

Cobra Gold 2006



U.S. Navy photo

Adm. William J. Fallon, Commander, U.S. Pacific Command receives a briefing May 17 along with Lt. Gen. James M. Dubik, 1st (U.S.) Corps Commander and deputy Combined Task Force Commander at the beginning of Cobra Gold 2006. More than 12,000 people are participating in the exercise, including 4,200 Thai, 7,800 U.S., 115 Singapore, 40 Japan Self Defense Force and 15 from Indonesia. Combined Task Force 76 from Sasebo is providing the bulk of the Navy forces along with support from various Hawai'i and California based commands. Sailors from at least eight different Hawai'i-based Navy commands deployed this week in support of Cobra Gold 2006.



Combined, Joint training at Cobra Gold '06

Cobra Gold Combined Joint Information Bureau

Thai, United States, Singaporean, Indonesian and Japanese military forces will participate in Exercise Cobra Gold 2006, May 15 - 25, 2006.

Cobra Gold, in its 25th year, is a combined, joint training exercise consisting of a Combined Command Post Exercise (CPX) and multiple Combined Field Training Exercises (FTX) in locations throughout Central Thailand as well as in the Thai Gulf.

All of the countries involved will participate in the CPX, which will be held at the Armed Forces Academy Preparatory School in Nakhon Nayok. The CPX will be a simulated war where the combined forces will have to react to several real world situations.

The FTXs are an opportunity for Thai and American infantry forces to promote interoperability and build a stronger mutual trust and confidence between airborne allies.

The Combined Army Forces (CARFOR) will conduct combined strategic airborne operations, cross training and live fire, airborne operations and a counterinsurgency operation at a site in Lopburi.

Navy Forces (CNAVFOR) will conduct their CPX and FTXs in Utapao, the Gulf of Thailand and the Sattahip Peninsula. Their training will include combined land, maritime, aviation and amphibious operations.

Marine Forces (MARFOR) will conduct their FTX in the Sattahip Peninsula and in Ban Chan Krem. The Marines will work with the Thais on weapons training, jungle warfare training, convoy operations, medical training, demolition live-fire and combat engineer training.

MARFOR will also conduct an FTX with the Royal Thai Air Force in Korat. They will conduct: bilateral aviation lectures, dissimilar air combat, aerial refueling, close air support and large forces exercises. They will also conduct a flyby during the Cobra Gold opening ceremony.

The Combined Special Operations Forces (CSOF) will also execute a number of FTXs. The Army CSOF training and FTX will take place at Lopburi. Training will include, Military Operations in Urban Terrain (MOUT), close quarters battle, a friendship jump, infiltration training and a friendship jump. Navy (CSOF) will include jungle training, weapons ranges, target assaults, military free fall and diving.

With so many exercises happening between so many countries at one time, everyone is bound to receive great training to take back home.

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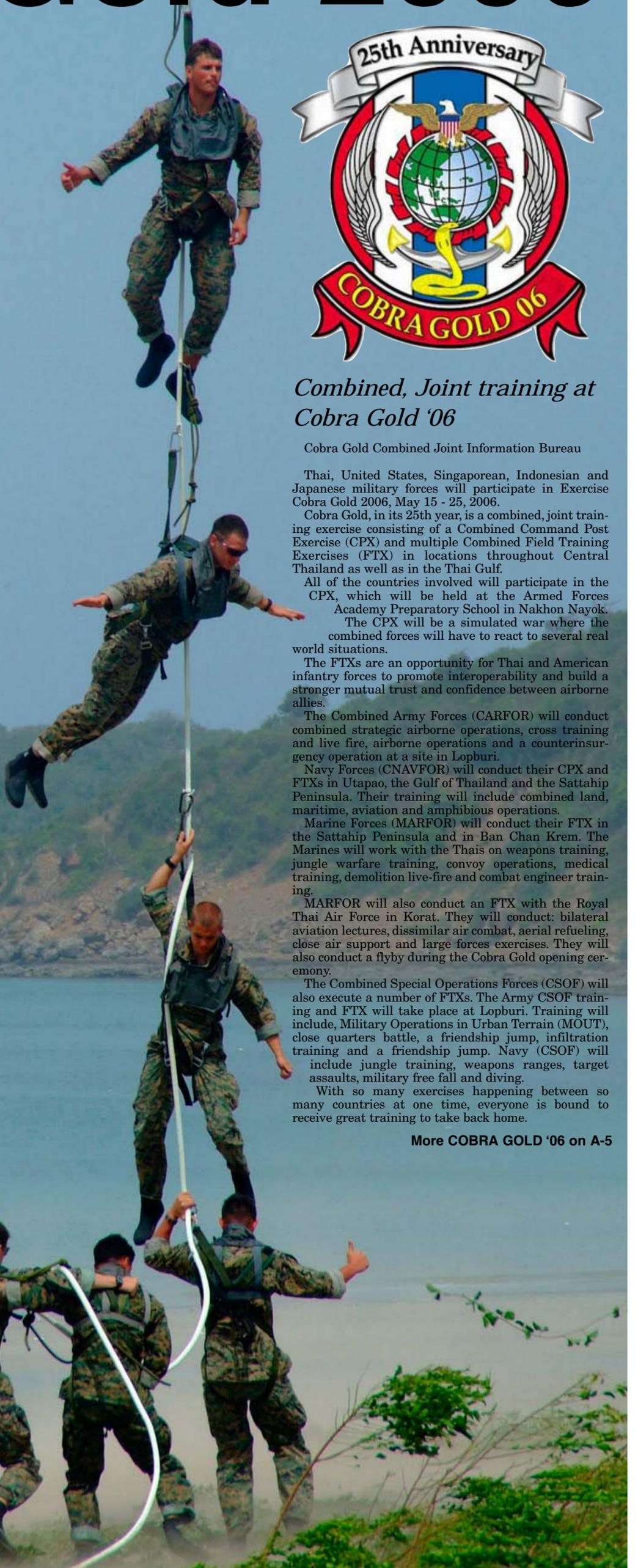
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USS La Jolla deploys to Western Pacific



Friends and family members said aloha one last time to their submariners as the Pearl Harbor-based, nuclear-powered attack submarine USS La Jolla (SSN 701) departed Tuesday for a six-month Western Pacific deployment.

Story and photos by
JOC(SW/AW) David Rush

Commander Submarine Force, U.S. Pacific Fleet Public Affairs

Friends and family members said aloha one last time to their submariners as the Pearl Harbor-based, nuclear-powered attack submarine USS La Jolla (SSN 701) departed its homeport on Tuesday for a six-month Western Pacific deployment.

According to Cmdr. Pete Hildreth, La Jolla's commanding officer, the crew is set to do their job. "The crew has been working hard since October to get ready for deployment," said Hildreth. "The crew has worked hard on training for the upcoming missions and now they're looking forward to going out and doing what they're trained to do."

Hildreth said his role is different this time around. "This will be my first deployment as a submarine commanding officer so it's really exciting to go out on the front lines, particularly with the special capabilities of USS La Jolla and use them in a

real world environment."

The family members, although saddened to see their loved ones go, are prepared for the separation. "Preparing the families is one of the major parts of getting ready to deploy. We put a lot of energy into that," said Hildreth.

"We held a three-hour brief and provided information booklets that have contact information. Preparing families is a major part of our job - that way the guys can focus on their mission which is what they want to do when they're at sea," Hildreth added.

As for concentrating on their tasks, Hildreth said his crew is ready to put their training to use. "We are looking forward to heading to the Western Pacific and doing what we get paid to do," Hildreth concluded.

Electronics Technician Chief Rodney Yager said it's a lot easier to say goodbye knowing the families are taken care of. "My wife is the ombudsman so not only is she taking care of our family, but she is also taking care of the other wives," Yager said.

Although it's hard for her to say good-

bye, his wife said she is glad to help out her La Jolla family. "It allows the husbands to do their jobs knowing their families are taken care of. That means our husbands can take care of us, as a nation."

The attack submarine returned home to the Pearl Harbor Naval Station submarine piers on Aug. 23, 2004 after completing a six-month deployment to the Western Pacific.

La Jolla is one of three specially configured attack submarines, equipped with the special operations capable dry deck shelter (DDS), which can allow special operation forces including Navy SEALs (sea, air, land) to deploy undetected from deployed submarines.

The other DDS capable submarines are USS Buffalo (SSN 715) and USS Los Angeles (SSN 688), also homeported at Pearl Harbor.

Commissioned Oct. 24, 1981, La Jolla is 360 feet long and displaces 6,900 tons. The submarine can be armed with sophisticated Mark-48 ADCAP anti-submarine torpedoes and Tomahawk guided cruise missiles.

Searching for Pearl Harbor's historic sites

Story and photo by
Liane Nakahara

Pearl Harbor Naval Shipyard Public Affairs

Tourists will have an easier time finding the USS Arizona Memorial, thanks to the efforts of a University of Hawai'i graduate student.

That student is Dietra Myers Tremblay, a master's degree candidate in the Department of Urban and Regional Planning. She spent several weeks last fall collecting data at Nimitz Gate for her area of concentration project. The project focused on the importance of signs in helping visitors find their way around Hawai'i and how it affects their overall visiting experience.

It was her research data that aided both local legislators and the Pearl Harbor Historic Sites Task Force in their quest to improve the signs leading to the historic sites.

"For years, representatives from the USS Arizona Memorial, the USS Bowfin Submarine Museum and Park, the Battleship Missouri Memorial, the future Pacific Aviation Museum, and Pearl Harbor Historic Trails recognized the need for improved signage for visitors to the Pearl Harbor historic

sites," she said.

With permission from Naval Station Pearl Harbor and Navy Region Hawai'i, Tremblay interviewed Nimitz Gate guards who work during the USS Arizona Memorial's hours of operation. For two weeks last September, she also counted the number of lost tourists who approached the Nimitz Gate and were either redirected by the guards or discovered on their own that they were in the wrong place.

Tremblay found that tourists made up an average of nearly 11 percent of the total number of motorists that approached the Nimitz Gate.

"I think that without my data, the Pearl Harbor Historic Sites Task Force would have had a tougher time defending the sign changes," explained Tremblay. "Although lost tourists and the problems they cause at the Nimitz Gate are obvious from general observations, up until this study, the data has never been collected."

As the wife of a Pearl Harbor Naval Shipyard Sailor, Electronics Technician 1st Class Jason Tremblay, and a former resident of Hale Moku Navy housing, Dietra Tremblay was personally affected by the poor signage. "Since Hale Moku

is in close proximity to the Nimitz Gate, I have been approached by tourists seeking directions to the USS Arizona Memorial on multiple occasions while exercising along Center Drive," she explained. "I'm glad that the new signs will be easier for tourists to follow."

Phase one of the changes took place May 8. Existing signs on Nimitz and Kamehameha highways, originally labeled solely for the USS Arizona Memorial, were altered to read "Pearl Harbor Historic Sites," to include the other historic attractions. Three additional signs were placed on these highways. Phase two will run through November 2006 and will consist of overlaying the words "Naval Base" on the current overhead freeway signs that read "Pearl Harbor."

"These changes, once fully implemented, will better direct visitor traffic to Pearl Harbor," said Doug Lentz, USS Arizona Memorial superintendent.

During the May 12 press conference held to announce improvements to signs directing tourists to popular historic attractions, Capt. Taylor Skardon, commanding officer of Naval Station Pearl Harbor, said, "Mrs. Tremblay's data definitely showed how many tourists mistak-



Dietra Myers Tremblay spent several weeks last fall collecting data at Nimitz Gate for her project which focused on the importance of signs in helping visitors find their way around Hawai'i and how it affects their overall visiting experience.

enly ended up at the gates to the naval station each day when they were, in reality, just trying to locate the memorials and museums and pay their respects at some of our nation's most revered military sites."

Tremblay, reflecting on all the

work done over the past year, said, "This is just the beginning. There is so much more Hawai'i can do to improve the visitor experience. It was great being a part of this change and seeing the different groups involved in the process come together to accomplish this."

Hawai'i Navy News Editorial

Forward deployed ... still the place to be

Pacific Fleet Master Chief (SS/SW) Rick West



FLTCM(SS/SW)
Rick West

Warriors, we need to chat again about a subject near and dear to our Navy, especially in the Pacific, forward-deployed naval forces (FDFN).

I've talked about this subject before, but I feel I need to address it again because I just don't think the word is getting out as well as it should.

We have many professional and family opportunities overseas and now is the perfect time to take advantage of them. Forward-deployed service, assignment to deployable units homeported overseas, presents our Sailors with monetary advantages, education, travel and the professional experience and growth to significantly enhance a developing career. Shore duty overseas also provides many of these options.

I mention this because our Navy is still wrestling with maintaining normal personnel rotations in and out of our forward-deployed ships and bases. My classic example is Japan. It's tough to get our Sailors out there, but once there, it's tough to get them to rotate out.

Also, forward-deployed duty still has reputation issues and as I have mentioned in the past - it's all because of bad gouge.

Warriors, we need to look at the facts. And some of them have changed since I last talked to you about this. But the points bearing repeating because, like our individual augmentee program, the FDFN is critical to our readiness.

One recent change for the better is that Sailors returning from a successful FDFN sea duty tour are now entitled to orders on the coast of their choice: east or west, it makes no difference.

But I know the number one concern is still money. For that extra pocket cash, you still have the assignment incentive pay (AIP) for critical, but hard to fill, overseas billets. It still can reach almost \$1,500 a month extra.

Remember that AIP is scaled to meet rating and location requirements: in other words, putting a qualified Sailor in a needed billet. So talk with your career counselor and detailer about AIP eligibility.

So once we figure in the other FDFN financial incentives - overseas COLA, housing allowances, sea pay for sea commands and, for those looking to extend there,

overseas tour extension incentive pay - an E-6 is looking at banking around \$17,000 per year extra on top of other pays which equates to approximately \$51,000 extra over a three-year tour.

Some other significant points from our last FDFN talk are:

- Priority seating on MAC flights for environmental morale leave (EML).
- Paid travel for member and family members on emergency leave.
- Spousal tax-free employment Income (up to \$80K) (tax free).
- No out-of-pocket expenses for orthodontic care (ex., children's braces).
- DoDEA schools.
- A very robust MWR, offering many travel opportunities.
- Short waiting list for housing.

I'd like to make a pitch now for Pacific forward-deployed opportunities. Let's start with Japan.

With 17 ships and 43 shore facilities governed by three fleet activities, Japan has almost 20,000 Sailors and 19,000 civilians. Those are all tough jobs and it's just as tough to fill them. But it also provides many professional, cultural and educational chances for those looking for an edge.

In the Marianas, our Navy and Marine Corps forces serve as forward-deployed operational sup-

port in the Western Pacific.

Guam duty means being one of 3,903 Sailors serving in one of more than 40 different flag, surface, submarine, medical and information commands. As a strategic support hub, Guam is a major pipeline of supplies and services to the forward-deployed fleet.

Also keep in mind that Guam provides top-notch education, exchanges and commissaries, and excellent housing for a successful overseas family tour.

In all these areas, don't forget about the assignment incentive pay, cost of living allowance and overseas tour extension incentive pay.

Another critical area is Korea. Commander, U.S. Naval Forces Korea provides leadership and expertise in naval matters to area military commanders and functions as a liaison to the Republic of Korea navy, U.S. Combined Forces Command and commander, U.S. Seventh Fleet.

While there are no ships homeported in Korea, there are still approximately 300 Navy billets. Sailors serving there find spacious housing and great MWR services and support for them and their families.

Finally, there is Singapore. Ninety Sailors, along with 50 Department of Defense (DoD) personnel, serve in one of the

world's safest countries.

Sailors stationed there have phenomenal quality of life for themselves and their families with Navy-funded private education for their children. Single Sailors live in spacious apartments and have all the support of traditional MWR services.

The experiences you gain will be eye opening. Think about all the reasons you joined the Navy. I'm sure a good number of you joined to "see the world" so why not take advantage of these incredible positions?

Taking on one of these challenging and rewarding billets may offer you and your family some extra money and great quality of life, but you'll also be rewarded with one of the most satisfying experiences of your life - experiencing a new culture.

For more information on overseas duty, contact your career counselor and detailer. Another great source of information is to speak to someone who has been stationed overseas. I think you will find that most all agree it's a great experience.

I know I enjoyed it.

Fleet Tip: As always, I want your input. Please let me know what you think about this topic, any others I have brought up, or what I should bring up. You can always reach me at cpf.fleetfeedback@navy.mil.

More free world today than ever before says Secretary of Defense Rumsfeld

Paul X. Rutz

American Forces Press Service

Wars, by their nature, are full of successes and failures, no matter how they are remembered, the nation's top defense official said Wednesday.

Secretary of Defense Donald Rumsfeld spoke to 245 graduating cadets, about 105 of whom will soon serve as military officers, at Virginia Military Institute's (VMI) commencement ceremony in Lexington, Va.

"We remember the D-Day invasion as a great American victory. That's how it's taught," Rumsfeld said. "But many historians also remember it for a series of strategic and tactical errors and decisions based on imperfect intelligence, difficulties that cost thousands of lives and delayed the allied advance. Actually, it was undoubtedly both of those things, which, of course, is the nature of warfare."

Rumsfeld invited the cadets seated in front of him to remind people "that for every story of failure we know, there are hundreds more of courage and self-sacrifice, and America's proven can-do spirit."

Although the cadets are entering the world at a complicated time, he said today's world is more free than it has ever been in history. "But those freedoms are threatened as never before," he said. The nation is fighting a war unlike any other in its history, he said. For the first time, Americans are seeing "the full view of war" displayed in continuous, real-time digital news media, while warfighters conduct battles with similar new technologies.

"Because of these new technologies, the American people are seeing things they never saw before about the realities of major conflict and postwar violence," Rumsfeld said. "And they will need the help of those of you who have studied military strategy to better understand what it is they are seeing every day and to become more aware that war requires continuous

adjustments and calibrations, just as the enemy, an enemy with a brain, is constantly adjusting its tactics."

The Secretary warned the graduates not to become cynical in the midst of the nation's current struggle. He said concentrating on America's imperfection does not make a person a realist; rather, it is "the sign of a cynic."

Idealists write history's stirring chapters," he said. "Cynics read those chapters and seem to not understand. Choose to be an idealist."

Rumsfeld mentioned several famous VMI graduates who have carried on its "proud tradition," including Gen. George C. Marshall, author of the Marshall Plan, which focused on rebuilding post-World War II Europe and won him the Nobel Peace Prize in 1953. Rumsfeld also spoke about Dave Williams, who died while on duty in the Pentagon on Sept. 11, 2001.

"Yours is the first class to have entered VMI since that horrible day," he said. "Tell your fellow citizens that since then our forces have gone on the offense. Our forces are fighting the enemy on their territory so we do not have to fight them on our territory."

Before closing with a reminder to "resolve to live a life knowing you will leave footprints," the secretary quoted Jonathan Daniels, VMI's 1961 valedictorian, who said during his address to classmates, "I wish you the decency and nobility of which you are capable."

Upon graduating from VMI, Daniels went to seminary and was later jailed for protesting with civil rights activists. "After six days in a crowded jail, the group was released, only to be confronted by a violent segregationist, who aimed his shotgun at a 16-year-old girl," Rumsfeld said. "It is said that Daniels pushed her aside and was hit by the burst."

"He died, a foot soldier for a cause beyond himself, and a believer in a power beyond this world," Rumsfeld said. "His life was one that mattered."

Second "Pearl Harbor disaster"



U.S. Navy historical photo

Fires burn on Navy ships moored at West Loch at Pearl Harbor after a series of violent explosions at the West Loch Ammunitions Depot. One hundred and sixty-three Sailors and Marines lost their lives and 396 others were injured in the West Loch disaster on May 21, 1944, often referred to as the "second Pearl Harbor disaster." The cause of the explosions is not known.

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command

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function

The Center of Naval Leadership provides the tools to help with the understanding of what motivates Sailors and what drives their very best performance. Leading people involves the ability to design and implement strategies that maximize the potential of our Sailors. The Six Competencies in the Naval Leadership Competency Model that will guide you are creativity and innovation, vision: strategic thinking, external awareness, flexibility and service motivation.



illustration and design by PH3 (SW) Ben A. Gonzales, FLEET IMAGING CENTER PACIFIC, HAWAII

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Hawai'i Navy News

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FLEET ACTION



U.S. Navy photo by JO2 Brian P. Biller
A pair of CH-53E Super Stallion helicopters land on the beach in Thailand to offload elements of the 31st Marine Expeditionary Unit (MEU) as part of the 25th anniversary of the annual U.S./Thai exercise Cobra Gold 2006.

Cobra Gold 2006 FAQ

What is the purpose of Cobra Gold '06?

The purpose of Cobra Gold '06 is to improve U.S., Thai, Singaporean, Japanese and Indonesian military readiness and combined-joint interoperability, enhance security relationships, and demonstrate U.S. resolve to support the security and humanitarian interests of our friends and allies in the region.

Who is participating?

The main participants in Cobra Gold '06 are Thailand, the United States, Singapore, Japan and Indonesia.

Where is the exercise being held?

The exercise is headquartered in Nakhon Nayok, Thailand, with training events conducted at various locations within the kingdom.

Who are the commander and the deputy commanders of the

Combined Joint Task Force for Cobra Gold '06?

The commander for Combined Joint Task Force Cobra Gold is Lt. Gen. Kesakomol Jirasith (Thai corps commander). Lt. Gen. James M. Dubik (U.S.) corps commander) is the deputy commander and the U.S. joint task force commander.

What is a joint-combined exercise?

A joint exercise involves more than one military department. A combined exercise involves more than one country. Cobra Gold '06 is a joint-combined exercise involving more than one military department from each of the following countries: the United States, Thailand, Singapore, Japan and Indonesia.

Which exercise does each country participate in?

U.S. and Thai forces will participate in the field training exercise, the humanitarian assistance projects,

the computer-simulated staff exercise, the peace-keeping computer simulation exercise, and the peace support operation field training exercise. Singaporean forces will participate in the computer-simulated staff exercise and the humanitarian assistance projects. The Japan Self Defense Force and Indonesian forces will participate in the peace-keeping computer simulation exercise. Japan will also participate in the humanitarian assistance projects as an observer.

What are the home bases for U.S. forces participating in this exercise?

U.S. units participating in CG '06 will come primarily from bases in the continental United States, Hawaii, Guam and Japan.

Will there be any civic action and humanitarian programs conducted in conjunction with Cobra Gold '06?

Yes. There will be six engineering

construction projects and nine medical/dental/veterinary clinics in villages throughout the exercise areas.

How many military members from Indonesia, Japan, Singapore, Thailand and the United States will participate in this year's exercise?

The approximate breakout of numbers is as follows: Indonesia, 15 personnel; Japan, 40 personnel; Singapore, 100 personnel; Thailand, 3,600 personnel; U.S., 3,100 personnel. Total personnel attending the exercise is approximately 6,850 personnel.

How much does Cobra Gold 2006 cost the United States? How much does it cost Thailand?

Actual exercise costs for CG '06 are not yet available, but the United States budgeted roughly \$20 million for the exercise. I refer you to the Royal Thai Supreme

Command for Thai exercise costs.

Are the benefits from the exercise worth the money spent by the United States?

Yes, it is absolutely worth the cost of the exercise. Cobra Gold provides a valuable opportunity to train with our Thai counterparts and improve interoperability of our forces while building personal relationships. The tangible benefits of the exercise can be seen in the proficiency demonstrated in the combined live-fire exercise, for example, or in the civic action projects that remain after the closing ceremonies. More important than those, however, are the intangibles - the mutual trust, respect, understanding and friendship this exercise fosters among the participants. These relationships were instrumental in the immediate and successful response to the tsunami relief effort in December 2004.



(Above) With the amphibious dock landing ship USS Harpers Ferry (LSD 49) in the background, Landing Craft Utility One Six Five One (LCU-1651) assigned to Assault Craft Unit One, (ACU-1) Detachment Western Pacific offloads equipment and personnel from the 31st Marine Expeditionary Unit (MEU)

(Left) Marines assigned to the 31st Marine Expeditionary Unit (MEU) give marksmanship instruction to amphibious transport dock ship USS Juneau (LPD 10) Sailors, including new Commanding Officer Capt. John D. Alexander, far right, during a crew-served gun shoot aboard Juneau. Marines and Sailors of the Forward Deployed Amphibious Ready Group are en route to Cobra Gold 2006



Col. Walter L. Miller, commanding officer, 31st Marine Expeditionary Unit (MEU), speaks with his embarked Marines on the flight deck of the amphibious dock landing ship USS Harpers Ferry (LSD 49).



(Right) Landing Craft Air Cushion Five Eight (LCAC-58), assigned to Assault Craft Unit Five (ACU-5), arrives on the beach in Thailand.

Military Spouse Appreciation Day

Story and photos by JOC (SW) Joe Kane

The Pearl Harbor 1st Class Petty Officer's Association hosted a Military Spouse Appreciation Day on May 12 as part of Military Appreciation Month. The event, held at Ward Field at Naval Station Pearl Harbor, featured local band, "Katch a Vibe," and a variety of activities for families including a jousting ring, bounce houses, free popcorn and shave ice, massages, food vendors, a movie, a rock climbing wall and more.

Master at Arms 1st Class Jerry Munoz, one of the main coordinators of the event, said he was pleased with the way it turned out.

"It went really well. We had about 40 volunteers from the 1st Class Petty Officer's Association to help out with setting up and taking care of the activities," Munoz said. "The general consensus was that people really enjoyed it and thought it should be done often. We had about 250 people show up and, considering this was the first time we've tried to do one of these events, it was a great turnout and we were really happy with the way it all went."

Capt. Taylor Skardon, Naval Station commanding officer and Navy Region Hawai'i chief of staff, commended the first classes on a job well done. "First of all, I'm very proud of our first classes. They have done a great job of stepping up and doing the tough jobs when they need to be done," Skardon said. "The spouse appreciation event is just one example of how much talent we have in our first class mess. They saw a need to show how much our families are appreciated and they went all out to get it done."

"We want our spouses and families to know how much we appreciate what they do. Without their support, the Navy could not carry out its mission, so I'm thankful that the event turned out as well as it did and really commend the first classes for all they did to make it successful."

-Capt. Taylor Skardon



Navy construction projects at Pearl Harbor

Lt. Cmdr. Joe Simpkins

Naval Facilities Engineering Command, Hawai'i

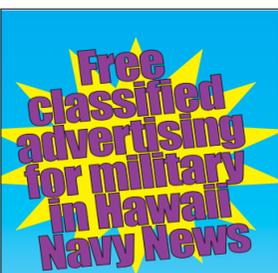
The Navy has made it through another rainy season here in Hawai'i with most of its roof leaks and potholes repaired. However, the summer - or dry season - brings its own challenges such as mold, termites and dying landscapes. Please report any signs of mold/pests or landscaping problems to your building manager or call the public works office at 471-9700.

Moanalua Shopping Center is quickly coming back to life. Jamba Juice recently opened and other vendors are working feverishly to get their outlets opened for business as well.

Continuation of road closures and Ford Island Bridge work

- Roadwork continues on Ford Island. Please be cautious and obey all traffic signs and flagmen.

- Work crews are installing new lights at Wentworth Tennis Courts. There will be times when parking stalls around the tennis courts will be blocked off for material and equipment delivery. Thanks for your understanding as Naval Facilities engineering Command Hawai'i works to deliver another nighttime tennis venue to Pearl Harbor.



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Emergency physicians want you to bike safely this summer

American College of Emergency Physicians

For many of us, especially young people, summer means hopping on your bike and going for a ride. Unfortunately, for approximately 500,000 people each year, it is a ride that ends in an emergency department.

In fact, more children ages five to 14 visit U.S. hospital emergency departments for injuries associated with bicycles than any other sport. The American College of Emergency Physicians (ACEP) is urging everyone who rides a bicycle to wear a protective helmet and ride in a safe manner.

"The use of helmets is the single most effective way to reduce head injuries and fatalities resulting from bicycle crashes," said Dr. Rick



Blum, president of ACEP. "If everyone who rides a bike this summer would first put on a helmet, there would be far fewer bike riders in emergency departments with

serious injuries."

Universal bicycle helmet use by children ages four to 15 would prevent between 135 and 155 deaths each year, plus 39,000 and 45,000 head injuries and 18,000 to 55,000 scalp and facial injuries, according to the National SAFE KIDS Campaign. However, there is no federal law requiring children to wear bicycle helmets, and as of February this year, only 20 states and the District of Columbia had helmet laws applying to young bicyclists.

Dr. Blum and ACEP suggest that cyclists keep the following safety advice in mind as they head out on biking adventures this year:

- Make sure your helmet fits properly.
- Obey traffic signs and signals.

- Never ride against the flow of traffic.
- Use proper hand signals.
- Never carry another person on your bike.
- Never ride with headphones.

- Make sure you bicycle is well-maintained and is the correct size for the rider.

Dr. Blum said the best advice regarding bicycle safety is to use common sense. "Many of the people, of all ages, that I've treated in the emergency department over the years for injuries sustained from a bike crash told me they were doing something they knew wasn't the right thing to do and once they are treated in the emergency department, they vow never to do it again," he said.

Scooter and skateboard safety

As scooters and skateboards gain popularity, so do the number of injuries related to their use. In 2000, as non-motorized scooters literally took off, the Consumer Product Safety Commission (CPSC) estimated more than 40,000 emergency room visits were due to scooter injuries. The CPSC estimates more than 10,000 emergency room visits were the result of injuries due to motorized scooters in 2003-2004. Two-thirds of those injured using motorized scooters were under 15 years of age. ACEP urges parents to carefully monitor children using scooters and skateboards and to always have your children wear pads protecting their elbows, wrists and knees.

"Kids don't typically ride as fast on scooters and skate-

boards as they do on bicycles," said Dr. Blum, "but falling on unprotected elbows and knees causes a lot of injuries. One key way to reduce these injuries is to wear pads and ride on smooth surfaces."

ACEP is a national medical specialty society representing emergency medicine with more than 23,000 members. ACEP is committed to advancing emergency care through continuing education, research and public education. Headquartered in Dallas, Texas, ACEP has 53 chapters representing each state, as well as Puerto Rico and the District of Columbia. A Government Services Chapter represents emergency physicians employed by military branches and other government agencies.

DoD offers free download of anti-spyware for personal use

JO2(SW/AW) Jennifer Goulart

Naval Network Warfare Command Public Affairs

The Defense Information Systems Agency (DISA) has licensed free anti-spyware software for all government employees and armed forces personnel for use on personal computer systems.

According to the Federal Trade Commission's Web site at www.ftc.gov, Spyware is software that monitors or controls the use of your computer. It could send pop-up ads, redirect browsers to certain Web sites, or even record your keystrokes. A pop-up ad could even try to trick someone into typing in bank account information, leading to identity theft.

Users may also be able to get the software through their respective automated data processing offices.

"ADP can burn the software to a CD for the user to take home," said Information Systems Technician 1st Class (SW) Eric Rucker, an information security officer for Navy Computer Defense Operations Command (NCDOC). "Once the software is downloaded at home, it will automatically update periodically. With the amount of people that use e-mail and zip drives to bring work home and back, the risk of bringing spyware to work is much greater that could create weakness that may exploit DoD computers."

Steve Saunders, a network security analyst for the NCDOC, said that spyware infection throughout 2005 has become one of the pre-eminent security threats to computer systems. He said that spyware is even able to masquerade as security software while actually doing damage.

Saunders expressed caution should be exercised when visiting Web sites if

pop-ups start appearing, or if a users' computer starts showing constant or required requests to install browser components and other applications.

"Any offer for free software, or 'upgrades' by big names is another thing to watch out for," Saunders said. "The best thing to do is to go to a company's registered Web site to get the legitimate downloads available."

"Professional analysts have found that survival time of a brand new computer, just connected to the Internet, is 18 minutes," added Saunders. "Out of six trillion IP addresses out there, that is like a blink of an eye."

To download the free anti-spyware software, go to the DISA Web site at <https://iase.disa.mil/sdep> or the Navy's information assurance Web site at <https://infosec.navy.mil>. At the INFOSEC site, click on the COMPUSEC tools tab and scroll down to the anti-spyware link, second from the top. The software can then be saved a local hard drive for writing on a CD-ROM or other portable media for home use. Users must be on a ".mil" workstation to download the software.

For more information about spyware and other computer security threats, go to <https://infosec.navy.mil> or call the NCDOC 24/7 hotline at 1-888-NAVCDOC.

NCDOC is part of NETWARCOM, the Navy's type commander for information operations, FORCEnet, networks and space. Based in Norfolk, Va., the command is the central operational authority responsible for providing ready information warfare forces, which are fully trained, properly manned, interoperable, well maintained and supported within the Navy.

USS Reuben James leads donations for NMCRS in Hawai'i

Ensign Jon Derges

USS Reuben James (FFG 57)
Public Affairs

The annual Navy-Marine Corps Relief Society (NMCRS) fund drive closed out May 6 and, for the second year running, USS Reuben James (FFG 57) was the top giver at Pearl Harbor in the amount per capita with an average donation of \$146. This year, Reuben James also earned the distinction of giving the highest dollar amount of any command on the island - a grand total of \$34,612, which doubled the ship's previous year's gift of \$16,637.

"I gave a donation because of the reputation I heard that the Navy-Marine Corps Relief Society holds," stated Quartermaster Seaman Apprentice Jeremy Nelms. "I have never had to use the Navy-Marine Corps Relief Society, but I understand it's a foundation that assists Sailors in financial need. Hopefully, I will never have to use their services, but it's nice to know that if I need some assistance, I can go to them."

Approximately two-thirds of Reuben James' donations came in the form of cash gift or allotment. The rest of the donations were garnered through contests, raffles and bidding competitions. The contests had fun-loving names such as the "Pie-in-the-Face," the "Senior in the Scullery," and the "Senior in the Trash Room." Raffles were held to give away special liberty. Competitive bids were taken for various special events, such as a chance to shoot crew-served weapons or the opportunity to consume a cold beverage in the paint punt with the subsequent eight hours removed from the ship's watchbill. Additionally, a competitive bid was held for an occasion to "conn the ship" alongside during an underway replenishment.

With the big success that Reuben James saw from last year's "Pie-in-the-Face" fund raising contest,



U.S. Navy photo by IT2 (SW) Derek Elliot

Quartermaster Seaman Apprentice Jeremy Nelms (left) and Personnel Specialist 3rd Class (SW) Bolaji Egunjobi sat in the sun in a paint punt behind USS Reuben James and enjoyed an ice cold beverage and eight hours off the watchbill.

Reuben James decided to try it again. In this contest, Sailors placed bids on crew members of their choice and the top five people with the most money bid on them "won" a pie-in-the-face. A subsequent raffle determined who had the pleasure of "applying" the pies.

"I, of course, donated for a good cause," stated Seaman William Tyrell, who won the bid to put a pie in the face of Reuben James' commanding officer, Cmdr. Logan Jones. "NMCRS is a great foundation that helps Sailors in need, but it was a good feeling and it was funny when I was able to put a pie in the face of the [commanding officer]. I'll be able to tell everyone back home that I was able to put a pie in the face of the captain," said Tyrell.

This year's pie-in-the-face contest collected \$5,000, which was more than twice the amount collected from last year's pie-in-the-face contest.

"This was a great idea that worked for us last year and the committee decided why not try it again this year," said Chief Information Technician (SW) Eric Purcell, Reuben James' NMCRS fund drive coordinator. "I think, in order to make it work, you have to be able to get the crew motivated to give more and have a little fun with their donations. If you have a commanding officer or command master chief who can motivate the crew about the Navy-Marine Corps Relief Society, then the donations seem to rise quickly. Not everyone realizes how many Sailors and Marines

we are going to end up helping with everyone's generous donations and everyone gave whole-heartedly and had a little fun in the process," commented Purcell.

Reuben James also collected more than \$6,000 in an event called "Senior-in-the-Scullery" where, once again, the crew placed donations on a senior crew member they most wanted to see work in the scullery during one meal. In a down-to-the-wire bid that started at 7 p.m. and lasted until 10 p.m., the commanding officer was selected to work the scullery.

"I am as proud as I can be about the strong spirit of giving and community service that this crew continues to demonstrate," said Jones. "We had terrific fun during our fund-raising events this year, largely



U.S. Navy photo by Ensign Jon Derges

Lt. Michael Concannon (right) stood ready with a smile on his face as he prepared to be creamed with a pie in the face. Senior Chief Operations Specialist (SW/AW) Reggie McCallum (left) purchased the honor of applying the pie.



U.S. Navy photo by Ensign Jon Derges

Operations Specialist 3rd Class David Powell is shown firing a Mk 44 mini-gun after offering the highest bid for the opportunity.

because crew members all understood what a tremendous service NMCRS provides to Sailors and their families in need. Over the past year, Reuben James' Sailors have been assisted by the generosity of NMCRS on dozens of occasions. Furthermore, the NMCRS expended 33 percent more money in grants and loans to assist military members throughout the region in 2005 than was raised during the entire 2005 regional fund drive. It was an absolute pleasure, therefore, to be able to give something back to an organization that does so much for our military community each and every day," Jones explained.

The Navy-Marine Corps Relief Society was established in 1904 and is a private, non-profit organiza-

tion supported by the Department of the Navy. The mission of the Navy-Marine Corps Relief Society is to provide, in partnership with the Navy and Marine Corps, financial, educational and other assistance to members of the naval services of the United States, eligible family members, and survivors when in need and to receive and manage funds to administer these programs. If you are interested in learning more about the society, its mission and the assistance it can provide - or if you are interested in making a contribution toward a worthy cause - visit www.nmcrs.org or contact local NMCRS chapters at: NMCRS Kaneohe Bay, (808) 254-1327 and NMCRS Pearl Harbor, (808) 423-1314.

A hero's return

JOC(SW) Will Borrall

USS Enterprise (CVN 65)

As the 65th anniversary of the bombing of Pearl Harbor approaches, in the city of Split, Croatia, a special ceremony honoring a fallen hero is reminding many American Sailors what it means to be bound by the Navy's core values of honor, courage, and commitment. Yesterday, Sailors aboard USS Enterprise (CVN 65), a nuclear-powered aircraft carrier home ported in Norfolk, Va., got a rare opportunity to witness the presentation of the Medal of Honor to the relatives of Chief Watertender Peter Tomich, a U.S. citizen of Croatian heritage.

Chief Tomich was born in 1893 in Prolog, in what is now Bosnia-Herzegovina near the Croatian border. After immigrating to the United States, Tomich joined the Army in 1917, and, following service in the First World War, enlisted in the Navy in 1921. He was serving aboard USS Utah during the Pearl Harbor attack, and returned to the boiler rooms to shut down the boilers before the ship sank. Tomich evacuated other engine room personnel, saving their lives and making a deliberate decision to stay at his post in the boiler room even though it meant his certain death.

The ceremony was widely attended by Sailors from Enterprise, including the ship's Chief Petty Officer's Mess. "Peter Tomich is one of 39 Chief Petty Officers in all of Naval History to receive the Medal of Honor,"

explained Enterprise's Command Master Chief Paul Declerq. "He's one of us."

In 1942, Chief Tomich was posthumously awarded the Medal of Honor by President Roosevelt. The Department of the Navy was unable to locate Tomich's relatives for many years, and his medal was kept on display at various locations in the United States for more than 60 years before relatives were found in his native country. Srecko Tonic, a retired lieutenant colonel of the Croatian Armed Forces who is the grandson of Tomich's cousin, accepted the medal from Admiral Harry Ulrich, Commander, U.S. Naval Forces Europe, during a one-hour ceremony held aboard Enterprise, which was conducting a port call at the historic Croatian city during a routine scheduled six-month deployment in support of the global war on terrorism. Members of the crew, including many of the ship's chief petty officers, attended both the award presentation, and the subsequent reception for their Croatian guests.

"We are proud and honored to host our Croatian allies aboard this fine vessel," said Capt. Larry Rice, commanding officer of USS Enterprise. "Chief Tomich is an outstanding example for all Sailors."

Although it has taken many years, Chief Watertender Peter Tomich's Medal of Honor has finally found its way home to his family, granting them a connection to Tomich and his fallen shipmates, who still rest in the waters of Pearl Harbor.

USS Bowfin Memorial awards \$25k in scholarships

Story and photo by JOC(SW/AW) David Rush

Commander Submarine Force, U.S. Pacific Fleet Public Affairs

Twenty students will have their higher education expenses lightened this year thanks to the USS Bowfin Memorial Scholarship program. The group presented scholarships to recipients at a ceremony May 13 at the Bowfin Memorial in Pearl Harbor.

The Pacific Fleet Submarine Memorial Association, in conjunction with the Pearl Harbor Submarine Wives Club, sponsors the scholarship program. The association has awarded the scholarships since 1985 to further the higher education of submariners and their families, according to Capt. (ret.) Jerry Hofwolt, the group's president.

"Since the beginning, we have awarded almost \$500,000 affecting 1,000 lives by giving them a chance to follow their aspirations," said Hofwolt.

Hofwolt said the association created the USS Bowfin Memorial Scholarship in 1985 to honor the 52 submarines and



The Pacific Fleet Submarine Memorial Association and the Pearl Harbor Submarine Officers' Wives' Club awarded scholarships to retired and active duty submariners and their families.

3,505 submariners lost during World War II. The scholarships are funded in part by proceeds from the USS Bowfin Submarine Museum and Park.

"These scholarships help so many people and most importantly the recipients get to continue or begin their education and builds their self-worth," said Capt. Barry Bruner, Commander Submarine Squadron Seven, who spoke at the event.

Kristina Sault, whose father is assigned to the staff of Submarine Squadron Seven, received the Admiral Chick Clarey Scholarship, which she plans to use toward her education at

Notre Dame University. She said she was excited and humbled to be an award recipient.

"I am so relieved that I received this scholarship," said Sault. "Education costs a lot and this scholarship will help me tremendously."

The scholarship is available to Hawai'i-based active and retired submariners and their families. This year the program awarded \$25,000 in scholarships to submariners, their spouses and children. Recipients are selected based on motivation, goals, past academic achievements, and financial needs. All of this year's applicant's received a scholarship ranging from \$500 to \$2,500, according to scholarship chair Amy Fancher.

Other scholarship recipients included Michael Dain, Karen Kemp, Sherry D'Amico, Seth Osenkarski, Tenley Peterson-Munns, Katherine Johnson, Paul Swiderski, CMDCM(SS) John Tyner, Stephanie Katzer, Lisa Grozen-Smith, MM1(SS/DV) Brian Player, Evanita Billon, Angela Gray, Aaron Worshek, Karl Sault, Stephanie Pigott, Mary Tyner, Tiffany Gero and Malia Tyner.

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Hawaii Navy News

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Kauai kids drive for excellence at PMRF

JO2 (SW/AW) Johnny Michael

Pacific Missile Range Facility Public Affairs

Golf legend Ben Hogan once said, "As you walk down the fairway of life, you must smell the roses, for you only get to play one round." This is the spirit behind Hui Kolepa, an outreach program targeting

Kauai's west side youth who recently dedicated the fifth of 18 holes at the Navy's Pacific Missile Range Facility (PMRF).

Primarily envisioned as an anti-drug program, Hui Kolepa engages school-age children in the challenging game of golf.

"Hui Kolepa gives our youth an opportunity to succeed by inspiring them with sportsmanship, disci-

pline and community involvement," said program coordinator Glenn Kagawa. "The etiquette of golf - respect, honesty and integrity - can be applied to all aspects of their lives."

The long-term plan for the program is to establish 18 practice areas throughout Kauai's west side communities. Various groups, or hui, will then practice at the various ranges and

eventually compete among themselves.

The driving range at PMRF has been designated as Puka 'Elima, or the Fifth Hole, and given the title of kilakila, which translates to majestic. Fifteen children from the nearby native Hawaiian charter school, Ke Kula Ni'ihau O Kekaha, and nearby Kauai Junior Golf Association along with program coordi-

nators from local hi-tech company Envisioneering, Inc., brought balls and clubs out to the range for the dedication.

Capt. Mark Darrah, PMRF commanding officer, was on hand during the event and extolled the virtues of the game to the children.

"Golf is a game which teaches values," Darrah explained. "There are no

guys with white and black striped shirts keeping score out there; it is up to you to be honest with yourself. It is up to your sense of integrity."

PMRF now constitutes an operational site for the program, and children from the organization have access to the driving range through sponsors with proper military identification.



Capt. Mark Darrah, PMRF commanding officer, offers some golfing pointers to a young golfer. PMRF works with youth from the Hui Kolepa program on Kauai.



Youngsters from the Hui Kolepa program on Kauai practice their golf driving technique at the Navy's PMRF golf range.