



Role model Sailor memorialized
Lt. j.g. Ladina Scott honored for her courage and commitment.
See story on page A-8.



Halloween fun and safety
Being prepared for a safe and enjoyable holiday.
See story on page B-1.

Hawai'i Navy News Briefs

Body found in Pearl Harbor

An unidentified body was discovered floating in the waters of Pearl Harbor at approximately 12:55 p.m. Tuesday. The decomposed, partially-clothed body was pulled out of the water and onto Ford Island. The Naval Criminal Investigative Service is investigating and the cause of death is unknown at this time. The body was taken to the City and County Medical Examiner's Office.

Flag officer announcement

Secretary of Defense Donald H. Rumsfeld announced Oct. 24 that the president has nominated Rear Adm. John C. Harvey Jr. for appointment to the rank of vice admiral and assignment as deputy chief of naval operations for manpower, personnel, training, and education, N1/NT, Office of the Chief of Naval Operations and Chief of Naval Personnel, Arlington, Va.

Harvey is currently serving as director, Warfare Integration and Assessment Division, N7F/Senior National Representative, Office of the Chief of Naval Operations, Pentagon, Washington, D.C.

O'Kane Sailors enjoy Garden Island



U.S. Navy photo

JO2 (SW/AW)
Johnny Michael

Pacific Missile Range Facility

The U.S. Navy destroyer, USS O'Kane (DDG-77), pulled into Kauai's Nawiliwili Harbor on Saturday morning, taking a few days to enjoy the Garden Island before continuing training exercises at Pacific Missile Range Facility (PMRF).

The ship had been conducting unit level operations at the range all week and managed to sandwich the port visit between ops. The crew was eager to get off the ship and see what this more remote Hawaiian island was all about.

On hand to greet the ship were a crew of line-handlers from PMRF, headed by Lt. j.g. Philip Geseman. The crew helped moor the ship while wind and rain whipped the pier.

"It was very organized and well run," said Aviation Technician 2nd Class Grzegorz Dlugolecki, one of

the line handlers on scene. He said that despite the inclement weather, "We operated very professionally."

O'Kane Sailors itching to get off the brow for liberty had to step aside for a group of nine volunteers, however, who packed into a van and headed to Lihue to conduct a community relations (COMREL) project.

A beautification project at a prominent intersection near the Lihue airport, the project was primarily a landscaping effort with equipment provided by local Kauai county representative Eddie Sarita.

Headed by Ensign Stephanie George, O'Kane strike operations officer, nine Sailors participated in mowing, trimming and weed-whacking the intersection into shape.

Approximately 200 Sailors from the destroyer enjoyed liberty on Kauai throughout the weekend. The Kauai Council of the Navy League scheduled several events for the crew, and local merchants and businesses offered discounts and special package deals to the visiting Sailors.

The transportation department at PMRF loaned out two 12-passenger vans and one sedan to the ship for shuttling the Sailors around town, and taxis waited outside the gate to ferry them to specific destinations.

PMRF's MWR department ran a number of tours throughout the port visit as well. On Saturday, they hiked the trails to Kokee and each of the three days featured a kayak tour through Wailua and subsequent hike to the Alakai swamp. Additionally, MWR loaned kayaks, snorkeling equipment, boogie boards and surfboards to the ship for use by the crew during their time in port.

Homeported at Pearl Harbor, Oahu, Hawai'i, O'Kane is the 27th ship in the Arleigh Burke-class and the 16th built by Bath Iron Works. The ship is named after the late Adm. Richard H. O'Kane, a Medal of Honor awardee who commanded the World War II submarine USS Tang. During five war patrols in the Pacific, his crew sank 31 enemy ships and damaged two others - a record unsurpassed by any American submarine.

Helping those in need

FFSC volunteers return from support mission

JO3 Ryan C. McGinley

Editor

Three members of the Fleet and Family Support Center (FFSC) at Pearl Harbor returned from Hurricane Katrina-affected areas in October after spending two weeks providing humanitarian need and support services to service members affected by the category five hurricane.

Lt. Cmdr. Lynn Binkley, family advocacy social work officer, was assigned to Naval Air Station, Joint Reserve Base, Belle Chase in New Orleans and Mara Macdonald and Agnes Krupinski, both clinical social workers, were assigned to Naval Air Station, Joint Reserve Base, Fort Worth in Texas.

The three women were there to help service members with basic needs and those in crisis, although Macdonald said their mission covered a wide array of responsibilities.

"Whatever came our way, we just took care of it," she said. "Some people were

still in a state of shock. Some people were struggling with child care and struggling with basic needs."

"Some people didn't necessarily want us to fix something, they just want to be heard and tell their story," said Binkley. "I was glad that I had the opportunity to go and help out people."

Binkley said the devastation caused by the hurricane was not fully comprehensible until she saw it with her own eyes.

"It was different watching it on television than actually being there," she said. "It was just destruction as far as the eye could

"It was just destruction as far as the eye could see and nobody was around. It was very eerie."

Lt. Cmdr. Lynn Binkley

FFSC family advocacy social work officer

see and nobody was around. It was very eerie."

Despite the destruction, the volunteers agreed the spirit and strength of those affected by the storm helped not only themselves, but also others to see the positive aspects of the natural disaster.

"The thing that you really saw was the strength of these families," said Macdonald. "Just seeing the strength of these folks was intense. It was uplifting to see everything they have been through, but they were so strong and kept such good spirit about them."

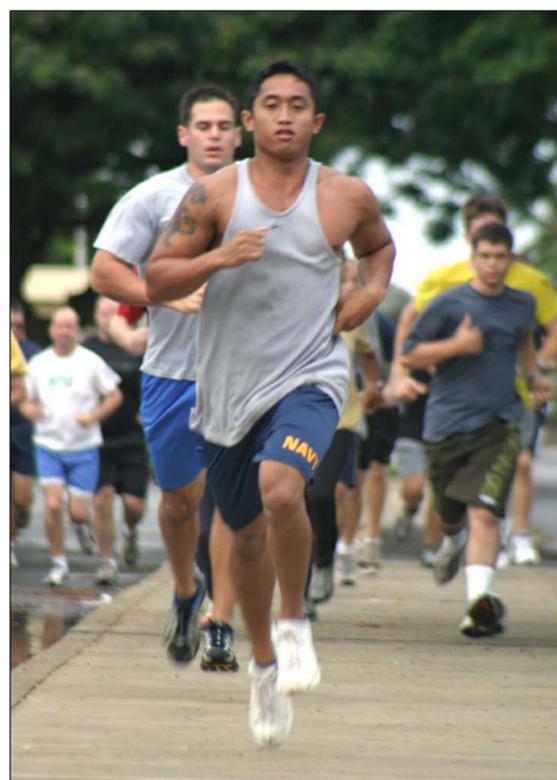
"We saw a lot of people that were just able to move on. They would get teary eyed and upset, but really be able to look at some positive things, like they still have each other," she continued.

Macdonald also praised the command leaders for keeping up spirits in the face of adversity.

"There were a lot of strong commands," she said. "All the commanders, captains, lieutenant commanders, chiefs and senior chiefs, they all had been through the same thing and yet they were so strong in

▼ See FFSC MISSION, A-10

Fall PFA begins



U.S. Navy photo by PH3 Sara Coates

Sailors assigned to Pacific Meteorology and Oceanography/Joint Typhoon Warning Center participate in the 1.5-mile portion of their physical fitness assessment (PFA). Sailors across the island will be participating in the PFA throughout the next two weeks.

DoD, OPM announce new human resource system

Special to Hawai'i Navy News

The Department of Defense and Office of Personnel Management (OPM) announced Thursday submission of final regulations for the National Security Personnel System (NSPS) to the Federal Register.

The final regulations define the rules for implementing a new human resources system that will affect about 700,000 DoD civilian employees regarding pay and classification, performance management, hiring, workforce shaping, disciplinary matters, appeals procedures and labor-management relations.

"To transform the way DoD achieves its mission, it must transform the way it leads and manages its people who develop, acquire, and maintain our nation's defense capability," said Gordon R. England, acting deputy secretary of defense, who also serves as the DoD senior executive for NSPS. "Our civilian workforce is critical to the department's success and NSPS will provide a modern, flexible system to better

support our unpredictable national security environment."

NSPS will improve the way DoD hires, assigns, compensates and rewards its employees, while preserving the core merit principles, veterans' preference and important employee protections and benefits of the current system.

The regulations are the result of a broad-based effort that included input from DoD employees, supervisors, managers, senior leaders, union representatives, congress and public interest groups. As a result of input received from the DoD unions as well as more than 58,000 public comments, DoD and OPM leadership have made a number of changes to the proposed regulations.

"Preserving the fundamental rights of our employees was a critical factor throughout the design process," said England. "We believe the regulations strike a balance between employee interests and DoD's need to accomplish its mission effectively and to respond swiftly to ever-changing national security

threats."

The implementation plan for NSPS includes a multi-year schedule. The Labor Relations System will be implemented for all bargaining unit employees shortly after the enabling regulations are in effect. The Human Resources System and the appeals process will be phased in once implementing issuances are in place and training is underway. Spiral One of the transition to NSPS, comprising approximately 270,000 employees, will be phased in over the next year. Spiral 1.1 organizations, with about 65,000 employees, should transition employees to new performance standards beginning in early 2006. These organizations will fully convert to NSPS after employees receive the January 2006 general pay increase and within grade buy-ins. As a result, no employees will lose pay upon conversion to NSPS.

Spiral 1.2 organizations will begin operating under the Human Resources and appeals system in spring 2006, with Spiral 1.3 conver-

sions occurring later in the year. Subsequently, we will incrementally phase-in the rest of the eligible DoD civilian workforce, making necessary adjustments to NSPS as it goes forward.

"Moving forward, implementing the regulations will require a great deal of training and communications with employees to get this right. OPM stands ready to provide the support and technical assistance needed to ensure the success of the NSPS system," said Linda Springer, Office of Personnel Management director.

Communication is critical to the NSPS transition, and the Department of Defense has made a serious commitment to ensure employees receive the information and training they need throughout implementation of the program. In addition to the NSPS Web sites, DoD plans a robust training program on all elements of the new system.

(Note: The final regulations may be downloaded from the NSPS Web site at www.cpm.osd.mil/nsps)

MDSU-1 holds health promotion fair



U.S. Navy photo by PH3 Teresa R. Martinez

Hospital Corpsman 3rd Class Jason Shaffer administers a blood pressure check on Chief Yeoman Melvin Hatcher at MDSU-1's health fair.

PH3 Teresa Martinez

Contributing Writer

Mobile Diving and Salvage Unit One (MDSU-1) held a health promotion fair on Oct. 21 at Bishop Point, Hickam Air Force Base to provide nutrition and fitness information to service members and their families.

Cmdr. Daniel Coleman, commanding officer of MDSU-1, believes that overall physical fitness, nutrition and leading a healthy lifestyle are key elements in mission readiness.

"With the emphasis on fitness in the Navy and leading a healthy lifestyle, the health fair seemed like a natural thing to do," he said. "What we wanted to do was create an opportunity to bring the crew together with some professionals whose job is to promote physical fitness and to teach us things that we do not

necessarily know."

"It's normal for us to run a lot and do calisthenics, but we're looking for something different," he continued.

Gunner's Mate 1st Class Christopher Stearns arranged events and coordinated the health fair.

"We're training to fight because that's our job," he said. "We're trying to protect this nation and we could be called at anytime to head into harm's way, and we need to be in good physical condition to answer the call."

"We are allotted time every week for physical training to stay in shape," he said. "It's important, and we need to emphasize that a lot more than it is sometimes."

Events at the fair included spin and yoga classes, nutrition consultation, body fat testing and a test of strength competition, as well as other fun

fitness activities.

"Friendly competition is important because it builds camaraderie, challenges people, is fun and keeps the monotony down," said Stearns. "Teamwork is very important as well. We've got to trust each other because we work together and conditions can get rough."

MDSU-1, MWR and the Pearl Harbor Fitness Center sponsored the health promotion fair. Representatives from the Pearl Harbor Fitness center, GNC and MWR were present at the fair to provide service members and their families with information about fitness and nutrition and to help them take the first step in leading healthier lifestyles.

Because the health promotion fair was a success, MDSU-1 said they intend to host additional events in the future that pertain to matters that affect Sailor's everyday lives.

USS Charlotte gets Navy Unit Commendation

JOC(SW/AW) David Rush

Commander Submarine Force U.S. Pacific Fleet Public Affairs

On Oct. 18, Capt. Michael Zieser, commodore, Submarine Squadron One, presented the Navy Unit Commendation to the crew of USS Charlotte (SSN 766) at the submarine piers at Naval Station Pearl Harbor.

The crew received the award for meritorious service and outstanding performance of duty in the conduct of operations of vital importance to national security as a unit of the Pacific Fleet from Aug. 1, 2004 to Jan. 31, 2005.

According to Zieser, the award is a result of a dedicated crew. "A Navy Unit Commendation is a pretty darn good award. You guys worked very hard for it and you deserve it," he said.

Cmdr. Dennis Carpenter, Charlotte's commanding officer, said the crew earned the award. "We conducted three very successful back-to-back missions. The readiness of



U.S. Navy photo by JOC (SW/AW) David Rush

On Oct. 18, Capt. Michael Zieser, commodore, Submarine Squadron One (right), presented the Navy Unit Commendation to Cmdr. Dennis Carpenter, commanding officer USS Charlotte (SSN 766), at the submarine piers at Naval Station Pearl Harbor.

the ship allowed us to go without upkeep, so we were ready to go to sea without an in port maintenance period. That says a lot for the crew," said Carpenter.

Established by the Secretary of the Navy on Dec. 18, 1944 and awarded by the secretary with the approval of the president, this unit

commendation is conferred on any ship, aircraft, detachment or other unit of the U.S. Navy or Marine Corps for extremely meritorious service not involving combat, but in support of military operations which were outstanding when compared to other units performing similar service.

Lake Erie Sailors retire ceremonial flag

Ensign James DeWitt

USS Lake Erie Public Affairs

Sailors from USS Lake Erie (CG 70) were invited to serve as the color guard for the annual commemoration of the Battle of the Lake Erie on Sept. 9-15 at Put-in-Bay, Ohio. While there, they were able to assist with the retirement of the flag at a local hotel.

Fred Berry, owner of the Bay Lodging Hotel where the Lake Erie color guard was staying, flew a grand flag on his hotel grounds every day. The flag had been flown from the hotel for so long that it had become commonplace to the Put-in-Bay community. In early September, however, vandals attempted to destroy the flag by setting it on fire. The enormous flag did not burn completely, but was significantly damaged.

The Lake Erie color guard, who was asked by the hotel owner to retire



U.S. Navy photo

USS Lake Erie Sailors fold a ceremonial flag after retiring it as the result of vandalism which damaged the flag.

the flag, gathered at the courtyard of the hotel to prepare for proper retirement of the National Ensign.

The team formed and retired the flag with the respect and dignity that it deserved. The color guard gently lowered and solemn-

ly folded the flag into the traditional form of the triangle. They then turned it over to Berry's grandson and his local boy scout troop to be properly incinerated.

"The honor guard was deeply honored to help Mr. Berry retire the flag with the dignity it deserved," said Chief Gunner's Mate (SW) Joseph Cassista, honor guard chief petty officer in charge. "It was the most moving and memorable event of our trip."

"I know that it was the greatest thing we did the entire weekend," said Cryptological Technician - Communications Seaman Apprentice Jeremy J. Rosenbaum.

Berry wrote, "I would like to extend my gratitude to the Lake Erie honor guard for assisting in the honorable retirement of our flag."

The USS Lake Erie's commanding officer has forwarded a new flag to Berry to be flown on the Bay Lodging Hotel grounds.

Hawai'i Navy News Editorial

Simple steps to reduce your energy bills

FLTCM(AW/SW)
Jon R. Thompson



FLTCM(AW/SW)
Jon R. Thompson

Although Hurricane Katrina is long gone, the effects are still being calculated. The talk of the day is about upcoming energy prices. Some sources indicate we may be headed for a 20 to 40 percent increase in energy prices during the winter months. Homeowners who rely on natural gas may see, on average, a 50 percent increase. For some of you, these elevated costs will mean tightening your budgets. Fortunately, there are some very simple things we can all do that may at least help keep our budgets in check.

I'll start with our homes. Depending on the age of your home, you may be throwing away a lot of money if you are not paying attention to some little things that, when added together, can really increase your home heating costs.

- Turn your water heater to the warm setting (120 degrees Fahrenheit). Make sure your water heater has an insulating blanket
- Consider replacing incandescent lights with compact fluores-

cents (CFLs) that can save three-quarters of the electricity used by incandescents.

• Check the age and condition of your major appliances, especially the refrigerator. You may want to replace them with more energy-efficient models.

- Clean or replace furnace, air-conditioner and heat-pump filters on a regular basis.
- Rope caulk leaky windows.
- Insulate hot water pipes and ducts wherever they run through unheated areas.
- Seal up the largest air leaks in your house - the ones that whistle on windy days or feel drafty. The worst culprits are usually not windows and doors. They're utility cut-throughs for pipes, gaps around chimneys, gaps around recessed lights in insulated ceilings or unfinished spaces behind cupboards and closets.

• Schedule an energy audit (ask your utility company or state energy office) for more expert advice on your home as a whole.

In addition to paying attention to the way you heat and maintain your home, there are some very easy steps you can follow to conserve automobile fuel. Although your car may do well in the miles per gallon category, your driving habits and maintenance attention could help you reduce your fuel bill as well.

- Be a light foot: The more you "step on it," the lower your miles per gallon.
- Keep a log: Tracking your fuel economy will help you maintain a reference point for comparison.
- Good inflation: Maintaining optimal tire pressure is one of the best ways to increase fuel efficiency.
- Weight watchers: The heavier your car, the more fuel it takes to move it. Whenever possible, make your car as light as possible.
- Fill'r up, not over: Stop when the pump shuts off automatically.
- Don't be idle: Most modern, fuel-injected engines do not need to be warmed up. Unnecessary idling

wastes fuel.

- Stay in tune: Keep your car in top mechanical shape. If it runs good, it runs cheaper.
 - Buy from busy gas stations: Since their tanks are filled more often, you are less likely to get gas with water or other impurities.
 - Plan local trips and errands: Some simple forethought will prevent having to retrace your path.
 - Drive straight: Make sure your front suspension is properly aligned. Poor alignment causes friction, causes premature tire wear and requires extra gas to move your vehicle.
 - Cruise control: On long trips where traffic permits, use your cruise control.
 - Low grades: Don't waste money on premium gas if your car doesn't require it. Consult your owner's manual.
 - For more gas mileage tips, visit: <http://www.fueleconomy.gov/feg/drive.shtml>
- Shipmates, we all work hard for our money. As energy prices go up, we owe it to ourselves to do what we can to conserve and prevent ourselves from wasting energy and

money. I'm confident that if we all take advantage of some of the tips I outlined, we will limit the damage to our bank accounts. I think you'll be amazed if you just turn your thermostat down in the winter, turn off lights when you're not in the room, and remember to perform routine maintenance on your home and automobile. I'm guessing each of us can realize savings that just might offset some of the price energy increases that we may see.

A few final recommendations for those of you who really want to save a lot: Take shorter showers; turn off your television before you go to sleep (vice using the sleep mode); don't open the refrigerator door over and over; carpool if possible; buy energy-efficient products; close off unused rooms; delay the use of electric appliances, such as ovens, dishwashers, clothes dryers, until 9 p.m.; and lastly, purchase a hybrid automobile.

If you truly want to reduce your energy costs, there are many ways to do so - the only thing that will determine if you succeed or not is your own discipline and choices. Good luck!

Commentary

Chapel Pennant

Shaking off life's problems

Lt. Fred Holcombe
CHC, USNR

Navy Region Hawai'i
Chapel

The story is told that one day a farmer discovered one of his mules had fallen into a well. The farmer sized up the situation and decided that the mule and the well were not worth the effort to save. He enlisted the help of some of his friends to fill in the well and to bury the old mule.

As the men began to haul and shovel dirt into the well, the old mule was hysterical. The mule finally resigned himself to the fact of his fate. However, after awhile the mule had an idea. Why not shake the dirt off and step up.

So that's what he did. He shook off the dirt and stepped up. Finally as the well was getting full, the mule stepped over the side of the well and walked away.

The Bible has a lesson on a man named Joseph. He was beaten by his brothers and thrown into a pit. His brothers sold him to slave traders going to Egypt. While in Egypt, we are told he was bought as a slave, falsely accused of actions he didn't do and thrown into prison. He remained in prison for several years.

In life, we face many difficult times. We have a choice to sit and stew over our situation or we can shake it off and step up. The question at hand is: Do we trust God to bring good from bad things or do we trust only in what we can feel or see?

Joseph remained true to his faith in God. As we see, Joseph is brought before Pharaoh to interpret dreams Pharaoh had. As a reward, Pharaoh made him second in command in the kingdom of Egypt. Joseph's story doesn't end there. His brothers are sent to Egypt to buy food for the family because there was a famine in their homeland. Joseph forgave his brothers for what they had done and in the big picture saved his family from starvation.

Joseph could have fallen into self pity over his circumstances, but instead shook the bad off his back and stepped up. Because Joseph never lost faith in God, God was able to use Joseph to save the children of Israel from possible starvation.

In our lives, we face many difficult situations. We can either trust God to bring good from bad or we can get buried under the weight of all our problems. In Romans 8:28, Paul writes, "And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose."

God does know our troubles and our good times. We have to keep in mind that God is in control of all things. If something is happening to us we don't understand, God may have a purpose to grow us in some area we never expected. Our job is to trust Him with our lives. We need to shake off the bad and step up - knowing God will protect and care for us.

Fulton...the first steam-powered warship

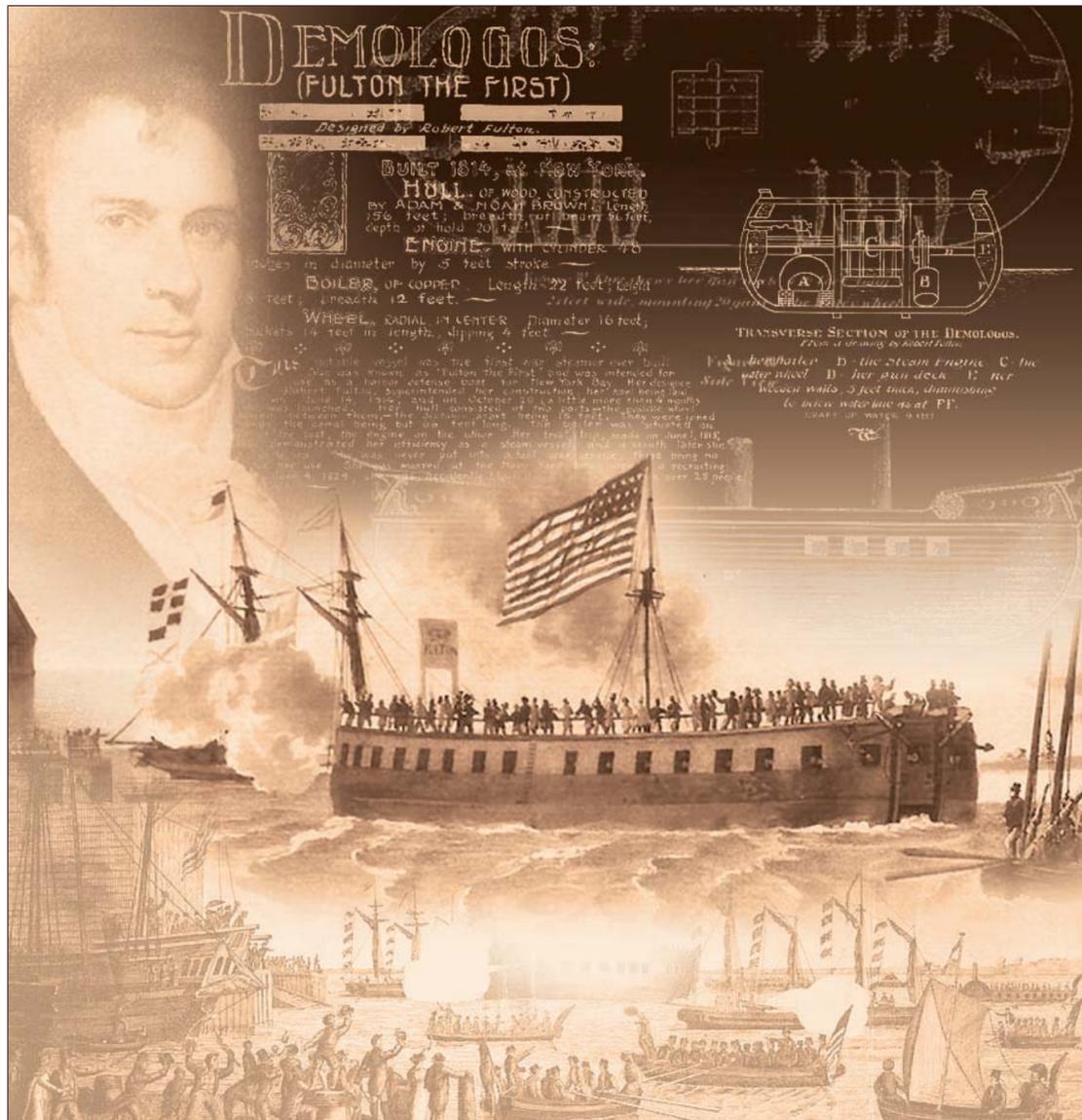


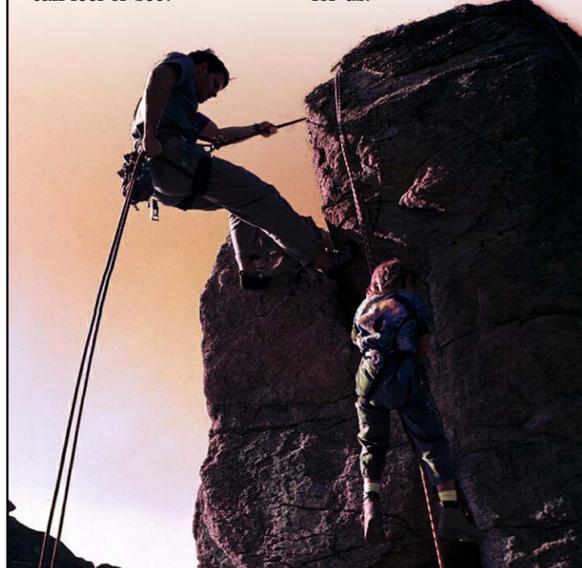
Photo illustration

USS Fulton, a 2455-ton (1450 tons displacement) center-wheel steam battery, was built in New York City to a design prepared by Robert Fulton, who called her "Demologos". Intended as a heavily-armed and stoutly-built mobile fort for local defense, she was launched in late October 1814, while the War of 1812 was still underway. The ship was completed in 1815 as Fulton, named in honor of her designer, who had died in February of that year. After running trials under steam power, she was delivered to the Navy in June 1816. Other than a single day of active service a year later, when she carried President James Monroe on a cruise in New York Harbor, Fulton was laid up or, after 1825, employed as a floating barracks at the Brooklyn Navy Yard. She was destroyed by a gunpowder explosion on June 4, 1829. Sometimes called "Fulton the First", she was the first steam-powered vessel built for the United States Navy.

Hawai'i Navy News

- Commander, Navy Region Hawai'i - Rear Adm. Michael C. Vitale
- Chief of Staff, Navy Region Hawai'i - Capt. Taylor Skardon
- Public Affairs Officer - Lt. Barbara Mertz
- Deputy Public Affairs Officer - Agnes Tauyan
- Managing Editor - JOC(SW) Joe Kane
- Editor - JO3 Ryan C. McGinley
- Assistant Editor - Karen Spangler
- Staff Writer - JO2 Devin Wright
- Staff Writer - JO2 Corwin Colbert
- Technical Adviser - Joe Novotny
- Layout/Design - Antonio Verceluz

Hawai'i Navy News is a free unofficial paper published every Thursday by The Honolulu Advertiser, 605 Kapiolani Blvd., Honolulu, Hawaii, 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, Hawaii, 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 primarily for members of the Navy and Marine Corps military services and their families in Hawai'i. Its contents do not necessarily reflect the official views of the U. S. Government, the Department of Defense, the U.S. Navy or Marine Corps and do not imply endorsement thereof. The civilian publisher, The Honolulu Advertiser, is responsible for commercial advertising, which may be purchased by calling (808) 521-9111. The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement of the products and services advertised by the Department of Defense, the U.S. Navy or Marine Corps, Commander, Navy Region Hawai'i or the Honolulu Advertiser. Everything advertised in this paper shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. A confirmed violation of this policy of equal opportunity by an advertiser will result in the refusal to print advertising from that source. Hawai'i Navy News is delivered weekly to Navy housing units and Navy installations throughout Oahu. Housing residents may contact the publisher directly at (808) 538-NEWS (538-6397) if they wish to discontinue home delivery.



Return and reunion for Sailors – help to cope with deployments

(Domestic Violence series - part 5)

Karen S. Spangler

Assistant Editor

One of the most difficult things that Navy families can face are the stresses and challenges in dealing with deployments as well as the adjustment process that occurs after the ships' return home.

The Return and Reunion Program offered by Fleet and Family Support Center (FFSC) at Naval Station Pearl Harbor gives those families the information, strategies and tools that will help them to deal with the preparation for the deployment, separation during the deployment, and adjustments after the deployment.

As part of the Return and Reunion Program, FFSC representatives fly out to ships that are homebound from deployments and ride the ships back to Pearl Harbor. While enroute, the counselors provide information to Sailors that will help them cope with the transition of coming back home. For example, there are programs on stress management, anger management, financial management and one for new dads aboard ships.

According to Sondra Dockham-Leong, counseling and advocacy

regional coordinator at the center, FFSC representatives are more than happy to fly out to the returning ships and help returning Sailors with the transition process in returning home. She noted that the service must be requested by the command.

The topics covered as part of the pre- and post-deployment briefings, as well as during the time that Return and Reunion Program counselors visit the returning ships, offer a myriad of helpful information for Navy families dealing with deployment. "Building a Loving Relationship," "Reunion for Couples" and "Surviving Troubled and Broken Relationships," focus on relationship issues. "New Parents Baby Shower" is geared for service members with babies born shortly before deployment, during deployment or after deployment. "Returning to Children" is for parents of children from newborn to teens and provides a better understanding of how children deal with deployments and react to a parent's return after deployment.

There are also classes in basic survival and daily living, such as: "Anger Management," "Car Buying Strategies," "Consumer Survival Skills," "Stress Management" and "Transition Assistance – a Military Lifecycle."

Helping single Sailors to cope with deployment issues, "Homecoming for Single Sailors" is a discussion group for single Sailors that focuses on adjustment, relationships and things to do in the Pearl Harbor area.

A pre-deployment brief is given about two to three months before Sailors leave for deployment for both the active duty service members and their spouses. The pre-deployment briefing, according to Richard Carlson who is a training instructor at FFSC and works with the Return and Reunion Program, is helpful for Navy families facing deployment "so they understand the process of getting back home."

"It's not just the service member [affected by the deployment]. It's both family members who are going to be affected. You have the best partner, the best help, in the world you can hope for," said Carlson.

Personnel from FFSC go to the commands to present the briefings; however, the command must make

the request. Carlson said that the command structure is very informed about the programs that FFSC offers as part of the Return and Reunion Program.

Then when the ship is preparing to return from deployment, FFSC staff with the Return and Reunion Program will visit the ship about one to two weeks before it returns. Again, this request must be initiated by the commands. Carlson said that although they prefer two months' notice to plan for the ship visit, they need at least 30 days.

He said that the ideal situation is to visit the ship and provide information ahead of the arrival home so that they [Sailors aboard ships] have a few days before the ship arrives home to digest the information and an opportunity to communicate with the spouse who was left behind and to plan.

"A lot of people look at it [deployment] as an event that happens in their life, but it's a process we have to go through," said Carlson. He explained that things will never be the same and a lot of changes happen to a person during a deployment.

Deployments are stressful, but these days there are added worries. "With the war, it adds another level of stress," he advised.

"Family relationships go through change and people don't understand what's happening to them from the stress. Our bottom line is to educate people and let them know that stresses, anxieties and concerns are normal feelings to abnormal situations," explained Carlson.

"If they don't understand how to counteract these stresses, they may bring them into their lives in negative ways, such as drug and alcohol abuse, partner abuse, violence in the workplace, etc.," he continued.

"Stresses are a challenge to overcome. We educate them on what to expect, what to do in stressful situations," noted Carlson.

He explained that dealing with stress is a growth and development process that involves adapting to various issues.

"The number one thing that people can do is learn to communicate with each other on the most private, intimate level possible. We tend to take the other person's opinion for granted. We can't do that in a deployment

situation," he emphasized.

"You have to be willing to open up and talk with your spouse. A couple has to be willing to talk to each other about feelings, etc. It's the key to a successful relationship, but even more important when you've been away from each other," Carlson said.

"A lot of it is fear of the unknown, especially if they haven't gone through it [deployment, separation] before. Even in a strong relationship, it's difficult having to be away from that person you love so very much for six months," he added.

"Both spouses change – they learn to live without the other," he said, explaining that spouses have to learn how to deal with their different roles upon the return from deployment. For example, if the spouse who has been left behind has adjusted to being independent and handling things during the Sailor's absence, the returning service member shouldn't plan to just return and immediately take charge of everything.

Part of the Return and Reunion Program also offers strategies on returning to the children in the family. Through puppet shows and discussions with children that is included as part of the pre-deployment classes, the Return and Reunion Program staff helps keiki to gain a better understanding of what is happening to their family. "It helps to inform the kids about what deployment is all about. They don't understand. It helps them to understand why mom or dad is leaving so they don't blame themselves. Children have a tendency to blame themselves when things change," advised Carlson.

He said that deployments can be more difficult for young wives who are going through the process for the first time. "The worst they can do is to pull away from everyone and try to handle it on their own. Everybody needs somebody," he said and mentioned that the commands have ombudsmen and spouse ohana support groups that can help.

Carlson noted that it takes about six to eight weeks to get used to being back and for the family to make the adjustments.

"Communication between the service members and spouses is critical. We've got a lot of good families in the military and we're trying to keep them healthy –

physically, mentally, spiritually and emotionally," he said.

Post deployment briefings are given about four to six weeks after the return home from deployment. Again, it includes both the service member and the spouse. During the briefings, FFSC personnel facilitate such topics as what went right, what didn't go as expected, developing communications platform, etc. He noted that it takes about six to eight weeks to get used to being back and offers a unique type of challenges.

"One of the biggest issues is financial concerns," he cautioned.

Single Sailors returning home also face transitions and challenges. "For the single Sailor, it can be even more devastating when he/she is back and alone again. He/she deals with understanding the dynamics of what he's going to go through losing his friends [from the ship], having to make new friends, who does he have to come home to," explained Carlson.

"They have to rebond with themselves, now that they're back in the 'real world,'" he said. "Life is very structured on the ship and when Sailors return home, married or single, they now have choices."

Carlson noted that statistics have shown that using the Return and Reunion Program to help families with deployments has substantially decreased incidents of domestic violence and issues involving trust, communication and finances. "A lot of it can be overcome through educating the service members and spouses about what to expect and how to overcome it," he said.

If families have already gone through the Return and Reunion Program for a deployment, is it necessary to go through it again during subsequent deployments? According to Carlson, it's a good idea because "Every time somebody goes away, the process changes. We're not the same people we were a year ago."

"We go through different changes day-by-day and different kinds of changes come about during new deployments," he said.

For more information on FFSC's Return and Reunion Program, call 473-4222, ext. 227. A calendar and description of classes offered at FFSC can be viewed on the www.greatlife-hawaii.com Web site.



U.S Navy photo

USS Belleau Wood decommissioned after 27 years of service

JOSN Ryan Clement

Fleet Public Affairs Center
Pacific

The Navy said farewell as USS Belleau Wood (LHA 3) was decommissioned Oct. 13, the Navy's 230th birthday, at Naval Station San Diego.

Belleau Wood served the Navy and the nation for 27 years and is the first of five Tarawa-class, general amphibious assault ships to be decommissioned.

"The Belleau Wood has been the backbone of our amphibious group for nearly three decades," said Rear Adm. Christopher C. Ames, commander, Amphibious Group 3, who was a guest speaker at the ceremony.

Belleau Wood is the second ship in the Navy to bear the name. Its predecessor, Belleau Wood (CVL 24), was a carrier and served during World War II.

The name "Belleau Wood" originally comes from an historic World War I battle in

France where Marines took over the Belleau woods, stopping the last major offensive of the war by the Germans. After the battle, the Germans respectfully referred to the Marines as "Teufelshunde," or "Devil Dogs," because of their fierceness in battle. The Devil Dogs were the official mascot of Belleau Wood.

The ship's main mission was Marine transport. The ship has a well deck for deploying conventional and air cushioned landing craft and a flight deck for launching a variety of helicopters and Harrier jump jets. Belleau Wood was capable of carrying a complete Marine battalion and landing them ashore by helicopter or amphibious craft.

Belleau Wood also received numerous awards in its 27 years of service. One of the most important awards came in 1997 when the ship earned its eighth consecutive Battle 'E' award. This was significant because it was the first ship in the U.S. Pacific Fleet to do so.



U.S. Navy photo by Photographer's Mate 2nd Class LaQuisha S. Davis

Crew members man the rails of the amphibious assault ship USS Belleau Wood (LHA 3), as it is decommissioned at a ceremony on board Naval Station San Diego. Belleau Wood was commissioned on Sept. 23, 1978 and became the first ship to deploy with the AV-8B Harrier and the CH-53E Sea Stallion helicopter and the first amphibious assault ship to receive a landing craft, air cushioned (LCAC) into her welldeck. The decommissioning was held in conjunction with the Navy's 230th birthday.

PHIBLEX begins in Western Pacific



Photo illustration

Sasebo-based amphibious assault ship, USS Essex (LHD 2), is seen in the background moored pier side at Republic of the Philippines on Oct. 22 to conduct Talon Vision and Amphibious Landing Exercise (PHIBLEX) 06. The exercise is an annual bilateral Republic of the Philippines and United States exercise designed to improve interoperability, increase readiness and continue professional relationships between the United States and Philippine Armed Forces. Marines of the 31st Marine Expeditionary Unit (MEU) are seen in the foreground offloading supplies from a landing craft, utility (LCU) onto a beach on the island of Luzon, Republic of the Philippines during the exercise.

Final general military training requirements released by CPD

Naval Personnel
Development Command
Public Affairs

During October, commands throughout the Navy have been receiving a package containing facilitator guides, PowerPoint presentations, and videos for the first six of 12 general military training (GMT) topics for 2006.

More depth and more detail characterize this year's GMT. To make the topics more relevant, the Center for Personal Development (CPD) reworked the courses to challenge Sailors' knowledge and assumptions.

"Mission accomplishment involves not only making the

right professional decisions, it also involves making the right personal choices," said Capt. Will Dewes, commanding officer of the Center for Personal Development. "This year we reworked the GMT courses to make sure Sailors get the information they need to make the right decisions for themselves and to help their shipmates."

The year's GMT courses address operational risk management, sexual health education, drug and alcohol abuse, sexual assault, personal financial management, suicide awareness and prevention, fraternization, operational security, physical readiness, equal oppor-

tunity, sexual harassment, hazing, homosexuality policy and grievance procedures, code of conduct and pride and professionalism.

As in the past, if a Sailor scores 80 percent or higher on a particular GMT topic pre-test, the individual can print out a completion certificate. Commands can then choose to exempt the Sailor from attending the formal training for that particular GMT topic.

The first six exams, as well as the facilitator guides and PowerPoint presentations, are available on CPD's GMT page on Navy Knowledge Online (NKO) at www.nko.navy.mil.



U.S. Navy photo by PH3 Chris Weibull

All commercial Web-mail access is restricted throughout the Navy information technology, ashore and on ships, both in the United States and overseas.

Navy improves network security by blocking commercial Web-mail access

JOC (SW/AW) Joseph Gunder

Naval Network Warfare Command
Public Affairs

The Navy has begun enforcing policies set forth in its Information Technology User Acknowledgement Form by blocking access to Web-based commercial e-mail sites (Web-mail) from Department of the Navy-funded networks. That means it's no longer possible for anyone using Navy information technology to access commercial Web-mail from providers such as Yahoo, Hotmail, AOL and others.

The new policy enforcement has taken effect throughout the Navy and applies to computer systems on ships and ashore, both in the United States and overseas.

ONE-NET (OCONUS Navy Enterprise Network) started blocking webmail access Oct. 18 for overseas users. Both NMCI (Navy/Marine Corps Intranet) for U.S.-based users and IT-21 for afloat users have been blocking since Oct. 12.

"Navy networks are a weapon system and must be defended with the same rigorous standards as other weapon systems," explained Vice Adm. James P. McArthur, commander, Naval Network Warfare Command (NETWARCOM). "People and mission are at risk without access to assured, secure, complete, accurate and timely information."

The restrictions on commercial webmail are necessary to protect the Navy's networks from multiple threats while maintaining operational security on all of its systems that are connected to the Department of Defense's global information grid.

According to Chief Warrant Officer Karen Williams, an information assurance implementation policy writer for NETWARCOM, Web-mail could provide a window for malicious software to enter a government computer system.

"Any pop-up ad that appears in a webmail message could potentially contain a virus when it opens," she said. "An attachment that comes in from a webmail message could possibly bypass all the safeguards all the way to the user's computer." In addition, just opening a Web browser window to these commercial webmail sites can leave a computer open to outside attack.

The policy was put into effect July 16 through a message from the Department of the Navy's Chief Information Office about "effective use of Department of Navy information technology resources."

A Navy telecommunication directive issued July 25 directed that every Navy network user must fill out, sign and date a Navy Enterprise Information Technology User Acknowledgement Form prior to receiving access to government-provided IT services and systems (i.e., being granted a network account with e-mail). This user acknowledgement form was to be completed for all network users by Oct. 1.

An educated user base is an essential part of Navy's defense-in-depth strategy. "Everybody was supposed to have had information assurance (IA) training by Oct. 1 to ensure we have smart users," Cathy Baber, branch head for policy and procedures at NETWARCOM said, "and no one else will be allowed access to the network until they have gone through a minimum level of training."

"As for popular commercial Web sites and search engines, the only part of those sites that are being blocked are the commercial Web-based e-mail elements," explained Neal Miller, deputy director of the Enterprise Management Directorate at NETWARCOM. "And it's only from government-provided official business networks. It's exclusively about securing our shared asset, the government enterprise network."

"You can still go to a search engine to look on the Web and surf," said Baber. "This won't prevent any of that."

Ships have had various levels of protection in place since 1999, but they were largely based on managing bandwidth and were set at the discretion of commanding officers. Some ships have been blocking Web-mail for years for bandwidth and operational security reasons. The Marine Corps has been prohibiting access to commercial Web-mail since December 1999 on the Marine Corps Enterprise Network.

Sailors will still be able to send e-mail from their military accounts to a commercial account. But Baber stressed that users should never have their military e-mail set up to autoforward messages to their personal account. Autoforwarding to a personal account is a major operational security risk.

Baber said the policy prohibiting autoforwarding was put in the user acknowledgement form to ensure all users were aware of their responsibilities.

Network users are the first line of network cyber defense.

Though many commercial Web-mail providers claim to use the latest up-to-date, anti-virus protection, Baber said that there's no assurance that everything is safe or meets the Navy's security standards.

There are options to help minimize the impact of not having access to commercial Web-mail, according to Baber. "Sailors on some large-deck ships may have access to certain computers in the ship's library that aren't connected to the Navy backbone that will allow commercial e-mail to be viewed," Baber said. "This lessens risk to our official business networks."

Baber said that any legacy networks are required to comply with the Navy's new policy. "If there is a legacy network that has its own DNS (domain name system) server, it is required to implement blocking of these addresses, as well," she said.

For more information, contact your local information assurance manager (IAM), or go to <https://infosec.navy.mil>.

Pearl Harbor survivor returns to visit memorials



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

Pearl Harbor survivor Hubert Harry Keil (right) views the USS Arizona Memorial for the first time since seeing her sink more than 60 years ago on Dec. 7, 1941. Keil was a former gunner's mate first class aboard the battleship USS Pennsylvania (BB 38), which was moored in the Pearl Harbor Navy Yard dry dock 1 and fired some of the first shots against the Japanese with her .50 caliber Browning machine guns and three and five-inch anti-aircraft guns.

JO3 Ryan C. McGinley

Editor

More than 60 years ago, Hubert Harry Keil witnessed the attack on Pearl Harbor from the decks of the battleship USS Pennsylvania (BB 38), which was moored in dry dock 1 at the Pearl Harbor shipyard.

On Oct. 21, Keil returned to Pearl Harbor with his family to visit historic landmarks around Pearl Harbor, including the Battleship Missouri Memorial, Ford Island, USS Utah Memorial, USS Nevada Memorial and USS Arizona Memorial.

Keil was a gunner's mate first class aboard Pennsylvania and witnessed Arizona's direct hit and subsequent sinking from the torpedoes.

"When the Arizona was hit, the heat was so intense you couldn't breathe," he said. "I was in charge of four guns on each side, four on the starboard and four on the port."

He said while they were firing, he could see the mustache of one of the Japanese pilots because they were flying so low.

Since Pennsylvania was in dry dock, she was beyond the reach of the torpedoes that inflicted such devastation on four of the fleet's other heavy ships. Though

bombers of the second wave attacked her, Pennsylvania was directly hit only once - by a bomb that struck amidships - putting some of her five-inch guns out of action, but generally causing only minor damage to the heavily-constructed ship.

When Keil was sent back to the United States, he requested to be transferred to the destroyer USS Van Valkenburgh, which was named after Capt. Franklin V a n Valkenburgh who was the commanding officer aboard USS Arizona on Dec. 7.

Keil said he again participated in heavy fire while stationed aboard the ship.

"We would go on patrol and it was not unusual to shoot down three or four kamikaze planes each time," he said. "We saw a lot of action."

Keil said his visit to Pearl Harbor was bittersweet in that it brought back many memories from that fateful day.



Pearl Harbor survivor Hubert Harry Keil

Khaki Fun Run



U.S. Navy photo by PH3 Teresa R. Martinez

Senior enlisted Sailors and officers from Naval Station Pearl Harbor begin a two-mile run as part of a physical training session held every Friday at Ward Field. The Khaki Fun Run was established to promote physical fitness and healthy lifestyles for Sailors.

ATG MIDPAC kicks off another year of 'Tutoring Tuesdays' at Iroquois Point Elementary School

Story and photo by YN1 David Dibble

Afloat Training Group, Middle Pacific

Four members of the Afloat Training Group Middle Pacific (ATG MIDPAC) staff based on historic Ford Island, including Commodore Dell Epperson, kicked off another year of "Tutoring Tuesday" at Iroquois Point Elementary School (IPES) on Oct. 18. The partnership with IPES began in November 1998. Since then, the tutoring program has been a part of the ATG MIDPAC community outreach program.

"We are happy to assist and look forward to our seventh year of tutoring our future leaders," said Epperson. "This is a win-win situation for all of us. We get back every bit as much as we give to these great kids."

According to Principal Bob Elliott, he welcomes the extra help the students need, but more importantly, he is delighted the youngsters receive the one-on-one attention.

"I enjoy the time tutoring and it's very sat-



Cmdr. Vernon Young, assigned to ATG MIDPAC, tutors a student from Iroquois Point Elementary School.

isfying to see the lights go on when a student figures it out," said returning tutoring veteran Lt. Cmdr. Brad Donnelly, operations department head of ATG MIDPAC. "It's a relatively small investment of time and well worth the effort."

Neighborhood Watch programs help deter crime

Karen S. Spangler

Assistant Editor

Housing residents in both Navy housing and public private venture (PPV) neighborhoods can help to reduce crime in their communities in a way that is most effective - by stopping it before it begins. That's where the Neighborhood Watch Program (NWP) comes in.

Statistics have proven that crime in communities with active neighborhood watch programs is considerably lower than in neighborhoods that do not have a crime watch program in place.

Explaining that it is residents and their neighbors who really know what is going on in their neighborhood, security police emphasized the importance of housing residents being aware of what is happening in their neighborhoods. "One of the most important things housing residents can do to protect themselves is to know your neighborhood," they advised and made some recommendations: "It is important to know who belongs and who does not. What cars are parked where, and at what time of day? Is there a suspicious looking person or vehicle driving down your street? While it could simply be a visitor or lost motorist, it could also indicate a potential problem, as thieves like to pick out homes that they can get into - and out of - without anybody noticing they are there. If you notice suspicious activity, contact regional security immediately," they emphasized.



Photo illustration

According to Chief Warrant Officer Mark McCready, security officer for Naval Station Pearl Harbor, a Neighborhood Watch Program can be a valuable tool in helping to prevent crime.

"The Neighborhood Watch is an invaluable program as long as the participation is there. It depends on how much of a proactive stand you are willing to take in your neighborhood," he said.

Proponents of the Neighborhood Watch Program explain that the program's primary success is because it operates on a "help each other" philosophy. If a family needed assistance, they would want their neighbor to call for help. They advise residents to

respond to their neighbor's needs just as they would want them to respond to theirs in staying vigilant and protecting their property from criminals.

By participating in a Neighborhood Watch Program, residents are assisting the security police and protecting each other. In order for the program to be a success, fighting crime must be a collective effort between the police and the community.

The Neighborhood Watch Program utilizes total citizen participants and involvement in a self-help cooperative battle against crime. The Neighborhood Watch signs posted in neighborhoods warn: "If I don't call the police, my neighbors

will."

NWP coordinators note that involvement in a Neighborhood Watch Program doesn't require a lot of time. They explained that it involves neighbors getting to know each other and familiarizing themselves with their neighbors' routines. In this way, any out-of-place activity can be identified and reported to base security.

They listed some of the other essential facets of the NWP program: It involves members being trained to recognize and report suspicious activities in their neighborhood. It involves crime prevention strategies such as home security surveys and operation identification. It involves atten-

dance at monthly meetings to discuss and become aware of crime in the community. A security department representative attends each housing community meeting to address resident concerns regarding crime.

The Neighborhood Watch Program is based on the following four goals:

- To increase public education concerning local problems and effective preventive measures that lead to improved residential security.
- To implement community-based programs that are designed to increase the level of community awareness.
- To identify and develop effective programs that increase the crime prevention posture of the community.
- To enhance relations between the police and the community.

Neighborhood Watch coordinators agreed that the hardest part of implementing a Neighborhood Watch Program is convincing people to become involved. Despite concerns about crime in housing communities, community meetings are usually poorly attended. It has also been noted that there is a lack of volunteers to dedicate the time and efforts that go into sustaining an effective Neighborhood Watch Program.

One coordinator explained she had to constantly reassure residents that the Neighborhood Watch program "does not mean becoming a nosy neighbor - just a concerned citizen." She added, "We are the eyes and ears for security."

Statistics have proven that Neighborhood Watch programs work. With the help of informed, aware citizens working with law enforcement personnel, incidents of crime can be greatly reduced.

McCready discussed the importance of calling 911 and notifying security police whenever residents notice a suspicious person or vehicle in their neighborhood. "When in doubt, call 911," he emphasized. "We'd rather respond 100 times than fail to respond at a time when we really need to. Anytime there is doubt, call the security forces," he said.

Housing residents in PPV neighborhoods should call 911 to reach the Honolulu Police Department and should also call Securitas, the private security firm which provides courtesy patrols, at 479-1869.

Capt. Taylor Skardon, commanding officer, Naval Station Pearl Harbor, also emphasized the benefits of community crime watch programs.

"They have shown positive results in cutting down crime. I highly encourage you to get together and form one," he said.

Residents who do not have a Neighborhood Watch Program in place in their Navy housing community can call 398-3208 for more information on how to get one started.

Residents who live in PPV housing should call the community resource officer for their neighborhoods at the Honolulu Police Department, Officer Byron Anaya at 845-0950, during daytime hours Monday through Friday.

Navy community dedicates plaque in honor of exemplary Sailor

Karen S. Spangler

Assistant Editor

Members of the Navy community gathered Friday afternoon at the Pearl Harbor Base Chapel to dedicate a plaque in remembrance of one of their own - Lt. j.g. Ladina Scott, a Sailor who was memorialized as one who embodied the Navy core values throughout her career. Scott passed away in December 2000 after a battle with cancer.

Her Navy career began and ended here at Pearl Harbor, a place that her mother said Scott loved and considered her home. She was stationed at Pearl Harbor from July 1999 until her death in the last year of her Navy career and the end of her life.

Navy Region Chaplain Capt. Gene Theriot told those gathered for the memorial service, "We've come here today to remember a shipmate - who in every way set us a high standard to follow."

Capt. Taylor Skardon, commanding officer, Naval Station Pearl Harbor, spoke about the dedication of the memorial plaque, situated in a small flower garden area to the right of the chapel entrance. "It's very fitting because this was a very special [chapel] for her," he said. "Lt. j.g. Scott exemplified the Navy core values of honor, courage and commitment," he remarked.

Scott was born in Chicago in 1964 and attended public schools there



Photo illustration

Lt. j.g. Ladina Scott

where she excelled in track. "She joined the Navy because she wanted to help protect America's freedom," said Skardon. After she enlisted in the Navy and completed her recruit training at Great Lakes, Ill., her first duty assignment was in port operations at Naval Station Pearl Harbor.

Skardon explained that Scott subsequently served at duty stations in Diego Garcia and Rota, Spain, noting that she "didn't take the easy way" and served in challenging assignments. "At every step and every station, she was commended for her outstanding service - a

theme throughout her career. She was a real go-getter. The things we want our Sailors to do, she did," said Skardon.

While serving on the USS Yellowstone (AD 41), a destroyer-tender in Norfolk, Va., she earned Sailor of the Year honors and was also awarded the Surface Naval Association (SNA) award for community service. Scott achieved the rank of chief petty officer and was commissioned as a limited duty officer (LDO) in the Navy while serving in Sasebo, Japan. It was while she was serving at Fort McHenry that Scott learned that she had cancer and asked to be transferred back to Pearl Harbor.

"She is what we expect out of our Sailors, what a successful Navy career should be. It's what she lived every day of her life," noted Skardon.



U.S. Navy photo by Karen Spangler

A plaque honoring Lt. j.g. Ladina Scott is unveiled at a ceremony held Friday afternoon at the Pearl Harbor Base Chapel.

Skardon assisted Elizabeth "Betty" Scott, Lt. j.g. Scott's mother, in unveiling the memorial plaque. The simple plaque is inscribed:

In memoriam
Lt. (jg) Ladina V. Scott, USNR
July 1999-December 2000
Naval Station Pearl Harbor
"To help protect America's freedom"

Mrs. Scott wept and brushed away tears as she stepped to the podium to thank those who were gathered at the ceremony. "God's good all the time - and to everybody," she said. "On behalf of the Scott family, I thank you from the bottom of my heart. You didn't have

to do this, but I believe it was God's will. Ladina worked hard - she earned it.

"This is special - it couldn't have been at a better place," she continued, referring to the fact that her daughter had not only selected the chapel location for her own Navy reenlistment, but had brought other Sailors to the chapel for their reenlistment ceremonies.

"I'm sure that right now Ladina is smiling. I'm sure that she is happy, too," Mrs. Scott said, her voice choked with emotion.

"Thank you for what you are doing for America. God bless you," she offered at the conclusion of her brief remarks.

STORY IDEAS?

Contact the HNN editor for guidelines and story/photo submission requirements

Phone:
(808) 473-2888

or

email:
hnn@honoluluadvertiser.com

Hawaii
Navy News

Hawai'i Navy News Sports

Boards & Blades - fun on wheels



Story and photos by
PH3 Sara Coates

Contributing Writer

Morale, Welfare and Recreation gives service members and their families a way to broaden their horizons through a variety of sports. One of these, skateboarding, is an outlet for members to combine skill with imagination, creativity and agility. And it's something to just have fun with.

Nick Yamasato, skate pro, works as an instructor at MWR's Boards & Blades Park at building 1616 at Naval



An Army family member, who has been skateboarding for six months, practices his skateboarding tricks at the Boards & Blades Skate Park.

A Navy family member, who has been skating for more than six years, practices his lip slide, frontside board and board slide while at the Boards & Blades Skate Park at Pearl Harbor.

Station Pearl Harbor. "Skateboarding is a healthy activity," he said. "It keeps [children] busy so they don't roam the streets and get into trouble. I think the Navy supports this skate park because they realized that a lot of [people] aren't into organized sports like football and baseball. Skateboarding has no rules and allows the skater to be an individual. A lot of people get into skateboarding because their friends do it," he continued.

Austin Titterington, Navy family member, has been skateboarding for six years. He started skateboarding the day he arrived here from Texas. He thought it would be a way to meet friends and he said it was the coolest thing he had ever seen. After trying it, he became addicted and has been doing it since then. He believes that skating with people who have better skills helps him improve on his talents. "It's like you feed off each others' abilities," he said. "The more you're out practicing your skills, the better you become and it gives you a chance to have fun and hang out with your buddies."

Activities in the park include in-line hockey camps, in-line referee clinics/certifications and skateboarding camps. For more information, call 473-3295 or visit their Web site at www.greatlifehawaii.com.

Serving an ace!!



U.S. Navy photo by PH3 Sara Coates

Retired Army Lt. Col. Kathlyn Wong serves a tennis ball during a match at Wentworth courts. Pearl Harbor offers a wide variety of tennis tournaments and lessons for service members. For more information, call the Wentworth Pro Shop at 473-0610.

Pearl Harbor survivor speaks with midshipmen via video conference

J02 Corwin Colbert

Staff Writer

Midshipmen at the U.S. Naval Academy interacted via video conference from their core history classroom in Annapolis, Md. with Pearl Harbor survivor, Sterling Cale, and Daniel Martinez, USS Arizona Memorial Museum historian, at Ford Island's Afloat Training Group, Middle Pacific (ATG MIDPAC) on Oct. 26.

Sponsored by the Arizona Memorial Museum Association (AMMA) in partnership with the National Park Service, U.S. Navy's Navy-Marine Learning Network and Pearl Harbor Survivors Association, 24 midshipmen at the US Naval Academy in Annapolis, Md. were the

first college-level students to participate in the Witness to History video conferencing program with Cale.

Cale told the midshipmen his version of the Pearl Harbor attack. He said he was stationed at Pearl Harbor and at 7 a.m. on Dec. 7, 1941, he was coming off night duty at the shipyard dispensary near the main gate of the receiving station, not far from battleship row. Cale originally thought the air maneuvers less than an hour later were mock attacks on the base until suddenly one of the planes turned and he saw the rising sun insignia on the wing tip and the fuselage.

"I said, hey, that's a Japanese plane," said Cale.

Cale said he ran to the officer's landing, got on a barge and headed out toward USS

Oklahoma (BB 37), but was not able to get to it before it blew up and rolled over. Cale later witnessed the bombing of USS West Virginia (BB 48), USS Arizona (BB 39) and USS Tennessee (BB 43) and spent the next three hours in the water rescuing injured Sailors from the harbor.

Cale then told the midshipmen he was later put in charge of the burial detail on Arizona and spent the next six weeks taking bodies and remains off the ship.

"I did not know until recently how many bodies I helped recover," he said.

The midshipmen were intrigued by Cale's story and asked him a few questions. They asked about changes in the military right after the attack and questions on prior warning.

Cale said he was not sure about immediate changes and that prior warnings didn't emphasize the severity of the situation.

After an hour, the conference was over and the midshipmen expressed their gratitude to Cale for serving the country during one of the United States' darkest hours.

The Witness to History video conferencing program originally began in early 2004 and was targeted specifically for elementary to high school level students. Organizers have now expanded the curriculum to include college level students.

"We talk to children many times," said Cale. "It is important for us to also talk to our next great leaders so I can explain to them my recollection of Dec. 7."



U.S. Navy photo by J02 Corwin Colbert

Pearl Harbor survivor, Sterling Cale, speaks via video conference on Ford Island with 24 midshipmen from the U.S. Naval Academy. Cale, along with USS Arizona Memorial Museum historian Daniel Martinez, spoke with the future leaders as part of the Witness to History video conferencing program, which aims to educate elementary, high school and college level students.

Exchanging training



U.S. Navy photo by J0C (SW/AW) David Rush

Singapore's Squadron 171 commanding officer, Col. Tan Wei Ming, exchanges command plaques with Rear Adm. Jeffrey Cassias, Commander, Submarine Force U.S. Pacific Fleet, on Oct. 25. For approximately one week, submariners from Singapore attended attack center and damage control training at the Naval Submarine Training Center Pacific at Pearl Harbor.



U.S. Coast Guard photo by Petty Officer 2nd Class NyxoLyno Cangemi

U.S. Coast Guard Petty Officer 2nd Class Shawn Beaty of Long Island, N.Y., looks for survivors in the wake of Hurricane Katrina as he flies in a HH-60J Jayhawk helicopter over New Orleans. Beaty is a member of an HH-60J Jayhawk helicopter rescue crew sent from Clearwater, Fla. to assist in search and rescue efforts. Katrina, a category four hurricane, came ashore at approximately 7:10 a.m. EST near the Louisiana bayou town of Buras.

FFSC Mission: Firsthand experience

Continued from A-1

trying to hold together everything for their families so they could then do for their Sailors. It was pretty impressive."

Binkley cited one story that epitomized the strength and good will of those who came to the aid of the victims.

"There was one Army unit that had rescued all these pets and that wasn't even their mission," she said. "But they rescued them anyway and were feeding them and were tak-

ing them on walks."

The three volunteers agreed that they were thankful to have been able to help, and hope they made a difference in assisting the service members in need.

"That is one of the reasons I joined the Navy," said Binkley. "It was a perfect opportunity to do some humanitarian work."

"The human being is a very strong... and can overcome anything... the fact that we were there to help them so they can move on is a great thing," said Krupinski.