

# Hawai'i Navy News

Serving the "Best Homeport in the Navy"

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## USS Russell returns

MC2 (SW) Ben A. Gonzales

Fleet Public Affairs Center  
Detachment Hawai'i

QM1 Charles Hughes

USS Russell (DDG 59)

The guided-missile destroyer USS Russell (DDG 59) returned home to Naval Station Pearl Harbor on April 7 after a three-month surge deployment with USS Ronald Reagan (CVN 76) Carrier Strike Group (CSG).

Cmdr. Brad Cooper, commanding officer of Russell, said he is very proud of the command's flexibility and motivation to support its tasking.

"We deployed on 10 days' notice which is a pretty short timeframe since our return from our six-month deployment," said Cooper.

"It feels fantastic to be home; it's the Navy's best homeport. The crew has been excited to get back. We have a great crew. I could sit here all day and talk about them. We had a liberty incident-free



U.S. Navy photo by MC3 Joshua Scott

A Sailor salutes the USS Arizona Memorial from the flight deck of USS Ronald Reagan (CVN 76) as the ship pulled into Pearl Harbor, Hawai'i on Monday. Reagan pulled into Pearl Harbor for a scheduled port visit to the aloha state. Ronald Reagan Carrier Strike Group is currently completing a surge deployment in support of operations in the western Pacific.

deployment. We also recognized more than 50 Sailors onboard," said the skipper.

For the crew, the feeling of com-

ing home to friends and loved ones was mutual.

"It's been three months, not nearly as exciting as a six-month

deployment. There are no words about how good I feel - they haven't invented them yet," said Chief Fire Controlman (SW) Jason Lawrence about Russell's homecoming. "I'm very excited. Just look at the family that I have to come home to."

For junior Sailors new to the Navy and the command, this was a good indicator of the direction that the Navy is going in, with ramped-up deployment and surge schedules.

"We deployed in early February with the Ronald Reagan Strike Group as part of a surge deployment that surrounded forces moving to the Central Command region," explained Cooper. "The Reagan was the backbone of Western Pacific, engaging allies, participating in bi-lateral and multi-lateral exercises, and engaged in the U.S. Seventh Fleet maritime influence strategy," he added.

While the ship was underway, many Sailors left behind their families. Cooper expressed his thanks for the support and under-

standing of the 'unsung heroes' left back at home.

"I would like to thank my wife and children, all the families of the crew and their children, particularly their children," said Cooper. "Starting with their spouses you can give thanks a lot, but you can never really make up for the amount of time that they are separated from their families."

"What we do is important and the crew will tell you the same," he stressed.

Russell deployed Feb. 3 and operated in several multi-national exercises, Operation Foal Eagle, and along the way, embraced modern foreign cultures during various port visits.

While deployed, Russell received news that they had won the Battle "E", the Navy's highest honor for mission and battle readiness.

Community relations projects were a staple in every port visit. In Shimizu, Japan, Russell's first port, Sailors participated in four community relations projects.

▼ See CENTER, A-2

## DESRON 31 change of command

Story and photo by  
MCSN John W  
Ciccarelli Jr.

Fleet Public Affairs Center  
Detachment Hawai'i

Capt. R. Bruce Stewart, deputy for operations U.S. Pacific Fleet, assumed command of Destroyer Squadron 31 (DESRON 31) on April 5 during a ceremony held pier-side at Naval Station Pearl Harbor.

He relieved Capt. Frederick W. Pfirrmann, who has been in command of DESRON 31 from Aug. 25, 2005 through April 5. Pfirrmann will assume duties as chief staff officer for Commander Seventh Fleet.

Rear Adm. T.G. Alexander, Commander, Navy Region Hawai'i and Commander, Naval Surface Group Middle Pacific, was the keynote speaker for the event. "I have great confidence that Capt. R. Bruce Stewart will provide the leadership and technical expertise required to answer any call," said Alexander.

Before presenting Pfirrmann with the Legion of Merit for exceptional meritorious conduct, Alexander talked about Pfirrmann's achievements as commanding officer of DESRON 31.

"During his time as captain of DESRON 31, Pfirrmann has commanded with professionalism, excel-



Capt. Fredrick W. Pfirrmann renders a salute while passing the side boys during the official change of command ceremony.

lence and dedication. He raised the bar on anti-submarine warfare, spearheaded DESRON 31 on numerous at sea exercises, and built close working relationships with other operational commands here in Hawai'i in order to maximize realism and training," remarked Alexander.

Before assuming command of DESRON 31, Pfirrmann was fleet future operations officer and special assistant to the fleet commander on the staff of Commander, U.S. Pacific Fleet.

He previously served as commanding officer of USS Paul Hamilton (DDG 60), completing a nine-month deployment with the Abraham Lincoln Carrier Strike Group in the Central Command area of opera-

tions. Paul Hamilton operated as the flagship for the Australian commander of the multi-national interdiction force and performed extensive operations during Iraqi Freedom.

A New York native, he began his Navy career as auxiliaries/electrical officer on USS Ponce (LPD 15).

"Here in Pearl Harbor, DESRON 31 is blessed with the best-of-the-best in all categories," said Pfirrmann. "All the Sailors deserve a vote of thanks, as well as praises and admiration for the support they provide for DESRON 31."

Stewart's previous assignments include commanding officer of USS Crommelin (FFG 37) and USS Osprey (MHC 51) and

▼ See DESRON 31, A-2

## USS Chafee deploys with Nimitz CSG

Story and photo by  
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Fleet Public Affairs Center Detachment  
Hawai'i

The Pearl Harbor-based, guided-missile destroyer USS Chafee (DDG 90) deployed Monday as part of the USS Nimitz (CVN 68) Carrier Strike Group (CSG).

Families and friends stood pier-side waving good-bye as the ship departed from Pearl Harbor, savoring their last glimpses of their loved ones until the ship returns.

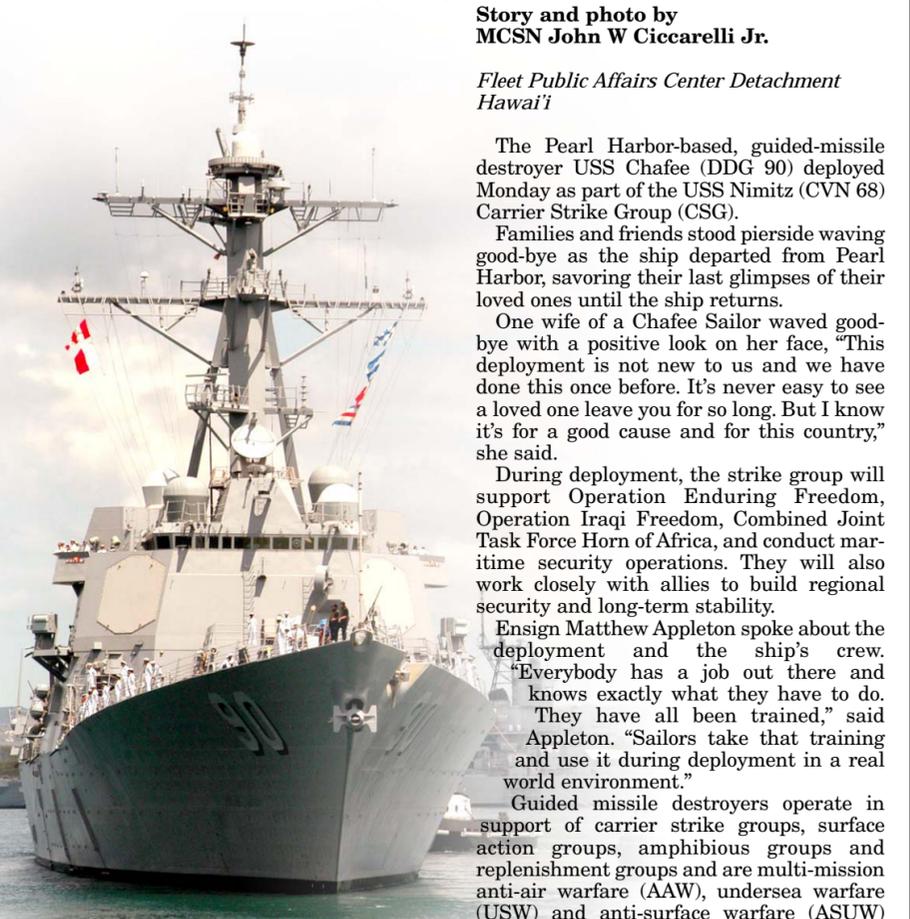
One wife of a Chafee Sailor waved good-bye with a positive look on her face, "This deployment is not new to us and we have done this once before. It's never easy to see a loved one leave you for so long. But I know it's for a good cause and for this country," she said.

During deployment, the strike group will support Operation Enduring Freedom, Operation Iraqi Freedom, Combined Joint Task Force Horn of Africa, and conduct maritime security operations. They will also work closely with allies to build regional security and long-term stability.

Ensign Matthew Appleton spoke about the deployment and the ship's crew. "Everybody has a job out there and knows exactly what they have to do. They have all been trained," said Appleton. "Sailors take that training and use it during deployment in a real world environment."

Guided missile destroyers operate in support of carrier strike groups, surface action groups, amphibious groups and replenishment groups and are multi-mission anti-air warfare (AAW), undersea warfare (USW) and anti-surface warfare (ASUW) surface combatants.

Chafee is commanded by Cmdr. Robert P. Tortora and has a crew of more than 350 officers and enlisted personnel. The ship was commissioned on Oct. 18, 2003 and is the 40th destroyer of the Arleigh Burke-class.



USS Chafee (DDG 90) embarked on its second six-month deployment, as part of the USS Nimitz Carrier Strike group supporting Operation Enduring Freedom, Operation Iraqi Freedom and Combined Joint Task Force Horn of Africa.



Earth Day cleanup  
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USS O'Kane wins 'hearts and minds' in Arabian Gulf  
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USS Chosin returns home with Tigers'  
See page A-4



Ford Island 10K Bridge Run  
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## Sailors, community work together for Hawai'i Earth Day clean-up

Story and photo by  
MC1 (SWAW) Keith E. Jones

Fleet Public Affairs Center Detachment  
Hawai'i

Nearly 100 Sailors representing commands from across Oahu converged on Neil S. Blaisdell Park in Aiea, Hawai'i on April 7 to join forces with the City and County of Honolulu and 200 local volunteers to clean up the 13.5-mile historic

bike path that runs along Pearl Harbor's waterfront.

"I was expecting 50 [volunteers] and I got 103 to sign up," said Lt. Maria Navarro of Naval Station Pearl Harbor's (NAVSTA) 1st Lt. Division, who coordinated the Navy's volunteer effort.

The cleanup was a working celebration of Earth Day and the 300-strong "cleanup crew" went right to work at the 8:30 a.m. start time.

The Navy team headed out to cover

the area between Lehua Street and Waipahu High School – a two-mile stretch of the bike path. The debris and trash in this secluded area of the bike path wasn't made up from your average litter bug and required some heavy lifting.

"Lots of debris, cans, trash, bottles, pieces of fiberglass, old car parts – it's hard to say what you'll find out here," said Machinist Mate 1st Class (SS) Joshua Berkshire of Pearl Harbor while pulling power cable from thick underbrush along the side of the bike path.

Heavy lifting was definitely involved in this cleanup. The area the Navy volunteers covered wasn't full of just litter, but some apparent illegal dumping as well. Two truckloads of tires were removed in just under two hours. Other items pulled from the bike path's edge were batteries, automotive rims, a refrigerator door, broken televisions and even a car seat and couch.

Many of the items cleared out by the volunteers weren't just rubbish – they're harmful to the environment.

Automotive tires don't break down easily and when they do, they can be toxic to the ground on which they decompose. Car batteries are full of acid that can poison the ground and need to be disposed of properly.

Although the conditions were hot and muggy and the work hard, Berkshire was glad to do it and said he would definitely do it again if asked.

"I ride this path a lot and anything I can do to help keep things cleaner, I'm willing to do," he said.

And he might just get the chance. This cleanup effort isn't just for Earth Day; it's an ongoing project for NAVSTA.

"Pearl Harbor has set up a mangrove team that has come through and cleaned up a lot of the debris and a lot of the mangroves that are growing because they are an invasive species in Hawai'i," said Navarro.

Berkshire noticed right away why this is an ongoing effort.

"I think this entire wall is nothing but trash, so it's definitely more than a one-day project," he said.

After the majority of the volunteers walked the path and separated the debris into piles, Navy trucks pulled out load after load to dispose of in the proper manner.

The coordinator said Sailors' effort made a huge difference in their section of the bike path and believed it came from strength in numbers.

"It was an overwhelming response," said Navarro. "It's always good to help the environment and to show the community that the Navy does care about the environment and keeping the waters clean in Hawai'i."



CSC (S/W) Brad Lemiere of USS Lake Erie (CG 70) pulls debris from the foliage alongside a bike path for later pickup as part of a volunteer clean-up effort with the City and County of Honolulu to celebrate Earth Day. Nearly 100 Sailors from commands throughout Hawai'i joined hands with 200 local volunteers to celebrate Earth Day by cleaning up the historic 13.5-mile bike path that runs along Pearl Harbor's waterfront.

## DESRON 31 CoC

Continued from A-1

as current operations officer for Commander Mine Warfare Command and as an action officer on the staff of the Chief of Naval Operations.

"I'm not a man of many dreams, but [ever] since I can remember I dreamed of taking command of this squadron in this special place," said Stewart. "I know this is a great squadron - fit to fight, ready to go and that is exactly what DESRON 31 is."

Stewart's personal awards include the Defense Meritorious Service Medal, the Meritorious Service Medal (with three gold stars), Navy Commendation Medal (with three gold stars) and the Navy Achievement Medal.

DESRON 31 has the dual missions of serving as the immediate superior in command to assigned surface combatants, while performing as a sea-going warfare commander or major command asset.

## Thanking Shipyarders



U.S. Navy photo by MC2 (SW) Ben A. Gonzales

Hawai'i Governor Linda Lingle speaks to the civilian and military work force at Pearl Harbor Shipyard on April 10 following briefings by shipyard officials on emergency planning. Lingle, recalling the base realignment and closure hearings two years ago, said, "I was honored to advocate on your behalf. I would do it again in a second." Lingle said the closure hearings were positive in that they made leaders in the state's public and private sectors appreciate what the shipyard does to help the local economy and the nation. She also thanked shipyarders for their community service efforts.

## USS Russell returns home from deployment

Continued from A-1

They also offered a helping hand in community relations projects during visits to Hong Kong and Chinhae, South Korea.

Russell participated in Operation Foal Eagle, a multi-national and multi-service annual exercise, which provided opportunities for the ship to hone her skills in an international simulated combat environment. Russell Sailors were able to communicate with

Japanese and South Korean navies, coordinate complicated combat missions, and train for multiple Asian-waters conflicts. Foal Eagle marked the finish line for the Ronald Reagan Strike Group deployment this year.

Upon completing the exercise, Russell set a course for home. After 1,648,992 gallons of fuel, 14 underway replenishments, 19,000 pounds of great Navy chow and 24 enlisted surface warfare qualifications, the Russell pulled into the pier

# Hawai'i Navy News Editorial

## Family readiness vital to mission success

**FORCM (SS) Mo Pollard**

*Commander, Submarine Force, U.S. Pacific Fleet*



FORCM (SS) Mo Pollard

Greetings, shipmates! Much has been going around the fleet the past few months about the Navy's deployability and employability changes. As my good friend Fleet Master Chief West said in his recent message to all of you, "We are a nation at war, and you and your families' contributions and sacrifices are valued by the leadership of the American public."

The tempo of today's Navy calls for more flexible schedules and different types of deployments, not common in the days when I first joined back in 1977. Today's tempo not only calls for us as Sailors to always be ready to deploy, but also our families need to be ready. More importantly, individual augmentee (IA) and surge deployments can come on short notice so it is important now, more than ever, to keep our affairs squared away at all times.

One aspect I cannot stress enough is to always have an updated page two, otherwise known as a Sailor's record of emergency data. This piece of paper maintained in your service record is more important

than any other for your entire family in the event something should happen to you. Everyone in the fleet has heard a variation of many a page two horror story, such as an ex-spouse getting a deceased Sailor's benefits while the current spouse and children get nothing, because the Sailor did not update his or her page two upon divorce and remarriage. Updating your page two upon marriage, divorce, re-marriage, birth of a child, etc., will help you avoid spending countless hours at your local Personnel Support Detachment or personnel office rushing to get things done prior to a deployment. This time is better spent with your family.

While getting our families ready on the home front as we prepare to deploy may seem to be an overwhelming task, preparations will go a lot smoother if you and your family members take advantage of the resources available to today's military families.

The first rule of thumb is to start close to home. Your command

ombudsmen, volunteers appointed by your commanding officer, are trained to help you with questions or situations you or your family may have. If the ombudsmen do not have the answer, they know how to find someone who does. Sailors, make sure your family members know who your ombudsmen are and how to contact them. Also don't forget about your command family readiness group (FRG); your ombudsmen can put you in contact with this group. FRGs organize activities for spouses and children during deployments as well as provide support. Through such activities, these groups open the door for families to get to know other families in the same situation and to become a support system.

Shipmates, another way you can ensure your family is taken care of is to pay a visit to your legal office. If you have an updated will and valid powers of attorney, this, too, will make pre-deployment preparations that much easier. Also, when you remember your legal office, don't forget your nearest chaplain. Chaplains are trained counselors who can be there with you and your family during deployments by providing emotional and spiritual support as well as education for you and your family.

Most of you are familiar with the Fleet and Family Support Center (FFSC). However, Sailors sometimes don't realize how helpful today's FFSCs can be. Every center has professional educators and counselors on staff to provide information and referral, education and training as well as counseling. They provide services for deployment preparedness for the Sailor and family members and assistance with PCS moves, marital counseling, stress and anger management, financial planning and more. For more information, check out [www.nffsp.org](http://www.nffsp.org).

Some other resources you may not be familiar with are Web sites specifically designed to assist Sailors and families. One such site, Military One Source, [www.military-onesource.com](http://www.military-onesource.com), is sponsored by the Department of Defense and offers help with such items as income taxes and money matters, college information for Sailors and family members, civilian transition assistance and elderly care. The Expeditionary Combat Readiness Center (ECRC), [www.ecrc.navy.mil](http://www.ecrc.navy.mil), specifically designed for "warfighters" and their families, provides numerous handbooks and guidelines for Sailors on IA assignments and their family members.

Last, but certainly not least, are

organizations that can assist your loved ones in the event of a crisis or emergency. Before you deploy, please ensure your family members know how to contact the American Red Cross (ARC) and the Navy/Marine Corps Relief Society (NMCRS).

The ARC sends messages for family members who are experiencing some type of emergency, while the Navy/Marine Corps Relief Society provides interest-free loans to those needing assistance with disaster relief, child-care expenses, pay problems or delays, funeral expenses, transportation or family emergencies. More information on the ARC can be found at [www.redcross.org](http://www.redcross.org); visit NMCRS at [www.nmcrs.org/services.html](http://www.nmcrs.org/services.html).

Not only are we as Sailors responsible for taking care of our families, but command leadership ensures that we strike a balance on how to best use these resources for their families. When in doubt, ask your chief.

A wise person once told me, "No one takes better care of you than you." Remember as we press on to carry out our missions, whatever they may be, take advantage of the many resources we have as Sailors. And, keep everything up-to-date. You never know when your orders to deploy will come up.



## To sign or not to sign - NMCI E-mail security

**MC1 James E. Foehl**

*Navy Region Hawai'i Public Affairs*

Digitally signing e-mail sent within the Department of Defense has been a requirement for certain types of message content since April 1, 2004.

Due to the size increase of digitally signed messages, only those e-mails that meet the prescribed criteria and possess a need to ensure that content has not been tampered with in transit should be digitally signed.

According to Commander, Navy Installations Command, Vice Adm. Bob Conway, digitally signing e-mails adds anywhere from 30 percent to 57 percent overhead to every e-mail sent.

A standard two-paragraph e-mail sent unsigned requires about 20kb of bandwidth whereas the same e-mail digitally signed takes up 32kb. This increase in size causes an unnecessary load on the Navy-Marine Corps Internet (NMCI) storage and network speed.

Examples of e-mail messages that require digital signatures include those that contain content that discusses operational, personnel management, or contract information, financial or funding matters; directs, tasks or passes direction or tasking; requests or responds to requests for resources; promulgates organization position or information external to the organization; or a need exists to ensure that the

e-mail originator is the actual originator or to ensure the e-mail content has not been tampered with in transit.

"Sailor mail" or e-mail that is personal or non-official in nature does not have to be digitally signed.

It is the responsibility of each Sailor to ensure that only e-mails that specifically require digital signature are digitally signed.

To disable Microsoft Outlook from automatically attaching a digital signature to every sent message, take the following actions:

1. In the main Microsoft Outlook window, on the tools menu, click options. This should open up the "options" selection window (if you are using customized menus you may need to expand the tools menu to see "options" by selecting the down arrow at the bottom of the tools menu).

2. On the "options" menu screen, select the "security" tab. The top section should be "encrypted e-mail." Remove the check from the block "Add digital signature to outgoing messages."

3. Select "apply" and "ok" at the bottom of the tab. MS Outlook should no longer automatically attach a digital signature to your outgoing messages; however, e-mail can still be signed on an individual e-mail basis if required.

For more information about digital signatures, please contact your departmental information technician representative or assigned NMCI trusted agent.

## Memorial for General MacArthur aboard Missouri



U.S. Naval Historical Center photograph

A memorial service honoring the late General of the Army Douglas MacArthur is held on the after deck of the decommissioned USS Missouri (BB 63) at the Puget Sound Naval Shipyard, Bremerton, Wash. on April 10, 1964.



## Hawai'i Navy News

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# USS Chosin returns home with 'Tigers'



Lt. j.g. Shelby Nikitin and Lt. j.g. Kristina Melendez welcome their fathers aboard USS Chosin during its Tiger cruise from San Diego to Pearl Harbor.

Story and photo by  
Ensign Christina Linehan

USS Chosin (CG 65) Public  
Affairs

After completing a successful Joint Task Force Exercise with Expeditionary Strike Group Five (ESG 5), USS Chosin (CG 65) embarked family and friends to join them on the way home to Pearl Harbor. Before the five-day journey, Chosin made a brief stop in San Diego to pick up family members for a "Tiger" cruise.

The purpose of the Tiger cruise is to allow friends and families outside the Navy to see what goes on from day-to-day on a warship. More than 40 guests came aboard as it made the transit from San Diego to Pearl Harbor.

Chosin put on many special events for its Tigers while

underway. Showing off during a special evolution, Chosin executed a flawless underway replenishment a mere 160 feet away from the USNS Erickson. Tigers were able to watch this routine evolution from the pilot house as the ship drove side-by-side with the supply ship. During the cruise, Tigers were treated to briefs about naval tradition, gun shoots, movie nights and a variety of culinary delights from the food service division.

"Everything was so delicious, from the ice cream social to the steel beach picnic. I really enjoyed the food onboard," said Steve Nikitin, one of the Tigers visiting the ship.

Chosin Sailors also gave tours of the controlling stations, such as the pilot house, engineering spaces and combat information center to give the Tigers a better under-

standing of what their family and friends do every day. Shooting stars (celestial navigation), flashing light drills and damage control olympics were also on the schedule of events for the Tigers. A "Halfway to Hawai'i" game gave the Tigers an opportunity to guess when the ship would be halfway from San Diego to Hawai'i.

"All of the activities were planned out well and kept us busy. I'm amazed at what goes on during an average day onboard Chosin," stated John Linehan.

The Tiger cruise was a good time for families to connect and for friends to see what cruiser Sailors really do every day. When the ship returned to its homeport at Pearl Harbor on March 26, the Tigers had a deeper understanding and appreciation for the crew of Chosin.

# USS O'Kane wins 'hearts and minds' in Arabian Gulf

USS O'Kane Public Affairs

On an early morning, in the middle of the central Arabian Gulf, the boat deck crew of USS O'Kane (DDG 77) lowered Wahoo, one of the ship's seven-meter rigid-hull inflatable boats (RHIB), into the water. The seven members of O'Kane's boarding team and their hired translator swiftly loaded into the RHIB and sped away, on another mission to win the 'hearts and minds' of the local fishing and merchant communities.

The objective of the mission was to conduct maritime security operations (MSO) in the central Arabian Gulf utilizing O'Kane's visit, board, search and seizure (VBSS) teams to engage in approach operations. Approach operations are focused on putting a friendly face on the coalition's mission in the region and to deter illegal activities on the high seas.

Using skill and concentration, Boatswain's Mate 2nd Class (SW) Harley Daniels, Wahoo's coxswain, brought the RHIB alongside a small fishing dhow. Once alongside, one of the boarding officers, Ensign Thomas Scazzafavo, introduced himself to the dhow's master. With the help of his translator, he was able to engage in a friendly conversation with the master. The master, with a big smile on his face and a fish in his hand, told Scazzafavo that the fishing had been good.

After a few more minutes of low-key conversation, the VBSS team's assistant boarding officer, Chief Cryptologic Technician (collection) (SW/NAC) James Parker, handed the master a bag of fruit, a medical kit and contact information for coalition forces.

With a 'shukran' (thank you), 'ma'a salaama' (good-bye), a wave and a smile, Wahoo was on its way to another dhow. This quick visit

was a success - with the dhow's master and crew smiling and feeling reassured that the coalition was there to help.

"Our mission out here is three-fold: We want to make our presence known, render assistance if need be, and win the hearts and minds of the locals," said Scazzafavo. "By sending a small team in the RHIB, we are able to appear less intimidating. If we go out and make just one dhow's crew feel comfortable and build their trust in the coalition and its mission, then our job has been a success. In the long run, we will build a network of support that will prove to be beneficial."

O'Kane has been in the 5th Fleet area of responsibility (AOR) since late February, conducting maritime security operations in support of the global war on terrorism as a member of Combined Task Force (CTF) 152. CTF 152, comprised of coalition forces from other coun-

tries and the U.S. Navy, conducts MSO in the central and southern Arabian Gulf. CTF 152's mandate is to ensure security and safety in international waters so that merchant shipping and local fishermen can operate freely without fear.

"While we are trained for non-compliant boardings, the reality is that we are here to foster good relations with those who make their living on the waters of the Arabian Gulf," said Damage Controlman 3rd Class Brian Adkins, one of O'Kane's VBSS team members. "By paying the dhows out here a visit, we are saying to them, 'Hey, we're on your side and we are here to help.' Knowing that we are out here making a difference and giving the United States and the coalition a good name makes every bit of the job we are doing worth it," he added.

Maritime security operations help establish security and stabili-

ty in the maritime environment, as well as strengthen the security efforts of regional nations in the Arabian Gulf. Regional nations have a significant interest in joint operations, training and deterrence of illicit activities that threaten their infrastructure. Coalition forces routinely interact with coastal nations in the region, all with the goal of making the seas a safer place.

"O'Kane has embraced the mission to win the 'hearts and minds' of the local mariners," said Cmdr. James Duke, O'Kane's commanding officer. "I am very proud of the boarding team's performance. The mission is very important to ensuring a stable and secure maritime environment in the gulf region."

O'Kane left her homeport of Pearl Harbor on Jan. 26 on a regularly scheduled deployment as part of the USS John C. Stennis Carrier Strike Group.

# Pearl Harbor Highlights



(Above) USS Ronald Reagan (CVN 76) sails past the USS Arizona Memorial in Pearl Harbor on its way pier side for a scheduled port visit. The Ronald Reagan Carrier Strike Group (RRCSG) pulled into Naval Station Pearl Harbor on Monday as part of a scheduled port visit on the return leg of its 2007 deployment in support of operations in the Western Pacific. RRCSG is comprised of USS Ronald Reagan (CVN 76), Commander, Carrier Strike Group (CCSG) 7, Carrier Air Wing (CVW) 14, USS Lake Champlain (CG 57), and Destroyer Squadron (DESRON) 7.

U.S. Navy photo by MCSN Paul Honnick

A Sailor stands ready to receive the lines from the guided missile destroyer USS Russell (DDG 59) as the ship returns to Naval Station Pearl Harbor on April 17 from a three-month deployment. Under the Navy's Fleet Response Plan (FRP), Russell deployed with the Ronald Regan Carrier Strike Group to the Western Pacific in support of U.S. commitments in the region.

U.S. Navy photo by MC2 (SW) Ben A. Gonzales



(Left) Personnel Specialist 1st Class (SW) George Nonicker from Coleman, Ala., stationed aboard guided missile destroyer USS Russell (DDG 59), greets his family as the ship returns to Naval Station Pearl Harbor on April 7 from a three-month deployment. Under the Navy's Fleet Response Plan (FRP), Russell deployed with the Ronald Regan Carrier Strike Group to the Western Pacific in support of U.S. commitments in the region.

U.S. Navy photo by MC2 (SW) Ben A. Gonzales



USS Lake Champlain (CG 57) sails past historic Hospital Point in Pearl Harbor on its way pier side for a scheduled port visit as part of the Ronald Reagan Carrier Strike Group (RRCSG). The RRCSG pulled into Naval Station Pearl Harbor on Monday as part of a scheduled port visit on the return leg of its 2007 deployment in support of operations in the Western Pacific.

U.S. Navy photo by MC2 (AW/SW) Justin P. Nesbitt



Nearly 100 Sailors from commands throughout Hawai'i joined hands with the City and County of Honolulu and 200 local volunteers to celebrate Earth Day on April 7 by cleaning up the historic 13.5-mile bike path that runs along Pearl Harbor's waterfront.

U.S. Navy photo by MC1 (SW/AW) Keith E. Jones



Navy volunteers from Naval Station Pearl Harbor throw illegally dumped tires in the back of a truck as part of a volunteer clean-up effort with the City and County of Honolulu on April 7 to celebrate Earth Day. Nearly 100 Sailors from commands throughout Hawai'i joined hands with 200 local volunteers to celebrate Earth Day by cleaning up the historic 13.5-mile bike path that runs along Pearl Harbor's waterfront.

U.S. Navy photo by MC1 (SW/AW) Keith E. Jones



IT2 Triva Pino looks for the perfect opportunity to strike her opponent in the 2007 Armed Forces Championship.

## In the ring with IT2 Pino

Story and photo by  
Ensign Rachael E.  
Pitchford

USS Port Royal (CG 73)

When Information Systems Technician 2nd Class Triva Pino of USS Port Royal (CG 73) walked into the Wahiawa Boxing Club in 2003, she wasn't expecting to become one of the best boxers in the nation. Instead, she was searching for a fun, new way to work out and get in shape.

But there was something about boxing that called to the Port Royal Sailor. She loved her new workouts and exhibited enough talent and potential that her coach suggested she compete in the 2003 Women's Golden Gloves Tournament in Chicago. Pino agreed and when she returned to Pearl Harbor, Hawai'i, she ranked ninth in the United States at 154 pounds. She continued to box and the following year she improved her ranking to number six in the 145-pound weight class.

Additionally, Pino balances boxing with her job in the Navy as an information systems technician aboard Port Royal. The demanding ship schedule and underway periods make finding the time to work out difficult, but Pino said that her love for the sport keeps her going.

For eight weeks in January and February, however, Pino was afforded the opportunity to focus solely on boxing as she participated in the Navy Training Camp. For this motivated Sailor, eight weeks did not seem long enough when compared to the Army and Marine Corps teams who train year round. Every minute of this training camp was focused on improving her boxing skills.

An average day at the training camp consisted of a five- to nine-mile run, wind sprints on the beach, endless rounds of shadow boxing, jumping rope, exercising on the heavy bag and speed bag, and sparring – leaving her completely exhausted at the end of each day. Pino expressed her gratitude for the opportunity, "Thank you to my command from my ITC to my CO," she wrote in a letter to her ship.

For Pino, boxing is a testament to strength of mind and character. "I box because you have to do it all on your own," she explained. "You have a coach who trains you and people who help you improve your skill, but when you're in the ring, you're alone and no one can do it for you. You have to be stronger in the mind than in the body. You have to fight all the fears you have and just let go," said Pino.

In February 2006, she displayed her boxing artistry as she competed for the Armed Forces Boxing Championship at Port Hueneme, Calif. She confidently stepped into the ring at Warfield Gymnasium on Feb. 8, 2006 to battle against Air Force Senior Airman LaJoyce Grossett. For four grueling, intense rounds, Pino delivered and blocked jabs, uppercuts and hard left hooks. Her opponent fiercely fought back, but when the three judges from USA Boxing made their final decision, Pino raised her gloved fist in the air as the Navy's first female champion.

After being named the Armed Forces Champion, she competed in the U.S. Nationals in Colorado Springs, Colo. Although women's boxing is not yet an Olympic sport, she said that she appreciated the

experience to compete at the Olympic Training Center and in the end, she emerged ranked fifth in U.S. Women's Boxing.

Pino rejoined Port Royal in late April 2006 to assist in the efforts in the global war on terrorism. Despite being on a ship at sea, she trained at every available opportunity and looked forward to competing again in the 2007 Armed Forces National Championship.

On Jan. 6, Pino returned to the arena again as she attended another eight grueling weeks of training camp. At the beginning of camp, she weighed in at 148 pounds. The training was similar to the same training she put her body through in 2006 with wind sprints, long distance runs, sparring, and endless hours of shadow boxing and jumping rope. By the time she was competing in the 2007 Armed Forces National Tournament, Pino had dropped to 131 pounds.

During the training camp, Pino competed in what she calls "show fights" and "fights." "Show fights," explained the lady boxer, "are not sanctioned and don't count in your book. It's just a show and when you fight, you could fight someone who may weigh 20 to 30 pounds more than you." Along with the show fights, Pino also fought in four real fights in competition for the title of the Armed Forces National Champion. For the second consecutive year, she has proven her boxing ability and brought home a medal.

Pino plans on making a career out of the Navy, but will not give up boxing. "I'm a Sailor first and a boxer second," maintained the champion boxer. And so she is, for Triva Pino has the strength, the will and the determination to be both a boxer and a Sailor.

## NAVFAC named the best by the Air Force

Don Rochon

Naval Facilities Engineering Command  
Pacific Public Affairs Office

The U.S. Air Force named the Naval Facilities Engineering Command Pacific (NAVFAC Pacific) as the 2007 Air Force Design Agent of the Year on March 22. The annual award recognizes the agency that provides the most professional management of design or construction for the Air Force.

NAVFAC Pacific was recognized for exceeding design milestones, including project cost and schedule. Specifically, the command was recognized for its excellence in the design of many facilities on Guam and Wake Island for the U.S. Pacific Air Force (PACAF). The projects included a new Global Hawk hangar and a new medical and dental clinic, culminating in a citation award for facility design for NAVFAC Marianas.

"This is a tremendous accomplishment by our capital improvements business line design and construction team," said Rear Adm. Christopher Mossey, Commander, NAVFAC Pacific. "It exemplifies a great commitment by our entire team across the Pacific to exceed our clients' requirements and reflects a close working relationship between NAVFAC and Air Force personnel working on the project."

NAVFAC Pacific was previously awarded the PACAF Design Agent of the Year in November. During the ceremony, it was

announced that "NAVFAC Pacific led all PACAF design agents in completing \$100 million in project designs and awards within programmed budget targets, which included the \$53 million Global Hawk aircraft hangar. NAVFAC Pacific's technical expertise and program management skills were also essential to developing execution strategy and the concept designs for our intelligence surveillance and reconnaissance and strike projects at Anderson Air Force Base."

Receiving an individual award at that ceremony was Garrett Fong, NAVFAC Pacific project manager, who was recognized as PACAF's Civilian Project Manager of the Year in the design and construction category. Fong was also named in the Department of the Air Force letter as the 2007 overall winner in the same category.

"Congratulations are in order for Garrett and the rest of our NAVFAC Pacific and NAVFAC Marianas staff involved in the Air Force projects," said Clyde Morita, NAVFAC Pacific chief engineer and capital improvements business line manager. "I also want to thank our entire department for their professional performance in exceeding the expectations of our clients. Your continued level of excellence is appreciated by all and contributes greatly to honors like this."

Mossey and Fong will receive their awards at a ceremony which will be hosted by the Air Force on Aug. 2 in Washington, D.C.

## Pandemic flu training exercise

Story and photo by  
MC2 (SW) Ben A.  
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Detachment Hawai'i

A pandemic influenza risk communication training seminar for personnel from various military branches was held April 5 at The Banyans at Naval Station Pearl Harbor.

The training was conducted for and by United States Pacific Command (USPACOM), Joint Task Force-Homeland Defense (JTF-HD) and Hawai'i Public Health Emergency Officer (PHEO) working group.

The objective was to build a strong knowledge base of protective services for both military and civilianized command public health emergency officers.

"In the case of an influenza pandemic, the Department of Defense's (DoD) mission is to preserve combat threat capabilities and readiness, save lives, reduce human suffering, and slow the spread of infection," said Keith Folton of Folton Communications.

"We support the DoD mission and provide hands-on communication training with the difficult communications that occur. Our mission is to give these students the basic knowledge skills and tools so they can communicate with stake holders, both in the planning phase prior to a pandemic influenza and drilling," said Folton.

Conducting a pandemic influenza table-top exercise allows personnel to run through scenarios of what could happen



United States Pacific Command, Joint Task Force-Homeland Defense and Hawaii Public Health Emergency Officer Working Group held risk communication training in the event of an avian or pandemic influenza. The Seminar for personnel from various military branches was held at The Banyans at Pearl Harbor on April 5.

in Hawai'i.

"It will prepare us. If you wait for a crisis to occur and start handing out your business card, by that time it will be too late," said Capt. Paul Gillooly, Navy Environmental Health Center.

"What this forces us to do is work together for our internal stake holders in the Navy and the external personnel who are going to have some impact on our mission because ultimately what we want to do is keep the fleet ready to fight and keep the readiness up and that's our number one priority," said Gillooly.

Organizing the pilot training required many hours of research and gathering of vital information.

"What I think is remarkable about this particular training is that it is tri-military-service training supported. It was done in no small effort. We tailor the scenarios to fit the need of the community and state," said Sandy Martinez, also of Folton Communications.

With the many collateral duties assigned by the DoD to responsible military per-

sonnel, training is a mandatory element for a successful emergency team.

"The entire focus is training public health emergency officers to deal with pandemic influenza. In November 2003 the DoD issued a directive assigning commands to have public health emergency officers and many of the personnel were assigned this duty without having a background of what they were supposed to do," said Col. Michael Brummage, chief of preventive medicine, Tripler Army Medical Center.

The training for avian or pandemic influenza not only benefits the military and family members, but the local community as well.

"Just by interacting with all the public health emergency officers throughout the Pacific benefits us in Hawai'i (to) have a network of officers that can be able to communicate effectively in a crisis, by getting together, talking and sharing ideas. That is perhaps one of the biggest benefits," said Brummage.