

JBPBH kicks off Healthy Base Initiative

Story and photos by MCSA Rose Forest

Navy Public Affairs Support Element West Det. Hawaii

Karen S. Spangler

Managing Editor, Ho'okele

Getting fit and having fun was the theme for the day as more than 1,000 service members, family members and Department of Defense (DoD) civilians learned about habits for good health and fitness when Joint Base Pearl Harbor-Hickam (JBPBH) launched its Healthy Base Initiative event Oct. 18 at Ward Field.

JBPBH is one of 14 DoD bases, one of only two Navy bases and the only joint base, selected as sites for DoD's "Healthy Base Initiative (HBI)" campaign to promote good health across the nation.

HBI is a demonstration project that examines select military installations' efforts to support improved nutritional choices, increased physical activity,



Ben, one, and Ryen, 22 months, play together during the kick-off event of the Healthy Base Initiative at Joint Base Pearl Harbor-Hickam.

obesity reduction, and decreased tobacco use.

The free event at JBPBH focused on new and ongoing programs to help people make healthy choices. The family activity offered fitness demonstrations and workouts, nutrition and fitness guides and tips, and body fat measurements. But there were also bounce

houses, adult obstacle courses and live music from the U.S. Pacific Fleet Band to round out the entertainment.

"I think it's really important that we instill this healthy lifestyle in our children, especially with so many schools cutting out physical education and limiting recess," said Mariah

Tatla, mother of a two-year-old girl.

Attendees at the event also had the opportunity to get moving during the Zumba demonstration with a combination of dance and workout routines. "I think it's very important that we get the younger



Zumba instructors lead participants in a demonstration which included a combination of dance and workout routines as part of the kick-off event for the Healthy Base Initiative.

See Healthy base, A-6

Hickam Airmen participate in search and recovery training



Airmen at JBPBH collect and tag evidence found during a recent search and recovery team training exercise. The purpose of the search and recovery team is to respond to military-related incidents on base, including military vehicle, aircraft mishap and mass casualty incidents.

Story and photo by SrA Christopher Stoltz

Joint Base Pearl Harbor-Hickam Public Affairs

Airmen from Joint Base

Pearl Harbor-Hickam recently completed their first search and recovery team training, held on Hickam Beach, to better prepare for possible accidents and incidents on base.

The purpose of the search and recovery team is to respond to military-related incidents on base, including military vehicle, aircraft mishap and mass casualty incidents.

If called upon, the team must search and cover selected areas, keeping an eye out for evidence, things out of place, or personal effects. A line is formed with one step taken at a time, a quick search of that immediate area conducted, and then the line moves one step forward yet again.

Anything that could be considered out of place is collected, then bagged and tagged as evidence. The team then covers the entire area again from a different direction, to ensure nothing has been missed.

Air Force Technical Sgt. Brian Wingo, 647th Force Support Squadron Unit training manager and search and recovery team lead, said the quarterly training is used to train Airmen to recover and help preserve evidence which could help determine the cause of an incident.

"Search and recovery is important because it provides a method to recover and return home the remains of fallen personnel," he said. "The team is trained to conduct operations to

recover all remains and do so in a manner that preserves dignity and respect."

Wingo has only been a part of the team on Hickam for nine months, but said he has been fortunate enough to have never needed to respond to a real-world incident. However, this does not stop him from ensuring new Airmen added to the team know how to respond accordingly.

"Usually, we (the instructors) will conduct a classroom session covering search and recovery procedures," he said. "Then we will go out and apply those instructions in the field. The location for the outdoor portion changes to keep a sense of realism because the terrain for a real-world incident could be anywhere."

Maintaining a sense of realism in a training environment is nearly as important as ensuring the training given is the best it can possibly be. This is why Air Force Staff Sgt. Jay Waddell, Hickam Mortuary Affairs non-commissioned officer in charge, not only helps main-

tain and train the team, but the trainer as well.

"I draw up a crash site for the team and give all the crash details to the team lead," Waddell said. "I inspect the team lead on his communication and leadership, as well as question him or her on the procedures they are about to conduct. I also conduct equipment checks and see if the team lead inspects equipment prior to sending their team out."

Waddell said the teams are there to help aid civil engineering, security forces and local law enforcement agencies if there ever is a need. He also said sharing part of the flight line with the Honolulu International Airport makes the team that much more helpful if there ever is an incident.

"Completing the training and providing hypothetical situations for my team ensures that I'll have the knowledge to perform the mission," he said. "Accidents happen all the time, so I have to be ready to lead my team into any operation."

JBPBH plans for makahiki celebration

Tom Clements

Navy Region Hawaii Public Affairs

Joint Base Pearl Harbor-Hickam (JBPBH) and Navy Region Hawaii will celebrate *Kapuaikaula Makahiki* starting at 9 a.m. Nov. 2 at Hickam Harbor Beach.

Military and civilian personnel, their families and sponsored guests are invited to observe *makahiki*, an ancient Hawaiian celebration known as a "Hawaiian Thanksgiving."

The free event is organized by the Oahu Council of Hawaiian Civic Clubs, in partnership with JBPBH. Families are invited to bring their beach chairs and mats to enjoy the festivities and take part in *makahiki* games, such as *o'o* (spear throwing) and *ulu maika* (stone rolling).

Winners will receive homemade *kahili* or feather standard, as prizes and compete for the "grand champion" prizes.

Before the *makahiki* begins, paddlers in canoes carrying the Hawaiian deity Lono will make a journey from Iroquois Point to Hickam Harbor. Once near shore, the blast of the *pu* (conch shell), will announce their arrival, ushering the start of the *makahiki* with a procession from the beach to the *makahiki* site in the grassy area near Sam Choy's Seafood Grille.

In ancient Hawaiian history, Lono was the embodiment of peace and welfare and all warfare was strictly forbidden during the time of *makahiki*. The focus on health and welfare made games of skill that tested a healthy body and mind a focal point of the *makahiki* games.

For more than 2,000 years, the significance of Lono and his contributions to the beliefs and practices of the early Hawaiian people influenced the celebration of events held during *makahiki* festivals throughout the Hawaiian Islands.

According to the ancient calendar of Hawaii, the Hawaiian new year begins on the first night of the rising star constellation *Makali'i*, or Pleiades. The four months following the rise of the *Makali'i*, from October to the end of January, were set aside as a time for Lono, to give thanksgiving for the bounty of land and sea.

For more information, contact Tom Clements, Navy Region Hawaii environmental public affairs officer, at 473-0662, or the JBPBH public affairs office at 473-2926.

CSADD gets the word out about suicide prevention, PTSD



Joint Base Pearl Harbor-Hickam's Coalition for Sailors Against Destructive Decisions (CSADD), (above), recently held a freeze mob at the Pearl Harbor Navy Exchange. CSADD members used the event to inform the community about suicide prevention and post-traumatic stress disorder, also known as PTSD. They discussed PTSD, its symptoms and different ways for veterans to seek out help. Besides the event at the NEX, CSADD members also recently participated in a Diamond Head hike to raise awareness about CSADD and its mission to prevent destructive decisions. For more information on how to join, and about upcoming events, visit the JBPBHCSADD Facebook page or email jbphh.csaddcares@live.com.

photo courtesy of CSADD



Jim Taylor: Helping Pearl Harbor survivors in their final journey: See page A-2



Hollywood comes to JBPBH with Hawaii Five-0 See page A-2



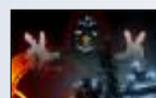
'First 100 Days' – all about family, Sailors, civilians, veterans See page A-3



Joint base personnel work behind the scenes for distinguished visitors: See page A-8



Music fills the air at Joint Base Pearl Harbor-Hickam See page B-1



Spook-tacular spectacles scheduled for Halloween See page B-2

Jim Taylor: Helping Pearl Harbor survivors in their final journey

Brandon Bosworth

*Navy Region Hawaii
Public Affairs*

For nearly 20 years, retired Master Chief Yeoman Jim Taylor has served as the Pearl Harbor survivors' liaison and honored the service of those who survived the Dec. 7, 1941 attack on Pearl Harbor.

Many who survived the attack hope to be reunited with their fallen friends when they die. Navy Region Hawaii offers special burial services for service members who were serving at Pearl Harbor on that "Day of Infamy."

Survivors can have their ashes scattered in the waters of Pearl Harbor, and those serving on USS Arizona or USS Utah may be interred inside their ship. Families and friends of the deceased are welcome and encouraged to attend the

services, which include military honors, a chaplain for religious service, the playing of "Taps," and presentation of the American flag. Then the family scatters the ashes in the water.

Taylor is the man who helps to make all this happen.

On Oct. 18, Taylor was honored for his service and dedication when he was awarded the Lex Brodie Above and Beyond Award. Lex Brodie was an iconic Hawaii businessman and an active member of the community. The Above and Beyond Award honors those affiliated with the U.S. military who go above and beyond the call of duty.

"In the mid-90s, I volunteered to assist with the Navy's casualty assistance and funeral honors program," said Taylor.

"There was a program in place to honor Pearl Harbor survivors by placing their

remains in the waters of the harbor when they died. Since then, I have become very close to the Pearl Harbor survivors and their families, resulting in burial services for over 300 Sailors, Soldiers and Marines. There are approximately 20 burials a year, and the number grows each year," Taylor said.

For Taylor, volunteering as a Pearl Harbor survivor liaison is a labor of love.

"I have always supported our veterans, in particular those who were here in Hawaii, during the terrible attack on our country," he said.

"They are all heroes – even though almost every one of them doesn't like the word hero. To me, they are definitely heroes. They created the mold for Sailors who followed in their footsteps during many encounters with enemies up until the present day.

"This all satisfies my



U.S. Navy photo by MC1 Daniel Barker

Jim Taylor is congratulated by his granddaughter Maile after receiving the Lex Brodie Above and Beyond Award.

need to help others, educate our citizens, and carry on the legacy of our heroes, past and present. It gives me a great deal of satisfaction every time I coordinate a burial. It brings almost final closure to families over the loss of

their loved ones, and it honors our heroes."

Taylor said he has no plans to quit and looks forward to continuing to serve in the future.

"I have two goals," said Taylor.

"One is to continue my

personal mission of carrying on the legacy left by our heroes in World War II and all conflicts thereafter. My second is to be there for the families in honoring every Pearl Harbor survivor until the last one departs."

Hollywood comes to JBPHH with Hawaii Five-0



(Above) Col. Johnny Roscoe, 15th Wing commander, reviews a scene playback for an episode with Allison Liddi Brown "Hawaii Five-0" director, on the flightline at Joint Base Pearl Harbor-Hickam on Oct. 9. (Top right), Chief Master Sgt. Leslie Bramlett, 15th Wing command chief, poses for a photo during filming. (Right), Actors portraying secret service agents practice a scene. The crew and cast were on base to shoot a portion of an upcoming episode.



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



A SHORT CONSULT could lead to a small miracle...

Under the direction of Dr. John Frattaroli, former Chief of the Infertility Service and Director for the Tupper Army Medical Center AFM Center, the Fertility Institute of Hawaii utilizes the most advanced fertility practices and laboratory equipment combined with the best trained personnel to offer all fertility services for the state of Hawaii with pregnancy rates that rival as some of the best in the world.

If you have been trying to conceive for longer than 6 months or if you fear that you have a fertility problem, a short consult could be the difference between giving up and having your very own miracle miracle. With over 20,000 babies born, Dr. Frattaroli is dedicated to helping patients achieve their dream of building a family.

It's not a consult, not a consultation, but one that could be forever life changing.



Our Services

- In Vitro Fertilization (IVF)
- Intracytoplasmic Sperm Injection (ICSI)
- Ovulation Induction
- Intracytoplasmic Sperm Injection (ICSI)
- Natural Cycle/Minimally Stimulated IVF
- Intracytoplasmic Sperm Injection (ICSI)
- Preimplantation Genetic Screening/ Diagnosis (PGS/PGD)
- Sperm Egg IVF
- Donor Sperm IVF
- Gestational Carrier (GC)
- Embryo Donation/Adoption
- Fertility Preservation
- Cryopreservation of Eggs/ Sperm (Sperm Bank of Hawaii)
- Cryopreservation of Sperm (Sperm Bank of Hawaii)
- Cryopreservation of Embryos (Embryo Bank of Hawaii)

Accepting new patients
Call 808-545-2800
With locations in Honolulu, Hilo, Maui, and Waipahoehoe

FERTILITY INSTITUTE OF HAWAII
CREATING NEW BEGINNINGS

Hale Pua'a
1401 South Beretania St. Suite 200
Honolulu, HI 96814
www.fertilityinstitute.com

Commentary

'First 100 Days' – all about families, Sailors, civilians, veterans

Rear Adm. Rick Williams

Commander, Navy Region Hawaii and Naval Surface Group Middle Pacific



Rear Adm. Rick Williams

This very fortunate position continues to humble me every day as I have the privilege to work with so many professionals who, like me, have the chance to live and work at Pearl Harbor. History, current events and a dynamic future all surround us here. Those heroes who have gone before us are remembered when we go aboard Mighty Mo or Bowfin, when our kids go to Radford High School, or when we visit preserved landmarks like Lockwood Hall.

Navy traditions are preserved here. Many of the customary ceremonies and traditions today have not changed since when my predecessors were here over the past century. Their black-and-white portraits are displayed on a wall in the HQ leading to my office. Their images are a constant reminder of how quickly time will pass and of the imperative to get things

done in the little time we have together.

I am reminded of these sentiments whenever I have the opportunity to visit our MIDPAC ships or attend meetings at U.S. Pacific Fleet headquarters – in offices and conference rooms where Nimitz, Spruance and Halsey once met. My sense of urgency and constant energy is because I am but a guest here. I want to experience as much as I can and be part of something much bigger than me before I am like the pictures on the wall

and my tour is already over. Last Friday I completed 100 days "in office" as region and MIDPAC commander. My first 100 days began with my own change of command and were capped, just coincidentally, with last week's U.S. Pacific Fleet change of command ceremony, in which Adm. Harry B. Harris took the helm once held by Fleet Adm. Nimitz.

We salute Adm. Haney and wish him well at U.S. Strategic Command, and we look forward to a high optempo and continued rebalance to Indo-Asia-Pacific under Adm. Harris's leadership.

There have been many other highlights in the first hundred days, and one thing is clear – our most important component to success here in Hawaii is people.

Family: My first commentary for Ho'okele in July was "Navy in Hawaii: building, supporting, defending families." The CNO has said it's all about readiness. If we take care of our families, we can meet our mission. When we take care of our families, we give our service members the peace of mind they need to do their jobs.

Our families and

ombudsmen deserve our ongoing praise and appreciation for all their support and for all they do, and I'm glad we held an ombudsmen appreciation dinner in September to tell them so.

Sailors: I continue to be amazed at the caliber and can-do attitude of our enlisted service members and officers – on deployment and at home, afloat and ashore. Our Sailors train, test and stay ready to deploy forward.

During my first 100 days, I was privileged to see nearly 300 Sailors in Hawaii pinned as chief petty officers. That was a true highlight to witness these key leaders take the next step of investing in our Navy.

Working with the Missile Defense Agency and PMRF, our MIDPAC Sailors are making history. The cooperative spirit between service members on operational platforms, aboard installations and in support commands here is second-to-none.

Civilians: The first time a mainlander sees our workforce at the joint base and Barking Sands, it can be startling – few suits, no neckties and lots of aloha wear. Then the outsider quickly sees the superior work ethic, professionalism

and brainpower of our civilian teammates. Our civilians are our commands' lifeblood, and it was a huge relief during the past 100 days when furloughs were lifted and the shutdown was shut down.

As I said in Tuesday's all hands call this week, we need and appreciate our civilian teammates – indispensable members of our total force.

Veterans: As most of you know – from my change of command remarks, Navy Birthday speech and various articles in the Ho'okele – history is extremely important to me. If we learn from the lessons of history, we are less likely to make the same mistakes.

We are stationed in what I consider our Navy's most historically significant region. And we are extremely fortunate to often be in the presence of "living monuments," in particular our Pearl Harbor survivors. Meeting with World War II veterans and our Wounded Warriors and hearing their stories is right up there as a top highlight, not just in my first 100 days but in my entire naval career as well.

Everyone: Some other big highlights over my first 100 days include meeting educators, environmental-

ists, local leaders and government officials. Two weeks after my change of command ceremony, we hosted Vice President of the United States Joe Biden for a military appreciation family barbecue. We hosted British and Japanese ships and welcomed People's Liberation Army (Navy) visitors and the Chinese ambassador to the United States. Also in these first 100 days, I met Navy League teammates and Wounded Warriors at their regatta in August. Suzy and I took part in the Aloha Festival in September that paid tribute to the Polynesian Voyaging Society. And I've had the pleasure to conduct several award ceremonies over the past few months to celebrate and honor our people.

This isn't meant to be a complete list of all of the highlights in the past 100 days, and if I failed to mention an event or group, just keep reading the commentaries in the weeks and months ahead.

I'm looking forward to the next 100 days and all we can achieve together, especially with a combined sense of urgency to get things done in the limited time we have together.

Diverse Views



What was your favorite Halloween costume and why?



OS2 Josh Williams
CTF 34

"My son's Spiderman costume. I like watching him act strong. It had the muscles already on it."

Air Force 2nd Lt. Kellie Dowling
647th Logistics Readiness Squadron

"My favorite costume was when a group of my friends dressed up like gorillas, then chased my other friend around, who happened to be dressed in a giant banana costume."



IT1 Josh Brice
Navy Region Hawaii

"Voltron. Voltron was the coolest. He had tigers on his hands and a sword."

Master Sgt. Paul Nelson
647th Logistics Readiness Squadron

"My favorite costume has to be the zombie. I was always a fan growing up of the movie 'Night of the Living Dead,' and it always does a great job of scaring the kids."



ETSN Cody Kenner
USS Michigan

"Spiderman. My favorite superhero. I always used to dress up as him as a kid."

Airman 1st class Christopher McCloud
15th Aerospace Medical Squadron

"The best costume I ever saw had to have been the time I saw a man who dressed himself up like a port-a-potty. He even had legs coming out of the toilet itself. I liked it because it was different and creative, and set itself apart from what you usually see."



HM2 Michelle Parmelee
Naval Health Clinic Hawaii

"I was a pirate for Halloween one year when the original 'Pirates of the Caribbean' came out. It had a hat that was cool."

Provided by Lt. j.g. Eric Galassi and SrA Christopher Stoltz

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

Pacific Submarine Force successfully completes SLMM-EX

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

The U.S. Navy's Pacific Submarine Force recently honed its operational proficiency during a submarine-launched mobile mine exercise (SLMM-Ex) conducted off the coast of Kauai at the Pacific Missile Range Facility (PMRF).

SLMM-Ex was designed to demonstrate the capability of a Los Angeles-class submarine to successfully launch Mk-67 SLMMs used specifically for destroying and/or disrupting enemy ships. The MK-67

SLMM was developed as a submarine-deployed mine for use in areas inaccessible for other mine deployment techniques or for covert mining of hostile environments.

This end-to-end demonstration began with the training of a Los Angeles-class submarine crew to handle and launch Mk 67 SLMMs. The training included SLMM weapons handling and certification using training shapes and walk-through events, including a simulated launch. The exercise culminated in the actual launch of inert Mk 67 SLMM exercise mines off

PMRF.

"Conducting exercises like these ensures the operational readiness of the submarine force," said Rear Adm. Phil Sawyer, commander of Submarine Force, U.S. Pacific Fleet. "It further ensures that our submarines stand ready to provide critical access to the world's ocean trade routes, provide credible defense against any hostile maritime forces, and project power from the sea to the shore when needed," he said.

The Mk-67 SLMM is a submarine-launched mine in service with the Navy.

General soared to great heights in Air Force



Photo courtesy of Pacific Air Forces

On Oct. 27, 1954, Benjamin O. Davis, Jr., left, became the first African American promoted to general officer in the United States Air Force, when Gen. Earle Everard Partridge pinned the general's star on him. The historic event took place 59 years ago this week. Among his accomplishments, West Point graduate Davis commanded the 332nd Fighter Group, the "Tuskegee Airmen."

HO'okele

Commander,
Navy Region Hawaii
Rear Adm. Rick Williams

Chief of Staff
Capt. Mark Manfredi

Director,
Public Affairs
Agnes Tauyan

Deputy Director,
Public Affairs
Bill Doughty

Commander,
Joint Base
Pearl Harbor-Hickam
Capt. Jeffrey James

Deputy Commander
Col. David Kirkendall

Director, Public Affairs
Grace Hew Len

Managing Editor
Karen Spangler

Assistant Editor
Don Robbins

Sports Editor
Randy Dela Cruz

Staff Writer
Brandon Bosworth

Layout/Design
Antonio Verceluz
Richard Onaha Hutter

Ho'okele is a free unofficial paper published every Friday by The Honolulu Star Advertiser 500 Ala Moana Boulevard Suite 7-500 Honolulu Hawaii 96813, a private firm in no way connected with DoD, the U. S. Navy, Air Force or Marine Corps, under exclusive contract with Commander, Navy Region Hawaii. All editorial content is prepared, edited, provided and approved by the staff of the Commander, Navy Region Hawaii Public Affairs Office: 850 Ticonderoga, Suite 110, Pearl Harbor, Hawaii, 96860-4884. Telephone: (808) 473-2888; fax (808) 473-2876; e-mail address: editor@hookelenews.com World Wide Web address: https://www.cnic.navy.mil/Hawaii/ or www.hookelenews.com.

This civilian enterprise newspaper is an authorized publication primarily for members of the Navy, Air Force and Marine Corps military services and their families in Hawaii. Its contents do not necessarily reflect the official views of the U. S. Government, the Department of Defense, the U.S. Navy, Air Force or Marine Corps and do not imply endorsement thereof.

The civilian publisher, The Honolulu Star Advertiser, is responsible for commercial advertising, which may be purchased by calling (808) 521-9111.

The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement of the products and services advertised by the Department of Defense, the U.S. Navy, Air Force or Marine Corps, Commander, Navy Region Hawaii or The Honolulu Star Advertiser.

Everything advertised in this paper shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

A confirmed violation of this policy of equal opportunity by an advertiser will result in the refusal to print advertising from that source.

Ho'okele is delivered weekly to Navy & Air Force housing units and Navy and Air Force installations throughout Oahu. Housing residents may contact the publisher directly at (808) 690-8864 if they wish to discontinue home delivery.

U.S. Pacific Fleet master chief visits Sailors in Kaneohe

Story and photo by
MC1 Amanda Dunford

U.S. Pacific Fleet
Public Affairs

U.S. Pacific Fleet (PACFLT) Master Chief Marco Ramirez visited various commands at Marine Corps Base Hawaii, Kaneohe Bay on Oct. 17, updating Sailors on fleet priorities and discussing issues of concern.

During an all hands call and luncheon, Ramirez answered Sailors' questions about topics that included CPO 365 training, sexual assault and prevention, and warfighting readiness. He also toured the Third Marine Regiment regimental aid station, various air squadrons and had an office call with Capt. Lance Scott, commander, Patrol and Reconnaissance Wing Two.

"I wanted to come out to Kaneohe Bay and talk with

Sailors and unite them and let them know PACFLT's thoughts about the mission and priorities and how we value them and their service," Ramirez said.

Ramirez has been traveling around the world introducing himself to the fleet and sharing PACFLT's priorities and mission since his selection as fleet master chief in March.

"I think it's important to come out and share what the commander's mission is and what his priorities are," Ramirez said.

"The United States Pacific Fleet protects the sea lanes and keeps them open. That's exactly what we do. And not only do we keep them open but we work with our partners, our allies and our coalition forces and work well with them, so we can enhance keeping those sea lanes open," he said.

"If we meet aggression

then we're going to try to deter it and if we can't we're going to fight, that's the mission of our Pacific Fleet."

Sailors said they appreciated Ramirez's visit.

"It was very informative. We talked about the mission, DUT's, CPO 365 and anything that encompasses our daily routine," said

Information System's Technician 1st Class Robert Leviker, Patrol Squadron (VP) 9.

"It was nice seeing fleet master chief during the all-hands call and being able to ask him questions and having him listen to our concerns and tell us his thoughts and advice about different issues."

Ramirez is the 16th U.S. Pacific Fleet master chief and is the senior enlisted advisor for more than 140,000 Sailors who serve on approximately 2,000 aircraft and 180 ships and submarines.



U.S. Pacific Fleet Master Chief Marco Ramirez receives a capabilities brief from Air Traffic Controller 2nd Class Brian Miller in the air traffic control tower on Oct. 17 at Marine Corps Base Hawaii.

USS O'Kane chief petty officers receive specialized training



Command Master Chief Jeff Steinly, trainer for Pacific Fleet commanders, Fleet CPO Mobile Training Team, speaks to chief petty officers at Joint Base Pearl Harbor-Hickam about the importance of communication, both up and down the chain of command.

Story and photo by
MCSA Rose Forest

Navy Public Affairs
Support Element Hawaii

U.S. Navy chief petty officers (CPO) assigned to the guided-missile destroyer USS O'Kane (DDG 77) took part in a full-day training seminar Oct. 17 at the Silver Dolphin Bistro at Joint Base Pearl Harbor-Hickam.

Command Master Chief Jim Knudsen, lead trainer, and Command Master Chief Jeff Steinly, trainer for the Pacific Fleet commanders, Fleet CPO Mobile Training Team, led the training seminar.

The training seminar was designed to assist the crew of USS O'Kane with operations and meeting objectives. With rigorous training exercises, inspections and preparations for a deployment, the concept behind this workshop was

to give leadership the tools they need to best best prepare their Sailors for upcoming challenges.

"This is a great instructional tool for the chief's mess to get back to the basics, to help them better manage their day, their people, their Sailors, their organization within their division, and to see the bigger picture," said Command Master Chief David Blackburn, USS O'Kane.

"Sometimes being on the platform we are on, we are tasked with a whole bunch of exercises, and I think some of this training that we are going to get is going to re-install some of those basics — sponsorship, indoctrination and ombudsmen — those types of things."

A common saying in the Navy is that the chief is the backbone of the Navy, but part of the discussion was not only how Sailors work for their chiefs but also how

they work for the other Sailors.

"I think this has been a great opportunity to speak with CMCs outside of the ship and get a different perspective on how to run programs on board so that rather than putting a check in a box, we are actually having an impact on those aboard," said Senior Chief Cryptologic Technician (Collection) Douglas Haydon.

"It's going to help us get better on the basics so we can set our Sailors up for success in the future."

Chief Yeoman Christine Hughes, who became chief during the most recent CPO pinning ceremony, said she was glad to see emphasis on some programs that needed more attention.

"A big program that I see being implemented more is the mentorship program, and that goes back to leadership and watching that Sailor grow," Hughes said.

Pearl Harbor-Hickam *Highlights*

(Right): Fletcher Dahman, regional fire chief, refers to an organizational board listing names of personnel and equipment at the Federal Fire Department Hawaii headquarters. The board helps determine location of personnel during responses to emergencies. The department's motto is 'Protecting Those Who Defend America.' It provides fire prevention, protection and emergency medical services to Department of Defense installations and islands of Hawaii.

U.S. Navy photo by MC3 Diana Quinlan



(Left and below): Firefighters assigned to various installations on the island of Oahu participate in hazardous material (HAZMAT) training offered at the Federal Fire Department Hawaii headquarters.

U.S. Navy photos by MC3 Diana Quinlan



A partial section Intermediate Maintenance is preserved (left and right). The project re



U.S. Navy photos by MCSN Johans Chavarro



(Clockwise from top left): Search and rescue (SAR) swimmers perform a simulated medical evacuation drill at Joint Base Pearl Harbor-Hickam. The training was run by the Afloat Training Group Middle Pacific which provides training for the Navy and Coast Guard in the Middle Pacific region. It is designed to maintain a combat-ready force capable of performing a broad spectrum of maritime missions. Quartermaster 3rd Class Nathan Bolton gives the thumbs-up signal during a simulated man overboard drill. Quartermaster 3rd Class Nathan Bolton attaches a casualty to a rescue litter.

PHNSY receives 'bravo zulus' for surface ship work

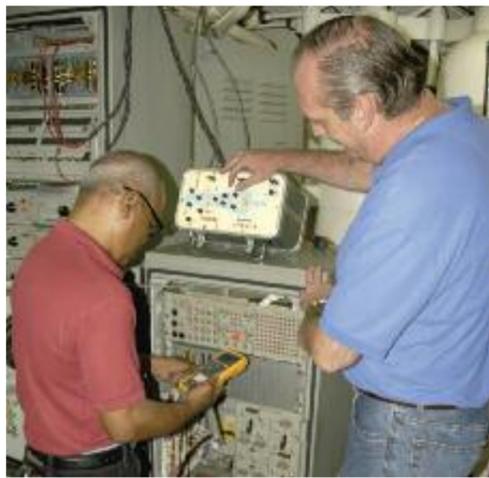
Story and photo by David Tomiyama

Pearl Harbor Naval Shipyard Public Affairs

Pearl Harbor Naval Shipyard's code 210 Fleet Technical Support received "bravo zulus" (BZ) from the commanding officers of USS Port Royal (CG 73) and USS Decatur (DDG 73) for their recent critical work.

Capt. Eric Weilenman, Port Royal commanding officer, gave a BZ to code 210 for their challenging and expeditious work in replacing a key part that allowed the guided-missile cruiser "to get underway safely and on time for an operational commitment."

Cmdr. Joel Ellingson, Decatur commanding officer, sent a BZ for the code's "outstanding support and selfless dedication...commitment to teamwork and 'can do' attitude" that enabled the ship to get underway on time.



(From left) Code 210's Electrical Engineer Vernon Ford and Gas Turbine Control Technician Joe Graham work on USS Decatur's (DDG 73) electronics support module.

Code 210 regularly provides electrical, steering, deck machinery, gas turbine control, and diesel engine inspection guidance for surface ships. The code is often called upon to help ships

force troubleshoot equipment and systems and give "over-the-shoulder" support to Sailors on how to fix technical issues.

In some cases, code 210 personnel deploy to ships at

sea or in other ports to provide technical guidance to the crew, said Chris Moe, code 210 electrical engineering technician.

Code 210 assisted in the replacement of 1A steering gear hydraulic pump unit (HPU) mechanical seal on Port Royal. The ship has two rudders that need to be operational in order to qualify as mission ready.

The Code 210 three-person team took only three hours to secure the seal on HPU 1A.

"They immediately replaced the seal on 1A with no problems and then followed up with replacing the seal on HPU 1B on another day," said Joe Au-Franz, code 210 engineering branch head.

The work code 210 performed is part of their normal skill set. However, this particular need to replace the seals was not something they do on a daily basis.

"It was not an everyday

occurrence or something we do all the time," Au-Franz said. "This type of request for emergency work happens a few times a year, and the actual tasks are something that we're familiar with. But on a regular basis, the production group is scheduled to do the bulk of this kind of work."

Code 210 received another BZ a month later for their work on Decatur. The Arleigh Burke-class guided missile destroyer made a transient, four-day stop here during its recent deployment.

Even with a laundry list of maintenance jobs, Decatur was able to continue on with its mission on schedule. The support from the shipyard did not stop once it set sail.

Code 210 Mechanical Engineering Technician Derek Teruya provided distance support to the ship's force on mechanical issues which included the OD box again while at sea.

"It's not uncommon to provide support from the shipyard to a ship underway," said Teruya. "We help ship's force troubleshoot via email, messaging, or phone. In Decatur's case, we were able to nail down what was wrong with the OD box while she was at sea and order the parts so we could immediately begin work once she arrived back here (she returned Sept. 15 for a five-day transient stop before returning to Naval Station San Diego)."

"Our people did a phenomenal job. They definitely went above and beyond to get Decatur ready and respond to Port Royal's needs," Au-Franz said.

"To have COs recognize that reliability and knowing confidence has been gained in the ships from our work is personally rewarding to the folks in our code. Code 210 can do everything and anything. The workforce has proven it," he said.

Continued from A-1 Healthy base

kids out here and playing recreational sports or running around, especially because this society and generation is the video game era," said Master-at-Arms 3rd Class Abrel Smith, president of the Joint Base Pearl Harbor-Hickam chapter of Coalition of Sailors Against Destructive Decisions (CSADD).

The Healthy Base Initiative is part of Operation Live Well, the DoD program that supports the National Prevention Strategy of improving Americans' health and well-being through a prevention-oriented approach.

Operation Live Well aims to make healthy living the easy choice and the social norm across the Department of Defense.

According to statistics provided by DoD, obesity and tobacco use among U.S. military health care beneficiaries add more than \$3 million per year to the DoD

budget in health care costs and lost duty days. Today, more than one-third of adult Americans are obese, and a fourth of potential new recruits are unqualified due to their weight.

Capt. Jeffrey James, commanding officer of Joint Base Pearl Harbor-Hickam, noted that the Healthy Base Initiative could also be called the Common Sense Initiative.

"It aligns what we already know about the benefits of a healthy lifestyle (good nutrition, regular exercise, no tobacco use) with more formal resiliency programs, such as the 21st Century Sailor, to help inform sound decision-making across a broad spectrum of subjects ranging from design of streets, sidewalks and crosswalks to food options on base, to fitness programs offered to service members and their families," James said.

At the HBI launch, fresh fruits and vegetables were available for purchase at a farmers' market.

Representatives at various booths provided infor-

mation on healthy living, including mental health, responsible alcohol use, and the negative effects of tobacco.

The Healthy Base Initiative project was launched in 2013 to encourage a healthy and fit alternative to the trend toward obesity and tobacco use. The project promotes a healthy and fit force, which is essential to national security.

It provides a hands-on look at service-level innovations, which can be used to promote healthy and wellness best practices throughout DoD.

"Health and fitness programs help our service members hone a combat-ready force. These programs — including the new Healthy Base Initiative here — are already helping Wounded Warriors, family members, DOD civilians, retirees and other members of our team get and stay healthy," said Rear Adm. Rick Williams, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific.

The goal of the Healthy Base Initiative is to make the healthy choice the easy choice. This could include such activities as walking to meetings, eating a salad for lunch instead of an extra large cheeseburger, and taking the first steps toward making the healthy choice the easy choice.

The initiative focuses not only on the active duty service member but all individuals who live and work on joint base. Proponents of the program point out that "a healthy family will make for a healthy service member."

"This holistic approach is especially applicable to Joint Base Pearl Harbor-Hickam, as we recently completed a master development plan for the base that incorporates many healthy lifestyle features, such as a more walka-

ble/bikeable campus feel to the base, not to mention the fact that we have a climate that supports year-round healthy outdoor activities," James said.

"We are excited to assess/measure our current initiatives as well as incorporate new ideas that promote a healthy lifestyle. The results will ultimately net us a more effective fighting force, all the while improving the lives of our families and reducing unnecessary medical expenses borne out of poor lifestyle choices," he continued.

According to James Duff, HBI project officer for JBPHH, the Healthy Base Initiative will continue for about a year and the installations will be assessed to see what programs worked best. This information will be shared throughout the DoD.

"One of the great things that the Healthy Base Initiative will do is provide metrics and help to establish the importance of some of the health-related programs we have. These metrics can then be used to help validate programs and ensure that they survive the current fiscal climate," Duff explained.

"Even though the Healthy Base Initiative is only a one-year pilot program, my hope is that the initiatives that are put in place will continue to have a positive impact on all those that live and work on JBPHH for years to come," he added.

This program and the DoD's Operation Live Well are part of the president's National Prevention Strategy and complement the first lady's Let's Move! program.

Sen. Mazie Hirono visits Hickam Commissary



Photos by David D. Underwood, Jr.



(Left): U.S. Sen. Mazie Hirono talks with Staff Sgt. Lacey Dirck during her visit to the Hickam Commissary on Oct 22. (Right): Hirono and Sharon Zambofan, American Logistics Association, tour the store aisles during a visit to the Hickam Commissary.

Civil Air Patrol receives tour, instruction from USS Michael Murphy



Photo by Cadet Abraham Cheng

In the ship's helo hanger, Cmdr. Corey Turner, USS Michael Murphy's (DDG 112) commanding officer, highlights the ship's aviation mission and capabilities.

Susan Turner

Hawaii Wing
Civil Air Patrol
Public Affairs

Instead of conducting a standard weekly squadron meeting, on Oct. 1, cadets and senior members from the Air Force Auxiliary

Civil Air Patrol's (CAP) 66th Composite Squadron, located at Joint Base Pearl Harbor-Hickam, received a ship tour and instruction from Sailors of the USS Michael Murphy (DDG 112).

Maj. Jim Bedient, CAP Hawaii Wing's chief of staff, was excited to see firsthand

where his son-in-law will serve later this year.

"This is the coolest thing I've done all month," Bedient said.

During the tour of the ship, Sailors discussed their roles onboard and some of the real-world missions of the ship to the CAP cadets.

Operations Specialist 1st

Class Jacob Jennings (SWAW) helped the CAP members understand how the ship operates to accomplish two of its missions, aerospace education and emergency services. Jennings showed them the ship's combat systems center and described how the ship uses the resources and equipment it has to turn it into a mobile air traffic control center.

Cadets also learned how the Navy is able to use its technology to conduct search-and-rescue missions, detecting and rescuing mariners and aviators at sea.

Sonar Technician Surface 1st Class (SW) William Hutton showed the group the images lining the walls of the mess deck of Michael Murphy.

The "Wall of Heroes" contains a photo and biography of every man lost during Operation Red Wings. Cadets said they were impressed by the display and

the powerful story behind it. They listened as Hutton conducted a lecture on how they can become better leaders.

"I'm the first non-plankowner onboard," Hutton said.

The USS Michael Murphy is the newest destroyer in the fleet. The ship's first crew members are given the title "plankowner," and good natured ribbing sometimes occurs between plankowners and non-plankowning members of the crew.

In the helicopter hanger and ship's flight deck, the ship's commanding officer, Cmdr. Corey Turner, taught the group about the ship's capabilities regarding helicopter operations.

The tour included Dietz and Axe, Michael Murphy's two ridged hull inflatable (RHIB) boats. The crew chose to honor two of Michael's teammates lost during Operation Red Wings by naming the RIB's after them.

Ship's Serviceman

Seaman Parker Christensen, one of the ship's search and rescue (SAR) swimmers, spoke about the various aspects of a SAR swimmer's job. In addition to helping save people by using the two RHIBs, SAR swimmers can enter the water from the forecastle.

"It's my favorite way to go in," Christensen said.

The commanding officer also helped dispel movie myths and answer questions asked by cadets. The group had a good laugh when Cadet Jett Kaler asked, "How many bathrooms are there?"

He was momentarily stunned when the commanding officer replied, there were no bathrooms onboard his ship. However, the cadet was quickly relieved to hear there were plenty of "heads" the crew uses.

For more information about joining the Civil Air Patrol, visit the website <http://www.gocivilairpatrol.com/>.

Joint base personnel work behind the scenes for distinguished visitors

SrA Christopher Stoltz

Joint Base Pearl Harbor-Hickam Public Affairs

It is just another *aloha* Friday in sunny Hawaii. You're driving past the commissary on the Hickam side of Joint Base Pearl Harbor-Hickam. You pass the AMC terminal, look left, and see a white plane with a few light-blue accents slowly coming to a halt.

"I wonder who is visiting," you ponder.

It is probably a senator or representative. Who knows, maybe it's the president.

While seeing this plane is nothing more than a simple observation to you, the arrival of this Boeing VC-25 (Air Force One) means it is going to be a long weekend for quite a few people, namely those who help plan and support visits for distinguished visitors (DVs).

According to Air Force Capt. Nathaniel Cavender, 15th Wing Plans officer, the purpose of the DV group is to make sure all distinguished visitors arriving at

Hickam get all the support they need for their aircraft, aircrew and anyone who may be traveling with them.

Cavender, who has been part of the group since April, said the group also ensures the wing commander is kept in the loop on any changes or problems that may arise during the DV's visit.

"We are a working group made up of individuals from agencies around the 15th Wing to include: public affairs, Logistics Readiness Squadron, Operational Support Squadron, Force Support Squadron, Security Forces Squadron, Command Post, safety, maintenance, and plans. The members of this group constantly change, and there are multiple people from each agency," Cavender said.

Cavender said having a representative from each agency is critical when scheduling a visit, especially if it is someone like the President. Countless hours are given by many individuals to create a schedule that is planned to the second, he added.



U.S. Air Force photo by Staff Sgt. Mike Meares
President Barack Obama shakes hands with Lt. Col. Theresa Sheppard, 15th Comptroller Squadron commander, and other service members and families at Joint Base Pearl Harbor-Hickam, before boarding Air Force One on Dec. 26, 2012.

"There is a lot of coordination that goes into a visit for someone like the President of the United States. We hold many working group meetings to discuss all the details ranging from security, fuel, parking, airfield opera-

tions, maintenance, transportation, lodging, public affairs, and all contingencies in case there are any changes in the DV's plans," Cavender said.

One thing Cavender said is more important than having a representative

from each agency is having Airmen dedicated to making each visit a success.

"The work we do wouldn't be possible or successful without everyone else doing their job perfectly," he said.

"Whether it's refueling

the jet, security forces providing perimeter security for the aircraft from dusk 'till dawn, or the troop driving the air stairs quickly and precisely to make sure it's exactly in place on the jet to avoid delaying the DV, it's everyone that makes the group efficient and the visit successful."

Cavender and the planning group's most recent achievement was planning the visit for the secretary of defense. The group will have to push through here shortly as the president is expected to make his way back to JBPHH. Cavender reminds his team while the job may be tough, it is very rewarding.

"I would say that we are sometimes jaded by what we do on a day-to-day basis," he said.

"If you sit back and think about the impact that we have on what is going on in the world, it really gives you a sense of pride. Can you imagine if we delayed the president and in turn, he didn't make an important meeting or event?"

NEPMU-6 announces support for U.S. Pacific Fleet for Pacific Partnership 2014

Lt. Cmdr. Chadwick Yasuda

Navy Environmental and Preventive Medicine Unit 6 Public Affairs

The Navy Environmental and Preventive Medicine Unit 6 (NEPMU-6) announced Oct. 10 plans to support preventive medicine efforts for the U.S. Pacific Fleet (PACFLT) Pacific Partnership 2014 (PP14).

As part of the preliminary planning, NEPMU-6 staff is working closely with PACFLT medical planners to identify the public health activities for PP14. These meetings will create the framework of the pre-deployment site surveys (PDSS) for countries expected to participate in PP14.

NEPMU-6 intends to continue

its support through direct participation in the PDSS to coordinate with the host country and other partner countries regarding specific public health activities for execution during the PP14 mission.

According to Cmdr. Ray Stiff, NEPMU-6 officer-in-charge, careful coordination and planning with PACFLT is critical to the success of the public health mission.

"NEPMU-6's primary mission is to provide force health protection support at PACFLT and U.S. Pacific Command (PACOM)," Stiff said.

NEPMU-6 is scheduled to participate directly in PP14 by deploying its public health and preventive medicine capacity overseas as part of the humanitarian assistance and disaster preparedness mission. Based on prior support of Pacific

Partnership missions, topics generally include water and food safety, monitoring and surveillance of infectious diseases threats, and the control of insect pests.

These topics are central to the capacities that NEPMU-6 provide routinely for PACFLT and tailored to the interests of the partner nation, the capacity of the deployed team, and the strategic needs of PACFLT.

"There are multiple goals targeted by Pacific Partnership. This includes executing the NEPMU-6 deployed capacity, establishing and fostering relationships in the Pacific theater, and coordinating with PACFLT to prepare for a future public health disaster or humanitarian assistance scenario," said Lt. Cmdr. Tammy Servies, NEPMU-6 preventive medicine officer and

PP14 lead public health member.

The Pacific Partnership mission, established in response to the tsunami of 2004 that devastated parts of Southeast Asia, continues to maintain engagements with regional partners in the Pacific theater to provide humanitarian assistance and readiness for disaster response.

Public health activities with PP14 represent an on going collaborative relationship between NEPMU-6 and PACFLT building on previous activities like Pacific Partnership 2013. NEPMU-6 provided preventive medicine, entomology and environmental health support to Pacific Partnership 2013 in Oceania by performing PDSS in four island nations (Tonga, Kiribati, Samoa, and Solomon Islands), direct participation of

five NEPMU-6 officers and enlisted staff embarked for nearly three months aboard the U.S.S. Pearl Harbor (LSD-52), and coordinating an independent NEPMU-6 project in the Republic of the Marshall Islands.

NEPMU-6 is a field activity of the Navy and Marine Corps Public Health Center (NMCPHC) and part of the Navy medicine team, a global health care network of 63,000 Navy medical personnel around the world who provide high-quality health care to more than one million eligible beneficiaries.

Navy Medicine personnel deploy with Sailors and Marines worldwide, providing critical mission support aboard ship, in the air, under the sea and on the battlefield.