



WHO'OKELE

January 17, 2014

PEARL HARBOR - HICKAM NEWS

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Volume 5 Issue 2

Warrior Day showcases Hickam's 'total force' capabilities

Story and photo by Staff Sgt. Alexander Martinez

15th Wing Public Affairs

Air Force active duty, National Guard and Reserve Airmen and units participated in the Inaugural Total Force Integration Warrior Day held Jan. 10 at Joint Base Pearl Harbor-Hickam, conducting in-air training that tested the cooperation and capabilities of multiple base agencies.

F-22 Raptors, KC-135 Stratotankers and C-17 Globemasters III from the 15th Wing and Hawaii National Guard's 154th Wing participated in the training day, testing their collective communication and mission execution skills.

"The objective is to get us talking to each other and to learn each other's capabilities," said Lt. Col. Rob Jackson, 19th Fighter Squadron commander. "We'll be able to see our strengths and weaknesses so if we ever needed to, we can fight together effectively."

Jackson said he came up with the idea to conduct Warrior Day here because he has had similar training at other bases that was very effective and highlighted the important ability of multiple base agencies working together.

"The more we train together,



An F-22 Raptor from the 199th Fighter Squadron positions itself while preparing to receive fuel from a KC-135 Stratotanker from the 96th Air Refueling Squadron near Joint Base Pearl Harbor-Hickam on Jan. 10. (See additional photo on page A-5).

the more we can demonstrate that we can get places quickly and quietly and when we get there, we are prepared to execute our mission," Jackson said. The Warrior Day training schedule began Jan. 9 with a pre-mission brief led by Lt. Col.

Mark Ladtkow, 199th Fighter Squadron commander and Warrior Day mission commander. The brief brought together all the participants of the training, covered all projected scenarios, and provided an overview of the day's events.

Col. Terry Scott, 15th Wing vice commander, was in attendance and said he hoped the participants would get the most out of the important training.

"There are a lot of moving parts to training like this, and I hope you all work together and learn from this great experience," Scott said to the audience.

The scenarios involved mock regional incidents in need of U.S. support including air support, special forces posturing and equipment movements, to name a few.

Jackson said, as opposed to other well known Pacific Air Forces training exercises, this Warrior Day was able to take the best of those exercises and conduct the training here on a much smaller and cost-effective scale.

Some training simulations included combat maneuvers with the F-22s, troop and equipment movements of the C-17s and refueling operations of the KC-135s.

Maj. Nuke Nagatani, an F-22 pilot with the 199th Fighter Squadron, said he thinks the

training was effective, especially for some of the newer pilots.

"We were able to take our youngest F-22 wingman out into this difficult training mission, and it was good lessons learned for him," Nagatani said. "This was the most robust training he has seen."

The day ended with an afternoon of post-mission briefings that brought together all the participants of the day and covered the day's successes and failures.

"The post-mission brief is where the lessons are learned," Nagatani said. "That's when [participants] can fess up to the small mistakes they made during the training. They might think the mistake they made was contained to their cockpit, but in the bigger picture, it can snowball into something bigger down the road, so it's good to get those mistakes out of the way now."

Jackson said he hopes Hickam has more opportunities to conduct these kinds of training days in the future and envisions including more regional players.

"My vision is that Warrior Day will become a more joint [branch] training exercise that doesn't only include Air Force assets," Jackson said. "That type of joint training ties right in with air-sea battle concepts and joint maritime operations. It's always very important to have those capabilities."

Navy investigates fuel leak in one Red Hill underground tank

Navy Region Hawaii Public Affairs

The Navy, in close coordination with the Hawaii State Department of Health and other agencies, is investigating a fuel leak from one tank at the Red Hill Underground Fuel Storage Facility.

"On Monday our fuel operators at Red Hill noticed a discrepancy in the fuel level in one of the tanks, specifically tank number 5. This tank stores JP-8 aviation fuel," according to Capt. Mark Wheeler, the commanding officer of the Fleet Logistics Center Pearl Harbor, which includes the fuels facility at Red Hill.

"We have safeguards in place to detect something like this and they worked, which allowed us to quickly address this issue. We responded immediately by

simultaneously moving the fuel out of tank 5 to another tank while notifying local and federal agencies," he explained.

Navy experts conducted a physical inspection of the tank and took samples. The samples matched, indicating that a leak had occurred from tank 5.

"The Navy is taking every prudent measure to ensure public safety," Wheeler said. Samples of ground water and drinking water in the vicinity have been collected and are being tested. State, city and federal agencies were promptly notified and are working with the Navy to closely assess and monitor for any environmental or public health impacts.

"Through daily operations and continuously monitoring, I am here to tell you that our water is safe to drink," said Capt. Mike

Williamson, regional engineer for Commander Navy Region Hawaii and the commanding officer of Naval Facilities Engineering Command, Hawaii.

The Honolulu Board of Water Supply (HBWS) was among those notified and is doing its own separate monitoring and investigation. Wells in the vicinity have been shut down as a precautionary measure.

"One of my responsibilities is to oversee the daily operations of five potable water systems on the island of Oahu which provides 18-20 million gallons of water today to over 50,000 active duty military, civilians and family members," Williamson noted.

For Joint Base Pearl Harbor-Hickam water system users, there will be no reduction to the water supply.

Williamson spoke at a



File photo of entrance to the Red Hill Underground Fuel Storage Facility

press conference held yesterday afternoon at the Clean Islands Council Hawaii Oil Spill Response Center at Sand Island, near JBPHH.

"We take our environmental stewardship seriously. Our military personnel and families live here and drink the water, too," Wheeler said.

"We take great pride in being part of the Hawaii community and we will continue to keep the public informed. We will continue to work closely with our city, state and federal agency partners to assess, monitor and take every prudent action needed to protect public safety," he concluded.

Navy Region Hawaii will continue to provide updated information via social media, in the Ho'okele and directly to the community.

Wounded Warriors 'dive into' athletics

Retired Logistics Specialist 2nd Class Patrick Blair finishes in first place for the men's 50m backstroke heat Jan. 9 during the Wounded Warrior Pacific Invitational swim meet at the Iolani High School's Dillingham Pool. (Additional photos on page A-5).

U.S. Navy photo by MCI Kenneth R. Hendrix



Destroyer Squadron 31 conducts change of command
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NFL Pro Bowl players to practice on JBPHH, visit military
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Wounded Warriors compete in track and field invitational
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Naval inspector general to conduct area visit, survey
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Events planned to commemorate Dr. Martin Luther King Jr. holiday
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Become a more healthy you with yoga classes at JBPHH
See page B-3

Destroyer Squadron 31 conducts change of command

MC1 Daniel Barker

Navy Public Affairs Support
Element West, Detachment
Hawaii

Capt. Christopher Bushnell relieved Capt. Wallace Lovely as commander of Destroyer Squadron 31 (CDS 31) during a change of command ceremony Jan. 10 at Joint Base Pearl Harbor-Hickam.

Lovely assumed command July 31, 2012. During his command tour, CDS 31 led Pacific Partnership 2013 and participated in numerous bilateral exercises with 14 foreign countries. These multi-national humanitarian and operational exercises demonstrate the distinction with which Lovely served during his tour.

Lovely is scheduled for transfer to Commander, U.S. Naval Forces Southern Command, U. S. 4th Fleet, to serve as chief of staff.

Speaking about his tour, Lovely said, "What a privilege this tour has been, working alongside over 2,200 Sailors from the seven ships of Ke Koa O Ke Kai. I have seen the future of our Navy in the eyes of DESRON 31 Sailors and it is bright. What a great team."

Rear Adm. Rick Williams, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, was a featured speaker for the ceremony.

"With this change of command today, we're also experiencing a change in the region, in our theatre, in this AOR," Williams said.

"This change of command, I think, is actually part of a greater strategic initiative that Adm. Harris is leading, which is what we call our rebalance here in the Pacific. The rebalance to the Pacific brings more ships, greater warfighting capability and improved efficiency to the waterfront. The initiatives and experiences that Wally's helped lead and the friendships and associations that he's made are the key rea-



U.S. Navy photo by MC3 Johans Chavarro

Capt. Wallace Lovely passes through side boys after being relieved by Capt. Christopher Bushnell as commander of Destroyer Squadron 31 (DESRON 31).

sons why it's hard for him to let go," he said.

Bushnell is a native of Westminster, Calif. He graduated from the United States Naval Academy in 1988 with a bachelor of science in oceanography and physics. Bushnell has served aboard cruisers, destroyers and frigates in both the Atlantic and Pacific fleets.

He previously served as commanding officer of USS Paul Hamilton (DDG 60), earning Commander, Destroyer Squadron 21's Battle Effectiveness Award for calendar year 2007 as well as two consecutive COMPACFLT Golden Anchor Awards for Retention Excellence.

"I am humbled to stand before you and eager to move forward with the responsibility and task that I have been given to lead over 2,000 Sailors and seven – soon to be nine – billion-dollar destroyers," Bushnell said.

"Over the last 18 months as deputy, I've observed the same things as many other Navy officers have in our last 238 years.

Whether it was on 16-gun ships of the line; whether our ships were under sail, steam, diesel or gas-turbine propulsion; on dreadnaughts, frigates, destroyers and cruisers—it isn't the radar, the sonar, the guns or missiles that are our most powerful weapon," he said.

"It's the fighting spirit, drive and know-how of the American blue jacket. Thank you for volunteering to serve, and I look forward to the awesome opportunity and challenge and responsibility to lead you," he said.

Bushnell has served on the Navy staff and joint staff at the Pentagon, as well as serving as chairman of the seamanship and navigation department at the U.S. Naval Academy. He holds a master's degree in systems technology – Joint Command, Control and Communication (JC3) from the Naval Postgraduate School, Monterey, Calif.

He is a graduate of the Naval War College, where he was awarded a master of arts

degree in national security and strategic studies. Bushnell was deputy commodore, Destroyer Squadron 31 since July 2012.

Bushnell has been awarded the Defense Meritorious Service Medal, Meritorious Service Medal (three awards), Navy Commendation Medal (five awards), and the Navy Achievement Medal (three awards) as well as various unit and campaign awards.

CDS 31 is the immediate superior in command (ISIC) for USS Paul Hamilton (DDG 60), USS Hopper (DDG 70), USS O'Kane (DDG 77), USS Chaffee (DDG 90), USS Chung-Hoon (DDG 93), USS Halsey (DDG 97), USS Michael Murphy (DDG 112) and is scheduled to gain USS John Paul Jones (DDG 53) and USS Preble (DDG 88) in mid-2014.

As ISIC, COMDESRON 31 is responsible for the direct oversight of the training, maintenance and readiness of these seven surface combatants and also plans and conducts sea exercises to develop integrated skills for deploying ships.

Naval inspector general to conduct area visit, survey

Navy Region Hawaii
Public Affairs

The Naval Inspector General (NAVINSGEN) will conduct an area visit in Hawaii from March 13 to 21. Approximately 40 inspectors will visit various Navy commands, including Commander Navy Region Hawaii, Joint Base Pearl Harbor Hickam, Pacific Missile Range Facility, Navy commands located at Marine Corps Base Hawaii and others as determined by NAVINSGEN.

The main focus of area visits is quality of life and quality of work life for the fleet, fighter and family members, with a secondary focus on mission readiness and compliance with regulations.

NAVINSGEN requests that all Navy personnel in Hawaii, including active duty military, Navy civilian employees (excluding contractors), and Reserves participate in a short, anonymous, online climate survey to evaluate command climate and quality of work life. Maximum participation in the survey is highly encouraged.

Rear Adm. Rick Williams, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, said, "This is a great opportunity to let senior leaders know what you think about the various issues affecting quality of Navy life in Hawaii. Participating in this survey is time well spent, and I know your concerns and point of view will be heard by the Naval Inspector General's team."

The online survey, which can be found at <http://ow.ly/sF05b> began on Jan. 15 and will continue through Feb. 12.

For more information, call Lisa Hill at 471-1953 or John Cosson, Navy Region Hawaii inspector general, at 471-1958.

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

Hagel leads Martin Luther King Jr. remembrance event

Cheryl Pellerin

American Forces Press Service

Defense Secretary Chuck Hagel honored the legacy and memory of Martin Luther King Jr. on Jan. 16 at the Pentagon's annual

MLK Day observance. Joining the secretary to give the event's keynote speech was Army Col. Gregory D. Gadson, who lost both legs above the knee and suffered severe arm and hand injuries during his third deployment to Iraq. Gadson now serves as garri-

son commander of Fort Belvoir, Va.

King was an American pastor, activist, humanitarian and leader in the African-American Civil Rights Movement who was assassinated in 1968 in Memphis, Tenn. In 1964 King received the Nobel Peace Prize for combating racial inequality through nonviolence and was posthumously awarded the Presidential Medal of Freedom and the Congressional Gold Medal. Martin Luther King Jr. Day was established as a U.S. federal holiday in 1986.

"The rights that make America free, rights that this department protects and defends, come with heavy responsibilities like taking care of our people, looking out for one another, and lending a hand to those in need. Martin Luther King knew that," Hagel told the audience.

King knew that no matter how one serves, the secretary added, service is ultimately about people, and hope for a better life and a better world, and "through all the struggles and sacrifices turning that hope into reality."

King "was a man of



Defense Secretary Chuck Hagel speaks to an audience and honored the legacy and memory of Martin Luther King Jr. on Jan. 16, at the Pentagon's annual MLK Day observance.

U.S. Army photo by Sgt. Mikki L. Sprengle

vision, a man of passion, a man of commitment," the secretary said.

"He dedicated his life to a cause larger than his own self-interest, a cause that would spread across our nation and around the globe," Hagel said of the late civil rights leader.

Hagel said he was serving in Vietnam in 1968 with his brother Tom when he heard about King's death.

"Everyone was silent," the secretary recalled. The tragedy, he said, threatened to deepen a racial divide that was already hurting the morale and effectiveness of

his unit and others in Vietnam.

"I recall the courage of our company commander in Vietnam, [Army] Lt. Jerome Johnson. He was a 23-year-old African American from Chicago who was drafted into the Army. He went to [Officer Candidate School]. Soon thereafter he was in Vietnam. His older brother had been killed in Vietnam the year before," Hagel added.

Everyone in the Pentagon and the department knows that serving together means fighting together, he added,

and that military members serve knowing that diversity is at the heart of each service's strength.

"As Dr. King said, 'Everybody can be great because everybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve ... You only need a heart full of grace, a soul generated by love.'"

Hagel said Gadson is an example of that.

"Even after he sacrificed so much for his country, he refused to let adversity keep him down."

Navy Tax Assistance Center to open Jan. 31

Navy Region Hawaii Legal Service Office

The Navy Tax Assistance Center at Joint Base Pearl Harbor-Hickam will open Jan. 31 at the start of the tax season.

The center will be located at the Navy College 1260 Pierce St., building 679, classroom 11 on the first floor.

The tax center will be open from 8:30 a.m. to 3 p.m. Monday through Friday.

This year, the Navy Tax Assistance Center has fully transitioned to the self-service model. With the Navy's self-service program, service members will still be able to electronically file their returns and receive assistance from IRS-certified tax personnel.

In doing so, service members can learn how to prepare taxes on their own using free, Internet-based software. Beginning Jan. 31, servicemembers who wish to prepare their taxes from home will be able to do so by visiting myfreetaxes.com at the following url: www.myfreetaxes.com/jbphhtax.

The adjusted gross income threshold for free use of myfreetaxes.com is \$58,000 for tax year 2013.

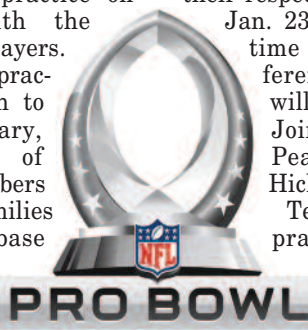
Members can also electronically file their own returns using H&R Block at home through Military Onesource. The website is <http://www.militaryonesource.com>.

NFL Pro Bowl players to practice on JBPHH, visit military

Joint Base Pearl Harbor-Hickam Public Affairs

For the third straight year, Joint Base Pearl Harbor-Hickam is hosting a Pro Bowl practice on Jan. 23 with the league's top players. The Pro Bowl practices are open to all military, Department of Defense members and their families who have base access.

New in 2014 is an un-conferenced format, where AFC and NFC players will be drafted by Pro Football Hall of Famers Jerry Rice and Deion Sanders while serving as alumni team captains for their respective squads.



Jan. 23 is the first time the un-conferenced teams will practice at Joint Base Pearl Harbor-Hickam.

Team Sanders practice will begin at 9:45 a.m. with Team

Rice practice following at 11:45 a.m. Parking is available within walking distance, along Kuntz Avenue across from the Hickam Arts & Crafts Center. Bleachers are available in designated areas along Earhart Field for spectator viewing. Fans are encouraged to wear their favorite team's colors and bring a camera for once-in-a-lifetime access to a Pro Bowl team practice.

For more information go to www.greatlifehawaii.com

On Jan. 22, players will participate in an after-

noon of volunteer activities taking place across Hawaii as a part of the NFL PLAY 60 Community Blitz, focusing on two critical areas of NFL community outreach: Youth Health and Wellness (NFL PLAY 60) and Military Outreach.

The NFL and its official military appreciation sponsor, USAA, partnered to upgrade and maintain Earhart Field to create a lasting legacy of the Pro Bowl and to demonstrate both organizations' deep appreciation for the military.

Diverse Views



Who is your favorite TV or movie actor or actress?



EOCN Richelle Mechol
DET Pearl Harbor Alfa

"Michelle Rodriguez. She's awesome."

Senior Airman Kelvin Johnson
15th Wing Medical Group



"My favorite actor has to be Denzel Washington. The way he portrays his characters, even if they're flawed, he still shines. 'Flight,' 'Training Day,' 'Safe House,' it's hard to name a movie with him in it I don't like."



IT3 John Blanchard
NCTAMS PAC

"David Tennant. He's a British actor. He's my favorite doctor in Doctor Who."

Ruth Arroyo
15th Wing Medical Group



"My favorite actress is Julia Roberts. She seems like the down-to-earth type of person I could get along with. Her favorite movie of mine would have to be 'Pretty Woman.'"



Sgt. Joshua Champlin
SOCPAC

"Will Smith. He's a great actor when he's acting normally, than when acting on a green screen. It's a lot harder acting on a green screen when you don't have the resources in front of you. He can act with a group of people and solo and give the same effect."

Irene Ching
15th Wing Medical Group



"Vin Diesel is my favorite actor, mainly because he's hot. His confidence and strength he exudes is something I look forward to in every movie he stars in. I usually fall asleep during movies, but I definitely stay awake when I [am] watching one with him in it."



Lt. j.g. Ronald La Curan
USS City of Corpus Christi

"Tony the Tiger. Wait, he's not real?"

LNC Tawonica Davis
RLSO Hawaii



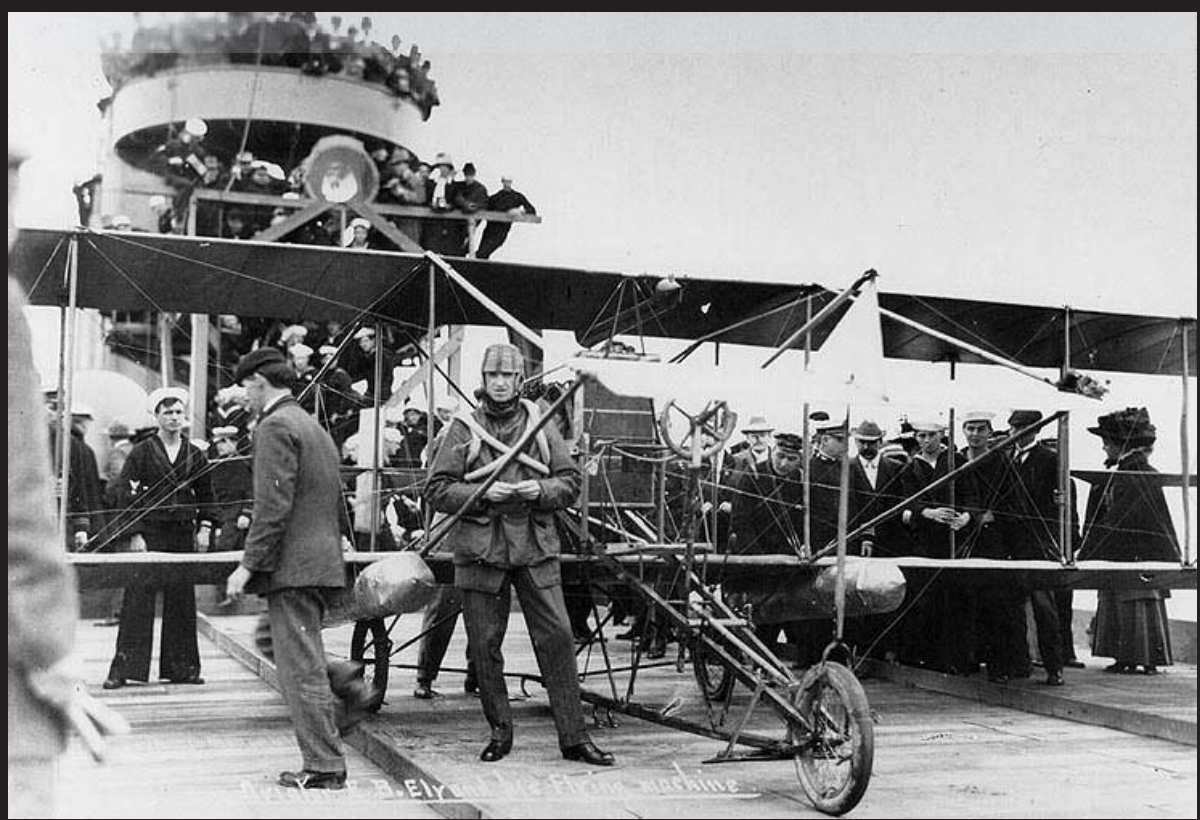
"Right now I'm a Scandal fan, so I like Kerry Washington."

Provided by Lt. j.g. Eric Galassi and SrA Christopher Stoltz

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

Drop us a line at editor@hookelenews.com or karen.spangler@navy.mil

First airplane landing on a warship



U.S. Naval Historical Center photograph

Aviator Eugene B. Ely stands by his Curtiss pusher biplane just before taking off from USS Pennsylvania (Armored Cruiser 4) to return to land on Jan. 18, 1911. Earlier in the day he landed on the ship's deck, the first time an airplane had alighted on a warship. The historic landing took place 103 years ago this week. Pennsylvania was then at anchor in San Francisco Bay, Calif.

HO'okele

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2014 Wounded Warrior Pacific Invitational wraps up

Master Sgt. Matthew McGovern

Pacific Air Forces Public Affairs

The Wounded Warrior Pacific Invitational, a three-day adaptive athletic competition among 120 wounded warriors, concluded with a recognition ceremony and luau at the Hale Koa Hotel on Jan. 11.

Leadership from each service branch attended the ceremony to present their athletes with a participation medallion. Gen. "Hawk" Carlisle, Pacific Air Forces commander, congratulated the 30 Air Force wounded warriors.

"You are an inspiration to us all," Carlisle said. "Let me thank you for everything you've done, your sacrifice for your nation, and everything you do today to inspire all of us to be better at what we do."



U.S. Air Force photo by SrA Christopher Stoltz

Gen. "Hawk" Carlisle, Pacific Air Forces commander, speaks with Tech. Sgt. Leonard Anderson, Air Force Wounded Warrior, during the Wounded Warrior Pacific Invitational closing ceremony Jan. 11 in Honolulu.

During the three days leading up to the ceremony, wounded warriors from the Air Force, Army, Coast Guard, Navy and Special Operations Command competed in cycling, seated volleyball, swimming, track and field, and wheelchair basketball.

"My favorite part of this competition is the teamwork and level of competition. I really had to push myself," said Staff Sgt. August O'Neill, Air Force wounded warrior. O'Neill was struck in the left knee and right calf by enemy small arms fire July 2011 while deployed to Southwest Asia. Although he awaits knee replacement surgery, he was able to compete in swimming, hand cycling and seated volleyball.

Participants included active duty and retired service members with upper-body, lower-body and spinal cord injuries, serious illnesses, traumatic brain injuries, visual impairment, and post-trau-

matic stress disorder.

Steve Otero, the Air Force Wounded Warriors communication coordinator, said he was honored to help coordinate the event. As a wounded warrior himself who suffered from PTSD after two consecutive deployments to Southwest Asia, he said he is grateful to be working in his position.

"During this adaptive sports competition, I realized I can still serve as an Airman — just at a different capacity: being there for other Airmen," he said. "I have the privilege of learning everyone's story, and I encourage them to share their stories to inspire others."

This Wounded Warrior Pacific Invitational is in preparation for the United States Olympic Committee's Warrior Games, held at the U.S. Olympic Training Center and the United States Air Force Academy in Colorado Springs, Colo.

COMSUBPAC announces Battle Efficiency Award recipients

Commander Submarine Force, U.S. Pacific Fleet Public Affairs

Commander Submarine Force, U.S. Pacific Fleet (COMSUBPAC) at Joint Base Pearl Harbor-Hickam has announced the recipients of the 2013 Battle Efficiency (Battle "E") award in an official message to the submarine force.

The Battle "E" is an award of merit presented to the most proficient submarine crew in each squadron and recognizes sustained superior technical performance and continual combat readiness throughout the year.

The awards are presented by the commodore of each squadron to the submarine under their command which has demonstrated the highest level of battle

readiness during the evaluation year.

"The competition for Battle Efficiency awards was extremely tough. These awards recognize commands which were evaluated during the past year to have attained the highest overall or departmental readiness to carry out their wartime tasks," said Rear Adm. Phillip Sawyer, commander Submarine Force, U.S. Pacific Fleet, in the message to the force.

"Each crew member of an award winner can be justifiably proud of their contribution to improve Pacific Submarine Force readiness. I am extremely proud of your outstanding performance."

The Pacific Force Battle "E" winners and their homeports are:

- Commander, Submarine

Squadron (SUBRON) 1 (Pearl Harbor) — USS Greenville (SSN 772).

• SUBRON 7 (Pearl Harbor) — USS Cheyenne (SSN 773).

• SUBDEVRON 5 (Bangor, Wash.) — USS Jimmy Carter (SSN 23).

• SUBRON 11 (San Diego) — USS Albuquerque (SSN 706).

• SUBRON 15 (Guam) — USS Chicago (SSN 721).

• SUBRON 17 (Bangor) — USS Nebraska (SSBN 739) (Blue and Gold).

• SUBRON 19 (Bangor) — USS Ohio (SSGN 726) (Blue).

• Submarine Tender USS Emory S. Land (AS 39).

Special category was awarded to Floating Dry Dock Arco (ADRM-5) and the Undersea Rescue Command (URC), both in San Diego.

Events planned to commemorate Dr. Martin Luther King Jr. holiday

Navy Region Hawaii Public Affairs

The following events have been scheduled in Honolulu in conjunction with the Dr. Martin Luther King Jr. holiday.

• Jan. 17, noon, the Dr. Martin Luther King Jr. concert with the Royal Hawaiian Band at Iolani Palace grounds.

• Jan. 19, 5:30 p.m., annual bell ringing ceremony at Nagasaki Peace Bell, Honolulu Hale Civic Grounds along Lauhala and Beretania Streets.

• Jan. 20, 9 a.m., the Dr. Martin Luther King Jr. Holiday Parade and Unity Rally.

The parade begins at Magic Island and ends at Kapiolani Park. The rally follows at the Kapiolani Park Bandstand. The celebration includes food and community booths.

For more information, call Val Nomura at 471-0220 or a special emphasis program committee member.



Pearl Harbor-Hickam *Highlights*



Capt. Nikita Wetherbee, 96th Air Refueling Squadron, coordinates with air traffic control to position her KC-135 Stratotanker while taking off from Joint Base Pearl Harbor-Hickam, Jan. 10. Wetherbee, a KC-135 pilot, and her crew were participants in the Inaugural Total Force Integration Warrior Day, a training event that tested the cooperation and capabilities of multiple base agencies. The training highlighted the importance of integrating operations of active duty, Hawaii National Guard and Air Force Reserve units.

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

Capt. Wallace Lovely, (right,) receives the Legion of Merit Medal from Rear Adm. Rick Williams, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, during a change of command ceremony Jan. 10 at Joint Base Pearl Harbor-Hickam. Lovely commanded Destroyer Squadron 31 from July 2012 to January 2014 and was relieved by Capt. Christopher Bushnell.

U.S. Navy photo by MC3 Johans Chavarro



Capt. John S. Banigan, commanding officer of the guided-missile cruiser USS Lake Erie (CG 70), briefs Dato' Seri Hishammuddin bin Tun Hussein, Malaysian minister of Defense, on the strategic capabilities of the Lake Erie while in the combat information center aboard the ship Jan. 14 at Joint Base Pearl Harbor-Hickam. Hishammuddin met with various commands on Oahu during his visit to Hawaii.

U.S. Navy photo by MC3 Johans Chavarro

Two wounded warrior cyclists race to complete a lap in the wounded-warrior cycling time trials, held Jan. 8, on Joint Base Pearl Harbor-Hickam. Athletes from all services competed in the 2014 Wounded Warrior Pacific Invitational, which featured more than 120 wounded-warrior athletes competing in cycling, track and field, seated volleyball, swimming and wheelchair basketball.

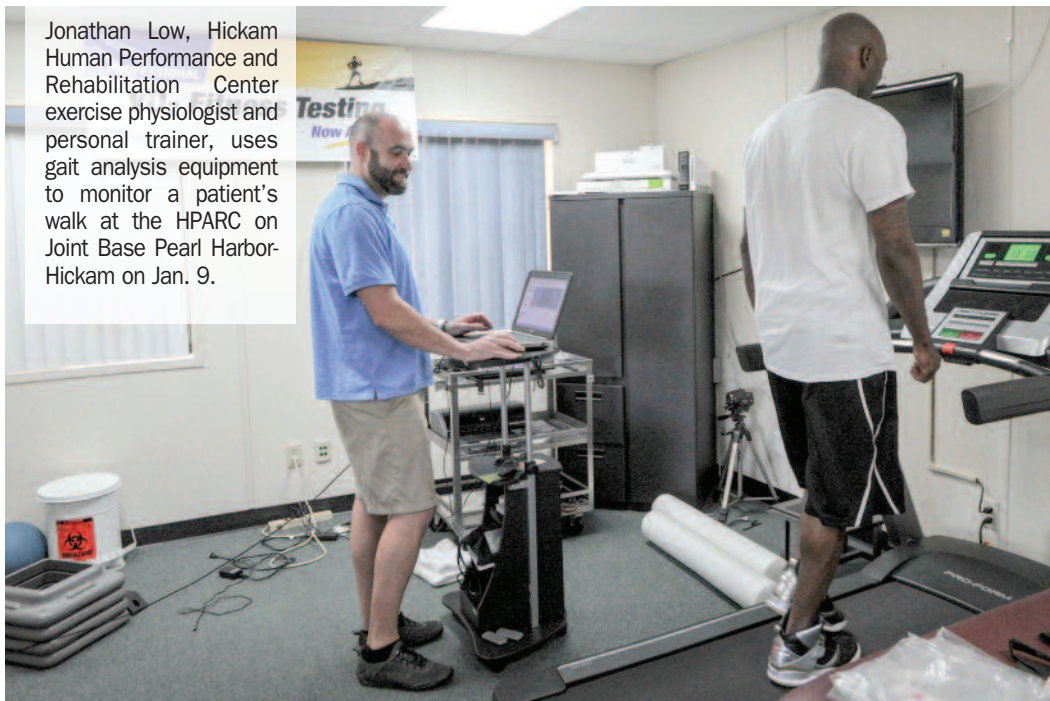
U.S. Air Force photo by Sr Airman Christopher Stoltz



Air Force Wounded Warriors compete in a swim meet during the inaugural Wounded Warrior Pacific Invitational in Honolulu Jan. 9.

U.S. Air Force photo by Master Sgt. Matthew McGovern

Jonathan Low, Hickam Human Performance and Rehabilitation Center exercise physiologist and personal trainer, uses gait analysis equipment to monitor a patient's walk at the HPARC on Joint Base Pearl Harbor-Hickam on Jan. 9.



Hickam HPARC offers new fitness opportunities for Airmen, Sailors

Story and photo by Tech. Sgt. Terri Paden

15th Wing Public Affairs

For many, the new year brings resolve to “get in shape,” try new diets, or lose those last few pounds. While these fitness goals can sometimes come with costly gym memberships or personal trainers, Airmen and Sailors stationed at Joint Base Pearl Harbor-Hickam need look no further than the Human Performance and Rehabilitation Center at joint base to meet their fitness needs.

Formerly the Health and Wellness Center, the HPARC seeks to promote good health and injury prevention through free educational classes and practical intervention.

“The agency works to meet the needs of the community by providing education on nutrition and weight control through exercise,” said Dr. Crystal Nicholson-Springer, HPARC health educator. “For active-duty members, our courses strengthen performance targeting the core muscle groups that support tested motions needed for optimal performance on the PT test.”

Nicholson-Springer said though the program has been operating at JBPHH since 2007, modifications have been made and new classes have been added to ensure users have the greatest chance at reaching their fitness goals.

“These programs are designed to increase resiliency by improving the body’s ability to handle stress, both physical and emotional, through healthy behaviors,” said Jonathan Low, HPARC exercise physiologist and personal trainer.

According to Low, the idea behind HPARC programs are not just to become more fit but to do so in a way that prevents injury.

“We want to make people stronger and fit, but we want to do that by making sure they stay injury free,” he said.

“It’s about increasing performance. By providing injury prevention programs, we ultimately increase performance because fewer injuries equal more gym time.”

The iGet Fit, Warfighter Readiness and Superior Airman Fitness Enhancement programs are the new offerings, all aimed at preparing Airmen to meet the newly implemented fitness testing standards, though not all of the classes are aimed at fit test improvement or active-duty members.

“We’ve found that participants see the most change when the environment at home is conducive to healthy changes, so we welcome service members and their families,” said Low.

The Tobacco Cessation and iGet Fit programs are open to family members and spouses who are also seeking healthier lifestyles through proper nutrition and fitness.

“Even if you don’t need PT test improvement, everyone could use injury prevention information or help leading a more healthy lifestyle overall,” Low said.

“There’s a lot of good information and good programs out there. It’s our job to balance information with practical application, so we interpret that information and figure out how to apply it.”

For more information on the HPARC or to register for classes, contact the staff at 448-6170.

Team Hickam advised against temporary weight loss solutions

Tech. Sgt. Terri Paden

15th Wing Public Affairs

An increased emphasis on resiliency and readiness has led Airmen to potentially extreme or harmful measures to quickly shed extra pounds. However, personnel at the Hickam Human Performance and Rehabilitation Center recommend that Airmen choose quality over quantity when it comes to losing weight.

“Airmen should pair exercise with eating the proper amount of calories to lose weight,” said Tech. Sgt. Lamarr Coleman, HPARC NCO in charge of health promotion.

“This does not require a diet. A diet is temporary, but a lifestyle change will permanently help to lose the weight and keep it off.”

Coleman said “yo-yo” dieting or fad diets may seem like an easy alternative but usually do more harm than good.

“When you remove something from your diet, it will lower your calorie intake which will likely cause you to lose weight, but eventually you either reach a goal or get tired of the diet and incorporate the foods back in and that’s when you gain the weight back,” he said.

“Nobody wants to gain the weight back. Ask yourself if this is a diet that you [can] live with every day forever. If the answer is no, then it’s not a realistic eating habit and the results will only be temporary.”

Additionally, Coleman said fad diets are unhealthy because they rob the body of key nutrients.

“Making healthier choices and providing the body with nutrients could actually help Airmen with their fit-

ness assessment by increasing energy, repairing muscles, shortening recovery times, so Airmen can train harder and more frequently and reducing body fat which will improve abdominal circumference.”

Coleman said having a healthy diet can also help Airmen avoid health complications by reducing the risk of heart disease, diabetes, blood pressure, cholesterol and certain cancers.

To help Airmen struggling to lose weight, Coleman suggested a lifestyle overhaul including a balanced diet coupled with cardio and strength training.

“Lifestyle changes can include eating a variety of fruits, vegetables, whole grains, lean meats, low fat dairy and healthy fats,” Coleman said. “Preparing your meals instead of eating out and baking, broiling or grilling your foods instead of frying them are all ways to improve your overall diet.”

Coleman also suggested eating breakfast, tracking calories with a food diary, exercising portion control, eating smaller meals more frequently for appetite control, and drinking lots of water.

“Long-term success comes from making a permanent lifestyle change,” he said.

“Losing weight should not be hard, but some people are just unaware, or underestimate, how much they eat. Read food labels to make smart choices and set realistic goals like drinking more water and less soda. If you lose weight the correct way over time, the weight will stay off.”

For more information on nutrition or healthy lifestyle choices and class schedules, contact the HPARC staff at 448-6170.

Martin Luther King Day commissary hours announced for JBPHH

In observance of the Martin Luther King Day holiday on Jan. 20, the Pearl Harbor Commissary store operation hours will be from 9 a.m. to 5 p.m.

The Hickam Commissary hours will be from 10 a.m. to 6

p.m. with early bird hour at 9

a.m.

For more information, call the Pearl Harbor Commissary at 471-8402, ext. 101 or the Hickam Commissary at 449-1363.

Service members caddy for professional golfers during Pro-Am event

Story and photo by
MC1 Cynthia Clark

Defense Media Activity,
Hawaii News Bureau

A group of service members had the opportunity to caddy for members of the Professional Golfers' Association at the Pro-Am event Jan. 8 prior to the Sony Open in Hawaii at the Waialae Country Club.

As part of the Birdies for the Brave program, military volunteers from various commands around Hawaii were able to caddy for a pro on the 18th hole during the Pro-Am event.

"Here I am, carrying bags for the best golfers in the world," said U.S. Marine Corps Cpl. Sharadan Reetz, who had the opportunity to caddy for Vijay Singh and Zach Johnson. "As we walked the 18th hole, Mr. Singh gave me some tips



U.S. Marine Corps Cpl. Sharadan Reetz, while caddying for Professional Golfers' Association (PGA) pro Vijay Singh, observes a shot from the 18th hole at Waialae Country Club in Honolulu, Wednesday, Jan. 8.

about golf and life in general. He is a great guy, shared a lot of wisdom and wished me luck in the future."

As he caddied for Zach Johnson, he was able to reminisce about home as they are both from Iowa. Spending time together on the 18th hole was "awesome" for Reetz. It was also special for the professional golfer to talk about home and to thank him for his service.

"It was great," said Johnson. "He's from my home state, so we had a lot to catch up on. It was nice to meet a young man who's served our country for five years - It puts things into perspective."

Another Marine who had the privilege of caddying for the professional golfers was extremely grateful for the program, especially since he was paired with Adam Scott, who was the most recent winner of a green

jacket in the Masters.

"It was unreal," said Sgt. Tony Reese, a member of Headquarters Battalion at Marine Corps Base Hawaii. "He gets to put on that green jacket. It's something that I want to do. I know I'll probably never get the chance to do, but just to be able to talk to him, caddie for him, it's just unreal. It's an amazing feeling."

While all volunteers agreed that meeting the pros and being able to caddy for them was a great and surreal experience, they also were grateful to the Birdies for the Brave program, which granted them this opportunity.

"I've been golfing since I was five, so just to be out here and actually do this means a whole lot," Reese said. "It's an awesome feeling that there are programs out there like this that do this for service members. It's fantastic."

Birdies for the Brave welcomes military during golf tournament

Story and photo by
MC1 Cynthia Clark

Defense Media Activity,
Hawaii News Bureau

Military members from all branches, retirees and their family members had the opportunity to view the Sony Open in Hawaii at the Waialae Country Club, from a special tent sponsored by the Birdies for the Brave program held from Jan. 9 to 11.

This was the seventh year the foundation and the Professional Golfers' Association (PGA), along with their corporate sponsors, provided food and beverages for the service members and retirees. It gave them the opportunity to relax and recharge on the 18th fairway. Another benefit was the chance to visit, take photos and get autographs from the professional golfers who made their way to the tent following their round.

"I definitely follow the game, and seeing all the big players out here, it's great, especially to come into

this tent," said U.S. Air Force Lt. Col. Brian Burns, stationed at U.S. Pacific Command.

"Having them taking time to come out here, and then to come to the tent after they're done, I know they're so busy with millions of demands on their schedule, but to come over here to the tent, at this great venue, it's just been awesome."

While it was an exciting opportunity for the service members, for the golfers who spent time with them in the tent, the feeling was mutual.

"It was great to get to stop by and talk to some of the troops and sign autographs. I think the military and golf goes hand-in-hand," said PGA member Ben Martin, during his time at the tent.

"It's cool for us to show our support to them, as much as they support us and all that they do. Hopefully they come out and have a good time, and [are] able to enjoy watching us play some golf. It's nice to get done with a round of golf and come back and hang out with these guys."



Ben Martin, Professional Golfers Association member, visits with active duty service members and retirees in the Birdies for the Brave hospitality tent Jan. 11 after his round in the Sony Open in Hawaii at Honolulu's Waialae Country Club.