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The U.S. Air Force Academy Falcon football team (shown here) will play the University of Hawaii Rainbow Warriors Saturday at Aloha Stadium.  
U.S. Air Force photo

## UH Military Appreciation Day to 'touch down' at Aloha Stadium

**Joint Base Pearl Harbor-Hickam Public Affairs**

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

The pre-game show will feature the Navy League honoring

a key spouse from each branch of service. The ceremony will also honor a number of local Vietnam veterans.

For anyone interested in purchasing tickets to the Military Appreciation Day game, discounted tickets are available. Active duty, Reservists, retired members of the military 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 Air Force Academy Association of Graduates (AOG) will

also hold a tailgate party from 3 to 4:30 p.m. Saturday at Aloha Stadium.

Cost of the party is \$35 for AOG members and \$40 for adult non-members; \$15 for children ages 5 to 20, and free for children ages 4 and under. Parking is \$10. The tailgate party will include food, beverages and entertainment.

In addition, the U.S. Air

Force Academy athletic department will hold a pep rally beginning at 3 p.m. today 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](mailto:scott.heinlein@us.af.mil).

## Women's Symposium discusses 'progress and possibilities'

**Story and photos by MC3 Katarzyna Kobiljak**

*Navy Public Affairs Support Element Detachment Hawaii*

"The question isn't who is going to let me; it's who is going to stop me," said U.S. Pacific Fleet Force Master Chief Suz Whitman as she quoted Ayn Rand, an American novelist and playwright, during the 2015 Hawaii Women's Symposium held Oct. 26 at Ford Island Conference Center at Joint Base Pearl Harbor-Hickam.

The theme of the symposium was "Progress and Possibilities: Embrace Our Future Now" and included interactive leadership panels, uniform brief with "do's and don'ts" fashion show, networking lunch and speed mentoring.

"I think symposiums are a great tool, not only to bring females together but to bring males together and other



services as well, to see what we all have gone through and where we are headed," Whitman said.

Whitman was one of the six members of a leadership panel who answered many questions from the audience. Questions ranged from how to balance life between being a military member and being

a parent to how to choose between right assignments and whether or not to stay in the Navy.

"For me personally, it's a motivation to see so many females and males attending," said Chief Cryptologic Technician (Collection) Virginia Sanders, assigned to the guided-missile destroyer

U.S. Pacific Fleet Force Master Chief Suz Whitman, right, answers questions from the audience during 2015 Hawaii Women's Symposium at Ford Island Conference Center.

symposium is important because it gives everyone a chance to see other people going through the same issues and struggles. It hits you when someone else starts to talk about his or her problems, she said.

"Then you see you are not alone," Sanders said.

When asked about what drives her in her professional life, Sanders said, "On my previous ship, I worked with a senior chief who was EN

(engineman), and she told me a story about the time when she first came to the Navy and certain rates just opened up to women. Senior chief told me men would make her work in a pit with a coverall tied around her waist, so they could look at her because she was a woman."

She also said the thought of women before her, who dealt with equality issues and quality work, always motivates her.

"How do I dare to be here, in this place in vain?" Sanders asked. "There are women who came before me and had it so much worse. Thanks to them, I don't have to deal with such issues."



Senior Chief Information Specialist Chanda Clifton introduces panelists during 2015 Hawaii Women's Symposium.

## Skits teach sexual assault prevention

**Navy Region Hawaii Public Affairs**

The Navy Sexual Assault Prevention and Response Office (SAPRO) team will be visiting Hawaii from Nov. 1 to Nov. 6 to bring the SAPRO message to military service members and Department of Defense civilians here.

Through interactive skits and messages, Pure Praxis will present several programs to emphasize the importance of sexual assault prevention and strategies for intervention.

Pure Praxis is a socially adaptive performance group contracted with DON SAPRO. Together, they work with Sailors and Marines both domestically and internationally.

The troupe uses improvisational theater to allow audience members to rehearse for difficult life situations. During the performances, audience members are given the chance to rehearse bystander intervention and assertive communication strategies that are key to sexual assault prevention. Because the entire show is guided by the audience's participation, it makes every performance unique.

Jill Loftus, director of DON SAPRO, said the goal is to train service members to feel comfortable to walk into a situation and intervene.

"Previously, we've been doing sexual assault awareness training to spot

situations that could potentially result in a sexual assault," said Loftus. "The next step is knowing what to do when you find yourself in that situation."

The scheduled presentations for Pure Praxis in Hawaii are:

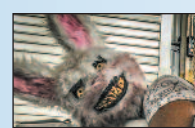
- Nov. 2
  - 9-10:30 a.m., 1 to 2:30 p.m. – Sharkey Theater, JBPHH
- Nov. 3
  - 9-10:30 a.m., 1 to 2:30 p.m. – Sharkey Theater, JBPHH
- Nov. 4
  - 9-10:30 a.m., 1-2:30 p.m. – Camp Smith SemperFit Center
- Nov. 5
  - 9-10:30 a.m., 1-2:30 p.m. – Marine Corps Base Hawaii, Kaneohe Bay, base theater



USS Preble, HSM-37 return home  
See page A-2



JBPHH plans college graduation ceremony Nov. 6  
See page A-2



Halloween events planned for today, tomorrow  
See page B-1



Makahiki celebration set for Nov. 7 at Hickam Harbor Beach  
See page A-2



NAVSUP FLC Pearl Harbor concludes Feds Feed Families food drive  
See page A-7



Navy chief by day, vampire by night  
See page B-6



The guided-missile destroyer USS Preble (DDG 88) prepares to moor at Joint Base Pearl Harbor-Hickam, Oct. 23, following an independent deployment to the Western Pacific. (Additional photo on page A-5.)

U.S. Navy photo by MC2 Johans Chavarro

## USS Preble returns from independent deployment

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

The guided-missile destroyer USS Preble (DDG 88) returned Oct. 23 to Pearl Harbor after 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.

"The Preble team performed with distinction throughout a seven-month independent deployment, where we accomplished a wide variety of missions," said Cmdr. Jeffrey L. Heames, commanding officer.

"The success was made

possible by a fantastic group of Preble Sailors and Preble families, who supported us across every sea mile. I am incredibly proud of their hard work, professionalism and the respectful manner in which they represented our nation," Heames said.

Embarked aboard Preble during the deployment was Detachment 5, the "Expendables," of Helicopter Maritime Strike Squadron (HSM) 37, which also returned Oct. 23 to Marine Corps Base Hawaii. The "Expendables" flew more than 1,100 hours with two MH-60R Seahawk helicopters in support of multinational exercises and presence operations.

Preble participated in northern patrol, ship anti-submarine warfare readiness and evaluation measurement (SHAREM) 180, Talisman Sabre 2015, Cooperation Afloat Readiness and Training (CARAT) Indonesia, South China Sea

Patrol and an East China Sea Patrol building partnerships to increase stability in the Indo-Asia region.

Preble Sailors engaged in several community relations projects including volunteering at orphanages, distributing supplies to shelters and hospitals, and beautifying the surrounding community. Host nations included Korea, Australia, Singapore, the Philippines and Guam.

Preble is a multi-mission ship designed to operate independently or with an associated strike group. The ship is assigned to Destroyer Squadron 23 and is homeported in Hawaii within the U.S. 3rd Fleet area of operations.

U.S. 3rd Fleet leads naval forces in the eastern Pacific and provides the realistic, relevant training necessary for an effective global Navy.

(For more information, visit the ship's website at <http://ow.ly/TYIxB>.)

## HSM-37 Detachment Five returns home to Hawaii

**Lt. j.g. McKenzie Brannon**

*Helicopter Maritime Strike Squadron 37*

The "Expendables" of Helicopter Maritime Strike Squadron 37 (HSM-37) Detachment (Det) Five returned home Oct. 22 to Marine Corps Base Hawaii, Kaneohe Bay, culminating a seven-month deployment on-board the USS Preble (DDG-88).

Lt. Cmdr. Ken Sheffield and Lt. Cmdr. Meagan Barnett, officers in charge, led Det Five's 29 Sailors, completing 946 operational flight hours in support of Commander, U.S. 7th Fleet objectives.

Preble and Det Five took part in multiple exercises prior to their Pacific Theater deployment. In February 2015, both units participated in initial ship aviation team training (ISATT), independent deployers certification exercise (IDCERTEX) and Submarine Commanders Course (SCC) along with the USS Chafee (DDG-90) and USS Chosin (CG-65).

These exercises provided Det Five and Preble training on the integration of surface, subsurface, and aviation assets, and operating in a simulated combat environment, ultimately proving Det Five's and Preble's ability to project naval power at sea in dense threat environments.

The "Expendables" engaged in several multi-national exercises over the course of their U.S. 7th Fleet deployment, includ-



U.S. Navy photo by MC3 Katarzyna Kobijak

Lt. Landon Goodell, assigned to the Easyriders of Helicopter Maritime Strike Squadron (HSM) 37 Detachment 4 at Marine Corps Base Hawaii, talks to his daughter during a homecoming Oct. 22. (Additional photos on page A-5.)

ing Sharem 180, Talisman Sabre 2015 and CARAT Indonesia. These exercises served to strengthen ties with partner nations and increase the capability for coordinated anti-submarine warfare (ASW), anti-surface warfare (ASUW), ship-handling, cross-deck landings, and visit, board, search and seizure (VBSS) operations.

Det Five further supported operational objectives in the form of escort duties for the USS George Washington (CVN-73), USS Bonhomme Richard

(LHD-6) and USS Ronald Reagan (CVN-76). They contributed to numerous intelligence products reaching the highest levels of the U.S. naval intelligence infrastructure.

The most valuable aspect of their deployment was Det Five's completion of Pacific presence operations in the East and South China Seas. This evolution continues to be a vital tool in protecting freedom of navigation in international waters and to contesting invalid sovereignty claims in the region.

## Makahiki celebration set for 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 Kapuaikaula (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 mahakiki 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 bounties 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 will learn the history of makahiki and compete for prizes given for performance in the tradi-

tional 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.



Participants of a previous annual makahiki begin the event with the arrival at Joint Base Pearl Harbor-Hickam. The makahiki has been held on the shores of Hickam Harbor Beach and Ford Island for more than 10 years.

U.S. Navy photo

## JBPHH plans college graduation ceremony Nov. 6

**Joint Base Pearl Harbor-Hickam Public Affairs**

The Joint Base Pearl Harbor-Hickam (JBPHH) Military Recognition ceremony for college graduates is scheduled to begin at 9 a.m. Nov. 6 at the Historic Hickam Officers Club lanai at JBPHH.

Recognizing the educational achievements of service members assigned to JBPHH, a total of 60 graduates from the Navy and Air Force at JBPHH will participate in the formal graduation ceremony. It will honor service members who earned or will earn an associate, bachelor, master or doctorate degree between September 2014 and December 2015.

Capt. Stanley Keeve, JBPHH commanding officer, will be the guest speaker. Emcees for the ceremony will

be Air Force Chief Master Sgt. Jerry L. Williams and Navy Chief Culinary Specialist Kenneth Bohan.

College representatives from the University of Maryland University College, Central Texas College, University of Oklahoma, American Military University, Thomas Edison State College, Chaminade University, Wayland Baptist University, Columbia College, Argosy University, Excelsior College and Honolulu Community College will participate in a college fair at the ceremony.

For more information regarding the ceremony, contact Chief Intelligence Specialist Eduardo Rueda at [eduardo.rueda@navy.mil](mailto:eduardo.rueda@navy.mil) or 472-8881, ext. 333 or Senior Master Sgt. Donna Mottley at [donna.mottley@us.af.mil](mailto:donna.mottley@us.af.mil) or 449-0719.



# Diverse Views



What is the scariest movie you've ever seen?



**Staff Sgt. Joshua Blaschke**  
324th Intelligence Squadron

"'The Sixth Sense;' I see dead people!"

**MA2 Jamal Brown**  
JBPHH Security



"My favorite scary movie is 'The Candy Man.' The movie's suspense really freaked me out."



**Airman 1st Class Marco Brown**  
690th Cyberspace Operations Squadron

"It.' Clowns are scary and evil! Only psychos enjoy clowns."

**MA2 Andre Castro**  
JBPHH Security



"My favorite scary movie is 'The Howling.' It is the original werewolf movie, which I love and set the precedent for current movies."



**Chief Master Sgt. Russell Ducosin**  
154th Aircraft Maintenance Squadron

"'The Exorcist.' Just not into the devil."

**BMSN Peter Graham**  
USS Chafee (DDG 90)



"The scariest movie I have seen is 'Friday the 13th;' I remember the movie being really scary as a kid."



**STGSN Austin Hodges**  
USS Chafee (DDG 90)

"The scariest movie I have seen is 'Insidious.' The movie really affected me because it seems like the movie could have happened in real life."

**Lt. Col. Richard Yenke**  
624th Aeromedical Staging Squadron



"'Psycho.' Norman Bates just ain't right."

Provided by Lt. Paul Fylstra 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)

# Air Force releases new SAPR strategy

## Secretary of the Air Force Public Affairs

WASHINGTON (AFNS)—Air Force leaders released a five-year sexual assault prevention and response strategy that will guide the Air Force in developing a robust prevention model while continually honing response capabilities today.

The secretary, chief of staff and chief master sergeant of the Air Force signed a foreword to the strategy, charging all Airmen with the responsibility of preventing sexual assault.

"Sexual assault prevention is critical to the health, morale and welfare of Airmen and ultimately essential to Air Force readiness," said Secretary of the Air Force Deborah Lee James.

"This strategy lays out the deliberate, science-based process we will follow to eradicate this crime from our ranks."

The two-part document outlines both response and prevention strategies. Although Airmen will likely be familiar with the programs included in the response portion of the strategy, the prevention strategy presents a new phase in Air Force SAPR efforts, said Dr. Andra Tharp, an Air Force sexual assault prevention and response highly qualified prevention expert.

"Using a public health approach to prevention, the strategy will use proven prevention programs, policies and best practices to reduce risk factors and enhance protective factors," Tharp said. "Fostering skills such as being an active and engaged bystander, managing emotions and resisting peer pressure are proven approaches to preventing violence."

The Sexual Assault Prevention Strategy lays out the sexual assault

prevention tenets: preventing violence before it occurs, promoting prevention at every level, and providing ongoing prevention activities that reflect the unique roles and development of each Airman.

In line with the Defense Department strategy published in April 2014, the Air Force strategy promotes a comprehensive prevention approach that ensures prevention messages and skills are consistent and reinforced across the different environments in which an Airman may live and work.

"Our Air Force family comes from all walks of life, but we all work together to protect our nation," said Air Force Chief of Staff Gen. Mark A. Welsh III.

"Our core values are what bind each of us together, and it's on us to take the time to really know our people. We're all part of the solution or there is no solution," he said.

According to the strategy, a key long-term objective of SAPR programs is to provide every Airman with standardized, developmental education and training throughout their career, strengthening the Air Force culture of dignity and respect and sustaining an environment inhospitable to sexual assault perpetrators. Effective enhanced developmental education and training will be tailored to address specific populations and behaviors of individuals, groups and cultures.

"We're moving away from a one-size-fits-all approach to prevention and thinking hard about who needs what and when," Tharp said.

"We know that risk factors change as people age and that an Airman's role in prevention might change as he or she takes on different leadership roles, so we are moving toward a more

nuanced approach to prevention that focuses on delivering relevant skills and messages to the right people at the right time."

The strategy document explains factors that put an individual at risk for perpetration such as previous unhealthy experiences, beliefs or relationships, and outlines a plan to tailor training to address risk factors in every setting.

"We listened to Airmen's concerns, and we're excited about the new model that will be introduced to the force," said Chief Master Sgt. of the Air Force James A. Cody.

"It's on us to ensure our Airmen are trained appropriately to shape our culture in a manner that does not allow sexual assault or harassment to occur."

Airmen will begin seeing portions of the prevention strategy in action this year. The Air Force SAPR office is working with a contracted prevention training company to tailor the company's training to address specific populations and behaviors of individuals, groups and cultures within the Air Force.

Focus groups to assist in this effort are currently ongoing at Little Rock Air Force Base, Ark. and Keesler Air Force Base, Miss., and the new training will be presented to Airmen beginning in January 2016. Additionally, major commands across the Air Force have already begun to use advisory boards or existing installation delivery systems to support the rollout of the prevention strategy and new training model.

"Sexual assault has a direct impact on our Airmen and our mission. Our Airmen deserve to carry out our vital missions in an environment where they are treated with respect and dignity," James said. "We will not stop looking for ways to improve until we have an Air Force free from sexual assault."



## DUI? DWI? OVUII? Hawaii's driving laws explained

### Staff Sgt. Christopher Stoltz

15th Wing Public Affairs

While Hawaii is full of pleasant surprises, it can also provide some surprising ones to those who do not know the local laws in place.

Unfortunately, in some instances, this ignorance of the laws has led to situations which did not end well for those who decided to have a drink and drive.

Air Force Capt. Lance A. McKeever, Joint Base Pearl Harbor-Hickam security operations officer, said ignorance of the laws where service members are stationed is not a valid defense in a court of law. In addition, he said there have been instances where service members have found

themselves in trouble after claiming to only have one drink.

According to McKeever, in addition to having established legal limits on blood alcohol content, or BAC, Hawaii has a specific set of laws called OVUII (operating a vehicle under the influence of an intoxicant)

Under this law, if a police officer believes alcohol is involved in an accident or incident regarding a vehicle, or if a person seems impaired in any fashion, the officer can then administer a chemical test to determine a person's blood alcohol content.

The other portion of Hawaii's OVUII law many people do not know about is implied consent laws.

"This means that if you refuse to take or fail a chem-

ical test, the Department of Transportation, and the Administrative Driver's License Revocation Office (ADLRO), will automatically suspend your license," McKeever said.

Now while the laws are black and white, there seems to be shades of grey when it comes to determining impairment and one's ability to 'handle' their alcohol.

"Alcohol tolerance levels vary from person to person and the issue comes down to impairment," said Air Force Capt. Ashleigh Nguyen, 15th Wing assistant staff judge advocate.

"One person may have a drink with dinner and be completely fine to drive, whereas another person may have just one drink and be too impaired to drive.

You have to use common sense and exercise good judgment," Nguyen said.

In addition to exercising good judgment when drinking, Nguyen and McKeever said the smartest idea is to never drink and drive. However, they said it is always a good idea to have contingencies in place.

"My advice would be to always have a plan," said McKeever. "That means always have a way to get there and get home safely. Lastly, if you are stuck in a situation in which you cannot drive, get a taxi. It is much cheaper than a DUI (driving under the influence, DWI (driving while intoxicated), or OVUII."

Under Hawaii law, regarding operating a vehicle under the influence of an intoxicant.

(a) A person commits the offense of operating a vehicle under the influence of an intoxicant if the person operates or assumes actual physical control of a vehicle.

- While under the influence of alcohol in an amount sufficient to impair the person's normal mental faculties or ability to care for the person and guard against casualty.
- While under the influence of any drug that impairs the person's ability to operate the vehicle in a careful and prudent manner.

- With .08 or more grams of alcohol per two hundred ten liters of breath or
- With .08 or more grams of alcohol per one hundred milliliters or cubic centimeters of blood.

For more information about Hawaii's OVUII laws, visit <http://ow.ly/TYfXa>.

## Navy has 'cool' accomplishment with South Pole landing

Official U.S. Navy photo

On Oct. 31, 1956, Rear Adm. George J. Dufek and his crew of six landed a R4D Skytrain nicknamed Que Sera Sera on the ice at the South Pole. They were the first Americans to set foot at the South Pole and plant the U.S. flag and the first men to land on the pole from the air.



## HO'OKELE

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**Capt. Mark Manfredi**

Commander, Joint Base Pearl Harbor-Hickam  
**Capt. Stanley Keeve Jr.**

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# CNO, MCPON visit USS John Paul Jones

Story and photo by  
Ensign Logan Wilk

USS John Paul Jones (DDG 53) Public Affairs

Sailors on the USS John Paul Jones (DDG 53) recently hosted Chief of Naval Operations (CNO) Adm. John Richardson and Master Chief Petty Officer of the Navy Mike D. Stevens for a tour of the warship and to celebrate the Navy's 240th birthday.

Richardson began his visit with a breakfast prepared by Senior Chief Culinary Specialist Lynval Weise and Culinary Specialist 1st Class Kerel Carter.

Following breakfast, Richardson and Stevens enjoyed a tour of John Paul Jones' combat information center (CIC) and number one main engine room (MER 1). While in CIC, the CNO sat in the tactical action offi-

cer's seat as he viewed a presentation on the Aegis Baseline 9C system.

Lt. Deacon Marshall, combat systems officer, spoke of the new advancements and milestones the crew has reached within the past year, including the longest surface to air engagement in naval history and the first successful simultaneous surface to air and ballistic missile defense engagement.

In MER 1, Lt. Jeremy Chase, chief engineer, demonstrated how the universal control consoles (UCC), installed in all main spaces, give watch standers the ability to monitor equipment from any location and allow young Sailors to simulate various engineering casualties by placing the UCC in training mode.

On the second level, Gas Turbine Specialist (Mechanical) 2nd Class Logan Chatigny and Gas Turbine



Chief of Naval Operations Adm. John Richardson visits Sailors on the USS John Paul Jones (DDG 53) Oct. 13 as part of the Navy's 240th birthday celebration.

Specialist (Mechanical) Fireman Recruit Jared Hauptenthal, spoke of the work they do in the engine room and the capabilities of the LM2500 gas turbine engine.

At the conclusion of his tour, Richardson spoke to the crew about the significance of spending the Navy's 240th birthday on the warship named in honor of the father of the American Navy and the hope that the John Paul Jones and her crew brings to future Sailors.

In accordance with naval tradition, Richardson, the oldest Sailor aboard, and the youngest Sailor, Hull Technician Fireman Recruit Zachary Steward, cut the cake with a sword to symbolize the commitment that Sailors make in the service of our country and to remind the crew of the important role the Navy plays in defending freedom and democracy around the world.

# Wounded Warriors take to waves at Fort DeRussy Beach

Story and photo by  
Brandon Bosworth

Assistant Editor, Ho'okele

Every month, the nonprofit group AccessSurf holds a special event in which they provide disabled military personnel with specialized surfboards, stand-up paddleboards and flotation devices so that the service members can safely experience aquatic recreation in Hawaii's ocean environment.

October's event was held Oct. 21 at Fort DeRussy Beach in conjunction with another nonprofit, the Wounded Warrior Ohana.

"We take service members and their families for outings off base," said Mark Marble, site coordinator for the Military Adaptive Sports Program based at



Disabled service members take to the waves at an event hosted by AccessSurf on Oct. 21 at Fort DeRussy Beach. (Additional photo on page A-5.)

Schofield Barracks and also a member of Wounded Warrior Ohana and founder of AccessSurf.

"Being in a new environment helps them relax and is very beneficial. It gives

them a chance to decompress a little," Marble said.

At the event, Hilton Hawaiian Village Waikiki Beach Resort presented a check for \$10,000 to the Wounded Warrior Ohana.

More than 50 disabled service members and their families were in attendance for the presentation. The event also included lunch as well as the activities provided by AccessSurf.

Army Maj. Karen Faught from Schofield Barracks and her spouse were among those who enjoyed some time in the ocean, courtesy of AccessSurf.

"We went out on the wa-

ter trike," she said. "It was fun. Later we're going to do some paddleboarding."

Electronics Technician 2nd Class Allen Pacheco, Makalapa Clinic, Joint Base Pearl Harbor-Hickam, took the waves for some surfing.

"This is my third time surfing with AccessSurf," he said. "It's really fun and a great opportunity to relax."

AccessSurf holds Wounded Warrior events for disabled service members on the third Wednesday of every month. Locations alternate between Fort DeRussy Beach and White Plains Beach.

(For more information, visit [www.accesssurf.org](http://www.accesssurf.org). To learn more about Wounded Warrior Ohana, visit their Facebook page at [www.facebook.com/WoundedWarriorOhana](http://www.facebook.com/WoundedWarriorOhana).)

# Pearl Harbor-Hickam *Highlights*



U.S. Navy photo by MC2 Johans Chavarro  
Sonar Technician (Surface) 1st Class Larry Sehorn, assigned to the guided-missile destroyer USS Preble (DDG 88), prepares to greet his son during a homecoming ceremony Oct. 23 at Joint Base Pearl Harbor-Hickam.



U.S. Navy photo by MC3 Katarzyna Kobijak  
(Above) Lt. David Indiveri, assigned to the Easyriders of Helicopter Maritime Strike Squadron (HSM) 37 Detachment 4 at Marine Corps Base Hawaii, plays with his daughter during a homecoming Oct. 22.



U.S. Navy photo by MC2 Johans Chavarro  
(Above) Electronics Technician 2nd Class James Whatley embraces his daughter during a homecoming ceremony Oct. 23 at Joint Base Pearl Harbor-Hickam.



U.S. Navy photo by MC3 Katarzyna Kobijak  
(Above) Aviation Structural Mechanic 2nd Class Eric Beyer, a plane captain assigned to the Easyriders of Helicopter Maritime Strike Squadron (HSM) 37 at Marine Corps Base Hawaii, signals MH-60R Sea Hawk (HSM) 37 helicopters during landing.



U.S. Navy photo by Brandon Bosworth  
Army Maj. Karen Faught and her spouse try out a water trike at an event for disabled service members held Oct. 21 at Fort DeRussy Beach.



U.S. Navy photo by Ensign Logan Wilk  
(Above) Chief of Naval Operations Adm. John Richardson and Master Chief Petty Officer of the Navy Mike D. Stevens celebrate the Navy's 240th birthday, Oct. 13, with Sailors on the USS John Paul Jones (DDG 53).

# ALS research shows link between disease and military veterans

Story and photo by Blair Martin Gradel

Joint Base Pearl Harbor-Hickam Public Affairs

According to the Amyotrophic Lateral Sclerosis (ALS) Association, there is emerging research that now suggests a link between ALS and military service.

ALS, also known as Lou Gehrig's disease, is a progressive neurodegenerative disease that affects nerve cells in the brain and the spinal cord.

The findings came from two research studies at Harvard University School of Public Health published in 2013 that found military service members are 60 percent more likely of contracting ALS than those who did not serve in the military.

"An association between military service in general and development of ALS has been recognized for a long time," said Army Maj. Charlotte Kastl, chief of neurology service at Tripler Army Medical Center.

"The reason for this is not clear. Some studies question whether environmental exposure to toxic or infectious agents is a trigger for ALS."

"However, the bottom line is that we still don't have a definitive answer as to what causes ALS," she



Navy Reservist and ALS survivor Jeff Conway sits with his dog, Kimchi, inside his Oahu home. When Conway was diagnosed at the age of 44 in March 2014, he became the youngest diagnosed veteran with ALS living in Hawaii.

added. "More scientific research needs to be done in the military and non-military population."

Fred Fisher serves as President and CEO of the ALS Foundation Golden West Chapter, responsible for serving those living with ALS in 31 counties of California and Hawaii.

According to Fisher, one of the biggest challenges for

diagnosing the disease is that many of its symptoms (such as slurred speech, shortness of breath and weakness in muscles) mimic those of other treatable illnesses.

"ALS is a disease where there is no blood test or no muscle biopsy or anything that can determine that a person has the disease or not," Fisher explained. "So

the process of diagnosis is quite lengthy and literally involves ruling out anything else it could be."

Fisher said there are close to 2,000 veterans diagnosed with ALS currently living in the U.S. In his chapter alone, there are nearly 200 veterans living with the disability, with nine of them living in Hawaii.

When Jeff Conway, a Navy Reservist and a member of the Greater West Chapter, was diagnosed in March 2014 at age 44, he became the youngest diagnosed veteran with ALS living on Oahu.

"You kind of take your health for granted when you are in the military to a certain extent," said the Ohio native. "When everything is good, you have the vanity of your youth because you are healthy and fit. You don't think later in your 40s that this kind of thing can ever happen to you or your family."

Conway, a former Navy pilot, said his symptoms began in 2011 when he experienced twitches in his muscles.

"From the time I started seeing my PCM [primary care manager] to the time I was given a formal diagnosis was close to three years," he said. "It's a real struggle to get the diagnosis since there is no test, but once you are in the VA system it's a great place to be."

In 2008, the Department of Veteran Affairs (VA) implemented regulations to establish a presumption of service connection for ALS. Under this regulation, veterans, upon diagnosis of ALS, immediately receive 100 percent disability and the most comprehensive medical package that the

VA has ever issued.

After receiving his diagnosis, Conway now stresses the importance of learning how to navigate the complex processes for receiving benefits from the Department of Veterans Affairs.

"The important thing for veterans to know is to be proactive because by the time your condition deteriorates and you need something, like a power wheelchair, it's too late to ask," he explained.

"If I can give anyone any advice, it's that no one is going to care more about your health than you, so how the [medical process] works and be prepared to ask all the right questions about how the process works and how it affects your taxes, social security and so on," he added.

The ALS Foundation is included in the Combined Federal Campaign (CFC). Federal and state employees, as well as members of the military, can participate in the workplace by giving through this program. Donors can designate the ALS Association by writing 11997 on the workplace giving form.

(For more information on ALS and the ALS Foundation, visit [als-hawaii.org](http://als-hawaii.org))

## Making strides against breast cancer



U.S. Navy photo by Traci B. Feibel

More than 200 teams turned out at Richardson Field, Oct. 24, turning the Ford Island Bridge into a sea of pink during the American Cancer Society Making Strides Against Breast Cancer 5K. More than 4,000 people united in raising more than \$180,000 for the Making Strides Hawaii chapter in celebration of survivorship and sharing in the effort to end breast cancer.

## STORY IDEAS?

Contact the Ho'okele editor for guidelines and story/photo submission requirements

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# NAVSUP FLC Pearl Harbor concludes Feds Feed Families food drive

Story and photo by Patricia Ledford

NAVSUP Fleet Logistics Center Pearl Harbor

"Open with smile" were words that offered some food for thought as the Naval Supply Systems Command (NAVSUP) Fleet Logistics Center (FLC) Pearl Harbor concluded its Feds Feed Families Food Drive earlier this month.

The message was penned by a Sailor on many of the donated cans and boxes of food, in hopes of sharing a little "aloha" and encouragement with the recipients.

This year was the first time NAVSUP FLC Pearl Harbor participated independently in the national food drive. In two weeks, NAVSUP FLC Pearl Harbor collected more than 1,210 pounds of food for the local Hawaii Food Bank.

The clock was ticking as there was limited time to generate awareness and momentum for the drive. Thus began the brainstorming of motivational slogans:

- Beans, soup or spam ... bring a can of whatever you can



- A little "aloha" and a bag of rice goes a long way
- One can, "can" make a difference

Meanwhile, personnel at the Joint Personal Property Shipping Office (JPPSO) were tuning up their creative engines. The wheels were turning, ideas started to rev and soon a thought turned into some friendly competition, ultimately resulting in a lot of food.

Daniele Haili, JPPSO quality assurance inspector, helped organize a challenge between the supervisors and non-supervisors. The department's country store display showed their commitment to an initiative that united personnel and ignited a spark to work toward a common goal.

NAVSUP FLC Pearl Harbor partnered with the Hawaii Food Bank to collect, warehouse and distribute large quantities of both perishable and non-perishable food to 200

member agencies and at several neighbor island sites.

The Hawaii Food Bank distributed 969,281 pounds of food in September and is in need of food donations all year long. Several personnel were inspired by the initiative and sought out other volunteer opportunities with the Hawaii Food Bank.

Kim Bartenstein, Hawaii Food Bank food drive manager, expressed her appreciation to NAVSUP FLC Pearl Harbor in a message stating, "Mahalo for your generous support of the Hawaii Food Bank. Your donations will help feed one in five Oahu residents in need."

Supporting the Hawaii Food Bank can give nourishment and hope to:

- More than 32,387 keiki (children).
- More than 33,000 kupuna (elderly).
- The homeless, working poor, disabled and veterans, people recovering from substance or domestic abuse.

"On behalf of the 224,000 Oahu residents, you will help feed this year, mahalo for your loyal support of the Hawaii Food Bank," said Bartenstein.

Personnel from the Joint Personal Property Shipping Office set up the "country store" collection point for the Feds Feed Families food drive.

# Veterans Day 'shout-out' available for all Sailors

Navy Office of Community Outreach

For the upcoming Veterans Day holiday, the Navy Office of Community Outreach (NAVCO) is offering an opportunity all Sailors an opportunity to create and share short, recorded shout-outs of 15-

20 seconds with a Navy key message to veterans in their hometowns.

The deadline is 8 a.m. Eastern Standard Time Nov. 6.

Sailors can call 1-855-OUR-NAVY (1-855-687-6289) and record their shout-outs.

Sailors should wait for

a 3 to 5-second pause after voice directions and record their message using a template script after the beep.

The script is as follows: "Hi, I'm Navy (rank and full name) from (home town and home state), and currently serving at (command) or

aboard (ship), operating out of (duty station) or forward in the (AOR).

"I want to salute all the veterans in (home town), and across America this Veterans Day! Thank you for your service and for defending freedom and democracy around the world. Go Navy!"

Once the Sailors hang up, the audio file will be automatically sent to NAVCO's email, where it will be screened before being shared with radio media outlets in the Sailors' hometowns.

They should deliver their shout-outs with enthusiasm, and speak

audibly and clearly. In addition, they should tailor it to their command, area of responsibility and hometown they are recognizing. If NAVCO cannot understand the Sailor's name, hometown or command, their shout-out will be unusable.

**HO'OKELE Online** <http://www.hookelenews.com/> or visit <https://www.cnmc.navy.mil/Hawaii>