

Koa Kai provides invaluable training

MC3 Johans Chavarro

Navy Public Affairs Support
Element West,
Det. Hawaii

The guided-missile destroyer USS Halsey (DDG 97) returned to its homeport of Joint Base Pearl Harbor-Hickam on Jan. 31 after a six-day underway in the Pacific Ocean.

Halsey was one of the ships that participated in Koa Kai 14-1, a semiannual exercise that prepares independent deployers in multiple warfare areas while also providing training in a multi-ship environment.

"In the last three months we've had about three or four opportunities to do week-long evolutions," said Cmdr. Gary L. Cave, commanding officer of Halsey.

"But that doesn't always allow someone to get into the rhythm of doing their job or get used to the sleep cycle. So, it's a great opportunity for these guys who have never been out to sea to see what their job is and, more importantly, getting around and seeing what everyone else is doing on the ship."

During the underway, Halsey conducted flight operations, anti-surface and anti-submarine training and dynamic ship maneuvers. According to Cmdr. Linda Seymour, executive officer of



U.S. Navy photo by MC3 Johans Chavarro

Sailors participate in a simulated crash and salvage operation aboard guided-missile destroyer USS Halsey (DDG 97) during a training evolution as a part of Koa Kai 14-1. Koa Kai is a semiannual exercise that improves cooperation, readiness and the capability of forces to respond quickly to various crises, ranging from armed conflict to humanitarian assistance.

Halsey, it allowed many of the new Sailors aboard Halsey a chance to perform their job at sea.

"We've had a big turnover in our crew just from the last year alone, so we have a lot of new faces," said Seymour. "The last deployment this crew did was almost two years ago. So, a lot of Sailors just haven't been on deployment and gotten used to how much better it is to be out at sea working on their rates and doing their job."

While ships in port routinely run scenario-based exercises to maintain the crew's warfighting readiness, Seymour said, the experience of a Sailor doing his job at sea in a multi-ship exercise like Koa Kai is invaluable in preparing the Sailor to perform his or her rate.

"Koa Kai gives us the opportunity to work with a lot of other ships at the same time," said Seymour.

"During the inter-deployment training cycle, we don't have the

opportunity to [do that]. We'll go out and work on whatever specific certification we're working on, whether it's engineering drills or navigation certifications. Also, in the Hawaiian operational area there just isn't a lot of other traffic around, and our bridge watch standers don't really get that experience in really seeing all those different lights out on the horizon and reporting them in. It just builds their confidence up a lot better

than any simulation can."

According to Capt. Chris Bushnell, commander of Destroyer Squadron 31 (CDS-31), exercises like Koa Kai are geared toward building the confidence of the crew by certifying the crew in a multitude of different warfighting scenarios.

"Our ships are nothing without the people," said Bushnell. "Koa Kai is used to certify the crew by familiarizing the watch standers, operation specialists, fire controlmen, or gunner's mates on the types of events and procedures they will have to do when preparing to take their ship away from their homeport, whether to go perform theatre security operations, disaster response, or just patrolling on the scene in [U.S.] 5th or [U.S.] 7th fleet area of operations."

Bushnell also said Koa Kai helps expose a Sailor to life at sea, allowing them to gain an understanding and mentally prepare for the daily routine one might encounter during longer periods of operation.

"Exercises like Koa Kai can also just be exposure to any day of the life of a Sailor on a ship underway," said Bushnell. "And that means getting used to routine. Starting with the boatswain's whistles, reveille in the morning, to 'Hey what time do meals

See Koa Kai, A-7

AF, Navy police forces participate in active shooter response exercise

Story and photo by Staff
Sgt. Alexander Martinez

15th Wing Public Affairs

The scenario: A disgruntled ex-employee of the base exchange, with support from his active-duty wife, returns to the store after being let go and shoots his ex-coworkers. This is a nightmare scenario that could happen at any time. As real as an active shooter threat may be, the best way to protect against it is to be prepared for it, and that's the mission of the joint exercise evaluation training team.

Recognizing this, they led coordination of an active shooter exercise at the Joint Base Pearl Harbor-Hickam on Jan. 29.

Master Sgt. Robert Wooderson, non-commissioned officer in charge of the 647th Security Forces Squadron Standardization and Evaluations Team, led a team of evaluators, Navy police observers, actors playing the roles of shooters and casualties, and first responders from the Hickam and Pearl Harbor security and police forces.

Wooderson said the team learned a lot from the training exercise.



Navy Master-at-Arms 3rd Class Chris Rivera posts with his K-9 and provides security during a joint exercise evaluation training team active shooter exercise held Jan. 29 at Joint Base Pearl Harbor-Hickam.

"The training went really well," Wooderson said. "We were able to identify the areas in our training that we're proficient in and areas

that we need improvement. Our security forces defenders had a lot of hustle. We're always taught to go in and do what needs to be done as

fast and effectively as possible, and we did that well."

Armed with training weapons, the two active shooters entered the

exchange, simulated shooting four people, killing two of them and injuring two others.

Hickam security forces first responders were notified of the incident via the regional dispatch center, which then coordinates response efforts with the joint defense operations center. Minutes later, the first patrol cars arrived and began their plan of action. Once inside, responders including 647th Security Forces (647 SFS) and Navy police forces were able to secure the building, eliminate the hostile threats, and save the surviving casualties. The casualties were prepared with moulage makeup in order to simulate real-life injuries.

Senior Airman Tiffany Biela, 647th SFS, said it is important for training such as this to be as realistic as possible.

"As much realism as possible helps the training because it gives the players a real understanding of what they may encounter and feel if they had to respond to a real-world incident," said Biela, one of the exercise active shooters.

"We need to conduct realistic training in order to be prepared for incidents in

order to avoid confusion, injuries or mass casualties," Wooderson said. "With our training now, we're definitely taking care of a lot of those potential problems."

Wooderson said this training exercise has another purpose for the joint base community.

"From an outside audience, they can see that we're not only training within our own facilities, but we're training in their common areas in order to be best prepared," Wooderson said. "This also acts as a deterrent for anyone who would think of doing such a crime. They see us doing these exercises and our anti-terrorism measures, and they'll think twice knowing we're prepared," he said.

Joint base security and police forces plan to conduct exercises like this more often in the future to keep training fresh in their mind and ensure they are always prepared to respond. "Anybody who's been here for a while knows that we've had a dividing line between base response forces," said Senior Master Sgt. Christopher Hurst, 647th SFS manager. "We're all working toward being on the same page and we're getting there; we did that today."

Personal Readiness Summit stresses importance of respect

Story and photo by
MC3 Diana Quinlan

Navy Public Affairs
Support Element West,
Detachment Hawaii

Officers and senior enlisted personnel attended the annual combined U.S. Pacific Fleet and Navy Region Hawaii Personal Readiness Summit held Feb. 4-6 in the Ford Island Conference Center at Joint Base Pearl Harbor-Hickam.

"Respect" for all Sailors and civilians is this year's theme. The summit offered coverage of various topics including physical readiness, command climate, fleet stressors and programs, sexual assault prevention and

response (SAPR), drug and alcohol prevention, and suicide prevention.

"Events like this summit will help us get ahead of these incidents so we can improve our readiness and allow us to get to the fight tonight," said Adm. Harry Harris Jr., commander of U.S. Pacific Fleet. "Readiness to defend our nation is our top concern, and people are an important part of that."

Harris stressed the importance of involvement at all levels of leadership as well as the power of intervention.

"It requires time and attention from all levels of the chain of command to get to these issues," said Harris, who also presented positive

examples of Sailors stepping up, stepping in, taking charge, and preventing incidents from happening and resolving various issues that would otherwise negatively impact the fleet and individual readiness.


A speaker panel, consisting of experts and representatives for such programs as SAPR, suicide prevention, physical readiness and others, held a question and answer session where leaders could address potential issues, discuss solutions, and receive information, updates and brief counseling.

"This is an interactive training for target groups, leaders, command program




As part of the Personal Readiness Summit, Sailors stationed in Hawaii attend a program called "Comedy is the Cure" presented by comedian Bernie McGrenahan during an all hands call at Sharkey Theater, Joint Base Pearl Harbor-Hickam.


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15th Wing honors, memorializes fallen Tuskegee Airman
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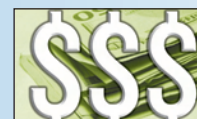
Koa Kai exercise 2014
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Additional active shooter exercise photos
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Living history at PAM
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MFSC to celebrate Military Saves events
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15th Wing honors, memorializes fallen Tuskegee Airman

Master Sgt. Jerome S. Tayborn

15th Wing Public Affairs

Airmen from the 15th Wing paid tribute to Romaine Horace Goldsborough, who was an aircraft mechanic of the Tuskegee Airmen, on Jan. 29 at Joint Base Pearl Harbor-Hickam. The Binnicker Professional Military Education Center staff hosted the tribute along with wing leadership and the Tuskegee Airman Committee as they honored the life of Goldsborough and his service to his country.

Goldsborough and his wife Dr. Dorothy Goldsborough were longtime residents of Kaneohe, Hawaii. The Hawaii Chapter of the Tuskegee Airmen, Inc., the "Artis-Baham-Goldsborough Chapter" is named in his honor.

During the tribute, Col. Johnny Roscoe, 15th Wing commander; Chief Master Sgt. Les Bramlett, 15th Wing command chief; Master Sgt. Marquez, PME director of education; and original Tuskegee Airman crew chief Philip Baham, who is now the only surviving Tuskegee Airman living in Hawaii; helped Dr. Goldsborough to unveil historic memorabilia and artifacts.

Dr. Goldsborough donated the historical memorabilia and artifacts to the PME Center where they will be housed at the Grey Geese room at JBPHH.

"Goldsborough has been a real integral part of black history and military history," said Master Sgt. (retired) Chandra Mack, outgoing president of the local Tuskegee Airman Inc. chapter. "And now our Airmen will be able to read the history and see the artifacts that are a part of our American history."



An official military photo of Tuskegee Airman Romaine Goldsborough.

"I couldn't think of [a] better way to have my husband's legacy remembered," said Dr. Goldsborough. "I thank all of you for being here to honor my husband who was such an honorable man. He was a fine husband, father and grandfather. I hope that all of you will be the same gentlemen and gentle ladies that he displayed throughout his life."

"I wanted everyone else to have the opportunity to view and enjoy my husband's artifact. History is very important and must be passed down from generation to generation," she said.

Roscoe also thanked Dr. Goldsborough for her generous gifts and her husband's honorable service.

"This is an amazing moment for me," Roscoe said. "As each and every one of you comes here to view these gifts that were donated, I ask you to think about it and imagine the days when discrimination still existed in our Air Force."

"Things are much different today, but it will bring us value in who we are and demonstrate how far we have come. Our non-commissioned officers today value and respect the people serving next to them, and I want

each and every one of you to remember this moment," he said.

The Tuskegee Airmen were men who enlisted in the Army Air Corps, stationed or trained at Tuskegee Army Air Field from 1941-1946. They became America's first black military Airmen. The keys to the success of these pilots, bombardiers, maintenance and support staff were that education was critical, and excellence was what they lived and breathed. They were in the military at a critical time period where desegregation was occurring and blacks were allowed to become pilots.

The Airmen fought two wars, one against a military enemy force overseas and another one against racism at home. During World War II, the 99th Fighter Group and the 332nd Fighter group trained at Tuskegee Field and served overseas.

The 99th went to Italy where they were named the "Redtails" and flew cover over Germany for the B-17s doing the bombing. To their credit, they flew as escorts in P-51s and never lost a plane to enemy fire.

The 99th Fighter Squadron earned two Distinguished Unit Citations, and the 332nd Fighter Group earned one after the 99th Fighter Squadron was assigned to it. The 332nd Fighter Group is now the 332nd Air Expeditionary Squadron at Joint Base Balad, Iraq supporting Operations Iraqi and Enduring Freedom.

The Tuskegee Airmen are members of the 332nd Fighter Group and 477th Bombardment Group who helped pave the way for desegregation in the U.S. military. The group has received eight Purple Hearts, three Distinguished Unit Citations and 14 Bronze Stars.



Dr. Dorothy Goldsborough (right), wife of Tuskegee Airman Romaine Goldsborough, and fellow Tuskegee Airman crew chief Philip Baham addresses the men and women of the 15th Wing.

Goldsborough was one of the two surviving Tuskegee Airmen living in Hawaii, but

passed peacefully in his sleep on Aug. 14, 2013 in Hauula, Hawaii on Oahu's

North Shore.

(For the complete story, visit www.15wing.af.mil.)

Naval Inspector General to conduct area visit, climate survey in Hawaii

Navy Region Hawaii Inspector General

The Naval Inspector General (NAVINSGEN) will conduct an area visit in Hawaii from March 13-21. 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 and Navy civilian employees (excluding contractors), 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.

"This is a great opportunity to let senior leaders know what you think about the various issues

affecting quality of Navy life in Hawaii," said Rear Adm. Rick Williams, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific.

"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 began on Jan. 15 and will continue through Feb. 12 at <http://ow.ly/tmTmF>

For more information, contact Lisa Hill at 471-1953 or the Navy Region Hawaii Inspector General, John Cosson, at 471-1958.

Commentary

We take care of each other – as warfighters, as shipmates, as friends

Rear Adm. Rick Williams

Commander, Navy Region Hawaii and Naval Surface Group Middle Pacific



Rear Adm. Rick Williams

Thanks to programs like this week's Personal Readiness Summit, sponsored by Commander, U.S. Pacific Fleet, we are gaining an understanding of causes of stress, how to navigate stressors, and what we can do to improve quality of life, quality of work and, therefore, quality of service for ourselves and others.

Our lives are filled with stress. Our assignments can be filled with risk. And we have to deal with additional stressors even when we're not forward-deployed. We are constantly vigilant, always ready. Maintaining high levels of vigilance sometimes requires having

to work long hours.

One of the greatest causes of stress is uncertainty. There is always the unknown in life, and most people learn to accept it. However, if our shipmates have faith in a system that advocates for their interests and encourages confidence,

a process that they can be part of that provides resilience, this uncertainty becomes stability.

In a larger sense, personal readiness is all about fleet readiness. It is the ability of our Sailors to deliver credible combat power when called upon, while simultaneously managing the stressors that are a natural part of work and life.

The summit highlighted some of the important resources available to our Sailors and families to deal with the stress of military life - Fleet and Family Readiness Center, Chaplain Corps, Medical Corps, counselors, and Morale, Welfare and Recreational services, to name a few. All of these resources provide important tools and outlets for dealing with stress in positive ways.

Our families are an important part of our lives and an integral part of our readiness. But problems at home can also translate to problems at work, which equates to reduced readiness. Shipmates are family. We live, work, eat and laugh together. Sometimes we disagree or don't see eye-to-eye. But at the end of the day, we have each other's back.

Treat your shipmates just as you would your family. Be involved, provide support, redirect when necessary, intervene where and when it is required, keep each other safe.

We have identified and are controlling, where we can, stress on the job: lack

Help Resources

- Chain of Command
- Military & Family Support Center: 808-474-1999
- Chaplains: Pearl Harbor: 473-3971, Hickam: 449-1754
- Medical Providers (PCM, IDC)
- NHCH Mental Health: 808-473-0650
- National Lifeline: 1-800-273-TALK (1-800-273-8255)
- Military OneSource: 1-800-342-9647
- Navy Suicide Prevention
- Military & Family Life Consultant (MFLC) 808-221-1341 or 808-221-0238

of adequate resources, long hours at work, being away from home and family, and the unpredictability of job demands, including unexpected maintenance.

But to help with these stressors, we need more. How do we cope? How do we overcome the stress that invades our lives?

As leaders we must also expand upon what the summit provided. We must take a more holistic approach at readiness to also get to the root causes of stress. In my conversations with Sailors, some of the biggest stressors in their lives are not having the correct manning, not having people with the right skill sets, not receiving the level of training necessary for the mission, and not having equipment that is in operational condition.

We continue to work hard to resolve these issues and make improvements in all of these areas. We must all do a better job of communicating with each other the challenges we are experiencing. As leaders we

must look for the ways and means of reducing these challenges. Sailors are smart — they get it — we must communicate openly and clearly.

Part of our job is to form a pact or trust by the way we lead and develop our shipmates and team build. We can't underestimate the importance of being a shipmate, friend or caring family member. Active engagement by our leadership as well as third party intervention can be important. While many family members and shipmates recognize problems with their spouses and shipmates, they are either afraid to step forward or don't know what to do with the information or who to turn to.

Another way that we can help to lighten the stress is by taking care of our Navy families, providing child care services, housing, exchanges, health clinics, MWR facilities and events, fitness centers and family support services—all of those things that can improve the quality of life for our military families

and in doing so, also lessen the stress.

Our ombudsmen team is vitally important. They are the critical connection between our commands and our Navy families—not only with newly arrived families but also with our millennial generation Sailors.

The command ombudsmen are at the heart of that pact or trust, the heart of the connection. We need their help in developing the talent, resilience and readiness of our Sailors, even in the most challenging of times.

As we continue to be vigilant and focus on our jobs, it is important that we are able to "navigate" the stresses of military life. It is essential that we promote mental and physical fitness to help us to better deal with stress. And we need to be ever mindful of doing our jobs safely and managing risk.

We are all in this together. This is our Navy. This is our community. We take care of our shipmates. We take care of each other.

Diverse Views



How do you cope with being separated from your spouse or significant other during deployment?

1st Lt. Cordell Crawford
647th Force Support Squadron



"Although I've never been deployed, the best way I cope with being separated is by constant communication via email, social media and Skype. Another great avenue of occupying any free time is by taking advantage of the many MWR, USO and force support squadron functions."



Tech. Sgt. Ruben Mindieta
766th Specialized Contracting Squadron

"It is never easy being away from loved ones. What I do is take time to write an email, a letter or send photos to my loved ones to stay in touch. I have even written a daily journal to provide insight to what is happening while I am away."

EM1 Jeremy Fedderly
USS Jacksonville (SNN 699)



"I haven't been deployed since I got married. But, pictures definitely help, being able to Skype when in port, email whenever you can. Being on a submarine makes it a little more difficult."



Tech. Sgt. Sarah Scott
Det 1, 18th Aeromedical Evacuation Squadron

"My husband and I are both active duty. Being away from your family can be very challenging. We try and record ourselves reading the kids favorite bedtime stories. We like to watch recorded videos. Sending care packages is fun as well. You can always surprise the person on the other end with a good care package."

EM2 Houston Roof
Pearl Harbor Naval Shipyard



"I cry myself to sleep in my pillow in my rack."



Senior Airman Michael LaFiura
15th Maintenance Squadron

"My wife and I set up dates along with planning a phone call if possible. Aside from sending care packages and emails, we kept reminding each other that everything will be O.K., talking about the future and about all the good times. She was there for me and was supportive through the entire deployment."

MM1 Jacob Cox
Pearl Harbor Naval Shipyard



"Letters. We write letters out to each other before we deploy and write specific dates on them to be opened. We also write ones for 'if you need me'. Letters are always very good, especially before email came along."



FCC Louis Rodgers
ATG West Pac

"Exercise. Reminding myself what my overall mission is and why I'm on deployment: keeping my family and children safe."

Provided by Lt. j.g. Eric Galassi and David Underwood Jr.

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

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

Readiness

Continued from A-1

advisors and officers and senior enlisted, to provide opportunities to share best practices and lessons learned and ask questions of the OPNAV staff," said Linda Boswell, alcohol and drug control officer, education liaison officer, U.S. Pacific Fleet, and coordinator of the events.

Rear Adm. Rick Williams, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, and Lt. Cmdr. Kaarin Coe, suicide prevention coordinator at Military and Family Support Center Navy Region Hawaii, led fleet stressors and programs portion of the summit.

"Even when we're not forward-deployed, there are stressors in the mil-

itary. The impact is often hard for our Sailors, but it can be even harder for families who have to cope, adapt and overcome," Williams said. "How do we cope? We help each other. It's a pact, a trust. When Sailors know their families are cared for and supported, they are more able to focus on the mission."

Additionally, Williams strongly encourage communication up and down the chain of command. He stressed the importance of leadership support and need to eliminate any fear that may prevent subordinates to address stress-related issues to the chain of command and inspire service members and their families to step forth and get help.

Chief Parachute Rigger Jeremy Kelsey shared his personal story of an attempted suicide after facing ongoing depression and exhibiting destructive behavior. Kelsey spoke of possible rea-

sons that may lead Sailors to commit suicide and described types of behavior that may help determine and prevent suicidal tendencies.

Kelsey also used his personal story as an example of a role that leadership plays in lives of Sailors and how caring, understanding and early response can save lives, set an individual on the right track, and encourage to progress and succeed in naval career.

"This is my first seminar and I think it is priceless," said Cmdr. Ryan D. Collins, commanding officer of the guided-missile destroyer USS Chung-Hoon (DDG 93). "It is definitely worth taking the time out of the day to sit down [with program coordinators] and ask questions, to provide the feedback that they can take back, make adjustments to the Navy policy, and ultimately, provide a better product to the Sailor."

31st Bombardment Squadron at Hickam



Photo courtesy of Pacific Air Forces

The first bombardment unit based at Hickam, the 31st Bombardment Squadron (Heavy) arrived from Hamilton Field, California and was assigned to the 5th Composite Group on Feb. 8, 1938, 76 years ago this week. Four members of the squadron were killed in action on Dec. 7, 1941, nine members were wounded, and all of the unit's B-18 Bolo bombers (a B-18 is shown in this photo) were either damaged or destroyed.

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Koa Kai 2014

Photo collage illustration by Rico Onaha Rutter

Seaman Marczon Estrella handles a line during a replenishment at sea operation with Canadian underway replenishment ship HMCS Protecteur aboard guided-missile destroyer USS Halsey (DDG 97).
U.S. Navy photo by MC3 Johans Chavarro

An AH-1W Super Cobra from Marine Light Helicopter Squadron (MLHA) 367.
U.S. Navy photo by MC2 Mathew J. Diendorf

The guided-missile destroyer USS Michael Murphy (DDG 112) operates in the Pacific Ocean during exercise Koa Kai.
U.S. Navy photo by MC2 Dustin W. Sisco

Culinary Specialist 3rd Class Bobby Eick waits before entering a space during a class alpha fire drill aboard guided-missile destroyer USS Halsey (DDG 97).
U.S. Navy photo by MC3 Johans Chavarro



Boatswain's Mate 2nd Class Robert Titus salutes as Rear Adm. Rick Williams, commander, Naval Surface Group Middle Pacific and Navy Region Hawaii, leaves from visiting guided-missile destroyer USS Halsey (DDG 97).
U.S. Navy photo by MC3 Johans Chavarro

(Above): Information Systems Technician 1st Class George Ceria performs a pre-flight inspection on an SH-60B Seahawk aboard the flight deck of guided-missile destroyer USS Halsey (DDG 97).
(Right): Capt. Chris Bushnell, commander of Destroyer Squadron 31 (CDS-31), welcomes Rear Adm. Rick Williams, commander, Naval Surface Group Middle Pacific and Navy Region Hawaii, aboard guided-missile destroyer USS Halsey (DDG 97).
U.S. Navy photos by MC3 Johans Chavarro



Sailors assigned to the guided-missile destroyer USS O'Kane (DDG 77) prepare to engage in a visit, board, search and seizure (VBSS) exercise.
U.S. Navy photo by MC2 Dustin W. Sisco



U.S. Navy photo by MC2 Dustin W. Sisco

A Sailor assigned to the guided-missile destroyer USS O'Kane (DDG 77) runs to attach chocks and chains to an Army UH-60 Blackhawk helicopter.

The guided-missile cruiser USS Cape St. George (CG 71) refuels with the Royal Canadian Navy auxiliary oil replenishment ship HMCS Protecteur.

U.S. Navy photo by MC2 Dustin W. Sisco

Pearl Harbor-Hickam *Highlights*



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

(Left): Vincent Ware, Airman 1st Class Kyle Kimerling and Tech. Sgt. Chris Jackson, 647th Security Forces Squadron, wield training guns as they respond to a simulated shooter notification.



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

(Above): Vincent Ware and Tech. Sgt. Chris Jackson, 647th Security Forces Squadron, arrest Tech. Sgt. Cameron Wright, 647th SFS as he plays an active shooter during an exercise.



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

Senior Airman Tiffany Biela, 647th Security Forces Squadron, holds a training gun after simulating shooting Senior Airman Kevin Crone and Airman 1st Class Ashley Barajas, 15th Medical Group, during a joint exercise evaluation training team active shooter exercise at Joint Base Pearl Harbor-Hickam on Jan. 29.



U.S. Navy photo by MC3 Johans Chavarro

Service members attend an African American History Month luncheon Feb. 3 at Silver Dolphin Bistro at Joint Base Pearl Harbor-Hickam.



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

Tech. Sgt. Nakeysha Saddler, 15th Medical Group, hides under a display with her simulated baby during an active shooter exercise.

Houston Texans Pro Bowl player visits submarine USS Texas

Story and photo by MC1 Steven Khor

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

Sailors of the Virginia-class fast attack submarine USS Texas (SSN 775) were showing smiles of excitement when they were visited Jan. 30 by J.J. Watt (No. 99), NFL Pro Bowl player from the Houston Texans at Joint Base Pearl Harbor-Hickam.

"It's super exciting for the crew to engage with an NFL football player like J.J. Watt," said Cmdr. Andrew Hertel, Texas' commanding officer.

"Ninety-five percent of our Sailors are big fans of the NFL, and Watt is one of the superstars. It is very exciting to meet him and an honor for him to come down and thank the Sailors for their service."

Watt said he was glad to have the opportunity to come and meet the Sailors and learn about the ship.

"It is crazy to see how

tight the quarters are and how effective they use their space," said Watt, "how every single nook and cranny of the ship is used for something. How small the beds and ceilings are, it is very cool to see."

"Any chance that I get to come out and thank our military for what they do is a great opportunity. I play a game. I'm very fortunate to play a game. But it would not be possible without the men and women who serve and protect our freedom. It's great for me to come see them and show them that we support them," Watt said. Watt got a kick out of the "come and take it," and "Don't mess with Texas," mottos used frequently aboard the sub as well as the Texans' boots in their mess hall, the Texans' flags and Texans' memorabilia. He said the Texans spirit on the boat put a big smile on his face, and he was glad the Sailors supported Texans football just as much as he supported them.

Off the field, Watt continues to be an inspiration to

others. His charity, the Justin J. Watt Foundation, provides after-school athletic opportunities to middle school kids and will give back more than \$500,000 to others. Watt said his charity continues to provide 40 tickets to military members and their families during every home game.

Watt said he tries to be a good role model for Texas because they have treated him so well.

"I realize how fortunate I am, and it is because of the military that helps me give back," said Watt.

For Machinist's Mate 1st Class Ryan Caroffino, a visit from J.J. Watt reaffirmed his "biggest fan" claim for Texans Football.

"I am the biggest Houston Texans fan," said Caroffino. "When I heard that J.J. Watt was going to be around, I was stoked. To be able to hang out and eat lunch with him was really cool. He showed a lot of support by asking about our daily lives, like a day in the life of what we do, and took



J. J. Watt, two-time National Football League Pro Bowl player from the Houston Texans, autographs a football for Electrician's Mate 1st Class Keith Ober of the Virginia-class fast attack submarine USS Texas (SSN 775) during a visit Jan. 30 to Joint Base Pearl Harbor-Hickam.

a lot of interest in our intramural football team and training. He is a very down to earth guy."

Commissioned Sept. 9, 2006, Texas was the second Virginia-class, fast attack

submarine constructed and the first submarine to be named after the Lone Star State.

The state-of-the-art submarine is capable of supporting a multitude of mis-

sions, including anti-submarine warfare, anti-surface ship warfare, strike, naval special warfare involving special operations forces, and intelligence, surveillance, and reconnaissance.

USS Chung-Hoon Sailors enjoy Super Bowl at sea



U.S. Navy photo by PS2 (SW) Domicia Humphries

Sailors aboard USS Chung-Hoon (DDG 93) support their favorite teams during the ship's underway Super Bowl party Feb. 2. Chung-Hoon was underway in support of anti-submarine training exercises.

CTR3 Amber Benoit

USS Chung-Hoon (DDG 93)

It was the day football fans wait for all year, Super Bowl Sunday, and USS Chung-Hoon (DDG 93) was underway in support of an anti-submarine exercise. Most Sailors can attest to

the fact that the nation's work cannot always be scheduled around holidays and sporting events.

This year, that meant that Sailors on Chung-Hoon were not able to be home to enjoy the "big game" with their friends and families. They were, however, able to have their own Super Bowl

party on the ship's mess decks. Sailors made signs and ate snacks provided by shipboard Morale, Welfare and Recreation (MWR), while Seahawks and Broncos fans alike congregated on the mess decks to watch the game.

The ship's culinary specialists provided a spread

worthy of the Super Bowl that included nachos with chili and cheese, buffalo wings, buffalo chicken cheese dip, guacamole and more.

Electronics Technician 2nd Class (Surface Warfare) Andrew McAfee summed it up, "Great football food! This is the kind of stuff I would have had at home."

The game itself was somewhat of a blowout. At halftime the score was 22-0 Seahawks, and final tally was 43-8 for the Seahawks. But football was not the only thing to think about. Many Sailors enjoyed the halftime show, which featured pop artist Bruno Mars and rock legends, the Red Hot Chili Peppers.

"I'm so glad the Seattle Seahawks won, but I wish Bruno Mars had played more songs," said Fire Controlman 3rd Class Casey Euells. Many people were disappointed that the Armed Forces Network (AFN) did not air the traditionally comical and sometimes controversial Super Bowl commercials. Instead, Sailors were shown AFN-specific ads and support-troops messages from Seahawks and Broncos players.

"Sometimes the commercials can add a lot to the Super Bowl experience, but personally I am more interested in the actual game, so I didn't mind the AFN ads too much," said Ensign William Hentschel.

"Also, we're lucky to be able to watch the game at all while we're underway, so I'm grateful for that," he added.

After the game, when Seahawks fan, Sonar Technician (Surface) 2nd Class (SW) Andrew Mason was asked about the outcome, he said, "Defense wins championships."

"The game was not worth watching. I'm going to cry myself to sleep," said Intelligence Specialist 2nd Class (SW) Darian Schleiss, a Denver fan.

Casual and diehard Seahawks fans seemed to enjoy the game thoroughly. Sonar Technician Surface 1st Class (SW) Neal Ward became a Seahawks fan years ago after working at the Seahawks' stadium in Seattle. "The fans are awesome. The stadium is loud. I've never seen a stadium shake like that. They really dominated tonight. I knew their defense was good, but I didn't know it was that

good. This has been a long time coming for a good fan base," Ward said.

Cmdr. Ryan Collins, Chung-Hoon's commanding officer and a Washington native himself, said he could not agree more.

"What a great way to watch the Super Bowl, underway on Chung-Hoon with 300 of our nation's finest. Our MWR committee, food service attendants and cooks put on an amazing spread for our Super Bowl party, and the crew had a great time.

As a lifelong Seahawks fan, I was especially excited and thrilled to watch the game. The 12th Man (Seattle's fans refer to themselves as the "12th Man") was well represented on Chung-Hoon with the 12th Man flag flying proudly from the mast during the game," Collins said.

"It's not every day that you get to watch the biggest game of the year with your friends and coworkers while serving on a Navy warship," said Hentschel, "If I can't be with my family, there's not a group I'd rather watch the game with. I'll remember this one for a long time."

Koa Kai

Continued from A-1

start and stop?" And then all the various things that happen like morning quarters. They have to learn whether they're going to get sea sick, or if they're a father, a mother, a sister, or a brother, they have to learn how to keep in touch with those loved ones, what do they need to bring with them so they have a little piece of 'home' with them."

"To some of our junior Sailors, that's very new and that routine is not something they normally do. So, a lot of it can be summed up

as conditioning and practice, like an athlete training for a race. This is practice so they can be ready to go do the race, the competition, the deployment," Bushnell said.

Master Chief Kenneth Nist, command master chief of Halsey, said time spent at sea also helps bring the crew together and build the cohesion and community necessary for the ship to accomplish its mission successfully.

"Whenever a new Sailor checks aboard the ship, I always tell them what they do is just as important as what everyone else does, regardless of what rank

they are, regardless of what rate they are," said Nist.

"On this type of platform, we all rely on each other. It's not just "our rate" or "our job." We're expected to do many other things, and participating in exercises like Koa Kai lets the Sailors experience that. It's all intertwined and each Sailor here brings a piece of that success."

And it's an experience that many Sailors are anxious for and find exciting, said Seaman Marczon Estrella.

"Being underway is more engaging with our ratings," said Estrella. "We get more practice and we actually get

to do what we have to, instead of reading what we have to do on power points. It's a lot more fun when we actually get to go hands-on and do our job."

Aviation Electrician 2nd Class Michelle Robbins, a Sailor attached to Halsey from Helicopter Maritime Strike Squadron 37 (HSM 37) at Marine Corp Base Kaneohe, said that being aboard Halsey for Koa Kai has helped the crew of HSM 37 gain insight into life on a ship and what it takes to perform their job at sea.

"My team is fairly new and fairly young with going to sea," said Robbins. "So, just the exercise itself has

taught us a lot about the ship and working together in a different environment, in more ways than one, like knowing how to work together and communicate in berthing to out on the flight deck. We also now have a better understanding of what extra tools and parts we'll need for the aircraft when we get attached to a ship for deployments and what personal items you're going to need for the long term."

In the end, Cave said opportunities to go on underway allow for the crew to build the bonds and relationships necessary to be successful during longer

times at sea.

"It's where the heart of a ship comes in," said Cave. "I talk a lot to my crew about life aboard a ship as being family-oriented. Right now we're sitting at about 290 Sailors and especially when you do a deployment, you're going to depend on every one of them and it does become very family-like."

"And like any family, you're going to butt heads with some and you're going to become tight with others. And having these chances to get underway for a time allows you to see how that interaction will be like and to build those bonds," he said.