

Hawai'i News

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Pearl Harbor commands recognized for community service

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Navy Region Hawaii Public Affairs

Liane Nakahara
Pearl Harbor Naval Shipyard Public Affairs

The Chief of Naval Operations recognized three Pearl Harbor-based commands for their outstanding community service projects with the announcement of the winners in the Navy Community Service Awards program.

In the Personal Excellence Partnership (PEP) category for a large shore command, the Pearl Harbor Naval Shipyard received an honorable mention, Afloat Training Group, Middle Pacific (ATG MIDPAC) received an honorable mention for a small shore command and Mobile Diving and Salvage Unit One (MDSU-1) received an honorable mention for a small sea command, for the many community service activities that personnel volunteered for in the period from July 1, 2008 to June 30, 2009.

"I'm proud of everything that shipyard employees have done to give back to the community," said Capt. Gregory Thomas, shipyard commander. "The philosophy of the command is to give our personal and professional best every day, both inside and outside of work. It is an honor to be recognized for our volunteer



Photo illustration

work at this level."

The shipyard's nearly 4,800 civilian and military employees volunteer thousands of hours each year in the local community. Through various command-sponsored community service programs, the shipyard supported more than 5,000 students in Hawaii over

the past year.

Volunteers participated in campus beautification and improvement projects as well as tutoring programs and physical fitness activities. Shipyard military personnel also volunteered to serve as coaches, referees and judges for various Junior Reserve Officer Train-

ing Corps events that were held at Pearl Harbor.

Lt. Jennifer Hall, diving medical officer and public affairs officer for MDSU-1, noted the importance of MDSU-1's involvement throughout the community.

"Not only does this recognition embody the command's

involvement as a whole, but it also reflects the true characters of many individuals who regularly volunteer to reach out to the community," said Hall. "Many of our sponsorships and community involvement are voluntary and our Sailors take time away from work and their personal

lives to take part in these many selfless activities. As leaders in our military, mentors to the kids and liaisons with our partners, MDSU-1 holds this award with pride and will continue admirably to serve the greater good."

MDSU-1 participated in numerous events including, the Science, Service, Medicine, Mentoring Program that teaches high school and college students about military medicine as well as a continuing a partnership with Waipahu Elementary School.

Sailors assigned to ATG MIDPAC also volunteered numerous times throughout the community including various events with their partnership school, Iroquois Point Elementary School, as well as contributing many hours coaching youth sports and teaching Junior Reserve Officer Training Corps about the Navy.

Ninety personnel from ATG MIDPAC volunteered more than 700 hours to community events between July 1, 2008 and June 30, 2009.

The Personal Excellence Partnership program is a collaborative effort among Navy commands, public and/or private sector organizations, and schools and youth groups. Its purpose is to assist America's youth, from pre-school through high school, to become better educated, healthier and more responsible citizens.



Capt. Richard Kitchens, commanding officer of Naval Station Pearl Harbor and prospective commander of Joint Base Pearl Harbor-Hickam (JBPHH), answers questions about JBPHH during an open house Jan. 26.

Joint Base Pearl Harbor-Hickam holds second open house

Story and photo by
MC2 (SW) Mark Logico

Navy Region Hawaii Public Affairs

Nearly 400 Air Force and Navy active duty and civilian personnel attended the second Joint Base Pearl Harbor-Hickam (JBPHH) open house and town hall meeting at the Hickam Air Force Base Enlisted Club on Jan. 26.

The purpose of the open house was to help answer questions and alleviate concerns as Naval Station Pearl Harbor (NSPH) and Hickam Air Force Base (HAFB) transition into a single joint installation beginning Jan. 31.

Capt. Richard Kitchens, commanding officer of Naval Station Pearl Harbor and prospective JBPHH commander, said that results of the transition will support both Air Force and Navy missions, along with all tenant commands, service members



and their families.

"By capitalizing on best practices of both services, the joint base plans to continue to enhance war-fighting readiness, maximize delivery of installation support services throughout the joint base, and capture identified efficiencies," said Kitchens.

Using a town hall style panel discussion, Airmen, Sailors and civilians directed questions to Kitchens and other members of the JBPHH Partnership Council and spoke about their concerns about the joint base. Topics discussed ranged from chain-of-com-

mand issues and traffic policies to civilian contracts.

Capt. Bret Muilenburg, commanding officer, Naval Facilities Engineering Command, Hawaii; Col. Sam Barrett, vice commander, 15th Airlift Wing; Col. Charles Baumgardner, commander, 15th Airlift Wing Mission Support Group; and Capt. Randy Moore, commanding officer, Fleet and Industrial Supply Center, Pearl Harbor are part of the JBPHH Partnership Council who participated with Kitchens in the panel discussion.

Despite the concerns, Kitchens said the joint basing will not negatively impact operational mission functions nor mandate a reduction of jobs.

"Joint basing will truly be a 'joint' team effort which will respect each of our service cultures, identities and history," said Kitchens. "It will focus on optimizing installation

See OPEN HOUSE, A-8

Navy ships provide critical resources in Haiti

Iam Graham

American Forces Press Service

The Navy continues to play a major role in the Defense Department's efforts to help the people of Haiti, a senior naval officer said Jan. 27.

The Navy is providing hospital ships and off-shore sea bases of operation for Marine Corps units working on the ground and is carrying millions of pounds of food, medical equipment and other supplies to help the Haitian people recover from the Jan. 12 earthquake that devastated the island nation, Navy Rear Adm. Ted N. Branch, commander of Carrier Strike Group 1 aboard USS Carl Vinson (CVN 70), told participants in a "DoDLive" blogger's roundtable.

The Navy is a small part of a broad international effort in Haiti, working in conjunction with dozens of non-governmental organizations, international groups and the Haitian government itself, Branch said. Because some of those organizations have worked in Haiti for years on other humanitarian missions, he added, they are familiar with local customs.

"What we're striving to do, and being able to do in many cases, is partner with [other organizations] and let them tell us the best places for relief distribution, the best contacts we need to make in the local community and local government and use their experience to our best advantage," Branch said. "We get them into the process and we keep them in the process [of providing aid and supplies]."

Fostering relationships among the Sailors, Marines, civilian aid workers and Haitian population is central to the relief effort, Branch said. Creating an environment the Haitians can up-



U.S. Navy photo by MC2 Michael C. Barton

Rear Adm. Ted N. Branch, commander of Carrier Strike Group (CSG) 1, talks to a Haitian boy. The aircraft carrier USS Carl Vinson (CVN 70) and Carrier Air Wing (CVW) 17 are conducting humanitarian and disaster relief operations as part of Operation Unified Response after a 7.0 magnitude earthquake caused severe damage near Port-au-Prince on Jan. 12.

hold when no more aid is needed is one of the primary goals for the Navy and for the operation as a whole, the admiral said.

"Obviously, we're working here as an international team - we're working through the [United Nations] and through the government of Haiti," Branch said. "The objective is to make sure the Haitian people are able to sustain and the organizations that are helping them in that effort are fully in the mix, and in the lead, as we go forward."

So far, Branch's strike group has performed 1,979 flights, nearly 1,600 of which were mission-related operations, delivering personnel and supplies. Medical evacuations made up 375 of the sorties.

These flights made up "the bulk of the vertical lift used" in the Navy's effort, he said.

Branch said the Navy as a whole has brought more than a million pounds of cargo to Haiti, including 87,000 gallons of water, nearly 162 tons of food, 345,400 pounds of

medical supplies, 75 tons of support equipment and 3,300 people to help in relief efforts.

Branch's group - which consists of 12 ships deployed to Haiti, including the Carl Vinson Strike Group ships, the USS Nassau (LHA 4) and USS Bataan (LHD 5) Amphibious Ready Groups and the hospital ship USNS Comfort (T-AH 20) - is expecting a lengthy deployment. While no estimates have been given regarding the duration of operations in Haiti, it's been made clear by many officials that Operation Unified Response Haiti won't be a quick turnaround.

As long as they're needed, Branch said, his ships will stay there to help.

"We'll continue performing the missions and supporting the functions we've done since we arrived," he said. "In the 12 days we've been here, we've seen a lot of improvement and we're still making a difference. Today is better than yesterday and tomorrow will be better than today."



Two Pearl Harbor departments receive CNIC Retention Excellence Award See page A-2



Joint service wellness program encourages military members to "feel like a million" See page A-2



Diverse views from USS Lake Erie Sailors See page A-4



Pearl Harbor Sailors support wildlife sanctuary See page B-1

Two Pearl Harbor departments receive CNIC Retention Excellence Award

Story and photo by
MC2 (SW) Mark Logico

Navy Region Hawaii Public
Affairs

Two departments at Naval Station Pearl Harbor, Naval Station Pearl Harbor (NSPH) Security Detachment and NSPH Transient Personnel Unit (TPU), received the annual Commander, Naval Installations Command (CNIC) Retention Excellence Award for the fiscal year 2009.

The annual award recognized commands that meet or exceed CNIC retention goals for the year. The commands must earn two or more quarterly honor roll awards or meet the annual benchmarks in the aggregate and complete a career program review.



Chief Warrant Officer 3 Andrew Nguyen, Naval Station Pearl Harbor food service officer, re-enlists Chief Culinary Specialist 1st Class Tracey Mayweather who is the command career counselor for NSPH TPU. "This shows we are taking care of our Sailors and getting the information out to them that they need and want to make sound decisions about their careers and staying Navy."

"Your dedication and commitment to career motivation and excellence not only exemplify your superb performance, but also attest to your concern for the personal and professional needs of our Sailor," Vice

Adm. Michael C. Vitale, commander, Naval Installations Command, said in an official message. "Every member of your command can be justifiably proud of their achievements. Thank you for the great

work that you are doing to make CNIC and our Navy organizations where people enjoy coming to work."

For 2009, the benchmark goals were: 54 percent for personnel with less than six years of active service, 63 percent for personnel between six and 10 years active service, and 81 percent for personnel with more than 10 years of active service.

"This award is a great honor for all of us," said Culinary Specialist 1st Class Tracey Mayweather who is the command career counselor for NSPH TPU. "This shows we are taking care of our Sailors and getting the information out to them that they need and want to make sound decisions about their careers and staying Navy."

Today's Navy offers pay, compensation and medical bene-

fits that further enhance the quality of life for Sailors. Traditional financial benefits, coupled with innovative initiatives, attract and retain the best and brightest America has to offer.

Master-at-Arms 1st Class Matthew O'Brien, who is assigned to NSPH Security Detachment, said he continually discusses options with individuals within a year prior to their date of separation.

"We try to give them the pros and the cons on staying in the Navy," said O'Brien. "Most of the time, the Navy is going to win out. The job market is difficult right now. Most jobs don't offer the benefits the Navy has, and it's pretty easy to show data to prove it. The numbers speak for themselves as far as the pay, the benefits."

The Navy provides stability

by offering competitive compensation and benefit packages. Every Sailor earns 30 days paid annual personal leave, compared to 41 percent of the national workforce. Every Sailor is eligible for free health care. Nationally, 74 percent of workers have employer-subsidized health care. Every Sailor is eligible for full retirement benefits after 20 years of service. Comparatively, 66 percent of workers nation-wide receive full retirement, many after 30 years of service.

"To me it's all about the morale and camaraderie within the command that's wanting people to stay," said O'Brien. "We haven't had anybody separated from the Navy for quite a while and that's attributed from the morale that we have here."

Joint service wellness program encourages military members to "feel like a million"

Story and photo by
Blair Martin

Contributing Writer

Hickam Air Force Human Performance and Rehabilitation Center (H-PARC) is currently working with the Naval Health Clinic Hawaii health promotion team and other military branches to help service-affiliated patrons "feel like a million" with a new interactive online health program.

The "Feel like a Million" (FLAM) program, which launches Feb. 15, focuses on five core areas in a person's life including exercise, nutrition, balance, purpose and other important health-related activities such as sleep, gratitude and volunteering.

By following the wellness guidelines outlined in the program, participants will be able to earn virtual "dollars." Those who achieve the virtual \$1 million goal will be entered into a final drawing to win a grand prize, a Nintendo Wii Fit. The program also includes daily motivational e-mails and fun tips that will be sent to participants to keep them engaged.

Air Force Col. Maureen Mintzlaff, individual mobilization augmentee (IMA) Reservist to Air Force Medical Operations Agency (HQ AFMOA), said what makes FLAM unique from other typical military health-related programs is its holistic approach to overall wellness rather than relying solely on strict diet and exercise.

"We picked this state-of-the-art program because it not only emphasized physical activity, but also promoted a balance in all aspects of one's life," she



Air Force Col. Maureen Mintzlaff shows Human Performance and Rehabilitation Center (H-PARC) civilian worker Danille Sincoff how to log on and use the new joint base wellness program, called "Feel like a Million" (FLAM).

said. "Through research, we found that someone's success in achieving health was more about building wellness within that person. With this program, we are looking at the total body, mind and spirit."

Tracy Navarrete, health promotion director at Makalapa Health Clinic, said she thinks the different approach will increase her Sailors' "mission readiness" as well as promote healthier lifestyles for their families.

"A lot of the programs we do for active-duty only target weight and exercise," she said. "But this program is all about finding true balance. Sometimes in the military we focus too much on what it says on the scale instead of the overall big picture. A good indicator of an effective program cannot always be measured by a scale."

Thanks to a federal grant awarded to them last year, H-PARC purchased a year-long license for FLAM, which will be available to participants January 2010 to 2011. However, with an imminent Hickam and Naval Station Pearl Har-

bor joint base merger, Mintzlaff said this was the perfect opportunity to unite with the Navy and extend the wellness program not only to Sailors and their families, but also to the rest of the military community

from other military branches.

"When we were putting this program together, we knew we wanted this to be a joint service campaign," she said. "Just knowing that in another year we would be a joint base so by combining our efforts with the Navy [and other services] we hope more people will have the opportunity to participate in this great program."

Navarrete is hoping that the joint base initiative will facilitate education, community outreach and foster partnerships with the Navy's sister services.

"When the Air Force approached us, I thought it was a great opportunity for members of our fleet, their families, our retirees and civilian contractors," she said. "Because this program is online, people can do this on their own time. We are hoping we can get our Navy

commands and Air Force squadrons more involved and vested in not only their physical health, but also their emotional health."

FLAM is a 12-week online program designed to help participants feel their best and improve overall health. The program features a fun, interactive game show theme where individual or team players will be able to learn health habits to reduce stress and sustain energy for work and play.

Navarrete said she is hoping the flexible format will be attractive to service members and members of the military community who struggle to make time for health and wellness in their busy lives.

"Our military needs more of a balance in their lives so they can cope with the daily stressors of their job," she explained.

"I also think we will be more successful because with this program, you can log on anytime you want instead of trying to work your schedule around so you can go to come to one of our health promotion classes."

The program is free and open to all adult military community members 18 years and older of all branches including active duty, family, civilians and retirees. Team and individual registration began Jan. 25 and competition starts Feb. 15. To register, visit <http://hickam.ifellikeamillion.com>.

For more information about the FLAM program, call Hickam H-PARC at 448-6170 or visit <http://hickam.ifellikeamillion.com>. For more information on health promotion classes, call 473-1880, ext. 2282 or 2247.

Hawai'i Navy News Editorial



U.S. Navy photo by MCSN Charles Oki

First class petty officers take the 2009 chief petty officer advancement exam at Fleet Activities Yokosuka. Eligible candidates must first pass a 200-question test to be considered by a promotion board and then be selected among a Navy-wide pool of candidates.

Sailors aiming for anchors should review their record

MC1 (AW) LaTunya Howard

Navy Personnel Command Public Affairs

More than 35,000 first class petty officers participated in the Navy-wide Chief Petty Officer Advancement Exam on Jan. 21, hoping for a shot at chief.

With the exam complete, Sailors can be proactive in preparing their record for the selection board by reviewing their official military personnel file (OMPF).

"A Sailor's OMPF is the electronic repository for documents that have been received, reviewed and accepted as an official documentation by Navy Personnel Command (NPC)," said B.J. Price, NPC Personnel Information Management Department, Records Support Division. The OMPF is used in selection board deliberations and as a historical legal record of a Sailor's time in the Navy."

There are two options for reviewing an OMPF. Sailors can log on to BUPERS Online (BOL) and order an OMPF CD-ROM or gain real-time access using the Web enabled record review (WERR) link at www.npc.navy.mil. WERR is an online, common-access-card-enabled application that allows Sailors to view their OMPF.

"The WERR is a secure and efficient way for Sailor's to access their OMPF 24/7," said Price. "An OMPF CD-ROM captures one point in time

and is soon outdated as additional information is accepted into the Sailor's OMPF. It's no longer the preferred method for review."

Navy performance evaluation continuity, awards, training and qualifications are the significant areas for Sailors to focus on when checking their OMPF for accuracy. BUPERSINST 1070.27B outlines all items that should or should not be submitted by officer and enlisted personnel.

For corrections of any documents in the OMPF, review the frequently asked questions section on BOL at www.npc.navy.mil/CareerInfo/RecordsManagement/AboutYourRecord/FAQ.htm. For additional assistance, contact NPC Customer Service Center at 1-866-U-ASK-NPC.

"The recurring issues with submissions, includes to be missing social security numbers or names on each document," said Price. "Each OMPF document is identified by a full name and full social. It's required to conclusively identify a particular document to a particular Sailor."

Recently submitted correction documents may not yet appear in a record. If a document was sent to NPC within the past 60 days, they may still be in processing so do not resend. After 60 days, if the document still has not appeared in the OMPF, contact NPC (PERS-313) by e-mail to the organizational mail box at mill_ompf-chg@navy.mil prior to resubmitting the documents.

New tool puts rating conversion data at your fingertips

Navy Personnel Command Public Affairs

The Navy released new guidance for the Career Re-enlistment Objectives (CREO) program Jan. 22, providing a more timely and reliable method of distributing data to Sailors interested in rating conversion.

According to NAVADMIN 024/10, CREO and Navy enlisted classifications (NEC) data is now available online via a new tool called the Career Opportunity Matrix (CARMAT). CARMAT is a read-only spread sheet updated monthly that provides career counselors a single source for locating advancement and conversion opportunity information for their Sailors. It is accessible at the Perform to Serve Web page <http://www.npc.navy.mil/CareerInfo/PerformtoServe>.

"The career re-enlistment objectives are important because it identifies advancement and conversion opportunities for active duty, full time support (FTS) and selected Reserve Sailors," said Senior Chief Navy Counselor (AW) Jermaine Rawls, Perform To Serve (PTS) help desk leading chief petty officer.

CREO reflects the manning levels for all Navy ratings and is a consideration for Sailors requesting PTS approval. CREO categories are identified in one of three levels.

- CREO 1 rates are undermanned.
- CREO 2 rates are manned at desired levels.



U.S. Navy photo by MC3 Kathleen Corby

Navy counselors aboard the Nimitz-class aircraft carrier USS Ronald Reagan (CVN 76) give advice to Sailors about steps to take to get the most out of their Navy careers. The Ronald Reagan Carrier Strike Group is conducting composite training unit exercise preparing for an upcoming deployment.

CREO 3 rates are overmanned.

Changes in rating will be considered for Sailors in CREO 2 or CREO 3 ratings seeking entry into CREO 1 ratings. Requests for change in rating to CREO 2 or 3 ratings will be on a case-by-case basis only.

"Sailors who want to advance in rank, take advantage of training, and stay Navy will have more of these

opportunities in undermanned ratings," said Rawls.

Commands may request to be added to the CARMAT distribution list for monthly updates. Send requests to pts_help_desk.ftc@navy.mil.

For more information read the NAVADMIN, <http://www.npc.navy.mil/NR/donlyres/E55DDDF31-6539-4A39-9C71-1B6D3FC28694/0/NAV10024.txt>.



U.S. Navy photo by MCSN Apprentice Rachel N. Clayton

Sailors from the reactor department re-enlist in the forecabin of the aircraft carrier USS George Washington (CVN 73). Fifteen sailors re-enlisted with a combined selective re-enlistment bonus of more than \$1.3 million dollars. George Washington is conducting flight deck certification and carrier qualifications in the western Pacific Ocean after completing its first selective restricted availability.

Navy announces updates to selective re-enlistment bonus award levels

Navy Personnel Command Public Affairs

The Navy announced revised selective re-enlistment bonus (SRB) rates Jan. 22 in NAVADMIN 028/10.

"Selective re-enlistment bonuses are a dynamic, market-based incentive designed to retain those Sailors in our most critical ratings with critical NECs (Navy enlisted classification codes)," said Vice Adm. Mark Ferguson, Chief of Naval Personnel. "These bonuses contribute to our efforts to provide the fleet with Sailors who have the right experience and skill sets."

SRBs enhance Navy's ability to size, shape and stabilize manning by using a monetary incentive to encourage Sailors with critical skills and experience to stay Navy. Award levels are strategically adjusted as retention needs dictate.

The new message approves 38 increases in SRB award levels and four decreases. Seven awards were removed entirely, two were added and 132 remain unchanged.

Air traffic controllers in zone A (less than six years of service) and surface force independent duty corpsmen in zone C (between 10 and 14 years of service) were new to

the SRB list this cycle. Seven hospital corpsman NEC awards were removed.

Sailors should consult NAVADMIN 028/10 to determine their SRB eligibility and award level.

The increased award levels are effective immediately and decreased levels are effective 30 days from the release of NAVADMIN 028/10.

Award levels are continually reviewed and evaluated to match re-enlistment behavior. This NAVADMIN supersedes NAVADMIN 250/09.

Commands must submit SRB re-enlistment requests for eligible Sailors 35-120 days prior to the requested re-enlistment date. SRB requests submitted less than 35 days in advance without substantial justification will not be accepted. Sailors can re-enlist for SRB no more than 90 days prior to their end of active obligated service. Exceptions to this policy as well as complete SRB guidance are listed in OPNAVINST 1160.8A, NAVADMIN 006/09 and NAVADMIN 028/10.

More than 1,300 Sailors have already received SRBs this fiscal year. SRB funding is limited, so SRB-eligible Sailors are encouraged to plan ahead.



U.S. Naval Center Historical Center

Crewmen of USS Pueblo (AGER 2) leave a U.S. Army bus at the United Nations Advance Camp, following their release by the North Korean government at the Korean Demilitarized Zone on Dec. 23, 1968. Pueblo and her crew were captured off Wonsan on Jan. 23, 1968. Note the post office sign on the quonset hut in the right background. (Seaman Duane Hodges of the Pueblo was killed when the ship was captured. Hodges' body was returned to American custody with the ship's other crewmen).

Hawai'i Navy News

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Pearl Harbor Naval Shipyard supports hiring of wounded veterans

Marshall Fukuki

Pearl Harbor Naval Shipyard Public Affairs

Pearl Harbor Naval Shipyard hosted 20 representatives from state and federal veterans affairs organizations as part of an effort to build awareness of job opportunities for "wounded warriors" from all military services Jan. 14.

"The shipyard is a very welcoming environment for veterans," said Capt. Gregory Thomas, shipyard commander. "They can interact with our Sailors and civilian employees and work aboard Navy ships and submarines."

The shipyard, with a combined civilian and military workforce of about 4,800, is the largest industrial employer in Hawaii. Many civilian workers have previously served in the armed forces.

However, an area of particular interest shared by the visitors and the shipyard is hiring

of wounded warriors. A wounded warrior is defined as any U.S. veteran with a 30 percent or more Department of Veterans Affairs disability rating and who served a tour in Iraq or Afghanistan.

The shipyard hired nine wounded warriors during the past two fiscal years. The command's fiscal year 2010 hiring target is 10.

The 20 visitors came from the state Department of Human Services, Hawaii Office of Veterans Affairs, U.S. Department of Veterans Affairs, Wounded Warrior Battalion West from Marine Corps Base Hawaii and the Warrior Transition Battalion from Tripler Army Medical Center.

The representatives were briefed about the shipyard and then toured a machine shop on the waterfront and a submarine in dry dock.

The visit came on the heels of an agreement signed the day before by the Naval Sea Systems Command (NAVSEA)

and the Army's Warrior Transition Command (WTC) in Washington, D.C. The agreement increases opportunities for internships for, and employment of, combat-wounded veterans at NAVSEA and its field activities, which include four naval shipyards.

"We are a workforce of about 60,000, 95 percent of which are civilian employees," said Vice Adm. Kevin McCoy, NAVSEA commander. "Half of NAVSEA ... wears a hardhat and steel-toe shoes to work each day. In my opinion, we have the best blue-collar jobs in America — jobs you can raise a family on."

For wounded warriors interested in employment opportunities at NAVSEA and Navy commands interested in supporting wounded warriors, contact Cmdr. David McAfee at david.r.mcafee@navy.mil or (202) 781-1364.

For more information on the shipyard, visit <http://www.navsea.navy.mil/shipyards/pearl/default.aspx>.



SWAMP ROMP

MUD ON YOUR FACE, A BIG FOOTRACE

Navy teams are wanted! The Marine Corps Community Service Hawaii and Combat Logistics Battalion-3 put on a terrific event that they call the CLB-3 Swamp Romp. The next one is Feb. 20. The deadline to sign up is Feb. 12.

Referred to as Hawaii's dirtiest footrace, it begins at the Boondocker building, neighboring the Marine Corps Exchange Annex parking lot.

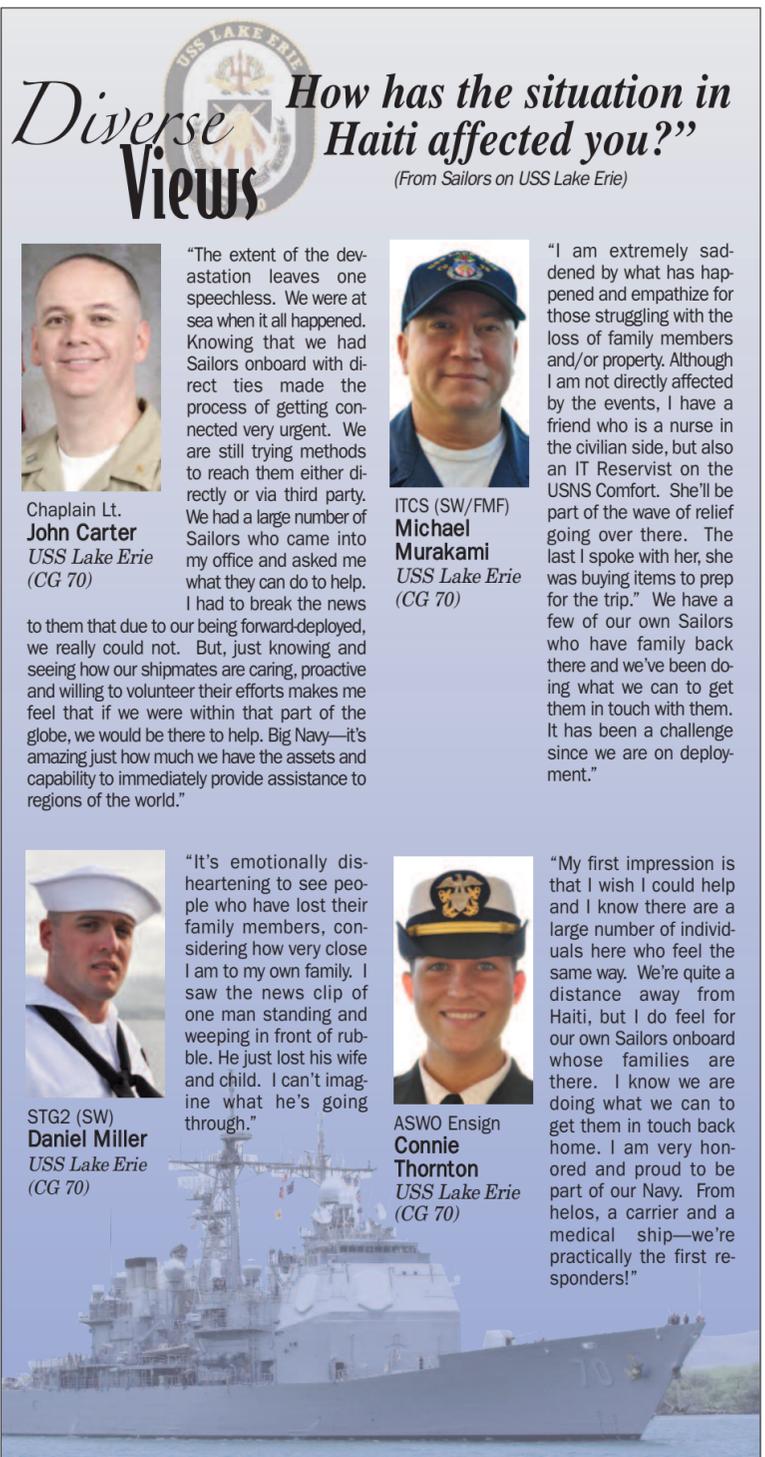
Six-person teams will negotiate an obstacle-laden course that includes mud, crawling, jumping, swinging, sounds of combat and more mud. At least one father-and-teen team is planning to compete, but more Navy participants are needed.

Other Sailors or Navy parents who are willing and able to participate in this fun fitness event can contact Capt. Dennis Hansen at 471-9476 or dennis.m.hansen@navy.mil for more details.



Navy Region Hawaii **twitter**

Commander, Navy Region Hawaii (CNRH) is now on Facebook (Navy Region Hawaii) and Twitter (twitter.com/NavRegHawaii). Feel free to follow CNRH on these Web sites and check out the latest updates and news about the Navy in Hawaii.



Diverse Views

How has the situation in Haiti affected you?"

(From Sailors on USS Lake Erie)



Chaplain Lt.
John Carter
USS Lake Erie
(CG 70)

"The extent of the devastation leaves one speechless. We were at sea when it all happened. Knowing that we had Sailors onboard with direct ties made the process of getting connected very urgent. We are still trying methods to reach them either directly or via third party. We had a large number of Sailors who came into my office and asked me what they can do to help. I had to break the news to them that due to our being forward-deployed, we really could not. But, just knowing and seeing how our shipmates are caring, proactive and willing to volunteer their efforts makes me feel that if we were within that part of the globe, we would be there to help. Big Navy—it's amazing just how much we have the assets and capability to immediately provide assistance to regions of the world."



ITCS (SW/FMF)
Michael Murakami
USS Lake Erie
(CG 70)

"I am extremely saddened by what has happened and empathize for those struggling with the loss of family members and/or property. Although I am not directly affected by the events, I have a friend who is a nurse in the civilian side, but also an IT Reservist on the USNS Comfort. She'll be part of the wave of relief going over there. The last I spoke with her, she was buying items to prep for the trip." We have a few of our own Sailors who have family back there and we've been doing what we can to get them in touch with them. It has been a challenge since we are on deployment."



STG2 (SW)
Daniel Miller
USS Lake Erie
(CG 70)

"It's emotionally disheartening to see people who have lost their family members, considering how very close I am to my own family. I saw the news clip of one man standing and weeping in front of rubble. He just lost his wife and child. I can't imagine what he's going through."



ASWO Ensign
Connie Thornton
USS Lake Erie
(CG 70)

"My first impression is that I wish I could help and I know there are a large number of individuals here who feel the same way. We're quite a distance away from Haiti, but I do feel for our own Sailors onboard whose families are there. I know we are doing what we can to get them in touch back home. I am very honored and proud to be part of our Navy. From helos, a carrier and a medical ship—we're practically the first responders!"

Pearl Harbor Highlights

Machinist's Mate 1st Class Ryan Ezell of Pearl Harbor Naval Shipyard is greeted at Honolulu International Airport on Jan. 22 upon returning to Hawaii. Ezell spent 346 days as an individual augmentee in Iraq.

U.S. Navy photo by MMFN Dustan Longhini



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

Chief Culinary Specialist (SW) Abraham Seei signs his name on his re-enlistment contract during a re-enlistment ceremony at the Silver Dolphin Bistro on Jan. 27. Many Sailors decide to stay in as the Navy provides stability in today's economy by offering competitive compensation and benefits packages.



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

(Above) Cmdr. John Bennett, assigned to Naval Facilities Engineering Command Hawaii, speaks with a visitor during the Joint Base Pearl Harbor-Hickam open house.



(Left) Members of the Joint Base Partnership Council answer questions during the Joint Base Pearl Harbor-Hickam open house and town hall meeting on Jan. 26. The purpose of the event was to help answer questions and alleviate concerns as Naval Station Pearl Harbor and Hickam Air Force Base transition into a single joint installation beginning Jan. 31.

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

Five students from Assets School received certificates for their art work on energy conservation. (Back row, left to right: Jyo Bridgewater Borg, Lanihuli Gilbert, Naval Station Pearl Harbor Command Master Chief Earl Gray. Front row, left to right: Jayson Tamashiro, Ryan Tamashiro, Meghan McPherson and Sam Li) (See story and additional photo on page A-7.)

U.S. Navy photo by Peter Yuen



CPRW-2 Sailor honored as Shore Sailor of the Year

Commander, Patrol and Reconnaissance Wing Two Staff

Navy Counselor First Class Katherine Warner of Commander, Patrol and Reconnaissance Wing Two was named the Commander, Patrol and Reconnaissance Group's (CPRG) Pacific Region 2009 Shore Sailor of the Year in a ceremony held Jan. 14 at the Pacific Aviation Museum on Ford Island.

She was selected from among four other CPRG nominees by a board of master chief petty officers from the maritime patrol and reconnaissance community and will now compete with Sailors of the Year from other aviation communities at the Commander, Naval Air Forces Pacific level next month.

Four maritime patrol and reconnaissance (MPR) wings, as well as the P-3 Fleet Replacement Squadron, consisting of more than 9,000 personnel, fall under CPRG purview. Each one of these commands submitted its Sailor of the Year as its nominee for group-wide consideration, essentially making the selection process a determination on who was the "best of the best" in the entire MPR force.

The nominees were vetted by a select board of six master chiefs from throughout the MPR fleet, who reviewed the record of performance and conducted a face-to-face interview with each candidate. Winners were selected in the sea, shore and reserve categories from both Atlantic and



U.S. Navy photo by AWOCs Gary Phillips

Rear Adm. William F. Moran, Commander, Patrol and Reconnaissance Group, presents the 2009 Pacific Shore Sailor of the Year Award to Navy Counselor 1st Class Katherine Warner of Patrol and Reconnaissance Wing Two during a ceremony at the Pacific Aviation Museum on Jan. 14.

Pacific commands.

Warner was selected as the winner in her category based on her significant accomplishments over the past year and her positive performance during the board interview.

According to Warner, receiving the award was made all the more special by the historical context provided by the ceremony's Pacific Aviation Museum setting. "Living in Hawaii for almost two years, I didn't realize exactly how much history I could learn and see on and around Ford Island and to share that experience with such a diverse and accomplished group of Sailors, it was truly unforgettable," she said. "I feel extremely honored to be recognized this way."

In addition to the Sailor of the Year honor, Warner was also named the CPRG Career Counselor of the Year at the ceremony, in recognition of her

outstanding achievements in this capacity while at Wing Two. Despite filling a demanding role outside of her rating for much of the year, and one normally designated for someone of higher rank, Warner received the distinction of being named the top career counselor among all commands under CPRG.

Warner is from Owosso, Mich. and has been in the Navy since June 2000. Initially rated as an aviation warfare systems operator (AW), she joined Wing Two in July 2007. She became the command's de facto career counselor in October 2008, filling a billet normally held by a chief petty officer.

In November 2009, she officially converted her rating to Navy career counselor (NC). She was previously selected as Wing Two's Senior Sailor of the Year for 2009.



Two-year-old girl, Alexis Perez, a patient at Kapiolani Children's Hospital, is held by her mother, Pauline Barbadillo, while Master-at-Arms MA2 Brooke Cannon of Naval Station Pearl Harbor Junior Sailor Association visits with the toddler and shows her a toy.

Junior Sailor Association helps sick children

Story and photo by YNSN Randy Sarran

Naval Station Pearl Harbor Junior Sailor Association Public Affairs Officer

Sailors from the Naval Station Pearl Harbor Junior Sailor Association (JSA) visited with sick children at Kapiolani Medical Center on Dec. 13, providing some cheery moments for keiki who weren't able to go home for the holidays.

Members of the Junior Sailor Association donated toys to for all the children who couldn't go home. Kapiolani

Medical Center created a Santa's toy box that began the week leading up to Christmas. The remaining toys from the Sailors' visit were added to the Santa toy box.

"It is always nice to have members of the community remember those children that will remain in the hospital over the holidays," said Lea Pepple, child life assistant at Kapiolani Medical Center. Both the Junior Sailor Association and Kapiolani Medical Center, along with their Santa toy box, brought many smiles to the children.

The Junior Sailor Association also helped with

fundraising for a two-year-old girl, Alexis Perez, whose mom held a benefit concert at Pipeline Café for her daughter's medical condition. Alexis is suffering from brain cancer. Members of the JSA attended the fund-raising event on Jan. 10 in which 50 percent of the funding went toward Alexis' medical treatment. The other 50 percent went to support other children at Kapiolani Medical Center.

Those who would like to donate to Alexis for her medical treatment can contact Bank of Hawaii, Friends of Alexis Perez Fund.

Battleship Missouri Memorial offer free admission and guided tours at re-opening

The Battleship Missouri Memorial will offer free admission and guided tours to kamaaina (Hawaii residents) and U.S. military personnel on Jan. 30 to mark the Mighty Mo's official re-opening as a historic attraction following her return from drydocking.

Hawaii residents and all active-duty, reserve, auxiliary and retired military personnel from any U.S. service branch (including Army, Navy, Air Force, Marines, Coast Guard and National Guard) and their family members will be offered a complimentary "Mighty Mo Pass," which the memorial has introduced as its new all-in-one ticket to experience to the famous battleship. The pass includes a single admission, plus a choice from one of the Missouri's tours.

The Battleship Missouri Memorial's standard operating hours are from 9 a.m. to 5 p.m. daily. For those who do not have access to Naval Station Pearl Harbor, shuttle buses run continuously during operating hours from the USS Bowfin Submarine Museum and Park (located near the USS Arizona Memorial Visitors Center). For visitor information or to reserve a tour, call toll-free at 1-877-MIGHTYMO (1-877-644-4896) or visit ussmissouri.org.

KHON (FOX) TV 2 \ Hawaii Navy News upcoming segments

Feb. 4 – Joint Base Pearl Harbor/Hickam IOC

Feb. 11 – Navy-Marine Corps Relief Society Volunteer of the Year

Feb. 18 – National Engineers' Week: "Women in Engineering"

(The segments currently air between 6:15 and 6:45 a.m. each Thursday. Previous segments can be viewed at <http://www.bit.ly/KHONNavy>)

Got a story for KHON Hawaii Navy News?

Email hnn@honoluluadvertiser.com or call Navy Region Hawaii Public Affairs at 473-2875. Stories must have a Navy tie and be of interest to the general public.

Bell tolling ceremony honors lost submariners

Story and photo by MC2 Ronald Gutridge

Commander Submarine Force U.S. Pacific Fleet Public Affairs Office

A special bell tolling ceremony was held at the Submarine Memorial Chapel on Jan. 13 to perpetuate the memory of the submariners and the submarines that were lost in the month of January throughout World War II.

Submariners past and present gathered to honor and remember those costly sacrifices for our nation. Lt. Cmdr. Timothy Moore, Naval Submarine Support Command chaplain, spoke on behalf of all that were lost.

"We remember those gallant Sailors who made the supreme sacrifice while performing their duties with honor, integrity and courage and to pay tribute to the submarines that are on eternal patrol," said Moore.

The bell that hangs in the steeple of the Submarine Memorial Chapel and tolled in remembrance was donated from the crew of USS Argonaut (SS-166) right before her last patrol, from which she



U.S. Navy photo

Lt. Cmdr. Timothy Moore, Naval Submarine Support Command chaplain, reads the names of the five submarines, USS Scorpion (SS-278), USS Argonaut (SS-166), USS Swordfish (SS-193), USS S-36 (SS-141) and USS S-26 (SS-131) lost in the month of January throughout World War II during a special bell tolling service held at Naval Station Pearl Harbor Submarine Memorial Chapel on Jan. 13. The service was the first of its kind conducted at the chapel in more than a year and is slated to become a monthly tradition.

never returned. On Jan. 10, 1943 the entire crew of 105 was lost as the submarine was

Each time the Argonaut's bell tolls, it is in remembrance of all Sailors and lost crews at a time of war and peace.

Nearly 400 attend JBPHH open house

Continued from A-1

management and result in higher levels of service. This will cost more initially, but will save money in the long run."

During the transition phase, also known as the "initial operational capability" (IOC), 53 support functions will start to practice a joint way of operating. Twenty-six functions will begin transitioning on Feb. 1; 27 will begin transitioning on June 1.

This transitional phase is designed to allow commands to smooth out policies and procedures before the "full operational capability" (FOC) date of Oct. 1, by which time all assets from the transitioning Air Force support functions, real estate and funding will transfer

over to the Navy.

According to Kitchens, JBPHH will directly affect more than 1,800 Air Force military and civilian personnel as several base functions, such as command management, logistics support and chaplain ministries, combine during the transition phase.

Religious Program Specialist 1st Class Kimberly Robinson who represented the chaplain ministries at NSPH said she has no concerns as the two services come together in the future.

"I think it's a good idea to incorporate the two services," said Robinson. "There'll be more resources for counseling and assistance for Airmen and Sailors in need."

JBPHH is scheduled to be in "full operational capability" on Oct. 1.

Navy teaches energy conservation to students

Naval Facilities Engineering Command Hawaii Public Affairs

Naval Facilities Engineering Command (NAVFAC) Hawaii Energy Team's 2009 Energy Conservation School Outreach Program concluded with the presentation of student art work awards in late 2009, followed by current distribution of the 2010 Children's Energy Conservation Calendar.

"I am encouraged by the enthusiasm of the students taking part in the Navy's energy conservation program, which is a terrific learning experience," said Capt. Bret Muilenburg, commanding officer of NAVFAC Hawaii. "These children are a motivating force for parents to use less electricity which reduces costs in our military housing and, in turn, saves some of Hawaii's precious resources."

The annual 2009 Energy Conservation School Outreach Program targets elementary schools with a high concentration of Navy military children with a focus on educating military youngsters who can then help influence and educate their parents. Four schools and a Navy home school group participated.

NAVFAC Hawaii's energy team launched the 2009 program on Sept. 26 at Pearl Harbor Kai Elementary School. During multiple presentations, students learned about the sources of energy, its proper use, and how not to waste it. They were provided with various energy saving tips that could be easily applied at school and home, such as turning off lights and electronic equipment, closing windows and doors when air conditioning is on, recycling all kinds of materials, and using compact fluorescent light



U.S. Navy photo by Amy Nishijima

Lt. Elizabeth Durika presents Semaj Irvine-Brown from Pearl Harbor Kai Elementary School with a certificate of recognition for her winning entry in the Navy Region Hawaii Energy Conservation School Outreach Program.

bulbs wherever possible.

As part of the program, a coloring contest or art competition was held at each school after the energy conservation training so students were able to show what they learned. Winners were chosen from each participating grade at each school. Their art work was put on display at the Navy Exchange and each student received a Navy Region Hawaii Energy Conservation School Outreach Program Coloring Contest award certificate.

In addition, a compilation of the winning artwork was used to create a special 2010 Children's Energy Conservation Artwork Calendar and several posters were enlarged for distribution. Currently, both the calendars and posters are being disseminated throughout Navy Region Hawaii to help further educate and promote energy conservation within the Navy community.

"In its third year, the impact of the program is noticeable and far reaching," said Krista Stehn, energy conservation school outreach program

coordinator. "The students have developed an increased awareness of energy conservation that is evident in their art work and can be implemented in their schools and at home with their families."

The first Navy Region Hawaii Energy Conservation coloring contest appreciation awards were presented to eight students for their talented participation in the program at a ceremony on Nov. 16, 2009 at Holy Family Catholic School. Twenty students from various educational venues also received region appreciation awards, with the last awards presentation held at Pearl Harbor Kai Elementary School on Dec. 14, 2009.

Participating schools included Holy Family Catholic School, Lehua Elementary School, Assets School, Pearl Harbor Kai Elementary School and a Navy home school group.

Overall, the 2009 program reached approximately 1,700 students and expects to positively impact local schools, Navy families and the Navy community in Hawaii.