

Hawai'i **Navy News**

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WALSH TAKES HELM OF U.S. PACIFIC FLEET

MCC (SW) Stefanie Sealy

U.S. Pacific Fleet Public Affairs

Adm. Robert F. Willard was relieved by Adm. Patrick M. Walsh as commander, U.S. Pacific Fleet, during a change of command ceremony held Sept. 25 aboard Naval Station Pearl Harbor in view of the historic memorials of USS Arizona and Battleship Missouri Memorial.

Adm. Jonathan Greenert, vice chief of naval operations, recognized Willard as "visionary," in moving the Pacific forward operationally with his insight and direction.

"Bob and Donna's leadership has been key to the success of the fleet out here," Greenert added, noting Willard's strength in talking to Pacific Fleet members and their families, both in person and via emerging media on important topics from international relations to personal safety.

Adm. Timothy J. Keating, commander, U.S. Pacific Command, provided keynote remarks. He joined Greenert in praising Willard for his many contributions to the Pacific Fleet and to the state of Hawai'i. He welcomed Walsh to the Navy's

largest fleet command, which encompasses more than 100 million square miles and 180 ships and submarines, 1,500 aircraft and 125,000 Sailors, Reservists and civilians.

"He has been inspirational to those of us who know him," said Keating. "Bob has led with vision, courage and wisdom."

During his tour as U.S. Pacific Fleet commander, Willard remained focused on warfighting, force posturing, building regional relationships and, most importantly, leading the fleet.

See PACFLT, A-4

U.S. Navy photo by MC1 Michael Hight
Adm. Patrick M. Walsh, commander, U.S. Pacific Fleet, renders a salute as he passes through side boys during a change of command ceremony aboard Naval Station Pearl Harbor on Sept. 25. Walsh, former vice chief of naval operations, assumed command of U.S. Pacific Fleet from Adm. Robert F. Willard during the ceremony.



USS Port Royal leaves Pearl Harbor Naval Shipyard dry dock

U.S. Pacific Fleet Public Affairs

Workers at Pearl Harbor Naval Shipyard undocked USS Port Royal (CG 73) on Sept. 25 after completing repairs to damage sustained when the ship ran aground near Honolulu International Airport's Reef Runway in February.

While in dry dock, combined teams of BAE Systems and Pearl Harbor Naval Shipyard engineers, technicians and craftsmen worked alongside Port Royal Sailors to replace the ship's sonar



dome, reinstall rudders and complete structural repairs to the ship's tanks, superstructure and underwater hull and other work.

"Today, as USS Port Royal leaves Pearl Harbor Naval Shipyard dry dock, it is appropriate to recognize and commend an

U.S. Navy photo by Marshall Fukuki

Lt. Michael Smith, docking officer (far left), oversees the undocking of USS Port Royal (CG 73) from dry dock four at Pearl Harbor Naval Shipyard. Port Royal was in dry dock for about seven months for repairs.

extraordinary repair effort performed by a consummate team of professionals," said Capt. John T. Lauer III, Port Royal commanding officer. "A combined team of BAE Systems and Pearl Harbor Naval Shipyard engineers, technicians and craftsmen with Port Royal Sailors worked with an extreme sense of purpose to restore Port Royal to full mission capability. They accomplished a significant achievement under difficult circumstances. USS Port Royal's crew is eager and ready to

See PORT ROYAL, A-6



U.S. Navy photo by MC2 (SW) Mark Logico

Vice Adm. John M. Bird, commander, U.S. 7th Fleet, is greeted by Capt. Richard L. Clemmons Jr. commodore, Destroyer Squadron (DESRON) 31; Rear Adm. Dixon R. Smith, commander, Navy Region Hawai'i and Commander Naval Surface Group Middle Pacific; and Rear Adm. Nora W. Tyson, commander, Logistics Group, Western Pacific; as they discuss the post-deployment brief of Cooperation Afloat Readiness and Training (CARAT) exercise 2009.

VADM Bird assesses CARAT 2009

MC2 (SW) Mark Logico

Navy Region Hawai'i Public Affairs

Vice Adm. John M. Bird, commander, U.S. 7th Fleet, visited the staff of Destroyer Squadron (DESRON) 31 on Sept. 24 to receive the post-deployment brief of the Cooperation Afloat Readiness and Training (CARAT) exercise 2009.

Rear Adm. Nora W. Tyson, commander, Logistics Group, Western Pacific, and Rear Adm. Dixon R. Smith, commander, Navy Region

Hawai'i, also attended the brief.

"I think CARAT 2009 was immensely successful," said Bird. "Not only did it achieve all the goals we set out to, but also opened our eyes for many opportunities."

Since 1995, CARAT has provided the U.S. and six other Southeast Asian nations—the Philippines, Singapore, Malaysia, Thailand, Brunei and Indonesia—the opportunity to sharpen maritime security through shared training, equipment and manpower.

"The engagement with

critical partners, maritime partners was absolutely extraordinary," said Bird.

Bird believes that each and every country the U.S. Navy engaged with benefited from the exercise, as did the U.S. Navy itself.

CARAT is an annual series of bilateral military exercises to improve military readiness and interoperability with each CARAT partner in a variety of mission areas of mutual benefit. Combined community

See CARAT 2009, A-6

CNRH proclaims October as Domestic Violence Awareness Month

Story and photo by MC2 Paul D. Honnick

Navy Public Affairs Support Element West Det. Hawai'i

A proclamation designating October as Domestic Violence Awareness Month at Navy Region Hawai'i begins, "whereas we in the Navy community have an obligation to be more aware of the negative effects of domestic violence as well as its prevention in the community and become actively involved in supporting domestic violence programs and services..."

Rear Adm. Dixon R. Smith, commander, Navy Region Hawai'i and commander, Naval Surface Group Middle Pacific, signed the proclamation into effect during a ceremony held at the Fleet and Family Support Center on Naval Station Pearl Harbor on Sept. 28.

Dixon praised the efforts of the victim advocacy services staff for their work in helping those in need.

"I consider it a privilege and an honor to sign this proclamation highlighting and focusing the efforts that you all do, not just throughout the month of October, but throughout



U.S. Navy photo by MC2 Paul D. Honnick

Rear Adm. Dixon R. Smith, commander of Navy Region Hawai'i and commander of Naval Surface Group Middle Pacific, signs a domestic violence proclamation at the Fleet and Family Support Center at Naval Station Pearl Harbor on Sept. 28. The proclamation officially designates October as Domestic Violence Awareness Month at Navy Region Hawai'i.

the year," he said. "My real dream is to not have to sign one of those and for the efforts that you do day in and day out, we will get there."

Two displays were set up at the event. The first display was a memorial dinner table for victims of domestic violence. For each place setting, there was a photo and a brief story about a person who lost her life as a direct result of domestic violence.

"It's saying that now there's an empty place at that table; there's an empty place at their table

in their home, an empty place at that table for whatever role they fulfilled in the community and it just sort of symbolizes the global table where everybody sits down because these people were part of the community," explained Chet Adessa, the family advocacy prevention education specialist for the Fleet and Family Support Center.

The second display was a collection of T-shirts, known as "The Clothesline Project," designed by

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CNIC urges to protect yourself against the flu page A-2



National Hispanic Heritage Month honors contributions of Hispanic Americans See page A-2



Joint Service Singles Retreat reaches new heights See page A-6



Pearl Harbor survivor makes final journey to Pearl Harbor See page B-1

National Hispanic Heritage Month honors contributions of Hispanic Americans

Compiled by
Karen S. Spangler

Managing Editor

The theme for this year's observance of National Hispanic Heritage Month, which is observed from Sept. 15 to Oct. 15, is "Embracing the Fierce Urgency of Now!"

Congress authorized the president to proclaim National Hispanic Heritage Week in 1968. In 1988, this observance was expanded to a month-long celebration.

It is estimated that by 2010 there will be 47 million people in the United States who are of Hispanic origin. Today, more than 63,000 Hispanic or Latino Sailors and civilians serve honor-

ably in the United States Navy.

Every day, in every facet of naval operations, these talented Sailors and civilians work, serve and sacrifice for their country and fellow citizens. They bring unique talents and experiences that enhance our service culture.

Hispanic Americans have served bravely in the United States Navy through every war and conflict since the American Revolution. They have fought at sea in every American war. They have stood not on the fringes of the service, but at its center, as makers of American naval history.

These are just a few of the Hispanic-Americans who

have made significant contributions to the U.S. Navy and to our country:

Born on the island of Minorca, Jorge Anthony Magin Farragut fought in the South Carolina Navy during the Revolutionary War and served in the U.S. Navy during the War of 1812. He is the first American naval hero of Hispanic descent. Jorge Farragut's son, David Glasgow Farragut, was the greatest naval officer of the Civil War, the greatest American naval officer of the 19th century, and America's first admiral.

Robert F. Lopez is believed to be the first Hispanic graduate of the Naval Academy (class of

1879). He fought at the Battle of Manila Bay with Admiral Dewey and retired after World War I with the rank of commodore.

Eugene A. Valencia Jr. scored 23 victories in the Pacific during World War II flying Hellcats, led the most successful fighter plane division in American naval history, and remains the Navy's third-ranking ace of all time.

Cmdr. (later captain) Marion Frederick Ramirez de Arellano was the first Hispanic skipper of a submarine. For his actions against the Imperial Japanese Navy during World War II, he received two Silver Stars, the Legion of Merit and the Bronze Star.

Baldomero Lopez, a Naval

Academy graduate, received the Medal of Honor for sacrificing himself to save the lives of his men in the amphibious assault on Inchon during the Korean War.

Everett Alvarez Jr. was held prisoner in North Vietnam longer than any other U.S. aviator. His ordeal began on Aug. 5, 1964 when his A-4C Skyhawk was shot down over Han Gai harbor and ended eight and a half years later with his release in February 1973.

During the 1970s, the Navy developed an affirmative action plan that for the first time set recruiting goals for people of "Spanish heritage." In 1979, Edward Hidalgo became the first

Hispanic Secretary of the Navy.

In 1997, Lt. Col. Carlos I. Noriega, U.S. Marine Corps, logged 221 hours in space during NASA's sixth Space Shuttle mission to dock with the Russian Space Station Mir.

Hospitalman Apprentice Luis E. Fonseca Jr. received the Navy Cross for extraordinary heroism while serving with the Marines during the battle of An Nasiriyah, Iraq in March 2003.

In July 2006, Joe Campa became the first Hispanic Master Chief Petty Officer of the Navy, the service's top-ranking enlisted person.

(Some information provided by *Naval History & Heritage Command*)

Commander Navy Installations Command urges to protect yourself against the flu

Commander Navy Installations Command

Influenza is not the common cold and can be a severe to life-threatening disease. Immunization remains the primary method of reducing seasonal influenza illness and its complications.

Getting an annual influenza vaccine immunization (either the traditional shot in the arm or the inhaled nasal spray vaccine) protects many people from getting the disease or becoming severely ill. The seasonal influenza vaccine not only helps protect vaccinated individuals, but also helps protect entire communities by preventing and reducing the spread of the disease.

On July 20, 2009, the U.S. Food and Drug Administration approved the vaccine to protect against the anticipated 2009-2010 seasonal influenza viruses. This year the seasonal flu vaccine includes three strains of the most common circulating flu viruses. More information can be found at <http://www.fda.gov/>.

It is the current Department of Defense's (DoD) policy that annual seasonal influenza vaccinations are required for all active

duty military personnel, Selected Reserves and healthcare workers.

Navy Medicine's seasonal influenza vaccine immunization program is designed to protect Sailors and Marines, mission-essential healthcare personnel, and beneficiaries. Minimizing the transmission of infections between healthcare personnel and patients is a major part of this effort so it is important to vaccinate health care workers involved in direct patient care in the fall, excluding those medically or religiously exempt. Additional information on the military vaccine program can be found at <http://www.vaccines.mil/>.

The DoD and Department of the Navy (DoN) goal is to achieve 90 percent immunization compliance by Dec. 1. This is earlier than last year because of the need to protect our population against seasonal influenza before any subsequent vaccination campaigns begin against novel pandemic influenza strains.

Operationally, the Navy wants to achieve this goal earlier in the year – October/November time frame – because a novel H1N1 vaccine is anticipated. Navy Medicine facilities

began ordering seasonal influenza vaccine in July and are now administering the vaccine.

Influenza viruses are thought to spread mainly from person to person through the coughing or sneezing of people with influenza. Sometimes people may become infected with influenza viruses on it and then touching their mouth or nose. Mostly healthy adults may be able to infect others beginning one day before symptoms develop and up to five days after becoming sick.

Influenza can cause mild to severe illness and, at times, can lead to death. Symptoms of influenza include fever (usually high), headache, extreme tiredness, dry cough, sore throat, chills,

runny or stuffy nose and muscle aches. Stomach symptoms such as nausea, vomiting and diarrhea also can occur but are more common in children than adults. Complications of influenza can include bacterial pneumonia, ear infections, sinus infections, dehydration and worsening of chronic medical conditions, such as congestive heart failure, asthma or diabetes.

According to the CDC, every year in the United States, on average, 5 to 20 percent of the population experience influenza. More than 200,000 people are hospitalized from influenza complications and about 36,000 people die from influenza-related causes. General information of seasonal influenza can be found at

<http://www.cdc.gov/flu/>.

Personal preventative measures can limit the effects of the seasonal and H1N1 flu.

- Cover your mouth when you cough. Covering your mouth with a tissue is best in order to limit the spread of germs.
- Wash your hands often.
- Avoid touching your eyes, nose or mouth.
- If possible, stay home from work, school and errands when you are sick.

Naval Health Clinic Hawai'i has announced the following flu immunization schedules:

For active duty personnel:

Immunizations are offered for active duty only at the occupational health clinic, building 1750, from 7:30 a.m.

to 4 p.m. Monday through Friday. Active duty flu shots have been scheduled with commands who have more than 50 personnel. Active duty personnel not present when preventive medicine administers the vaccine can report to the occupational health clinic.

For family members:

Family members may obtain their shots at Makalapa and Kaneohe Bay Clinics. Hours are:

Makalapa:

7:30 a.m.-5 p.m. Monday through Friday.

8 a.m. to 4 p.m. the first Saturday of each month.

Kaneohe Bay:

7:30 to 11:30 a.m. and 1 to 3:30 p.m. Monday, Tuesday, Wednesday and Friday.

7:30 to 11:30 a.m. and 1 to 2 p.m. Thursday.

KHON (FOX) TV 2 Hawai'i Navy News upcoming segments

Oct. 8 – Missouri drydocking
Oct. 15 – Navy Diversity Program

(The segments air at about 6:15 a.m. each Thursday.
Previous segments can be viewed at
<http://www.khon2.com/content/news/navynews/default.aspx>)

Got a story for KHON Hawai'i Navy News?
Email hnn@honoluluadvertiser.com or call Navy Region Hawai'i Public Affairs at 473-2875. Stories must have a Navy tie and be of interest to the general public.

Joint Base Pearl Harbor-Hickam Corner

Capt. Richard Kitchens, commanding officer, Naval Station Pearl Harbor, speaks to his chiefs and officers during a commanding officer's call as he discusses Joint Base Pearl Harbor-Hickam and other installation related matters. Joint Base Pearl Harbor-Hickam will combine two historic bases into a single joint installation to support both Air Force and Navy missions, along with our tenant commands, and all our service members and their families. A Joint Base Open House will be held at the Hickam AFB Officers' Club from 11 a.m. to 5 p.m. Oct. 27. Those interested in learning more about the new Joint Base Pearl Harbor-Hickam are invited to attend. For more information. Visit <http://www.cnic.navy.mil/PearlHarbor>.

U.S. Navy photo by MC2 (SW) Mark Logico

Hawai'i Navy News Editorial

Commander, U.S. Pacific Fleet airs farewell Rat Pac

Bill Doughty

U.S. Pacific Fleet Public Affairs

Commander, U.S. Pacific Fleet taped his farewell "Rat-Pac Report" podcast Sept. 22 at Pearl Harbor.

Adm. Robert F. Willard's podcast focused in part on his recent visit with his wife, Donna Willard, to Pacific Partnership 2009 in Kiribati, an island nation that includes Tarawa and Christmas Island.

"USNS Richard E. Byrd (T-AKE 4) was in port, and we were conducting our Pacific Partnership events of medical, dental, veterinary and engineering assistance to the people of Tarawa," said Willard.

Willard was also able to witness Seabees building a bridge, which they completed ahead of schedule, to link North and South Tarawa, opening opportunities for the people of Kiribati.

"It was amazing to watch, and it's indicative of just how skilled these engineers are. We should be immensely proud of them," Willard said. "It was very, very impressive."

Willard expressed his pride in the Pacific Partnership mission, the Sailors, the non-governmental organizations involved and the foreign militaries "that help us participate in these very important humanitarian assistance



Adm. Robert F. Willard, commander, U.S. Pacific Fleet, renders a salute as he passes through side boys during a change of command ceremony aboard Naval Station Pearl Harbor on Sept. 25. Walsh, former Vice Chief of Naval Operations, assumed command of U.S. Pacific Fleet from Adm. Willard during the ceremony.

missions."

In his final U.S. Pacific Fleet "Rat-Pac Report," Willard's 106th podcast, he expressed his thoughts just days before his change of command ceremony.

"The legacy of Admiral Nimitz, the history associated with this fleet and the challenges that it faces as the largest fleet in the world

are immensely satisfying in command," Willard said, "And it's really the efforts by the [U.S.] 3rd Fleet commander and the [U.S.] 7th Fleet commander and all of you out there that make the Pacific Fleet what it is."

"The challenges won't stop into the future, but if you continue to be as professional and as committed

and dedicated as you have been for the past two-and-a-half years, the next commander and the commander after that will be in good stead to command the United States Pacific Fleet," said Willard.

Adm. Patrick M. Walsh, former vice chief of naval operations, became commander, U.S. Pacific Fleet

on Sept. 25 at Pearl Harbor's Kilo Pier.

Willard concluded his podcast with an introduction of his successor.

"My relief is Adm. Pat Walsh. He comes from us as the former vice chief of naval operations, with impeccable credentials to command this fleet. He's a fighter pilot by trade, formerly a Golden

Dragon of Attack Squadron 192 aboard USS America. He was formerly a Blue Angel, commanded the Gunslingers of Strike Fighter Squadron 105. He's a combat veteran. He was an air wing commander in Air Wing One aboard USS John F. Kennedy. He commanded the U.S. 5th Fleet in the Persian Gulf region within Central Command where he was in charge of all of our naval forces that were supporting Operations Iraqi Freedom and Operations Enduring Freedom for nearly a year," Willard said.

"His experience in Washington, D.C. as the vice chief of naval operations will serve Pacific Fleet well in the role that we play to help organize, train and equip the forces that we employ in the Pacific Fleet. I would ask that all of you provide Pat and Andy Walsh the same kind of support that you provided to the Willards over the past two-and-a-half years," said Willard.

Willard will soon become Commander, U.S. Pacific Command.

"From my wife and I, thank you all for two-and-a-half years of wonderful support and this wonderful opportunity to serve you. We'll miss the Pacific Fleet. We're going to move on to a joint command, so in that respect will miss the Navy. Thank you for this opportunity to serve," said Willard.

Hispanic Heritage Month message from CNO

Office of Chief of Naval Operations

(National Hispanic Heritage Month is observed from Sept. 15-Oct. 15.)

The theme for this year's observance is "Embracing the Fierce Urgency of Now!"

In 1968, Congress authorized the president to proclaim National Hispanic Heritage Week. Twenty years later, this observance was expanded to a month-long celebration in which America celebrates the traditions, ancestry and unique experiences of those who grew up in, or trace their roots to Spain, Mexico, the countries of Central and South America and the Caribbean.

The strength of our Navy and nation comes from the diversity of our people. By 2010, there will be an estimated 47 million people in the United States who are of Hispanic origin. It is projected by 2050, Hispanic Americans will represent 24 percent of our nation's workforce.

Today, more than 63,000 Hispanic or Latino Sailors and civilians serve honorably in the United States Navy. Every day, in every facet of naval operations, these talented Sailors and civilians work, serve, and sacrifice for their country and fellow citizens. They bring unique talents and experiences that enhance our service culture.

All commands are strongly encouraged to increase their knowledge and awareness of Hispanic culture and contributions by celebrating Hispanic Heritage Month through programs, exhibits, publications and participation in military and community events. A presentation by the Naval History and Heritage Command can be found at the following Web site: <http://deomi.org/eoadv-sorttoolkit/documents/hispanicamericansinun.pdf>.

Commands are also encouraged to support the naval services Hispanic affinity group, the Association of Naval Services Officers (ANSO), a community of officers, enlisted and civilians. ANSO is actively soliciting new members and forming chapters in many major fleet concentration areas. For more information on ANSO, visit www.ansomil.org.

Pacific Fleet Commander offers diversity training

Commander, U.S. Pacific Fleet Public Affairs

Commander, U.S. Pacific Fleet (CPF) invites Navy leaders and all hands to sign up now for "Strengthening the Navy Through Diversity" training, to be offered Oct. 13-15 in Hawai'i.

Nationally recognized diversity expert, Dr. Samuel Betances, will be the guest presenter for the training. Betances holds a doctorate degree from Harvard University and has appeared on national TV shows, including Oprah Winfrey.

Sessions one and two are reserved for CPF executives and senior leadership staff.

Session three is open to all Navy command/activity commanding officers, executive officers, executive directors, department heads, command master chiefs and chiefs of the boat.

Sessions four to six are open to all Navy command/activity supervisors and all hands.

To register online, visit: <http://tinyurl.com/2009hdiversity>, email EEO-HAWAII@navy.mil or call Dana Smith at 471-0880.

Marching to his own beat



Photo courtesy of Wikipedia

John Phillip Sousa, known as the "March King," conducts the Marine Corps Band, circa 1893. Sousa served in the U.S. Marine Corps from 1868 to 1875 as an apprentice musician. He was named the head of the U.S. Marine Band on Oct. 1, 1880, a position he would serve until 1892. Sousa was a sergeant major for most of his second period of Marine service and was a warrant officer at the time he resigned. As a famous American composer, Sousa is particularly known for American military and patriotic marches, such as The Gladiator March, Semper Fidelis and Stars and Stripes Forever.

Hawai'i Navy News

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Fire Prevention Week activities announced for Oct. 4-10

Federal Fire Department

"Stay Fire Smart! Don't Get Burned" is the theme for this year's Fire Prevention Week from Oct. 4-10.

Federal Fire Department (FFD) Hawai'i would like to increase the public's awareness on the dangers of smoke and fire. The best way to fight a fire is to prevent a fire and knowing what to do if you are involved in one.

U.S. Fire Administration statistics show that everyone will be involved in a fire. In the United States, there are nearly 400,000 house fires, almost 3,000 people killed and more than 14,000 are injured in fires every year. Knowing what to do is important. The way to do that is to, "Stay Fire Smart! Don't get Burned."

Federal Fire Department is asking for the public's help to reduce the number of fire deaths and injuries through fire prevention and public awareness programs.

The department will be conducting a series of displays and demonstrations at various loca-

tions around Oahu during Fire Prevention Week:

Oct. 5

10 a.m.-2 p.m., Base Exchange at Marine Corps Base Hawai'i - Kaneohe.

Fire trucks will be on display, Sparky the Robot Fire Truck and Sparky the Fire Dog will perform, fire prevention display, fire prevention informational handouts and giveaways.

10 a.m.-2 p.m., Youth Challenge at Kalaheo.

Live fire extinguisher demo and training, fire truck display and demo, fire prevention demo, fire prevention informational handouts and giveaways.

Oct. 6

10 a.m.-2 p.m., Camp Smith, building 700, food court.

Fire truck display, fire prevention display, fire prevention informational handouts and giveaways.

10 a.m.-2 p.m., Camp Smith, building 4 (Pollack Theater) Food Court.

Fire prevention display, fire prevention informational handouts

and giveaways.

3-6 p.m., Hale Koa Hotel, Waikiki.

Fire prevention display and demos, Freddie the Robot Fire Truck and Sparky the Fire Dog will perform, videos, games and prizes, fire prevention informational handouts and giveaways.

Oct. 7

10 a.m.-2 p.m., Post Exchange, Schofield Barracks.

Live fire extinguisher demo, fire prevention display and demos, Sparky the Fire Dog will perform, videos, games, prizes, drawing contest, fire prevention informational handouts and giveaways.

Oct. 9

10 a.m.-2 p.m., Pearl Harbor Navy Exchange.

Fire trucks and ALS ambulance will be on display, Freddy the Robot Fire Truck and Sparky the Fire Dog will perform, fire prevention demos, fire prevention informational handouts and giveaways.

For more information contact Battalion Chief Victor M. Flint at 471-3303, ext. 633 or 722-5057.

PACFLT greets new commander

Continued from A-1

according to Greenert and Keating.

In the fleet's continued support of all aspects of the maritime strategy, the men and women of Pacific Fleet have projected decisive power when ordered, built strong maritime partnerships, and maintained the highest level of mission readiness.

Greenert also spoke of the contributions made by Willard's wife, Donna, thanking her for her leadership involvement in a diverse array of activities and commitment to improving the quality of life for the Pacific Fleet families. She received the Distinguished Public Service Award during the ceremony.

Before relinquishing command, Willard thanked all in attendance and all who supported him during his time in Hawai'i, most specifically speaking of the men and women of the U.S. Pacific Fleet.

"In my career, I've never been surrounded by a stronger cast than at PACFLT. I'm proud of the way the fleet interoperates with regional navies, whether in combined armed exercises in Australia, complex joint exercises with India or the CARAT series of exercises throughout Southeast Asia," said Willard. "Every Sailor and civilian in the fleet should be proud of the impacts they've had and especially proud of each other for the quality of service they bring to our military and our nation."

Following the Pacific Fleet tour, Willard will report as Commander, U.S. Pacific Command, headquartered at nearby Camp H.M. Smith. A 1973 graduate of the Naval Academy, Willard assumed command of Pacific Fleet on May 8, 2007, after completing his assignment as the 34th vice chief of naval operations in Washington, D.C.

Prior to his tour he served in the Joint Staff, was deputy and chief of staff of the Pacific Fleet here from October 2001 to June 2002, and commanded Carrier Group Five aboard USS Kitty

Hawk (CV 63) and the U.S. 7th Fleet in Yokosuka, Japan. Other assignments also include the Navy Fighter Weapons School (TOPGUN), commanding officer of USS Tripoli (LPH 10) and commanding officer of USS Abraham Lincoln (CVN 72).

Walsh expressed what it means to become the Pacific Fleet commander.

"Today, I am fortunate to follow in command of a great leader whose initiatives, goals, efforts and passion helped create one team. I look forward to working for you on that team," Walsh said.

Walsh, a 1977 graduate of the Naval Academy, most recently completed his assignment as vice chief of naval operations. An F-14 aviator, he has served on the Navy's flight demonstration squadron "Blue Angels," chaired the Department of Leadership, Ethics and Law at the U.S. Naval Academy, served as the executive assistant to the Chief of Naval Personnel, and reported to the Joint Staff for his first flag assignment as the deputy director for strategy and policy (J-5).

He also served concurrently as the director, Navy Quadrennial Defense Review and director, Navy Programming Division. Walsh has been a special assistant to the director of the office of management and budget as a White House Fellow. He attended graduate studies in the international relations curriculum at the Fletcher School of Law and Diplomacy, Tufts University, as part of the Admiral Arthur S. Moreau Scholarship Program. Walsh graduated first in his class and received a master of arts in law and diplomacy, entered the doctorate program with distinction and subsequently received a Ph.D.

Willard, before concluding the ceremony, placed his utmost confidence in Walsh and his wife, Andy, as they embark on the journey of leading the Pacific Fleet.

"Pat, you're assuming command of the greatest fleet in the Navy. Enjoy the feeling," Willard said.

Proclamation: Dixon praises domestic violence awareness programs, efforts

Continued from A-1

survivors of domestic violence as a way to express their feelings and to tell their story.

"The goal of the Clothesline Project is to educate the public about the extent, prevalence and impact of domestic violence against women. The Clothesline Project bears witness to their personal experience and celebrates their transformation from victim to survivor," he added.

Among the many guests in attendance were staff members from Navy, Marine Corps, Army and Air Force Victim advocate services, Miss Hawaii 2009 Raeceen Woolford, Hawai'i State Sen. Will Espero and Hawai'i State Rep. Lynn Finnegan.

"Prevention is one of the key things that we can do and we just never know how many lives

we save," said Finnegan.

Finnegan and Espero presented Smith with a certificate of appreciation from the Hawai'i State legislature for the Navy's support in preventing domestic violence and providing support to victims of domestic violence.

"We all know that we are fighting wars in Afghanistan and Iraq. Unfortunately, we also have some battles and some conflicts right here in our homes, in our neighborhoods and it's not unusual, if not on a daily basis or a weekly basis, where individuals are verbally abused, mentally abused and physically abused," said Espero. "On behalf of the state legislature, we applaud the Navy for all you are doing and please keep up the good work. We will do all we can in the state legislature to support you."

Events planned throughout

October include the "Cultivating Seeds of Change" Domestic Violence Awareness Month launch which was held at Tamarind Park Bishop Square, the Domestic Violence Month Fair at the University of Hawai'i Campus Center at 11 a.m. on Oct. 6, "Clothesline Project" and "Empty Place at the Table" displays at the Honolulu Community College Campus at 10 a.m. on Oct. 12, the Information Resource Fair, scavenger hunt and cell phone donation drive at Hickam Air Force Base at 10 a.m. on Oct. 14, the Fifteenth Annual Men's March Against Domestic Violence at the Hawai'i State Capital at noon on Oct. 15 and the "Cultivating Seeds of Change" Oahu Candlelight Vigil at McCoy Pavilion at Ala Moana Beach Park in Honolulu at 5 p.m. on Oct. 28.

Pearl Harbor Highlights



A Marine Corps saluting battery detail fires a 17-gun salute for Commander, U.S. Pacific Command Adm. Timothy J. Keating's arrival at the U.S. Pacific Fleet change of command ceremony aboard Naval Station Pearl Harbor on Sept. 25, 2009. Adm. Patrick M. Walsh relieved Adm. Robert F. Willard as Commander, U.S. Pacific Fleet. The vice chief of naval operations, Adm. Jonathan W. Greenert, presided over the ceremony. As his follow-on assignment, Willard becomes the Commander, U.S. Pacific Command.

U.S. Navy photo by MC2 (SW/AW) Patrick Murray



(Above) Cmdr. Larry Gonzales of USS Chafee (DDG 90) splits the defensive secondary of USS Charlotte (SSN 766) for a touchdown during a Morale, Welfare and Recreation Intramural Flag Football Afloat Division game at Ward Field at Naval Station Pearl Harbor on Sept. 26. With the catch, Chafee took a 19-7 lead, but lost in overtime to Chafee, 25-19.

U.S. Navy photo by Randy Dela Cruz

(Left) Members of Pearl Harbor Ceremonial Honor Guard perform military honors during a Sept. 29 memorial service for Pearl Harbor Survivor Gerald Ludvigson, who was a 21-year-old boatswain's mate first class petty officer aboard the USS Tennessee (BB-43) during the Pearl Harbor attacks. Ludvigson, who died April 2, had his ashes scattered near the USS Utah Memorial on Ford Island in a private ceremony attended by 16 family members and friends.

U.S. Navy photo by Blair Martin

(Right) Vice Adm. John M. Bird, commander, U.S. 7th Fleet, talks with Capt. Richard L. Clemmons Jr., commodore, Destroyer Squadron (DESRON) 31; Rear Adm. Dixon R. Smith, commander, Navy Region Hawai'i and Commander Naval Surface Group Middle Pacific; and Rear Adm. Nora W. Tyson, commander, Logistics Group, Western Pacific as they discuss the post deployment brief of Cooperation Afloat Readiness and Training (CARAT) exercise 2009. Bird visited DESRON 31 to receive the post deployment brief of the CARAT 2009 deployment.

U.S. Navy photo by MC2 (SW) Mark Logico



(Below) The amphibious transport dock ship USS Green Bay (LPD 20) pulls into Naval Station Pearl Harbor for a routine port visit Sept. 23. Green Bay is the fourth San Antonio-class ship.

U.S. Navy photo by MC2 Robert Stirrup



Joint Service Singles Retreat reaches new heights

CTI2 Theresa M Buitron

Naval Information Operations Command, Hawai'i

The Joint Ministry Team at Naval Information Operations Command-Hawai'i [NIOC-H] recently gathered 25 service members from the Army, Navy and Marine Corps at YMCA Camp Erdman to participate in a weekend devoted to developing strong bonds and learning how not to "fall in love with a jerk."

Army Chaplain Capt. Brian Murphy and Navy Chaplain Lt. Rob Nelson brought the PICK program (Premarital Interpersonal Choices & Knowledge) to retreat participants during a three-day stay at the camp located on the Waialua shore.

This is the first year that Strong Bonds, the three-part program which the Army has been using for retreats for singles, couples and families, crossed service lines and became a retreat open to all at this joint command. "In 2003-2004, chaplains military-wide saw a need for being proactive, rather than reactive, when it came to problems with service members and their relationships,



U.S. Navy photo by CTR2 Dain Olsen

Teamwork was the name of the game to make it across various obstacle courses during the NIOC Hawai'i Singles Retreat held in August 2009.

marriages and families. Our hope is that these programs can address problems before they arise and help promote healthy habits," explained Murphy. "This is our first year utilizing the program at this joint command, but we are looking forward to having more opportunities for all service members in the future. We already have three more joint service retreats planned for next year."

The retreat encompassed challenges for the participants to test individual confidence, work on team building, and learn time-tested,

scientific means to approach relationships. The curriculum that has become the central part of the program was designed by John Van Epp, Ph.D.

Van Epp's program started as a seminar and popular hardcover, "How to Avoid Marrying a Jerk," and has since developed into an even more preemptive lesson on how to "follow your heart, without losing your mind," the clever subtitle to the follow on book "How to Avoid Falling in Love with a Jerk." The themes and ideas that come from this book follow a two-

step approach – Use your head... While following your heart.

To most accurately address one's approach to a relationship, Van Epp developed the relationship attachment model (or RAM) which summarizes intense research and theory on love, intimacy and attachment. This retreat provided for the understanding of Van Epp's RAM and showed how following the five fundamental dynamics of the model would lead to a "safe zone" of not falling for a jerk (or jerkette – as the Van Epp's book tells us, jerk has no gender). The RAM chart itself is mainly a tool to help you keep balance of each of the contributing relationship dynamics – know, trust, relay, commit and touch. Not letting one area exceed too far beyond the previous level is key to building a healthy relationship.

During the retreat, all the participants were asked to contribute stories, ideas and past lessons learned during the classroom setting. Most felt that it was comforting to know that you weren't the only one going through some of these trials and tribulations of the dating experience.

The ages of the group stretched from 18-30 and many thought it was good to talk to people in their peer group who had been in similar situations and share mistakes they would encourage others not to make. The various approaches to dating, the differences in family background, individual education and military experience all became factors when discussing tales of love and loss, but in this environment, everyone had a chance to share and a chance to learn.

Murphy stressed, "Know yourself before you get involved with another person. That person should not 'complete you,' but rather complement you in a relationship."

Nelson added, "Taking time to solidify a relationship with the pace of military life is not easy. 'And, it takes a lot of commitment.'"

Van Epp's relationship attachment model was geared toward romantic relationships, but as these retreat participants learned, it is a model for friendship and teamwork relationships as well. Outside of the classroom, the participants engaged in two different physical challenges.

The first was a self-confidence challenge starting with a pendulum swing from almost 40 feet in the air. Next was the 45-foot tall, wooden rock-climbing structure that everyone was encouraged to try and climb all the way to the top.

The chaplains and their teams strove to ensure that the participants took with them a sense of knowing themselves better and gained tools and advice to make better relationship decisions in the future, proactively avoiding jerks. "We wanted the participants to recognize that they are not alone out there; people just like them go through the same obstacles, and face the same challenges. We also wanted them to get to know us [chaplains] so that if they need us, they know we are here for them. Military becomes your family and we all need to take care of each other," explained Nelson.

Although religious undertones were left out of the retreat, out of respect for all participants' differences, both Murphy and Nelson agreed that spiritual fitness in any form it may take for the individual is an important part of military life.

Port Royal

Continued from A-1

rejoin the fleet operations," he said.

Repair work will continue pierside. Additionally, the ship's crew will conduct several weeks of extensive pierside and underway testing to ensure that all systems are operational. Extensive crew training continues to be conducted to ensure proficiency before the ship returns to full operational service.

The cost of repairs is nearly \$40 million. The Navy, in coordination with the state of Hawai'i, has also spent more than \$7 million stabilizing the reef at the grounding site by reattaching thousands of coral colonies and removing 250 cubic yards of rubble.

CARAT 2009: Partnership exercises reaches out and beyond

Continued from A-1

service activities took place in each phase, as did medical, dental and engineering civic action projects in some phases.

"CARAT demonstrates many of the core competencies articulated in the maritime strategy," said Bird. "These include humanitarian assistance and disaster response, forward presence and maritime security. CARAT allows us not only to train to those capabilities

ourselves, but also to train and partner with other countries in support of those capabilities."

More than 1,600 U.S. personnel took part in CARAT 2009. Task Group 73.5, the U.S. Navy task group for CARAT, was under the command of DESRON 31.

The CARAT task group, under the leadership of DESRON 31 was made up of the dock landing ship USS Harpers Ferry (LSD 49), guided missile destroyers USS Chafee (DDG 90), USS

Russell (DDG 59) and USS Chung-Hoon (DDG 93) from Pearl Harbor, USS John S. McCain (DDG 56), guided missile frigate USS Crommelin (FFG 37) from Pearl Harbor, and the rescue and salvage ship USNS Safeguard (T-ARS 50).

"I'm pleased with the great work with everybody involved with CARAT," said Bird. "I think it's an overwhelming success. I thank the Sailors and Marines on the deck plates as well as the chiefs and

supervisors who helped plan this."

Bird said that he saw many opportunities to make CARAT better and hopes to see it expand to other countries in the future.

"[The year] 2009 is the benchmark for being efficient and effective as we look back to leverage the CARAT concept to other countries," said Bird. "That's what we're going to start to do in 2010, 11 and 12 as we go forward. The future for CARAT is bright."