

Hawai'i Navy News

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May 9, 2008

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Volume 33 Issue 18

Hopper, Port Royal return to Pearl Harbor

Story and photos by
MC2 Michael A. Lantron

Navy Region Hawai'i Public Affairs

Sailors of the Ticonderoga-class, guided-missile cruiser USS Port Royal (CG 73) and the Arleigh Burke-class, guided-missile destroyer USS Hopper (DDG 70) returned to their homeport of Naval Station (NAVSTA) Pearl Harbor on May 2 following a six-month deployment to the Western Pacific as part of the Tarawa Expeditionary Strike Group (ESG) in support of the global war on terrorism.

"It's fantastic to be home with the family and be able to take some time to relax," said Navy Counselor 1st Class (SW/AW/NAC) Rex Farmley, assigned to Port Royal. "The deployment was amazing. The ship did a lot of wonderful things and it was very well-executed," Farmley added.

As the two ships approached the pier, Hopper was greeted with hula dancers and Port Royal listened to the sounds of the Army 25th Infantry Division Band. Families and friends of the two crews lined the pier waving 'welcome home'

signs and cheering the Sailors.

"It's been a long six months, but it's a great feeling to know they're finally home," said the wife of a Port Royal Sailor.

After the ships moored and the brows were in place, the two ships each held "first kiss" ceremonies and Sailors rushed to greet their loved ones waiting on the pier.

"This deployment has proven that our ship is capable of successfully completing any mission it's tasked with," said Cmdr. Jeffrey James, commanding officer of Hopper.

"Our crew has risen to the challenge of every task and performed superbly throughout our

underway time. Now we are all eager to return to our 'ohana' and enjoy the beauty of the Hawaiian Islands."

Both ships departed NAVSTA Pearl Harbor on Nov. 12, 2007 to join the Tarawa ESG. While on deployment, Port Royal and Hopper provided support to Operations Enduring Freedom and Iraqi Freedom; provided disaster relief and humanitarian assistance in Bangladesh after Tropical Cyclone Sidr; took part in operations in the Horn of Africa; and conducted maritime security operations in the Persian Gulf.

Combined, the two ships made port visits to Singapore; Penang, Malaysia; Bahrain; Jebel Ali, UAE; Phuket, Thailand; Palau; and Guam during the deployment. While on liberty, Sailors took in the cul-

ture and customs the areas had to offer.

Navy guided-missile cruisers and destroyers provide multi-mission offensive and defensive capabilities and can operate independently, or as part of carrier strike groups, surface action groups, amphibious ready groups and underway replenishment groups. Port Royal and Hopper are equipped with the Aegis weapons system, which is used to protect the strike group from enemy combatants.



Photo illustration



NCTAMS PAC Sailor wins Shore SOY Award

Story and photo by
MC2 (SW/AW) Jerry Foltz

U.S. Fleet Forces Command
Public Affairs

NORFOLK, Va. -- U.S. Fleet Forces Command (FFC) honored the fleet's top 12 Sailors on April 17 for their exceptional naval service during the 2008 U.S. Fleet Forces Command Sailor of the Year (SOY) ceremony held at the Sheraton Waterside Hotel in Norfolk, Va.

Information Systems Technician 1st Class (SW/AW) G. J. Jones of Naval Computer and Telecommunications Area Master Station, Pacific was named Shore Sailor of the Year.

Explosive Ordnance Disposal Technician 1st Class (EWS) Tryone A. Logan, assigned to Explosive Ordnance Disposal Group 2, was named Sea Sailor of the Year.

"These Sailors represent the future of what the Navy has to offer," said Adm. Jonathan W. Greenert, guest speaker and commander, U.S. Fleet Forces Command, to the more than 500 Navy leaders, supporters and past Sailors of the Year who attended the ceremony.

Allowing the top Sailors, six sea-based and six shore-based, to savor the moment, master of ceremonies, U.S. Fleet Forces Command Fleet Master Chief Rick West (SS/SW) announced the winners with descriptive anecdotes about the Sailors.

"I just feel like a regular guy," said Jones. "I'm just



Shore Sailor of the Year Selectee, Information Systems Technician 1st Class (SW/AW) G. J. Jones is congratulated by Adm. Jonathan W. Greenert, Commander, U.S. Fleet Forces Command, seconds after the announcement at the 2008 Fleet Forces Sailor of the Year ceremony held at the Sheraton Norfolk Waterside Hotel on April 17. Jones is currently serving at Naval Computer and Telecommunications Area Master Station, Pacific.

working. Trying to be a good father, good husband, a good [leading petty officer] and try and help people out."

"It's not really about me, it is about the people who are out serving day to day and sometimes having to pay the ultimate sacrifice," said Logan, who also has had prior service in the Marine Corps.

The announcement came at the conclusion of a week of activities designed to highlight the individual accomplishments of the 12 candidates, including a social

evening with members of the Fleet Reserve Association and a welcome aboard "meet and crash" indoor go-kart racing event with Fleet Master Chief Rick West and supporters from the Hampton Roads Navy League.

These events were intertwined with the final phase of the SOY competition: intense oral boards to determine who would be chosen to represent FFC as SOY.

"As someone who has worn

See NCTAMS PAC, A-6



U.S. Navy photo

In a search and rescue mission, the aircraft is designed to search for and locate and rescue personnel using the rescue hoist. Designed to operate at extended ranges, the SH-60B Seahawk, the Navy's most technologically advanced helicopter, performs the missions of anti-surface warfare (ASUW), under sea warfare (USW), search and rescue (SAR), medical evacuation (MEDEVAC), vertical replenishment (VERTREP), naval surface fire support (NSFS) and communications relay (COM-REL).

USS Reuben James, 'Easy Riders' perform rescue

Ensign Fallon Rossi

USS Reuben James (FFG 57) Public Affairs

While deployed with U.S. 7th Fleet as part of the Nimitz Carrier Strike Group, USS Reuben James (FFG 57) was tasked to search for a mariner lost at sea who never returned home after ferrying 10 passengers from Tinian to Goat Island.

Reuben James launched helicopter HSL-37 Easy Rider 66 just 30 minutes later and the ship-air team departed the battle group in a search for the mariner.

Meanwhile, Coast Guard Cutter Assateague

and helicopters Knight Rider 63 and Knight Rider 00 were enroute from Guam, prepared to intercept Reuben James to aid in the search. The helicopters were able to receive fuel from Reuben James after their long flight from Guam. Together, the vessels and aircraft swept the channel between Tinian and Goat Island, scouring the seas and patrolling the coastline.

More than 24 hours elapsed from the time of the mariner's disappearance before Knight Rider 00 found the man, suffering from severe dehydration, adrift in his boat which had lost propulsion. A search and rescue swimmer lift-

See USS REUBEN, A-6



Charlotte change of command
See page A-2



Pasadena returns to Pearl Harbor
See page A-4



HSL-37 test Navy's new PT uniform
See page A-8



Captain's Cup
See page B-1

Dollaga relieves Pannell as USS Charlotte CO

Story and photo by
MCI (SW) Cynthia Clark

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

Cmdr. Butch Dollaga relieved Cmdr. Bobby Pannell as commanding officer of USS Charlotte (SSN 766) during a ceremony at Naval Station Pearl Harbor on April 29.

Capt. Lindsay Hankins, commander, Submarine Squadron One, guest speaker at the event, spoke on Pannell and Charlotte's success in the shipyard during their depot modernization period (DMP) as well as their transition back to Pearl Harbor from Norfolk, Va.

"Your commitment to safely and expertly completing an arduous DMP, returning the ship to sea and laying the foundation for future ship's operations and successes has been noteworthy and has positioned the ship for many future successes," he said.

Following the guest speaker's remarks, Hankins presented Pannell with his second Meritorious Service Medal for leading Charlotte through its "intense" DMP as well as the transit through the Panama Canal back to Pearl Harbor and the crew's success through "numerous certifications, inspections and eastern Pacific operations." Charlotte also received the Commander,



U.S. Navy photo by MCI (SW) Cynthia Clark
Cmdr. Bobby Pannell is piped ashore after being relieved as commanding officer of USS Charlotte (SSN 766) by Cmdr. Butch Dollaga during a change of command ceremony at Naval Station Pearl Harbor on April 29.

U.S. Pacific Fleet Retention Excellence Award for 2006 and 100 percent junior officer retention during Pannell's tenure as commanding officer.

In his closing remarks, Pannell expressed how "proud" he was of his crew during their arduous shipyard period and in the time since leaving the shipyard.

"Your high motivation, strong work ethic and impressive training program made my job easy," said Pannell. "Serving with some of the best men you could ever meet on board this mighty warship was a dream come true."

As Dollaga assumed command of Charlotte, he complimented his new crew on the condition of the ship and their help during the turnover process and closed the ceremony letting them know he was up for the task.

"I am honored and privileged to be your commanding officer," Dollaga said. "I look forward to serving you in that capacity through the next two deployments."

Pannell departs Pearl Harbor for Washington, D.C. to serve the office of the Joint Chief of Staff. His sea tours include executive officer of USS Olympia (SSN 717), USS Louisville (SSN 724) and USS James Madison (SSBN 627). Pannell enlisted in the Navy in 1982, was later selected for the Nuclear Enlisted Commissioning Program, and graduated from the University of Texas in 1987.

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Hawai'i Navy News Editorial

ECRC holds Q&A with Hawai'i leadership

Story and photo by
MC3 Paul Honnick

Fleet Public Affairs Center
Detachment Hawai'i

Capt. Jeffrey L. McKenzie and Command Master Chief (SW/AW) Kelly T. Schneider met with Sailors at Naval Station Pearl Harbor (NAVS-TA PH), Marine Corps Base Hawai'i (MCBH) - Kaneohe, and Naval Computer and Telecommunications Area Master Station Pacific (NCTAMS PAC) and they discussed the individual augmentee (IA) and global war on terrorism support assignments (GSA) process.

"One of the problems associated with the IA/GSA program is getting the message all the way down to individual units, individual commands, individual leaders and individual Sailors and families so one of the things we are doing as part of our strategic communications is going around to all of the regions of the Navy and making ourselves available," said Schneider.

McKenzie said that the biggest concern for Sailors preparing for an IA/GSA tour is not being educated enough beforehand on what to expect throughout their training and deployment.

"Most of it has to do with the unknown. They don't really understand exactly where they're going or what they're going to do," explained McKenzie. "By explaining what to expect, a lot of that anxiety is released and they can look forward to their mission and concentrate on the training that's being provided."

"If you get the Sailor and the family to fully understand, appreciate and prepare physically, mentally, financially and spiritually an IA/GSA deployment, the rest of the deployment will be much smoother," said Schneider.

McKenzie also said family support is a top concern for Sailors preparing for or serving an IA/GSA tour.

"The more we can educate the family and those who are helping to support the families, the more mystery we can take out of the IA process," said McKenzie.

McKenzie and Schneider stressed the importance of gathering as much information on the IA/GSA process as possible when preparing for deployment.

"Information is power. Get as much information as you possibly can while making that decision," said McKenzie. "Information is available

through ECRC, it's available through their detailer, it's available through their IA coordinator and their chain of command. That information is there for them to use."

"Ask the questions to your leadership about what things aren't clear. Get your families to prepare and engage with the fleet and family support center because they have great programs to prepare Sailors for an IA/GSA here in Hawai'i and everywhere else," said Schneider.

ECRC's mission is to serve as the IA/GSA Sailor and family advocate and to ensure effective processing, equipping, training, certification, deployment, reach-back, redeployment and proactive family support for all Sailors deploying as IA/GSA.

Action officers and Navy liaison officers are assigned by ECRC to individual Sailors to guide them through the IA process and to assist with any issues and to answer any questions.

ECRC also provides a family support program and coordinates the Sailors' return home.

"We're very, very proud of our Sailors that are serving in these roles out there. The missions that the IA Sailors are performing out there are critically important to our ultimate success in this global war on terrorism," said McKenzie.

Additional information about ECRC and the IA/GSA process can be found on ECRC's Web site at <http://www.ecrc.navy.mil/>.



Expeditionary Combat Readiness Center's (ECRC) commanding officer and command master chief conducted briefs and held question and answer sessions with Navy Region Hawai'i's leadership on April 28-30.

"... If you get the Sailor and the family to fully understand, appreciate and prepare physically, mentally, financially and spiritually an IA/GSA deployment, the rest of the deployment will be much smoother..."

Capt. Jeffrey L. McKenzie
Commanding Officer, Expeditionary Combat Readiness Center

Commentary

Chapel Pennant



Are you having a spiritual drought?

Chaplain Bernard J. Pecaro

Navy Region Hawai'i, Reserve Component

Boy, don't you despise the dry season? Our lawns get crispy brown and water restrictions are difficult. It's always refreshing when the rains finally come and restore our vegetation to the beautiful color of life: green! I grew up in the tropical region of southeast Florida so I prefer the moist and green instead of the dry and brown.

Dry weather may serve as a metaphor for our very own spiritual lives. Don't you just hate it when you feel God has "left the building?" Our perception of God's abandonment leaves our emotions, thoughts and prayer life withered. We feel as though we are in a spiritual drought. In our "desert," we thirst to have God moisten our lips with the overflowing bounty of His grace. We somehow know that just a sip of grace would again restore us to wholeness and strength.

When I wander in a spiritual desert or lonely valley, I have to remind myself of an interesting fact. Oddly enough when my heart, emotions, thoughts and body are all out of sorts, it is then that I am accomplishing my best spiritual work. It is when I find myself uncertain and not in control that I am forced to seek out God who is in control. The dry, barrenness of the soul serves as a catalyst to seek out God and to find Him. In finding God, I am refreshed by grace, restored by springs of living water.

Restored to the mountain top, I am filled with joy and purpose. Then it slowly happens. I begin to forget about the God of love who saved me and think more about me and my needs and my desires. Eventually my thoughts of God are in passing and no longer intimately engaging. It is only a matter of time before I begin to slip from joy-filled grace and return once again to my desert and valley. Beaten down by selfish pursuits and the world, I again remember my God who is always awaiting my return. Humbled, I raise my hands to Heaven and say, "God, save me." In God's time he does.

So when things seem all but lost, remember it is then that God is doing His best work within you. God's Holy Spirit is always with you. God will never abandon you, especially when we face what appears to be your darkest, driest hour. Call upon Him and He will draw near. God loves us each and wants us to be restored to wholeness, strength and fullness of living.

Bennington crew pays tribute to USS Arizona



Official U.S. Navy photograph

USS Bennington (CVA20) passes the wreck of USS Arizona (BB39) in Pearl Harbor, Hawai'i on Memorial Day, May 31, 1958. Bennington's crew is in formation on the flight deck, spelling out a tribute to the Arizona's crewmen who were lost in the Dec. 7, 1941 Japanese attack on Pearl Harbor. Note the outline of Arizona's hull and the flow of oil from her fuel tanks.

Hawai'i Navy News

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Hawai'i Navy News is a free unofficial paper published every Thursday by The Honolulu Advertiser, 605 Kapiolani Blvd., Honolulu, Hawai'i, 96813, a private firm in no way connected with DoD, the U. S. Navy or Marine Corps, under exclusive contract with Commander, Navy Region Hawai'i. All editorial content is prepared, edited, provided and approved by the staff of the Commander, Navy Region Hawai'i Public Affairs Office: 850 Ticonderoga, Suite 110, Pearl Harbor, Hawai'i, 96860-4884. Telephone: (808) 473-2888; fax (808) 473-2876; e-mail address: hnn@honoluluadvertiser.com World Wide Web address: www.hawaii.navy.mil. This civilian enterprise newspaper is an authorized publication pri-

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USS Pasadena returns to Pearl Harbor

Story and photos by
MCI (SW) Cynthia Clark

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

USS Pasadena (SSN 752) returned to Naval Station Pearl Harbor on April 30 following a six-month deployment to the Western Pacific.

As he greeted his family, fellow submariners and other guests, Cmdr. Doug Perry, Pasadena commanding officer, paused to let his crew know how proud he was of the job they did.

"I feel the same today as I felt every day underway with them," said Perry. "These guys put forth unbelievable effort the day we got underway and every day in between to get back to this pier the same way we left - safe, secure, stealthy and doing great things for the nation."

As Pasadena crew members departed the submarine to see their families and friends, Electronics Technician 2nd Class (SS) Donald Gibson had an even bigger surprise for his girlfriend of more than a year - a diamond ring and a proposal.

"I just figured today would be the best time," said Gibson. "I had a lot of time to think out there, so I figured why not today."

According to Thorp, his fiancée had no idea he was going to use Pasadena's homecoming as the stage for this event. "I'm speechless," she said. "This is the best day of my life."

Pasadena departed Pearl Harbor on Oct. 31 for a regularly scheduled six-month deployment.

Making
the

deployment more special for the crew, Pasadena departed with a portion of the remains of decorated Navy Rear Adm. (retired) Eugene Bennet Fluckey, who passed away in June of last year, for a burial-at-sea. Fluckey, a Medal of Honor recipient, served as Commander, Submarine Force U.S. Pacific Fleet from 1964-1966. During the six-month deployment, Pasadena made port visits to cities in Guam, Japan and Malaysia. The submarine was commissioned in Groton, Conn. On Feb. 11,

Pasadena was originally an Atlantic Fleet submarine until moving to San Diego, Calif. in 1990 and then to Pearl Harbor in 1996.



Pearl Harbor Naval Shipyard to host historical symposium

Pearl Harbor Naval Shipyard Public
Affairs

Pearl Harbor Naval Shipyard will celebrate its 100th anniversary on May 13. To kick off a week of celebratory events, the shipyard will host a "Historical Symposium and Vision for the Future" from 8:30 a.m.-4 p.m. May 12 at the Ala Moana Hotel, Hibiscus Room.

The symposium is free of charge and is the only shipyard centennial event that will be open to the general public. It will bring together noted academics, historians, political leaders and military officials to share papers and insights on both the shipyard's

history and its future. "Fit to Fight," the first-ever book devoted exclusively to the history of the shipyard, will be introduced to the general public at the symposium.

In particular, the morning speakers will address the shipyard's role in the rise of America as an Asia-Pacific power; Hawai'i's social, political and economic development; and support of America's national security objectives over the course of its 100 years of service. In the afternoon, community and shipyard leaders will discuss their vision of the shipyard for its second century of service.

During the morning sessions, four speakers will talk about a specific historical period or set of events in shipyard history.

Featured speakers include Justin Vance, history instructor, Hawai'i Pacific University; Dan Martinez, National Park Service historian at the USS Arizona Memorial; Allan Seiden, Hawai'i writer, photographer and historian; and William Bigelow, local author and noted public speaker. Discussion topics will include the history of Pearl Harbor, early history of "Navy Yard Pearl Harbor," the yard in World War II, and shipyard activities in the post-W

Following lunch, speakers will address the "Vision for the Future" for the Asia-Pacific Region, the state of Hawai'i, the City and County of Honolulu and the shipyard.

Former shipyard workers, civilian and mil-

itary are invited to attend as well as those interested in the shipyard's proud history and future prospects. Seating is available for up to 500 attendees on a first-come, first-served basis.

A brief history of the shipyard

On May 13, 1908, Congress approved legislation that established a Navy Yard at Pearl Harbor. Since then, the yard has grown from a small coaling and repair station to a full-service naval shipyard, capable of the most complex maintenance and repairs to the Navy's surface ships and submarines, strategically important to the defense of our nation, and economically vital to the state of Hawai'i.

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Pearl Harbor Highlights



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

Sailors manning the rail on board Ticonderoga-class guided-missile cruiser USS Port Royal (CG 73), wave to friends and family members as the ship prepares to moor pier side at Naval Station Pearl Harbor. Port Royal and the Arleigh Burke-class guided-missile destroyer USS Hopper (DDG 70) both returned to their homeport of Pearl Harbor on May 2 following a six-month deployment to the Western Pacific as part of Tarawa Expeditionary Strike Group.



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

Culinary Specialist 2nd Class (SW) Dusty Barnes, assigned to the Ticonderoga-class guided-missile cruiser USS Port Royal (CG 73), embraces his newborn son for the first time following the ship's return to Naval Station Pearl Harbor. Port Royal and the Arleigh Burke-class guided-missile destroyer USS Hopper (DDG 70) both returned to their homeport of Pearl Harbor on May 2.



Sonar Technician (Surface) 3rd Class Andrew Ellis, assigned to the Ticonderoga-class guided-missile cruiser USS Port Royal (CG 73), embraces a loved one on the pier following the ship's return to Naval Station Pearl Harbor. Port Royal and the Arleigh Burke-class guided-missile destroyer USS Hopper (DDG 70) both returned to their homeport of Pearl Harbor on May 2 following a six-month deployment to the Western Pacific as part of Tarawa Expeditionary Strike Group.

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



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

Electronics Technician 1st Class (SW/AW) David Wright, assigned to the Arleigh Burke-class guided-missile destroyer USS Hopper (DDG 70), embraces his family members on the pier after returning to Naval Station Pearl Harbor on May 2.



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

A Sailor assigned to the Arleigh Burke-class guided-missile destroyer USS Hopper (DDG 70) embraces her husband for the "first kiss" after returning to Naval Station Pearl Harbor. Hopper and the Ticonderoga-class guided-missile cruiser USS Port Royal (CG 73) both returned to their homeport of Pearl Harbor on May 2 following a six-month deployment to the Western Pacific as part of Tarawa Expeditionary Strike Group.

Sailors on board the Arleigh Burke-class guided-missile destroyer USS Hopper (DDG 70) man the rails as the ship passes Battleship Missouri Memorial. Hopper and the Ticonderoga-class guided-missile cruiser USS Port Royal (CG 73) both returned to their homeport of Pearl Harbor on May 2 following a six-month deployment to the Western Pacific as part of Tarawa Expeditionary Strike Group.

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





U. S. Navy photo by Bob Goodwin

Capt. Taylor Skardon, commanding officer of Naval Station Pearl Harbor, presents a farewell gift to Radford High School Principal Robert K. Stevens at a Military Youth Advisor Council (MYAC) meeting at the school May 2. Skardon joined leaders from the Hawai'i military community, many of whom have their children enrolled at Radford, for Stevens' last MYAC meeting as Radford principal. Stevens, who is highly respected by students, parents, teachers, community and military leaders, is retiring after serving Radford for 18 years. Among his accomplishments are 2006 Hawai'i Principal of the Year, recipient of the Masayuki Tokioka Excellence in School Leadership award, finalist in the 2007 National Principal of the Year award program and has developed several programs including the MYAC.

Heads for CNO competition

Continued from A-1

the uniform, it makes me proud to see these outstanding 12 here," said Lou Lalli, director for the Hampton Roads Navy League. "It is an honor to help sponsor events like these."

Logan and Jones each received a ceremonial cutlass for their nominations. Greenert then presented all of the selectees with the Navy Commendation Medal for their selection. "These

are given as a testament to your tireless dedication and endeavor to excellence," said Greenert.

Jones now heads to the Chief of Naval Operations Sailor of the Year competition later this month.

Logan will be meritoriously advanced to the rank of chief petty officer and replace FFC's current SOY Chief Explosive Ordnance Disposal Technician (EWS/SW) Randy Lappell, who also served as the SOY events coordinator.

Reuben James rescues mariner

Continued from A-1

ed the man to safety in a MEDEVAC litter, and Knight Rider 00 swiftly flew him to a local hospital in Saipan.

Lt. Cmdr. Chad Falgout, the officer in charge of the HSL-37 Easy Riders, said he felt relief and pride that the man was found. Search and rescue is an important mission area for Reuben James and the Navy's SH-60B helicopters.

Falgout said, "Even though the circumstances seemed very bleak for this missing individual, the persistent coordination efforts of all units involved enabled a thorough search to be executed. It was satisfying to see unit training pay dividends when an actual life was in the balance."

While the mariner was transported for medical assistance, Reuben James closed the distance to the man's boat. Within minutes, crew members from deck division deployed in the rigid hull

inflatable boat to tow the small pleasure craft to Coast Guard Cutter Assateague. The moment was triumphant for Boatswain's Mate 3rd Class Roderick Randall. "It was definitely a good experience being a part of the rescue efforts. I'm glad that I was able to do something that will be forever remembered. It is not every day that we have the opportunity to rescue someone or salvage someone's personal property, but when we are called upon to do so we take great pride in getting it done," said Randall.

Cmdr. Joe Naman, commanding officer of Reuben James, was proud of the crew's rescue efforts. "Search and rescue is a common mission area for the U.S. Navy. Because we are often the closest asset to vessels in distress, we are well trained to respond to calls for help. Today the Navy-Coast Guard team performed flawlessly and somewhere in Saipan is a man resting comfortably because we remain ready to provide assistance in every ocean of the world."

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Naval shipyard recycles ship engines

Story and Photo by Marshall Fukuki

Pearl Harbor Naval Shipyard Public Affairs

A small shop at Pearl Harbor Naval Shipyard played a big role in generating potential savings of up to \$6.3 million for the Navy.

During three weeks in January, the 12-person gas turbine engine shop 38MH removed a dozen gas turbine engines from decommissioned ships, helping a sister command recover high-value assets that would otherwise have been lost.

The engines were sent to Naval Sea Systems Command (NAVSEA) in Philadelphia. Two engines are being prepared for reissue to the fleet after minimal restoration. The rest will either be cannibalized for parts or completely overhauled.

"It's gas turbine recycling," Chief Electrician's Mate (SW) Rhoneil Peralta said with a smile.

Marine Machinery Mechanic Leader Richard Ulmer said,

"Everybody's a winner. The Navy gets a dozen engines and it's good training [for our people.]" Peralta and Ulmer used the job as an opportunity to qualify three shop Sailors in gas turbine engine removal.

"This is not a common occurrence," Ulmer said, explaining that the shop removes an engine about once every five years. "A Sailor can do his entire tour in the shop and never do a change-out."

Engineering Technician Charles "Rick" Wilson of NAVSEA Philadelphia said it costs the Navy about \$1 million to overhaul an LM2500 engine. On the other hand, restoring a low-time LM2500 from an inactive ship can be done for \$100,000, a cost-avoidance of \$900,000. The same can be done on a 501 K17 for a cost-avoidance of \$300,000.

In early January, a team from NAVSEA Philadelphia headed by Wilson came to Pearl Harbor and conducted borescope exams of the engines. Of the eight main engines inspected, six were in good condition.

Ulmer and Suzuki led two five-man teams of shop 38MH

Sailors and began the removal Jan. 14. Three weeks later, they had pulled out six main engines and six generators. They also took out about 200 reusable turbine blades from two other main engines.

Wilson described the removal as "a complex task that involves special tooling and crane operations to disconnect the engines from the ship, then lift them up through the ship's intake stack."

He praised the shipyarders, along with Planner Nelson Pacardo of the inactive ships maintenance facility, as "a group of dedicated professionals who ensured that these Navy assets were removed ... intact with no damage."

The training the Sailors received was intended to increase their skills so they are better prepared when they return to sea. The Sailors had a chance to apply what they learned sooner than expected.

In mid-April, the shop was tasked to replace a main engine aboard USS Chosin (CG 65) in homeport. "Now we have to do it for real," said Ulmer. "Those quals benefit everybody."



Gas Turbine System Technician (mechanical) 2nd Class Keohokea Cordeira attaches a lockwire to a variable stator vane on an LM2500 gas turbine engine used as a training aid in the gas turbine engine shop at Pearl Harbor Naval Shipyard. LM2500s are used as main engines to propel ships.

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(Left to right) Cmdr. Alvin Holsey, HSL-37 commanding officer of HSL-37; Command Master Chief Terry Watson; and Cmdr. Brian Teets, executive officer, stretch in preparation for the physical fitness assessment.

HSL-37 tests Navy's new physical training uniform

Story and photo by Lt. j.g. Jason B. Kaplan

Helicopter Anti-Submarine Squadron Light 37, Admin Officer

The commanding officer, executive officer and command master chief of Helicopter Anti-Submarine Squadron Light (HSL) 37 at Marine Corps Base Hawai'i - Kaneohe Bay are among the first to don the Navy's newest PT (physical training) uniform slated to roll out to all hands later this year.

The "Easy Riders" of HSL-37 standard PT uniform for the past two years has proudly displayed the Squadrons colors of burgundy

and gold with the squadron's crest on the front of the burgundy T-shirt and gold lettering with the SH-60B aircraft on the back, worn with Navy blue shorts.

As Sailors prepared to do what may be their last physical fitness assessment (PFA) in their squadron colors, they showed a mixed reaction to the Navy's new uniform. While some like the idea of the Navy having a standard uniform like its sister services, others have grown accustomed to proudly displaying their squadron's colors and aircraft. After the roll out of the new PT uniform, the Easy Rider burgundy T-shirt will still be made available for personal wear through purchase from the command's Morale, Welfare and Recreation.

'Easy Riders' win 2007 Captain Arnold J. Isbell Award

Lt. Brian Binder

Helicopter Anti-Submarine Light 37

The "Easy Riders" of Helicopter Anti-Submarine Squadron Light 37 (HSL-37) are the recipients of the 2007 Captain Arnold J. Isbell Award. The Kaneohe, Hawai'i-based squadron was selected from among five other Pacific Fleet HSL squadrons and recognized for its overall combat readiness, operational anti-submarine (ASW) and anti-surface (ASU) warfare achievements, tactical development, and performance on conventional weapons technical proficiency inspections (CWTPD).

For the Easy Riders, 2007 was a year of high operational tempo, in-depth training and safe mission execution. HSL-37 deployed five combat-ready detachments, including five deployed simultaneously, and executed over 4,400 mishap-free flight hours. Detachments deployed with three strike groups, providing ASW, ASU and ISR support to Operations Iraqi Freedom, Enduring Freedom, Enduring Freedom-Philippines and the global war on terrorism.

Detachments on independently-deploying ships also offered prolonged ISR support to Joint Task Force 515 and Joint Special Operations Task Force Philippines. Other missions included aegis ballistic missile defense and exercises Talisman Saber, Malabar and Valiant Shield.

The year 2007 was a land-

mark year for the squadron's professional tactics development. In conjunction with the Patrol and Reconnaissance Wing Two weapons and tactics unit (WTU) and tactical support facility (TSF), HSL-37 developed an exclusive use local ASW training area for SH-60B and P-3C aircraft. Detachment Three from the Tarawa ESG, operating with H-60H and H-60S armed helicopters from HS-3 and HSC-3, successfully conducted two section Hellfire attacks against land-based training targets.

Detachment Five trained with USS Lake Erie (CG 70) and spotters from the 12th Marines to support a naval surface fire support (NSFS) evaluation north of Guam. The ship/helo team scored an overall 98 percent for certification.

Acting as maritime air controllers, Detachment One directed F-18s from VMFA-232 and VFA-41 as attack assets, advancing carrier/high value unit defense during choke point transits. Detachment One also successfully lased for two HS-6 remote designation Hellfire shots during Valiant Shield, demonstrating the Easy Rider pursuit of advanced training opportunities.

HSL-37 is the West Coast SH-60B standardization squadron for night tactical formation (TACFORM) flight.

The HSL-37 maintenance team is a major contributor to surface and sub-surface combat readiness. HSL-37 detachments successfully completed six conventional weapons technical proficiency inspections, demonstrating evaluated excellence in missile, torpedo, and gun armament systems.



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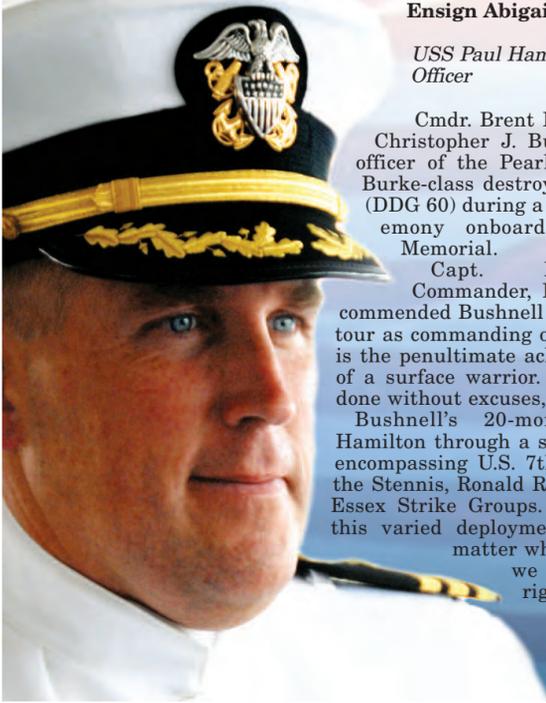
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Smith takes helm of USS Paul Hamilton



Ensign Abigail Adams

USS Paul Hamilton, Public Affairs Officer

Cmdr. Brent E. Smith relieved Cmdr. Christopher J. Bushnell as commanding officer of the Pearl Harbor-based, Arleigh Burke-class destroyer, USS Paul Hamilton (DDG 60) during a change of command ceremony onboard Battleship Missouri Memorial.

Capt. Michael J. Salvato, Commander, Destroyer Squadron 21, commended Bushnell on his highly successful tour as commanding officer, "Command at sea is the penultimate achievement in the career of a surface warrior. Cmdr. Bushnell gets it done without excuses, just results."

Bushnell's 20-month tour saw Paul Hamilton through a seven-month deployment encompassing U.S. 7th Fleet operations with the Stennis, Ronald Reagan, Kitty Hawk, and Essex Strike Groups. In commenting about this varied deployment, Bushnell said, "No matter who we were with or what we were doing, we did it right."

Upon returning from deployment, the ship completed a challeng-

ing training cycle before entering a busy three-month maintenance and upkeep period, including the Women at Sea Modification and several Combat Systems upgrades.

Under Bushnell's leadership, Paul Hamilton received the 2007 Battle Effectiveness Award for Destroyer Squadron 21 and its fourth Golden Anchor Retention Excellence Award. As he prepared to hand over command of Paul Hamilton, Bushnell reminisced on the highlights of his tour. "I know I have been blessed with a great opportunity with a great crew and it has been a great ride," he said. He will proceed to the United States Naval Academy to chair the seamanship and navigation department.

Smith recently completed a tour on the staff of the Chief of Naval Operations, assessment division/capabilities analysis group (OPNAV N81), serving as a force

structure analyst, the Joint Requirements Oversight Council (JROC) and deputy's advisory working group (DAWG) section head and Sea Shield deputy branch head.

Upon taking command, Smith addressed the crew, "I commend you all on the reputation you already have and I am ready to get started."



Pearl Harbor Sailors shape up, 'Return to Readiness'

Story and photo by Navy Region Hawai'i Public Affairs

As Sailors from all over the fleet prepare for their spring physical fitness assessment (PFA) in April and May, Pearl Harbor Sailors are getting into shape by taking full advantage of the Return to Readiness fitness programs from Commander, Navy Region Hawai'i's (CNRH) Morale, Welfare and Recreation (MWR).

"Our job is to keep Sailors in shape so they can return to readiness and do their mission," said Mark McFarland, Navy fitness specialist and fitness manager for CNRH MWR.

Operating from Bloch Arena onboard Naval Station Pearl Harbor, McFarland and his staff of fitness specialists serve more than 18,000 patrons a month and provide specialized fitness training for all branches of the military, their families and Department of Defense (DoD) civilians.

Of the 28 free classes offered per week by fitness staff, the 6-7 a.m. combat fitness training held Monday through Friday has had the largest turnout of personnel and is steadily increasing as spring PFAs approach.

"The workout is not for the faint hearted," said Erin Morgart, Navy fitness specialist assigned to CNRH MWR. "It

increases the stress levels for each participant."

Combat fitness workouts incorporate a boot camp-like philosophy by employing an overload of hardcore exercises which "elevate the heart rate to the extent where it's at 80 to 85 percent, nothing below 75 percent."

The high-impact workout continues for the entire one-hour duration of the workout and is designed to help prepare Sailors for the stresses of deployment and individual augmentation assignments.

"It incorporates all our muscle groups, it entails every ounce of energy that you have," said Morgart.

Participants of the combat fitness workouts are encouraged to exercise throughout the class and modify exercises as needed in order to complete the workout.

"We increase their stress level so that when they come to a [stressful] situation, it's almost second nature to them," said McFarland.

In addition to combat fitness training, the staff also offers an outdoor conditioning class that incorporates muscular endurance, strength, flexibility, speed, balance and coordination, as well as classes which focus on specific target areas such as core, back and abs.

For more information, contact the Bloch Arena Fitness Center at 473-0793.



U.S. Navy photo by MC2 Michael A. Lantron

Lt. Cmdr. Matt Murphy, assigned to Submarine Squadron Three, performs bicep curls during the outdoor conditioning class at Bloch Arena onboard Naval Station Pearl Harbor. The outdoor conditioning class is one of 18 fitness classes Commander, Navy Region Hawai'i Morale, Welfare and Recreation offers to service members, DoD civilians and family members living on Oahu.

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