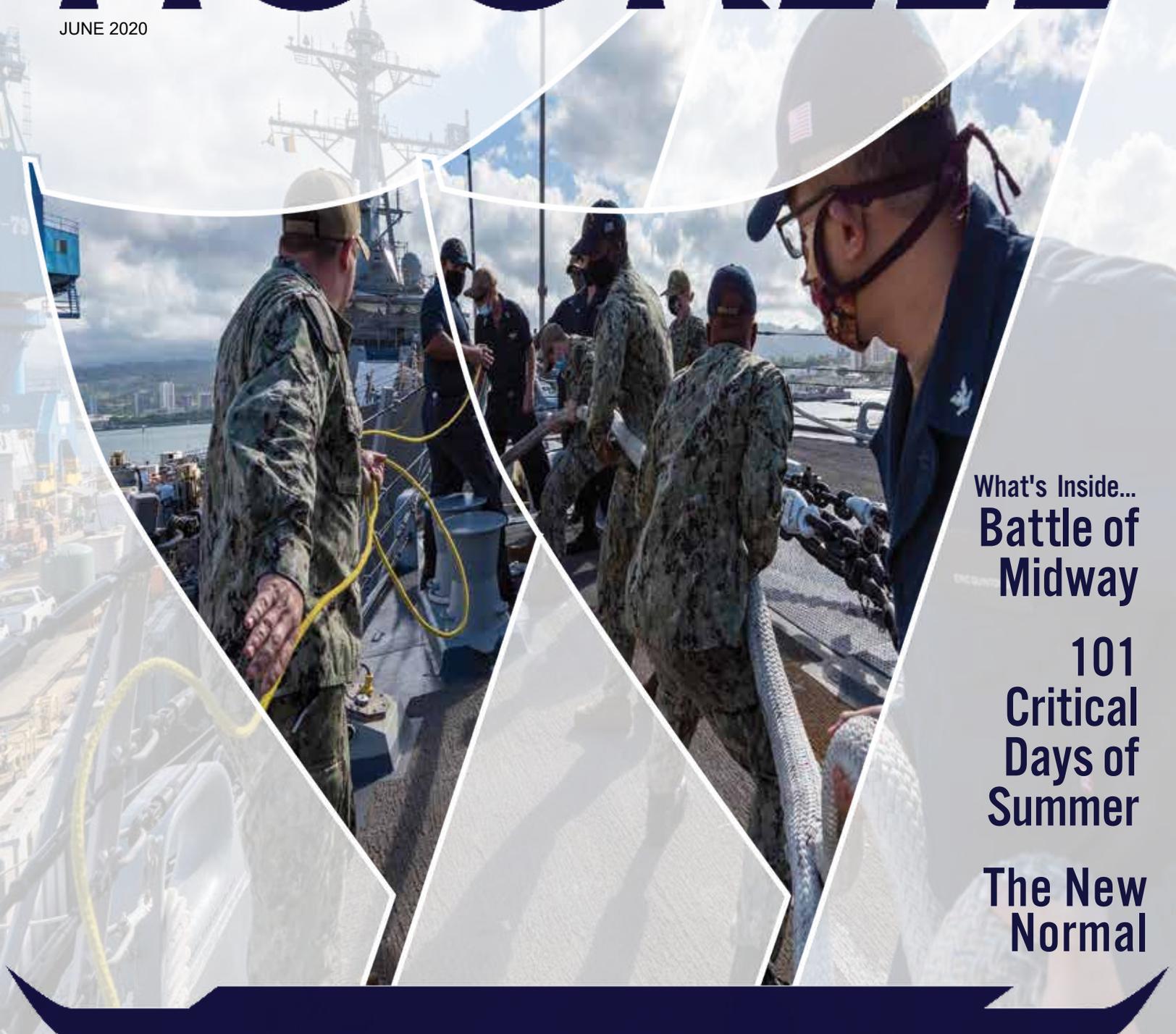


FOR THE NAVY AND AIR FORCE TEAM IN HAWAII

HO'OKELE

JUNE 2020



What's Inside...
**Battle of
Midway**

**101
Critical
Days of
Summer**

**The New
Normal**

HURRICANE PREPAREDNESS

HURRICANE SEASON: JUNE 1 TO NOV. 30



Hawaii flyover salutes frontline workers

A KC-135 Stratotanker operated by Team Hickam passes over the Hawaiian Islands, May 14. Aircrews from the Hawaii Air National Guard and 15th Wing conducted a flyover as part of Operation American Resolve throughout the Hawaiian Islands as a salute to all frontline workers battling COVID-19, as well as those staying home to “flatten the curve of transmission” of the virus.
(U.S. Air National Guard photo by Tech. Sgt. Alison Bruce-Maldonado)



Director of Public Affairs, Navy Region Hawaii
Lydia Robertson

Deputy Director of Public Affairs, Navy Region Hawaii
Mike Andrews

Director of Public Affairs, Joint Base Pearl Harbor-Hickam
Chuck Anthony

Director of Public Affairs, Pacific Missile Range Facility
Tom Clements

Managing Editor
Anna Marie General

Military Editor
MC2 Charles Oki

Contributing Staff
Jim Neuman
MC1 Erickson Magno
SSgt. Jasmonet Jackson
GSE2 Lexie Perez
Elaine Phillips

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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, JBPHH, Hawaii, 96860-4884. Telephone: (808) 473-2888; fax (808) 473-2876.

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A Hui Hou!

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.

On the cover: HURREX 2020 on USS Michael Murphy (DDG 112) (U.S. Navy photo by MC2 Charles Oki)

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Commander, Navy Region Hawaii And Naval Surface Group Middle Pacific
REAR ADM. ROBERT CHADWICK



Commander, Joint Base Pearl Harbor-Hickam
CAPT. JEFF BERNARD



Commanding Officer Pacific Missile Range Facility
CAPT. TIMOTHY YOUNG

Diverse VIEWS

“What is one must-have item in your hurricane preparedness kit and why?”

By MC1 Erickson Magno, MC2 Charles Oki and Staff Sgt. Jasmonet Jackson



Yeoman 1st Class Willie Johnson
Pacific Missile Range Facility

“You will definitely need a heavy-duty, weatherproof flashlight. The power tends to go out and you need to be prepared in case that happens.”



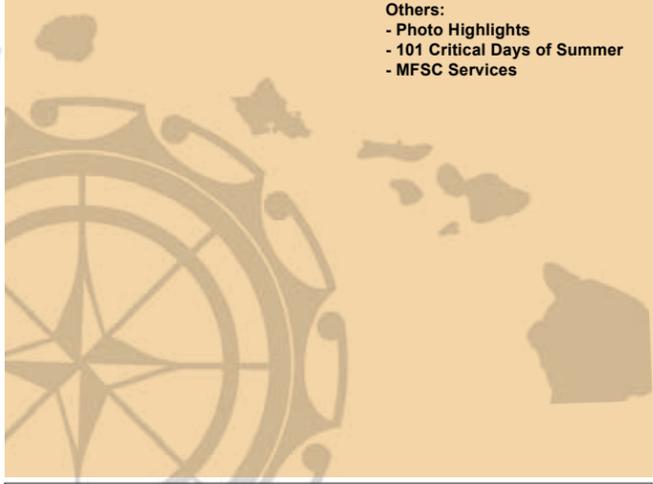
Staff Sgt. Nicholas Brown
15th Wing

“CLOTH DIAPERS!! My daughter has never been in any other diaper other than cloth, so she wouldn't be too happy without them—and neither would we.”



Yeoman (Submarine) 2nd Class Dakotacheyenne DiGiavanni
USS Ohio (SSGN 726)

“Hygiene products, especially feminine hygiene products.”



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BATTLE OF MIDWAY

THE LEGACY OF THE U.S. NAVY'S FINEST HOUR



Japanese Type 97 shipboard attack aircraft from the carrier Hiryu amid heavy anti-aircraft fire, during the torpedo attack on USS Yorktown (CV-5) in the mid-afternoon June 4, 1942. (Official U.S. Navy photograph)

By Jim Neuman
Navy Region Hawaii Public Affairs

On Sunday morning June 7, 1942, exactly six months to the day after the attack on Pearl Harbor, the sun arose on a far different world. While wreaking havoc and destroying the Allied navies, the once feared First Air Fleet of the Imperial Japanese navy prowled the Pacific Ocean, seemingly at will. Now four mighty carriers, the backbone of the Imperial Japanese fleet lay at the bottom of the sea.

Where once the United States and the free world toiled in a cloud of doubt, fear and defeat at the seemingly unstoppable Imperial Japanese juggernaut, the American people would now begin to breathe a sigh of relief and a sense of hope would begin to replace dread.

With the decisive victory of June 4, 1942, the United States Navy would begin the long struggle to roll back a proud and determined foe.

The Battle of Midway was a turning point in the war in the Pacific. As author Craig Symonds writes, "at ten o'clock that morning, the Axis powers were

winning the Second World War...An hour later, the balance had shifted the other way...Though the war had three more years to run, the Imperial Japanese navy would never again initiate a strategic offensive."

In the Battle of Midway, each Sailors' initiative, accountability, integrity and toughness won the day.

Adm. Chester W. Nimitz exhibited bold decision-making when he chose to commit the precious few carriers remaining in the Pacific Fleet with scant but solid intelligence. This led him to believe they would catch the Imperial Japanese navy by surprise en route to their intended target. As the events unfolded and opportunity presented itself, taking a "calculated risk" and trusting each Sailor to seize the initiative was not a reckless abandon.

Black shoe and brown shoe Sailors fought and won the battle. Surface warriors like Adm. Raymond Spruance fought alongside Adm. William Halsey's chief of staff, Capt. Miles Browning. Spruance's character and sense of personal accountability led him to rely heavily on Browning's judgement as an aviator in what would become arguably the greatest naval air-battle in history.

We will never forget the valiant attack of the VT squadrons who flew into the face of near-certain death, refusing to flee danger until they had launched their torpedoes. Without a single hit scored in the attacks, a few survived. Their actions would cause enough distraction for the enemy to allow dive-bombers to reign down the destruction that ended Imperial Japanese naval supremacy in a matter of moments.

Once again, historian Craig Symonds writes, "Every single officer, from Nimitz down to the plane pushers on the decks, played a role in what happened. History is not something that happens around us while we are doing our job, history is the job we are doing."

Sailors raised on the traditions of the past, who embraced those values of integrity, accountability and toughness who seized the initiative and won the greatest naval battle since Trafalgar by so doing changed the course of history.

This is the legacy of the United States Navy at the Battle of Midway.

A virtual ceremony to mark the 78th anniversary will be held on June 5 at 9 a.m. at the Lone Sailor statue on the grounds of the Pearl Harbor Visitor Center. The ceremony will include remarks from Rear Adm. Robb Chadwick, commander, Navy Region Hawaii; live music from the Pacific Fleet Band and a wreath presentation which will be available via live stream on CNRH Facebook at www.facebook.com/NavyRegionHawaii.



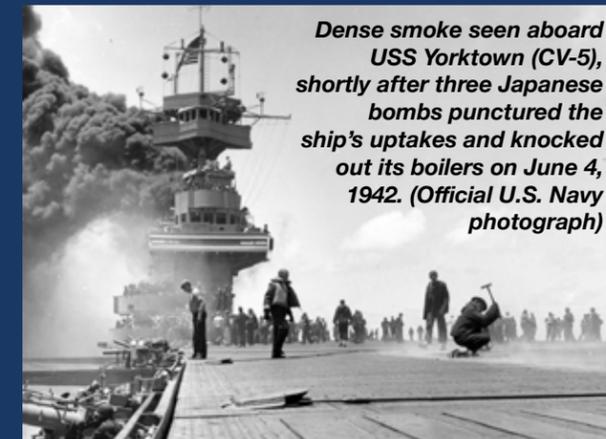
Ensign George H. Gay at Pearl Harbor Naval Hospital, with a nurse and a copy of the Honolulu Star-Bulletin newspaper featuring accounts of the battle. He was the only survivor of the June 4, 1942 Torpedo Squadron Eight (VT-8) TBD torpedo plane attack on the Japanese carrier force. (Official U.S. Navy photograph)



Diorama by Norman Bel Geddes, depicting the torpedoing of USS Hammann (DD-412) and USS Yorktown (CV-5) by Japanese submarine I-168, during the afternoon of June 6, 1942. (Official U.S. Navy photograph)



Men are balancing themselves on the listing deck of USS Yorktown (CV-5) as they prepare to abandon ship shortly after it was hit by two Japanese aerial torpedoes June 4, 1942. (Official U.S. Navy photograph)



Dense smoke seen aboard USS Yorktown (CV-5), shortly after three Japanese bombs punctured the ship's uptakes and knocked out its boilers on June 4, 1942. (Official U.S. Navy photograph)

U.S. Involvement in World War II



World War II began on September 1, 1939, when Nazi Germany invaded Poland. The U.S. remained neutral until December 7, 1941, when the Japanese attacked Pearl Harbor. The Japanese employed six carriers to destroy the U.S. Pacific Fleet at Pearl Harbor; however, none of the U.S. carriers were present at Pearl Harbor during the assault.

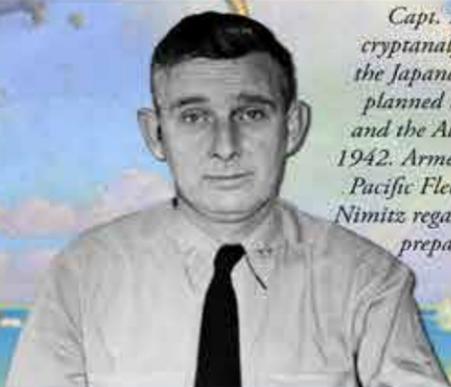
PEARL HARBOR: BY THE NUMBERS			
KILLED IN ACTION	TOTAL LOSS SHIPS	RETURNED TO SERVICE	CARRIERS LOST
2,008 U.S. NAVY	3 USS ARIZONA (BB 39) USS OKLAHOMA (BB 37) USS UTAH (AG 16)	17	0 NONE OF THE SEVEN U.S. AIRCRAFT CARRIERS WERE AT PEARL HARBOR DURING THE ASSAULT.
218 U.S. ARMY		5 SHIPS SUNK, RAISED, AND REPAIRED	
109 U.S. MARINES		12 SHIPS DAMAGED AND REPAIRED OR REBUILT	
68 CIVILIANS			

The U.S. declared war against Japan on December 8, 1941. After several months of expansion, the Japanese Combined Fleet turned its sights on Midway, a small Pacific-based atoll, which then served as a U.S. sentry to Hawaii, refueling station, and landing point. The Japanese plan assumed the Pacific Fleet would arrive too late to defend Midway, but U.S. forces were waiting for them at "Point Luck."

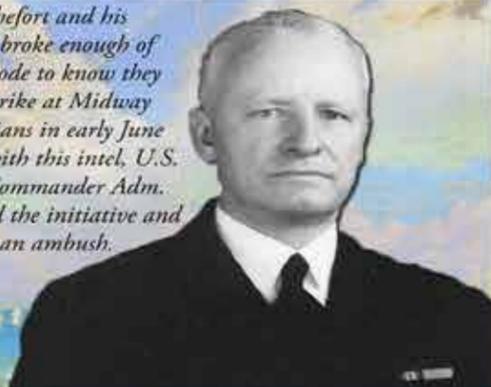


THE IMPORTANCE OF INTEL

Capt. Rochefort and his cryptanalysts broke enough of the Japanese code to know they planned to strike at Midway and the Aleutians in early June 1942. Armed with this intel, U.S. Pacific Fleet Commander Adm. Nimitz regained the initiative and prepared an ambush.



CAPT. JOSEPH J. ROCHEFORT
U.S. CRYPTANALYST



ADM. CHESTER W. NIMITZ
PACIFIC FLEET COMMANDER

Battle of Midway: The Turning Point

TIMELINE OF SIGNIFICANT EVENTS JUNE 4, 1942

- 0700 Enterprise and Hornet begin launching
- 0838 Yorktown launches
- 1020 Enterprise and Yorktown torpedo squadrons attack
- ★ 1022-1026 Enterprise and Yorktown dive bombers attack and hit Akagi, Kaga, and Soryu.
- 1208 Japanese dive bombers attack Yorktown.
- 1441 Torpedo planes attack Yorktown.
- 1445 Yorktown hit.
- 1455 Yorktown abandons ship.
- 1500 B-17s take off from Midway.
- 1810 Two B-17s attack BB and damaged CV.
- 1830 Six B-17s attack damaged CV and DD.



U.S. and Japanese armed forces fought during the Battle of Midway, June 3-7, 1942 at and near the Midway Atoll in the central Pacific Ocean.

The victory at Midway represents a strategic turning point for the U.S. in Japan's war in the Pacific. Before the battle, Japan possessed naval superiority over the U.S. Afterward, opposing fleets were balanced and the U.S. soon took the offensive.

As a result of the battle on June 4th, the Japanese carriers Akagi, Kaga, and Soryu were hit and sank. The Japanese carrier Hiryu escaped the initial attack, but U.S. dive bombers found, bombed, and sank her.



BATTLE OF MIDWAY: SUMMARY OF LOSSES

	USA	JAPAN
CARRIERS	1	4
AIRCRAFT	150	256
MEN	307	2,204

Midway was a great success in U.S. Navy history. The only strategic regret might have been failing to locate and attack Hiryu before its aircraft struck Yorktown.

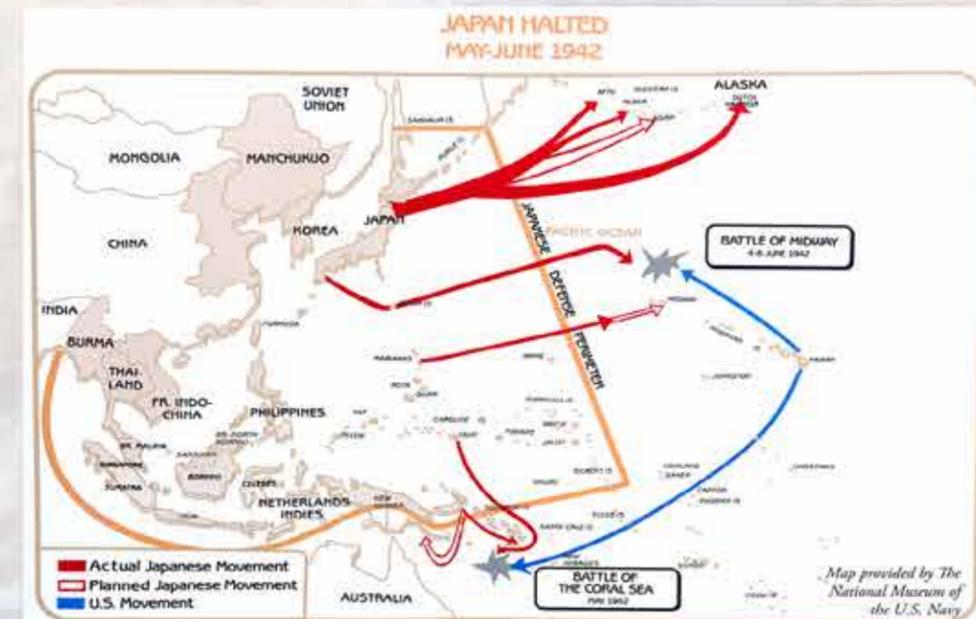


Victory at Midway: Impact on World War II



The Battle of Midway marked a technical revolution in displacing gunnery with naval carrier airpower as a primary means of delivering ordnance.

Prior to the Battle of Midway, the Japanese conquered several territories and expanded their resources in the Far East and South Pacific. By early May, the Japanese had an extensive defensive perimeter.



RESULTS OF THE VICTORY AT MIDWAY

- Japanese expansion halted, securing a central-Pacific guard post for Allied forces.
- Japanese losses at Midway made it possible for America's Navy to eventually reclaim maritime superiority in the Pacific theater.
- Naval Aviation proved to be a viable and necessary capability to win wars.
- Our Sailors' strength and resilience at Midway were a perfect illustration of the fighting spirit of America's Navy today.

HURRICANE SEASON IS UPON US: HOW TO STAY READY

By Staff Sgt. Jasmonet Jackson
JBPHH Public Affairs

Service members, their families, and surrounding Hawaii community residents have been maintaining social distance while getting ready for the hurricane season that comes around every year.

Hurricane season runs from June 1 to Nov. 30 and peaks during the months of August and September. During the off season, anyone residing in the tropical areas of the western Pacific, to include Hawaii, Guam, American Samoa and Saipan are highly

encouraged to plan, prepare and to practice safety measures to protect their families and valuables before a natural disaster hits.

The year 2020 has brought on some challenges for service members and their families who have just arrived on island and have yet to make a hurricane preparedness kit. It also affects Hawaii residents who are familiar with hurricane season.

“Because of the virus, a lot of people are in a panic [on Oahu] and buying all of the necessities, but it’s only because of COVID-19,” said Meridy Dizon Sirineo, a Hawaii local. “We not

only have to worry about COVID but now we are preparing for hurricane season as well.”

Sirineo has experience with hurricanes. She recalls her experiences living on Oahu in 1992 when Hurricane Iniki, a category 4 hurricane, made landfall. Based on this experience, she believes she and her family could get by.

“My main concern is for my children,” said Sirineo.

The ultimate goal while living in areas of potential hurricanes is: knowing what to do before, during and after.

To learn more about how to prepare your family and household, visit the following sites:

- Central Pacific Hurricane Center: www.prh.noaa.gov/cphc/
- Hawaii Emergency Management Agency: www.scd.hawaii.gov
- National Oceanic and Atmospheric Administration (NOAA) National Hurricane Center: www.nhc.noaa.gov/prepare/ready.php
- Joint Typhoon Warning Center: Pacific Disaster Center: www.pdc.org/weather/index.php/tag/joint-typhoon-warning-center
- Red Cross Disaster Preparedness: www.redcross.org/local/hawaii/programs-services/disaster-preparedness
- FEMA: www.fema.gov • FEMA Ready Campaign: www.ready.gov

BE PREPARED FOR

WHAT TO BRING IF ORDERED TO SAFE HAVEN OR SHELTER:

- Build a disaster kit for your family. Bring it with you if you have to evacuate to a shelter or a safe haven.
- Water – one gallon/person/day for at least seven days.
- Non-perishable food for at least seven days.
- Sleeping bags, change of clothing (if you evacuate).
- Manual can opener.
- First aid kit and include any prescription medications, at least a 14-to-30 day supply.
- Personal sanitation supplies such as moist towelettes, garbage bags and plastic ties.
- Flashlight and extra batteries.
- Pet supplies: Crate, leash, food and water.
- Specialty items for children (toys, coloring books) or elderly.
- Extra glasses.
- Candles and waterproof matches.
- Money – at least \$250 in cash (in small denominations: 1, 5, 10, 20s), and travelers checks, extra car keys.
- Local maps and your evacuation plan.
- Family communication plan.
- Battery-powered or hand-cranked radio with NOAA weather channel (many models can also charge your cell phone).
- Important family documents (passports, IDs, deeds, wills, etc.)
- Dust masks and gloves.
- Wrench or pliers to turn off utilities.
- Lanterns.

PET EMERGENCY KIT:

Your pet will need supplies during an emergency. The best way to ensure you are prepared is to create a pet emergency supply kit, which should be stored alongside your family emergency supply kit in a waterproof container. If an evacuation is necessary, it is best to already know which shelters do and do not allow pets and to have the necessities on hand to continue to care for them. When evacuating, many shelters often ask for health paperwork before accepting you and your pets. This is what you will need for your pet:

- Carrier/kennel
- Pet food (7-day supply)
- Water
- Bowls for food and water
- Cat litter and box or doggie waste bags
- Muzzle
- Paper towels
- Disinfectant
- Flashlight
- Extra collar with identification tags
- Extra leash
- Vaccine and other important medical documentation
- Any medications your pet is on (2-week supply)
- Microchip information and number (if applicable)
- Recent photograph of pet
- Bedding
- Toys
- Picture and owner contact information on side of pet’s kennel.
- A list of emergency telephone numbers including your veterinarian, local animal control, local animal shelters, the Red Cross, and any other individual or group you might need to contact during the disaster.

HURRICANE SEASON

Hurricane season runs from June 1 to Nov. 30 and families on the island of Oahu are encouraged to plan, prepare, and practice in advance before a natural disaster hits their communities and they are forced to evacuate. Military families living on base should be aware of the locations of base-designated “safe havens” and emergency family assistance centers (EFAC) as well as outside public emergency shelters if they are living off base.

As hurricane season is upon us, it is important to take the time to prepare and protect your valuable property and loved ones. Preparation begins now. Residents should ensure that they do not wait until the last moment to purchase items or prepare their property.

Here are some tips to help you prepare for, get through, and recover from a storm:

BEFORE THE STORM:

- Build disaster and pet emergency kits.
- Determine if you live in an area that is prone to flooding.
- Know your surroundings and be aware of where higher ground might be.
- Make plans to secure your property.
- Install straps or additional clips to ensure your roof is securely fastened.
- Trim trees and shrubs around your home to become more wind resistant.
- Clear loose and clogged rain gutters and downspouts.
- Reinforce garage doors.
- Make a plan to bring in all outdoor furniture, decorations, garbage cans and anything else not tied down.
- Determine how and where to secure boats, kayaks, etc.
- Consider purchasing a generator in case of emergencies.

DURING:

- Listen to radio or television for information.
- Secure outdoor objects or bring them indoors.
- Turn off utilities if instructed. Otherwise, turn the fridge thermostat to its coldest and keep door closed.
- Turn off propane tanks.
- Avoid using the phone except for emergencies.
 - Stay inside!
 - Stay away from windows and doors.
 - If the storm becomes intense, retreat to a designated interior safe room. Lie on the floor under a table or another sturdy object.

AFTER THE STORM:

- Don’t leave your home or shelter until emergency officials tell you it is safe.
- Don’t go out on the roads until you get the all-clear.
- Watch and listen for reports on flooding or other storm-related activities.
- Don’t call the police or other officials unless there is a life-threatening situation or emergency. Stay off the phone unless it is an emergency.
- Watch for and do not touch downed power lines.
- Watch your step. There may be broken glass and other debris lying about.
- Report dangling or downed power lines, broken water or sewer lines, or broken or downed telephone lines to the proper authorities.
- Inspect your home for damage; take pictures of damage for insurance purposes.

IMPORTANT NUMBERS:

- Emergency, police, fire ambulance: 911
- Department of Emergency Management: 723-8960 (City and County)
- Hawaii Emergency Management Agency (Formerly Hawaii State Civil Defense): 733-4300
- National Weather Service (weather advisories): 973-5286
- Military and Family Support Center: 474-1999
- Navy Marine Corps Relief Society: 473-0282
- Air Force Aid Society: 449-0301
- HECO Service Center: 548-7311 (to report power outages, downed power lines, trees on power lines)
- Board of Water Supply trouble line: 748-5000
- Hawaiian Telcom repair services: 643-6111
- Hawaii Gas Emergency service: 526-0066
- Street lights out City (residential areas): 768-5300, State 831-6714, State (after hours) 485-6200
- Spectrum Cable: 643-2100
- NAVFAC Hawaii emergency desk: 449-3100 (to report hazards to property, roads or utilities on JBPHH)

IMPORTANT WEBSITES:

- JBPHH Facebook: www.facebook.com/JBPHH
- Navy Region Hawaii Facebook: www.facebook.com/NavyRegionHawaii
- Navy Region Hawaii website: www.cnic.navy.mil/hawaii
- City & County of Honolulu Department of Emergency Management (DEM): www.honolulu.gov/dem
- Central Pacific Hurricane Center: www.prh.noaa.gov/cphc/
- Hawaii Emergency Management Agency: www.scd.hawaii.gov
- National Oceanic and Atmospheric Administration (NOAA) National Hurricane Center: www.nhc.noaa.gov/prepare/ready.php
- Joint Typhoon Warning Center: Pacific Disaster Center: www.pdc.org/weather/index.php/tag/joint-typhoon-warning-center
- Hawaiian Humane Society: www.hawaiianhumane.org/disaster-readiness.html
- Red Cross Disaster Preparedness: www.redcross.org/local/hawaii/programs-services/disaster-preparedness
- FEMA: www.fema.gov
- FEMA Ready Campaign: www.ready.gov
- CNIC Ready Navy: www.ready.navy.mil

Layout by GS2Z Lennie Perez

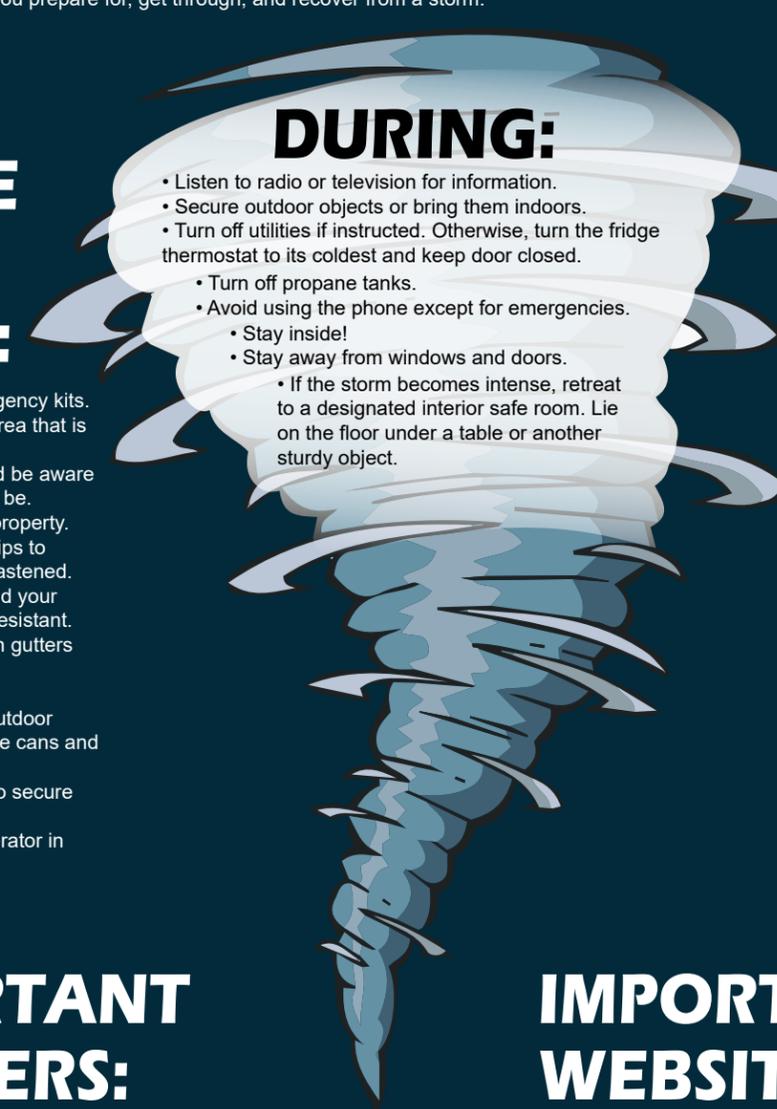


PHOTO HIGHLIGHTS

1

The Joint Base Pearl Harbor-Hickam command leadership serves takeout lunches during the reopening of the Silver Dolphin Bistro, the JBPBH galley. The Silver Dolphin Bistro reopened May 11, after being closed since March 2019 for necessary renovations and improvements. (U.S. Navy photo by GSE2 Lexie PerezGreenhalgh)



2

A KC-135 Stratotanker operated by Team Hickam refuels an F-22 Raptor during a routine training mission over the Hawaiian Islands, May 14. During the training mission aircrews from HIANG and 15th Wing conducted a flyover as part of Operation American Resolve throughout the Hawaiian Islands as a salute to all frontline workers battling COVID-19. (Photo by Tech. Sgt. Alison Bruce-Maldonado)



3

The Virginia-class fast-attack submarine USS Missouri (SSN 780) departs Pearl Harbor Naval Shipyard after completing a scheduled extended dry-docking selected restricted availability (EDSRA) May 10. During the maintenance period, the shipyard and crew performed tank blasting and coating, hull preservation, propulsion and ship system repairs, and made enhancements to mechanical and electrical systems. (Photo by MCC Amanda R. Gray)



4

Unexploded ordnance (UXO) recovered during a dive off Lanikai Beach sits on the beach prior to their disposal by Sailors assigned to Mobile Diving and Salvage Unit 1 (MDSU 1) Detachment EOD at Marine Corps Training Area Bellows April 27. MDSU 1 Det. EOD removed eight potential UXO EOD deemed safe to move before conducting a controlled detonation of two more after they were discovered off Lanikai Beach. (Photo by MC2 Charles Oki)



5

The Freedom-class littoral combat ship USS Detroit (LCS 7) sails in formation with the Arleigh Burke-class guided-missile destroyers USS Lassen (DDG 82), USS Preble (DDG 88) and USS Farragut (DDG 99) while conducting maritime security operations in the Caribbean, May 11. (Photo by MC2 Anderson W. Branch)



6

A U.S. Marine with Marine Heavy Helicopter Squadron 463, Marine Aircraft Group 24, performs maintenance on a CH-53E following its offloading from a vehicle carrier vessel on Joint Base Pearl Harbor-Hickam April 24. HMH-463 offloaded a CH-53E following a maintenance operation overseas. (Photo by Lance Cpl. Jacob Wilson)



(Layout by MC2 Charles Oki)

101 Critical Days

Of Summer

Staying safe during off-duty activities in Hawaii

By MCSN Jaimar Carson Bondurant
Navy Public Affairs Support Element Det. Hawaii

Summertime is fast approaching, and service members are kicking off their boots in exchange for flip-flops and enjoying life on the island. However, the threat does not disappear after hanging up the camouflage uniform for the day. It is important to be mindful of operational risk management during leisure activities.

Here are a few things to keep in mind during off-duty activities on the island this summer:

1 During activities of high intensity or in prolonged sunlight, it becomes even more important to remain hydrated and to take necessary water breaks. A few signs of dehydration are dizziness, increased thirst, dry mouth, and the inability to sweat. It is recommended to drink a sports drink if you plan to be active for more than an hour, and to drink even if you are not necessarily thirsty.

2 Keep physical limitations in mind while swimming in the ocean. Strong currents, hazardous shorebreaks and other dangerous ocean conditions can be life threatening for anyone. If you are not an experienced swimmer, it is best not to go out very far into the ocean and to make sure there is a lifeguard on duty if you do intend to swim.

3 While hiking, it is important to watch your footing and be mindful of your surroundings. The ground may be slippery or jagged, and it can become very easy to slip and fall or twist an ankle if you are not paying attention. It is also recommended to hike in small groups, as hiking conditions can be unpredictable and dangerous alone. If you aren't physically capable of doing something comfortably, whether it be climbing or weaving through tall grass or treading through waist-high water, it wouldn't be a good idea to attempt it in an unfamiliar terrain.



On or off duty, in or out of uniform, it is important that we practice vigilance at all times, especially when the threat is unseen. We can still do all of our favorite island activities this summer, from snorkeling and swimming in the ocean to hiking and sightseeing, but it's important that we remain safe while doing them so that we can keep doing them with the people we love.

NAVSUP prioritizes safety: Moving household goods safely

Story by NAVSUP Public Affairs

With many service members arranging upcoming moves, Naval Supply Systems Command (NAVSUP) aims to ensure the safety of military personnel and their families by conducting 100% quality assurance checks on all inbound and outbound Household Goods (HHG) shipments.

"The safety of all personnel and family members is the number one priority when it comes to household goods moves," said NAVSUP commander Rear Adm. Michelle C. Skubic. "Maintaining mission readiness can only happen if we take prudent and methodical precautions to ensure we are doing everything possible to safeguard our people."

The Transportation Service Providers (TSPs) will provide a TSP certification of health protection protocols document to the member before beginning work in the member's residence. Certification ensures TSPs are adhering to Centers for Disease Control and Prevention (CDC) guidelines. This includes wearing face coverings, cleaning surfaces touched after receiving service member permission, using the smallest crew required, adhering to social distancing guidelines and maintaining good hand hygiene, according to NAVADMIN 126/20.

NAVSUP Personal Property Processing Offices (PPPOs) will conduct 100% quality assurance checks on all inbound and outbound HHG shipments by identifying scheduled pickups and deliveries and, no later than the day prior, providing the service member with COVID-19 safety procedures and the PPPO point of contact.

"PPPOs will contact service members at least once during their move to ensure the TSP is following COVID-19 safety protocols and to conduct a quality assurance check. Sailors and Navy civilian employees serviced by



A household goods inspector speaks with a service member during a packout inspection while practicing social distancing and wearing a face covering in accordance with NAVADMIN 126/20. (U.S. Navy photos by Daniel Mayberry)

A household goods inspector conducts an inspection and ensures safety procedures during a household goods packout at Joint Base Pearl Harbor-Hickam. (U.S. Navy photos by Daniel Mayberry)



other service PPPOs will also receive 'safety screenings' on their shipments. In addition, throughout the move process, losing and gaining commands will maintain contact with service members," Skubic added.

The Secretary of Defense (SECDEF) directed COVID-19 health protection measures during the HHG relocation process. These measures include a 100% TSP certification of health protection protocols and 100% customer contact from U.S. Government quality control personnel.

The U.S. Transportation Command (USTRANSCOM) coordinated with services to develop plans to conduct 100% physical "safety screenings" for all moves in locations at or above HPCON-Bravo.

Department of Defense (DoD) personnel are encouraged to follow all DoD and CDC guidance for well-being of themselves and their families.

Each Sailor and Navy employee is responsible to ensure they are cleared to proceed by their respective commands prior to arranging transportation, in accordance with DoD SECDEF Stop Move and NAVADMIN 116/20 R 212136Z APR 20 guidance.

Sailors and Navy civilian employees with funded orders may continue to arrange HHG and privately owned vehicles based upon their command guidance.

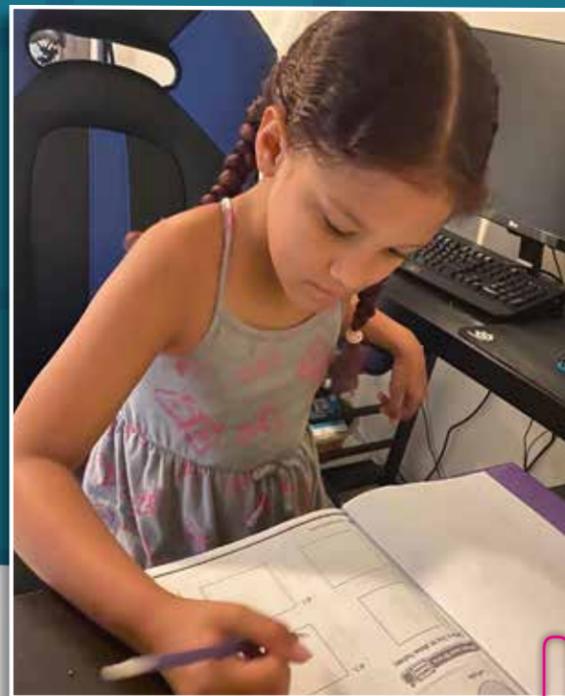
This is in accordance with USTRANSCOM Personal Property Advisory #20-0058D, paragraph 6 and includes shipments scheduled for movement prior to and during the current DoD Stop Move date June 30.

For household goods questions, email householdgoods@navy.mil or call 855-444-6683. For Stop Movement and entitlements for PCS travel, non-HHG related, email ASKMNCC@NAVY.MIL or call 833-330-6622.

MILITARY CHILDREN ADAPT TO VIRTUAL LEARNING

By 2nd Lt. Amber Kelley-Herard
15th Wing Public Affairs

Our teachers have done an amazing job to adapt to the new circumstances which included new and innovative ways to carry out traditional teaching online



Mokulele Elementary School teachers display their #PurpleUp t-shirts in honor of Month of the Military Child during a virtual meeting April 14, 2020. The Mokulele Elementary School teachers continue to care and educate their students through distance learning while students remain home during COVID-19. (Courtesy photo)

Nimitz Elementary School staff provide weekly learning packets for students to continue their learning from home to mitigate the spread of COVID-19 May 11. (U.S. Air Force photo by 2nd Lt. Amber R. Kelly-Herard)

Ayianna Merkerson completes school work at home after Hawaii schools closed to combat the spread of COVID-19 at Joint Base Pearl Harbor-Hickam May 12. Merkerson, who is 7 years old and attends Nimitz Elementary, is one of many children who are benefitting from a virtual classroom. (Courtesy photo)

Many Hawaii Department of Education (HIDOE) children left their schools March 13 in preparation for Spring Break. Little did they know that would be the last time they would be in their classrooms together.

On April 17, HIDOE announced schools would remain closed for the 2019-2020 school year in accordance with social distancing guidelines to stop the spread of COVID-19. In response, schools created virtual classrooms with very little notice.

“We mobilized our faculty and staff to support the use of internet-based communication between teachers, students, and families,” said Melissa Goo, Mokulele principal.

Schools developed online curriculums and delivered hard copies of instructional materials. Additionally, the schools used email, text messaging, phone calls and communication applications to maintain a connection between the families and the school.

“Our teachers have done an amazing job to adapt to the new circumstances which included new and innovative ways to carry out traditional teaching online, said Corey Allen, Nimitz Elementary School vice principal. “Many of them used applications that allow assignments to be turned in online, while some have gone as far as conducting ‘read-alouds’ and discussions on virtual platforms.”

“Even our P.E. teacher, librarian, STEM teacher, and music teacher provided weekly assignments for the students to follow at home,” added Allen. “While it has been a trying

time, it has provided teachers new opportunities to practice their craft.”

Ayianna Merkerson, age 7, who attends Nimitz Elementary, is one of many children who are benefitting from a virtual classroom.

“I like that I get to see my friends on the computer since I don’t get to see them in class,” she said. “I like playing the learning games on my iPad. I also like that I get to do school work with my parents.”

The COVID-19 pandemic can be stressful for everyone even if they are not physically affected by the disease. According to the Center for Disease Control, children notice how their parents react and can respond with a change in behavior.

“In times of uncertainty and stress, children pick up on the energy around them,” said Goo. “They knew something was going on, well before the shelter-in-place was enacted by our governor. It is important to assure them that everything is going to be okay and that the adults in their lives are going to help and protect them.”

“One of the most important things to teach a child is the significance of routine,” added Allen. “Routine provides stability, and stability is what allows learning.”

To help students establish a routine, Nimitz Elementary School developed choice boards on their COVID-19 website, so students could follow a schedule that was flexible to their home needs.

The military student population at Mokulele Elementary School is 93% and Nimitz Elementary is 99%.

“Our students also have the challenge of making new friends whenever they move,” said Goo. “School is the primary place that they develop these relationships so without school being in session, they have lost a significant part of their support system. This is why face-to-face sessions with teachers and classmates are especially important.”

Military Family and Life Consultants are also making concerted efforts to provide parents with resources to help with the stress.

Parents in adopted teacher roles are finding a new sense of appreciation for teachers and school staff.

“Our teachers have reported how thankful parents have been for what teachers provided prior to this moment,” said Allen. “In many cases, some parents find it difficult to see how a teacher was able to get a child to do a simple assignment, much less get 20 to 30 students to do an assignment at the same time.”

A recent survey of Nimitz Elementary School teachers found roughly 93% of students continued to do some work in the distance-learning environment—something the teachers do not take lightly.

“I would like to thank the families for working so hard to support their students,” said Goo. They have been asked to take on multiple roles of parent, cheerleader, teacher, counselor and mentor.”

Both schools want to remind students they are still available for them and can’t wait to see them back in school when it is safe again.

IN THIS TOGETHER:

Caring for



Airmen, Sailors

Story and photos by Airman 1st Class Erin Baxter
15th Wing Public Affairs

Amidst the COVID-19 pandemic, Air Force operations continue with some modifications to keep service members safe and healthy.

To mitigate the spread of COVID-19, service members traveling from outside of Oahu are placed on a restriction of movement (ROM) to monitor for symptoms before returning to the mission, according to a Department of Defense guidance.

Joint Base Pearl Harbor-Hickam established the COVID-19 support team to ensure personnel placed in ROM are cared for.

"This global pandemic is historic, alarming and extremely challenging for our nation," said Chief Master Sgt. Steven O. Koehler Jr., 15th Wing command chief. "Our volunteers have unselfishly stepped up to the plate to show that we are in this together. They bring convenience to those that are not able to travel between public shopping facilities and they also bring that positive face-to-face interaction that provides a huge morale boost."

"The world is fighting an unconventional war against a faceless enemy," added Master Sgt. Jason L. Gabel, 15th Medical Group first sergeant and COVID-19 support team manager. "It is critical to ensure the health and safety of our Airmen and that is why the COVID-19 support team was created."

The COVID-19 support team composed of Airmen and Sailors deliver three meals from the Hale Aina Dining Facility and essentials to personnel placed on ROM to meet their daily needs.

"I feel like I'm making a difference by being able to assist incoming Airmen," said Airman 1st Class Andrea Mann, 392nd Intelligence Squadron communications signal intelligence analyst and COVID-19 support team volunteer. "In this way, we let them know they are welcomed onto our base and that they will be taken care of."

"Our volunteers have unselfishly stepped up to the plate to show that we are in this together. They bring convenience to those that are not able to travel between public shopping facilities and they also bring that positive face-to-face interaction that provides a huge morale boost."



Sailors volunteering for the COVID-19 support team unload meals from the Hale Aina Dining Facility at Joint Base Pearl Harbor-Hickam.

In addition to providing needs for their physical well-being, the team also assists with the mental well-being of the service member.

"Not only are we providing meals, but we're there to provide a wellness check," said Staff Sgt. Karl L. Gifford, 535th Airlift Squadron Globemaster C-17 loadmaster and volunteer. "We need to make sure that we care about and check on them in these times where they may instead wish to be with their families."

Taking care of Airmen and families is one of the 15th Wing's priorities. Although physical distance among Airmen in ROM are in place, the COVID-19 support team ensures they are cared for.

"I'm giving my fellow wingmen a positive perspective on how the Air Force handles crisis situations and still manages to help their people," Mann said. "I feel proud to be a part of this team."

COMMUTING DURING COVID-19



Exercise good cleaning and disinfecting practice of vehicle each morning and evening



Wipe down interior with disinfectant cleaner. (Dashboard, steering wheel, cup holders, door handles, seats, pockets, etc.)



Work as a team to ensure car/van pool mission success



Avoid touching surfaces often touched by other passengers



Wear cloth face covering when you are within 6 feet of others



Do not eat or drink while riding public transportation



Avoid standing or sitting within 6 feet of the bus driver



Enter and exit the bus through rear entry doors (less exposure)



Avoid using handrails or poles when possible

Once you reach your destination, wash your hands for 20 seconds with soap and water. If not available, use hand sanitizer.



Do your part to prevent the spread. Remember, we are all in this together. Stay strong. Stay safe. Stay healthy.

Additional information on how to be more properly informed on COVID-19:

U.S. Navy COVID-19 Updates

Center For Disease Control

Commander, Navy Region Hawaii

WORKOUT PROGRAM

DEFEATS ISOLATION BLUES

Story and photos by Macy Hinds
 Naval Health Clinic Hawaii Public Affairs

COVID-19 has created unprecedented uncertainty, particularly about how and where to engage in physical activity. With stay-at-home orders in place and fitness centers currently closed, many have taken to working out at home or in outdoor settings away from others to maintain their physical fitness.

However, for individuals in isolation or in stay-at-home orders, space restraints and outdoor restrictions make working out difficult thus putting strain on physical and mental well-being. Hospital Corpsman 3rd Class Maxim Cravet, health promotions petty officer at Navy Medical Readiness and Training Command Pearl Harbor (NMRTC PH), developed a workout program with space and movement restrictions in mind.

Cravet's program can be performed in small areas with minimal equipment. The program includes exercise routines and supplemental exercises that are adaptable, taking into account each individual's current fitness level.

"The routines are provided in a very easy to follow template with exercises ranging from beginner to more advanced fitness levels," explained Cravet. "Supplemental exercises are provided in the event that the individual feels the routine is not challenging enough for them."

Routines are three-part and consist of a warmup (pillar prep), exercise portion, and cool down with stretching or foam rolling. All portions of the workout are outlined alongside pictures to help facilitate successful completion and minimize the risk of injury.

"The exercises generally start with 'pillar prep' which serves as the warmup," explained Cravet. "Your pillar consists of your shoulders, core and hips. A warmup involves a variation of plank, glute bridge and shoulder exercises."

Cravet designed the exercise portion to focus on functional training that mimics an operational environment. Movements include upper/lower body, push/pull and rotational movements.

The workout ends with a cool down to help recovery.

Beyond the physical benefits, studies on brain chemistry show that exercise has a positive effect on mental health and can be beneficial for individuals in isolation or during stay-at-home orders.

Lt. Jessica Gurley, physiatrist at NMRTC PH, explains, "Exercise helps boost endorphins and increase blood circulation to the brain, thereby activating the hypothalamic-pituitary-adrenal axis (HPA axis), which improves our physiological

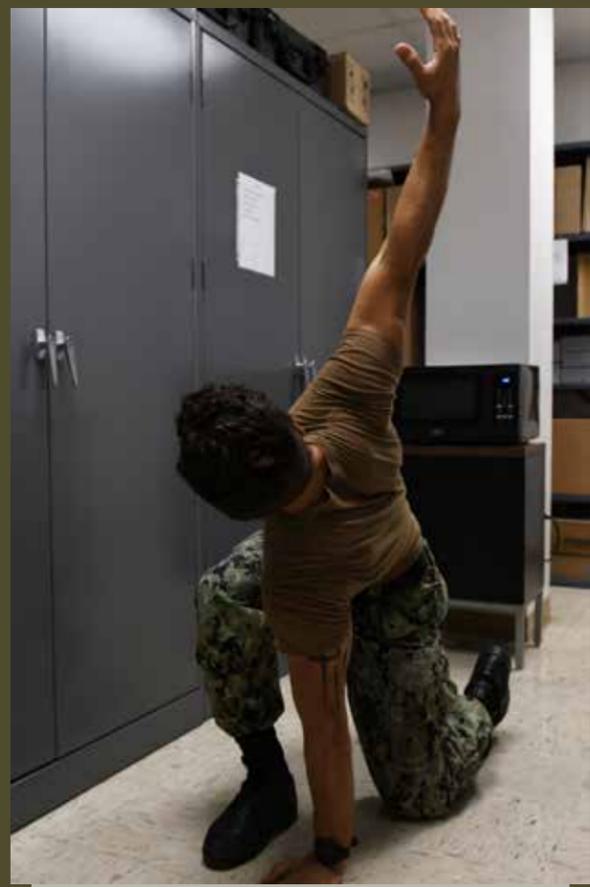
Hospital Corpsman 3rd Class Maxim Cravet demonstrates a portion of the workout program he created for individuals in quarantine or isolation during the COVID-19 pandemic. The program is designed with space restrictions in mind.



reactivity to stress. The HPA axis then acts on the limbic system in the brain, which is important for motivation and mood, the amygdala (the brain's fear responder to stress) and the hippocampus, our memory center. Proposed psychological mechanisms include the 'distraction hypothesis' and 'self-efficacy hypothesis'; so exercise helps us by distracting us from what's going on and can improve our self-esteem. Lastly, exercise can improve sleep, endurance, stress, energy, weight, cardiovascular fitness and mental alertness - all of which impact mental health."

By way of a workout program designed with space modifications in mind, Cravet is helping to boost physical and mental well-being during stay-at-home orders or isolation.

Regardless of one's situation, COVID-19 has changed life situations in unprecedented ways. The changes can be mentally and physically taxing for anyone. NMRTC PH's mental health professionals remind us to remember the following guidelines to help beat the COVID-19 blues: limit information seeking to legitimate resources during specific times of the day, take breaks from the media, stay brilliant on the basics such as adequate sleep, diet, exercise and emotional/spiritual health. Do activities you enjoy, and connect with family and friends.



Hospital Corpsman 3rd Class Maxim Cravet demonstrates a move typically done during "pillar prep" or warmup.

Layout by GSEZ/Levie Perez

What is the Military and Family Support Center?



The Fleet & Family Support Center (FFSC)

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Airman & Family Readiness Center (AFRC)

=



The Military and Family Support Center (MFSC)

SERVICES WE PROVIDE

Deployment & Readiness

- Personal and Family Life Education
- Deployment Readiness and Support
- Relocation Assistance Program
- Ombudsman/Key Spouse
- Exceptional Family Member Program

Career Support & Retention

- Family Employment Readiness Program
- Volunteer Program
- Information and Referral
- Financial Management Program
- Retired Activities Office
- Transition Assistance Program
- Bi-annual Hiring Fair

Crisis Response & Counseling

- Clinical Counseling
- Family Advocacy
- New Parent Support
- Sexual Assault Prevention and Response
- Victim Advocacy
- Gold Star Program
- Emergency Family Assistance Center

At JBPHH, the MFSC combines the services of both the FFSC and the AFRC to provide support, classes, events and activities to active duty service members and their families.