

Pollard relieves Benko as Force Master Chief

MC1 (SW) Cynthia Clark

Commander, Submarine Force Pacific Public Affairs

Force Master Chief Mo Pollard relieved Force Master Chief Michael Benko as Commander, Submarine Force, U.S. Pacific Fleet Master Chief in a ceremony July 26 at Lockwood Hall on Pearl Harbor Naval Station.

Assuming Force Master Chief duties in January of 2004, Benko was the driving force in contouring the Pacific submarine force for future operations.

Rear Adm. Jeffrey Cassias lauded Benko for his efforts as the principal advocate for enlisted personnel throughout the Pacific Submarine Force, which included more than 35 submarines 9,000 enlisted personnel. Benko "dramatically improved Force readiness to address asymmetric threats during the global war on terrorism," said Cassias. "His innovative and visionary recommendations will significantly and positively impact operational readiness through the foreseeable future."

Cassias specifically thanked Benko for his efforts to limit hottracking by submarine crews, spearheading changes to E-5 high year tenure and implementing new physical readiness policies.

Prior to heading on the command master chief track, Benko served as a Fire Control Technician on submarines such as the USS Von Steuben (SSBN 632), homeported at Charleston, S.C.; USS Florida (SSBN 728), homeported at Bangor, Wash.; and the submarine tender USS Canopus (AS-34), homeported at Kings Bay, Ga. Benko now heads to Naval Recruiting District Portland, Ore.

Pollard's previous assignment was command master chief for Commander, Submarine Group Two, in Groton, Conn. Throughout his career, Pollard served as the chief of the boat on the USS Olympia (SSN 717), homeported at Pearl Harbor and USS Parche (SSN 683), homeported at Bangor, Wash.

▼ See POLLARD, A-12

Saluting Arizona's Sailors



U.S. Navy photo by MCSN Mark Patterson II
Aviation Ordnancemen Airman Joseph Cantere, a Hawai'i native, salutes the USS Arizona Memorial while manning the rails aboard the amphibious assault ship USS Bonhomme Richard (LHD 6) while it was at Pearl Harbor for the Rim of the Pacific 2006. Bonhomme Richard performed a tiger cruise enroute to its homeport of San Diego.

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

(Part 3)

Karen S. Spangler

Editor

Island residents kept a close eye on the weather last week when it was reported that Hurricane/Tropical Storm Daniel was headed on a course directly over the Hawaiian Islands.

Although Daniel was expected to weaken considerably and pose little threat to the islands, weather experts advised that there was still potential for heavy rains, flooding and damaging winds.

But once again, Hawai'i residents were able to breathe a sigh of relief as the storm disintegrated and posed no threat to our island paradise.

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

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

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

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

There is always a chance that the storm may veer onto

▼ See HURRICANE, A-10



Welcome home

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Alexander promoted during change of command

MCSN James Seward
Fleet Public Affairs Center, Pacific

Capt. Townsend "Tim" G. Alexander was promoted to rear admiral as he turned command of Naval Base Coronado (NBC) at Naval Air Station North Island (NASNI) over to Capt. Anthony E. Gaiani during a change of command ceremony July 26.

"It is an honor and a privilege to have been promoted to a flag rank," said Alexander. "It is also a huge responsibility... no mistakes can be made at this level."

During the ceremony, Alexander read his orders, which will send him to Hawai'i as commander, Navy Region Hawai'i for two years.

"The last three years have been remarkable, but at the same time, it is hard to leave my unfinished work behind," said Alexander. "I trust Capt. Gaiani will do an outstanding job as commanding officer of this base."

As commanding officer of NBC, Alexander was responsible for the wellbeing of more than 40,000 Sailors, civilians and contractors, along with managing a \$20 million budget for all NBC installations.

According to Commander, Navy Region Southwest, Rear Adm. Len R. Hering, NASNI is one of the biggest and busiest communities in the military.

"A commanding officer is much like a city mayor," said Hering. "Police and fire departments, medical centers, chapels and commissaries are all part of a commanding officer's responsibility."

Gaiani, previously assigned to NATO as the chief of defense plans at the Supreme Headquarters of Allied Powers in Mons, Belgium, stressed the importance of taking care of Sailors.

"I have very big shoes to fill as commanding officer of the base," said Gaiani. "NBC plays a vital role in the global war on terror and I plan to keep this base running smoothly."

Along with being promoted, Alexander was awarded the Legion of Merit medal for his 27 months of service as commanding officer.

No small accomplishment



Rear Adm. Michael C. Vitale, commander, Navy Region Hawai'i, and the Navy Exchange (NEX) Hawai'i staff surprise Mike Cottrell, director of Navy Exchange Hawai'i, with the Meritorious Civilian Service Award at the NEX on Aug. 2. Cottrell successfully managed NEX Hawai'i to the top retail organization within the NEX system. During Cottrell's leadership, NEX Hawai'i was ranked the fifth best place to work by the Honolulu Business Magazine 2006.

U.S. Navy photo by MC2 Devin Wright



U.S. Navy photo by MC1 (SW/AW) James Foehl

Rear Adm. Michael C. Vitale, commander, Navy Region Hawai'i and commander, Naval Surface Group Middle Pacific (left), introduces Rear Adm. Townsend "Tim" Alexander (right) to regional personnel during an awards ceremony at Naval Station Pearl Harbor. Alexander will assume command as commander, Navy Region Hawai'i and commander, Naval Surface Group Middle Pacific, during an official ceremony scheduled for Aug. 8 at onboard Naval Station Pearl Harbor.

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Hawaii Navy News

Hawaii Navy News Editorial

CNO outlines ways to improve personal and family readiness

Chief of Naval Operations Public Affairs

Chief of Naval Operations (CNO) Adm. Mike Mullen addressed the Personal and Family Readiness Program Forum on July 25 in Crystal City, urging Navy leaders to look for new ways to continually improve quality of life programs and processes.



CNO Adm. Mike Mullen

"I don't think there is anything more critical than the topics you are discussing right here," Mullen told the attendees at the two-day forum sponsored by Commander, Naval Installations Command. "We must get these things right for our future, and for the future of our people and their families."

Mullen first stressed the need for Navy leaders to seek a measure of balance for their people - between work and home, physical fitness and nutrition, and between unit and family readiness.

"I'm a balanced guy," he said. "That's just what you get with me as CNO. I tend to be uncomfortable with anything on the extreme."

Predatory lending, he argued, was a good example of an issue that can upset the balance between unit and family readiness. Predatory loans typically are much more expensive than justified by the risk associated with the loan. Characteristics of predatory loans may include, but are not limited to, excessive or hidden fees, charges for unnecessary products, high interest rates, terms designed to trap borrowers in debt, and refinances that do not provide any net benefit to the borrower.

The Navy-Marine Corps Relief Society has reported a steady rise in relief cases due to predatory loans, from 689 cases in 2003, to 1,514 cases in 2005.

"I was really surprised to see the

extent of this. That issue is at the heart of what I think we really do need to focus on as an institution and that is better financial training," he continued.

Mullen urged leaders to become more preventative in their approach to the problem, while looking at it from a larger perspective.

"It's not just about the money," he said. "It's about quality and it's about delivery and where we really are."

The CNO also urged leaders to try whenever possible to reduce the uncertainty that comes with modern, complex operations, recognizing that such uncertainty tends to cause anxiety for Sailors and families.

"The only constant in the future is change," he said. "I remind people all the time that we are a war fighting, seagoing service. We wear the uniform and when we're called, off we go, wherever that is," he continued, referring specifically to recent Navy efforts to assist in the evacuation of American citizens from Lebanon.

Though one cannot plan for uncertainty, leaders can mitigate its impact by telling Sailors and their families what they know, as soon as they know it.

"One of the keys to make sure we're talking to each other is to say, 'This is as much as I know, write it down.' We must update our people on a more frequent, more regular, basis."

The continued pace of individual augmentation (IA) deployments was one issue causing a great deal of uncertainty, acknowledged Mullen. And though that pace didn't show

any signs of letting up, the CNO said he felt confident that measures were being applied to help people better prepare.

He noted that of the more than 670 Sailors receiving IA orders in the month of June, all were given at least 30 days notice. And according to personnel officials, 68 percent of those going to IA billets being refilled by the Navy received greater than 45 days notice prior to their first intermediate training stop.

"We have to continue to address the IA issue, I recognize that. But I can tell you, this year, active-duty IAs are going to go up and they may double over the next year. We are looking for ways to manage this so people can plan their lives, particularly with that significant change in their lives, but it (IA) isn't going to go away. This isn't an Army or a Marine Corps war," he stressed. "It's a national war."

That brought the CNO to his final point, which he referred to as connectedness - the continual process of reaching out to Sailors and their families.

"How are we staying in touch?" Mullen asked rhetorically. "How do we stay connected with those, active and reserves? A centerpiece of that is clearly our ombudsman program." He said leadership must ensure the ombudsman program is connected with everyone throughout the command, in all aspects.

The CNO also touched briefly on the sponsorship program and the importance of commands making sure a strong link exists between a Sailor and his or her gaining command.

"In the end," said Mullen, "we are only as strong as our people, and I believe our people are only as strong as their families."

Opportunities abound – what are you waiting for?

Atlantic Fleet Master Chief Jackie Dirosa

gives you a snapshot of your career, including personal and professional



FLTCM Jackie Dirosa

I've completed my first whirlwind week here at Fleet Forces Command and the dust still hasn't settled. As I'm getting organized, getting with the leaders here at this command, or just getting my computer to cooperate, there's one priority on my mind - getting out to the waterfront to meet and talk to Sailors as soon as possible. I want to hear your concerns and suggestions so that we can work together to make this Navy even better. I plan to take full advantage of the opportunity I have been given to serve in this capacity.

I'm a firm believer in taking advantage of opportunities. The Navy has made great strides in the past few decades to ensure that all Sailors are given the opportunities for a successful career. Not only limitless in respect to race and gender, but the Navy now recognizes the importance of diversity in respect to abilities and special talents. The Navy is looking for the right Sailor in the right place for the right job. Taking advantage of programs the Navy offers can assist you in being the right Sailor.

What about education? Are you working toward your degree? That alone can expand your horizons and accelerate your ability to move forward. The Navy has already made it necessary for chiefs to earn an associate degree before advancing to senior chief. It would be wise for any Sailor planning on a career in the Navy to begin now to earn a degree and avoid the pressure later. If you wait too long, you may underestimate the time it takes to earn a degree and miss out on advancement. Look to Navy College, your electronic training jacket and Navy Knowledge Online (NKO) to help you find direction.

Another important tool to assist you in making the most of your career is the 5-Vector Model. This NKO tool

development, leadership, certifications and qualifications. It offers information on growth opportunities and career direction. If you haven't yet logged on to NKO and familiarized yourself with it, start today.

It's important to consistently look for ways to better yourself and your career. Taking measures daily to keep yourself physically fit, financially sound and socially responsible are just a few of the important ways you can serve your country and shipmates in a professional and inspirational manner. The Navy offers the many benefits of the Thrift Savings Plan to help your finances remain sound throughout your career and beyond.

Get physically fit the fun way by getting involved with sports activities through the Morale, Welfare and Recreation program. And you can increase your own self-esteem and leadership abilities by taking on any of the many volunteer opportunities on board your ship or in your community.

The Navy is looking for new 21st century leaders. Could it be you? What does it take?

The bottom line is dedication, resolve and the courage to step up to the plate and accept a challenge. I understand that there are setbacks. All Sailors face challenging times sooner or later. But those that resolve to overcome setbacks will move forward and, with perseverance, eventually succeed. How do you find opportunities? Just decide what you want out of the Navy, move in that direction and don't let anything get in your way. See you on the waterfront.



39th Anniversary of USS Forrestal honored

MCSN Kenneth R. Hendrix

Fleet Public Affairs Center Atlantic

The Navy's Farrier Fire Fighting School Learning Site (FFSLS) hosted the 39th memorial anniversary of the catastrophe aboard USS Forrestal (CVA 59) on July 28, held by members of the USS Forrestal Association.

Officer in charge of FFSLS, Lt. Sherry L. Waters, spoke of the importance of firefighting in her opening remarks.

"My earliest memories of training on the dangers of fires at sea centered around the fire aboard USS Forrestal and lessons learned from that fatal day," said Waters.

On July 29, 1967, aboard Forrestal, a triggered stray voltage caused a Zuni rocket to accidentally launch from an F-4 Phantom across the flight deck, hitting a parked and armed A-4 Skyhawk.

The belly fuel tank of the Skyhawk ruptured from the impact, spilling fuel and causing a chain reaction of fires with planes parked along the deck.

Waters continued to speak about the history behind the purpose of the school and its significance.

"This firefighting facility

was dedicated to and named after Chief Aviation Boatswain's Mate (handling) Gerald W. Farrier, who made the ultimate [sacrifice] on board USS Forrestal," said Waters.

Waters' last comment stressed the importance of the events aboard Forrestal and how the disaster shaped the way the Navy fights fires today.

"At Farrier Fire Fighting School, we are dedicated to the training of Sailors and Marine Corps personnel assigned to sea duty. It is our hope that they are never called upon to use the skills they have learned here," she said.

A single toll was rung for each of the 134 Sailors who sacrificed their lives battling the blaze that erupted aboard.

Several crew members who survived the tragedy were on hand for the ceremony to share their memories of what happened in an effort to help prepare today's Sailors.

"They gave their today so we can have our tomorrow," said retired Lt. Cmdr. Otis G. Knight. "Each and every one of you has been given the extraordinary gift of conquering the most deadly danger a Sailor can have from the beginning."

Honoring fallen Sailors of the Forrestal



U.S. Navy photo by MCSN Maddelin Angebrand. An arrangement of 134 flags with the photos and names of the Sailors assigned to USS Forrestal (CVA 59) were on display during the 39th annual USS Forrestal Memorial Ceremony held at the Farrier Firefighting Facility at Norfolk Naval Station, Va. The Forrestal Memorial Ceremony is held each year to commemorate the 134 fallen Sailors and the 64 who were wounded in the fire that broke out on the ship in 1967.

Hawaii Navy News

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Working together: Rim of the Pacific 2006

MC1 Will Jones

RIMPAC Public Affairs
Coalition Information Bureau

Sailors, ships and navies working together was the theme of the Rim of the Pacific (RIMPAC) 2006 naval exercise, recently conducted in the Hawaiian waters, which concluded last week.

One of the keys to integration was 'building team relationships with coalition forces.' On July 21, U.S. Navy Explosive Ordnance Disposal (EOD) Group One and Royal Australian Navy Clearance Diving Team One trained together in a skill-sharing evolution at Schofield Barracks as a part of the RIMPAC 2006 exercise.

A roadside bomb training scenario helped build expertise in dealing with improvised explosive devices (IEDs) and to train integrated Pacific area multi-national combat forces' operational capability. "This operation 'folded-in' an Australian Navy EOD unit under U.S. tactical control to show we can work together as a team," said Lt. Cmdr. Anthony King of EOD Group One.

The EOD training event was designed to maximize command and control effectiveness and cooperation between diverse national forces.

EOD Group One trainers set up the explosive hazard awareness training exercise. Clearance Diving Team One was then called in to detect and 'prosecute' the IED, that is, to find, disable, neutralize or safely detonate the device.

In this event, "We proposed and traded ideas and procedures. We learned about one another's capabilities and limitations so that commanders have a better understanding of the tactical abilities and procedures of foreign units," noted Explosive Ordnance Disposalman Senior Chief John Carr, a Group One master ordnance disposal technician.

"IEDs are the number one threat to forces currently so skill-sharing between countries is essential," he said.



U.S. Navy photo by MC1 Will Jones

Chief Petty Officer Peter Weingaertner of the Royal Australian navy's Clearance Diving Team ONE inspects for a roadside bomb during explosive hazard awareness training with the U.S. Navy's Explosive Ordnance Disposal Group One on the range at Schofield Barracks, Oahu. The two units trained together during a Rim of the Pacific 2006 improvised explosive device (IED) exercise building expertise and operational capability to integrate diverse multi-national forces.

Chief Petty Officer Peter Weingaertner of the Australian navy's clearance diving team explained that the EOD training event "enhances our abilities to work together and to work together better."

He said, "We are all seeing the same things out there, but training together helps us to see them differently. The benefit is in the trading of ideas, brainstorming and the sharing of intel."

Weingaertner emphasized that remaining "up-to-date with real world events in the IED environment is absolutely essential." He added that working with the U.S. Navy is a very important and beneficial way of honing his and his unit's skills.

Lt. Cmdr. Mike Maley of Clearance Diving Team One said, "Training with the U.S. Navy is paramount to us - the training value is immense due to the real world experience of the U.S. Navy." It translates into "interoperability readiness with a minimum of fuss," he said, "and that is what these RIMPAC exercises are all about."

Though IED prosecution was the training scenario for the U.S.

and Australian navy EOD units on the range at Schofield Barracks, the real benefit "plays out on a larger scale," said Maley. "By training together we improve tactical unit proficiency, but also interoperability between units of allied navies."

Members of the Australian and U.S. Navy traded EOD techniques and methodology during the training and got to know each other personally just a little bit better. Now, they are more capable of operating effectively together, cooperating as partners in fulfillment of their mission, and staying safer in the duties they perform.

This year's exercise was the 20 in a series of RIMPAC exercises conducted since 1971. Eight nations participated in RIMPAC, the world's largest biennial maritime exercise.

RIMPAC brought together military forces from Australia, Canada, Chile, Peru, Japan, the Republic of Korea, the United Kingdom and the United States. The United States Third Fleet, commanded by Vice Adm. Barry Costello, was responsible for overall exercise coordination.

Ships ready for trip home



U.S. Navy photo by MC1 James Foehl

Two ships from the Republic of Korea sit moored together pierside, Naval Station Pearl Harbor, at the conclusion of the multi-national Rim of the Pacific (RIMPAC) exercise. RIMPAC trains U.S. allied forces to be interoperable and ready for a wide range of potential combined operations and missions.

Navy reservist adds key skill to RIMPAC '06

MC1 Will Jones

RIMPAC Public Affairs
Coalition Information
Bureau

The month-long Rim of the Pacific (RIMPAC) 2006 multi-national exercise, which concluded last week, was in part successful due to the special language translation services of U.S. Navy Sailors. Navy Reservist Storekeeper 2nd Class Charles J. Todd from Poulsbo, Wash. translated for members of the Japanese Maritime Self Defense Force.

"Understanding each other's language is vital to the success of the exercise," said Todd. "In order to have a strong working relationship between coalition operating forces, it is imperative they are able to communicate effectively. I was able to provide that essential service during

this year's exercise."

Although Todd admitted he doesn't speak Japanese perfectly, his understanding of Japanese culture and love of the language enabled him to provide an essential link between officers and Sailors of the U.S. and Japanese navies during this year's RIMPAC exercise. Japan was one of eight Pacific Rim nations participating with the United States in this year's naval exercises.

"Acting as an official translator for the exercise not only allowed me to assist as a communication link between two interacting navies, but gave me a great training opportunity to test my language listening and speaking skills," Todd said.

Todd started learning Japanese early in his life during martial arts training as a youth and

he went on to improve his language skills in college. Later, his fascination with the Japanese culture took him to Japan, where he taught English and learned even more of the subtleties and intricacies of the language.

Todd wants to expand his abilities as a translator for the U.S. Navy and is looking forward to assisting again in the future.

He said more Sailors should consider becoming fluent in a foreign language and comfortable interacting with personnel from other navies in order to increase their versatility and mission effectiveness. According to Todd, a Sailor does not need a specialty Navy rate to become a translator, just a desire to use his or her language skills as an effective foreign language interpreter.



FLEET ACTION



U.S. Navy photo by MCCS Melinda Larson

Fire Controlman 2nd Class Geoffrey Dailey, a member of the guided-missile destroyer USS Hopper's (DDG 70) visit, board search and seizure (VBSS) team, stands guard on the Malaysian merchant vessel Mahsuri during a combined boarding exercise with the Royal Malaysian navy. The boarding exercise was the result of an overnight search and surveillance of a critical contact of interest by both navies including U.S. Navy P-3 maritime patrol aircraft. The two navies are training together during exercise Cooperation Afloat Readiness and Training (CARAT). CARAT is an annual bilateral series of maritime exercises between the United States and several Southeast Asia nations designed to build relationships and enhance the operational readiness of the participating forces.



U.S. Navy photo by MC3 (SW) Marc Rockwell-Pate

A member of San Diego's Navy Environmental Preventative Medical Unit Five (NEPMU 5) checks Aviation Support Equipment Technician 3rd Class (AW) Robert Connor's purified protein derivative (PPD) shot in USS Ronald Reagan's (CVN 76) hangar bay. The tests have been administered to more than 3,200 crew members as a preventative measure after doctors at Naval Medical Center San Diego treated a Sailor with active TB who embarked during the ship's maiden deployment as part of Carrier Air Wing Fourteen (CVW-14). No other active cases have been found.



U.S. Navy photo by MCSN James R. Evans

Storekeeper Seaman Buckingham chats with her Tiger, while she and other Sailors from the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72) man the rails during Lincoln's departure from Pearl Harbor, Hawai'i. Lincoln and Carrier Air Wing Two (CVW-2) were on a Tiger cruise and had the opportunity during which families and friends of the crew experienced life aboard ship enroute to San Diego.



U.S. Navy photo by MC3 M. Jeremie Yoder

An F/A-18F Super Hornet assigned to the Bounty Hunters of Strike Fighter Squadron Two (VFA-2) performs during an "air power" demonstration aboard USS Abraham Lincoln (CVN 72). Lincoln and embarked Carrier Air Wing Two (CVW-2) were on a Tiger cruise, during which families and friends of the crew were given the opportunity to experience life at sea by embarking aboard the ship for a week.

Pioneering master diver Carl Brashear laid to rest



MCSN Casandra Newell

*Fleet Public Affairs Center
Atlantic*

Nearly 800 family, friends, active duty and retired service members gathered at the Naval Amphibious Base (NAB) Little Creek Chapel on July 29 to pay their final respects to retired Master Chief Carl Brashear, the Navy's first black master diver and a man whose boundless determination inspired every walk of life. Brashear died July 25 at Naval Medical Center Portsmouth of respiratory and heart failure. He was 75.

"We gather to pay tribute to a seaman, a Sailor in whose chest beat the most valiant heart of all," said NAB Little Creek command master chief, CMDCM (AW/SW) Hakim Diaz, speaking on behalf of Master Chief Petty

Officer of the Navy Joe R. Campa.

Brashear's son Phillip, a chief warrant officer 4 in the U.S. Army who returned from service in Iraq on emergency leave to be at his father's bedside when he passed away, spoke candidly about his father's courage and character.

"He taught people world-wide that your race, your gender, your religion, none of that makes any difference," said Phillip. "You can achieve your goals, you can be held accountable to your characteristics as a person, not by the color of your skin."

Brashear joined the Navy in 1948 at the age of 17, shortly after the Navy had desegregated. In 1954, he was accepted and graduated from the diving program.

During the service, retired

Master Diver J. Lamont King, the fifth black American in history to earn the title, spoke about Brashear's legacy.

Hundreds of mourners listened as many stood up to share their thoughts and feelings on the passing of their shipmate.

"Carl, a man with such humble beginnings, has touched so many people," said King. "He represented African-Americans. He represented people with disabilities. He represented the United States Navy. He represented veterans. He was the best of the best of what was truly American."

In 1967, a year after an injury onboard the salvage ship Hoist cost him his left leg, Brashear became the first Navy diver to be restored to full active duty as an amputee. For many, his courage broke barriers and helped changed attitudes about

the disabled.

To his legacy, Brashear was the only amputee deep-sea diver to reach the status of master diver and the first black man to ever become Master Diver of the U.S. Navy, a position he held from 1975 to 1977. Brashear retired from the Navy in 1979 after more than 30 years of service.

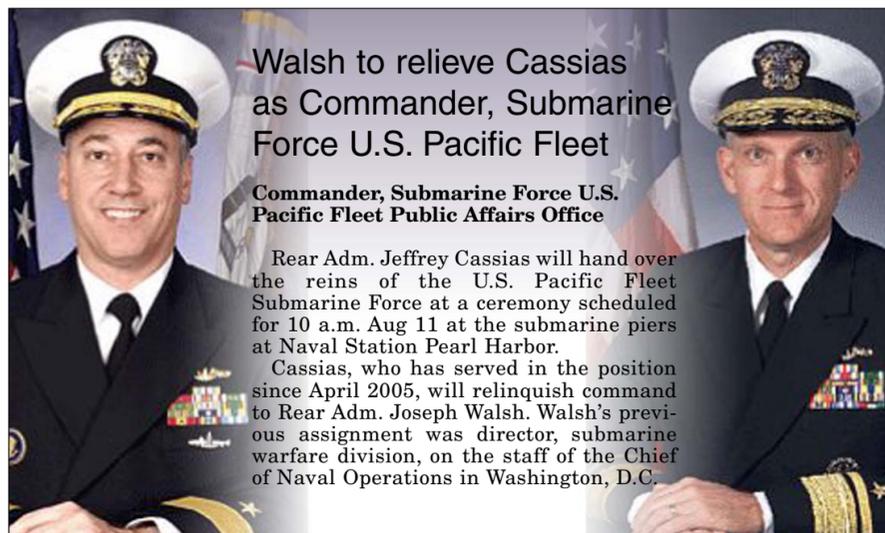
"Carl was a mentor to me," said Retired Chief (DV/SW) Pete Schwartz, who served on USS Recovery with Brashear from 1971-75.

"He was there when my first child was born. When my wife was in the hospital, he came to visit. He treated everyone fairly. If you made a mistake, he'd tell you to get up and do it again."

Following the service, Brashear was laid to rest at Woodlawn Memorial Gardens in Norfolk, Va.

U.S. Navy photo by MC3 Matthew D. Leistikow

Commander, Navy Region Mid-Atlantic honor guards salute as they bring retired Master Chief Boatswain's Mate (master diver) Carl M. Brashear into the base chapel aboard Naval Amphibious Base Little Creek, Va. on July 29.



Walsh to relieve Cassias as Commander, Submarine Force U.S. Pacific Fleet

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

Rear Adm. Jeffrey Cassias will hand over the reins of the U.S. Pacific Fleet Submarine Force at a ceremony scheduled for 10 a.m. Aug 11 at the submarine piers at Naval Station Pearl Harbor.

Cassias, who has served in the position since April 2005, will relinquish command to Rear Adm. Joseph Walsh. Walsh's previous assignment was director, submarine warfare division, on the staff of the Chief of Naval Operations in Washington, D.C.

Secretary of State Rice extends kudos to the troops



Secretary of State Condoleezza Rice addressed the crews of the USS Port Royal (CG 73) and USS Rueben James (FFG 57) on the foc'sle of the USS Port Royal in March. Rice expressed her pride in each Sailor and wished the crew a successful deployment. Port Royal returns from deployment Saturday.

U.S. Navy photo by RP2 (SW) Andrea Eastwood

USS Lake Erie celebrates 13 years of success on the seas

Ensign Tommy Buck

USS Lake Erie (CG-70)

The guided missile cruiser USS Lake Erie (CG-70) capped off a year of success and celebrated its 13th birthday July 24. The crew celebrated with a birthday cake and an awards ceremony at Pearl Harbor Naval Shipyard where the ship is undergoing scheduled maintenance in dry dock.

"It's great to be able to take a moment to celebrate what a successful year this has been for Lake Erie and her outstanding crew," said Capt. Randy Hendrickson, who took command of Lake Erie on June 27. "In the past year, Lake Erie won its second consecutive Ney Award (the Navy's most prestigious food service award), was awarded the Battle 'E' for its combat readiness, and fired three standard missiles, all of which engaged their targets," Hendrickson continued.

Fifteen Sailors were presented awards during the ceremony. "It was a real honor to receive this award on a ship so dedicated to teamwork and camaraderie," said Electrician's Mate 2nd Class Joshua Doyle, who was awarded a Navy Achievement Medal signed by Rear Adm. Alan Hicks, commander of Aegis Ballistic Missile Defense (BMD), for correcting a missile system casualty in support of the successful launch of a Standard Missile-3 (SM-3) in March.

Lake Erie, under the sponsorship of the late Margaret Meyer, wife of Rear Adm. (Navy ret.) Wayne E. Meyer, was commissioned at Pearl Harbor on July 24, 1993. It was the first U.S. Navy ship to be commissioned in Hawai'i.

Since its commissioning, Lake Erie has participated in four successful deployments, including three to the Arabian Gulf. In July 2000, the ship was named as the Chief of Naval Operations test platform for the SM-3 missile, a weapon developed to counter ballistic missile threats outside of Earth's atmosphere.

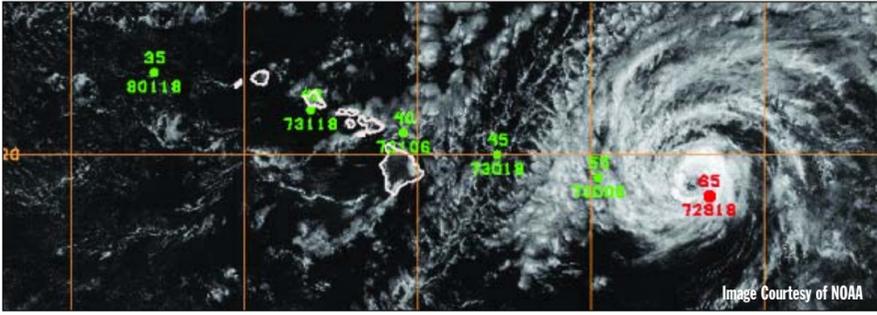
In the months prior to entering the shipyard, Lake Erie enjoyed a string of several significant accomplishments involving the standard missile, including the first ever tracking and engagement of a test ballistic missile in the terminal phase.

Following the successful engagement in May, Lake Erie took tactical command of a five-ship Aegis BMD surface action group for testing and training.

STORY IDEAS?

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Hurricane: Preparedness is crucial

Continued from A-1

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

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

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

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

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

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

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

- Refill prescription drugs and purchase other necessary medication. Obtain at least 10 days to two weeks supply of prescription and necessary medicines. Restock your emergency supplies of candles, matches, fuel for camp-

ing stoves and lanterns, first aid supplies, pet foods and supplies. Make sure that you have at least a five-day supply of non-perishable foods on hand.

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

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

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

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

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

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

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

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

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

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

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

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

Reservists provide support, continuity to RIMPAC

MC1 (SW) Cynthia Clark

Commander, Submarine Force Pacific Public Affairs

More than 100 reservists throughout the country augmented the staff of Commander, Submarine Force, U.S. Pacific Fleet (SUBPAC) for Rim of the Pacific (RIMPAC) 2006, held June 26-July 28 in the waters off the coast of Hawai'i.

The reservists joined the approximately 19,000 military personnel from Australia, Canada, Chile, Peru, Japan, the Republic of Korea, the United Kingdom and the United States participating in RIMPAC. The exercise was designed to enhance the tactical proficiency of units in a variety of sea operations.

"Our Navy Reserve Team integrated with the active component supporting the current Rim of the Pacific (RIMPAC) bi-annual/multi-national exercise is a force multiplier enabling the CNO's vision of the 1,000 ship Navy," said Rear Adm. Jim Beebe, deputy commander, Submarine Force Pacific Fleet. "By working in partnership and exercising with our allies and coalition navies, we enhance the effectiveness of this global naval force."

In addition to the obvious benefits of active-reserve integration for an exercise such as RIMPAC, in the submarine community, the reserve personnel also bring along a wealth of knowledge.

"Our Reserve component provides continuity to RIMPAC," said Capt. John Croce, operational support officer for Commander, Submarine Force U.S. Pacific Fleet (SUBPAC). "For most of the active duty personnel assigned to SUBPAC, this will be their first and



only RIMPAC, while we have many reservists who are participating in their third or fourth, so they've been there and done that. It's very helpful."

According to Croce, more than 100 reservists provided 1,370 man-days of support to SUBPAC operations and communications, Commander Task Force 12, Commander Third Fleet as well as Submarine Squadrons One, Three and Seven during the exercise. In addition to supporting watches on the shore, they also embarked on the aircraft carrier USS Abraham Lincoln (CVN 76) and the guided missile destroyer USS O'Kane (DDG 77), providing support to the destroyer squadrons (DESRONs) as submarine advisory teams (SAT) and submarine element coordinators (SEC).

"The SAT/SEC assists the DESRON commodore and staff in utilization of any submarine assigned to the strike group," said Cmdr. Matt Zirkle, submarine element coordinator SEC on board the Lincoln. "During the exercise, we have 10 reservists on the team to assist the squadron for water space management and to advise them on submarine tactics."

Zirkle's team of reservists

worked, slept and ate beside the active duty Sailors assigned to the carrier and brought their submarine experience to assist the staff on the ship in submarine matters they may not be familiar with.

"As a submarine advisory team operations assistant (SATO), our job is to plot, chart and communicate submarine operational areas to the multinational force and maintain communications with our designated submarines," said Electronics Technician 2nd Class (ET2) (SS) Matthew Fillion, a reservist attached to Pacific Strike Group Operations Detachment Bravo, Portland, Ore.

Not only do Sailors such as Fillion bring their submarine experience with them, they also bring a wealth of exercise knowledge, more importantly, RIMPAC knowledge.

"I have done several exercises ...," Fillion continued. "I've done this job during exercises aboard the USS Tarawa (LHA 1), USS Carl Vinson (CVN 70) and USS Ronald Reagan (CVN 76). I've done two RIMPACs. One of those was while I was on active duty."

Fillion's knowledge of the watch station, during exercises such as RIMPAC, benefited his fellow reservists as well as the squadron's active component. Serving on a different platform than they are used to was enlightening to the large scale of these types of exercises.

"I am learning tons," said ET1 (SS) Michael Shaw, assigned to the Naval Reserve Commander Submarine Group Seven Detachment Charlie, based at Fort Worth, Texas. "I am working on my qualification as submarine advisory team operations

assistant. Fillion is helping me learn this job."

"I served for 12 years and four months as a reactor operator," Shaw continued. "Being on subs my entire time in the Navy; it is a real eye-opener to see how the surface fleet works. I find it incredible there are so many people on this ship and see how everything gets done. I have been in exercises while I was on the submarines ... I really did not get to see the bigger picture of what was happening in other areas of the exercise," he said.

Meanwhile, on USS O'Kane, a smaller team coordinated the submarine element for the bi-lateral force Japanese Maritime Self Defense Force (JMSDF) and U.S. Navy for Commander, Destroyer Squadron 31 (DESRON 31).

"We coordinate all submarine operations for the bi-lateral force commander," said Cmdr. James Williams, who in the civilian world is an engineer for COMSUBPAC staff. "We man watches right along with the DESRON staff, looking out for JMSDF and U.S. Navy submarines participating in the exercise. We also augment [the squadron] with our anti-submarine warfare expertise plus familiarization on how to use air and surface forces along with the submarines."

The active-reserve component wasn't only representing the submarine community at sea; reservists also held down the fort back at COMSUBPAC. They worked along with the active SUBPAC Sailors manning the white cell and communications center.

"In the white cell, with all the countries and different events, we look at all events planned for submarines," said Cmdr. Sanjay Mathur, RIMPAC white cell watch officer and a reservists from

Commander, Navy Region Mid-Atlantic at Norfolk, Va. "When the exercise is going on, we have to ensure the water the submarines are assigned in are safe. We have to take the big picture in mind for the seven submarines involved in the exercise in order for them to be safe and also make sure they're not interfering with the other operational boats."

"Having another cell ... is very man-hour tasking," Mathur continued. "That's why we come in."

Aside from being another body to help with the workload, Reservists also brought many other talents and skills to the table, as another benefit to the Navy's vision of active and reserve integration.

A major benefit to the exercise was the presence of Information Technician 1st Class Young Kim, Pacific Submarine Forces Operations Detachment B at Pearl Harbor. In addition to augmenting the communications cell, he also served a greater task as a translator.

"I was supposed to do my two weeks in the communications cell," said Kim. "When they found out I spoke Korean and needed me in that capacity, I put in for an extension to support and they let me extend for the rest of the exercise. I like the fact I still stay with what I do in the civilian world and, at the same time, to use and maintain my language skills. The Navy has given me the opportunity to do both."

Other members of the team also saw more benefits. "Having civilian business experience allows them to approach problems from a different standpoint," added Zirkle. "It brings a fresh approach and provides a variety of problem solving mecha-

nisms that may not be normally used in the Navy."

Being a temporary fixture on a ship or shore command could be uncomfortable for the reservists or their active duty hosts. In the past, it may have very well been that way; however, all sides agreed that things have changed.

"The active reserve integration is seamless," said Capt. Jeffrey Harley, commander, Destroyer Squadron Nine. "I don't know how we would effectively defeat the number one threat to the carrier strike group without the SEC/SAT team."

"The crew has been absolutely outstanding," said Zirkle from the USS Abraham Lincoln. "There's an assumption you are active duty. I've seen the dramatic changes over the course of my career. They like the services we provide; we're valued by the staff."

SUBPAC active duty staff knows their job would be a lot more difficult without the reserve element during an exercise such as RIMPAC.

"Reservists play a vital role," said Lt. Artvel Tyson, SUBPAC strategic command and control assistant. "We couldn't handle the workload ourselves; they're well trained for specific exercises. Their transition is seamless being prior active duty."

The reservists know this as well and are glad they were here to help.

"The need for integration between the active and reserve components is essential," said Cmdr. Ron Farmer, commanding officer of Pacific Strike Group Operations Detachment F from Phoenix, Ariz. "It's great to show up and immediately contribute to the overall success of such a large scale exercise like RIMPAC."

Pollard: Accepting command

Continued from A-1



U.S. Navy photo by MC1 (SW) Cynthia Clark

Rear Adm. Jeffery Cassias, commander, Submarine Force Pacific, witnesses the traditional shifting of the Force Master Chief badge during the change of office ceremony. Force Master Chief (SS) Mo Pollard relieved Force Master Chief (SS) Michael Benko on July 26 at Lockwood Hall at Naval Station Pearl Harbor.

Cell phone enforcement policy begins

Karen S. Spangler

Editor

On Aug. 1, Navy Region Hawai'i base security began full implementation of new guidance regarding cell phone use while driving on Navy installations.

The enforcement phase of the policy requiring drivers to use hands-free devices began on May 1. The Department of Defense policy is aimed at reducing additional distractions that impede drivers from safely operating a moving vehicle.

Under the new policy, drivers may use hands-free cellular phone devices, including console/dash-mounted or otherwise secured cellular phones with integrated features such as voice activation, speed dial, speakerphone or other similar features.

Drivers cannot hold, dial, text or adjust a cell phone while the vehicle is in motion. However, passengers in the vehicle may continue to use cell phones or other similar, hand-held audiovisual devices.

The use of any portable, personal listening device worn inside the aural canal, around or covering the driver's ear while operating a motor vehicle, except for fire and emergency response or law enforcement/security purposes, is prohibited. Prohibited listening devices include wired or wireless earphones and headphones (including blue tooth or similar technology), but do not include hearing aids or devices

designed and required for hearing protection.

The policy applies to all military personnel, civilian employees, family members, contractors, tenants and visitors who operate motor vehicles on Navy shore installations. It also includes all areas where the Navy provides law enforcement, such as the Navy Exchange complex, Navy-Marine Golf Course and Navy housing areas.

The policy affects drivers of all privately-owned motor vehicles while on Navy property, as well as operators of government-owned vehicles both on and off installations. The policy does not apply to fire and emergency services personnel, emergency medical personnel, or law enforcement and security personnel while performing their official duties. However, emergency and security personnel are advised to be aware of the potential for driver distraction and to avoid the use of cell phones while driving as much as possible.

All drivers, including military, civilians, contractors and visitors, who fail to comply with the policy are subject to administrative action. This could result in a loss of driving privileges on base and removal from or denial of re-entry to the base.

Whether or not it's a law or policy, law enforcement officials advise drivers that it is safer to pull off the road while talking on cell phones or dialing numbers on their cell phones.

For more information, contact your supervisor.

Making choices on drinking and driving



Navy Region Hawai'i Safety Office

People make hundreds, if not thousands, of choices each day about anything and everything. Some choices are huge and some are really small. Some choices have huge consequences and some have none.

Driving is a choice and drinking is a choice, but those choices don't go together. If you choose to enjoy these activities, you need to separate them. The insurance industry has identified that an

average driving while under the influence arrest and conviction will cost you approximately \$25,000 over your lifetime.

Can you imagine an afternoon or an evening that you would choose to spend \$25,000 and have little or nothing to show for it? Drinking and driving can be a choice with huge consequences.

To avoid consequences, you can choose four simple words in any order. "Drink and not drive" or "drive and don't drink" or "don't drink and drive." It's your choice ...

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