

Local Sailor honored for heroism

JO2 Ryan C. McGinley

Staff Writer

A Sailor assigned to Commander, Patrol and Reconnaissance Wing Two, Executive Transport Division Detachment, rescued a 15-year-old girl from a vehicle that entered the water of the Ala Wai Canal in Honolulu on Jan 14.

While approaching the Waikiki Yacht Club entrance, Aviation Structural Mechanic – Equipment 1st Class (AW) Larry Cummins noticed upon observing the water that it looked as if someone had dumped a load of trash into the water. He also noticed bubbles rising to the surface. After surmising that it was a vehicle, Cummins then entered the water to see if anyone was alive.

"I saw a little bit of white and could barely just see the top of the car," said Cummins. "I thought, 'I have to go check and see if anybody is in that vehicle.' I took my shirt off and jumped in feet first," he said. "I didn't want to dive because you couldn't see the vehicle."

Cummins successfully located the car and during approximately five dives, he tried unsuccessfully to open the passenger-side and rear passenger-side doors. After coming up for a breath of air, Cummins dove down again and opened the driver's-side door. After feeling around the inside of

the vehicle on several more dives, Cummins located the 15-year-old girl and brought her to the surface.

"She wasn't moving and I didn't know if she was alive, but I was going to try all I could," said Cummins. "That's all I could do was try."

Cummins swam with the girl approximately 15 yards to the pier where she was removed from the water and received further assistance from a nurse. The girl was taken to the hospital where she made a full recovery. Cummins dove down an additional time to search for other occupants of the vehicle until the Honolulu Fire Department and rescue divers arrived on scene.

Chief of Naval Operations Adm. Mike Mullen awarded Cummins a Navy and Marine Corps Commendation Medal during an all-hands call Jan. 20, at Marine Corps Base Hawaii, Kaneohe, noting his heroic achievement, initiative, perseverance and loyal devotion to duty.

"He performed some heroic acts to save the life of a young lady who was all but gone..." said Mullen. "I would like to express my appreciation as the Chief of Naval Operations for [Cummins's] heroic acts. [He] made a big difference in the family of that young lady and made all of us who wear the Navy uniform very proud."



U.S. Navy photo by JO2 Ryan C. McGinley

Chief of Naval Operations Adm. Mike Mullen presents a Navy and Marine Corps Commendation Medal to Aviation Structural Mechanic – Equipment 1st Class (AW) Larry D. Cummins, assigned to Commander, Patrol and Reconnaissance Wing Two (VPU-2), for heroic achievement in the rescuing of a 15-year-old girl. Cummins entered the water of the Ala Wai Canal in Honolulu, Hawai'i in search of a car that had accidentally gone off a pier. He gained access to the vehicle, freed the unconscious occupant and returned her to shore where she received CPR and eventually made a full recovery.



Sailors take part in 2006 Hula Bowl page A-6

Pro Bowl 2006 page B-1

Hawai'i Navy News Briefs

F/A-18C crashes near Naval Air Station El Centro

At approximately 7:48 p.m. Jan. 18, a single-seat F/A-18C Hornet from Strike Fighter Squadron (VFA) 97, based at Naval Air Station Lemoore, Calif., crashed approximately five miles north of Naval Air Station El Centro, Calif., while conducting a routine training mission.

The pilot of the aircraft died in the mishap.

The cause of mishap is under investigation.

The name of the aviator is being withheld pending notification of next of kin.

O'Kane completes dry dock repair period

Ensign Thomas J. Scazzafavo

USS O'Kane Public Affairs

USS O'Kane (DDG-77) completed the docking phase of the first dry-docking selected restricted availability (DSRA) in the ship's history Jan. 10.

The 8,000-ton Arleigh Burke-class destroyer entered drydock Nov. 2, 2005 and 10 weeks later Pearl Harbor Naval Shipyard (PHNSY) workers flooded the WWII era drydock, raising O'Kane off of the drydock's granite blocks and into the waters of Pearl Harbor. Once the drydock's caisson opened, two Tiger tugs ushered O'Kane pier side where it will complete the remaining three weeks of its repair period.

"Bringing a ship into drydock is an exciting experience," said O'Kane's DSRA coordinator, Lt. j.g. James Batchelor. "It allows for mission essential maintenance

and upgrades to be conducted by some of the world's most skilled laborers at the shipyard. In drydock, quality is job one and here in Pearl Harbor we get the quality of work we expect."

O'Kane underwent extensive installations and upgrades during the drydock portion of its availability that included the installation of an SHF communications suite, the overhaul of both shafts, and upgrades to the ship's air conditioning system. The drydock period also allowed O'Kane to have its entire hull hydroblasted, removing layers upon layers of paint that had accumulated over the past five years. Additionally, the workers from British Aerospace Systems performed hull maintenance and corrosion control work that can only be accomplished when the ship is in drydock. In addition to improvements to the ship's

▼ See O'KANE, A-2

Observing caution for emergency responders



U.S. Navy photo by JO2 Devin Wright

A fire truck from Fire Station No. 1 at Naval Station Pearl Harbor responds to an emergency. In an effort to reduce the number of "close calls" between emergency vehicles from the station and motorists, fire officials are asking drivers to be cautious while in the area of the fire station. They are also asked to observe and obey traffic signs while federal firefighters respond to emergencies.

Peruvian navy visits Pearl Harbor

JO2 Devin Wright

Editor

Navy Region Hawai'i greeted the captain and crew of the Peruvian navy transport ship BAP Mollendo (ATC 131) on Sunday with a welcoming ceremony at Pier Bravo 26 at Naval Station Pearl Harbor.

Mollendo was in Pearl Harbor for a four-day port visit. The ship, commanded by Cmdr. Erik Mariscal Villavicencio, has a crew of 134 enlisted crew members and 28 officers.

During their visit to Hawai'i, the crew toured historic Navy sites such as Ford Island and USS Arizona Memorial where some of the crew laid wreaths for the 1,177 Sailors and Marines

who were killed during the attack on Pearl Harbor. The crew also visited the island of O'ahu, making stops at the state capital, Aloha

Tower and enjoyed shopping at the Ala Moana Shopping Center.

"These types of visits are very important to the Navy



U.S. Navy photo by JO2 Devin Wright

The Peruvian navy transport ship BAP Mollendo (ATC 131) arrived at Naval Station Pearl Harbor Sunday.

Region in Hawai'i and the Navy as a whole," said Lt. j.g. Alex Torres, waterfront operations officer for Naval Station Pearl Harbor and foreign ship liaison officer. "This is because we want to continue to build on our good relationship with the Peruvian Navy. The Peruvian navy's visit is of high importance, especially this year, because this gives us a head start when getting ready for Rim of the Pacific maritime exercises. So this visit really kicks off our foreign relations for the year and we are excited," he said.

While here, the Peruvian navy hosted tours of the Mollendo which houses a museum displaying some of Peru's industrial products and cultural artifacts.

Villavicencio said the Peruvian navy's visit to

Pearl Harbor is "important on many different levels. We believe that we learn a lot from the United States Navy by training in different types of maritime exercise. We also would like to believe that the U.S. Navy learns from us as well. So we believe these types of visits are important to continue our strong bond. We are also proud to be working with the United States Navy in the world peace efforts which we feel America is dedicated to. So not only are we happy to be at such a historic naval base, we feel at home as well," he said.

Also embarked on the foreign training cruise are 198 cadets from the Peruvian naval academy and the Peruvian naval attaché, Rear Adm. Carlos Tejada Mera.

Submariner helps the 101st

Commander Submarine Force Pacific Fleet Public Affairs

Soldiers with the 101st Airborne Division will be a little safer in Iraq, thanks to some help from a Hawai'i-based submariner.

Command Master Chief (SS) Christopher Shannon, command master chief for Submarine Squadron Seven, is spearheading an effort to send extra Navy flash hoods to soldiers in Iraq. The hoods, which are designed to protect the neck and face from burns while fighting fires aboard Navy ships, have been shown to protect against burns during attacks by improvised explosive devices. Some Army units in Iraq are seeking the hoods to protect their Soldiers.

Shannon heard about the need for Navy flash hoods from Chief Petty Officer Eric Tyler of Naval Security Group Activity Kunia, whose brother is stationed in Iraq with the 101st Airborne Division, 3rd Brigade. Shannon pulsed the waterfront to request any extra sets. The result was about 100 sets borrowed from USS Cheyenne (SSN 773), USS Louisville (SSN 724), USS Pasadena (SSN 752) and



U.S. Navy photo

CMC Christopher Shannon presented flash hoods to CTC Eric Tyler of NSGAK. Approximately 100 shipboard flash hoods are being turned over to the 101st Airborne Division in Iraq.

USS Tucson (SSN 770). Since they were extras, loaning them will not take away from the ships' ability to protect their own crews.

The flash hoods should arrive in Iraq within several days.

Capt. Barry Bruner, com-

modore of Submarine Squadron Seven, lauded Shannon for his efforts in helping to protect Soldiers in Iraq. "COB Shannon is the kind of guy who would do anything for those that are on the pointy end of the spear," he said.

O'Kane: Modernized, mobilized

Continued from A-1

material condition, the ship also received upgrades to many of its combat systems suites.

Perhaps the most exciting upgrade to O'Kane's combat systems is the installation of ballistic missile defense (BMD) software to the Aegis weapons system. The Aegis weapon system is the world's premier naval surface defense system and is the basis for Aegis BMD, the primary component of the sea-based element

of the United States' Ballistic Missile Defense System. The new software will allow the ship to conduct real-time detection, tracking and discrimination of hostile targets.

O'Kane is commanded by Cmdr. James J. Duke, Jr. of Virginia Beach. Homeported in Pearl Harbor since 1999, O'Kane is the 27th ship in the Arleigh Burke-class of guided missile destroyers. O'Kane plans to return to sea in early February for sea trials and an extensive training cycle.

Keeping VP 47 fit to fight



U.S. Navy Photo by PH2 Jennifer L. Bailey

Aircrew Survival Equipmentman 2nd Class Thomas Sidman, assigned to Patrol Squadron Four Seven (VP 47), wipes the brake lines of a P-3 Orion clean during a plane wash. VP 47 is currently on deployment to Djibouti in support of maritime patrol operations and the global war on terrorism.

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Hawai'i Navy News Editorial

Crossing the Navy's quarterdeck

Pacific Fleet Master Chief (SS/SW) R. D. West

I recently had the opportunity to go back to "boot camp" and spend some time with an outstanding group of Sailors ... Sailors who the Navy calls recruit division commanders (RDC).

When a group of Sailors start telling sea stories, inevitably someone will tell a boot camp story. Sometimes it's a tale of mock terror from the eyes of a new recruit and sometimes it's a joking recollection of their Navy naivety, and almost always the recruit division commander is a part of the story.

But no matter how hard an RDC may have been on their division, that story is always told with subtle, but genuine respect for the person who taught them to be a Sailor.

And it's no surprise that most Sailors look back at their RDCs, and their time at Recruit Training Command, fondly. The Sailors who volunteer their time to train to become RDCs are some of the best in their field and are some of the most dedicated Sailors our Navy has to offer. RDCs put forth many hours of training, hard work and shaping as they take America's



FLTCM(SS/SW)
Rick West

to earn a master training specialist designator, which recognizes instructors who excel in education and training and can give you an advantage in your post-military career.

But more rewarding is that you are a role model for hundreds of Sailors. You represent the ideal Sailor and Navy, and you get the satisfaction of molding these civilians into hard-charging shipmates and being a huge part of their careers, as well as their first impression of the Navy.

It's a job any Sailor should strive for, but you will make a few sacrifices and it will be a challenge. Sound familiar?

civilians and turn them out as Sailors and future leaders of the Navy.

Tours as RDCs are looked upon favorably during selection boards and typically a high percentage usually select to higher ranks. Additionally, it's an opportunity to earn a master training specialist designator, which recognizes instructors who excel in education and training and can give you an advantage in your post-military career.

I want to urge all my shipmates in the fleet to consider joining this elite group of motivated, hard-charging, career-minded Sailors. It is a very challenging job, but even moreso, it's an incredible opportunity to shape the Navy's future leaders.

If you decide this is a challenge you'd like to tackle, it doesn't necessarily mean you'll get to do it. When I say this is an elite group, I mean it. There is a board process that hand-selects the top Sailors to fill this job. You will have to be a top-performing Sailor, and you will have to be in top shape and always performing well on your physical readiness training. Bottom line: you will have to be A.J.-squared-away at all times and with all aspects of being "the Sailor of many Sailors."

Only Sailors E-5 and above are eligible for this duty. However, one thing you don't need is experience in drilling or classroom training. If the board selects you, you will arrive at Recruit Training Command and go through 13 weeks of training, as well as shadowing an RDC before you have your own division.

The training is extensive. You're

given the tools you need to create Sailors from civilians. There are periods of training for indoctrination, drilling, administration, plenty of physical training and leadership training.

And while you might look forward to filling the shoes that your RDC filled, it will be a different experience. You will still inspire and lead hundreds of Sailors, but today's RTC is not the same RTC you went to. A few things have changed since then.

For those who haven't been there in awhile, Recruit Training Command has been refurbishing and rebuilding the facility since 1998 to include new state-of-the-art, electronic classrooms that are climate-controlled for the best possible learning environment.

These classrooms have a computer for each recruit and are located in the same facilities recruits live and eat in. That's right, there is a galley in each building to eliminate the hours of marching between the barracks, classrooms and the galley. Additionally, there is an outstanding workout facility and several training facilities that have either been built or will be completed soon.

Even with RTC's technological

advancements, the job is still incredibly demanding and requires long hours away from your family. Since it is not typical shore duty, there are extra monetary allowances such as special duty assignment pay of \$375 a month. RDCs also receive an extra clothing allowance of \$225 on top of the Navy's annual clothing allowance. There are front-of-the-line privileges for housing and day care, as well as free dry cleaning for three uniforms each week. And when an RDC is selecting a follow-on tour, they are offered their choice of coast.

There are many benefits to taking the job of an RDC, but most RDCs will tell you the experience itself is the major reward and time of broadening and growth as a Sailor and a human being.

To those of you who were even remotely interested by what you've read here, I highly encourage you to talk to your command career counselor to see if you would be a qualified applicant and to seriously consider taking on this rewarding experience, this is the Navy's quarterdeck.

In closing, I would like to take this opportunity to say Hoo-Yah to those past, present and future RDCs keep up the great work!



U.S. Navy photo by JO2 Ryan c McGinley

Naval Health Clinic Hawai'i answers patients' questions

Naval Health Clinic Hawai'i

As a new service, Naval Health Clinic Hawai'i (NHCLH) will answer questions regarding health care access that have been submitted by beneficiaries. The answers will be published regularly in Hawai'i Navy News.

Q. Aren't newborns already TRICARE eligible?

A. A newborn infant is covered as a TRICARE Prime beneficiary in defense enrollment eligibility reporting system (DEERS) for the first 60 days after birth - as long as one additional family member is enrolled in TRICARE Prime or TRICARE Prime Remote. After the initial 60 days, any claim submitted for a newborn will be processed as TRICARE Standard until the infant is enrolled in DEERS and TRICARE Prime, or the infant's TRICARE Standard eligibility ends. Eligibility for TRICARE Standard benefits ends 365 days after birth for any newborn infant who is not enrolled in DEERS.

Q. How do you establish TRICARE eligibility for a newborn in DEERS?

A. Parents and legal guardians must enroll their newborn child in DEERS as soon as possible after birth. To establish a newborn's TRICARE eligibility in DEERS, you must:

- Submit a certificate of

"live birth" and a copy of a verified and approved DD Form 1172, "Application for Uniformed Services Identification and Privilege Card," signed by the sponsor to your personnel office.

- Apply for your child's social security number. Go to the Social Security Administration Web site, www.ssa.gov or call (800) 772-1213 for an application.

- Once you receive your child's social security number, go to your nearest identification (ID) card-issuing facility to update their information in DEERS.

Any changes that impact family status must be reported to DEERS. Family status changes include marriage, divorce or a new child. Because DEERS enrollment is directly tied to TRICARE eligibility, care may be denied if the sponsor and family members are not enrolled in DEERS.

For additional information on enrolling a newborn baby in DEERS, parents or guardians may contact or visit the nearest personnel Support Detachment, ID card-issuing facility or contact the Defense Manpower Data Center Support Office phone center at (800) 538-9552. A list of military ID card facilities is available at <http://www.dmdc.osd.mil/rs/owa/home>. Additional information on DEERS eligibility is available on the TRICARE Web site at www.tricare.osd.mil/deers/default.cfm.



U.S. Navy historical photo

Oil painting by artist James Montgomery Flagg. This was the original artwork for a World War I Navy recruiting poster.

Hawai'i Navy News

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Hawai'i Navy News is delivered weekly to Navy housing units and Navy installations throughout Oahu. Housing residents may contact the publisher directly at (808) 538-NEWS (538-6397) if they wish to discontinue home delivery.

Update on construction projects at Pearl Harbor

Lt. Cmdr. Joe Simpkins

Naval Facilities Engineering Command, Hawai'i

Wasting water is a big deal in Hawai'i. As you may know, the Navy has miles of irrigation lines and hundreds of sprinkler heads on Naval Station Pearl Harbor. There is a service contractor responsible for ensuring that all irrigation systems are working properly at all times. This is a huge job and your help is needed.

When you see a sprinkler system malfunction, please report it. To do so is quick and easy. If the problem is in a housing area, call housing at 486-4200. If it is anywhere else on Navy property, you can either contact your building monitor or call Naval Facilities (NAVFAC) Hawai'i's service desk at 471-8481. Just identify where the problem is and it will be fixed within 72 hours. If it is not repaired within that timeframe, call Lt. Cmdr. Simpkins at 471-9700.

Project of the week

There are various buildings within the Makalapa compound that are under repair and repainting. This work is to ensure the buildings remain safe and look good. You may experience

parking space restrictions during this period. Please be understanding. Everyone is working very hard to protect Navy buildings and the finishes of your vehicles.

Other projects of interest

- **Parking lot "C" repair:** Parking lot "C," on the corner of Lake Erie Street and Central Avenue, will be closed until March 3 for construction. This project greatly improves the parking area and will provide much needed parking for our shipyard folks. Alternate parking for lot "C" will be in the surrounding authorized parking areas. Parking lot "C" annex (off South Avenue near buildings 1674/1675 and 393) will not be closed for construction and will remain open for parking.

- **Road closures on Ford Island:** Various roadways will be closed to traffic for the construction and repair of Ford Island's road network from Jan. 25 - April 14. Proper detours, signage and safety precautions will be in place. Please allow extra time to get to and from your destinations on Ford Island during this period.

(Editor's Note: The update on construction projects on Naval Station Pearl Harbor will be an ongoing feature of Hawai'i Navy News.)

USS Paul Hamilton (DDG 60) gets gym equipment upgrade

Ensign Kathleen Kunkemoeller

U.S. Naval Reserve Auxiliaries Public Affairs

During the holiday leave period, USS Paul Hamilton (DDG 60) received a special upgrade - new gym equipment. In December, the ship received six new pieces of equipment and five medicine balls. The new equipment replaced old and worn machines and added new workout stations, while optimizing the space onboard the ship.

Chief Quarter Master(SW) James Gathman and Chief Electrician's Mate(SW/AW) Martin Tamayo, Paul Hamilton command fitness coordinators, organized the upgrade and, with the support of volunteers from the crew, installed all the new machines during the three-week leave period. "I think we can honestly say our new gym is 100 percent better," said Tamayo. "And this motivates people to work out and stay fit for the up coming physical fitness assessment." Frank Del Gaudio, fleet recreation coordinator, Navy Hawai'i Morale, Welfare and Recreation (MWR), orchestrated the transfer of the new equipment to the ship. A ribbon-cutting ceremony was held on Jan. 9.



U.S. Navy photo

EMC(SW/AW) Martin Tamayo and QMC(SW) James Gathman with Frank Del Gaudio participate in a ribbon-cutting ceremony for USS Paul Hamilton's (DDG 60) new gym.

With Paul Hamilton's rigorous underway schedule, the three gyms onboard are almost constantly in use. The equipment upgrade not only improves Paul Hamilton Sailors' quality of life onboard, but also gives them the tools they need to stay physically fit.

Command Master Chief(SW) Bryan Diekman, Paul Hamilton's command master chief, is excited about how the upgrade will affect Paul Hamilton Sailors and their quality of life. "It has been proven that Sailors physically, mentally and emotionally fit will better serve the service," he said.

SPOTLIGHT ON

Fleet Aviation Specialized Operational Training Group Pacific Fleet, Detachment Hawai'i

Name of command: Fleet Aviation Specialized Operational Training Group Pacific Fleet, Detachment Hawaii (FASOTRAGRUPAC)

Commanding officer/director: Chief Petty Officer-In-Charge (CPOIC) ATCS(AW/SW) Christine Williams

Number of personnel assigned: 9 Military, 2 Civilian

Duties/responsibilities: The mission is to support the Pacific Fleet and unified commands by providing training and support services to Pacific Fleet and Maritime Pacific forces, as directed by Commander Naval Air Force, U.S. Pacific Fleet, so that they will have the technical knowledge and skills to confidently maintain the highest level of readiness. Specifically, FASOTRAGRUPAC Detachment Hawai'i provides the following:
•Aviation Maintenance Administration and Management Training to include Naval Aviation Logistics Command Management Information

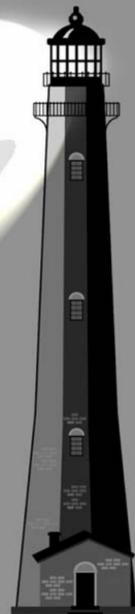
Systems, quality assurance, aircraft weight and balance, material control and OPTAR.

• Aircrew training to include undersea and surface warfare, electronic warfare, Synthetic Aperture Radar and Inverse Synthetic Aperture Radar training on systems, equipment and tactics, and other training as directed. The course schedule can be viewed on our Web site: <http://www.mcbh.usmc.mil/fasodet/fasodethome.htm>

Accomplishments/awards: The detachment has received honors for selections of Fleet Command Instructor of the Year 2004, Sailor of the Year 2004 and Sailor of the Year 2005. Each and every person performs a vital role in the success of the mission.

Sailor of the Year:

Command Sailor of the Quarter:
SK1(SW) Kevin Perryman
Detachment Instructor of the Quarter:
AW2(AW/NAC) Justin Blaylock
2005 Command Sailor of the Year:
SK1(SW) Kevin Perryman



Energy tip

Recycle your aluminum cans. Producing cans from recycled aluminum rather than from raw materials consumes 90 percent less energy and generates 95 percent less air pollution.

Around the Fleet

Navy extends early transition program for FY 2006

Sharon Anderson

Chief of Naval Personnel
Public Affairs

The Navy is again offering Sailors whose active-duty obligated service (EAOS) ends before Oct. 1 the opportunity for early separation under another installment of the Early Transition Program (ETP).

"With the continued high re-enlistment rates and low attrition rates, the Navy can continue to extend this early

transition option to our Sailors," explained Vice Adm. John C. Harvey, Jr., Chief of Naval Personnel. "Sailors have the opportunity to continue service to their country through the Navy Reserve. They may also continue service in the Army through the Blue to Green program."

Sailors interested in early transition must request a separation date no later than Aug. 15. All requests must be received by PERS-4832 not later than Aug. 1 through their commanding officers.

Commanding officers have final disapproval authority for all requests and may grant separation leave, but permissive temporary duty and involuntary separation pay are not authorized.

Sailors who are enrolled in the Montgomery GI Bill program will receive one month of benefits for each full month served on active duty up to a maximum of 36 months. Those discharged under this program who have served 20 months of a two-year enlistment or 30 months of a three-

year enlistment will receive 36 months of benefits.

For the first time, Sailors who received an enlistment bonus may request a waiver of repayment for the portion of the bonus for active-duty time not served. Waiver requests must be made as outlined in NAVADMIN 022/06 or repayment will be automatic.

This voluntary program applies to most Sailors in the active, reserve, full-time support and canvasser recruiter communities.

However, it does not apply

to selected reserve Sailors (including mobilized reservists), those Sailors under a selective re-enlistment bonus or eligible for a reenlistment bonus contract. Also ineligible for the early transition are those in the nuclear ratings, Sea, Air, Land, Special Warfare Combatant-craft Crewman, Explosive Ordnance Disposal, or diver programs or who enlisted under the National Call to Service program.

All Sailors are encouraged to consider service in the

Navy Reserve once their active-duty time is complete.

The Blue-to-Green program also provides transitioning Sailors the opportunity to make a seamless switch to the active-duty Army with no break in service. Both of these options are available for Sailors taking advantage of the Early Transition Program.

For more information, refer to NAVADMIN 022/06, available at www.npc.navy.mil, or contact your command career counselor.

Forward deployed ARG to conduct Blue-Green workups

Commander, Amphibious
Force, U.S. 7th Fleet Public
Affairs

The forward-deployed Amphibious ready group (ARG) departed Okinawa, Japan on Jan. 21 for Blue-Green workups and ARG exercise (ARGEX) after embarking Marines of the 31st Marine Expeditionary Unit (MEU).

The exercises are designed to prepare ARG Sailors and MEU Marines to carry out missions in support of theater contingencies, from humanitarian and disaster relief to full combat operations. During the training, Sailors and Marines will maximize their ability to work together during a series of exercises that will test their teamwork and ability to respond to a variety of contingencies.

Participating ships include USS Essex (LHD 2), USS Juneau (LPD 10) and USS Fort McHenry (LSD 43), as well as the 31st MEU, whose 1,900 Marines are spread over the three ships.

"There is no more cohesive Blue-Green team than the PHIBRON (amphibious squadron) 11/31st MEU team," said Capt. Mark E. Donahue, commodore, PHIBRON 11, the task group commander of the forward deployed ARG, based at Sasebo, Japan. "Through our long-standing partnership, strengthened during countless exercises and operations, we have come to understand and appreciate the unique capabilities that each Marine and Sailor brings to the fight. This exercise is a vital part of the continuum of training that is necessary to maintain the combat readiness of the FDNF Blue-Green team."

The forward-deployed Blue-Green team last united in October 2005, during the ARG's seven-week fall deployment, operating together in Amphibious Landing Exercise 06.

During the current exercise, the Navy/Marine Corps team will conduct ship-to-shore movement using a variety of amphibious assets. These assets include amphibious assault vehicles, combat rubber

raiding craft, utility landing craft and air cushion landing craft. Marine aircraft will also be utilized as integral parts of the Marine Air-Ground Task Force. Embarked aircraft are from Marine Medium Helicopter Squadron 262 (Reinforced), the Air Combat Element of the 31st MEU. Aircraft flown by the squadron include the CH-46E Sea Knight, CH-53E Super Stallion, AH-1W Cobra, UH-1N Huey, and AV-8B Harrier II.

"It is always great to embark the ships of [the forward deployed naval forces] ARG, which have become our second home," said Col. Lee Miller, commanding officer of the 31st MEU. "During the exercise that lies ahead, we will hone our skills to ensure that together we can respond to whatever contingency may arise."

The forward deployed ARG is part of Task Force 76, the Navy's only forward-deployed amphibious force, which is headquartered at White Beach Naval Facility, Okinawa, Japan, with an operating detachment in Sasebo, Japan.



U.S. Navy Photo by J03 Adam R. Cole

Deck department Sailors stationed aboard the amphibious transport dock ship USS Juneau (LPD 10), prepare to enter White Beach Naval Facility, Juneau is preparing for blue-green work-ups and Amphibious Ready Group Exercises (ARGEX).

CNO, MCPON visit Sailors in Republic of Korea

JO1 David McKee

Commander, U.S. Naval
Forces Korea Public Affairs

Sailors in the Republic of Korea (ROK) hailed Chief of Naval Operations (CNO) Adm. Mike Mullen and Master Chief Petty Officer of the Navy (MCPON) (SS/AW) Terry Scott at facilities throughout the Republic of Korea (ROK) on Jan. 18-19.

Mullen and Scott also toured the Joint Security Area (JSA) on the demilitarized zone (DMZ) and met with civilian and military officials in the cities Seoul and Chinhae.

This was Mullen's first visit to the ROK since

becoming the 28th CNO on July 22. Mullen explained he was happy to be among Sailors who work in a region essential to a part of the world that is very important to U.S. national security.

"The stability that our armed forces - U.S. Navy in particular - provides is really critical," said Mullen. "South Korea is a very important ally of ours."

"I've had discussions with South Koreans and U.S. Navy personnel, and I have come away lifted with the relationship and our performance," said Mullen.

The MCPON last met with Sailors in Korea during then-CNO Adm. Vern Clark's visit with Navy leaders in

Seoul in 2004. He again spent time with Navy enlisted personnel in Seoul including the chief's mess.

"I can tell the quality of a command from the first moment I step on a ship and see the quality of the chief's mess," said Scott, who added that the expectations set on Navy chiefs are from the highest level in the Navy. "The CNO expects the chiefs to run the Navy."

At Commander US Naval Forces, Korea (CNFK) headquarters on Yongsan Garrison in Seoul, Scott answered questions about uniforms, cost of living allowance and tuition assistance, during which time Scott told enlisted personnel

he is "inspired by what Sailors do every day" and appreciates their commitment to the mission in Korea and their role in the joint and combined environment.

"Thanks for what you do," he said. "I just love being part of an organization that has people like you. Our nation owes you a debt of gratitude for your service."

Visiting the Republic of Korea was also an opportunity to see the JSA and the DMZ. Mullen, Scott and CNFK Rear Adm. James P. Wisecup took the opportunity to experience an important part of military history that most people only see in the news.

On their last day in Korea,

Mullen and Scott attended an all-hands call at Commander, Fleet Activities Chinhae, where Mullen spoke with personnel about the significance of serving in the ROK.

"At such a critical time in history, in a critical time in our country, this is a really important region for long-term economic stability, long-term security and the ability to raise our families peacefully, not just in this part of the world but throughout the world," Mullen said.

Mullen also met with U.S. Embassy officials in Seoul; Ministry of National Defense Deputy Chief of Mission, Mark Minton; CNO for the ROK navy, Adm. Nam Hae-il,

Chairman of the ROK Joint Chiefs of Staff, Gen. Lee Sang-hee; and ROK Defense Minister, Yoon Kwang-ung.

CNFK is the regional commander for the U.S. Navy in the ROK and provides leadership and expertise in naval matters to area military commanders, including the commander in chief for the United Nations Command, the ROK and U.S. Combined Forces Command, and Commander, United States Forces Korea. CNFK also serves as liaison to the ROK Navy, the Combined Forces Commander staff in armistice and in wartime and to the Commander, U.S. 7th Fleet based in Yokosuka.



U.S. Navy photo by PH2 Christopher Ware

The Perry-class guided missile frigate USS Ford (FFG 54) is currently on deployment in the South China Sea as part of the USS Nimitz (CVN 68) carrier strike group.

USS Ford rescues two at sea

From USS Ford Public
Affairs

USS Ford (FFG 54) rescued two civilian sailors at sea in the early morning hours of Jan. 19 in the Gulf of Tehuantepec, off the west coast of Mexico.

The ship was on a routine patrol when it was notified by U.S. Coast Guard District 11 in

Alameda, Calif. of a vessel in distress. The ship altered course and increased speed toward the vessel to investigate and render assistance.

Once in the vicinity of the distressed vessel, the ship launched one of its SH-60B Seahawk helicopters, along with a rescue swimmer, to investigate the distress call. The heli-

copter crew deployed the rescue swimmer and rescued one male and one female on the sailing vessel Eclipse.

The helicopter returned the rescued sailors to Ford for medical evaluation and to assist in returning them ashore.

Ford is an Oliver Hazard Perry-class frigate, homeported in Everett, Wash.

ESG 1 visits Singapore

Lt. Ron Flanders

Expeditionary Strike Group 1 Public Affairs

Three ships and nearly 3,700 Sailors and Marines of Expeditionary Strike Group (ESG) 1 departed Singapore on Jan. 21 after a three-day port visit.

The amphibious assault ship USS Tarawa (LHA 1), the amphibious transport dock USS Cleveland (LPD 7), the dock landing ship USS Pearl Harbor (LSD 52) and the embarked Marines of the 13th Marine Expeditionary Unit are transiting through the U.S. 7th Fleet area of responsibility on their way home after a successful deployment in the U.S. 5th Fleet area of operations.

"The Sailors and Marines of Expeditionary Strike Group 1 enjoyed a well-deserved quality port visit in Singapore," said Rear Adm. Victor Guillory, commander, Task Force 76. "The men and women of the ESG 1 team are all true heroes and represent the best our nation has to offer the world. They conducted themselves as true ambassadors."

The port visit offered Sailors and Marines a chance to enjoy one of Asia's most relaxing and diverse liberty destinations.

"Singapore is a great port," said Ship's Serviceman Seaman David Arrellano of Cleveland. "It is a very modern city with a lot of great people. I would love to come back here and experience it again."

"Everyone treats you with hospitality here," said Electrician's Mate Fireman Adam Roberts of Pearl Harbor. "My favorite part was visiting Chinatown; the food was excellent and we got a chance to do a lot of great shopping."

ESG 1 Sailors and Marines took advantage of all of Singapore's many recreational and cultural attractions, while at the same time acting as American ambassadors to their gracious hosts.

"People here are so nice. If you just mind your manners and be polite, it's easy to have a great time," said Roberts.

Dozens of Cleveland Sailors and Marines participated in the Adopt-a-Sailor program, visiting homes of Singaporean residents for home-cooked meals and a chance to experience local culture.

"The people here treat us like kings," said Command Master Chief (SW) Jeffrey Budd of Cleveland. "Everyone enjoyed themselves."

Tarawa Sailors also spread goodwill during their time in Singapore. Eighteen volunteers visited two local elderly assisted-living communities, performing clean-up projects like painting, cleaning windows and general cleaning for the residents.

"They really appreciated us being here," said Aviation Boatswain's Mate (Fuels) 3rd Class Edward Nagbe. "I had an awesome time volunteering."

"Our Sailors did a great job," said Cmdr. Randal Craft, Tarawa's chaplain and project coordinator. "We wanted to leave something behind that has a positive impact on these residents and on Singapore. It's very rewarding to know we made a difference."

ESG 1 is an adaptive and agile naval force comprised of six ships and a submarine. Commanded by a flag officer, ESG 1 is a relevant tool for today's threat environment and can conduct operations across the operational spectrum.

Hawai'i Navy News Sports

MILITARY SERVICES TAKE PART IN HULA BOWL

Story and photos by
JO2 Corwin M. Colbert

Staff Writer

The Pacific Fleet Command Color Guard and Musician 3rd Class Hilario Mireles Jr., vocalist for the Pacific Fleet Band and a Texas native, performed the National Anthem before the kickoff of the National College Athletic Association's Hula Bowl All-Star Classic on Jan. 21 at Aloha Stadium.

The 2006 Hula Bowl returned to Aloha Stadium this year after playing on Maui for the past eight years. Hula Bowl players included three Hawai'i players and one Air Force player. More than 7,000 spectators witnessed the Hula Bowl's return to Aloha Stadium as 100 college football players duked it out for top honors.

Filmed by ESPN, all scoring came in the first quarter with the East leading 10-7. The National Spirit Group Cheerleaders performed routines for the halftime show.

In the second half, Brent Hawkins earned the most valuable player award by sacking Missouri's Brad Smith, forcing a fumble that was recovered by East teammate, Domata Peko of Michigan State, on the East's 39. The Illinois State defensive ends were stingy helping the East's defense stuff the West's offense.

Laleen Ramsical, Pacific Entertainment's events and entertainment coordinator explained that military personnel were admitted to the

game for free and family and friends received a 20 percent discount. "We are committed to supporting our service members," she said. Actor Stephen Baldwin hosted "Livin' It," an event with festivities and a live band, on Friday evening at the stadium.

The first Hula Bowl All-Star Classic was played on Jan. 5, 1946. The game, founded by the legendary Hawai'i sports promoter, Mackay "Shogun of Sports" Yanagisawa, featured local Hawaiian All-Stars taking on a national "college" team.

The game grew in the 1950s when NFL players were allowed to join the Hawaiian All-Stars to strengthen the local team's chances against the national team. Doak Walker, Detroit Lions star, and Otto Graham of the Cleveland Browns, Pro Football Hall of Famer, played after leading their teams to NFL titles. Major NFL alumni who also joined in the action included Y.A. Tittle, Billy Kilmer and Paul Hornung.

However, in the 1960s, this tradition ended as new rules limited play for future Hula Bowls to only collegiate athletes.

In 1997, the Hula Bowl joined forces with the American Football Coaches Association (AFCA), the Downtown Athletic Club (home of the Heisman Trophy Award) and the Fellowship of Christian Athletes. In 1998, there were more changes for the Hula Bowl when the game moved to Maui.



Wide Receiver Brandon Marshall of the East outruns cornerback Antwan Allen for a gain of over 15-yards during the National College Athletic Association's Hula Bowl.



Warrior's Safety Lono Manners of Waianae, HI lines up for the next play at the National College Athletic Association's Hula Bowl.



Pacific Fleet Band vocalist Musician 3rd Class Hilario Mireles Jr., a Texas native, performed the National Anthem at the National College Athletic Association's Hula Bowl.