

USS Paul Hamilton departs for deployment



Lt. Erik Guiremand, formerly assigned to the guided-missile destroyer USS Paul Hamilton (DDG 60), casts a line as the ship departs Feb. 14 from Joint Base Pearl Harbor-Hickam for a scheduled independent deployment.

U.S. Navy photos by MC2 Diana Quinlan

(Right) Firecontrolman 1st Class Michael Farbridge-Curie, assigned to the guided-missile destroyer USS Paul Hamilton (DDG 60), kisses his daughter as the ship prepares for departure.

Photo illustration

Summit emphasizes ‘Every Sailor Every Day’

MC3 Gabrielle Joyner

Navy Public Affairs Support Element West, Detachment Hawaii

Sailors and senior leadership stationed throughout Navy Region Hawaii participated in a two-day personal readiness summit held Feb. 17-18 at Joint Base Pearl Harbor-Hickam.

The summit focused on building trustworthy relationships between peers and command leadership, as well as promoting personal resilience to manage an array of personal behavior issues. With a theme of “Every Sailor Every Day,” the summit’s objective was to empower commands to provide a command climate culture of equal respect as a key part of developing operational readiness.

“It’s critically important that naval leaders today ensure their teams, squadrons, ships and boat crews are ready to fight and win,” said Adm. Harry B. Harris Jr., commander of U.S. Pacific Fleet (PACFLT). “It’s a lot harder to be ready to fight if you’re bogged down with personal issues that are distracting from the real mission.”



U.S. Navy photo by MC2 Laurie Dexter

Adm. Harry B. Harris Jr., commander of U.S. Pacific Fleet, speaks during a personal readiness summit held Feb. 17 on Ford Island, Joint Base Pearl Harbor-Hickam.

U.S. Pacific Fleet Master Chief Marco Ramirez stressed the serious nature of the subjects addressed during the summit as vital to the organization.

“The purpose of the personal readiness summit is to make sure that we are engaged, and we can better recognize destructive behaviors,” said Ramirez. “Part of readiness is to provide education in recognizing these issues because readiness is not a joke, it is what we do.”

The summit included a diverse range of interactive presentations on topics such as sexual assault prevention, suicide prevention, stress

control, ethics, physical readiness and other personal issues that affect the fleet.

“We try to bring in new and interesting speakers to provide different perspectives on personal and family readiness issues,” said John Croce, PACFLT Personal and Family Readiness, equal opportunity and commercial services management and host of the summit.

“We get a lot of good feedback from these very sessions across the fleet and think it’s a key component of our whole personal and family readiness program.”

The participating Sailors were grouped in targeted au-

diences as a way to maximize training opportunities and group participation.

“Our organization is hierarchical. We have leaders and followers, but we are also a team and we share ideas and our practices,” said Cmdr. John Kalantzis, PACFLT deputy chaplain and a panel participant.

“This summit is a mechanism for discussing the best practices, adjusting the policies where necessary, and bringing in new fresh ideas and making processes we have work better so that we can take care of our people

See SUMMIT, A-4

Next ‘Pearl Harbor Colors’ ceremony set for Feb. 26

Navy Region Hawaii Public Affairs

The next Pearl Harbor Colors, a monthly military ceremony open to the public, will be held beginning at 7:30 a.m. Feb. 26 at the Pearl Harbor Visitor Center. The theme for this month’s event is, “African American History and Heritage in the United States Navy.”

Sponsored by Navy Region Hawaii in coordination with the National Park Service, the ceremony will feature the U.S. Pacific Fleet Band, the Navy Region Hawaii Ceremonial Guard, and an official observance of “morning colors,” with remarks by Navy Capt. Stanley Keeve, commander of Joint Base Pearl Harbor-Hickam.

Pearl Harbor Colors is an opportunity for local residents and international visitors to witness a U.S. military ceremony and meet veterans, service members and their families. Attendees can learn about various aspects of military history.

The setting for Pearl Harbor Colors is the Pearl Harbor Visitor Center at the World War II Valor in the Pacific National Monument, which is home to Hawaii’s most visited historic site—the USS Arizona Memorial—expected to draw 1.5 million visitors in 2015.

“Through Pearl Harbor Colors, we honor our history and heritage, build relationships with our partners and the surrounding community, and recognize the dedication and hard work of our service members and their families in a committed and sustainable way,” said Rear Adm. Rick Williams, commander, Navy Region Hawaii and Naval Surface Group Middle Pacific.

For more information about Pearl Harbor Colors, contact Lt. Damall Martin at 473-2920 or damall.martin@navy.mil. For more information on the Pearl Harbor Visitor Center at the WWII Valor in the Pacific National Monument, contact Amanda Corona at 422-3315 or amanda_corona@nps.gov.

USS Makin Island visits joint base



U.S. Navy photo by MC2 Diana Quinlan

The amphibious assault ship USS Makin Island (LHD 8) arrives Feb. 13 at Joint Base Pearl Harbor-Hickam for a scheduled port visit. Makin Island, the flagship of the Makin Island Amphibious Ready Group, is returning to homeport San Diego from a seven-month deployment to the western Pacific and the U.S. Central Command areas of responsibility. (Additional photos on page A-5.)



15th Aerospace Medicine Squadron provides hypoxia training See page A-2



Wounded Warrior event needs volunteers See page A-2



Events planned next week to celebrate African American history See page A-3



USS Michael Murphy refuels at sea See page A-6



Japanese students showcase traditional arts See page B-1



Sailors and Airmen help with whale watch count See page B-3

15th Aerospace Medicine Squadron provides hypoxia training

Tech. Sgt. Aaron Oelrich

15th Wing Public Affairs

The dangers of hypoxia are real in the profession of aviation. That is why every Air Force flight crew member at Joint Base Pearl Harbor-Hickam (JBPHH) is provided with essential hypoxia training by the 15th Aerospace Medicine Squadron's aerospace and operational physiology team.

Hypoxia is caused by an oxygen deficiency in the blood, sufficient enough to cause impairment of functions.

This condition can cause a wide range of symptoms including confusion, poor judgment, increased rate and depth of respiration, increased heart rate and unconsciousness, none of

which is safe when a pilot or aircrew member is flying.

However, according to Capt. Timothy Plant, officer in charge of aerospace and operational physiology, all flight crews experience hypoxia in a training environment to prepare them for the potential onset during flight operations. A reduced oxygen breathing device (ROBD) is used to create a controlled hypoxic environment.

The ROBD creates hypoxia by altering the percentage of oxygen and nitrogen in the air mixture through mass flow controllers that precisely generate hypoxic breathing conditions, without affecting atmospheric pressure, said Staff Sgt. Xenia Dillon, aerospace and opera-

tional physiology non-commissioned officer in charge of training.

In addition to the ROBD, a flight simulator designed to mimic basic aircraft function is used to test cognitive abilities in a hypoxic environment.

"The training objectives are, specifically, recognition of hypoxia signs and symptoms," said Plant. "The only way you can effectively accomplish that is by getting people hypoxic, putting them into a controlled hypoxic environment and let them experience how their body responds to the environment. Once they recognize their signs and symptoms, we want to see them demonstrate proper corrective procedure."

Prior to 2011, personnel from JBPHH were sent on

temporary duty to bases with a hypobaric chamber to accomplish their annual hypoxia training.

"Hypobaric chambers essentially change the atmospheric pressure, grounding air crews because of the risk of decompression sickness. With the ROBD, you can step straight from the training to the jet," said Dillon.

"We have taken all 700 plus aircrew and trained them here instead of sending them to a hypobaric chamber, saving the military on TDY costs."

Col. Randy Huiss, 15th Wing commander, operates a flight simulator during hypoxia training Jan. 22 at Joint Base Pearl Harbor-Hickam.

U.S. Air Force photo by Staff Sgt. Alexander Martinez



Ambassador Kennedy and first lady of Japan visit USS Olympia

MC2 Brian G. Reynolds

Fleet Activities Yokosuka Public Affairs

FLEET ACTIVITIES YOKOSUKA, Japan — The crew of the Los Angeles-class, fast attack submarine USS Olympia (SSN 717), homeported in Hawaii, welcomed First Lady Akie Abe, the wife of Japanese Prime Minister Shinzo Abe, during a tour of the submarine Feb. 12.

The tour was conducted to reinforce the strategic alliance that exists between the U.S. and Japan, highlighting U.S. 7th Fleet's partnership with the Japan Maritime Self-Defense Force.

"I think this was a great opportunity for Mrs. Abe to gain an appreciation for what we bring to the alliance in terms of capabilities, both material and personnel," said Cmdr. Thomas Shugart, commanding officer of Olympia.

Abe was accompanied by U.S. ambassador to Japan, Caroline Kennedy. "It was a great honor to have the

wife of the prime minister, as well as Caroline Kennedy, who is a terrific representative of our country," said Lt. j.g. Erik Edwards, supply officer aboard Olympia. "Our two countries are close allies, and it's an honor to be a part of these two countries working so closely together."

The tour highlighted Olympia's torpedo facilities and control center.

"It's very exciting to be able to show off the hard work that we do here and for them to see our day-to-day activities," said Electronics Technician Seaman Alexander Pearce. "We take a lot of pride here."

Olympia visited Yokosuka as a regularly-scheduled port visit as a part of its western Pacific deployment.

Olympia is a multi-mission platform submarine, capable of supporting anti-submarine warfare, anti-surface ship warfare, strike, naval special warfare involving special operation forces, intelligence, surveillance and reconnaissance, irregular warfare and mine warfare.

Wounded Warrior event needs volunteers

Navy Region Hawaii Public Affairs

Navy Region Hawaii (NRH) will host the Wounded Warrior Pacific Trials from March 9 to 13.

NRH is seeking volunteers to support this event.

Approximately 150 to 200 volunteers will be required to ensure that this Wounded Warrior Pacific Trials is successful. Volunteers will provide a supportive presence during events, including providing assistance to the athletes and coaches during the various events.

NRH is also soliciting sponsors for athletes to support them during the events. Responsibilities will be to meet athletes at the Honolulu International Airport upon arrival, attend meet and greet meetings, and attend athletes' competitions during the week-long trials.

Volunteering to become an athlete sponsor is a demanding responsibility, as volunteers will be the athlete's primary point of contact while he or she is on island competing during the trials.

Sponsorship is open up to commands as well as individuals.

Events will include wheelchair basketball, seated volleyball, swimming, track

and field, archery, shooting and cycling. Events and locations are as follows:

- Swimming at Scott Pool, Joint Base Pearl Harbor-Hickam and Iolani High School.

- Track and field at Earhart Field, Joint Base Pearl Harbor-Hickam and Iolani High School.

- Cycling at a location to be determined.
- Wheelchair basketball at Joint Base Pearl Harbor-Hickam Fitness Center.

- Seated volleyball at Joint Base Pearl Harbor-Hickam Fitness Center.

- Meet and greet at Hickam Beach.

Service members and commands desiring to volunteer should contact the following personnel no later than Feb. 28: Matthew.P.Butler1@navy.mil or 472-8881, ext. 332 or 371-0271; or Christopher.Creek@navy.mil or 472-8881, ext. 332.

Service members and commands wanting to sponsor an athlete should contact Kimberly.Hanscom@navy.mil or 471-5522 no later than Feb. 28.

There will be a mandatory brief for all athlete sponsors and event coordinators from 9 to 10:30 a.m. March 2 at Hickam Memorial Theater.

Athletes from the trials will be selected to represent the Navy and Coast Guard at the annual warrior games in fall 2015.

Commentary

Message from SECDEF Ashton Carter to all Department of Defense personnel

I am honored to become your secretary of defense. I am proud to lead men and women who devote their lives to the highest calling, the defense of our nation. And I am grateful to follow in the footsteps of Secretary Hagel, one of our nation's most honorable and conscientious public servants.



SECDEF Ashton Carter

We live in challenging times, times that demand leadership and focus. And starting today, I will be calling on each and every one of you to help carry out three top priorities.

Our first priority is helping the president make the best possible national security decisions for protecting our country and then implementing those decisions with our department's long-admired excellence.

We confront a turbulent and dangerous world: continuing turmoil in the Middle East and North Africa and the malignant and sav-

age terrorism emanating from it; an ongoing conflict in Afghanistan; a reversion to archaic security thinking in parts of Europe; tensions in the Asia-Pacific; the proliferation of weapons of mass destruction; and intensifying threats in cyberspace.

In addressing these challenges, I have pledged to

provide the president my most candid strategic advice. I will count on your experience and expertise as I formulate that advice. I will also ensure the president receives candid professional military advice.

But as we tackle the many threats to our national security, we must never lose sight of our nation's enduring strengths or of the opportunities to make a brighter future and better world for our children.

The United States remains the strongest and most resilient nation on earth. Because of you, we have the finest fighting force the world has ever known. We have friends and allies in every corner of the world, while our adversaries have few. We have long possessed the world's most dynamic and innovative economy. And our values, principles and lead-

ership continue to inspire hope and progress around the world.

Safeguarding America's security and global leadership will depend on another of my main priorities: ensuring the strength and health of you who make up the greatest fighting force the world has ever known—our Soldiers, Sailors, Airmen, Marines, civilians and contractors all around the world.

I will do that by focusing on the well-being, safety and dignity of each of you and your families. I will ensure your training and equipment are as superb as you are. And I pledge to make decisions about sending you into harm's way with the greatest reflection and utmost care because this is my highest responsibility as secretary of defense.

Honoring all these commitments also requires us

to focus on building the force of the future, which is my third priority.

We must steer through the turmoil of sequestration, which imposes wasteful uncertainty and risk to our nation's defense. We must balance all parts of our defense budget so that we continue to attract the best people—people like you—so that there are enough of you to defend our interests around the world and so that you are always well-equipped and well-trained to execute your critical mission.

To win support from our fellow citizens for the resources we need, we must show that we can make better use of every taxpayer dollar. That means a leaner organization, less overhead, and reforming our business and acquisition practices.

It also means embracing the future and embracing change.

We must be open to change in order to operate effectively in an increasingly dynamic world, to keep pace with advances in technology, and to attract new generations of talented and dedicated Americans to our calling.

I first arrived at the Pentagon more than three decades ago and have had the privilege of serving 11 secretaries of defense in Democratic and Republican administrations. I took the oath of office because I love our country and am devoted to you who defend it. And I am committed to our fundamental mission: the defense of our nation.

I look forward to leading and serving alongside you at this extraordinary moment in our nation's history.

May God bless you and your families, and may God bless America.

Events planned next week to celebrate African American history

Joint Base Pearl Harbor-Hickam Public Affairs

The Joint Base Pearl Harbor-Hickam (JBPHH) Heritage Committee has announced the following African American History Month heritage observances.

- A Pearl Harbor Colors Honors and Heritage ceremony will be held from 7:30 to 8 a.m. Feb. 26 at Pearl Harbor Visitor Center.

The new monthly history and heritage event honors military veterans. In celebration of African American History Month, Pearl Harbor Colors in February will highlight the accomplishments of African Americans, with guest speaker Capt.

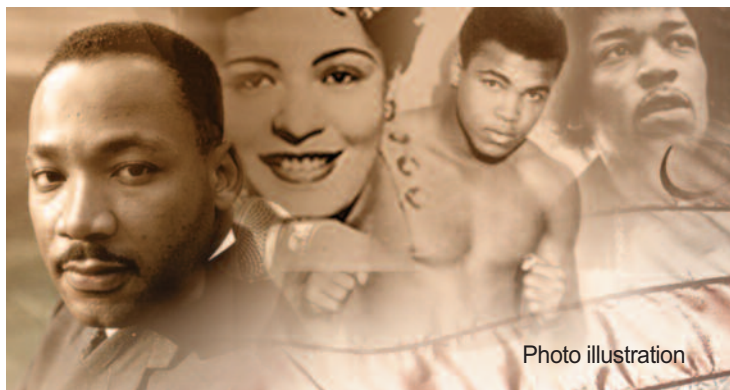


Photo illustration

Stan Keeve, commander of JBPHH, music by the Navy's Pacific Fleet Band, and a presentation of colors at 8 a.m. The event is open to the public.

- An African American History Month special observance

will be held from 9:30 to 10:45 a.m. Feb. 26 at Sharkey Theater.

The program includes an educational video and remarks from guest speaker Alphonso Braggs, president of the Hawaii

Chapter of the NAACP.

- A special luncheon will be held from 11 a.m. to 12:30 p.m. Feb. 26 at the Silver Dolphin Bistro Galley. The meal will include a Southern-inspired menu, featuring shrimp and sausage gumbo, fried catfish, fried chicken, Texas-style barbecue pork spare ribs, salad bar and assorted desserts. The luncheon is open to active duty military, Department of Defense civilians, retirees and family members of active duty with valid military ID cards. The cost is \$5.55. For more information, call the Silver Dolphin Bistro at 473-2948.

- The annual Gospel Fest & Taste of Soul will be held from 3 to 5 p.m. Feb. 28 at Nelles

Chapel. The event will include music, with choirs and praise teams showcasing their talents at the Gospel Fest. The music will be followed by fellowship and food at the Taste of Soul, where a variety of homemade soul food dishes will be judged and sampled. For more information on how to volunteer or to bring a dish, call Tech Sgt. McPhaul at 449-6562.

For more information, visit <https://www.facebook.com/notes/joint-base-pearl-harbor-hickam/african-american-history-month-events-planned-for-february/897613173622955> or call Joint Base Special Observance Committee representative Lt. Ariel Green at 448-4374.

Diverse Views



What African American person, living or dead, do you admire the most?



FC2 Autumn Irby
USS Paul Hamilton (DDG 60)

"Maya Angelou. She impresses me in every aspect of her life."

Maj. Elizabeth Somsel
15th Medical Group



"Thurgood Marshall. Brown vs. Board of Education was one of the most momentous decisions for civil rights. He argued it before the Supreme Court, then later was the first African American to join the court."



CTR2 Sarah Larson
NIOC Hawaii

"All the African American soldiers in the Civil War who fought for the North because they had it pretty rough. They were treated as subhuman and they still fought for the North."

Tech. Sgt. Weldys Baez
15th Wing Honor Guard



"Muhammad Ali. Ali was a great inspiration to many at a time. And Dr. Martin Luther King Jr. There's not much to say about Dr. King that has not been said. He represented an entire movement that led to radical and permanent changes in our society."



ICC Dustin Beltz
Pearl Harbor Naval Shipyard

"Martin Luther King. I believe in what he did for the civil rights movement, trying to set things right in the past. I believe in equal opportunity for all races, regardless of who you are."

FC3 Ashle Scurry
USS Paul Hamilton (DDG 60)



"My granny. She's been through a lot. She was born in the 1920s and she's seen a lot, but there's a good spirit about her."

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

U.S. Air Force pilot saw combat in Korea



U.S. Air Force file photo

U.S. Air Force Lt. Daniel "Chappie" James Jr. stands next to a P-51 in Korea. James first saw combat during the Korean War after arriving in Korea in August 1950. Serving with the 18th Fighter Wing and flying the P-51 Mustang and later the F-80 Shooting Star, James flew a total of 101 combat missions over Korea.

HO'OKELE

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Use it or lose it: Changes to Air Force leave policy arrive this year

Staff Sgt. Alexander Martinez

Headquarters Pacific Air Forces
Public Affairs

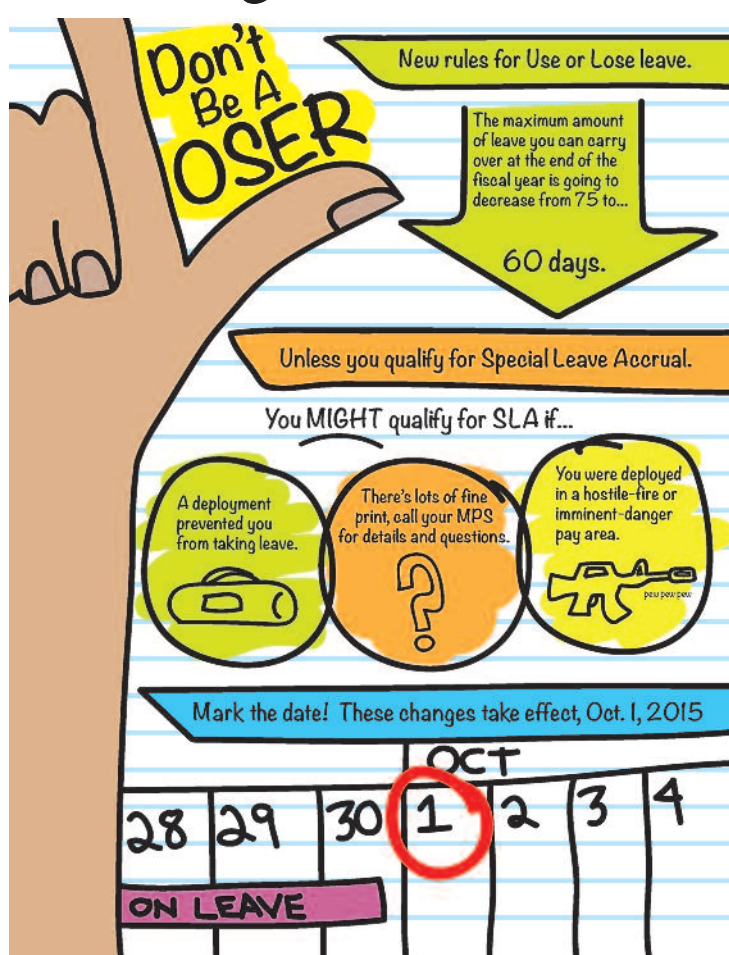
The warning on January's leave and earning statement is clear—"Important: Manage your leave. On Oct 1, you will lose all accrued leave over 60 days unless special leave accrual applies."

Air Force active duty, active Guard and Reserve members with more than 60 days of leave have less than eight months to use or lose those days as a result of changes in leave policy.

Since October 2008, high operations tempo in the Air Force drove the implementation of a temporary leave carryover extension provision that allowed Air Force members to carry over 75 days of leave to the next fiscal year without incurring a loss. But as of Sept. 30, or the end of fiscal year 2015, the provision expires, bringing the leave cap down to 60.

"I don't see any indication of it being extended at this time," said Derek Salis, Pacific Air Forces chief of enlisted promotions and customer support.

"Consequently, if [Airmen] don't prepare by planning on us-



U.S. Air Force graphic

ing leave between now and Sept. 30, they will lose it."

Airmen may be eligible for special leave accrual entitlements if they faced situations caused by a catastrophe, national emergency or crisis, or operations in defense of national security that prevented them from reducing their leave balance before the end of FY15.

"SLA is not automatic; it must be requested," Salis said. "Additional information can be found in AFI 36-3003 (military leave program), or members can talk to their servicing (military personnel section) customer service."

Another option for Airmen is to sell leave back to the service. For each day of leave sold back, they will be paid a day's worth of basic pay. With this option, Airmen are only allowed to sell back 60 days.

Salis said enlisted members may sell back leave upon reenlistment or entering the first extension of an enlistment.

"There are also provisions that allow a one-time SLA sell back, to be sold at any time, which is authorized for enlisted members who would lose leave accumulated in excess of 120 days," Salis said. "Officers may only sell leave

prior to a retirement or separation."

Master Sgt. Marija Showalter, PACAF command military pay manager, noted the importance of knowing the accurate balance of leave as of Sept. 30.

As the military payment system has not yet been programmed to show the updated use/lose changes, the use/lose block on leave and earnings statements may not reflect the accurate number of days a member is projected to lose. Currently, members wanting to know their actual use/lose leave balance need to look at their current leave balance and do the calculations necessary to arrive at the correct use/lose balance, she said.

"Leave Web may not provide you with the most up-to-date information," Showalter said.

While calculating the number of leave days before the end of the fiscal year, Airmen should also ensure they factor in the amount of leave they will earn up until the end of September, which accumulates at 2.5 days per month.

For information about the military leave program, visit the myPers website at <https://my.pers.af.mil> or consult with the local finance office or MPS.

Clinic helps patients learn healthy behavior

Capt. Louis Edwards

15th Medical Group

The behavioral health optimization program (BHOP) at 15th Medical Group is designed to enhance military members and their family's overall behavioral health as part of their comprehensive health care.

The BHOP provides brief, solution-focused interventions to promote healthy coping strategies, communication skills and behavioral change. Some of the services offered by the BHOP are coping with anxiety, insomnia, parenting issues, smoking cessation and wellness changes.

Behavioral health consultants are licensed clinical social workers who work directly

with patients' primary care managers to develop behavioral health plans that suit the health care needs of the patient.

The BHOP service is not the same as mental health clinic services, and patients will not be offered traditional, long-term therapy. Additionally, documentation is kept in the family health clinic record, not in mental health.

"BHOP is not therapy. However, a person can meet with me up to three times to address whatever issue they have," said Susan Anderson, 15th Medical Operations Squadron behavioral health consultant. "Patients do not need a referral to be seen in BHOP."

Furthermore, the program limits of confidentiality are the

same as other primary care manager (PCM) providers. However, in cases where the branch health clinic has a duty to report potential harm to self or others, abuse, violence, or Uniform Code of Military Justice violations, an exception to privacy is made.

The focus of BHOP is to enhance one's overall health and wellness—body, mind and spirit. It was created to help members and their families cope with, and manage, physical health challenges and common-life stressors that may interfere with daily functioning.

"We will get a snapshot of what is working in their life and what is not and come up with a strategy to make it better through assessments, educational handouts or

resources," said Anderson. "All who are age 18 and older and enrolled to the 15th Medical Group are welcome, both active duty and non-active duty."

Anderson said the focus is on helping people reduce life's stress by promoting healthy coping strategies and behavioral changes. BHOP also helps patients cope with common-life transitions and stressors like permanent changes of station and other military-related stressors.

"The goal is to enhance the quality of your life," said Anderson.

To book an appointment with BHOP, call the appointment line at 448-6000. For more information about BHOP services, patients should speak with their PCM or contact Susan Anderson at 448-6147.

Personal readiness summit

Continued from A-1

and win the fight," he said.

Mike Domitrz, founder of "The Date Safe Project," performed interactive training fueled by crowd participation entitled, "Can I Kiss You." The presentation focused on sexual assault and changing the culture toward the meaning of consent.

"The best part about this training is that it's just blatantly truthful, he just says it like it is, and people can better relate to it," said Steelworker 2nd Class William H. Baird, assigned to Naval Facilities Engineering Command. "It's an ongoing issue, and everyone wants to do something to stop it but not a lot of people really make the effort to do so. Being straightforward really helps."

Harris suggested that leadership engage with their teams and talk to them about the subjects outlined in the summit sessions when they check in, to set the tone, and when they check out to see if the message has resonated.

"I encourage you to take from this summit the tools you need to communicate with your command team and help put a stop to the issues that distract us from the mission, for the welfare of our Sailors, our Navy and our nation," said Harris.

Pearl Harbor-Hickam *Highlights*



Sailors, stationed at Joint Base Pearl Harbor-Hickam (JBPHH), moor the amphibious assault ship USS Makin Island (LHD 8) upon the ship's arrival Feb. 13 for a scheduled port visit.

U.S. Navy photo by MC2 Diana Quinlan

(Right) Sailors, assigned to the amphibious assault ship USS Makin Island (LHD 8), install a rat guard on a mooring line upon the ship's arrival Feb. 13 at JBPHH for a scheduled port visit.

U.S. Navy photo by MC2 Diana Quinlan



(Left) Military service members ran as part of "Sounds of Freedom" in Hawaii's annual Great Aloha Run held Feb. 16 on Oahu. Contributions and registration fees for the run go toward more than \$400,000 in donations to local charities.

U.S. Navy photo by MC2 Laurie Dexter

(Right) Air Force Reservist Tech. Sgt. Celsa Salazar, third from left front row, a personnelist with the 624th Regional Support Group, takes the oath to uphold the law with her fellow HPD officers from recruit class #178 during a commencement ceremony held Feb. 11 at McKinley High School auditorium.

U.S. Navy photo by Tech. Sgt. Phyllis Keith



(Left) Sailors stationed throughout JBPHH participate in a base-wide cleanup. The event, which was held Feb. 12, spanned approximately two miles and attracted nearly 50 volunteers from different commands around the base.

U.S. Navy photo by MC3 Gabrielle Joyner

USS Michael Murphy refuels at sea

The Arleigh Burke-class, guided-missile destroyer USS Michael Murphy (DDG 112) conducts an underway replenishment Feb. 8 with USNS Carl Brashear (T-AKE-7) in the South China Sea. Michael Murphy is deployed to the U.S. 7th Fleet area of operation supporting security and stability in the Indo-Asia-Pacific region.

U.S. Navy photo by Lt. j.g. Joshua Flanagan



New leadership courses are available at JBPHH

Tech. Sgt. Terri Paden

15th Wing Public Affairs

New professional development classes are now being offered by the career assistance advisor (CAA) at joint base to aid Airmen with self-improvement and career enhancement.

The John C. Maxwell "Developing the Leader Within You" and "The 360 Degree Leader" courses rolled out at Joint Base Pearl Harbor-Hickam (JBPHH) in January.

According to Master Sgt. Rebecca Pash, the 15th Wing career assistance advisor assigned to the 647th Force Support Squadron, the classes will help to improve Airmen personally as well as professionally.

"The courses I offered before these were all Air Force-specific leadership courses, but these new courses are more personal," she said. "These are about helping Airmen figure themselves out and how they can become a better leader and person."

Though all the services provided by the CAA are geared toward professional enhancement, Pash said most of the recent professional development opportunities had been primarily informational in order to educate the force on the new way ahead.

"With such a heavy emphasis on

change, we haven't been able to focus as much on developing leaders," she said.

"A lot of time we tend to identify each other by our AFSCs, but really we want everyone to be known as an Airman first and being an Airman you have to be a leader. Leaders aren't born. You don't just wake up with leadership skills. You have to build them."

Pash said the classes will also help bridge the gap between required professional military education and will also provide more opportunities for professional development at all levels.

"I feel it's a class that will open your eyes to a whole new way of thinking," said Staff Sgt. Everette Cooper, course facilitator. "It helps people look at being a leader from every angle. It's an amazing class. It's helped me grow as a person, a leader and as an NCO."

The classes are currently being divided by tiers, with a separate class for company grade officers and civilians, but Pash said future classes will be integrated and eventually open to members of the other services.

"We just really want to develop Airmen at all levels and make sure that everyone is given an opportunity to work on weak areas and self-improvement while figuring

out what their personal strengths and weaknesses are," she said.

Both classes can accommodate 30 participants and are video-led with trained facilitators guiding the class through principal application discussions.

"Both classes have gotten great feedback," she said. "Airmen are hungry for professional development and leadership based training right now. They want to learn and know what's going on and be better, and all of this ties into the direction the Air Force is moving in now. You're not going to be able to keep up if you aren't moving toward self-improvement and continuing to develop. If you're not doing things to better yourself, you won't make it in today's Air Force."

Tech. Sgt. Courtney Stanton, future course facilitator, said after attending the "Developing the Leader within You" course as part of his facilitator training, he believes the course will help atten-



dees to become more effective leaders and better position them to help their Airmen.

"I believe this course is an integral piece to a continuous developmental process for current and future leaders," he said.

The two new leadership courses are just part of what Pash provides to the base. She said it is her job to provide direction and motivation to the Airmen who come to see her.

"I offer non-biased career advice and guidance," she said. "I help Airmen find opportunities within the Air Force and help them decide where they are going and where they want to be going in their careers."

Pash said she relies upon her vast experience and knowledge of the Air Force to help Airmen make informed decisions.

"If I don't know the answer, then I help get Airmen to the helping agency they need," she said. "And that's the same advice I would give other people. If you don't know the answer, don't give bad advice. Refer the person to me or the appropriate helping agency."

Pash, who was a security forces defender for nearly 16 years before being selected for this special duty as CAA, said she feels she has had two of the best jobs in the Air

Force because of her ability to help others.

In addition to the new John C. Maxwell courses, Pash also provides a host of other professional enhancement courses including First Term Airmen's Course (FTAC), NCO Professional Enhancement (NCOPE), SNCO Professional Enhancement (SNCOPE), CGO Professional Enhancement (CGOPE), Informed Decision (ID), Monthly lunch and learns, Special Duty/Retraining 101, ISR Guard and Reserve Recruiter Monthly Palace Chase/Front Briefing, John Maxwell's 360 Degree Leader, and John Maxwell's Developing the Leader Within You.

Have you recently been thrust into a leadership position and are not sure how to lead others? Do you aspire to lead teams but are currently only leading yourself? If leadership is what you need, the career assistance advisor also schedules appointments. Email 647fss.ftac@us.af.mil to request an appointment with the CAA. Please put in the subject line: "appointment request" or 448-0195 and leave a detailed message.

For class schedules, dates, times and/or registration, visit the PDC SharePoint at <http://ow.ly/Jhnt7>.

(To view the complete story and description of courses, visit www.15wing.af.mil.)

Reservists graduate from HPD Training Academy

Story and photo by
Tech. Sgt. Phyllis Keith

624th Regional Support
Group Public Affairs

Two Reservists from the 624th Regional Support Group (RSG) graduated from the Honolulu Police Department's (HPD) Training Academy in a ceremony held Feb. 11 at McKinley High School auditorium in Honolulu.

Tech. Sgt. Celsa Salazar, a personnelist with the 624th RSG, and Tech. Sgt. Justin Smith, an air transportation specialist with the 48th Aerial Port Squadron (APS), received their badges and guns and took the oath to become police officers in front of families and friends.

Both said a career with HPD goes hand-in-hand with their Air Force Reserve duty and their commitment to service before self.

Salazar said that she had always wanted to serve



Tech. Sgt. Justin Smith, right front, an air transportation specialist with the 48th Aerial Port Squadron, passes through the reception line Feb. 11 after an HPD commencement ceremony at McKinley High School auditorium, Honolulu.

in some capacity, so she started with the Air Force and its global focus. She said that police work was a different level of serving the public. "You're serving

the community. You're going to be seeing them every day," she said.

Smith said he had wanted to be a police officer since he was young. "From

2002 to 2006, I was active duty in the Marine Corps and then I got out, took a break in service, and joined the Air Force Reserve in 2009," he said.

According to Smith, becoming a police officer was an opportunity he couldn't pass up.

As part of HPD's 178th recruit class, Salazar and Smith underwent 22 weeks of intense classroom and hands-on training at the police academy.

Salazar said she liked the survival training. "We actually got tactical with maneuvering, busting

down doors, tactical movements to get in and do what you have to do and get out."

Smith said his firearms training was his favorite part.

According to the Department of Defense, police officer is the most common occupation of National Guardsmen and military Reservists.

Chief Master Sgt. George Silva III, chief of operations for the 48th APS who works fulltime on HPD's bomb unit, said that military members made successful police officers because they not only understood the importance of following a chain of command, but they brought good attitudes, work ethic, and discipline to the job.

Smith said his fellow Reservists who were police officers told him to work hard, prepare himself mentally and physically, and be ready. "I got all the advice I could about training and what to expect," he said.

Both Salazar and Smith will be paired with veteran HPD officers for an additional six months of field training. As Reservists, they will continue to drill one weekend a month and two weeks a year.

Caring for People Forum focuses on relationship resources

Tech. Sgt. Aaron Oelrich

15th Wing Public Affairs

The focus on relationship resources is the topic during this quarter's Caring for People Forum which will be held Feb. 26 in the Hickam Chapel.

The CfP Forum is designed to strengthen connections to support services that improve quality of life for Airmen and their families.

"Every base has CfP Forum. Typically it is held annually; we try to conduct ours quarterly," said Drew Kadokawa, a community readiness consultant for the Airman and Family Readiness Office.

"This quarter, the focus is on relationship resources because of the need found through community action information boards and integrated delivery systems," he said.

The integrated delivery systems

collect information on trends and issues from each unit. This information is then presented to the community action information boards.

This allows the commander to initiate CfP Forums that are focused on the issues facing Airmen and their families.

"The CfP Forum will provide information and concerns to ensure that we are targeting our relationship resources to the community properly," said Senior Master Sgt. Jill Pratt, 15th Wing IDS chair.

"This is the military member's and their family's voice to tell us how we can help them and what we can do to improve our services or offer different services," Kadokawa said.

According to Kadokawa, military members from all components of the total force, including family members, are invited to attend the CfP Forum. Individuals that have utilized the relationship resources available on

JBPHH in the past are particularly encouraged to attend and give their feedback.

"The most important thing is, this is their opportunity to help us, as helping agencies, improve our services," said Kadokawa.

The CfP Forum will be a two-hour discussion guided by facilitators who will help organize and track any issues, concerns and ideas brought up during the forum.

The information is then relayed to senior leaders who will make a decision on what issues can be worked at the base level and which issues need to be forwarded to Pacific Air Force headquarters.

To register for the CfP Forum, send an email to jbphhcaringforpeopleforum@gmail.com. If you would like more information on relationship resources that are available at JBPHH, contact the Airman and Family Readiness office.