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Hawai'i News

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The U.S. Air Force Thunderbirds perform a flyover of the USS Arizona Memorial in Pearl Harbor on Sept. 13, 2007. The Air Force's official air demonstration team performed off of Waikiki Beach during Air Force Week in Oahu.

U.S. Navy photo by MCC (SW/AW) David Rush



U.S. Navy photo

As part of USS Hopper's 9/11 remembrance ceremony off the coast of southern California, Sailors conducted a 21-gun salute to honor the nation's fallen.

USS Hopper remembers 9/11

Ensign Katie Burkhart

USS Hopper (DDG 70)

The Pearl Harbor-based, Arleigh Burke-class destroyer USS Hopper (DDG 70) paused its pre-deployment exercises to conduct a 9/11 remembrance ceremony off the coast of southern California.

The ceremony fused together naval tradition and multimedia to move all in attendance. Hopper's chief petty officer selectees organized the ceremony and compiled a photo slideshow of the attack that took the lives of 2,996 innocent Americans. The colors were paraded, music played, and emotions poured out as Sailors watched the devastating aftermath in New York City and the Pentagon. Holding the memorial on the flight deck at sunset, "added a sense of solemnity," said Chief Fire Controlman

(FCC) (sel) (SW) Anthony Rosa.

Cmdr. Jeffery James, Hopper's commanding officer, called on his crew to remember the thousands of innocent American lives lost, the heroes that were born, and the war that rages on our attackers. A 21-gun salute, one of the highest honors rendered, was sounded to end the ceremony and honor the nation's fallen.

The ceremony was unique in many ways. Hopper is away from its homeport, participating in demanding training exercises as part of Tarawa Expeditionary Strike Group (ESG). Despite the flurry of events challenging the crew, turnout was outstanding. Command Master Chief Earl Gray commented, "Here we are in the middle of the battle problem and we did what was right."

Heidi Boose, deputy program manager with the Deploying Group Systems

Integration Testing (DGSIT) team, was touched by the ceremony. "It was a proud moment to be part of a Navy command at sea and to make something so terrible into something so memorable," Heidi shared. "I was thrilled to be in the audience."

Hopper's remembrance ceremony was also unique in the way it paralleled the aftermath of the terrorist attacks. United as a command to remember the tragedy, Hopper Sailors fell into formation shoulder-to-shoulder, regardless of rank. Just as Americans from every background came together as one nation, the Hopper crew shared their grief and stood together united against the enemy.

The ceremony served not only to remember our fallen comrades and citizens, but also to remind us of why we patrol the seas to confront,

See USS HOPPER, A-2

CNSF visits Pearl Harbor

Story and photo by MC3 Michael A. Lantron

Commander, Navy Region Hawai'i Public Affairs

Vice Adm. Terrance T. Etnyre, commander, Naval Surface Forces (CNSF), Commander, Naval Surface Force, U.S. Pacific Fleet, spoke to Sailors from Pearl Harbor-based ships, USS O'Kane (DDG 77), USS Crommelin (FFG 37), USS Paul Hamilton (DDG 60) and USS Lake Erie (CG 70) during an enlisted call at the Teahouse lanai on board Naval Station (NAVSTA) Pearl Harbor on Sept. 18 as part of his visit to the Pearl Harbor area.

During his speech, Etnyre thanked the Sailors for the job they do every day, spoke about the future of the Navy as it moves further into the 21st century, and answered questions Sailors felt were important to them.

"You need to realize that what you do for your country is amazing," said Etnyre. "Nobody else in the country is doing things the way you are."

Throughout the call, Etnyre frequently spoke on the movements the Navy is making as it plans to progress into the future.

"We need to worry about the fleet of tomorrow today," said Etnyre. "That's why right now the master chiefs of the future are being recruited today."

Additionally, Etnyre talked about how the



Commander, Naval Surface Forces (CNSF), Commander, Naval Surface Force, U.S. Pacific Fleet, Vice Adm. Terrance T. Etnyre speaks to Sailors assigned to the Pearl Harbor-based ships on Sept. 18.

Navy's capabilities will allow it to thrive in worldwide operations in the future.

"People like to have the U.S. in the area, but don't want us in the country, so the Navy is the choice force for the 21st century because we can go nearly anywhere without permission," said Etnyre.

Etnyre also spoke about deployment length and possible changes in the way ships are manned and training schools provided.

"We are looking at the possibility of having four full-size crews man three ships," said Etnyre. "The same sea/shore rotation, but when one crew is not underway, they would be sent to school so there would be no need to send

people off the ship during deployment."

Etnyre also stressed the importance of retaining Sailors in the Navy.

"Right after 9/11, we had a retention rate of over 70 percent and now we are down to about 45," stated Etnyre. "Navy career counselors and leading petty officers must lead the way so we don't fall under our desired number of 322,000 Sailors in the future."

Sailors were pleased that Etnyre visited NAVSTA Pearl Harbor and took time out to visit them to talk about topics that concerned them.

"My favorite part is when he allowed us to ask questions," said Gas Turbine

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USS Lake Erie honor guard commemorates Battle of Lake Erie See page A-9



Russian Pacific Fleet admiral visits USS Russell See page A-6



Health tips to keep Sailors ship-shape, not super sized See page B-1

USS Hopper Sailors: Honor 9/11 victims

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combat and destroy the forces of terrorism. James said, "Let us never forget the military, firemen, police and many others who heroically risked and gave their lives to save others plus the many heroes who poured forth various forms of support from around this great nation. Let us never forget why we are here in defense of this great nation, miles from home, taking the fight to the enemy."

"I was touched by the heartfelt thanks I received from everyone aboard. I never knew we had touched so many personnel with our presentation," said Chief Culinary Specialist (sel) (SW) John H. Lewis.

Chief Information Systems Technician (sel) (SW/AW) Carrel Jackson commented, "The day following the presentation I still have people approaching me, telling me how moved they were by the ceremony."

"This day will be in my heart; we should never take life for granted, and always remember those who have gone before us," Chief Boatswain's Mate (sel) (SW) James Larson told fellow Sailors.

"Knowing what the brave men and women of America did that day gives me motivation to ensure our democratic way of life is never threatened again," said FCC (sel) (SW) Joseph Eaton.

Rosa added, "I felt honored to be able to touch so many hearts. It made me feel proud to be serving my country and defending our way of life."

The crew of Hopper remembers those who lost their lives and gave their lives to save others in the terrorist attack on Sept. 11, 2001. Hopper's Sailors continue to "dare and do" in defense of the United States of America and her citizens.

USS Port Royal Sailor hits a career homerun

Ensign Rachael Pitchford

USS Port Royal (CG 73)
Public Affairs

Navy Counselor 1st Class Rex Parmelee's freshly polished black shoes formed a perfect 45-degree angle in the fresh cut grass along the first base sideline of Petco Park in San Diego on Aug. 29 as he raised his right hand and vowed to protect and defend the Constitution of the United States of America. The crisp snap of baseballs landing in well-worn leather mitts could be heard in the background.

For 14 years, Parmelee has served his country as a Sailor in the United States Navy. The Kentucky native enlisted in the Navy to, "travel the world and serve my country." After six assignments and four deployments to places like Bosnia, Kosovo, Senegal and Iraq, Parmelee decided to continue to serve. "I have complete job satisfaction," he said. "I really enjoy helping out my Sailors."

As a Navy counselor aboard USS Port Royal (CG 73), Parmelee offers vocational guidance to Sailors by assessing their interests, aptitudes and personalities. He also guides Sailors through the decision-making



U.S. Navy photo by Ensign Reagan Balsamo

Capt. David Adler, commanding officer of USS Port Royal (CG 73), re-enlists Navy Counselor 1st Class (SW) Rex Parmelee at a San Diego Padres baseball game on Aug. 29.

process of re-enlisting. Wanting to make his own re-enlistment a memorable experience, Parmelee requested that Capt. David Adler, commanding officer of Port Royal, administer the oath during pre-game warm-ups at a San Diego Padres game.

During the oath, Parmelee's name flashed in bright lights across the scoreboard as the Padres finished batting practice. The Padres presented him with an autographed baseball, program and coin. His two children

and wife were also able to enjoy Parmelee's re-enlistment and were given Padres hats and backpacks to commemorate the occasion.

As Parmelee climbed up to the stands from the first base sideline, baseball fans stood to clap, shake his hand, and give a heartfelt thank you.

The Sailor who has devoted his career to serving America took his seat along with his family and shipmates to enjoy America's favorite pastime. Play ball and go Navy.



U.S. Navy photo by MCSN Matthew Jackson

Adm. Robert F. Willard, commander of U.S. Pacific Fleet, addresses Pacific Partnership members aboard amphibious assault ship USS Peleliu (LHA 5) during an all hands call in Majuro, Republic of the Marshall Islands, on Aug. 29.

Pacific Fleet launches 'Rat-Pac Report'

Commander, U.S. Pacific Fleet Public Affairs

Commander, U.S. Pacific Fleet Adm. Robert F. Willard joins Chief of Naval Operations Adm. Mike Mullen in the continuing effort to bring the Navy message to Sailors, civilians, Navy families and the public by producing regular podcasts. Willard's first "Rat-Pac Report" podcast was posted Sept. 12.

Available for download on the Pacific Fleet Web site, www.cpf.navy.mil, the podcasts will provide Willard another way to communicate a variety of topics to the Pacific Fleet.

A new "Rat-Pac Report" is scheduled to appear on www.cpf.navy.mil every Wednesday. In coming weeks, podcasts will focus on the commander's vision, mission and guiding principles, as well as diversity, leadership, training and the environment.

Willard's first "Rat-Pac Report" covers Pacific Partnership 2007, a Commander, U.S. Pacific Fleet humanitarian mission embarked aboard USS Peleliu (LHA 5), which stopped in Hawai'i on Sept. 12 on its way home to San Diego. Pacific Partnership brought together the U.S. Navy, international medical personnel, partner nations, and non-governmental organizations to provide medical, dental, construction and other humanitarian-assistance programs ashore and afloat in the Philippines, Vietnam, Papua New Guinea, the Solomon Islands and the Marshall Islands.

Hawai'i Navy News Editorial

All hands to quarters for muster, inspection, and instruction



U.S. Pacific Fleet Master Chief Tom Howard

Welcome back, shipmates, to our continuing series addressing Navy pride, professionalism and the basics of being a U.S. Navy Sailor. This week, I want to ask each of you just how many of you hold quarters on a regular basis. Even on shore duty?

As I travel throughout the fleet I ask about quarters, and I am getting the distinct

feeling that the majority of commands are in fact conducting morning quarters. For those in the minority, who may not, and in our continuing effort to get back to the basics, I have to tell you that getting back into the routine of holding quarters may just be the place to start.

Quarters for muster, instruction and inspection, as it is officially known, is at the root of our heritage as well as a pillar of deckplate leadership.

Holding quarters simply means taking the time to communicate face-to-face in a daily meeting to ensure all Sailors are where they are supposed to be, to impart information, to recognize good performance, and to conduct routine inspections. Such inspections ensure Sailors are in squared-away uniforms and personal hygiene is up to standards - to include haircuts and shaves if applicable.

Leaders, keeping Sailors informed and educated on all matters breeds trust and respect. And, as the old cliché says, a Sailor who knows what's going on is a better Sailor. If it's true that we fight the way we train, the same can be true to say we'll lead like we've been led. The chiefs' and LPOs' presence at quarters is something that will be duplicated as Sailors move up in rank.

Now that we know what quarters is, let's break it down into its three parts - muster, instruction and inspection.

The most basic of the three items is muster. Since mustering is the first part, it's important that we bring our division to attention. I would like to know that every division is starting quarters with all hands reciting "The Sailor's Creed." As for the actual muster, sure, your Sailors can phone in, stop by the chief's desk to say hello, or drop an e-mail to their

leading petty officer, but that is as far from deckplate leadership if I ever saw it. Shipmates, mustering equates to personal accountability for all. Importantly, we must practice on shore duty what we are required to do at sea. Train the way we fight, remember. At sea, the muster report is the single document used to ensure the entire crew is aboard the ship. There is no guessing.

The second element of quarters is instruction. Are we really in so much of a hurry every day that we cannot spend five to 10 minutes communicating the plan of the day, the responsibilities or hot items of the day, important deadlines, command-related events and more? How about recognizing jobs well done by the Sailors who make great things happen every day? Instruction equates to guidance and mentoring. Guidance and mentoring lead to strong divisions,

strong commands and a strong fleet.

Last, but certainly not least, is inspection. Every day we put on the cloth of our nation should be a proud day. And we should be more than willing to stand in front of our peers, our Sailors, our leaders and be so proud. When we stand up and say, "I am a United States Sailor," we should do so in a uniform that personifies the very words of the creed. Conducting inspections at every quarters ensures uniforms are squared away as well as haircuts, shoe shines, etc. If we take pride in our appearance and understand that a Sailor's appearance affects how the world sees the U.S. Navy, conducting regular inspections should be a welcomed tasking. Inspections are not a punishment, but a daily way for leadership to ensure their Sailors are ready for the day.

So, there you have it, shipmates - another step back to

the basics of being a Sailor, a step forward to ensuring all Sailors are accountable, informed and ready.

If you are in a command or department that holds quarters, BZ [bravo zulu] to you. You're more informed than your counterparts at commands or departments that do not. If you don't have quarters, ask your chief why not. Given that so much good comes from having quarters, I can't imagine many good arguments being waged as to why someone would not conduct quarters. Quarters are not an inconvenience. We must do everything we can to ensure each of us begins our day on time, looking our best, and armed with the most up-to-date information we can possibly get.

Until next time, shipmates, keep up the great work! If you have any questions or comments, drop me a line at cpf.fleetfeedback@navy.mil.

Sail safe and sail together!

Commentary

Chapel Pennant

Slam dunk your funk

Lt. Scott Carlson, CHC, USN

Pearl Harbor Memorial Chapel

Buffalo Bills tight end Kevin Everett reminds us that life is full of challenges. Already recuperated from an ACL tear that occurred during the first practice of his pro career, he now has the greater challenge of learning how to walk again.

How do we get back on our feet? No one is responsible for what happened to them, but we are all responsible for what we're going to do about it. Action is the key and the human body is a great example.

Get real with it. It's a universal truth that struggle is a necessary part of life, from the tussle between dawn and dusk to the subatomic tension between protons and electrons. At the tissue level, if we want to get in shape we have to go through some growing pains. Muscle fibers must break down in order to get bigger. The cardiovascular system must be stressed for maximum output. No pain, no gain. When we own the reality of our challenges, we've already triumphed over them.

As Holocaust survivor Dr. Viktor Frankl writes from life in a concentration camp, "Emotion, which is suffering, ceases to be suffering as soon as we form a clear and concise picture of it." He discovered that it really does not matter what we expect from life, but rather what life expects from us. The sooner we get real with our challenges, the sooner they're behind us. It's mind over matter. If we don't mind, it "don't" matter. Rise above your funk.

Get on with it. Finding meaning in difficult circumstances maximizes empowerment. As Hanoi Hilton survivor Navy Capt. (ret.) Gerald Coffee discovered, "I had to stop asking 'Why me?' and start asking 'Show me.'" To quote the philosopher Nietzsche, "He who has a why to live for can bear with almost any how." Find meaning in your funk.

To get on with it means refining our focus, rediscovering our successes, and getting better at what we do best. This means redirecting our energies from negative and destructive thought patterns to positive

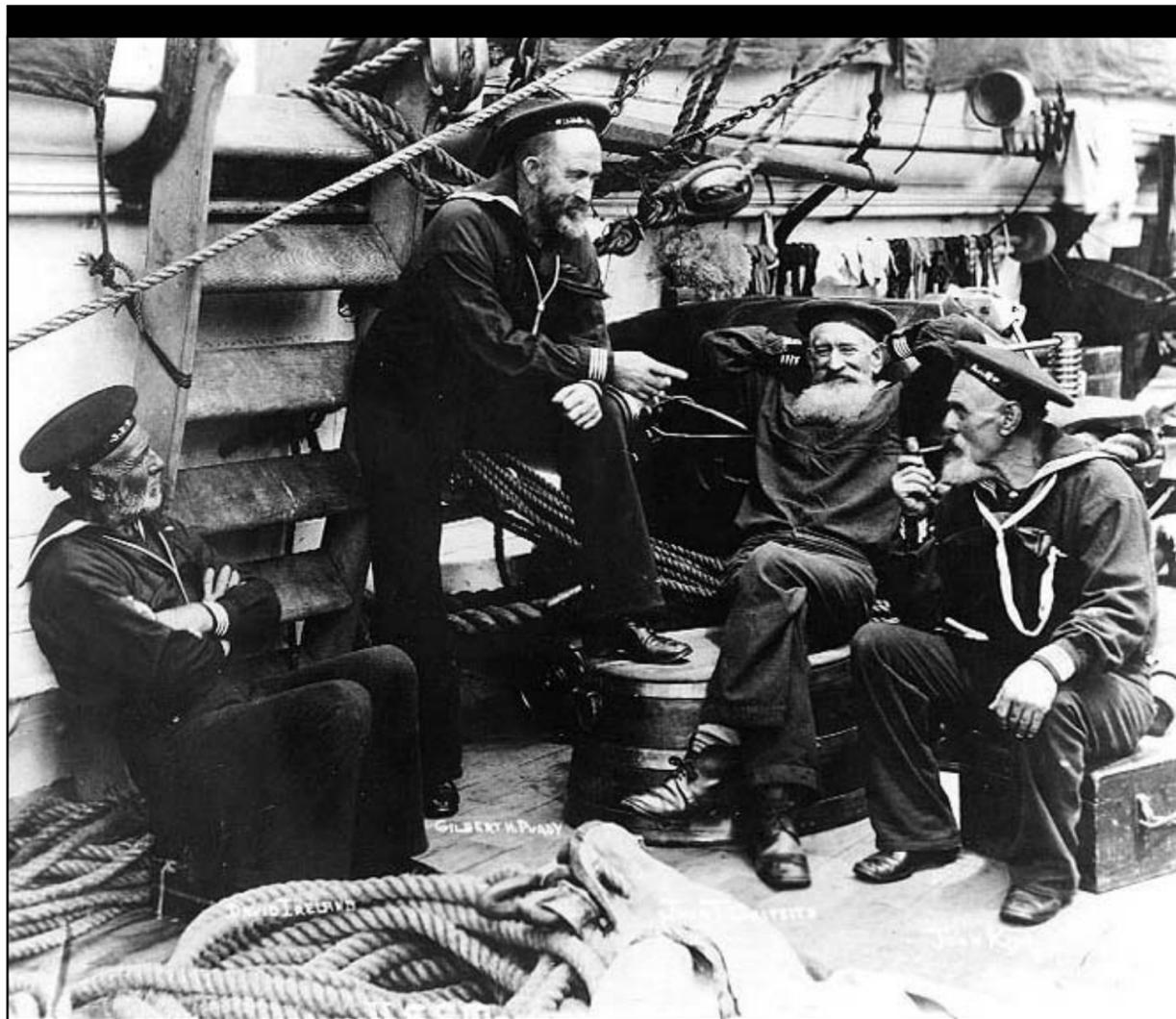
ones. Personally, I got in the best physical condition and achieved the most financial success in my life when I was in the middle of the deepest funk in my life. Use your negative energy in a positive way to overcome your funk.

In the advice of sports medicine and personal trainers, start slowly. Muscles need to be warmed up and gradually stretched. Don't try to do anything more than you can do today. Work only one body part at a time and don't expect miracles in your first session.

As Jesus put it, "Do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." (Matthew 6) Do everything you can in your power each day to deal with your funk.

Get past it. This is where core values and faith come in. Frankl discovered that to restore a man's inner strength in the camp, he had first to succeed in showing him some future goal. As a doctor, he pictured himself on the platform of a well lit, warm and pleasant lecture room giving a discourse on the psychology of the concentration camp. By doing this, he rose above the situation and observed it as if it was already a thing of the past. Picture your life past your funk.

Kevin Everett's doctors have now revised their first prognosis and say it is likely he will walk again. That which does not kill us will make us stronger. Periods of crisis can be opportunities in disguise. Use your faith and core values to get past your funk. Get out there and discover those opportunities. It may take what seems like forever, but you will eventually unearth those opportunities and maximize them to your advantage.



"The Old Navy" or "Old Salts of the Square Rigger Navy"

U.S. Naval Historical Center photograph

Photograph taken on board USS Mohican in 1888 by Assistant Surgeon H.W. Whitaker, USN. The Sailors in the photograph are (from left to right): David Ireland, Gilbert H. Purdy, John T. Griffith and John King. (Purdy was 60 at the time the photo was taken and died Dec. 24, 1912 at San Diego, Calif. at the age of 84, being at the time of his death the oldest man on the retired list of the Navy. Ireland, who was 55 years old when the picture was taken, first enlisted in the Navy on April 8, 1850 so he had seen 38 years of service. King, 54 years old, followed the sea in merchant ships for a number of years before enlisting in the Navy, which he first did on April 9, 1875, then in his 42nd year. He was finally discharged on April 2, 1896. Griffith, the oldest man in the group, was 62 years of age when the picture was taken. He last enlisted on Oct. 18, 1888 and was finally discharged on Dec. 10, 1889.)

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USS Hopper supports 11th Marine Expeditionary Unit with live fire

Ensign Katie E. Burkhardt

USS Hopper (DDG 70) Public Affairs

The Pearl Harbor-based, Arleigh Burke-class destroyer USS Hopper (DDG 70) fired 428 rounds of five-inch ammunition in coordination with the 11th Marine Expeditionary Unit (MEU) and Expeditionary Warfare Training Group Pacific off the coast of southern California between Sept. 9-11.

Hopper was originally scheduled to fire 210 rounds in two multi-mission exercises to train both the shipboard crew and the Marines spotting on shore, but the tasking increased to 428 rounds. To support this short notice tasking, Hopper conducted a vertical replenishment with USS Port Royal (CG 73) to transfer 162 projectiles and 78 powders.

An MH-60 helicopter, attached to the "Blackjacks" of Helicopter Sea Combat Squadron 21 (HSC-21), moved six pallets between the ships, enabling the Hopper to take on the extra missions.

The two-and-a-half day exercise provided unprecedented training for Hopper's Sailors. New team members were trained in fire and casualty control procedures, the gun team exercised its ability to maintain the gun during heavy fire, and the entire strike group finessed its coordination between Marines on the beach and an

afloat unit.

Master Chief William Sylves, weapons department leading chief petty officer, was satisfied with the opportunity to fully prepare for Hopper's upcoming deployment. "It'll pay huge dividends on our deployment having a team with that experience under their belt," he said. "If the ship is called on to do something real world, the captain will have ultimate confidence in his team."

Hopper's gun teams experienced a casualty to the gun, but were able to recover from it by following casualty control procedures as trained. Gunner's Mate 3rd Class Blake Quick, mount captain, confidently put his years of training into practice to combat the casualties. "You train for it and we handled it well by doing everything we are trained to do." Although he enjoyed the live ammo experience, Quick added, "My only regret is that I don't get to see my round fall, but at least I know I'm doing some good [training]."

Seaman Jaclyn Parsons arrived onboard only five days before starting the exercises and said that she benefited tremendously from the training. "Everything I learned in school, I've been using," she said.

While Parsons did well in 'A' school, training in the classroom is never the same as live fire. "When I heard the old "boom," it fulfilled my dream," she said.



U.S. Navy photo by Lt. j.g. Justin Salvia

A high explosive round fires from the MK 45 5-inch/54 caliber gun mount onboard USS Hopper (DDG 70) while conducting live fire training exercises in conjunction with 11th Marine Expeditionary Unit (MEU) off the coast of southern California. A total of 428 rounds were expended during the exercise.



Sailors give the gift of life

Army Specialist Craig Curtis of Tripler Army Medical Center draws blood from Capt. Richard Verbeke, deputy commander of Pearl Harbor Naval Shipyard. Verbeke donated one pint of his blood for the Armed Services Blood Program during the Sept. 11 Memorial Blood Drive at Bloch Arena at Naval Station Pearl Harbor. Verbeke's blood and all of the blood drawn from service members and Department of Defense civilians during the drive will go to benefit troops serving in Iraq and Afghanistan. "It's important to donate blood because our military hospitals and facilities need the blood. We're in the middle of war and we have a lot of troops in recovery," said Verbeke.

U.S. Navy photo by MC3 Paul D. Honnick

CNSF talks to Pearl Harbor Sailors

Continued from A-1

System Technician - Mechanical Fireman Joseph Lawson, assigned to Lake Erie. "It was great to give our senior leaders feedback on issues important to us."

Other Sailors thought that the setting and atmosphere was the best thing about the event.

"Having the admiral come down here and talk to us shows that leadership cares," said Chief (Sel) Gas Turbine System Technician Electrician (SW) Derrick Monks, assigned to Paul Hamilton. "He talked to us like real people. We could be candid with him and he was candid with us."

Etnyre took the position of CNSF in March 2005. Its mission is to provide operational commanders with well trained, highly effective, and technologically relevant surface forces that are certified across the full spectrum of warfare areas.

Pearl Harbor Highlights

(Below) The flight crew on USS Hopper (DDG 70) directs an MH-60 from the "Blackjacks" of Helicopter Sea Combat Squadron Two One (HSC-21), during a vertical replenishment (VERTREP) ammunition transfer from USS Port Royal (CG 73). VERTREP is a method to transfer stores, mail, ammunition or other goods to and from ships at sea via helicopter.

U.S. Navy photo by IC2 Brian Hickey



U.S. Air Force Thunderbirds Air Demonstration Squadron fly in a six-jet diamond formation over the USS Arizona Memorial and Battleship Missouri Memorial at Pearl Harbor. The Thunderbirds were in Hawaii for Air Force Week.

U.S. Navy photo by MC1 (AW/SW) James E. Foehl



Photo courtesy of the USS Missouri Memorial Association
Over ice cream, retired Marine Col. Donald A. Person shares personal experiences after a special preview of Ken Burns' "The War" aboard the Battleship Missouri Memorial, as part of PBS Hawai'i and the USS Missouri Memorial Association's "Friends and Films on the Fantail" on Sept. 15.



Indonesian naval cadets line the mast of Indonesian naval training ship KRI Dewaruci as she makes her way pier side at Naval Station Pearl Harbor. Dewaruci's overseas sailing mission provides an avenue for sea training of Indonesian naval cadets and promotes good will in tourism, culture and international relationships.

U.S. Navy photo by MC1 (AW/SW) James E. Foehl

(Below) Tugboats assigned to Naval Station Pearl Harbor assist Indonesian naval training ship KRI Dewaruci as she prepares to moor pier side at Naval Station Pearl Harbor.

U.S. Navy photo by MC1 (AW/SW) James E. Foehl



Russian Pacific Fleet admiral visits USS Russell

Story and photo by
Ensign Theresa Donnelly

USS Russell (DDG 59)
Public Affairs

With the help of Helicopter Anti-Submarine Squadron 47, Commander, Russian Pacific Fleet Adm. Viktor Fedorov, and U.S. Navy Pacific Fleet Adm. Robert Willard landed onboard USS Russell (DDG 59) on Sept. 10 for a ship's tour.

Fedorov's previous experience included commanding a navigating unit of a minesweeper. Seeing a destroyer in action gave the Russian Pacific Fleet commander an opportunity to see first hand the day-to-day operations of a United States warship.

The visit to Hawai'i by Fedorov was designed to enhance relations between the United States and the Russia Federation. Just two weeks prior, the commander in chief of the Russian Federation Navy, Fleet Adm. Vladamir Vasilyevich Masorin, paid a visit to the amphibious assault ship



Ens. Steve Collins gives orders to change the ship's course while Adm. Victor Fedorov, Commander, Russian Pacific Fleet, speaks with Adm. Robert Willard, Commander, U.S. Pacific Fleet, during an at sea visit aboard the Pearl Harbor-based guided missile destroyer USS Russell (DDG 59) on Sept. 10, 2007. The visit was designed to facilitate positive relations between the United States and the Russian Federation.

USS Bataan (LHD 5) while pierside at Norfolk, Va.

The Russian dignitary, accompanied by wife Valentina, toured several

ships spaces, including the combat information center (CIC), where a live scenario of a simulated air threat was in progress.

Fedorov was especially impressed with the female leadership and seamless integration onboard with 10 female officers, including

Russell's chief engineer Lt. Courtney Minetree, who is primarily responsible for all of the ship's propulsion and auxiliary systems.

As the Pacific Fleet admirals witnessed the training exercise, Cmdr. Brad Cooper, Russell's commanding officer (CO), explained to Fedorov through a translator the role of each watchstander in CIC and how Russell is equipped and manned to fight a surface, subsurface or air threat. Additionally, the CO noted how drills are essential to keeping the readiness level high.

"Our number one mission while inport is training," Cooper explained. "Ninety percent of all personnel in CIC have had advanced schooling."

During the CIC portion of the tour, the CO introduced a key player in many of Russell's ballistic missile defense (BMD) exercises, Fire Controlman 2nd Class Matthew Randolph. Randolph was personally commended by the CO on his performance as a vital watchstander during BMD mis-

sion tasking.

"I felt really important that out of all the FC2s in the United States Navy, I had a chance to speak to a four-star admiral not only in our Navy, but from Russia as well," Randolph said.

After the combat tour, Willard and Fedorov were taken up to the ships' bridge and witnessed a firing exercise with Russell's five-inch, 54-caliber light weight gun mount (LWGM) followed by high speed maneuvering drills.

The visit concluded with a presentation ceremony as the ship's crew presented both Pacific Fleet commanders with a five-inch shell ashtray and a framed picture of their wives on the bridge, with Russell's ceremonial coins inside.

"Both Pacific Fleet commanders were truly interested in our ship and seemed to enjoy their tour," said Ensign Lisa Bydairk.

Russell is currently assigned to the USS Abraham Lincoln Strike group and will accompany the carrier on her upcoming deployment.

USS Lake Erie honor guard commemorates Battle of Lake Erie

Lt. j.g. Thomas Buck

USS Lake Erie (CG 70)

For the seventh time in the last eight years, the honor guard of USS Lake Erie (CG 70) traveled to Put-in-Bay, Ohio on Sept. 8-9 to participate in festivities surrounding the anniversary of Commodore Oliver Hazard Perry's 1813 victory over the British in the Battle of Lake Erie.

At 'Historical Weekend' at Put-in-Bay, seven Sailors from Lake Erie connected with the community by performing volunteer work at the local senior center, dining with the local Navy League, conducting a flag-raising ceremony, meeting with boy scouts from Ohio, Michigan and Pennsylvania, and marching in the town's annual Historical Weekend parade.

This year's honor guard included two service members for their first visit to Put-in-Bay and two who were returning from last year. "Never in all my life have I been more proud to serve my country than during my time there," said newcomer Sonar Technician (Surface) 3rd Class Daniel Miller.

"From walking down the streets and having complete strangers come up to me and say 'thank you for what you do,' to having WW II veterans tell me that they were [at Historical Weekend] because of me, knowing good and well the sacrifices they made for our country, I witnessed the sense of patriotism in Put-in-Bay that made this country the most powerful nation in the world," continued Miller.

Each trip has provided a valuable opportunity for personal interaction between American citizens from a state with minimal naval presence and the Sailors representing the namesake of their residence in the fleet. The trips are made possible largely by Glenn Cooper, a Put-in-Bay township trustee and operator of the island's most popular ferry



U.S. Navy photo by Lt. j.g. Thomas Buck

Personnel Specialist 2nd Class (SW) Jose Baqueroalvarez and Gas Turbines Systems Specialist 3rd Class (SW) Rickey Losey stand ready to present colors at a flag-raising ceremony during the USS Lake Erie honor guard's participation in Put-in-Bay, Ohio's Historical Weekend on Sept. 8-9.

boat line.

Cooper, who when the announcement for the construction of CG 70 was made lobbied former Ohio Senator John Glenn to have it named after the Battle of Lake Erie, has enjoyed a long-lasting relationship with the ship that he helped name. "We've had six of the eight COs of the Lake Erie come visit us," he explained. "We look forward to this every year."

"Lake Erie's relationship to its namesake town, and to the people who were integral in seeing our ship through its beginnings and ever since, is special and worth preserving," said Capt. Randall Hendrickson, Lake Erie's commanding officer. "Traveling to Put-in-Bay after our deployment to the

Western Pacific is a fitting capstone to a successful year."

One event in particular that made this year's visit unique was the presence of Gas Turbine Specialist 3rd Class (SW) Ricky Losey, who happens to be a resident of Clyde, Ohio, a town just a few miles from Put-in-Bay. His inclusion in the honor guard afforded family and friends the chance to witness his re-enlistment and enlisted surface warfare specialist (ESWS) pinning. "It was an honor to re-enlist and be pinned in front of my friends, family and shipmates," said Losey. "It was an even greater honor to be able to present the naval service flag in the parade for the entire world to see," he added.

"This is a great opportunity for these outstanding Sailors," said Lake Erie Command Master Chief Mack Ellis, who hand-picked the command's honor guard. "Coming to Put-in-Bay allows these Sailors to gain a rich understanding of Lake Erie's and our Navy's history and helps them appreciate how much support they have from the people of the great town their warship represents."

In addition to affording time for ceremonial and civic activities, the visit allowed Hendrickson an opportunity to relay to the citizens of Put-in-Bay the past year's accomplishments of the "people's ship."

Serving as a keynote speaker at the Historical Weekend ceremony,

Hendrickson, with the image of the 352-foot Perry's Victory and International Peace Memorial reflecting off the glass wall behind him, discussed recent Lake Erie milestones.

Listing the successful ballistic missile defense (BMDed) exercise flight mission-11 (FTM-11), Lake Erie's recent battle effectiveness award, and various joint and combined exercises taking place during Lake Erie's four-month Western Pacific deployment, Hendrickson conveyed to his audience the sense of accomplishment that accompanies a warship's journey from being in a dry dock to carrying out its missions thousands of miles from homeport.

"Lake Erie has come a long way in one year," he said. "It is important for this town, which has supported Lake Erie since its inception, to know the important work in which its hometown ship is involved."

Also on hand to participate in the Historical Weekend festivities was the "father of Aegis," Rear Adm. (Ret.) Wayne Meyer.

"Meeting Adm. Meyer was one of the trip's highlights for me," said Boatswain's Mate 2nd Class (SW) Joey Luna. "To think of all he has accomplished and everything he continues to do today is an inspiration to me."

Meyer's late wife, Margaret, served as the official Lake Erie ship's sponsor and christened the warship at its launching in 1993.

The Lake Erie honor guard flew back to Pearl Harbor immediately following the weekend's activities. While they may have missed out on some post-deployment rest, there were no complaints.

"This was my third time to be a part of this trip and it is an honor to represent Lake Erie in such a memorable event," said Personnel Specialist 2nd Class (SW) Marcelo Baqueroalvarez. "Each year has been a special experience for everyone involved," he concluded.