



Daddy Boot Camp
Rookie dads take on the challenge of fatherhood. See story on page A-4.

USS Columbia departs for Western Pacific

JOC(SW/AW) David Rush
Commander Submarine Force, U.S. Pacific Fleet

The nuclear-powered attack submarine USS Columbia (SSN 771) departed Sept. 17 for a deployment to the Western Pacific.

Cmdr. Eugene Sievers, USS Columbia's commanding officer, said the crew came together as a team in order to get the submarine ready for deployment.

"The guys worked really hard to get the ship ready to deploy," said Sievers. "They hit all of the marks."

Sievers, who took command of the Los Angeles-class attack submarine last November, said that preparing a submarine for deployment is a very complex process that requires teamwork and the effort of all hands, particularly given the relatively small crew size of attack submarines.

"Each submariner has his role, from the most junior to the most senior," said Sievers. "If they don't do their

job, the ship doesn't get underway."

Columbia completed a three-month surge deployment to the Western Pacific in May 2004, after returning from a regular deployment to the Central Command area of responsibility just eight months earlier. That deployment made Columbia the first Pacific Fleet submarine to conduct a surge deployment as part of the Fleet Response Plan.

Columbia was one of four Pacific Fleet submarines to conduct Tomahawk strikes in the opening days of Operation Iraqi Freedom in 2003.

Sievers said he finds it personally and professionally fulfilling to witness all of the training and preparations come together during the deployment.

"When you walk around seeing young guys enjoying their job, that's what makes the energy level that much better — it's kind of infectious," he said. "I'm looking forward to taking 160 guys from Pearl Harbor and watching them do what we have trained to do."



The nuclear-powered attack submarine USS Columbia (SSN 771) departed Sept. 17 for a deployment to the Western Pacific.



En route to the golden anchors
Determination kept Sailor on course to becoming chiefs. See story on page B-1.

Chief petty officers arriving



Fifteen of Navy Region Hawai'i's newest chief petty officers stand at attention during a pinning ceremony at Lockwood Hall Lana'i Sept. 16. Each chief was pinned by a friend or family member and covered by a fellow chief petty officer.

U.S. Navy photo by JO2 Devin Wright

PACOM kicks off this year's Hawai'i-Pacific area CFC drive

U.S. Pacific Command Public Affairs

The Hawaii-Pacific Command Area kicked off its 2005 Combined Federal Campaign Fund Drive on Sept. 20 with events designed to encourage and support active employee participation throughout the region.

Two events were held during the kickoff week. Rear Adm. Van Alford was the speaker on behalf of Adm. William J. Fallon, campaign chairman, during a luncheon at the Hickam Air Force Base Officer's Club Lanai on Sept. 20. A charity fair was held from 11 a.m.-1 p.m. Sept. 22 at the Prince Jonah Kuhio Kalaniana'ole Federal Building courtyard in Honolulu.

The U.S. Pacific Command (PACOM) is sponsoring this year's campaign with the theme of "Heroes of the Pacific - Be one!" The Hawai'i-Pacific Command Area raised nearly \$5 million dollars in 2004.

Any military or federal government employee can participate by making a donation in cash, by check or payroll deduction. For more information, contact your military/civilian CFC representative, or visit <http://www.cfc-hawaii.org>. The campaign runs through Oct. 28.

Each fall the CFC, which raised nearly \$250 million dollars last year, unites all military and federal employees as one team toward supporting eligible non-profit organizations that provide health and human service benefits throughout the world.

Hawai'i Navy News Briefs

Water taxi's

A new water taxi schedule is slated to begin Monday. The schedule has been changed for both morning and afternoon departures. For more information, or to view the schedule, go to www.rsims.navy.mil.

New increased GI Bill rates for 2006

Beginning Oct. 1, service members may be eligible for over \$37,000 in GI Bill benefits to pursue an undergraduate, graduate, technical degree or certificate. Many schools offer credit for military experience. Learn more about the opportunities available and request free information from military-friendly schools at <http://web50.military.com>

2005 Holiday Exchange catalog available

The all-new Holiday 2005 Exchange Catalog is now available and is filled with a wide assortment of home decorating ideas and wish list items for the entire family. The catalog also includes more than 325 gift ideas under \$50. Prices in this all-services catalog are valid Sept. 15, 2005, through Jan. 1, 2006, for any authorized exchange customer. The 2005 Holiday Exchange Catalog is available at all main stores and online customers at <http://www.aafes.com/>.

Anti-submarine warfare fall training cycle begins

U.S. Pacific Fleet Public Affairs

U.S. Pacific Fleet Commander Adm. Gary Roughead kicked off the latest anti-submarine warfare (ASW) training cycle for naval forces throughout the Pacific and Indian oceans last week and called ASW the Fleet's top maritime war-fighting priority.

"We are very good in anti-submarine warfare and we will continue to improve with a demonstrated ability to perform in all environments while using an integrated detection, tracking and targeting approach that incorporates the latest in technological developments," Roughead said.

Submarines have become increasingly quiet and sophis-

ticated over the years and today there are more than 250 of them in the Pacific within reach of critical choke points and navigational sea lanes. Roughead underscored the importance of having an extensive ASW capability in a region so vital to the world's population centers and commerce.

"This is a core competency for naval forces in a joint war-fighting environment and an area where we are constantly looking for ways to improve," said the four-star admiral whose area of responsibility stretches across the vast ocean area from the west coast of North America to the east coast of Africa. "The cooperative efforts underway with our many friends and allies throughout the region to practice with the quietest and

most advanced non-nuclear submarines are mutually beneficial and help reinforce the important long-standing relationships that exist between the navies in this area."

Pacific Fleet's ASW training cycle for the last third of the year is designed to build on many recent advances while incorporating training and testing opportunities in a wide range of environments. Throughout the cycle, these opportunities will include international and U.S.-only at-sea exercises, classroom training, professional and scientific exchanges, and periods where integrated evaluation and adjustment will take place.

Some of the specific events in the late term 2005 cycle include:

- The Littoral Warfare Advanced Development exer-

cise, or LWAD, in which the U.S. Navy will work with Australian navy Collins-class diesel submarines in a shallow-water environment. It will be followed by Malabar with India and Silent Fury with Japan — two examples where the U.S. Navy will hone its tactics in an advanced diesel submarine environment, including the Japan Maritime Self-Defense Force's new-generation diesel sub. The exercises also enable the separate navies to better integrate their ASW forces in realistic training.

• In the Eastern Pacific, aircraft carrier strike groups now train against a modern "air independent propulsion" submarine during the inter-deployment training cycle. Earlier this year, the U.S. and Swedish navies entered an

agreement where the Swedish navy provided an advanced diesel submarine, Gotland, for the U.S. Navy's long-term use. The sub, which operates from San Diego, remains Swedish-flagged with a Swedish navy commanding officer and sailors. U.S. Navy personnel sail as riders and observers for training. The USS Abraham Lincoln Carrier Strike Group is just one of the strike groups scheduled to train with Gotland off southern California during this cycle.

In addition to realistic training, another area integrated into the late-term ASW cycle encompasses technology that gives the Navy innovative solutions critical to success. Quickly getting new technologies into the Fleet is one of the

Navy Region Hawai'i holds National Day of Prayer



U.S. Navy photo by JO2 Devin Wright

Lt. Robert Lecompte, Chaplain at Naval Station Pearl Harbor Chapel, along with others from Navy Region Hawai'i, participated in the National Day of Prayer at the Pearl Harbor Memorial Fountain on Sept. 16 to pray for victims of Hurricane Katrina and for POWs and those MIA.

JO2 Devin Wright

Editor

Commander, Navy Region Hawai'i participated in the National Day of Prayer at the Pearl Harbor Memorial Fountain on Sept. 16 to pray for victims of Hurricane Katrina.

The day of prayer served a dual purpose. In addition to praying for the victims of Hurricane Katrina, those in attendance were also asked to remember prisoners of war (POW) and those missing in action (MIA).

"The National Day of Prayer is important because it encourages us to remember POWs or those MIA," said Naval Station Pearl Harbor Chaplain Capt. Gene P. Theriot. "In addition to that, it is also important that we remember and pray for those affected by Hurricane Katrina because their needs will last a lot longer than the news stories will. So the National Day of Prayer helps us remember to pray for people in need at all times, not just when they are before us in the news," he said.

President George W. Bush declared Sept. 16 a National Day of Prayer. The last time President Bush declared a National Day of Prayer was four years ago after the Sept. 11 terrorists attacks.

"No matter what is going on in our country, I think there is always room for prayer," said Religious Program Specialist 2nd Class JoAnne Styger assigned to Naval Station Pearl Harbor.

Because of the faith of many of America's founding fathers, public prayer and national days of prayer have played a significant part in American history. America's first government prayer session was in 1775, when the Continental Congress asked the colonies to pray for wisdom in forming a nation.

Service members from Naval Station Pearl Harbor security depart for Iraq



U.S. Navy photo by JO2 Corwin Colbert

Master at Arms 1st Class William Griggs keeps his son entertained during a pre-deployment brief. The brief gave information to 12 Sailors from Pearl Harbor Naval Station security before they deploy to Iraq.

JO2 Corwin Colbert

Contributing Writer

Service members from Pearl Harbor Naval Station security departed for Iraq on Sept. 17. The group will perform security duties as well as guard duty at various prisons. Chief Master at Arms Tangela Arnold said only 12 people were deploying, but the naval station security department is ready to send more if needed.

"We may send 12 people, but we do have others who are ready to deploy if we are asked to," said Arnold.

Arnold said this is not the only group that has deployed and so far, they have been volunteers.

"We have sent many Sailors to Iraq as part of a larger Navy team," she said.

One such volunteer, Master at Arms 2nd Class Tyrail Woods of Charlotte, N.C., said he had mixed feelings about the deployment.

"My biggest and most difficult concern is leaving my family behind and I do not know what to

expect," said Woods. "However, this is part of the job. What we are going to do is very important. We are liberating a country and giving the freedoms we enjoy," he said.

Woods said despite his concerns he is looking forward to the experience.

"This is the main reason we joined - to protect our country and fight for freedom around the world," said Woods. "You don't join just for education and money. When war or adversity calls us to intervene, there is no complaining because this is what you signed up for," he said.

"We fight to honor our country; we need courage to face adversity and we show our commitment by doing what we swore when we enlisted," said Woods.

Currently, there are approximately 1,200 Pearl Harbor Naval Station Sailors deployed in support of the global war on terrorism. Fourteen Sailors are deployed to Iraq, six to Kuwait and 69 to Guantanamo Bay, Cuba.

Hawai'i Navy News Editorial

Volunteering ... make your mark!

Pacific Fleet Master Chief (SS/SW) Rick West

In the wake of any disaster, the news media often showcases stories of the dedicated volunteers who tirelessly give their support to relief efforts and I've been reading, with great interest, the stories of those volunteers who are currently working to help residents in the South affected by Hurricane Katrina.

Between our fellow Americans who are preparing and distributing food, donating their medical training and experience, helping families reconnect, preparing to rebuild the areas and donating money to help many charitable organizations with their aid efforts, I've been incredibly moved by the outpouring of support from our citizens and, in particular, our military.

Even those who may be criticizing the organization and timeliness of some aspects of the relief are still willing and wanting to help because many of us have it in our nature to help when the need is present.

Like many Sailors, I have been involved with volunteer work throughout my career, giving my time and money during many of the opportunities that come around, like doing maintenance work at



FLTCM(SS/SW) Rick West

orphanages or donating to the Combined Federal Campaign. And when I ask the others who are volunteering why they chose to do it, the answer is almost always the same. They say it is the most gratifying experience they have ever had.

I agree.

I can't just highlight one volunteer opportunity. Every day I either see or read about Sailors or their family members somewhere making a difference by volunteering. It continually amazes me with so much going on in our great Navy, our Sailors are stepping up to "make their mark" in the community.

I went through Hurricane Hugo in Charleston and seeing the military mobilize and assist with the recovery efforts moved me and has stuck with me ever since. But I do know that, unfortunately, sometimes the moments we want to help most are often the times when we feel helpless and don't have an opportunity we can simply sign up for with our command.

In the devastation currently being experienced in the South, we may want to go donate our expertise and experience or even to hand out water and food in the shelters, but there are many things that prevent our doing just that.

Because we may not be able to help the way we desire, it doesn't mean we can't help at all. I know many people have been donating money to the hurricane relief efforts and I've even seen some of my Sailors on staff organizing food, clothing and toy drives and passing around word about helping the Humane Society rescue lost pets. I know that while many people are feeling upset by the circumstances Hurricane Katrina left us with, many are better today because we as a Navy stepped up and volunteered.

As a species, we intrinsically feel happiness when we've helped someone. So imagine feeling that contentment, instead of once or twice a year after a disaster hits, but feeling that weekly. And that's possible by taking the initiative to get involved in our communities in ways that go beyond reacting to a crisis.

The Combined Federal Campaign began Sept. 19. This is one of several annual opportunities to give money to a charity whose

mission you believe in, which is one of the easiest ways to help out our society. You have the option of researching many charities and seeing how much money you give actually goes to their cause, how they use the funds and who benefits. While not everyone is required to donate, we are all required to be contacted by a Combined Federal Campaign representative.

When you are contacted, you will be given a booklet that lists all of the possible charities the government screens and finds eligible to participate. And even if you don't chose to donate money, I do encourage every one of you to look through that booklet and find some charity that you are interested in.

There are other ways to help other than writing a check. You can volunteer your time or services to one of these groups. The reward you will receive for the help you are giving to your community is unbelievably worth the few hours a week it takes to volunteer for an organization. You will see how a few hours of your time changes the lives of many people and that will stay with you your entire life.

There are as many volunteer opportunities as there are interests. Most organizations are not simply looking for individuals to answer phones, although those

positions are available. Many are looking for individuals with interests or talents in a diverse group of areas such as customer service, deliveries, maintenance, painting, clerical work, photography, gardening, recycling, handling money, crafts, education and web sites.

And if you want to take the ultimate initiative, organize a volunteer effort. Perhaps your area hasn't had a bone marrow or blood drive recently, or perhaps you know of a needy school that hasn't been adopted through the Navy's Adopt-a-School program and your command doesn't have a school. Maybe you could get a group together to do a massive project like building a home for a community family.

As Sailors, we are all naturally volunteers – every one of us chose to volunteer our lives to our country, be it for three years or 30 – and I thank those of you who go beyond the call of duty to volunteer your time in your communities as well.

I encourage those of you who have been hesitant about getting involved locally to make that first call or fill out that first volunteer application. I look forward to seeing and working alongside you out there with sleeves rolled up.

"Make your mark and volunteer." Hoo-yah!

Presidential radio address on the Katrina relief strategy

President George W. Bush

This week I visited Mississippi and Louisiana and reported to the nation on our strategy to help our neighbors in these devastated areas recover and rebuild. In the aftermath of Katrina, we have seen our fellow citizens uprooted from their homes, searching for loved ones and grieving for the dead. These scenes have touched our hearts and moved our whole nation to action. And the outpouring of compassion has sent a clear message to the victims of this storm: Our whole nation cares about you; you are not alone.

The recovery of the Gulf Coast region will be one of the largest reconstruction efforts the world has ever seen. And I have made a pledge of the American people: Throughout the area hit by the hurricane, we will help our citizens rebuild their communities and their lives.

Our strategy rests on three commitments. Our first commitment is to meet the immediate needs of those who had to flee their homes and leave all their possessions behind. As of this week, more than 500,000 evacuee families have gotten emergency help to pay for food, clothing and other essentials, and they will receive broader help in the future. I've asked for, and the Congress has provided, more than \$60 billion, an unprecedented response to an unprecedented crisis.

Our second commitment is to help the citizens of the Gulf Coast put their lives back together and rebuild their communities. Our goal is to get people out of shelters by the middle of October. So we're providing direct assistance to evacuees that will allow them to rent apartments and we're beginning to bring in mobile homes and trailers for temporary use in affected areas. We'll also help provide housing for the many workers who will rebuild cities in the region so that reconstruction can move forward quickly.

To relieve the burden on local health care facilities in the disaster areas, we're sending extra doctors and nurses and setting up well-supplied, temporary community health centers. A number of states have taken in evacuees and shown them great compassion, admitting children to school and providing health care. So I'll work with Congress to ensure the states are reimbursed for these extra expenses.

Our third commitment is to ensure that the communities we rebuild emerge better and stronger. Out of this tragedy comes an opportunity to harness the good and gracious spirit of America and deliver new hope to neighborhoods that were suffering before the storm. Our reconstruction efforts will be guided by certain principles: When cities are rebuilt, those cities should have many new businesses, including minority-owned businesses. When houses are rebuilt, more families should own, not rent, those houses.

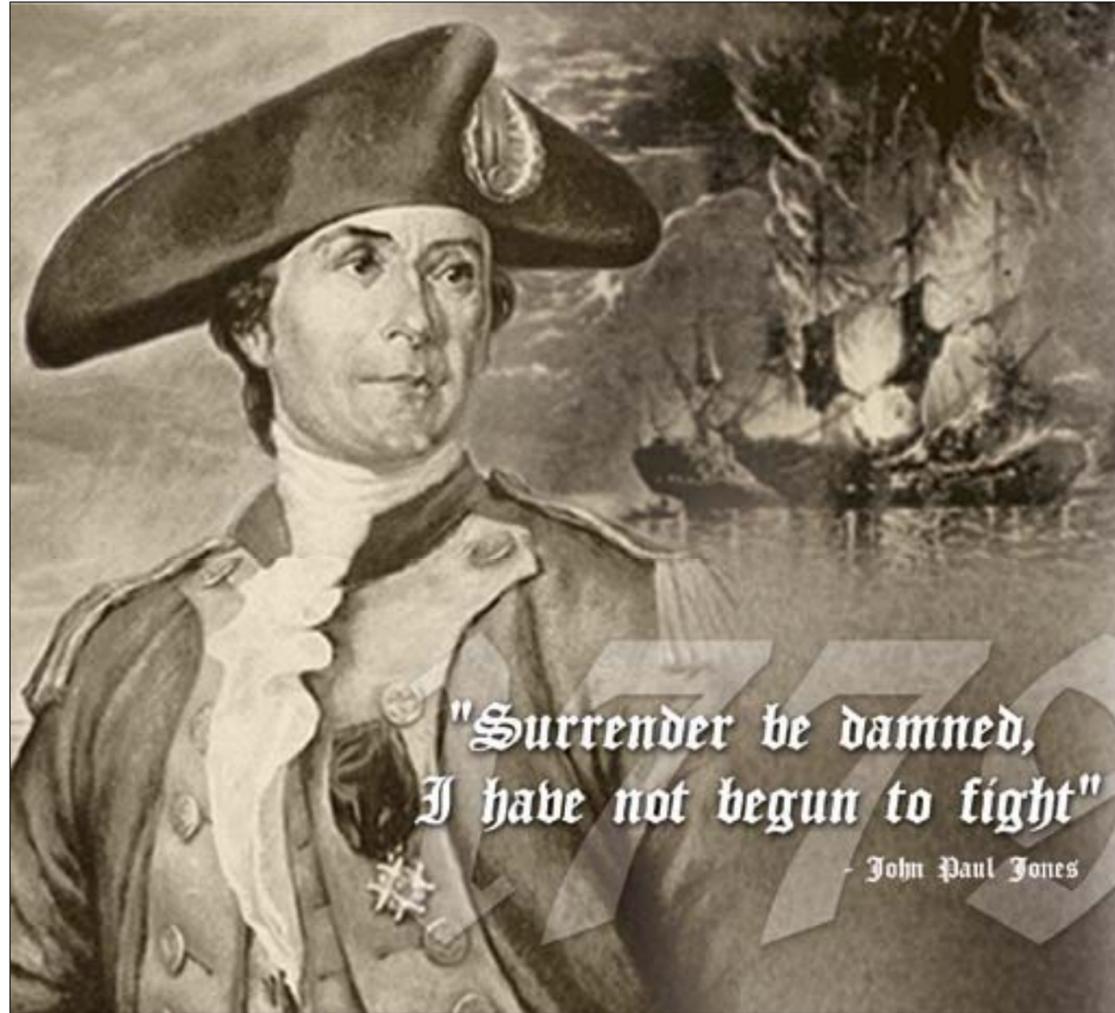
To achieve these aims, I've proposed the creation of a Gulf Opportunity Zone in the disaster area, with immediate tax relief and other incentives for job-creating investment. And to encourage home ownership, I have proposed a new urban homesteading act which would identify property in the region owned by the federal government and provide lots to low-income citizens free of charge, through a lottery. In return, they would pledge to build on the lot with either a mortgage or help from a charitable organization like Habitat For Humanity.

As we rebuild homes and businesses, we will renew our promise to be the land of equality and decency. And one day, Americans will look back at the response to Hurricane Katrina and say that our country grew not only in prosperity, but also in character and justice.

Our citizens have responded to this tragedy with action and prayer. We ask God's comfort for the men and women who have suffered so much. We pray that the missing find safe return, and those who were lost find holy rest. And we sought the strength of the Almighty for the difficult work that lies ahead.

In the life of our nation, we have seen that wondrous things are possible when we act with God's grace. From the rubble of destroyed homes, we can see the beginnings of vibrant new neighborhoods. From the despair of lives torn asunder, we can see the hope of rebirth. And from the depth of darkness, we can see a bright dawn emerging over the Gulf Coast and the great city of New Orleans.

A legend remembered



The most remarkable single ship duel of the American Revolutionary War was between the American Bonhomme Richard commanded by John Paul Jones and the HMS Serapis on Sept. 23, 1779. The Serapis was a 50-gun ship that outgunned the Bonhomme Richard, which was barely seaworthy. When the captain of the Serapis hailed the Bonhomme Richard and demanded surrender, John Paul Jones answered "Surrender be damned, I have not begun to fight." The Bonhomme Richard went on to vanquish the Serapis.

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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Daddy "boot camp" helps new dads step up to the challenge

(part 3)
Karen S. Spangler
Assistant Editor

First time dads are often excited, frightened and confused – they need all the help they can get to understand “how new babies work” and to feel comfortable in caring for their new infants. Boot Camp for New Dads is a program administered by Fleet and Family Support Center (FFSC) at Naval Station Pearl Harbor that helps first-time dads to step up to the challenge.

“Rookie” dads, or first-timers, are partnered with “veteran” dads as they learn “taking care of baby” strategies and are given helpful information and useful tips that will prepare them for the challenges of fatherhood. The class helps to answer some of the questions that may be of concern to the rookie dads, such as: What do I do once this bundle of joy comes home? How do I juggle long hours at work with my new responsibilities at home? How do I get any sleep?

There are a number of reasons why a Boot Camp for New Dads is needed and why it works. Statistics have shown that families with dedicated and committed fathers are more healthy families. FFSC's Boot Camp for New Dads was launched in August 2002 when the organization coordinated the effort with Tripler Army Medical Center and obtained joint funding. Trainers came from the mainland to work with the initial coaches. Volunteers must be licensed in order to instruct the sessions.

Boot Camp for New Dads is unique in Hawai'i, the only one of its kind in both the military and civilian sectors. Chet Adessa, program coordinator and one of the instructors, said that only about five or six military installations nationwide offer the program. It is also given at Navy

bases in San Diego and Great Lakes, Ill.

Here at Pearl Harbor, the class is open to all branches of the service as well as to retirees and DoD civilians, said Adessa. Typically, the age range of participants is between 22 and 30, but he noted that there have been participants who have been “40ish” as well as some teenage boys who were dependents of active duty military. Approximately 250 dads have gone through the program since its inception.

According to Adessa, the idea to launch the Boot Camp for New Dads class originated because of the critical need for dads to be involved in the family. “I noticed a lot of dads don't get involved with their families and young children as much as they wanted to,” he noted.

He explained that the class is based on the premise that families do much better with committed fathers. “Many dads don't get involved because nobody asks them. He said that sometimes new dads who are facing impending fatherhood don't have a clear concept of what a father should and shouldn't be. “He's the father – he's the caretaker as much as mom is,” said Adessa.

He discussed why the Boot Camp for Dads class is not open to moms to attend and why the lecturers are men. “Because it's a man-to-man approach – men teaching it – dads are going to want to come. We [men and women] speak different languages,” he explained. “The things we talk about in class, guys are not going to share with women in the room.”

Adessa remarked that it also gives the men a good perspective on just how a pregnant woman feels. “I tell them, ‘Picture this, carrying this day in and day out, every day for nine months, and during the hot summers here in Hawai'i,’” he said.



U.S. Navy photo by Karen Spangler

HT1 Ignatius Jordan, an instructor for the Boot Camp for New Dads, demonstrates an “empathy belly” which simulates pregnancy as he discusses some of the tips offered in the class with one of the veteran dads, Sonar Technician-Submarine 1st class Jeffrey Tillson. Tillson's son was the model for the class, giving new dads some “hands-on” instruction.

New dads in the class take turns wearing the “empathy belly,” which introduces them to some of the discomforts and what moms-to-be experience with pregnancy – before baby is even born. Wearing the “belly” simulates the last trimester of pregnancy, or the equivalent of about a 35-pound weight gain. It's called the empathy belly because dads who wear it gain a new perspective on the discomfort of pregnancy and can better relate to, or empathize, with their wife's condition.

The class then acquaints the rookie dads with many of the “basics” involved with caring for a new baby – how to properly hold the baby, changing diapers, feeding the

baby, consoling a crying baby, etc. “Hands-on” opportunities are provided by the veteran dads who bring their young infants to the class.

“After the class, they feel a lot more comfortable (holding the baby, etc.). They can identify with the fear of holding babies, changing diapers, etc.,” said Adessa, adding that the dads “need the hands-on experience” because dolls don't cry and move around like a real baby does.

Many new dads are also worried about how to hold their babies. “Babies are resilient,” said Adessa, adding, “It's not necessary to roughhouse with boy babies all the time just ‘to make

them tough’. They see veteran dads with their babies and learn how to hold and nurture their babies.”

Emphasizing that the main purpose of the boot camp is to promote more father involvement in the family, Adessa remarked, “Three out of 10 children in this country go to bed without active, involved dads in their families.”

Another misconception, according to Adessa, deals with nurturing and emotions. “Guys can be nurturing – it isn't just a feminine trait,” he stressed.

As part of the class, new dads also learn about shaken baby syndrome, how to recognize the signs and deal with

postpartum depression, and the importance of helping and supporting their wives.

They receive various checklists. One checklist guides them through such concerns as how to identify what's wrong with the baby, calming down a fussy baby, etc.

Another checklist involves safety and Adessa recommends that new dads accomplish a “safety standdown” before the baby is born. Pointers are offered on how to childproof the home, child safety seats, and other safety issues.

New parents can go to various clinics, which are hosted by the Keiki Injury Prevention Coalition (KIPC), and learn how to properly install child safety seats. The safety seat “checkups” are typically held at least twice each month at locations around the island, such as Toys R Us in Aiea, Waianae Mall and in Waimanolo.

FFSC's Boot Camp for New Dads provides new fathers with the guidance, hands-on and support they need as they prepare to take on the new role of fatherhood. “It's helping first-time dads step up to the challenge,” said Adessa.

In the class, dads-to-be are encouraged to remember their relationships with their own fathers and formulate some ideas on what kind of dads they want to be.

“This is your chance to be the kind of father you wanted your father to be,” Adessa said. “What are you going to do?”

For more information on Boot Camp for New Dads or to register, call FFSC at 473-4222, ext. 272 or visit www.greatlifehawaii.com. Additional information is available by visiting the national Boot Camp for New Dads Web site at www.bcnd.org.

Nimitz, CVW-11 celebrate aviation fuel safety milestone

JO3 Dustin Q. Diaz
USS Nimitz Public Affairs

Sailors from the fuels division of the USS Nimitz's (CVN 68) air department held a cake-cutting ceremony on the aft mess decks Sept. 14 to mark the mishap-free issue of 10 million gallons of JP-5 jet fuel to 7,200 aircraft.

Aviation Boatswain's Mate (Fuel) 3rd Class John Presy, Aviation Boatswain's Mate (Fuel) 3rd Class Jayme West, Aviation Boatswain's Mate (Fuel) 3rd Class John Philpot and Airman Ananasa Dobson pumped the 10 millionth gallon to an F/A-18 Hornet at 7:10 p.m. Aug. 31. They cut the cake for the occasion with Capt. Ted Branch, Nimitz commanding officer.

Lt. j.g. Paul Dussault, fuels maintenance officer, congratulated the "Combat Grapes" of V-4 division. "I started out in the Navy in these guys' shoes, pumping fuel as an airman recruit, and I've overseen it as a senior chief, but in 21 years and on seven ships, I've never seen it done with the poise, professionalism and

skill that I have seen over the last four months," Dussault said.

Dussault said when he was a young Sailor wearing the purple shirt, there were ceremonies for similar milestones and that's why he decided to recognize the "Grapes" today.

"Nobody knows about these guys or what they're doing until something goes wrong," Dussault said. "A lot of times fuel can get contaminated, but that hasn't happened on this cruise, so nobody has been seeing or thinking about these guys. The fact is, without their hard work and dedication, the job wouldn't get done. They definitely deserve a pat on the back."

Dobson said she is striking into the aviation boatswain's mate (fuels) rating and feels she is really contributing to the mission on the ship and on the ground.

"We're doing our best out here to get the jets fueled and get them the support they need," said the Philadelphia native. "It makes me feel good that we're doing the best we can to make a difference."



Airman Lorena Tiscareno from Mesa, Ariz. refuels an F-18 "Super Hornet" in the hangar bay of USS Nimitz (CVN 68). U.S. Navy photo by PHAN Timothy F. Sosa

USS Boxer (LHD 4) returns home from surge deployment

PH1 Steven Vanderwerff
USS Boxer Public Affairs

USS Boxer (LHD 4) (the "Golden Gator") returned from its third deployment in three years Sept. 14 to the sound of cheers from family and friends.

The four-and-one-half-month deployment demonstrated the feasibility of the Navy's Fleet Response Plan (FRP), which ensures ships are able to respond to real-world situations by maintaining high states of readiness during their surge windows.

While Boxer's two previous deployments were in direct support of Operation Iraqi Freedom, the role of Sailors aboard the Golden Gator during this deployment was to build interoperability between the United States and key allies in the global war on terrorism.

"This deployment was a clear demonstration of the multi-mission capabilities that the L-class brings to fleet commanders," said Capt. T.J. Culora, Boxer's commanding officer. "We were able to safely complete diverse tasks, including a joint amphibious landing, cooperation and formation tactics with several foreign navies and a rewarding humanitarian engagement mission in the Marshall Islands. All in all, I would say that this is a pretty good four-and-one-half-months' work. I am proud of the service and skill of the crew - they have performed magnificently."

Boxer's first mission, participation in exercise Talisman Saber '05, took place June 11-27 on Australia's famed Shoalwater Bay. Talisman Saber, a combination of what was once exercises Tandem Thrust, Kingfisher and Crocodile, was jointly sponsored by U.S. Pacific Command and Australian Defense Force Joint Operations Command.

"Talisman Saber was a key exercise in the Pacific Fleet area of responsibility and a demonstration of support and solidarity between two nations committed to democracy, liberty and human rights," said Culora. "It is a tangible expression of mutual respect and pledge of assistance."

The exercise involved more than



U.S. Navy photo by PH3 James F. Bartels

The amphibious assault ship USS Boxer (LHD 4) prepares to launch Australian S70A-9 Black Hawk helicopters during flight operations in support of the combined exercise, Talisman Sabre 2005. Talisman Sabre 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. Seventh Fleet commander's staff and Australian Joint Operations staff as a designated combined task force (CTF) 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 will participate.

17,000 U.S. and Australian service members. Working hand-in-hand, they performed more than 25 landing craft, air cushion (LCAC) trips and more than 1,300 Australian S-70A Blackhawk and U.S. MH-60S Nighthawk landings and takeoffs.

After completing exercises with Australia, Boxer journeyed to Kemaman, Malaysia where the ship participated in the third phase of exercise Cooperation Afloat Readiness and Training (CARAT).

Boxer served as the flagship for CARAT, Phase III operations, during which Malaysian and U.S. forces built cooperative military proficiencies July 12-18 with more than 150 Malaysian service members embarked.

With two successful exercises under its belt, the Golden Gator prepared for the third annual Joint Air and Sea Exercise (JASEX), where

forces of nature also provided real-world challenges as Typhoon Matsa moved through the operating area.

Units moved more than 600 miles to stay one step ahead of the storm before returning to the operation area. Despite Matsa, Joint Air and Sea Exercise commenced aboard Boxer on Aug. 7 in the vicinity of Okinawa with an armed flight deck of AV-8B Harrier IIs and a team of 87 Marines from the 1st Marine Air Wing.

"JASEX is one of those great opportunities where we can work with our nation's other forces," said Cmdr. Mark F. Volpe, Boxer's operations officer. "Working as a joint task force is a great venue for learning from each other and integrating."

Boxer capped off its deployment as the summer quickly came to an end by conducting a community

outreach program on the island of Majuro, the capital of the Republic of the Marshall Islands. Volunteers from among the more than 1,200 Sailors and Marines embarked aboard the ship provided critical assistance to the island nation.

Boxer's medical staff, with the help of Fleet Surgical Team (FST) 5, sponsored a community health fair and provided medical treatment to Majuro's young and elderly. They also held cardio-pulmonary resuscitation, basic first aid and first-responder training for police, firefighters, emergency medical service workers, U.S. Embassy personnel and teachers from the World Peace Organization.

Teams of Boxer Sailors also went to local schools to read to the students and brighten their day with treats, coloring books and games. Other Sailors volunteered to help

the community by restoring electricity and refurbishing a few public areas.

"This experience provided a unique opportunity for all involved," said Lt. Johan Baik, one of Boxer's two chaplains. "Our Sailors and Marines made a huge impact on the island and the community. This is one of the events that stay in a person's heart forever."

To cap off its deployment, Boxer held a "tiger cruise" for more than 150 family members and friends Sept. 7-14 while making its return transit from Pearl Harbor, Hawai'i, back to the ship's homeport of San Diego.

The tiger cruise gave family and friends the opportunity to experience life as a Sailor at sea.

"I love the fact that my family finally gets to experience my life firsthand and learn what my job is all about," said Boatswain's Mate 2nd Class Karina E. Perez-Prado of Las Vegas. "It helps give my daughter a better understanding of what I do while I'm away from home."

Throughout the cruise, "tigers" were treated to views of Navy life during daily operations such as a landing craft air cushion (LCAC) launches from Boxer's well deck and flight operations from the Golden Gator's 844-foot-long flight deck. One of the favorite exercises was the "killer tomato" launching, where a large red balloon was deployed into the ocean as a target for gunner's mates firing .50-caliber machine guns.

"There was so much to see and do. I learned a lot of interesting facts and was amazed by Boxer's capabilities," said the father of Quartermaster 3rd Class Michael B. Russell, San Diego. "My favorite places on Boxer were the bridge and the well deck, but the best part was being able to spend time with my son."

In addition to observing operations, Tigers also had the opportunity to participate in a variety of activities. Throughout the week, they were able to enjoy a "steel barn" picnic and "cinema at sea" in the hangar bay and an ice cream social on the ship's mess deck.

Seabees provide home for dolphins displaced during Katrina

JO3 Chris Gethings
U.S. Fleet Forces Command Public Affairs

Naval Construction Battalion Center (NCBC) Gulfport opened its doors Sept. 17 to Kelly, Toni, Jackie and Noah, four of eight Atlantic bottlenose dolphins displaced when a reported 40-foot storm surge caused by Hurricane Katrina destroyed their home at Marine Life Oceanarium on Aug. 29.

The dolphins' temporary home includes three portable saltwater above-ground pools, filters, pumps and monitoring equipment set up by U.S. Navy Marine Mammal Program personnel from San Diego at an NCBC facility. One 22,000-gallon pool and two 10,000-gallon pools will be used to provide a temporary home for eight dolphins while they recover

from injuries sustained during the hurricane and until a new home is decided upon.

"Our role is to provide and maintain a place for these animals to live comfortably," said Bob Olds, project manager with the U.S. Navy Marine Mammal Program. "We were chosen for this task because we have all the experience, equipment and resources necessary for quickly setting up and maintaining a comfortable home for these dolphins; the marine mammal community knows this is exactly what we do."

Olds and other personnel with the U.S. Navy Marine Mammal Program will continuously monitor and maintain all of the filtration and temperature control equipment needed to maintain a home for the dolphins until they're ready to be moved. NCBC personnel will be pro-

viding 24-hour security for the facility where the dolphins are staying.

"This facility is outstanding," said Tash Solangi, public relations representative for Marine Life Oceanarium. "The Navy has given us everything we could ever need in order to keep our dolphins safe and keep them on a fast track to recovery."

The dolphins were found in Gulfport harbor Sept. 10 by Institute for Marine Mammal Studies (IMMS) personnel in a Harrison County Sheriff's Department helicopter, and trainers and veterinarians with IMMS have been monitoring and caring for the dolphins ever since. The trainers and veterinarians have been providing the dolphins with food, antibiotics and vitamins with the help of National Oceanic and Atmospheric Administration (NOAA)

boats used to get to the dolphins in the harbor.

"We'll be housing the dolphins for at least a week and we're willing to keep them for however long it takes them to recover," said Ensign Michael Dabling, public works operations officer at NCBC. "We couldn't be more proud we were asked to provide a shelter for these dolphins."

Dabling received a phone call from U.S. Navy Marine Mammal Program personnel, asking if NCBC would be a suitable place to keep the dolphins. Dabling said he started making the arrangements immediately after the call.

"Our Seabees have been out in town since the day after the hurricane, helping local residents recover," explained Dabling. "This is just another prime example of the willingness and capabilities our base can

and will provide."

Shelly, Jill, Eli and Tamara, the four Atlantic bottlenose dolphins still in

Gulfport harbor, are scheduled to join their four shipmates at NCBC over the next week.



U.S. Navy photo by JO3 Chris Gethings

Ensign Michael Dabling, center, takes part in feeding four dolphins with Institute for Marine Mammal Studies trainers. The dolphins have been placed in a temporary saltwater pool facility at the Naval Construction Battalion Center Gulfport. The four dolphins, Kelly, Noah, Jackie and Toni, spent the last two and a half weeks in the Gulf of Mexico, swept out to sea by a wave reported to be 40 feet high during Hurricane Katrina.



Hurricane preparedness information

Important Telephone Numbers

Emergency police, fire, ambulance 911	HECO Service Center (to report power outages, downed power lines, trees on power lines) 548-7961
Oahu Civil Defense (recorded information) 527-5372	Board of Water Supply troubleline normal hours 527-5207 after hours 527-5200
Oahu Civil Defense 523-4121	Hawaiian Telcom telephone repair service 611
State Civil Defense 733-4300	The Gas Company emergency service
National Weather Service (weather advisories) 973-4381	
American Red Cross 734-2101	

Where to get hurricane preparation information

526-0066	Navy Region Hawai'i Emergency Preparedness: http://www.hawaii.navy.mil/PersonnelSupport/PersonnelSupport_Index.htm
Streetlights out City - 564-6113 State - 831-6714 Hawai'i Navy News archives: http://www.hawaii.navy.mil/NewsPAO/NewsStand_Index.htm	Navy TV Hawai'i (Channel 2) Hurricane information on Navy TV Hawai'i is aired about five minutes before the hour seven days a week. Oahu Civil Defense Information is available on the Oahu Civil Defense web site at www.oahucivildefense.com or by calling 523-4121.

Satellite imagery courtesy of NOAA

Evacuation shelters on Oahu

Residents can also call the civil defense office and request a free packet of hurricane readiness information.

Hawaiian Humane Society
For information on how to prepare for your

pets in a disaster, contact the Hawaiian Humane Society at 946-2187.

Telephone directory
Disaster preparedness information is available at the beginning of the white pages sec-

Shelters will be opened selectively depending on the severity of the incident.

Listen to radio and television for shelter designations and opening schedule.

If it is necessary to evacuate, emergency shelters may be located on military installations or in the civilian community. When shelters have been ordered to open in the Navy community, personnel who will be sheltered must report to the Navy Exchange Mall for assignment and transportation to a designated location. Evacuees to Navy shelters should not report directly to shelters.

North Shore
(Kaena Point - Kahuku)
Kahuku High
Kahuku Intermediate
Waialua High
Waialua Intermediate

Leeward coast
(Makua - Waipahu and vicinity)
August Ahrens Elementary
Campbell High
Ewa Elementary
Honowai Elementary
Ilima Intermediate
Kaimiloa Elementary
Kaleiopuu Elementary
Kamaile Elementary
Kaneolani Elementary
Kapolei Elementary
Leihoku Elementary
Maile Elementary
Makaha Elementary
Makakilo Elementary
Maukalani Elementary
Nanakuli Elementary
Nanakuli Intermediate
Nanakuli High
Pohakea Elementary
Waianae Elementary
Waianae Intermediate
Waipahu Elementary
Waipahu High
Waipahu Intermediate

Central Oahu
(Wahiawa - Mililani and vicinity)
Helemano Elementary
Iliahi Elementary
Kaala Elementary
Kipapa Elementary
Leilehua High
Mililani High
Mililani Mauka Elementary
Mililani Middle
Mililani-Uka Elementary
Wahiawa Elementary
Wahiawa Middle

Pearl City - Salt Lake
(and vicinity)
Aiea District Park
Aiea Elementary

Aiea Intermediate
Aiea High
Aliamanu Intermediate
Halawa District Park
Highlands Elementary
Lehua Elementary
Makalapa Elementary
Moanalua Elementary
Moanalua Intermediate
Moanalua High
Palisades Elementary
Pearl City District Park
Pearl City High
Pearl City Highlands Intermediate
Pearl Harbor Kai Elementary
Pearlridge Elementary
Radford High
Red Hill Elementary
Salt Lake Elementary
Waiiau Elementary
Waimalu Elementary
Webbing Elementary

Salt Lake - Punchbowl
(and vicinity)
Dole Middle
Farrington High
Kaahumanu Elementary
Kaewai Elementary
Kaiulani Elementary
Kalakaua Middle
Kalihi-Kai Elementary
Kalihi-Uka Elementary
Kalihi Valley District Park
Kalihi-Waena Elementary
Kapalama Elementary
Kauluwela Elementary
Kawanakoa Middle
Lanakila District Park
Lanakila Elementary
Likelike Elementary
Linapuni Elementary
Maemae Elementary
Makiki District Park
Neal Blaisdell Center
Nuuanu Elementary
Pauoa Elementary
Puuhale Elementary
Roosevelt High
Royal Elementary
Stevenson Middle

Punchbowl - Waiialae

ASW: Submariners train with advancing technology



U.S. Navy photo by PH2 Nathanael T. Miller

The Los Angeles-class attack submarine USS San Francisco (SSN 711) departs its former homeport of Apra Harbor, Guam to make the journey across the Pacific Ocean to her new homeport of Bremerton, Wash. The San Francisco was part of Submarine Squadron Fifteen operating from the Marianas Islands.

Continued from A-1

Navy's greatest force multipliers, helping Sailors and commanders make good decisions quickly, according to Roughhead.

One example of a new technology is called Composeable Force Net, or CFN, a Pacific Fleet tool for training and operations that displays and integrates multiple sources of information for quick, effective command and control decision-making.

Another example is "A4I," which is short for advanced active analysis adjunct for IMAT (interactive multi-sensor analysis training). A4I's mission is to act as a "maritime shield," which it does in three ways: First, by accurately telling the sonar operator what the ocean environment is like; second, by helping the operator identify things to avoid, such as marine mammals; and third, by helping the operator pick the best acoustic sensor for

that day's ocean environment.

Besides active testing and integration of new technologies, another area getting considerable attention in this last trimester of 2005 is research and development and the accompanying professional discussions that go along with such an effort. One such event scheduled this month is the National Defense Industrial Association 2005 Joint Undersea Warfare Technology Fall Conference at the New London Naval Submarine Base in Groton, Conn. It has come to represent the continuing, productive dialogue and cooperation between military, government and defense industry.

At the same time, the Fleet ASW Command in San Diego continues to consult with fleet operators, technical experts and industry representatives to best integrate operational priorities with research, development, technical and evaluation efforts.

Navy-wide, the progress recently

made in advancing the undersea warfare mission across all areas is understood and was highlighted by Chief of Naval Operations Adm. Mike Mullen at an address before the War College in Newport, R.I. when he noted, "I will continue to press forward in mine warfare, undersea warfare, the ASW piece, the totality of the undersea problem while I'm the CNO."

Because the Pacific represents the largest single maritime theater of operations, there is a very high potential for personnel and units Navy-wide to be deployed into this area. Following the CNO's lead, the ASW imperative is being addressed throughout the sea service.

The cohesive approach to focusing all these areas of anti-submarine warfare into an integrated cycle will ensure the Navy continues to improve on its gains in all areas of the ASW skill set, according to Roughhead.

STORY IDEAS?

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Hawaii Navy News

CNO calls for more international naval cooperation

CNO Public Affairs

In remarks delivered at the Naval War College on Sept. 21, Chief of Naval Operations Adm. Mike Mullen stressed the need for international naval forces to work more closely together.

"Perhaps the most profound effect of today's challenges is the increased value of cooperation between friends, allies, coalition partners, and like-minded nations," said Mullen. "Despite differences in the size or structure of our navies, cooperation today is more necessary than ever before."

Mullen's remarks were delivered at the 17th International Seapower Symposium. The symposium provides a forum for naval leaders from around the world to discuss common maritime challenges and

enhance navy-to-navy cooperation. This year's theme is "Establishing a Global Network of Maritime Nations for a Free and Secure Maritime Domain."

Mullen stressed dramatic changes in the world since he and his counterparts from other navies first entered the service of their countries. During the cold war, maritime security began and ended with national borders and threats were well defined, he noted.

"When our careers began, nobody spoke of the threats from transnational networks, environmental attack, human trafficking, and failed states," he said. "But for leaders like us, change often means opportunity and new visions for where we are headed."

A big part of that new vision, according to Mullen, must be

increased interoperability and closer maritime cooperation between the navies and coast guards of the world.

"No matter how large or small your navy or coast guard may be, we all face similar internal constraints like shrinking budgets, aging equipment, and populations that may not be attracted to military service.

"Our level of cooperation and coordination must intensify in order to adapt to our shared challenges and constraints. We have no choice in this matter, because I am convinced that nobody - no nation today - can go it alone, especially in the maritime domain," he said.

Mullen said he believed the most serious threat to maritime and international security today is posed by irregular and unrestricted

warfare, such as terrorism and piracy. Unrestricted war, he pointed out, is viewed by its proponents as particularly useful against democracies, where citizens of free countries might be persuaded not to support the war effort.

"They are wrong," he said sharply. "They will not prevail. They will not succeed. Their message of despair and fear and hatred will, in the end, sway no one. There is a small world of small-minded ideas. They offer nothing in return for the sacrifices they seek, not even the hope of hope itself."

Mullen thanked the naval leaders for their participation in the symposium and thanked them for the support they and their nations offered in response to Hurricane Katrina relief efforts. He said it was reflective of exactly the sort of mar-

itime cooperation international naval forces needed to explore further.

"As navies, we have successfully learned how to leverage the advantages of the sea - advantages such as mobility, access, and sovereignty - to win wars and defend borders. We must now leverage these same advantages of our profession to close seams, reduce vulnerabilities, and ensure the security of the domain we, collectively, are responsible for," said Mullen.

More than 148 naval delegates from 75 countries, including 49 navy chiefs of staff, are attending the International Seapower Symposium, which concludes today.

The symposium has been a biennial affair since its inception in 1969.

Pearl Harbor participates in Bright Star exercise



U.S. Navy photo by PHAN Apprentice Shannon Garcia

A landing craft air cushion (LCAC) assigned to the dock landing ship USS Pearl Harbor (LSD 52) approaches the beach during Exercise Bright Star 2005. The exercise is an important part of U.S. Central Command's theater engagement strategy and is designed to improve readiness, interoperability, and strengthen the military and professional relationships among U.S., Egyptian and participating forces. The multi-national exercise is held every two years.

Lt. j.g. Kristine Garland
Commander, U.S. Naval Forces Central Command/Commander, U.S. 5th Fleet

USS Pearl Harbor (LSD 52) played a major role in the Bright Star 05/06 exercise in the Mediterranean Sea in September.

Bright Star is a joint multinational exercise designed to enhance cooperation between the U.S., Egypt and regional coalition forces. More than 2,500 Navy and Marine Corps personnel are participating, along with forces from 12 other nations.

Pearl Harbor is based in San Diego and, being a West Coast ship, would normally not deploy to the Mediterranean. It was, howev-

er, an unusual opportunity to allow the ship and crew the experience of being in those waters while working with coalition navies.

During an amphibious demonstration in a multinational mock-storming of an Egyptian beach, Pearl Harbor sent two air cushion landing craft, fully loaded with Marines from the 13 Marine Expeditionary Unit, based in Pearl Harbor.

While here, Pearl Harbor also engaged in its own maritime security operations (MSO) training, running its three visit, board, search and seizure (VBSS) teams through a variety of exercises.

"There is very little that we do now that is not in a coalition environment," said Pearl Harbor commanding officer, Cmdr. Jonathan Harnden.

"MSO isn't a new mission, but it has changed a little with who the threat is."

Harnden noted that Bright Star was a valuable opportunity to conduct VBSS and MSO training while underway in a coalition environment. He also explained that the security of sea transportation lanes, key nodes and oil platforms in addition to preventing piracy, terrorist threats and illegal trafficking were the goals of other coastal nations in addition to the United States.

"In the current environment, MSO is a mission for all of us. And in order for us to do our mission, we have to be able to work with other countries, understand each other's procedures and take part in a global mission to protect and secure the seas," he said.

Fed Fire volunteers are "model" for other Katrina relief teams

Karen S. Spangler
Assistant Editor

When Federal Fire Department firefighters, Fire Capt. Francis Behic and Ron Akiyama, volunteered to assist with rescue and relief efforts in the aftermath of Hurricane Katrina, they took with them the knowledge and years of experience they have gained during their careers with the Federal Fire Department in Hawai'i.

That knowledge and experience was singled out and used as a model for other rescue and relief teams in the Gulf States. According to Richard Rhode, an assistant fire chief for Federal Fire Department, "Both Ron and

Francis' strong organizational experience in working under the incident command system enabled them to process more victims in less time than any other teams on site and their system became the model for the other teams working in the relief effort. Their experience and talents have been singled out as examples."

"Ron's approach was to treat the incident like any other hazardous incident and apply the same procedures in organizing, directing, accounting for, and recording people and events," explained Rhode.

Rhode noted that Akiyama was designated as an operations officer for the incident command based on his initial suggestions in

how to manage the incident and provide consistency in procedures and operations.

The federal firefighters arrived in Monroe, La. on Sept. 15 and assisted in the field kitchens, helping to feed approximately 500 people. Along the way, they dropped off much needed supplies at shelters.

The next day, they went to the convention Center in Monroe, which is housing many of the homeless, to help with registering more than 2,000 hurricane victims. The next stop in their journey to assist with the hurricane relief effort was in Biloxi, Miss.

Behic said that "most people were taking things in stride and

were thankful for the assistance, but were anxious to return to their homes."

In El Dorado, Ark., they helped shuttle items, such as clothing and diapers, to shelters where they were vitally needed. According to the Fed Fire volunteers, some of the families hadn't had the convenience of diapers in more than two weeks. As part of another effort, they helped move beds and furniture from shelters that were closed as evacuees were able to return home or move in with friends and families.

Moving on to Little Rock, Ark., they helped to process vouchers to enable evacuees to pay bills for housing, food and fuel. After

almost three weeks of long hours and challenging work, the weary men were able to enjoy a well-deserved day off.

The two firefighters left Honolulu on Sept. 2 for the Gulf States and after orientation, training and staging briefings in Atlanta, they were first sent to Camp Gruber – an old, closed down base near Tulsa, Okla. – where they provided information and counseling to hurricane evacuees.

Behic is assigned to Pearl Harbor's Shipyard Fire Station One on Ladder Truck 119. Akiyama is the driver-operator/engineer on engine 101 at Station One.

Beware of hurricane donation scams

Military.com

Like many Americans across the nation, military members and their families seek to help in the hurricane recovery.

While these good samaritans donate their hard-earned money for the worthy cause, a criminal element has already swept across the Internet seeking to cash in on the crisis. According to the New York Times, the Federal Bureau of Investigation lists the number of web sites purporting to deal with Katrina information and relief at more than 2,300 sites. These include legitimate and non-legitimate web sites. The paper added "the amount of suspicious, disaster-related Web activity was higher than the number of swindles seen online after last year's tsunami." The

fraudulent activities are not restricted to web sites. E-mail solicitations for donations are also prevalent. People should be wary of any unsolicited e-mail requesting money, even if the request appears to come from a legitimate source. People who receive suspicious e-mails and Web advertisements should report them to the Federal Trade Commission. There are several avenues people can take to ensure any donation they want to make goes toward the charity of their choice.

• One is through the Federal Emergency Management Agency. FEMA released a list of registered, legitimate charitable organizations that are specifically conducting Hurricane Katrina relief efforts. The list, which includes

contact information for each organization, is available at www.fema.gov/news/news-release.fema?id=18473.

• Another avenue available to people is the USA Freedom Corps, a coordinating council housed at the White House. The organization established a fund for Katrina relief through its Web site at www.usafreedomcorps.gov.

• Also, officials at the Air Force Aid Society announced the establishment of a hurricane relief fund where the organization can track contributions being made specifically for the purpose of helping airmen affected by the hurricane. To find out more information about Hurricane Katrina, go to www.hawaii.navy.mil and click on Katrina information under hot topics.

Excellence awarded



U.S. Navy photo by J02 Devin Wright

Capt. Dell Epperson, commanding officer of Afloat Training Group Middle Pacific, congratulates Chief Gunner's Mate (SW) Jack Black assigned to USS Crommelin (FFG 37) Sept. 1 for earning the Chief Boatswain's Mate Harold Estes Award aboard the frigate. Chief Black earned the BMC Harold Estes Award for his leadership aboard USS Crommelin and his commitment to the surface Navy.

www.hnn.navy.mil

Hawai'i Navy NewsOnline

Hawaii Navy News Sports

Midshipmen pick up record win at Air Force

Naval Academy Varsity Athletics

The Navy volleyball team picked up a milestone victory Sept. 16 in Colorado Springs, Colo., defeating Air Force for the first time in the program's history on the opening night of the All-Armed Forces Tournament. The Midshipmen (6-3) defeated the Falcons (3-8), 30-24, 22-30, 30-27, 30-23 in Clune Arena on the campus of the Air Force Academy.

"It was a great win for this team," said Navy head coach Mike Schwob. "The girls played hard and never lost their composure against a talented team and a tough crowd. We have had trouble finishing matches this season, but I feel those matches helped better prepare us for tonight."

Navy entered the match after losing each of the previous eight times the Mids had faced the Falcons and never won more than one game in any of those matches. In addition, Air Force swept Navy in each of the previous three matches played in Colorado Springs.

"Our focus all week was never on trying to accomplish something a Navy team hadn't done before," said Schwob. "Our goal was always on improving our current team and preparing us better for the upcoming Patriot League season."

The Mids totaled a .239 hitting percentage in the match while recording 14 team blocks to hold the Falcons to a .112 percentage.

Navy freshman Jessie Sims (Etowah, N.C.), the reigning Patriot League Rookie of the Week, led all players with 18 kills in the match and added 17 digs to tie for match-high honors with Kristina Stewart of Air Force. Sims also added three aces and recorded a .326 hitting percentage.

Megan Boyd (Richmond, Va.) also continued her very strong play for the Mids, tallying 10 kills, no attack errors, a .625 hitting percentage and five blocks. Beth McArthur (Roseville, Minn.) totaled nine kills, 13 digs and seven blocks, while Colorado Springs native Nikki England knocked down 10 kills.



Photo courtesy of Naval Academy Varsity Athletics
Megan Boyd totalled 10 kills.

Navy will remain in Colorado Springs to face The Citadel Saturday evening at 6:30.

"This weekend is very similar to a Patriot League weekend," said Schwob. "No matter whether you win or lose on Friday, you have to place those emotions behind you and prepare for another tough, emotional match Saturday. The teams which go to the playoffs in our league are the ones who are able to win two matches on a weekend."

Mids claim Governor's Cup with 2-0 win over Siena

Naval Academy Varsity Athletics

Freshman Iris Boivin (Pittsburgh, Pa.) produced her third game-winning goal of the season as the Navy women's soccer team recorded a 2-0 victory over Siena to win the Governor's Cup tournament title Sunday afternoon at Varsity Field in Albany, N.Y.

Now 6-1-2 on the season, the Mids have won three straight and own a six-game unbeaten streak dating back to Navy's 1-1 tie at Loyola Marymount on Sept. 4. Five of Navy's six wins have been shutouts and with Sunday's 2-0 rout over Siena, senior goalkeeper Haley Crain (Friendswood, Texas) now owns two-career shutouts.

"We've had a tremendous number of goal-scoring opportunities this fall and we've done a good job of converting," said Navy head coach Carin Gabarra. "Our defense has been strong as well - we've given up seven goals in nine games. We continue to build momentum as we head into the Patriot League portion of our schedule."

Navy, who outshot the Saints 21-10, was able to convert on one of its multiple scoring opportunities early in the game as defender Kristi Coonfare (Aurora, Colo.) fed Boivin who came charging on the right side. Boivin, who was named the Patriot League Rookie of the Week last Monday, fired in the game's first goal from 25 yards out at the 11:11 mark. The ball was nearly corralled by Siena keeper Patti Carroll, but the ball powered through Carroll's hands.

Siena had an opportunity to knot the score later in the first half when senior midfielder Corry Silon was tackled in the box. Silon earned a penalty kick; however, Crain was able to stop the shot and the goal.

The Mids tacked on a security goal in the 74th minute when sophomore forward Kari Weniger (St. Petersburg, Fla.) shot in her second goal of the weekend with the goalkeeper out of the net.

Navy claimed the Governor's Cup after winning both tournament games (5-0 win over Albany) over the weekend. Siena (def. Howard, 8-0) and Howard (def. Albany (2-1) each picked up a win while the host, Albany, posted an 0-2 record. Navy junior forward Meggie Curran (Silver Spring, Md.) was named the offensive MVP, while senior captain Lindsay Adlam (Ambler, Pa.) earned defensive MVP recognition. Joining Curran and Adlam on the all-tournament team were midfielder Molly Burd



Photo courtesy of Naval Academy Varsity Athletics
Team captain Lindsay Adlam has anchored the defense this season, as Navy shut out its opponent in five of the Mids' six wins.

(Englewood, Colo.) and forward Sarah Hessinger (Oceanside, Calif.).

Navy returns to action Thursday when it plays host to Stanford (3-2-1), who is coming off a 1-0 victory over Tennessee. Action is set for 7 p.m. at the Glenn Warner Soccer Facility and will be televised on a tape-delayed basis (Sept. 25 at 4 p.m.) by CSTV.