

VETERANS DAY

Remember & honor those who served & sacrificed

WHO'OKELE

PEARL HARBOR - HICKAM NEWS

November 9, 2012

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

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USS O'Kane returns from deployment

Lt.j.g. Kate Kazimer

USS O'Kane (DDG 777)
Public Affairs

Guided-missile destroyer USS O'Kane (DDG 777) returned to Joint Base Pearl Harbor-Hickam yesterday after a seven-and-a-half month deployment.

Reflecting on the deployment, Cmdr. Michael Ray, commanding officer, said, "The diversity of tasking was remarkable. We bounced from carrier escort to missile defense tasking to maritime security - all in the same week. This helped make the deployment go by quickly, even though it was nearly eight months long."

The O'Kane flight deck crew was voted the best supporting crew by the "Desert Ducks" helicopter detachment out of Bahrain, according to Ray.

"O'Kane was able to further U.S. policy in both a military and diplomatic sense," Ray said. "Five-plus months in the Arabian Gulf helped to maintain stability in a troubled region during a tumultuous time."

O'Kane participated in a variety of warfare exer-



Friends and family members welcome home USS O'Kane.

Photo illustration | U.S. Navy photos by MCSN Diana Quinlan

cises, including two joint air defense exercises and multiple missions with various carrier strike groups. O'Kane supported the USS Porter crew after Porter was in a collision with another vessel.

"The O'Kane crew

made a significant and lasting contribution when coming to the aid of USS Porter (DDG 78), a sister ship which suffered a collision in the gulf," said Ray. They labored for days in extreme heat, in excess of 110 degrees, to help stabilize Porter and take care of her crew. It was inspirational to

watch them in action." "The crew responded in typical O'Kane fashion, lending a hand to a shipmate and showing the 'aloha spirit.' What they did for that ship and crew was far beyond my expectations. That's why I respect this crew so much," said Command Master Chief (SW/AW)

David Blackburn. It was Blackburn's seventh career deployment.

"This being my first ballistic missile defense destroyer and a seven-and-a-half month deployment, it gave me a new perspective of the Navy's Aegis program and capabilities because we put it to the test and it worked

superbly," he said.

On the homeward leg of their journey, the O'Kane crew enjoyed a rest and relaxation stop in Phuket, Thailand. The crew also participated in several community relations projects in Singapore, Bahrain and Thailand.

"The crew's interaction with the local populations in the Middle East and in Southeast Asia helped to reinforce the very best images of American culture and the U.S. Navy," Ray said.

O'Kane deployed under the Middle Pacific Surface Combatant (MPSC) deployment concept in which Pearl Harbor-based ships are ready to deploy forward in support of operations primarily in the western Pacific under Commander, U.S. 7th Fleet. O'Kane left March 23 for its deployment from Hawaii.

Guided-missile destroyers are multi-mission anti-air warfare, anti-submarine warfare and anti-surface warfare surface combatants. They operate independently in support of carrier and expeditionary strike groups and surface strike groups.

Wounded Warrior Pacific Trials to take place here

U.S. Pacific Fleet and Navy Wounded Warrior-Safe Harbor public affairs

Adm. Cecil D. Haney, commander of the U.S. Pacific Fleet, will host the first-ever Wounded Warrior Pacific Trials at Joint Base Pearl Harbor-Hickam Nov. 12 to 16. Nearly 50 seriously wounded, ill and injured Sailors and Coast Guardsmen from across the country will contend for a place on the 2013 Warrior Games Navy-Coast Guard team.

Participants in the trials include active-duty and retired service members with upper-body, lower-body and spinal cord injuries; serious illnesses; traumatic brain injuries; visual impairment; and post-traumatic stress disorder.

"These trials aren't just about competing for a spot on the Navy-Coast Guard team, they're about honoring these warriors and their families for their service to our country," said U.S. Pacific Fleet Master Chief John Minyard. "They stood the watch and looked after all of us, now it is time for us to stand with them."

The trials will kick off on Veterans Day, Nov. 11 with a welcome luau for the athletes. The next day and throughout the week, wounded warriors will compete head-to-head in archery, cycling, track and field, shooting, sitting volleyball, swimming and wheelchair basketball.

"The Pacific Trials com-

mittee, been greatly supported by Navy League, USO, MWR, University of Hawaii and Iolani High School and local organizations by providing venues, sponsorship and equipment," said Senior Chief Aerographer's Mate Enrique Acosta-Gonzalez, lead coordinator for the Wounded Warrior Pacific Trials planning committee.

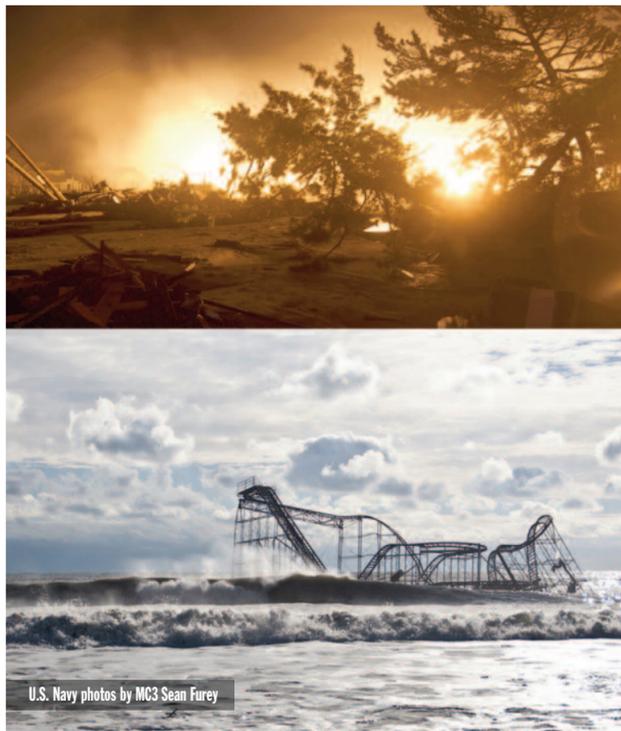
"We've garnered support from 15 local commands," said Acosta, "and more than 100 volunteers from across Hawaii have stepped up to sponsor athletes, organize events, assist coaches, provide medical assistance, transportation and generally make athletes feel at home and part of our Ohana."

Joint Base Pearl Harbor-Hickam will host all of the practice sessions and most of the trial competitions. These events are open to all spectators who have access to the base. The track and field trials and the swimming trials will be held at off base and are open to the public. The track and field competition will be 8-10 a.m. Nov. 15 at Iolani High School and swimming trials will be at the University of Hawaii, 8-11 a.m. Nov. 16.

Ultimately, 35 of the athletes will be selected for the Navy-Coast Guard team that will compete at the 2013 Warrior Games, an annual competition among wounded warriors from all branches of military service.

"The determination and

See TRIALS, A-6



U.S. Navy photos by MC3 Sean Furey

Local Sailor captures Hurricane Sandy's aftermath

MC2 Daniel Barker

Navy Public Affairs
Support Element West
Detachment Hawaii

A U.S. Navy Sailor assigned to Joint Base Pearl Harbor-Hickam spent part of his leave taking documentary photos and video of the New Jersey coast following Hurricane Sandy.

Mass Communication Specialist 3rd Class Sean Furey was on leave in New Jersey for his sister's wedding when they had to evacuate Oct. 29 due to the imminent arrival of Hurricane Sandy.

The following morning Furey returned to the Barnagat Peninsula, which was without heat or electricity, and walked through water to get to the shoreline, documenting areas along New Jersey's coast from Point Pleasant to Sea Side Park.

"Having grown up on New Jersey's barrier island, I have experienced countless hurricanes first hand, but never one like Sandy," said Furey. "The amount of damage that was inflicted on the homes and businesses on the island was unlike anything I've seen before."

He was able to download and transmit the footage upon his return to Hawaii that Thursday, and his images have since appeared in newspapers and television images across the United States.

The U.S. Navy is continuing to provide disaster relief in support of the Federal Emergency Management Agency (FEMA) and national and local authorities in the New York and New Jersey areas affected by Hurricane Sandy.

Several U.S. Navy ships off the coast of New York and New Jersey have supplied military personnel

and equipment to disaster areas, including a team of damage controlmen and hull technicians to help repair the damaged Hoboken Ferry Terminal.

FEMA issued a mission assignment to the Department of Defense requesting "high-volume water pumps with qualified teams to support the operation and maintenance of the equipment."

In support of FEMA, the Secretary of Defense has authorized the Navy to provide 30 high-volume pumps, 125 Sailors and 30 civilian technicians to support dewatering efforts.



USS Jacksonville departs for western Pacific deployment
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Chief of Naval Personnel to hold all hands call Nov. 16 at JBPHH
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Copeman's priorities a blueprint for 'delivering readiness'
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Bike ride Saturday for marrow donation
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Military members trade camouflage for bright colors in 5K run for fun
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Events scheduled to commemorate Veterans Day across Oahu
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USS Jacksonville departs for western Pacific deployment

Story and photo by
MC2 Steven Khor

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

The Los Angeles-class fast-attack submarine USS Jacksonville (SSN 699) departed Joint Base Pearl Harbor-Hickam on Nov. 5 for a scheduled six-month deployment in the western Pacific region.

Cmdr. Nate Sukols, Jacksonville's commanding officer, commented that even though many of the crew members are inexperienced, they are looking forward to the deployment.



The Los Angeles-class fast attack submarine USS Jacksonville (SSN 699) departs Joint Base Pearl Harbor-Hickam for a six-month deployment to the western Pacific region.

"They are anxious to go out there and do what submarines do at the pointy end of the spear," said Sukols. He noted they have worked hard to get a

first deployment.

He said the submarine's specific goals is to have a safe deployment while having the opportunity to perform missions vital to national security and contribute to the missions of the Navy and the Defense Department.

There will also be goals for specific crew members as they each grow professionally and take on added responsibility and new leadership roles.

Sukols said it is exciting to take such an enthusiastic and excited crew out to do something that is important to the country. He noted they have worked hard to get a

junior crew to this point and are eager to make a contribution to the Navy mission.

"I'm a little nervous because this is my first deployment, but I have a good division, they support me, and it's one big family," said Machinist's Mate 3rd Class Andrew Blouch.

Commissioned in May 1981, Jacksonville is named for Jacksonville, Fla. Nicknamed "The Bold One," she is a Los Angeles-class nuclear attack submarine that is 360 feet long and displaces 6,900 tons. She can be fitted with Mk-48 torpedoes and harpoon missiles.

Chief of Naval Personnel to hold all hands call Nov. 16 at JBPHH

Don Robbins

Assistant Editor

An all hands call with Chief of Naval Personnel Vice Adm. Scott Van Buskirk is scheduled for 8:30 a.m. Nov. 16 at Bloch Arena at Joint Base Pearl Harbor-Hickam.

"Next Friday's all hands call with Vice Adm. Van Buskirk is an opportunity for Sailors interested in their career goals and Navy's personnel policies," said Command Master Chief (SW/AW) Marc Sibal. "What are the voluntary and involuntary measures to reduce gaps at sea, and how will that affect shipmates? How are undermanned ratings being filled? What are the latest ways the Navy is trying to help Sailors and their families? These are just some of the questions and topics open for discussion. I look forward to seeing you there."

As part of an effort to inform the fleet of key personnel policies, Van Buskirk has been holding all hands calls at naval installations this year.



U.S. Navy photo by MCSN Megan E. Nay

Vice Adm. Scott R. Van Buskirk, Chief of Naval Personnel, answers a Sailor's question during an all-hands call at Naval Air Facility Atsugi this year.

Some of the topics Van Buskirk has discussed with Navy leaders and Sailors include the Navy's force management initiatives, efforts to improve sea duty manning, and 21st century Sailor and Marine programs.

Van Buskirk has also discussed how the Navy is addressing the ongoing challenge of filling sea duty gaps following the FY12 Enlisted Retention Board, which reduced overmanning in ratings throughout the fleet.

Fleet commanders issue message to leaders on personal conduct

U.S. Pacific Fleet Public Affairs

and readiness at risk.

Adm. Cecil D. Haney, commander of the U.S. Pacific Fleet, and Adm. William E. Gortney, commander of U.S. Fleet Forces Command, recently released a "personal for" (P4) message to leaders under their purview to address how poor judgment and destructive behavior by Navy personnel is unacceptable and negatively impacting warfighting readiness.

In the message, Haney and Gortney directed commanders to get more actively involved in preventing destructive behavior by ensuring their Sailors are aware of, and abide by, the rules of conduct established by the Navy Ethos. The goal is that every Sailor, down to the deckplate level, makes a commitment to recognize potential problems and have the courage to intervene before bad behavior occurs.

"It is the responsibility of every commander to make sure their Sailors are properly representing the U.S. Navy regardless of where they are or what they are doing," the message read.

There were 496 sexual assaults reported in fiscal 2012, more than half involving alcohol. Because of these types of incidents, the Navy held a focused Sexual Assault Awareness campaign in April during National Sexual Assault Awareness month. The Navy has also implemented more training programs aimed at educating and encouraging Sailors to speak out against these crimes.

Warfighting readiness is predicated on the relationships forged between Sailors and with partners. One instance of poor personal judgment in the workplace or on liberty can put these crucial relationships

and readiness at risk. "Our warfighting strategy relies in part on the willingness of host nations to provide our forces access to their ports," Haney and Gortney wrote in their message. "To support this mission area, our Sailors must be exemplary ambassadors of our Navy and our nation."

In conjunction with the release of the P4 message, U.S. Pacific Fleet Master Chief John Minyard addressed Sailors from Navy Region Hawaii. During two separate calls with junior and senior enlisted personnel, Minyard emphasized the opportunity for all Sailors to be leaders in preventing shipmates from making poor decisions.

"We have to own good order and discipline within our commands, at every level of leadership, and I believe we can do that," Minyard said. "You need to know your people, you need to lead your people, and you need to be involved in their decisions."

"Every Sailor, E-1 thru O-10, has a responsibility to look out for the safety of each other and to always hold themselves to the highest levels of accountability for their actions at home and abroad," he said. "If we start having the moral courage to step in and stop destructive behavior before it occurs, we can eliminate these incidents."

The admirals said that for 237 years the U.S. Navy has been a global force for good and that conduct shapes the ability to posture forces forward, to be ready, and to fight and win when required.

"We must strive to eradicate sexual assaults and other destructive behavior by identifying problems and intervening early," they wrote. "Respect for others is fundamental to our character and part of our ethos."

Hispanic, Latin American organization visits USS Cheyenne

Lt. j.g. Victor F. Perez

USS Cheyenne (SSN 773)
Public Affairs

Members of the Association of Naval Services Officers (ANSO), Hawaii Chapter, recently visited the Los Angeles-class submarine USS Cheyenne (SSN 773) at Pearl Harbor-Hickam.

ANSO is an organization dedicated to expanding the presence of Hispanics and Latin Americans in the Sea Services: the Navy, Marine Corps, Coast Guard and Merchant Marines. Among the members present for the tour were Lt. Cmdr. Roque J. Danas, president of ANSO Hawaii; Lt. Cmdr. Jose Vargas, treasurer of ANSO Hawaii; Lt. j.g. Raymond Heberlig of Coast Guard Sector Honolulu; and Jose Villa, president of Latin Business Hawaii and publisher of Hispanic Hawaii News.

"My hats off to the Navy. I am used to what is done above the surface, but it is amazing to see what the Navy does below the surface of the water," said Danas. "It's a whole new world."

Cmdr. Noel J. Gonzalez, Cheyenne's commanding officer and a long-time ANSO member, invited the ANSO members aboard the submarine for a tour and lunch.

"It is a great honor to be part of this team," said Gonzalez. "I look forward to future get-togethers with not only our Coast Guard brothers but all other services' ANSO members as well."



U.S. Navy Photo by MC2 Steven Khor

Lt. Cmdr. Roque J. Danas, the president of the Association of Naval Services Officers (ANSO) Hawaii Chapter (right), speaks with USS Cheyenne (SSN 773) Junior Sailor of the Year, Electronics Technician 2nd Class Michael Lim, during a tour aboard Cheyenne.

The visit came days after the conclusion of Hispanic Heritage Month and marked the start of a new alliance between a predominantly Coast Guard chapter and its new Navy members.

"The goal of our meeting is to join forces with our Coast Guard brothers and discuss ways to increase the participation of Navy Sailors and Marines in ANSO," said Lt. j.g. Victor F. Perez, ANSO member and public affairs officer on Cheyenne.

"I have been an ANSO member for years, and I am a strong believer in the value of such an organization that empowers its members through mentorship and training by people from similar backgrounds," Perez said.

Following a tour of various spaces, the ANSO guests had lunch in the wardroom. Hosts from the submarine included the commanding officer, public

affairs officer and Cheyenne's Junior Sailor of the Year, Electronics Technician 2nd Class Michael Lim.

"It is good to experience the different branches of the military service and good to have them come down and see the lifestyle we live," Lim said.

ANSO was established in 1981 and has since worked closely with the Chief of Naval Operations and supports his goals for diversity. The organization is open for membership to all, regardless of ethnicity and/or rank. For more information, visit www.ansomil.org. To join ANSO Hawaii, contact Lt. Cmdr. Danas at Roque.J.Danas@uscg.mil.

Commentary

Honoring America's veterans

Capt. Bette Bolivar

Chief of Staff, Navy Installations Command

On Sunday, Nov. 11, we honor our country's veterans for their patriotism, love of country and willingness to serve and sacrifice for the common good and defense of our freedom. As Veterans' Day weekend approaches, let us reflect on the blessings of our liberty and thank (as well as recognize) our veterans for their dedicated service to America. Be safe and enjoy the long holiday weekend. For our veterans: Thank you so much for serving ... hoo yah!

Diverse Views

"What is the best way to show support for our veterans as they are returning from deployments?"



Master Sgt. Tristan Ward
HQ PACAF

"I believe the best way we can support our veterans is to take care of their dependents while they are gone so that they don't have to worry about them while they are deployed. I also believe we can show our support by being there for the member when they return."

Lt. Cmdr. Brian Carroll
Navy Region Hawaii



"Veterans organizations can assist by being part of the process. Their members may have more experience and be able to help."



Senior Airman Matthew Lara
Detachment 2, 18th Force Support Squadron

"I believe the best way to show support is to be there for the families and their members. Nothing has to be done, but doing the little things, babysit, buy dinner, and even listening goes a long way."

Electronics Technician 3rd Class
Lizette Bowland
Navy Region Hawaii



"Just make it quicker and easier for them to get to their families and friends."

(Provided by David Underwood Jr. and Brandon Bosworth)

Want to see your command featured in Diverse Views?

Got opinions to share?

Drop us a line at editor@hookelenews.com or karen.spangler@navy.mil

PACAF command chief reflects on 30-year Air Force career

Tech. Sgt.
Jerome Tayborn

Pacific Air Forces Public
Affairs

Pacific Air Forces' top enlisted Airman will end his military career effective March 31, 2013, bringing to a close 30 years of faithful service.

Chief Master Sgt. Brooke McLean, PACAF command chief, will say farewell during a retirement ceremony Nov. 16 at the Joint Base Pearl Harbor-Hickam Officer's Club. Retired Gen. Gary North, former PACAF commander, will preside over the ceremony.

Following is the transcript of an Oct. 29 interview with McLean. The chief served as the command chief for PACAF from October 2009 until November 2012.

What has been the highlight of your career?

Well, it's hard to pick one. I've had many great assignments and tours—three times in PACAF, three times in Air Force Special Operations Command, and three assignments in Europe—those are highlights by themselves. I certainly will relish the memories of serving my final three years on active duty at PACAF. It's been an incredible time to be stationed in this region, and we've seen a dramatic shift in the power and balance of where we live.



Chief Master Sgt. Brooke P. McLean

We have a great mission with strong leaders and a focus on where we need to be ... being part of a focused organization like that is a highlight in any career.

What do you think the Air Force does great?

We fly, fight and win for our nation, and we do it better than anyone. It's not easy but we make it look easy. In fact, we make it look too easy, and some don't appreciate the complexities of the global missions we execute. Additionally, the Air Force takes care of its people. It's not always perfect and as a large organization with over 332,000 people, we deal with many challenges, but we take care of our people and their families. We do it with quality work environments, excellent training, professional development opportunities, healthy living conditions, and outstanding support systems for our families.

What could the Air Force do better?

Communicate more with people and not rely on computers as much. We need to get out from behind the screen, put down our smart phones, pull out our head phones, and communicate. **What's been the highlight of your time at PACAF and why?**

There are too many answers to that question. In short, the highlight has been serving the people of this great command. Serving with the quality of Airmen we have in today's Air Force and in PACAF is humbling. I haven't specifically counted the days, but I'm relatively certain I spent over half of my time in the command traveling to visit Airmen at our bases or meeting with our partner nations. Being on the road is hard but it's where our Airmen are serving. I can't say I achieved all I wanted to do, but I can say I didn't leave anything on the table. I needed more hours in the day.

Any last words for PACAF Airmen?

Run hard, make every day count, watch out for your wingman, call your family, and take pride in the fact that you're doing something most people aren't able or willing to do. You serve our nation and I'm proud of our team.

(To read the entire article, visit www.pacaf.af.mil.)

Commentary

Air Force leaders issue Veterans Day message

U.S. Air Force News Service

WASHINGTON (AFNS) – Secretary of the Air Force Michael Donley, Air Force Chief of Staff Gen. Mark A. Welsh III and Chief Master Sgt. of the Air Force James Roy sent the following Veterans Day message to the Airmen of the U.S. Air Force:

"Our Air Force's success is founded in the sacrifice of generations who served before. This Veterans Day, we honor and thank more than 22 million American veterans, including four million veterans of the United States Air Force.

Every veteran, past and present, has a story. Some served in wartime, others during moments of peace. Many were

volunteers, others were called. Some served a matter of days, while others gave their life's work to the profession of arms. All deserve our deepest gratitude.

The men and women of our armed forces fought for, and some gave their lives to secure, the freedoms we enjoy today. For their sacrifice in service to America, our nation owes a debt of appreciation that can never be repaid. Our veterans' families also deserve our collective thanks. Their support makes the service of their loved ones possible, and their presence strengthens every man and woman in uniform.

Standing on the shoulders of veterans past, today's Airmen—you—continue to reach beyond what was once thought possible to discover and employ innova-

tive airpower solutions for America. Every day you answer the nation's call, whether in the skies or combat theaters abroad, in space or cyberspace, on the ground delivering relief and hope to families in need, or here at home protecting America's airspace. Your continued commitment to defend and preserve the cause of freedom will ensure that future generations continue to enjoy the liberties we cherish today.

For all you have given to America and to its great Air Force, and for your service yet to come, you have earned our nation's thanks. On this Veterans Day, take time to thank those in your families, communities and workplaces who have served America and defended her ideals.

Native American major general served during WWII

Maj. Gen. Clarence L. Tinker is shown standing in front of an aircraft propeller in this photo. Tinker Air Force Base in Oklahoma is named after him. An Oklahoma Osage Native American, Shortly after the surprise attack on Pearl Harbor, Tinker was appointed commander of the Army Air Corps in Hawaii. Tinker lost his life in a combat mission in the Pacific during World War II. American Indian and Alaska Native Heritage month is being observed in November.

U.S. Air Force photo



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Staff Writer
Brandon Bosworth

Layout/Design
Antonio Verceluz

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Service members grilled in Joint Culinary Arts Team-Hawaii tryouts

Story and photo by
MC1 Randi Brown

USPACOM Public Affairs Office

Service members assigned to United States Pacific Command (USPACOM) participated in tryouts for the annual U.S. Army Culinary Arts Competition held recently at the Culinary Arts Center, Schofield Barracks.

Thirty-nine contestants participated in this year's newly-established USPACOM Joint Culinary Arts Team Hawaii. Winners of the cook-off will compete in the 38th annual U.S. Army Culinary Arts Competition at Fort Lee, Va.

According to the food management team in charge of putting together the U.S. Army Culinary Arts Competition, it is not only a great place for these service members to showcase their skills as culinary specialists, but also an opportunity for them to receive certifica-



tion and training. The winning teams will receive executive chef certification recognized by the American Culinary Federation and World Association of Chef Societies.

The genesis for organizing the first Joint Culinary Arts team Hawaii was done in part by experts throughout the military culinary community, a group interested in mentoring joint culinary specialists.

The U.S. Army Culinary Arts Competition offers chefs the opportunity to sharpen and broaden their cooking abilities. "Our goal is to win, but most importantly it is to get young members involved so that we can continue to use this program to improve their skills," said Army Master Sgt. Derek Rivers.

Army Spc. Kathy Nguyen, assigned to 3-25 E, Division G4 Food Service, has her meal critiqued by Army Master Sgt. Antonio Boies while competing for a spot on the United States Pacific Command Joint Culinary Arts Team Hawaii.

Cookies needed for 15th Wing Cookie Caper

Don Robbins

Assistant Editor

Homemade cookies are being sought to give to single and deployed Airmen so they can have a happier holiday this season.

The 15th Wing Cookie Caper is being hosted by the 15th Operations Group, which has asked that cookies be packaged in sandwich baggies with three of the same kind per bag.

Organizers of the "caper" are asking for a wide variety of homemade holiday cookies such as sugar, shortbread, lemon, snickerdoodles, chocolate crinkles, macaroons, bon-bons and bar cookies. Organizers said they would prefer no chocolate chip or frosted cookies be included.

Cookie drop-off will be accepted from 6:30 a.m. to 12:30 p.m. Dec. 4 in front of the Wright



U.S. Air Force file photo

Cookies are distributed at a previous Cookie Caper. Cookies are needed for this year's 15th Wing Cookie Caper.

Brothers Café at Joint Base Pearl Harbor-Hickam.

The cookies for the deployed will be sent by the first sergeants of each squadron to their deployed members. Organizers would like to collect enough cookies to deliver to the deployed

members' families on Oahu. The number of donations last year exceeded 17,000 cookies.

Make your cookie pledge (with the number of dozens) or volunteer your time on Dec. 4 by emailing or calling Tonya Baldessari at TonyaCookieCaper@hotmail.com or 744-2548.

Remembrance barge tour lives up to its name

MC2 Amanda Dunford

U.S. Pacific Fleet Public Affairs

The Commander, U.S. Pacific Fleet (COM-PACFLT) Boathouse offers a unique opportunity for those who are interested in learning more about the Japanese attack on Pearl Harbor. Eligible participants can apply for guided remembrance tours at Joint Base Pearl Harbor-Hickam.

Established in 1953, COMPACFLT's boathouse includes a museum with memorial models of ships and historical pictures of the attack on Pearl Harbor. There is also a small movie theater where remembrance tour participants watch a 23-minute documentary video about the attack and aftermath of Pearl Harbor.

"After we show the documentary, we go around Ford Island in our barge, showing memorials that a lot of people don't get to

see," said Boatswain's Mate 2nd Class Howard Dawson.

"We show the USS Utah Memorial and also the USS Nevada. Then we stop by the USS Arizona Memorial and let them view that. We also come back around the harbor and show them the USS Bowfin Submarine Museum and then return to the boathouse."

The two-hour tour is open to active duty, reserve and retired military personnel, National Guard members and Department of Defense (DoD) employees. The boathouse crew educates visitors during the tour groups but also find they learn a lot from veterans who attend the remembrance tour.

"I thought I had a good knowledge of the history here until I got here and started talking to the Pearl Harbor survivors and historians, and you realize you don't know a lot," said Senior Chief Boatswain's Mate Alexander Rincones, the COM-

PACFLT Boathouse officer in charge.

"Sitting down with them and talking to them puts things in perspective as far as where we came from and how we've grown as a Navy and what the people who came before us sacrificed."

Whether their first time on the tour or fifth, visitors say the tour leaves a lasting impression.

"This is my third or fourth time taking the tour, and I bring as many friends as I can," said Army Brig. Gen. (ret) Alex Kozlov. "The historical relevance is important, and you don't get that by reading books. You have to go see it and have people tell you about it."

Tours are by reservations only, and a service member or DOD employee can sponsor up to four family members or friends.

For more information or to reserve a tour, call the COMPACFLT Boathouse at 471-9988.

Pearl Harbor-Hickam *Highlights*



Chief Master Sgt., Brooke McLean, Pacific Air Forces command chief is hosed down with water by his spouse, Marie, after completion of his final flight as the PACAF command chief Oct. 29 at Joint Base Pearl Harbor-Hickam, Hawaii.

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



(Left, below) Members of the 48th Aerial Port Squadron practice their cargo-loading skills on a Hawaii Air National Guard C-17 Globemaster III on Nov 4.

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



Col. Max Mendoza, 624th Regional Support Group commander, joins members of the 48th Aerial Port Squadron while they practice their cargo loading skills on a Hawaii Air National Guard C-17 Globemaster III.

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



Army Spc. Stephany Lopez, assigned to the 25th Combat Aviation Brigade food service division, cooks a meal while competing for a spot on the United States Pacific Command Joint Culinary Arts Team Hawaii.

U.S. Navy photo by MC1 Randi Brown



Air Vice Marshal Peter Stockwell, Chief of Air Force, Royal New Zealand Air Force, and Gen. Herbert J. "Hawk" Carlisle, Pacific Air Forces commander, render salutes prior to passing through the Joint Base Pearl Harbor-Hickam honor guard cordon at the Pacific Air Forces Headquarters building, Joint Base Pearl Harbor-Hickam, Hawaii, on Oct. 30. Stockwell visited Hawaii to meet with Carlisle and senior leaders of PACAF to discuss common concerns and explore opportunities to strengthen regional cooperation.

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

Navy's third largest VLF transmitter located at Lualualei

Story and photo by
IT2 Cicely Wiggins

NCTAMS PAC

The United States Navy's third largest very low frequency (VLF) transmitter is located at Naval Radio Transmitting Facility (NRTF) Lualualei, and most Sailors have no idea that the area exists. It's a support facility under Naval Computer and Telecommunications Area Master Station Pacific (NCTAMS PAC) that facilitates submarine communications managed by Commander, Submarine Force U.S. Pacific Fleet (COMSUBPAC).

Today the transmitter is currently under renovation. This is the first time this system has been upgraded since it was built 48 years ago.

"This renovation has been in the works for years. It is a well organized and carefully executed evolution," said

Mike Lachowski, quality assurance inspector.

The facility is located in the Lualualei Valley on the leeward side of Oahu. It's tucked away a few miles inland from the town of Waianae. This is one of the many fixed submarine broadcast system (FSBS) facilities in place to support VLF/LF communications around the world. The Lualualei facility supports submarine communications in the Pacific and Arctic regions.

VLF signal range is 14-30 kHz. At this frequency range, the signal can travel to extreme depths enabling submarines to receive messages without surfacing. The Lualualei system is made up of two 1500 foot high antennas, two large variometers, two small variometers and a helix coil structure.

The transmitter components are in what the engineers and technicians refer to as the "Helix House."



A worker walks by with piece of wood on his shoulder. In the background, Rebeckah Deason is stepping down off of scaffold around one of the large variometers.

Originally built in 1964 by Continental Electronics, today the facility is being renovated by SPAWAR System Center Atlantic (SSCA) to replace old and damaged parts. Renovations began Sept. and are expected to end Nov. 10.

The process was started because of a small fire in the Helix house. After assessing the damage, receiving support from Navy Cyber Forces (NAVCYBERFOR) and granted down time for the transmitter by COMSUBPAC, repairs, modifications and renovations began.

"This renovation is focused on upgrading the variometers but it is a part of a multi-phased process developed to modernize the VLF transmitter here at Lualualei and other similar sites," said Craig Brumbaugh, lead electrical technician.

Right next door to the Helix house is the transmitter building where the technicians monitor, tune and

ensure that everything is working properly. The transmitter building consists of four main areas that support the components in the Helix house; which are the amplifiers, the tuning network, the combiner network and the load center.

The Lualualei facility houses a technology that began back in the 1930s and it delivers communications to a unique platform. Larry Bridegam, VLF lead program manager said, "This renovation will allow NRTF Lualualei to operate reliably for the next 50 years."

Many are not aware that it exists, but this facility plays a very important role. Witnessing this renovation and modification is historical. Federal civilian employees and military servicemembers can tour the facility and learn more about NRTF Lualualei. People interested in seeing the facility can contact Mike Lachowski at 668-3066 and schedule a tour.

Are you hurting those you love?

Jennifer Diveley

TriWest Healthcare Alliance

The average smoker tries to quit 20 times before succeeding. Some people are motivated to stop smoking to improve their health. Others say they stopped smoking "cold turkey" for personal reasons. Whatever the reason, the bottom line is that it's not easy to quit.

You probably already know that smoking is bad for you, but did you know it can also be hurting those you love?

- Exposure to secondhand smoke can cause asthma in children.

- Regular exposure to secondhand smoke can trigger asthma attacks and make

asthma symptoms worse.

- Children younger than age 6 who are exposed regularly to secondhand smoke are at an increased risk for pneumonia and bronchitis.

As for you, smoking causes cancer, heart disease, stroke and emphysema. It also causes you to age early, creating wrinkles and turning your teeth yellow.

Nov. 15: The Great American Smokeout

Nov. 15 is the annual Great American Smokeout. Do you think you can quit for just one day?

If you participate in the Great American Smokeout, you'll be joining thousands of other smokers across the nation who made the promise to quit for the day. If you have tried to stop smoking in the past, but have been

unsuccessful in your effort, you are not alone.

It is never too late to quit smoking. You can make a commitment to yourself and to your loved ones today.

Ready to try and kick the habit? The first step is to make a plan. You can find information, tools and other resources to help you quit by visiting TriWest.com/tobacco.

Editor's note: In conjunction with the Great American Smokeout, Naval Health Clinic Hawaii will hold a "Don't Let Tobacco Slow You Down" Zumba fitness event at 11:30 a.m. Nov. 15 at the Joint Base Pearl Harbor-Hickam Fitness Center. There will also be a smokeout health information table at the Pearl Harbor NEX from 10 a.m. to 2 p.m. For more information, call 473-1880, ext. 2285.

Wounded Warrior trials

Continued from A-1

unwavering spirit of these athletes are an inspiration to all who meet them. They never give up and it's that example I want every Sailor to walk away with," said Minyard. "I am proud to call them shipmates, and I am deeply honored to have them representing the Navy and Coast Guard at the Warrior Games."

The final Navy-Coast Guard team roster will be announced aboard the USS Missouri Nov. 16. The team will be sponsored by the Navy Wounded Warrior-Safe Harbor program, the

Navy's organization for coordinating the non-medical care of seriously wounded, ill, and injured Sailors, Coast Guardsmen, and their families.

Athlete biographies and a schedule of Wounded Warrior Pacific Trials practice sessions and competitive events are available at <http://bitly.com/UbUa8n>. News and images of the competitions will be posted to the website as they become available.

Editor's note: See page B3 for the schedule of the Wounded Warrior Pacific Trials events which will take place this upcoming week.

Copeman's priorities a blueprint for 'delivering readiness'

Commander, Naval Surface Force Public Affairs

SAN DIEGO (NNS) – The commander of Naval Surface Forces, and commander, Naval Surface Force, U.S. Pacific Fleet, outlined his leadership priorities in a message to the fleet Oct. 5.

After three months at the helm of the Naval Surface Force, Vice Adm. Tom Copeman took some time to talk about the fleet and chart its future. He said he drew his inspiration from the Chief of Naval Operations' own guidance.

Adm. Jonathan Greenert's "Sailing Directions" — warfighting first, operate forward and be ready—summarize the core responsibilities and tenets of the Navy and each decision made for the fleet.

"When you look at what Adm. Greenert put out, it really says it all," Copeman said. "And the way we do things in the Navy, you take higher guidance and craft your own priorities and guidelines around them to keep everything in sync."

"The surface forces represent the core mission of the Navy. I don't think anyone argues with that. We put men and women out to sea and potentially into harm's way. The tasking of 'man, train and equip' has a critical part in making that happen. We are delivering readiness."

The priorities Copeman developed to support warfighting first are also three in number: training, development and career management of Sailors; training crews to fight and win; and providing warships ready for combat.

"Our ships have to be fully manned, and they have to have highly skilled Sailors," Copeman said.

To achieve this, Copeman said, requires looking at personnel readiness based upon a "wartime requirement" and not by what is funded.

"In order to man our ships correctly, it is vitally important that we report our manning readiness based upon the true requirement," he said.

Just as important as being properly manned is ensuring the experience level of the crew is also the best it can be. Copeman said he wants to, "develop methods and the metrics for incorporating experi-



U.S. Navy photo by MC Andres Hernandez

Vice Adm. Tom Copeman, commander of Naval Surface Force, U.S. Pacific Fleet, and Aviation Structural Mechanic 1st Class Mike Nichols go over the amphibious assault ship USS Essex (LHD 2).

ence into determining the right Sailor for the right job." He said the formula is a simple one: Fit = pay-grade + Navy enlisted classification code + experience.

To track that experience, Copeman said he wants to foster a strong working relationship with the Naval Personnel Command, using "directive detailing" to track experience levels to ensure key leadership billets are filled with Sailors who have the right experience and training.

"I want to see the right progression for our senior enlisted Sailors to prepare for those challenging jobs like combat systems maintenance manager or 'top snipe,'" Copeman said.

And even ashore, Sailor development must continue. "We have to build and track enriching shore tours for Sailors to build upon their sea experience," he said. "For FY-14, we've

added 967 billets to regional maintenance centers and afloat training groups and we intend to add more."

The training Sailors require is a crucial part of Copeman's priorities.

"If we really want our crews to fight and win, we need to lay that foundation right there in the school house," he said. "The schools—our basic, integrated and advanced training—must be focused on preparations for high-end combat operations. I think of it as improving the 'public school system' ('A' and 'C' schools) by increasing the hands-on training for our Sailors and taking a hard look if we are delivering the information in the best manner."

To start with, Copeman said he intends to invest \$170 million into school-house upgrades for surface engineering with plans to do the same for combat systems and its respective

school houses.

Copeman said he wants to reverse the trend of many Sailors spending large amounts of time at school only to require in-depth supervision once reporting aboard ship to do basic maintenance or watchstanding.

"Our schools must challenge our Sailors and make better use of their time," he said.

"We have returned some of the billets lost to optimal manning but we cannot restore them all. This leaves us with a deficit of time and people to stand over someone's shoulder and walk them through a process. With fewer people and same sets, the people must be highly trained," he said.

Likewise, in order to keep ships' crews trained, Copeman directed his operations staff to work with

the numbered fleets to develop a process to ensure all ships receive 24 weeks of uninterrupted basic training.

He urged leaders to use the Surface Force Readiness Manual as a guide for training their crews.

"You must be confident in your command's abilities, knowledgeable of your weaknesses, and proactive in working to improve yourself and your crew," he said.

"Always look ahead, and relentlessly communicate your requirements up the chain of command," Copeman said. "My staff's primary job is to provide the resources you need, so be proactive in reporting your requirements."

The end result for all this manning and training? Providing warships ready for combat.

"Here we're getting to the balance between maintenance and modernizations of our ships and providing our Sailors with the necessary equipment, repair parts, tools, technical documentation, education and training to fix and maintain their equipment," Copeman said.

Some of the measures Copeman has tasked his staff to do in support of that objective include implementing measures to improve provisioning and sparing for all classes of ships, continuing development of "class strategic plans" to provide total ship life-cycle guidance including maintenance and modernization plans, integrated logistics support and infrastructure support in order to enable our fleet to achieve expected service life. It also includes improving and re-estab-

lishing the Fleet Introduction Team process for all new construction classes and making sure the fleet moves swiftly and smartly toward the next generation of weapons.

A big focus of his efforts is getting the littoral combat ship (LCS) into the fleet and ready for her first deployment.

"That, to me, is huge," Copeman said. "LCS is the big evolution of how we're doing business when it comes to coastal warfare, and the real test of the concept remains to be seen."

All of these goals are within the surface forces' reach, Copeman said.

"But to achieve this, I require a dedicated and focused effort to deliver a ready command, a command in which deck plate compliance and a deep-rooted culture of ownership and self-sufficiency are the standard," he said.

Copeman charged his commanders to, "accurately assess and report the material condition of your ship. Your chain of command must know the operational impact of your maintenance condition. There is no shame in having broken or degraded equipment. The only shame is failing to properly report and then accepting and living with the broken equipment."

The challenge of a more austere fiscal environment is not lost on him, he said, but he is optimistic.

"It's not an easy path we're going down, looking out the next several years," Copeman said. "But I think we've been fortunate enough to retain the best Sailors and challenge them to take us forward. I'm personally excited to see where they lead us."