

USS Pasadena deploys

JO2 Corwin Colbert
COMSUBPAC Public Affairs

USS Pasadena (SSN 752) departed for a Western Pacific deployment from its homeport of Pearl Harbor on June 22.

Commanding officer Cmdr. John Heatherington said the crew worked hard in preparing for the deployment.

"We are fully certified and looking forward for this deployment," said Heatherington. "The morale is extremely high," he said. "We will miss our family and friends, however, this is the most important part of our job."

Heatherington said the command has been preparing the family members for the deployment as well.

"We have held pre-deployment meetings and also a family picnic to give information to the families," he said. "We have a very strong Ombudsman who is more than capable to make sure the deployment goes good for the families."

Family members said the briefs and other events helped.

"We got an idea of what to expect from the briefings," said Khristy, wife of Lt. Peter Bugler. "Even though we know he is leaving, it still is hard to see him leave."

Pasadena is the third vessel and first submarine so named in the United States Navy.

Her missions include anti-submarine warfare and strike warfare. It provides the Fleet Commander or Task Force Commander a multi-mission platform. This vessel has unlimited endurance due

to the nuclear propulsion plant, advanced sonar capabilities, torpedo, cruise missile, and mine delivery systems.

The first Pasadena was a cargo ship and was commissioned on May 13, 1918.

The second Pasadena (CL-5) was commissioned June 8, 1944 and patrolled during World War II.

The current Pasadena is the second Improved 688 Class submarine

It was originally assigned to Submarine Force, U.S. Atlantic Fleet, where it conducted an inter-fleet transfer in October 1990 to the Submarine Force, U.S. Pacific Fleet, and was homeported in San Diego, Calif.

In July 1991, Pasadena became the first Improved 688 Class submarine to deploy on a six-month Western Pacific deployment.

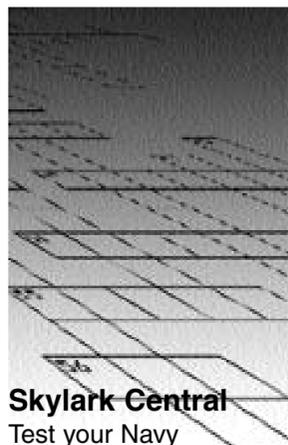
In June 1993, Pasadena commenced a six-month Western Pacific deployment. While deployed, Pasadena participated in several exercises with the Royal Saudi, Omani and Australian Navies.

In March 1995, Pasadena deployed again on a six-month Western Pacific. While deployed to the Arabian Gulf Pasadena became the first United States SSN to conduct exercises with the Indian Navy, the first nuclear powered submarine to visit the port of Muskat Oman, the first to operate continuously inside the Arabian Gulf, and the first SSN to be assigned to Commander, U.S. Fifth Fleet.

In November 1996, Pasadena was assigned to Commander, Submarine Squadron Seven in Pearl Harbor, Hawaii.



U.S. Navy photo by JO2 Corwin Colbert
A family member of USS Pasadena (SSN752) waves goodbye as the nuclear-powered attack submarine deploys on a six-month deployment to the Western Pacific on June 22.



Skylark Central

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See page B-4.



4th of July celebration

Pearl Harbor to host a wealth of family fun for 4th of July. See story on page B-1.

NMCRS holds awards ceremony

PH3 Sara Coates
Contributing Writer

Navy Marine Corps Relief Society (NMCRS) held an awards ceremony June 17 at Sharky Theater on Naval Station Pearl Harbor.

The ceremony was held to recognize those commands that raised money for the NMCRS and to thank the commands for their hard work.

Rear Adm. Michael C. Vitale, commander, Navy Region Hawai'i, recognized 98 commands who actively participated in the fund drive. The unofficial goal of this year's drive was to surpass last year's total of \$590,000. The money raised this year was \$616,061.06.

"I want to thank all the commands for their hard work and dedication in making this year's fundraiser an overwhelming success," said Vitale. "Because of your efforts, we will be able to support the families of those troops who have sacrificed so much in the war against terror."

The Navy Exchange Hawai'i received the Team Spirit Award for contributing in multiple fund raising events such as bake sales, coupon sales that gave discounts to military personnel



US Navy photo by PH3 Sara Coates
Navy Marine Corps Relief Society held an awards ceremony June 17 at Sharky Theater. Awards were given to the commands that helped raise the money for the Navy and Marine family members.

and other promotional activities. This year they contributed approximately \$26,000.

The coordinators of the NMCRS wanted to make sure the hard work that commands put into raising money for the families of the

service members was not overlooked

"Awarding the commands who have contributed to the NMCRS is important so that their actions don't go unnoticed and it is appreciated," said Lt. Cmdr. Thomas Gorman, fuel department

director for Naval Supply Systems Command. "The important thing to know is that the money raised for the families is so they can fly to the ceremonies of the fallen military members of Operation Iraqi Freedom and global war on terror-

ism." Air Traffic Controller 1st Class Rebecca Hill from Fleet Area Control and Surveillance Facility (FACSFAC) Pearl Harbor believes it means a great deal to receive this award for the command.

"Being a small command doesn't mean you can't do big things to help out fellow Sailors," she said. "Everyone should contribute to help out our fellow Sailors, which makes us more of a family than just coworkers."

"I am happy the command is recognized for all the hard work done by great Sailors," said Senior Chief Operational Specialist (SW) Jimmy Fallon from FACSFAC Pearl Harbor. "For the Navy, it means that it is carrying on with a fine tradition of caring for our own. Anybody in the military service should contribute because at some time they will receive or know someone that will receive direct assistance from NMCRS."

According to Gorman, "NMCRS is our own society dedicated to taking care of Sailors, Marines and their families," he said. Each of us benefits just from the very existence of the society, just by knowing that it's there for us in our time of need whether we use it or not."

Hawai'i Navy News Briefs

NMCI training

Learn more about PKI and CAC. NMCI users can use their public key infrastructure (PKI) certificates to encrypt and digitally sign their NMCI email. PKIs are needed to use remote access service (RAS) or Outlook Web Access (OWA). The common access card (CAC) also contains a PKI certificate and can be used to log on to your NMCI computer, digitally sign and encrypt e-mail, and establish a secure Internet session.

These certificates can be stored on a common access card (CAC) or on a floppy disk. In order to encrypt or digitally sign your email, you must configure your NMCI workstation and your Outlook security settings. To learn more about encrypting and digitally signing your email, go to <http://www.nmci-isf.com/downloads/userinfo/CAC.pdf>. All NMCI users are also encouraged to review the NMCI E-learning courses on PKI and CAC usage under NMCI. To view those courses, go to the NMCI Homeport at <http://www.homeport.com>

Former "mayor of Hawaii" returns to share sea warrior journey

Task Force Warrior
Public Affairs

Rear Adm. "Bob" Conway, who served as Commander, Navy Region Hawaii from September 2000 to March 2003 is returning to Pearl Harbor. When Conway served in Hawaii, he was dubbed the unofficial "Mayor of Hawaii" because of the changes he made to enhance the quality of life for local military personnel and their families. The former "Mayor of Hawaii" has even more positive changes to share, so from June 27-29, he will be in Hawai'i leading a briefing team that will be updating Navy personnel on Sea Warrior, the program CNO calls "the future of the Navy."

Rear Adm. Conway currently serves as Commander, Task Force Warrior, a command tasked by CNO to integrate, communicate, and

accelerate Sea Warrior. Sea Warrior, basically, is everything that goes into maintaining an agile and responsive Navy designed to deliver the right people with the right skills to the right places at the right times.

According to the Sea Warrior Web site Sea Warrior focuses on the human component of Sea Power 21 and helps provide the best qualified Sailors to meet war fighting capabilities. The program has three basic components: Functional application, human beings, and distant support/warrior reach-back.

* Functional applications: In today's highly technical Navy, the most important war fighting asset is a well-trained team of people who are multi-skilled and fully capable of meeting and possibly exceeding all demands. To stay relevant, Sea Warriors must actively engage in

Sea Warrior

Rear Adm. Conway will give briefs on the Sea Warrior Program at Sharky Theater, June 27 starting at 10 a.m. for commanding officers, executive officers and command master chiefs. A brief is also being held at Sharky Theater starting at 10 a.m. for all hands on June 28.

life-long learning. To help make that possible, the Navy is working to implement programs that allow Sea Warriors to take far more responsibility in developing their own learning goals, both professionally and personally. Future promotions will be earned as skills are mastered.

* Human Beings: Sea Warriors are a mature, professional team of people with the skills necessary to support the various missions of the Navy. The Sea Warrior Program's

success is directly related to the quality of people recruited, the excellence of training provided, and the cutting-edge technology the Navy provides its Sea Warriors.

* Distance Support/Warrior Reach-back: America is engaged in a new type of war where any place on earth has the potential of being the next battle zone. Sea Warriors fight wherever needed. In today's Navy, war fighting is about delivering Sea Warriors with the right skills to the right places at the right times. Major Fleet concentrations and Mission Support Centers facilitate the crucial speed, agility, and flexibility to mission requirements. To be a Sea Warrior is to be physically fit and mentally driven to live the warrior ethos of "Every Sailor is a Sea Warrior." For more information, visit www.nko.navy.mil or www.seawarrior.navy.mil.

Hawai'i Hospital Corps celebrates 107th birthday

JO3 Ryan C. McGinley
Staff Writer

The U.S. Navy Hospital Corps in Hawai'i celebrated its birthday June 17 at the Hyatt Regency Hotel in Waikiki, commemorating 107 years of extending healing hands to Sailors and Marines.

"It's important to celebrate the birthday of the hospital corps to remember those who came before us and those who are in harm's way and under-way tonight," said Chief Hospital Corpsman Glenn Loflin, assigned to Naval Health Clinic Hawai'i and vice chairman for the event.

The event featured a ceremony, dinner, dancing and prizes for Sailors and Marines. The guest speaker for the event was Rear Adm. Thomas R. Cullison, medical officer of the Marine Corps.

"If something needs to be figured out, it's hospital corpsmen who figure it out," he said. "If something needs to be accomplished, it's hospital corpsmen who go and do it. You are the bravest. It's an honor to serve with hospital corpsmen and Marines."

The ceremony featured a portrayal of the history of the hospital corps and uniform pageant, in which Sailors lined the stage in period uniforms from the inception of the hospital corps all the way to the modern day.

"It's important to celebrate the birthday because it's a tradition that runs back a long time, that's really deep in roots," said

Hospital Corpsman 3rd Class Christopher J. Barnes, stationed at Marine Corps Base Hawai'i, Kaneohe Bay. "It's important to know your history."

The event also featured a cake-cutting ceremony, prisoner of war/missing in action remembrance and a two-bell ceremony. Loflin said he hopes the Sailors and Marines who attended the event remember those who are in harm's way and those who paid the ultimate sacrifice.

"What I want people to take from the night is to remember HM3 (Hospital Corpsman 3rd Class)

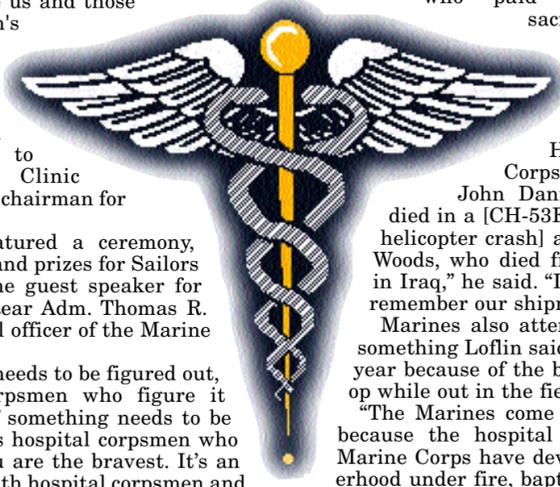
John Daniel House, who died in a [CH-53E Super Stallion helicopter crash] and HM3 Julian Woods, who died from hostile fire in Iraq," he said. "It's important to remember our shipmates."

Marines also attended the event, something Loflin said happens every year because of the bond they develop while out in the field.

"The Marines come out every year, because the hospital corps and the Marine Corps have developed a brotherhood under fire, baptism by blood, if you will," he said.

Many of the corpsmen who attended the event agreed the best part of their job in the Navy was taking care of their fellow Marines and Sailors.

"The best part about being a hospital corpsman is being in the field with the Marines or on a ship where you truly are a 'doc' and you get to take care of the Marines and Sailors," said Loflin.



US Navy photo by Ryan C. McGinley

Rear Adm. Thomas R. Cullison, medical officer of the Marine Corps (center), and the youngest and oldest Sailors cut the cake at the 107th Hospital Corps Birthday Ball June 17 at the Hyatt Regency Hotel in Waikiki, Hawai'i. The ceremony featured a uniform pageant, prisoner of war/missing in action remembrance and a two-bell ceremony.

Louisville Slugger



US Navy photo by JOC David Rush

Cmdr. David Kirk, commanding officer USS Louisville (SSN 724), presented a ball cap and a Louisville Slugger baseball bat to the Honorable Lord Mayor of Brisbane, Campbell Newman, during a tour conducted onboard the nuclear-powered attack submarine. The crew visited the city of Brisbane, Australia, located in South East Queensland, during a recent port visit to the "land down under." The submarine, homeported in Pearl Harbor, is currently on a Western Pacific deployment in the Seventh Fleet area of operations.

Commander, U.S. 7th Fleet visits Boxer during Talisman Saber

PH2 (AW)
D. Arthur Jones

USS Boxer Public Affairs

Vice Adm. Jonathan W. Greenert, commander, U.S. 7th Fleet and commander, Combined Task Force for Talisman Saber, visited USS Boxer (LHD 4) June 19 to tour the ship and observe amphibious operations.

Arriving via landing craft, air cushion, Greenert and Australian Maj. Gen. Mark A. Kelly, deputy commander, Combined Task Force, also took the opportunity to speak with several Sailors and Soldiers.

Greenert remarked that though the ship was brought into the exercise late in the planning effort due to operational requirements, it has done a remarkable job.

"Boxer, in conjunction with the great Australian Defense Force professionals, is executing amphibious operations with the Royal Australian Army, a first," Greenert said of the Boxer crew. "Talisman Saber is a complex and diverse coalition operation. These fine Sailors were asked to 'pinch hit' late in the planning process, and they've hit a home run."

Greenert said that a highlight of Boxer's participation was what he called the "innovative concept" of certifying Australian Army Blackhawks to land on Boxer's flight deck, and operating Blackhawks from Boxer throughout the exercise.

"They're demonstrating airborne assault capabilities,



U.S. Navy photo by PH3 James Bartels

The amphibious assault ship USS Boxer (LHD 4) prepares to launch Australian S-70A Blackhawks during flight operations in support of exercise Talisman Saber 2005. Talisman Saber is an exercise jointly sponsored by the U.S. Pacific Command and Australian Defense Force Joint Operations Command, and designed to train the U.S. 7th Fleet commander's staff and Australian Joint Operations staff as a designated Combined Task Force headquarters.

which truly shows the interoperability of our forces," he said.

Sailors and embarked alike were proud to show off their abilities for the commanders.

"This was a great visit for the ship and the people on board," said Cryptologic Technician Seaman Carly Story. "It was important for the exercise leaders from both countries to see how we are doing."

"We were able to show them the assets they had to work with," said Australian Lt. Cmdr. Duncan Heilbronn. "It was also good for them to meet the Australians and U.S. service members on board. It is impressive to see this level of teamwork between our two countries."

Talisman Saber is a four-

week biennial exercise to conduct collective training and practice interoperability between U.S. and Australian forces while further developing the capability to undertake joint and combined operations and helping to build regional security. More than 17,000 personnel from Navy, Army, Air Force, Marine and special forces units are participating in Talisman Saber, a merger of the Tandem Thrust, Crocodile and Kingfisher series of exercises.

Challenges faced by Australian and American military personnel will strengthen ties as participating units share the skills and understanding necessary to prepare for real-world events in requiring joint operations on land and at sea.

www.hnn.navy.mil

Hawaii Navy NewsOnline

Hawai'i Navy News Editorial

Thrift Savings Plan - Navy leads the way

FLTCM(AW/SW)
Jon R. Thompson



FLTCM(AW/SW)
Jon R. Thompson

If you had asked me a week ago what Navy enlisted pay grade invested the most in their future, I would have guessed the chiefs. Much to my surprise, I would have been wrong. By percentage, our E1 to E3 population leads the way by a long shot and that tells me our young Sailors today realize investing in their future is a priority to them. It also indicates most of our young Sailors are hearing the TSP message loud and clear at recruit training, in "A" school and at their initial commands.

Currently, more than 53 percent (44,500 of 87,900 Sailors) of our E3 and below population are enrolled in TSP. This population exceeds any other enlisted pay grade by at least 15 percent. What's even more impressive is how high the Navy percentage is when compared to other services. Forty-one percent of all enlisted Sailors participate in TSP. That's more than 124,000 of us. The service following the closest behind is the Marine Corps with 29 percent. The Air Force weighs in at 21 percent and the Army has only 14 percent. Clearly, Sailors understand investing in their future is smart and in their (and their families') best interest.

The enrollment numbers are impressive and I'm happy to see they keep going up. When you invest in TSP, you invest in your future. As I watch TSP enrollment grow, I know for a fact you are making sound financial decisions. No Sailor should depart the Navy without a nest egg, whether you serve four years or for a career. Unfortunately, I'm not convinced everyone understands the power of investing and how, over time, your money can truly work for you.

Think about this: If you enrolled in TSP when you entered the Navy and invested only \$100 per month, in 20 years, earning a modest six percent interest, you would have \$46,204 in your account. The amount of money you would have contributed would only be \$24,000, meaning you could have almost doubled your money. If you invested \$200 per month, you would have accumulated \$92,408, having only invested \$48,000 of your own dollars. As an added bonus, TSP investments use pre-tax dollars, meaning your contribution is made before your income is

taxed, meaning you pay less income tax today. You will only pay interest on your TSP dollars when you withdraw them once retirement eligible.

I'm delighted to see so many of you start investing immediately because as you grow older and become more senior, you will most likely incur more financial obligations. My thought is that if you can start tucking away money early on, you sort of never really come to need that money to make it month to month. It's the, 'out of sight, out of mind' philosophy. If you initially invest \$100 per month and increase that amount every time you advance, you could really achieve some impressive financial goals. Nonetheless, I'd also like to offer that it's never too late to start investing. My message about TSP is for all Sailors, not just junior Sailors. In my career, I've met far too many chiefs who retired without any financial security.

Currently, the maximum base pay percentage you are allowed to invest in TSP is 10 percent. The minimum amount is one percent. In addition to that investment, TSP allows you to invest special pays as well. For those of you who truly want to maximize participation, if you start investing when you enter the Navy, and maximize your contribution

throughout your 20-year career, there is a possibility you could retire a millionaire. Of course, interest rates will most likely be the determining factor in that, but nothing like shooting for the stars, right?

If you're an E3 over two years, one percent of your base pay is only \$15.47. Ten percent is \$154. If you're an E5 over four years, one percent of your base pay is only \$20.20. Ten percent is \$202. If you're an E7 over 10, one percent of your base pay is only \$29.92. Ten percent is \$299. No matter what you can afford to invest, something is definitely better than nothing. I'm quite confident most of us can find a way to live with at least a minimum investment.

On July 1, participating in TSP will be easier than ever before. In the past, you were only allowed to enroll in TSP during 'open seasons' that occurred twice a year. You were also only allowed to increase your contribution during these periods. As of July 1, there will be no more open seasons. You will be allowed to enroll or increase contributions all throughout the year. For some of you, this change removes your last excuse for not investing!

For those of you who are concerned that investing in a retirement account might mean you may not have access to those

funds in an emergency, TSP has that covered. In the event you need to access your money, you may remove funds in the form of a low-interest loan (usually around four percent). No matter what your emergency is, not many financial institutions would offer you a loan at that low interest rate. The one catch with TSP is you may not borrow more than you have in your account. There's no credit with TSP. Nonetheless, TSP is extremely user friendly and your money remains accessible should a real need arise.

If you have thought about enrolling in TSP, but have yet to do so, let me make a recommendation: enroll today. What do you have to lose? I'm pretty certain every one of us dreams of financial independence. Unfortunately, if you look at the national statistics, few achieve true financial freedom. One thing, however, is very obvious. If you don't start investing in your future today, you are losing out on a superb opportunity. TSP is, by far, the best financial opportunity we have ever offered our Sailors. I can't think of a single reason why you wouldn't want to participate. Do yourself a favor, go to disbursing and enroll right now. For more information on TSP, visit the WEB SITE at: <http://www.tsp.gov>.

Commentary

Chapel Pennant Knowing God

Chaplain Gene Theriot

There probably hasn't been a time in recent history when religion has been more in the news than today. In every newspaper, radio talk show or news broadcast from the front, there are stories with religious connections and a lot of "God talk." Yet, with as much "God talk" as there is, many people have very vague and conflicting notions about God, who he is and what difference he makes in people's lives.

I think some of the people in the news know about God. Perhaps they had some religious training in the past and may even be involved in religious activities now. They may have gained a lot of information about God from their reading or study. Probably there have been in their lives, influential people who have taught them about God. But, although it's possible to read a biography of a great person and gain a lot of information about that person, it's not the same as knowing that person personally. Truly knowing a person involves spending time with that person, having conversations, knowing that person's values and goals, going through good times and bad and developing a closeness and intimacy that is developed through trust.

The psalmist speaks of both knowing about God and knowing God. In Psalm 135:5, he says, "I know the greatness of the Lord." In the history of the people of Israel, David knew of the great acts of God. From creation to the exodus to the establishment of the nation, God had shown himself to be powerful, active and patient. David learned about God through God's interaction with the key figures of Judaism. From Adam, he learned God was gracious. From Abraham and Sarah, he learned God was dependable. From Gideon,

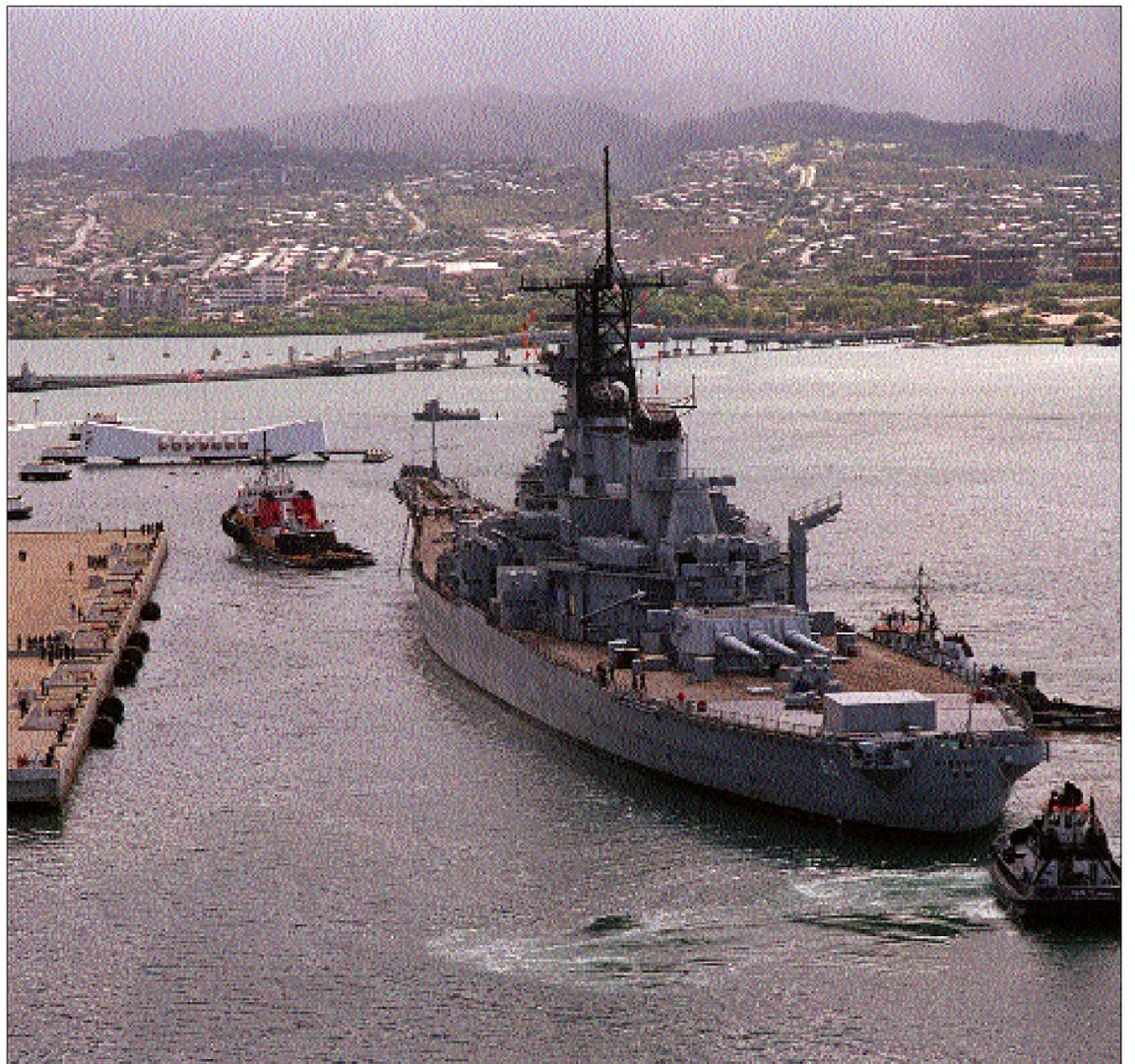
he learned God was all anyone needed, regardless of the situation. We, too, can learn about God by reading of his decisive actions in history. But David not only knew about God, he knew God. He encouraged others to "taste and see that the Lord is good" (Psalm 34:8). This was more than a second hand knowledge about God, it was an experiential knowledge of God. David experienced the love, justice, faithfulness, patience, power, wisdom and strength of the Lord. He personally experienced these attributes of God by seeing him at work in his life.

Corrie ten Boom, a Dutch Christian who was imprisoned in a Nazi prison camp during WW II, observed, "You will never know God is all you need until God is all you've got." Like David, she was encouraging people who were unsure if there really is a God and if there is, if He is worthy of their trust. Like David, she was saying, "O taste and see [for yourself], that the Lord is good."

If you would like to learn more about how you can know God personally, please give the chaplains a call at the Pearl Harbor Memorial Chapel. We would be pleased to help you learn how you can know God deeply and personally. We can be reached at 473-3971. May God's

blessings be yours,
this day and every day.

Mighty Mo' seven years of aloha



U.S. Navy photo by PH2 Kerry Baker

The battleship Missouri (BB 63) approaches its new berth on Ford Island on June 22, 1998 after a 2,600-mile journey to join the USS Arizona Memorial as symbols of the beginning and the end of World War II. The Missouri is moored "stern in" so that she can stand watch over her fallen shipmates on the Arizona.

Hawai'i Navy News

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

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When a hurricane is imminent – don't be caught unprepared

(Part 3)

Karen S. Spangler

Assistant Editor

Having to deal with the brunt of hurricane force winds, heavy rainfall and high tides – all factors that are capable of wreaking devastating and widespread damage, injuries and deaths – are things that no one really wants to think about. But if a hurricane is approaching, don't get caught short.

We live on an island; that leaves us more vulnerable to such storms. Knowing the stages of a hurricane and being aware of what actions to take and when to take them may serve as more than just helpful information – it could save your life.

As a hurricane approaches the Hawaiian Islands, local radio and television media will begin to broadcast the latest weather advisories from the National Weather Service (NWS) in Honolulu. These weather forecasts are usually issued every six hours, beginning at 5 a.m., and will alert media to the location and characteristics of the storm.

When storms are within 1,000 miles of Honolulu, marine forecast broadcasts on the NOAA weather radio station (162.55 mhz or 162.40 mhz) will also provide information. Now is the time to pay close attention to the radio and television to learn what you can about the storm.

There is always a chance that the storm may veer onto a different course and no longer be a threat to the islands. But you can't rely on that – Mother Nature is extremely unpredictable. However, there is still ample time to make preparations.

The first advisory to be issued is a hurricane watch. This will be announced when there is a strong possibility that the storm could threaten coastal or inland communities within 36 hours or less.

It is now time to take action to purchase supplies (if you have not already done so) and secure your home. The following checklist will help you to organize a plan:

- Stay tuned to local radio and

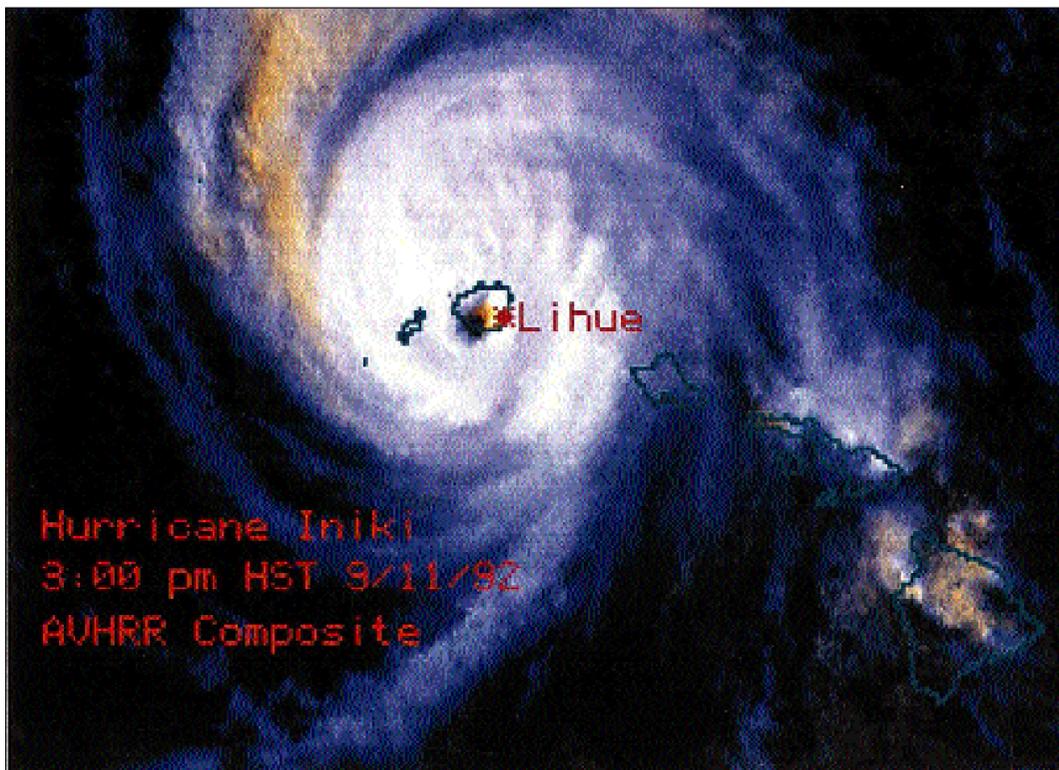


Photo courtesy of NOAA

Hurricane Iniki over Kauai in 1992.

television stations for official weather and civil defense instructions. Information will also be announced on Navy Channel 2 for housing residents. You may also obtain up-to-date information by calling: Oahu Civil Defense recorded information at 527-5372 and National Weather Service recorded advisories at 973-4381.

- Specify an emergency meeting place where all family members should meet if they should become separated because of the storm. Make sure that everyone is familiar with the plan of action.

- Fill your car with gas. Check the battery, water and oil and ensure that your vehicle is in dependable working condition.

- Put your survival kit together. Be sure to have flashlights and a portable radio and be certain they are in working condition. Also purchase extra batteries.

- Refill prescription drugs and purchase other necessary medication. Obtain at least 10 days to two weeks supply of prescription and necessary medicines. Restock your emergency supplies of candles, matches, fuel for camping stoves and lanterns, first aid supplies, pet foods and supplies. - - Make sure that you have at least a five-day supply of non-perishable foods on hand.

- Not only should you have a first aid kit, but be sure to check and replenish first aid supplies at least once a year. Hopefully, you and members of your family have already learned first aid and emergency medical care. Adults and teenagers are encouraged to take first aid and cardiopulmonary resuscitation courses. You can also purchase first aid reference guides from the Red Cross.

- Also, if there is someone in

your family who has special medical needs, be sure to have a plan and know what to do. If there are medications that require refrigeration, contact your physician and obtain advice on what to do in the event of emergencies or power outages.

Although few medications require refrigeration, those that do (such as pediatric antibiotics and some types of insulin) can be kept in the refrigerator for up to six hours if the door is kept shut. After that period, they should be stored in an ice chest with ice packs or ice.

- Also be sure that you have commercially bottled water on hand or stored tap water on hand. This should be replaced each year. Tap water can be stored in clean, non-corrosive, non-breakable, tightly-covered containers such as gallon-size beverage syrup bottles or soft drink bottles.

- Sterilize containers, such as your bathtub and washing machine, to store drinking water. The bathtub and large containers can also be used to store water for flushing toilets, washing, etc.

- Be sure to have an extra supply of cash on hand. When the power is out, ATM machines won't operate.

- If you are a boat owner, moor it securely before the storm arrives. If the boat is small enough, remove it from the water and tie it down securely on high ground away from the shoreline. Once your boat has been moored, leave it. Do not return once the wind and waves have escalated.

You have accomplished the items on your checklist and are now closely monitoring weather advisories for more information about the approaching storm. If it is still headed on course for Hawai'i, a hurricane warning will be issued when there is a high possibility that hurricane force winds will arrive within 24 hours or less.

Plan now before the storm arrives; avoid waiting until the last minute – that could leave you marooned and/or unprepared.

More information about preparing for a hurricane can be found on the Navy Region Hawai'i web site at www.hawaii.navy.mil and on Navy Channel 2, in the white pages of your telephone book, and in Hawaiian Electric Company's information-filled "Handbook for Emergency Preparedness" which is available at the Navy Aloha Center and Fleet and Family Service Center.

The latest weather forecast, storm warnings and up-to-the-minute weather conditions are available at the Naval Pacific Meteorology and Oceanography Center/Joint Typhoon Warning Center site at www.npmoc.navy.mil. Other forecasts are available at www.nws.noaa.gov, the web site of the National Weather Service, or the Weather Channel at www.weather.com.

Be aware, be alert and be ready – and don't assume that Hawai'i will be spared the ravages of a hurricane. Don't short change your family or yourself by failing to be prepared.



U.S. Navy photo by PH1 Thomas J. Brennan

U.S. Ambassador to Thailand, Ralph L. "Skip" Boyce, looks on, as Rear Adm. Kevin Quinn, Commander, Task Force Seven One Two (CTF-712), greets deputy commander-in-chief of the Royal Thai Navy, Adm. Pirasak Watcharamul, as he arrives for the opening ceremony during the Thailand phase of exercise Cooperation Afloat Readiness and Training (CARAT) 2005. CARAT is a regularly scheduled series of bilateral military training exercises with several Southeast Asia nations, designed to enhance the interoperability of the respective sea services.

CARAT Thailand skills pay dividends

Lt. Chuck Bell

*Logistics Group Western Pacific
Public Affairs and*

JOC Melinda Larson

Destroyer Squadron 1 Public Affairs

U.S. Ambassador to Thailand Ralph L. "Skip" Boyce helped open the Thailand phase of the 2005 Cooperation Afloat Readiness and Training (CARAT) exercise series June 20 by praising the Royal Thai Navy's tsunami relief efforts and drawing a parallel with skills enhanced during past iterations of CARAT.

"CARAT exercises and training events, such as deck landing qualifications by Royal Thai Navy helicopter pilots aboard U.S. warships and challenging command-and-control scenarios, better equipped the Royal Thai Navy to aid the victims of this disaster," Boyce told about 300 U.S. Navy Sailors from USS Fort McHenry (LSD 43), USS Paul Hamilton (DDG 60), USS Rodney M. Davis (FFG 60) and USS Safeguard (ARS 50) and their Royal Thai Navy (RTN) counterparts, standing shoulder-to-shoulder during the phase's opening ceremony. Officiating at the ceremony for the Royal Thai Navy was its deputy commander-in-chief, Adm. Pirasak Watcharamul.

During Operation Unified Assistance, the multi-national relief effort in response to the devastating December 2004 tsunami in Southeast Asia, the RTN deployed its helicopter carrier HTMS Chakrinarbuet to provide direct, immediate humanitarian support, Boyce said.

"It is clear that CARAT not only improves the warfighting capabilities of our nations, but also our ability to assist each other in times of crisis," Boyce said.

During the 2005 installment of CARAT Thailand, the U.S. Navy and

RTN will continue to refine their ability to work together in a variety of mission areas. The multi-faceted exercise will challenge the combined forces at sea, on land and in the air.

The U.S. Coast Guard's maritime safety and security team (MSST) San Francisco will share their skills through various combined visit, board, search and seizure (VBSS) exercise scenarios pier-side and afloat. Exercise events such as these that contribute to building skills, applicable to combating seaborne terrorism and trans-national crimes at sea, are a focus of this 11th edition of CARAT.

During the at-sea phase, another highlight of CARAT Thailand will involve Royal Thai Marines conducting amphibious operations from Fort McHenry via landing craft, air cushion (LCAC). RTN pilots will earn day and night deck landing qualifications when they land their Bell 212 and S76 helicopters aboard Rodney M. Davis.

Diving and salvage operations will be conducted with the crew of Safeguard and a variety of seminars in areas ranging from damage control to legal issues are also scheduled.

In the midst of the exercise's many operational events, participants are also finding time to interact on a more personal level. The four-ship U.S. task group arrived in Thailand June 17 and since that time, Sailors from both navies have taken part in social and sporting events together.

"Exercises such as CARAT contribute not only to the operational readiness of all our forces, but also strengthen our long-standing friendship," Boyce emphasized during his opening ceremony remarks.

These friendships extend to the local community, with U.S. Navy and RTN Sailors working side-by-side during community service projects, several of which are scheduled during CARAT Thailand.

"This example is one of many that show the public a different aspect of our naval forces and the dedication of our militaries to community service, a vital part of their mission," Boyce said. In addition to scheduled interaction with local children, the Sailors will install a water filtration system at one school.

Approximately 1,200 U.S. personnel and 1,600 from the RTN and Royal Thai Marines are taking part in CARAT Thailand.

In addition to the four-ship U.S. task group, other elements taking part include a P-3C Orion from Patrol Squadron (VP) 40, based at Whidbey Island, Wash.; an SH-60 Seahawk aircraft from Helicopter Anti-submarine Squadron (Light) (HSL) 45, based at Naval Air Station North Island, Calif.; Mobile Mine Assembly Group (MOMAU) 10 from Okinawa, Japan; and a drone detachment from Fleet Activities, Okinawa.

Rear Adm. Kevin M. Quinn, commander of Logistics Group Western Pacific who operates from Singapore, is responsible for overall CARAT coordination for U.S. participants in his executive agent roles as Commander, Task Force 712.

Capt. Buzz Little, commander of San Diego-based Destroyer Squadron 1, leads the task group and is embarked with his staff aboard Fort McHenry. Paul Hamilton is homeported at Pearl Harbor, Hawai'i and Rodney M. Davis at Everett, Wash. Fort McHenry and Safeguard are forward-deployed to Sasebo, Japan.

The RTN participants, led by Commander, Frigate Squadron 1 Rear Adm. Supot Soodprasert, consists of HTMS Phuttayotfuchalalok, HTMS Taksin, HTMS Rattanakosin, HTMS Sichang and HTMS Bangrachan. Other units include the RTN's underwater warfare squadron and explosive ordnance disposal team, special warfare squadron and four motor-launch sweeper boats.

SRB approved for selected FTS ratings, NECs

JO1 Teresa J. Frith

*Navy Personnel Command
Communications Office*

Certain full time support (FTS) personnel are now eligible to receive a selective re-enlistment bonus (SRB) for fiscal year '05, according to NAVADMIN 100/05, released May 9.

Consistent with the Navy's human capital strategy, retaining Sailors with critical skills remains a high priority. Newly-developed FTS enlisted community management (ECM) tools have identified several FTS ratings and Navy enlisted classification codes (NEC) that warrant an SRB in order to maintain proper manning levels and promote desired force shaping. The FTS SRB award plan will provide valuable incentives for critical FTS personnel in targeted skill sets to "stay Navy."

"In today's Navy, it is important to keep the right people in the right jobs," said Chief of Naval Personnel Vice Adm. Gerald Hoewing. "Adding these rat-

ings and new SRB award levels will help to accomplish this goal," he said. New FTS SRB award levels are effective immediately.

The FTS SRB award plan does not apply to FTS canvasser recruiters.

FTS SRB was previously awarded between September 1999 and January 2003 with nine ratings and four NECs affected. The new list doubles the amount of ratings to 14 and makes seven NECs eligible for an SRB.

There are three SRB zones: zone A applies to Sailors with less than six years of service, zone B includes Sailors with between six and 10 years of service and zone C includes Sailors with between 10 and 16 years of service.

Multiple options are available for Sailors interested in becoming eligible for an FTS SRB: conversion to an FTS SRB rating, acquisition of an SRB-related NEC, conversion from Regular Navy (USN) status to FTS, or recall from the Selected Reserve (SELRES) to FTS.

New mine warfare laser technology approved

**Naval Sea Systems
Command Public
Affairs**

The Navy's AN/AES-1 airborne laser mine detection system (ALMDS), the first new technology to be applied to mine warfare since the advent of sonar, received approval June 15 for low-rate initial production from John Young, Assistant Secretary of the Navy for research, development and acquisition (ASN RD&A).

Young approved the ALMDS following a Milestone C review. This decision clears the way for a low-rate production ALMDS for integration aboard U.S. Navy H-60-series helicopters.

"The ALMDS represent the first new technology to be applied to mine warfare since the advent of sonar. It gives the naval warfighter the ability to locate sea mines at or near the surface and cover large areas more rapidly than previously possible," said Rear Adm. William E. Landay III, program executive officer (PEO) for littoral and mine warfare (LMW).

"This new capability would not be possible without the strong leadership of our resource sponsor on (Chief of Naval Operations staff) N75, the assistant secretary of the Navy for research, development and acquisition, and Northrop Grumman, our industry partner," he

said. The ALMDS uses a light detection and ranging (LIDAR) blue-green laser to locate sea mines hidden beneath the water's surface. Helicopter-borne ALMDS systems will cover large areas of ocean, working in concert with towed sonar systems deployed from helicopters or surface vessels. The ALMDS will detect, localize and classify near-surface moored and floating sea mines.

"ALMDS is unencumbered by the inherent limitations of towing bulky gear in the water," said Gary Humes, mine warfare program manager. "It can therefore attain high area search rates and image the entire near-surface volume without stopping to recover equipment."

The MH-60S helicopter carrying the ALMDS will be launched from the new littoral combat ship. ALMDS is one of five airborne mine countermeasure systems developed under the PEO LMW. These systems will provide aircraft carrier strike groups and expeditionary strike groups with an organic mine hunting and reconnaissance capability.

Northrop Grumman, Integrated Systems Division, Melbourne, Fla., developed the ALMDS. A total of 57 units are planned for production between 2005 and 2011. The overall program is valued at \$200 million.

EOD robotics program receives approval for full-rate production

**Program Executive Office
Littoral and Mine Warfare**

Building on recent success, the Navy's Explosive Ordnance Disposal (EOD) Program Office has passed another major milestone with the recent approval for full-rate production of the Man Transportable Robotic System (MTRS) on May 31.

Rear Adm. William E. Landay III, Program Executive Office (PEO), Littoral and Mine Warfare, convened an acquisition review board of the MTRS and approved the program to proceed to full-rate production. MTRS is a Joint Service EOD program that fulfills the need for EOD technicians to be able to remotely perform EOD tasks at hazardous incident sites.

"This approval represents a significant step forward for the EOD robotics program," said Cmdr. Scott Stuart, EOD program manager. "The MTRS program meets warfighters' objectives, as defined by the Joint Service EOD

community, for additional capabilities to defeat the threats posed by improvised explosive devices (IED) and other hazards."

The MTRS is a modified commercial, two-man portable system consisting of a robotic vehicle, which includes a manipulator and imaging sensors and a control station. In full-rate production, the MTRS program will produce two robot variants - Foster-Miller, Inc.'s Talon IV and iRobot's PackBot EOD. The robots are procured under indefinite-delivery, indefinite-quantity contracts funded by multiple service sponsors. Current inventory objectives are: U.S. Army - 461 systems, U.S. Marine Corps - 205, U.S. Navy - 154 and U.S. Air Force - 140, for a total of 960 systems.

In the field, Talon and PackBot MTRS units are equipped with a variety of sensors and tools to perform reconnaissance of danger areas and suspected IEDs. Robots also disrupt and disable unexploded ordnance (UXO) and IEDs. In the event of an explosion, the robotic vehicle is positioned to take the damage that a

human operator would face. These robots are now being used extensively in Iraq and Afghanistan.

Last year, the EOD Program Office successfully met the U.S. Central Command's (USCENTCOM) requirements for small robotic systems to defeat the burgeoning IED threat in Afghanistan and Iraq. The MTRS program complements small EOD robotic systems already procured for USCENTCOM, in response to urgent requirements.

MTRS meets long-term, worldwide military EOD needs for small robotic platforms to perform remote recon in urban and rural environments on missions involving unexploded ordnance and IEDs. The modular nature of the MTRS facilitates field maintenance and upgrades through the addition of EOD tools and sensors.

Program Management Office NAVSEA (PMS) EOD provides a variety of technologies, such as the Mk 3 Remote Ordnance Neutralization System, a larger unmanned

ground robotic system that performs reconnaissance, access, render-safe and disposal tasks; standoff disrupters to address UXO and IEDs from a safe distance; and small caliber disrupters to render safe small threat targets such as firing devices, landmines and booby traps. The EOD Program Office also is a member of the Office of the Secretary of Defense Joint Robotics program, which focuses and coordinates the development of robotic technologies and systems.

PMS EOD is one of eight programs under the management of the Program Executive Office, Littoral and Mine Warfare. With a diverse portfolio of more than 200 products and services, the PEO Littoral and Mine Warfare delivers materiel solutions that assure persistent, pervasive and sustained access to the littoral battlespace.

The Naval EOD Technology Division in Indian Head, Md. serves as the design agent and in-service engineering agent for the MTRS program.



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Boys & Girls Clubs tours USS Cheyenne



Photo by J02 Corwin Colbert

Members from the Boys & Girls Clubs of Navy Hawai'i descend into USS Cheyenne (SSN 773). The nuclear-powered attack submarine hosted a tour for the group on June 21.

J02 Corwin Colbert
COMSUBPAC Public Affairs

The crew of USS Cheyenne (SSN 773) hosted a tour for the Boys & Girls Clubs of Navy Hawai'i on June 21.

Tour guides, Chief Fire Control Technician Jonathan Consford and Sonar Technician 1st Class Thomas Foster, led the group through various spaces including the torpedo room, control room, berthing and the crew's mess.

"We wanted these children to see a modern day submarine," said Consford. "These tours give younger people an overview of what the Navy has to offer," he said.

"You never know if one of these children may turn out to be a submariner."

Due to the ship's maintenance, the group did not have a chance to look through any of the periscopes. However, the children still enjoyed the tour.

"The tour was great," said Freddy Ikeler, whose father is in the Navy. "The coolest part of the submarine was the officer's lounge because it had a large flat screen television," he said.

"I can't believe they have 140 people on the submarine and some have to take turns sleeping," said Ikeler. "That is crazy. I could never do that," he said.

Foster was enthusiastic about giving the tour and did not mind the questions that were asked.

"I love giving tours for the youth," said Foster. "If I was a kid, I would have loved to tour a submarine as well," Foster concluded.

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Hawaii Navy News

USS Arizona deemed safe



Photo courtesy of Brett Seymour, Reserve Resource Center in Santa Fe N.M.

A diver from the Reserve Resource Center in Santa Fe, N.M. snaps a photo of visitors at USS Arizona Memorial during a dive to assess the rate of corrosion which has occurred during the nearly 64 years the ship has been on the ocean floor. According to Matt Russell, an archaeologist with the center, the preliminary conclusion to their findings is that it could be decades, if not hundreds of years, before the Arizona starts to develop potentially hazardous corrosion problems.

Carl Vinson flies ESWS/EAWS pennants

JO2 (SW) Chris Fahey

USS Carl Vinson
Public Affairs

The crew of USS Carl Vinson (CVN 70) witnessed the culmination of more than a year's worth of hard work as two pennants climbed the ship's mast, honoring their achievement of 100 percent surface and aviation warfare qualifications June 18.

The "hauling up" ceremony for the Enlisted Surface Warfare Specialist (ESWS) and Enlisted Aviation Warfare Specialist (EAWS) pennants occurred shortly after Vinson moored pierside in the United Arab Emirates' port of Jebel Ali near the city of Dubai.

"I couldn't be prouder of the crew and what they have accomplished," said Vinson's command master chief, CMDCM(AW/SW) Renall Evans. "In my 25 years of service, I have never heard of an aircraft carrier earning the right to fly both enlisted warfare pennants. It really says a lot, especially out here in the gulf.

"America right now is relying on us to do the job we are trained to do, in the place where it must be performed, at the highest level. Becoming 100 percent qualified in both aviation and surface is another way to show America that they can sleep well...we're more than capable," Evans said.

To qualify for the honor of flying both pennants, all E-5-and-above Sailors with more than 18 months aboard were required to earn their ESWS or EAWS qualifications.

Obtaining an ESWS or EAWS designator meant Sailors had to complete two personal qualification standards (PQS) booklets, totaling roughly 200 pages for each warfare pin. The books are designed to take Sailors to every department and seek warfare-qualified individuals



U.S. Navy photo by PH3 Refugio Carrillo

Enlisted Surface Warfare Specialist program command representatives raise the silver air and surface warfare pennants for the first time aboard the Nimitz-class aircraft carrier USS Carl Vinson (CVN 70). The crew of Carl Vinson recently attained 100 percent air and surface warfare specialist qualification for all E-5 and above pay grades aboard more than 18 months, qualifying the ship to fly both pennants. The Carl Vinson Carrier Strike Group is currently conducting operations in support of multi-national forces in Iraq and maritime security operations in order to set the conditions for security and stability in the region. Vinson will end its deployment with a homeport shift to Norfolk, Va. and commence a three-year refuel and complex overhaul.

willing to explain specific areas of their job and sign their name to the topic they instructed. Nearly 400 signatures are required to finish both PQSs. Next, the Sailor must pass a 200-question written test and an oral board chaired by a seasoned senior or master chief.

"[Earning a warfare pin displays] increased warfighting knowledge, mission enhancement, command survivability and pride," said Chief Aviation Structural Mechanic (AW/SW) Henry Buckley, Vinson's command EAWS coordinator. "All the material that is covered on the test is derived from the

PQS and study guides. Every section in the book is covered on the test. The level of knowledge tested on an oral board is simply [to see if the Sailors] possess the general knowledge of the program."

Routine tracking procedures concerning the status of eligible Sailors enabled command leaders to target, monitor and motivate Sailors seeking their qualifications. Command-wide training sessions were conducted on the ship's aft mess decks three times per week and allowed Sailors to complete their study guides in roughly six weeks. Departmental tours

and one-on-one attention through the ship's mentorship program enabled crew members to intake large quantities of knowledge in retainable sprints rather than learning the information through long cramming sessions.

"I attended the ESWS lectures on the mess decks several times," said Personnelman Seaman (SW) James Stallworth, who recently received his ESWS qualification and is very near to earning his EAWS. "The information was put out in plain, easy-to-understand terms. The tours also helped because I was able to put

eyes on the equipment I was learning about.

"My best resource, though, was my mentor [Chief Fire Controlman (AW/SW) Chester Williams]," he added. "I sought his help daily. He made the process easier and his willingness to help directly affected my ability to earn my pin."

So far during Carl Vinson's and Carrier Air Wing (CVW) 9's around-the-world deployment, more than 900 Sailors have received their ESWS or EAWS qualifications, totaling more than 1,500 qualified surface and aviation warriors.

"Seeing both those pennants wave from our mast is an accomplishment more than a year in the making; the XO (executive officer), CMC (command master chief) and I are extremely proud of the crew," said Capt. Kevin Donegan, Carl Vinson commanding officer. "Anyone who sees these pennants will know that the Sailors aboard Carl Vinson are sea and air warriors dedicated to the team they serve and the mission.

"Of course our work is not done; we have to continue that momentum and look ahead at newly-received or -advanced Sailors approaching their eligibility date so we can continue providing the resources needed for them to gain their primary warfare designations," he added. "For those who have already gained their primary, we want to give them the opportunity to gain their secondary warfare qualification."

Carl Vinson is currently deployed to the Persian Gulf in support of Iraqi and multinational forces in Iraq and maritime security operations (MSO) in the gulf. MSO sets the conditions for security and stability in the maritime environment and complements the counter-terrorism and security efforts of regional nations. MSO denies international terrorists use of the maritime environment as a venue for attack or to transport personnel, weapons or other material.

The Carl Vinson Carrier Strike Group includes commander, Carrier Strike Group 3, Carrier Air Wing 9, Destroyer Squadron 31, the guided-missile cruiser USS Antietam (CG 54), the guided-missile destroyers USS O'Kane (DDG 77) and USS Mustin (DDG 89), and the fast-combat support ship USS Camden (AOE 2).

USARPAC visits EOD group 1 prototype camp

JO1(SW) Phil Beaufort

Maritime Force Protection Command
Public Affairs

Commander, U.S. Army Pacific, Lt. Gen. John M. Brown III visited a prototype modular camp, on June 19, that was being field tested by Explosive Ordnance Disposal (EOD) Group 1 during Exercise Talisman Saber '05 in Queensland, Australia.

Under its current configuration, two thirds of the camp is located along the coast in Gladstone, Australia and specifically configured for use by military divers. The other third of the camp is manned by EOD Group 1 staff and is set up as a command and control center at Talisman Saber headquarters 60 miles north, in the town of Rockhampton.

"I'm very impressed with this camp facility," Brown said. "It's mobile, it has the specialty equipment necessary to sustain dive teams, it works with combined dive teams from Army, Navy or even from our allies from other countries. This is a great prototype, and some folks who know their business very well designed a lot of the equipment I saw here."

This is only the second time the fully self-contained camp has been field tested. A smaller version was deployed during Exercise Foal Eagle '04 in Korea last year.

According to the Camp Commandant, Builder 1st Class (SCW) John Taylor, the design and flexibility of camp has exceeded their expectations.

"We had originally designed this camp to hold about 80 people - that's living and working spaces - but we really flexed the capability," Taylor said. "Right now, we're berthing 80 people and at the other half of the camp in Rockhampton, we're working 50 people."

Of more interest to the Sailors on the ground are the creature comforts the camp provides.

"One of the real advantages of this concept is our ability to incorporate a number of services that we weren't able to have in the past, like containerized showers, latrines and laundry services," Taylor said. "Those things fit real well in our package. Because of the way it's designed, we're able to fit a lot of tents and equipment into a small package."

The camp not only provides personal services amenities, but also enough spe-



U.S. Navy photo by PH1 Michelle R. Hammond

cialized equipment to keep the divers from U.S. Navy Mobile Diving and Salvage Unit 1, U.S. Army 7th Engineer Detachment Dive and Australian Navy Clearance Diving Team 4 fully operational.

Sixty miles away at Camp Rocky, the EOD Group 1 staff's man spaces brimming with command and control communication equipment. With it, they're in constant contact with Combined Force Maritime Component Commanders aboard USS Boxer (LHD 4), receiving mission tasking and relaying those tasks on to the joint/combined dive teams in Gladstone, and at the same time, maintaining command and control of EOD mobile unit detachments operating in the field 60 miles to the north at the Shoalwater Bay Training Area.

Even though the three operating areas are 120 miles apart, this prototype tactical operations center, engineered in-house for EOD Group 1, is fully capable of directing operations for all the teams.

According to Capt. Marvin H. Heinze, commodore, EOD Group 1, the importance of a forward-deployed tactical com-

munications center is vital to EOD's ever-growing role in the current state of global affairs.

"We need to have a robust command and control capability in order to integrate EOD forces with both ashore and maritime force commanders to support all aspects of the global war on terrorism, particularly in regards to our mission in defeating improvised explosive devices," Heinze said.

Talisman Saber is an exercise jointly sponsored by the U.S. Pacific Command and Australian Defense Force Joint Operations Command, designed to train the U.S. 7th Fleet commander's staff and Australian Joint Operations staff as a designated Combined Task Force headquarters.

The exercise focuses on crisis action planning and execution of contingency response operations.

U.S. Pacific Command units and Australian forces will conduct land, sea and air training throughout the training area. More than 11,000 U.S. and 6,000 Australian personnel are participating in the exercise.

Safeguard, Royal Thai Navy divers share techniques

JOC Melinda Larson

Commander, Destroyer
Squadron 1 Public Affairs

U.S. Navy and Royal Thai Navy (RTN) divers practiced standard diving techniques June 21 using USS Safeguard (ARS 50) as a dive platform at Chuk Samet pier, Thailand.

The divers are sharing their skills during exercise Cooperation Afloat Readiness and Training (CARAT) 2005. CARAT, a bilateral series of military training exercises with several Southeast Asian nations, is designed to strengthen the interoperability of the sea services. In the precarious underwater world of Navy diving, a strong trust for fellow divers is the cornerstone of every operation.

"We need to get comfortable with each other in the water. Sometimes there's a language barrier so we have to figure out other ways of communication, such as hand signals," said Engineman 1st Class Joseph Moebius, a Safeguard diver, who was on the first of 10 dives with a RTN counterpart.

During each of the 10 dives, wearing MK-21 helmets, two divers from each Navy were lowered over the side of Safeguard on a dive platform to a depth of about 30 feet. The pierside practice is in advance of a scheduled wreck dive in open waters during the at-sea phase of CARAT.

"The indoctrination dives are a requirement for us before open water dives," said Lt. j.g. Nicholas Parker, a Safeguard dive officer. "It's also a chance for us to dive together in a controlled environment and increase our confidence in each other's capabilities."

Trust in fellow divers is critical, because when the unthinkable happens, such as a ruptured air hose or a diving injury, a diver has to trust the person

underwater with him to make the right moves.

"There's a lot more trust coming from the Thai divers because they're on our systems," noted Parker.

Working in an environment with divers whose second language is English also built the confidence of the U.S. divers.

"If you can teach it, you know it. Teaching the Thai divers helps build the confidence of men on my team because they can teach U.S. dive techniques to a non-English speaker," said Parker.

Because the Royal Thai Navy does not have a salvage ship in its fleet, it's important to train with the Safeguard divers in the event of a future mishap.

"We may be tasked to do diving or salvage operations with the Thai Navy. By building relations with our Thai counterparts through training exercises, we'll be ready for a real event," said Senior Chief Boatswain's Mate (MDV/SW) Jeffrey Samson.

Safeguard is one of four ships in the CARAT task group, which arrived in Thailand on June 17 for the Thailand phase. Rear Adm. Kevin M. Quinn, commander of Logistics Group Western Pacific, is responsible for overall CARAT coordination for U.S. participants in his executive agent role as Commander, Task Force 712. Capt. Buzz Little, commander, Destroyer 1, leads the CARAT ships while embarked aboard USS Fort McHenry (LSD 43). The guided-missile destroyer USS Paul Hamilton (DDG 60) and the frigate USS Rodney M. Davis (FFG 60) are also part of the CARAT task group.

Little's staff is based in San Diego. Fort McHenry and Safeguard are forward-deployed to Sasebo, Japan. Paul Hamilton is homeported at Pearl Harbor, Hawai'i, and Rodney M. Davis in Everett, Wash.

Hawai'i
Navy News Sports

Annual surf contest swells Kaleloa

Story and photos by
 PH2(AW/SW)
Justin P. Nesbitt
Contributing Writer

Dino Scheidt can rest a little easier after closing the sixth Annual All Military Surf Contest on Sunday. The contest was held at Barbers Point White Plains Beach over the weekend.

With roughly 135 competitors, White Plains was alive with action. All this made for a very hectic and exciting weekend for Scheidt, as well as Cheryl Camp and Marvin Nuestro, who were instrumental in the weekend's events.

Scheidt is the Morales, Welfare and Recreation (MWR) outdoor and Waterfront specialist for Naval Station Pearl Harbor. For the last six years, he has been the organizer of the annual surf contest. Although it was not always known as the All Military Surf Contest, (the Stacey Brookfield Foundation originally sponsored it), over the last five years, the Navy has run it.

The contest itself is for active duty personnel, but is also open to family members and Department of Defense employees. All competitors are broken down into divisions, much like the professional surfers on the World Championship Tour. Brackets ranged from 11-14 year olds up to 50 and over division. Each divi-



An unidentified competitor sets up for the next section, as others in his heat watch at White Plains Beach.

sion also had a short and longboard event.

"It's all about the military!" said Scheidt, when asked about the contest. "It's a 100 percent morale booster for all." Aviation Structural Mechanic 1st Class Ron Johnson and his son both entered the contest. "Me and my son had a great time together today," said Johnson.

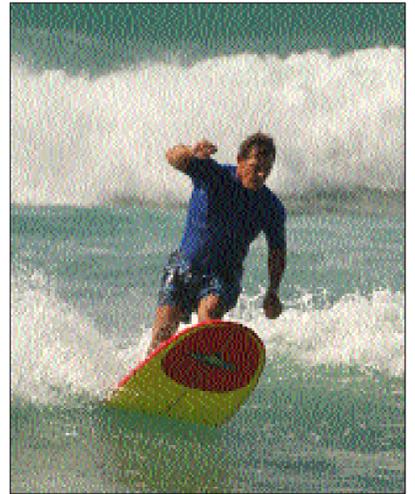
To help with this morale boost, local companies were more than happy to

help supply giveaways for the event. This year's sponsors provided ample amounts of merchandise as goodies for competitors and spectators.

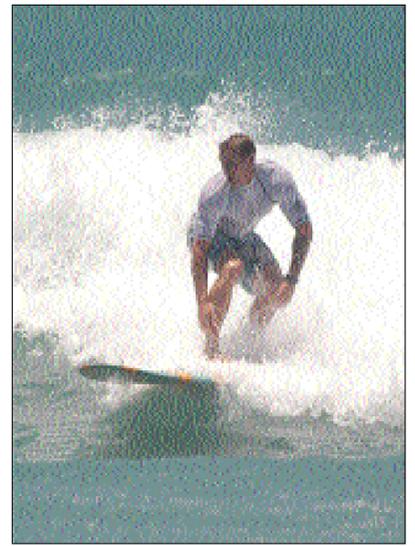
In the next few years, Scheidt is looking into adding more divisions, such as a retiree division, and more sponsors. He is doing all that he can to keep this event going and improving it for all who attend.



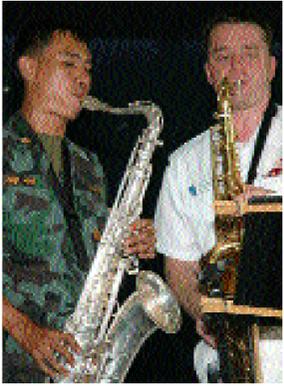
A competitor in the Men's 17-29 Active Duty Division pumps his board for more speed.



A competitor in the Men's 50 & Over Open Division stalls to gain better position on the wave.



Nathan Carl sizes up the rest of the wave after take off.



U.S. Navy photo by JOC Melinda Larson

MU3 Class Jason Stark of the 7th Fleet Band, "Orient Express", plays alongside a Royal Thai Marine Band counterpart during a performance at the Singsamut Elementary School in Sattahip, Thailand. The concert for hundreds of students was a scheduled event of the Thailand phase of exercise Cooperation Afloat Readiness and Training (CARAT) 2005.

U.S. 7th Fleet Band Crosses Language Barrier with Music

**Chief Journalist Melinda
Larson**

*Commander, Destroyer
Squadron 1 Public Affairs*

Musicians from the U.S. 7th Fleet Band "Orient Express" and Royal Thai Marine Corps (RTMC) came together for a series of performances June 20-22 during the Thailand phase of exercise Cooperation Afloat Readiness and Training (CARAT).

The two bands practiced with the RTMC band before performing separately and then together as a group at the Thai Austrian Technical College and the Singsamut Elementary School in nearby Pattaya.

"Music crosses all language barriers. We're speaking the same language through our music," said Musician 1st Class Alex Gowland, Orient Express' unit leader.

Playing popular jazz, blues, and rock songs together, Orient Express musicians were challenged by the Thai tunes.

"The forms are a little different, but you just have to focus and stay on the chords," said Gowland, who plays lead guitar. "I love Thai music. It makes you feel good because the melodies are uplifting, even the slower ballads."

Whether playing a slow Thai ballad or the obscure 1976 disco hit "Play That Funky Music" by Wild Cherry, the members of both bands proved their diversity.

"Every once in a while, it took a little extra effort to understand, but eventually it gets through, and the music just happened," said Gowland.

The payoff of the joint band performances was simple.

"We just wanted to be musicians and play our music together," said Lt. Arvoot Chananavin, officer in charge of the RTMC band.

CARAT is series of bilateral military training exercises with several Southeast Asian nations designed to enhance the interoperability of the respective sea services.

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