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PEARL HARBOR - HICKAM NEWS

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A FINAL WALK DOWN THE BROW: USS CROMMELIN DECOMMISSIONS

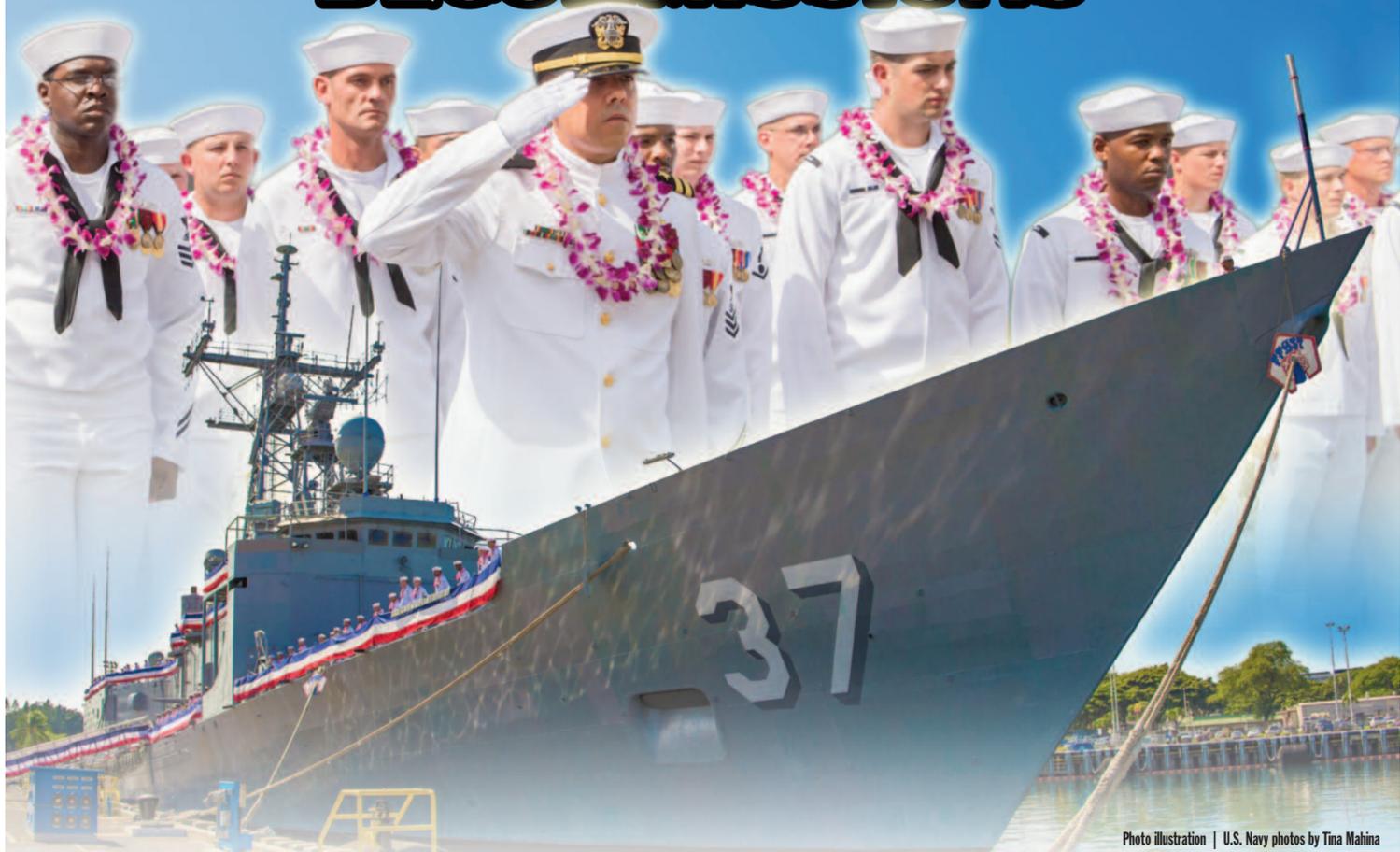


Photo illustration | U.S. Navy photos by Tina Mahina

Brandon Bosworth

Staff Writer

After three decades of service, USS Crommelin (FFG 37) was decommissioned at a ceremony held Oct. 26. More than 250 people attended the event at Pier M-2 at Pearl Harbor-Hickam.

Crommelin, an Oliver Hazard Perry-class guided-missile frigate, was commissioned June 18, 1983 in Seattle, Wash. The ship is named after three brothers: Henry, Charles and Richard Crommelin. All were graduates of the United States Naval Academy and were

known for their heroic service in the Pacific during World War II.

Lt. Cmdr. Jeff Smith, Crommelin executive officer, recounted the exploits of the three brothers. One eventually became promoted to vice admiral but the two others, both Navy pilots, did not survive the war. The story of the brothers served as inspiration to the ship bearing their name.

"For 29 years, this ship has strived to live up to the ideals of those men," said Smith.

Capt. James Orvis (Navy ret.), the commissioning commanding officer of Crommelin, was the guest speaker at the ceremony. He also spoke of the

ship's connection with the Crommelin family.

"There are Crommelins everywhere," he said. "We once ported in Australia, and there were Crommelins waiting for us on the pier. They were there at the commissioning ceremony. They are a big, warm, good-natured and loving family, and we are proud to be associated with them."

There are Crommelins close to home as well. John Crommelin V flew in from Hilo to attend the decommissioning ceremony. It was his first time actually seeing the ship bearing his family name.

"It's pretty amazing," he said. "I'm happy how the Navy

has honored my family."

Crommelin was an advanced ship from the very start. Capt. Orvis recalled the challenges of dealing with such a new vessel.

"The combat systems were new," he said. "The gas turbines were new. Everything required new operating procedures. The ship was different. It was more powerful and more seaworthy. But it's the Sailors that make a ship work."

After Crommelin's first commanding officer finished speaking, the ship's final commanding officer, Cmdr. Michael Johns, took the podium.

"It is an honor to decommis-

sion here at Pearl Harbor in the shadow of the Arizona Memorial and the Battleship Missouri," he said. "And it was a pleasure and an honor to serve aboard the Crommelin."

After the ship's company filed ashore for the last time, eight bells were struck terminating the final watch. The colors, pennants, jack and ensign were hauled down. The final command of "secure the watch" was given and Crommelin ceased to be a commissioned U.S. Navy warship.

The next destination for Crommelin is the Navy's mothball fleet at Middle Loch.

(See additional photos and story on page A-2 and A-5.)

Air Force, Navy volunteers needed for Nov. 3 Pearl Harbor Bike Path cleanup

Air Force and Navy volunteers are needed for a Pearl Harbor Bike Path cleanup which will take place from 8:30 to 11 a.m. Nov. 3.

The cleanup is a partnership of Joint Base Pearl Harbor-Hickam with the City and County of Honolulu.

Volunteers are needed at two locations: McGrew Point in Aiea and Pupuole Mini Park in Waipahu. Meet at either location by 8:30 a.m.

Turn on McGrew Loop off Kamehameha Highway to get to McGrew Point. There will be a cleanup of Aiea Bay Park and the bike path from McGrew Loop to Blaisdell Park, with emphasis on "hot spots" behind

Pearl Kai Center, Home World and Best Buy.

Pupuole Mini Park is located at 94-427 Pupuole St., Waipahu.

Volunteers will pick up trash and bulky items at Pupuole Park area and clean up the ditch and area behind the apartment buildings.

Dress to get dirty. Wear covered shoes and sunscreen.

Contact MAC James Wooten to volunteer via email at James.wooten2@navy.mil, or call 472-7149 or 225-5347.

For more information on the event, contact Tom Clements, Navy Region Hawaii outreach via email at Tom.clements@navy.mil or call 473-0662 or (808) 482-0036.



Photo illustration | U.S. Navy file photos



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NAVFAC Pacific Energy Fair turns awareness into action
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NEX celebrates 10th anniversary of serving patrons
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Navy Wounded Warrior: A critical resource for Sailors
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USS Crommelin has impressive history

Brandon Bosworth

Staff Writer

During the decommissioning ceremony for the USS Crommelin (FFG 37), the ship's first commanding officer, Capt. James Orvis (Navy ret.), told the audience, "The Crommelin has always been a good ship, a ship people could rely on."

This has proven true throughout Crommelin's 29 years of service, taking the ship from the Persian Gulf to Latin America to Southeast Asia.

Crommelin was initially homeported in Long Beach, Calif. and went on its first deployment in September 1985, traveling with the Constellation (CV 64) carrier group to the western Pacific and the Indian Ocean.

By August 1987, Crommelin was in the Middle East as part of Operation Earnest Will, protecting Kuwaiti oil tankers from Iranian attacks during the Iran-Iraq War. For her service, Crommelin earned both a Meritorious Unit Commendation and an Armed Forces Expeditionary Medal.

In October 1990 Crommelin deployed to the Central, South American and Caribbean theater to provide support for counter narcotics operations, earning the ship a Joint Services Meritorious Unit Award.

Crommelin shifted homeports to Pearl Harbor in September 1991. From November 1992 to March 1993, the ship completed another counter narcotics deployment in the Central, South American and Caribbean theater.

The year 1996 again found



U.S. Navy file photos | Photo illustration

Crommelin in the Middle East as part of the Carl Vinson Battle Group. The ship took on a variety of missions, including escorting ships through the Straits of

Hormuz, patrolling the northern Persian Gulf and conducting maritime interception operations.

After completing a series of

repairs and upgrades, Crommelin departed Pearl Harbor in August 1999 to support counter narcotics operations, this time in the eastern

Pacific. During the three-month deployment, Crommelin was a key player in four major cocaine seizures.

Crommelin's days of drug-busting were far from over. During a six-month deployment to the U.S. Southern Command (SOUTHCOM) area of responsibility (AOR) in 2003, Crommelin worked with the U.S. Coast Guard in intercepting the fishing vessel San Jose. During the interception, 525 bales of cocaine weighing approximately 10.5 metric tons were recovered.

During its tenure in the SOUTHCOM AOR, Crommelin intercepted and recovered a total 20.5 metric tons of cocaine worth more than \$1.25 billion, detained 29 drug smugglers and rescued a total of 96 people adrift at sea.

In May 2006, Crommelin took part in coalition exercises with the navies of Southeast Asian countries, during which it helped trained the United States' allies in many areas such as search and seizure, navigation, damage control and other maritime activities. The crew took liberty in ports such as Singapore, Hong Kong, The Philippines, Thailand, Malaysia, Brunei, Guam, Okinawa, Indonesia and finally returned to homeport Pearl Harbor in September 2006.

Crommelin continued to be active in anti-drug operations, becoming one of the most successful counter narcotics ship in the Navy.

The decommissioning ceremony held on Oct. 26 brought the USS Crommelin's story to a close.

For more information about the ship's impressive history, visit www.crommelin.navy.mil.

Plank owner returns to Crommelin for final visit

Lt. j.g. Tyler Sharp

USS Crommelin (FFG 37)
Public Affairs

(Editor's note: USS Crommelin (FFG 37) was decommissioned during a ceremony Oct. 26.)

More than 29 years after Kyle Bickler reported to Crommelin as an 18-year-old seaman recruit, he returned to Pearl Harbor to

visit Crommelin a final time before the ship's decommissioning. He traveled with his son who had heard stories and seen pictures of his father as a Sailor.

The guided-missile frigate USS Crommelin (FFG 37), the 31st ship of the Oliver Hazard Perry-class, was commissioned June 18, 1983 during a ceremony at the Todd Pacific Shipyard in Seattle, Wash.

She set sail on her shake-down cruise with a complement of 186 enlisted and 17 officers.

The commissioning crew, also known as "plank owners," had the honor and privilege of sailing the ship for the first time as a commissioned warship of the United States Navy. Composed of highly skilled technicians and professional leaders, Crommelin's first

crew successfully completed many significant operations and exercises.

"Not a lot has changed since my time on board," said Bickler as he fondly recanted stories of his time on board. "These all look like the original pieces of equipment we used to navigate."

Bickler pointed out different pieces of navigation equipment in the ship's pilot house to his son. Although

he had reported on board as a seaman, he quickly showed interest in the ship's control and navigation. After many months of studying, he passed the required test to become a quartermaster (QM).

"As a quartermaster, I was responsible for the safe navigation of the ship," recalled Bickler as his son manipulated the ship's steering mechanism.

After serving for three years on Crommelin, Bickler pursued a career outside of the Navy. He said that he had nothing but happy memories of Crommelin and her crew.

"I still stay in touch with a few of the guys that I served with," said Bickler.

Crommelin completed nearly 29 years of service, culminating with the decommissioning ceremony.

USS Bremerton 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 Bremerton (SSN 698) departed Joint Base Pearl Harbor-Hickam on Oct. 29 for a scheduled six-month deployment in the western Pacific region.

Cmdr. Kaleb Kerr, Bremerton's commanding officer, noted that the ship is in excellent condition and the crew is motivated and fully prepared for the demands of a western Pacific deployment.

"Given the experience,

motivation and high level of training of the wardroom and crew, I am confident that the upcoming deployment will be as successful as the 2011 deployment," said Kerr.

Kerr said of the 135 highly skilled crew members, this will be the first deployment for 37 Sailors. In addition to fully accomplishing all missions assigned by the operational commander, the submarine's specific goals include returning from deployment with all current crew members qualified in submarines and many additional advanced qualifications.

For the past year between deployments, the crew has performed well



The Los Angeles-class, fast attack submarine USS Bremerton (SSN 698) departs Joint Base Pearl Harbor-Hickam on Oct. 29 for a regularly scheduled six-month deployment to the western Pacific region. (See additional photo on page A-5.)

and met each critical milestone on time and ahead of schedule, Kerr said.

Kerr said the ship returned from a very successful Central Command and western Pacific deployment in October 2011 and was awarded the Meritorious Unit Commendation by the Secretary of the Navy.

"I'm pretty excited to go, been at school for a while, and actually being able to go somewhere is kind of nice," said Electronics Technician Seaman Apprentice Douglas Backlini.

Commissioned in March 1981, Bremerton is named in honor of the city of Bremerton, Wash.

Heritage: Honoring Native American Heroes

Rear Adm. Frank Ponds

Navy Region Hawaii and Naval Surface Group Middle Pacific



Rear Adm. Frank Ponds

This month we pay tribute to the history, heritage, customs and legacy of the many groups of indigenous people who make up American Indians and Alaska Native culture. As we do so, I want to reflect on the unique contributions to our military and our nation by Native Americans. In 1778 Gen. George Washington praised American Indians for their

excellent skills as "scouts and light troops." Tribes were involved in the War of 1812 and the Civil War – on both sides. Native Americans rode with Teddy Roosevelt's Rough Riders at

the turn of the 20th century and with Gen. Pershing and the U.S. Army pursuing Pancho Villa into Mexico nearly 100 years ago.

American Indians served with distinction in World War I and in disproportionate numbers in World War II. Here in the Pacific, Navajo Code Talkers provided invaluable service developing an unbreakable code. They were prized and honored for speaking their own language. The code helped the United States Marine Corps move from island to island across the Pacific from 1942 and 1945. Three Navy recipients of

the Medal of Honor, all of Cherokee heritage, are remarkable examples of bravery in battle:

- A hero of World War II, Lt. Cmdr. Ernest E. Evans sailed into harm's way as captain of the USS Johnston (DD 537) in the Battle off Samar, Oct. 25, 1944. In the face of an overwhelming enemy barrage, Evans charged his ship into battle, helping ward off the superior force of battleships, cruisers and destroyers.

- Boatswain's Mate 1st Class James E. Williams showed indomitable courage and exceptional

professional skill in three hours of combat operations on the Mekong River in Vietnam, destroying 65 enemy boats and inflicting numerous casualties despite grave risks.

- Also in Vietnam, exactly 40 years ago this week, Engineman 2nd Class Michael E. Thornton, operating with a three-member SEAL patrol, entered a hail of enemy fire to rescue a senior naval advisor, towed him seaward for two hours to safety, and enabled the safe extraction of all patrol members.

These are just a few of the inspiring stories of honor,

courage and commitment by the brave Native Americans who served with both dignity and distinction.

An event commemorating American Indian and Alaska Native Heritage Month will take place 10 a.m. to noon Nov. 20 at Pearl Harbor Memorial Chapel.

The event will include a 30-minute presentation by Senior Chief Gas Turbine System Technician (SW) Travis C. Wolf of Afloat Training Group Middle Pacific, and an ethnic food sampling. Wolf grew up in Alaska and is half-Alaska native.

American Indian and Alaska Native Heritage Month observed

Chief of Naval Operations

This Navy administrative message announces the observance of American Indian and Alaska Native Heritage Month during the month of November.

American Indian and Alaska Native Heritage Month originated in the early 20th century. In 1915, Arthur C. Parker, a Seneca Indian, encouraged the Boy Scouts of America to observe "First Americans" Day. A year later, the state of New York designated the second Saturday in May as American Indian Day.

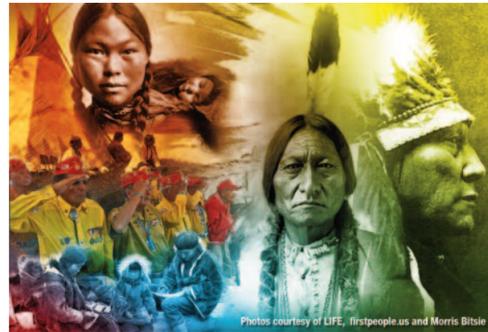
Several additional states enacted celebrations during the fourth Friday in September. The commemoration did not gain official national recognition until 1990, when President George H. W. Bush established a national commem-

oration to encompass the entire month of November.

Today, American Indian and Alaska Native Heritage Month celebrates the diverse cultures and traditions of these first Americans. According to the U.S. Census Bureau, nearly 4.5 million American Indians and Alaska natives comprise 1.5 percent of our nation's population.

These individuals are from many distinct tribes, states and ethnic groups, and all contribute to our national identity.

Today, more than 14,000 active duty and reserve Sailors and 1,200 civilians of Native American and Alaska Native heritage serve as part of our Navy's total force. In every facet of naval operations, these talented Sailors and civilians work, serve and sacrifice for their nation, and their unique perspectives and



Photos courtesy of LIFE, firstpeople.us and Morris Bitsie

experiences enhance our Navy.

Since 1776, when George Washington began enlisting for his fledgling Army, Navy and Marines, American Indians have contributed their fighting spirit and warrior ethos to help U.S. military forces defend America's national interests. Both past and present, these members have made remarkable contributions to our Navy's legacy.

War I, more than 15,000 American Indians enlisted to serve their nation proudly.

Native Americans also fought as Sailors and Soldiers in both the European and Pacific theaters of World War II, including 1,910 Sailors, 874 Marines and several dozen WAVES (Women Accepted for Volunteer Emergency Service). Between 10,000 and 15,000 American Indians fought communist aggression in the Korean War.

And during the Vietnam War, 41,500 American Indians answered the call of service. Of those 41,500, more than 90 percent of them were volunteers, fighting courageously during some of our nation's most difficult and treacherous battles. In the 20th century, three Sailors of American Indian heritage received the Medal of

Honor, the United States' highest military honor.

A showcase of American Indians and Alaska natives in naval history by the Naval History and Heritage Command can be found at bitly.com/Uj7Z5e. More information on national commemorations from the Library of Congress can be found at <http://1.usa.gov/2dx1BX>.

Service members may also participate in the Society of American Indian Government Employees (SAIGE), which works to promote the recruitment, retention and professional development of American Indian and Alaska native government employees.

More information is available at <http://www.saige.org/>. Point of contact is Ens. Amber Lynn Daniel, OPNAV N134, at (703) 604-5071 or via e-mail at amberlynn.daniel@navy.mil.



Diverse Views

"This month is the observation of American Indian and Alaska Native Heritage Month. What aspect of your own heritage are you proud of and why?"



Naval Aircrewman (Operator) 3rd Vanessa Hamlett
Patrol Squadron Four

"I'm just proud to have so many backgrounds, including Blackfoot Indian."



Hospital Corpsman 2nd Class Victor Parker
Navy Environmental and Preventive Unit Six

"I am proud of my African American heritage, and the way we overcame things like slavery. My wife is half Native American and she's very proud of her heritage. I'm glad our child will experience both of our cultures."



Maj. Matthew Stahl
65th Airlift Squadron

"I'm proud of my German heritage. Germans have made significant contributions to science and technology throughout history. At present, they are setting the right example and leading Europe through a financial crisis. And let's not forget about the great food and beer."



Naval Aircrewman (Operator) 3rd class Chelsea Mitchell
Patrol Squadron Four

"My heritage is Cherokee and Irish. I'm proud of both. I like being a mutt."

(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

Rear Adm. Clark remembered as first Native American full admiral

Rear Adm. Joseph J. Clark, (Commander Carrier Division Four) stands on the bridge of USS Philippine Sea (CV-47) during operations in the Mediterranean Sea, Feb. 21, 1949.

Clark was the first Native American graduate of the U.S. Naval Academy, 1917, and was the first Native American to attain the rank of full admiral upon his retirement in 1953. American Indian and Alaska Native Heritage month is being observed during the month of November.

Official U.S. Navy photograph, National Archives.



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✓ Remember to use your chain of command first

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Event raises awareness about disabilities and employment

Don Robbins

Assistant Editor

The Navy Region Hawaii Comptroller Department hosted a National Disability Employment Awareness Month event Oct. 25 at Pearl Harbor Memorial Chapel. Chaplain Lt. James Ragain provided the invocation, and Rear Adm. Frank Ponds, commander Navy Region Hawaii and Naval Surface Group Middle Pacific, delivered the opening remarks.

"This effort, this initiative, reflects our promise, conviction and commitment. In that context I ask you to pause and consider the meaning of National Disability Employment Awareness efforts. For me it is about fairness and opportunity," Ponds said.

"Fairness is a level playing field where everyone can have a chance to pursue their dream. Opportunity levels that playing field for those who have suffered physical, mental, emotional and spiritual injuries," Ponds said.



U.S. Navy photo by Lt. Jeffrey Ross

Rear Adm. Frank Ponds, commander Navy Region Hawaii and Naval Surface Group Middle Pacific, presents Brock McNabb, team leader of the Honolulu Department of Veterans Affairs Office, with a letter of appreciation at the National Disability Employment Awareness Month event Oct. 25 at Pearl Harbor Memorial Chapel.

"Opportunities will allow people to continue to do what they love doing — to serve in sacrifice for the country that they love," Ponds added.

Brock McNabb, team leader of the

Honolulu Department of Veterans Affairs Office, was keynote speaker. McNabb is a former U.S. Army medic who served for six years on active duty with the Army's 1st

Infantry Division.

He also served two tours in Iraq and is currently an Air Force Reserve medical non-commissioned officer with the 129th Rescue Wing of the California Air National Guard.

During the event, McNabb shared stories with the audience about his time while deployed and his current work with the military community on readjustment issues and post-traumatic stress disorder (PTSD).

Christina Labra of the comptroller department was the master of ceremonies for the event and spoke to the audience about the U.S. Department of Labor's campaign, "A Strong Workforce is an Inclusive Workforce: What Can You Do?"

She announced, "This theme promotes the benefits of a diverse workforce that includes workers with disabilities and encourages all employers to recognize the value and talent they bring to the workplace."

Lyle Tom, Navy Region Hawaii comptroller, provided the ceremony's closing remarks. Tom encouraged the audience to hire, train and assist people with disabilities.

Tom asked the audience to pause and consider the meaning of National Disability Employment Awareness.

He also covered "Schedule A, an Office of Personnel Management" appointing authority, in which qualified candidates who meet the guidelines can be hired non-competitively. Tom also explained how important it is for everyone to know their resources.

His staff obtained a free communication device for a hearing impaired employee by utilizing CAP, a nationwide

Computer/Electronic Accommodations Program that ensures people with disabilities have equal access to technology opportunities.

Labra said, "It is what people can do that matters." She provided the audience with a resource folder containing local and national resources to help their organization build an inclusive workforce.

For more information about the campaign, visit the website <http://www.whatcanyoudocampaign.org/>.

Residents braced in wake of tsunami warning

Readiness is key

Karen S. Spangler

Managing Editor

Emergency sirens wailed throughout the islands Oct. 27 as the Pacific Tsunami Warning Center (PTWC) generated a tsunami alert. The alert followed a 7.7 magnitude earthquake in the Queen Charlotte Islands region of British Columbia, Canada.

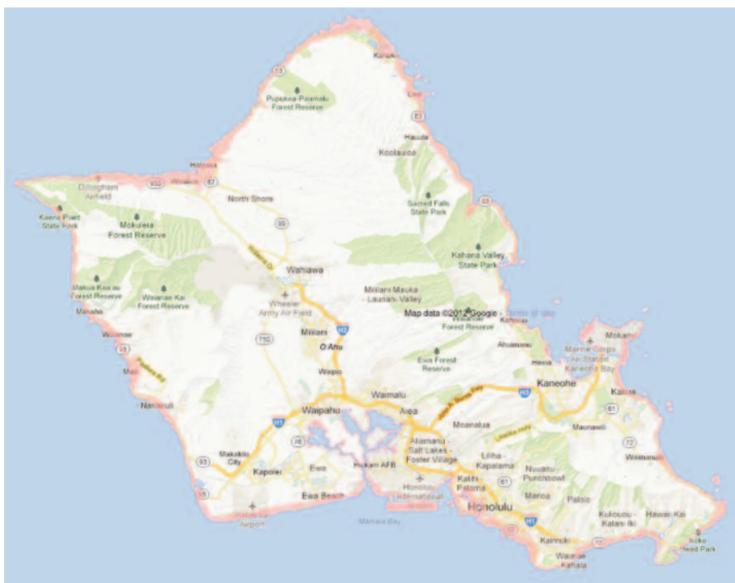
State of Hawaii Civil Defense, City and County of Honolulu Department of Emergency Management (DEM) and the Joint Base Pearl Harbor-Hickam (JBPHH) Department of Emergency Management immediately went into action, putting out advisories and readying response teams.

Many island residents heeded the advisories and evacuated coastal areas and made preparations.

The impact of the tsunami was minimal. Although small tsunami waves were recorded across Hawaii, there were no reports of injuries or damage.

However, residents are cautioned not to become complacent or ignore emergency warnings and advisories. You never know when a catastrophic hurricane or tsunami could impact the islands. It is imperative to always operate in ready mode and be prepared for any natural disaster that could occur.

According to Dan DuBois, JBPHH emergency management officer, multiple calls were received by the emergency operations center from housing residents near the harbor who asked about the



Courtesy of State of Hawaii Civil Defense

Tsunami inundation map of coast between Ewa and Honolulu International Airport.

need for evacuation. DuBois explained that only the joint base commander or regional commander will order an official evacuation. This will be done after consideration of all available information and historical data.

"If the joint base commander has ordered an evacuation of any housing areas, it will be announced on the Giant Voice System, Computer Desktop Notification System, JBPHH social media sites, through ombudsmen and key spouse phone trees, and with JBPHH Security Forces," DuBois said.

Being prepared for any natural disaster—hurricane, tsunami, earthquake, etc.—is vital.

"You need to do three very important things [to prepare for an emergency]," said DuBois.

"Be informed. Go to the State Civil Defense website: www.scd.hawaii.gov and review the state tsunami inundation maps. Enter your address and see if you are located in the pink tsunami evacuation zone. Pass this article to your friends and coworkers, or contact the JBPHH Department of Emergency management at 448-2741 for more information," he said.

During an emergency, residents can tune into local media, JBPHH Facebook or the Straight Talk Line at (808) 421-4000 for up to date emergency public information concerning the installation and housing areas, he said.

"Make an emergency plan, and map out at least two routes out of your area to higher ground," he advised.

It is also important to build an emergency kit that you can take with you if you must evacuate but keep in mind that the warnings of an approaching tsunami will be fairly short. You should already have your emergency kit together.

"You can go to any of these web sites to become better prepared: www.Ready.Navy.mil, www.beready.af.mil or www.ready.gov web sites for more preparedness information and contents of an emergency kit," DuBois advised.

He explained that studies and analysis by National Oceanic and Atmospheric Administration (NOAA) have determined that housing areas located inside Pearl Harbor, including Ford Island, Pearl City Peninsula, McGrew Point,

What is a tsunami?

Dan DuBois

JBPHH Emergency Management Officer

A tsunami is a series of ocean waves generated by sudden displacements in the sea floor, landslides or volcanic activity. Tsunami waves may come gently ashore or may increase in height to become fast moving walls of turbulent water several meters high. Remember, tsunamis travel at 500 miles per hour; so if you are in a tsunami inundation zone, you should evacuate immediately.

Even a minor tsunami as we saw last weekend can pose a danger to boats and people near the shore, beaches, harbors and marinas due to the strong currents and rip tides. This was one of the prime reasons State Civil Defense sounded the sirens to clear people out of the water, off the beaches and out of the marked inundation zones.

Although a tsunami cannot be prevented, the impact of a tsunami can be mitigated through community preparedness, timely warnings and effective response. JBPHH is a NOAA-certified tsunami ready community due to efforts by the JBPHH DEM in mitigation activities and public education.

A tsunami advisory is automatically declared by the Pacific Tsunami Warning Center (PTWC) for any earthquake if the epicenter is in an area capable of generating a tsunami.

A tsunami watch is automatically declared by the Pacific Tsunami Warning Center (PTWC) for any earthquake magnitude 7.5 or larger (7.0 or larger in the Aleutian Islands) if the epicenter is in an area capable of generating a tsunami.

A tsunami warning is issued by PTWC buoys and stations report that a tsunami has been generated. A warning may be issued automatically if an earthquake powerful enough to create a tsunami occurs nearby. The emergency broadcast system alerts the public of the danger and evacuation begins.

The location of the event will also determine the severity of the alert.

Hospital Point and Hickam

communities along the shore you are perfectly safe in our housing areas," DuBois said.

To be ready for a tsunami, as well as any other disaster such as a hurricane or earthquake, it is important to remember these three key strategies: Be informed, make an emergency plan, and build an emergency kit.

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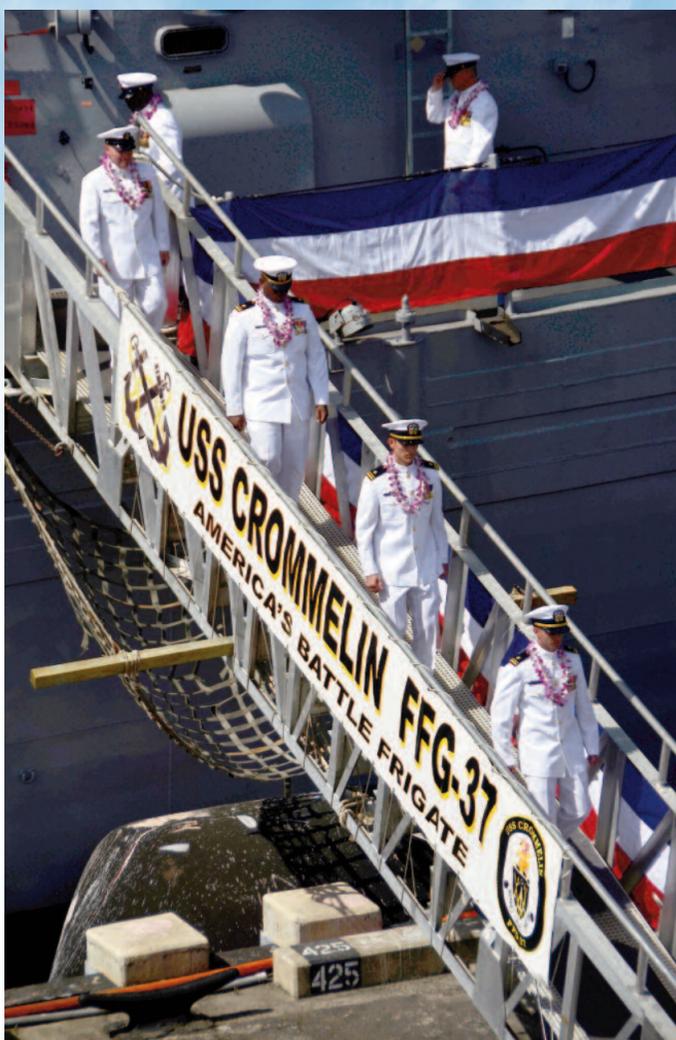


Pearl Harbor-Hickam *Highlights*



U.S. Navy photo by MC2 Daniel Barker

(Above) Sailors stand in formation in front of the guided-missile frigate USS Crommelin (FFG 37) during a decommissioning ceremony at Joint Base Pearl Harbor-Hickam. Originally commissioned in 1983, Crommelin began the decommissioning process in late October after nearly 30 years of operations, including counter narcotics and tanker escort missions around the world.



U.S. Navy photo by MC2 Daniel Barker

(Above) Sailors depart the guided-missile frigate USS Crommelin (FFG 37) during a decommissioning ceremony at Joint Base Pearl Harbor-Hickam.



U.S. Navy photo by MCSN Diana Quinlan

(Above) Cmdr. Michael D. Johns, the commanding officer aboard the guided-missile frigate USS Crommelin (FFG 37), departs after a decommissioning ceremony at Joint Base Pearl Harbor-Hickam.



U.S. Navy photo by MC2 Steven Khor

(Above) Yeoman 2nd Class Jacob Edwards, assigned to the Los Angeles-class fast attack submarine USS Bremerton (SSN 698), hugs his cousin Korone Iwasaki among other family members during a lunch for the crew before Bremerton departs Joint Base Pearl Harbor-Hickam on Oct. 29 for a regularly scheduled six-month deployment to the western Pacific region.



Photo by Krista K. Catian

(Above) (right to left) NAVFAC Pacific Capital Improvements employees Tracy Flores and Wes Sakaguchi visit The Gas Company booth to find more information on their upcoming products. The Gas Company is one of four outside vendors who participated in the NAVFAC Pacific Energy Action Day Fair held Oct. 24 at its headquarters.

NAVFAC Pacific Energy Fair turns awareness into action

Catherine Cruz Norton

Naval Facilities
Engineering Command
Pacific Public Affairs

Dozens of Navy and Marine Corps personnel attended an energy action day fair hosted Oct. 24 by Naval Facilities Engineering Command (NAVFAC) Pacific on the lawn of its Pearl Harbor headquarters.

"Our NAVFAC Pacific energy team organized this event to move energy awareness into energy action," said Dave Stiner, NAVFAC Pacific public works department. "This fair was an opportunity to be more proactive through hands-on demonstrations, informational displays and pamphlets, and to initiate open discussions with those who



Photo by Krista K. Catian

Forest City's Will Boudra (right) discusses the steps they perform to save energy in military homes to NAVFAC Pacific Public Affairs Officer Catherine Cruz Norton at the Energy Action Day Fair held Oct. 24 at NAVFAC Pacific headquarters. (See additional photo on page A-5.)

live and work on base."

Information was made available on a variety of energy and water conservation projects in the Pacific, including tips on how to reduce energy and water consumption both in the workplace and at home.

With an emphasis on fuel efficiency, the NAVFAC Hawaii energy team displayed the command's recently purchased hydrogen and electric vehicles.

"One of the Navy's five energy goals is to reduce by half non-tactical petroleum use in the commercial vehicle fleet by 2015," said Cmdr. Joe Simpkins, NAVFAC Pacific contingency engineering business line manager and energy conservation officer.

"The investment in these vehicles speaks volumes of our collective commitment

to pursuing alternatives to reduce our Navy's dependence on fossil fuels and to meet this goal," he said.

Other participants at the energy fair included industry partners Hawaiian Electric Company, Forest City Residential Management and The Gas Company.

"Energy conservation and the introduction of renewable energy initiatives in the Pacific are pivotal components to the bigger picture of energy security for our nation," said Capt. Pete Lynch, NAVFAC Pacific vice commander.

"As a supporting command, we strive to leverage business and technology to deliver the right expertise and products to support fleet readiness and to meet the Navy's energy goals," Lynch said.

Prevention was focus of Domestic Violence Awareness Month

Pearl Harbor-Hickam Public Affairs

Here are some of the Domestic Violence Awareness Month (DVAM) activities held in September and October throughout Navy Region Hawaii and Joint Base Pearl Harbor-Hickam:

Events

Military and Family Support Center (MFSC) hosted several activities, events and training sessions during the months of September and October. The theme for DVAM 2012 is "Home is Not a War Zone: Bringing Peace to Relationships."

- On Sept. 25-26, Mildred Muhammad, the ex-wife of the convicted and now executed "D.C. Sniper" John Allen Muhammad, shared her personal story as a domestic violence survivor. She spoke at Joint Base Pearl Harbor-Hickam and at Marine Corps Base Hawaii, Kaneohe.

- During the month, the MFSC-JBPHH showcased the Empty Place Setting, Clothesline Project, and the Silent Witnesses Display in the lobby of the Moanalua Service Center Building for Sailors, Airmen and family members to read and take resources on domestic violence.

- MFSC staff wore purple T-shirts every Friday to promote the local theme "know more - Make it Your Business to Stop Domestic Violence" which was a part of the "Ask Me Why I Wear Purple" campaign.

- MFSC and Family Advocacy Program (FAP) sponsored information tables at the Fleet Store and the Hickam Exchange on Oct. 15-16. Information and resources on domestic violence were provided to the military community and patrons.

- On Oct. 10 and 24, MFSC and Morale, Welfare and Recreation hosted free movie night in conjunction with Domestic Violence Awareness Month. Two movies were selected based on domestic violence themes for the purpose of providing additional training and education military communities.

- MFSC, along with the Navy

Chaplain Corps, offered a workshop on domestic violence prevention Oct. 19. The event was entitled the "Da Luv Boat" which was a cruise ship theme. The workshop focused on healthy relationships highlighting "The Five Love Languages" and ending with a version of the "Newlywed Game."

The top winner received a two-night stay at the Barbers Point Cottages and a basket filled with gifts. The second place couple received a \$50 gift certificate for dinner for two at Sam Choy's Breakfast Lunch and Crab.

- MFSC offered a workshop titled "How to Avoid Falling in Love with a Jerk/Jerkette" on Oct. 25. The workshop focuses on the warning signs of difficult partners, skills for a healthy relationship, five crucial areas to explore while dating, and learning the techniques for a 90-day probation period.

Training

- The FAP Prevention and Education Team provided training to Air Force Sexual Assault Prevention And Response victim advocates.

- Naval Computer and Telecommunications Area Master Station Pacific hosted a domestic violence training and education presentation. Topics included bystander intervention, reporting options, and services provided by the victim advocacy program.

- The FAP Prevention and Education Team at Pearl Harbor Naval Shipyard (PHNSY) provided training as a domestic violence overview. The training covered reporting options, cycle of violence, why do individuals stay, power and control, and the type of domestic abuse.

- The FAP Prevention and Education Team provided training for the Transient Personnel Unit. The training was a FAP brief covering domestic abuse and child abuse and the correlations between the two types of abuses.

- The Victim Advocacy Program provided training at the Air Force 15th Operations Support Squadron. The training focused on abusive behaviors, timeouts and domestic violence resources.

Students get bugged out

Lt. Cmdr.
Dustin J. Harrison

Naval Medical Research
Unit 2, Hawaii

Sailors from Naval Medical Research Unit No. 2 (NAMRU-2) Pacific and Navy Environmental and Preventive Medicine Unit No. 6 (NEPMU-6) teamed up Oct. 18 and 19 to provide an early introduction to entomology for the students of Navy Hale Keiki School on Oahu.

The class was designed to introduce the pre-kindergarten through fourth grade students to the world of entomology, including how to tell the difference between spiders and insects (hint: count the legs), how spider webs are used, and many other entomology fun facts.

The Sailors teaching the class included one Navy entomologist and five hospital corpsmen. The team visited four classes at the Navy Hale Keiki School during the



U.S. Navy photo by HML Milton Lewis

Lt. Ian Sutherland provides a show-and-tell about insects to the children at Navy Hale Keiki School.

two days. Students had hands-on time with microscopes, examined specimens native to Hawaii, and learned about how some insects can be both harmful and very beneficial.

"Force health protection is always our number one job, but I'm very grateful when we can give back to the community and have fun with the kids," said Lt. Ian Sutherland, NAMRU-2 entomologist.

The team also showed the students the equipment

that is used to capture mosquitos, portable digital imaging systems and other scientific gear. Students were encouraged to understand how such small creatures can have huge medical and economic impacts both at home and abroad.

"I love seeing their faces when we show them live insects. They are usually a little grossed-out, but then quickly start to ask excellent questions," said Hospital Corpsman 1st Class Michael Williams of NEPMU-6.

Take 'zombie apocalypse' preparedness challenge

Dan DuBois

Joint Base Pearl Harbor-Hickam Emergency Management Officer

The Oct. 12 issue of the Ho'okele, we featured an article about preparing for the "zombie apocalypse" and other emergencies. Now let's see how you did in preparing for an emergency.

Being informed

You need to know what the local hazards are (besides preparing for zombies), so give yourself one point for every one of these items you have completed or visited:

- <http://www.cnrc.navy.mil/Pearlharbor-Hickam/>
- [FEMA's Ready.gov](http://www.fema.gov)
- <http://www.redcrosslv.org/disaster/materials.html>
- [Ready.Navy.mil](http://www.ready.navy.mil)
- [Beready.af.mil](http://www.beready.af.mil) web sites

Planning

Give yourself one point for every one of these items you have completed:

- Develop a family emergency plan.
- Identify a safe area in your house where you can shelter in place.
- Child care in case parents can't return home.
- Have two meeting places for your family in case you are separated.
- Identify family emergency contacts.
- Post emergency numbers for fire, security and EMS.
- Have a list of shelters in case of evacuation.
- Have at least two planned evacuation routes to your local shelter or safe haven registration site.

Making a kit

Make an emergency kit for your home and your car in case you have to leave quick. This includes things like water, food and other supplies to get you through the first three to seven days if you have to shelter in place or make a run to a safe haven or shelter (or in the event of a



natural disaster, it will buy you some time until you are able to make your way to an evacuation shelter or utility lines are restored).

- Water (one gallon per person per day). Give yourself one point for three days of water supplies, two points for seven days.

• Food (three to seven days worth). Stock up on non-perishable items that you eat regularly. Give yourself one point for three days of food supplies, two points for seven days.

- Cash (at least \$250). Remember if you lose power, there are no ATMs so credit/debit cards don't work. Give yourself one point for cash in your pocket or five points if you have the full \$250.

• Gas. If a hurricane is coming, fill your gas tank. During hurricane season keep at least half a tank. Give yourself one point for one-fourth of a tank, two points for half a tank, three points for three quarters of a tank and four points if you have a full tank of gas.

- Medications (this includes prescription and non-prescription meds). Give yourself a point if you have medications for your kit.

• Tools and supplies (work gloves, dust mask, utility knife, duct tape, battery-powered radio with NOAA weather broadcast, five-gallon plastic bags, etc.). Give yourself one point each for these items up to 10 points.

• Sanitation and hygiene (household bleach, soap, towels, etc.). Give yourself up to five points here for these items.

- Clothing and bedding (a change of clothes for each family member and blankets). Give yourself up to 10 points here for these items.

• Important documents (copies of your driver's license, passport and birth certificate, to name a few). Give yourself up to five points here for these items.

- First aid supplies (you can use these supplies to treat basic cuts and lacerations that you might get during a tornado or hurricane). Give yourself up to five points if you have a first aid kit.

• Pet supplies (food, leash, collar and a hard-sided or collapsible kennel). Give yourself up to five points for pet preparedness; your pet will thank you.

So how did you do on the quiz out of a best possible score out of 68 points?

68 to 55 points: Congratulations! You are solidly in the green zone, meaning you probably have a pretty solid plan and kit ready to go, but it may need a few tweaks to improve your preparedness (unless of course you had a perfect score). In an emergency, you and your family will be fully or almost fully prepared.

54 to 34 points: You and your family are between 79 to 50 percent prepared. This

is the yellow area that means it's time to dust off and re-evaluate your plan and review, repack or stock your kit. You don't want to be in the long lines at the store or gas pump in the hours before a hurricane or tsunami land-fall.

34 points or less: You are in the red zone. You may not be "zombie bait," but I'm just sayin' ... you have a lot of work ahead of you, and it's time to stop procrastinating and get cracking on preparedness. Use the web sites at the beginning of this article as a starting point and start today.

On a more serious note,

while we can have fun talking about the "zombie apocalypse," Hawaii has very real potentials for disaster from your hurricanes, tropical storms, floods, earthquakes, tsunamis and other man-made or natural disasters.

We are geographically isolated in the Pacific, 2,500 miles from the mainland and dependent on containerized cargo for 90 percent of the goods that arrive on the island. Businesses, including the military, are on the "just in time" supply model which means that there are no vast warehouses of goods to draw from in an emergency. Help from the mainland

is days, if not weeks away, depending on the damage to local infrastructure.

This is why it's critically important for you and your family to be self sufficient for at least three to seven days as it may take that long to clear debris and allow rescue workers to get to you or your family and begin moving supplies back into the island.

You have a responsibility for your family to ensure that they have the greatest possibility for survival in a disaster. Don't be "that guy" that procrastinates and is either unprepared or deploys and leaves his family unprepared for an emergency.

VP-4 junior officers speak at UH career fair

Lt. j.g. Dustin Wilmoth

Patrol Squadron Four

A pilot, a naval flight officer and two aviators from Patrol Squadron Four at Marine Corps Base Hawaii, Kaneohe attended a campus-wide career fair hosted by the Manoa Career Center at the University of Hawaii on Oct. 23.

The officers were sent to assist Lt. Phillip Jones of the Navy Officer Recruiting Station Hawaii in finding the Navy's newest leaders.

Lt. j.g. Dustin Wilmoth and Lt. j.g. Niles Murphy helped students gain valuable insight on how to become a naval aviator and what challenges to expect on the path to "wings of gold."

By talking with fleet squadron aviators as opposed to officer recruiters, who may not have been involved in aviation, students were better able to understand what

kind of missions they would be performing if they did choose to pursue a career in naval aviation.

"It's nice to be able to ask a recent flight school graduate what to expect and what the differences are between the different aircraft pipelines," said Mark Agnos, a college senior attending the University of Hawaii and a prospective naval aviator.

Jones said that having guest officers in flight suits who could talk about the "awesomeness of naval aviation" provided information to students who might be interested in becoming a naval officer.

Patrol Squadron Four operates the P-3C Orion, a maritime patrol and reconnaissance aircraft. VP-4 is currently in the final stages of preparation for a future deployment, which will stretch from Italy to the Horn of Africa.

In December, VP-4 will celebrate 40 years of class-A mishap free flights and more than 254,000 flight hours.