

FOR THE NAVY AND AIR FORCE TEAM IN HAWAII

# HO'OKELE

MARCH 2020

March is...  
**Women's  
History  
Month**

# COVID-19

WHAT YOU NEED TO KNOW



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A Hui Hou!

# DoD tests Hypersonic Glide Body

A Common Hypersonic Glide Body (C-HGB) launches from Pacific Missile Range Facility, Kauai March 19. The U.S. Navy and U.S. Army jointly executed the launch of the C-HGB, which flew at hypersonic speed to a designated impact point. Concurrently, the Missile Defense Agency monitored and gathered tracking data from the flight experiment that will inform its ongoing development of systems designed to defend against adversary hypersonic weapons. (U.S. Navy photo)

## Diverse VIEWS

### March is Women's History Month. Who is the most influential woman in your life and why?

By MCCS Jackey Smith, MC1 Erickson Magno, David D. Underwood, Jr.



**CMDCM Greg Vidaurri**  
Navy Region Hawaii

"My mother, Gloria Rios Vidaurri. She instilled in me at an early age that family, hard work and a genuine concern were the bedrock for success."



**Paola Sena**  
Military Spouse

"My mother. She is the most kind, caring and giving woman who started her own successful business, yet managed to be there for her kids."



**MM1 Dominique Gillings**  
Pacific Missile Range Facility

"My mom. She taught me how to be patient, ambitious, have integrity but most importantly, she taught me to stay true to who I am."

(Layout by MCCS Jackey Smith)

## Your Navy Team in Hawaii

Commander, Navy Region Hawaii oversees two installations: Joint Base Pearl Harbor-Hickam on Oahu and Pacific Missile Range Facility, Barking Sands, on Kauai. As Naval Surface Group Middle Pacific, we provide oversight for the ten surface ships homeported at JBPHH. Navy aircraft squadrons are also co-located at Marine Corps Base Hawaii, Kaneohe, Oahu, and training is sometimes also conducted on other islands, but most Navy assets are located at JBPHH and PMRF. These two installations serve fleet, fighter and family under the direction of Commander, Navy Installations Command.

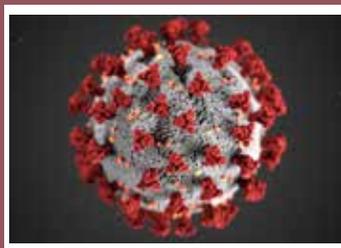
A guided-missile cruiser and destroyers of Commander, Naval Surface Force Pacific deploy independently or as part of a group for Commander, U.S. Third Fleet and in the Seventh Fleet and Fifth Fleet areas of responsibility. The Navy, including your Navy team in Hawaii, builds partnerships and strengthens interoperability in the Pacific. Each year, Navy ships, submarines and aircraft from Hawaii participate in various training exercises with allies and friends in the Pacific and Indian Oceans to strengthen interoperability. Navy service members and civilians conduct humanitarian assistance and disaster response missions in the South Pacific and in Asia. Working with the U.S. Coast Guard, the Navy in Hawaii provides drug interdiction and fisheries enforcement operations for Commander, U.S. Pacific Fleet. In even-numbered years Hawaii hosts the biennial summer Rim of the Pacific Exercise, the world's largest military maritime exercise, featuring more than two dozen nations and 25,000 personnel.

The Navy family in Hawaii comprises around 50,000 people, most of whom are active duty service members and their families, and includes nearly 15,000 civilians and contractors as part of our workforce.

JBPHH includes the Pearl Harbor waterfront, Hickam flight line, Wahiawa annex and several other areas in West Oahu and provides a major logistics and other support hub for the military and military families. Supporting the nation's ballistic missile defense initiative, the Pacific Missile Range Facility on the western coast of "The Garden Island," is the world's largest instrumented multidimensional testing and training missile range.

We provide services to the U.S. Pacific Command, one of DOD's six geographic combatant commands, with an area of responsibility covering half the globe. We directly support two component commands whose headquarters are on JBPHH: Commander, U.S. Pacific Fleet and Commander, U.S. Pacific Air Force. Close to our own Region/MIDPAC headquarters command is Commander, Submarine Force, U.S. Pacific Fleet. With 18 forward-deployable combat-ready U.S. Navy submarines, Pearl Harbor is home to the largest submarine presence in the Pacific. The Pearl Harbor Naval Shipyard, on JBPHH, is the largest ship repair facility between the West Coast and the Far East. Within our region we support more than 100 tenant commands.

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Commander, Navy Region Hawaii And Naval Surface Group Middle Pacific

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Commander, Joint Base Pearl Harbor-Hickam

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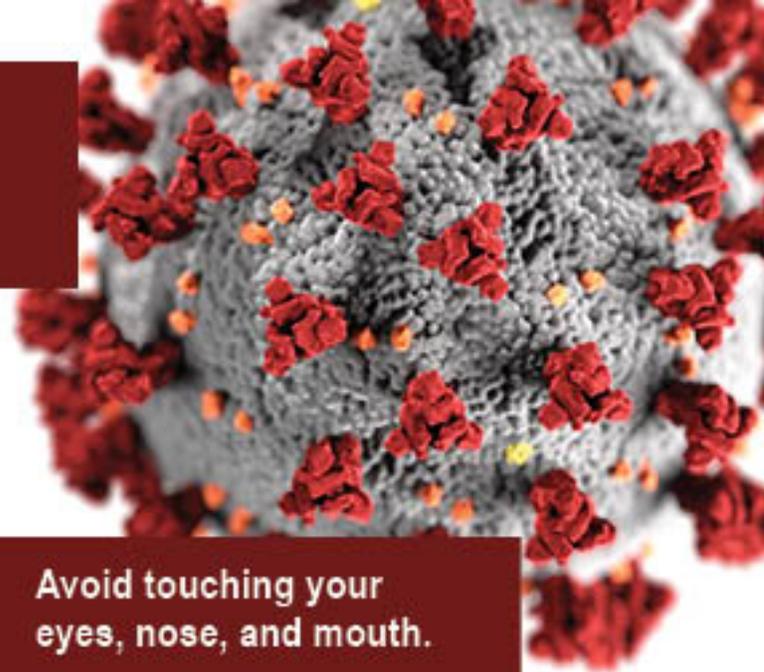


@JBPHH

(Layout by Elaine Phillips)

# COVID-19

## Quick Reference Guide



## 1 PREVENTIVE MEASURES

### ✓ social distancing

Avoid close contact with persons who are sick and large social gatherings.

Avoid touching your eyes, nose, and mouth.

Cover your cough/sneeze with a tissue or clothing.

Disinfect frequently touched objects/ surfaces with bleach solution or wipes. Allow to dry before touching.

Wash hands often with soap and water for at least 20 seconds, especially after using the bathroom; before eating; and after blowing your nose, coughing, or sneezing.

If soap and water are not available, use alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if your hands are visibly dirty.

## 2 SUSPECTED COVID-19 INFECTION

### ✓ symptoms

AND

Fever > 100.4

AND

significant cough or respiratory difficulty

AND

Exposure: Known close contact with a confirmed case OR travel in the last 14 days to area with COVID transmission.

If you are feeling ill stay at home. Contact medical if conditions significantly worsen or don't improve after 72 hours. Contact a medical representative:

Nurse Advice Line  
800-874-2273 (#1)

Medical Call Center:  
888-683-2778  
(M to F, 6:30 a.m. - 4 p.m.)

<http://tolsecuremessaging.com>

A medical representative will collect information and coordinate follow-on medical evaluation as required.

Remain in residence. Avoid contact with other persons and inform your chain of command.

If you feel you are having a medical emergency, call 911 and inform them of your possible COVID-19 status.

### Definitions

**Self-observation** - Be alert for subjective fever, cough or respiratory difficulty.

**Self-monitoring** - Record temperature twice per day and be alert for cough or respiratory difficulty.

**Close Contact** - Within 6 feet of known COVID-19 case for 10 minutes or longer or direct contact with respiratory droplets (cough/sneeze) from known case.

## Admiral's Commentary:

# COVID-19: What you need to know

**Rear Adm. Robb Chadwick**

*Commander, Navy Region Hawaii and Naval Surface Group Middle Pacific*



**W**e are certainly living in some interesting times. Over the past few weeks, we have experienced a significant shift in the way we view something as simple as a virus.

Terms like “Novo-Coronavirus” and “COVID-19” have become frontpage news. As I am sure you are aware, the World Health Organization classified COVID-19 (Coronavirus) as a worldwide pandemic, and President Donald Trump introduced measures aimed to curb the potential impact.

It is safe to say that we can expect more steps to follow. The impact certainly varies in different regions, but we are all experiencing effects, whether it is long lines at the grocery stores or impacts to planned travel.

The guidance has been coming in at a pretty rapid rate through various avenues such as the Government, Centers

for Disease Control and Prevention, Department of Defense, and the Navy.

Our region Crisis Action Team (CAT) has been stood up for the past weeks and they have been staying on top of the latest guidance and planning.

I also convened an Operational Planning Team (OPT) which met this week to examine the broad range of factors that go into how we plan to sustain our mission.

Our top priority, as we plan for possible future contingencies and implement policies, will be to ensure the safety and well-being of all of you.

Their importance of communication cannot be overstated. Guidance will flow to you through your supervisors, and All Hands notifications will be used when necessary. We will also share information via the command website at [www.cniv.navy.mil/Hawaii](http://www.cniv.navy.mil/Hawaii) and our social media site at [www.facebook.com/NavyRegionHawaii](http://www.facebook.com/NavyRegionHawaii).

Additionally, you can visit these sites for official policy and updates from Dept of Defense and Center for Disease Control:

- DoD Response – Coronavirus: <https://www.defense.gov/Explore/Spotlight/Coronavirus/>
- Centers for Disease Control and Prevention - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

As always, stay in touch with your chain of command.

In the meantime, we should all do our part to help prevent the spread of the virus by staying home when you are sick, practicing social distancing when possible and looking out for each other.

We will continue work to achieve the necessary workforce/mission balance and innovative ideas can come from anywhere in the command.

I appreciate the hard work by all as we navigate these new waters.

# Helpful Resources: COVID-19

# CORONAVIRUS

Compiled by Navy Region Hawaii Public Affairs

As the situation evolves regarding the spread of COVID-19, Navy Region Hawaii and its installations - Joint Base Pearl Harbor-Hickam and Pacific Missile Range Facility - are working daily to assess and implement measures to protect our service members, civilians, and their families. Hawaii Navy installations and commands will continue to communicate additional, specific guidance and efforts with the Navy and Air Force community through respective communication channels such as the Navy Region Hawaii website at [www.cnic.navy.mil/Hawaii](http://www.cnic.navy.mil/Hawaii) and social media sites. For future updates, monitor news resources and public health updates regularly to stay informed.

## MEDICAL INFORMATION

**Navy Marine Corps Public Health Center:**  
<https://www.med.navy.mil/sites/nmcphc/program-and-policy-support/Pages/Novel-Coronavirus.aspx>

**Military Health System:** <http://health.mil>

**Tricare Nurse Advice Line:** 1-800-TRICARE (874-2273) or [www.mhsnurseadvice.com](http://www.mhsnurseadvice.com)

**Center for Disease Control COVID-19 situational information:** <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

## ADDITIONAL RESOURCES/LINKS

**Military Crisis Line:** 1-800-273-TALK (option 1), text 838255 or visit [www.militarycrisisline.net](http://www.militarycrisisline.net).

**Military OneSource:** 1-800-342-9647 or visit [www.militaryonesource.mil](http://www.militaryonesource.mil).

**Navy Chaplain Care:** 1-855-NAVY-311 or visit [www.navy.mil/local/chaplaincorps/](http://www.navy.mil/local/chaplaincorps/).

**Psychological Health Resource Center:**  
1-866-966-1020 or [www.realwarriors.net/livechat](http://www.realwarriors.net/livechat)

**Psychological Health Outreach Program:**  
1-866-578-PHOP(7467)

**Navy and Marine Corps Public Health Center:**  
[www.med.navy.mil/sites/nmcphc/health-promotion/Pages/default.aspx](http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/default.aspx)

**Navy Marine Corps Relief Society:**  
<https://www.nmcrs.org>

## DEPARTMENT OF DEFENSE

Periodic updates to Department of Defense (DoD) and Department of the Navy actions to address COVID-19 are available at the following websites:

**DoD updates:**  
[www.defense.gov/Explore/Spotlight/Coronavirus/](http://www.defense.gov/Explore/Spotlight/Coronavirus/)

**Navy updates:**  
<https://navylive.dodlive.mil/2020/03/15/u-s-navy-covid-19-updates/>

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Twitter: <https://twitter.com/NavRegHawaii>

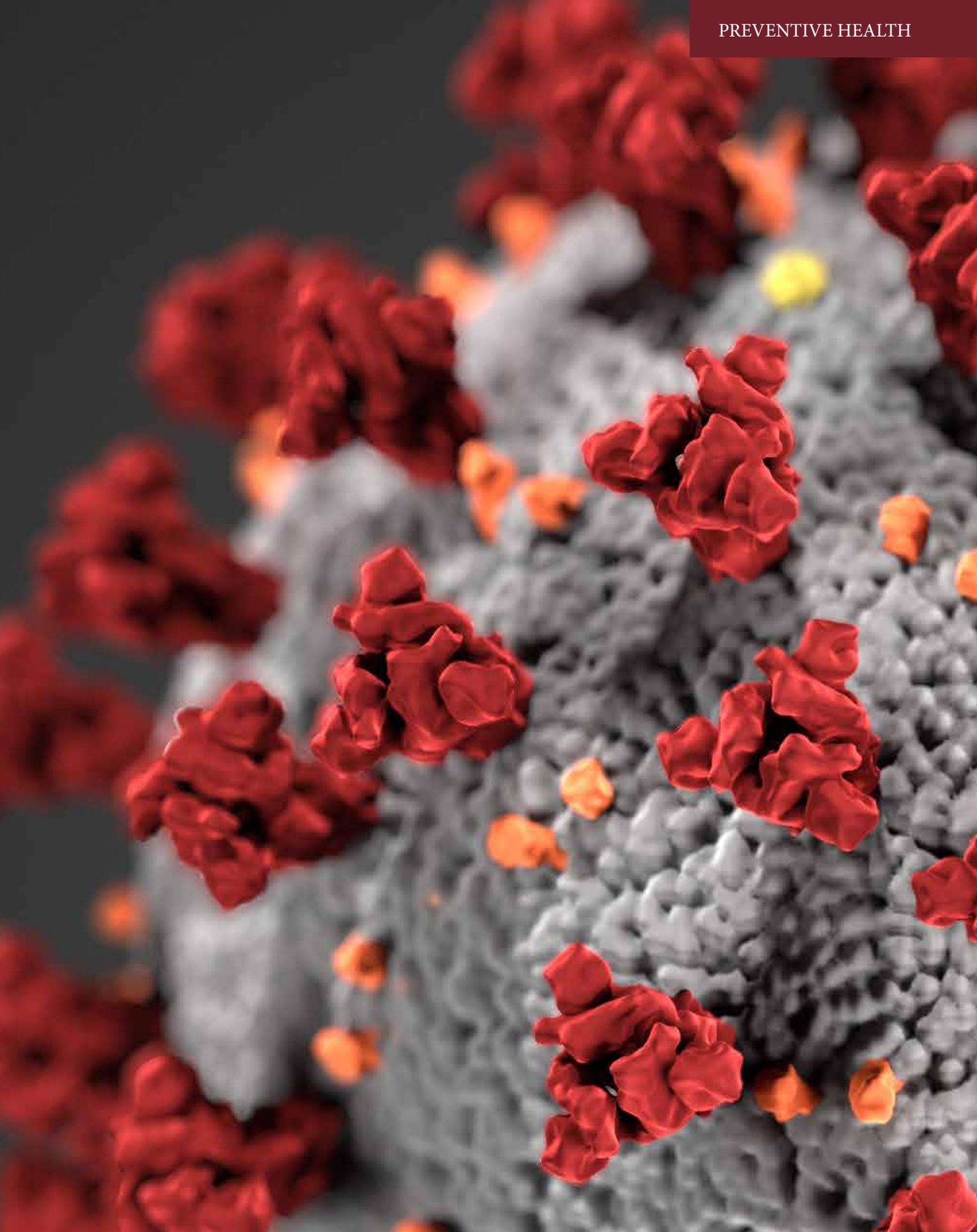
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Twitter: [www.facebook.com/JBPHH](http://www.facebook.com/JBPHH)

**Pacific Missile Range Facility**  
Facebook: [www.facebook.com/PacificMissileRangeFacility](http://www.facebook.com/PacificMissileRangeFacility)

For a list of Morale, Welfare and Recreation facility closures, visit <https://jbphh.greatlifehawaii.com/covid-19-closures>

Visit the Navy Region Hawaii website for additional resources and COVID-19 updates:

[www.cnic.navy.mil/Hawaii](http://www.cnic.navy.mil/Hawaii)



# PHOTO H



1



2



3

1

Service members with the Defense POW/MIA Accounting Agency (DPAA) render honors during an honorable carry at Joint Base Pearl Harbor-Hickam March 13. During the ceremony, a case containing possible remains of an unknown U.S. service member lost during World War II was repatriated from Myanmar and will be examined by forensic anthropologists and odontologists at DPAA's skeletal identification laboratory. DPAA's mission is to provide the fullest possible accounting of our missing personnel to their families and the nation. (U.S. Marine Corps photo by Sgt. Jacqueline Clifford)

2

Vice Chairman of the Joint Chiefs of Staff Air Force Gen. John E. Hyten visits USS Port Royal (CG 73) with Rear Adm. Robb Chadwick, commander, Navy Region Hawaii as part of the annual Vice Chairman's USO Tour March 7. Hyten, along with USO entertainers, visited service members at various locations throughout the nation. (DoD photo by MC1 Carlos Vazquez II)

3

U.S. Air Force Security Forces Airmen administer Standardized Field Sobriety Testing to a volunteer during the five-day Joint Interagency Task Force West substance abuse recognition course held at Joint Base Pearl Harbor-Hickam March 4. The purpose of the course is to provide the security forces of the Department of Defense stationed on the island of Oahu increased capability to detect, deter and diminish the consumption and trafficking of drugs aboard military installations. (U.S. Navy photo by Erin Huggins)

# HIGHLIGHTS



4



5



6

4

*Aviation Machinist's Mate 3rd Class Mark-Anthony Feliciano, from Waianae, installs a transmission on an MH-60S Sea Hawk, assigned to the "Dusty Dogs" of Helicopter Sea Combat Squadron (HSC) 7, in the hangar bay aboard the aircraft carrier USS Dwight D. Eisenhower (CVN 69) Feb. 21. Ike is conducting operations in the Atlantic Ocean as part of the Dwight D. Eisenhower Carrier Strike Group. (U.S. Navy photo by MC3 Isaac Champlain)*

5

*Staff from the Navy Medical Readiness and Training Command Pearl Harbor appeared on KHON2 news station to discuss a partnership with the Fort Shafter Veterinarian Clinic. The two commands teamed up to perform teeth cleaning and root canal on a canine Feb. 6. The team was able to save the tooth by providing a root canal in lieu of an extraction. (U.S. Navy photo by MCCS Jackey Smith)*

6

*Hickam Elementary School partnered with the Hawaii Department of Education and military service members to develop and expose students to engineering careers during an annual STEM expo at Joint Base Pearl Harbor-Hickam. (Photo courtesy of Hickam Elementary School)*

# GROWING IN POWER

## Joint Women's Leadership Symposium

Story and photos by Staff Sgt. Nicholas Brown  
15th Wing Public Affairs

Honoring and celebrating the struggles and achievements of American women throughout the history of the United States, the joint diversity committee hosted the inaugural Women's Leadership Symposium at Hollister Auditorium in honor of Women's History Month in March.

This year's theme is "Together We Can Build a Network of Diversified Leaders to Form a Dynamic Coalition of Professionals."

"I decided to attend the symposium because I want to develop my leadership skills and work-life balance," said Senior Airman Tiffany Morrell, 647th Civil Engineering Squadron emergency manager. "I related to Col. Harris' opening remarks. I thought her rules to follow were great: be confident, know when to lead and when to follow, be present in the moment."

"If you're at home, be at home. If you're at work, be at work," she continued. "Don't feel guilty wherever you are. I can really relate to that, being a mom and trying to be the best in my career field."

Attendees also heard remarks from Chief Master Sgt. Sheronne King, the U.S. Pacific Air Forces first sergeant.

"I'm a mom of two, I'm a wife, and I struggle every day," said the chief. "I get inside my own head and I get in my own way every day."

"We need to start redefining success and failure," she continued. "Once a lieutenant colonel told me that she looks for something new every week to fail at. Do not be afraid of your failures, do not be afraid of feeling defeated. I'm not saying you have to like it, but it's part of life."

King ended on a positive note that brought the crowd to its feet.

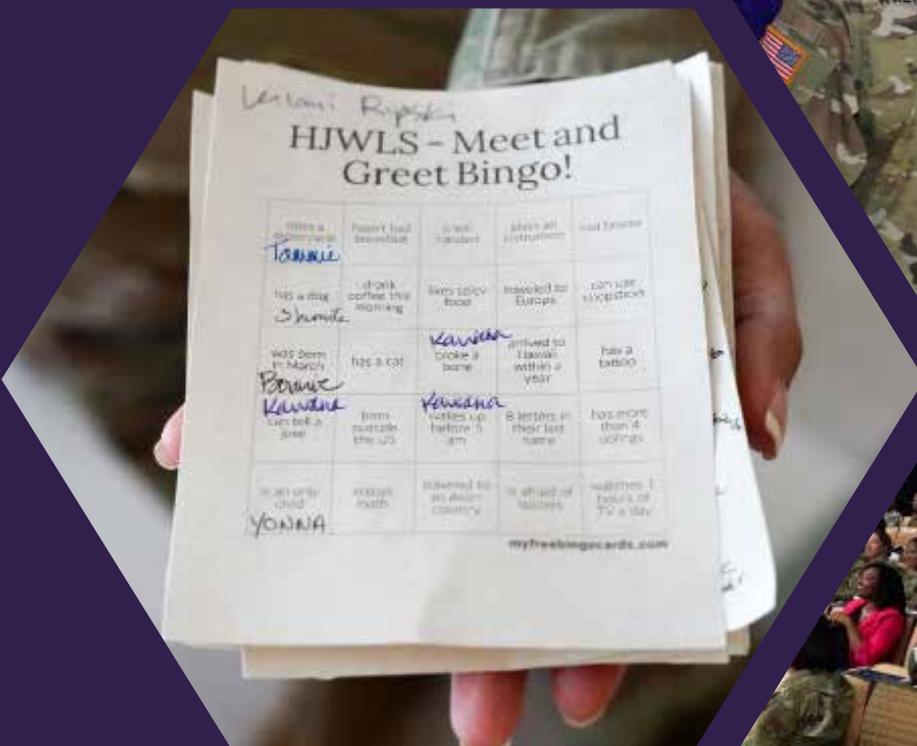
"Women are growing in the military in all branches," King said. "We are at 20% across the board, that's still not enough, but we are getting there and we are seeing more women in positions of power."

"Don't hold yourself back," she added. "I was told I was too ghetto, too loud, and I would never make it past master sergeant. Guess what? I'm here now. I would like to encourage you to be kind, walk in your own power, and we will all come out on top."

As women leaders shared their experiences and success stories, Morrell continued to share her thoughts.

"I would absolutely recommend coming to the symposium," said Morrell. "Seeing how other women have been in your footsteps and been able to succeed is great. Whether you just joined the military, you've been in a while, or you're a civilian, we all face similar issues."

(Layout by GSE2 Lexie Perez)



# A WOMAN'S

By **GSE2 Lexie Perez**  
*Navy Region Hawaii Public Affairs*

With only eight active-duty female divers in the Navy, the journey to joining the Naval Special Operations community is a formidable feat. Through overcoming mental and physical hardships, Navy Diver Second Class Nicole Gregory became one of the fearless eight and in doing so became a strong influence to emulate.

Physical strength was just one hurdle that needed to be conquered while adapting to the strenuous lifestyle of a diver.

“You’re expected to move the same weight and do the same amount of pull ups and all the same stuff [the males] do, so that was hard,” said Gregory.

Throughout her training there was always a fear of failing tests or becoming injured; either could lead the candidate to a review board. There, the Sailor would plead her case and the instructors would then decide if she should be placed into a later class or dropped from the program.

Gregory withstood adversity, as she recalls being set back in her training due to an injury.

(Layout by GSE2 Lexie Perez)

# DETERMINATION TO DIVE:

## Becoming a Navy Diver

“We were receiving intensive training and the object was to drag a fellow candidate across the sand” explained Gregory. “I was with someone who was significantly bigger than myself, and I was told that I had to get them across that line or that I would get dropped from the program,” she continued.

Determined not to fail, she pressed on. “I did it, but I ended up with a lot of pulled muscles from the base of my neck, down under my shoulder blades to about the middle of my back. I remember after I got over the line with this guy, immediately standing up and not being able to move my neck at all. I thought that I had just paralyzed my neck,” she recalled.

She was escorted to the base medical facility where the doctor advised her to stop training immediately. Following required rest and treatment, she was rolled into the following class.

Gregory had physically prepared for eight months prior to boot camp, and she wasn't going to let this injury slow her down. She had a fire in her, a desire to excel past any limitations, and that's exactly what she did.

Finding the strength to fight back and demonstrate her worth was challenging, but proved extremely rewarding when she graduated and was pinned as a Navy Diver.

Through her injury, Gregory learned that no matter the hardships she faced, achieving a goal that she set for herself is really what made her stronger. Finding self-motivation is incredibly important and is a message she hopes to share with others working to achieve difficult goals in their lives.



(Photos by ND2 (DSW/SW/AW) Kevin Diaz Castro)

**A**t sunset, as the ocean glimmers with fading sunlight, an Airman places down her yoga mat to help relax after a long day at work, strengthening her stability in mind and body.

Airman 1st Class Jayme Ratcliff, 324th Intelligence Squadron fusion analyst, has practiced yoga for four years but started consistently training about two years ago. In taking her hobby to the next step, she has committed herself to receive her instructor's license so that she can teach others her skills.

Yoga is a form of meditative stretching, involving slow movements on a mat to help lengthen different parts of the body and increase strength.

Jayme said that she has wanted to teach yoga for over a year now, and is participating in a 200-hour, 8-week course to receive her instructor's license.

"Yoga has impacted my life in very positive ways," Jayme said. "Physically, I am stronger and leaner than before yoga, and mentally, I've become much more resilient. It helps me relieve my tension and stress so that I can come to work with a clear head."

Jayme dedicates up to 8 hours a week on yoga. This involves taking instructed classes at a local studio, and also self-practice at home or on the beach. Frequently, she says she'll get up and do poses at

home to stretch out her body and maintain flexibility.

"Yoga is very forgiving," Jayme said. "It is a time that I can devote to the idea that it is okay to mess up and fumble and that I am strong and capable enough to succeed. It allows me to work on my strength, endurance, flexibility, mindfulness and meditation."

Austin Ratcliff, Jayme's husband, can account for the importance of yoga to Jayme's lifestyle.

"Yoga helps Jayme release the stresses of each day as well as focus her mind on what's important to her," Austin said. "When she hasn't been to a class in a while, she has less energy and her attitude is different."

Yoga can be a great way to relieve stress and find new ways to explore the inner workings of the mind.

Meditation is a large part of why so many people have tried yoga, and in combination with stretching, it can help alleviate pain from tense muscles and promote better sleep.

"I like to think of yoga as like dancing," Jayme said. "It can be a form of art that you perform, making up flows and finding creative shapes with your body. It helps me every day, allowing me to achieve a better perspective and think more positively."

*"I like to think of yoga as like dancing. It helps me every day, allowing me to achieve a better perspective and think more positively."*

# YOGA

FOR  
THE  
SOUL

Story and photo by A1C Erin Baxter  
*15th Wing Public Affairs*



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