



“Navigator”

# WHO'OKELE

FOR THE NAVY AND AIR FORCE TEAM IN HAWAII

FEBRUARY 2022



# WELCOME HOME

USS MICHAEL MURPHY  
RETURNS TO HOMEPORT

*Pg. 8*



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**Your Navy Team in Hawaii**

Commander, Navy Region Hawaii oversees two installations: Joint Base Pearl Harbor-Hickam on Oahu and Pacific Missile Range Facility, Barking Sands, on Kauai. As Naval Surface Group Middle Pacific, we provide oversight for the ten surface ships homeported at JBPHH. Navy aircraft squadrons are also co-located at Marine Corps Base Hawaii, Kaneohe, Oahu, and training is sometimes also conducted on other islands, but most Navy assets are located at JBPHH and PMRF. These two installations serve fleet, fighter and family under the direction of Commander, Navy Installations Command.

A guided-missile cruiser and destroyers of Commander, Naval Surface Force Pacific deploy independently or as part of a group for Commander, U.S. Third Fleet and in the Seventh Fleet and Fifth Fleet areas of responsibility. The Navy, including your Navy team in Hawaii, builds partnerships and strengthens interoperability in the Pacific. Each year, Navy ships, submarines and aircraft from Hawaii participate in various training exercises with allies and friends in the Pacific and Indian Oceans to strengthen interoperability. Navy service members and civilians conduct humanitarian assistance and disaster response missions in the South Pacific and in Asia. Working with the U.S. Coast Guard, the Navy in Hawaii provides drug interdiction and fisheries enforcement operations for Commander, U.S. Pacific Fleet. In even-numbered years Hawaii hosts the biennial summer Rim of the Pacific Exercise, the world's largest military maritime exercise, featuring more than two dozen nations and 25,000 personnel.

The Navy family in Hawaii comprises around 50,000 people, most of whom are active duty service members and their families, and includes nearly 15,000 civilians and contractors as part of our workforce.

JBPHH includes the Pearl Harbor waterfront, Hickam flight line, Wahiawa annex and several other areas in West Oahu and provides a major logistics and other support hub for the military and military families. Supporting the nation's ballistic missile defense initiative, the Pacific Missile Range Facility on the western coast of "The Garden Island," is the world's largest instrumented multidimensional testing and training missile range.

We provide services to the U.S. Pacific Command, one of DOD's six geographic combatant commands, with an area of responsibility covering half the globe. We directly support two component commands whose headquarters are on JBPHH: Commander, U.S. Pacific Fleet and Commander, U.S. Pacific Air Force. Close to our own Region/MIDPAC headquarters command is Commander, Submarine Force, U.S. Pacific Fleet. With 18 forward-deployable combat-ready U.S. Navy submarines, Pearl Harbor is home to the largest submarine presence in the Pacific. The Pearl Harbor Naval Shipyard, on JBPHH, is the largest ship repair facility between the West Coast and the Far East. Within our region we support more than 100 tenant commands.

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**ON THE COVER:**

The Arleigh Burke-class guided-missile destroyer USS Michael Murphy (DDG 112) returns to homeport at Joint Base Pearl Harbor-Hickam, Feb. 3. (Photo by MC3 Molly Crawford)



Commander  
Navy Region Hawaii and  
Naval Surface Group Middle Pacific  
**REAR ADM. TIMOTHY KOTT**



Commander  
Joint Base Pearl Harbor-Hickam  
**CAPT. ERIK SPITZER**



Commanding Officer  
Pacific Missile Range Facility  
**CAPT. TIMOTHY YOUNG**

**USS Carl Vinson Sailors man the rails**

Sailors prepare to man the rails aboard Nimitz-class aircraft carrier USS Carl Vinson (CVN 70) as the ship arrives at Joint Base Pearl Harbor-Hickam, Feb. 7. Vinson is currently conducting routine maritime operations in U.S. 3rd Fleet. (Photo by MC3 Emily Claire Bennett)

*Diverse***VIEWS**

**Feb. 21 is Presidents Day. Who was the first president you remember as a child, and what do you remember about them?**

Interview by David D. Underwood, Jr.



**Lt. Steven Dickens**  
Commander Naval Surface  
Group Middle Pacific

"George W. Bush. He was the first president I paid attention to. I was in middle school when 9/11 happened and he was on the news a lot."



**Senior Airman Katelyn Griffith**  
17th Operational Weather Squadron

"George W. Bush. I remember doing a mock vote in elementary school and talking about who our parents wanted to win."



**Theodore Plummer**  
JBPHH HAZMAT Center Manager

"Ronald Reagan. I remember he was talking about the Star Wars program around the same time the Star Wars movies were coming out in the theaters."

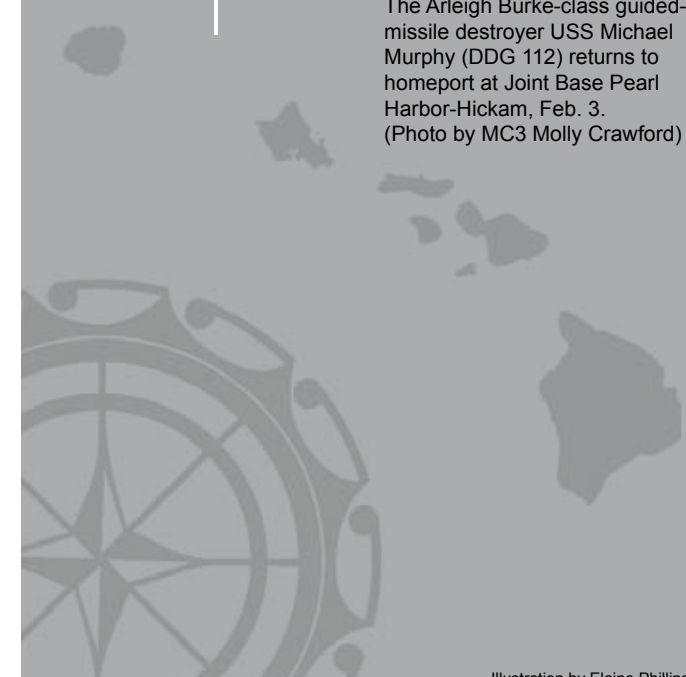


Illustration by Elaine Phillips

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# PRESIDENTIAL SAILORS

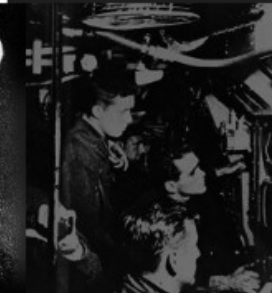


## GEORGE H.W. BUSH

FLEW TORPEDO BOMBERS FROM THE DECK OF THE USS SAN JACINTO, EARNING A DISTINGUISHED FLYING CROSS AND NUMEROUS AIR MEDALS BEFORE BEING SHOT DOWN BY ANTI-AIRCRAFT FIRE DURING WWII.

## JIMMY E. CARTER JR.

IS THE ONLY PRESIDENT TO GRADUATE FROM THE UNITED STATES NAVAL ACADEMY. HE WENT ON TO BE SELECTED FOR SERVICE IN NUCLEAR SUBMARINES BY ADMIRAL HYMAN G. RICKOVER.



## GERALD R. FORD

SERVED IN NINE COMBAT OPERATIONS. ACHIEVED THE RANK OF LIEUTENANT COMMANDER. NEXT-GENERATION CLASS OF AIRCRAFT CARRIERS IS NAMED IN HIS HONOR.



## RICHARD M. NIXON

HEADED UP A SERIES OF NAVY CARGO HANDLING UNITS AROUND THE PACIFIC DURING WORLD WAR II, ACHIEVING THE RANK OF COMMANDER IN THE NAVAL RESERVE DURING WWII.



## LYNDON B. JOHNSON

TOOK A LEAVE OF ABSENCE FROM THE HOUSE OF REPRESENTATIVES TO SERVE IN THE SOUTH PACIFIC, EARNING A SILVER STAR WHILE FLYING AS AN OBSERVER ON A B-26 BOMBING MISSION DURING WWII.



## JOHN F. KENNEDY

EARNED THE NAVY AND MARINE CORPS MEDAL AFTER SAVING THE LIVES OF HIS CREW FOLLOWING THE SINKING OF THE PT-109 DURING WWII.



# ZONE STATUS UPDATES

www.cpf.navy.mil/jointbasewater • www.facebook.com/JBPHH



# JBPHH-SAFEWATERS.ORG

FLUSHING MAP

FLUSHING ZONES

TERMS

This website is designed to provide timely and accurate information regarding the status of flushing in all zones as well as validated data on sampling as it becomes available.



(Infographic by MC2 Lexie Perez)

Note: This website is not fully compatible for mobile devices.

## NEW WEBSITE LAUNCHED FOR DRINKING WATER DATA

Courtesy story, U.S. Pacific Fleet Public Affairs

The Interagency Drinking Water System Team (IDWST) launched a website to provide post system flushing status and drinking water sampling data. This website supplements the primary online resource for information about the interagency response at: <https://www.cpf.navy.mil/JBPHH-Water-Updates/>

It will provide timely and accurate information for all zones on the status of drinking water flushing, validated sampling data, and the Hawaii Department of Health (DOH) public health advisory on drinking water.

The website can be found at <https://jbphh-safewaters.org/>, and instructions on how to use the website can be found at: <https://dvidshub.net/r/w6iqby>.

The website includes a page for each zone which will provide the following information:

- Current status of the selected zone
- Post system flushing sampling data
- Post residential and non-residential building flushing sampling data
- Current status of the Hawaii DOH public health advisory

The website currently includes previously released post system flushing data. Post residential and non-residential flushing data will be added as it becomes available.

The Hawaii DOH's Nov. 29, 2021, public health advisory for JPBH remains in effect.

# Household Items & Small Appliances

## The Cleaning and Removal of Petroleum-Based Chemicals



### Food service items

Food service items (i.e., dishes, bottles, utensils, cups/glasses, etc.) can be cleaned with standard dish soap and warm water. It is best to consult with the manufacturer for recommendations on safe and effective cleaning procedures. Residents should clean their household products according to this guidance.



### Drinking Water Dispensers

1. Allow the water to flow freely for 15 minutes.
2. Discard this water and repeat these steps several times to flush the water line with clean, fresh water.
3. After completing these steps, collect a sample of the water in a small glass and inspect for any signs of residual petroleum such as a visible shine or sheen on the surface, or an odor. In the unlikely event petroleum residual is observed, contact the Emergency Operations Center immediately.



### Coffee Makers

1. If the coffee maker has a plumbed water supply, turn off the water supply to the coffee maker. Disconnect the water supply line from the coffee maker and flush with copious amounts of clean, fresh water and a cleaning solution.
2. If the internal surfaces of the coffee maker are stained with coffee residue, follow the manufacturer's instructions for cleaning the machine to remove the coffee residue. When the internal surfaces of the machine are clean and free of coffee residue, run 3 cycles of hot, clean water through the system, discarding the water each time.
3. After 3 cycles, run an additional cycle of hot, fresh, clean water through the machine, collect a small sample of the water in a cup.
4. Allow the water to cool and observe any signs of residual petroleum such as a visible shine or sheen on the surface, or an odor. If any petroleum residue is detected, repeat the cleaning and flushing steps and inspect the water at the end of the process.



### Ice and Ice Makers

1. When home flushing is complete, discard any ice that may have been made with potentially contaminated water.
2. Wash the ice bin using mild soap and clean, warm water. Rinse the bin with clean water and sanitize with a diluted bleach solution followed by another rinse. Make the bleach solution by mixing 1 teaspoon of bleach in 1 cup of water.
3. Determine if the ice maker has a cleaning mode or not:
  - If there is a cleaning mode, follow the manufacturer's instructions and conduct at least 2 cleaning cycles.
  - If the device does not have a cleaning mode, allow it to go through 3 cycles of making ice and discard all ice in the bin. After discarding 3 cycles of ice, re-clean the ice bin with warm water and soap.
4. Once fresh ice has been made, collect a sample of ice in a small glass and allow it to melt and inspect for any signs of residual petroleum such as a visible shine or sheen on the surface, or an odor. In the unlikely event petroleum residual is observed, contact the Emergency Operations Center immediately.



### Humidifiers

1. Follow the manufacturer's instructions for cleaning the water reservoir.
2. Replace the filter with a new, clean filter.

**Items which cannot be cleaned and restored should be retained and may be eligible for reimbursement through their respective service claims office.**

Emergency Operations Center phone numbers: (808) 449-1979, (808) 448-3262, (808) 448-2557, (808) 448-2570, (808) 448-2583

# Children and Infant Items

## The Cleaning and Removal of Petroleum-Based Chemicals

Items that come into contact with food, or might otherwise be placed into the mouth can be typically cleaned, on the surface, by rinsing with warm water and standard dishwashing liquid. If you wish to perform additional cleaning, you may follow the steps outlined below.

### Baby bottles, sippy cups, or similar containers



1. Wash with dishwashing liquid: Fill the container 75% of the way with clean, warm/hot water, add a drop of dishwashing liquid and shake well. [Alternatively, you can fill a basin and soak the items.]
2. Rinse with clean, warm water and repeat the wash 2 more times.
3. Wash with a mixture of baking soda in water: Add baking soda to the container and fill most of the way to the top with clean, warm/hot water. Use 1 tablespoon of baking soda for a baby bottle. The amount of baking soda will vary depending on the size of the container. Use more for larger containers.
4. Shake the container well and let sit for 3 hours (or overnight, if desired). [Alternatively, you can fill a basin and soak the items.]
5. Rinse 3 times with clean, warm/hot water to make sure that all the baking soda has been removed.
6. Wash a final time with dishwashing liquid after the last baking soda wash to ensure that all the baking soda has been removed. Be sure to rinse the items free of any soap residue.

### Pacifiers, breast pumps, child utensils, or similar items



1. Wash with dishwashing liquid: Fill a basin with clean, warm/hot water and dishwashing liquid. Submerge and soak the items in the soapy water for 15 minutes. Rinse thoroughly with clean, warm water.
2. Prepare a basin of baking soda and water using approximately 4 tablespoons (1/4 cup) of baking soda to each 1 quart of clean, warm/hot water. Submerge and soak the items overnight.
3. Rinse 3 times with clean, warm/hot water to make sure that all the baking soda has been removed.
4. Wash a final time with dishwashing liquid after the baking soda wash to ensure that all the baking soda has been removed, being sure to rinse the items free of any soap.

**Items which cannot be cleaned and restored should be retained and may be eligible for reimbursement through their respective service claims office.**

Emergency Operations Center phone numbers: (808) 449-1979, (808) 448-3262, (808) 448-2557, (808) 448-2570, (808) 448-2583



## JBPHH Water Updates & Services

Scan the QR code to stay up to date with the latest information.

Find out more at [www.navy.mil/jointbasewater](http://www.navy.mil/jointbasewater)



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(Infographics by Cpl. Luke Cohen)



# WELCOME HOME

USS MICHAEL MURPHY  
RETURNS TO HOMEPORT



Courtesy story, U.S. 3rd Fleet Public Affairs

**T**he Arleigh Burke-class guided-missile USS Michael Murphy (DDG 112) returned to Joint Base Pearl Harbor-Hickam, following an eight-month deployment to the U.S. 5th Fleet and U.S. 7th Fleet areas of operation, Feb. 3.

Michael Murphy departed Pearl Harbor in June 2021 as an independently deployed unit led by Carrier Strike Group (CSG) 1 and Destroyer Squadron (DESRON) 1. Michael Murphy participated in Operation Sentinel, promoting freedom of navigation and the free flow of commerce in the Arabian Gulf, Gulf of Oman, Gulf of Aden, and Southern Red Sea. Additionally, Murphy supported U.S. 7th Fleet area of operations, enhancing interoperability with allies and partners and served as a ready-response force to ensure a free and open Indo-Pacific.

“Our goal at the beginning of this deployment was to defend international interests in the U.S. 5th and 7th Fleets, and our relentless efforts, working with allies, partners and other U.S. naval units did just that,” said Cmdr. Jason Lautar, Michael Murphy’s commanding officer. “I am proud of this ship, but particularly this crew, who accomplished something over the last eight months that they, their loved ones, and their families can be proud of.”



Lt. Cmdr. Jade West kisses her husband Logan West after the Arleigh Burke-class guided-missile destroyer USS Michael Murphy (DDG 112) returned to homeport.

(Photos by MC3 Molly Crawford)



Gas Turbine Systems Technician (Electrical) 3rd Class Lucas Tidwell kisses his wife, Megan Tidwell, after meeting his son Kailo for the first time.

“ I am proud of this ship, but particularly this crew, who accomplished something over the last eight months that they, their loved ones, and their families can be proud of.

- Cmdr. Jason Lautar, commanding officer, USS Michael Murphy

In support of Operation Sentinel, Michael Murphy completed 10 Bab el-Mandeb and eight Strait of Hormuz transits.

Throughout these 18 strait transits, Michael Murphy escorted a variety of ships, to include Essex Amphibious Ready Group, three U.S. patrol craft, one U.S. military sealift command ship, two U.S. Coast Guard cutters and three merchant ships in order to ensure safe passage and promote maritime stability.

While in U.S. 5th Fleet, Michael Murphy embarked a USCG advanced interdiction team and conducted flag verification boardings of stateless dhows to help ensure maritime security in the region.

It served as the air warfare commander and the Tomahawk land-attack missile launch area coordinator for the U.S. 5th Fleet area of operations.

Michael Murphy operated alongside allies and coalition warships and served as the command-and-control unit during the Patrol Craft Surface Warfare Advanced Tactical Training live-fire missile exercises.

In addition, the ship participated in an exercise alongside the Israeli navy to practice and hone search and rescue tactics.

During this exercise, the ship and its crew integrated the MH-60R Seahawk helicopters, assigned to Helicopter Maritime Strike Squadron (HSM) 37, to practice search and rescue patterns, which led to the recovery of two exercise targets.

The ship also embarked members of the Egyptian navy to strengthen partner-nation maritime collaboration and interoperability.

Following the support to U.S. 5th Fleet, Michael

Murphy joined the Essex Amphibious Ready Group – comprised of the Arleigh Burke-class guided-missile destroyer USS O’Kane (DDG 77), the Harpers Ferry-class dock landing ship USS Pearl Harbor (LSD 52) and the Wasp-class amphibious assault ship USS Essex (LHD 2) – in the U.S. 7th Fleet area of operations to enhance interoperability with allies and partners and serve as a ready-response force to ensure maritime security and a free and open Indo-Pacific.

While assigned to the ready group, Michael Murphy participated in joint expeditionary strike force operations with Carl Vinson CSG, and then integrated with Task Force (CTF) 71 and the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72) led by CSG 3 to support maritime security and enhance regional stability.

During deployment, Michael Murphy successfully completed 23 replenishments-at-sea, transferring a total of 650 pallets of stores and nearly five million gallons of fuel. The embarked helicopter squadron completed two vertical replenishments.

An integral part of U.S. Pacific Fleet, U.S. 3rd Fleet leads naval forces in the Indo-Pacific and provides the realistic, relevant training necessary to flawlessly execute our Navy’s role across the full spectrum of military operations—from combat operations to humanitarian assistance and disaster relief.

U.S. 3rd Fleet works together with our allies and partners to advance freedom of navigation, the rule of law, and other principles that underpin security for the Indo-Pacific region.

For more Michael Murphy information, please visit the ship’s website at <https://www.surfpac.navy.mil/ddg112/> or the Facebook page at <https://www.facebook.com/USSMichaelMurphy>.

# TASTE OF HOME

Featuring:  
A1C Pedro Gomez

Deep in South Texas — about 20 miles from the Mexico border — rests San Benito, a small town known for its unique museums and inviting food stalls. With a rich history and several different cultural influences, those who live in the town tend to share at least one common thing: a love for cooking.

For Airman 1st Class Pedro Gomez, 647th Force Support Squadron chef, growing up in San Benito introduced him to some of Texas' best foods. From barbecue to Mexican food, Gomez grew up learning about cooking from his parents.

"When I was around 10 years old is when I first started to help my parents with cooking," he said. "My dad said my sister and I needed to learn how to cook, so he would have us in the kitchen learning one week and the next week he would 'quiz' us on what we learned by having us do the cooking."

Some things Gomez learned from his parents were different techniques or tricks to use while cooking, but others were intangibles he picked up through observation.

My dad is my biggest influence when it comes to cooking because he always puts his heart and passion into his food," Gomez said. "To this day, I always aim to have that same passion when I am in the kitchen, whether I'm cooking for myself or others."

Gomez uses that passion in his work at the Hale Aina Dining Facility, located on the Hickam side of Joint Base Pearl Harbor-Hickam. When cooking at the dining facility, chefs follow a recipe card for each meal they're preparing, but that doesn't hinder the passion put into each meal.

"We have recipe cards here that we follow, so I can only deviate from the recipe so much but I prepare the meal as near to perfection as I can," he said. "Seeing some of these recipes made me want to experiment when I cook at home. When experimenting with different ingredients, some are bold, some tangy, some sour or sweet. When you start to mix some of those together, you can really make a nice melody of flavors."

Once a month at the Hale Aina, a chef gets to stray from the recipe cards for a meal to prepare what they call their hometown meal. For one of the meal periods during the day, a chef is allowed to select, prepare and serve a meal of their own choosing, generally something that reminds them of their roots. To some, that may be an old recipe from a grandparent, while others may pick a delicacy from their region.

When Gomez was told he would be preparing a hometown meal, memories of mom and dad's cooking came rushing in.

"I was elated to prepare food my parents would make for us and a lot of memories came back from my childhood," Gomez said. "When I cooked my hometown meal, I talked to myself the same way my dad would talk to me when he was describing his process for cooking."



Story and photos by SrA Jacob M. Thompson  
Joint Base Pearl Harbor-Hickam Public Affairs



When I had my co-workers try my food, it reminded me how my mom would finish preparing a dish and call out to my sister and me, 'I need my taste testers!'"

Gomez prepared two dishes that were memorable to him: barbecue ribs — a staple of his dad — and his mom's potato salad, which he says was one of his favorite foods growing up.

"When my mom would prepare her potato salad, I would be discreet and take a scoop when she wasn't looking. "My dad would do the grilling for us, so a lot of the grilling techniques and recipes I've learned came from watching him."

Gomez's hometown meal is an example of how the military's diverse workforce enables individuals to bring and share their unique backgrounds and experiences with others.

"Since joining the Air Force, I've made friends from every corner of the world; learning about what makes each person unique and sharing that with each other is rewarding," said Gomez.

"My parents raised me to be open-minded, saying, 'It's a big world out there. This little town we live in is not everything you will see and know.' "We learn from each other and become more understanding of others," Gomez concludes.

"This understanding is what creates a cohesive force."

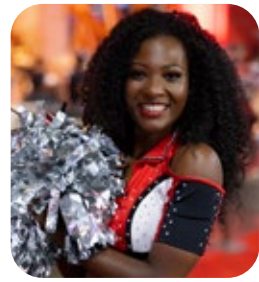




**Feb. 9** **Pro Blitz Best Ball Golf Outing** at Mamala Bay Golf Course. You could have a chance to golf with NFL Hall of Famers and cheerleaders! Call 808-449-2304 for more info.



**FEB. 12** **PRO BLITZ MEET & GREET**  
Meet NFL cheerleaders and alumni players at the NEX and AAFES from 11 a.m.–12 p.m.



# #greatlifehawaii

A quick guide to what's going on with MWR, CYP and MFSC.

**Feb. 12** **Pro Blitz Youth Football and Cheer Camp** at Ward Field. Advance registration required. See website for details.



**FEB. 13** **BIG GAME PARTIES AT TRADEWINDS & THE SANDBAR**

Watch the top teams from the AFC and NFC collide and see who comes out on top at Super Bowl LVI. Kickoff is at 1:30 p.m. Look for appearances by NFL cheerleaders and alumni players, prize giveaways and much more.



**Feb. 14** **Valentine's Day Special at Hickam Bowling Center.** Buy one game of bowling and get one Free from 1–4 p.m. Call 808-448-9959 for more info.

**Feb. 14** **"The Dating Game"** with NFL Cheerleaders at Kona Lounge. FREE to participate! (18+)! Watch your fellow peers try to win a date with NFL Cheerleaders! DJ, drinks for purchase, and mingle with cheerleaders.



**FEB. 21 & 23** **CHINGY IN CONCERT**

See Chingy live in concert at Kona Winds, presented by Armed Forces Entertainment. FREE admission!



More to see on the other side! ▶

**PHOTO OF THE MONTH**  
**Missing Man Formation**  
One of the most iconic and well-loved monuments on our base. Saluting the fallen airmen while also greeting ships as they enter the harbor, the location is a favorite spot for visitors of all shapes and sizes.  
Photo credit: Good Dog Kalea, by Shawn J.



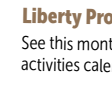
# #greatlifehawaii

A quick guide to what's going on with MWR, CYP and MFSC

## Scan our QR codes!



**Arts & Crafts Center**  
See the full calendar of classes.



**Liberty Program**  
See this month's Liberty activities calendar.



**Outdoor Recreation**  
See the classes and excursions we have planned on the horizon!



**Makai Recreation Center**  
See our full list of classes here.



**Military & Family Support Center**  
See our full list of classes here.

## Arts & Crafts

**Basic Digital Photography w/Ron Steiner**  
Feb. 8– March 1 | Tuesdays, 5:30–7:30pm

Hands on instruction to demystify digital camera functions in practical settings as well as gaining an understanding of photo terms. Lighting and composition will be addressed with video clips and examples. Ages 14 & up. \$85 per person (supplies not inclu.).

**Parent & Me Basic Crochet w/Tiffany Devine-Griffith**  
Feb. 9–23 | Wednesdays, 3:30–5:30pm

In basic crochet, parents and children will learn how to make different crochet stitches needed for any project and will have a completed scarf displaying these stitches. Learn how to hold the hook properly, read patterns, and change colors. Both parent and child need to register. Ages 7–12 (w/adult). \$40 per person (supplies not inclu.).

**Basic Watercolor w/Jimmy Tablante**  
Feb. 12– March 19 | Saturdays, 9am–12pm

Learn basic watercolor techniques with renowned award winning artist, Jimmy Tablante! In this class you'll learn how to do washes, color tonal value, mixing your colors, and the differences in paper and brushes. Don't miss out on this opportunity to learn from a master! \$200 per person (supplies not inclu.).



## Everything Food & Drink

**Wright Bros. Cafe & Grille**

**Friday Rooftop Pau Hana** | Fridays, 4–8pm

Enjoy drinks and a limited pau hana menu while watching the sun set at our open-air rooftop lounge.

## Liberty Programs

**Salsa/Banchata Dance Lessons**  
Feb. 8 & 25 | 7pm

Single sailors and airmen, ready for something different? Join Liberty for FREE Salsa/Banchata Dance Lessons at Kona Winds.

## Outdoor Recreation

**Outrigger Canoe Paddling**  
Tues – Sat | 8:30–9:30am or 10–11am

Try something new! Recreational Canoe Paddling, \$8 per person. Call the Hickam Harbor Office at 449-8033 for more information.

## THIS MONTH'S EXTRA:



### Did You Know?

Super Bowl Sunday is one of the top two biggest eating days of the year. Only Thanksgiving sometimes beats it. The average Super Bowl viewer will consume over 1200 calories during the game. Probably because over 14,000 tons of chips and 90 million chicken wings are eaten on that one day.

## Makai Recreation Center

\*Classes (below) are twice a week for 4 weeks.

**Adult Cardio Kickboxing Camp**  
Tuesdays & Thursdays, 7–8pm

An exciting & dynamic fitness class that combines MMA techniques with fast-paced cardio. This is a high energy workout that challenges the beginner and elite athlete alike. Build stamina, improve coordination & flexibility, and burn calories as you build lean muscle while learning self-defense martial art moves from a black belt level instructor! Ages 18 & up. \$55 per person.

**Japanese Swordsmanship (Iaido)**  
Mondays & Wednesdays, 6:30–8:30pm

Study the art of Japanese Swordsmanship (Iaido). Join our class to study the ancient art of Japanese Swordsmanship. This is a fun, exciting, adult only class that explores the use of Japanese swords and its fighting styles. This class is held in Paradise Lounge at Club Pearl Complex. Ages 18 & up. \$65 per person.

## MFSC

Need some help keeping those New Year's resolutions? Take a class at the Military & Family Support Center! To register or check out the available class listings at [jpbph.greatlifehawaii.com/support/military-family-support-center/mfsc-class-schedule-registration](http://jpbph.greatlifehawaii.com/support/military-family-support-center/mfsc-class-schedule-registration).



STAY CONNECTED AND FOLLOW US ONLINE!

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# MILITARY & FAMILY SUPPORT CENTER CLASSES

# FEBRUARY 2022



## Family Readiness

Key Spouse Initial Training | 9 - 10 Feb | 0900  
Key Spouse Refresher Training | 17 Feb | 1630  
Air Force Spouse 101: Heart Lin | 23 Feb | 0800  
Ombudsman Basic Training | 28 Feb - 4 Mar | 1600

## Personal Development & Family Life

Family Advocacy Program (FAP) Liaison Training | 8 Feb | 1200  
FAP Training First Responder Training | 8 Feb | 1500  
Anger Management | 9 Feb | 0800  
Love Thinks | 11 Feb | 1300  
Personal Growth: Hack Your Self-Awareness | 15 Feb | 0800  
Infant Massage | 16 Feb | 1000  
Bringing Home Baby | 16 Feb | 1600  
Personal Communications | 17 Feb | 1300  
Strategizing with Stress | 18 Feb | 0800  
Parenting Teens | 18 Feb | 1200  
Suicide Prevention | 25 Feb | 1300

## Personal Financial Management

Ditching the Dorms | 9 Feb & 23 Feb | 1200  
Home Buying | 15 Feb | 1030  
Spending Plans That Work! | 17 Feb | 0800  
Demolish Your Debt | 17 Feb | 1100  
Financial Planning: Retirement & Survivor Benefit Plan | 18 Feb | 1430  
Car Buying | 25 Feb | 1030

## Information & Referral

EFMP Coffee Talk | 10 Feb | 0900

## Relocation & Deployment

Sponsor Training | 1 Feb | 1300  
Smooth Move | 10 Feb | 0800  
Sponsor Training | 16 Feb | 0900  
Welcome to JBPHH | 16 Feb | 1300  
A Hui Hou: Deployed Spouse Resiliency Group | 24 Feb | 1000

## Transition & Employment

Career Exploration: Finding Your Passion | 1 Feb | 0900  
TAP: Dept of Labor Employment Workshop | 3 - 4 Feb | 0800  
LinkedIn | 7 Feb | 1000  
Pre-Separation Counseling | 7 Feb & 24 Feb | 1300  
Acing the Interview | 9 Feb | 0900  
Civilian Resume Writing | 9 Feb | 1630  
TAP: Vocational Training Track | 10 - 11 Feb | 0800  
Skillbridge 101 | 15 Feb | 1400  
TAP: Boots to Business | 17 - 18 Feb | 0900  
Salary Negotiation | 18 Feb | 1200  
Spouse Transition Seminar | 23 Feb | 0800  
TAP: My Education | 24 - 25 Feb | 0800  
Federal Employment 101: Navigating USAJobs | 24 Feb | 1630  
Federal Employment 102: Federal Resume | 25 Feb | 0900  
(Visit Great Life Hawaii for CAPSTONE, Separatee, & Retiree TAP dates & times)

Register for any of these classes at [jbphh.greatlifehawaii.com/support](https://jbphh.greatlifehawaii.com/support) or <https://bit.ly/3kfw1aj>

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 [jbphh.greatlifehawaii.com/support](https://www.jbphh.greatlifehawaii.com/support)

# NATIONAL AFRICAN AMERICAN HISTORY MONTH

Established in 1926 as Negro History Week, President Gerald R. Ford expanded the celebration in 1976 to include the entire month of February. This year, Navy commands are encouraged to celebrate and reflect on the theme "A Century of Black Life, History, and Culture."

## THE GOLDEN THIRTEEN



### AFRICAN-AMERICAN SAILORS

fought on every every kind of Union warship, accounting for **10 TO 20%** of each ship's crew and included **8 MEDAL OF HONOR RECIPIENTS**

### CIVIL WAR 1861 - 1865

**MAR 1864** 12 prior-enlisted black servicemen were commissioned as ensigns AND A 13<sup>TH</sup> was made a warrant officer

1<sup>ST</sup> group of black servicemen to complete officer training in the Navy and led the way for future African-Americans.

BY THE END OF THE WAR 64 African-Americans had become officers in the Navy

### WORLD WAR II 1939 - 1945

## DORIS MILLER



The **1<sup>ST</sup>** African American to receive the **Navy Cross** for his act of bravery during Pearl Harbor (December 7, 1941)

1942



**EDNA YOUNG**  
The **FIRST** Black woman to enlist in the regular Navy to achieve the rank of petty officer

1948

## WESLEY A. BROWN

The **FIRST** Black Graduate of the **UNITED STATES NAVAL ACADEMY** CLASS OF 1949



1949

## ADMIRAL J. PAUL REASON

The **1<sup>ST</sup>** Black Naval Officer to wear **4 Stars** AND assumed command of the **Atlantic Fleet**  
★ 300 warships  
★ 1,000 aircraft  
★ 122,000 men & women based at 18 major shore facilities



DECEMBER 1996

## CARL BRASHEAR

The **FIRST** African American to become a **U.S. Navy Master Diver**



1970



## VICE ADMIRAL SAMUEL GRAVELY JR.

34 YEARS OF SERVICE (1965 - 1999)

The **FIRST** African American to command a **NAVY SHIP** *USS Theodore E. Chandler (DD 717)*  
**NAVY WARSHIP** *USS Falgout (DE 324)*  
**NAVY WARSHIP UNDER COMBAT CONDITIONS** *USS Trussey (DD 746)*  
**NAVY MAJOR COMMAND WARSHIP** *USS Jettie (CG29)*  
**NUMBERED NAVY FLEET** (Third Fleet)

## ADMIRAL MICHELLE HOWARD

The **FIRST** African American Woman to command a U.S. Navy ship promoted to two-star and three-star admiral to serve as Vice Chief of Naval Operations to be a four-star admiral



1982 - PRESENT



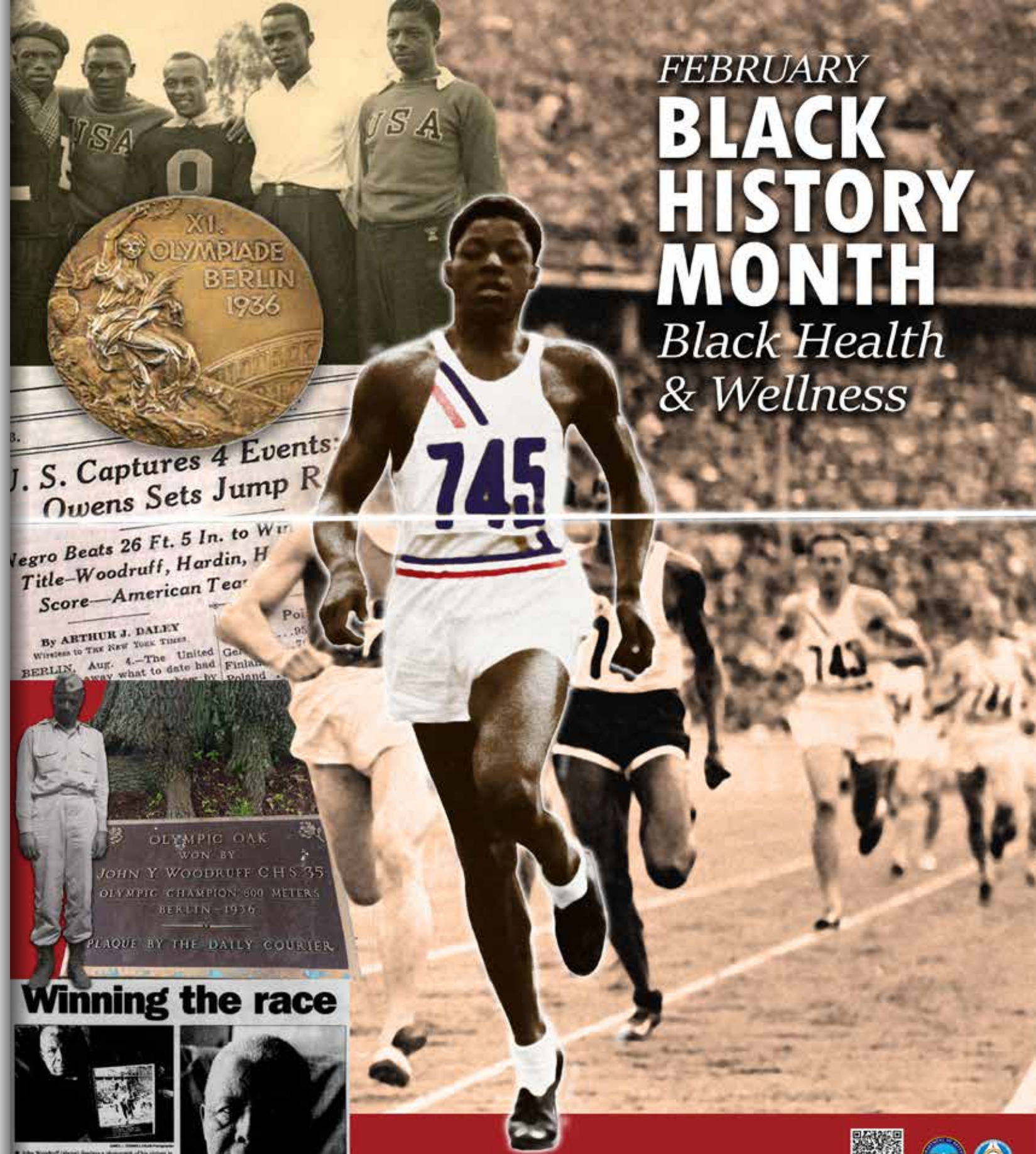
USS Gravely COMMISSIONED ON NOVEMBER 20, 2010

AFRICAN AMERICANS continue to serve with distinction

now comprising more than **17%** of our active duty Navy total force end-strength

PRESENT DAY

# FEBRUARY BLACK HISTORY MONTH Black Health & Wellness



J. S. Captures 4 Events: Owens Sets Jump R...

Negro Beats 26 Ft. 5 In. to Win Title-Woodruff, Hardin, H... Score—American Tear...

By ARTHUR J. DALEY  
Wireless to THE NEW YORK TIMES  
BERLIN, Aug. 4.—The United States has won away what to date had...

OLYMPIC OAK  
WON BY  
JOHN Y. WOODRUFF C.H.S. 35  
OLYMPIC CHAMPION, 800 METERS  
BERLIN - 1936  
PLAQUE BY THE DAILY COURIER

## Winning the race

Through good and bad, 1936 U.S. gold medalist John Woodruff has never lost faith in his country

John Woodruff  
1936 Gold Medal Olympian



# PHOTO HIGHLIGHTS



1st Lt. William White, left, 535th Airlift Squadron and Maj. Brittain Caldwell, 204th Airlift Squadron pilot, prepare to conduct nighttime 'blackout' training utilizing white phosphor night vision goggles aboard a C-17 Globemaster III aircraft at Joint Base Pearl Harbor-Hickam, Feb. 9.

(Photo by Master Sgt. Mysti Bicoy)

Naval Facilities Engineering Systems Command contractors Will Casuqa, left, and Mana Micah remove the used media from granular activated carbon filtration system for storage and processing in support of Joint Base Pearl Harbor-Hickam's water restoration efforts, Feb. 9.

(Photo by MC1 Aidan Campbell)

U.S. Space Force Chief of Space Operations Gen. John W. "Jay" Raymond, receives a lei from a 3rd grade student at Ewa Beach Elementary School, Feb. 3. During his visit, Raymond spoke to the students about the Space Force mission and answered their questions about space and what it means to lead others.

(Photo by SrA Jacob M. Thompson)

The Nimitz-class aircraft carrier USS Carl Vinson (CVN 70) arrives in Pearl Harbor for a port visit., Feb. 7. Vinson is currently conducting routine maritime operations in U.S. 3rd Fleet.

(Photo by MC2 Greg Hall)

Jim Neuman, Navy Region Hawaii historian, talks about the attack on Pearl Harbor on Dec. 7, 1941, with NFL Cheerleaders, Hall of Fame players and Oahu Service Members at the USS Arizona Memorial Feb. 8, at Joint Base Pearl Harbor-Hickam.

(Photo by Jason Treffry)

U.S. Marine Corps Lance Cpl. Owen Becker and U.S. Army Spc. Randall Champion collect potable water at a Joint Base Pearl Harbor-Hickam water distribution center, Feb. 8.

(Photo by MCSN Christopher Thomas)

# 1

# 2

# 3

# 4

# 5

# 6

BE RIGHT HURR WHEN CHINGY'S RIGHT THURR

HINGY



**FREE**

# Live in Concert



**February 21 & 23 | 7:30pm at Kona Lounge in Kona Winds Complex, JBPHH**

Doors open & DJ plays at 6pm | Meet & Greet following performance

First come first serve space available. 18+

Open to DoD ID card holders & their sponsored guests. Covid mitigations will be in effect as appropriate.



GOOD TIMES, FRONT AND CENTER

No official endorsement intended



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