

## CMSAF visits joint base, shares knowledge with Airmen

Story and photo by Staff Sgt. Alexander Martinez

15th Wing Public Affairs

Chief Master Sgt. of the Air Force James Cody visited with Airmen and hosted separate all-calls with junior and senior enlisted Airmen during his visit Jan. 15-16 to Joint Base Pearl Harbor-Hickam (JBPHH).

Cody's discussion-style all-calls allowed for Airmen to openly express their career concerns or opinions.

"I liked how he made it a priority to come and talk to the bottom tier of the enlisted force," said Airman 1st Class Sarai Crook, 15th Comptroller Squadron. "It made him approachable for Airmen like me to communicate with him. It wasn't just a 'Q and A.' It was a discussion."

A major topic Cody addressed during his discussions was the implementation of the new enlisted performance report process, which he said will take time and effort to get right.

"These are big changes



Chief Master Sgt. of the Air Force James Cody shakes hands with Tech. Sgt. Renieka Pepper, professional military education (PME) instructor, during his visit on Jan. 15 to the Binnicker PME Center at Joint Base Pearl Harbor-Hickam.

that require some real work by leadership and by you all in order for us to get our heads around why we're going in the direction we're going," Cody said.

"We'll learn along the way, and we'll make adjustments on execution. I think we're getting after everything that our Airmen are telling us, so I ask you to look at [the process]

in its entirety, look at the end state, and work with us to get where we need to be," he said.

Other topics addressed included concerns with joint basing, retention

challenges in critical career fields, and the Air Force's ongoing plan to combat sexual assaults.

"[Sexual assault] is a big problem, and it's a problem we will have to work

at forever," Cody said. "We have to look out for each other and treat each other with dignity and respect."

Joining Cody on his visit was his wife, Retired Navy Chief Master Sgt. Athena Cody; Chief Master Sgt. Sandra Pfeffer, the first sergeant special duty career field manager; and Senior Airman Ariful Haque, one of the 12 outstanding Airmen of 2014.

Cody thanked JBPHH Airmen for what they do and reminded them of the important role they play in the Air Force.

"We are significantly engaged globally, more today than in the history of our country," Cody said. "We're in the longest sustained combat operations and we are the smallest Air Force since 1947. That's your legacy."

"You serve in a time in our Air Force and our country that is unprecedented because it's being done with an all-volunteer force. You should be proud of that, and you should be proud that you are shaping our future. It's important to know how much we appreciate you and your families so thanks for what you do," he said.

## Rear Adm. Snyder will speak to Sailors today at Bloch Arena

Navy Region Hawaii Public Affairs

Rear Adm. Rick Snyder, director, 21st Century Sailor Office, will speak to Sailors and take their questions at an all hands call 10:30 a.m. today at Bloch Arena, Joint Base Pearl Harbor-Hickam.

Topics discussed will cover sexual assault prevention and response, suicide prevention, fitness and nutrition, family programs, hazing prevention and drug and alcohol

abuse prevention.

Snyder graduated with honors from Tulane University in May 1983, earning a bachelor's degree in management. He was commissioned in the Navy having completed the Navy ROTC program. In November 1984, Snyder was designated a naval aviator.

Following initial training in the SH-60B Seahawk helicopter, Snyder served at Helicopter Anti-Submarine Squadron Light (HSL) 43, based in North Island, Calif. Subsequent flying tours in-

cluded duties as an instructor pilot at HSL-40 and as a department head at HSL-46 in Mayport, Fla.

Shore tours included attendance at the Naval Postgraduate School in Monterey, Calif., where he earned a master of science degree in operations research and a follow-on tour as the Navy analyst for the Republic of Korea/U.S. Combined Forces Command in Seoul, Korea.

In Washington, D.C., Snyder served the secretary of defense as the aviation liaison for pub-

lic affairs and he served as a senior fellow at the Atlantic Council of the United States. Snyder also was a senior fellow in the Chief of Naval Operations Strategic Studies Group. On the joint staff, Snyder served in the directorate for strategy and policy (J5) as deputy director for joint strategic planning, deputy director for partnership strategy, and as executive assistant to the J5 director.

Snyder served at sea on USS Carl Vinson (CVN 70) as navi-

gator and on USS Bataan (LHD 5) as executive officer.

In command, Snyder led the Sailors and Marines of HSL-46, HSL-40, Bataan and, most recently, Expeditionary Strike Group 2.

Personal awards earned by Snyder include the Defense Superior Service Medal, Legion of Merit (two awards), Defense Meritorious Service Medal, Meritorious Service Medal (four awards) and the Navy/Marine Corps Commendation Medal (three awards).



Airmen from the 15th Maintenance Squadron (MXS) and Hawaii Air National Guard 154th MXS raise an F-4 Phantom II with airbags during a crash, damaged, disabled aircraft recovery exercise Jan. 14, at Kalaeloa Airport in Kapolei. The exercise, in its third year as a joint event, was initial and refresher training for maintenance technicians, and an opportunity for a required inspection of the airbag equipment.

## 15th, 154th MXS participate in aircraft crash recovery exercise

Story and photo by Staff Sgt. Alexander Martinez

15th Wing Public Affairs

KAPOLEI, Hawaii—More than 45 Airmen from the 15th Maintenance Squadron (MXS) and Hawaii Air National Guard 154th MXS participated in a crash, damaged, disabled aircraft recovery (CDDAR) exercise Jan. 14 at Kalaeloa Airport.

"Every January we

come out here to lift an aircraft, this year being the F-4 [Phantom II]," said Master Sgt. Ken Doi, CDDAR program manager. "We have to inflate the airbags and do serviceability inspections on our equipment."

Essentially, the exercise involved placing large airbags below an F-4 in order to lift it off the flightline. Hoses connected to air compressors pumped air into the bags, while cables attached to the air-

craft kept it stable during the raising and lowering. Maintenance technicians manually controlled the air pressure valves and stabilizing cables in sync with each other to prevent the aircraft from toppling over.

Doi explained that in a real-world situation the airbag method of lifting an aircraft would work in a situation involving a stuck gear or blown tire. Other options are available for these scenarios, but he

said this method is ideal for causing as little damage to the aircraft as possible.

Capt. Kelly Womble, 15th MXS Maintenance Flight commander, said the exercise was a perfect example of total force integration (TFI) with active duty, Guardsmen and civilian maintenance technicians working together.

"TFI is the new way of the military and it's great to see that it's working," Womble said. "I'm fortu-

nate to be involved in it."

The process of raising and lowering the aircraft took about an hour, not including equipment setup and teardown.

Doi said the cooperation between the participants made the process safe and easy.

"It was all done safely," Doi said. "When you have a good plan and everybody follows it, it works out every time."

The CDDAR training exercise, now in its third

year as a 15th and 154th joint event, also included two Coast Guardsmen and several civilian aircraft maintenance technicians. The training allows participants to obtain initial or refresher training and provides an opportunity to test and inspect necessary CDDAR equipment.

Exercise organizers worked closely with the Naval Air Museum Barber's Point, the organization that owns the F-4 used in the training.



Patrol and Reconnaissance Wing Two holds change of command See page A-2



Looking back and ahead to another busy year in 2015 See page A-3



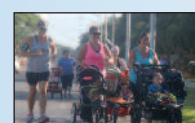
Military service members caddie for pro golfers at Sony Open See page B-1



JBPHH service members read to local students in honor of MLK Day See page A-2



Observing MLK Day See page A-6



Sense of community and fitness drives Stroller Warriors See page B-3



# CMSAF meets Air Force Reserve commander, senior NCO

Story and photo by  
Tech. Sgt. Phyllis Keith

624th Regional Support  
Group Public Affairs

The commander of the 624th Regional Support Group (RSG) and the chief enlisted manager for the 48th Aerial Port Squadron had a rare opportunity to meet privately with the Air Force's top enlisted leader during his visit Jan. 16 to Joint Base Pearl Harbor-Hickam (JBPHH).

Chief Master Sgt. of the Air Force James Cody sat down with Col. Maynard "Max" Mendoza, commander of the largest Air Force Reserve presence in the Pacific, and Chief Master Sgt. Gregory Boyer, a senior enlisted Reservist, at the Aloha Conference Center at JBPHH.

Both Mendoza and Boyer said they were im-

pressed that Cody carved out time during his busy two-day schedule to meet with them.

Mendoza gave Cody an overview of the units he commands — three squadrons at Joint Base Pearl Harbor-Hickam and two at Andersen Air Force Base, Guam—and their commitment to the total force concept through participation with the 515th Air Mobility Operations Wing in base exercises and training.

"We're reducing redundancies and completely integrating versus being co-located," said Cody.

The total force concept integrates Air Force's active duty, Air National Guard and Air Force Reserve units, creating a more cost-efficient and culturally cohesive force.

"I appreciate the fact that the components have their necessary differences but when it comes to capa-



Col. Maynard "Max" Mendoza, center, commander of the 624th Regional Support Group, shakes hands with Chief Master Sgt. of the Air Force James Cody after he and Chief Master Sgt. Gregory Boyer, left, chief enlisted manager for the 48th Aerial Port Squadron, met Jan. 16 with Cody at the Aloha Conference Center at Joint Base Pearl Harbor-Hickam to discuss the Air Force Reserve role in total force integration.

bility, it's just all about Airmen. There's only one Air Force," Cody said.

Mendoza and Boyer said

their number one issue was manpower, no different from the active duty and Guard units who also

had been affected by budget cuts and downsizing. Mendoza told Cody about the recent deactivation of

the 624th RSG's security forces squadron they had spent more than three years standing up.

"Most of the decisions we have to make are creating capability, maintaining capability for the nation. Given the fact that we do not have enough resources and we cannot afford all the resources we have, we have to make decisions about the ones we have," Cody said.

Mendoza and Boyer said speaking face-to-face with the chief master sergeant of the Air Force reinforced their focus on wingmanship and the mission at hand as key to maintaining a state of readiness.

"We'll have to come back at a point when you're drilling and spend some dedicated time with your Airmen just availing ourselves to them and seeing what's on their mind and watching them do their mission," said Cody.

# Patrol and Reconnaissance Wing Two holds change of command

Story and photo by  
MC3 Amber Porter

Patrol Squadron Nine  
Public Affairs

KANEHOE BAY, Hawaii —Commander Patrol and Reconnaissance Wing (CPRW) Two held a change of command ceremony Jan. 16 in hangar 104 at Marine Corps Base Hawaii, Kaneohe Bay.

Capt. Stephen L. Newlund relieved Capt. Lance G. Scott as commanding officer of Patrol and Reconnaissance Wing Two. Adm. Harry Harris Jr., commander of U.S. Pacific Fleet, was the keynote speaker at the event.

"From the time he took command, Lance set out to sharpen this already high performance organization into one with a reputation for aggressiveness and panache," said Harris. "Wing Two adjusts to change on its own, with a weather eye on the future even as it focuses on the missions at hand."

Scott was born in Urbana, Ill. and raised abroad, spending 14 of his first 18 years in Germany and Japan. He received a bachelor of science degree in marine transportation from the U.S. Merchant Marine Academy at Kings Point and a master of arts in national security and strategic studies from the Naval War College.

He is reporting to the Pentagon to work on staff



Capt. Lance G. Scott renders honors while passing through the sideboys as part of the change of command ceremony for Patrol and Reconnaissance Wing (CPRW) Two.

for the Office of the Chief of Naval Operations (OPNAV).

Harris lauded Scott's accomplishments across the board in leading Wing Two, including the successful hosting of the international aviation contingent during Rim of the Pacific Exercise (RIMPAC) 2014. Nearly 1,500 personnel, 31 maritime aircraft and six countries participated in the month-long Pacific-wide battle response exercise.

"By any standard, under Lance's leadership, the Rainbow Fleet performed superbly," said Harris. "You can see that most directly in the achievements of the

squadrons that make up the wing. As CTF-32, Lance led an operational long-range ASW Task Force through an 11-day, high-interest, out of area submarine search.

"He played a lead role in RIMPAC 2014, the largest RIMPAC in the exercise's 43-year history. As CTF-172, he led a six-nation coalition with 31 aircraft, including the first fleet participation of Canada's Block III upgraded CP-140 Aurora and our brand new P-8 Poseidon," Harris said.

In recognition of his accomplishments, Harris presented Scott with the

Legion of Merit Award. In his speech, Scott credited the Sailors he works with for where he is today and his success along the way.

"I am where I am because of the proud warriors of the wing," said Scott. "This staff has earned the reputation of the best, and that is because of your hard work day in and day out."

"No leader is successful unless he or she has a team of professionals that genuinely believe and care about winning. Our community is blessed with incredible talent, and Wing Two has the best of the best leading its men, and

women. You took every challenge head on and owned our heralded reputation for on-station excellence," Harris said.

"On assumption of command, I challenged you to continue our mission of delivering the finest operational combat ready crews and weapons systems to our commanders, both forward deployed and here in [U.S.] 3rd Fleet," said Scott.

"Your collective efforts have met that in spades. We remain a relevant force and while it is an exciting time with the P-8 transition well underway, you have led our squadrons to greater

heights and keep pushing the envelope with the venerable P-3. We continue to set the course, owning the skies to keep our commanders fully informed and poised to execute bringing the full weight of a finely honed team ready to fight," Scott said.

Scott gave his confidence that CPRW-2 is going to continue building on its excellent reputation with Newlund assuming command.

Newlund holds a bachelor of science degree in oceanography from the United States Naval Academy and a master of arts degree in national security and strategic studies from the Naval War College. He has logged more than 3,000 flight hours in the P-3C Orion.

His awards include a Defense Meritorious Service Medal, two Meritorious Service Medals, three Navy and Marine Corps Commendation Medals, and three Navy and Marine Corps Achievement Medals.

Wing Two provides training, standardization and administrative control for its four squadrons who use the P-3C Orion for anti-submarine warfare, multi-mission command and control, surface search and surveillance, overland reconnaissance and anti-surface warfare. In addition, the Rainbow Fleet provides humanitarian assistance, homeland defense patrols and search and rescue services for the state of Hawaii.

# JBPHH service members read to local students in honor of MLK Day

Story and photo by  
Tech. Sgt. Terri Paden

15th Wing Public Affairs

In honor of Dr. Martin Luther King Jr. Day, Airmen and Sailors at Joint Base Pearl Harbor-Hickam read to elementary school students in the local community Jan. 15.

In keeping with this year's observance theme, "Remember! Act! Celebrate! A Day on Not a Day Off," more than 30 volunteers read books which were either biographical in nature or promoted the principles King famously stood by.

"I think it is timely to spread his message and if we plant those seeds now, then it will help our kids go on to be better citizens," said Senior Master Sgt. Harvey Philson, 647th Force Support Squadron Personnel Flight superintendent and MLK Day project chair.

Philson said the event played well into King's message of giving back to the community.

The books, which were either chosen by the reader or hand-picked from the school libraries, were age appropriate based on the grade level. In addition to teaching the children about who King was, they also chose books which focused on King's insistence on having a tolerant and diverse society free of bullying and violence.

"Even though Dr. King was not from this generation, his principles are still relevant today and if we take the time to spread his



1st Lt. Stephen Shaffer, 8th Intelligence Squadron section commander, reads "I Have Seen the Promised Land" to a group of students at Hickam Elementary School in honor of Dr. Martin Luther King Jr. Day, Jan. 15 at Joint Base Pearl Harbor-Hickam.

message to our children, then they will be able to learn about him and his legacy and what he stood for," Philson said. "I believe knowing who he was is important, but I believe knowing what he stood for is even more important, in my opinion."

Philson said his main objection for the event was to educate.

"If we are able to inform our children when they are young and

teach them about respecting each other and being tolerant when they are still on the playground, then those children will grow up with those same values and I can't think of any better time or way to teach them that," he said.

At the end of each book, the volunteers took time to discuss the message with the students.

Though King is widely honored for his work as a civil rights ac-

tivist, Philson said it is important for the community to celebrate his life and achievements together as one group.

"From the start, we wanted to make sure even the volunteers were a diverse group of people," he said. "We wanted to make sure when they went into the classrooms the students recognized you don't have to be black to appreciate what Dr. King stood for.

His principles apply to people of all ethnicities."

1st Lt. Stephen Shaffer, 8th Intelligence Squadron section commander and volunteer reader, said he felt a duty to take the time to educate the children on one of the people who paved the way for equality in America.

"I've hopefully impressed upon them that the hard work and sacrifice of MLK is what helped us get to where we are today," he said. "I wanted to help mentor this younger generation and hopefully show them the importance of equality."

Shaffer said he was pleasantly surprised to see just how interested and aware the students were on the subject of King and the civil rights movement and was pleased to see how informed they were about topics like acceptance and equality. Shaffer said he attributes the heightened awareness to the children growing up in military communities and families where diversity is commonplace.

After the reading, the children asked many questions regarding the life and death of King.

"The kids have been really engaged today," said Alyssa Yengo, Hickam Elementary School project coordinator.

"This may be some of the little guy's first exposure to the subject, but they all like learning about heroes and were excited to do something different. That it was service members reading the stories to them made the event even more special."



Commentary

# Looking back and ahead to another busy year in 2015

**Capt. Stanley Keeve Jr.**

Commander, Joint Base Pearl Harbor-Hickam



Capt. Stanley Keeve Jr.

As the first month of the year, January is a great time to reflect back on all the good things Joint Base Pearl Harbor-Hickam (JBPHH) did in 2014, as well as taking a peek ahead to what's potentially on tap for this year.

The year 2014 was a clearly a busy year for the joint base. In addition to getting a new base commander, JBPHH also hosted the Rim of the Pacific (RIMPAC) exercise. As the largest maritime exercise in the world, last year's event did not disappoint. In addition to the first ever inclusion of the Chinese Navy (People's Liberation Army-Navy) vessels, the aircraft carrier Ronald Reagan and her embarked air wing were major players in the exercise.

The event featured vessels from 22 countries including: Australia, Japan, South Korea, France, and New Zealand. This event kept the JBPHH operations department busy as they conducted 782 harbor movements during this time.

Who can also forget the two hurricanes, Ana and Iselle, from last year. Both threatened JBPHH but eventually both storms even-

tually tracked south and north, respectively, away from Oahu. Yet, the potential threat of damaging winds did force our Air Force planes to sortie back to mainland.

In 2014, JBPHH hosted the "Wings Over the Pacific Air Show." This event also welcomed back the Blue Angels air demonstration team since their last show on Oahu in 2012. They were the featured performers in an excellent show that included performances by the Navy Leap Frogs Parachute team, as well as C-17 and F-22 aerial flight demos.

Our outstanding MWR team was busy as well in 2014. They sponsored numerous events including: our 4th of July concert and fire-



U.S. Navy photo by MCI Shannon Renfro

USS Ronald Reagan (CVN 76) steams in close formation as one of 42 ships and submarines representing 22 countries during Rim of the Pacific (RIMPAC) Exercise 2014.

works, Wings over the Pacific, "Cooks in the Valley" Veterans Day steak meal, and the annual Freedom Tower Lighting.

The year 2014 closed out with ceremonies supporting a new PACAF commander and a great makahiki festival with our community partners at Hickam Beach; welcomed USS John Paul Jones, USS Preble and USS Mississippi to their new

homeport; supported an outstanding Dec. 7 ceremony; and the annual visit by the commander-in-chief.

Although not a RIMPAC year, 2015 looks to be busy as well. In the near future, JBPHH expects to host change of command ceremonies for Commander, U.S. Pacific Fleet; Commander, U.S. Pacific Command; and, later this summer, Commander, Navy Region Hawaii.

This summer JBPHH will also get a new deputy commander as Col. Kirkendall rotates to his new assignment.

There will also be physical changes on and off the base as we expect the restaurants Schooners, Seven Palms and J.R. Rockers to be renamed as they transition to new ownership.

Off but near the base, we expect to see more construc-

tion on Kam Highway as the Honolulu Authority for Rapid Transportation (HART) project continues to make progress toward its eventual completion in the years to come.

In 2015, your JBPHH team of dedicated professionals will continue to focus on safety, security and quality of service to make this year as good or better as the last.

Commentary

## Resolve to be ready for emergencies

**Dan DuBois**

JBPHH Emergency Manager

With the new year, it is important to resolve to be ready for emergencies. Prepare yourself and your family for emergencies. Remember — be informed, have a plan, make a kit.

The year 2014 brought several close calls with emergencies, such as a tsunami alert in April from the Chile earthquake, destructive weather from Tropical Storm Iselle in August and Hurricane Ana in October. Oahu escaped with minimal damage from Ana and Iselle.

Get back to basics, review or make a family emergency plan and stock your kit with essential items that you need.

Don't know where to start? There are several sites to help you.

For example, you can visit Ready Navy [www.ready.navy.mil](http://www.ready.navy.mil), Be Ready Air Force [www.beready.af.mil](http://www.beready.af.mil) and FEMA's Ready.Gov.

In addition, if you go to the Be Ready Air Force site or the FEM Reeady.Gov site, there are apps for your iPhone or Android smart phone to walk you through the preparedness process.

Another tool for you is the 2015

National Preparedness Calendar that you can download from Ready.Gov to help you prepare through the year.

In the coming months, joint base emergency management will continue to provide information through multiple venues to help you be better prepared.

June 1 is the kickoff of the annual hurricane season that runs through Nov. 30.

So start with the basics and use the websites to prepare your family and remember the three things you need to know: to be informed, have a plan and make a kit.

## Diverse Views



How do you stay physically active?



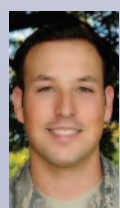
**Senior Airman Jasmine Johnson**  
324th Intelligence Squadron

"I find new exercises and activities to do with friends. We keep each other motivated and share our workout ideas with one another. I stay active so that I can be as healthy as I can for as long as I can and to encourage others to do the same."

**EN2 Kelly Wentworth**  
Pearl Harbor Naval Shipyard



"I follow an exercise regimen and eat a balanced diet so I can live a long life and not be sick."



**Staff Sgt. Brandon Owens**  
647th Security Forces Squadron

"I stay physically active by utilizing the base gym. I like to work out four to five times a week, mixing up my exercises as much as possible. I work out not only because it is required by Air Force standards to stay physically fit, but because I want to live a healthy life."

**GSM1 Fabian Hunter**  
PSNS & IMF detachment Everett



"I normally go to the gym and lift in the evenings and 45 minutes of cardio in the mornings, part of the work day."



**Master Sgt. Bridgette Hopkins**  
HQ PACAF

"I love to stay physically active by running. This beautiful Hawaii weather leaves no excuses for not to run. I also take advantage of the excellent cardio equipment offered at the Hickam gym along with strength training at home. I stay active because I have a family history filled with strokes, heart attacks and now diabetes. Obesity kills and it's not getting me if I can help it."

**CTN2 Anthony Ward**  
NIOC Hawaii



"Get outdoors, enjoy the scenery, take advantage of what you can only get in Hawaii. It makes life better, makes you feel better."



**2nd Lt. Robin Casabar**  
154th Maintenance Squadron

"I stay physically active by using various workout routines. I use crossfit training and mix it up with Olympic lifting. I also love to get out and run to throw in cardio workouts."

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](mailto:editor@hookelenews.com) or [karen.spangler@navy.mil](mailto:karen.spangler@navy.mil)

## Construction continues at Hickam



Photo courtesy of the Hawaii Department of Transportation, Airports Division

This photo shows the progress of construction at Hickam Field as viewed from Pearl Harbor on Jan. 25, 1939 (76 years ago this week). Construction of Hickam Field began in 1935. Four aircraft and 12 men moved from Luke Field to Hickam in 1937, living in a tent city while construction continued.

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Ho'okele is delivered weekly to Navy & Air Force housing units and Navy and Air Force installations throughout Oahu.



# Bell tolling ceremony honors lost submariners

Story and photo by  
MC1 Steven Khor

Submarine Force Pacific  
Public Affairs

A special bell-tolling ceremony was held Jan. 14 at the Submarine Base Chapel at Joint Base Pearl Harbor-Hickam in memory of both submariners and submarines lost in the month of January during World War II.

Submariners past and present gathered to honor and remember those sacrifices for the nation. The event was sponsored by the Submarine Veterans, Bowfin-based and the chaplain's office at Commander Submarine Force, U.S. Pacific Fleet (COMSUBPAC).

Lt. Bill Gritton, chaplain from Naval Submarine Support Command, said the importance of the ceremony is the remembrance of what the submarine force has done in the past and what they are still doing today.

"The idea is to remind people of the interconnectedness of the submarine force," said Gritton. "It is to remind people that the submarine legacy has extended back to 1900 and to remember the sacrifices that individuals have made during that time period."

The bell-tolling ceremony is held every month to honor and pay respects to the 52 submarines and crews lost during the war.

The month of January honored five submarines and



Veterans from the United States Submarine Vets, Inc., Bowfin-based, and Sailors from Submarine Force, U.S. Pacific Fleet, attend a monthly bell tolling ceremony at the submarine memorial chapel at Joint Base Pearl Harbor-Hickam, Jan. 14. The monthly event honors submarines and crews lost at sea.

their crews that were lost as well as 10 Sailors who were lost although the submarines themselves made it home.

Pictures of the submarines and their crews were displayed on a large screen as Sailors spoke of accomplishments and sacrifices.

One submarine in particular honored at the event was USS Argonaut (SS 166).

A V-class submarine, Argonaut was the largest submarine built until the nuclear era. A mine layer and troop transport, it was

launched on Oct. 10, 1927. While engaging a Japanese convoy, it was sunk by direct fire and depth charges from Japanese destroyers. The sinking of Argonaut and its crew of 102 personnel was reported as the worst loss of life for a wartime submarine.

The bell that hangs in the steeple of the Submarine Base Chapel, and tolled in remembrance for the fallen each month, was donated from the crew of USS Argonaut right before its last patrol, from which it never returned.

Following the ceremony, submarine veterans and active-duty personnel reflected upon the event.

"Everything that we do in the submarine force has been built on the backs of the Sailors that we have lost," said COMSUBPAC's Force Master Chief Russ Mason, a native of Mears, Mich. "There is nothing in the submarine force that was not written in blood. For us to come here to honor them is a small price to pay to remember these Sailors and their sacrifices."

Mason has seen his share of Sailors lost during his career and believes events like bell-tolling ceremonies help show that Sailors past and present acknowledge their sacrifice and honor them.

"It is personal to me and I think it is personal to each one of us," added Mason. "They know someone or know of someone that we have lost, so we want to remember them and honor them."

Retired submariner, Lt. Cmdr. Paul Jurcsak of the U.S. Submarine Vets, Inc.,

Bowfin-based, and a native of New York, believes the bell-tolling ceremonies help attendees remember and share the proud tradition of the U.S. submarine force.

"We all leave here with a deep sense of pride of being a part of probably the greatest submarine force that the world has ever known," said Jurcsak. "It's our pleasure to honor the memory of those great Sailors and it is fitting that we continue this tradition."

Jurcsak recounted his experience losing a fellow shipmate while he served on active duty and said he was devastated.

"We are all brothers, and we feel a deep sense of loss whenever someone leaves us," added Jurcsak.

Operations Specialist 1st Class Steven Warden, assigned to Task Force 34, was a presenter at the event and said he believed the tolling of the bells was even more inspiring for him because he is from a different naval community.

"Being from the surface Navy, we are not as knowledgeable of the subsurface community and the dangers that come with it," said Warden, originally from Vinita, Okla.

Warden said he believes that submariners have that constant risk of not being able to surface. Some will surface, and some will not.

"For those who did not surface, we should all stand and support them," said Warner.

# 15th MDG set to open battlefield acupuncture clinic

Story and photo by  
Tech. Sgt. Terri Paden

15th Wing Public Affairs

A battlefield acupuncture clinic (BFA) is scheduled to open at the 15th Medical Group (15th MDG) in March.

In preparation for the opening of the clinic, battlefield acupuncture training classes have begun at the MDG.

Maj. Katie Crowder, 15th MDG Family Health Clinic medical director and training instructor, said the new clinic will offer patients a low-cost alternative to pain management.

"Acupuncture is such a valuable way to treat pain," she said. "It's quick, easy and effective."

Crowder said the treatment works much the same as traditional acupuncture by stimulating the flow of energy to promote healing and the release of endorphins though the procedures are noticeably different.

For battlefield acupuncture, up to five gold semi-permanent needles are placed into each ear. The needles remain in the ear until they naturally dislodge, which takes approximately four to five days.

During wear of the nee-



Maj. Katie Crowder, 15th Medical Group Family Health Clinic medical director, demonstrates the correct technique for battlefield acupuncture on Maj. Samantha Chuplis, 535th Airlift Squadron flight surgeon, during a refresher course for battlefield acupuncture held Jan. 15 at the 15th MDG at Joint Base Pearl Harbor-Hickam.

dles, patients can continue with regular activities including rigorous exercising and swimming. The gold needles are also suitable for wear in uniform.

Crowder said the procedure takes only 10 to 15 minutes to complete with most patients experiencing

near immediate pain relief.

"There is mild discomfort when the needles are placed, but patients love how quickly and well it works with very limited, if any, side effects," she said.

The clinic will be open to anyone enrolled at the Hickam Clinic with pain

that has already been diagnosed. At approximately \$5 a treatment, Crowder said the clinic will also help save the 15th MDG money that might otherwise be spent on other treatment methods.

"This particular form of

acupuncture has a high success rate in treating migraines and musculoskeletal pains, and is a great alternative or adjunct for pain medication, physical therapy and surgery," she said.

To prepare for the opening of the new clinic, Crowder is actively training providers on the procedure.

During the class, participants were educated on the history and purpose of the procedure, as well as the proper application of the needles. The participants were also able to receive hands-on training and witness firsthand the immediate effects of the procedure.

Maj. Samantha Chuplis, a 535th Airlift Squadron flight surgeon, volunteered as a test subject during the class and credits the procedure with instant pain relief for chronic pain in her feet.

"This is the least amount of pain I've been in, in two years," she said after having Crowder demonstrate the application on her during the training.

Chuplis recommends that patients who may be unsure or disbelieving of the effectiveness of the pro-

cedure to be open minded.

"I'd say if anyone has any doubts and if they are willing, to try and see how it works for them," she said.

Capt. Susan Berganio, a 15th MDG family nurse practitioner, was also in attendance and said she also believes in the benefits of acupuncture.

"The day I attended my first acupuncture training class, I showed up to the class nauseated," she said. "During the demonstration, as soon as one needle was placed, my nausea instantly went away and I felt better, so that's been my experience with acupuncture."

Berganio said as a provider, she would recommend acupuncture to her patients.

"We're trying not to have people be so medication dependent and this is one of those ways, and it's simple, easy and the benefits are sometimes instant with minimal side effects," she said.

The BFA will be open two days a month on a referral only basis. For more information or a referral to the battlefield acupuncture clinic, contact your medical provider.



# Pearl Harbor-Hickam *Highlights*



Chief Master Sgt. of the Air Force James Cody speaks with Airmen during an all-call held Jan. 15 in Memorial Theater at Joint Base Pearl Harbor-Hickam. Cody shared Air Force leadership knowledge during discussions with junior and senior enlisted Airmen and met with leadership groups and Airmen in their work areas during his two-day visit.

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



Chief Fire Control Technician Joseph Engro, left, and Operations Specialist 1st Class Steven Warden, both stationed with Submarine Force, U.S. Pacific Fleet, present at a monthly bell tolling ceremony held Jan. 14 in the Submarine Memorial Chapel at Joint Base Pearl Harbor-Hickam.

U.S. Navy photo by MC1 Steven Khor



Airmen from the 15th Maintenance Squadron, Hawaii Air National Guard 154th MXS and maintenance Coast Guardsmen install a cable into a grip hoist during a crash, damaged, disabled aircraft recovery exercise Jan. 14, at Kalaeloa Airport in Kapolei. The grip hoist was used to stabilize an F-4 Phantom II that was raised off the ground with airbags as a part of the annual training exercise.

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

Airmen from the 15th Maintenance Squadron and Hawaii Air National Guard 154th MXS prepare airbags and control consoles in preparation to raise an F-4 Phantom II during a crash, damaged, disabled aircraft recovery exercise Jan. 14, at Kalaeloa Airport in Kapolei.

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



Senior Chief Machinist's Mate Neph Ludwig gives ROK chaplains a tour Jan. 14 of the central control station on USS Chung-Hoon (DDG 93). (See story and additional photo on page A-6.)

U.S. Navy photo by PS2 Dominica Humphries



## USS Chung-Hoon hosts ROK chaplains

Ensign Caleb Robinson

USS Chung-Hoon (DDG 93) Public Affairs

USS Chung-Hoon (DDG 93) hosted two chaplains from the ROK Navy for a ship tour Jan. 14. The visit gave them an insight into the surface community of the United States Navy.

The Chaplain Corps in the U.S. Navy has the guiding mission, "to inspire hope and strengthen spiritual well-being through the delivery and coordination of effective religious ministry at sea and ashore."

Although Chung-Hoon does not have a chaplain permanently attached, Chaplain Carl Muehler, Destroyer Squadron 31 chaplain, frequently goes to sea with Chung-Hoon and other ships on the wa-

terfront. In doing this, he is able to fulfill the mission that guides his community in their day-to-day service within the U.S. Navy

The ROK chaplains were visiting Hawaii in support of a Marine Corps exercise but wanted to take time to converse with Muehler and gain perspective on what life is like being stationed on a ship in the U.S. Navy. Topics of discussion included the type of support that chaplains provide to ships and the comparison of perspectives on their unique role within their respective militaries.

President Obama said of the U.S. alliance with the ROK in April 2014, "This alliance is special, forged on the battlefield. It has been fortified by the common values and mutual interest and mutual respect of our peoples," President

Obama said in April 2014 about the U.S. alliance with the ROK.

Chung-Hoon works to bolster this critical alliance as it is strengthened not only through national actions but through simple acts such as the sharing of perspectives and ideals on service.

"It was a unique opportunity for Chung-Hoon to provide this tour to a group of individuals who do so much for the well-being of the sailors of their countries. The support that the chaplains provide will be an invaluable asset as the schedule ramps up and deployment approaches," said Cmdr. Ryan Collins, commanding officer of Chung-Hoon.

USS Chung-Hoon will continue through the basic training phase in preparation for deployment.



U.S. Navy photo by PS2 Dominica Humphries

An ROK chaplain takes the watch at the ship's control console during a tour Jan. 14 of the USS Chung-Hoon (DDG 93).

## Observing MLK Day



U.S. Navy photo by MC2 Johans Chavarro

Sailors attend a Dr. Martin Luther King Jr. observance luncheon at Silver Dolphin Bistro, Joint Base Pearl Harbor-Hickam.



U.S. Navy photo by MC2 Johans Chavarro

Service members attend a Dr. Martin Luther King Jr. observance event at Sharkey Theater, Joint Base Pearl Harbor-Hickam. The event was hosted in commemoration of Martin Luther King Day and allowed those in attendance a chance to honor and reflect on the sacrifices Martin Luther King Jr. made in support of equal rights.

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