioning (HVAC) system improvements, such as installing variable frequency drives and upgrading air handling units as well as replacing older window air conditioning units with split air units.

According to the JBPHH Energy Team, right now the combined estimated annual energy savings resulting from the FY13 scheduled energy projects will be about \$5 million per year.

Some of the energy projects throughout JBPHH and PMRF Kauai scheduled for FY13 include construction of a satellite low pressure air compressor plant in the shipyard and award of an Energy Savings Performance Contract (ESPC) which will make multiple energy efficiency retrofits to 35 buildings across the joint base, including the NEX.

The JBPHH energy team is comprised of civilian employees who are part of the Naval Facilities Engineering Command Hawaii.

“We all need to work together to meet national, state and Secretary of the Navy renewable energy sustainability goals as we face ever-growing fuel costs and budgetary challenges in the years ahead,” said Rear Adm. Frank Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific.

In addition to its other initiatives, a significant part of the Navy's energy savings focuses on the Resident Energy Conservation Program (RECP). After achieving substantial savings during the launch of the pilot program last year here in Hawaii, the Navy implemented RECP Navy-wide on Oct. 1.

Hickam Communities initiated their pilot RECP program for housing residents in May.

“RECP is a success story for us here at Pearl Harbor-Hickam and a key to our energy smart initiative with the State of Hawaii. Our service members and their families are part of that success,” said Capt. Jeffrey James, commander of JBPHH.

Mabus emphasized aggressive energy and water consumption goals that will strengthen the strategic, tactical and operational capabilities of the Navy and Marine Corps while enhancing

See ENERGY, A-4

Command Chief Moore visits JBPHH

Chief Master Sgt. Jerry D. Moore, Jr., Command Chief Master Sergeant, 11th Air Force and Senior Enlisted Leader of the Alaskan Command, Alaskan NORAD Region and the Joint Task Force Alaska, Joint Base Elmendorf-Richardson, Alaska, speaks with Airmen at the Binnicker PME Center, Joint Base Pearl Harbor-Hickam, Hawaii on Oct. 16.



Chief Master Sgt. Jerry D. Moore, Jr., rides with Harbor Patrol, Joint Base Pearl Harbor-Hickam on 16 Oct.

U.S. Air Force photos by David D. Underwood, Jr.



624th Regional Support Group kicks off CFC 2012 season
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Residents support energy security with RECP
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Energy conservation
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Joint base honors sub piers gym employee for saving life
See page A-4



Cyber Koa bounces back to trounce COMSUBPAC
See page B-1



NAVFAC Pacific will hold Energy Action Day Fair Oct. 24
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Residents support energy security with RECP

Karen S. Spangler

Managing Editor

Conserving energy and water consumption has become a way of life for military housing residents.

The emphasis on energy conservation is not a new concept. Back in 1998, the Office of the Secretary of Defense established the policy for the payment of utilities in public-private venture (PPV) housing in order to encourage energy efficiency in privatized units.

Statistics have shown that PPV residents consume more energy than their military and civilian counterparts who live in the civilian community. Lowering energy consumption is everyone’s responsibility and with the launch of the Department of the Navy’s pilot Resident Energy Conservation Program (RECP) in January 2011, military housing residents were asked to make a more concerted effort to help save on the costs of electricity.

The RECP program aligns with Department of Defense and Department of the Navy energy conservation initiatives to reduce dependence on fossil fuels and foreign oil.

“No one ever did anything big by being timid,” said Secretary of the Navy Ray Mabus during the Naval Energy Forum 2012 held Oct. 17. “We have seen that the biggest changes have come when every Sailor and Marine buys into the idea of energy conservation.”

After determining that the pilot RECP program, which was launched in January 2011 at Navy Region Hawaii and at Marine Corps Housing at Parris Island and Beaufort, S.C., was a huge success, Commander, Navy Installations Command



Share your energy saving tips

If you have energy-saving tips that helps your family reduce your energy consumption, please share them with our readers. Send them to: editor@hookelenews.com or Karen.spangler@navy.mil.

announced that RECP would be rolled out to the rest of the Navy’s PPV housing beginning in October of this year. RECPs use a 10 percent buffer above and below the average monthly electricity usage by PPV residents.

During the pilot program, electric utility consumption decreased by approximately 10 percent as residents became more aware of their usage and adjusted their habits to earn rebates and avoid payments.

Capt. Jeffrey James, commander of joint base, spoke about the importance of conserving energy in Hawaii. “It’s very important, as everybody knows the cost of energy is the highest here than anywhere in the nation. Every penny that we spend on the overhead of energy, electricity and fuel we’re not putting back into the business of the Navy, so it’s very critically important and it’s a national security issue because we’re still reliant on foreign fossil fuels,” James said.

Not only is the opportunity to help the Navy and the nation conserve energy the right thing to do, but residents can actually put money in their pockets.

“When we originally re-signed our lease, we just said, ‘let it roll over,’ never anticipating to get so much money back. We just re-signed the lease and I think we’re owed about \$900 right now,” said Deedee Grzeszczak, who lives in a historic home at Pearl City Peninsula.

Being able to pocket some savings was also an incentive for

Hung Tsan and his wife, who recently moved into Moanalua Terrace from a rental apartment in Waipahu. “We didn’t know we were getting money back for conserving power so that might lower our overall bill, and that will be like saving money. That was the straw that helped us over the hill, and we said we’re moving to military housing. We’re planning to live here for the duration of our tour,” he said.

Residents have the opportunity to receive rebates from their energy saving efforts, but money that is saved by reducing electric bills is also funneled back into their communities to make improvements and long-term reinvestments in homes and neighborhoods.

Although RECP has helped to make some housing residents more conscientious about energy conservation, Grzeszczak explained that conservation has always been a way of life for her family.

“We have always been energy conscientious about the energy we use. We’ve always turned off the lights when we leave a room. We also know that it’s important to conserve energy, so it’s common sense to us to not leave appliances on. We unplug them when we’re not using them, so we’re not drawing energy from that appliance,” she said.

She thought that the program makes people more aware, and the rebate incentive encourages them to be more energy aware. “This is the first home we’ve lived in where we do have the energy

conservation program. Back 12 or 13 years ago living in Navy housing, I can remember going in neighbor’s houses, them knowing that they don’t have to pay for their electric bill, having it so cold in their house there was condensation on the windows,” said Grzeszczak, who has been part of a Navy family for 26 years.

Navy families are becoming more aware of the importance of energy conservation and taking action as a result of RECP.

Tsan said that he thought RECP offers benefits, not only to military families, but for the Navy and the country. “I think a lot of families would love to see some money for their efforts, not just a pat on the back, but some real payback. You can really reward yourself for being energy conservative, and it helps the environment. If just helping the environment and being green isn’t enough, actually putting money in your pocket should probably be a really good incentive,” he said.

“It’s necessary because it’s important for all of us to conserve energy. We have to live for the future, and living for the future is conserving energy now,” Grzeszczak said.

James expressed his appreciation to Navy families who are committed to helping with conservation efforts.

“We have achieved nationally recognized reductions of energy use at our installations in Hawaii. We have moved forward on renewable energy and sustainability. And we are proud that our families are helping us meet the Navy’s and nation’s energy security goals,” James said.

By following energy guidelines offered by the Navy Region Hawaii Energy Team and energy conservation tips provided by Forest City Residential Management, housing residents as well as personnel working in

installation facilities can support the Navy’s energy initiative.

“If you don’t think something is operating correctly and your energy usage is still high, contact Forest City and request an energy audit,” Tom Carter, vice president of military housing for Forest City Residential Management, shared with residents at a July 12 community meeting. He also informed them that as Forest City does meter readings, they will be looking for anomalies, such as sudden spikes or drops in electric usage.

He noted that the largest users of electricity in the home are: (1) air conditioning, (2) hot water heater and (3) “plug loads” (televisions, phone chargers, etc.).

Tsan, who said that he and his wife are energy conscious, expressed his enthusiasm about the RECP. “It helps everybody if everybody saves a little bit. If you have a policy that spans many people, a little bit of conservation on everyone’s behalf translates into a big effort,” Tsan said.

“RECP is an incentive program that rewards people for being conscientious, careful and concerned about their own energy use, and we see it as a win-win for everyone involved, especially for our warfighters’ families,” said Rear Adm. Frank Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific.

“I encourage everyone to learn more about how to conserve energy and support RECP. This is a readiness issue,” he said.

Hickam Communities, LLC, the other PPV housing project at Joint Base Pearl Harbor-Hickam began its first phase of RECP in May (see Ho’okele article, May 4, 2012).

(See related story on page A-1.)

(Watch upcoming issues for Ho’okele for more articles about how military housing residents are conserving energy with RECP.)

624th RSG kicks off CFC 2012 season

624th Regional Support Group Public Affairs

The 624th Regional Support Group kicked off its 2012 Combined Federal Campaign season this year with a goal of contacting each member of the organization by the end of their respective drill weekend in November.

The annual fund-raising drive is conducted by federal employees in their workplace to encourage philanthropy and to provide all federal employees the opportunity to donate to the worthy cause of their choice.

By organizing fund-raising efforts under the umbrella of the Combined Federal Campaign, all qualifying charities receive equal representation, and all federal employees have the opportunity to make a thoughtful decision and donate to the cause(s) of their choice.

Participation in CFC is completely voluntary.

Interested 624th RSG members may contact these primary CFC representatives.

For more information, visit <http://1.usa.gov/T1wwPq>.

(Information for this article was taken from www.opm.gov/cfc/).



U.S. Air Force photo by Master Sgt. Daniel H. Nathaniel III

CFC representative Staff Sgt. Michelle Falcetti reads off the agency code of the organization to which Col. Max Mendoza, 624th Regional Support Group commander, has chosen to donate in this year’s Combined Federal Campaign.

Facebook saves energy with ‘social energy app’

Anna Marie General

Joint Base Pearl Harbor-Hickam Public Affairs

On Oct. 1, President Barack Obama declared October as National Energy Action Month. In this proclamation, he calls upon the citizens of the United States to recognize this month by working together to achieve greater energy security, a more robust economy, and a healthier environment for our children.

This campaign, formerly known as Energy Awareness Month, was renamed by the request of the Department of Energy (DOE) to spur action to save energy, water and money for American taxpayers.

In an effort to conserve energy, utility companies throughout the country are now reach-

ing out to consumers through the use of social media.

Recently, Opower, an energy management software company, and the Natural Resources Defense Council (NRDC) teamed up with Facebook to launch a ‘social energy app’ which uses information from your energy bill to compare how your energy consumption from your home ranks against the homes of your Facebook friends every month.

In addition, the ‘social energy app’ offers energy saving tips and allows Facebook users to create groups to add a fun way to compete with coworkers and neighbors to see who is the most energy efficient.

Currently, Opower’s ‘social energy app’ is in beta mode with 16 utility companies connected. The app automatically imports

your energy report from your utility bill or, if your utility isn’t one of the 16 participating companies, you can enter in your information manually.

The app will expand with additional energy providers in the coming months, which may include Hawaii Energy, who is currently an Opower client according to <http://opower.com/>.

According to Opower.com, the use of the ‘social energy app’ helped people save tens of millions of dollars on their energy bills and in the process stopped more than a billion tons of carbon dioxide from entering the atmosphere.

To see how your energy use stacks up against your friends and similar homes across the country, learn more about this ‘social energy app’ by signing up at <https://social.opower.com/>

Red Ribbon Week is Oct. 21-27

Every October, during Red Ribbon Week, schools around the country encourage young people to live a drug-free life. Alcohol is the most commonly used drug by youth-more than all illegal drugs com-

bined, in fact. Together, by engaging youth, parents and the community to prevent underage drinking and support the 21 minimum drinking age, we can reduce the deaths and injuries

that come from underage drinking.

This Red Ribbon Week, whether you are a teen, parent or educator, use your power to make a difference and save lives.

Commentary

Action moves Navy in Hawaii to greater energy security

Rear Adm. Frank Ponds

Commander, Navy Region Hawaii and Naval Surface Group Middle Pacific

In order to achieve greater energy security, the commander in chief declared October “Energy Action Month.”

The Navy is leading efforts to accelerate from “awareness” to “action” in order to save energy, water and money for American taxpayers.

The idea of focusing on action to achieve greater energy security is especially timely.

Last week the Navy commemorated our 237th birthday. It was an opportunity to focus on our Navy’s legacy of innovation and commitment to new technologies, including warfighting techniques and platforms. In our Navy’s history, we have moved from wooden sailing ships to steam-powered steel hulls and nuclear power, from can-



Rear Adm. Frank Ponds

nons and battleships to naval aviation, submarines and advanced surface warfare capability with Aegis guided missiles.

Here in Hawaii, ever mindful of the call for action to achieve greater energy security, we embrace innovation while preserving history and maintaining force readiness.

History shows us that

Wars are often fought over resources. World War II in the Pacific began because of Imperial Japan’s aggression against other Asian countries in search of petroleum and raw materials. The United States and allies prevented the importing of oil and minerals into Japan in the late 1930s, leading directly to the attack of Dec. 7, 1941.

Our Navy and Marine Corps leaders testify that U.S. service members in the field are at greater risk because of a dependency on fossil fuels.

As Senator Daniel K. Inouye points out, “Our sons and daughters have fought and died in the desert” in order to “stabilize the Middle East and to safeguard democracy” – in part because of oil.

As a Medal of Honor recipient from World War II and chairman of the Senate Appropriations Committee, Senator Inouye speaks with great

credibility and insight. He commends the Department of Defense’s investment in alternative energy and supports the Navy’s innovative approaches in adapting new technologies and methods on conserving and generating renewable energy.

Done right, our energy security initiatives here in Hawaii can serve as a tribute to our warfighters, past and present.

Working with other services and agencies, we are implementing the Joint Energy Security Initiative in Hawaii to continue our efforts to achieve greater energy security and sustainability.

The Navy in Hawaii is working with our partners to evaluate different types of renewable energy, including wind, wave, photovoltaic, biofuels and geothermal.

We are looking at all available and acceptable sites for our most effective renewable energy option

in southern Oahu – energy from the sun. We are evaluating sites at Waipio Peninsula, West Loch and at the joint base. Done right, we can preserve history and protect areas, including the former runway at Ford Island, as a tribute. In the first year of operation, that one solar array would save taxpayers \$1.5 million.

Another innovative approach that is working for the Navy is the Resident Energy Conservation Program (RECP) – a way for military residents in public-private venture housing to do their part to reduce excessive energy use. Navy Region Hawaii and our Forest City partners served as the pilot program for RECP, which is now being instituted worldwide. Families now have an incentive to save electricity, and they are doing their share.

This past summer we hosted RIMPAC 2012, in which the whole world

watched the Navy demonstrate advanced biofuels in the “Great Green Fleet.”

Recent awards show our commands in Hawaii are demonstrating their ability, as one team, to manage energy and water resources. Each of our installations in Hawaii and several area afloat commands received recognition directly from the Secretary of the Navy this month for energy and water management.

We all need to work together to meet national, state and Secretary of the Navy renewable energy sustainability goals as we face ever-growing fuel costs and budgetary challenges in the years ahead.

This is a force readiness issue. The reasons to act are clear. The time to act is now.

During Energy Action Month we are asked to “think globally ... lead locally.” Let’s continue to lead and take action together.

Naval Energy Forum 2012: SECNAV, industry leaders explore ‘the art of the long view’

Chief of Naval Operations Energy & Environmental Readiness Division

MC2 Mike James

Defense Media Activity – Navy

WASHINGTON (NNS) – Secretary of the Navy (SECNAV) Ray Mabus and other key representatives from Navy, Marine Corps, industry and the international community spoke at the fourth annual Naval Energy Forum that was held Oct. 17 at the Reagan Building and International Trade Center in Washington.

This year’s theme, “The Art

of the Long View,” highlights the importance of using energy in a judicious manner to enhance combat capability today and ensure availability of resources for future generations. Panels and presentations addressed progress toward SECNAV’s aggressive energy goals and related aspects of U.S. and global energy security.

“There is clear and compelling evidence that the efforts the Navy is making to use energy more efficiently will improve national security, will save money and save lives,” said Mabus.

Mabus gave several examples the Navy has taken

toward energy conservation in 2012, among them the use of a 50/50 biofuel blend in every vessel participating in the Rim of the Pacific 2012 exercise and the construction of a solar farm at Naval Air Weapons Station China Lake, which produces more than 30 percent of the station’s annual energy consumption.

“No one ever did anything big by being timid,” said Mabus. “We have seen that the biggest changes have come when every Sailor and Marine buys into the idea of energy conservation.”

“Energy is a vital enabler of warfighting. It has been since before the Industrial

Revolution, and we continue to recognize that today,” said Rear Adm. Kevin Slates, director of the Chief of Naval Operations Energy and Environmental Readiness Division. “The energy forum is a great opportunity for dialogue among energy policy leaders and the participants about our successes to date, solutions in progress, and the vision for the future.”

An all-star cast of panelists and speakers offered presentations on various topics including expeditionary energy, energy in acquisition, international impacts and industry perspectives. Key

speakers included SECNAV Mabus; Sharon Burke, assistant secretary of defense for operational energy plans and programs; Vice Adm. Phil Cullom, deputy chief of naval operations for fleet readiness and logistics; Lt. Gen. Richard Mills, deputy commandant for combat development and integration; and U.S. Sen. Jeanne Shaheen.

To learn more about the Navy’s energy goals, visit www.greenfleet.dodlive.mil/energy.

For more news from Chief of Naval Operations Energy and Environmental Readiness Division, visit www.navy.mil/local/n45/.

Repaving of Millican Field lot will affect parking

From Oct. 24 to Dec. 5, Millican Field parking lot at Pearl Harbor-Hickam will be repaved and restriped. The “Mike 4” Gate and 52 parking spaces in four rows will be affected.

Motorists and pedestri-

ans should obey caution and warning signs and avoid parking in the work area from 7 a.m. Oct. 24 until work is completed at 4 p.m. Dec. 5.

Vehicles obstructing the worksite will be towed at the owner’s expense.

Diverse Views



“What can be done to reduce the country’s dependence on foreign oil?”

David Franklin
324th Intelligence Squadron



Chief Machinist’s Mate
Tony Jones
Pearl Harbor Naval Shipyard

“Build more commercial nuclear power plants.”

Staff Sgt. Ryan Johnson
352nd Network Warfare Squadron



“I believe in order to break our dependence on foreign oil, we should be drilling closer to home with the vast reserves in Alaska and the gulf. We should also focus on producing more efficient cars.”



Fire Control Technician 1st Class
Rick Decker
USS North Carolina (SSN 777)

“We should explore renewable energy options.”

(Provided by David Underwood Jr. and Brandon Bosworth)

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

USS Missouri rounds Ford Island



U.S. Naval Historical Center photograph.

USS Missouri (BB-63) is shown here rounding the east end of Ford Island in Pearl Harbor in late September 1945. The ship was photographed from the top of the Makalapa administration building.

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PEARL HARBOR - HICKAM NEWS

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Joint base honors sub piers gym employee for saving life

Brandon Bosworth

Staff Writer

What began as just another Friday evening on Oct. 5 at the submarine piers gym for Manoa McCue turned out to be anything but ordinary.

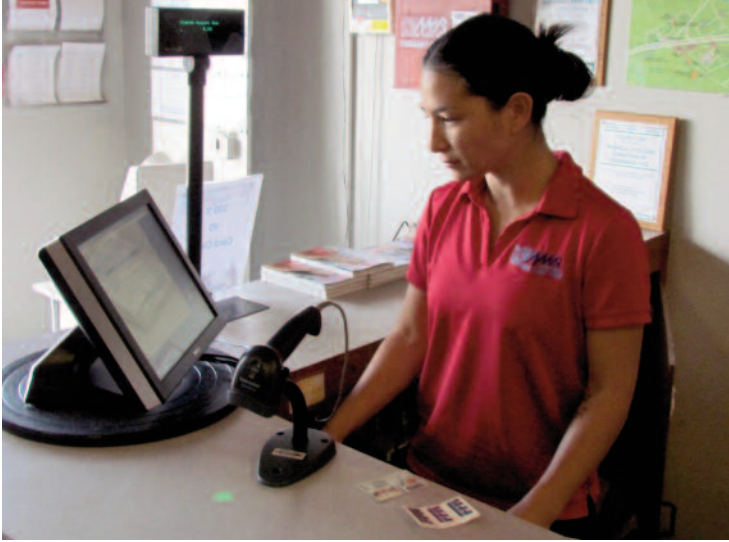
“I was getting up to throw something away when I heard someone shout, ‘Man down!’” said McCue, the gym’s night supervisor. “I knew something was wrong.”

She ran to the cardio room where the shouts were coming from.

“I saw one of our regular patrons on the ground,” she said. “He was turning blood red and his teeth were clenched.”

McCue started to administer chest compressions, with gym patron Dasan Sparks taking over for her when she started to feel winded.

The chest compressions were not working, and McCue was



Manoa McCue, sub piers gym night supervisor, used her CPR skills to save the life of a gym patron. *(See additional photo on page A-5)*

unable to open the sick man’s mouth to administer mouth-to-mouth resuscitation. She knew more extreme measures were needed.

“I yelled, ‘Get me the AED

[automated external defibrillator]!’” she said. McCue pulled up the man’s shirt, wiped off as much of his sweat as he could, and proceeded to use the defibrillator.

“He was turning blue by this

time, and I barely felt a pulse,” she said. “I pushed the button to give him a shock, and his eyes popped open and the color came back to his face.”

By this time the federal fire department had arrived to provide aid and transport the patient to Straub Medical Center. They later told Rodney Gouveia, sports and fitness director, that McCue used the defibrillator at just the right time.

“She didn’t use it too late or too early,” he said.

In light of her heroic, lifesaving actions, Manoa McCue was recognized by Capt. Jeff James, commander of Joint Base Pearl Harbor-Hickam, with a thank you letter and a \$500 cash award.

“I would like to thank you for your outstanding heroic efforts on 5 October when one of our fitness center patrons at the sub base gym went into cardiac arrest,” James wrote in his letter. “Your quick reaction in initiating

CPR and the application of automatic external defibrillator (AED) to the patron successfully resuscitated him.

“Your quick thinking, due diligence, professionalism and calm demeanor in this emergency situation saved his life. Statistics show that time is of the essence, and the EMS staff at the scene commented that your immediate response and diligent acts, is the reason for him to be alive today.”

The patron McCue saved was also thankful.

“He called the quarterdeck that night at 1:30 in the morning to find out who helped him so he could say thank you,” said Gouveia. “He later sent her a bunch of roses.”

For McCue, she was glad she could help one of the gym’s regular patrons in his time of need.

“He was in two or three times a day and was one of the fittest of the older people who train here,” she said. “It broke my heart to see him like that.”

Make a decisive lifestyle change today: Do all you can to conserve energy, make it an individual priority

NAVFAC HQ blog by Katie Ramirez

Naval Facilities Engineering Command Hawaii, installation energy manager for Joint Base Pearl Harbor-Hickam

October is National Energy Action Month – a time of increased attention on energy use and conservation. Here at Navy Region Hawaii, energy action are top priorities.

Because our electrical rates are based on the price of oil, we pay, on average, three times more for electricity than our mainland counterparts. This is not only because of the Navy’s new stringent Shore Energy Instruction (OPNAVINST 4100.5E) and executive order goals but also because Hawaii electrical rates are based on the price of oil.

The high cost of electricity has necessitated a robust energy awareness program targeted at all of our building occupants. Our outreach program, consisting of quarterly training courses and random building evaluations, educates building occupants on the steps they can take to save energy.

Additionally, Rear Adm. Frank



Photo courtesy of Forest City

Senior Chief Electronics Technician (SS/DV) Matthew Cole, assigned to Naval Computer and Telecommunications Area Master Station Pacific, adjusts the thermostat at Forest City.

Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, has required building occupants to perform simple energy conservation tasks that include:

- Turning off lights when not in use.
- Only using air conditioning during designated times.
- Closing exterior windows and doors when air conditioning is on.
- Turning off office equipment (computers, printers, copy

machines) at night and on weekends.

- Limiting kitchen appliances to common break rooms only.

While saving energy is not difficult and does not require drastic lifestyle changes, we still find that not everyone takes energy conservation seriously. With so many major global challenges tied to energy use, including air pollution, climate change, volatile fuel supplies and costs and aging energy infrastructure, it makes sense to choose energy efficiency as a basic work lifestyle.

We know that energy conservation pays off. Joint Base Pearl Harbor Hickam (JBPHH), for example, achieved a three percent reduction in energy consumption in fiscal year 2011, due in part to its energy awareness efforts. These efforts were recently recognized when JBPHH won the Navy Large Shore SECNAV Energy and Water Management Award.

So, how do we encourage building occupants to make saving energy an individual priority in the workplace? What suggestions do you have to motivate your fellow shipmates to examine their personal energy use and reduce their carbon footprint?

Energy security

Continued from A-1

environmental stewardship.

“We are on the path to create a new energy future that will increase the security of this country because that is what the U.S. Navy and U.S. Marine Corps have always done,” Mabus said.

The DoN’s five energy goals include:

- Increase alternative energy use DoN-wide: By 2020, 50 percent of total DoN energy consumption will come from alternative sources.
- Sail the “Great Green Fleet”: DoN demonstrated a Green Strike Group in local operations in 2012 and will sail it by 2016.
- Reduce non-tactical petroleum use: By 2015 DoN will reduce petroleum use in the commercial vehicle fleet by 50 percent.
- Energy ashore: By 2020, DoN will produce at least 50 percent of shore-based energy requirements from alternative sources; 50 percent of DoN installations will be net-zero.
- Energy efficient acquisition: Evaluation of energy factors will be mandatory when awarding contracts for systems and buildings.

“As the cost of energy rises worldwide, the need for reducing and conserving becomes even greater,” Ponds said.

“This is a force readiness issue. The reasons to act are clear. The time to act is now,” the admiral said.

To learn more about the Navy’s energy goals, visit www.greenfleet.dodlive.mil/energy.

For more news from Chief of Naval Operations Energy and Environmental Readiness Division, visit www.navy.mil/local/n45/.

(See related article on RECP on page A-2 .)

Pearl Harbor-Hickam*Highlights*



U.S. Air Force photo by Senior Airman Lauren Main
(Above) Chief Master Sgt. Jerry Moore, command chief of the 11th Air Force at Joint Base Elmendorf-Richardson, Alaska, speaks to Chief Master Sgt. Leslie Bramlett during a mentor session Oct. 16 at Joint Base Pearl Harbor-Hickam,.

U.S. Navy photo by MC2 (AW/SW) Jon Dasbach
(Right) Command Master Chief Patricia Roebuck, Naval Surface Group Middle Pacific speaks during the 2012 Surface Force Women's Waterfront Symposium held at the Ford Island conference center, along with Cmdr. Linda Seymour, Lt. Cmdr. Emily Wall and Chief Gas Turbine System Technician Mechanical Ulanka Beckom. The symposium's theme was "becoming a Wise, Intelligent, Successful, Empowered, Respected (W.I.S.E.R.) woman" and offered participants the opportunity to interact with female leadership.



U.S. Air Force photo by Tech. Sgt. Jerome S. Tayborn
(Left) An Australian officer from the Royal Australian Air Force is greeted by Gen. Herbert J. "Hawk" Carlisle, Pacific Air Forces commander, at base operations, Joint Base Pearl Harbor-Hickam Oct. 7. Lt. Gen. Frank Gorenc, U.S. Air Force assistant vice chief of staff, hosted the tour to demonstrate to the foreign air attaché leaders and their spouses how Air Force installations operate through mission briefing hands-on demonstrations.



(Above) The Secretary of the Navy (SECNAV) Energy Flag flies on the flagpole in front of Joint Base Pearl Harbor-Hickam headquarters at building 150. As the SECNAV Platinum Command Award winner, JBPHH is authorized to fly the flag for one year. JBPHH was the big winner in an Oct. 3 ceremony at the U.S. Navy Memorial in Washington, D.C. recognizing commands that are leading the way in energy security.

U.S. Navy photo by Don Robbins

(Right) Manoa McCue, sub piers gym night supervisor, used her CPR skills to save the life of a gym patron. JBPHH CMDCM Brian Ortega (left) and Capt. Jeffrey James, commander of Joint Base Pearl Harbor-Hickam, presented McCue with an award.



Photo courtesy of MWR Marketing

Third electronic device recycling event to be held Nov. 8

NAVFAC Hawaii public affairs

Old answering machines, scanners, TVs/VCRs, camcorders and many other government-owned electronic devices that don’t work or just need to be cleaned out of closets and work spaces can be turned in at the third electronic device recycling event 8 a.m. to noon Nov. 8. The event will be held at a new location, the NAVSUP Fleet Logistics Center, Pearl Harbor – Kilo 7/8 Piers.

Naval Facilities Engineering Command (NAVFAC) Hawaii and Defense Logistics Agency Disposition Services (DLA DS) will provide an opportunity for fall cleaning.

All Department of Defense commands and tenants on Joint Base Pearl Harbor-Hickam are invited to drop off the following government-owned items: answering machines, camcorders, CD/DVD players; cell phones, computers (laptop or desktop), copiers (desktop), modems; monitors; printers (desktop), radios (AM/FM), remotes, scanners, stereos, tape decks, telephones,



Graphic courtesy of NAVFAC Hawaii

Shown here is a map of the location for the third electronic device recycling event to be held Nov. 8.

TVs/VCRs, typewriters, VCRs, word processors, and microwave ovens.

toner cartridges and paper from any of these items.

Only government-owned items

Ne sure to remove all batteries,

can be turned in. No personal

property, NMCI computers or hazardous waste will be accepted.

Command personnel interested in disposing of any of the above government items at this event should check with their property managers to make certain all internal paperwork managing command assets is completed.

All material being turned in at this event must be accompanied with a completed Defense Reutilization and Marketing Service (DRMS) Offices’s Form DD 1348.1A and include the correct DoDaac or Unit Identification Code (UIC) for the organization turning in the item(s) before being accepted. To access this form, visit <http://bit.ly/yEQwu2>.

Computer disposals will require a few additional steps or they will be turned away. Make sure all drives are clear of media, floppys, CDs, DVDs, etc.

All hard drives should be cleaned, if not removed, by your command’s information technology (IT) personnel. Hard drives that are removed must be secured until they are brought to the recycling event.

In addition, all computers are

required to have the command’s supply officer’s signed statement of “No Classified Information” and a completed DLIS Form 1867 “Certification of Hard Drive Disposition.”

It is a small square form that is self-explanatory. To access this form, visit <http://bit.ly/yEQwu2> and look for “Computer Hard Drive Certification – pdf.” near the bottom of the web page.

Similar items maybe listed on one DD Form 1348.1A to save time except for DELL computers which must be separated from other brands.

For more information on procedures for turning-in equipment to DRMS go to <http://bit.ly/yEQwu2>. For specific information about this event or questions on the documents required call DLA DS Val O’Callaghan (473-9535) valentine.ocallaghan@dla.mil, Gilbert Delagente (473-9541) gilbert.delagente@dla.mil, Melchor Bontog (473-9537) melchor.bontog@dla.mil, or NAVFAC Hawaii Environmental Richard Vila (474-9207) richard.vila@navy.mil and/or Fran Pena (474-2446) francis-co.pena@navy.mil.

48th Aerial Port Squadron chief volunteers at Bagram

Tech. Sgt. Shawn David McCowan

455th Air Expeditionary Wing Public Affairs

BAGRAM AIRFIELD, Afghanistan – (The following story features Chief Master Sgt. Gregory Boyer who is deployed from the 48th Aerial Port Squadron, Joint Base Pearl Harbor-Hickam, Hawaii.)

The state-of-the-art Craig Joint Theater Hospital (CJTH) at Bagram Airfield is widely recognized as the premier medical facility in Afghanistan. CJTH treats about 4,000 patients each month—as many as 130 war-related injuries each day—yet more than 95 percent of their patients survive. The hospital has the most current equipment, expert staff and pioneering specialty units.

While media from around the world have spotlighted the hospital staff’s accomplishments, innovations and even unconditional care to locals and enemy combatants, no military hospital running 24/7 operations in a combat zone can operate as successfully as the CJTH with standard hospital staffing.

That is where the contingency aeromedical staging facility (CASF) comes in. The CASF provides a critical stable care function in the hospital’s battlefield care process. Patients who arrive stabilized from the battlefield are transferred to this facility within the hospital while awaiting a flight to a medical center outside of Afghanistan. There, staff and volunteers work to keep wounded warriors as comfortable as possible until their flight.

When it’s time to move patients to or from aeromedical airlift, the CASF team calls on a group of unsung heroes—volunteers from units all over Bagram Airfield—who give much of their late night off-duty time to make a difference in their own way. The number of patients being moved varies greatly, but it always requires tight coordination. Amazingly, the transfer process takes only about 10 minutes.

Airman 1st Class Robert DeSantis of Clearwater, Fla. is a medical technician who works at the facility in a job called “bulldog.” He manages all of the patient transfers both into the CASF when they arrive and out to an aircraft when they leave. He recognizes the value of those volunteers possibly more than anyone at the hospital.

“I have to know who’s coming in on a litter and who’s going to be able to walk in. Before they had a CASF, a lot of the manpower used to move patients was from hospital staff. Now we have people who are dedicated to move patients. That’s important because it allows the hospital staff to do their jobs,”



Chief Master Sgt. Gregory Boyer (left), a Contingency Aeromedical Staging Facility volunteer from the 455th Expeditionary Logistics Readiness Squadron, and Staff Sgt. Brett Schutz (right), a CASF volunteer from the 455th Expeditionary Maintenance Group, carry a patient aboard a C-17 Globemaster III at Bagram Airfield, Afghanistan, July 23.

said DeSantis.

DeSantis also said speed and timing are vital to accomplish the CASF mission for several reasons.

“I have to make sure we’re out there on time. There is a tight schedule for the aircraft. It’s not only important to get patients to the aircraft quickly, but some of them are critical and need to get to that next level of care. Sometimes we have missions that are last-minute notice. So the airfield has a schedule to keep, and our patients need to get out in a timely manner,” said DeSantis.

“We’d be lost without our volunteers. Without these volunteers, the mission would take a lot more time, and we might have trouble maintaining good patient safety. But with all these people from different units, we always have enough people, so things go smoothly, and we

can get our patients out in a timely manner.”

Even though most of the medevac volunteers work very late hours, sometimes working until the next morning, DeSantis noticed how CASF volunteers seem to be brought together by their service.

“A lot of these people become friends. We can forget there are people still getting injured out there. This makes me realize how aware people are that there are service members out there who need our help,” he said.

The long hours of stop-and-go labor might be an inconvenience for the volunteers, but any difficulties seem to be lost on those lending a late night helping hand.

Chief Master Sgt. Gregory Boyer of Honolulu, Hawaii, a volunteer who is otherwise assigned to 455th Expeditionary Logistics

Readiness Squadron (ELRS), was just looking for a place where a chief master sergeant could volunteer. But he said he found something much more meaningful at the CASF.

“CASF is one of the places where we can give back to the men and women who put their life on the line out here. It’s a really tight team and a really wonderful thing we’re allowed to be a part of. There’s been a lot of very strong memories here, too,” said Boyer.

Tech. Sgt. Matthew Kostos, who works with

Boyer in ELRS, joined him one evening to help. He immediately understood the importance of the volunteer experience.

“I volunteered one night. And after doing this only once, I could really see the opportunity to give back. Volunteering here made me see the war is impacted by CASF. If there’s any place to give time that has impact, it’s here,” said Kostos.

As Kostos continued to return to volunteer, his experiences had a deeper and more personal impact on him.

“Every night is a night I won’t forget. One of the most rewarding parts of this is getting to talk to the people here. Recently there was a guy coming off the aircraft with a gunshot wound in the chest. I just started talking with him a little and found out he was from my hometown. I got to talk to him about life back home,” Kostos said.

Finding the right people to serve in the CASF is up to Senior Airman Guillermo Hernandez, a medical technician from Oakland, Tenn. He is in charge of personnel assignments or manpower there. His job gives him a special appreciation for the volunteers.

“We get notified of an arrival, then we have to be at the aircraft about 90 minutes

before wheels up. We wouldn’t be able to do anything without our volunteers. Without a CASF, the patients could not get processed out and they would all be in-house. To allow us to keep bringing critical patients in, we need the CASF to help the rest of the stable patients transfer out,” Hernandez explained.

As a testimony to the value of serving there, Hernandez also volunteers at the CASF when off-duty.

“Volunteering is very rewarding. It gives you a different perspective on being part of the war. You get to know your patients, and you hear what happened to them and why they’re in the CASF. They could’ve been a six-foot-something football player, but now they’re an amputee. But you’re here with them, and they’re still smiling. That’s always a great feeling,” said Hernandez.

Each morning at sunrise, a shift of tired volunteers leave while the physicians and day shift staff arrive, prepared to use every advantage at their disposal to save nearly everyone they see. Behind the doctors and staff, and beyond the cutting-edge medical technology, the hospital’s greatest assets show up: the next wave of CASF volunteers.

Shipyard opens satellite machine shop for its intermediate maintenance facility

David Tomiyama

Pearl Harbor Naval Shipyard & Intermediate Maintenance Facility Public Affairs

Pearl Harbor Naval Shipyard and Intermediate Maintenance Facility (PHNSY & IMF) workers welcomed the grand opening of a brand-new satellite machine shop Oct. 5.

The shop in building 1770 will increase efficiency and productivity by providing on-site light machinery services at the shipyard’s fleet maintenance activity-submarine (FMB) division which performs short-term, scheduled repair and maintenance of submarines in 35 days or less.

Most of the work is performed aboard submarines pier side, adjacent to building 1770 which is physically located across the harbor from the rest of the shipyard.

“We needed to get the right industrial capability to support intermediate-



U.S. Navy photo by Carolyn Brewster

Lemuel Cabiling, machinist leader, demonstrates a vertical milling machine.

level work,” said Kevin Correa, FMB project superintendent. “We didn’t need

a full machine shop but something where we can do minor machining to quickly

support our workers in FMB.”

In the past, FMB work-

ers brought their machinery jobs to the shop 31 machine shop which services the entire shipyard and had to wait for the work to be completed depending upon shop 31’s work load and the job priority.

“Taking a piece of material or component all the way to shop 31 and having to wait two to three days, we lose time,” said Correa. “Our availabilities are 35 days or shorter, so every day we lose could impact the availability.”

When PHNSY & IMF were two separate entities, both commands had their own machine shops. However, when they merged in 1998 as part of a corporate Navy mandate, shop 31 was designated as the only machine shop to support the entire shipyard.

The newly opened satellite shop now allows FMB to get light machining work done quicker and gives shop 31 the ability to concentrate

on CNO availabilities. Shop 31 will continue to perform the heavier and more complex machining work on components for FMB, said Correa.

The addition of the machine shop has been met with enthusiasm from FMB workers.

“All the fast work and minor machine work can now be done here instead of going to shop 31,” said Clinton Baro, FMB mechanical zone manager. “All shops can get their machine work done faster.”

The machine shop is the first step in an initiative to renovate and modernize the ground and second floors of building 1770.

“It’s just a small part of the overall revitalization plan that will affect the equipment and the overall IMF building,” said Dean Reghi, FMB assistant project superintendent.

For more information about the shipyard, visit www.navsea.navy.mil/shipyards/pearl/default.aspx.

Energy conservation tips, rebates available

Submitted by Rebecca Hommon

Navy Region Hawaii Environmental Counsel

Earth tip: Bid that second fridge a fond *aloha* and collect \$25.

The Hawaii Public Utilities Commission is offering conservation tips and long list of rebate programs.

The Energy Star refrigerator trade-in program requires buying a new fridge with Energy Star rating, giving up an old fridge, and collecting a \$125 rebate.

Another known as the refrigerator/freezer bounty program gives consumers \$25 to offer up a fridge or freezer for a free trip to the recycling company.

Collecting both isn’t allowed, and the person whose name is on the electric bill gets the rebate.

For the details, conditions and other energy saving tips, see [http:// www.hawaiienergy.com/](http://www.hawaiienergy.com/) 126

Bone marrow donors sought for registration drive

Navy Region Hawaii

Navy Region Hawaii is hosting an island-wide push to register personnel for the National Bone Marrow Registry during the week of Nov. 26-30.

Bone marrow drives are easy to organize and medical personnel are not required. Bone marrow registration is simple. It’s just two pages of paperwork and four cotton swabs.

A simple self-administered swab of the cheek and it’s done.

Bone marrow donation has changed. It is now as easy as giving blood. The key is educating troops on how important and easy it is to be a donor.

The goal is to have each command select and designate a point of contact who will hold the registration drives in their respective commands.

The last Oahu-wide drive was held in March 2009 with more than 7,500 personnel registered. For every 300 personnel registered, on average one person is called to be a donor. The power of multiplying efforts can be easily seen.

Have your command point of contact get in touch with the master sergeant point of contact to sign up for initial training sessions, which will be held Oct. 22-23.

More information on dates and locations for the actual drive will be sent by separate correspondence through the command points of contact.

More than 500 military personnel and family members are sick and need life-saving bone marrow transplants.

For more information, call 780-7968 or email Anthony.bastidas@navy.mil.

Cyber Koa bounces back to trounce COMSUBPAC

Story and photos by
Randy Dela Cruz

Sports Editor

Coming off of a rare defeat, base defending champs Cyber Koa of the 561st Network Operation Squadron (561 NOS) Det. 1, regrouped and pounded out a convincing 34-7 win Oct. 16 over Commander Submarine Force U.S. Pacific Fleet (COMSUBPAC). The win was during and intramural flag football National Division game at Ward Field, Joint Base Pearl Harbor-Hickam.

Even playing without the services of primary receiver Airman 1st Class Robert Light, Cyber Koa quarterback Master Sgt. Keone Peneku still had plenty

of weapons to choose from as he connected on touchdown passes with four different receivers.

"We just came off a loss, so everybody was hungry for a victory," Peneku said. "We got some good athletes all around on offense and defense. They were able to execute and we came out with the win."

Cyber Koa got on the scoreboard first when Peneku hit Senior Airman Ronnie Turner for a touchdown and a quick 6-0 lead.

However, COMSUBPAC got

right back in the game as quarterback Fire Controlman 2nd Class Frank Lofton finished off a drive by hooking up with Special Warfare Operator 2nd Class James McDermott in the left corner of the end zone for six.

The point-after-touchdown (PAT) conversion put COMSUBPAC out in front with a 7-6 advantage.

From that point on though, momentum switched to Cyber Koa as the team took full control by positing two quick scores back-to-back.

After falling behind by a point, Peneku needed only three plays to move the team downfield before tossing a 26-yard touchdown to Airman 1st Class Nicholas Chung to retake the lead. The converted point-after made it 13-7.

Two plays into COMSUBPAC's next drive, Cyber Koa got the ball back, when Airman 1st Class Daniel Cline stepped in front of a Lofton

pass and picked it off to place his team in good field position at its own 30-yard line.

Peneku took full advantage of the short field and, seven plays later, found Chung again, this time on a two-yard toss for a touchdown. The PAT was good and gave Cyber Koa a 20-7 lead going into halftime.

In the second half, Cyber Koa started off the same way they closed out the first.

An 18-yard scoring strike from Peneku to Senior Airman Daniel Swenson topped off a five-play, 65-yard drive for a 27-7 lead following the PAT.

The Cyber Koa defense then forced another turnover when Swenson stole a pass from Lofton at the 31.

This time, Peneku needed only four plays to strike pay dirt and cap off the night's scoring with a long 32-yard bomb into the hands of Airman 1st Class Louis Hanson.

"It feels good that after our No. 1 receiver goes down, a lot of people stepped up," said Peneku about hitting four different receivers for touchdowns. "It made it a lot easier for me to dis-

tribute the ball."

Besides scoring the last touchdown of the game, Hanson also closed out the night on defense by picking off Lofton for the team's third interception.

"A lot of picks," Peneku announced. "Defense stepped up. No matter who we play, our defense is pretty much lockdown."

Lofton pointed to Cyber Koa's fast frontline, led by Airman 1st Class Mitchell Mabry, as the main reason why his team had so many turnovers.

"Their rush was tremendous," Lofton stated. "Once the rush was coming in, it was like four people. It was hard to find somebody because the rush was coming in so fast."

Peneku said that after playing so well against COMSUBPAC, he feels that Cyber Koa might be finally putting things together.

If the team continues to get better, Peneku said that it could find itself gunning for a repeat.

"We're peaking just like we did last year," he said. "It's going to be scary, but hopefully we can repeat. We'll see where it goes from here."

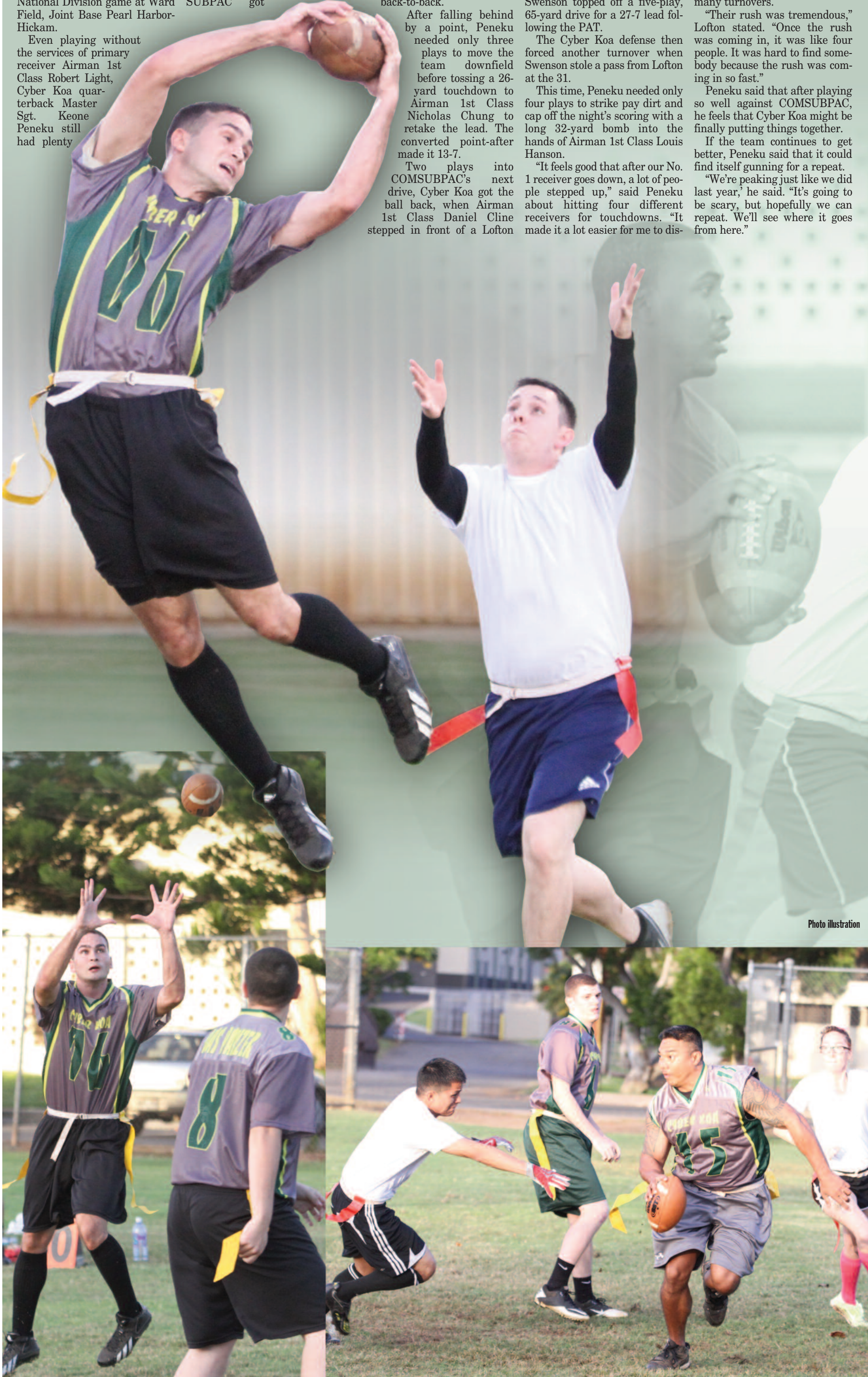


Photo illustration

Port Royal steals victory away from Texas Texans

Story and photo by
Randy Dela Cruz

Sports Editor

Defensive back Seaman London Waldon stole two passes, including a game-ending pick six, as USS Port Royal (CG 73) earned a tough 18-6 victory Oct. 13 over USS Texas (SSN 775) Texans at Ward Field, Joint Base Pearl Harbor-Hickam.

The win preserved and raised Port Royal's perfect record in the intramural flag football league's Afloat Division to 4-0 while the Texans saw their two-game winning streak snapped at two and fell to 2-2.

Against Port Royal, the Texans raced out to a quick 6-0 lead after quarterback Electronics Technician 2nd Class Bret Stram floated a rainbow into the hands of Electrician's Mate 3rd Class Paul Waring for a 65-yard, catch-and-run into the end zone on the first play of the game.

However, after the initial fireworks by the Texans, the game immediately turned into a defensive struggle as both teams exchanged three sets of downs without a score.

Over the course of the next six series, the Texans got picks from Fire Control Technician Seaman Tommy Fisch and Sonar Technician (Submarine) Seaman Scott Grady, while Port Royal got takeaways from Operations Specialist Seaman Alonso Yopez and Waldon.

Then with only 36 seconds before halftime, quarterback Seaman Michael



Defensive back Seaman London Waldon, USS Port Royal (CG 73), cuts off a USS Texas (SSN 775) Texans receiver before stealing a the pass for a pick six at the end of the game.

Elzen got on fire and moved Port Royal 73 yards on four plays to put the ball at the Texans' three-yard line.

With 10 ticks on the clock, Elzen connected with Waldon for a touchdown and a 6-6 tie going into the break.

"It was really important to show that we were capable of getting in there," said Elzen about the tying score. "It's all a momentum

game, so as soon as we got in there, we were kind of feeling it."

Out of halftime, Port Royal saw their first drive interrupted by an interception from Chief Torpedoman's Mate Hernan Arevalos, while the Texans had their first series stall at the Port Royal 18.

But on the Port Royal's next offensive set, Elzen

started feeling it again and, after six plays, broke mid-field to put the ball on the Texas 38.

After misfiring on first down, Elzen spotted Information Systems Technician 2nd Class Marshall Williams open in the middle before throwing it downfield.

Williams hesitated, before breaking toward the end zone, then made the

catch and took it to the house for six and a 12-6 lead.

"It was supposed to be a stop route," Elzen said. "I bootlegged out, I told him (Williams) go, he took off up the field, and I hit him. It was all in the play."

Behind by six, Stram and the Texans tried to run the hurry-up offense with time winding down.

Facing a third down and

15 yards to go for a first, Stram rolled out and hoisted a pass toward the maker, but instead of moving the chains, the toss found its way into the hands of Waldon, who grabbed the ball and ran it back for a touchdown as referees called the game.

"Our defense has been the focal part of our game," Elzen said. "They set up everything for our offense. They're No. 1."

Besides the team's ball hawks patrolling the backfield, Port Royal's secondary was complemented by a torrid pass rush that was led by lineman Gas Turbine System (Mechanical) 2nd Class Robert Jenkins.

Stram, who was forced out of the pocket on almost every play, said that Port Royal's pass rush made it tough to move the ball downfield.

"It makes a big difference when you go up the line and you don't see the blitz coming," Stram said. They have a good team, but we have a good team, too. We just didn't play our best game, but we learned a lot from this game."

While the win marked the team's fourth straight to start the season, Elzen said that he and his teammates are just trying to stay focused and take it one game at a time.

However, the QB does admit that Port Royal is hoping to play for some big stakes down the road.

"We play week by week," he pointed out. "But after it's all said and done, we want to go out and take over the Afloat and then take over the base."



Online

<http://www.hookelenews.com/> or visit

<https://www.cnmc.navy.mil/Hawaii/index.htm>



Defense and big plays lead 747th CS over 647th CES

Story and photo by
Randy Dela Cruz

Sports Editor

Intelligence Specialist 2nd Class Aaron Jackson, quarterback for 747th Communication Squadron (747 CS), passed for three touchdowns and ran for another while the team's defense returned two picks for scores in a 39-6 blowout Oct. 15 over the 647th Civil Engineer Squadron (647 CES) at Ward Field, Joint Base Pearl Harbor-Hickam.

The face-off between the two contenders in the American Division presented a bold statement for the 747 CS, which appears to have turned things around after suffering two defeats early in the season.

"I think we're coming together more and more every week," said Jackson, who quarterbacked the old Naval Station Pearl Harbor (NAVSTA) squad to the Pearl Harbor championship in 2010. "The more games we get under our belts, the more experience we get together."

While Jackson had the team's offense running smoothly throughout the game, it was the 747's defense that dominated from goal line to goal line.

After the 647 CES opened the game on a quick hitter from quarterback Staff Sgt. Joseph Torres to Airman 1st Class Randall Saylor for a 57-yard pickup and a first and 10 on the eight-yard line, the 747 CS defense completed a huge goal-line stand when Army Spc. Adrian Labuda batted down a pass on fourth and goal.

Buoyed by the stop in the red zone, Jackson completed one pass for a short gain to the 15 before setting up at the line of scrimmage for a gutsy fourth and five to go for a first.

Taking the snap, Jackson was flushed out of the pocket, got the first down, broke past the secondary, and was gone to complete a 65-yard scamper into the end zone for a 6-0 lead.

On the next set of downs, the 747's defense got the ball back when Hospital Corpsman 1st



Hospital Corpsman 1st Class Shelby Mayfield, 747th Communication Squadron (747 CS), tries to make a catch in front of two 647th Civil Engineer Squadron (647 CES) defenders during an intramural flag football American Division game at Ward Field, Joint Base Pearl Harbor-Hickam.

Class Shelby Mayfield picked off a Torres pass.

Two plays later, Jackson connected with Labuda for 55 yards and a touchdown.

Jackson found Engineman 2nd Class Brandon Thomason in the end zone to finish off the two-point conversion and give the 747

CS a 14-0 lead.

In trying to rally his team, Torres kept on throwing the ball downfield, and that played right into the hands of the 747's voracious secondary.

On first down from his own 16, Torres got picked off by Logistics Specialist 2nd Class Eric Cotton

at the 747 15-yard line.

Cotton took it upfield before sending a lateral to Mayfield who took it the rest of the way for a touchdown and 20-0 advantage.

Although the 647 CES finally got on the scoreboard on a catch-and-run from Torres to Saylor that traveled 58 yards, Jackson

answered just before halftime with a short eight-yard pass to Senior Airman Klayton Neal for six to complete a 65-yard drive.

Thomason ended the first half on an interception with the 747 CS up by a score of 26-6 at the break.

In the second half, Jackson might have put the game away for good when he took the opening series and topped off a five-play drive with a four-yard strike into the arms of Cryptologic Technician (Collection) 2nd Class Ryan Smith for a 32-6 advantage.

However, not to be outdone by the team's offense, the 747 CS defense threw down the final big play to really put the game on ice.

Pulling double duty, Jackson, who had been making clutch plays all game at quarterback, put the punctuation mark on a great all-around performance by picking up the team's fourth interception on defense.

Jackson pitched the ball back to Cotton, who sent it back to Tech. Sgt. Jeremy Polite for the game's final touchdown.

"We just kind of play good sound defense and offense as well," Jackson pointed out following the win. "Receivers did what they were supposed to do. I just put it up there for them, and they got it and that's what happened on offense. On defense, everybody stepped up."

Torres agreed that he and his teammates had a tough night against a very strong 747 defense.

"They came in quick," he said. "That affected our ability to have time to get open and find my receivers downfield."

After the complete-game win, Jackson said this year's 747 CS squad compares very well to the last time he played on a championship team.

"I think, maybe it's not as much talent as the championship team I had a few years ago, but I think we're pretty close," he stated. "We got a lot of athletes that can run, catch, do multiple things, and play multiple positions. When you have that, you always give yourself a chance."

JBPHH master sergeant competes in NATO chess tournament

Story and photo by
Sr. Airman Lauren Main

15th Wing Public Affairs

Master Sgt. Robert Keough checked out the competition recently in international chess. As one of the top three Airmen in the Air Force at his game, Keough traveled to Brest, France where he competed in the 23rd annual NATO Chess Championship earlier this month.

Keough, a member of the 613th Air Operations Squadron at Joint Base Pearl Harbor-Hickam, put his skills to use when he competed in the multi-national NATO chess tournament.

The tournament is a permissive temporary duty in which Airmen are permitted to travel to the country in which the tournament will be held. This year it was Brest, France and Keough placed 19th out of 80 competitors.

Keough, the five-time Air Force champion, had a long way to travel for this year's tournament.

"I usually prepare for a tournament by going over tactics, studying and playing chess online," he said.

His competitors, who included top military players from 19 other countries, prepared for a grueling competition as well.

"Each game lasts, on average, four hours and we play two rounds a day," he said. "This year it's just the Air Force and Navy representing the U.S. Unfortunately, the Marines



Air Force Master Sgt. Robert Keough put his skills to use this month when he competed in a multi-national NATO chess tournament. Keough placed 19th out of 80 competitors.

and Army had to pull out."

The tournaments are held in different participating NATO countries each year. In his seventh year of competition as an Airman, Keough returned to the very location where he first competed in 2002. That very same year, the U.S. placed the highest in its history, thanks to Keough's final game against a one-star general from the Netherlands.

"I learned how to play in fifth grade," he said. "I had some friends teach me, and my mom taught me some, too. But I really started playing more seriously when I was 14 and joined a chess

club in high school. While I was on my high school chess team, I was routinely beating adults. So, I started competing in tournaments and winning them."

As a strong advocate for Airmen to get involved with playing and competing, Keough offers himself as a point of contact and subject matter expert to anyone who might have questions.

"I enjoy representing the armed forces at the NATO tournament. It's a huge honor," said Keough. "I'm so thankful to my commander, Col. Paul Issler, for being supportive and allowing me to go to the tournament."



U.S. Navy photo by MCSN Diana Quinlan

Members of the U.S. Pacific Fleet Band perform for guests at the Sheraton Waikiki Hotel during the Navy 237th Birthday Ball. The U.S. Navy was established on Oct. 13, 1775.

Navy Region Hawaii hosts 237th Enlisted Birthday Ball

MC3 Dustin W. Sisco

Navy Public Affairs
Support Element West Det
Hawaii

HONOLULU – In 1775, almost a full year before there was a United States of America, the U.S. Navy was born.

On Oct. 13, service members celebrated the Navy's 237th birthday at the Navy Region Hawaii Enlisted Ball at the Sheraton Hotel in Honolulu.

The Navy Enlisted Birthday Ball drew a crowd of several hundred Sailors, Soldiers, Airmen, their spouses and guests.

"For 237 years, our Navy has risen to the challenges that have faced our nation and in doing so, established an illustrious history of great leadership and sacrificial service," said Lt. James Ragain, the chaplain who gave the invocation..

During the event, a POW/MIA ceremony took place prior to the formal toasts and cake cutting.

"We call them comrades," said Senior Chief



U.S. Navy photo by MCSN Diana Quinlan

Sailors are welcomed to meals prepared in celebration of the 237th Navy Region Hawaii Enlisted Birthday Ball.

Cryptologic Technician (Collection) Paul Davis. "They are unable to be with their loved ones and families tonight, so we join together to pay our humble tribute to them and bear witness to their continued absence."

In keeping with tradition, the youngest and old-

est enlisted Sailors in attendance came forward to cut the Navy birthday cake.

After dinner was served, ceremonies completed and the cake cut, the service members and guests danced the night away to the music of the U.S. Pacific Fleet Band.

Tops in Blue to perform at this year's Tower Lighting Celebration

Air Force Entertainment and Joint Base Pearl Harbor-Hickam will present "Tops in Blue" at the Freedom Tower Nov. 30 as part of the free 43rd annual Tower Lighting Celebration.

Festivities will include inflatables, crafts and a kid's clinic from 4:30 to 7 p.m., photos with Santa from 5 to 6:30

p.m., the tower lighting at 7 p.m. and a performance by "Tops in Blue," the famed Air Force entertainment showcase.

Bring a blanket or lawn chairs. Hangar 35 will be used in case of rain for Tops in Blue.

For more information, visit www.greatlifehawaii.com.

Take tour of historic Battleship Missouri Memorial from anywhere in the world

Battleship Missouri Memorial Association

Guests can now explore America's last battleship from their home as the Battleship Missouri Memorial is merging history and modern technology with the introduction of its new virtual tour.

Available free online at USSMissouri.org, the virtual tour gives guests 360-degree above and below deck access to the nearly 900-foot ship, from bow to fantail.

"The memorial is a proud tribute to the U.S. Navy, veterans and the historic role the USS Missouri (BB-63) played in World War II. As part of the visitor experience, guests can walk the decks, stand on the spot where the surrender took place ending WWII, tour the wardroom and officer's quarters, see how the crew lived, ate and slept, and gain an understanding of how the Navy operated on the high seas. This, of course, was fully dependent on the visitors being at the ship, but not anymore," said Michael A. Carr, the memorial's president and chief operating officer.

"With the new virtual tour, people from across the world can see



Photo courtesy of the Battleship Missouri Memorial Association

A virtual tour of the Battleship Missouri Memorial is now available online.

this historic battleship, before and after their visit to Pearl Harbor. This, combined with our recently launched Guide2Go app available through the iTunes App Store, gives guests the next best thing to actually being here."

The virtual tour and Guide2Go

app work to bring the Battleship Missouri Memorial to life. For example, a visitor can view the Missouri's massive 16-inch guns on the virtual tour then, explore the armored depths of the turret through video footage on the Guide2Go app.

Former USS Missouri executive officer (1991-1992) Capt. Ken Jordan describes their inner workings and the teamwork required to operate such powerful weaponry with pinpoint accuracy.

Guide2Go also features other USS Missouri crew interviews

including WWII crewmen Arthur Albert and William Obitz, Cold War crewmen Herb Fahr and Clarence "Skip" George, and Operation Desert Storm crewman Kevin Tobin. USS Arizona (BB-39) survivor Donald Stratton, USS Oklahoma (BB-37) survivor George Brown, and the National Park Services' USS Arizona Memorial historian Daniel A. Martinez also tell recollections and stories of the attack on Pearl Harbor.

"As remarkable as our guided tours are for the superb talent and knowledge of our guides, the reality is people can't just get up and come to Hawaii whenever they want to see the Missouri. The virtual tour and Guide2Go offers a solitary, reflective experience that can be quite moving no matter what your previous familiarity with this magnificent battleship," Carr said.

The virtual tour is available free and online at USSMissouri.org. Guide2Go can be downloaded from the iTunes App Store for \$1.99 by searching for Battleship Missouri. Once installed, users have unlimited access to the app.

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

National disability employment awareness event to be held Oct. 25

Navy Region Hawaii Comptroller Department

The Navy Region Hawaii Comptroller Department will hold a National Disability Employment Awareness Month event from 10 to 11 a.m. Oct. 25 at Pearl Harbor Memorial Chapel.

The theme of the event is "A strong workforce is an inclusive workforce: what can you do?"

This event's keynote speaker will be Brock McNabb from the Department of Veterans Affairs, Honolulu Veterans Center.

The event will also include information and resources to help organizations build an inclusive workforce.

For more information, call 473-1809.

NAVFAC Pacific will hold Energy Action Day Fair Oct. 24

In recognition of Energy Action Month, the NAVFAC Pacific Energy Team is hosting an Energy Action Day Fair from 11 a.m. to 1 p.m. Oct. 24 on the lawn next to building 258 on the Makalapa Compound. There will be information on various energy and water conservation projects in the Pacific area of responsibility, including tips on how to reduce energy and water consumption at home.

The NAVFAC Hawaii energy team will also provide their hydrogen and electric vehicles for viewing purposes, and Commander Pacific Fleet, Hawaiian Electric Company, Forest City and the Gas Company will have booths, handouts and displays, in addition to games and activities with prizes.

Additionally the Seabees will be selling lunch items, and there will also a bake sale.

GOT SPORTS

Phone: (808)473-2888
editor@hookelenews.com

To report...

Fraud, Waste or Abuse

Contact Commander, Navy Region Hawaii's Inspector General

- ✓ We are here to help
- ✓ You can remain anonymous
- ✓ Remember to use your chain of command first

HOTLINE: 808-473-1782 **EMAIL:** prlh-cnrhig@navy.mil

PEARL HARBOR-HICKAM

Maniawa Nanea

LEISURE

Morale Welfare & Recreation

FREE GOLF CLINIC

A free golf clinic will be held at 9 a.m. Saturday at Barbers Point Golf Course. FMI: 682-1911.

DIAMOND HEAD HIKE WITH LIBERTY

There will be a free hike to the top of Diamond Head with Liberty on Sunday. Departures are from Liberty Express at 8 a.m., Beeman Center at 8:30 a.m., Instant Liberty at 8:45 a.m., and Makai Recreation Center at 9 a.m. This event is for single active-duty Sailors and Airmen only. FMI: 473-2583.

FUZE CRAZE DANCE

A FuzeCraze Dance Drills and Skills seminar will be held 9 a.m. to 6 p.m. Sunday at the Hickam Fitness Center. This one-day dance workshop teaches students how to create total body workouts that blend aerobic training and muscle toning. The cost is \$90 per person. FMI: 471-2019.

PRESCHOOL STORY TIME

Preschool story time will be held 9 to 10 a.m. Wednesday at the Hickam Library. The theme for the day is “Halloween.” FMI: 449-8299.

HICKAM HISTORICAL TOURS

A historical tour of the Hickam side of Joint Base Pearl Harbor-Hickam will be held from 9:30 a.m. to 1:30 p.m. Oct. 26. The cost is \$55 for adults and \$45 for children ages 3-11 years old and free for children 2 years and younger. Departures are from Information, Tickets and Travel-Hickam and Royal Alaka’i Lodge. FMI: 448-2295.

YOUTH BASEBALL REGISTRATION

Registration for youth baseball ends Nov. 2. The season runs December 2012 through February 2013. Youth baseball is open for children ages 5-15 years old. The cost is \$55 per player. The fee includes a jersey, hat and award. Teams compete in the Hawaii Military Youth Athletic Association. FMI: www.greatlifehawaii.com.

OAHU HIGHLIGHTS TOUR

There will be a tour of Oahu 8:30 a.m.-3:30 p.m. Oct. 25. The tour features the major sights of east and central Oahu, including Hanauma Bay, Pali Lookout and National Memorial Cemetery of the Pacific (Punchbowl). The cost is \$45 for adults, \$40 for children, and free for children age 2 and under on an adult’s lap. Lunch is included. Departures are from the Information, Tickets and Travel-Hickam office. FMI: 448-2295.

HALLOWEEN 5K

The Halloween 5k will take place 8 a.m. Oct. 27 at the Hickam Fitness Center. Costumes are optional. Awards will be given to first, second and third place finishers for men, women and kids (under 16), and for best costume. This is a free event. FMI: 448-2214.

For more information on events, visit www.greatlifehawaii.com.

Community Calendar

October

Now ~ Enter to win a \$250 Navy Exchange (NEX) gift card by participating in the NEX annual food service program survey. It is underway now and ends Nov. 2. This is the survey link: https://www.nexresearch.com/nex_food.

25 ~ The Pearl Harbor Navy Exchange (NEX) will celebrate its 10th anniversary at 8 a.m. in the NEX Mall rotunda. Rear Adm. Frank Ponds, commander, Navy Region Hawaii and Naval Surface Group Middle Pacific, will be the speaker. The event will also include a cake-cutting and entertainment. FMI: Stephanie Lau at 423-3287 or email Stephanie.Lau@nexweb.org.

26 ~ A fall festival will be held 6 to 8 p.m. at the Pearl Harbor Memorial Chapel. The event will include food, games and a bounce house. FMI: 473-3972.

26-27 ~ Wheeler Saddle Club, with the help of BOSS (Better Opportunities for Single Soldiers), will hold a haunted house and fall fest from 5 to 9 p.m. at Wheeler Stables, Denny Road, Wheeler Army Airfield. Admission is \$7 for adults, children 12 and under will be admitted free. The event is open to anyone with access to a military installation. Civilians can attend with a base pass.

27 ~ Bellows Boofest will be held from 11 a.m. to 9 p.m. at Bellows Air Force Station. The event will include a pumpkin carving contest, scavenger hunt, costume contest, trick or treating, spooky story telling, a movie under the stars, and “Kiddieland” for \$5 wristbands. Activities will also include a bounce house, a water slide, face painting, arts and crafts, and a live disc jockey. FMI: www.bellowsafs.com.

November

The 37th annual fall craft fair will be held from 9 a.m. to 3 p.m. Nov. 10 at the Hickam Arts and Craft Center. The event is free and the center is located at 335 Kuntz Ave., building 1889. Vendors can sign up now and reserve their booth by calling 448-9907, ext. 101. There will be entertainment, original handmade arts and crafts, food booths, horse rides and craft demonstrations. Public access will be via Elliot Street and Kuntz Gate, or through public transportation via The Bus #19. FMI: 448-9907, ext. 101 or visit www.greatlifehawaii.com.

Movie Showtimes



Paranorman (PG)

Eleven-year-old Norman Babcock spends much of his days appreciating the finer points of scary movies and studying ghost lore. In fact, Norman is gifted with the ability to see and speak with the dead, such as his beloved grandmother. Norman is unexpectedly contacted by his odd uncle Prenderghast, who floors him with the revelation that a centuries-old witch’s curse is real and is about to come true, and that only Norman will be able to stop it from going into overdrive and harming the townspeople.

SHARKEY MOVIE THEATER

TODAY

7:00 PM Hit and Run (R)

SATURDAY

2:30 PM The Odd Life of Timothy Green (PG)
7:00 PM *Advance Screening: “Red Dawn” (PG-13). Free to the first 450 authorized patrons. Tickets to be distributed at 5:30 P.M.*

SUNDAY

2:30 PM Paranorman (2-D) (PG)
4:45 PM Lawless (R)
7:00 PM Total Recall (PG-13)

HICKAM MEMORIAL THEATER

TODAY

6:00 PM Paranorman (PG)
8:30 PM The Odd Life of Timothy Green (PG)

SATURDAY

4:00 PM Paranorman (PG)
7:00 PM The Odd Life of Timothy Green (PG)

SUNDAY

2:00 PM Paranorman (PG)



NAVSUP announces 2012 holiday season mailing dates

Naval Supply Systems Command Corporate Communications

The Naval Supply Systems Command's (NAVSUP) Postal Policy Division mail-by dates for pre-Dec. 25, delivery of holiday cards, letters, and packages have been announced.

The dates are as follows:

Shore APO/FPO/DPO AE zips 090-098 (except 093); AA zips 340; AP zips 962-966
Express mail: Dec. 17
First-class mail (letters/cards and priority mail): Dec. 10
Parcel airlift mail: Dec. 3
Space available mail: Nov 26
Parcel Post: Nov. 13

Shore APO/FPO/DPO AE ZIP 093
Express mail military service: N/A
First-class letters/cards/priority mail: Dec. 3
Parcel airlift mail: Dec. 1
Space available mail: Nov. 26
Parcel post: Nov. 13

For mail addressed from all shore FPOs (except 093)
Express mail military service: Dec. 17
First-Class mail (Letters/cards, priority mail): Dec. 10
Parcel airlift mail: Dec. 3
Space available mail: Nov. 26

Express Mail Military Service (EMMS) is available from selected military post offices. If mailing to an APO/FPO address, check with your local post office to determine if this service is available.

Parcel Airlift Mail (PAL) is a service that provides air transportation for parcels on a

space-available basis. It is available for Parcel Post items not exceeding 30 pounds in weight or 60 inches in length and girth combined. The applicable PAL fee must be paid in addition to the regular surface rate of postage for each addressed piece sent by PAL service.

Space Available Mail (SAM) refers to parcels mailed to APO/FPO addresses at parcel post rates that are first transported domestically by surface and then to overseas destinations by air on a space available basis. The maximum weight and size limits are 15 pounds and 60 inches in length and girth combined. From overseas locations, items mailed at Parcel Post rates are sent to CONUS by air on a space available basis. The maximum weight and size limit are 70 pounds and 130 inches in length and girth combined.

It is also recommended that customers check with their local civilian or military post office for information on size restrictions and possible need for customs declaration forms. Customers are advised that certain mail restrictions apply and some items cannot be mailed. Examples are: switchblade knives, pornography, controlled substances, and explosive or incendiary devices. If in doubt as to what can or cannot be sent through the mail, contact your local civilian or military post office.

Customers are cautioned that packages must not be mailed in boxes that have markings related to any type of hazardous material, such as bleach, alcohol, or cleaning fluids. Parcels found by the U.S. Postal Service with such markings or labels on the outside of the box will not be processed.

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.

For more news from Naval Supply Systems Command, visit www.navy.mil/local/navsup/.

App can be added to access TRICARE pharmacy benefits

TRICARE pharmacy program

TRICARE beneficiaries have new pharmacy options available and accessible in the palm of their hand just by using TRI-CARE pharmacy contractor Express Script's enhanced mobile application. The new additions let beneficiaries use their smartphone to safely and securely manage their TRICARE pharmacy benefit.

The updated app includes medication reminders and an account registration tool. The reminder feature gives beneficiaries the option to set up daily alerts to make sure they take their medications as prescribed and don't skip a dose. The account registration feature lets beneficiaries create their Express Scripts Inc. (ESI) account right on their smart phone.

"The Express Rx mobile app gives beneficiaries access to their prescription information anytime, anywhere," said Rear Adm. Thomas J. McGinnis, chief of TRI-CARE Pharmacy Operations.

Currently, the Express Rx app and mobile-optimized website allow beneficiaries to register for TRICARE Pharmacy Home Delivery and change current prescriptions over to home deliv-

ery. They can also order home delivery refills and check order status.

Another feature lets beneficiaries look up information on their current prescriptions. For GPS-enabled smart phones, the app can direct beneficiaries to the nearest network retail pharmacy.

Smartphone users can download the app for free by going to www.express-scripts.com/mobile or using services like the Apple App Store or Android Marketplace. The mobile-optimized pharmacy website is accessible at <http://m.esrx.com>.

Other available free apps to download through the Apple App Store or Android Marketplace are the TriWest mobile app and the Defense Manpower Data Center's milConnect mobile app.

Beneficiaries in the south region can make use of the mobile Humana Military website, <https://m.humana-military.com/> while beneficiaries in the north region can use the mobile Health Net mobile site, <https://m.healthnet.com>.

For more information about TRICARE pharmacy program, visit www.tricare.mil/pharmacy. Learn how to switch to TRICARE pharmacy home delivery at www.tricare.mil/homedelivery.

Super garage sale to be held Nov. 3

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation will hold a super garage sale from 8 a.m. to noon Nov. 3 at Richardson Field.

The free event is open to the public. Parking will be available at Rainbow Bay Marina, and overflow parking will be at Aloha Stadium for a minimal cost.

Vendor booths are sold out.

The next garage sale will be Feb. 23, 2013. All military affiliates are eligible to purchase a space as sellers and crafters. Applications are available at www.greatlifehawaii.com or the Information, Tickets and Travel Fleet Store location at building 1786.

For more information, call 473-0792.

Clinic to have breast health education activity

Mary Johnson, breast health educator, will conduct an activity "Empower Yourself: Early Detection Saves Lives" from 11 a.m. to 1 p.m. Oct. 25 at Naval Health Clinic Hawaii, Makalapa Clinic conference room. Johnson is a certified breast care nurse.

Join the event and wear pink for the day, hear survivor stories, and learn the basics of breast health.

Bring your own lunch. Drinks and dessert will be provided.

For more information, call 473-1880, ext. 2242/2285.

To report...

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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:
PRLH-CNRHIG@NAVY.MIL

Forest City announces holiday activities

Forest City Military Communities

Forest City Military Communities at Joint Base Pearl Harbor-Hickam has announced a list of upcoming holiday activities and other events.

Upcoming east community events include:

- Radford movie day, Oct. 19, 3 to 4:30 p.m..
- Spooktacular craft and movie day, Oct. 24, 2 to 4:30 p.m..

Upcoming West Community events include:

- Hukulani poolside Popsicle social, Oct. 19, 1 to 2:30 p.m..
- Moanalua movie, Oct. 30, 11 a.m. to 3 p.m..
- Ford Island monthly self-help (first Friday of the month), Nov. 2, 9 to 11:30 a.m.

Upcoming central community events include:

- Camp Stover community cleanup, Oct. 26, 11 a.m. to 3 p.m..
- Monthly themed Halloween coloring contest, Oct. 26, entries due by 2 p.m.
- Costumed dog contest at Pearl City dog park, Oct. 29, 11 a.m. to 1 p.m.;

Halloween trick or treating will take place Oct. 31. According to Forest City officials, depending on where you reside, trick or treat times will vary.

Many off base housing areas will not have the same restrictions as on-base housing.

Check with your residents' services office for more information.

For information about all community events, check with the residents' services office for times and dates of the events in your community. In addition, check the www.fcnavyhawaii.com website for community updates.

Visit the www.facebook.com/fcnavyhawaii site for daily community updates.

All Forest City residents are encouraged to participate in the many free activities.

For information about east community events, call 839-8620, for west community events, call 839-8640, and for central community events, call 839-8670.

ASBP blood drive schedule

Currently scheduled Armed Services Blood Donor Program drives include:

Oct. 23, 9 a.m. to 1 p.m., Camp Smith Pollock Theatre, Camp Smith.

Oct. 24, 9 a.m. to 1 p.m., JIOC building, Joint Base Pearl Harbor-Hickam.

Oct. 29 and 30, 8 a.m. to 1 p.m., Marines CLB 3 Kaneohe Bay, building 1044, Marine Corp Base Hawaii.

Nov. 6, 9 a.m. to 1 p.m., Naval Computer and Telecommunications Area Master Station NCTAMS Gym, 500 Center St., Wahiawa.

For more information, call 433-6699 or 433-6148 or email michelle.lele@amedd.army.mil.

WHO SAID IT?

“Fortune befriends the bold.”

Last Week's

WHO SAID IT?

“Don’t let the fear of striking out hold you back.”

Babe Ruth

This Week’s Trivia

What is the naval origin of the widely used term “clean bill of health?”?

Last Issue’s Question:

On Oct. 7, 1949, a key Air Force base on Guam was named in honor of which brigadier general who died in an aircraft accident near near Kwajalein Island while en route to Hawaii?

Answer:

The base was named for Brig. Gen. James Roy Andersen. Andersen died Feb. 26, 1945 in the accident.

STORY IDEAS?

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

Phone: (808) 473-2888

Email: editor@hookelenews.com



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Phone: (808)473-2888

editor@hookelenews.com

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