

USS Chung-Hoon returns home to Pearl Harbor

MC2 Tiarra Fulgham

Navy Public Affairs
Support Element West,
Detachment Hawaii

The guided-missile destroyer USS Chung-Hoon (DDG 93) returned to its homeport of Joint Base Pearl Harbor-Hickam Oct. 1 following a six-month deployment to the western Pacific area of responsibility.

Chung-Hoon operated in the U.S. 5th and 7th Fleet areas of responsibility conducting operations supporting regional security and counter-terrorism as well as combating criminal maritime operations.

“We operated forward and worked with our foreign partners in various multi-national exercises improving warfighter skills across a broad range of mission sets and further strengthening our bonds,” said Cmdr. Justin Orlich, commanding officer of Chung-Hoon. “Chung-Hoon Sailors have accomplished a great deal this deployment and have much to be proud of in service to our nation.”

While underway Chung-Hoon participated in Pacific Bond 2013, which is a U.S. Navy, Royal Australian Navy, and Japan Maritime Self-Defense Force maritime exercise designed to improve interoperability and further relations between nations.

“We did a lot of carrier support, independent operations, a lot of submarine hunting and a lot of train-

ing events. We got to do several things with different host nations, which was pretty awesome and we really got a lot of great experience for the ship and the aircraft alike,” said Lt. Cmdr. Alapaki Gomes, Helicopter Anti-Submarine Squadron Light 37.

“It was really active, probably the most I’ve done on deployment, yet I kept telling my younger guys that it’s not usually this busy. It’s not usually this back to back, everything that’s going on, and just told them appreciate it while you got it. We’re knocking it out of the park, it was really awesome to be a part of.”

The ship also participated with the Royal Australian Navy in Talisman Saber 2013, a biennial training exercise aimed at improving Australian and U.S. combat readiness and interoperability.



Family members greet Sailors from the guided-missile destroyer USS Chung-Hoon (DDG 93).



U.S. Navy photos by MC2 Sean Furey

The Arleigh Burke-class guided-missile destroyer USS Chung-Hoon (DDG 93) returns to its homeport of Joint Base Pearl Harbor-Hickam after a deployment to the western Pacific. Commanded by Cmdr. Justin Orlich, the ship and its crew of nearly 280 Sailors conducted integrated operations with allies and partner nations during the ship’s six-month deployment.

“Chung-Hoon performed marvelously throughout their deployment,” said Destroyer Squadron 31 Commodore, Capt. Wallace G. Lovely. “This team

answered the call for mission support on time, every time.”

“Today is a really happy day for me, the USS Chung-Hoon is coming

back. My husband... is coming home and I’m really excited to see him again,” said Ammy Wilson-Rivera, Navy spouse. “My stomach is in knots. I haven’t been able to sleep a lot and I just want to see him. I’m really excited.”

“Today is a great day, the first time I had family come and visit me on deployment so it really made me feel really good when I came here and I saw my sisters and my niece on the pier. It’s really hard for me to try to hold in the tears right now,” said Damage Controlman 2nd Class Mitch Ferdinand. “Deployment was fun. We hit a lot of ports but every day you get closer and closer to come home to your family, just made it amazing. I can’t even speak right now. I’m just too excited.”

Guided-missile destroyers are multi-mission anti-air warfare, anti-submarine warfare and anti-surface warfare combatants that operate independently for the support of carriers and expeditionary and surface strike groups.

Chung-Hoon is named in honor of Hawaii native Rear Adm. Gordon Pai’ea Chung-Hoon, recipient of the Navy Cross and Silver Star in World War II for conspicuous gallantry and extraordinary heroism as commanding officer of USS Sigsbee (DD 502) from May 1944 to Oct. 1945. She is assigned to Commander, Naval Surface Group Middle Pacific, Destroyer Squadron 31.

Southeast Asia refugees tour JBPHH

MCSA Rose Forest

Navy Public Affairs Support
Element West Det. Hawaii

Members of the Association of Chinese from Vietnam, Cambodia and Laos as well as other groups including neighborhood boards and community leaders participated in a special tour Sept. 24 of Joint Base Pearl Harbor-Hickam.

The tour started at the World War II Valor in the Pacific National Monument and included historic sites such as the inactive amphibious assault ship USS Tarawa (LHA 1), USS Utah Memorial, Battleship Missouri Memorial, and USS Arizona Memorial.

USS Tarawa, currently moored in Middle Loch, was a special point of interest for many members of the tour, especially the members of the Association of Chinese from Vietnam, Cambodia and Laos, because the ship was used to evacuate more than 400 refugees during a search and rescue mission in the South China Sea in 1979. Many of the men and women on the harbor tour were refugees during this evacuation effort or family members of people who were.

“That was the ship used to evacuate the Vietnamese during the fall of Vietnam and some of the people here were on that

ship or they had relatives and one of them had a niece who was born on the ship,” said tour guide, Stanford Yuen. “So the ship is very special to them and that is why we spent time around the ship so they could see what it looks like today.”

Near the end of the tour, the boat stopped at the USS Arizona Memorial and the members were able to pay their respects. The memorial sits above the remains of Arizona where more than 1,000 Sailors and Marines died during the 1941 attack on Pearl Harbor.

Before leaving the guests gathered in the shrine at the far end of the memorial, a marble wall that bears the names of those killed on the Arizona, to honor those heroes with a series of three bows.

“These groups were the original refugees from Vietnam, Laos and Cambodia,” said Chulan Shubert-Kwock, Chinatown Business and Community Association representative. “These are our guests from other countries and other states and I really think they got to understand how important this is as a memorial and it becomes a sort of peace center. It has really touched everyone, this memorial.”

This recent tour was part of the bi-annual, world-wide meeting of the Association of Chinese from Vietnam, Cambodia and Laos.



U.S. Navy photo by MC2 Sean Furey

Miyoko Shimoda, a member of the Luk Tung Kuen Group visits the USS Arizona Memorial on Joint Base Pearl Harbor-Hickam. The names engraved on the wall represent the Sailors and Marines who died aboard battleship USS Arizona during the 1941 attack on Pearl Harbor.

15th Wing senior leaders get flu shots



Navy Hospital Corpsman 2nd Class Mishell Miyashiro (far left) from the Navy Health Clinic Hawaii Preventive Medicine (NHCH), and Staff Sgt. Aimee Braxton (far right), 15th Medical Operations Squadron NCO in charge of immunizations, prepare to administer flu vaccinations to (left to right) Col. John Roscoe, 15th Wing commander; Col. Terry Scott, 15th Wing vice commander; Navy Hospital Corpsman 2nd Class Miguel May; and Chief Master Sgt. Leslie Bramlett, 15th Wing command chief. The flu shots were administered Sept. 4 at the 15th Wing headquarters building.

Government shutdown creates impact

The federal government shutdown has caused furloughs for many civilian workers and impacted services.

Those affected by the shutdown can visit the Department of Defense www.defense.gov and Office of Personnel Management www.opm.gov websites for more details on the furloughs.

Additional information about the government shutdown can be found on the U.S. Navy website www.navy.mil along with the Air Force website www.af.mil and Commander, Naval Installations

Command website www.cnic.navy.mil. Navy Live, the official blog of the U.S. Navy, also has information about the government shutdown. Visit http://navylive.dodlive.mil/.

According to the Joint Base Pearl Harbor-Hickam Military and Family Support Center (MFSC) Facebook page, several classes have been cancelled due to the government shutdown and furlough of employees. Additional classes may be

See shutdown, A-7

Save Energy

Put a lid on it. Cook food and boil water in a covered container whenever possible. This traps the heat inside and requires less energy.



Military volunteers for 20th annual National Public Lands Day
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Healthy Base Kick Off event planned for Oct. 18 at Ward Field
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Military joins Aloha Festivals Floral Parade
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Service members recognized for educational accomplishments
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Airman’s Attic at JBPHH serves enlisted community
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Civil Air Patrol: America’s best kept secret
See page B-3

Military volunteers for 20th annual National Public Lands Day



U.S. Navy photo by MC2 Sean Furey

Ships Serviceman 1st Class Desmen Johnson, stationed aboard the guided-missile cruiser USS Lake Erie (CG 70), participates in a beach clean up as part of the 20th Annual National Public Lands Day (NPLD) at Nimitz Beach. NPLD is the nation's largest, single-day volunteer effort for public lands.

Story and photo by MC2 Sean Furey

Navy Public Affairs Support Element West, Detachment Hawaii

Service members and community participated in a beach clean up as part of the 20th Annual National Public Lands Day (NPLD) at Nimitz Beach on the island of Oahu Sept. 28.

NPLD is recognized as the largest, single-day volunteer effort for public lands in the U.S. and this year marks the 20th anniversary of the nationwide event.

"All across the nation today there will be thousands of people just like us gathered to do whatever work needs to be done to maintain our natural and cultural resources," said Patty Coleman, the Environmental Outreach Coordinator for Navy Region Hawaii. "Events

like this also gives our young children an appreciation for the environment, they also get to learn about Hawaii and the marine life of the area."

Assisting in the clean up were volunteers from the guided-missile cruiser USS Lake Erie (CG 70), Girl Scouts from Daisy Troop 669 out of Joint Base Pearl Harbor-Hickam, AECOM Technology Corporation, Fleet Logistics Center Pearl Harbor (FLCPH) and the local community.

"We are here to support public lands and the community as well as bring awareness to our Sailors about the importance of our environment," said Senior Chief Culinary Specialist Randy Basat, the volunteer coordinator for Lake Erie. "This brings a positive image to our Navy and promotes comradery between the military and the community."

When NPLD began in

1994 the event initially had three site locations and nearly 700 volunteers. It has since become a yearly tradition, typically held on the last Saturday in September.

President Barack Obama issued a 2013 Presidential Proclamation declaring the nationwide recognition of NPLD and the importance of the event.

"For two decades, Americans have observed this day by lending their time to the restoration of our country's historic places and natural treasures," Obama said in the proclamation. "Across our country, volunteers beautify parks, waterways, and wilderness areas. Through these small acts from planting trees to carving out trails, removing litter, and curbing the growth of invasive species volunteers carry forward a long tradition of conservation and public service."

Submarine veteran visits USS Louisville

Story and photo by MCC William Clark

COMSUBPAC Public Affairs

Navy veteran, Paul "Pappy" Lowe, visited the Los Angeles Class submarine USS Louisville (SSN 724), in Pearl Harbor on Sept. 23. The former submariner had not been onboard his former platform in decades and was amazed by the changes.

Lowe and his family, wife Herowina and son Marc, were given a guided tour of Louisville by Electronics Technician 2nd Class Paul Menchaca. The tour marked

the first time Lowe had been aboard a submarine for Lowe since 1967, when he served as an Electronics Mate aboard a "Guppy" class submarine.

Stepping on the warship brought back the familiar feeling of camaraderie with fellow submariners, along with noticeable differences.

"There is so much more to learn, to qualify on," Lowe said. "We operated in the era of vacuum tubes and had two large, manually-operated wheels for the dive planes in the control room. We only had one deck level for all our work."

The tight spaces and passageways also revisited

memories, as did the galley and wardroom. He spoke of "SOS," his shipmates' code word for a diet staple, dried beef on toast.

As a crew member on USS Quillbeck (SSN 424) during the Cuban missile crisis, Lowe recalled the intensity of the situation and how the crew was inspired by President John F. Kennedy, as they deployed to Guantanamo Bay.

Lowe served on four different submarines in his Naval career and thanked the current shipmates for "standing the watch" while he continued in other fields supporting the country.



Navy veteran, Paul "Pappy" Lowe, visited the Los Angeles Class submarine USS Louisville (SSN 724), in Pearl Harbor on Sept. 23.



'Navigate' to Ho'okele website

www.hookele.com or www.cnmc.navy.mil/hawaii

Service members recognized for educational accomplishments

Story and photo by
MCSN Johans Chavarro

Navy Public Affairs
Support Element West,
Detachment Hawaii

Navy College Pearl Harbor (NCPH) recognized more than 50 service members from the Navy and Air Force for educational achievements during the past year at a ceremony held at the Ford Island Conference Center on Joint Base Pearl Harbor-Hickam Sept. 26.

The annual ceremony, sponsored by NCPH, acknowledged military personnel who have received or will receive college degrees at the graduate and undergraduate level or an apprenticeship certificate.

"Education is important, but especially with the military, knowing how



U.S. Navy photo by MCSN Johans Chavarro

Service members, part of a military recognition ceremony for college graduates, wait for the ceremony to start at the Ford Island Conference Center at Joint Base Pearl Harbor-Hickam.

hard service members work every day, so that the rest of the world can do whatever it is they're doing," said Virginia

Martin, an educational advisor at NCPH. "You're

pushing your education to the limits that you can get it to, it just shows you're not just a service member. You're trying to do what everybody else is doing, but you're doing it while

also doing a full time job." "Furthering your education, past a bachelor's degree, even onto a masters, is just going to open up so many more doors, even for staying in or getting out," Martin said. "And getting out there are so many things you can do, because now you have a degree, which is what companies look at, but you've also got that life experience."

Among the service members recognized was Logistics Specialist 1st Class Karine Rivera, a Sailor who managed to complete her master's degree in business administration in addition to successfully meeting the demands of her military job.

"I was so relieved, finally done," Rivera said. "It was supposed to take 18 months

to 24 months, but it took me three years. So I'm really relieved and finally able to enjoy the Hawaiian life, all my weekends were doing homework and writing papers."

Rivera said furthering her education was her major motivation in leaving her native country of Colombia to move to the United States and join the Navy.

"That was my main goal when I joined the Navy, to finish my bachelor's degree and then my master's degree," Rivera said. "So that was very important to me, it was my main goal in life."

Hoping to one day become an officer was a significant motivating factor said Rivera, who experienced the trials of completing a degree while on deployment in Afghanistan

in 2011 and 2012.

"I took classes over there and it was really hard because the Internet was down a lot of the time," Rivera said. "And it was statistics, which was the most difficult class."

Rivera said she found many of her co-workers within the department became motivated when they saw her taking classes and eventually sought to further their own education because of it.

The Navy College was designed to assist Sailors with opportunities to earn college degrees. According to their mission statement they can provide academic support to Sailors who are pursuing a technical or college degree, regardless of the Sailor's location or duty station. For more information visit their website at www.navycollege.navy.mil.

Event at chapel Oct. 10 to celebrate National Hispanic Heritage Month

The contributions and presence of Hispanic and Latino Americans in the United States will be recognized at an event from 10 to 11 a.m. Oct. 10 at the Pearl Harbor Memorial Chapel.

The event will include keynote speakers Joint Base Pearl Harbor-Hickam Command Master Chief Brian Ortega and retired Navy Capt. Steve Colon from Hunt Companies, Inc. National Hispanic Heritage Month began Sept. 15 and will be observed until Oct. 15.

According to the Navy Office of Diversity and Inclusion, with a national

theme of "Hispanics: Serving and Leading Our Nation with Pride and Honor," the observance celebrates the histories, cultures, and contributions of Americans who trace their roots to Spain, Mexico, the Caribbean, and Central and South America.

According to 2010 data from the U.S. Census Bureau, Hispanics comprise 16.3 percent of the total United States population, or 50.5 million people, forming our county's largest racial or ethnic minority. Additionally, it is projected that by 2050, a quarter of the nation's workforce will be Hispanic.

Today, more than 58,000 Hispanic active duty and Reserve Sailors serve in the Navy, including five Hispanic flag officers and 216 Hispanic master chiefs.

In his 2012 National Hispanic Heritage Month Presidential Proclamation, President Barack Obama stated that "our Nation's story would not be possible without generations of Hispanics who have shaped and strengthened the fabric of our Union. They have enriched every aspect of our national identity with traditions that stretch across centuries and reflect the many ancestries that comprise

the Hispanic community."

All commands are encouraged to expand their awareness of Hispanic heritage through programs, exhibits, publications, and participation in military and community events.

For more information about the history of Hispanics in the Navy, visit <http://www.history.navy.mil/special%20highlights/hispanic/hispanic-index.htm>.

For more information on the Oct. 10 event at the Pearl Harbor Memorial Chapel, call Imelda Henry at 473-1810 or email imelda.henry@navy.mil.

Diverse Views

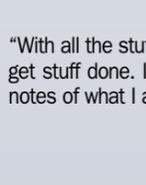


Why is it important to be organized, and what do you do to stay organized?



Senior Master Sgt. Joseph Trenholm
HQ PACAF

"In this age of sequestration and financial issues, the main way to help leadership determine priorities is through effective organization. To stay organized we must know how and what we do everyday affects the mission."



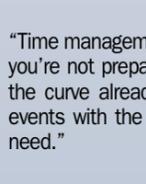
ET3 Deija Santana

"With all the stuff to do, it's the only way to get stuff done. I keep a notepad and take notes of what I am doing and when."



Senior Master Sgt. Luis Reyes
561st Network Operations Squadron

"Who likes to live in chaos? Organization provides a roadmap to help you accomplish your goals. I, myself, have a daily 'to do' checklist and another list for my long-term goals."



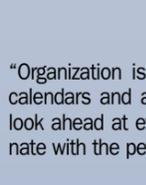
FCC Brian Faul

"Time management, waste of manpower. If you're not prepared to start, you're behind the curve already. I plan out the week's events with the personnel and materials I need."



Senior Airman Mark Marshall
647th Civil Engineers Squadron

"Organization is what separates humans from animals. Without it, we are still lost beasts in a cave. To keep myself organized, I keep a log book of daily and weekly events."



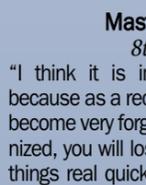
Lt. Cmdr. Russell Thiem
U.S. Pacific Fleet

"Organization is important. I use Outlook calendars and alerts. I keep a notepad. I look ahead at events going on and coordinate with the people involved."



Tech. Sgt. Karen Castro
8th Intelligence Squadron

"I make about a million 'to do' lists a day. They help me stay organized and ensure I get everything done at the end of the day. I should probably buy stock in post-it notes!"



Master Sgt. Lakeisha Woods
8th Intelligence Squadron

"I think it is important to be organized because as a recovering TBI patient, you will become very forgetful. So if you are not organized, you will lose things, and lose track of things real quick. I write things down, I put things in the same spot all the time."



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

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

WAVES receive training in navigation



U.S. Naval History and Heritage Command photograph

Women Accepted for Volunteer Emergency Service (WAVES) from Puerto Rico learn navigation under the supervision of Navy QM1 Walter M. Zubik on the USS Corduba (AF-32). This exercise took place when Corduba was in port at San Juan, Puerto Rico in November 1951. National Hispanic Heritage Month began Sept. 15 and will continue until Oct. 15.

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Latest Pac Angel makes big impact on local Cambodians

Story and photo by Senior Master Sgt. Allison Day

Pacific Angel 13-5 Public Affairs

Closing celebrations for Operation Pacific Angel 13-5 Cambodia, a joint and combined humanitarian mission, were recently held on the grounds at the Rominh Health Center.

Sixteen U.S. and 20 Royal Cambodian Armed Forces members worked as a team to renovate the Tram Kok, Nhaeng Nhang, and Rominh Health Centers from Sept. 9 through 14.

"Over the past week, our two nations have partnered with military professionals to provide structural, plumbing, and electrical engineering assistance to the people of Takeo Province," said Lt. Col. Greg Nowak, PACANGEL mission commander from Headquarters Pacific Air Forces, Joint Base Pearl Harbor-Hickam, Hawaii. "These projects are a visible expression of the United States' commitment to Asia-Pacific and demonstrate our continuing resolve to support international disaster and humanitarian relief efforts in this region," he said.

The efforts of the engineers have not gone unnoticed by the local people.

One lady who lives close to Rominh Health Center shared her feelings.

"I have lived here my whole life," she said. "I use the health center, my children and my grandchildren use the health center. My grandson had dengue fever recently and had to stay at the health center. I am happy to see the improvements that are taking place."

Operation Pacific Angel 13-5 is a good opportunity for honing the abilities of the RCAF engineers, said Lt. Gen. Pen Ra deputy commander, Engineering Forces Command Headquarters, Phnom Pen.

"More importantly, PACANGEL strengthens cooperation and partnership between U.S. and RCAF engineers while supporting humanitarian activities for the Cambodian people," he added.

Rich Durnan, a Peace Corps volunteer who works at Rominh, explained the value for Operation Pacific Angel 13-5.

"Takeo is a province that is isolated by geography and often overlooked because of its location," said Durnan. "Health centers are the face of medical care to most Cambodians. The renovations of this health center help establish credibility and capacity. We are now able to provide services to

patients in a beautiful modern health center."

Dr. Vorng Sara, the Rominh health care center director who was born and raised in Takeo, could expressed his appreciation for the engineers.

"On an average we see about 100 patients a day," said Vorng. "I am very pleased about the renovations and improved facilities for patient care. I am thankful to the engineers for all their work."

Engineers worked in the blazing heat of Cambodia and frequently also in the rain to meet their deadline.

"In one week, engineers installed 800 feet of electrical wire, 40 switches, 60 receptacles, 80 fixtures, 300 feet of surface mount raceway, 100 feet of conduit, two split-unit air conditioners, seven exterior light fixtures, two water pumps, a 1.5 kilowatt photo voltaic system and completely rewired four facilities," said U.S. Master Sgt. John Barboni, the deputy lead engineer planner from the 18th Civil Engineer Squadron (CES), Kadena Air Base, Japan.

"In addition, plumbers laid 300 feet of new water line, dug a 40 foot drain system, laid 180 feet of sewer line, installed 12 plumbing fixtures, a 1,000 liter water storage tank, installed a shower, upgraded three potable water-distribution systems and repaired two



Staff Sgt. Ryan Willis, structures NCO from the 18th Civil Engineer Squadron, Kadena Air Base, Japan, and Warrant Officer 1st Class Phal Ry from Royal Cambodian Armed Forces prepare to apply mortar to a health center window frame Sept. 11, during Operation Pacific Angel 13-5 at Takeo Province, Cambodia.

well pumps," said U.S. Senior Master Sgt. Kurt Kowaleski, the lead engineer planner from the 18th CES, Kadena AB.

For Barboni, the experience working this operation has been unique. "This is my first PACANGEL and it's been great working side-by-side with the RCAF; it's been an awesome exchange," said Barboni. "We've learned so

much from each other, and it's been a pleasure making these health centers safe for people to work and providing quality facilities for the local populace to receive medical care greatly improving their chance of survival."

In its sixth year, Operation Pacific Angel includes medical, dental, optometry, engineering programs, and subject-matter

expert exchanges. The operation is hosted by U.S. Pacific Command and implemented jointly with other governments, non-governmental agencies and multi-lateral militaries in the Asia Pacific region. Four other operations were conducted this year in the Philippines, Indonesia, Vietnam and Sri Lanka. This is the fifth and final operation this year.

Healthy Base Kick Off event planned for Oct. 18 at Ward Field

Joint Base Pearl Harbor-Hickam will host an "Operation Live Well" Healthy Base Kick Off event from 2 to 6 p.m. Oct. 18 at Ward Field.

This free event will focus on new and ongoing programs to help people make healthy choices.

Activities will include live music from the Pacific Fleet Brass Band, a healthy recipe cooking contest, bounce houses and adult obstacle courses.

The deadline to enter the healthy

recipe cooking contest is Oct. 15.

Home chefs, culinary specialists and professional chefs can bring their tastiest and healthiest dish to showcase and share with the community. Prizes range from private cooking demonstrations with nutrition/fitness experts to honorable mentions.

There will also be fitness demonstrations and workouts, including Navy Operation Fueling Fitness (NOFFS). Attendees can get body fat measure-

ments, nutritional and fitness guides and tips.

In addition, there will be 15-minute informational sessions on topics such as:

- Zinc - Fact or Fiction?
- How to Rock Out Without Losing Your Hearing;
- Running Shoe Selection Based on Human Movement;
- Bug Off! Good Repellants that are Safe for Your Family;
- Timing of Fueling - Nutrition Tips

for Optimal Workouts;

- The Art of Managing Stress.

The film "Hotel Transylvania" will be shown at 6:15 p.m. Attendees can bring their own beach chairs, blanket and snacks.

Food will be available for purchase.

For more information on the healthy recipe cooking contest, including rules, guidelines and how to enter visit <http://www.greatlifehawaii.com/index/healthy-base-initiative.html>.

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Pearl Harbor-Hickam Highlights



U.S. Navy photo by MC2 Tierra Fulgham

Sailors man the rails as the guided-missile destroyer USS Chung-Hoon (DDG 93) returns to its homeport at Joint Base Pearl Harbor-Hickam on Oct. 1.



U.S. Navy photo by MC2 Tierra Fulgham

Family members greet the guided-missile destroyer USS Chung-Hoon (DDG 93) on Oct. 1 as it returns to its homeport at Joint Base Pearl Harbor-Hickam following a six-month deployment. Commanded by Cmdr. Justin Orlich, the ship and its crew of nearly 280 Sailors conducted integrated operations with allies and partners during the ship's deployment to the western Pacific.



U.S. Navy photo by MC2 Class Sean Furey

Girl Scouts from Daisy Troop 669 out of Joint Base Pearl Harbor-Hickam assist with a beach clean up as part of the 20th Annual National Public Lands Day (NPLD) at Nimitz Beach on Sept. 28. NPLD is the nation's largest, single-day volunteer effort for public lands.



U.S. Navy photo by Ensign Joshua Flanagan

USS Michael Murphy (DDG 112) conducts a helicopter in-flight refueling (HIFR) with an SH-60B from the Easyriders of HSL-37 as part of its aviation certification.



Photo by Chris Aguinado

Adm. Cecil D. Haney, commander of the U.S. Pacific Fleet, spoke at a special presentation Sept. 27 at Hawaii Pacific University's Downtown campus, "The U.S. Rebalance in the Asia-Pacific Region." Haney shared with students and other community members the role of the U.S. Navy in the current U.S. strategy of rebalancing in the Asia-Pacific Region. This event was sponsored by HPU's Departments of Social Sciences and History.

Federal Fire Department reminds residents to prevent kitchen fires

Angela Sanders

Fire Inspector, Federal Fire Department, Navy Region Hawaii

It's time for Fire Prevention Week. From Oct. 6-12, the Federal Fire Department at Navy Region Hawaii is joining forces with the National Fire Protection Association (NFPA) to remind local residents to prevent kitchen fires.

During this year's fire safety campaign, firefighters and safety advocates will be spreading the word about the dangers of kitchen fires (most of which result from unattended cooking) and teaching local residents how to prevent kitchen fires.

According to the latest NFPA research, cooking is the leading cause of home fires. In two out of every five home fires, the fire began in the kitchen, more than any other place in the home. Cooking fires are also the leading cause of home fire-related injuries.

For the majority of fires that have started in the kitchen, the residents indicate that they only left the kitchen for a few minutes.

Sadly, that is all it takes for a dangerous fire to start.

The Federal Fire Department's goal during Fire Prevention Week is to reach out to individuals in the community before they are involved in a kitchen fire in their homes.

The Federal Fire Department recommends the following tips to prevent kitchen fires:

Stay in the kitchen when you are frying, grilling, broiling or boiling food.

If you must leave the room, even for a short period of time, turn off the stove.

When you are simmering, baking, or roasting food, check it regularly, stay in the home, and use a timer to remind you.

If you have young children, use the stove's back burners whenever possible.

Keep children and pets at least three feet away from the stove.

When you cook, wear clothing with tight-fitting sleeves.

Keep potholders, oven mitts, wooden utensils, paper and plastic bags, towels and anything else that can burn, away from your stovetop.

Keep a lid nearby when you are cooking to smother small grease

fires. Smother the fire by sliding the lid over the pan and turn off the stovetop.

Clean up food and grease from burners and stovetops.

If you have a cooking fire, get out, close the doors behind you, and call 9-1-1.

The Federal Fire Department will be at the following locations during Fire Prevention Week to promote this year's prevent kitchen fires campaign.

- Oct. 7, 11 a.m.-1 p.m., Pearl Harbor Navy Exchange
- Oct. 8, 11 a.m.-1 p.m., Schofield Barracks Base Exchange
- Oct. 9, 11 a.m.-1 p.m., Kaneohe Marine Corps Base Mokapu Mall
- Oct. 10, 11 a.m.-1 p.m. Hickam Base Exchange.
- Oct. 10, 4-7 p.m., National Night Out at Aliamanu Military Reservation Community Center building 1788.

The Federal Fire Department will also host fire station tours at various military bases on Oahu. The station tours will be held daily from 9 to 11 a.m. Oct. 7-11 at the following locations:

- Fire Station 4, Ford Island
- Fire Station 8, Marine Corps Base



- Hawaii Kaneohe
- Fire Station 10, Helemano Military Reservation
- Fire Station 14, Wheeler Army Airfield
- Fire Station 15, Schofield Barracks.

For more information about the Federal Fire Department, contact Fire Inspector Angela Sanders at 471-3303, ext. 617 or angela.sanders1@navy.mil. To learn more about preventing kitchen fires, visit NFPA website at www.FPW.org.

Airman's Attic at JBPHH serves enlisted community



Junior service members and their families are able to use the free items offered at the Airman's Attic at Joint Base Pearl Harbor-Hickam.

Story and photo by David D. Underwood Jr.

Joint Base Pearl Harbor-Hickam Public Affairs

The Airman's Attic at Joint Base Pearl Harbor-Hickam takes care of junior enlisted service members and their families and provides an opportunity for others to give back to the military community.

It serves all active duty Airmen E-6 and below, Navy E-5 and below, and all other service members living on Hickam.

The attic offers free household items, pots and pans, furniture, clothes, baby items, books and more. This helps young families who are just beginning a household or those who are on a limited budget and need extra assistance.

The shop accepts donations and is a total volunteer activity. Many donations come from families that are leaving the island. Items like canned foods and

bottled water are donated. All items are inspected for cleanliness and safety before being offered to the public.

"Whatever items that are not used in the store are donated back to the local community," said Traycie Sims, the center manager.

"It's a good program for those who need household items," said Myriam Nunez, assistant manager in training.

The shop is open from 10 a.m. to 1 p.m. every Tuesday and Thursday for Air Force members E-6 and below, from 10 a.m. to noon the second Saturday of each month and from 5 to 7 p.m. every third Wednesday of the month for Navy E-5 and below, and the first and last

Thursday of the month for all other military personnel residing on joint base who are E-5 and below.

Volunteer hours are from 9 a.m. to 1 p.m. Tuesdays and Thursdays, from 4 to 7 p.m. on Wednesdays, and from 9 a.m. to noon on Saturdays when they are open.

They are always looking for volunteers to help with inventory, inspections and sorting items.

"I feel blessed being in a position to help with their cause," said Tech Sgt. Donovan Bryan from Headquarters Pacific Air Forces, a volunteer at the center.

For more information or to volunteer or to make a donation, call 449-5677.

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From tragedy to triumph: Hickam Airman overcomes rare form of cancer

SrA Christopher Stoltz

Joint Base Pearl Harbor-Hickam Public Affairs

It is common knowledge that humans have five senses: sight, hearing, taste, smell and touch. Webster defines sense as one of five natural powers through which we receive information about the world around us.

Let's play a hypothetical game. You must choose to strip yourself of one sense. Would the choice be hearing? Could you live without the sounds of music or the ability to communicate verbally? Or would it be taste? Could you even fathom the inability to taste a slice of Brooklyn-style pizza, a piece of Belgian chocolate, or ice-cold lemonade on a hot summer's day?

I am not sure which sense I would choose. Heck, I don't even want to play this game anymore. But if forced to choose, I certainly know the one I could not live without: my sight. Unfortunately for Technical Sgt. Chris Hart, 647th Force Support Squadron unit training manager, this scenario wasn't a hypothetical situation.

Shutdown

Continued from, A-1

cancelled if the shutdown extends into next week. Minimal services will be available at the MFSC while the furlough is in effect. For more information, call 474-1999 or check the MFSC Facebook page.

Other Facebook pages that may have additional information include the Joint Base Pearl Harbor-Hickam, Navy Region Hawaii and 15th Wing sites. However, there may be few updates to some websites and social media until after the shutdown is resolved.

The Defense Commissary Agency (DeCA) announced that all stateside commissary stores (including Hawaii) are closed as of Oct. 2 due to the shutdown. For more information, check the DeCA website www.commissaries.com. Service members can read the text of the Pay Our Military Act signed by President Barack Obama and passed by both the House of Representatives and the Senate, <http://go.usa.gov/DssF>.

TRICARE beneficiaries can learn more about health care services offered during the shutdown in this official statement, <http://go.usa.gov/DsHT>.

Veterans can learn about the impact of the shutdown on their benefits from the U.S. Department of Veterans Affairs, <http://go.usa.gov/DsH9>.

The Navy Exchange Service Command (NEX-COM) announced that NEXs and Navy Lodges worldwide will remain open during the U.S. government shutdown.



Photo courtesy of Technical Sgt. Chris Hart

Technical Sgt. Chris Hart, 647th Force Support Squadron unit training manager, recovers after a surgery to remove cancerous melanoma from his eye on Aug. 8.

It was nearly a certainty that could claim not only his sight, but his life as well.

"Earlier this year, I was in the final stages of approval for Lasik surgery," he said. "In June, during the final stages of my visits and check-ups, the attending optometrist noticed a small, but strange anomaly on the iris of my left eye."

The doctor reassured Hart that it was probably nothing of concern, but said he should have it looked at by a specialist in case he had anything wrong with the eye in question.

Following protocols, Hart was recommended to an ophthalmologist for further review. Upon visits to both the Tripler Army Medical Center and the 15th Medical Group on Hickam, Hart was informed the spot on his eye was possibly melanoma and should have it looked at by an ocular oncologist.

Hart was referred to a retired ocular oncologist living in Hawaii, who specialized in identifying and operating on incidents as rare as

Hart's was.

Unfortunately, Hart's bad luck continued as the oncologist confirmed that the melanoma in his eye was, in fact, cancerous.

"I was completely blown away," he said. "One day, I am being briefed for Lasik surgery. The next, I am being told I need to have surgery to remove melanoma from my eye. This is something so rare that I was informed there are only a few active ocular oncologists in the United States. I'm just glad a retired one was living in Hawaii and could provide some guidance."

After the prognosis, Hart was sent to California for his surgery. His bad luck streak ended as the surgery was successful and yielded no complications.

While most people would be disheartened by the daunting sequence of events, Hart remained optimistic and even had a positive experience from the entire ordeal.

"The one fortunate aspect out the unfortunate set of

occurrences is the fact I was able to see my son Ethan," he said. "He lives on Travis Air Force Base, which is about an hour away from

UCSF. My family was also able to visit and stay with me during my recovery. "I can barely see out of my left eye at the moment, but

I'm slowly recovering," he said.

"It is almost like seeing out of a clear shower curtain, but I should regain most of my sight within eight weeks. I'm just glad the specialists here were able to help me, because it's crazy to imagine that if this went untreated, it could eventually claim my life," he explained.

Hart is doing well these days and is currently on medical leave. He is set to visit a specialist every six months to ensure there is no recurrence of the melanoma which once plagued his eye. He recommends that all Airmen take their health seriously and make sure to follow up on anything suspicious, even if it doesn't seem like a big deal.

"I'm just glad the doctors saved my life, and I have the chance to be there for my son," he said. "It would be one thing if I couldn't see him, but it would be much worse if he couldn't see me."

PMRF observes UN International Day of Peace

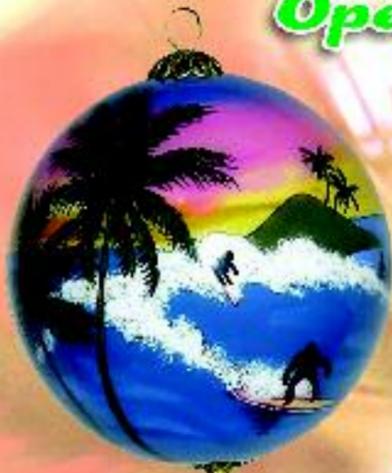


Pastor Tom Iannucci, with the Breath of Life Christian Ministries in Lihue and also a police chaplain with the Kauai Police Department, speaks to Sailors, base employees and family members at the Pacific Missile Range Facility's observance of the United Nations International Day of Peace on Sept. 21.

US Navy photo by MC2 Matthew Diendorf

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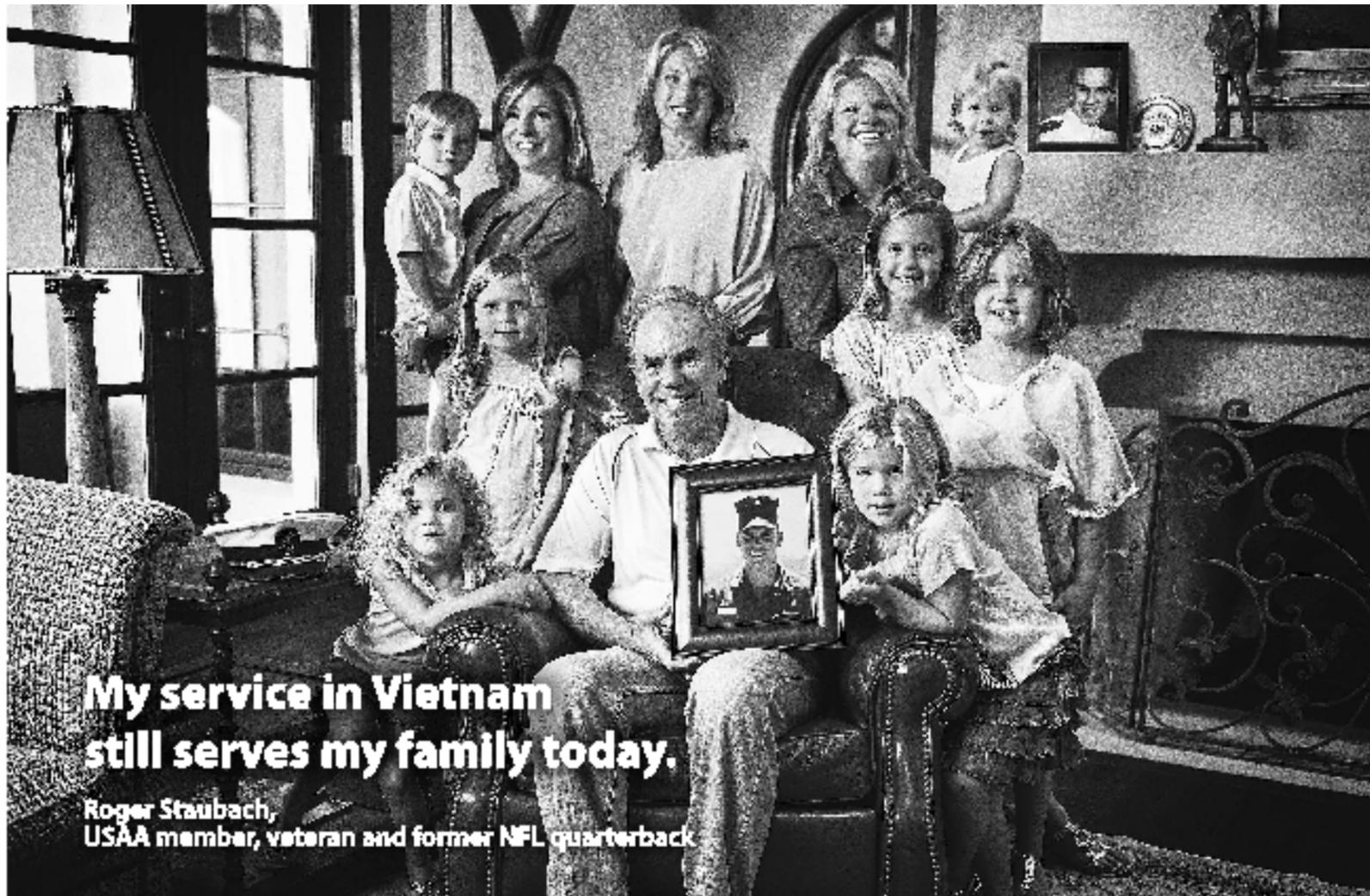
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Airmen and Sailors receive 'priceless' financial management advice

Story and photos by
Tech. Sgt. Jerome
S. Tayborn

15th Wing Public
Affairs Office

Do you ever think about retiring at the age of 40 or 45? Wouldn't it be nice to be financially stable enough to never need to work a day after your military retirement? If this sounds like something you are interested in, you might want to check out the Million Dollar Sailor/Airman Course offered by the Joint Base Pearl Harbor-Hickam Military and Family Support Center. Debra Blunt, a 19-year accredited financial counselor and 20-year military spouse, says it can happen, and with very little effort. It's just a matter of keeping track of your finances like it's your own personal business.

To assist service members with this, the Military and Family Support Center offers a two-day course in money management to active duty military members and their spouses.

The course was created with the intent to educate people on their financial responsibilities. Attendees receive training on proper budgeting techniques, credit management, savings and investment options, insurance, military pay and



Airmen and Sailors from Joint Base Pearl Harbor-Hickam, listen attentively during the Million Dollar Sailor/Airman program at Military and Family Support Center at JBP HH, Sept. 18.

allowances, consumer rip-offs, how to obtain a loan, credit score reports, and new and used car purchasing techniques.

The course has proven to be so useful that some Navy commands require their personnel to attend before they move off a military post, while other commands

require all E-4s and below to attend the course.

However, Blunt welcomes all ranks and believes that rank and age have nothing to do with how people deal with their finances and feels that anyone could benefit from the course.

"I signed up for the course because I felt it would be



"Our course teaches people to build wealth instead of debt and helps to change an individual's mindset."

—Janice Crawley, Military and Family Support Center

helpful for my upcoming permanent change of station move," said Staff Sgt. Angelique Pye, Pacific Command knowledge operations office.

"This course taught me a lot about investing and mutual funds, and I would recommend this course to others, especially to our junior Airmen and Sailors."

According to Blunt, this course is incomparable to any paid class offered in the civilian world and is free. She encourages military personnel and their spouses to take advantage of the valuable training offered.

"We take a lot of pride in this course that was developed here locally by the Navy in Hawaii. Having

been one of the original people who helped create the program, we are proud this program has since been picked up Navy-wide," said Blunt.

And now the Air Force under Joint Base Pearl Harbor-Hickam is participating and eligible to receive the Million Dollar Airman/Sailor course.

"This course can change people's lives," said Blunt. Blunt recalls an individual who came through the course three years ago and now has more than \$50,000 in his TSP, a feat he directly attributes to the course.

"He now invests 52 percent of his pay into TSP, which is in incredible, and now his whole future is

set," said Blunt.

Blunt said it's really about teaching service members how to make better decisions with their finances.

"We want our Airmen and Sailors to be informed before they go out and make significant financial decisions," said Blunt.

With the holidays quickly approaching, Blunt offers advice for those looking to celebrate without breaking the bank. She urges people to plan ahead and start saving early.

To keep debt at bay, Blunt advises service members and their spouses to make a list and budget to determine what their holiday limits will be and then to save monthly leading up to the holidays.

"Our course teaches people to build wealth instead of debt and helps to change an individual's mindset," said Janice Crawley, an accredited financial counselor at the Military and Family Support Center.

"It's a struggle to live paycheck to paycheck trying to get through to the next month. We want to teach people how to change their lives and how to manage their finances," Crawley explained.

If you are interested in budgeting and investing for your future, please register for the Million Dollar Sailor/Airman course at www.greatlifeohawaii.com.

Federal Fire Department employee receives award for saving life



Fire Inspector
Angela Sanders

The Federal Fire Department held a special award ceremony on Sept. 26 to acknowledge Federal Fire Department-Hawaii Driver Operator/EMT Carson Perry for his rescue of a person who had fallen off a 30-foot cliff and into the turbulent ocean. The Honolulu City and County Ocean Safety Division also attended and presented Perry with a certificate of appreciation.

On Aug. 18, Perry was off-duty and just completed a volunteer shift as an escort boat driver for an open ocean canoe race. While en-route from Waikiki to Kaneohe on his 19-foot Boston Whaler, he noticed a person in the ocean frantically waving his

The City and County of Honolulu Ocean Safety Captain Kevin Allen presented Federal Fire Department Carson Perry Driver Operator/EMT, right, with an award of recognition Sept. 26, at the Federal Fire Department headquarters.

Photo by Al Balderama,
Federal Fire Department

arms. The ocean conditions were extremely rough with 6-10 foot waves, swift currents and a rocky coastline with sheer vertical cliffs.

Perry steered his boat towards the person, pulled him into his boat and assessed his condition. He immediately placed the person in the recovery position. The victim then began to cough up seawater.

The victim was a 19-year old active duty military member who was exhausted, disoriented and had sustained a shoulder injury. At the time of the rescue, ocean currents were pulling the victim farther away from shore and out to sea.

After caring for the shoulder injury, Perry contacted the Coast Guard on his marine band radio for assistance. The Coast Guard put him in contact with the Honolulu City and County Ocean Safety Division and coordinated a rendezvous point approximately 3-5 miles up the coastline.

Perry navigated to the rendezvous location and safely transferred the victim to Ocean Safety lifeguards, who then transported the victim to shore

with their personal watercraft.

The Honolulu City and County Ocean Safety Division informed Perry that it would have taken them 15-20 minutes to launch the personal watercraft and another 15 minutes to navigate through the rough ocean to the victim's location. They concluded, based on the victim's condition, a rescue would not have been successful if Perry had not retrieved the victim from the ocean.

"Carson Perry selflessly navigated dangerous ocean conditions close to the rocky shoreline," said Federal Fire Department District Chief Warren Ferguson. "He placed himself at risk attempting to access the patient and pull him aboard his boat. Despite the conditions, he was able to communicate to additional rescue units to assist in getting the patient to safety and definitive care and treatment. The prompt actions of Carson Perry, with the outstanding support of Honolulu City and County Ocean Safety, directly contributed to the successful rescue and treatment of the patient."

New Camp H.M. Smith Fitness Center construction is complete

Story and photo by
Denise Emsley

Naval Facilities
Engineering
Command Hawaii

Personnel from Naval Facilities Engineering Command (NAVFAC) Hawaii, Marine Corps Base (MCB) Hawaii and Marine Corps Community Services (MCCS) performed a walkthrough on Sept. 20 of the new fitness center at Camp H.M. Smith, Oahu, to identify any last minute items that may need adjustment.

"The Marines and other service members aboard Camp H.M. Smith have improvised, adapted and overcame to meet their fitness and recreation requirements," said U.S. Marine Corps Capt. Tyrone Barrion, leeward facilities officer, Marine Corps Base Hawaii.

"Antiquated fitness facilities were demolished over the years and 'temporary' fitness areas were created from underutilized administrative spaces. However, with the completion of this military construction (MILCON), Camp H.M. Smith and its tenant can now exploit the fitness center to its fullest capability and

experience recreation and fitness comparable to those found on other bases corps-wide," he added.

A \$25.4 million contract was awarded to AMEC-Nan Joint Venture, Honolulu Hawaii in June 2011. The design-build project was to construct a low rise fitness center at Camp H.M. Smith and provide repairs and improvements to an existing athletic field at MCB Hawaii, Kaneohe.

The new fitness center is 29,943 square feet and includes energy-saving technology, such as LED and CFL lighting, daylighting tubes, occupancy sensors, etc., that will reduce lighting energy consumption.

The 1,032 photovoltaic panels on its roof and supporting structures will supply 100 percent of the building's needs. Hot water will be generated by a heat pump while providing free chilled water for the air conditioning system. A solar water heating system with separate storage tanks that will pre-heat water is also part of the building.

A backup, gas-fired (LPG) water heater has been installed to support the heat pump water heating system in instances of additional

immediate demand. In addition, the landscaped areas around the facility are designed to reduce fertilizers, pesticides and water use by using a xeriscape design approach.

"I am very proud to be a part of this challenging, but very interesting building construction," said Allan Ng, NAVFAC Hawaii project manager.

"The building automation

and energy-saving features of this facility will provide decades of cost-savings to MCB Hawaii and MCCS," Ng said.

Originally slated for Leadership in Energy and Environmental Design (LEED) Silver certification, the new fitness center has exceeded the standards and achieved Gold with the possibility of ultimately reaching Platinum, the highest

certification. The final decision will depend on the points the facility accumulates in sustainable sites, water efficiency, energy and atmosphere, materials and resources, and indoor environmental quality which has still to be determined.

Over the next few months, the center will be prepared for use with the installation of furniture and equipment. The estimate

date for opening is late 2013. MCCS will be announcing the grand opening.

As far as the athletic field at MCB Hawaii, construction continues after a short delay and the natural turf will be replaced with an artificial turf surface which will save in maintenance and water usage costs. The field is scheduled for completion in spring 2014.



A view of the entrance, or front side of the new Camp H.M. Smith Fitness Center, from the uncovered parking area Sept. 20. Upon entering the building, the workout space is to the right and the gym/basketball court is to the left.