

# VETERANS' DAY

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# Hawai'i

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# Navy News

November 6, 2009

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Volume 34 Issue 44

## Sailors, Marine honored as heroes

Story and photo by  
MC2 (SW) Mark Logico

Navy Region Hawai'i Public Affairs

The Honolulu Fire Department recognized two Sailors and a Marine Corps police officer Nov. 4 for their actions during a fire incident Aug. 18.

Hospital Corpsman 2nd Class Shelby Nieto and Hospital Corpsman 3rd Class Wyatt Timmons of Naval Health Clinic Hawai'i and Sgt. David Alexander, assigned at Marine Corps Police Department, Kaneohe Bay, each received a certificate of commendation for their quick actions in preventing a fire outbreak in the apartment complex where they live.

On Aug. 18, at approximately 5 p.m., Nieto was making dinner when she smelled something burning outside the apartment. She walked out of her townhouse apartment to see smoke and 30-foot flames coming out of the upstairs unit.

Nieto immediately went inside and called her husband, Robert Nieto, and her roommate, Timmons. While Nieto asked her husband to make some calls, both she and Timmons took the near-



(From left to right) Kirk Caldwell, managing director of the City and County of Honolulu; Sylvia Waiwai-Hopfe, vice chairperson of the fire commission; Sgt. David Alexander of the Marine Corps Police Department, Kaneohe Bay; Hospital Corpsman 2nd Class Shelby Nieto; Hospital Corpsman 3rd Class Wyatt Timmons; and Honolulu Fire Department Fire Chief Kenneth Silva. Nieto, Timmons and Alexander were recognized and given a certificate of commendation by the Honolulu Fire Department for their actions in preventing a fire outbreak in their apartment homes last Aug. 18.

by garden hose and ran upstairs to the porch of the burning apartment. Alexander, who just arrived at his nearby apartment, joined Nieto and Timmons in fighting the fire.

"By the time we got up there what had been like a barbecue fire has spread to the whole front of the building," said Alexander. "It spread to the whole roof. The whole thing was burn-

ing." Alexander also said he was apprehensive that they might lose the fight. He was also concerned for the people who would not be able to get out.

"Our concern was our neighbors underneath and their dogs," said Nieto. Our neighbor right next door had oxygen. He had two O2 tanks in his house and the flames were moving. We

had to get the flames at least under control as much as possible. Otherwise, we were going to have a really big problem."

When the neighbors realized there was a fire, they immediately came to help Nieto, Timmons and Alexander by giving them fire extinguishers located within the townhouse.

While the three were fighting the fire, Nieto be-

came worried because the gentleman who lived in the burning apartment had a son. Nieto told Timmons to kick the door in.

"He's a field medic," said Nieto. "He has gone to Iraq and cleared buildings with Marines. So when he kicked in the door, the first response was to scan the room for any danger."

Nieto said she felt reassured because Timmons

knew exactly how to go in and clear a building.

Once Timmons cleared the building and made sure no one was still inside, he came back out and joined Nieto in continuing to fight the fire.

Nieto said they were able to put it out within 20 minutes, just before the fire department arrived.

When the fire department took over, Nieto, Timmons and Alexander stopped and took a moment to realize what they had done. The three surprised even themselves.

"What were we doing?" Nieto said to herself as her hand was shaking from the adrenaline. "It was a quick response. We didn't even think," she said.

"It was a friend's house, you know," said Nieto. "Right underneath is my best friend. She lived there alone with her two chihuahuas. If it was my house, I would do everything in my power to put out that fire."

Nieto said that everyone in the building is good friends.

"We cook out together, we eat together, we talk every day," said Nieto. "If it was my place, I would want

See HFD AWARD, A-4

## Navy College Pearl Harbor recognizes education achievements

Story and photo by  
MC2 (SW) Mark Logico

Navy Region Hawai'i Public Affairs

Navy College Pearl Harbor (NCPH) recognized more than 48 service members from the U.S. Navy and Coast Guard who have made educational achievements in the past year during a ceremony at Sharkey Theater on Naval Station Pearl Harbor Oct. 29.

More than 445 service members in Navy Region Hawai'i, including the 48 recognized at Pearl Harbor, have either earned a degree or a United Services Military Apprenticeship Program (USMAP) certificate in 2009.

"A lot of our Sailors graduate from distance learning schools so they never get a chance to walk and get recognized," said Fabiola Hurtado De Mendoza, an educational advisor at Navy College. "This is the perfect chance for them to do that."

During the recognition ceremony, Aviation Maintenance Administrationman 3rd Class (AW) Timothy Glenn was selected to speak on behalf of all the graduates in 2009.

"It feels great [to earn a degree]," said Glenn. "Now I have a ton of opportunities. If I want, I can put in a package for an officer. I can further my education for a master's degree. This is something that I can take with me for the rest of my life."

Glenn joined the Navy on June 7, 2006 and deployed to Iraq for seven months in support of Operation Iraqi Freedom and



Navy Counselor 1st Class (SW) Dela Yazzie, assigned to Naval Station Pearl Harbor, takes a peek at her certificate of recognition for completing her associate's degree in marine engineering. Navy College Pearl Harbor hosted a military recognition ceremony for Department of Defense personnel who have made educational accomplishments in 2009.

the global war on terrorism. While serving in Iraq, Glenn successfully completed 18 college credit hours.

"It was challenging because of the environment that I was in at the time," said Glenn.

"There were several rocket attacks and bombings at the base that I worked, not to mention the fact that we were working 12 hours a day, pretty much

See NAVY COLLEGE, A-2



At an Oct. 21 award presentation honoring National Disability Employment Awareness Month, Fleet and Industrial Supply Center (FISC) Pearl Harbor was recognized by the state of Hawai'i as the "2009 Outstanding Employer of Persons with Disabilities." On hand to accept the award were (standing left to right): Mona Yamada, executive director and senior civilian at FISC Pearl Harbor, and Capt. Randy Moore, FISC commanding officer.

"Slowly, I realize that... I can do it, am able!"

Story and photo by  
Jim Murray

Fleet and Industrial Supply Center,  
Pearl Harbor

"After two impossibly long years, I have something to do that is productive," said an employee of the Fleet and Industrial Supply Center (FISC) Pearl Harbor, which was recognized on Oct. 21 for its superb record of hiring personnel with targeted disabilities.

For two years, the employee, who requested anonymity, had worked faithfully for a downtown private firm, but lost his job due to the sudden onset of a crippling disability. His next two years were idle ones as he struggled without luck to locate an organization willing to take a chance on someone with a disability.

"It was a terribly depressing time," he recalled. "I have a strong work ethic, but I found myself sitting at home, dwelling on my misfortune."

Fortunately, the employee had registered with the State of Hawai'i Division of Vocational Rehabilitation (DVR) and in

December 2008, DVR located an organization that was willing to give him the chance he yearned for. That organization was the U.S. Navy's Fleet and Industrial Supply Center.

The following Monday morning, he reported to his first job in two years and he made it his personal mission to never give FISC any reason to regret the opportunity it had given him. As things turned out, the employee worked out so well that within six months, he was accorded permanent civil service status.

Some readers might be thinking, "Hey, the gears of federal government don't normally work that quickly." Sometimes they do: Individuals with targeted disabilities can be hired non-competitively and without posting or without even publicizing a position's availability.

That regulation, designed to encourage the hiring of employees with disabilities, was one of the many discoveries made by Mona Yamada, FISC's executive director and senior civilian, when she first looked into the possibility of hir-

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Kailua residents named Navy Family of 2009 page A-2



Pearl Harbor survivor reunites with his shipmates page A-4



Hundreds turn out for Joint Base Open House See page A-7



Veterans Day: America honors its heroes See page B-1

# Kailua residents named Navy Family of 2009

Christine Cabalo

Hawai'i Marine

A Navy family from Kailua, Lt. j.g. Joshua Caldwell and his family, won the title of 2009 Navy Family of the Year, announced by the National Military Family Association.

The Caldwells traveled to Washington, D.C. to compete with six other families, representing each branch of the uniformed services, for top honors as the 2009 Military Family of the Year. That honor was won by the Marine Corps Family of the Year, Sgt. Dennis Leanes and family of Camp Lejeune, N.C., and announced Oct. 28 at the National Military Family of the Year's 40th anniversary celebration.

Caldwell and his wife reside with their three children in Kailua. The couple has been married for 16 years, and Caldwell has served in the Navy for 14 years. He is currently assigned to Patrol Squadron 4's 'Skinny Dragons,' as a naval flight officer. He and his wife credit their win to everyone in their family keeping a positive attitude and a good sense of humor. "It's non-stop laughing all the time," he said.



Photo by Darrell Wong

The Joshua Caldwell family of Kailua won the title of the Navy Family of the Year 2009, named by the National Military Family Association.

"Everybody is really witty and that's how I grew up in my house as a kid. There's always an opportunity to crack a joke, make fun of something or just be humorous at all times." Caldwell said win or lose, his family was excited about the free trip and meeting notable guests such as Adm. Gary Roughead, current Chief of

Naval Operations. He said he hopes their example as a family will encourage others. Nominations for the Navy and Marine Corps Families of the Year are open to anyone as long as they are 18 or older. For more information about the awards, log on to [http://www.nmfa.org/site/PageServer?pagename=family\\_award\\_overview](http://www.nmfa.org/site/PageServer?pagename=family_award_overview).

## Navy College

Continued from A-1

every day."

Glenn earned his bachelor of arts in music from Thomas Edison State College on Sept. 11.

Bill McCormick, director of NCPH and a retired master chief petty officer who joined the Navy in 1973, related how difficult the challenge is for any Sailor to obtain a degree while serving in the military.

"Being a former Sailor who was the only one in my family who got an associate's, bachelor's and a master's degree, I really felt moved being allowed to be recognized for those achievements," said McCormick. "It's extremely important because these are such great milestones for us. I know in my own case, I started my education in 1978 and I didn't complete my bachelor's degree until 2004," said McCormick. "That is a heck of a lot time."

### Ford Island Bridge closure

All lanes of the Ford Island Bridge will be closed on Dec. 7 from 7 to 10 a.m. for the 68th Anniversary Commemoration of the attack on Pearl Harbor. A sign will be posted prior to the closure at the entrance to the Ford Island Bridge, notifying all personnel of closure date and time. In the event of an emergency on the day of the closure, please call the Federal Fire department by dialing 911 for immediate assistance.



# Hawai'i Navy News Editorial

## Naval Safety Center launches holiday safety campaign

April Phillips

Naval Safety Center Public Affairs

With the holidays fast approaching, the Naval Safety Center has launched a comprehensive Web-based campaign designed to give Sailors and their families all the resources they need to manage risk through the end of 2009 and into the early months of 2010.

"Many of us are excited about spending time with family and friends during the holidays, but it's important to take a few minutes to plan your activities. The Naval Safety Center's Web site is one-stop shopping for fall and winter risk management," said Rear Adm. Arthur J. Johnson, commander, Naval Safety Center. "I encourage everyone to use all available resources to ensure a safe and happy holiday season."



The fall and winter safety campaign includes presentations that can be downloaded and personalized for command safety standdowns. There are also plenty of videos and articles for newsletters

in addition to links to other resources. For the first time, the fall and winter safety campaign includes information on suicide prevention and awareness. Although suicide has traditionally been viewed as a medical issue, Johnson said safety professionals have a role to play in ending these tragedies. "While many of us are excited about the upcoming holidays, it's important to look out for others who might be stressed or feel

hopeless," said Johnson. "The Naval Safety Center is committed to the DON (Department of the Navy) suicide prevention efforts, and our holiday campaign includes links to resources that provide information for anyone who thinks a shipmate might be contemplating hurting him or herself," said Johnson. The campaign can be found at <http://safetycenter.navy.mil/seasonal/Fall-Winter09/index.asp>.



## It's time to change batteries in your smoke detectors

Federal Fire Department Hawai'i

Federal Fire Department Hawai'i reminds that when it is time to change your clock, it's also time to change the batteries in your smoke detectors.

### Here are some additional smoke alarm safety tips:

- If your smoke alarms are powered by your home's electrical system, consider installing battery-powered smoke alarms as a backup in case of a power outage.
- Replace smoke alarms that are 10 years old or older.
- Test your smoke alarms monthly.
- Never disconnect your

smoke alarm or remove the batteries.

- Install smoke alarms on every level of your home, especially in the hallway near each bedroom door.

### Home escape plans

- Develop an escape plan. Identify two ways out of each room in your home.
- Practice your plan at least twice a year, when you change your clock.
- Identify a meeting place for your family outside.
- Once outside, account for all family members at your designated meeting place.
- Never go back inside a burning building for any reason.
- Remember—always call 911 from a safe location.

## This week in NAVAL HISTORY

### November 2

- 1943 - In Battle in Empress Augusta Bay, U.S. cruisers and destroyers turn back Japanese forces trying to attack transports off Bougainville, Solomons.
- 1968 - Operation Search Turn begins in Mekong Delta.

### November 3

- 1853 - USS Constitution seizes suspected slaver H. N. Gambrill.
- 1943 - Dirigible USS Los Angeles makes 10-hour flight out of NAS Lakehurst, N.J., carrying 207 persons, establishing a new record for the number of passengers carried into the air by a single craft.
- 1956 - USS Chilton (APA-38), USS Thuban (AKA-19) and USS Fort Snelling (LSD-30) evacuate more than 1,500 U.S. and foreign nationals from Egypt and Israel because of the fighting.
- 1961 - After Hurricane Hattie, helicopters from USS Antietam begin relief operations at British Honduras, providing medical personnel, medical supplies, general supplies and water.

### November 4

- 1967 - Landing craft from USS Navarro (APA-215) rescue 43 men from British SS Habib Marikar aground on a reef at Lincoln Island in the Tonkin Gulf.
- 1971 - USS Nathanael Greene (SSBN-636) launches a Poseidon C-3 missile in first surface launch of Poseidon missile.

### November 5

- 1775 - Commodore Esek Hopkins is appointed to commander-in-chief of the Continental Navy.
- 1915 - In AB-2 flying boat, Lt. Cmdr. Henry C. Mustin makes first underway catapult launch from a ship, USS North Carolina, at Pensacola Bay, Fla.
- 1923 - Tests designed to prove the feasibility of launching a small seaplane from a submarine occur at Hampton Roads Naval Base. A Martin MS-1, stored disassembled in a tank on board USS S-1, was removed and assembled. Then the submarine submerged, allowing the plane to float free and take off.
- 1944 - TF 38 (Vice Adm. John S. McCain) begins two days of carrier strikes on Luzon, Philippines.
- 1945 - Ensign Jake C. West (VF-41) makes first jet landing on board a carrier, USS Wake Island (CVE-65).

### November 6

- 1851 - U.S. Navy expedition under command of Lt. William Lewis Herndon, on a mission to explore the valley of the Amazon and its tributaries, reaches Iquitos in the jungle region of the upper Amazon after their departure from Lima, Peru.
- 1942 - First officer and enlisted women from training schools report for shore duty around the USA.
- 1951 - Soviet aircraft shoot at Neptune Patrol bomber (VP-6) on weather reconnaissance mission near Siberia. U.S. aircraft fails to return.
- 1967 - Helicopter from USS Coral Sea (CVA-43) rescues 37-man crew of Liberian freighter Royal Fortunes aground on reef in Tonkin Gulf.

## Navy airship arrives from Germany



U.S. Navy photo from the collections of the Naval Historical Center

Airship LZ-126 arrives at Naval Air Station Lakehurst, N.J. after her flight across the Atlantic from Germany on Oct. 15, 1924. After delivery to the U.S. Navy, she became USS Los Angeles (ZR-3). Note that the airship has no markings. On Nov. 3, 1931, the dirigible USS Los Angeles (ZR 3) made a 10-hour flight from NAS Lakehurst, N.J., carrying 207 persons and establishing a new record for the number of passengers carried into the air by a single craft.

## Hawai'i Navy News

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# Pearl Harbor survivor reunites with his shipmates

Story and photos by Blair Martin

Contributing Writer

The ashes of George "Glen" Green, Pearl Harbor survivor, were scattered Oct. 29 from the USS Utah Memorial at a private ceremony with full military honors. His wife, Maxine, his three daughters and their families were in attendance.

Green was a 20-year-old motor machinist's mate temporarily assigned to the YO-43, moored near the shipyard, when the Dec. 7, 1941 attack took place.

According to family accounts, Green was ironing his uniform in preparation for a day out with his friends Johnny Fess, who was assigned to the USS Arizona (BB-39), and Donald Lynch, assigned to the USS West Virginia (BB-48) on that fateful Sunday in 1941. The trio planned to take the next few days off in celebration of recently moving to the island from San Diego.

When the first wave of Japanese attacks hit Pearl Harbor, Green was able to take cover, and after the attack finished, he was assigned to a boat crew to pick up those who were wounded and killed throughout the harbor. Unfortunately, it was during the next few days when he learned that his friends, Fess and Lynch, had perished on their ships.

"I think his six years in the Navy and Pearl Harbor [experience] had a big effect on him," his wife, Maxine,



remembered after the ceremony. "He was very patriotic. Every holiday, every Memorial Day, we always flew our flag. In fact, I am still flying it off the balcony of my apartment right now [in his honor]."

Despite the horrific event, his wife recalled the island had always been a very "special" place for their family.

After all, it was the location where they were married 68 years ago and where the family visited on numerous vacations over the years.

However, for 63 years following

the attacks, Green had refused to visit Pearl Harbor, telling family members the memories were just too painful. It wasn't until 2004 when his family managed to finally coax the reluctant veteran back to his old stomping grounds.

"I think he never wanted to come back to Pearl Harbor because of the war," his wife said. "He had bad memories picking up the bodies, but we made that one last trip and [ultimately] he was glad he came out."

The family also made a special trip

to the USS Arizona Memorial and to the northwest interior marble wall with names of those who were lost during the Dec. 7, 1941 attack.

"When he saw Johnny Fess' name on that wall, he broke down," she said tearfully. "It was a very emotional part of the trip."

Enlisting in the Navy on Dec. 7, 1939, Green spent six years in the Navy before being honorably discharged on Nov. 11, 1945 as a chief motor machinist's mate. He was assigned to various ships, including

USS Boise (CL-47), USS Kern (AOG-2) and USS Fentress (AK-180). He received the American Defense and Area Campaign Medals, Asiatic-Pacific Area Campaign Medal and Good Conduct Medal during his naval career.

After his military service, Green became a traveling salesman for a farm equipment company and the family resided in both Oregon and Idaho.

His daughter, Pam Best, described her dad as a prankster at heart and someone who was always happy and laughing. "His motto was always 'if I can't have any fun, I am not gonna play,'" she said. "He really loved life."

Another daughter, Linda Stevens, remembers her father's boisterous behavior in another way.

"It was hard to take him anywhere because he would always be the first one to volunteer and do embarrassing things on stage like singing, dancing or just being goofy," she said. "To his older daughters, it could be kind of embarrassing [at times], but we knew he just loved to play and have fun."

On Feb. 20, 2008, Green died at the age of 87 years old. His wife shared that after his final trip to Pearl Harbor in 2004, he mentioned to the family he would like to "re-join" his fallen shipmates after he died.

"I think he would have really loved the ceremony," said his wife. "Now, he, Johnny and Donald can finally take that leave they had planned so many years ago."

## KHON (FOX) TV 2 Hawai'i Navy News upcoming segments

Nov. 12 - Arizona Memorial Visitors Center - Update featuring National Park Service with Eileen Martinez and Tom Fake

Nov. 19 - Defense Commissary Agency on Hawai'i products featuring Ben Wainwright

Dec. 3 - Pearl Harbor Day featuring a Pearl Harbor survivor

(The segments air at about 6:15 a.m. each Thursday. Previous segments can be viewed at <http://www.khon2.com/content/news/navynews/default.aspx>)

### Got a story for KHON Hawai'i Navy News?

Email [hnn@honoluluadvertiser.com](mailto:hnn@honoluluadvertiser.com) or call Navy Region Hawai'i Public Affairs at 473-2875. Stories must have a Navy tie and be of interest to the general public.

## HFD award: Sailor attributes quick response to Navy training

Continued from A-1

the same thing, the same kindness, to take the initiative and try to put the fire out."

Nieto said she attributes her quick response to the training she received at Recruit Training Command in Great lakes, Ill.

"We've all been through firefighting training in boot camp," said Nieto. "I went to boot camp six years ago, but that training is secretly in you. I have never fought a fire in my life except for boot camp and that day."

"What they did was nothing short of heroic," said Senior Chief Hospital Corpsman (SW/AW) Arthur Cachero, the Sailors' senior enlisted leader. "It was outstanding and I'm happy for them."

"It's surreal right now," said Timmons before the awards ceremony. "What we did that day we would have expected anyone of the people living next to us to do the same. So it's kind of a courtesy to our neighbors. We all take care of each other. I don't think we deserved something like this, but we will accept it."

Naval Health Clinic Hawai'i

Command Master Chief (SW) Patty Roebuck, who came to support her Sailors, said she was impressed with what all the citizens did.

"I'm absolutely pleased and proud," said Roebuck. "I think it's a wonderful thing that the city of Honolulu and the fire department are awarding and recognizing them for their efforts."

The Honolulu Fire Department presented certificates of commendation to 17 other civilians for their other actions regarding fire and personal safety.

# Pearl Harbor Highlights

Sgt. David Alexander of the Marine Corps Police Department, Kaneohe Bay shares a happy moment with his family as he receives a certificate of commendation from the Honolulu Fire Department. Hospital Corpsman 2nd Class Shelby Nieto, Hospital Corpsman 3rd Class Wyatt Timmons and Alexander were recognized Nov. 14 by the Honolulu Fire Department for their actions in preventing a fire outbreak in their apartment homes last Aug. 18.

U.S. Navy photo by MC2 (SW) Mark Logico



The audience gave the 48 Department of Defense (DoD) personnel a standing ovation after receiving certificates of recognition from the Navy College Pearl Harbor. Navy College Pearl Harbor hosted a military recognition ceremony Oct. 29 for DoD personnel who have made educational accomplishments in 2009.

U.S. Navy photo by MC2 (SW) Mark Logico

Boatswain's Mate Seaman Vincent Thomas of USS Lake Erie (CG 70) is about to intercept a pass and prevent a point-after-touchdown conversion by USS Greenville (SSN 772) during a Morale, Welfare and Recreation Afloat Intramural Flag Football League game at Ward Field at Naval Station Pearl Harbor on Oct. 31. Lake Erie went on to defeat Greenville, 27-6.

U.S. Navy photo by Randy Dela Cruz



U.S. Navy photo by MC2 (SW/AW/SCW) Ronald Gutridge

Sailors from Commander Submarine Force, U.S. Pacific Fleet (COMSUBPAC) volunteer their time to help stuff handout bags with various informational items to promote the prevention of underage drinking and driving. COMSUBPAC First Class Petty Officers Association along with the non-profit organization, Mothers Against Drunk Driving, stuffed more than 1,000 bags to be distributed throughout the Hawaiian Islands.

A Sailor assigned to Naval Facilities Engineering Command (NAVFAC) Hawai'i participates in a haunted house event at building one on Naval Station Pearl Harbor. Personnel assigned to NAVFAC Hawai'i hosted the open house event from Oct. 26-31 for all service members, Department of Defense personnel and their families.

U.S. Navy photo by MC2 Robert Stirrup



# Health promotion features women's health awareness

Story and photo by  
Blair Martin

Contributing Writer

In an effort to promote health awareness on women's issues for active duty female Sailors as well as Navy spouses and family members, Naval Health Clinic Hawai'i's (NHCH) health promotion department is currently featuring women's health.

According to Tracy Navarrete, health promotion director, the two main women-related issues that are being focused on are breast and cervical cancers.

"Right now, the clinic is wanting to target all active duty women and their beneficiaries," she explained. "We want to give awareness to prevention on all these [women-related] issues so that everyone will continue with their annual checkups. We want to educate our Navy [community] because early detection is key to combating these issues."

Eleanor Bru, a registered nurse for health promotion, explained that breast cancer is one of the most frequently occurring cancers.

According to the American Cancer Society, one woman dies every 12 minutes in the U.S. from breast cancer



Irene Dolsen, registered medical assistant, checks the blood pressure of Navy spouse Elizabeth Geringer during her annual checkup at Makalapa Health Clinic.

and one out of eight women will develop breast cancer in her lifetime. The statistics also show that breast cancer is the leading cause of death among women 35 to 54 years of age.

"We are working with our radiology department to encourage more females to make their annual mammogram appointment," she said. "Water bottles filled with informative

brochures, pins and flyers will also be offered to all of our female patients during this month."

Bru explained that women should conduct annual screening tests, such as self-breast exams, monthly after the age of 20. Women age 40 and above should receive annual mammogram exams during their annual checkups.

While conducting a self-breast exam, women should watch for the following: lump or mass in the breast; changes in the breast size, shape, skin texture or color; skin redness or scaliness; dimpling or puckering within the breast; nipple changes or discharge; and the nipple pulling to one side or a change in direction.

Another preventive measure known to decrease the risk of breast cancer is regular exercise four or more hours a week. This will decrease estrogen levels and help shed excess weight, lowering the risk of breast cancer.

Another women's health-related topic featured currently is cervical cancer. Marjorie Pluss, a registered nurse for health promotions, said the Makalapa clinic offers HPV vaccinations to female patients, age nine to 26 years old.

"This vaccine protects against a certain number of strands of human papillomavirus [HPV], not all of them, but many that could indicate HPV," she said.

"HPV is known to be one of the leading culprits of cervical cancer so by providing this vaccination, we hope to greatly reduce the threat of cervical cancer in our [Navy] community."

According to the Centers for Disease Control and Prevention, cervi-

cal cancer used to be the leading cause of cancer death for women in the U.S. Current research reports that more than 11,000 cases of cervical cancer will be diagnosed this year.

Pluss also added that smoking is another leading factor that ties into both female and health-related issues.

"Actually, females who smoke greatly increase their chances of breast cancer, not to mention osteoporosis and heart disease," she explained. "That is why [health promotion] is also encouraging those who are smokers to participate in our tobacco cessation classes held monthly."

Health promotion offers four tobacco cessation classes every month at both Makalapa and Kaneohe clinics. At Makalapa clinic, classes are held every Wednesday from 10 to 11 a.m. and at Kaneohe clinic, classes are held every Tuesday from 1 to 2 p.m.

A healthy heart class is also offered every third Thursday of the month from 10 to 11 a.m. at Makalapa Health clinic.

For more information, contact health promotion at Makalapa Health Clinic, Pearl Harbor at 473-1880, ext. 2282 or 2283. Breast cancer-related Web sites include [www.acs.org](http://www.acs.org) and [www.cancer.gov](http://www.cancer.gov).



## Hundreds turn out for Joint Base Open House

Dr. Philip Breeze

15th Airlift Wing, Hickam Air Force Base

More than 350 civilians and active duty personnel, both Navy and Air Force, turned out Oct. 27 at Hickam Officers' Club for the first of what will likely be a series of joint basing open house events.

"The new joint base structure will directly affect more than 600 military and nearly 1,200 civilians as we merge into the new joint base organization," said Col. Giovanni Tuck, commander of the 15th Airlift Wing.

The open house featured tables staffed by representatives of the 40-plus functions on the two bases that will be merging, beginning with initial operational capability (IOC) on Feb. 1, 2010 and culminating with full operational capability on Oct. 1, 2010. At that time, all Air Force civilians transferring to the joint base will become Navy employees.

Technical Sgt. R. Frank Hartzell, 15th Contracting Squadron, was pleased with the opportunity to meet some of his future coworkers. "It was nice to meet a few of our Navy counter-



U.S. Navy photo by Lauren Chang

Curtis Noborikawa of Naval Facilities Engineering Command Hawai'i speaks with civil engineers at Hickam Air Force Base during a joint base open house held Oct. 27 at the Hickam Officers' Club.

parts that we may be soon working with, to shake a hand and let them know we are ready to jump on board. It was also good to have the opportunity to get some insight on what they have been hearing about our merger, to get some sense of whether we share a similar understanding,"

Hartzell said.

The same was happening on the Navy side. Curtis Noborikawa, of Naval Facilities Engineering Command Hawai'i, was on hand to meet and talk with Hickam engineers who attended the event.

Tuck and Capt. Richard Kitchens, commanding offi-

cer of Naval Station Pearl Harbor, who will be the commander of Joint Base Pearl Harbor-Hickam, were on hand throughout the open house and expressed their appreciation for the effort that went into creating the event, and for the enthusiastic turnout it generated.

## Ability: FISC feted as outstanding employer

Continued from A-1

ing disabled personnel. She also learned that employees with disabilities have singularly high retention rates as well as absenteeism rates lower than non-disabled employees.

Yamada first approached DVR because FISC was struggling to find candidates willing to accept entry-level positions.

"Many applicants were unwilling to take low-paying jobs and we had some positions that were vacant for a year," recalled Yamada.

Colleen Martineau, Navy Region Hawai'i's Persons with Disabilities program manager, arranged for FISC's leadership to meet Wendy Park and Katie Keim from the DVR. The meeting took place in mid-2008 and, after listening to Wendy and Katie, FISC decided to hire three employees with disabilities.

A few weeks later, three FISC managers went to DVR to conduct a panel interview with candidates for the three positions. They were amazed by what they found.

"They were so impressed with the quality of the candidates as well as their enthusiasm and willingness to learn that, as they were driving back to Pearl Harbor, they decided they wanted to hire all of them," said Yamada. "We sat down and discussed this and decided we could hire up to seven personnel using labor gap funds."

That was just the beginning. The seven worked out so well that FISC returned for more ... and more.

"As of now," said Yamada, "we have hired 16. Three have left and we have 13 still on board. Ten are in permanent positions and three are undergoing their 90-day trial period. Some of our initial hires

have already achieved General Schedule (GS) grades of four through seven."

"This was not charity," said Yamada. "We are blessed to have them on our team. They are dedicated and hard-working and just needed an opportunity to enter the workforce. If you were to meet or work with them, you would never realize the majority of these individuals have a targeted disability."

At an Oct. 21 ceremony at Lockwood Hall, the DVR recognized FISC Pearl Harbor as the 2009 Outstanding Employer of Persons with Disabilities. Yamada accepted on behalf of FISC, and she made it a point to extend credit to the supervisors who were willing to provide job opportunities for employees with disabilities: "You have made a positive difference in the lives of these individuals, and they, in turn, have made a positive contribution to our mission," said Yamada.

FISC's award was certainly well-deserved. Although the Department of the Navy's goal is to attain a two percent hiring rate of persons with targeted disabilities, FISC is now at 11 percent. In a tribute to Yamada, Capt. Randy Moore, FISC Pearl's commanding officer, remarked: "You have learned a secret known by few, that this overlooked group of people is productive, enthusiastic, loyal, willing to learn and, best of all, they like to come to work!"

Perhaps even more satisfying to Yamada, however, are the stirring testimonials from the employees FISC has brought aboard. One employee who arrived as a non-graded person with disabilities and is now a GS-5 permanent worker said, "This is a once in a lifetime opportunity. Each day is a challenge and an accomplishment, and, slowly, I realize that I can do it' ... I am able!"

## Flu Shot Schedule

Seasonal flu shots for beneficiaries will take place from 9 a.m. to 2 p.m. at the following locations: Nov. 7 and 13 at Pearl Harbor Navy Exchange and Nov. 15 at Marine Corps Base Hawai'i (MCBH), Kaneohe Bay MCX.

Beneficiaries can also receive their influenza vaccines at the clinics at MCBH and Makalapa. Kaneohe Bay Clinic will be open from 7:30 to 11:30 a.m.

and 1 to 3:30 p.m. Monday, Tuesday, Wednesday and Friday and from 7:30 to 11:30 a.m. and 1 to 2 p.m. on Thursday.

Makalapa Clinic will be open from 7:30 a.m. to 5 p.m. Monday through Friday and from 8 a.m. to 4 p.m. on the first Saturday of each month. Active personnel should go to the NHCH Headquarters building.

Naval Health Clinic Hawai'i (NHCH) is offering the H1N1 vaccine to non-active duty beneficiaries. The H1N1 vaccination is given only at the NHCH Headquarters building, from 7 a.m. to 4 p.m. Monday through Friday, based on availability.

For more information, contact Oahu Joint Services Flu hotline at 433-1FLU.