

AF, Navy team up in 'crash landing' exercise on Kauai

Story and photo by
SrAirman Christopher Stoltz

Joint Base Pearl Harbor-Hickam
Public Affairs

PACIFIC MISSILE RANGE FACILITY, KAUAI, Hawaii – Airmen from the 535th and 204th Airlift Squadrons, located at Joint Base Pearl Harbor-Hickam, recently had the opportunity to assist their Navy counterparts in an exercise.

While joint-base exercises involving various services are not uncommon, the fact that the exercise was held at the Pacific Missile Range Facility, Kauai made the exercise a much different affair.

The exercise, labeled "Barking Sands," was an event which simulated the crash landing of a C-17 Globemaster III and was, in part, to test the capabilities and response time of the Pacific Range Missile Facility (PMRF) fire department.

During the exercise, not only did the department firemen have to successfully demonstrate their capabilities in controlling and extinguishing an aircraft fire, but they had to extract the pilots and other crew as well – all while wearing more than 70 pounds of protective gear in 90-degree weather.

In addition to these responsibilities, the PMRF fire department had the chance to work and train hand-in-hand with the Kauai fire department.

"On an island, the resources that are available can be overwhelmed very easily," said John

Members of the Pacific Range Missile Facility and Kauai Fire Department extract a simulated "victim" during an exercise held on Kauai. (Additional photos on page A-5).



Blalock, Kauai Fire Department deputy chief.

"We try to help each other to help mitigate any and all events that may occur. It is nice to have this training because in the event there is a crash, the PMRF fire department can be assured we are trained and ready to assist them," he explained.

While the PMRF usually plays host to Navy aircraft, having the exercise include a C-17 Globemaster III helped both the PMRF and the Kauai fire departments prepare for the

"what if" scenario.

"We do training with each other as much as we can," he said. "We have to be as prepared as possible for a barrage of different events, including being able to extract personnel and combat a fire on an aircraft, which does not land here too often."

However, for both the PMRF and Kauai fire departments, they were not the only ones leaving with lessons learned that day. In exchange for participating in the exercise and lending

the C-17 Globemaster III for this event, aircrew from the 535th and 204th Airlift Squadrons had an opportunity to use the PMRF airspace to train and practice tactical maneuvers. This is always especially helpful, considering the usual congestion around both the Oahu and Kona airports, which are the units' primary training areas.

According to Air Force Lt. Col. Michael Guerrero, 204th Airlift Squadron commander, while being able to train his aircrew

was of great benefit that day, it was not the only feeling he and his total force integrated (TFI) crew experienced that day.

"The 535th Tigers and 204th Manus benefit greatly from the use of this facility for proficiency training in the C-17 aircraft," he said.

"It was wonderful to return the favor for allowing us to train there. It also provided us the opportunity to witness those heroes in action who protect us every time we train at that field."

Cleland, Harris to speak at 72nd Pearl Harbor Day ceremony

National Park Service,
Pearl Harbor Visitor
Center

The National Park Service and the U.S. Navy will host a joint memorial ceremony commemorating the 72nd anniversary of the attack on Pearl Harbor from 7:45 to 9:30 a.m. Dec. 7 at the Pearl Harbor Visitor Center at the World War II Valor in the Pacific National Monument (formerly known as the USS Arizona Memorial Visitor Center).

This year's keynote speaker will be Max Cleland, secretary of the American Battle Monuments Commission. A former U.S. senator and the youngest-ever administrator of the U.S. Veterans

Administration, Cleland has been a distinguished public servant for nearly 50 years.

In 1967, Cleland joined the armed forces where he served in the Vietnam War as a battalion signal officer, charged with improving communications on the battlefield. In 1968, as an Army captain, Cleland was seriously wounded in combat and received both the Bronze Star for meritorious service and the Silver Star for gallantry in action.

Adm. Harry B. Harris Jr., who assumed duties as Commander, U.S. Pacific Fleet on Oct. 16, is also scheduled to speak. As commander of Pacific Fleet, Harris is responsible for 100 million square miles in which com-



Max Cleland

merce worth trillions of dollars is transported each year. Harris was born in Japan and raised in Tennessee and Florida. He graduated from the U.S. Naval Academy in 1978 and has served in every geographic combatant command region and participated in numerous major operations.

This year's Dec. 7 ceremony is co-hosted by Paul DePrey, superintendent of the National Park Service, WWII Valor in the Pacific National Monument, and Rear Adm. Rick Williams, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific.

Highlights of the ceremony will include music by the Navy's U.S. Pacific Fleet

Band, morning colors, a Hawaiian blessing, a rifle salute by members of the U.S. Marine Corps, wreath presentations, echo Taps and recognition of the men and women who survived the attack of Dec. 7, 1941 and those who made the ultimate sacrifice for their country.

At 7:55 a.m., the exact moment the Japanese attack on Pearl Harbor began 72 years ago, a moment of silence will be observed. A guided-missile destroyer will render honors to the USS Arizona, and a flyover will be conducted above Pearl Harbor.

The ceremony will conclude with a "walk of honor" by Pearl Harbor survivors and other WWII Veterans

through an honor cordon of military service members and National Park Service men and women.

The ceremony will take place on the back lawn of the Pearl Harbor Visitor Center, looking directly out to the USS Arizona Memorial.

More than 2,500 distinguished guests and the general public are expected to join current and former military personnel, including Pearl Harbor survivors and other WWII veterans, for the annual observance of the 1941 attack on Pearl Harbor.

The theme of this year's historic commemoration, "Sound The Alarm," examines how thousands of

See PEARL HARBOR, A-6

Hawaii military leaders urge motorcycle safety: A matter of life, death

MCSN Johans Chavarro

Navy Public Affairs Support
Element West Det. Hawaii

U.S. Army, Pacific (USARPAC) will host a Motorcycle Mentor Safety Ride on Nov. 7 and has extended an invitation to all Sailors, Soldiers, Airman, Marines, and Coast Guardsmen living in the Hawaii area.

The event is being hosted to provide leaders and motorcyclists with general information and guidelines to develop a safe and disciplined riding culture within military organizations. It is designed to help reduce motorcycle accidents that lead to injuries and fatalities.

Regional Fire Chief Fletcher



U.S. Navy photo by MC3 Diana Quinlan

A Soldier rides his motorcycle at Joint Base Pearl Harbor-Hickam.

Dahman, Federal Fire Department Hawaii, spoke about the prevalence of improper motorcycle riding in military organizations as the emergency personnel routinely respond to motorcycle related incidents involving service members.

"When we get the call for a motor vehicle accident, a lot of time we don't know that it's a motorcycle incident until we get there," Dahman said.

"But we are seeing a lot of motorcycle accidents and unfortunately, a lot of them involve military. The 'need for speed,' as 'Top Gun' showed, [service members] play into that. I've got some that buzz me by as I go home on the H-1 daily, in uniform obviously. They are not invincible, though they

think they are."

The Naval Safety Center reported 38 Sailors and 25 Marines were involved in private motor vehicle (PMV) fatalities last fiscal year. Of those, 31 involved two-wheel vehicles.

"The biggest safety violations I see motorcycle riders make are failure to wear proper personal protective equipment (PPE) and traveling in excess of the posted speed limit," said Army Command Sgt. Maj. Robert A. Duenas, USARPAC.

Duenas said PPE gives the rider the minimal amount of protection required by state laws and, when coupled with military regulations, possibly minimizes injury in the

See SAFETY, A-6

Welcome to *makahiki* celebration

JBPHH and Navy Region Hawaii will celebrate *Kapuaikaula Makahiki* beginning at 9 a.m. tomorrow 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." For more information, call 473-0662 or 473-2926. (See related commentary on page A-3.)

Bangladesh navy plans port visit to Hawaii

BNS Somudra Joy (ex-U.S. Coast Guard cutter Jarvis) is planning a port visit to Hawaii next week. The ship will arrive with some U.S. Coast Guardsmen aboard. USS Chafee (DDG 90) is the host ship. Somudra Joy is planning to host tours for Department of Defense ID card holders from 9 to 11 a.m. Nov. 8.



647th Civil Engineers lend support to C-17 training mission
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Pearl Harbor survivor joins shipmates in final resting place
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Sailors unleash 'Warehouse of Terror'
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Pedestrians/runners asked to wear reflective clothing or markings during hours of darkness
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Fitness matters: physical fitness changes Hickam Airman's life
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Veterans Day commemoration events planned
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647th Civil Engineers lend support to C-17 training mission

Staff Sgt. Terri Paden

15th Wing Public Affairs

Airmen from the 647th Civil Engineer Squadron (CES) engineering assistants (EA) and structures flight recently teamed up to paint an assault landing zone (ALZ) at the Navy's Barking Sands Pacific Missile Range Facility.

Barking Sands, a multi-dimensional testing and training missile range located on the island of Kauai, is the largest of its kind in the world, supporting surface, subsurface, air and space operations.

Thanks to the teamwork from PMRF leadership and 647th CES Airmen, the PMRF runway will now also serve as a temporary ALZ for the active duty 535th and the Air National Guard's 204th C-17 Airlift Squadrons.

According to Capt. Christopher Adams, 15th Operations Support Squadron, prior to the ALZ installation there were no available assault landing strips in the Hawaiian Islands which could accom-

modate the training for the C-17 squadrons. There were no plans to build a new ALZ, and the only existing ALZ in the immediate area is difficult to use because of terrain and noise abatement concerns. Moreover, the existing location is currently under construction with several phases remaining to be completed.

Adams said the ability to practice assault landings on a short or austere runway is a critical skill C-17 pilots must practice in order to effectively execute the C-17's mission of worldwide airlift, during peacetime and war, in support of national security and the Department of Defense.

Having the ability to train at Barking Sands doubles training capacity and provides much needed redundancy for when the primary ALZ is unavailable," he said.

"The airlift squadrons needed a suitable place to train and prepare for their wartime mission requirements," said Lt. Joseph Correia, 647th CES EA flight chief and construction manager on



Courtesy photo

Staff Sgt. Michael Mac Leod, 647th Civil Engineer Squadron Structures Flight, backs up to a C-17 Globemaster III before unloading the equipment which will be used to survey and paint the assault landing zone at the Navy's Barking Sands Pacific Missile Range Facility.

the project.

"They turned to the 647th CES to solve this issue and we delivered."

Though the preparation and planning leading up to the mission lasted about three weeks, the crew, which consisted of only 11 members including two Navy civilian contractors, had only 36 hours on the ground to get the job done so they hit the ground running.

"Once we hit the ground, with the C-17 engines still blaring, we unloaded the trucks and our equipment and drove to the location to begin immediately doing our site survey and designing the layout," said Correia.

Next up, the structures Airmen and civilians worked quickly to apply the striping material.

"The proficiency and expertise of the individuals that handled the mission allowed the layout and striping portion to be completed in approximately eight hours," said Correia.

"We stayed on site until our flight arrived the next day, loaded our materials,

and we were out of there as fast as we came in."

Correia said the weeks of planning and preparation, combined with the crew's proficiency, allowed for a flawless execution of the mission in the end.

Though Correia and his crew expected a job well done, he said the final confirmation came on the flight out.

"We received our final confirmation that our mission had been successful when the C-17 came to pick us up, and the pilot was able to test out the new ALZ," he said. "After speaking with the pilots, they confirmed that the layout could not have been more perfect."

According to Adams, that perfection will allow more than 100 C-17 pilots stationed in Hawaii to remain combat mission ready.

However, Correia said, though the physical labor could not have taken place in a more unique location, the mission was all in a day's work for the engineering assistants and structures Airmen.

766th SCONS Airmen 'mount up' in face of fiscal challenges

Story and photo by SrAirman Christopher Stoltz

Joint Base Pearl Harbor-Hickam Public Affairs

Although their inception was celebrated Oct. 18, the 766th Specialized Contracting Squadron is already working at full speed.

Known as the regulators, the 766th Specialized Contracting Squadron's (SCON) mission statement is to "provide full spectrum acquisition capabilities and execute strategic business solutions through best value practices for global operations."

"The Air Force will continue to face challenging fiscal environ-

ments for years to come," said Lt. Col. Damian Wilborne, commander of 766th Specialized Contracting Squadron Air Force Installation Contracting Agency.

"The Air Force Installation Contracting Agency, the 766th Specialized Contracting Squadron (SCONS) and many other units across the Air Force have been activated to chart the path through these uncertain times," he said.

Wilborne and his squadron have already planned ways to help save money in a time where it is getting harder and harder to find ways to do so.

"The 766th SCONS will focus on more efficient and effective approaches to leverage



PACAF's declining contract budget," said the commander.

"We look forward to doing our part to save millions of dollars, enabling COMPACAF's mission to posture the Pacific Air Forces to 'fly, fight and win' when called upon. The men and women of the 766 SCONS are ready and motivated to lead the way," Wilborne said.

Col. David Kirkendall, 647th Air Base Group commander, and Lt. Col. Damian Wilborne, 766th Specialized Contracting Squadron commander, retire the 647th Contracting Squadron flag before unraveling the flag for the Air Force's newest specialized contracting squadron during a ceremony held Oct. 18 at Joint Base Pearl Harbor-Hickam.

Commentary

Celebrating history, heritage, culture: *Makahiki*

Capt. Jeffrey James

Commander, Joint Base Pearl Harbor-Hickam

Tomorrow, Nov. 2, the joint base will host the annual "makahiki" celebration at Hickam Harbor Beach. The makahiki at "Kapuaikaula" (Hickam area) is an exceptional opportunity for service members and DOD civilians and their families to experience the rich heritage and culture of ancient Hawaii. Makahiki celebrations have graced the shores of Pearl Harbor and Hickam for more than a decade, with this year marking the fourth joint base celebration.

Makahiki is a time to give thanks for nature's gifts received from land and sea.



Capt. Jeffrey James

It is also a time to celebrate the "new year" – acknowledging the change from harvest time to the beginning of the next farming season.

In ancient times, all warfighting and deep-sea fishing ceased. Warring fac-

tions laid down their arms and came together as one, to not only give thanks, but to also reflect on one's place in the universe coincident with changes in star clusters in the night sky.

We in today's military have used those same stars to guide us in navigating the oceans and airspace around the world. Our military shares that same warrior spirit that the ancient people of Hawaii had.

We know there is a need to be strong in defense, and we appreciate the peace that is earned through strength. We celebrate the 'aina and respect the beauty and bounty of nature in these beautiful islands.

We share the responsibilities of being good stewards in preserving nature's treas-

ures and history's cultural resources, and hence our celebrating makahiki connects yesterday with today, and our modern military with Hawaii's warrior past.

I'm looking forward to participating again this year in the makahiki celebration. It is a distinct honor to be included in the traditional ceremony in which we will paddle canoes from Iroquois Point to Hickam Harbor and then perform a re-enactment of the colorful procession of Lono, an ancient Hawaiian deity of fertility, rainfall, agriculture and peace.

Offerings will be made and, at the appropriate time, ancient games of skill will begin. There will be spear throwing (makaihe), dart tossing (moa paha'e),

stone rolling ('ulu maika) and one-leg wrestling (hakamoa) demonstrations.

Air Force and Navy families are invited and encouraged to join in. This is a hands-on cultural appreciation event.

I've been very fortunate to be able to participate in past makahiki festivals, including one year paddling one of the canoes in the procession from Iroquois Point to Hickam Harbor. Each time, I am struck by what we all share in common, especially our love for the sea and our appreciation for nature and the environment.

In keeping with makahiki as a time of thanks, I want to express heartfelt gratitude to the Oahu

Council of Hawaiian Civic Clubs for embracing our military family and, once again, sharing their knowledge, understanding and culture. In particular, I want to express a deep mahalo to Shad Kane, cultural practitioner and member of the Kapolei Hawaiian Civic Club, who has worked tirelessly with the Navy and Air Force for more than a decade to coordinate the makahiki celebrations at Pearl Harbor-Hickam.

We greatly appreciate the opportunity to share in this year's Kapuaikaula Makahiki, and I hope to see you there. Look for more details in this week's issue of Ho'okele or online at joint base's Facebook page.

Diverse Views



What makes you happy?



Master Sgt. Christopher Adams
15th Maintenance Squadron

"Spending time with family. Having a spouse in the Air Force sometimes makes it hard to get out and do things together as a family. So whenever we get the chance, we take full advantage of it."

ET1 Shane Teig
Pearl Harbor Naval Shipyard

"Being able to relax on the weekend. Knowing I'm financially secure."



Tech. Sgt. Manuel Garibay
15th Maintenance Group

"Having my wife's support makes me happy. I am a flying crew chief and gone a lot, so it puts a lot of stress on her, but she supports me and the mission that I am accomplishing."

ET3 Chelsea Galetti
USS Ronald Reagan

"Everything. Food, as cheesy as that sounds."



Tech. Sgt. Jocelyn Mathys
HQ PACAF

"Having the support of my family, friends, and co-workers to help me get through the toughest of circumstances, and having faith and trust knowing that everything will always be more than fine at the end of a long day."

Lt. Daniel Mangual
Navy Region Hawaii
Legal Service Office

"My family and friends. And of course, serving in the world's finest Navy."



Tim Ries
Air Force OSI

"Just PCS'd from Wright-Patterson AFB. We were just preparing our motorcycles for the winter. My bikes are warm and glowing! What makes me happy is the sun in my face and bugs in my teeth riding my motorcycle in winter in Hawaii."

SHSN Mike Jones
USS Halsey

"My family, for sure. One hundred percent."



Provided by Lt. j.g. Eric Galassi and David D. Underwood Jr.

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

Pedestrians/runners asked to wear reflective clothing or markings during hours of darkness

Navy Region Hawaii Safety Office

Our days are beginning to get shorter. When exercising around 6 a.m., it is much darker outside than at other times of the year. Jogging/running/walking at night or during reduced visibility periods calls for extra safety precautions to prevent an accident.

In the U.S., more than 8,000 pedestrians are killed by motor vehicles each year. The risk is 20 percent greater at low visibility periods than during the day. The roads do not belong to any one group, the jogger/runner/walker or the motorist. However, if there is a clear path or sidewalk available, the pedestrian needs to remain clear of the roadway.

Here are some jogging/running/walking rules that, if followed, may greatly reduce the chances of having an accident if people drive and jog/run/walk defensively:

- Be bright and visible. Reflective clothing is required when exercising in low visibility situations and always 30 minutes before sunset until 30 minutes after sunrise.
- Wear something that will make it easy for the driver to see you.



U.S. Navy photo by MCI Mark Logico

Preferably, wear a reflective material that will "reflect light from headlights off your body and back to the vehicle." You can also carry a flashlight or wear fluorescent colors

(orange or yellow are good).

- Be alert. Always jog/run/walk facing traffic. It is easier for the jogger/runner to see and be seen by oncoming cars. By facing traffic, you will not be surprised when a car comes up behind you. Jog/run/walk on sidewalks or well off the road. A little mud on your shoes is better than a trip to the doctor.

- Jogging, running or walking is safer if you do not wear an audio headset. The headset prevents you from hearing approaching vehicles or possible attackers. The use of earphones or headsets on the roads/streets on base is prohibited.

- Be safe. Jog/run/walk where you can be seen by others and not in secluded areas.

- Remember that in bad weather drivers are also facing adverse conditions. Don't become another obstacle to them.

- Reflective material on the military PT uniform is only to enhance visibility and was not meant to replace reflective strips or vests (where required).

According to a study, a driver traveling at 30 mph needs as much as 200 feet to react and stop; at 55 mph it takes about 550 feet. A retro-reflective vest or shirt can be seen at a distance of 744 feet, a flashlight at 760 feet.

Cargo ship sunk on Guadalcanal shore



Official U.S. Navy photograph, National Archives

Kinugawa Maru, a Japanese cargo ship, is shown beached and sunk on the Guadalcanal shore in November 1943. The ship had been sunk by U.S. aircraft on Nov. 15, 1942, while attempting to deliver men and supplies to Japanese forces holding the northern part of the island. Savo Island is in the distance.

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Pearl Harbor survivor joins shipmates in final resting place

MCSA Rose Forest

Navy Public Affairs
Support Element West,
Detachment Hawaii

The ashes of Gale Mohlenbrink, a survivor of the Dec. 7, 1941 attack on Pearl Harbor, were scattered by his family in the waters near the USS Utah Memorial on Ford Island during a ceremony Oct. 29.

Mohlenbrink passed away July 7 of natural causes. He wanted to be returned to Pearl Harbor, a place he always called paradise, to be reunited with his shipmates killed on that historic day.

Among those in attendance were Mohlenbrink's wife Onah and daughters, Sheila and Corinne. Several Pearl Harbor Sailors were also on hand to pay respects to one of their own. Chaplain Lt. Rick Tiff, Pearl Harbor Memorial Chapel, presided over the services.

"Today we return a shipmate back to his brothers in arms at this most hallowed spot," said Capt. Lawrence Scruggs, deputy commander, Pearl Harbor Naval Shipyard and Intermediate Maintenance Facility.

Jim Taylor, Pearl Harbor survivor liaison, shared some of Mohlenbrink's experiences at Pearl Harbor.

"Gale Mohlenbrink was born in February of 1924 and joined the Navy at the tender age of 17. Needless to say, he witnessed the horrific attack at a very young age," said Taylor.

Mohlenbrink was stationed on the heavy cruiser USS Northampton (CA 26),



(Top) The family of Pearl Harbor survivor Coxswain Gale Mohlenbrink gathers at the USS Utah Memorial on Ford Island to scatter his ashes. U.S. Navy photo by MCSA Rose Forest (Left) Members of the Joint Base Pearl Harbor-Hickam Honors and Ceremonial Guard participate in an ash scattering ceremony. U.S. Navy photo by MCSN Johans Chavarro (Above) A member of the Joint Base Pearl Harbor-Hickam Honors and Ceremonial Guard presents a ceremonial flag to the wife of Pearl Harbor survivor Coxswain Gale D. Mohlenbrink. U.S. Navy photo by MCSN Johans Chavarro

which was out to sea at the time of the attack. However, Mohlenbrink was assigned to work ashore on the captain's gig and witnessed the attack unfold on

Pearl Harbor. "He had been assigned the highly impressive job of assisting in the overhaul and restoration of the captain's gig, a job entrusted to

only the best Sailors, those who could be counted on to come to work early and stay late—the best of the best," said Scruggs.

After the attack, Mohlenbrink worked to rescue his shipmates and helped to patrol the Hawaiian waters searching for the Japanese battle fleet. Heavily outnumbered

after the attack, it was considered a potential suicide mission and yet he performed his duties with honor.

Mohlenbrink went on to serve his country with honor aboard USS Northampton in the Doolittle Raid, Battle of Midway and Battle of Guadalcanal, earning six battle stars before the Northampton sunk in the battle of Tassafaronga. He survived her sinking, floating in shark-infested waters until a Navy destroyer rescued him and fellow shipmates.

He later served combat duty on destroyer USS Edison (DD 439), fighting across the globe, before returning to Pearl Harbor in support of the final battles with Japan.

Military honors at the ceremony included a gun salute, sounding of Taps, and the presentation of the burial flag to the family by the Navy Region Hawaii Ceremonial Guard.

Following the speeches by Scruggs and Taylor, the family gathered on the walkway of the Utah Memorial where Mohlenbrink's wife and daughter scattered his ashes into the water.

"It really gave me a sense of closure," said Onah. "He didn't really like to talk about what happened but he came back to visit many times. It was important to him and he always called this place paradise."

With assistance from his family and the United States Navy, Gale Mohlenbrink's final wish to return to the place he called paradise has come true.

HO'OKELE Online PEARL HARBOR - HICKAM NEWS <http://www.hookelenews.com/> or visit <https://www.cnmc.navy.mil/Hawaii/index.htm>



Pearl Harbor-Hickam Highlights



Members of the Pacific Missile Range Facility and Kauai Fire Department put out a simulated fire during an exercise held last Friday on Kauai. The firefighters, along with members of the 535th and 204th Airlift Squadrons, recently participated in an exercise in which a C-17 Globemaster III "crash landed" at PMRF.

U.S. Air Force photo by SrA Christopher Stoltz



(Below) Firefighters from the Pacific Missile Range Facility and Kauai fire departments, along with members of the 535th and 204th Airlift Squadrons, recently participated in an exercise in which a C-17 Globemaster III "crash landed" at PMRF.

U.S. Navy photo by Stefan Alford



(Above) Members of the Pacific Range Missile Facility and Kauai Fire Department extract a simulated "victim" during an exercise held last Friday on Kauai.

U.S. Air Force photo by SrA Christopher Stoltz



Kokoda Foundation photo

Adm. Harry B. Harris Jr., U.S. Pacific Fleet commander, speaks about the U.S. Pacific Fleet's role in America's rebalance to the Indo-Asia-Pacific at a Kokoda Foundation conference. During his remarks, which were part of a trilateral strategic dialogue among Australia, Japan and the U.S., Harris stressed the importance of strengthening economic, diplomatic and military cooperation among the United States and allies to ensure regional stability, peace and prosperity.



U.S. Navy photo by Christine Rosalin

Rick Nojima, NAVFAC Pacific building manager and lead building energy monitor (BEM), ensures electronics are turned off properly as part of NAVFAC Pacific's energy conservation plan before he secures his work area on Oct. 17. (See story on page A-7.)

Navy rallies to conserve, reduce at Energy Action Day Fair

Story and photo by
Krista K. Catian

Naval Facilities and
Engineering Command
Pacific

Naval Facilities Engineering Command (NAVFAC) Pacific and NAVFAC Hawaii hosted an Energy Action Day Fair Oct. 23 at its Makalapa Compound headquarters at Joint Base Pearl Harbor-Hickam.

"One of our goals this year was to go out into the community and spread the word about energy awareness and conservation ideas," said Amy Hanada, NAVFAC Hawaii energy manager.

"In partnership with NAVFAC Pacific, we were able to successfully enforce the proper action steps for energy savings through this event."

The second annual Energy



(From left), Frank Wong, NAVFAC Hawaii utilities energy manager, and Amy Hanada, NAVFAC Hawaii energy manager, participated in the second annual Energy Action Day Fair.

Action Day Fair featured informational booths on various energy and water projects from NAVFAC commands such as Pacific, Hawaii and Expeditionary

Warfare Center. NAVFAC Hawaii also showcased the command's hydrogen/electric vehicles and provided energy games with prizes.

"Even with the impact of

budget uncertainty, we wanted to provide the opportunity to raise awareness and prompt action to reduce energy and water consumption," said Edie Evans, NAVFAC Pacific energy manager.

Other Navy commands, U.S. Pacific Fleet and Navy Region Hawaii (CNRH), along with industry partners, Hawaiian Electric Company (HECO), Solar City and Forest City, provided hands-on displays and interactive booths.

HECO representatives provided bags filled with energy pamphlets and an informational handbook for emergency preparedness. Solar City displayed their photovoltaic panels and equipment, and Forest City shared their company vision and focus through poster board presentations.

"Forest City's involvement

in the energy fair allowed us to share information on the progress we've made in the following areas: energy efficiency and enhancements in new renovation and construction, renewable energy initiatives and energy conservation programs," said Will Boudra, Forest City Military Communities Hawaii vice president of development.

"We learn from other industry partners and Department of Defense organizations to cross-fertilize ideas for future projects."

The Navy has established aggressive and challenging goals for energy use reductions and renewable options for the future.

"A primary initiative is to focus on behavioral changes, like turning off the lights, computers, printers, etc. at the end of the day," said

Capt. Pete Lynch, NAVFAC Pacific vice commander. "Although we are highlighting these conservation ideas in the month of October during Energy Awareness Month, we need to reinforce these good habits throughout the year."

NAVFAC Pacific also recognized the hard work of its core group of building energy monitors (BEMs) for their support to conduct inspections and monthly audits as part of the command's energy savings initiative.

"The BEM program increases awareness of energy use at the individual level, which is a stepping stone to creating a culture of change," Lynch said. "Our BEMs often times go unnoticed, but today we recognize their great efforts to save the command energy and taxpayer dollars."

'Sound the alarm' to be theme of 72nd Pearl Harbor Day

Continued from A-1

Americans answered a call to duty in the wake of the attack. "Sound the Alarm" also explores how the nation was unified through communication in 1941 and throughout the war.

Dec. 7, 1941 remains one of the most pivotal moments in America's history, but many Americans had little information or access to what was taking place on that fateful day. Misinformation or no information at all was released to the public about who survived the attack. Many times, it took months for families to receive the devastating news that they had lost their loved ones.

How did the nation respond? Victory gardens were planted in people's back yards, patriotic

songs played on the radio 24/7, and thousands of young men (many of whom were under the legal age of 18) enlisted to fight in the name of freedom. "Sound the Alarm" shows America's commitment to unity and action in the face of a national threat.

In conjunction with this year's theme and to connect Pearl Harbor survivors across the U.S. with the commemoration ceremony taking place at Pearl Harbor, the National Park Service is partnering with Veterans United to host an interactive broadcast via wireless streaming.

Sites across the U.S. will include the United States Navy Memorial Museum (Washington, DC); Great Lakes Naval Museum (Chicago, Ill.); Rosie the Riveter National Historic Site (Oakland, Calif.); Arizona State Museum (Phoenix,

Ariz.); and the National WWII Museum (New Orleans, La.).

Prior to the start of the ceremony, Pearl Harbor survivors and WWII veterans will be able to interact with one another, and those who are unable to attend the ceremony on Oahu will be able to view the event in their hometown as it takes place.

In addition, a series of special events recognizing the 72nd anniversary of the Pearl Harbor attack, will be open to the public Nov. 29 through Dec. 7.

Public access to commemoration

The commemoration is free of charge and the public is invited to attend. Seats for the general public to the commemoration are limited and available on a first-come, first-served basis. The visitor center will open early at 6 a.m.

Seating for the public will begin at 7:15 a.m.

Limited public parking at visitor center

Additional parking will be available at Richardson Field. The public is encouraged to arrive early to allow time for parking and going through security at the visitor center.

Limited USS Arizona

Memorial public tour schedule

Public tours to the USS Arizona Memorial will be operating on a special schedule on Dec. 7, due to the morning ceremony. The first public tour will begin at 11:30 a.m. with the last tour beginning at 1:30 p.m. Tours will begin every 15 minutes and include a 23-minute movie presentation followed by a short boat ride and visit to the memorial. Tickets are free and

distributed on a first-come, first-served basis.

Security

Cameras are permitted; however, due to strict security measures, camera bags, purses, handbags and/or other items that offer concealment are not allowed. Bag storage is available at the USS Bowfin Submarine Museum & Park.

Dress code

Military dress is summer whites or service equivalent. The civilian dress code for the commemoration is aloha business attire, long pants and collared shirts.

Information

For more information, visit www.pearlharborevents.com.

(More information about the Pearl Harbor Day commemoration ceremony and related events will be published in Ho'okele in upcoming issues.)

Safety event to provide motorcycle information, guidelines

Continued from A-1

event of an accident. The proper wear of PPE reduces the likelihood that an accident on a motorcycle is fatal, but does not eliminate that possibility.

According to Navy Traffic Safety Program OPNAV Instruction 5100.12H, all active duty military riders and passengers, on and off base, and all riders and passengers on any Department of the Navy (DON) installation are required to wear a helmet meeting DOT regulations, protective eye devices designed for motorcycle operators (impact or shatter resistant safety glasses, goggles, wrap-around glasses sealing the eye, or face shield properly attached to the helmet). They should also wear sturdy over the ankle footwear that affords protection for the feet and ankles. They should also wear a long-sleeved shirt or jacket, long trousers, and full-fingered gloves or mittens designed for use on a motorcycle.

Duenas also said proper safety training is essential in keeping motorcyclists safe and compliant with military regulations, regardless of branch of service.

"I would remind them that riding is a privilege earned through training and discipline. I would also tell service members who are new to riding a motorcycle that they are required to inform their commander that they ride and to get with their unit mentors to find out what training is required. Most service members do not real-

ize that there is training required by Army regulations outside the normal state-required training for them to ride a motorcycle while in the Army."

In accordance with OPNAV Instruction 5100.12H, all military and civilian personnel motorcycle operators must comply with all host nation or state licensing requirements. All military personnel who operate a motorcycle on or off base, and all DoD civilian personnel who operate a motorcycle on base are also required to complete a Command Navy Safety Center (COMNAVSAFE-CEN) approved motorcycle rider safety course prior to operating these vehicles.

Interior Communications Electrician 1st Class Ryan Winters, a motorcyclist with eight years of experience and is stationed at Defense Media Activity Joint Base Pearl Harbor-Hickam, said one of the most common safety violations he sees occurs in traffic.

"A lot of time you see people ducking in and out of traffic on a sports bike, because they just want to go fast. You really can't do that because people don't see you," Winters said.

"The other thing I see people do a lot is they'll ride in blind spots. Motorcyclists will come up behind a vehicle to the left, and they'll sit in a car's blind spot and the car never knows they're there."

Something motorcyclists can do to make themselves more visible to cars is to "wear something bright; and

make sure that you get in the mirror of the cars," said Dahman.

"Dead in the middle and straight behind them does not work. They need to be able to see you," Dahman said.

"It is great to ride a motorcycle. I used to long ago but I got to the point where I could not trust the people in the cars around me. So if you're going to keep riding know that they are not seeing you."

To help decrease the number of motorcycle-related accidents, the Navy revised its traffic safety instruction, OPNAVINST 5100.12J, requiring commands to set up mentorship programs for motorcycle riders. The program is designed to give experienced riders the opportunity to teach new riders how to be successful on their bikes.

"Motorcycle safety is extremely important, especially for young Sailors, but education is only part of the equation," said U.S. Pacific Fleet Master Chief Marco Ramirez.

"Awareness and experience of your surroundings, including other drivers, is just as important. I want each of you, whether you're a motorcycle rider or not, to pay attention, avoid distractions like texting and cell phone usage, respect your environment and watch out for other drivers. Working together, we can help to avoid tragedy in the future."

Safety is an important element of the 21st Century Sailor and Marine initiative which consolidates a set of objectives and policies, new

and existing, to maximize Sailor and Marine personal readiness, build resiliency and hone the most combat-effective force in the history of the Navy and Marine Corps.

The Department of the Navy is working to ensure today's Sailors and Marines serve in the safest, most

secure force the department has ever known.

For more information on Navy motorcycle safety policy and requirements, as well as a personal story of one rider who learned some important lessons the hard way, check out All Hands Magazine Online at: <http://ow.ly/qln10>

For the latest statistics

on personal motor vehicle fatalities as well as narratives, visit the Naval Safety Center's website at: <http://ow.ly/ql04k>

Help raise awareness by joining the conversation on social media using #NavySmartRide and #Motorcycle.

Fitness matters: physical fitness changes Hickam Airman's life

Staff Sgt. Terri Paden

15th Wing Public Affairs

Tech. Sgt. Andrea Conn, a 515th Air Mobility Operations Wing budget analyst, was an average Airman when it came to physical fitness. Her PT scores weren't terrible, but she was 50 pounds overweight and unhappy with what she saw in the mirror, so she decided to turn her life around. That was just one year ago.

"I was running the minimum three times per week for squadron PT but I was 4' 11" and overweight and didn't like what I saw in the mirror," Conn said. "I was always the slowest one in the group, my husband was deployed, and I was very stressed out and felt like I really needed an outlet."

After trying a number of fad diets unsuccessfully, Conn enlisted the help of a personal trainer and turned her attention to a healthier lifestyle via dieting and exercise to lose weight.

"I really didn't have a goal weight in mind when I started," she said. "I just wanted someone to help me



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

Tech. Sgt. Andrea Conn, 515th Air Mobility Operations Wing budget analyst, performs squats at the Joint Base Pearl Harbor-Hickam Fitness Center.

figure out what I needed to do as far as my diet and exercise regimen and I couldn't do it on my own. I needed one-on-one attention."

According to Conn, it was during this time she fell in love with fitness. After losing 30 pounds, her trainer convinced her to take on an even bigger challenge: a bodybuilding competition.

Between 2012 and 2013, Conn placed second in two separate competitions proving she had not only reached her fitness goal of

being more physically fit, but she had also exceeded it.

"The competitions helped me reach a good point in my life. I felt like I had finally done something great for me," she said.

Armed with this newfound confidence she decided to find a way to share it with others.

"Since PCSing I've started working on a personal training certification," she said. "I want to pay it forward. I want to give people what my trainer gave me."

wasn't failing her PT test at the time, she decided to get serious about working out. She wasn't where she needed to be physically.

"Passing a PT test doesn't mean you're physically fit," she said. "There are 364 other days a year you need to work at it. Don't wait until the last minute. Identify problem areas ahead of time and start working on them early. Work to be in an overall better physical condition and being prepared for a PT test won't be an issue."

In addition to enhanced health and PT scores, Conn said getting in shape improved her overall well-being and emotional health.

"As I went through the process of getting in shape I noticed a big change in myself," she said. "I started enjoying the gym ... I was working out a lot and the more I worked out the less I felt stressed and the more energy I had. It helped me cope with my husband's deployment. I just felt great all around."

However, Conn said it took more than just exer-

cising to help her achieve her fitness goals.

"My diet was a big problem for me before. I would eat if I was bored even if I wasn't hungry, and I drank alcohol a lot," she said. "Now I choose healthier alternatives. I don't restrict myself. I have my guilty pleasures, but I work hard and I have a lot more self-control than I did before."

Conn advises any Airmen currently struggling with their PT test or overall fitness level to prepare to do a major overhaul in all areas of their life.

"Being in shape is a lifestyle change," she said. "You have to be prepared to change everything and understand it won't be easy."

"You might find that you're different than others around but you have to find what empowers you to want to be better. Everyone has the power to change the things they don't like about themselves, and once you make the physical changes you will see the emotional and mental changes, too."

NAVFAC Pacific energy monitors help command meet energy-savings goals

Story and photo by
Christine Rosalin

Naval Facilities Engineering
Command Pacific Public Affairs

Naval Facilities Engineering Command (NAVFAC) Pacific building energy monitor (BEM) teams conduct year-round inspections and monthly audits as part of the command's energy saving initiative.

"The purpose of the BEM program is to have trained energy personnel in each region facility to facilitate the reduction of energy and water waste, as outlined in the 2010 Navy Region Hawaii Energy Management Program published on July 2010," said Norma Liu, facili-

ties management and sustainment energy management program analyst.

"One of the most important things a BEM does is increase awareness of energy and water conservation amongst co-workers through posters, flyers, and reminders and announcements through e-mails and during staff meetings."

Currently, NAVFAC Pacific has 21 BEM-trained personnel in support of, Navy Region Hawaii's energy management program. Each member has responsibilities to minimize energy consumption throughout their designated buildings.

"We need constant reinforcement to affect behavioral changes

throughout the command, and the Region Hawaii Energy Team and building managers cannot do this by themselves," Liu added. "The more people we have who understand the importance of this program and help spread the word, the better we can better minimize energy and water waste."

Each of NAVFAC Pacific's 11 buildings has an assigned primary and alternate BEM who conducts audits in their assigned areas.

Using the "Take Charge Hawaii" audit form, BEMs inspect work areas for any office equipment not turned off at the end of the work day. They also monitor air conditioners left on during non-mandated hours, thermostat readings set

below 78 degrees, exterior windows and doors left open when the air conditioners are running, equipment running in unoccupied rooms, and exterior lights on during the day. Additionally, BEMs inspect for leaky plumbing fixtures to support water conservation.

"During the last two months, we conducted weekend audits," said Rick Nojima, NAVFAC Pacific's building manager and lead BEM. "We record all our findings and submit reports up the chain and to the Region Hawaii Energy Team."

"The audits highlight that we need to increase education awareness so personnel will change daily habits," Liu said. "One of the misconceptions is if your computer or

monitor is plugged into the sensor controlled power strip, then it is 'off' when you are not in your cubicle or office. This is not the reality though, because if the power strip and equipment are not switched off then the equipment is still drawing energy."

Nojima said conservation requires teamwork.

"The efforts put forth by all our BEMs are greatly appreciated, but we need everyone's help to make this program successful," he said. "Having BEMs inspect their areas helps the command instill a culture of conservation and minimizes energy and water waste within the command."

(See related photo on page A-5).