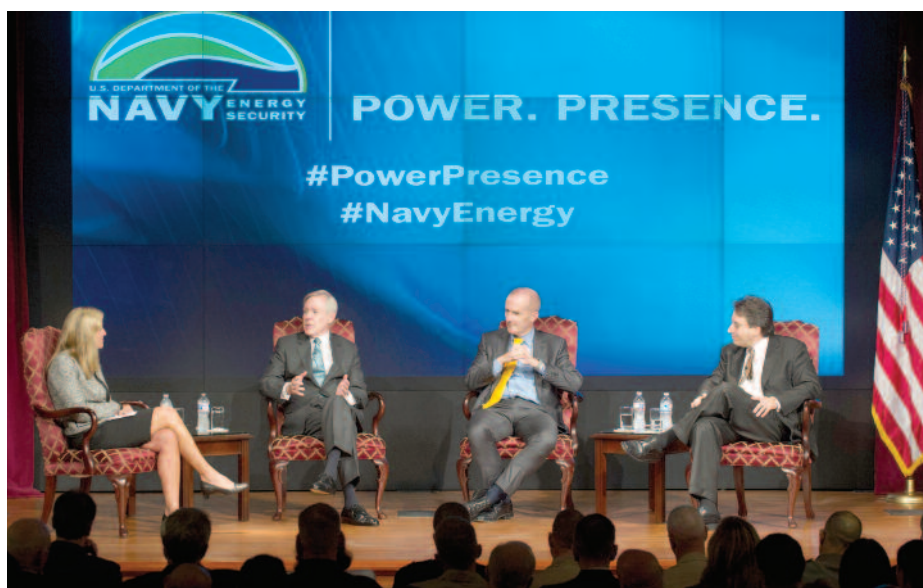




USS Michael Murphy Sailors conduct a helicopter in flight refueling (HIFR) of an MH-60R Seahawk, April 4.
 U.S. Navy photo by Lt. j.g. Joshua A. Flanagan



SECNAV hosts energy innovation roundtable

MC2 Tyrell K. Morris

WASHINGTON (NNS)—Secretary of the Navy Ray Mabus hosted an energy innovation roundtable Oct. 14 at the National Defense University's Eisenhower School in Washington, D.C.

The discussion focused on innovation in

energy culture and technology. Attendees discussed the progress of energy and what the future holds for energy technologies.

SECNAV unveiled his five energy initiatives in 2009 and has worked to ensure the Navy reduces its dependence on fossil fuel

See **ROUNDTABLE, A-2**

Energy conservation is year round focus

Karen S. Spangler

Managing Editor, Ho'okele

Although Energy Action Month in October brings added emphasis to the importance of conserving energy, energy conservation is a year-round focus for the Navy.

During an energy innovation roundtable hosted Oct. 14 by Secretary of the Navy (SECNAV) Ray Mabus, discussions focused on energy security and the future for energy technologies.

SECNAV unveiled his five energy initiatives in 2009. In May 2014 he implemented the renewable energy program office to identify cost-effective renewable energy projects for Department of the Navy installations.

"The Navy has always been on the forefront of energy changes," said Mabus. "We're doing it for one reason, and that's to be a better fighting force."

He noted that energy conservation and security is a significant step toward meeting the Navy's renewable energy goals. Every dollar saved on energy is a dollar that can be used toward operations and train-

ing to ensure our Sailors and equipment remain mission ready, he said.

Naval Facilities Engineering Program (NAVFAC) Hawaii leads the energy program at Joint Base Pearl Harbor-Hickam and provides oversight in the areas of energy conservation, energy awareness and energy security.

"The Navy Region Hawaii Energy Management Program, dated 2010, states the three focus pillars are: installing a culture of conservation, investing in technology and influencing operations to execute the mission at the lowest possible energy usage and cost. The CNRH/NAVFAC Hawaii Energy Team has various programs to accomplish these goals," said Michael Langer, energy program director for NAVFAC Hawaii.

He explained that there are monthly energy conservation board meetings attended by tenant activity commanders, energy award programs to recognize significant energy and water conservation efforts, and establishing building energy monitors to provide monthly energy audits for each CNRH facility.

See **SAVING ENERGY, A-3**

Makahiki celebration to take place Nov. 7 at Hickam Harbor Beach

Joint Base Pearl Harbor-Hickam Public Affairs

Military and Department of Defense personnel, their families and sponsored guests are invited to celebrate the annual makahiki, or ancient Hawaiian festival of Thanksgiving, beginning at 9 a.m. Nov. 7 at Hickam Harbor Beach at Joint Base Pearl Harbor-Hickam.

The annual makahiki at Kapaikaula (ancient name for the Hickam area) provides a unique opportunity for guests to travel back in time to experience Hawaii's rich heritage and play ancient makahiki games, a popular part of the festival in which

families can participate. The event is free and open to personnel with base access and their sponsored guests.

Organized by the Oahu Council of Hawaiian Civic Clubs in partnership with Joint Base and Navy Region Hawaii, this celebration symbolizes a time when native Hawaiians put aside their differences and gave thanks.

Jeff Pantaleo, cultural resources manager for Naval Facilities Engineering Command Hawaii, is a key planner for the event. "The makahiki parallels the western tradition of Thanksgiving and was a time of peace and thanks to the Hawaiian deity, Lono, for agricultural boun-

ties and games of strength and skill played," Pantaleo said.

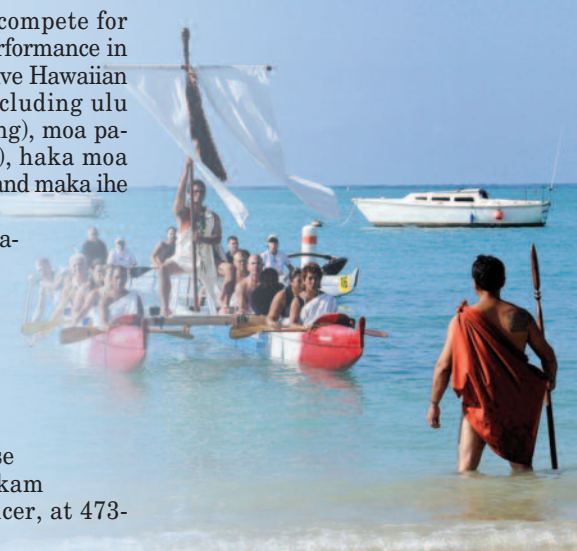
"Makahiki started at Pearl Harbor 14 years ago at Ford Island and has helped improve relationships between the Navy/Air Force and the Native Hawaiian community," he said.

The Hawaiian deity, Lono, will journey from Iroquois Point to Hickam Beach via canoes from the Kamaha'o Canoe Club. At 9 a.m. a blast of the pu (conch shell) will announce the arrival, and a procession from the beach to the grassy area in front of Sam Choy's Island Style Seafood and Grille will begin the makahiki.

Guests can learn the history

of makahiki and compete for prizes given for performance in the traditional Native Hawaiian games of skill, including ulu maika (stone rolling), moa pahe'e (dart tossing), haka moa (one leg wrestling) and maka ihe (spear tossing).

For more information, contact Patty Coleman, Navy Region Hawaii environmental outreach coordinator, at 473-0369 or Grace Hewlen, Joint Base Pearl Harbor-Hickam Public Affairs officer, at 473-2926.



USS Preble to return today from independent deployment

Navy Region Hawaii Public Affairs and Naval Surface Group Middle Pacific Public Affairs

The guided-missile destroyer USS Preble (DDG 88) is scheduled to return today from an independent deployment to the western Pacific Ocean.



Deployed since March, the crew of more than 300 Sailors steamed a total of 48,550 nautical miles across the U.S. 3rd and U.S. 7th Fleet areas of operation. While deployed, Preble conducted various theater security operations and goodwill activities with partner nations.

	<p>Energy information See page A-2, A-3, A-4</p>		<p>UH vs. Air Force Military Appreciation Day set See page A-6</p>		<p>Military 'joins forces' with community at air show See page B-1</p>
	<p>USS Jacksonville returns from deployment See page A-4</p>		<p>Getting busy getting healthy See page A-7</p>		<p>American Cancer Society Walk Saturday See page B-5</p>

Navy in Hawaii recognizes October as Energy Action Month

Denise Emsley

Naval Facilities
Engineering Command
Hawaii

As part of Navy Energy Action Month, Naval Facilities Engineering Command (NAVFAC) Hawaii hosted an energy action fair and training sessions Oct. 14 for Navy, Air Force and civilian building energy monitors (BEMs) at the Ford Island Conference Center, Joint Base Pearl Harbor-Hickam (JBPHH).

NAVFAC Hawaii also invited any interested area personnel who wanted to learn more about energy and water conservation efforts to attend the fair held prior to the BEM training sessions.

Presenters at the fair included NAVFAC Hawaii Energy Team, NAVFAC Pacific Energy Team, Hawaii Natural Energy Institute, Department of Defense Information Analysis Center, Hawaii Energy, Hawaii Electric Company, Forest City (public private housing venture) and Navy Region Hawaii Housing Office and Pacific Energy Solutions. Each provided valuable information on how anyone can help conserve energy.

Capt. Dean Tufts, commanding officer of NAVFAC Hawaii, opened the training sessions by thanking each BEM for their participation in the pro-



U.S. Navy photo by Denise Emsley

(Above) The Navy Region Hawaii housing office provides a table "Know Your Energy Load" at this year's Navy Energy Action Fair held Oct. 14. The display showed various light bulbs which allowed fair participants to see the difference in energy usage. (Below) Capt. Dean Tufts, commanding officer of Naval Facilities Engineering Command Hawaii, addresses area building energy monitors (BEM) at this year's Navy Energy Action Fair and BEM training held Oct. 14 at the Ford Island Conference Center, Joint Base Pearl Harbor-Hickam

gram and told them of their importance to the region and Joint Base in meeting goals set by the president and the Secretary of the Navy.

"For Navy Region Hawaii and Joint Base Pearl Harbor-Hickam, you are our eyes and ears at each of your commands," said Tufts. "Our collective goal is to ensure everyone

knows how to easily reduce their energy and water consumption, not just to meet a directive from senior leadership, but because it is the right thing to do. Behavior such as turning off lights, computers and air conditioning must become as habitual as putting on your seat belt in a car."

Following Tufts'

final message on how Hawaii BEMs are essential in enabling others in their commands to practice conservation behavior, Katie Ramirez, NAVFAC Hawaii energy team member and Joint Base Pearl Harbor-Hickam (JBPHH) installation energy manager, presented the main training presen-

tation to more than 260 military and civilian personnel who attended the morning and afternoon sessions.

"This training is to empower you in your duties as building energy monitors, to present the latest information and assist you in educating your coworkers, helping them eliminate energy and water

waste, thereby saving the Navy significant dollars that can be reprogrammed for other critical facility operation and maintenance needs," said Ramirez.

The presentation started by stating that energy bills are the single largest cost for the Navy, reflecting about 28 percent of its shore budget. And, here in Hawaii, the bill is more than \$7 million a month.

Ramirez reported that the Navy in Hawaii met its water reduction goal this year; however, it fell short of reaching its energy goal of 30 percent reduction, only obtaining 22 percent.

According to a recent presidential executive order, our new goal is to reduce energy consumption by 2.5 percent per year and reduce water use by 36 percent by the year 2025.

The Department of the Navy goal for energy reduction is to reduce consumption by 50 percent by 2020. "This is a very ambitious set of goals that will take everyone's participation," said Ramirez.

"Imagine if you had to cut your home energy bill in half. You would have to make some pretty drastic changes in the way you live. That's what will need to be done here at work with everyone adjusting their behavior on how they get the job done, cutting the Navy's energy use in half," she said.



Navy awards sixth phase of public-private venture housing project at Kaneohe

260 family housing units in Kaneohe Bay to be developed

Naval Facilities Engineering Command (NAVFAC) Public Affairs

NAVFAC and Hawaii Military Communities, LLC signed agreements Sept. 30 to execute the sixth phase of the Navy's public-private venture (PPV) Hawaii regional housing project for Marine Corps and Navy families stationed at Marine Corps Base Hawaii (MCBH), Kaneohe Bay.

The sixth phase of the PPV project involves a comprehensive 30-month development plan that will invest \$161 million to demolish 276 existing, inadequate two-bedroom units in the Hana Like neighborhood. The construction will involve 260 new, high-quality, energy-efficient three- and four-bedroom du-

plexes and multiplexes at Hana Like and Waikulu.

After phase six is completed in 2018, there will be a total number of 2,576 safe, affordable and sustainable homes for Marine Corps and Navy families stationed at MCBH Hawaii and Camp Smith.

From May 2004 to October 2014, Hawaii Military Communities, LLC has constructed 3,085 new homes and renovated 1,507 homes for the Navy in Hawaii at a total development cost of \$1.69 billion.

Overall, the Hawaii Navy and Marine Corps PPV team has privatized more than 6,800 homes and will invest more than \$1.85 billion in development over a 14-year period through 2018 on Navy and Marine Corps installations on Oahu and Kauai.

PPV is the formation of a limited liability company (LLC) between the Navy and Marine

Corps and a private company. The private company secures the necessary financing and, as the managing member in the LLC, is responsible for the demolition, construction, renovation, maintenance, management and operation of the family housing.

The Department of the Navy, as a non-managing member in the LLC, maintains a vested interest in ensuring that quality housing is available to service members and that the housing is fully sustained for the life of the 50-year agreement.

Under the PPV plan, the service member signs a lease and makes monthly rent payments to the LLC using the service member's basic allowance for housing (BAH) entitlement, which covers rent and normal utilities.

(For more information on the Navy's public private venture program, visit www.housing.navy.mil.)

Roundtable discusses progress of energy

Continued from A-1

and focuses on renewable energy sources.

"The Navy has always been on the forefront of energy changes," said Mabus. "We're doing it for one reason, and that's to be a better fighting force."

Energy is the third largest industry in the United States. The discussion was an opportunity to reinforce how critical energy is to accomplishing our mission. By 2020, the Navy wants 50-percent of its total energy consumption to come from alternative sources.

In May 2014, SECNAV started the renewable energy program office to identify cost-effective renewable energy projects for DON installations. The Department of the Navy is pursuing renewable energy generation to improve energy security, operational capability, strategic flexibility and resource availability.

Installing LED lights on installations and ships, using solar panels, windmills and hydrogen

power sources are just a few of the steps the Navy has taken to cut spending and conserve energy. Energy conservation and security is a significant step toward meeting the Navy's renewable energy goals. Every dollar saved on energy is a dollar that can be used toward operations and training to ensure our Sailors and equipment remain mission ready.

David Crane, NRG energy CEO, praised SECNAV for his energy push and believes the Navy has the ability to lead the nation in energy innovation.

"The Navy is in such a great position to lead the nation by pioneering technologies for energy that can eventually find its way to the private sector," said Crane.

The Navy will continue to develop and participate in energy, environmental and climate change initiatives that will increase use of alternative energy and help conserve the world's resources for future generations.

Diverse Views



How do you conserve energy?



Capt. Brandon Fiske

352nd Cyberspace Operations Squadron

"I ensure that as I leave a room, I turn off the lights and fans if no one is still in the room. I also leave the windows open as much as possible when there is a breeze and unplug most of my electronics when I go on long trips away from home — just not the fridge!"

FCC Evan Burns
USS Chosin (CG-65)



"I try to ensure that housing has to pay me back money on my electric bill. To do that, I unplug all electronics when not in use, I unplug phone chargers and the coffee pot to keep usage down. I also turn up the air conditioning temperature when no one is in the house."



Sgt. Jesse Francojaime
PACAF Defense Courier Service

"I conserve energy by letting the breeze in and using filters for tap water so not to use plastic bottles."

MM2 Kevin Leahy
USS Asheville (SSN-758)



"To conserve energy in my home, I turn the lights off and turn off all equipment when I am not using it."



Staff Sgt. Michael Lupski
154th Maintenance Squadron

"Installed solar panels on the house, harnessing the sun's energy."

SN Gabriela Murillo
USS Hopper (DDG-60)



"To conserve electricity, as I live in base housing and fall under the RECP, I turn off my air conditioning and open all of the windows in the house. It makes the house hot sometimes, but I do not have to pay any extra money on my electric bill."



Staff Sgt. Adrienne McDonald
647th Force Support Squadron

"I limit the amount of TV I watch. I try to keep it under six hours per week."

Senior Master Sgt. Loretta Washington
HQ PACAF



"I conserve energy by turning off lights and using natural light during the day. I also unplug unused appliances, which helps conserve energy."

Provided by David D. Underwood Jr. and Lt. Paul Fylstra

Want to see your command featured in Diverse Views? Got opinions to share?

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Commentary

'Power ensures presence' — So what can we do...

Capt. Dean Tufts

Commanding Officer,
Naval Facilities
Engineering Command
Hawaii



Capt. Dean Tufts

The Navy's theme for Energy Action Month 2015 is "Power. Presence." We are able to operate forward not only because of the fuel that powers our ships and aircraft but also due to the electricity needed for our shore facilities.

Last week NAVFAC Hawaii held an energy action fair and building energy monitor (BEM) training on Ford Island. At the training, I had the opportunity to thank the dedicated men and women, both military and civilian, from our tenant commands who serve as BEMs. In conjunction with the region and base energy team, they are saving our nation millions of dollars through their efforts in energy conservation.

With a relatively small group of designated BEMs, every one of us should all be looking for ways to conserve energy (and water) in our

work areas. In addition to contacting your BEM or building manager if you see a problem, we must strive to make energy conservation second-nature, where turning off unused power is as automatic as putting on a seatbelt before driving.

While the Navy in Hawaii is increasing its use of solar power, LED lighting and hydrogen power, we are also looking for reasonable and practical ways to reduce our overall energy consumption as well as moving forward in our research and implementation of additional alternative sources of energy

like biofuels and wave energy.

Here are some reasons why we should care:

- If we consume less power, we are able to use that money saved for other important requirements.

- If we require less power ashore, we can better support mission-critical shore requirements through redundancy and resiliency when there is a problem with grid delivery.

- Operationally, we can reduce risk, whether fighting terrorism, keeping sea lanes free, or responding to disasters when we have secure, reliable, flexible power solutions.

- The President's Executive Order 13693 requires us to reduce energy consumption by 2.5 percent through 2025 (and reduce water use by 36 percent by 2025).

If we care (and I know we do), here are some things we can all do:

- Ensure lights, office equipment and computers are turned off when not in use (especially at the end of the day). For example, con-

nect your screens and speakers into a power strip that you can shut off when each time you leave your area.

- Ensure external windows and doors are closed if your building is air conditioned.

- Section off areas by closing doors within your building that don't require air conditioning all of the time.

- Ensure air conditioning vents are not blocked by furniture, boxes, etc.

- Open blinds for natural light instead of using overheads.

- Close blinds to block direct sunlight in order to cool room interiors.

- See even more ideas online, including at <https://www.facebook.com/NavalEnergy/>.

Every individual service member, civilian, family member and contractor can make a positive impact on Navy Region Hawaii's energy and water consumption/waste. Together, just like we do in our regular jobs, we can make a huge impact.

Saving energy can save money

Continued from A-1

There are numerous energy-saving projects and improvements that the CNRH/NAVFAC has implemented and that are ongoing in order to save energy.

"The CNRH/NAVFAC Energy Team is constantly looking for new energy and water conservation projects. Our energy project list is extensive, from building air conditioning upgrades, i.e., converting an old inefficient air conditioning system into a modern energy efficient air conditioning system that provides better occupant comfort, temperature control and indoor air quality; and using high efficiency, low flow, WaterSense water closets, urinals, faucets and shower heads which provide the same performance at a lower flow," Langer said.

And more energy-saving improvements are planned in the near term. "Lighting technology has come a long way in recent years with the availability of light emitting diode (LED) light fixtures, so we expect to see more lighting renovation projects," Langer said.

"LED light fixtures offer the lowest watts per lumes, or light output, as compared to interior fluorescence or exterior metal halide, high pressure sodium (HID) fixtures. These LED light fixtures last 10-15 years and are better for the environment since it does not contain mercury like fluorescent light fixtures," he said.

According to Katie Ramirez, NAVFAC Hawaii energy team member and Joint Base Pearl Harbor-Hickam (JBPHH) installation energy manager, energy bills are the single largest cost

for the Navy, reflecting about 28 percent of its shore budget. Here in Hawaii, the bill is more than \$7 million a month.

Everyone can — and should — do their part to help conserve energy. This effort not only saves energy, but it saves money.

"We all need to do our part to conserve energy and water. Turning off your lights and computers when not in use does not just save electrical energy at the fixture, but these lights put out heat, and by turning them off you reduce your air conditioning load," Langer said.

"Turning off your air conditioning does not just save energy but extends the life of the equipment. Using WaterSense shower heads does not just save water but also energy since you do not have to heat that water. It just makes sense to do our part and it is so easy," he added.

Forest City Residential Management, which oversees housing in Navy communities, and Hickam Communities, which manages Air Force housing communities, discussed best practices for housing residents to support energy conservation efforts.

"Electricity conservation has been a hot topic lately for military residents with the record high temperatures in Hawaii this summer contributing to higher electric bills. As of Oct. 1, NAVFAC reduced the electric rates charged to Forest City (and our residents), so our rates have dropped down to \$0.352 per KWH. This was a much needed relief for all of us," said Julie Blest, operations program specialist at Forest City

Residential Management.

"Average energy usage for single-family Forest City military residents in 2015 is 1000-1200 KWH per month (over 35 percent higher than the state average) (Source: Hawaii Energy). Forest City has various conservation initiatives in place, designed to support military families in their efforts to conserve energy and maximize opportunities for reducing consumption," Blest said.

The biggest energy users in Hawaii are air conditioners, water heaters and plug loads, she said.

Although residents who live in military housing at Hickam Communities are currently not under a utility billing program, they are encouraged to make their best efforts to monitor their energy consumption and take steps to conserve energy.

"Even though the Air Force has not yet launched its utility billing program we still encourage our residents to monitor their household energy consumption, which can easily be done online with our utility vendor, Minol USA," said Jim Hutchinson, utility manager for Hickam Communities. "They can view their past and current energy consumption, and they'll also find on the site a lot of information and resources that can help their family conserve," he said.

He added that residents who have not yet set up an account with Minol can call the company's resident customer care center at 1-888-636-0493, and staff will walk them through the process.

(See page A1, A-2, A-4 for other energy information.)

Liberators fly in formation



Photo courtesy of the state of Hawaii Department of Transportation Airports Division
Consolidated B-24 Liberators of the 867th Bomb Squadron, 494th Bomb Corps of the former Hickam Field, practice formation flying off the south tip of Kauai in October, 1944, 71 years ago this month.



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USS Jacksonville returns from deployment

Story and photo by
MC1 Jason Swink

Submarine Force Pacific
Public Affairs

The Los Angeles-class fast attack submarine USS Jacksonville (SSN 699) returned home to families and friends gathered at the submarine piers of Joint Base Pearl Harbor-Hickam, Oct. 16, following a scheduled six-month deployment to the western Pacific.

Cmdr. Matthew R. Boland, the submarine's commanding officer, praised his crew's performance on mission and on liberty.

"The Jacksonville crew could not have performed better," said Boland, "Although tasked with a challenging and demanding operational schedule, the Jacksonville crew rose to the occasion to successfully complete all missions."

Boland said continuous training was a key to the deployment's success. During the deployment, qualifications were a focus for many as six officers and 10 enlisted personnel earned the right to wear the coveted "dolphins" submarine warfare pin.

"Numerous junior Sailors seized the opportunity to develop as watchstanders and received real-world training through the mentorship of the officers and chief petty officers on board," said Boland.

Master Chief Electronics Technician Kevin Rollert, Jacksonville's chief of the boat, said the entire deployment was rewarding.

"Most important was watching the professionalism of the crew as we executed each mission and meeting our goal of having every Sailor who left Pearl Harbor earn his submarine dolphins," said Rollert.

Additionally, six officers advanced in rank, two



Sailors aboard the Los Angeles-class fast attack submarine USS Jacksonville (SSN 699) shift colors after returning Oct. 16 to Joint Base Pearl Harbor-Hickam following a six-month deployment to the western Pacific.

Sailors were promoted to chief petty officer, and 23 junior enlisted were promoted to higher grade.

"I could not be more proud of our crew," said Rollert.

Lt. Cmdr. Larry Arbuckle joined the crew halfway through the deployment as their new executive officer.

"I am immediately struck by the level of professionalism, enthusiasm and resiliency this group of Sailors brings to the Navy," said Arbuckle. "The most rewarding part for me was getting to join and serve with such a fine group of Americans."

Rear Adm. Bill Merz, commander of Submarine Group 7 in Yokosuka, Japan, said Jacksonville was the go-to attack boat of the U.S. 7th Fleet, significantly increasing the fleet's warfighting posture. He said he was particularly impressed with the crew's resiliency and ability to stay on mission.

Jacksonville furthered enhanced relations with allies and partners by participating in a two-week-long coordinated exercise with the Royal Australian Navy and the Royal New Zealand Navy.

"Each Sailor proudly represented the submarine force, the U.S. Navy and our nation, demonstrated by our success on mission, both at sea and in port," said Boland. "I could not be more proud of the crew and their outstanding efforts."

While on deployment the crew enjoyed and outstanding lineup of port calls, including Malaysia, Australia, Singapore and Guam. On liberty, the crew enjoyed engaging with local navies through tours, social activities and sporting events, as well as volunteering within the local communities.

"Visiting Australia was my favorite part as I have always wanted to travel there," said Logistics Specialist 3rd Class Robert Bergonzi. "Seeing kangaroos in the wild was awesome."

Crew members volunteered at the Native Arc Wildlife Center, an organization that rehabilitates sick, injured and orphaned Australian wildlife and worked with in-need children at a school in Singapore.

Upon returning home to Pearl Harbor, Boland and

his crew are looking forward to reuniting with families and friends. Waiting on the pier were friends and families with flower lei, banners and signs, with many cheer-

ing their return.

Lonnie and Norma Piehl traveled from Sanpoint, Idaho, to welcome home their son, Machinist's Mate 3rd Class Nicholas Piehl.

"It's extremely exciting because we haven't seen him in two years," said Norma. "I am so glad we are able to be here today; we both miss him a lot."

Bring down your consumption and start saving

Forest City offered these tips for conserving energy:

- Change air conditioning filters at least monthly.
- Set thermostats at the highest comfortable setting. For each degree above 75 degrees F, you can save as much as 3 percent of the energy used to cool your home.
- Set thermostats at a higher temperature when you are not home, and gradually lower it when you return home.
- Use ceiling fans instead of air conditioners, and close blinds during the day when the sun is the highest.
- Open windows and use all natural Hawaii tradewinds for cooling whenever possible.
- For residents with so-

lar hot water heaters, make sure the water heater timer ("grey box") is set correctly.

- Extra appliances (freezer, wine chiller, kegerator, projection TV, etc) will lead to higher energy consumption.
- Use an advanced power strip to help control "phantom loads" that use unnecessary electricity.
- Turn off power strips when not in use.
- Unplug loads from the wall when not in use.
- Install LED light bulbs where you can.
- Notify maintenance of any potential equipment issues right away.
- If you are practicing the above energy conservation recommendations and still need assistance,

give Forest City a call and they will schedule an energy Assessment.

Hickam Communities also provided some energy saving tips:

- Set thermostat to 78 degrees and turn off the air conditioning when leaving the house.
 - Change air conditioning filters monthly. Hickam Communities provides free replacement filters.
 - Use power strips to help conserve electricity. Use them to shut off phone chargers, computers, TV's and gaming stations when not in use.
 - Wash only full loads of laundry, and use cold water whenever possible.
- (Also see energy-related stories on pages A1, A-2 A-3.)

Pearl Harbor-Hickam *Highlights*



Patrons at the 2015 Kaneohe Bay Air Show tour a C-5 Galaxy Oct. 16 at Marine Corps Base Hawaii. This year's theme for the air show was "Joining Forces with the Community" which hosted an array of acrobatic aerial performances by civilian performers, as well as military drills and demonstrations by the U.S. Navy, Marine Corps, Army, Air Force and Coast Guard.

U.S. Navy photo by MC2 Johans Chavarro



Aircrewmembers perform pre-flight checks on an F-16 "Fighting Falcon" Oct. 16 during the 2015 Kaneohe Bay Air Show at Marine Corps Base Hawaii. (Story and additional photos on page B-1.)

U.S. Navy photo by MC2 Johans Chavarro

Chief Electronics Technician Jeremy Brown, and assigned to the fast attack submarine USS Jacksonville (SSN 699), is greeted by his wife, Nikki, and son, Bryson, Oct. 16 upon returning to Joint Base Pearl Harbor-Hickam following a six-month western Pacific deployment.

U.S. Navy photo by Lt. Brett Zimmerman



(Above, right) The National Park Service's Submerged Resources Center conducted a field dive Oct. 17 of the sunken USS Arizona to commemorate the 99th anniversary of the ship's commissioning. Visitors to the USS Arizona Memorial were able to watch the divers' activities from the Pearl Harbor Visitor Center theater and ask questions. Others logged on to view a live webcast and interact with the diving team as well.

Video stills courtesy of National Park Service



UH vs. Air Force Military Appreciation Day set

Joint Base Pearl Harbor-Hickam Public Affairs

The University of Hawaii's ninth annual Military Appreciation Day will begin at 4:30 p.m. Oct. 31 as the Rainbow Warriors host the United States Air Force Academy at Aloha Stadium.

The pregame show will feature the Navy League honoring a key spouse from each branch of service.

A key spouse is one who has functioned as the communication and organization focal point for a unit that is deployed in the theater of hostile operations, or hardship situation, during this year. The half-time show will feature marching units from around Oahu. The ceremony will also honor a number of local Vietnam veterans.

For anyone interested in purchasing tickets to the Military Appreciation Day game, discounted



U.S. Air Force photo by Liz Copan

Falcon football head coach Troy Calhoun rallies his team before they take on Morgan State at the U.S. Air Force Academy's Falcon Stadium, Sept. 5, in Colorado. Air Force defeated Morgan State 63-7 to open the 2015 season.

tickets are available.

Active duty, Reservists, and Department of Defense civilians will receive 50 percent off select adult tickets (maximum of eight) to the game on military night.

A valid military identification card is required when purchasing tickets at the Stan Sheriff Center box office in advance or at the Aloha Stadium box office in advance or on game day. Tickets are in special sections and supplies are limited.

The U.S. Air Force Academy athletic department will also hold an impromptu pep rally beginning at 3 p.m. Oct. 30 in front of the Missing Man Formation at Joint Base Pearl Harbor-Hickam. This is a family friendly event and will include both the academy's cheerleaders and dance team. For more information, email scott.heinlein@us.af.mil.

Navy Credentialing Opportunities On-line launches new website

Center for Information Dominance Public Affairs

PENSACOLA, Fla. (NNS)—Navy Credentialing Opportunities On-line (COOL), a program providing Sailors a way to take the skills they have learned on the job and translate them into civilian credentials, introduced a new website Oct. 16.

"We've made things easier to read, easier to find, and easier to use, whether you're at your desk or on your phone," said Keith Boring, Navy COOL program manager.

"We know today's Sailors look for information in different ways, and we want to make sure that information about this very important program is accessible to them, wherever they are and however they are connected online," Boring said.

Navy COOL helps Sailors find information on certifications and licenses related to their jobs and can even provide funding to pay for credential exams and maintenance fees.

The website upgrades include a responsive design that adapts to the device a Sailor chooses to use to explore the site, whether on a desktop, tablet or phone. Interactive credential tables also give Sailors more

tools when looking at credentials related to their rate, designator or collateral duty. Applying filters and sorting and searching by key words help create customized, printable lists.

"We reorganized the content, too," said Boring. "All of the supporting information on COOL, from the credentialing steps along the top of each page to the pages you access from the top navigation bar, has been redesigned and rewritten to make it easier to understand credentialing and what it means to you. Most importantly, it makes it easier for you to understand what you need to do to get a credential."

A new site-wide search box also provides results in three tabs, showing all results, military occupations on summary pages and COOL credential snapshots pages.

Along with the Navy COOL website, the Department of Navy COOL portal site has also been updated.

The Navy COOL office is located at the Center for Information Dominance (CID) based at Corry Station, part of Naval Air Station Pensacola, Fla. CID is the Navy's learning center that leads, manages and delivers Navy and joint forces training in information operations, information

warfare, information technology, cryptology and intelligence.

With nearly 1,300 military, civilian and contracted staff members, CID provides training for approximately 22,000 members of the U.S. armed services and allied forces each year. CID oversees the development and administration of more than 200 courses at four commands, two detachments and 12 learning sites throughout the United States and Japan.

(For more information on the Navy COOL program, visit www.cool.navy.mil/usn. For more news from Center for Information Dominance, visit www.navy.mil/local/cid/.)

Chief Culinary Specialist Kelvin Wiggins, left, the supply chief assigned to USS Constitution, discusses certification opportunities with Kevin Redmond and Bruce Alberque, members of the Navy Credentialing Opportunities Online (COOL) traveling briefing team.

U.S. Navy photo by MCSN Shannon Heavin





U.S. Navy photo by MC2 Chris Brown

The Los Angeles-class attack submarine USS City of Corpus Christi (SSN 705) transits into formation Oct. 16 during a photo exercise as a part of Exercise Malabar 2015.

USS City of Corpus Christi visits Singapore this month

Lt. Franklin Roberson

USS City of Corpus Christi Public Affairs Officer

SINGAPORE (NNS)—The Los Angeles-class fast-attack submarine USS City of Corpus Christi (SSN 705), homeported at Joint Base Pearl Harbor-Hickam, visited Singapore Oct. 15 as part of its deployment to the western Pacific.

With a crew of approximately 150 Sailors, City of Corpus Christi showcased the latest capabilities of the submarine fleet.

"City of Corpus Christi is conducting extended operations in the waters of the western Pacific," said Cmdr. Travis Petzoldt, the commanding officer of City of Corpus Christi.

"Deployments like this are essential to our readiness as they stress our ability to operate without external logistical support and provide experience in varied operational environments," he said.

"The United States is a Pacific nation, and it is a priority for us to build and maintain partnerships in the region to help promote peace, prosperity and stability in it. Singapore is an im-

portant partner and our visit reflects that. The crew and I look forward to our interactions with the Republic of Singapore Navy and are extremely pleased and excited to have this opportunity to visit the 'Lion City,'" said Petzoldt.

Submarines of the Los Angeles-class, the Navy's largest class of nuclear-powered attack submarines, are among the most advanced undersea vessels in the world.

These 360-foot, 6,900-ton ships are well equipped to accomplish these tasks. Faster than their predecessor and equipped with highly accurate sensors and weapons control systems, they are armed with sophisticated Mark 48 ADCAP torpedoes and Tomahawk cruise missiles.

"These men have worked hard over the last year to get this 33-year-old submarine ready to deploy, and ready she is," said Master Chief Machinist's Mate Richard Magee, the chief of the boat on City of Corpus Christi.

"They have done an amazing job getting the ship and themselves ready for this deployment, and I couldn't be more proud of a group of men than I am of

this crew. This is my fourth western Pacific deployment and the third time I have been fortunate enough to visit Singapore and I'm looking forward to this visit.

"This is a first for many of my crew and our first official port visit of the deployment, so I know that they are looking forward to getting some time off and I can't think of a better place to take some time to relax than Singapore," said Magee. "This will be an amazing port visit for my crew."

For some of the crew members, this was their first time visiting Singapore.

"I'm excited to see the skyline of a modern city as well as experience all of the cultural diversity Singapore has to offer," said Electronics Technician 2nd Class Broc Andrews.

"This is what I imagined when I joined the Navy. I wanted to travel thousands of miles to see parts of the world I wouldn't have otherwise."

City of Corpus Christi was commissioned Jan. 8, 1983 and is currently on its final deployment. It will be decommissioned in 2016 after 33 years of committed service at sea.

Getting busy getting healthy

Staff Sgt. Christopher Stoltz

15th Wing Public Affairs

According to a Department of Defense (DoD) study, obesity and tobacco use among U.S. military health care beneficiaries add an estimated \$3 billion per year to the annual DoD budget in health care costs and lost duty days.

In response to this number, the 15th Wing Medical Group (MDG), as part of the DOD's Healthy Base Initiative and Operation Live Well, is now offering dietary services to patients who receive a referral from their primary care manager.

Elaine Davis, 15th Wing MDG, is JBPHH's only registered dietitian and is available to assist Airmen and Sailors with their dietary needs and provide guidance.

Although Davis serves on location as JBPHH's dietitian,

she will also assist Airmen and their families stationed at remote Pacific Air Forces locations. She defines her position as an excellent opportunity for the military to be preventive, not reactive, when it comes to maintaining a healthy lifestyle.

"Just in my short time here, I have noticed the military personnel and their families are constantly busy," she said. "People can only stretch their time so thin and, as a result, something will suffer. For most individuals, the thing suffering is usually one of the most important—their diet."

Davis said although it is convenient for people to have these options to choose from, she said the best and healthiest decision is to pre-cook or pre-prepare meals, as they will be less expensive and yield higher nutritional value.

"I want to help inspire people to live a

healthier lifestyle," she said. "Whether it is a military member or one of their family members, I want to not only assist them in their weight goals, but provide the right attitude that will carry them and help them maintain a healthy lifestyle."

The Healthy Base Initiative aims to create an environment to help people get well, relieve stress, eat better, and exercise more. Highlights include:

- Promote a healthy and fit force, which is essential to national security.
- Increase awareness of the devastating impact of sedentary lifestyles and poor nutrition choices.
- Empower the military community to make better nutritional choices, increase physical activity, decrease tobacco use and lose weight.
- Provide a hands-on look at service-level innovations, which can be used to promote health and wellness best practices throughout DoD.



U.S. Navy photo

Chief petty officer (CPO) selectees assigned to commands in the Hawaii region participate in a morning physical training (PT) session at Ford Island.