

Hawai'i corpsman's good works live on

U.S. Marine Sgt. Joe Lindsay

Task Force Lava
Public Affairs

When U.S. Navy Petty Officer 3rd Class John Fralish was killed Feb. 6 during a firefight with insurgents in Laghman Province, in eastern Afghanistan, it was by no means the end of his remarkable story – or his legacy.

Fralish, of New Kingstown, Pa., and stationed at Kaneohe Marine Corps Base Hawai'i, is revered by not only his fellow corpsmen and the Marines and soldiers with whom he served, but also by residents of a tiny village high in the mountains near the forward operating base at Mehtar Lam.

"The name of John Fralish lives on in the mountains of Afghanistan among the local population," said U.S. Army 1st Sgt. David Schneider, a first sergeant of E Company of the 1st Battalion, 125th Infantry of the Michigan Army National Guard. "Just before he died, John

risked his life to save the life of a little Afghan girl on the brink of death."

Fralish was patrolling with A Company of the 1st Battalion, 3rd Marine Regiment – to which he was attached – when he got word from an elderly Afghan man that a little girl was badly injured a few miles away.

And with that, Fralish, Schneider, two Afghan National Army soldiers and an interpreter left with the elderly man to find the girl.

"When John heard that there was a child who needed help, he was going to do everything he could to see to it that she got that help," said Schneider. "John wanted to help everyone who was hurt. It's just the way he was. Keep in mind we were in hostile territory, and it was the middle of the night, but John wanted to go."

"The old man led us to this little mud hut in the middle of nowhere up in the mountains," Schneider continued. "There was a small fire going on in the hut, for

light and warmth. John went to where the little girl was. She had fallen in the mountains a while back and was missing a chunk of her calf muscle. The cut was six inches long and five inches wide down to the bone. Fabric from an old dress was being used as a bandage, and it was soaked through not with blood, but with puss. Infection had set in, and she probably had no more than a couple of days to live if she would have remained in that state."

Fralish made sure she didn't remain in that state for long. He cleaned the wound, applied antibiotics and redressed it.

"Still, that was only going to buy her a couple of more days of life at best. She needed immediate surgery in a hospital," Schneider said. "We were on a combat mission that we had to get back to, but John wasn't just going to sit by and let this girl die."

Fralish took off his rank insignia and gave it to the elderly man,

THE FAMILY OF JON FRALISH,
MY NAME IS DAVE SCHNEIDER AND I AM IN THE U.S. ARMY
I SERVED WITH JON FOR 2 MONTHS IN LAGHMAN
AT THE END OF JANUARY WE BOTH WENT ON A MISSION
TO THE MOUNTAINS NORTH OF AUSHANQ, WHILE ON
THE MOUNTAINS, AN OLD MAN (FAQIR JON)
CAME TO US IN THE MIDDLE OF THE NIGHT AND ASKED
FOR MEDICAL HELP FOR A YOUNG GIRL. JON
TOOK US TO THE MOUNTAINS THAT NIGHT AND
WE FOUND A YOUNG GIRL IN A MUD HUT WHO HAD
LOST MOST OF HER CALF MUSCLE MUSCLE
AND A NOTE FOR SOME PAINKILLERS TO AN
HOSPITAL. JON ASSESSED HER INJURY
AND CLEANED AND REDRESSED
THE WOUND. JON EXPLAINED TO FAQIR JON THAT SHE
NEEDED IMMEDIATE SURGERY IF SHE WAS NOT
RECOVERING AT A HOSPITAL. HE GAVE FAQIR JON HIS
RANK INSIGNIA AND A NOTE FOR SOME PAINKILLERS TO AN
HOSPITAL. IF IT WERE NOT FOR JON'S ACTION
THE YOUNG GIRL WOULD HAVE DIED
AND HIS DEATH WOULD HAVE BEEN IN VAIN.



U.S. Navy photo by Chief Petty Officer Claude English
HM3 John Fralish poses for a photo in early 2006. Fralish, a corpsman stationed at Kaneohe Marine Corps Base Hawai'i, was on patrol with A Company of the 1st Battalion, 3rd Marine Regiment, when he was killed in a firefight in Afghanistan Feb. 6, 2006.

▼ See FRALISH, A-6

Hawai'i Navy News Briefs

Earth Day Fair

Navy Region Hawai'i will conduct its third annual Earth Day Fair from 10 a.m. to 2 p.m., April 21-22 at the Navy Exchange (NEX) at Pearl Harbor. Visit exhibits by Hoku Scientific, National Oceanic and Atmospheric Administration Fisheries, the Dolphin Institute, and many others, and learn about ways to conserve and heal our planet Earth. Earth Day at the NEX is a family event filled with games, prizes and fun ways to learn about preserving our planet. For more information, contact Terri Kojima at Commander Navy Region Hawai'i Public Affairs Office, 473-2926.

Accessing with your CAC



U.S. Navy photo by JOC Joe Kane

On April 10, NMCI began implementing the use of the common access card (CAC) reader on various government computers. Service members and DoD employees who use government computers will not be able to access their computers without a CAC card and pin number. Users will have a two-week grace period during which accounts can be accessed by either using a CAC and PIN or user name and password. Users will receive a NMCI alert regarding the new procedures approximately two weeks prior to the scheduled transition. At the end of the two-week grace period, after having received the alert, the CAC and PIN policy will become mandatory.

"Hands free" enforced on all military installations

Karen S. Spangler

Assistant Editor

The Navy in Hawai'i will soon start enforcing a Department of Defense policy that prohibits the use of cellular phones and similar devices, unless using a "hands free" device, while driving on Navy installations. The Department of Defense policy is aimed at reducing additional distractions that impede drivers from safely operating a moving vehicle.

According to C.B. "Buff" Shaw, public safety director for Commander, Navy Region Hawai'i, the region is implementing the restrictions in phases. The education and awareness phase of the new restrictions began April 1. As

part of this phase, base security is issuing warnings to drivers who are observed using non-hands free cell phones.

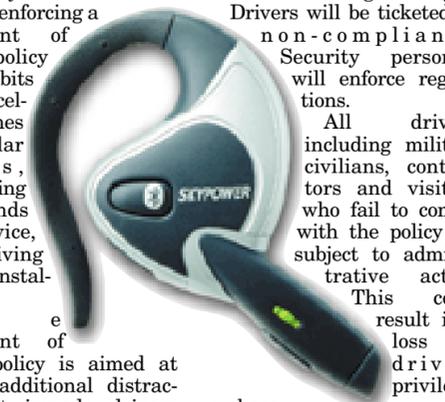
Phase two begins May 1. Drivers will be ticketed for non-compliance. Security personnel will enforce regulations.

All drivers, including military, civilians, contractors and visitors, who fail to comply with the policy are subject to administrative action.

This could result in a loss of driving privileges on base.

For military members, violation of the policy is also punishable under the Uniform Code of Military Justice.

Similar restrictions are enforced while driving on Army, Air Force and Marine Corps installations in Hawai'i.



Aloha, USS Honolulu: Community to gather for farewell to namesake submarine

JOC(SW/AW) David Rush

Commander Submarine Force, US Pacific Fleet Public Affairs

Senator Daniel Inouye, Lieutenant Governor James Aiona, and Pacific Fleet commander Admiral Gary Roughead will join past and current crew members of USS Honolulu (SSN 718) to bid farewell to the nuclear-powered attack submarine at a ceremony set for tomorrow, at 10 a.m. at the submarine piers of Naval Station Pearl Harbor.

Seventh Fleet commander Vice Adm. Jonathan Greenert, who commanded Honolulu from 1991 to 1993, will be the keynote speaker.

Honolulu, which has served as Honolulu's namesake for the last two decades, is scheduled to depart for its final deployment to the Western Pacific in early May. Following the deployment, it will return directly to Bremerton, Washington, to begin inactivation. Cmdr. John Russ, Honolulu's

commanding officer, said his crew is ready and looking forward to the operational challenges of deployment.

"This will be my first deployment in command, and Honolulu's last deployment," said Russ. "As every submarine deployment is in the Pacific, it's very important for national security and has particular significance as Honolulu's last deployment. We are looking forward to doing it."

Russ added that past and present crew members have enjoyed the unique opportunity of being stationed onboard the namesake city submarine.

"It's been a great experience being in our namesake city," he said. "We have had some great relationships with the community. They have supported us in port and while underway, they have taken care of our families."

Sidney Quintal, director of Enterprise Services for the City & County of Honolulu will present a proclamation on behalf of Mayor Mufi Hannemann, who is travel-

ing out of the country. Hannemann visited Honolulu on March 29 to bid his farewell.

Chief of the Boat Electronics Technician Master Chief Scott Oien said the crew has worked extremely hard to get the submarine ready for its final deployment.

"We have had about six-months to actually work-up for this deployment, and typically it's about 18 months, so it's been very accelerated," said Oien.

In addition to the hard work, Oien said emotions are running high as the crew comes together for one last sea going experience aboard Honolulu.

"I think a lot of the guys feel the same way," Oien said. "They are going to be sad to see the boat go."

Honolulu has been homeported at Pearl Harbor for most of its operational life. After its commissioning in 1985, it moved to Hawai'i to join the Pacific Fleet in September 1986. It has completed nine deployments to the Western Pacific, participated in Operation



U.S. Navy photo by JOC David Rush

Pearl Harbor-based Los Angeles-class attack submarine USS Honolulu (SSN 718) served as the city's namesake for the past two decades. Honolulu is scheduled to depart for its final deployment to the Western Pacific, and return directly to Bremerton, Wash., to begin inactivation.

Enduring Freedom and conducted operations under the Arctic ice.

The submarine has received an impressive array of awards,

including six Battle 'E's. Honolulu is the third ship named in honor of the city of Honolulu, Hawai'i.

National Testing Center opens at Pearl Harbor

Karen S. Spangler

Assistant Editor

Sailors at Naval Station Pearl Harbor will have the opportunity to "CLEP" it and shorten their pathways to a college degree with the opening of the National Testing Center (NTC).

The Navy College Office Hawai'i has established a NTC at Pearl Harbor, which provides electronic Computer-Based Testing (eCBT) through College Level Examination Program (CLEP) testing opportunities.

The grand opening of the center, the first NTC to open outside the continental United States, was held April 4 at building 679 at the Navy College office and Naval Station training complex.

Earning credits by taking the College Level Examination Program (CLEP) tests enables Sailors to earn college credit without taking the actual course.

Navy Counselor 1st Class John Miller, command career counselor for VPU-2 at Marine Corps Base Hawai'i - Kaneohe, explained some of the benefits. "Many of our Sailors are already well-educated and cannot afford the time required to complete an actual course due to mission requirements. CLEP exams, whether paper-based or computer-based, are an excellent opportunity for Sailors to earn college level credit without ever attend-

ing the actual course," he explained.

"By utilizing the computer-based CLEP exams, it will reduce the time lag between taking the test and the actual results being posted, therefore speeding up the process for the Sailor to earn a college degree," said Miller.

Sailors can receive credit for what they already know by earning qualifying scores on any one or more of 35 CLEP examinations. According to information provided by the Navy College Office, there are 2,900 colleges and universities in the United States that accept CLEP. Depending on the college's CLEP policy, a qualifying score on each CLEP exam can earn three, six or even 12 college credits.

The Navy College Office noted that examinees may test on all 35 CLEP eCBT test titles and obtain instant score reporting immediately after testing. The CLEP eCBT is free for military personnel (active and reserve). Retired military personnel, Department of Defense civilians and adult family members 17 years of age may test by paying a \$75 service fee.

Hawai'i Pacific University will operate the NTC. Hours of operation will be from 8 a.m.-4 p.m. Tuesdays and Thursdays. For training reservations, call HPU at 422-0079.

For more information, call Navy College Office Hawai'i at 473-5705.



U.S. Navy photo by PH1 Steve Norbourg

Sonar Technician Submarines 2nd Class (SS) Brian Lohr takes a CLEP test at the new NTC at Pearl Harbor. The Navy College Office Hawai'i has established a NTC at Pearl Harbor, which provides eCBT testing opportunities. The grand opening for the new center was held April 4th. It is the first NTC to open outside of the continental United States.

STORY IDEAS?

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Hawaii Navy News

Hawai'i Navy News Editorial

Be a warrior of character

**FLTCM(AW/SW)
Jon R. Thompson**

Webster defines character as, "one of the attributes that make up and distinguish the individual."

Translation: Each of us, as individuals (and collectively as Sailors), is different.

Each of us has unique traits that make us who we are. These unique traits are important and, when you combine all of us together, give us an incredible amount of diversity and capability. Our Navy is strong today because collectively the character of its Sailors is strong.

My boss, Admiral Nathman, recently shared some of his thoughts on character with the fleet's leadership. Of note was the following, "The Navy ethos is an internalization that as Sailors we are warriors of character at all times, in all situations, on and off duty. This ethos is at the heart of Navy core values, our code of conduct, and our tradition of teamwork and professionalism. Character is the compass that guides us as individuals and keeps us forged together in war. As leaders, development of character in those we lead demands our attention."

Translation: Character is the sum of the values and principles that guide our decisions. Strength of character enables us to successfully navigate through the positive and negative forces in our lives.



FLTCM(AW/SW)
Jon R. Thompson

Just like physical strength, strength of character is developed through constant training. Because of that, each of us as leaders, have the responsibility to help develop positive character in our subordinates, our peers, our families, and our friends. When you think about it, it's an awesome ability.

As Sailors, each of us needs to do our level best to foster the values, ethics, and individual character that are the foundation of our Navy way of life. How do we do this? It's actually not that difficult.

All of us strive to be recognized for positive contributions to our Navy and in our personal lives. We all want to do work that matters and achieve high standards. Individually, I truly believe each of us wants to succeed and we want others to respect us. These basic beliefs are what help us keep our character in check.

You all understand that our actions yield consequences, good and bad. From what I see and hear on a daily basis, I think our Navy is staffed by superb Sailors that are making a positive impact in the fleet, around the world, and in the global war on terrorism. It's not

surprising to me that most Americans hold the military in extremely high regard. In more ways that I can mention, we have all earned that reputation by hard work and making our family and friends proud of us on a daily basis, and on a worldwide stage.

Our challenge, however, is to ensure the small minority of Sailors that fall out of step with our core values are given the individual attention necessary to help improve their character and self worth.

Correcting others in our ranks begins with the self-realization that we are all leaders and our leadership needs to be consistent and constant. We are all charged with upholding our core values of honor, courage and commitment and none of us can afford to let our guard down, or give others an opportunity to label us hypocrites. Nothing renders a leader ineffective quicker than not doing what he or she says.

My challenge to you is to twofold: Make sure your every word, your every action, and your every intention is pure and in the best interest of the Navy, our Sailors and yourself; and secondly, to not let your day-to-day focus on Navy business completely distract you from instilling in your people the will and desire to be their very best.

While nothing I have said so far is difficult to understand, living

your life to such high standards is anything but simple. If you want your character to be beyond reproach, you need to work at it. It doesn't just happen naturally and your rank itself is no indicator of good or poor character. No matter how senior you are, your character is on display and scrutinized by others. As a matter of fact, the more senior you are, the more eyes you have on you.

Here are a few tips that may help you to become better leaders.

- Set the standard for integrity and character, first in yourself, and then hold the standards for others.
- Be a confident and competent decision maker in uncertain situations.
- Try to be a prudent risk taker
- Strive to be innovative
- Do your best to be adaptive.
- Keep professionally skilled, accomplished and credible.
- Never stop learning. Strive to become professionally educated and display a genuine dedication to life-long learning.
- Hone your skills as an effective communicator.
- If your intentions or actions aren't crystal clear, explain them.
- Whenever possible, help your Sailors understand how and why you made a decision.

In addition to the above, keep in mind it is our duty to help our

Sailors reaffirm their commitment to our service ethic and core values on a daily basis. If you are truly dedicated to improving your Sailors, you should do everything you can to discuss character. Improving character requires sustained, proactive leadership at all levels. We cannot under-estimate the impact of actions counter to our core values on our reputation, credibility and effectiveness.

Finally, another challenge from Admiral Nathman, "In every word, action, and command philosophy, promote and be passionate about the values of Navy tradition, oaths, and creeds. Demand sustained, proactive leadership and followership at all levels."

Shipmates, your character is the sum of your integrity, morals, interests, energy, demeanor and intentions. Think before you act and you should be just fine. You've heard it many times that you are a Sailor 24 hours per day, on and off duty. Your actions speak volumes and intentions, without follow through, mean little. Each of you is important to our Navy. We have no spare Sailors. It is vitally important that each of us maintain the highest sense of duty and do our very best to uphold and improve the already superb reputation our Navy has for being a service of professionals. Be a warrior of character!

Commentary

Chapel Pennant

Life is too precious to stand on the sidelines

**Lt. Cmdr. Jeffrey Han
CHC, USN**

*Credo Hawai'i Spiritual
Fitness Center*

One of the activities I still enjoy very much is taking in a baseball game. Like many other young boys or girls, I once played Little League ball. Since then, I have followed my San Francisco Giants from their spring training camp to their fight for the pennant race in late September.

I was very fortunate to have lived so close to a couple of major league teams while growing up. I have some wonderful recollections of my dad taking my brothers and our school friends to the ballpark on the train. Likewise, I also have some great memories of opening day for a brand new baseball season: the smell of fresh mowed lawn in the stadium, hot dogs cooking on the grill, and the hopes that my favorite team would do better in this year's pennant race.

For most baseball players, I am sure that their spring training is also filled with hopes and dreams. Every player is a potential .400 hitter and every pitcher has a chance of pitching a no-hitter or winning 20 games. Last season is history. Everyone gets another chance to be a winner this year.

Wouldn't it be great if everyone's life can be like baseball? With each passing year, all of us get another opportunity to start over again and forget about our past mistakes and losses. Somehow, each and every one of us can begin our year with a clean slate.

This is not science fiction or fantasy. For our

God in Heaven is an awesome God who loves to give people second chances in life.

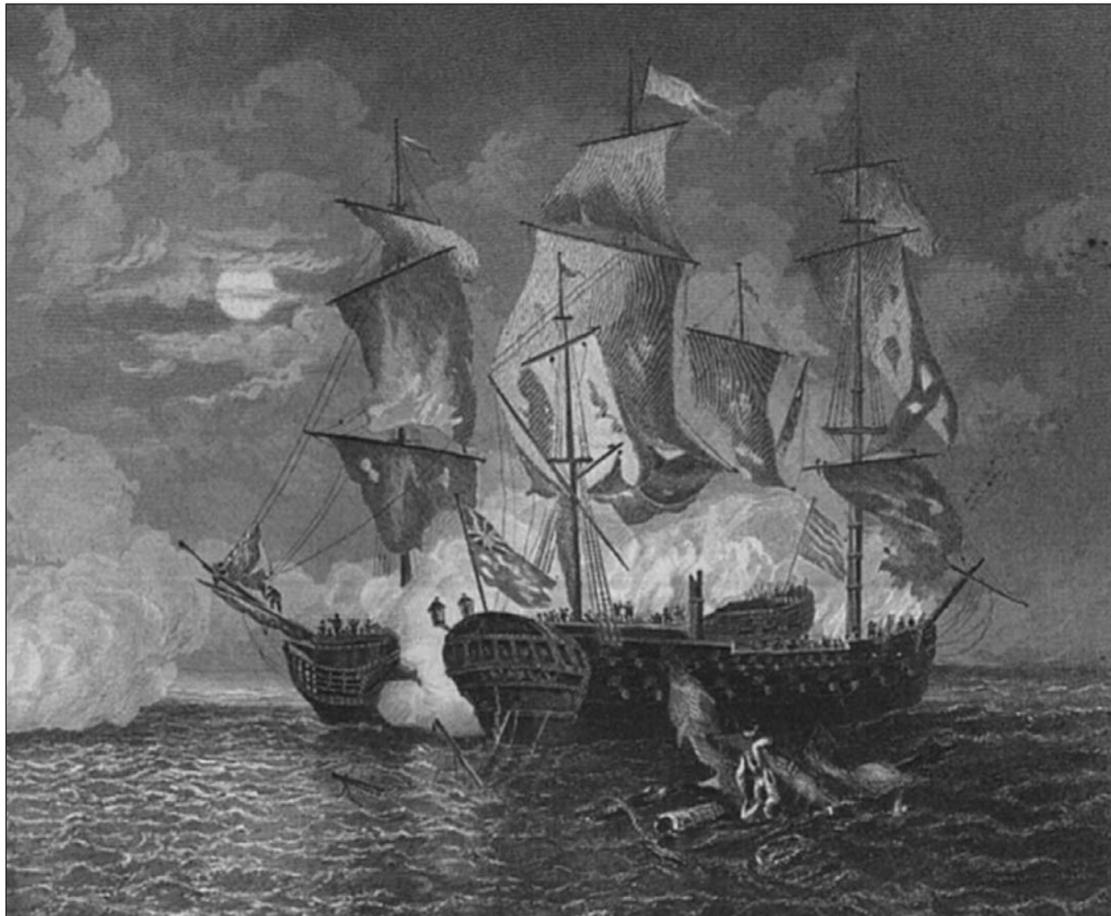
One of the promises God has given us in the Holy Scriptures affirms this very truth in 2 Chronicles 7:14: "...if my people who are called by name will humble themselves, and pray and seek my face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land."

It is that simple. Our first step is to realize that we have to take personal responsibility for the mistakes we made in our lives against God and other people. If we humble ourselves before God and ask for forgiveness, He will hear us and bless us.

In my counseling sessions, I often meet with people who are haunted by their past mistakes and setbacks in life. When they look at themselves in the mirror every morning, what they see is someone who has had more losses than victories. Quite naturally, they do not feel good about themselves or others. Instead of being hopeful about life, they see themselves as losers, with no hope of deliverance from their present situation.

I truly believe that God already knows everything - the good, bad and the ugly - about our lives and he still loves us anyway. God has been in the business of restoring hope and giving people second chances in life for a long time. Take time to ask God for another chance for He is the God of second chances. Life is too precious to stand on the sidelines. Play ball!

The spirit that would not sink



U.S. Navy historical photo

September 23, 1779. Locked in combat the converted merchant vessel Bonhomme Richard, commanded by Capt. John Paul Jones, overwhelmed the much stronger British fighting ship Serapis with will and skill. With what was left of his men, Capt. Richard Pearson of the Serapis was forced to surrender his battle ensign. Although victorious, the Bonhomme Richard was so seriously damaged that it sank shortly after the battle causing the captain and crew members to transfer to the battered yet afloat Serapis. The fighting spirit of John Paul Jones gave his men the will to fight in a battle with all odds against them and win over a ship superior to Bonhomme Richard.

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Surface Navy Association learns Pearl Harbor history

Story and Photos by
JOC(SW) Joe Kane

Commander Navy Region
Hawai'i Public Affairs

Connecting Sailors of Pearl Harbor with a bit of their local history was the goal of the most recent outing of the Surface Navy Association (SNA). More than 100 SNA Sailors and guests got a first-hand look at historical sites around the harbor as National Park Service Ranger Daniel Martinez shared some of what he has learned over the years as the Arizona Memorial's leading historian.

The tour began on a boat at Merry Point, taking the group past the Arizona Memorial and the Battleship Missouri and progressed around Ford

Island, into Middle Loch and the inactive ships facility and past the USS Utah Memorial. The highlight though was when the boat made a brief stop near the entrance to West Loch where some of the remains of the USS Arizona reside.

Often called the Arizona Relics, the site contains a large portion of the superstructure that had to be removed for the construction of the current memorial platform.

The SNA regularly holds "Waterfront Warrior" seminars and special events to promote education and professional development of its members and the Surface Navy in Hawai'i.

For membership in the Surface Navy Association call 473 2202.



Sailors from the Pearl Harbor Surface Navy Association (SNA) visit the site of the USS Arizona relics. The Arizona relics are parts of USS Arizona that were removed from the water and placed on shore near Pearl Harbor's West Loch. Bottom right: National Park Service Ranger Daniel Martinez explains the history of how the remains of the Arizona ended up where they are. The site contains a large portion of the superstructure that had to be removed for the construction of the current memorial platform.





FLEET ACTION



U.S. Navy photo by PHAN James R. Evans

Senior Chief Quartermaster John Trail demonstrates the use of a stadiometer, a navigational instrument used to determine the distance from one object to another, on the signal bridge of the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72). Lincoln and Carrier Air Wing Two (CVW-2) are currently underway in the Western Pacific area of operations as part of a scheduled six-month deployment.



U.S. Navy photo by PH2 Kerryl Cacho

Cpl. Carlos Aponte assigned to Marine Attack Squadron Two One Four (VMA-214) performs a liquid penetrate inspection on welds in the exhaust duct of an AV-8B Harrier aircraft aboard amphibious assault ship USS Peleliu (LHA 5). Peleliu is assigned to Expeditionary Strike Group Three (ESG 3) currently on a routine deployment in support of the global war on terrorism.



U.S. Navy photo by PH2 Regina L. Brown

Above: Marines from the 11th Marine Expeditionary Unit (11th MEU) conduct riot training on the flight deck aboard the Amphibious Assault ship USS Peleliu (LHA 5).



U.S. Navy photo by PHAN James R. Evans

Right: The Military Sealift Command (MSC) underway replenishment oiler USNS Walter S. Diehl (T-AO 193) transfers aviation fuel to the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72) and the guided-missile cruiser USS Mobile Bay (CG 53), during an underway replenishment.

FRALISH: Honoring the Hero

Continued from A-1

along with a note he wrote explaining who he was and what the situation was, so that the girl and her family could be given safe passage to the medical facility at Mehtar Lam.

"Over the next couple of days, while we were in the field, the girl's family got her to Mehtar Lam on the back of a donkey," Schneider said. "When we returned to the [forward operating base] at Mehtar Lam, the girl was there being treated. Her family was overjoyed to see John again, and they rightfully credited him with making this all possible."

Still, the girl's wound and infection were too serious to be adequately treated at Mehtar Lam, Schneider said. Nothing short of amputation of her lower leg - which could not be performed locally - would save her life.

"When we heard that, everyone passed the hat around, and we got enough money together so the family could hire a car to take them to the hospital at Bagram

Airfield," Schneider said. "It was airmen, soldiers, Marines and Sailors -- everyone chipping in together.

"Well, the girl's family showed the note John had written, along with his rank insignia, at every check point, and it got their car through to Bagram where the little girl underwent successful surgery," Schneider said. "She made it, and she's recovering nicely and is alive and well now directly because of John. She has a second chance at life."

Around the time of the girl's surgery, Fralish was killed in action.

"That whole village mourned John's death along with us," said U.S. Navy Petty Officer 3rd Class Cameron Stewart of Spokane, Wash., a corpsman with the 1/3 Marines. "All those who served with John are deeply affected by his loss. To see Afghan villagers also affected is a true testament to the character and type of person John was."

The Afghan man who led Fralish to the girl's hut recently visited Mehtar Lam and returned Fralish's rank

insignia. Schneider gave it to the 1/3 Marines' commanding officer, U.S. Marine Corps Lt. Col. James Bierman, who has since mailed it - with a letter from Schneider - to Fralish's parents in Pennsylvania.

"It was an honor to pass this on to John Fralish's family," Bierman said. "This entire story demonstrates the character and nobility of the young Marines and Sailors serving here in Afghanistan."

And also, perhaps, demonstrates how one man's character can change the mindset of a community.

Since Fralish's death, villagers in the surrounding area have also made it a point to alert authorities to insurgent activity.

"What used to be an area where the insurgents could blend in and operate in has now turned against them," Schneider said.

"Not only was a little girl's life saved by John, but more American and coalition lives can be saved as a result of the insurgents losing their grip on the area, all because of one man's sense of humanity."

Army onloads at Pearl Harbor



U.S. Navy photo by JO2 Devin Wright

Pfc. Anthony Barboca, assigned to 225 Aviation Regiment directs an Army truck onto a cargo vessel April 11 and 12 at the kilo pier at Pearl Harbor. Approximately 575 pieces of equipment including helicopters, Humvees and various containers and equipment were loaded onto the vessel. The equipment will be transported to the National Training Center in Ft. Irwin, Calif. The 25th Infantry Division Hawai'i and 3rd Brigade Combat Team will use the equipment for training in the desert in preparation for future deployments.

Command in the Spotlight



SEABEES

DET 303

Naval Construction Battalion Maintenance Unit Three Zero Three Detachment Pearl Harbor

Officer in Charge
LTJG Bob Piasecki

Number of personnel assigned
43 Military, 0 Civilian

Function

Trained to forward deploy and provide construction and maintenance of Advanced Bases and Fleet Hospitals to Combatant Commanders in support of world-wide operational plans. We also provide construction support and disaster recovery operations for Commander, Navy Region Hawai'i. Many of the Seabees here have much in common with our World War II-era founders, in that they had a wealth of construction knowledge before coming into the Navy.

We use our time ashore here in Pearl Harbor to brush up on our training and to carry out numerous construction projects for tenant commands. This is a very developmental command for Seabees, so when they leave here and go back to a fast-paced Mobile Construction Battalion (NMCB), they are well-trained and well-rested.

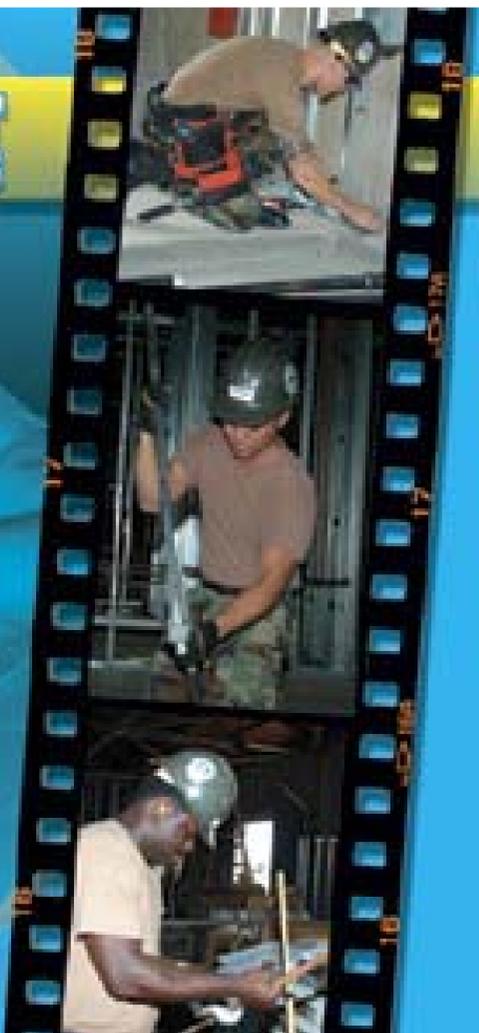
"It's the CBMU's job to keep our people trained and mission ready. You never know when we will have to pick up and leave at the drop of a hat and our SEABEES have to be ready."

-BUC(SCW) Brian K. Miller

Command Accomplishments/Awards

Rapidly deployed 20 command personnel in support of Joint Task Force Katrina recovery operations. Deployed 14 command personnel in support of Operation Iraqi Freedom. Partnership with Lanakilo Elementary School providing assistance with various school activities and fund raisers and established an outstanding rapport between the military and the local community. Currently working on Building 417 to convert spaces into a new operating facility for PH Naval Shipyard divers.

Sailor of the Year, CY 05, CE1(SCW) Russell J. Green; Senior Sailor of the Quarter, 1st Quarter CY 06, SW2(SCW) Joshua M. Scaturo, Junior Sailor of the Quarter, 4th Quarter CY 05, BU3 Adam L. Nutter.



International contingent visits USS O'Kane

Ensign Thomas Scazzafavo

USS O'Kane (DDG 77)
Public Affairs

On Thursday, Apr. 6, a group of 24 visitors from 19 different nations toured the guided-missile destroyer USS O'Kane. The members of the international contingent were participants in the Symposium of East Asia Security, a joint U. S. Pacific Command (PACOM) and U.S. Department of State sponsored event. The symposium is a comprehensive program that is tailored to military and civilian officials from throughout the Pacific Command area of responsibility that deals with security and defense issues. The 19 nations represented were: Australia, Bangladesh, Brunei, Cambodia, China, India, Indonesia, Japan, Korea, Malaysia, Marshall Islands, Mongolia, Nepal, Philippines, Russia, Singapore, Thailand, the United States, and Vietnam.

"The Sailors onboard O'Kane all take incredible pride in this great warship," said Ensign Christopher Beck, one of the tour guides. "The other junior officers and I are extremely grateful to be afforded the opportunity to show off our fine ship to foreign security and defense officials."

The tour began with a welcome aboard from O'Kane's commanding officer, Cmdr. James J. Duke. On the foc'sle the visitors learned about the composition of the ship, the process of anchoring, and the Mk 45 five-inch gun. The visitors then toured the boat deck to see O'Kane's two seven-meter Rigid Hull Inflatable Boats. Then, the visitors were briefed about

the Vertical Launch System, Harpoon Missiles, and the Mk 46 Torpedo. The next stop on the tour was the Central Control Station, where the group saw first hand how the ship's engineering systems are remotely operated. The next stop was the galley and crew's mess, where the task of feeding nearly 300 people in a small space with little time was displayed.

Next on the tour was the Combat Information Center (CIC).

O'Kane's Combat Information Center Officer, Lt. j.g. Keith Hillsbery, gave an in-depth and informative brief on the multiple capabilities of CIC. The final stop on the tour was the Pilot House, where the visitor's got to see how the ship is driven and take photographs at the helm.

Commenting on the tour, Ms. Ma Jia of China said, "I was overwhelmed by the technology on the ship. It is amazing to see how so much technical equipment can be squeezed into every space. The tour was a great experience."

"I enjoyed the opportunity to support PACOM's and the State Department's theater security cooperation program," said Cmdr. Duke. "These events allow us to not only show-off the strength of the U.S. Navy, but also show a positive, human side of the American Sailor, dispelling false perceptions that are often espoused in other media. I am hopeful that this event and others like it will contribute to improving cooperation among nations in the PACOM area of responsibility."

Child Abuse Prevention Month



U. S. Navy Photo PH3 Ben A. Gonzales

State Representatives, Fleet and Family Support Personnel, and Navy family members watch as Rear Adm. Michael C. Vitale, commander Navy Region Hawai'i, signs a proclamation supporting National Child Abuse Prevention Month. National Child Abuse Prevention Month is observed each April and is a national public awareness campaign to promote the prevention of child abuse and neglect.

Shaken Quilt rattles emotions



U.S. Navy photo by PH3 Ben Gonzales

Navy family members look at a shaken quilt created in honor of National Child Abuse Prevention Month at the Fleet and Family Support Center April 10. The quilt bares the names of children who were killed as a result of being shaken. National Child Abuse Prevention Month is a national public awareness campaign to promote the prevention of child abuse and neglect.

Communications affected at Makalapa Branch Health Clinic

Naval Health Clinic Hawai'i

Due to the heavy rain experienced over the past 41 days, Makalapa Branch Health Clinic's communication ability, both telephone and computer access, has been severely affected. Beneficiaries can still call the central appointment line at 473-0247, but due to the lack of computer access, callers will be

transferred to the appropriate clinic to schedule an appointment. When calling central appointments, callers are asked to provide the name of their primary care manager (PCM).

If they do not know who their PCM is, a phone message will be taken and referred to the appropriate department who will call the beneficiary back to schedule an appointment. If the beneficiary knows to which department they

are assigned, they can call the following numbers directly to make an appointment:

Family practice - 473-1880, ext. 331, ext. 266
Pediatrics - 473-1880, ext. 300
Naval Health Clinic Hawai'i apologizes for the inconvenience and is working to fix the problem as soon as possible. They thank patients for their understanding and patience.

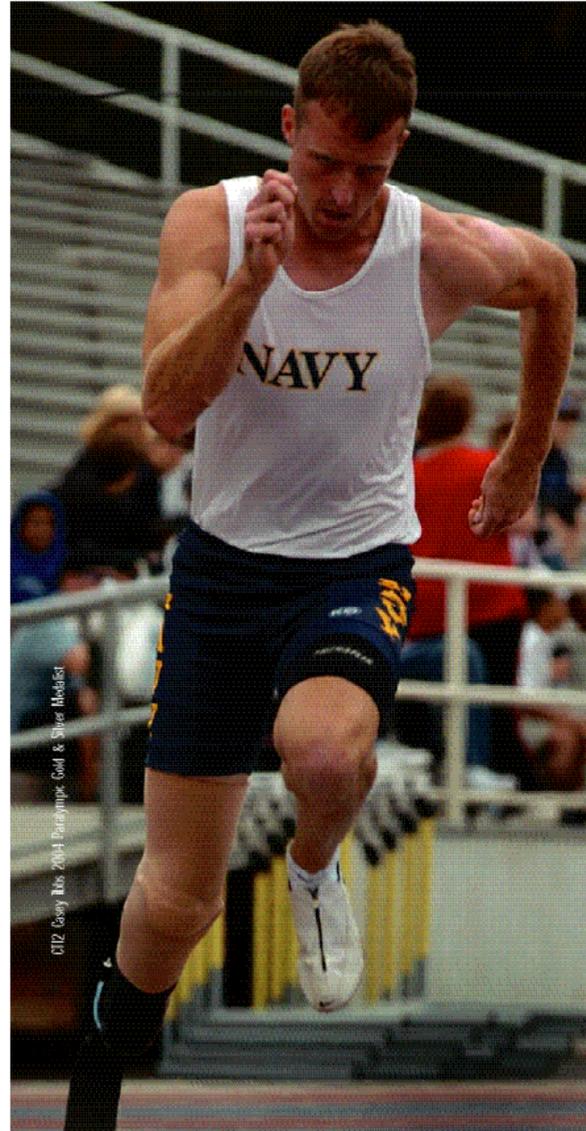
STORY IDEAS?

Contact the HNN editor for guidelines and story/photo submission requirements:

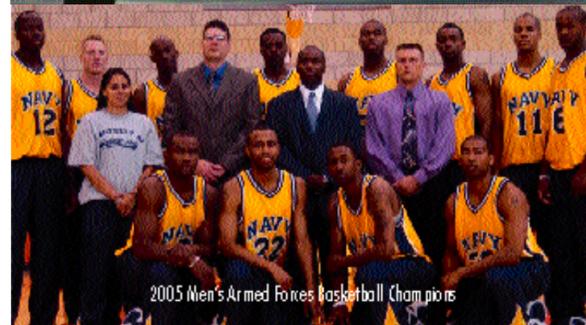
Phone: (808) 473-2888

Email: hnn@honoluluadvertiser.com

Hawai'i Navy News



OT2 Casey Ibbotson, 2004 Parajump, Gold & Silver Medalist

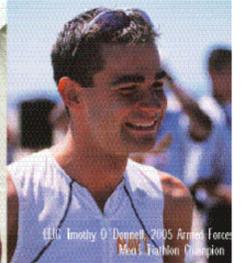


2005 Men's Armed Forces Basketball Champions

2006 All Navy SPORTS CALENDAR



LT John Metzger, 2005 Armed Forces Marathon Champion



LTJ Timothy O'Donnell, 2005 Armed Forces Meet Fashion Champion



2005 Women's Armed Forces Volleyball Champions



LT Eric Updegraff, 2005 ISS World Cup Gold Medalist
ENS Billy Hurley, 2005 Armed Forces Golf Champion

Sport	Training Camp	Armed Forces (AF)	Nationals	CISM
BOWLING (M&W)	6-7 Jan Reno, NV	8-13 Jan 06 Reno, NV		
BOXING (M)	6 Dec-5 Feb NBVC, CA	6-11 Feb 06 NBVC, CA	12-18 Mar 06 Colorado Springs, CO	15-24 Sept 06 Warendorf, Germany
CROSS COUNTRY (M&W)		16-20 Feb 06 Bronx, NY	Same as AF	1-5 Mar Iunisi, Iunisia
BASKETBALL (W)	24 Feb-16 Mar NAS North Island	17-25 Mar 06 MCAS Miramar CA	5-10 Apr Las Vegas, NV	
WRESTLING	1 Feb-20 Mar NAS Pensacola	21-26 Mar 06 Camp Lejeune, NC	12-16 Apr 06 Las Vegas, NV	28 Oct-4 Nov Baku, Azerbaidjan
VOLLEYBALL (M & W)	20 Apr-10 May Pax River/Annapolis	11-18 May 06 Fort Huachuca, AZ	26-31 May 06 New Orleans, LA	9-21 Jun 06 Fort Huachuca, AZ
SOCCER (W)	22 Apr-12 May NS Maypot	13-20 May 06 NS Maypot		May/June Paris, France
TRIATHLON (M&W)		21-25 Jun 06 NBVC, CA		4-10 Jul 06 Satenas, Sweden
GOLF (M&W)	1-4 Aug NSA MidSouth	5-11 Aug 06 Vandenberg AFB, CA		13-19 Aug Galway, Ireland
SOFTBALL (W)	27 Jul-19 Aug NAS Whidbey	20-26 Aug 06 Peterson AFB, CO	31 Aug-4 Sept 06 Lancaster, CA	
SOFTBALL (M)	27 Aug-15 Sep NAS Pensacola	16-22 Sept 06 Eglin AFB, FL	29 Sept-1 Oct 06 Oklahoma City OK	
RUGBY (M)	13-22 Oct NS Norfolk	23-28 Oct 06 Camp Lejeune, NC		
RUGBY (W) 7-ASIDE	15-24 Sept 06 NS Norfolk	25-30 Sept 06 Camp Lejeune, NC		
MARATHON (M&W)		26-30 Oct 06 Washington, DC		
BASKETBALL (M)	20 Oct-9Nov NS Annapolis	10-18 Nov 06 Fort Carson, CO	5-10 Dec 06 SHAPE, Belgium	
SOCCER (M)	TBD	Jan 07		Feb 2007 Cont Champ
SPORT	Resp. Service	Armed Forces Trials	Nationals	CISM
MODERN PENTATHLON (M)	Army	By Application		24-30 May 06 Kaunas, Lithuania
SHOOTING (M&W)	Army	Rifle (M) 17-19 Sep 0 Rifle (W) 11-22 Apr 0 Pistol(M&W)17-18 Apr06 All at Ft Benning, GA		21-28 Jun 06 Rena, Norway
PARACHUTING (M&W)	Army	3 - 7 Apr 06 Fort Bragg, NC		19-30 Jul 06 Ryazan, Russia
CYCLING - ROAD (M&W)	Air Force	23-30 May 06 Somerville, NJ		22-28 Jul 06 Chaam, Netherlands
JUDO	Marines	By Application TBD		29 Aug-5 Sept Vinkovci, Croatia
SAILING	Navy	By Application NLT 1 Jul 06		14-21 Oct 06 Vskhepatnam, India
TAEKWONDO (M&W)	Army	TBD Ft Indiantown Gap, A		24 Oct -1 Nov 06 Seoul, Korea

* Dates and Locations are Subject to Change