WARRIOR CARES

ALSO INSIDE:
Chung-Hoon’s drug bust
PMA changes for the Navy
USS Preble gets a new skipper
New Year, New You: See what our editor has to say
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PHOTO OF THE WEEK

HELP THE NAVY GET ON THE ROAD TO GOING CAC-LESS

Letter from the editor
Anna General, Ho'okele Editor
As we enter into a new year, we begin with a fresh start by providing our readers with a digital presence. This year we are transitioning from a weekly print newspaper publication to a bi-weekly online magazine format. In the coming months, we will strive to publish information about the Joint Base Pearl Harbor-Hickam (JBPHH) community, highlight base events and military life in Hawaii, recognize our Sailors and Airmen, feature stories relevant to the rich history of the base and much more.

In this issue, we highlight the Air Force Wounded Warrior Program, a semi-annual CASEF event which represents Caregiver support, Adaptipew sports and ambassador workshop, resilience programs and the receiving armed mentorship program, and Empowerment in translation workshops.

With the importance of safety and security, we also feature USS Chung-Hoon for seeing drugs off a vessel while conducting operations in international waters. Other features include change of command ceremonies and starting the new year on the right foot. While we publish our first online magazine, we welcome story ideas, feedback and what you would like to see featured in the magazine as we move forward.

Anna General

www.hookelenews.com
Commander, Submarine Squadron One held a change of command ceremony at the historic submarine piers of Joint Base Pearl Harbor-Hickam, Jan 8.

Capt. Richard Seif, commanding officer of Submarine Squadron One, was relieved by Capt. Wesley Bringham. Rear Adm. Daryl L. Caudle, commander, Submarine Force, U.S. Pacific Fleet, was the guest speaker for the ceremony and commended Seif for his many accomplishments as commodore of Squadron One.

"It is one thing to have successful operations and impeccably maintained equipment, but to teach your CO's how to build and leverage the intangibles that keep our Sailors ready, dedicated, and committed is a true testament to the focus and culture at Submarine Squadron One," Caudle said. "And that is something that starts at the top."

Caudle also welcomed Bringham back to Pearl Harbor and expressed his confidence in him as the new commander of Submarine Squadron One.

"Wes, I know you are passionate about developing future leaders. Therefore, I'm confident that your mentorship as commodore will lead your officers and Sailors to execute countless successful missions in our theaters of operations," Caudle said. "And that is something that starts at the top."

During the ceremony, Caudle presented Seif with a Legion of Merit Medal for exceptionally meritorious conduct while serving as Commander, Submarine Squadron One from January 2017 until January 2019.

Seif took time to thank the officers and Sailors of Squadron One for their hard work and dedication to the submarine force and for their help in making his tour a success.

"To my staff, I say thank you, " Seif said. "Thank you for exceeding my expectations, helping boats solve problems before I knew they were problems, training and mentoring your counterparts, and all you did every day to make our boats successful and self-sufficient."

Bringham, who recently served in the office of Chief of Naval Operations, expressed his excitement for being back in Pearl Harbor and the opportunity to lead Squadron One.

"The Squadron One boats and staff are a display of talent," Bringham said. "We have the best people, the best training, and the best submarines in the world. I look forward to continuing the tradition of excellence in the number one squadron."

For more news from Commander, Submarine Force, U.S. Pacific Fleet, visit www.csp.navy.mil.
Chung-Hoon leaves Oman

Story and photos by Mass Communication Specialist 2nd Class Logan C. Kellums, Carrier Strike Group 3 Public Affairs

Sailors aboard the guided-missile destroyer USS Chung-Hoon (DDG 93) recently completed a scheduled port visit to Salalah, Oman, Jan. 2.

While in port, Sailors were able to experience the local culture and see the sights during tours set up by the ship’s Morale, Welfare and Recreation (MWR).

“Chung-Hoon’s Sailors were able to enjoy a much-deserved visit to a beautiful country,” said Cmdr. Brent Jackson, commanding officer, Chung-Hoon.

“Salalah’s people were incredibly kind, and the scenic environment surrounding the city is something to marvel. We are very thankful to the people of Oman for allowing the ship and her crew to visit and enjoy the country,” said Jackson.

Many Sailors enjoyed their time in Salalah by experiencing the local culture and seeing what the city had to offer.

“The beaches, malls and resorts were all very nice, and they kind of reminded me of the beaches in Florida,” said Yeoman 2nd Class Michael D. Rawles, from Fayetteville, N.C. “But you can also find amazing shopping opportunities and lots of entertainment options.”

“My experience on the camel ride tour was really fascinating,” said Fire Controlman (Aegis) 2nd Class Rebecca Safatle from Indiana. “I was able to experience another country from atop a camel very close to the border.”

Chung-Hoon is deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and the Pacific through the western Indian Ocean and three strategic choke points.

Western Indian Ocean and three strategic choke points.

The ship’s MWR program set up tours that included camel rides and a tour of the Frankincense Trail.

“Salalah was a very unique place with many things to see and do,” said Yeoman 2nd Class Michael D. Rawles, from Fayetteville, N.C. “The souks, market and sorcari were all very nice, and they kind of reminded me of the souks in Istanbul.”

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Resiliency is not a new concept. The idea that developing a person to be mentally, physically, spiritually and socially strong so they can adapt to stressful events in their lives is the basis of the Comprehensive Airman Fitness program. But what happens when even the strongest among us reaches their breaking point?

The Air Force Wounded Warrior (AFW2) Program highlights the importance of reaching out for help and building resiliency to hundreds of Airmen, Sailors, Soldiers and Marines across Oahu. During the 2019 AF hosted Warrior CARE event at Joint Base Pearl Harbor-Hickam, Jan. 7-11, the event included an adaptive sports competition, as well as ambassador workshops and mentorship programs.

"One of the objectives of AFW2 is to connect wounded warriors with the services they need to begin healing from their endeavors," said Bradley Britt, AFW2 support specialist. "Not only do we have the connections to get Airmen in touch with the services that ensure they are getting the best treatment possible, but we also connect Airmen who are in similar situations with each other so they can mentor and help each other build resiliency.

Throughout the week, the Warrior CARE events integrated all support programs into one platform to strengthen mental, physical, spiritual and social well-being of enrolled wounded warriors and their caregivers, while helping others by sharing their stories of resiliency.

During an ambassador briefing, two Chief Master Sgts. recounted their stories of recovery and how the connections they made through AFW2 helped them continue serving in their career fields.

Chief Master Sgt. Neil Jones, Air Force Explosive Ordnance Disposal operational training and exercise program manager, assigned to Tyndall Air Force Base, was deployed when he lost two members of his team.

"I was the kind of person who was continuing to hide things, like a football player who suffered a concussion and asks to be put back into the game, even thought they're not ready to go back in," said Jones. "As an Airman, someone who has been training for it their entire life, it was no different."

Several years ago, Jones deployed with five members of his unit, including his best friend. Unfortunately, his friend died while on a mission. But the mission didn't stop when they sent Jones' friend home.

"You don't go through the grieving process when you're down range," Jones said. "You pick up and keep moving on, until what we did!

A month later, Jones lost another Airmen during a paratrooper mission. Once home, the burden of the deployment began to affect him.

"I kept pushing everything I was feeling down and focused on training, and that was a huge mistake because it started to weigh heavily on me, mentally, physically, emotionally, it was tearing me apart, but I kept hiding it (because I didn't want to be booted out).

It wasn't until Jones was flagged by AFW2 that things started to turn around and he was able to begin to heal. "AFW2 helped to reduce the stress of every single appointment, every person I've seen, to make sure I am getting the care I need," Jones said. "It has made me a better father, a better husband, a better friend, a better man in blue. The best thing is I was not forced to stop serving in the job that I love doing."

The AFW2 Program works hand in hand with the Air Force Survivor Assistance Program, Airman & Family Readiness Centers and the Air Force Medical Service, connecting Airmen and their families with services they need to recover and either return to duty or transition into civilian life.

For Chief Master Sgt. Dwight Tucker, 673rd Mission Support Group superintendent from Joint Base Elmendorf-Richardson, it was an unexpected illness that tested his resiliency.

"In June 2017, I was the happiest guy in the world, " Tucker said. "Everything was going right, my career was Meaning so I had just been hired as the mission support group superintendent, and things were going well. But on June 14, my life took a dramatic change."

On June 14, 2017, Tucker went to the medical group for a routine procedure, an upper gastrointestinal series. Everything turned out well and Tucker received the all clear to resume his normal diet and activities.

But later that evening, Tucker did not feel well, and started having stomach cramps.

"You don’t go through the grieving process when you’re down range," Tucker said. "You pick up and keep moving on, until what we did!

A month later, Jones lost another Airmen during a paratrooper mission. But again, Jones continued the mission.

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Struggling with resilience and needing extra support to heal, Tucker began to understand more about himself. I’ve learned from the AFW2 Program is that healing starts with connecting. Once I began connecting with total force recovering service members and their families. From Eglin Air Force base to Seattle, “Tucker said.

When he awoke, Tucker was diagnosed with necrotizing pancreatitis and he found out that his mother had died. “I was already messed up mentally from everything that I was going through,” Tucker said. “But finding out that my mom had passed, messed me up even more. I felt like my entire world was collapsing around me. My mind took over and I began to question everything about myself.”

Unable to get a diagnosis at Joint Base Elmendorf-Richardson, the medical staff decided to send Tucker to the local hospital.

“As a chief, I’m a bad patient,” Tucker said. “I wanted to control things, to get things done, and I didn’t like waiting for things to happen. Despite need and position, like happiness and you have no control over what happens.”

While in the hospital, the medical staff decided to put him in a medically induced coma for two weeks. When he awoke, Tucker was diagnosed with necrotizing pancreatitis and he found out that his mother had died. “I was already messed up mentally from everything that I was going through,” Tucker said. “But finding out that my mom had passed, messed me up even more. I felt like my entire world was collapsing around me. My mind took over and I began to question everything about myself.”

While Tucker’s wife was attending his mother’s funeral in Florida, Tucker found out he was being medically evacuated to Seattle. Wash.

“They told us it was necessary to take us to Seattle, and I told them I can’t go without my wife,” Tucker said. “But they told me I had to go.”

That’s when the AFW2 Program stepped in to help take care of Tucker’s wife.

“Before I knew what had happened, the AFW2 Program had already coordinated our transportation from the local VA hospital to Seattle,” Tucker said.

The AFW2 Program was able to provide coordinated personalized support to wounded, ill, or injured total force recovering service members and their families.

“Last April I went to an AFW2 event and that’s where I started banking,” Tucker said. “One of the biggest things I’ve learned from the AFW2 Program is that starting banking starts with connecting. Once I began connecting with others I began to understand a little bit more about myself.”

The stories these wounded warriors shared brought to light that even sometimes the strongest among us can struggle with resilience and need a little extra support to heal.

For more information about the AFW2 Program, please visit www.carebeyondduty.mil.

The AFW2 Program’s goal is to provide well-coordinated & personalized support to wounded, ill or injured service members and their families in Total Force military services. The stories these wounded warriors shared brought to light that even sometimes the strongest among us can struggle with resilience and need a little extra support to heal.

The AFW2 Program allows wounded warriors the opportunity to share their stories and experiences, as well as provide support and resources to others who may be facing similar challenges. The program offers a network of support and resources to help wounded warriors navigate their recovery process and access the care they need.

For more information about the AFW2 Program, please visit www.carebeyondduty.mil.
Cmdr. Leonardo Giovannelli relieved Cmdr. Allen Maxwell as commanding officer of the Arleigh Burke-class guided-missile destroyer USS Preble (DDG 88) during a change of command ceremony pierside at Joint Base Pearl Harbor-Hickam, Jan. 4.

Giovannelli takes over as the 12th commanding officer of Preble, after previously serving as the executive officer. After reading his orders and receiving his at-sea command pin, Giovannelli addressed the guests and crew for the first time as commanding officer.

"I'm truly honored and humbled to assume command of such an amazing crew and ship," said Giovannelli. "Commodore (Ring), thank you for your support and leadership you’ve provided Preble. You’ve always gone out of your way to make sure we have everything we need for mission accomplishment. To the crew: you are an amazing group of hardworking individuals. You truly are the best crew and best ship in the Navy, and I know you are ready for any challenge we may face. I am honored to be your commanding officer and look forward to all the great adventures we have ahead of us. Commodore, the Preble is ready to fight and ready to win."

Preble is the sixth ship in the U.S. Navy named in honor of Commodore Edward Preble. Preble is capable of fulfilling multi-mission duties in support of carrier battle groups, expeditionary strike groups and surface action groups, including air, surface and underwater warfare.
Story and photo by Anna Marie General

Photo courtesy of Joint Base Pearl Harbor-Hickam

CNP Career Development Symposium

Friday, Jan. 11
7:30 a.m. – Continental breakfast
8 a.m. – Cindy Moulton, poet laureate, will host the symposium from 8 to 8:45 a.m.
9:30 a.m. – Vice Adm. Robert Burke, chief of Naval Personnel, will host opening remarks and welcome attendees to the symposium
10 a.m. – Keynote speaker will be delivered by a guest speaker
11 a.m. – “The Navy’s War for Talent” Program will be presented
1:30 p.m. – Break
2 p.m. – “CNP’s Career Development Program” will be presented
3:30 p.m. – “CNP’s Mentorship Program” will be presented
5 p.m. – Summaries will be presented by symposium attendees
6 p.m. – Reception and networking

THURSDAY, Jan. 17
7 p.m. – The Mule (R)
8 p.m. – Spider-Man: Into the Spider-Verse (PG)

Hickam Memorial Theater

Friday, Jan. 11
7 p.m. – Spider-Man: Into the Spider-Verse (3D) (PG)
9 p.m. – Spider-Man: Into the Spider-Verse (PG)

SATURDAY, Jan. 12
3 p.m. – Spider-Man: Into the Spider-Verse (PG)
6 p.m. – Spider-Man: Into the Spider-Verse (PG)

THURSDAY, Jan. 17
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Movie Showtimes

*Movie schedules are subject to change*

THURSDAY, Jan. 10
7 p.m. – Spider-Man: Into the Spider-Verse (PG)
9 p.m. – Spider-Man: Into the Spider-Verse (PG)

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Remember! Celebrate! Act!
A Day On, Not A Day Off!

Martin Luther King, Jr. Day

January 21, 2019