



MWR Weightlifting

MWR offers fitness tips. See story on page A-9.



Naval Brig Pearl Harbor

Service members get back on track. See story on page B-1.

Hawaii Navy News Briefs

Flag officer announcements —

Secretary of Defense Donald H. Rumsfeld announced Feb. 16 that the president has made the following nominations:

Capt. Phillip R. English has been nominated for appointment to the rank of rear admiral (lower half). English is currently serving as battalion commander, Navy Supply Battalion 1, Phoenix.

Capt. Donald R. Ginzig has been nominated for appointment to the rank of rear admiral (lower half). Ginzig is currently serving as commanding officer, Naval Reserve, National Naval Medical Center, Bethesda, Md.

Capt. Mark F. Heinrich has been nominated for appointment to the rank of rear admiral (lower half). Heinrich is currently serving as assistant chief of staff for Force Supply, N41, Naval Surface Force, U.S. Pacific Fleet, San Diego.

Capt. Richard R. Jeffries has been nominated for appointment to the rank of rear admiral (lower half). Jeffries is currently serving as commanding officer, Naval Hospital, Camp Pendleton, Calif.

Capt. Charles M. Lilli has been nominated for appointment to the rank of rear admiral (lower half). Lilli is currently serving as chief of staff, Naval Supply Systems Command, Mechanicsburg, Pa.

Capt. David J. Smith has been nominated for appointment to the rank of rear admiral (lower half). Smith is currently serving as assistant deputy chief, health care operations, M3HB, Bureau of Medicine and Surgery, Washington, D.C.

Naval Clinic offers 1-step health check

JO3 Ryan C. McGinley
Staff Writer

Naval Health Clinic, Pearl Harbor instituted a new Individual Health Readiness (IHR) program in January to ensure each Pearl Harbor Sailor is healthy and mission ready.

Most Sailors have heard of dental readiness and are familiar with the annual call to go see the dentist. Fewer have heard of medical readiness which, like dental readiness, requires the service member to meet certain physical requirements necessary for deployment.

With the recent integration of all Pearl Harbor dental and medical services under one command, dental and medical readiness services have been combined into an annual one-stop IHR shop to address both areas of readiness.

Capt. Charles Barker,

Commanding Officer Naval Health Clinic Hawaii, recently told a group of regional commanding officers, "We've done a great job with dental readiness with most commands currently greater than 95 percent ready, but we have a long way to go to achieve similar medical

readiness. It is imperative that we bring each command's level of health readiness - both dental and medical - to at least 95 percent or better."

Naval Health Clinic has established the program to build and improve total Navy

▼ See **NAVAL HEALTH, A-7**

Lincoln CSG stops at Pearl Harbor



U.S. Navy photo

The USS Abraham Lincoln (CVN 72) pulls in for a scheduled port visit to Pearl Harbor, Hawaii. The Lincoln and the attached Carrier Air Wing Two deployed to the Western Pacific Ocean in support of Operation Unified Assistance tsunami relief.

Pacific Fleet master chief plans for success

JO2 Jessica B. Davis
U.S. Pacific Fleet Public Affairs

The Navy's newest Fleet Master Chief Rick D. West took over the position as the most senior enlisted in the Pacific Fleet Feb. 14. West is the 13th fleet master chief for the commander of the U.S. Pacific Fleet.

"It's an honor to be here," West said. "I like having the ability to reach out and help the Sailors in the Pacific Fleet and in the Navy. Impacting Sailors is what leadership is all about."

This is the fifth senior enlisted command position the Rising Fawn, Ga., native has had in his 23-year-career.

"He's an inspiring leader. He pushes you to strive for more," said Yeoman 2nd Class (AW) Joshua B. Jones, West's former assistant at Pacific Submarine Force (SUBPAC). "I was excited to hear that he was going to be the new Pacific Fleet master chief. He had a lasting impact while he was here at SUBPAC, and I'm sure that will carry on to the Pacific Fleet."

In this fast-paced world, West is excited about the Navy's transforms into a leaner, meaner Navy. He mentioned that some of the more exciting programs in the Navy are Navy Knowledge Online, Navy Training and Education, Task Force Uniform, and Perform to Serve.

"The Navy's moving fast," said West. "I would say we are 'all ahead full,' and more importantly our Sailors are keeping up with the challenges."

West has plans and ideas to transform Pacific Fleet Sailors into the future of the Navy.

"It's going to be an incredible challenge, and will be an absolute team effort," West said. "An important part of my job is to get out and meet the Sailors doing the job. Sailors need to know that I'm here to work for you."

"Being proactive vice reactive is the key to mission success and I think from what I've seen in the Fleet we are up to meeting the challenges of the future. If we're out there taking care of the job, we know what's going on, and if you know what's going on you can clearly communicate what you expect to your Sailors," he said. "When you clearly communicate your expectations and keep the Sailors informed, they will deliver everytime," he continued.

At his previous command, USS Preble (DDG-88), West recently completed a six-month deployment and experienced, for him, a different side of the Navy.

"Being on the Preble was something new for me because I've been a submariner for 23 years," he said. "My time onboard Preble was phenomenal."

▼ See **PACIFIC FLEET, A-7**

CSG Sailors on liberty after tsunami relief efforts

Compiled by **PH1(AW)**
William R. Goodwin

The USS Abraham Lincoln (CVN 72) Carrier Strike Group (ALCSG) arrived in Pearl Harbor on Wednesday for a brief port visit, after an extended deployment to the western Pacific and Indian Ocean in support of Operation Unified Assistance (OUA).

On New Year's Day, the ALCSG also began delivering food, supplies and providing medical assistance in the Aceh Province, Sumatra, Indonesia and along the Sumatran coastline rendered inaccessible due to the devastation caused by the Dec. 26, 2004 tsunami.

"It was the most worthwhile thing I've ever done in my naval career," said Lt. Matt Frauenzimmer, operations administration officer aboard Lincoln, who helped coordinate the ALCSG relief efforts. "It's very rewarding to help your fellow man and bring life and hope to people

without hope. For a ship whose primary job is warfighting, it was neat being able to take all the capabilities we have, and to use it for humanitarian assistance. We were well equipped for that."

From Jan. 1 to Feb. 4, ALCSG aircraft flew 1,747 missions in support of OUA, carried 5,711,866 pounds of supplies, including 16,308 gallons of water, and transported 3,043 passengers. More than 1,200 crewmembers from the ship and air wing volunteered to go ashore and assist in tsunami relief efforts. Medical personnel from Lincoln treated 259 people. Also, more than 200 patients were medically evacuated for further treatment.

"The TV does not do any justice to what we saw," said Dental Technician 3rd Class (SW) Dale Nash, an emergency response team member aboard Lincoln. "You're flying over the top of this place that used to be a town, and over all these little

islands that used to be there and nothing's left. It makes me feel good that we went in and helped people. You could actually see smiles on their faces when we dropped off food and helped them get bandaged."

ALCSG is one of the first carrier strike groups to deploy under the Navy's new Fleet Response Plan. The FRP, unveiled in 2003 by Chief of Naval Operations Adm. Vern Clark, redefines the manner that the Navy deploys its forces to more closely match operational needs.

FRP deployments are hinged on the concept of "presence with a purpose" in various strategic theaters worldwide. While deployed in the western Pacific, ALCSG supported the nation's defense and cooperative security commitments overseas, such as a joint training exercises with Japanese Maritime Self Defense Force ships.

While in Pearl Harbor, Lincoln Sailors brought

approximately 280 family and friends on board for a "tiger cruise" back to San Diego. Lincoln's "tigers" will get first-hand experience of life aboard an aircraft carrier and will participate in various shipboard exercises and activities.

The ALCSG left Pearl Harbor yesterday for the transit back to their home. Carrier Air Wing Two (CVW-2) aircraft will fly off Lincoln while off the coast of San Diego on Feb. 28. Lincoln is scheduled to pull into Naval Air Station (NAS) North Island on the morning of March 1 to off-load the rest of CVW-2. Lincoln is scheduled to return to Naval Station Everett, Wash. on the morning of March 4.

"It was definitely a good deployment," said Nash. "It was a trying time because we weren't supposed to leave and the surge thing is new to us. But we have to adapt and overcome and meet the needs of the Navy."

Crommelin Sailors tutor local children

JO3 Ryan C. McGinley
Staff Writer

Sailors stationed aboard the guided missile frigate USS Crommelin (FFG 37) tutored children from Holomua Elementary School in Ewa Beach Tuesday, as part of their four-year partnership in education with the school.

"My goal is for the kids to feel like they're appreciated and important," said Navy Counselor 1st Class (SW) Richard Stewart. "They have a huge responsibility as they grow up because they're the next generation, and they have to learn not to take education lightly. They need to know that even if they struggle, they can rise above and excel to that next level."

Crommelin recommitted to their partnership in education with Holomua Elementary School after they returned from deployment in 2004. Over the past four years, Sailors from the ship helped tutor, paint classrooms and hallways, clean, re-carpet floors and paint murals on the grounds.

"It's very fulfilling," said Senior Chief Sonar Technician (SW) Louis Wills. "It really lifts your spirits up after a hard day of work on the ship."

Wills said the faculty at Holomua Elementary School has been supportive of Crommelin's involvement and even helped the stu-

▼ See **CROMMELIN, A-6**



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

Culinary Specialist 1st Class (SW) Davidson Cervantes, assigned to the guided missile frigate USS Crommelin (FFG 37), helps a child read a book at Holomua Elementary School in Ewa Beach, Hawaii. Crommelin has a partnership in education with the school, helping tutor children, paint classrooms and various other beautification projects.

Task Force Uniform wear-test phase underway aboard Iwo Jima

PH3 (SW/AW) Amanda Bruechert

USS Iwo Jima Public Affairs

Task Force Uniform (TFU) continued forward in its program to bring a more comfortable, versatile, durable working uniform to the fleet when Sailors from USS Iwo Jima (LHD 7) received prototype outfits for the wear-test phase of TFU in January.

Sixty-two Sailors participating in the TFU wear test were issued four different uniforms which they will wear-test for the next six months.

The Sailors were issued the concept Navy working uniforms, or NWUs, which are camouflage uniforms similar in style to the working uniforms of the Army and Marine Corps. Each have slight variations, but have all of the same colors - haze gray, deck gray, black and navy blue - recognizable to a ship environment.

The two variations are made of woodland camouflage material and digital pattern.

The Sailors were given a user's guide for wear of the uniform, including a calendar to indicate which of the four uniforms will be worn each day.

"At first, it was very confusing to figure out which



U.S. Navy photo

SW1 Jimmie Summerhill aboard the amphibious assault ship USS Iwo Jima (LHD 7) receives four prototype uniforms conceived by Task Force Uniform. Approximately 1,700 Sailors throughout the fleet will be issued four different sets of service uniforms to wear-test for six months. Sailors will give feedback to Task Force Uniform regarding the durability, practicality, and aesthetics of each uniform. Sixty Sailors aboard Iwo Jima are participating in the test/wear of the uniforms.

uniform item went with what because we hadn't worn them before," said Storekeeper 3rd Class (SS) Dave Laird. "Now we have the book to help us figure it out. I usually set up the uniform in the morning to

make it easy." Already, Sailors have begun voicing opinions about the uniforms, but no decision will be final before evaluating the surveys and proposing the final choice as the official change to uni-

form regulations. At the end of the six-month test period, TFU participants will fill out a survey and submit their opinions and preferences about the uniform.

It's from this survey sub-

mitted by participants aboard Iwo Jima and other select commands and installations around the world that Task Force Uniform will make the final recommendations for the new uniform.

"We are hoping to get an evaluation by Sailors on suitability and durability of these uniforms so they can make an informed choice when filling out the surveys," said Chief Yeoman Pat Ames of TFU.

Master Chief Petty Officer of the Navy (SS/AW) Terry Scott introduced the new concept to the fleet during a visit to Iwo Jima in October.

The chief of naval operations directed the pilot and testing of a new year-round service uniform for E-6 and below, as well as a new working uniform for E-1 through O-10.

In addition to Iwo, the pilot programs will be run in various locations throughout the fleet, to include 1,700 Sailors in various communities at sea, ashore, overseas and in different climates.

Other Norfolk-based commands to participate are USS McFaul (DDG 74), Afloat Training Group and Amphibious Construction Battalion 2.

The Navy is also looking to revamp the service uniforms and has begun the test phase of those trial uniforms, as well.

The concepts will offer a choice between two different color and fabric shirts (khaki or gray and poly/wool blends) with navy blue trousers.

Tuskegee Airmen speak at African-American Heritage Observance

Karen S. Spangler

Assistant Editor

Tuskegee Airmen, who once flew with the famed Tuskegee 'Red Tails' during World War II, were featured speakers as Naval Station Pearl Harbor hosted its annual African-American Heritage Observance on Thursday at Sharkey Theater.

The pilots, who flew P-51s with the 99th Fighter Squadron, 332nd Fighter Group which was better known as the Red Tails, escorted B-17 and B-24 bombers as they made their bombing runs. One of the most highly respected fighter groups of World War II, the combat record of the Tuskegee Airmen is an illustrious one. One of the unique achievements of the unit was that no bombers were lost while escorted by the 332nd.

Retired USAF Lt. Col. William Holloman III joined the Red Tails in Italy and flew P51s in support of the war effort. Holloman explained that more than 15,000 combat sorties were flown by the Tuskegee Airmen and that 66 pilots were killed in action or accidents and 32 pilots were downed and captured as POWs. "We try to help people learn our story," he said. One of those captured pilots was retired USAF Lt. Col. Alex Jefferson who spent nine months as a prisoner of war in Germany after his plane was shot down in August 1944. He talked about his incarceration. "You rise to the occasion, you do what you have to do, you get over it," said the war veteran.

Retired USAF Col. Donald Marsh is a second generation Tuskegee Airmen who was taught to fly by one of the original pilots. He flew combat war missions over South Vietnam,

Laos and Cambodia, locating enemy locations for fighter and bomber aircraft.

"The best opportunity in life is doing your job to the best of your ability. You provide yourself with opportunities. In failing to do so, you become history," Marsh remarked.

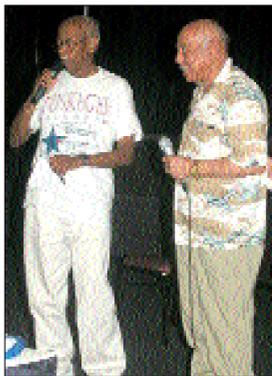
Capt. Ronald R. Cox, Chief of Staff for Navy Region Hawai'i and Commanding Officer, Naval Station Pearl Harbor, spoke about the importance of the African-American Heritage Observance.

"As Americans, we have moved into a new century with a sense of purpose, direction and renewed commitment to liberty and justice for all our citizens," he said. "As we do so, I think it is necessary to take pause and examine where we are as a society relative to our past."

"To understand America, we must understand the citizens of this great land - and that includes understanding their history; why they are here and how they came to be here. That is why we do days like today - to recognize and reflect upon the great contributions and sacrifices that Americans from all parts of our society have made to the freedoms we enjoy today," explained Cox.

Cox offered some background about the Tuskegee Airmen, the first African-American fighter pilot squadron of the old Army Air Corps.

"These men are American heroes who through their sacrifices and courage, set the stage for change - first within our own military establishment and later in the larger American society. For after the crucible of World War II and the contribution of Americans like these gentlemen here, it was no longer possible for America to turn back the clock



U.S. Navy photo by Lacy Lynn

Pilots who flew with the original Tuskegee Airmen recounted some of their flying experiences.

to the life and society of the pre-war era," Cox noted.

Retired USAF Gen. Lucius Theus spent his 36-year Air Force career dedicated to upgrading military administrative operations, improving human and race relations in the armed forces, and encouraging young people to pursue careers in aviation. The first African-American support officer and only the third overall to be appointed a general in the U.S. Air Force, Theus talked about the illustrious Red Tails.

"The Tuskegee Airmen proved that if given the opportunity, they would rise to great heights in defense of freedom," he said. "We wish you good luck and godspeed as you continue your careers and contribute to the greatness of our nation," he told those in the audience.

(Editor's note: An African-American History Month observance will be held at 10 a.m. today at building 77 (DFAS) on Ford Island. The event is sponsored by DFAS. For more information, call SFC Parran at 472-7702.)

Hawai'i Navy News Editorial

Advanced education vouchers - chiefs go back to school

Commentary
FLTCM(AW/SW)
Jon Thompson
U.S. Fleet Forces Command
Command Master Chief



The Navy is about to make good on a long-awaited commitment to its senior enlisted ranks. Advanced education vouchers will be awarded to a select group of chiefs, senior chiefs and master chiefs who desire to further their education while on active duty. I believe this is a tremendous step in helping the Navy achieve a more educated senior enlisted population.

For years, I have heard chiefs ask why the Navy hasn't made it easier to obtain a degree. Under the CNO's human capital strate-

gy, I can say the doors are opening now faster than ever before. My question to you is: Are you going to apply for one of these vouchers? My sincere hope is that when the Master Chief Petty Officer of the Navy convenes the board to select the chiefs who will be awarded vouchers, the input from the fleet will be overwhelming.

The Advanced Education Voucher Program was formally announced in NAVADMIN 291/04. The deadline for submission is March 10. If you are interested in applying, consult the NAVADMIN because there are specific requirements you need to know about.

Instead of reiterating all

the specific information in the NAVADMIN, I'd instead like to further discuss the need that drove the Advanced Voucher Program.

The training and experience you garner from a tour (or career) in the Navy is invaluable. However, for enlisted Sailors, a missing piece of the puzzle has often been formal education. Too many Sailors (all pay grades) have left the Navy only to be disappointed that they were not very competitive in the civilian world because they had experience, but no college. The Navy recognizes that and is now doing many things to help you gain that education.

I've spent a good deal of time listening to you and I think I know your feelings about education. My impression is that those of you who

further your education seem to have more opportunities. You also seem more confident and are less afraid of what may lie ahead when you depart the Navy.

One of the questions I sometimes get is, "Why is the Navy going to make it mandatory for Sailors to obtain a college degree before they can be advanced?" While there is no single answer to that question, I tend to view this requirement in the following way: By the time you become a master chief, you are working side by side with flag officers, commanding officers and executive officers. Often a master chief has equal to or more time in the Navy than their bosses. However, when it comes to education, there tends to be a gap. Think of the potential of having our senior enlisted

on the same education level as our more senior officers.

Education is not just about earning a degree. This requirement is not just a check in the block. Education expands one's mind and allows for more analytical thinking and creative problem solving. Navy experience is, of course a large part of these processes, but it does not represent 100 percent of the pie.

The Advanced Education Voucher program is going to allow our chiefs to compete for dollars to earn their education. Those who receive the vouchers will complete their baccalaureate or master's degree and then head back out to the fleet armed with more knowledge and a better understanding of leadership and management. I can't think of a single reason why, provided

your PRD matches up for the program, you wouldn't want to at least apply for this program. Talk about a jump start on your future!

Shipmates, whether you earn your education via the Advanced Education Program or you do it through other means, one thing is for sure — those of you who continue your education put yourself in the driver's seat. Tomorrow's Navy is going to look for Sailors who are not only great at their jobs, but also academically sound. Our future master chiefs will have degrees and our top master chiefs will have master's degrees. My advice to everyone is to start on your education as soon as you can. The Navy is evolving; don't get left behind.

Commentary

Fireside Chat

Navy Region Federal Fire Dept.

You've just lost everything in a fire now what?

Statistics show that everyone will be involved in a fire at one point or another in our lives. So what would you do if you lost everything? The first hours after the fire are the most confusing and filled with anxiety. Most people are not able to think clearly because they have been traumatized by one of the worst events that they will ever experience, and certainly never forget. So what do you do?

After the fire is declared out by the fire department, certain actions must be taken to secure property and start the recovery process. So plan ahead. Here are some helpful guidelines to assist you if (when) you are involved with a structure type of fire:

- Do not go back into the structure. Once out stay out and stay out of the way. But stick around. Do not leave the scene.
- If you come home to discover that your home was involved in a fire, do not go into the structure without speaking to a fire department official

and/or your housing representative. The reason is that the structure may not be stable and the atmosphere in the structure could be deadly from the fumes. Also, you do not want to compromise the investigation.

- Work with the fire department investigator to find out what actually happened that caused the fire.
- Contact the American Red Cross and other relief services for some immediate aid and assistance.
- Call your insurance company. Even in government housing, you should have renters' insurance. Important papers and receipts should be secured in a fire resistant box or safe.
- Discard food, beverages and medications exposed to heat and smoke.
- Let others know of your relocation, (employer, family, school, etc.).

For more information, contact Inspector Victor M. Flint at 474-7785.



SECNAV message to Sailors and Marines

Mr. Chairman and members of the committee, I appreciate the opportunity to appear today.

The Navy and Marine Corps team continues to answer our nation's call in the global war on terror (GWOT) and in the establishment of stability and security in the world's trouble spots. From combat operations in Iraq and Afghanistan to tsunami relief in Indonesia, the Navy and Marine Corps team has proven ready to meet any task and answer any challenge.

Throughout 2004, the unique capability the naval services brought to our joint forces was a central element

of our nation's military power.

Outstanding performance in 2004 validated the high return on your past investment in our combat readiness, people and unique maritime warfighting capabilities. The challenge for the future is ensuring we are maintaining the proper investment balance between the needs of today and the requirements of tomorrow. Our fiscal year 2006 budget request strikes that balance. It delivers the appropriate readiness posture at the right cost to win the GWOT, to support today's military needs and to continue the transformation needed to ensure that we win tomorrow's fights as well. We are good stewards of the taxpayer's money; however, no amount of new capability and organizational reshaping will matter if we cannot hold down costs. The challenge in the coming decade

is to stabilize the rising costs of new weapon systems, operations and maintenance, and personnel.

In the past four years, our country has been incredibly supportive of the Navy and Marine Corps team. Since 2001, when I first took over as the Secretary of the Navy, the department's budget has increased from over \$94 billion to over \$125 billion in fiscal year 2006. Your investment has been used to significantly increase our operational readiness, fund the research and development required to provide the foundation for several transformation programs, begin the procurement of new classes of ships and aircraft, properly price the acquisition accounts, and fairly compensate our people. The department is eternally grateful for your confidence in your Navy and Marine Corps.

The department has made significant progress towards

achieving the transformation goals set forth in the 2001 Quadrennial Defense Review (QDR). However, we continue to face the challenge of making the naval team more efficient to develop an ever more effective fighting force. When realized, these efficiencies will not only free up valuable resources, but also allow the Navy and Marine Corps team to better augment the total joint force. The 2005 QDR provides an opportunity to continue to reshape the department to meet its current and future security challenges.

Our Navy and Marine Corps are actively engaged in combat operations — we have a shared responsibility to ensure our Sailors and Marines are trained, equipped and prepared for the fights we ask them to undertake. The fiscal year 2006 budget meets these requirements.

Area 3 Fire House at Navy Yard in 1945



U.S. Navy historical photo

Members of the Navy Yard in 1945 pose in front of Fire Station No. 5. All these men were experienced firemen, and were members at various fire departments throughout America as civilians.

Hawai'i Navy News

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NCIS holds dedication and awards ceremony

Story compiled by
JO2 Devin Wright
Staff Writer

Naval Criminal Investigative Service (NCIS) held a dedication ceremony for the new Cold Case Squad Office yesterday at NCIS at Naval Station Pearl Harbor.

NCIS is a team of federal law enforcement professionals whose mission is protecting the people, families and assets of the U.S. Navy and Marine Corps worldwide.

Though the NCIS Field Office Hawai'i has been working cold cases since 1995, until yesterday it has never had a cold case squad office.

The squad investigates unresolved or 'cold cases' that are anywhere from a year to thirty years old. With the introduction of Deoxyribonucleic Acid (DNA) testing, cold case detectives have a new means to evaluating old evidence.

"Right now there are about 400 unresolved homicide in Hawai'i since 1975," said Bruce Warshawsky, special agent Naval Criminal Investigative Service. "Several of these cases are Navy related. Right now we are working on about six cold cases that deal with Sailors and Marines that were victims of homicide in Hawai'i. We used to narrow suspects down by just their blood type. There are only a few types of blood, so that wasn't very powerful evidence," Warshawsky said. "Since the discovery of DNA testing we can narrow a suspect down to having a DNA type that only one in million people would have. That's pretty strong evidence."

Warshawsky said the important thing about the cold case squad is being



U.S. Navy photo by JO2 Devin Wright
David Brant, director NCIS, speaks at the Cold Case Squad Office dedication ceremony yesterday at building 221. The Cold Case squad investigates unresolved homicides anywhere from a year to thirty years old.

able to answers to the families and loved ones of victims of a homicide.

"We are dedicated to the uncompromising pursuit of truth and justice for the families of these victim's," he said. "We want to bring these perpetrators to justice, and that will provide closure to the victims families. When dealing with a cold case, time is on our side. People you might have been friends with 20 years ago may not be your friends today. So we go back and talk with people who we think might help us solve these cases," Warshawsky explained.

Since NCIS started working cold cases in 1995, they've solved approximately 70 homicide cases.

In addition to working cold cases, NCIS is also helping fight the war on terrorism. Three special

agents assigned to the Naval Criminal Investigative Service Field Office Hawai'i and one from NCIS Resident Agency Guam, are being recognized in a ceremony aboard the Battleship Missouri Memorial today at 2 p.m. for their service over the past year in Iraq and Afghanistan.

The four special agents, Special Agent Derek Ranger, Naval Criminal Investigative Service Field Office Hawai'i, Special Agent Mike Westberry, Naval Criminal Investigative Service Field Office Hawai'i, Supervisory Special Agent Bill Sullivan, Naval Criminal Investigative Service Field Office Hawai'i, and Special Agent Nick Wellin, Naval Criminal Investigative Service Resident Agency Guam, are part of a larger

NCIS effort in Iraq and Afghanistan that has performed protective service and counter-intelligence operations, and has provided criminal investigative support.

David Brant, director NCIS, will present the Navy's Meritorious Civilian Service Medal to the four special agents, all civilians who volunteered for this assignment, for their participation in high-risk missions and for their support of the war effort.

To date, more than 150 special agents have served in those countries.

NCIS special agents, most of whom are civilians, serve in more than 140 locations around the world, including aboard aircraft carriers. For more information, visit the NCIS Web site at www.ncis.navy.mil

COMSUBPAC Sailors clean up elementary school

JO2 Corwin Colbert

COMSUBPAC Public Affairs

Sailors from Commander Submarine Force, U.S. Pacific Fleet (COMSUBPAC) went back to school on Feb. 19 to clean up Lehua Elementary.

This was not the first COMSUBPAC community relations project at the school. Lehua Elementary is COMSUBPAC's adopt-a-school. Volunteers were also involved in Hawai'i's 3-R (repair, remodel and restore) project June 26, 2004, where they planted trees, shrubs and a Hawaiian garden.

The Pearl City Lions Club was holding its 'repaint the town' project at the school. Fay Toyame, the school's principal, said she decided it was a good idea to pull the commu-

nity and military together for a beautification project.

Toyame said COMSUBPAC is always there when the school has a project. "COMSUBPAC has been our partners well before I was the principal. They are always here when you need them and their Sailors work hard and do a great job," said Toyame.

Yeoman 2nd Class John Curren said he enjoyed helping despite the blazing heat. "I spent a couple hours raking leaves and pulling weeds out [of] the garden. It wasn't as bad as I thought because I had some great people to chat with as we worked," said Curren.

"This is a great thing to do. It gives the children a better environment to play and roam around in," he concluded.



U.S. Navy photo by JO2 Corwin Colbert
A Sailor from COMSUBPAC helps clean up Lehua Elementary School on Feb. 19. COMSUBPAC Sailors have also been involved in tutoring and renovation projects throughout the course of a year.

CNO testifies before HASC on FY06 budget proposal

Chief of Naval Operations Public Affairs

The most ready and capable Navy and Marine Corps in the nation's history is how Chief of Naval Operations (CNO) Adm. Vern Clark described the joint team Feb. 17, as he testified along with Secretary of the Navy Gordon England and Commandant of the Marine Corps Gen. Michael W. Hagee before the House Armed Services Committee (HASC).

The HASC, chaired by Rep. Duncan Hunter, received testimony from Clark, England and Hagee concerning the 2006 National Defense Authorization budget proposal during an open hearing held on Capitol Hill.

Before receiving testimony, Hunter and other HASC members were unanimous in their praise of the Navy and Marine Corps' performance in the global war on terror and continuing transformation.

"I'm confident I speak for the entire committee in recognizing the sacrifices of the men and women of the Navy and Marine Corps as they continue to conquer the challenges of the 21st century," Hunter said.

England began the testimony by saying that today's Navy and Marine Corps team is the most capable that the United States has ever had, and that the men and



U.S. Navy photo by PHC Johnny Bivera

The U.S. Navy's top leaders (from left), Chief of Naval Operations Adm. Vern Clark; Secretary of the Navy, the Honorable Gordon R. England and Commandant of the Marine Corps, Gen. Michael W. Hagee, testify before members of the House Armed Services Committee during the Defense Authorization Request for Fiscal Year 2006 and the Future Years Defense Program.

women that make up that team "are indeed, our greatest asset."

During his opening statement, CNO said it was an "honor to represent your sons and daughters of America. I am so proud of what we've accomplished this last year. They have done an absolutely superb job around the world, around the clock, in the defense of freedom."

Clark highlighted the

Navy's major missions for the past year, including deterring and disrupting terrorist movements at sea, supporting U.S. and coalition forces on the ground in Iraq and Afghanistan, and keeping watch over Iraqi oil platforms at sea. Clark also said that the Navy/Marine Corps team provided "critical support operations to the countries devastated by the tsunami, proving the inher-

ent value of being there, from the sea base, and the responsiveness that naval forces can bring to any crisis."

"In short, I could not be more proud of the operational accomplishments that we made," Clark added.

Clark also said challenges lay ahead for both the Navy and nation. Those challenges include keeping an eye on anti-access and sea denial capabilities now being

developed by Middle East and Asia nations, rising operational and overhead costs that directly impact the Navy's ability to transform for the future, and shipbuilding and aircraft procurement costs.

Another area Clark is focusing on is revamping the current 50-year-old human resource practices into a human capital strategy for the 21st century. He said it's

necessary to ensure that the force is properly shaped, trained and educated, and then coupled with a solid standard of living that "reflects the great value of their service to our nation, so we can provide maximum return on our nation's investment."

The Navy's approach for the fiscal year 2006 budget was striking a balance between funding current operations, such as the global war on terror, and future investments such as DDX and the littoral combat ship (LCS). The four new construction ships in fiscal year '06 include one SSN 774, one LCS, one T-AKE and one LPD 17.

If the budget is approved, Sailors will see a 3.1 percent basic pay raise come January 2006, with the Navy's civilian workforce seeing a 2.3 percent raise. Other initiatives include eliminating inadequate barracks and family housing by fiscal year '07 and housing shipboard Sailors ashore while in homeport by fiscal year '08.

The number one priority for the Navy and the budget will remain fighting the global war on terrorism. Clark told the committee that the Navy is very proud to stand beside their joint partners in fighting the global war on terrorism, and that Sailors and civilian shipmates are delivering the highest readiness the Navy has ever known.

JCMS spiral 2 rolls to fleet

JCS (SW) Katie Suich
Navy Personnel Command
Public Affairs

Sailors across the Navy began utilizing the latest in a series of Job Advertising and Selection System Career Management System (JCMS) 'spirals' or upgrades in February.

The spirals bring additional functions and capabilities to Sailors' fingertips with a single click of a mouse.

New roles, such as command and career policy administrators (CPA), were introduced to provide key career management personnel critical information concerning not only the individual Sailor, but also the billet the Sailor fills. Commands can now see multiple applicant profile summaries in order to compare and rate applicants.

"CPAs, such as rating assignment officers, establish and monitor qualification weights reflected in the indicator lights displayed to Sailors," said Master Chief Aviation Boatswain's Mate (AW) Bill Place, enlisted assignments leading chief petty officer at Navy Personnel Command in Millington, Tenn.

The indicator light system compares three critical areas utilized during a normal negotiation window for Sailors: skills, preferences and permanent change of station (PCS) costs.

"When a Sailor logs onto the system and applies for jobs, the system takes a snapshot [of the three areas, helping] to decide on the best matches for that Sailor," continued Place. "Job skills are already in the system and each job already has the desired skill set requirements attached. When a

Sailor pulls up their JCMS homepage, it will show the Navy's first five jobs, the first five jobs matching the Sailor's preferences and the first five jobs with incentives. Each Sailor has a light indicator to help determine best matches based on their resume of skills," he said.

"Commands have access to see the status of their jobs and are able to anonymously view an applicant's pay grade, rate, NECs (Navy Enlisted Classification Code), school and platform history," said Master Chief Operations Specialist (SWAW) Pat Lumley, PERS-4 senior enlisted advisor at Navy Personnel Command. "This access allows commands a real time capability to track command manning and view potential gains."

Sailors receive alerts throughout the negotiation process to keep them abreast of their current status and the status of any jobs they have applied for.

"The first time they log into JCMS upon entering their nine-month negotiation window, they are required to fill out their duty preference sheet to ensure the system captures the latest choices of the Sailor," said Lumley. "It is very important for Sailors to ensure their duty preference sheets are updated with the most accurate information, as one of the primary indicator lights extracts data to formulate an indicator," he said.

Sailors who have a Five Vector Model will be able to look at how a specific job would affect their career if they were selected for it. Being able to see how various jobs impact their careers gives Sailors insight before applying for a job.

Officer job analysis project kicks off



U. S. Navy photo by PH1 William R. Goodwin

Commander, Naval Magazine Pearl Harbor Executive Officer Lt. Cmdr. Lawrence King salutes during the National Anthem. A select group of approximately 6,000 naval officers kicked off the first phase of the Officer Job Analysis project Feb. 14. The analysis looks to define the knowledge, skills and abilities of more than 45,000 officers in the U.S. Navy.

Naval officers begin the first phase of the Sea Warrior Initiative

Anthony J. Falvo
Human Performance Center
Public Affairs

A select group of approximately 6,000 naval officers kicked off the first phase of the Officer Job Analysis project Feb. 14.

The analysis looks to define the knowledge, skills and abilities of more than 45,000 officers in the U.S. Navy. The effort, part of the Navy's Sea Warrior initiative, is the third in a series of like initiatives, to include the enlisted and civilian job analysis projects.

"We're going to all the job-holders in the United States Navy and asking them to tell us what they do," said Navy Manpower Analysis Center's (NAVMACs) Lt. Cmdr. Johnny Bowen, project manager of the officer job analysis project. "Ultimately, it's going to make the Navy a far more efficient, effective organization. That's the goal."

Sea Warrior, the latest phase of the Navy's Revolution in Training, out-

lines the Navy's vision for the future and tasks the sea service to organize, integrate and transform. The program will ultimately make the processes of the Navy's manpower, personnel and training organizations, both active and Reserve, afloat and shore, function more efficiently and responsively.

"This is the essence of Sea Warrior," explained Bowen. "If someone were to sum up Sea Warrior in one sentence, it would be, 'What are we doing and how can we do it better?' This is the 'What are we doing?' part of it."

The process is divided into three phases. In the first phase, the survey development phase, nearly 15 percent of the officer ranks will be interviewed in an attempt to develop a comprehensive, skills-based survey package. That survey will then be released to the Navy's remaining officers sometime this spring during the second phase. After all participants have completed the survey, results will then be analyzed

in the post-survey phase.

The survey development group, known as the Strategic Task Analysis Representatives (STARS), will be a randomly selected group of officers made up of five to 10 representatives from every Navy Officer Billet Classification (NOBC). The STARS will be asked to answer a series of questions based upon their rank, geographic area, NOBC and any other criteria that has the ability to affect one's knowledge skills and abilities.

With the knowledge captured from the initial STARS, a survey will be developed and available online or on a CD that will be distributed to ships and officers at sea. The survey may take as little as 45 minutes to complete for each member.

According to Bowen, once the information is collected from the entire fleet, the job analysis team will be able to better understand the roles and responsibilities of officers in the fleet. Secondly, it provides an opportunity to

understand how to best prepare naval officers for the job that they are performing now so that their performance, "can be far more efficient and effective than in the past."

Through the collaboration of NAVMAC, Naval Education and Training Command, Naval Personnel Development Command, Task Force Warrior and the Human Performance Center, the information will be reviewed with the goal of employing the data in 5-Vector Models for each NOBC to help individual officers succeed.

Bowen explained that the initial data collected from this effort will be refreshed from time to time to keep current with the trends throughout the fleet.

"Now is the time," explained Bowen. "We need every participating officer to step up to the plate and do it for the Navy. (The project is) big, it's important and it will make a difference in today's Navy."

Crommelin: Sailors learn from students

Continued from A-1

dents track the ship's recent deployment on a map.

"The staff here is just excellent," said Wills. "I have done a lot of tutoring in my 23 years in the Navy and this school is by far the best supporter of the partnership."

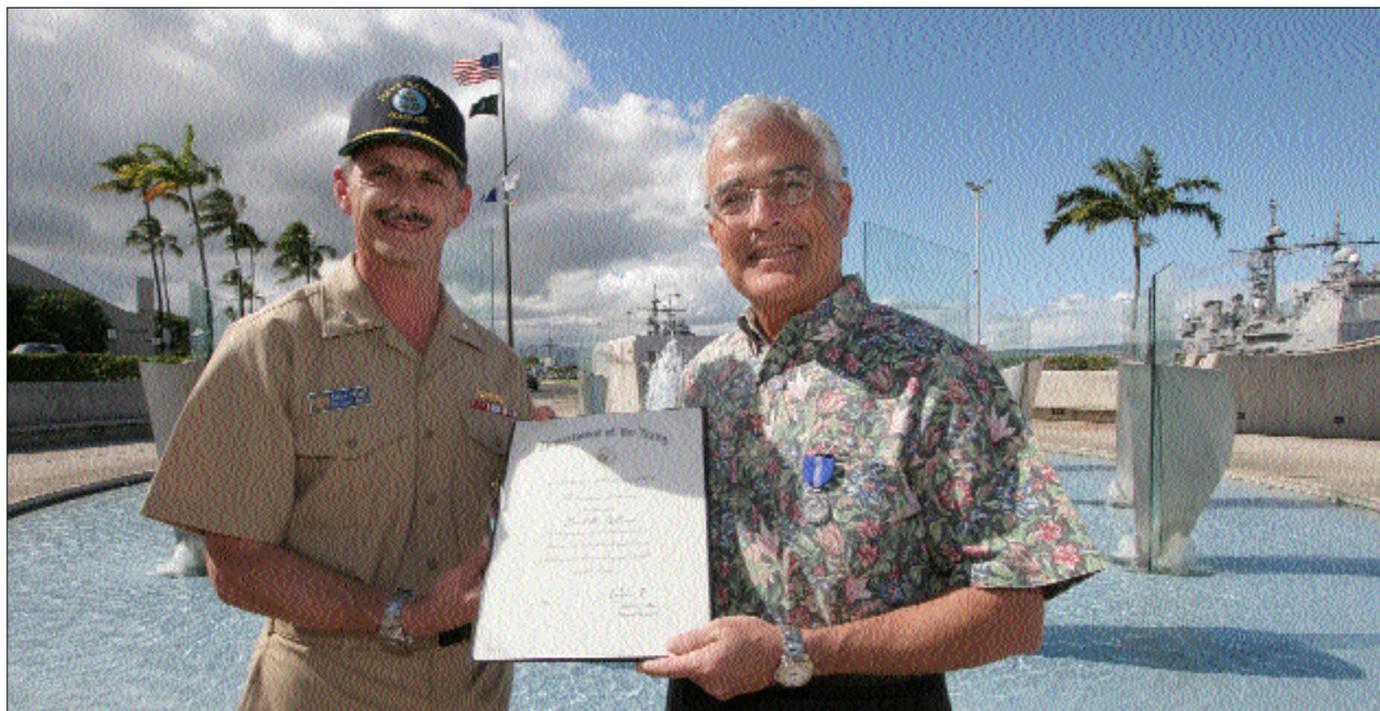
Stewart said the tutoring was his favorite part of the partnership because while the children learn to read, he learns from them about his own life.

"You can't underestimate what kids are learning these days," he said. "They have a lot of knowledge. They help you keep things simple. They teach you through their fun spirit not to make things so difficult. They help you stay young and keep you wise."

Stewart said reading is essential for the children and he hopes the partnership will continue for a long time.

"Reading touches so many different avenues for these kids," he said. "It's learning about life in a sense and enhancing the mind."

A place to honor excellence



U. S. Navy photo by PH1(AW) William R. Goodwin
Paul Sullivan receives the Superior Civilian Service Award at the Naval Station Pearl Harbor Memorial Fountain, Wednesday. Commands are encouraged to use the fountain for awards ceremonies. The memorial features 12 eight foot high metal and glass markers signifying ships which were damaged during the attack on Pearl Harbor. The fountain is located at the heart of Pearl Harbor near building 150. If you would like to hold an award ceremony at the memorial, contact Marine Machado at 473-2206.

Assistant Secretary of Defense for Health Affairs visits USNS Mercy

JO1 (SW) Joshua Smith USNS Mercy Public Affairs

Dr. William Winkenwerder, Jr., assistant secretary of defense for health affairs, visited the hospital ship USNS Mercy (T-AH 19) on station off the coast of Banda Aceh, Sumatra, Indonesia on Feb. 19.

Mercy, with its crew of Navy medical personnel, volunteer health care providers from the non-governmental organization (NGO) Project Hope and uniformed members of the U.S. Public Health Service (USPHS), is currently conducting humanitarian assistance operations in the tsunami-devastated region.

Winkenwerder flew to the ship via Navy helicopter where he was met by Capt. Mark Llewellyn, command-

ing officer of the ship's medical treatment facility (MTF). Following lunch with the ship's senior medical personnel, Llewellyn gave Winkenwerder a tour of the MTF, where numerous patients from Banda Aceh are being treated.

"I think it's good that our senior leaders come here to see firsthand what we're doing for the people here on the ship and ashore," said Hospital Corpsman 1st Class Aura Nafus of Mercy's patient administration department. "It was such a horrible disaster and they lost so much."

At the end of the tour, Winkenwerder met with Navy, NGO and USPHS medical personnel in Mercy's wardroom where they presented him with an in-depth

brief on what Mercy has accomplished since arriving in the region Feb. 3. Following the brief, Winkenwerder spoke to the assembled Mercy crew on the ship's mess deck, congratulating them on their contributions.

"I want to say to you that as humanitarians, you are representing the United States, not just the government of the United States, but the people of the United States," said Winkenwerder. "I want to say thank you for all you're doing. You are doing great work. You are doing much needed work that is making a real difference."

Mercy is deployed to the region as part of Operation Unified Assistance, the multinational response to the tsunami disaster.



U.S. Navy photo by PH3 Class Rebecca J. Moat

Assistant Secretary of Defense for Health Affairs, the Honorable William Winkenwerder, Jr., MD, MBA, visits patients and embarked personnel while touring the Military Sealift Command (MSC) hospital ship USNS Mercy (T-AH 19). Mercy is serving as an enabling platform to assist humanitarian operations ashore in ways that host nations and international relief organization find useful. Mercy is currently off the waters of Indonesia in support of Operation Unified Assistance, the humanitarian relief effort to aid the victims of the tsunami that struck Southeast Asia.

Naval Health: Keeping Sailors mission ready

Continued from A-1

Region Hawaii health readiness, in response to a growing number of shore and sea Sailors deploying.

"Pearl Harbor had no system set up to medically update all our records," said Hospital Corpsman 1st Class (AW) Patrick Pedrus. "Instead of being reactive, we are now being proactive."

Before, Pedrus said, Sailors would check in at the welcome center and then might not come back to medical for the three years they are stationed in Hawaii. The IHR program aims to update periodic health assessment, deployment limiting conditions, dental readiness, immunization status, lab studies and individual medical equipment once a year.

"This is just another tool to make sure that we're all ready to deploy," said Pedrus. "You come in and take care of

appointment will be made but the process normally will take less than an hour.

"This process will only take

The program not only targets deploying Sailors, but also Sailors who rarely visit medical except when they feel its really necessary.

"There are a lot of people walking around, and they are just ticking time bombs," said Pedrus. "They have high blood pressure or diabetes, but nobody has identified it because they never come in to medical."

Pedrus said Naval Health Clinic expects the process of updating records will take approximately 12 months and also hopes IHR will become an institution – where the idea of visiting medical and dental once a year will automatically register with Sailors.

"Our goal is 100 percent contact with every active duty member," said Pedrus. "We

want to stress compliance because that is the number one thing. If we don't have any compliance with the commands, the program will not work."

The IHR process will include: a member being notified to make a dental appointment for an annual exam, the member showing up for and completing their dental examination and the member meeting with IHR representatives and completing medical readiness verification.

Barker says he is 'very passionate' about ensuring area Sailors are health ready for any mission, including war, but emphasizes, "The IHR program will only work if area leadership - commanding officers, executive officers and command master chiefs strongly support."

Pacific Fleet:
Thirteenth Pacific Fleet Master Chief takes command

Continued from A-1

Preble, if you allow a Sailor to walk by with a known deficiency, then you've just reset the standard," West explained. "This goes for uniforms, saluting ... we have to go back and execute the basics of leadership."

"I think he'll effect a lot of Sailors professionally, and on a personal level, he's a guy that any Sailor could sit down and talk to about anything," Jones said.

West is qualified in submarines, deterrent patrol and surface ships. His personal awards include three Meritorious Service Medals, three Navy Commendation Medals, and two Navy Achievement Medals.

"... our goal is 100 percent contact with every active duty member because that is the number one thing ..."

HMI(AW) Patrick Pedrus
Naval Health Clinic
Pearl Harbor

all your medical and dental needs in one stop."

When Sailors come to dental for their annual check-up, they will now also meet with a corpsman who will review their record to make sure everything is up-to-date. If any assessments or immunizations are needed, an

about 45 minutes to an hour once a year," said Pedrus. "It's preventive more than anything and important for the health of our Sailors. Have you ever heard of anyone that has yellow fever, typhoid or typhus fever? No. It's because we give you these immunizations."

Sailors, contribute to voluntary education program review

From Naval Education and Training Command Public Affairs

Selected Sailors serving afloat and ashore and Navy commands around the country participated in a Voluntary Education (VOLED) program review and online survey in December and January.

The survey was designed to streamline the VOLED program and align it with the Navy's strategic education goals. The Naval Education and Training Command (NETC) initiated the review as a means of determining how to properly align and focus the program to meet the needs of the 21st century sea warrior.

"As education becomes increasingly important to Sailors as they map their careers, we wanted to get a good feel of what we were doing right with VOLED and what needs to be improved upon," said Ann Hunter, NETC education branch head. "We're confident the lessons learned from our interviews and online survey will help us do just that."

To accomplish the review, NETC established a VOLED working group tasked with conducting a complete review of existing VOLED programs. The group examined every facet of the VOLED program, including the Navy College Program for Afloat College Education (NCPACE), Academic Skills, Service members Opportunity Colleges - Navy (SOCNAV), Navy College Program Distance Learning Partnerships (NCPDLP), Tuition Assistance (TA), and overall Navy College Program (NCP) management, customer service and operations.

The group used a variety of methods to accomplish their task, including interviews, observations, surveys, and human performance (HP) model and functional analysis. Data was gathered from a random sample of VOLED customers and stakeholders, while the HP model was used to focus the group on three levels of performance vari-

ables: the processes, the job and performer, and the organization.

"In addition to studying the processes of VOLED," Hunter said, "we also tasked the working group with conducting assessments to determine the quality of service being provided the Sailor, and success of day-to-day operations of the Navy College offices at various commands."

Hunter added that comments received from Sailors during the interviews and through the online survey have identified key issues that affect certain VOLED programs. For example, the academic skills program, which is designed to improve competency in reading, English and mathematics of Sailors serving afloat and ashore, was said to have "limited availability" to personnel at sea.

The working group completed their review at the end of January and have compiled an extensive after-action report based on their findings and submitted their analysis and recommendations to NETC Commander, Vice Adm. Kevin Moran. These recommendations are currently being evaluated.

Hunter is confident the results will be positive.

"VOLED has always been customer-focused, and the fresh input from Sailors participating in the survey will allow us to greatly improve our programs," she said. "We hope to start implementing the changes sometime this summer."

In the meantime, Navy College program offices will continue serving the educational needs of today's Sailors and assisting them in plotting their education futures and reaching their education goals, as they have since the Navy College program was established in 1999.

For more information on the Navy College program (NCP), visit the NCP Web site at <https://www.navycollege.navy.mil> or the Navy Knowledge Online Web site at www.nko.navy.mil.

Free classified advertising for military in Hawai'i Navy News

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MCPON testifies on quality of life issues to House Subcommittee

JOC Michael Foutch
*Master Chief Petty Officer
of the Navy Public Affairs*

Appearing before the House Military Quality of Life and Veterans Affairs Subcommittee on Feb. 16, Master Chief Petty Officer of the Navy (MCPON) (SS/AW) Terry Scott emphasized the connection between the global war on terrorism and efforts to provide the resources to support that fight.

"Even with the advanced technology at our disposal and Congress' support in providing the resources to take the fight to our enemies, America's competitive edge in ensuring a safer world remains our people," the MCPON told the panel. "The quality of the Sailors we successfully recruit has never been higher."

If, Scott added, families are adequately provided for while Sailors are deployed, "We can feel confident that those Sailors will have the proper motivation and attention on their work to be able to do their very best."

"In my travels this past year," he added, "I have enjoyed the visits I have had with the Sailors who defend America every day and the families who faithfully support them. In these visits, I have taken special note of the conditions in which they serve and live."

The Navy's senior enlisted Sailor testified as to the necessity of funding military construction housing projects and support of public-private ventures to seek and develop comfortable, affordable and safe housing at a significant reduction in cost to taxpayers.

At the same time, Scott told the subcommittee of the goal to reduce the number of



U.S. Navy photo by J02 Brandon W. Schulze

Master Chief Petty Officer of the Navy Terry Scott testifies before the House Appropriations Committee, subcommittee on Military Quality of Life and Veteran's Affairs. The Navy's top enlisted leader spoke about various quality of life issues such as family housing, single Sailors, childcare, education and pay and compensation. Scott testified with his senior enlisted counterparts from the Army, Marines and Air Force.

single Sailors obliged to live aboard their ship through Homeport Ashore. The program is designed to relieve the cramped accommodations aboard ship to meet the barracks standards set by DoD for permanent party personnel by 2016.

"Our Sailors cite job satisfaction, ongoing professional growth, personal recognition and high quality training and education as reasons to continue their service," Scott said. "But we must continue our efforts to keep up to date the package of benefits of military service we offer."

One example is the Thrift Savings Plan, a benefit in which nearly 30 percent of the Navy is participating, including 45,000 E-3-and-below members.

"This demonstrates our youngest and most vulnerable folks are taking a direct interest in their financial future," Scott added.

At the same time, Scott testified to an industry "that has made it a practice to prey upon our Sailors." Payday loan outlets, he said, often are found within a short walk outside the gates in the communities that surround Navy homeports,

offering easy loans but with very high interest rates as compared to commercial lenders. He told the subcommittee that many who turn to these payday loan outlets end up far worse off than before.

"It is not being dramatic to state these payday loans to our troops could be a threat to their military readiness," he said.

Another quality of life issue crucial to the development of the Navy of the future, Scott asserted, is education. Although he saluted the efforts of Congress to increase the

education benefits available through the GI Bill, he brought to the subcommittee's attention 18,511 Sailors who remain from the Veterans Education Assistance Program (VEAP) era "who will have no educational benefits at all when they leave the Navy."

The Navy's efforts in professional military education, the Navy's senior enlisted advisor told the panel, will expand opportunities for advanced education, fulfilling the need for career-long educational opportunities relevant to the Navy's mission, and professional and

personal growth and development of the total force.

"Even as we provide our Sailors the resources to ensure we have a well-educated and -trained Navy," he said, "we also need to provide them a quality work and living environment."

The Navy Morale, Welfare and Recreation program, including efforts in child care, Scott testified, remains heavily focused on supporting single Sailors, deployed units and their family members in support of the global war on terrorism.

Scott submitted to the panel a statement asserting the Navy continues to find ways to improve its organizational practices, to find savings to re-invest in platforms and systems using Sea Power 21's Sea Enterprise initiative. This effort to reduce overhead, the MCPON said, will enable the sea service to continue to fight to keep programs that support Sailors yet stay within budget realities.

"We owe the Sailors who deploy in the global war on terrorism nothing else than our best efforts in return to give them the guidance and the equipment to keep them in the best position possible to succeed," he told the subcommittee.

"The honor, courage and commitment of our Sailors, the professionalism and dedication of the all-volunteer force, and the support of the loving families they leave behind serve as the foundation and make possible the unprecedented forward defense capability of the most powerful, capable Navy in the history of the world," Scott said. "I am honored to speak on behalf of our Sailors standing watch around the globe."

Hawai'i Navy News Sports



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

MWR Navy fitness specialist Lauren Betz instructs a patron of the Bloch Arena gym the proper way to use dumbbells. MWR offers a variety of fitness tips to help patrons get and stay in shape.

MWR weightlifting fitness tips

MWR Staff

To those non-workout types, they're simply known as "Popeye muscles," the bulging beauties that the old, tattooed Sailor would pop to life after tipping back an invigorating can of spinach.

Just as the cartoon hero would charge off to tear Brutus a new one, you should be trying to tear yourself some new biceps muscles. But you know and I know, it'll take a lot more than that green stuff to sculpt them into rounded oranges.

While many cable exercises are ideal in toning the biceps muscles, try arming yourself with these numbing biceps exercises, aimed at developing strength and growth in those "Popeye muscles."

CONCENTRIC CURLS:

Sitting on a bench, grasp a dumbbell with one arm. With your back straight but leaning slightly forward, lock your elbow into the inside of your thigh. With your free hand, hold on to your knee for balance.

Slowly begin curling the weight upward, toward your chest. Be sure to stabilize the rest of your body so that only your upper arm is moving.

Slightly twist the hand holding the weight as you squeeze during the contraction. Hold for a two-count. Slowly bring the weight back toward the floor until your arm is straight and repeat the motion. After 10-12 reps, switch to the opposite

hand and repeat the exercise. Try three sets of each arm. For a killer burn, do not take any rest period between arm rotation.

ALTERNATE DUMBBELL

Standing with feet straight, take each hand, heel your sides. Stand with one foot on the floor, elbows flush to the floor. Twist inward during motion, curl toward your side at the point of slowly begin to your hand descend floor, simultaneously curl with the raising it toward your arm reaches the starting point on one side, the opposite arm should be contracting at the top. Try three sets of 15 for a great pump.

BARBELL CURLS:

Grab the barbell with your hands at shoulder width. With your arms straight toward the floor and your elbows locked an inch from your sides, begin curling the weight toward your chest. Do not move your elbows or your back. Bring the weight to the point of contraction, directly in front of your chest, squeeze-



Begin the negative portion of the exercise, allowing the weight to slowly pull your hands back toward the floor and the extended-elbow position. Repeat the motion for 10 reps. Try three sets of this exercise.

Too often, weightlifters tend to over train biceps. Remember, biceps are not like legs or chest. They are a small muscle group so six sets of biceps curls are certainly sufficient. Too many sets of heavy barbell curls will leave your arms feeling shot and overdone.