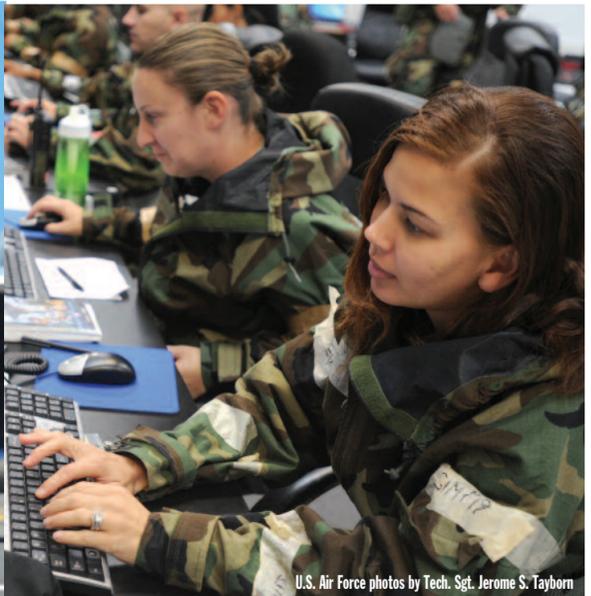


## Airmen participate in Kahuna Exercise



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

Staff Sgt. John Sciolto, Hawaii Air National Guard 154th Aircraft Maintenance Squadron crew chief, prepares to launch a KC-135 Stratotanker on the flightline during an operational readiness exercise at Joint Base Pearl Harbor-Hickam on Sept. 11. (Above right): Airmen from the 15th Wing and the 154th Hawaii Air National Guard work side by side on exercise procedures at the 15th Wing Operations Center. (See more photos on page A-5)

## New chiefs receive anchors at Pearl Harbor

MCSN Rose Forest

Navy Public Affairs  
Support Element West  
Detachment Hawaii

After six weeks of chief-specific preparations, 48 Sailors received their gold anchors and chief covers during a chief petty officer (CPO) pinning ceremony held Sept. 13 at Joint Base

Pearl Harbor-Hickam and joined the chiefs' mess.

The chief pinning ceremony is part of a long-standing tradition to honor and recognize the years of hard work and service they have given to the U.S. Navy.

"Over 120 years since the grade of chief petty officer was created, only the most talented and capable Sailors have been selected

to wear the golden anchors and have that distinction to be called chief," said Adm. Cecil D. Haney, commander, U.S. Pacific Fleet. "As a chief, you have tremendous influence over the Sailors and officers in a way that is truly unique to our service."

Today's ceremony marks a major accomplishment in these Sailors' careers and

their admittance to an important community in the Navy.

"The big thing about the chiefs' mess is that we are a big team and where one of us might be weak in one area, someone else might be strong, and we all lift each other up so we are that strong unified front," said Chief Intelligence Specialist Seth Phelps shortly after

his pinning.

As part of their new responsibilities, these new chiefs are expected to guide their junior Sailors and uphold the legacy of the chief petty officer.

"As a new chief, the first thing I want to do is ensure I take care of my Sailors. Right now it's not about me anymore," said Chief Hospital Corpsman Ashley

Aldeguer.

"I've reached this point in my career and worked so hard to get where I am, and now it's time to pay it forward and just take care of the Sailors I'm going to lead," Aldeguer said.

After the ceremony concluded, a reception was held for the new chiefs to celebrate with their families, friends and mentors.



U.S. Navy photo by MCSN Rose Forest

Chief select Hospital Corpsman Ashley Aldeguer awaits her pinning ceremony on Kilo Pier.



U.S. Navy photo by MC2 Steven Khor  
Newly pinned Chief Electronics Technician Lawrence Lombard of the Virginia-class fast attack submarine USS Texas (SSN 775) receives his combination cover from Senior Chief Machinist's Mate John Curtis at a chief pinning ceremony at the USS Parche Submarine Park and Memorial.



U.S. Navy photo by MCSN Rose Forest

Newly pinned chiefs gather after their pinning ceremony on Kilo Pier at Joint Base Pearl Harbor-Hickam.

## Navy Ball celebrations set for Oct. 12

Lt. J.W. Rasnake

U.S. Pacific Fleet Public Affairs

The annual Navy Officers and Enlisted Birthday Balls are set for Oct. 12 and will commemorate the Navy's 238th birthday.

The U.S. Navy traces its origins to the Continental Navy, which the Continental Congress established on Oct. 13, 1775. In 1972, then Chief of Naval Operations Adm. Elmo Zumwalt authorized the recognition of Oct. 13 as the Navy's birthday.

There are separate events for officer and enlisted personnel.

The officer's ball will be held at the Hilton Hawaiian Village, Coral Ballroom, and will be hosted by Adm.

Cecil Haney, commander, U.S. Pacific Fleet. The guest speaker will be retired Navy Capt. Gerald Coffee, a former fighter pilot and survivor of seven years as a POW in North Vietnam. Music will be provided by the Pacific Fleet Band.

Officers ball ticket prices vary by type of meal ordered and method of payment. Ticket sales for the officer's ball are available at <https://officers.ticketbud.com/hawaiinavyball>, or from your local command representative. Special package deals with the Hilton Hawaiian Village and childcare with the child development center at Pearl Harbor are available.

The enlisted ball will be held at the Hickam Officer's Club, Pacific

Fleet Master Chief Marco Ramirez will be the guest speaker.

The goal of the enlisted ball is to facilitate and encourage the attendance of junior service members and their families and foster a sense of pride in the Navy community.

Ticket prices for the enlisted ball are \$45 for E1 to E4 (GS1 to 4), \$50 for E5 to E6 (GS5), and \$55 for E7 and above (GS6 and above). Tickets for the enlisted ball can be purchased until Oct. 1 or until they are sold out.

More information on the enlisted Navy ball and ticket sales are available online at <http://www.navyballhawaii.com/> or on Facebook at <https://www.facebook.com/PearlHarborNavyBall>



U.S. Navy photo by MC3 Brennan D. Knaresboro

Chief Joseph Santos, who was meritoriously advanced earlier in the year for being the U.S. Pacific Fleet Sailor of the Year, kisses his wife following his official pinning ceremony on Kilo Pier at Joint Base Pearl Harbor-Hickam.



Repair dripping faucets promptly. If the faucet leaks hot water, the energy used to heat it is costing you money. (One drop a second can waste up to 48 gallons a week.)



MIDPAC holds CPO pinning ceremony at Battleship Missouri Memorial **See page A-2**



Retired CMSAF shares experiences with Airmen at JBPHH **See page A-4**



National Suicide Prevention Month: 'Thrive in your Community' **See page A-6**



September is National Preparedness Month: Are you ready? **See page A-7**



'Brassy' band provides finale for summer concert series **See page B-1**



JPAC to host National POW/MIA Recognition Day Ceremony today **See page B-3**

# MIDPAC holds CPO pinning ceremony at Battleship Missouri Memorial

Story and photo by  
MC2 Nardel Gervacio

Navy Region Hawaii  
Public Affairs

Eighteen Sailors from various commands at Joint Base Pearl Harbor-Hickam donned khaki uniforms and combination covers for the first time during the FY14 MIDPAC chief petty officer pinning ceremony held Sept. 13 aboard Battleship Missouri Memorial.

"Today we will place anchors on 18 new chiefs. I would like to remind the perspective chief petty officers that no one accomplishes anything on his or her own," said Command Master Chief (SW) Patricia Roebuck, Naval Surface Group Middle Pacific.

"What has been accom-



Newly-pinned Chief Information Systems Technician Lashandrea T. Young, assigned to Afloat Training Group (ATG) Middle Pacific, salutes the sideboys after receiving her anchors and cover during a chief pinning ceremony at Battleship Missouri Memorial.

plished can almost always be traced back to team effort. Wear your anchors humbly, proudly and confi-

dently," she said.

Rear Adm. Rick Williams, commander of Navy Region Hawaii and Naval Service

Group Middle Pacific, congratulated selectees, family members, mentors and other leaders who helped

them advance to chief petty officer. "This week's CPO selection results are an assurance that hard work, persistence and striving for success can pay off," he said.

"This period of advancement is not only a very important part of our heritage; it is also a rite of passage. So it is our obligation to make this a priority and a most meaningful event."

"Our junior Sailors will be made more aware of these events. They will draw meaning, and we will have a chance to influence them and help improve the attributes they can live by," Williams said.

Family members and friends pinned on two gold anchors to each newly appointed chief's uniform, and each Sailor's sponsor placed the combination

cover on their heads.

For the Sailors receiving their anchors, it was an emotional experience.

"I'm just overwhelmed with emotions right now," said Chief Electrician's Mate (SW) Eli W. Hollis of Naval Surface Group Middle Pacific.

"This doesn't seem real. It's hard to believe that I'm here right now," Hollis said.

"I'm feeling complete elation. It's an amazing feeling right now—a lot of hard work getting here," said Chief Fire Controlman (SW) Nicholas A. Riggs, assigned to Afloat Training Group (ATG) Middle Pacific.

"My first order of business is to take care of my Sailors, get established in the mess [chiefs], and carry out the mission," he said.

# Hawaii welcomes service members, civilians as newest citizens

Story and photo by  
MCSN Johans Chavarro

Navy Public Affairs  
Support Element West  
Detachment Hawaii

Hawaii welcomed America's newest citizens as they took the oath of allegiance Sept. 17 aboard the historic Battleship Missouri Memorial at Joint Base Pearl Harbor-Hickam.

U.S. Citizenship and Immigration Services (USCIS) and the U.S. District Court, District of Hawaii, introduced 97 naturalized American citizens during a special Citizenship and Constitution Day naturalization ceremony.

During the ceremony, Rear Adm. Rick Williams, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, spoke about the commitment and sacrifice shown during recent events and the responsibility of being an American citizen.

"In becoming citizens of the United States today, you are showing your own commitment to upholding the ideals and values and responsibilities of being an American," said Williams.

"You pledged allegiance, you exercised the right to vote, you have faith in freedom and equality. I commend

your choice to become an American. I salute your accomplishments, and I look forward to seeing all you will achieve as a citizen of the United States of America."

The ceremony was part of an annual celebration by USCIS in honor of Constitution and Citizenship Days, which are celebrated on Sept. 17, the day the U.S.

Constitution was signed in 1787.

"It is with a tremendous amount of honor and pride that I'm able to stand before you as the first person to say to my fellow citizens, congratulations," said U.S. District Judge J. Michael Seabright.

"We all know that your journey to this day has been a long one, but I know how proud each of you are and your loved ones are of you that you can now utter these very simple words, 'I am an American.'"

Of the newly naturalized U.S. citizens from 28 countries, 10 were service members, including U.S. Navy

Sailors, Personnel Specialist Seaman Mario Alvarez Mendoza and Boatswain's Mate Seaman Apprentice Christian Morales.

"My family is really proud of me. I'm the first member of my family to become a citizen," said Mendoza.

"It means a lot to me, being the first one, and having my brothers, sisters and everyone else look up to me. That means a lot," he said.

"I have always wanted to join the military and for the military to benefit me this greatly," Morales said.

"I am an actual American citizen and I am protecting my country. I feel really blessed," he said.



Boatswain's Mate Seaman Apprentice Christian Morales (right), stationed aboard the guided-missile cruiser USS Port Royal (CG 73), shakes hands with Rear Adm. Rick Williams, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, after becoming a U.S. citizen.

## USS Lake Erie, PMRF participate in successful BMD test

The Missile Defense Agency (MDA), U.S. Pacific Command, and U.S. Navy Sailors aboard the USS Lake Erie (CG 70) successfully conducted a flight test Sept. 18 of the Aegis ballistic missile defense (BMD) system. The test resulted in the intercept of a complex separating short-range ballistic missile target over the Pacific Ocean by

the Aegis BMD 4.0 weapon system and a Standard Missile-3 (SM-3) Block IB guided missile.

A complex separating short-range ballistic missile target was launched from the Pacific Missile Range Facility on Kauai, Hawaii.

(Editor's note: See next week's Ho'okele for more information.)

# Remarks made by SECNAV Ray Mabus to Navy family on Sept. 18:

"As the investigation into Monday's shooting at the Washington Navy Yard continues, we all remained shocked by this horrific attack on our Navy family. Our thoughts and prayers are with the families of those we lost and with the survivors. I've had the opportunity to visit with all the victims who are in the hospital



and their families, and I want you to know they are recovering well and send their thanks for all your well wishes and prayers. I've heard stories of great heroism and great honor. Our families, our Sailors, Marines and civilians are familiar with the dangers of service and the challenges of being overseas, but

our security here at home is something we can never take for granted. For that reason, yesterday I ordered a rapid review of security at every Navy and Marine Corps base in the United States. Their report is due to me Oct. 1. Together, as a family, we will grieve, we will comfort and assist the loved ones who have lost so

much, and we will support the men and women who were at this terrible event and who emerged physically unscathed. We will get through this and we will continue the work that is so vital to our men and women around the world. Navy and Marine Corps — uniformed and civilian — one team — one family."

Commentary

## Pink razors: A leadership example that influences attitude, actions

Chief Master Sgt. Leslie Bramlett

15th Wing Command Chief



Chief Master Sgt. Leslie Bramlett

Recently I saw a master sergeant taking his son to buy his first shaving razor. His son only had a few whiskers but he was so proud to be buying one. This made me think back to one of my basic training experiences.

I can remember sitting in the dorm dayroom and the training instructor [TI] teaching us how to set up our foot locker. He noticed that we just weren't getting it, so he asked for a volunteer to retrieve theirs for a demonstration. When the Airman returned, the TI

started putting everything in order and noticed something different in his foot locker — a pink razor! Oh the grief he gave him about

that razor! It did, however, lighten the mood of his fellow Airmen. The story behind how he got a pink razor is also important.

Growing up, his mom was the only person in his house who bought razors. He didn't grow up with his dad, so he used her razors to shave the little fuzz off his chin and trim the thin hair on his top lip. He didn't know there were other razors to use. Naturally, when his recruiter said he needed to bring two razors to basic military training [BMT], he grabbed two of his mom's. (smile).

As Airmen, we have the opportunity every day to influence others with our attitude and actions. Your

fellow Airmen may not say it, but they want to be just like you, especially if you are a leader (formal or informal).

In fact, I started taking college classes because of a friend who I admired. I was a decent student in high school, but I never thought I was college material. One class led to two, and two led to three and so on. Let me tell you, it wasn't easy. My duty shifts changed three times, and the Air Force had every right to do this because the mission is paramount.

Therefore, when the shifts changed, I took night classes, then day classes, CLEPs and non-traditional

classes. I was hungry for education and it was all because of the influence of leaders around me.

Recently, tuition assistance [TA] was suspended. Understandably, many were troubled. My question is: What would you have done if it had been suspended for a longer period of time? We always encourage Airmen to sign up for classes.

In a recent two-day period, 150 people signed TA before it was suspended. That may have been a record here, and it was your leadership that made it happen. That leadership is still needed.

I've heard it said that a strong stream will cut

through rock to make a path. As leaders, it is important to examine all of the options for education.

So what does this have to do with a pink razor? The Airman took the pink razor to BMT because it was the only thing he knew about. Thankfully, we can still use the GI Bill, CCAF, CLEP, DANTES, FAFSA and scholarships to pursue our education. Airmen are strong streams. We make a way out of seemingly no way.

So thanks, master sergeant, for taking your son to look at all of the options for razors. The pink razor is not the only one they make. Let's follow this dad's example.

## Diverse Views



**National Prisoner of War/Missing In Action (POW/MIA) Recognition Day will be observed today. Why is it important to honor those who were prisoners of war and those who are still missing in action?**



Maj. Chris Ross  
535th Airlift Squadron

"Honoring our heroes who gave their all is a constant reminder of our country's dedication to all of us."

Fire Controlman 3rd Class Samantha Barnes  
Transient Personnel Unit,  
Pearl Harbor



"Sometimes being in Hawaii, you forget that there are people out there sacrificing their lives in dangerous areas. We need to remember these people on this day and pay our respects."



Staff Sgt. Shameka Risch  
647th Force Support Squadron

"We honor our POW/MIA because they sacrificed their own freedom to defend our constitution and fellow Americans who are unable or unwilling to defend themselves. There is no greater sacrifice than to willingly lay down your life so another may live."

Master Sgt. Alexander Groce  
Joint Base Pearl Harbor-Hickam



"It's important that we take the time to remember prisoners of war and those missing in action. I think doing so is really in the spirit in the military tradition of honoring those who gave the ultimate sacrifice and those who are missing in action."



Senior Airman Catie Cox  
647th Force Support Squadron

"It is important to honor POW/MIA still today because of the dedication they made to our country and the sacrifices they made. We want them to know they are not forgotten."

Quartermaster 1st Class David Arriola  
COMNAVSURFGRU MIDPAC



"I think it's important to honor those who are prisoners of war and missing in action because these guys did something for us, they went out, fought a war, battling for our freedom. It's good that we look out for them, and we still honor them by celebrating a certain day for them. Give them that honor."



Master Sgt. Raymond Jackson  
65th Airlift Squadron

"So that we never forget that freedom is not free, it comes with a cost. For the POWs and MIAs gave their all, and their sacrifice requires that we pay them their due respect."

(Provided by David D. Underwood and MC2 Nardel Gervacio)

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

Commentary

## MCPON thanks Navy ombudsmen

Master Chief Petty Officer of the Navy Michael Stevens

"Navy ombudsmen, Theresa and I would like to take some time to say 'thank you' for your support and dedication that you provide to our Sailors, families and our great Navy.

For the past 43 years, ombudsmen have been an irreplaceable resource for our Sailors while serving as an information link between command leadership and command families.

As an ombudsman, you work collaboratively with the command to maintain

and sustain the morale and welfare of the command's service members, their families and single Sailors on active duty.

As we all know, family readiness is tied to mission readiness and having a strong family support structure enables Sailors to excel at their jobs and the

Navy to accomplish its missions. Your help successfully navigates the unique challenges of our lifestyle, and know that the job you do is immeasurable.

Thank you, ombudsmen, for your continued support and selfless dedication. MCPON and Theresa Stevens"

## Midshipman rejoices after graduation



Midshipman Ina M. Gomez rejoices after graduating from the U.S. Naval Academy. She was among the first Hispanic American women to graduate from the institution in 1981. Gomez retired as a commander. National Hispanic Heritage Month began Sept. 15 and will continue until Oct. 15.

U.S. Naval Historical Center photograph

## HO'okele

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# Retired CMSAF shares experiences with Airmen at JBPHH

**Master Sgt. Matthew McGovern**

*Pacific Air Forces Public Affairs*

Retired Chief Master Sgt. of the Air Force Robert Gaylor, the fifth to hold that title, discussed Air Force issues with Airmen during five speaking engagements held Sept. 11 through 14 at Joint Base Pearl Harbor-Hickam.

Gaylor shared his experiences and insight with Airmen at a junior enlisted call, First Term Airmen Center, Airmen Leadership School, Top III senior non-commissioned officer group and Air Force Ball participants.

"I started speaking to the enlisted force in 1970 and in those nine years of active duty, I'm sure I talked to thousands of Airmen," said Gaylor.



U.S. Air Force photo by Tech. Sgt. Jerome S. Tayborn  
Retired Chief Master Sgt. Robert D. Gaylor visits with Airmen at Binnicker Professional Military Education Center at Joint Base Pearl Harbor-Hickam.

"Since I retired in 1979, I've continued to travel and have the benefit of hearing from the Airmen, not just

talking to them. It's a mutual exchange," he said.

This is Gaylor's 24th base visit this year out of an average of 30 base visits annually. After meeting with PACAF SNCOs, he spoke about leadership attributes to the Top III.

"Someone once asked President Abe Lincoln what the number one leadership trait is," he said. "There are many choices but it might surprise you what Abe said—he said humility. He wasn't talking about meekness, impassivity and giving in. He was talking about the humility that comes with the confidence that you have your act together and are comfortable performing as a leader — and that you're not threatened by the skills of others."

"President Lincoln also said that with the appropriate amount of humility, you don't feel the need to go

around blustering and condescendingly dealing with people," he added.

Gaylor reminded the SNCOs in the room to measure themselves against the president Lincoln's comments, just as he does.

Gaylor said he tried to keep his humility throughout his career. And between speaking engagements, when asked if he could go back to active duty to work in any career field at any age, he said he would be an ALS instructor all over again.

"I like working with the Senior Airmen. The younger the audience, the more fired up I get because I think I'm in a better position to influence their thinking," he said.

"Yesterday I spoke to the ALS Airmen. They were in their first day. I could have stayed there all afternoon. I didn't want to leave."

Some of Gaylor's audience members are repeat customers and find his messages to be a rewarding inspiration.

"This is the third time I heard him speak, but every time, I walk out thinking about where I can grow as a SNCO to help my Airmen," said Master Sgt. Jason Glockner, PACAF executive services superintendent.

"You can tell he still loves the Air Force as much as he did the day he came in, and all he wants to do is continue to inspire the next generation and the next generation," Glockner said.

Born in 1930 in Bellevue, Iowa and raised in the town of Mulberry, Ind., Gaylor enlisted in the Air Force in 1948, a year after its birth. More than 65 years later, he continues to travel to motivate Airmen and be an active part of the Air Force community.

# JBPHH, Forest City host open house for residents

**Story and photo by SrA Christopher Stoltz**

*Joint Base Pearl Harbor-Hickam Public Affairs*

Residents of Forest City communities had the opportunity to speak with joint base leadership and Forest City housing representatives during a community open house event held Tuesday at the Hokulani Community Center.

Capt. Jeffrey James, commander of Joint Base Pearl Harbor-Hickam, and Susan Ridgeway, director of property management for Forest City, were available to answer residents' questions regarding their community.

"We are having an open house to inform them of some of the changes that are occurring here," said Ridgeway. "There is a change in the electric rate, so we wanted to let them know how they can help mitigate the expense increase."

Forest City personnel were on hand to sign residents up for an energy audit, which is an in-depth review of their utilities to see how much power is being used and can provide ways to



Capt. Jeffrey James (far right), commander of Joint Base Pearl Harbor-Hickam, speaks to housing residents at a community open house event held Tuesday at the Hokulani Community Center.

reduce the resident's energy footprint. Local police and fire department personnel were also at the event to field questions regarding safety in the local areas.

"We like to always stay in touch with our residents," she said.

"We like to have a two-way dialogue with our residents, so what we are delivering to them is really what they need," Ridgeway explained.

That two-way dialogue was ever present at the event as James and Ridgeway fielded questions from those who attended.

"These types of events provide a venue for more personal interaction, allowing residents to engage in a face-to-face conversation rather than speaking to someone on a stage," he said.

James explained that an added benefit to events like the open house is that some people feel more comfortable expressing themselves in one-on-one conversation rather than speaking in front of a large audience.

"I appreciate the great turnout and some of the passionate conversations with the residents here," he said.

"You can see they are passionate about their community and I am just as passionate to do my best to support them," James said.

# Pearl Harbor-Hickam *Highlights*



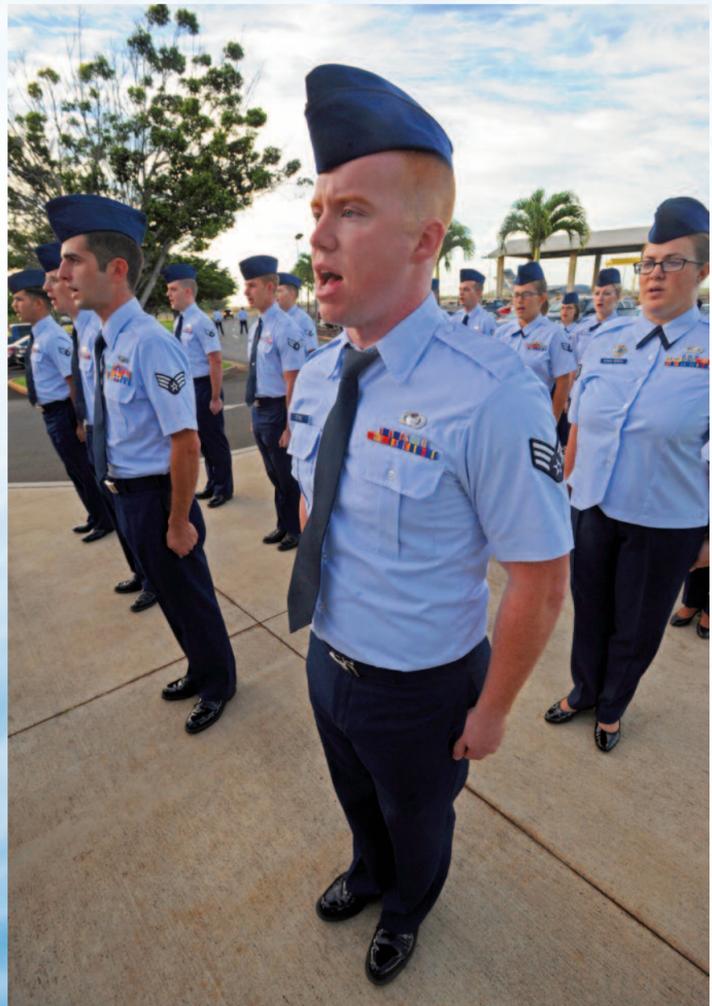
Airmen from the Hawaii Air National Guard 154th Aircraft Maintenance Squadron conduct preflight checks prior to launching a KC-135 Stratotanker on the flightline during an operational readiness exercise Sept. 11 at Joint Base Pearl Harbor-Hickam.

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



Members of the 15th Wing and the Hawaii Air National Guard 154th Wing discuss operation procedures near hangar 17 during an operational readiness exercise at Joint Base Pearl Harbor-Hickam.

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



Airman Leadership School Class 13-D Airmen recite the Airman's Creed at the conclusion of a reveille ceremony dedicated to prisoners of war/missing in action at the Binnicker Professional Military Education Center at joint base. The ceremony was held Sept. 16.

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



A newly pinned chief petty officer from the Los Angeles-class fast attack submarine USS Buffalo (SSN 715) receives his combination cover at a chief pinning ceremony at the USS Parche Submarine Park and Memorial on Joint Base Pearl Harbor-Hickam, Sept. 13.

U.S. Navy photo by MC2 Steven Khor



Attendees recite the Oath of Allegiance at the Battleship Missouri Memorial during a naturalization ceremony at Joint Base Pearl Harbor-Hickam. Ten service members and 87 civilians became U.S. citizens.

U.S. Navy photo by MCSN Johans Chavarro

# Suicide Prevention Month: 'Thrive in Your Community'

Lt. Cmdr. Kaarin Coe

*Suicide Prevention Coordinator, Military and Family Support Center, Navy Region Hawaii*

The theme of this year's Navy Suicide Prevention (SP) Month is "Thrive in Your Community." Sailors, civilians and family members are encouraged to get involved within their community and installation during the month of September by finding ways to volunteer to help others. However, it is important to recognize that this is a year-round evolution, and small acts of kindness can be given at any time.

Suicide prevention starts with early detection (warnings signs noted below). Recognizing warning signs means paying attention to changes in those around us.

Stress and crisis can be perceived differently by everyone. What may be identified as a significant

stressor for one person may not seem that difficult to handle for another. Our own history, coping skills and resiliency play a large role in how we manage different types of stress.

Taking the time to ask "how are you doing" and actually listening to the response is a powerful intervention — one that many many realize has a powerful positive effect.

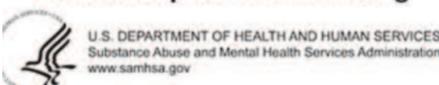
**Reaching out for help is a sign of strength**

If you are experiencing thoughts of suicide, know that you are not alone. Free, confidential resources are instantly available to aid you if you are in crisis. To get help immediately, call the Military Crisis Line at 800-273-8255 and press 1, or chat online for 24/7 access to trained counselors.

**How do I know if I am showing warning signs?**

Contact a friend, family member, commanding officer, health professional or the Military Crisis Line

**NATIONAL SUICIDE PREVENTION LIFELINE™**  
**1-800-273-TALK**  
**1-800-273-8255**  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)



immediately if you are:

- Thinking about hurting or killing yourself.
- Seeking access to pills, weapons or other means of harming yourself.
- Talking or writing about

death, dying or suicide.

It is also important to seek out professional help if you are experiencing any of these signs of concern:

- Being unable to sleep or oversleeping.

- Withdrawing from friends, family or society.
- Increasing alcohol or drug use.
- Acting recklessly or engaging in risky behavior.
- Experiencing excessive rage, anger or desire for revenge.
- Having feelings of anxiety, agitation or hopelessness.
- Reliving past experiences.
- Experiencing dramatic changes in mood.
- Feeling hopeless.

**National data on suicides**

Suicide is the 11th leading cause of death in the United States, with one suicide occurring on average every 15.2 minutes.

Suicide is the third leading cause of death among 15- to 24-year-olds.

The elderly make up 12.6 percent of the population, but comprise 15.7 percent of all suicides.

Approximately 900,000 Americans attempt suicide each year.

It is estimated that 5 million living Americans have attempted to kill themselves.

Every year in the United States, more than 17,000 men and women kill themselves with a gun, two-thirds more than the number who use a gun to kill another person.

An estimated 4.6 million Americans are survivors of the suicide of a friend, family member or loved one.

The 2013 Prevent Suicide Hawaii Conference will take place Nov. 20 (8:30 a.m. to 4:30 p.m.) at Koolau Ballrooms in Kaneohe. For more information and to register for the conference, go to <http://www.preventsuicidehiconf.org>.

Throughout the month, resources will be released on [www.suicide.navy.mil](http://www.suicide.navy.mil) (Suicide Prevention Month) to guide discussion on stress navigation, comprehensive wellness and a sense of community—all protective factors against suicide.

## Navy hosts Singapore Staff College students in Hawaii

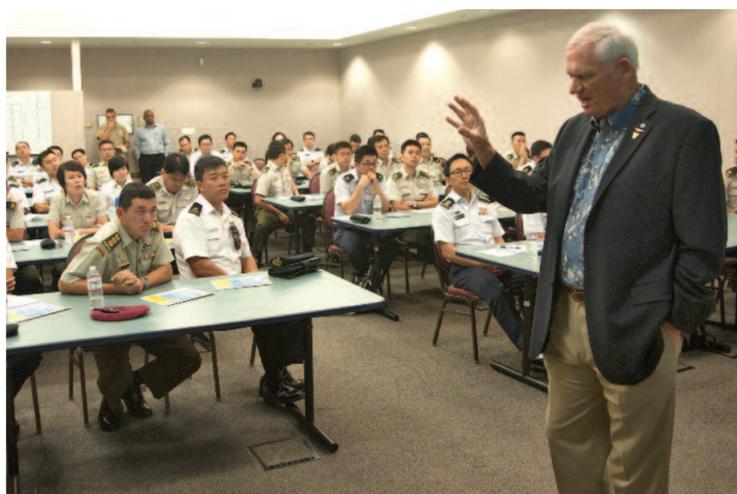
Story and photo by MCSN Johans Chavarro

*Navy Public Affairs Support Element West Detachment Hawaii*

More than 50 Singapore Armed Forces officers recently visited the U.S. Pacific Fleet headquarters compound and historic Pearl Harbor sites as part of a wider program with U.S. military counterparts in Hawaii.

Students and faculty of Singapore's Goh Keng Swee Command and Staff College (CSC) overseas study program spent Sept. 9-12 on Oahu in an international exchange of cooperation and ideas with U.S. Pacific Command and service components in Hawaii, while also being introduced to historic and cultural sites.

The visit was organized to educate and familiarize Singapore CSC students and faculty with the missions of Pacific Command,



William J. Wesley, executive director for plans and policy for Commander Pacific Fleet, speaks to students and faculty of Singapore's 44th Goh Keng Swee Command and Staff College during an informational brief.

Marine Corps Forces Pacific, Pacific Air Forces, and U.S. Army Pacific, in addition to the responsibilities of the Navy's

Pacific Fleet. The students were briefed on the Pacific Fleet mission, "emphasizing the importance of maritime

relations," according to Lt. Cmdr. Andrew Tam of the fleet's plans and policies directorate.

Keynote speaker William

J. Wesley, Pacific Fleet's executive director for plans and policy, stressed the importance of establishing, building and growing international relationships in the Pacific region.

Wesley is the principal advisor to the commander on matters of policy and planning development regarding foreign engagement, strategic planning, operational research and joint and Navy doctrine.

"The reason we want to advance our relationships with friends, partners and allies is the fact that we all have to work together for a common good and a common cause," Wesley said.

"We all have an economic inter-dependence on each other to ensure the free flow of goods and services continues unabated.

"Maritime security is an environment that all of us have to strive for and, to do so effectively, we need everybody to work together," Wesley said.

The students later visited the USS Arizona Memorial and the Pacific Aviation Museum.

"I find all of these engagement opportunities as very fortuitous for Pacific Fleet, so that we gain a better understanding not only of us but of them as well. There's reciprocity there as we exchange ideas because we can learn from each other," Wesley added.

## Navy Region Hawaii to host suicide prevention program

As part of Suicide Prevention Month, Navy Region Hawaii will host Ishmael "Uncle Ish" Stagner from 10 to 1 a.m. and from 1 to 2 p.m. Sept. 24 at Sharkey Theater, Joint Base Pearl Harbor-Hickam.

A Native Hawaiian born and raised on Oahu, Stagner is a published author and educator with more than 50 years of teaching experience. He is an active member of the Prevent Suicide Task Force, Oahu and works with at-risk youth in settings from classrooms to prisons.

Stagner's passion for suicide prevention stems from personal tragedy. In 2008, his son, a United States Air Force staff sergeant, committed suicide while he was stationed at Eielson Air Force Base, Alaska.

Stagner will tell his story and discuss the impact his son's death had not only on his family, but also on his work within the community.

For more information, call Lt. Cmdr. Kaarin Coe at 474-1999 or email [kaarin.coe@navy.mil](mailto:kaarin.coe@navy.mil).

## September is National Preparedness Month: Are you ready for emergency?

Commander, Navy Installations Command

### Ready Navy Program

September is National Emergency Preparedness Month. Commander, Navy Installations Command's (CNIC) Ready Navy Program asks Sailors and their families to make certain they are prepared if an emergency occurs.

"National Preparedness Month reminds us all to be informed, make a plan, build a kit, and stay informed, not just for a month, but every day," said Jeff Sanford, CNIC emergency management specialist.

"Ready Navy provides a road map and creates a state of mind for Navy personnel and families to be and stay prepared for any potential hazard

throughout the year, something leadership takes very seriously," Sanford said.

Ready Navy is a proactive Navywide emergency preparedness, public awareness program. It is designed for the Navy community, to increase the ability of every person and family on or near Navy installations to meet today's challenges head on and plan and prepare for all types of hazards, ranging from hurricanes and earthquakes to terrorist attacks.

By exploring the links on the Ready Navy site, you will:

- Be informed of potential hazards and what to do before, during and after an emergency.
- Understand the steps to make an emergency plan that includes what to do, where to go, and what to

take with you.

- Learn to build a kit to support basic needs for a minimum of three days.

- Access tools and resources to help you and your family prepare for emergency situations that could arise at any time with no warning.

Navy personnel and families are strongly encouraged to strengthen emergency planning at home, as well as at work, by reading and following the tips and information found at [www.Ready.Navy.mil](http://www.Ready.Navy.mil).

Be ready Navy! We are. Are you?

For more information on how to prepare for any disaster, visit <http://www.ready.navy.mil>. Follow us @ReadyNavy.

Ready Navy is a CNIC-sponsored emergency preparedness program.

## JBPHH Emergency Management officials remind residents to prepare

Meg Petrone

Contributing Writer

there for hours, days or even a week," Sabatine said.

Hawaii residents are reminded that September is National Emergency Preparedness Month. It is important to have a plan in the event that disaster strikes and to prepare an emergency kit.

"If you are forced to evacuate your home, be sure not to leave empty-handed. Just grab any supplies you have on hand, such as canned food, clothes, toiletries, blankets, etc.," said Larry Sabatine with the JBPHH Emergency Management Office.

"It is important to bring supplies when you evacuate to a shelter because no supplies are provided, and you may be

Emergency management officials also advise that residents should have a plan in case disaster strikes while they are away from home.

It is never too late to prepare for a disaster, they said. The best idea is to be informed, have a plan, and make a kit.

Resources are available at Ready Navy and Ready Air Force to help point you in the right direction. Hurricane season is still in effect until November.

Information about preparing for a disaster will be available at the Hickam Exchange from 9 a.m. to 3 p.m. today and at the Pearl Harbor Navy Exchange from 9 a.m. to 3 p.m. Sept. 27.

## Sailors, elected officials honor 9/11 first responders

Story and photo by MC1 Cynthia Clark

Defense Media Activity, Hawaii

Rear Adm. Rick Williams, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, along with the Joint Base Pearl Harbor-Hickam Honor Guard, participated in the Honolulu 9/11 Remembrance Ceremony held Sept. 11 at Tamarind Park, Bishop Square, Honolulu.

The ceremony also featured speeches from Hawaii Gov. Neil Abercrombie and Honolulu Mayor Kirk Caldwell.

It was designed to not only honor those who were lost that fateful day in 2001, but to also thank Hawaii's first responders – the Honolulu Police Department, Honolulu Fire Department and Emergency Medical Services.

"What could I possibly say that either has not been said before or be a pale reflection of what that



Joint Base Pearl Harbor-Hickam Honor Guard stands ready with members of the Honolulu Police Department for the 9/11 ceremony at Tamarind Park, Bishop Square, Honolulu, held Sept. 11.

meaning can have for us in terms of the power of remembrance?" Abercrombie said.

"We find ourselves, I think, experiencing what can only be a

minor miracle, but rather than despair, rather than give in, rather than feel all is hopeless, we see life as it is—a miracle."

Hawaii U.S. Sen. Mazie Hirono,

U.S. Sen. Brian Schatz and Rep. Tulsi Gabbard also shared remarks with those gathered.

Honolulu Mayor Kirk Caldwell also spoke and received a flag from Navy Region Hawaii Sailors. "Why do we come together on 9/11, 12 years now? For me, it's about renewing faith around our first responders," said Caldwell.

"The rest of us run away from danger. Their job description, it's running to danger. It's renewing faith in these first responders, it's renewing faith in the men and women who serve in our armed forces, who after 9/11 signed up in droves ... to fight on the front lines against terrorism ... who put their lives ahead of ours."

It was two of those service members who presented the mayor with a flag in honor of Honolulu's first responders.

"Presenting the flag to Mayor Caldwell meant everything to me," said Ship's Serviceman 2nd Class Andre Bogus.

"When Sept. 11 happened, I

was a senior in high school. I remember sitting in class watching it on television. It actually is the main reason that I joined the Navy. It gave me a sense of pride and wanting to defend my country. It's a tremendous honor to come out here and be a part of this ceremony," Bogus said.

Builder 2nd Class Reynaldo Castro was also a senior in high school on Sept. 11, 2001 and watched the attacks unfold live on television. The honor of presenting the flag was important for him as well.

"I get a sense of pride doing this, especially presenting the flag to the mayor," Castro said. "It was an honor, especially after all the words and thanks he gave in his speech."

Lt. Rick Tiff, Joint Base Pearl Harbor-Hickam chaplain, provided the benediction. Taps was performed by Musician 2nd Class Kevin Creasy and Musician 3rd Class Ann Franek, members of the U.S. Pacific Fleet Band.