

Navy League salutes services

Awards recognize outstanding military service in Hawai'i

JO3 Ryan C. McGinley
Staff Writer

The Honolulu Council Navy League of the United States held its 44th annual Sea Services Awards Luncheon Nov. 19 at the Hale Koa Hotel, honoring 57 officers and enlisted service members who demonstrated outstanding military service.

The award recognized Sailors, Marines and Coast Guardsmen who were nominated by their chain of command. Nominations were based on duty performance, demonstrated leadership, individual achievements and participation in community activities.

"It's an annual tradition going back 44 years to recognize the outstanding members of our sea services," said Bob McDermott, executive director of the Honolulu Council Navy League. "Our goal is to recognize the hard work the [military] does."

Of the 57 award recipients, Marine

Sgt. James R. Gordon and Navy Lt. Kathleen A. Mullen were honored as grand finalist runner's up, and Navy Lt. Patrick C. Marzluff and Coast Guard Yeoman 2nd Class Clara A. Whitehead were recognized as the grand award recipients as chosen by the Navy League. The University of Phoenix donated \$1,000 scholarships to the grand finalist winners.

The guest speaker for the event was Sgt. Maj. William Kinney, United States Marine Corps senior enlisted advisor to the U.S. Pacific Command. He emphasized the need to recognize all men and women in the armed forces who combine forces for the good of the mission.

"It is an absolute privilege for me to have the opportunity to say thank you to all of you, and all the award winners," he said. "When you take ordinary elements and combine them in a certain way, you will come up with the extraordinary. I believe that's what our armed forces are today."



U.S. Navy photo by JO3 Ryan C. McGinley

Kraig Kennedy, president of the Honolulu Council of the Navy League, presents an award to HT1 Julie Morris at the 44th annual Sea Services Awards Luncheon.

Award winners reemphasized the point of accepting the award on behalf of all the service members at their command.

"It's not only me, it's the whole crew," said Storekeeper 3rd Class (SS) Nathaniel Beita, USS

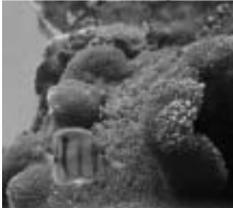
Greenville (SSN 772). "I am here to represent the boat."

The Navy League of the United States is an all-civilian, non-profit organization dedicated to educating the public on the importance of maritime forces for national defense.



Exploring history

National Park Service investigates wreck of USS Arizona. See story on page A-4.



Into the depths

Waikiki Aquarium lets visitors see the sea without leaving the surface. See story on page B-1.

Hawai'i Navy News Briefs

New SUBPAC named
Chief of Naval Operations Adm. Vern Clark announced Nov. 22 that Rear Adm. Jeffrey B. Cassias is being assigned as commander, Submarine Force, U.S. Pacific Fleet, Pearl Harbor, Hawai'i. Cassias is currently commander, Navy Region Northeast/Commander, Submarine Group Two, Groton, Conn. and commander, Submarine Group Ten, Kings Bay, Ga.

Christmas Party tickets available

Tickets for the Naval Station Pearl Harbor Christmas Party are now available. Tickets are \$20 each for E-1 through E-6 personnel and their guest, \$30 for higher ranking personnel and civilians.

The party will be held Dec. 9 at the Royal Hawaiian Hotel in Waikiki. Childcare will be provided at a child development center close to Naval Station Pearl Harbor. The last day to purchase tickets will be Dec. 3.

Dec. 7 events planned

To commemorate the 63rd anniversary of the Dec. 7, 1941 attack on Pearl Harbor a by invitation ceremony will be held on the USS Arizona Memorial for survivors and veterans of WWII. Vice Adm. Gary Roughhead is scheduled to be the guest speaker. A ceremony is also scheduled to be held by The National Park Service on the lawn in front of the USS Arizona Memorial visitors' center. The event will be at 7:45 a.m.

USS Hopper visits PNG

The crew of the US Navy destroyer USS Hopper (DDG 70) visited Port Moresby General Hospital Nov. 19 and donated about \$20,000-worth of much-needed medical supplies, according to a Papua New Guinea newspaper, The National. This is the first time in 10 years a U.S. Navy ship has visited the area.

USS Hopper is scheduled to return to Pearl Harbor next month after a five month deployment in support of coalition operations in the Middle East.

Petty officers make rank on Naval Station Pearl Harbor



U.S. Navy photo by PH1 (AW) William R. Goodwin

Sailors congratulate each other after being frocked to their respective 3rd, 2nd and 1st class ranks at Bloch Arena Wednesday. More than 20 Sailors were officially promoted by Capt. Ronald R. Cox, Commanding Officer, Naval Station Pearl Harbor at the ceremony, and more than 23,000 Sailors were promoted to E-4 through E-6 Navy wide. Navy wide advancement dropped half a percentage point from last cycle.

Sailor sentenced in "ice" case

JO2 Devin Wright
Staff Writer

A Pearl Harbor Sailor will serve up to seven years in prison after pleading guilty to multiple drug-related charges, including the wrongful use, manufacture and distribution of methamphetamine.

Theresa A. Moss, a Personnelman first class assigned to the Personnel Support Detachment in Pearl Harbor, was arrested July 15 after authorities raided her home in the Radford Terrace Navy housing area and discovered a clandestine laboratory used to manufacture crystal methamphetamine, commonly known as "ice."

Moss' civilian husband, Jimmy Yasay, and a third civilian, Faleu Lillili were also arrested and face federal charges.

At the court martial hearing held Monday at the Pearl Harbor military court, Moss was sentenced to seven years confinement, reduction in rank to E-1, forfeiture of all pay and allowances, and a dishonorable discharge. Under the terms of a pre-trial agreement, Moss could be released in as little as three years.

In an emotional statement made in court, a tearful Moss apologized and said she is a fifth generation Sailor who made a big mistake.

"I realize the shame my actions have caused my family name, my command and the Navy," she said. "I can't make up for the pain I have caused so many. I can only apologize for the embarrassment I have caused."

Navy officials say that the case, while unfortunate, shows that its system of drug testing works.

"The Navy is not a good employer for people who want to use drugs," said Lt. Cmdr. Jeff Davis, a Navy Region Hawaii spokesperson. "We test, we investigate, and we prosecute."

NCIS seek couple in Navy housing burglary

Naval Criminal Investigative Service

Officials are seeking two suspects following a burglary at Maloelap Navy Housing area near Salt Lake Nov. 18.

A neighbor reported seeing a dark-blue sedan parked in front of a home on Maloelap Drive about 10 a.m., to authorities.

The witness told police a woman appeared to be in the driver's seat and a male in the passenger's seat.

The victim returned home after work and found the house unlocked, the rooms searched, and numerous electronic items taken.

The witness helped police put together composite pictures of both sus-

pects. The female is described as in her 20s, with a medium build, dark-brown hair, tan complexion, and was last seen wearing a green T-shirt. The male suspect was described as about 25 or 26 years old, of medium build and height, with wavy dark-brown hair and a tan complexion.

Anyone with information may call Special Agent Kay Een directly at 474-1218, ext. 266, or anonymous calls may be made to CrimeStoppers at 955-8300, *CRIME on your cellular phone. Free cellular calls are provided by AT&T, Nextel Hawaii, Sprint PCS and Verizon Wireless Hawaii.

The suspect's vehicle was described as a 1990's Toyota 4-door sedan

Honolulu CrimeStoppers Inc., will pay a cash reward of up to \$1,000 for information which results in the arrest of a wanted person or the solving of case(s) reported to CrimeStoppers Honolulu Inc. All calls are confidential.

Officials caution members of the public not to approach any suspect. All suspects and wanted fugitives should be considered armed and dangerous. All calls are confidential and anonymous.

Persons who participate in the crime, or are victims of the crime are ineligible to receive CrimeStoppers rewards.

Access the CrimeStoppers Web site at <http://www.crimestoppers-honolulu.org>



Female Suspect
Asian/Hawaiian mixed female, 30
Medium build
Dark brown hair, tan complexion
Wearing a green t-shirt



Male Suspect
Asian male, 25-26 years old
Medium height, medium build
Dark brown wavy hair, tan complexion

USS Tucson returns

JO2 Corwin Colbert
COMSUBPAC Public Affairs

USS Tucson (SSN 770) returned home to Naval Station Pearl Harbor Nov. 19 after completing a six-month deployment to the Western Pacific.

Cmdr. James Pitts, commanding officer of USS Tucson, said the deployment was a success.

"The deployment was great," he said. "The crew had a chance to go out and do operations for the Seventh Fleet. They also had the chance to see some great liberty ports such as Singapore and Japan. We topped it off with doing some multi-national exercises with the Japanese Navy," said Pitts.

Although the crew received support from the local family services in places like Guam and Japan, the biggest positive impact for the crew came from home.

"The morale of the crew was great," said Pitts. "We did a couple of things to



U.S. Navy photo by JO2 Corwin Colbert
A USS Tucson (SSN 70) Sailor greets his daughter after the submarine returned from its Western Pacific deployment.

take their minds off the separation from their families. We received support from home with the e-mails, mail and banners. We always had a piece of

home and the crew really enjoyed it," he said.

Electrician's Mate 2nd Class Tim Fredericksen, holding his child, was emotional about his return.

"As you know, nothing can prepare you for leaving your family for six months, but it actually turned out well," said Fredericksen. "I think now that we are back we can say the deployment was worthwhile. We pulled together and worked great together. Now that I am home I am going to relax and try to finally enjoy Hawai'i," Fredericksen concluded.

USS Tucson is the second ship of the United States Navy to bear the name of this Arizona city and is the 59th Los Angeles class attack submarine and the 20th of the Improved-Los Angeles class attack submarine to be built.

Construction began June 10, 1988 and the keel was laid in Sept. 1991. USS Tucson was christened March 19, 1994.



U.S. Navy photo by JO2 Corwin Colbert
USS Tucson (SSN 770) returned from a six-month Western Pacific deployment Nov. 19.



U.S. Navy photo by JO2 Devin Wright
Vivian Aiona, the wife of Lieutenant Governor of Hawai'i, helps build the first bear to be donated to military families at the Build a Bear workshop's Stuffed with Hugs event Nov 20.

USO benefits from 2004 Build-a-Bear Workshop

JO2 Devin Wright
Staff Writer

Build-a-Bear Workshop held a Stuffed with Hugs event Nov. 20 at their Hawai'i store in the Ala Moana Shopping Center.

Stuffed with Hugs is an opportunity for members of the community to build a bear from scratch and donate it to the USO to be distributed to servicemembers and their families for the holidays.

On hand for the event was Vivian Aiona the wife of Lieutenant Governor for the state of Hawai'i, and her daughter and Connie Kraus, Director of USO Hawai'i.

Aiona and her daughter made the first two bears to be donated to the USO.

"This is a small gesture of best wishes for those who make so many sacrifices for our country," said Aiona. "Naturally the focus is on those fighting the war, but I think we sometimes forget the husbands and wives that go without their spouse during the holidays or the children who spend Thanksgiving or Christmas without their mom or dad. They are sacrificing too. Nothing can make up for the lost time, but hopefully these bears will bring a smile to faces of military

family members."

Krause believes teddy bears last a lifetime.

"I remember a volunteer at the USO made me a teddy bear in the 80s and I still have it," said Kraus.

Every year that bear is more and more special to me. I think when people get teddy bears they hold on to them from child to adulthood. There is just something special about a teddy bear.

Kerry Holladay, manager of Build-a-Bear Workshop Hawai'i, said now more than ever is the time to give to servicemembers.

"Every year we pick a different organization to donate to," said Holladay. "With everything going on in Iraq and Afghanistan, we thought what the world really needs is to hug a teddy bear. By having an event like Stuffed with Hugs, we are accomplishing that goal-one bear at a time."

Stuffed with Hugs began in 2001 and since then, Build-a-Bear Workshop has donated over 125,000 bears to worthy causes.

Build-a-Bear Workshop is an interactive, entertainment, mall-based retailer that invites guests of all ages to create their own customized stuffed animals.

Hotel, school donate cookies to Sailors

JO2 Corwin Colbert
COMSUBPAC Public Affairs

A local hotel and elementary school teamed up to donate more than 2,000 chocolate chip cookies to Commander Submarine Force, U.S. Pacific Fleet Sailors, local Marines and Army units Nov. 19.

The event was held at MaryKnoll Elementary School in Honolulu with students, teachers, Doubletree Alana Hotel representatives and military sponsors in attendance for a short ceremony presenting the cookies to the military members.

Keni Sumpster, Director of Sales at Doubletree Alana Hotel, was in charge of the event.

"Across the nation, Hilton and Doubletree got involved with around 125 elementary schools to emphasize the importance of voting," Supter began. "This year, students had the opportunity to determine whom they wanted to give these cookies to. They actually went online to vote and at the end of the day, the votes were tallied. For our situation, the candidates were the military, the homeless, nurses and doctors and emer-

gency personnel," said Sumpster.

"As a result, the military were the winners and they now get our world famous Doubletree chocolate chip cookies. It was lots of work but it was labor of love for what these young men and women do for us," Sumpster added.

After the ceremony everyone gathered for a photo shoot with the local media before loading the cookies and heading back to base.

Intelligence Specialist 1st Class Kenyan Thompson was surprised and felt the donation was a very thoughtful idea.

"When I volunteered, I didn't know what to expect but to see the children smile and appreciate us for what we do is wonderful," said Thompson. "It's also great because sometimes the community doesn't know much about the military. Also, when we come out for events like this we become real to them. As for the cookies, I just did the weigh-in for the PRT, so I think I am going to enjoy a few," he concluded.

The cookies for COMSUBPAC were given to the submarines and squadrons homeported in Pearl Harbor.

STORY IDEAS?

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Hawaii Navy News

Hawaiian culture comes to Ford Island

JO1 Daniel J. Calderón
Editor

Ford Island reverted to its ancient name of Moku Umeume Saturday as paddlers from the Pearl Harbor Canoe Club and members of the community held the annual Makahiki ceremony in the grassy field near the USS Utah Memorial.

The Makahiki ceremony is a traditional Hawaiian celebration that coincides with the beginning of the Hawaiian New Year according to the ancient lunar calendar. Moku Umeume held a special significance to the ancient Hawaiians, as it was the centerpiece of the Moku O Ewa region of Oahu.

Over the past few years, the ceremony had been held near the seaplane ramps on Ford Island. This year, paddlers from the Pearl Harbor Canoe Club paddled from Iroquois Point to the grassy area near the USS Utah Memorial in order to be closer to residents.

The annual Makahiki is an important celebration of the past, which parallels the Western tradition of Thanksgiving. In recent years the ceremony was held in the southern part of the island, but this year has been moved closer to housing areas to better connect with the current residents of Moku Umeume.

"We come to be with the residents and to share the ancient custom of Thanksgiving," said Poni Kamau'u, who presided



U.S. Navy photo by JO1 Daniel Calderón

Members of the Pearl Harbor Canoe Club paddle toward the field next to the USS Utah Memorial Saturday for the Makahiki Ceremony.

over the ceremony. "It was very nice of the Navy to allow us to come here and perform our ceremony. Moku Umeume is a very sacred place for us and the ceremony is really for everyone."

The Makahiki time was considered sacred among Hawaiians. Any conflicts were put on hold for the three-month holiday duration.

"It was kapu, or forbidden, to have wars at this time," Kamau'u explained.

The ceremony honors Lono I Kamakahiki, the god of the harvest. Ancient Hawaiians believed he

would visit various islands to help ensure agricultural prosperity for them.

In ancient times, all Hawaiians, including the ali'i, or royalty, would participate by bringing offerings to the altar, which held the offerings for the duration of the ceremony. Afterwards, Kamau'u said the offerings would be divided among the people.

"There was no sense in letting all the food go to waste and rotting out there," he laughed.

Moku Umeume residents and others who had access brought offerings of lei to the altar and presented

them before Kamau'u.

"It was unique," said Lt. Greg Jennings of Commander, Navy Region Hawai'i. "This was something most military people don't get a chance to see, much less participate in."

Jennings said he is proud of the Navy's role in helping cultivate Hawaiian culture.

"Ford Island is a sacred place for the people so it's right for them to have the Makahiki ceremony here," he said. "The Navy has always tried to foster a good relationship with Hawai'i so we try to have the ceremony here whenever we can."

Hawaii Navy News Editorial

2004 Thanksgiving Message From the Secretary of Defense

Secretary of Defense Donald Rumsfeld



Each November, Americans set aside a special day to give thanks for the blessings that come with the privilege of citizenship in our great country.

It is perhaps no coincidence that America's leaders have given special prominence to Thanksgiving during times of turmoil for the nation.

George Washington first proclaimed an official day of Thanksgiving in 1789, the year his presidency began. Abraham Lincoln revived the tradition as the country endured the pain of the Civil War. And in 1941, just days after America suffered an unprecedented attack on its shores, Congress officially established Thanksgiving on the fourth Thursday of November.

This year, America again celebrates Thanksgiving as our men and women in uniform defend our nation many miles from home. But those soldiers, sailors, airmen, and Marines are not alone; our thoughts and prayers are with them always.

This Thanksgiving day, I hope all Americans will give thanks to those patriots and heroes who are making so

many sacrifices to come to the defense of our way of life.

Due to the hard work of the Armed Forces, some 50 million people in Afghanistan and Iraq can today give thanks for their newfound freedom.

Because of the tireless efforts undertaken by our forces abroad and hundreds of thousands of law-enforcement personnel here at home, the ability of the enemy to attack our homeland has been severely reduced.

Due to the unflagging commitment of our military personnel, the global struggle between the civilized world and extremists is being fought on their territory, not our own.

So on this Thanksgiving Day, I offer my thanks:

To our men and women in uniform for their steadfast devotion to our nation and to the cause of liberty;

To families and friends of those servicemen and women for the strength, support, and encouragement they offer their loved ones; and

To the families of the fallen, for the sacrifices they have endured on behalf of a grateful nation and a future of freedom.

May God bless them all this day and always. And may God continue to bless the United States of America.

Opinion
FLTCM(AW/SW) Jon Thompson

U.S. Fleet Forces Command Command Master Chief



"The holidays are coming! The holidays are coming!" Like an urgent message from Paul Revere, the word is spreading around the countryside — that holiday season is just around the corner.

For most of us, the holidays are a happy time; a chance to rekindle bonds of friendship and to share our lives with others. I believe that's one of the things that make the season special.

Unfortunately, the holidays can also be one of the most stressful times of the year. With the hustle and bustle, trying to squeeze in one more activity in an already packed schedule, sometimes people become too complacent or too compulsive. With so much going on, subtle warning signs can be easily overlooked.

Shipmates, how often have you heard about the Sailor, who, not wanting to waste a minute's worth of leave, rushed home after a long day at work, gathered up the family with suitcases already packed, then sped off for an overnight long-distance road trip? Or about the Sailor who sat down with his supervisor, talked about upcoming plans for the weekend, then went to a party and got behind the wheel of a car intoxicated despite the earlier conversation.

Maybe this holiday leave period you'll have friends or family to come home to. That's all fine and good, but I wonder — do you know what's going on during this

time in the life of your friend who lives on the ship? What about the young, single Sailors who recently checked aboard and are not going on leave? What do you think happens when the ship's hours and services are reduced? Left with nothing to do and no one to turn to, the results are sometimes tragic.

The period between Thanksgiving and ending shortly after New Year's is the second-most hazardous for Navy personnel in terms of death, injuries and accidents.

I'm sure no one intentionally plans to endanger the lives of others or themselves, yet the statistics show this happens too often. So how can you help?

Before departing on that long-distance road trip think about what you must do to arrive and return safely.

Ask yourself some questions. Is my vehicle in good running condition? Are the tires (including the spare) and fluids up to par? How far is the travel distance and can I drive it in a day or will it take two days? What's the anticipated weather forecast and road condition for the trip? Do I have or need an ice scraper or other gear in case of bad weather? What about fatigue? Have I considered the importance of stopping frequently for rest and snacks, and having passengers share the driving? Do I have the primary telephone numbers for my command in the event of any unplanned circumstances? Finally, before turning the ignition, have I and all passengers buckled up, including safety seats for the little ones?

Supervisors, you need to ask these same questions of your people — not at quarters in the hangar bay where everyone can raise their hand and simply say they have a plan; I mean face-to-face

where you can get the details. That may seem a bit intrusive, but I'm telling you this is what it takes. In FY-04, the Navy had 73 personal motor vehicle fatalities. Statistics from the last five years showed that every 17 days a Sailor died in an alcohol-related motor-vehicle crash, and 40 percent of traffic fatalities nationwide were from lack of seat belt usage. The Naval Safety Center website (<http://www.safetycenter.navy.mil/ashore/motorvehicle/toolbox/default.htm>) has some great tools to keep us on the right track.

The final thing I'd like to leave you with this week is that we all need to be aware when our friends, our family and our co-workers are in emotional trouble. You have to look carefully for the signs that may indicate or lead to depression: alcohol abuse, broken relationships, impulsive anger, financial problems, isolating oneself from others, and preoccupation with death. Regretfully, suicide is common during the holidays. It remains the second leading killer of military personnel behind traffic accidents.

Shipmates, whether you're celebrating with family or staying on the ship this holiday season, there are many ways to make this a safe, enjoyable season. It's up to you to actively pursue them. Look for ways to keep involved. Check with your MWR folks about upcoming events or outings; many commands and local communities host an Adopt-a-Sailor program. The chaplain's office often sponsors community relation projects this time of the year as well. Why not volunteer?

This holiday season let's look out for ourselves and those around us. It's the most valuable gift any of us can give or receive this season.

Thoughts from the editor...

Opinion
JO1 Daniel J. Calderón
Editor

Yesterday, in case you missed it, was Thanksgiving Day. For most of us, it was a day to enjoy turkey and all the trimmings with family and friends gathered together around a table. Some of us enjoyed watching a game of football and this morning, I'm sure a great number of people were up before dawn to hit the stores for the biggest shopping day of the year.

The stores, the sales, the crowds can all serve to help us forget what it means to

enjoy the holiday season as any sense of good will is lost to the anger of losing a great parking spot or coming up and finding all of any particular item gone.

Remember what this season is supposed to be about and all should be well. I don't mean any deep religious or spiritual insight.

I'm saying family and friends are more important than any parking space or imagined "perfect gift." Don't go out and drive yourself crazy trying to find that one thing. Instead, find time to spend at home. Time is the gift that truly lasts.

Hawaii Navy News

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Public Affairs Officer - Lt. Cmdr. Jeff Davis

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Public Affairs LCPO/Managing Editor - PH1(AW) William R. Goodwin

Editor - JO1 Daniel J. Calderón

Assistant Editor - Karen Spangler

Staff Writer - JO2 Devin Wright

Staff Writer - JO3 Ryan C. McGinley

Staff Writer - Lacy Lynn

Staff Writer - MM3 Greg Bookout

Technical Adviser - Joe Novotny

Layout/Design - Angie Batula

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Deep see: National Park Service archeologists work to learn from sunken USS Arizona

JO1 Daniel J. Calderón
Editor

Below the surface of Pearl Harbor, archaeologists from the Submerged Resources Center of the National Park Service have been working to learn more about the sunken wreck of USS Arizona.

Matthew A. Russell, an archaeologist for the SRC, said the effort to study the ship began in 1982. The original dives were an effort to map out the area.

"The idea was to answer the question of what was there," Russell explained. "Before then, no one really knew."

Divers from NPS and Navy Mobile Diving and Salvage Unit 1 worked together to scrutinize the wreck of the ship sunk during the Dec. 7, 1941 attack on Pearl Harbor.

"That project resulted in a detailed map," Russell said. "It took place over three different field seasons – 1983, 1984 and 1986. After that, there was a hiatus from 1987 to 1999. In 1999, the superintendent asked is to resume our research."

Following that request, the SRC team has returned to the Arizona. With their detailed map from the previous expeditions, the team's goal is now to figure out what is happening to the ship that serves as a tomb for more than 1,100 Sailors killed in 1941 and survivors who have had their remains interred in the ship after they passed away.

"Now that we know what's there, our job is to find out what's happening to what's there," explained Russell. "We're focusing on the corrosion and deterioration of the ship."

When the team began its newest phase of investigation in 1999, they cut metal coupons from the hull to analyze them. The team meas-



Photo courtesy of Brett Seymour, NPS
A National Park Service diver takes microbial samples from the hull of the sunken USS Arizona. Researchers have used samples, ultrasonic readings and measurements from a VideoRay remote operated vehicle to measure the deterioration of the hull and make a Finite Element Model to predict future corrosion rates for the ship.

ured the thickness of the samples and compared them with information from the original hull thickness to determine the rate of deterioration on Arizona. Over the past three weeks, the team went down with equipment to measure the thickness with more non-destructive methods. Instead of cutting away pieces of the hull, the team used ultra-sonic equipment to measure hull thickness.

The information gathered is fed into a Finite Element Model. The FEM is a computer-generated model of the ship that can be used to project rate of decay over the course of time. Based on preliminary findings, Russell said the Arizona should be around for some time to come. Russell said it would be more than 500 years before corrosion ate away all the metal on the ship, but the time in which the structure

can hold itself together is shorter.

"The tests we've run indicate the corrosion rate is much lower than anticipated," he said. "We can't say how long the ship will last, but it's probably in the realm of decades instead of years."

Russell and his team used a VideoRay remote operated vehicle (ROV). The team equipped the "basketball-sized" vehicles with equipment to read the water chemistry inside Arizona. With the ROV's maneuverability, Russell's team was able to access the third level inside the ship. There, the team found approximately three percent of dissolved oxygen in the water. In the water outside the ship, the dissolved oxygen is at 88 percent. More oxygen speeds up the deterioration of metal. Russell said the lessened oxygen content is probably due to the lack of access

points to the ambient water.

With the exploration of Arizona complete for now, Russell and his team will take the information back to feed into the FEM and help create an even more accurate picture of the wreck. He said the oil, more than 500,000 gallons still estimated inside the hull, is probably safe since the holds are below the mudline at the bottom of Pearl Harbor and most likely have less than one percent dissolved oxygen in them.

"Right now, there's no need to rush into anything," Russell said about the possibility of going into Arizona to remove the oil from the ship. "Right now, it's leaking about two quarts a day. It's not a lot of oil and it's been constant for the past 63 years as far as we know."

Russell said the results from the most recent investigations would be available in about a year.



U.S. Navy photo by JO2 Devin Wright
Students from Augustana College are given a tour of USS Crommelin's (FFG 37) pilot house Nov. 19 during their tour of Pearl Harbor.

Augustana College students, faculty learn about Navy life

JO2 Devin Wright
Staff Writer

Navy Region Hawai'i hosted 84 students and faculty of Augustana College's East Asia Overseas Term program to Pearl Harbor Nov. 19.

During their visit, the students had the opportunity to visit USS Crommelin (FFG 37).

The tour gave Crommelin Sailors the opportunity to tell the students about the Navy's varied missions.

"I think it's common knowledge that the Navy fires missiles into enemy territory," said Lt. Kim Mitchell, operations officer on board Crommelin. "Hosting a tour like this with so many college students gives us the opportunity to showcase and get the message out that the Navy also does counter drug operations. We also answer at sea distress calls."

"So, we don't just launch missiles, we also save lives," she said. "We're glad this ship was asked to give a tour to these students because we are proud of our recent success on our latest deployment."

For many of the students the chance to learn more

about Pearl Harbor's history was fascinating.

"This visit is so important," said Tim Brinkman, a junior at Augustana College. "With the war going on all we hear about is what the media reports. This opportunity puts us face to face with the troops. It's comforting to know that our military doesn't really feel a sense of urgency. It's just business as usual. These guys are my age but you can tell they've been around and really know their stuff," he added.

The visit included a tour of the USS Arizona Memorial, followed by a Ford Island tour.

For Maggie Hassler, a sophomore at Augustana College, the visit hit home.

My grandfather was a Sailor during World War II," she said. "I don't think I ever thought of it until I came here but he could be entombed in the Arizona. I realized how young he was and that I'm only here because he survived," Hassler said. "It is important for us to see first hand the history and life in the Navy so we can pass that information on. I really respect these Sailors because I don't think I would have the courage to do what they do."

Reuben James set to depart shipyard soon

Lt. Nathan Christensen
USS Reuben James
Public Affairs

The end of a twenty-week yard period is fast approaching for crewmembers of USS Reuben James (FFG 57).

This period, coming after a counter-drug operations deployment to Central and South America, was something for the crew to look forward to as well as accomplish much-needed improvements on the ship. The overhaul provided the most extensive upgrades.

Countless man-hours were put in by ship's force and shipyard personnel to install new systems on board Reuben James and improve habitability for the crew.

The time, planning and coordination of this big event were extensive, with multiple different contracting facilities on board doing work on over 300 jobs. Among these groups were Corrosion Engineering Systems (CES), Fleet Maintenance Repair

Activity (FMR), Pearl Harbor Naval Shipyards (PHNSY), Hawai'i Shipyard Incorporated (HSI), other contractors and Reuben James' crew.

During the Extended Drydock Selected Restricted Availability (EDSRA), Reuben James underwent an FFG modernization program. The installation of the ship's Caterpillar diesel engines began before Reuben James went into drydock. A cofferdam was placed outboard of the ship and two of the new diesels were installed while still berthed at B-15.

Ensign Raul Cantu, the ship's auxiliary officer said, "These new diesel engines that were installed will unequivocally enhance the life of Reuben James. We have been waiting and looking forward to this install for over one year and it is exciting that it is now about complete."

While in drydock, the installation of the remaining two Caterpillars was completed and diesel testing began. The Engineering Department prepared

for three new Reverse Osmosis (RO) units, a modern, efficient method to produce potable water for the ship.

Among the new Combat Systems installations on board is NULKA. This joint US-Australian ship defense system greatly enhances Reuben James' missile defense capability, and is designed to help defeat new generations of anti-surface missiles.

The installation of NULKA brings about an invaluable defense capability for ESGs and CSGs. Electronics Warfare Technician 2nd Class (SW) Christopher Parrish helped oversee the NULKA install.

"Although our SLQ-32 is quite advanced, the addition of NULKA to Reuben James will allow us to defend not only ourselves, but also high value units much better," Parrish said.

Another major installation was the ship's new Gig E-LAN complete with new Dell computers for the ship. This new computer system will bring about higher work

productivity, much quicker internet connections, increased memory capability and afford Sailors the ability to do more with the new technology brought on board. Supply Department has also seen system installations as well.

The Navy Cash system currently being brought on-line eliminated the need for cash on board and will improve the disbursing officer's service to the crew. Sailors will receive a card that allow a member to access checking account funds back home, transfer money as well as buy needed goods to survive at sea while underway.

Besides the new system installations, Reuben James also had important maintenance completed on existing components. While in drydock the ship's sonar dome received an overhaul and refurbishment. Reuben James' hull also received a fresh paint job and had new zinc anodes attached.

Another improvements on board was to crew habitability. A much needed-renovation of the entire chief petty officer mess, berthing

and lounge areas was completed. Many officer staterooms were also refurbished.

The messdecks, however, received the most visible improvements on the ship. The crew was surprised with a wood-look flooring, new blue seat cushions and tables, and freshly painted bulkheads. Along with the plasma flat screen television from last year, the messdecks has now become a much more welcoming place to dine.

Other big projects included a renovation of the ship's ECR, master chief's office, ship's administration office and the creation of an office for Reuben James' career counselor, Navy Career Counselor 1st Class Richard Green.

Command Master Chief (SW/AW) Jeffrey Clark noted that "Reuben James Sailors are set to take back the ship and move aboard. With all the improvements, the ship has become virtually a new place to live and work. We are all excited to finish the yard period out strong and get the ship underway again."

Seabees earn Purple Hearts Navy institutes Professional Military Education Continuum

JO2(SW) Barbara Silkwood

Naval Mobile Construction Battalion 40 Public Affairs

Three Seabees from Naval Mobile Construction Battalion (NMCB) 4 received Purple Hearts during a ceremony held Nov. 16 at Naval Construction Battalion Center Port Hueneme, Calif., in recognition of their wounds sustained in action while serving in support of Operation Iraqi Freedom.

Commander, Naval Facilities Engineering Command and Chief of Civil Engineers Rear Adm. Michael Loose presented the awards to Master Chief Constructionman Martin Yingling, Chief Equipment Operator Darion Williams, and Steelworker 3rd Class Justin Sasser.

Assigned to Task Force Echo, they were injured through indirect fire from a rocket attack Sept. 4 while working in Camp Fallujah, Iraq. Steelworker 3rd Class Eric Knott, who was killed during the same attack, was posthumously awarded the Purple Heart in September.

Friends and family of the Purple Heart recipients attended the ceremony, along with more than 1,000 Seabees from 31st Seabee Readiness Group, NMCB 40, NMCB 5 and NMCB 3.

"Today, NMCB 4 is deployed across the globe, operating in three theaters, supporting three unified commands. From the Caribbean to Europe to Southwest Asia in support of Operation Iraqi Freedom II,



U.S. Navy photo by PHAN John P. Curtis

SW3 Justin Sasser is presented the Purple Heart by Rear Adm. Michael Loose, Commander, Naval Facilities Engineering Command and Chief of Civil Engineers, for wounds received by indirect fire while working in Camp Fallujah, Iraq. Sasser was part of a detachment assigned to Naval Mobile Construction Battalion Four (NMCB-4) deployed in support of Operation Iraqi Freedom.

they are personifying our 'can-do' rally cry," said Loose. "There is no doubt in my mind that every Seabee in NMCB 4 is with you in spirit today," he said to the award recipients.

Loose said the ceremony was to honor all Seabees, since they carry the global war on terrorism to foreign shores in hopes of never fighting on American shores.

"I thank each and every one of you for wearing the cloth of our nation, for your many sacrifices and for your distinguished, selfless service," Loose said. "Freedom and liberty are not innate rights. They are precious, they are priceless, and they are a great gift that have to

be earned, protected and defended at all costs."

After Seabees and civilians stood in line to shake the hands of the men who nearly lost their lives, offering their thanks in remembrance of the one who did.

"You don't win this award," Yingling said. "I feel honored that I was able to come home alive; that I was able to serve my country," he said.

The rocket explosion injured his ankles and left leg, but only hours after his first surgery, Yingling, with nearly 25 years of military service, offered his life to his country again by reenlisting.

"Take a look at America, that's why," said Yingling. "That's all that matters."

Sasser, who still wears a cast on his left arm, was also hit with shrapnel during the explosion. A bruised nerve in his arm limits movement of his fingers and wrist, but he said the damage isn't permanent and he should be fully recovered in a few months.

Although the battalion doesn't return to home port for at least three more months, Sasser, despite his wishes, will not join them back in Iraq.

"It's nice to get this award, but I would rather be with the troops, with my guys in Iraq," Sasser said. "They are like my family. They are probably worried about me, and I am worried about them."

Prepared: Anti-swimmer dolphins remain ready to defend

JO2 (SW/AW) Sarah Bibbs

Commander, U.S. 5th Fleet
Public Affairs

Explosive Ordnance Disposal Mobile Unit (EODMU) 3, Det. 86, conducted demonstrations of their anti-swimmer dolphin system Nov. 18-19, as part of their ongoing forward presence mission in the Arabian Gulf.

The MK-6 Marine Mammal System (MMS), from Space and Naval Warfare Systems Center, San Diego, is currently on its longest combat deployment in history, providing protection to Navy assets in the region.

Due to their hydrodynamic shape and a highly effective biological sonar system, the bottlenose dolphins are uniquely equipped to detect, locate and mark underwater threat swimmers, divers, and swimmer delivery vehicles, through a process called echolocation.

Using this process, the dolphins emit broad-band high frequency clicks and listen to the echoes of those clicks as they bounce off objects.

"They have natural abilities that no man-made machine can duplicate," said Hull Technician 2nd Class (DV) Jayson Boyse, lead mammal handler of EODMU 3, Det. 86. "They're highly effective at detecting and marking divers in the water."

The danger exists primarily for those whom the dolphins seek out, Boyse said.



U.S. Navy photo by PH2 Veronica Birmingham

Mk-6 swimmer defense dolphins are deployed to the Arabian Gulf to provide operational force protection capabilities for Navy ships, piers and other high-value assets as part of the global war on terrorism.

"They can be very harmful to divers or swimmers. If someone were to get into the water near one of our high-value assets, it wouldn't be a good place to be."

Even the MK-6 trainers are unable to swim with the dolphins, except under carefully controlled conditions.

"No matter how close the relationship, the handlers can't ignore the dolphins' wild instincts," said Lt. Kary Olson, MK-6 MMS officer in charge. "They look like your average Sea World dolphin, but they're trained to a much higher level."

Through constant training, the handlers develop trust and familiarity with the dolphins to achieve desired behaviors from the animal, which in turn secures successful operations.

Physical care for the dolphins is a

high priority for EODMU 3 Det. 86. Army veterinarian Maj. Brad Blankenship and biological technician Daniel Peterson are assigned to MK-6 MMS to take care of all the mammals' needs.

"These dolphins probably get more focused attention than any Sailor would," said Peterson. "They have a full clinic and a dedicated team that gives them excellent, 24 hour attention."

Though the dolphins are on their longest combat deployment, Blankenship said the duration of the operation has had no affect on the dolphins' operability.

"They probably don't know the difference between San Diego and here," he said. "Their care is still the same, if not better, and their job is still the same."

The dolphins of MK-6 have the ability to patrol waters at any hour, day or night, anywhere in the U.S. 5th Fleet area of operations.

"They can be rapidly deployed anywhere in the world," said Boyse.

How much longer the team will stay in the area remains undetermined. Coalition forces are constantly working to prevent terrorist attacks in the region, and MK-6 MMS provides key support.

"We hope that by being out here, we won't have another incident like we did in Yemen with the USS Cole (DDG 67)," said Blankenship.

Naval Education and Training Command Public Affairs

Citing the importance of continuing education to transformation goals and operational excellence, the Navy's Chief Learning Officer, Vice Adm. Alfred G. Harms Jr., commander, Naval Education and Training Command (NETC), announced the Navy's new Professional Military Education (PME) Continuum Nov. 18.

The PME Continuum integrates advanced education (beyond secondary school level), traditional Navy-specific Professional Military Education (NPME), Joint Professional Military Education (JPME) and leadership development. It sequences learning opportunities with significant career phases, allowing for newer personnel to receive more analytical and technical training, while those more senior will be offered strategic and management-oriented learning opportunities.

"We must adopt a more comprehensive approach to education that fully acknowledges the relevance of education to mission success," said Harms. "It is essential that we broaden the professional and intellectual horizons of Sailors throughout their careers to better prepare them to operate tomorrow's fleet, and to assume key Naval and joint leadership roles."

"As Sailors become more senior," Harms said, "education will provide more strategic perspectives, and develop more effective management and business practices. Leadership development will be more position-focused to align with roles across a career. Ultimately, from the earliest days of their careers, our Sailors and their leaders will know what professional military education is expected and required."

Naval Administrative Message (NAVADMIN) 263-04 outlines the implementation strategy for the comprehensive plan, which will impact every Sailor in the Navy.

"Our staff is aggressively developing flexible learning opportunities for the components of PME," said Harms. "Implementation of the continuum is essential to the success of Seapower 21, and for the growth and development of our people to meet the challenges of today and the future."

JPME will provide understanding of the principles of jointness that underpin Seapower 21. Education in joint matters will enhance the ability of naval leaders to provide unique and complementary warfighting from the sea to joint force commanders. Timely completion of appropriate JPME will be a key consideration in identifying future Navy leaders.

According to Harms, NPME will provide a broad, common

understanding of the Navy and its full capabilities, and better prepare Sailors to effectively perform their missions across the full spectrum of naval and joint military operations. NPME will also be sequenced across a career, and address three core competencies of the Naval profession: military studies, professionalism, and national and global security.

NPME will also be incorporated into the Five Vector Model (5VM) for all Sailors, and will become a staple in both officer and enlisted accession training. The Center for Naval Leadership (CNL) has taken the lead, in conjunction with the Naval Post Graduate School, Naval War College, the Naval Historical Center, Naval Justice School and the Center for the Study of Professional Military Ethics at the Naval Academy, in developing a primary level course that will be implemented later this year. Content from this course will be used as the baseline for developing an intermediate level course for senior enlisted personnel. Officials hope to have the first intermediate course available by mid-fiscal year 2005.

Harms' senior enlisted leader, NETC Force Master Chief (FORCM) Michael J. McCalip, said the program is coming at the right time.

"The Navy is experiencing transformation everywhere," McCalip said, "and providing a relevant PME program for all Sailors directly supports the Sea Warrior of the 21st century. We believe PME will provide us with a smarter, more agile force ready to meet every mission challenge."

McCalip credited the Chief of Naval Operations (CNO) with taking the Navy to new levels of excellence with his commitment to providing more educational opportunities for Sailors.

"PME is the right human capital investment for the Navy to make," McCalip stated, "and it will provide our organization with a huge return on our investment as we press forward in to the future. These are exciting times for Sailors."

Distance learning, Harms believes, will be a key tool for Sailors to further their education and meet the goals of PME. In fact, he said, statistics show a substantial increase in the number of people enrolled in distance learning over the last three years.

"We are transforming the way our Navy develops and equips the extraordinary men and women who choose to serve as members of the world's finest military," said Harms. "As our Navy becomes more high tech, our workforce will get smaller and smarter. We're going to need critical thinkers and agile learners if we're going to achieve the Seapower 21 Navy that the CNO envisions. What we're pursuing here is a future force that we believe will both want to be, and need to be, more educated than ever before."

Japanese officers ride Curtis Wilbur during ANNUALEX

Lt. j.g. Christina Wong
USS Curtis Wilbur
Public Affairs

USS Curtis Wilbur (DDG 54) hosted four Japanese Sailors aboard Nov. 10-19 as part of ANNUALEX.

ANNUALEX is a routine bilateral exercise with U.S. forward deployed naval forces, as well as those based in Hawai'i and San Diego and the Japan Maritime Self-Defense Force (JMSDF). The exercise incorporates multiwarfare events and multiwarfare platforms in order to test both navies' abilities to operate together.

Three Japanese officers and one enlisted Sailor, officially known as Liaison Naval Officers (LNO), lived in their counterparts' respective living quarters, enjoyed meals with their sponsors and embodied the spirit of ANNUALEX – the exchange of naval experiences and the increased understanding of each other as allies.

Japanese enlisted Sailor Fire Controlman 1st Class Masanori Mando, a MK 42 gun fire controlman aboard JDS Kuruma (DDH 144) quickly integrated into ship's routine. Mando conducted maintenance, troubleshooted the SPY radar system and stood watch in the combat information center (CIC) with his sponsor, Fire Controlman 2nd Class (SW) Larry Harnage.

Mando said living aboard Curtis Wilbur is noticeably different from living aboard Kuruma.

"The beds, showers and living quarters are smaller here [aboard Curtis Wilbur], but I liked it very much," said



U.S. Navy photo by PH3 Jason T. Poplin
Guided missile destroyer USS Curtis Wilbur (DDG 54) sails alongside Military Sealift Command oiler USNS Yukon (T-AO 202) during replenishment at sea evolution.

Mando. "My favorite part was having an American breakfast every day."

"It is always a good experience to cross deck with other nations' navies," said Harnage. "I am glad I had the opportunity to explain and show others what we do."

The Japanese officers were very interested in how Curtis Wilbur utilized its resources and capabilities. The guests coned the ship during tactical maneuvers, participated in the surface warfare officer qualification board, a luncheon with Rear Adm. James D. Kelly, commander, Battle Force 7th Fleet and observed two underway replenishments and multiple combat scenarios.

Lt. j.g. Yasutaka Ebata, who is on path to be Kuruma's navigator, stood watch on the bridge with his sponsor, Lt. j.g. Donald Shrader. On many occasions, Ebata could be heard on bridge-to-bridge radio, talk-

ing to fishing contacts, as well as other Japanese warships involved in ANNUALEX.

"I thoroughly enjoyed working with Lt. j.g. Ebata as a future navigator, fellow officer and sailor," said Shrader. "We were able to compare the differences and discuss the similarities between the JMSDF and the U.S. Navy. We definitely had a lot to learn from each other."

In the eyes of the LNOs, the personnel exchange directly enabled JMSDF officers to understand the U.S. Navy's abilities, techniques and fighting spirit.

"We [JMSDF] still have a lot of things to learn from the United States," said Lt. Cmdr. Atsushi Minami, the former executive officer and operations officer aboard JDS Samidare (DD 106), "and through lessons learned, it encourages bilateral relations between the United States and Japan."



Image from www.defenselink.mil

Anyone interested in supporting Sailors, Marine, Soldiers, Airmen and Coast Guard members who are deployed can visit a number of sites. One guide to available sites is www.defendamerica.mil/support_troops.html.

Citizens support deployed troops

Samantha L. Quigley

American Forces Press Service

One often-repeated question from forward-deployed troops today is some form of: "Does America support what we're doing over here?"

Judging by the number of Web sites devoted to that support, the answer is a resounding, "Yes."

But as times have changed, so have the ways to support the troops. Just because the old way – no more "Any Servicemember" mail – doesn't work anymore, that doesn't mean troops can't receive mail and care packages from patriotic souls. It simply means finding an organization to help concerned individuals get that morale-boosting mail to the troops.

Dozens of independent organizations are ready and willing to help those who want to support the troops. They generally fall into two basic categories. The first is the organizations that collect cash or goods to create care packages to be sent to troops who wish to receive them.

One such organization is Freedom Calls Foundation, which uses state-of-the-art communications technology to keep servicemembers connected with their families.

Because of Freedom Calls' efforts, servicemembers have "been there" for milestone events such as weddings (sometimes their own), births and graduations.

The Veterans of Foreign Wars offers a program called "Operation Uplink" that connects servicemembers with family and friends. The program, begun in 1996, provides pre-paid phone cards to active-duty servicemembers and hospitalized veterans.

Again, Operation Uplink accepts cash donations that are used to purchase the pre-paid phone cards. Donations can be made online, via phone or through the mail.

Another supporter of deployed U.S. troops, the United Service Organizations, has a program called "Operation USO Care Package." The program lets well-wishers sponsor a care package for a monetary donation. USO makes the dona-

tion part easy too. All it takes is a mouse click, a phone call or a stamp to mail a check.

The second-type organization pairs supporters with servicemembers who have given permission to release their contact information to an individual. Most of the sites offering servicemember "adoptions" require a minimum commitment of one piece of mail a month.

AdoptaPlatoon, not only provides the means to "adopt" an individual servicemember, but an entire platoon. The requirements for each adoption are a little different. Supporters can also ask to be matched with a servicemember as a pen pal.

Operation Military Pride is another group that focuses on care packages. However, to obtain mailing information for a servicemember, supporters are required to sign up through the site.

Like many organizations, Operation Military Pride has several different campaigns in the works to support deployed troops.

There also are a smaller number of Web sites dedicated to allowing a supporter to send an electronic greeting to servicemembers and some that have compiled a list of links to various support Websites.

Care packages are always nice, but letters are just as good. And sites like Operation Dear Abby and Letters From Home make that very easy to do. Operation Dear Abby provides the means to send an electronic greeting to a servicemember and Letters From Home works with the old-fashioned variety.

If the legitimacy of a site is a concern, check out the list on the Defend America Web site. While the Department of Defense does not endorse organizations, a DoD official said that the groups listed on Defend America are checked routinely to make sure they are doing what they say they are supposed to be doing.

It's also important to remember some Web sites are easier to use than others. So don't get discouraged, the links are there. It may just take a little looking to find them.

These are just a small sampling of organizations that offer Americans the means to remember and appreciate our troops.

Recruits have new book in seabag

Jon Gagne

Naval Education and Training Command
Public Affairs

Sailors who complete recruit training later this year will receive a new book in their traditional Navy seabag that focuses on Navy heritage and tradition.

"A Sailor's History of the U.S. Navy," written by Thomas J. Cutler and published by the Naval Institute Press, takes a historical look at the Navy from a different perspective – that of the individual Sailor – with stories of honor in battle, courage under fire and commitment in service. The author uses short stories about true events from throughout the Navy's history, to lay a fundamental plan of military conduct, professionalism and core values for those who serve in today's volunteer Navy.

Adding the book to the Sailor's seabag was a decision made by Vice Adm. Alfred G. Harms Jr., commander, Naval Education and Training Command (NETC), who recognized the value of providing Sailors with such information.

"For the last few years, the Navy has made a concerted effort to ensure that our new accessions, both officer and enlisted, receive a good indoctrination of naval history and naval heritage," Harms said. "We believe this is essential to fully grasp who we are and why we do what we do as Sailors."

"This book relates historic events throughout our history that have solidified our heritage as a Navy and a seafaring profession, to which, the role of every person, enlisted and officer – every part of the Navy team – is important," Harms added. "We all subscribe to the same core characteristics, and that's what gives the Navy its strength and

enduring value."

Cutler has intertwined the book's stories around certain Navy principles, such as heritage, tradition and commitment, to show Sailors that every job, however minute or mundane it may seem, plays an important role in the overall mission of being successful in battle at sea. The intent, Cutler said, was to help today's Sailors realize that they are one of the main characters of the ongoing story that is the U.S. Navy and its service to the United States.

"Today's Sailors are writing history every day they serve in the U.S. Navy," said Cutler. "The more Sailors know about the accomplishments of Sailors who served before them, the better prepared Sailors will be to do their jobs and do them well."

NETC Force Master Chief Michael J. McCalip believes "A Sailor's History of the U.S. Navy" can be used as an additional leadership tool for senior enlisted and junior officers, and a guide for junior Sailors as they begin their careers.

"In today's Navy, we focus on Sailors being Sailors across the board, enlisted and officer," McCalip said. "And while we prepare for the future, we're in a constant state of change in the Navy, always looking for ways to improve. We owe it to our people to teach them about their heritage and how it is relevant to what we do today. I see this book as another tool to help us train and prepare everyone who serves in our Navy."

Recruits who complete initial training this year will be the first to receive the book as part of their seabag that they take with them to the fleet. Beginning in FY 2006, the book will become an official part of the Sailor's boot camp ditty bag, along with The Bluejacket's Manual, which has been issued for years.

Hawai'i Navy News Sports

PFA can help Sailors attain fitness goals



U.S. Navy photo by PH2(AW) John F. Looney
Lt. Christopher Epp of Navy Region, Hawai'i kicks it into high gear as he runs the last few yards of the Physical Fitness Assessment.

PH2 (AW) John F. Looney

Staff Writer

It's time again for the semi-annual Navy Physical Fitness Assessment (PFA), which can help Sailors measure their fitness goals.

For those Sailors interested in improving their physical conditioning, remedial help is widely available. "The PFA is to make sure all Sailors are seaworthy," said Boatswain's Mate 1st Class (SW) Richard Curry, Commander Navy Region Hawai'i PFA coordinator.

Coordinators said command attitude toward the PFA, which was formerly known as the Physical Readiness Test proved to be a very important factor in the perceived physical fitness of the command.

The major factors associated with the physical readiness of the command were perceived physical fitness of the commanding officer, effective remedial conditioning programs, attendance at nutrition/diet programs and a high percentage of personnel actually taking the PFA.

"All Sailors should take advantage of the physical fitness activities hosted by Morale, Welfare and Recreation," said Ho. "It will prepare you for the PRT," said Capt. Norman Ho, a PFA participant.

The PFA instruction states that if a Sailor's overall score falls into a probationary category, he or she will be enrolled in their command's fitness enhancement program (FEP). The physical fitness program is not about the test; it's about the overall fitness and improving your overall fitness level.

The reason why the Navy is pay-



U.S. Navy photo by PH2(AW) John F. Looney
CS1 (SW) Ernie Sheer of Navy Region, Hawai'i pumps out some final push-ups during the Physical Fitness Assessment.

ing attention to ensure Navy command fitness leaders are certified as fitness trainers is so they can help Sailors achieve their fitness goals.

Physical Fitness trainers say it's possible to prepare for a PFA in as little as three weeks; however, this can easily result in doing more damage than good. Too much exercise in a short amount of time can be harsh on the body, and sometimes can defeat the purpose of exercising. Those who routinely exercise throughout the year won't have much to worry about, but those who do just the opposite will have a lot to accomplish in a short period of time. Exercising breaks down muscle

tissue and then the body rebuilds the muscles making them stronger, bigger and denser. Overtraining results when muscles aren't given a sufficient amount of rest and nutrients, between workout sessions. Symptoms of overtraining are fatigue, listlessness and a weakened immune system.

For information on the Navy Physical Fitness Assessment program, visit www.mwr.navy.mil and go to "select your page" on the pull-down menu service members can also find the Physical Activity Risk Factor Questionnaire on the Physical Readiness Information Management System (PRIMS) Web site at <https://primis.bol.navy.mil>.

GOT SPORTS?

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hnn@honoluluadvertiser.com



