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HANDS-ON TRAINING SUSTAINS PROFICIENCY FOR

Chung-Hoon VBSS



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Commander, Navy Region Hawaii Public Affairs

Sailors from the guided-missile destroyer USS Chung-Hoon (DDG 93) visit, board, search and seizure (VBSS) team conducted non-compliant boarding and search training March 26, while at their homeport of Naval Station Pearl Harbor.

The hands-on training served as an opportunity for the VBSS Sailors to maintain their proficiency while in port and evaluate the ship's ability to conduct boarding operations in preparation for their next deployment.

Visit, board, search and seizure is "one of the major roles the Navy plays in the global war on terrorism," said Lt. j.g. Lawrence Heyworth, force protection assistant and boarding officer for the Chung-Hoon.

As the ship entered a training environment, the VBSS team quickly manned up and dispatched via Rigid Hull Inflatable Boat (RHIB) to the training site, the decommissioned amphibious transport dock USS Duluth (LPD 6).

Using the "hook and pole" method, the VBSS team boarded Duluth safely from the RHIB as quickly as possible.

"What the Duluth offers us is a different and unfamiliar platform," said Master Chief Storekeeper (SW) Bryon



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Eichelberger, a VBSS training team member and senior enlisted advisor for the ship. "Each vessel is unique in its own way. This gives us an opportunity to get on board, practice our movements and get to the main areas that we're trying to control."

Once aboard the simulated suspect vessel, the team formed a security perimeter and moved to their objectives executing their assignments as laid out by mission planning.

"Depending on the size of the ship, we'll board with either one or two squads. A smaller boat we might go with one squad, a larger boat we'll go with two," said Heyworth.

A standard squad consists of six Sailors - a boarding officer, an engineer, a breacher and three security team members. All who are fully qualified and com-



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pleted VBSS school.

The senior boarding officer on the mission is responsible for the whole team, the actions of the team and getting the mission accomplished.

"The engineer's primary role is the initial safety inspection to make sure the ship we're aboard is going to stay afloat."

Carrying the necessary equipment, the breacher has the responsibility of opening up locked spaces when they're encoun-

tered. "Everyone else on the team is considered a security team member. Their job is to hold security and ensure the security of the boarding officer and the engineer," said Heyworth.

While searching suspect vessels, the squads look for any cargo that's not on the manifest along with any other items briefed prior to their mission.

"A lot of terrorists fund their organizations through drug money," said Heyworth.

"We're specifically interested in anything that could be associated with the global war on terrorism - weapons, money, or large amounts of drugs."

During the Chung-Hoon's last deployment, their VBSS team played a critical role in the ship's mission to protect oil platforms in the Persian Gulf.

"During that time we did a lot of boardings on oil tankers that would come in to load up at the platforms. We sent our teams to board the tankers, sweep them to make sure

they were safe and secure, then clear them for the oil terminal," said Eichelberger.

"Today's training was very successful. It's important for us to keep up our proficiency, especially in the non-compliant area," said Eichelberger. "You never know when you're going to get called on."

The U.S. conducts maritime interdiction operations and VBSS in international waters to prevent terrorists around the world from using the sea to transport weapons, drugs and personnel illegally and to thwart piracy.

Volunteers needed to give special memories to campers

By Blair Martin

Contributing Writer

Summer camp may be the highlight of every child's summer, but for children who suffer from neuromuscular diseases, a chance to be like any other "normal kid" for a week can be an opportunity of a lifetime. This June, the Muscular Dystrophy Association (MDA) will hold a special week-long summer camp for children with muscular dystrophy at YMCA Camp Erdman in Waialua.

"For many, this is the one time of the year where they don't feel out of place or judged," said Jennifer Li, MDA Healthcare Service Coordinator. "Camp is a magical place where they get to do fun things they would never get a chance to do anywhere else."

Li, a former camp counselor, described the event as a "magical" time for campers to enjoy fun activities such as horseback riding, swimming, arts and crafts projects as well as a talent show and dance night.

"They are able to swim, dance and sing in a group of their peers and not feel shy about their disabilities," she said. "At camp, their dreams come true and it is our job is to make sure their dreams come true."

MDA's summer camp program began in 1955, and since, has become one of the most valuable programs the organi-



zation offers to children and families with neuromuscular diseases. The camps have been held regularly in Hawaii since 1973 and not only spread cheer to campers but also give families a well-needed break from the daily demands of living with physical disabilities, Li said.

Because many campers are either wheelchair-bound or have limited mobility, each camper must be paired with a camp volunteer in order for them to enjoy camp activities. All volunteers must be of sufficient strength and size to

assist with the needs of the campers. "For one week, the volunteer becomes the arms and legs of that child," Li said. "If a child needs to be turned in the middle of the night, he or she will have to turn him. It may be a physically demanding week but the emotional rewards are endless."

A medical team will also be on-hand at the camp to assist when necessary and a special training session will be held before camp for all who volunteer, she added.

According to Li, 100 campers, ages 6 through 21,

have already enrolled for the week-long camp adventure. With only 20 volunteers currently signed up, she said MDA is in desperate need of volunteers and are turning to the Navy for help.

"We are building a relationship with the Navy and are hopeful they will be able to send us dependable volunteers ready to make a difference in a child's life," she said.

Paul H. Gagnon, former MMCM (SS) Master Chief Machinist's Mate for Submarine Squadron 7, said he thinks "today's Navy" is full

of ideal candidates wanting to make a difference in their community.

"I've spent 25 years in the Navy and I know we have good people who want to volunteer," said the veteran. "The volunteers we need have to be mature, responsible and willing to help. Sailors have very active lifestyles and I know they want to make a difference in a person's life."

Gagnon, who has lived in Hawaii since retiring in 1981, has been associated with MDA since 2006, when he was diagnosed with Amyotrophic Lateral Sclerosis (ALS), also known as Lou Gehrig's Disease.

"When you have this [disease] you tend to meet people with similar issues and you want to do all you can to help," he said. Gagnon discovered his symptoms in 2005 while running a 25K marathon near Schofield Barracks. Since his diagnosis, the retiree has remained active with MDA organization and implores upon his "fellow Sailors" to give of their time so young campers will not be turned away.

"Every camper must have a volunteer because of their needs," he explained. "So, if we only get 40 volunteers, we have to tell 60 kids they can't come."

CMDMCM (SW/SS/FMF) Stephen R. Mitchell, Command Master Chief, Naval Station Pearl Harbor, believes the Navy can rise to meet this challenge.

"Part of being a Sailor is

being an ambassador for our Navy," he said. "What better way than to spend a week with some very deserving campers and just bring their quality of life to a level they are not accustomed [to having]. At the same time, our Sailors' lives will be enhanced as well. They are never going to be the same," he added.

Mitchell said Sailors who volunteer for the week-long camp will not be charged with any leave time. "This is will be a commitment on their part and therefore is a commitment on our part to ensure they have this time," he said.

Mitchell said the summer camp will leave a lasting impression on all who choose to donate their time for a worthwhile cause. "I truly believe this will be something the Sailors will never forget," he said. "A week with the campers will be a lot of fun and a lot of work but it will also be very rewarding. You will be a changed Sailor by the end of it."

Deadline for volunteers to sign up is April 15. All volunteers will be matched up one-on-one with campers so applicants are encouraged to share their hobbies and interests when filling out volunteer applications. MDA's summer camp will be held June 6 to 13 at Camp Erdman, near Oahu's scenic North Shore. To volunteer, contact Mitchell at 473-3430. For more information on MDA's summer camp programs, visit www.mda.org.

Navy Family Accountability and Assessment System (NFAAS) and Personnel Accountability (PA) Training

Command briefing and training on the revised NFAAS web-based application and PA protocol will be held from 8 a.m. to 11 a.m. April 10 at the Sharkey Theater, Naval Station Pearl Harbor in preparation for upcoming emergency preparedness exercises and hurricane season. Brief will be tailored to COs, XO's, PAO, PA Reps, Fleet and Family Service Case Managers, Ombudsman and major participants in the PA process. Representatives from all commands are encouraged to attend.

STORY IDEAS?

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

Phone: (808) 473-2888

Email: hnn@honoluluadvertiser.com

Hawaii Navy News

Fleet and Family Support Center offers help in dealing with anger

Fleet and Family Support Center

Anger is an extremely difficult emotion for some people to handle. Often this emotion masks other feelings such as rejection, fear of loss or failure, feeling frustrated, not heard or misunderstood. Very few of us had good role models for handling anger. We may have seen a parent explode violently, stuff feelings through eating or alcohol, or act out in a passive-aggressive manner - such as forgetting a spouse or child's birthday. Anger can push away those we most want to be close to us.

Anger can stun, frighten, cause others to avoid us, lead to counter-attacks or cause one to react defensively when the angry person is around. Poorly managed anger can lead to problems on the job, divorce, illness, accidents, mistakes and isolation. It is critical for us to



learn to manage anger well.

When managed well, anger can be a source of information, energy or motivation. Anger can help one

set boundaries when needed, lead to increased understanding of ourselves, others and our relationships, and ask for what is

wanted ahead of time.

It is important to catch anger early and to take a time out when needed. Some good ways of handling anger are using positive self talk, slow deep breathing, cognitive restructuring, listening to calming music, exercising, enjoying hobbies and using good self care. Some ways that don't work well are stuffing emotions, using addictive behaviors (such as drinking, spending, gambling) to cover up feelings, exploding or denial. To refresh skills in managing your anger well, contact your CEAP counselor and schedule an individual appointment and/or register to attend one of our Stress or Anger Management classes.

Fleet and Family Support Center (FFSC) classes are free to DOD civilian employees and to military and their families. Additional FFSC course offerings can be found on the Quality of Life Navy Hawaii

website at <http://www.greatlife-hawaii.com>. You may call the Customer Service Desk at 474-1999 to register for any class. The Fleet and Family Support Center is located in the Moanalua Navy Services Center at 4827 Bougainville Drive, Honolulu, Hawaii.

FFSC Classes for April include: Breaking Up is Hard to Do Support Group: April 3, 10, 17, 24, 5:00 p.m. -7:00 p.m. Couples Group: Communicating with Your Partner: April 3, 10, 17 24, 5:00 p.m. -7:00 p.m.

Stress Management: April 8, 8:00AM - 11:00 AM Managing Those Wonderful Teens (Ages 11-18): April 16, 10:00 AM - 12:00 p.m.

Discipline and Your School Age Child (Ages 5-10): April 17, 11:00 AM - 1:00 p.m.

Anger Management: April 22, 8:00 AM-11:00 AM

Skylark CENTRAL

WORD SEARCH
Find the names of these 34 words and phrases used to describe **Young People**

ADOLESCENT	COLLEEN	JUNIOR
LAMB	LITTLE SQUIRT	PRETEEN
SCHOOLGIRL	TEENAGER	YOUNGER
BABY	GIRL	JUVENILE
LASS	MINOR	RUG RAT
SHAVER	TYKE	YOUNGSTER
BOY	INFANT	KID
LITTLE MISS	MOPPET	SCHOOLBOY
SMALL FRY	URCHIN	YOUTH
CHILD	INNOCENT	LAD
LITTLE ONE	NEWBORN	
STRIPLING	WHIPPERSNAPPER	

LA O N G N C T N A F N I O I Y
I N S I O P N H E D R S O E B O
T N R H S L T E I O A L L U H U
T L L U A R Y O B L O O H C S N
L N E M G V K W L E D L O S J G
E F B E B R E N R S T L I R U E
S R I A I N A R E C L A L E V R
Q H B N L I T T L E M I S S E G
U Y T M N Y I I E N T R T T N E
I R O E T O S N D T U E S R I N
R F C E P B C L L S E G R I L E
T L W H I P P E R S N A P P E R
I L N Y I R O I N U J N S L D A
D A L R O N I M O T O E T I L T
T M R A E U U Y T I C E K N L I
R S Y O S E T E E I R T P G E O
E P H H N S C H O O L G I R L N

WHO SAID IT?
"One man with courage makes a majority."

LAST WEEK'S WHO SAID IT?
"REAL INTEGRITY IS DOING THE RIGHT THING, KNOWING THAT NOBODY'S GOING TO KNOW WHETHER YOU DID IT OR NOT."
- OPRAH WINFREY



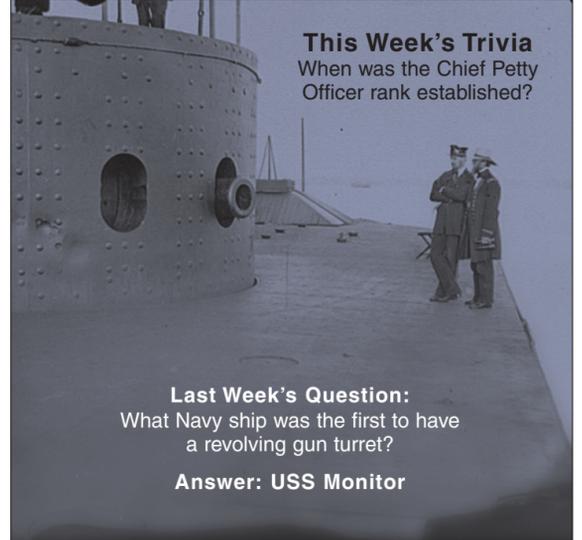
WORD SEARCH SOLUTION
Find 34 SHADES OF BLUE

AIR FORCE BLUE	BICE	COBALT
DENIM	LIGHT BLUE	PERIWINKLE
PRUSSIAN BLUE	SKY BLUE	TURQUOISE
AZURE	CADET BLUE	CORNFLOWER
DODGER BLUE	MIDNIGHT BLUE	PERSIAN BLUE
ROBIN'S-EGG BLUE	SLATE BLUE	ULTRAMARINE
BABY BLUE	CAROLINA BLUE	CYAN
DRESDEN BLUE	NAVY	POWDER BLUE
ROYAL BLUE	STEEL BLUE	VIOLET
BERYL	CERULEAN	DARK BLUE
INDIGO	PEACOCK BLUE	
SAPPHIRE	TEAL	

U R E O U B E U L B R E G D O D O
T E L O I V L W E D U A U R C D W
G W E L N E U L B L E E T S A E A
I O U U M S U U B O U N C L L U G G
R L L I L O A L I L B I I Y U D B
L F B B P B A P P A E R W M R R U
L N A Y C Y K E P Y C A Z U R E L
P R N I O L C R P H E M O H U S E
R O T R P R F L A L I A W L T D P
U C L N O E P O W D E R B L U E E
S U O F D C R U N U U T E H R N A
S L R I A I A I L L T H L E S Q B C
I I A L E B G E W G S U I K U L O
A E C L D H T O I I N A V Y O U C
N S L A T E B L U E N I C B I E K
B U E E D E L L I B P K A L S R B
L T L A B O C O L K I N L U E O L
U U C B C E R U L E A N C E R D U
E U L B G G E S N I B O R R E R E

This Week's Trivia
When was the Chief Petty Officer rank established?

Last Week's Question:
What Navy ship was the first to have a revolving gun turret?
Answer: USS Monitor



Navy Region Hawai'i Manawa Nanea

Morale Welfare & Recreation

YOUTH FITNESS ORIENTATION
 Navy Region Hawai'i Morale, Welfare and Recreation (MWR) is hosting a free fitness program at 10 a.m. April 5 and 19 at Block Arena Fitness Center, Naval Station Pearl Harbor. The program is designed for youth ages 6 to 14 years old. Orientation includes a facility tour, safety guidelines and equipment use demo. Kids must be accompanied by adult. FMI: 473-0793 or visit www.greatlifehawaii.com.



SWIM CLINIC FOR KIDS EVERY SATURDAY
 Navy Region Hawai'i Morale, Welfare and Recreation (MWR) is hosting an introductory swimming clinic for the kid's Summer Swim Program 9 a.m. to 11 a.m. every Saturday in April free to families and children who want to meet swim instructors and evaluate swimming skill levels. FMI: Scott Pool, Naval Station Pearl Harbor at 473-0394.

FORD ISLAND BRIDGE RUN
 The Ford Island Bridge Run is set to start at 7 a.m. April 5 at the entrance of the Admiral Bernard Clarey Bridge. Late entry fees of \$27 will apply. FMI: 473-0784 OR 473-2494.

For more information on Navy Region Hawai'i MWR events, visit www.greatlifehawaii.com

Community Calendar

April

Support the Navy Marine Corps Relief Society (NMCRS) with the purchase of NEX Benefit tickets on sale starting now. Tickets cost \$5 and can be redeemed April 21- 22 for a percentage off merchandise. Proceeds benefit the 2008 NMCRS fund drive. FMI: 423-3330.

12 ~ In partnership with the City and County of Honolulu, the U.S. Army Corps of Engineers Pacific Regional Visitor Center at Fort DeRussey is celebrating Earth Day with a Fort DeRussey beach and berm clean-up from 9 a.m. to 12 p.m. Volunteers are needed to help with clean-up. FMI: 438-2815.

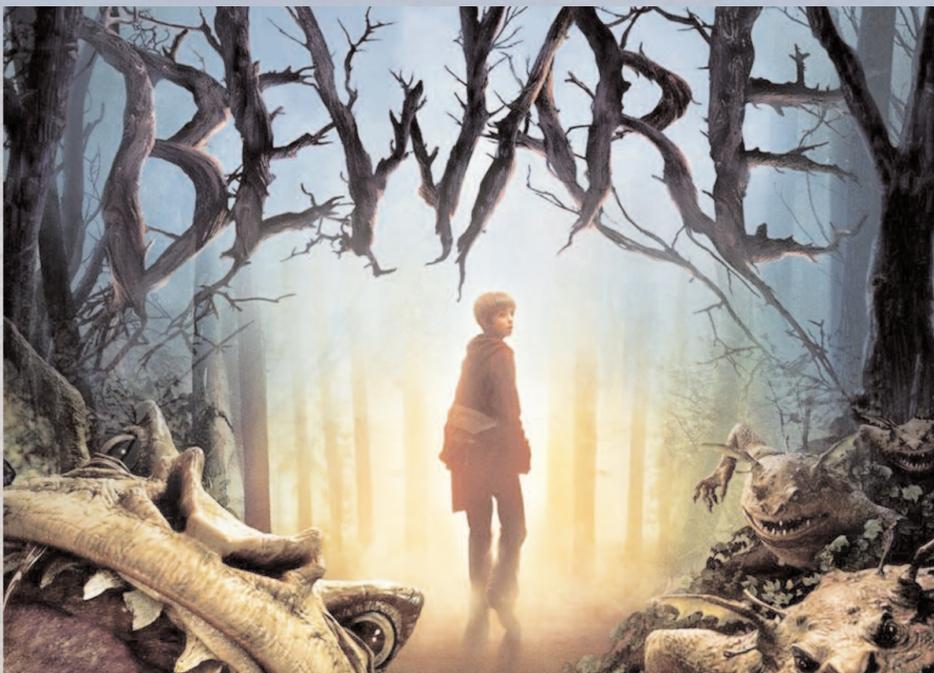


19 ~ Earth Day Environmental Fair. Naval Exchange Pearl Harbor (NEX) and Navy Region will be hosting this year's Earth Day Environmental Fair from 10 a.m. to 2 p.m. in the courtyard of the NEX. The Fair will offer the latest earth-friendly products as well as energy saving tips to improve our environment. FMI: visit www.greatlifehawaii.com.

Ongoing

Tax preparation assistance can help with filing tax returns and receiving a fast refund. The tax preparation service is located in the trailer outside the NEX parking lot. FMI: 422-2082.

Sharkey Showtimes



The Spiderwick Chronicles (PG)

A fantasy adventure for the child in all of us. Peculiar things start to happen the moment the Grace family leave New York and move into the secluded old house owned by their great, great uncle Arthur Spiderwick. Unable to explain the strange disappearances and accidents that seem to be happening on a daily basis, the family blames Jared. When he, Simon and Mallory investigate what's really going on, they uncover the fantastic truth of the Spiderwick estate and of the creatures that inhabit it.

TODAY

7:00 PM Over Her Dead Body (PG 13)

SATURDAY

2:30 PM The Spiderwick Chronicles (PG)

4:45 PM Fool's Gold (PG 13)

7:15 PM Welcome Home Roscoe Jenkins (PG 13)

SUNDAY

2:30 PM The Spiderwick Chronicles (PG)

4:45 PM Welcome Home Roscoe Jenkins (PG 13)

7:00 PM Untraceable (R)

