00:00:13:10 - 00:00:17:02
CAPT GUENTHER
Hello everyone and welcome to the daily water update for January the 14th. I am Captain Darren Guenther, Chief of Staff, Navy Region Hawaii. And today as we look forward to commemorating Dr. Martin Luther King. We'll be discussing the topic of a day of service with a region chaplain, Steve Mills, who is also our resiliency expert. Before we do, I want to take a moment to express gratitude for many of the individuals supporting you impacted by this crisis. January 12th marks the fourth application date for TLA benefits. The PSD team, led by Lieutenant Commander Kelly Aga with her group of 33 experts, processes anywhere between 60 to 80 claims per day. Thank you to that team for supporting our residents and their families.

00:01:16:01 - 00:01:46:26
CAPT GUENTHER
Now onto the map for your flushing updates. This chart was updated last night, and it again is posted on our water updates website Navy.mil/JointBaseWater. It does reflect some changes into the schedule. We're trying to build a little more flexibility so that we can alert you, our residents, with a little more time before we come to your homes to flush. So, we'll talk a little more about that with some upcoming starts for home flushing that we're looking at, possibly this weekend. But if you're coming up for home flushing, I'd refer you to the schedule to take a look a little further out as to some of the changes we're foreseeing.

00:02:05:04 - 00:02:25:03
CAPT GUENTHER
All right. Most neighborhoods are in the phase that they're waiting for system distribution, water test results to come back. So, you'll see most of our neighborhoods are reflected in sort of a hashed yellow sand color. That's the status therein.

00:02:25:03 - 00:02:49:04
CAPT GUENTHER
And we then have some neighborhoods that are in an active flush. Currently, they're depicted in blue, so let's go through those. So, the Red Hill neighborhood, here's where we're at. We're complete with all 135 homes. The facilities we are working through today and this, the CDC and the school are complete.

00:02:49:04 - 00:03:09:27
CAPT GUENTHER
So, we'll be finishing just a few facilities left up at the Red Hill neighborhood. For Moanalua Terrace our NEX area. We are 429 homes complete out of 754 and we will complete all of the homes we anticipate today.
00:03:10:05 - 00:03:29:26
CAPT GUENTHER
And we'll continue to focus then on the facilities and working through that into the weekend. For Hale Na Koa, Officer Field and Onizuka areas of Hickam we are out of 1577 homes we have gotten to the vast majority of them.

00:03:29:26 - 00:03:47:00
CAPT GUENTHER
We've finished 1554 of them and we'll be getting to those final homes and then really with a focus into the facilities. So, a lot of facilities in that area. And that's our focus here going into the weekend and in Friday.

00:03:47:00 - 00:04:04:00
CAPT GUENTHER
Today, the CDC and school in that area, in your area is complete with their facility flush as well. Ford Island we’re 409 complete of 411. And we have a lot of facilities over there. And so that's our focus.

00:04:04:00 - 00:04:23:21
CAPT GUENTHER
Running through the facilities on Ford Island, the CDC is complete. OK for some upcoming starts I want to focus on Earhart area as well as the sub base, so more of an impact on the Earhart area. A lot of our families are living in that area.

00:04:24:03 - 00:04:49:07
CAPT GUENTHER
We are still awaiting the final test results for the system flush. However, we anticipate receiving those this afternoon, the Interagency Drinking Water Team that needs to meet on that. And obviously we need to get our Department of Health and EPA partners on that team to give us the go ahead for the home flushing.

00:04:49:17 - 00:05:11:28
CAPT GUENTHER
I want to emphasize there was an anticipated start that has moved as a result for Earhart field. We anticipate starting no earlier than the 16th, which is Sunday. However, I want to emphasize we're still awaiting some final test results and that interagency team won't meet until we have all the results to review.
CAPT GUENTHER
And as a result, we're going to let you know by close of business today whether that day on the 16th for the home flush for Earhart, as well as sub base is going to occur on that date or not.

CAPT GUENTHER
However, it is not tomorrow it will be at the earliest the 16th, which is Sunday. All right, so those are the starts coming up more to follow on those. And then we have a couple of neighborhoods awaiting test results from the home-to-home flushing.

CAPT GUENTHER
The facilities flush those neighborhoods Pearl City Peninsula, Hale Moku and Hokulani, all three in that situation. That's our map update for today. What I'd like to do now is bring in Chaplain Steve Mills, Chaplain Mills is our chaps for Navy Region of Hawaii.

CAPT GUENTHER
We call him and to share a few thoughts about Martin Luther King Day, our commemorations and our day of service. So welcome back, chaps. It's nice to see you.

CAPT MILLS
Thanks Cos. Good to be back.

CAPT GUENTHER
And you know, as we get ready to celebrate the Martin Luther King Day of service, what are some ways that we can honor his legacy?

CAPT MILLS
So, it's interesting in that it’s a uh…all the federal holidays are times when we can take some rest for ourselves. We can celebrate the birth of our country and some other things. But Martin Luther King Junior Day is a day of service.
CAPT MILLS
It's a day to celebrate his legacy, honor what he did. But it's a day for us to reach out, to look into the communities, to look into other families, to look into other ways that we can be of service to them.

CAPT MILLS
And what that does. What that really brings is I've discovered over my time as a chaplain and a minister and a missionary at times is when we serve others and we go in there thinking that we're going to be a huge blessing to the people that we're helping. But it really turns out it's the blessing comes to us because we're doing something bigger than ourself. We're seeing something that's outside of our comfort zone that we can really help others. And it just brings a huge sense of satisfaction. In this Christian scriptures, it says, is more blessed to give than receive, and that is absolutely true.

CAPT GUENTHER
OK, so what are, tell us are there some opportunities that are still out there for people to serve on this day of service coming up?

CAPT MILLS
Yeah, so three ways that we can serve is the base chapel sponsors a river of life food shelter or a food bank that they serve a once a month. So, if you're interested in that, please contact myself or chaplain Randy Potter at the chapel and we'll be happy to get that information to you.

CAPT MILLS
Also, the Hawaii Food Bank, that's where all the food pantries get their food from. The food bank is always looking for people to come, sort and help and load and then also animal shelters. Uh, that is one of the great ways to serve our community is to take the dogs for a walk or to just love on other animals that otherwise might not get that. And I think those who have pets understand that when you love on an animal and it loves you back, it's a huge way to have some encouragement in life.
00:08:39:22 - 00:09:00:12
CAPT GUENTHER
So, you're our expert on resiliency and you're starting to maybe get into that a bit here. What? You know, this is a very stressful time for many in our community. You know, with the water crisis ongoing, what ideas and ways could you recommend that we can alleviate stress in our lives and build some resilience?

00:09:01:02 - 00:09:16:14
CAPT MILLS
So, I heard a long time ago from another minister that you should divert daily, withdrawal weekly, and abandon annually. And we talk about this idea of self-care, of how do we care for ourselves? How do we mitigate the stress in our life?

00:09:16:14 - 00:09:29:18
CAPT MILLS
And we don't want to get rid of all stress because of stress the appropriate amount of stress is really good. It helps us get stronger, helps us to build up that resilience. So, I would say divert daily. So, I have several hobbies.

00:09:30:03 - 00:09:44:28
CAPT MILLS
One of the things I love to do is read and I'm a huge World War II history buff, and I'll typically read a fiction book and then a non-fiction. I just read recently the a, little different for me, “The Last Stand” about General Custer and Sitting Bull.

00:09:45:11 - 00:09:56:16
CAPT MILLS
And that battle and all of the background into it. And it's really fascinating because what reading does for me is it kind of gets me out of the present. It gets me away from all of the stuff that's going on.

00:09:57:05 - 00:10:07:15
CAPT MILLS
And so, I do that on a daily basis. I read every day and then weekly I exercise every other day, but at least weekly I go on a long bike ride, long for me may not be long for others.

00:10:07:20 - 00:10:19:09
CAPT MILLS
It's usually five to seven miles on my mountain bike and I just I don't have an agenda. I don't have a plan. I don't have a goal. I just ride, I just get out, and then abandon annually. We all get 30 days of leave we earn that. And I would encourage each and every one as the opportunity
affords itself. Take that time off. We recently went home for Christmas and I got to spend time with my grandkids and my kids, and it was just an amazing time.

00:10:33:20 - 00:10:34:28
CAPT MILLS
And I came back recharged.

00:10:36:14 - 00:10:40:22
CAPT GUENTHER
Thank you. Thank you. Good advice and I appreciate that. And thanks for coming on chaps.

00:10:47:22 - 00:11:12:12
CAPT GUENTHER
That was your daily water update for today, as Chaplain Mills mentioned on Monday, we’ll celebrate and commemorate the life of Dr. Martin Luther King Jr. As such, our next update will be Tuesday, January the 18th. We're monitoring your questions on Facebook, and please feel free to email those questions as well to CNRHPAO@Gmail.com.

00:11:12:12 - 00:11:29:09
CAPT GUENTHER
Don't forget to check out our water info website for updates there, including map updates at Navy.mil/JointBaseWater, and also, don't forget to check out on the good stuff at GreatLifeHawaii.com/Wegotyou. Please remember we're all in this together as one community and ohana. Stay safe. Take care of yourself. Take care of each other and we'll see you next time.