

## Navy to conduct major security exercise Feb. 22-25

Grace Hew Len

Navy Region Hawaii  
Environmental Public  
Affairs

Navy commands in Hawaii will participate in an annual security training exercise at Joint Base Pearl Harbor-Hickam and Pacific Missile Range Facility on February 22-25. The week-long exercise, called Solid

Curtain-Citadel Shield 2011, is the largest anti-terrorism/force protection exercise conducted nationwide across the Navy.

Measures have been taken to minimize disruptions to normal base operations. However, throughout the exercise, the levels of security will change and this may result in longer than usual waits for entry at security gates and increased traffic around the base. Personnel may be subject to more

scrutiny as they attempt to enter the base, and area residents may also see increased security activity associated with the exercise.

Select gates will set and maintain high force protection levels for extended periods of more than 24 hours. Temporary closure of gates can be expected at some point during the exercise. Although a gate is briefly closed, it may take up to one hour for normal traffic flow to resume.

The following gates are

recommended for routine access, although all gates will experience some delays due to increased traffic: Nimitz, O'Malley, Ford Island, Borchers and commercial truck gates at Halawa, West Loch, and Wahiawa. Expect significant delays at Makalapa, Kuntz, Halawa (POV traffic only), West Loch main gate and Whitmore.

The Navy's Giant Voice public address system will be used during the exercise and

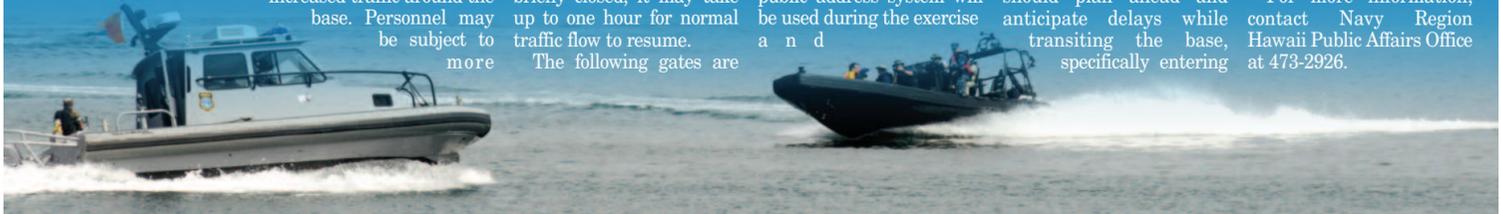
may be audible to residents who work or live near Joint Base Pearl Harbor-Hickam. The exercise will not affect operations and visitors at the nearby World War II Valor in the Pacific National Monument, Battleship Missouri Memorial, USS Bowfin Submarine Museum and Pacific Aviation Museum.

Those planning to visit local Navy installations should plan ahead and anticipate delays while transiting the base, specifically entering

or exiting at base gates.

Exercise Solid Curtain-Citadel Shield 2011 is designed to enhance the training and readiness of Navy security personnel to respond to threats to installations and units. The exercise is not in response to any specific threat, but is a regularly scheduled exercise to maintain a high level of readiness for naval installations.

For more information, contact Navy Region Hawaii Public Affairs Office at 473-2926.



## USS Reuben James participates in Kwajalein Liberation Day festivities

Ensign Ben Dalton

USS Reuben James (FFG 57)  
Public Affairs

EBEYE, Republic of the Marshall Islands - The guided-missile frigate USS Reuben James (FFG 57), homeported at Joint Base Pearl Harbor-Hickam, Hawaii, arrived in Ebeye, Republic of the Marshall Islands on Feb. 9 for a port call visit.

During their visit, Sailors from the Reuben James took part in a parade commemorating Kwajalein Liberation Day. In 1944, American troops swept through Kwajalein Atoll, liberating the Marshallese from the Japanese during World War II.

"It was fortuitous that

our brief stop allowed Reuben James to take part in commemorating the rich history and partnership the U.S. military has enjoyed over the past 67 years," said Cmdr. David E. Miller, Reuben James' commanding officer.

Eric Watnik, the U.S. chargé d'affaires to the Republic of the Marshall Islands, attended the event, marking the first time that U.S. Navy personnel attended the Kwajalein Liberation Day celebration.

Dignitaries from across the island nation, which included Jureland Zedkaia, president of the Republic of the Marshall Islands; Chen Lien-Gene, the Taiwanese ambassador to the Marshall Islands; and several senators from the



U.S. Navy photo courtesy of USS Reuben James

Sailors from the guided-missile frigate USS Reuben James (FFG 57) and local residents of Ebeye watch the Kwajalein High School marching band participate in the Kwajalein Liberation Day parade commemorating the liberation of the Kwajalein Atoll in 1944.

other atolls [islands] in the Republic of the Marshall Islands; also witnessed and took part in the festivities.

Approximately 13,000 residents of Ebeye lined the streets for the parade and in the town square to hear speeches from Zedkaia, Watnik and others.

Watnik spoke about the ongoing partnership between the United States and the Marshall Islands, highlighting the \$72 million spent on infrastructure improvements, new classrooms and modern medical facilities.

Reuben James is conducting exclusive economic zone (EEZ) patrols in the western and coastal Pacific Ocean (WCPO) in support of U.S. Coast Guard's law enforcement operations.

## American hero Barney Hajiro laid to rest

Bill Doughty

Deputy Director of Public  
Affairs, Navy Region Hawaii

Flags in Hawaii flew at half-staff this week to honor Barney Hajiro of Waipahu, Hawaii, oldest Medal of Honor recipient at the time of his death and a member of the Army's famed 442nd Regimental Combat Team. The 442nd was most decorated unit in U.S. history for its size and length of service during WWII.

Hajiro, who passed away Jan. 21 at the age of 94, was laid to rest Feb. 14 with full military honors at the National Memorial Cemetery of the Pacific (Punchbowl), Honolulu. The service was attended by his widow, Esther Hajiro, and other family members; nearly a dozen veterans of the 442nd; Lt. Gen. Benjamin R. Mixon, U.S. Army Pacific commander; and about 100 others.

Hajiro was born on Maui and raised on the plantation at Puunene. He moved to Oahu in 1937 to seek his fortune.

He was a witness to the attack on Pearl Harbor on Dec. 7, 1941 and volunteered to serve with the 442nd.

While many of their family members were among the tens of thousands of Japanese-Americans relocated to WWII internment camps, the Soldiers of the 442nd,



U.S. Air Force photo by Tech. Sgt. Shane A. Cuomo

Barney Hajiro and Shizuya Hayashi, Medal of Honor recipients, and Ed Ichiyama pose in front of a C-17 Globemaster III named "The Spirit of 'Go for Broke'" during an arrival ceremony at Hickam Air Force Base, Hawaii, on June 14, 2006. The men are veterans of the 442nd Combat Regimental Team. The aircraft is named in honor of their unit.

nearly all Americans of Japanese descent, fought with distinction in some of the most intense battles in Europe.

Originally awarded the Distinguished Service Cross for actions in World War II, Hajiro's service record was reviewed in the 1990s. President Bill Clinton presented the Medal of Honor to Hajiro on June 21, 2000.

The citation reads: "Private Barney F. Hajiro distinguished himself by extraordinary heroism in action on 19, 22, and 29 October 1944, in the vicinity of Bruyeres and Biffontaine, eastern France. Private Hajiro, while acting as a sentry on top of an embankment on 19 October 1944, in the vicinity of Bruyeres,

France, rendered assistance to allied troops attacking a house 200 yards away by exposing himself to enemy fire and directing fire at an enemy strong point. He assisted the unit on his right by firing his automatic rifle and killing or wounding two enemy snipers. On 22 October 1944, he and one comrade took up an outpost security position about 50 yards to the right front of their platoon, concealed themselves, and ambushed an 18-man, heavily armed, enemy patrol, killing two, wounding one, and taking the remainder as prisoners. On 29 October 1944, in a wooded area in the vicinity of Biffontaine, France,

See HAJIRO, A-2



The Los Angeles-class submarine USS Oklahoma City (SSN 723) arrives at Joint Base Pearl Harbor-Hickam for a port call on Feb. 10 while en route to Agana, Guam.

## USS Oklahoma City arrives in the Pacific

Story and photo by  
MC2 (SW/AW/SCW)  
Ronald Gutridge

Commander Submarine  
Force U.S. Pacific Fleet  
Public Affairs Office

The Los Angeles-class submarine USS Oklahoma City (SSN 723) arrived at Joint Base Pearl Harbor-Hickam for a port call on Feb. 10 while conducting an inter-fleet transfer.

Oklahoma City completed an engineered overhaul in November 2010 at Portsmouth Naval Shipyard. About midway through the overhaul, the crew learned that Oklahoma City would be reassigned to Commander, Submarine Squadron 15 in Guam.

Cmdr. Aaron Thieme, Oklahoma City commanding officer, recollected all of the hard work his crew

has done leading up to this port visit.

"We departed the shipyard Nov. 16 and since then have been conducting operations at sea in order to complete post-overhaul trials and certifications," Thieme said. "The crew has performed superbly, is excited to finally arrive in the Pacific Fleet, and is looking forward to some

See OKLAHOMA, A-2

## Thai security protecting joint U.S. forces

Story and photo by  
1st Lt. Jason Smith

15th Wing Public Affairs,  
Joint Base Pearl Harbor-  
Hickam

CHIANG MAI, Thailand -- Hundreds of U.S. Soldiers, Sailors, Airmen and Marines are gathered at a hotel in Chiang Mai, Thailand as part of Cobra Gold 2011, a joint and multinational exercise

that includes Thailand, the United States, Indonesia, Japan, Korea, Malaysia and Singapore as participating nations.

In this 30th recurrence of Cobra Gold, a group of Thai Army soldiers and volunteers are tasked to keep all exercise participants safe by being constantly present and ready to handle any security situation.

"I'm very proud of this

job," said Thai Army 1st Sgt. Waranut Prasck, a second-year Cobra Gold guard, through an interpreter. "It's a very special honor. There are very important people from many nations here."

Prasck and his counterpart, Pipat Kangatitan, a volunteer, were charged with guarding the sixth floor on Feb. 11. According

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Hawaii Sailors run to promote positive choices  
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USS Crommelin wins Battle 'E'  
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Lt. Dan Band returns to MCB Hawaii with tools to DSTRESS  
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48 APS service member rides waves of success  
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African-Americans have legacy of armed forces service  
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Civil Engineer comeback stuns Network Operation  
See page B-2

# Hawaii Sailors run to promote positive choices



Joint Base Pearl Harbor-Hickam Sailors participate in the Coalition of Sailors Against Destructive Decisions (CSADD) 1.5 mile fun run. The CSADD program encourages Sailors in the age group 18 to 25 to be a positive influence among their peers.

Story and photo by  
MC2 (SW) Mark Logico

Navy Region Hawaii Public  
Affairs

The Coalition of Sailors Against Destructive Decisions (CSADD) hosted a free two-mile fun run for more than 20 Sailors at Aloha Aina Park on Feb. 11.

Hosted by Commander Navy Region Hawaii (CNRH) and Commander Naval Surface Group Middle Pacific (CNSG

MIDPAC) CSADD chapter, the fun run was another avenue wherein CSADD members can promote positive peer-to-peer influence and networking among Sailors in the age group 18 to 25.

"We decided to do this because last time we did a safety stand down and we wanted to do something different," said Religious Program Specialist 2nd Class Lonnie McDade, the president of the CNRH/CNSG MIDPAC CSADD chapter. "This

time we wanted to do a run which would promote staying healthy and keeping physically fit, which is part of being in the United States Navy."

Electrician's Mate 2nd Class Eli Hollis, assigned to CNSG MIDPAC, placed first in the fun run with 14 minutes.

"Physical training is important for me because I like to keep my body in shape, and it also helps with my attitude," said Hollis, who works out at least five times a week.

"You set goals for physical training just like you would in your life. It's reciprocal and it goes hand in hand."

CSADD's mission is to provide military members of all branches with the best prevention and intervention tools possible to deal with the issues of drinking, reckless driving and other destructive decisions, while maintaining good order and discipline.

"CSADD is about peer to peer mentorship," said Culinary Specialist 1st

Class Michael Downey. "We are trying to promote right decisions. Don't text and drive, don't drink and drive, some of the same old stuff we used to hear, but maybe if it's coming from your peers, you might think about it a little more."

CSADD began in 2008 when Rear Adm. Mark Boensel and Fleet Master Chief (AW/SW/SCW) Scott Benning, while assigned at Navy Region Mid-Atlantic, wanted to create an organization similar to MADD

(Mothers Against Drunk Driving).

The concept evolved as it addressed the basic decision-making process in many areas affecting Sailors on and off duty. With strong support from the Chief of Naval Personnel Vice Adm. Mark Ferguson, CSADD became an official Navy peer mentoring program in June 2010.

For more information about the CNRH/CNSG MIDPAC CSADD chapter, contact McDade at 473-3971.

## Hawaii Legislature recognizes CNRH employee for community service

Story and photo by  
MC2 (SW) Mark Logico

Navy Region Hawaii Public  
Affairs

A Department of Defense employee at Commander Navy Region Hawaii (CNRH) received recognition for his community service from the Hawaii House of Representatives at the State Capitol on Feb. 4.

Stanford Yuen, CNRH special assistant for intergovernmental affairs, was recognized with a plaque of appreciation that was presented by Rep. Rida Cabanilla and Rep. Corrine Ching during a regular session of the House.

"Stanford Yuen has received many awards for his accomplishments, dedication and leadership and has contributed his time, efforts and leadership and expertise as a volunteer in numerous community activities," Cabanilla

said during her remarks on the House floor. "The extensive training, assignments and education undertaken and achieved by Yuen improved military engineering, governmental relations and business affairs vital to our nation's defense."

Yuen began his federal career in 1975 as a mechanical engineer at what was then Hickam Air Force Base. He joined CNRH as a facilities engineer in 1993. In 2000, he became a special assistant to the admiral.

Today Yuen works closely with Navy leadership, Hawaii government officials and local businesses.

"I deal with the community," Yuen said. "A lot of time, the work involves relationships, making sure they understand the Navy and what we are doing and how the Navy benefits the state."

Yuen, who resides in Honolulu, is a member of the



Chinatown neighborhood board and is involved in the city master planning efforts. He has held positions in more than a dozen community organizations in Chinatown.

Yuen said that it is a very gratifying feeling to be recognized by the state legislature, but stressed that he is only the tip of the iceberg.

"It's an accumulation of teamwork and a lot of people who have been involved with the project that I have been involved," Yuen said. "This recognition represents their efforts also."

Stanford Yuen (center), the intergovernmental affairs special assistant to Commander Navy Region Hawaii, stands with Commander Navy Region Hawaii Rear Adm. Dixon Smith and his wife, Kiki, after Yuen received recognition by the Hawaii's House of Representatives.

## USS Crommelin wins Battle 'E' award

Ensign Tyler Sharp

USS Crommelin (FFG 37) Public  
Affairs Officer

USS Crommelin (FFG 37) was named the Desron 31 2010 Battle Efficiency, Battle "E" award winner by Commander, Naval Surface Forces (SURFOR) on Feb. 9.

SURFOR presents the award based on immediate superior in command (ISIC) selection from among the ships in a squadron or group, using demonstrated sustained superior performance, operational effectiveness and continuous readiness as the deciding factor in selecting a ship for the Battle "E" Award.

The ship that consistently performs in a highly effective manner in all warfare areas will typically be competitive for the award of the Battle "E." The Battle "E" award is not a qualification award or an award for mere excellence - it is awarded to the best ship in the organization. ISICs consider the entire range of a ship's operations, both inport and underway, in selecting a Battle "E" winner.

"I am extremely proud of this team of Crommelin 'Indestructibles,'" said Cmdr. Joseph M. Keenan Jr., commanding officer of Crommelin. "They worked very hard all year to be the very best they could be. There are so many great ships in DESRON 31 and we all help each other succeed," he said.



U.S. Navy photo by MC2 Mark Logico

The guided-missile frigate USS Crommelin (FFG 37) arrives at Joint Base Pearl Harbor-Hickam after a five-month deployment to the western Pacific.

To earn the award, Crommelin maintained superior performance in the categories of maritime warfare, engineering and survivability, logistics management, and safety and efficiency excellence.

Commissioned June 13, 1983, Crommelin was first awarded the Battle "E" in 1986. This year's award is Crommelin's fifth Battle "E," the first in seven years, and the first since being assigned to the Naval Reserve Forces (NRF) in 2003.

The Navy Battle Efficiency Ribbon was established July 1, 1974 by then-Secretary of the Navy J. William Middendorf to recognize ships and aviation

squadrons who are the best in the fleet in all areas of battle readiness.

"We are truly honored to have won this award," said Fire Control Chief (SW) William D. Ball. "I am proud to be part of such a dedicated crew."

During 2010, Crommelin participated in many events. Noteworthy among Crommelin's many accomplishments was the four-and-a-half month deployment to Southeast Asia supporting Commander, U.S. 7th Fleet (C7F) operations.

"The crew worked very hard all year to prepare for this deployment and their collective performance has been nothing short of outstanding," Keenan said. "Exercise Valiant Shield, real world operations and participation in Combined Afloat Readiness and Training (CARAT) were some highlights."

Having the distinction and honor to wear the Battle "E" brings pride to the crew. The operational success of 2010 culminates with this award and drives home the importance of teamwork.

"What a great way to be recognized for our hard work," said Electricians Mate 2nd Class Matthew I. Benton. "Pearl Harbor is full of great ships, so this is a really special award for us."

Crommelin began 2011 in a 93-day selected restricted availability for equipment modifications and restoration.

## Hajiro honored for service and dedication

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Private Hajiro initiated an attack up the slope of a hill referred to as "Suicide Hill" by running forward approximately 100 yards under fire. He then advanced ahead of his comrades about 10 yards, drawing fire and spotting camouflaged machine gun nests. He fearlessly met fire with fire and single-handedly destroyed two machine gun nests and killed two enemy snipers. As a result of Private Hajiro's heroic actions, the attack was successful. Private Hajiro's extraordinary heroism and devotion to duty are in keep-

ing with the highest traditions of military service and reflect great credit upon him, his unit, and the United States Army."

After the war, Hajiro worked in security, first at the Navy's Pearl Harbor Naval Shipyard and then at Honolulu International Airport.

In 2006, he and other members of the 442nd were honored with the dedication of an Air Force C-17 delivered to Hickam, "Spirit of Go for Broke." For more information about Barney Hajiro and the 442nd, visit the Go For Broke National Education Center, www.goforbroke.org.

## USS Oklahoma City visits JBPHH

Continued from A-1

well-deserved rest and relaxation while visiting Hawaii."

The crew of approximately 130 personnel will have the opportunity to enjoy the sights, sounds and culture of Hawaii during their stay.

Oklahoma City will replace USS City of Corpus Christi (SSN 705), maintaining three submarines forward-deployed to Guam. Forward-deployed submarines are readily capable of meeting global operational requirements. Guam's strategic location enhances military force flexibility. Its location allows freedom of action, regional engagement, crisis response and deterrence while helping to fulfill commitments to U.S. allies

and partners to protect our nation's security.

Rear Adm. Frank Caldwell, commander of Submarine Forces, U.S. Pacific Fleet, welcomed the submarine to Hawaii and to the Pacific.

"You will be joining a Pacific submarine force with a rich heritage and a tradition of excellence," Caldwell said. "For the better part of a century, the submarine force of the Pacific has led the way in tactical and technical innovation. I know that you and your men will carry on that legacy of greatness."

Oklahoma City is the second ship to be named after Oklahoma City, Okla. She was launched Nov. 2, 1985 and commissioned July 9, 1988.



**AIRMAN 1ST CLASS  
DALLAS LEVI CHRISTIAN**

**Warrior of the Week helps with emergency management**

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

Airman 1st Class Dallas Levi Christian, 647th Civil Engineer Squadron Emergency Management Apprentice, is this week's Warrior of the Week from Joint Base Pearl Harbor-Hickam, Hawaii (JBPHH). As an emergency management apprentice, his job is to train up to 300 personnel each month in chemical, biological, radiological and nuclear (CBRN) survival skills.

"I am also a hazardous

materials technician certified (level three) responder," Christian said. "We train a minimum of 16 hours a month."

He is helping to work on the JBPHH emergency management program.

"I enjoy serving my country and giving back to the people who call it home," said the Ringgold, Ga. native. "I also enjoy training personnel in CBRN to allow them to survive in possible deadly conditions for mission continuation."

He explained that his favorite part of the job is

HAZMAT response training because he can help keep people safe from harm.

"Airman Christian is a great asset to the emergency management flight and has quickly become a go-to Airmen," said his supervisor, Staff Sgt. Amanda Leal, NCO in charge of the emergency management programs here. "He always exhibits a great attitude and is always eager to learn. His potential is unyielding, and I expect nothing but positive outcomes in his Air Force career."



*Diverse Views*



**Who do you think was the most outstanding president of the United States and why?**

**George Galasinao**  
Protocol Specialist, HQ PACAF

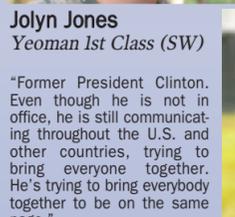


"John F. Kennedy is my choice because of how he handled the crisis during that era, and because of his speech, "Ask not what your country can do for you - ask what you can do for your country."



**Staff Sgt. Holly Graham**  
15th OSS Joint Base Pearl Harbor-Hickam

"Ronald Reagan embodied the image of America and what a president should be."



**Jolyn Jones**  
Yeoman 1st Class (SW)

"Former President Clinton. Even though he is not in office, he is still communicating throughout the U.S. and other countries, trying to bring everyone together. He's trying to bring everybody together to be on the same page."



**Jeffrey Brister**  
Information Systems Technician 2nd Class (SW)

"I pick Franklin D. Roosevelt because of how he handled the United States during the Great Depression and because of how he handled our situation with WWII."



**Craig Holiday**  
Operations Specialist 3rd Class

"I would have to say my favorite president is George Washington. George Washington was the first president under the United States Constitution. I believe George Washington had great character, because he knew since he was the first president he had to set a precedent for the future presidents, he made decisions smartly and correctly."

(Provided by David D. Underwood Jr. and MC2 Mark Logico)

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

*Shipmates gather on board the USS Bushnell*



Photo courtesy of the Naval History & Heritage Command

Mess attendants stand together for a photo on board the USS Bushnell (submarine tender No. 2) during World War I. Among its assignments, the ship traveled to Bantry Bay, Ireland with "L" type submarines alongside. It also hoisted USS L-2 in Irish waters in World War I.

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PEARL HARBOR - HICKAM NEWS

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# Arcadian forces 'attack' during Cobra Gold exercise

1st Lt. Jason Smith

15th Wing Public Affairs

CHIANG MAI, Thailand -- Military planners from more than 24 nations are gathered together in Thailand, making a plan to deal with aggressive Arcadian military forces that took over a portion of neighboring Khuistan and Free Mojave on the sub-continent of Pacifica.

The countries, timeline and scenario of the Arcadia situation are made believe, but this staff exercise, part of Cobra Gold 2011 (CG 2011), is as real as the 200-plus people working on just this portion of the overall event.

Participants in this STAFFEX are planning a future operational exercise. The plan they develop over the next two weeks will be the plan used when a new group of people congregate to respond to the Arcadia situation.

The countries involved now are pretending it is November 2011, and they are writing a plan to implement on a subcontinent in the Pacific Ocean. The fictional continent is an exact geographical match of a cutout area of North America.

"We're not going there to fight a war with Arcadia," said Thai Army Col. Suriya Eamsuro, STAFFEX lead planner.



Participants in the staff exercise portion of Cobra Gold 2011 are planning a future operational exercise. The plan they develop over the next two weeks will be used in an upcoming exercise when a new group of people congregate to respond to the Arcadia situation in the scenario. The countries involved now are pretending it is November 2011, and they are writing a plan to implement on a fictional subcontinent in the Pacific Ocean.

"The plan shouldn't be to take people and weapons out, but to deploy forces and use information operations to help Arcadia to think what they did wasn't right, and we shouldn't have to fight at all."

The 25-year Thai Army veteran said he is honored that Thailand is the lead nation for Cobra Gold, but he worries some of the benefits of the training will be

lost in translation.

"It takes time to understand what is written and said in English," said Eamsuro. "I worry it will affect the STAFFEX mission. Misunderstandings can be minor to major, just like what happens in a real operation."

U.S. Marine Corps Maj. Vince Koopmann, coalition lead planner for Cobra Gold and III Marine

Expeditionary Force Future Operations planner stationed in Okinawa, Japan, said building partnerships is more important than the final product produced at the STAFFEX.

"The fact that we come from varying services, backgrounds and unique experiences should not be viewed as an impediment to our success, but melded to leverage the collective

expertise of our cohesive multinational force team," Koopman said. "The most important aspect of CG 2011 isn't the products we produce, but the relationships we build between our multinational partners."

U.S. Air Force Lt. Col. Adrian Kinimaka, STAFFEX Air Force Forces, said this is his first Cobra Gold, and he is still learning from other mem-

bers of his section who have been to this exercise in years past.

"At this level, what I've seen is willingness to learn from each other," said the 109th Air Operations Group officer who is stationed at Joint Base Pearl Harbor-Hickam, Hawaii. "The United States has a lot to offer. Our partners are receptive and are taking initiative to work with us in certain key areas."

The outcome of the Arcadia situation won't be known until the scenario is implemented sometime in the future. Eamsuro said he is sure the nations gathered will develop a plan that will eventually bring peace and stability to entire Pacifica region. Friendships built now will also pay big dividends if the nations involved every have to respond to a real crisis.

CG 2011 is the 30th time multinational forces have gathered in Thailand for this exercise. The annual Thai and United States co-sponsored joint and multinational event includes Thailand, the United States, Indonesia, Japan, Korea, Malaysia and Singapore as participating nations. In addition, representatives from 18 multi-national planning augmentation team nations and observer nations include Cambodia, China, Italy, Russia and South Africa.

## Centennial of Naval Aviation P-3C arrives at Marine Corps Base Hawaii

COMPATRECONWING Two Public Affairs Officer

The year 2011 marks the 100th year of naval aviation. The Navy is celebrating by covering a variety of naval aviation activities, including aircraft, people, ships, innovations and significant events. Marine Corps Base Hawaii's current celebration of 100 years of naval aviation comes with the arrival of a P-3C Orion airplane that has received a vintage paint scheme.

In commemoration of the Centennial of Naval

Aviation (CoNA), painters have applied vintage paint schemes covering several eras of naval aviation to selected aircraft not scheduled for deployment. CoNA celebrates the accomplishments of Navy, Marine Corps and Coast Guard aviators, past and present.

The newly arrived P-3C Orion airplane is assigned to Patrol Squadron (VP) 9 attached to Marine Corps Base Hawaii, Kaneohe Bay, which has chosen to honor the VP-6 "Blue Sharks" by

using the decommissioned squadron's insignia. The plane has

a unique paint scheme used on large patrol aircraft from 1957 to 1963.

The scheme consisted of a seaplane gray bottom and an insignia white top. This scheme was used on the P5M Marlin,

the P2V Neptune aircraft and it was also used on the P-3A for a short time before the adoption of the tactical paint scheme that is currently used on the P-3C aircraft.

VP-6 originally stood up as Bombing Squadron (VB) 146 and in 1958, it became the

third squadron to be called VP-6. The squadron was dis-established in 1993 as Naval Air Station Barbers Point was closed.

More information on the CoNA celebration can be found at <http://www.public.navy.mil/airfor/centennial/pages/>



"The types of war we plan to fight must fit the kind of peace we want." -- Adm. Arthur Radford, CINCPAC, 1949

## CoNA, air power and 'Revolt of the Admirals - Fight for Naval Aviation'

Review by Bill Doughty

Navy Region Hawaii Public Affairs

The Centennial of Naval Aviation (CoNA) celebration throughout 2011 might not have been possible without a series of events chronicled in *Revolt of the Admirals -- the Fight for Naval Aviation, 1945-1950* by historian Jeffrey G. Barlow.

Barlow gives a well-documented, you-are-there look at the struggle to define "air power" at the end of WWII, showcasing fundamental questions in a turbulent period in history:

- Should our nation rely only on strategic bombing and atomic weapons, or should we have an agile, balanced and arguably more moral approach to defense?
- Should there be a "unifi-

cation" of the services and loss of naval specialties; or should we protect executive civilian control of the military and a commitment to air-sea power?

Barlow shows the raw courage of leaders, now legends, like then-Capt. Arleigh Burke; Admirals Arthur Radford, Raymond Spruance and Thomas Kinkaid; former Marine Commandant Gen. Alexander Vandegrift; Fleet Admirals William Halsey, Ernest King and Chester Nimitz; and others.

Nimitz shared his view in his valedictory on "The Future Employment of Naval Forces," delivered on Dec. 15, 1947 when he retired as Chief of Naval Operations:

"If we are to project our power against vital areas of an enemy across the ocean before beachheads on enemy territory are

captured, it must be air-sea power." -- Fleet Adm. Chester Nimitz, CNO, 1947

Nimitz knew from his experience in the Pacific that the Navy's strength was its capability to fight not just on the ocean but under and over, as well.

At the start of WWII, aircraft carriers had moved from being the "eyes" to becoming known as the "fists of the fleet," says Barlow, who shows how the Navy proved the capability of naval aviation in the 1940s.

"During the final years of the war, the carriers of the Fast Carrier Task Force piled up an enviable record of successes against Japanese land-based air power as its aircraft hammered away at enemy shore targets, including those in the Japanese home islands. From 1 September 1944 to 15

August 1945 alone U.S. Navy F6F and F4U fighters destroyed 2,948 Japanese fighters (1,882 of them first-line Zeke [Zero] or other advanced model aircraft) in combat at a cost of only 191 American planes."

Naval aviation, though, was still a relatively fledgling force six decades ago, threatened by competing interests, agendas and budgets.

While some politicians and others favored only strategic bombing of civilian populations, top Navy leaders championed a more nuanced approach to warfare.

Speaking against a strategy of indiscriminate destruction targeting civilian populations, Commander in Chief, Pacific (CINCPAC) Adm. Arthur Radford testified in 1949 at the House Armed Services

Committee's Unification and Strategy Hearings under Chairman Carl Vinson (D-GA):

"The types of war we plan to fight must fit the kind of peace we want. We cannot look to the military victory alone, with no thought to the solution of the staggering problem that would be generated by the death and destruction of an atom blitz."

Today, the Navy-Marine Corps team offers a wide array of air capabilities, contributing to various aspects of the nation's maritime strategy: forward presence, deterrence, sea control, power projection, maritime security, and humanitarian assistance and disaster response.

Some other insights in *Revolt of the Admirals*:

- President Truman's role in saving the career of Arleigh Burke (with the

help of his aide Rear Adm. Robert L. Dennison).

- The need for strong, honest public relations.
- The advantage of courage and honor over timidity and expediency.

A moral of this book: True loyalty and integrity means doing what's right, no matter what.

*Revolt of the Admirals* is on the Navy's Professional Reading Program's supplemental list of recommended books under "management and strategic planning." It's a must-read for anyone interested in exploring the history of air-sea power during this Centennial of Naval Aviation.

(Bill Doughty reads and reviews books on weekends in support of the Navy Professional Reading Program. His "Navy Reads" blog is available at <http://navyreads.blogspot.com>.)

# Pearl Harbor-Hickam *Highlights*



U.S. Navy photo by Pearl Harbor Naval Shipyard  
Engineman 2nd Class Carlos Zavalazan individual augmentee from Pearl Harbor Naval Shipyard, is greeted by his daughter upon his return to Hawaii after a year-long deployment to Afghanistan.



Photo by Lance Cpl. Tyler Main  
A Marine tries on his ghillie suit during stalking training conducted at a remote training area near inactive ships at Joint Base Pearl Harbor - Hickam. The snipers are students of scout sniper school, School of Infantry — West, Detachment Hawaii. *Story on page A7.*



U.S. Navy photo by MC2 Justin E. Stumberg  
(Above) Aviation Warfare Systems Operator 1st Class Andrew Gill, assigned to Fleet Logistics Support Squadron (VR) 51, from Kaneohe Bay, Hawaii, watches the sunset from a Gulfstream C-20G during a flight from Victoria, Seychelles. VR-51 is assigned to Commander, Task Force 53 supporting combat logistics missions and maritime security operations in the U.S. 5th Fleet area of responsibility.

U.S. Navy photo by MC2 Mark Logico  
(Left) Senior Chief Sonar Technician (Surface) Ben Pierson participates in the Coalition of Sailors Against Destructive Decisions (CSADD) 1.5 mile fun run. The CSADD program encourages Sailors in the age group 18 to 25 to be a positive influence among their peers. *Story on page A2.*



U.S. Navy photo by MC2 Chris Okula  
(Left) Navy Diver 1st Class Colin Johnston, assigned to Mobile Diving and Salvage Unit (MDSU) One, completes a 50-foot training dive aboard the Military Sealift Command rescue and salvage ship USNS Salvor (T-ARS 52), at Naval Air Station North Island. MDSU-1 is undergoing an intensive training period in preparation for an upcoming deployment to the U.S. 7th Fleet area of responsibility.

# LT. DAN BAND RETURNS TO MCB HAWAII WITH TOOLS TO DISTRESS



**Lance Cpl. Reece Lodder**

*Hawaii Marine*

Illuminating hangar 103 with equal doses of energy, hits and charisma, Gary Sinise and the Lt. Dan Band returned to Marine Corps Base Hawaii for a United Service Organizations-sponsored concert on Feb. 11.

Shielded inside the hangar bay from persistent showers, the band played its fourth concert in five years for Hawaii Marines, Sailors and their families. While their mission to entertain remained unchanged from past performances, this visit focused on a new purpose — advocating the Marine Corps' new DSTRESS Line.

Advertised as "a place to call for those with the courage to answer our nation's call," DSTRESS offers regular, reserve, veteran and Marine retirees and their families an anonymous call center staffed by Marine veterans, former Fleet Marine Force corpsmen, and licensed behavioral health counselors trained in Marine Corps culture and ethos.

"Pride and stigmas that surround asking for help prevent a lot of Marines from coming forward," said retired Col. Jay Vargas, a Medal of Honor recipient and Vietnam War veteran. "If you've got a problem, you need to come forward and seek help."

Vargas and retired Army Maj. Drew Dix, a fellow Medal of Honor recipient, joined Sinise on stage before the concert to tell the audience about DSTRESS, which offers help in coping with both

post-deployment stressors and those of everyday military life.

Sinise said, "The critical element is having Marines on the other line to talk to" because they are able to understand the situations callers are faced with.

"We wanted to bring to attention to the people here tonight that there are avenues to turn to in order to get help," Sinise said. "We're asking a whole lot of our service members, and we have to fill in the gaps where there are cracks and get people help."

Hailing from a military family, Sinise has been active in supporting the USO since 2003. He is known for his roles as Army 2nd Lt. Dan Taylor in the 1994 Academy Award-winning movie "Forrest Gump," and Detective Mac Taylor in the TV show "Crime Scene Investigation: New York."

"Performing and doing shows is my way of giving back," Sinise said. "It's important to show that somebody like me is out here to support our troops."

Wielding an electric bass guitar, Sinise joined his 12-person cover band to open the concert with Earth, Wind and Fire's funky, late 1970s hit, "September." Following with Labelle's "Lady Marmalade," Sinise led a crowd of young and old ladies onto the stage, dropping to his knees and playing the tune as 3-year-old Elle Davis smiled and danced next to him.

After playing more favorites like Lynyrd Skynyrd's "Sweet Home Alabama," the band stopped playing and the buzzing crowd grew quiet. Resting his hands on top of his guitar, Sinise moved up

to the microphone and thanked the Marines, Sailors and their families for their service and sacrifices.

"We appreciate what you guys do for us," Sinise said. "You are in the fight and putting your lives on the line for our country — the least I can do as somebody in the spotlight is to make sure your sacrifice is not forgotten."

Asking the audience to sing the words with them, the band concluded the concert with the patriotic Lee Greenwood song, "God Bless the USA."

Departing Hawaii, Sinise and the Lt. Dan Band will continue to advocate the DSTRESS Line during free concerts at Marine Corps installations in Arizona and California. Heroes of past wars like Vargas and Dix will join them and continue to

spread the word. "The operations tempo of today is so heavy," Vargas said. "We're here to help you all relieve stress."

Even though military life can be a tough road, Vargas said, stress and suicides can be prevented by leaders taking care of

their troops, setting the example, and providing them tools like the DSTRESS Line.

"The DSTRESS Line is working, and it's not just enlisted Marines calling — it's officers, too," Vargas said.

In December of last year alone, the call center

received 387 calls from service members and spouses seeking assistance.

"We just want you to know it's ok to come forward if you need help," Vargas said. "If I could save one Marine's life by advocating the DSTRESS Line, I'd be the happiest man in the world."

Photos by Lance Cpl. Reece Lodder

## Band member of Lt. Dan Band has Hawaii ties

Information courtesy of Lt. Dan Band website

James Kimo Williams, a band member with the Lt. Dan Band that performed at Marine Corps Base Hawaii, Kaneohe and Schofield Barracks last weekend, has Hawaii ties.

He was born in 1950 in Amityville, N.Y. and spent much of his childhood at various Air Force bases and on his grandparents' sharecropper farm in North Carolina, where he picked tobacco, plowed fields and tended livestock on their rural farm.

In 1968, he moved to Hawaii to join his father (a career Air Force sergeant) and attended Leilehua High School. He always had a guitar with him (though he did not play it well) and played his favorite songs in the school hallways. He also took up sports, was an all-star

football player with a scholarship invitation from Arizona State and set the triple-jump record on the school track team.

The night before enlisting in the U.S. Army on July 4, 1969, he attended his first major music concert: Jimi Hendrix playing at the Waikiki Bowl. He was so inspired by this concert and the music of Jimi Hendrix that he dedicated himself to music and playing guitar.

After basic training, he was sent to Vietnam (the day after his 20th birthday), where he served with the 25th Combat Engineer Battalion in Lai Khe, building roads and clearing land in the jungle. An Army entertainment service director heard him playing guitar at one of the service clubs, and suggested that he form a band to perform for troops in the field. For two months, Kimo and his band, "The Soul Coordinators," traveled to remote areas throughout South Vietnam, setting up their drums and amplifiers in jungle mud,

often with their music competing with artillery fire.

He and his band performed in hospital corridors, in dayrooms, at officer club picnics and anywhere that would make a difference in the lives of those who were serving. Kimo received a special award directly from Gen. Creighton Abrams for his service to the morale and well-being of Soldiers fighting in Vietnam. After leaving Vietnam in November 1970, Kimo returned to Hawaii, and began playing music with several local rock bands.

In 1972, he left Hawaii (he adopted the Hawaiian name for Jim (Kimo) to keep his ties to his home) and, using his GI Bill, he applied to and was accepted to the Berklee College of Music in Boston. After graduating in 1976 with a Bachelor of Arts in composition, he spent a year teaching at Berklee.

In 1976, he met his music partner and future wife Carol, a fellow Berklee student.

Kimo and Carol married in 1978 and together joined the Army Band program, spending a year with the 9th Infantry Division Band at Ft. Lewis, Wash. Kimo went on to attend Officer Candidate School and was commissioned a second lieutenant in 1980.

In 1987, Kimo resigned from the active duty Army as a captain to pursue music full time. He taught at Sherwood Conservatory of Music in Chicago, and in the music department at Columbia College Chicago.

He completed his military service in the Army Reserves by becoming the bandmaster for the 85th Division Army Reserve Band, and retired from the Army Reserves as a chief warrant officer in 1996.

Kimo's most current project is "Lt. Dan Band," a classic-rock group he founded in 2003 with Gary Sinise, and which continues to perform for USO shows throughout the world.

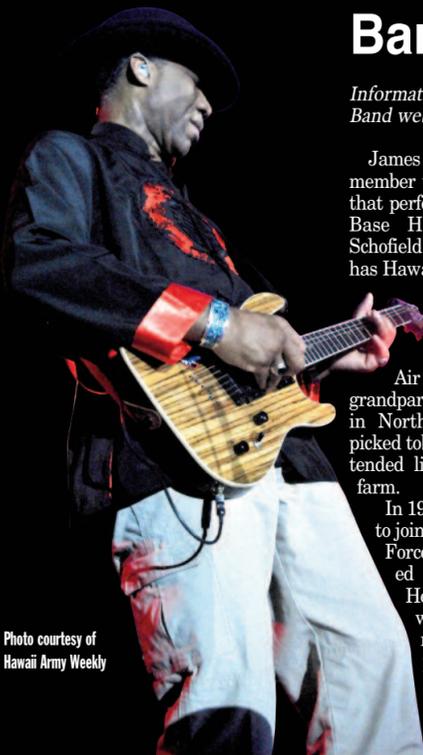


Photo courtesy of Hawaii Army Weekly

## Marines and Navy SEALs participate in sniper scout training at JBPHH

Lance Cpl. Tyler Main

Hawaii Marine

Dew from shoulder-high grass and sweat soaked the uniforms of Marine and Navy SEAL (sea, air, land) scout sniper students as they stalked through humid foliage at a training area near the inactive ships area of Joint Base Pearl Harbor-Hickam on Feb. 9.

This was their first test in stalking human prey since starting the nine-week scout sniper school at School of Infantry — West, Detachment Hawaii.

"This will teach them camouflage and sniper moving techniques," said Staff Sgt. Joseph Sicard, chief scout sniper instructor for the school. "The students are learning to move up to a final firing position, undetected, by blending in with their surroundings."

The students' surroundings were a sea of tall and dense grass, dotted with trees that concealed numerous holes, ditches and muddy slopes.

These stalking and concealment techniques aren't just limited to this terrain.

"The camouflage techniques that they use here stalking, they can use in all environment because the same principles apply anywhere," Sicard said.

The snipers' objective was to use these techniques to get within 300 yards of two observers stationed on a flat bed truck with binoculars and tripods. The observers tried to spot the shooters before they could move from their start point, about a half-mile away, to their final shooting position.



Photo by Lance Cpl. Tyler Main

Scout sniper school instructors at School of Infantry — West, Detachment Hawaii, try to catch sniper students moving into their final firing position on Feb. 9 at a stalking training event in a remote training area near an inactive shipyard at Joint Base Pearl Harbor - Hickam.

If an observer noticed excessive movement, he would radio to an instructor in the field the word "freeze." This notified all snipers that the observers may have found one of them. The observer had three chances to guide an observer to where he thought the shooter might be. If he failed, the observers radioed back "free to move" and the snipers could continue to close on their target.

If a sniper could fire one shot undetected, they received a passing score of 70. But after a shot, the observer would get another chance to find the shooter. If the observer failed to find his would-be killer the second time, the shooter got a perfect score.

Lance Cpl. Terry Rydberg, Scout Sniper Platoon, 1st Battalion, 3rd Marine Regiment, was the first shooter to fire and finished the stalk with a perfect score.

"I just found a great position inside of a ditch with good shading, making it hard for the observers to see me," he said. "I sighted in, but it

took me about 30 minutes to [see past] the brush. Then I took my shot."

Some students didn't do as well.

Snipers detected before or while in their final firing position didn't get a passing score and had to bear crawl from their position to the safety vehicle next to the observers. Passing shooters were allowed to run to the vehicle.

"This is their first stalk, so everything we're seeing now is typical of the first day," said Sgt. Brandon Standridge, a scout sniper instructor for the School of Infantry West, Detachment Hawaii.

"They'll learn more and do better as they finish more stalks," he said.

To pass second phase, a student must have at least two perfect scores and have an average score of 70 by the end of the phase.

After stalks, the students move on to their third and final phase, which focuses on communicating with radios during missions, making hides (long-term concealment positions) and patrolling.

## Reuben James conducts fisheries patrol



U.S. Navy photo by MC2 Mark Logico

Sailors assigned to the guided-missile frigate USS Reuben James (FFG 57) man the rails as the ship departs for deployment on Feb. 1.

Ensign Ben Dalton

USS Reuben James (FFG 57) Public Affairs

USS REUBEN JAMES, Pacific Ocean (NNS) — The guided-missile frigate USS Reuben James (FFG 57), homeported at Joint Base Pearl Harbor-Hickam, conducted a fisheries patrol in the exclusive economic zones (EEZ) of various Pacific Island nations Feb. 1-14, during transit from Pearl Harbor, Hawaii through the central and western Pacific Ocean.

The patrol focused on detecting and reporting illegal, unregulated and unreported (IUU) fishing throughout the area, in both the EEZs of the island nations across the Pacific

and on the high seas. Working with an embarked U.S. Coast Guard liaison during the patrol, Reuben James coordinated patrol with the U.S. Coast Guard District 14 headquarters based in Honolulu.

Coast Guard Lt. Max Seda, aboard Reuben James throughout the patrol, coordinated and received regular updates from Coast Guard District 14.

"This is the third patrol in just over a year Reuben James has participated in, and the crew was very motivated and ready to thwart any IUU fishing," Seda said. "This is a great example of two sea-going services leveraging authorities and capabilities to expand our ability to conduct effective

surveillance to protect the fishery resources."

Embarked Helicopter Anti-Submarine Squadron Light (HSL) 37 Easy Riders with its SH-60B helicopters enhanced the mission, enabling Reuben James to patrol a broader area than what would have otherwise been possible.

These types of patrols are part of an ongoing partnership between the Navy and the U.S. Coast Guard. USS Crommelin (FFG 37) conducted a similar patrol during its 2010 western Pacific deployment. Effectively enforcing fishing regulations across the western Pacific is enhanced with coordination among the Pacific Island nations, the U.S. Coast Guard and the U.S. Navy.

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# 48 APS service member rides waves of success

Story and photo by Staff Sgt. Erin Smith

624th Regional Support Group Public Affairs

Her first surfboard was more of an opportunity than a gift - a hand-me-down from, as she puts it, "an old dude." The board was scarred with use.

"The board had holes and pockmarks from the surfer's own adventures," Master Sgt. Dee Marques said, recalling the story.

Marques, an air transportation craftsman in the 48th Aerial Port Squadron, then 15 years old, saw the board as an exciting project. She worked at a local surf store and saved her money to fix the dings and cover the holes in the board. The joy she got from riding her beat-up board inspired her to get another.

"Back then, we used to collect empty glass bottles, mow lawns, rake leaves, wash cars and save up," she said. "After doing that for two years, I bought my first board. I was 18."

Just a few years later, in 1988, she enlisted in the Air Force Reserve. Surfing, like the Air Force, has helped to guide and shape her life.

Marques finds surfing to be not only a great upper body workout but also a mental workout and way to relax after a day in the office. She uses surfing as a means of fitness as well as relaxation. "Surfing is about laughing at yourself when wiping out on a wave," she said. "It's when you have a stressful day at work and you think about surfing to get away, no phone calls, peacefulness and waiting with friends at the line up to catch a wave."

She even finds ways to use her military training to



Master Sgt. Diane (Dee) Marques, air transportation craftsman for 48th Aerial Port Squadron, sits on the beach with her surfboard and the trophies she has earned over the years.

better herself or help her friends while surfing.

"I strive for that perfect ride on any waves and think about how I can better myself after each wave ride," she said. "I have the passion to surf and with my military background, I educate, motivate and become the wingman out in the water, too."

As a wingman, she has used her self aid and buddy care (SABC) training to help fellow surfers with injuries ranging from head

to leg lacerations, and even once saved a drowning surfer.

"I've assisted in saving a surfer from drowning," she said. "When I noticed a surfer wipe out on a wave and struggle to keep her head above water, I caught the next wave to get to the surfer and discovered she had dislocated her shoulder. With my SABC instructor skills training and life-guard training, I got her safely to shore and kept her shoulder stable with my

own T-shirt, ripping it up in strips to create a bandage and sling," Marques explained.

She helped transport the injured surfer to the emergency room where the victim was treated by medical staff. This was just one of three surfers she has taken to the emergency room, but her compassion doesn't stop there.

"I've also administered first aid to nasty injuries, such like head and leg lacerations, sustained by con-

tact from the skeg, or the fin from the person's own surfboard," she said. "One surfer got to stay overnight at my home so that I could observe her after her head injury, with 20 internal stitches and staples to her head. Today, she is alive and well and still surfing."

Marques has been in many surf competitions over the years through her involvement with the Hawaii Military Surfing Association, helping promote the sport. She got her start though after being tricked into her first competition.

"I can count 15 military competitions and eight local events," she said. "My first ever competition was in Haleiwa, when a friend of mine invited me to watch him compete in the contest. I did and was surprised to hear my name called in the women's division. I thought, 'wow, someone has the same name as me and they are going to surf in the next half hour. I've got to check this out.'"

Then, the light came on.

"Duh," she said. "My friend had sneaked a beach entry in and got me a position in the upcoming women's heat. I managed to get into the finals and I wiped out bad, trying to avoid the reef that was protruding from the water on this low tide. I lost my board and it went flopping with the wave to the beach. My next contest was 10 years later," she explained.

The O'ahu, Hawaii native has been surfing on and off over the years and continues to surf competitively today and has placed in all her surfing contests in the past 10 years.

"I will compete as long as I get invited, or [until I am] not able to stand against my younger competitors,"

she said. "At my age there are not too many who compete, so I am combined with other younger contestants to surf with, as young as 18 years. I feel awkward, but that's how the women's contest world is."

Chances are, she has helped mentor and train the junior competitors.

"I've instructed many kids and adults with beginning swimming classes, as well as educating folks on water safety," she said. "Teaching folks how to surf is on going with me, lots of verbal instruction, surf tips and demonstration."

Surfing also affords her the opportunity to experience and carry on native Hawaiian tradition and the relaxation and personal growth it provides.

"When I arrived at the unit, she was the mobility manager," said Tech. Sgt. Jose Medina, 48th APS unit deployment manager. "She taught me what I know, and I went to her for guidance. Her knowledge was awesome and she never seemed stressed by constant changes. She is delightful to work with, and I've never seen her in the corner moping around. She is always so positive on life," Medina said.

Marques credits her positive attitude to her experiences on the water.

"Surfing makes me a better person, especially at work when this is my P.T. exercise before I clock in," she said. "I am relaxed in mind, body and spirit. I am motivated by an obstacle (like a huge, blown out wave ready to pound on me) and able to make a quick effective maneuver to get to safety. My military training taught me how to think first and then act upon; safety first."

## Force Recon Marines perform parachute training with SEALs, pararescuemen

Photo by Lance Cpl. Reece Lodder

Air Force pararescuemen from 103rd Rescue Squadron, 106th Rescue Wing, New York Air National Guard, and West Coast-based Navy SEALs leap from the ramp of an Air Force C-17 transport aircraft during free-fall parachute training over Marine Corps Base Hawaii on Jan. 21. The pararescuemen and SEALs parachuted from an Air Force C-17 transport aircraft over Marine Corps Base Hawaii to fulfill specialty-based sustainment training requirements. They were joined by Marines from 4th Force Reconnaissance Company, 4th Marine Division.



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## Joint Base Pearl Harbor-Hickam prepares for Military Saves campaign Feb. 22-25

Mark Blice-Baum

Warfighter and Family Services

Joint Base Pearl Harbor-Hickam will once again participate in this year's Military Saves campaign from Feb. 22-25 by providing special opportunities for service members and families to learn ways to save more of their hard-earned money.

Military Saves is a Department of Defense (DoD)-wide financial readiness campaign to persuade military and family members, as well as the wider military community, to reduce debt and save money, thereby ensuring personal financial readiness and positively impacting the nation's personal/household savings rates. To kick off the fifth year of the Military Saves campaign, the DoD will observe Military Saves

Week from Feb. 20-27. DoD conducts the Military Saves campaign in cooperation with the Consumer Federation of America, a financial readiness nonprofit, which runs the America Saves campaign nationwide. The campaign's slogan, "Start Small, Think Big," refers to the long-term benefits of saving even a little each month.

The Warfighter and Family Services (WFS) joint base team has a line up of workshops and fairs in support of the Military Saves Campaign. Stop by the financial resource fair at Pearl Harbor Navy Exchange (NEX) on Feb. 23, from 9 a.m. to 3 p.m., and on Feb. 24, from 9 a.m. to 3 p.m., at the Hickam BXtra. Representatives from installation financial institutions, along with WFS financial counselors will provide resources to help the military save.

Additionally, the following special financial classes will be offered: Financial Planning for Retirement (Feb. 22, 8 to 10 a.m.), Million Dollar Spouse (Feb. 23-24, 5 to 8 p.m.), Pre-Teen Money Management (Feb. 23, 3:30 to 5 p.m.), Car Buying (Feb. 24, 11 a.m. to 1 p.m.), and Kick Debt to the Curb (Feb. 25, 12:30 to 1:30 p.m.). Call 474-1999 or 449-0300 for reservations.

Part of the Military Saves campaign strategies include, the "saver pledge," a commitment to exercise good financial habits and encourage other Americans to do the same. Savers who enroll online receive electronic newsletters and e-Wealth Coach advice.

For more information on Military Saves and to sign up for the saver pledge, go to [www.military.org](http://www.military.org). and join Military Saves activities at JBPBH on Feb. 22-25.

## Be careful of exposure to leptospirosis bacteria

Brister Thomas

Contributing Writer

The Navy Environmental and Preventive Medicine Unit Six (NEPMU-6) recently circulated a safety message for military and their family members concerning leptospirosis.

The disease affects humans and animals and is most prevalent in tropical regions' fresh water areas.

"Leptospirosis is a rare and severe bacterial infection that occurs when people are exposed certain environments," according to the website for the U.S. National Library of Medicine, National Institutes of Health.

"Humans become infected most commonly during recreational activities such as swimming or wading in contaminated pools, rivers or lakes, but it can also be acquired through contact with contaminated food or soil, or drinking contaminated water," NEPMU-6 said.

Cmdr. Marshall Monteville, NEPMU-6 said, "People should understand and appreciate certain risks involved that go along with outdoor water activities."

The NEPMU-6 health message explains, "Infection with leptospirosis can cause a wide range of symptoms. While some experience none at all, others experience symptoms similar to the flu, with fever, headache, muscle aches, diarrhea, nausea and vomiting. Some individuals will also develop a rash following exposure, the message continues, these symptoms can last from a few days to three weeks or longer. Approximately 10 percent of people who are infected go on to develop severe disease. These patients often require hospitalization because of kidney damage, inflammation of the membrane surrounding the brain, liver failure or respiratory distress."

To reduce the risk of acquiring leptospirosis, Lt. Cmdr. Mickael Oras, the

preventive medicine officer from NEPMU-6, advised, "Avoid swimming or wading in water that might be contaminated with animal urine, and do not drink untreated water from a contaminated source." He also recommends that if exposure is suspected to immediately shower and to always wash hands before smoking or eating.

Leptospirosis can be treated with common antibiotics, and early treatment reduces the chances that severe symptoms will develop.

If exposure is suspected, NEPMU-6 recommends a visit to the nearest medical treatment facility.

Morale, Welfare and Recreation (MWR) is working with NEPMU-6 to publish risk pamphlets to accompany some of their associated tours.

Although the disease is not spread from person to person, and cannot be contracted in salt water, Hawaii reported 345 cases between 1998 and 2008.

## Inbound Nimitz Gate traffic affected by lane closures

Traffic inbound to Nimitz Gate will be affected by lane closures from now to March 18 from 7 a.m. to 3:30 p.m. while contractors install wiring

for new gate lighting and pass and ID upgrades.

One inbound lane will be closed at a time, and two lanes will remain available. Outbound lanes

will not be affected.

Drivers and pedestrians should approach the work area with caution and obey all warning signs and traffic guides.

## Health care classes empower and educate Tri-Care Prime subscribers

Brister Thomas

Contributing Writer

In an attempt to make health care more accessible and convenient, TRICARE Prime patients assigned to the 15th Medical Group and Makalapa Health Clinic are eligible to participate in a complimentary health care class.

This program, designed to educate participants about the treatment of common ailments, offers potential at-home health care solutions while also providing options for free over-the-counter medications from assigned medical pharmacies.

Referred to as the "Partners in Care Class" by the 15th Medical Group and "Self-Care Class" by Makalapa Health Clinic, the class is designed to empower the patient with information, resources and the added benefit of being able to procure certain over-the-counter medications as needed.

Lt. Col. Christine Pierce, the health care integrator from 15th Medical Group said, "These short classes will answer questions such as, 'What items should be kept in a home health-care kit?' And, 'How should a runny nose, fever, diarrhea, jellyfish sting or ankle injury be treated from home?'"

Information will be presented about self-care techniques for minor illnesses and injuries.

There will also be information on how and when to properly use over-the-counter medications.

There is a complimentary resource book and medication card that will be presented. The medication card allows the cardholder to receive select over-the-counter medications for allergies, fevers, congestion, diarrhea, cough, stomach issues, fungal and yeast infections. These medications can cost from \$4 to \$15 each at local stores or pharmacies.

The program provides participants with tools to

treat minor healthcare issues at home and save time and money.

"It has the additional impact of increasing clinic appointments availability for the more complicated medical needs requiring the attention of a provider. The class is highly recommended for all families and active duty members at all levels," Pierce said.

One of the instructors, registered nurse Laura Pladson, said, "Attendees consistently report what they appreciate most about the class is the practical medical advice and the card making over-the-counter medication available free from our pharmacy."

The Partners in Care and the Self-Care Class are available to all enrolled active duty, retirees, civilians and family members.

Mike Pierce recently took the class and said, "The instructor took time to answer lots of questions from the class. It was interactive and informative."

### 15th Medical Group Partners in Care Class

The 15th Medical Group on Hickam offers their Partners in Care class on the fourth Thursday of the month at 11:30 a.m. Special accommodations are available for groups of eight or more.

The next scheduled class is on Feb. 24.

This class is available to TRICARE Prime patients who are assigned to their medical clinic. Call Central Appointments for Hickam at 448-6000 for one of the monthly classes or call Laura Pladson at 449-2064 for a group class.

### Makalapa Clinic Self-Care Class

Makalapa Clinic offers the Self-Care Class on Fridays and from 10 to 10:30 a.m. Interested participants should call health promotions to schedule a class at 473-1880, Ext. 2282.

Visit

**HO'OKOLE** ONLINE

[www.hookelenews.com](http://www.hookelenews.com)

## KHON (FOX) TV 2 Hawaii Navy News upcoming segments

Feb. 24 – STEM: Pacific Aviation Museum  
March 3 – Pearl Harbor Naval Shipyard  
March 10 – Women in Naval Aviation  
March 17 – Individual augmentee recognition  
March 24 – PHNSY career fair  
March 31 – Energy

(The segments currently air between 6:15 and 6:45 a.m. each Thursday. Previous segments can be viewed at <http://www.bit.ly/KHONNavy>)

Got a story for KHON Hawaii Navy News? Email [editor@hookelenews.com](mailto:editor@hookelenews.com) or call Navy Region Hawaii Public Affairs at 473-2875. Stories must have a Navy tie and be of interest to the general public.



U.S. Air Force photo by 1st Lt. Jason Smith

Pipat Kangatitan, a security volunteer, and Thai Army 1st Sgt. Waranut Prasck stand guard on the sixth floor of a local hotel during Exercise Cobra Gold 2011.

## Thai security protecting joint U.S. forces

Continued from A-1

to the two guards, one professional soldier will often work with a volunteer. In addition to multiple guards on each floor, there is more support ready to respond if needed.

"We have help available from the local military police, and the local police are here to help, too," Prasck said. "Our supervisors will respond if anything happens also. We have sufficient people to handle anything."

Prasck said one of the hardest posts to work is the

front door of the hotel. Many of the Cobra Gold participants gather each day at the hotel to plan the exercise. Normal hotel customers are also in and out.

"The entrance is difficult," Prasck said. "You have to always be alert and very stately. You are concerned about security and also being professional with all of the people who enter the hotel."

U.S. Air Force Tech. Sgt. Laura Rains, a Cobra Gold participant stationed at Joint Base Pearl Harbor-Hickam, Hawaii, said she knows having Thai guards

at a location in Thailand makes sense.

"I feel safe," said Rains, 13th Air Force A1 functional area manager. "This is their environment. They know what's out of place. I don't."

Cobra Gold 2011 consists of a staff exercise, humanitarian assistance events and a field training exercise. The event is being held for Feb. 7-18 throughout Thailand. The Thai guards at the hotel are scheduled to stay in place as long as their multinational partners are still here.

## Beware of scam directed at Navy computer users

Don Robbins

Assistant Editor

Attention, Navy Region Hawaii/Joint Base Pearl Harbor-Hickam and Pacific Missile Range Facility information systems users. Some Navy computer users report receiving an e-mail telling them to change their common access card (CAC) personal identification number (PIN) to a 10-14 digit number. The e-mail then directs users to a .com web site to change their PIN.

This is a scam. Navy cyber security is currently investigating the origin of the e-mail.

Remember:

- Never change your CAC PIN in response to an e-mail. Department of Defense (DOD) will never direct users to a .com website for any official action such as changing a CAC PIN.
- CAC PINs are still six to eight characters long.
- Never click on links in an unsigned e-mail that direct you to change your CAC PIN or provide a password.

Users who changed their CAC PIN at the .com website should immediately reset their PIN. Users can change their PIN at the nearest Defense Eligibility Enrollment Reporting

System/Real Time Automated Personnel Identification System (DEERS/RAPIDS) location, Personnel Support Detachment (PSD).

"Information systems users should be aware that these scams and phishing attempts are ever-present," emphasized Steve Farmer, Commander Navy Region Hawaii information assurance manager. He urged computer users to identify the scams and take appropriate action.

Contact Farmer by phone at 473-1527 or e-mail at [steve.farmer@navy.mil](mailto:steve.farmer@navy.mil) if you received an e-mail directing you to change your CAC PIN.

## Diamond Tips

### Words about when Airmen re-enlist

(Diamond Tips are provided by Air Force first sergeants to address concerns in the Air Force community and provide guidance to Airmen.)

Chief Master Sgt. Robert Webb, First Sergeant

Headquarters, Pacific Air Forces

In reviewing this month's Selective Re-enlistment Program roster, I couldn't help but think about some words I like to pass on when our Airmen re-enlist.

When we first spoke the oath of enlistment, I'm

sure most of us didn't know what was about to be expected of us. All we knew was what our recruiter told us. Naturally, recruiters focus on aspects recruits would find positive: education, pay, leave, travel to exotic locations, etc. Some of the other things perceived as unpleasant (base details, office cleanup, high deployments, low manning, etc.) were left out. Therefore, it's understandable when first-termers grumble about some of the things we ask them to do.

That all should change when we take our second oath of enlistment. When we reaffirm our commit-

ment, we do so fully aware of everything that encompasses, good and bad. We progress from the ones complaining, to the ones helping our Airmen to understand why we operate the way we do. We are charged with improving the way we do business and not just maintaining the status quo, thereby removing or mitigating the negative aspects and improving our Airmen's morale and effectiveness. In short, being part of the solution to the problem.

This is something to think about the next time you raise your right hand and take the oath.

