



Pro Bowl players visit Arizona

Frank Gore, running back for the National Football League's San Francisco 49ers (front), and Boatswain's Mate 2nd Class Kelly Pfau, coxswain for the USS Arizona Memorial Detachment, maneuver a white boat during a historic tour of Pearl Harbor. Gore was in Honolulu, Hawai'i for the 28th consecutive Pro Bowl at Aloha Stadium.

U.S. Navy photo MCI (AW/SW) James E. Foehl



Navy Band gets first African American commander

MCSNA Ken Ingram

Navy Personnel Command
 Public Affairs

Cmdr. George Thompson has been selected as the first African-American commanding officer of the Navy Band in Washington.

"It's amazing that in the 21st century, year 2007, we still are able to achieve some type of first as African-Americans," said Thompson, head of Navy Music Program (PERS-4014) at Navy Personnel Command. "I feel extremely proud and I know I'm very blessed."

According to Lt. Cmdr. David Hodge, who coordinates Navy bands nationwide for the Navy Office of Community Outreach (NAVCO), Thompson's career and achievements



Cmdr. George Thompson, commanding officer of the U.S. Navy Band

make him the right person for the job. "The Navy couldn't have made a better pick to lead

the Navy Band in Washington, D.C.," said Hodge. "Cmdr. Thompson started out as one of the best pianists in the Navy, rose through the ranks and became known as one of its finest musicians. His entire career as a bandmaster has focused him toward this milestone. We're all certainly proud of him."

Both of Thompson's parents had musical talent and sang in the choir at the church they attended in Philadelphia. One day after Sunday school, Thompson, to his parent's amazement, sat down at the church's piano and started playing simple melodies he had heard in church. They saved and budgeted to get him a piano and private lessons.

▼ See THOMPSON, A-2



U.S. Navy photo by NDI Jason Mette

Navy divers from MDSU 1 provided underwater inspection, assessment and temporary repairs to the cracked hull of the Chinese ship Tong Cheng. The ship was originally destined for various Caribbean ports, but will now return to China for further inspections and repairs.

Joint Basing on the horizon

Joint Base Executive Council

In 2005, the Department of Defense (DoD) released the largest base realignment and closure (BRAC) proposal in our history. This initiative maximizes our warfighting capabilities, realigns our infrastructure within the future defense strategy, eliminates excess physical capacity, and capitalizes on opportunities for joint operations.

It also includes a concept called "joint basing" where two or more adjacent or nearby DoD installations are run by a designated service - be it Army, Navy or Air Force. By consolidating installation support services at conjoined or nearby bases under one military department, the Department of Defense hopes to save \$2.3 billion over 20 years.

Under this BRAC recommendation, the Navy will be

the lead (also called "supporting") service for the initiative here in Hawai'i and the Air Force will become the "supported" service.

BRAC public law requires joint basing to be completed by 2011, but the Office of the Secretary of Defense (OSD) has established a more aggressive timeline. This includes starting the joint base transition period, or initial operational capac-

▼ See JOINT BASING, A-7

MDSU One repairs Chinese flagged merchant vessel

Lt. Cmdr. Keith Dowling

Executive Officer, Mobile
 Diving and Salvage Unit One

The 'Heavy Lifters' of Mobile Diving and Salvage Unit (MDSU) One responded to a request on Jan. 19 from the U.S. Coast Guard to provide assistance to the Chinese flagged motor vessel Tong Cheng when it reported hull damage and progressive flooding in her number

two cargo hold.

According to Tong Cheng's initial report, the ship sustained damage to its port side, forward and the condition had progressed to a point where the ship and her 26 crew were in jeopardy. The Tong Cheng also reported that it was carrying a liquid load that consisted of more than 140,000 gallons of petroleum products that, if released, had the potential to cause damage to Hawaiian

waters.

Navy divers from MDSU 1, with the help of translators, conducted a tag-out on Jan. 20 to de-energize the ship's pumps and machinery that could pose a hazard to divers in their efforts to complete an open ocean, underwater hull survey. The survey was hazardous, but the risk was manageable as divers conducted a thorough inspection

▼ See MDSU ONE, A-8



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NMCRS needs volunteers
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Pro Bowl players visit USS Columbus
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Silver Dolphin Bistro wins Ney Award

Story and photo by MC2 (SW) Ben A. Gonzales

Public Affairs Center Detachment Hawai'i

Secretary of the Navy (SECNAV) Donald C. Winter announced Naval Station Pearl Harbor's Silver Dolphin Bistro as a 2007 winner of the Captain Edward F. Ney Memorial Awards for Outstanding Food Service on Feb. 2.

The Silver Dolphin Bistro (SDB), along with many other commands worldwide, will be recognized during the Joint Military and International Food Service Executives Association (IFSEA) awards presentation March 31 in Kansas City, Mo., which celebrates the 50th anniversary of the food service excellence awards.

"This is a great meal. It's a typical meal here at the Silver Dolphin Bistro. Now we can say that it's a 'Ney quality' meal and really have meaning," said Capt. Taylor Skardon, Naval Station Pearl Harbor's commanding officer. "With the food service division over here winning the Ney award and showing that they are the best galley, it's good to know we have great food and great people."

The Ney Memorial Awards Program is co-sponsored by the SECNAV and IFSEA. IFSEA is a non-profit food service association dedicated to enhancing the professional image and growth of persons serving the food service industry. The awards encourage excellence in Navy food service programs, with the objective of improving the quality of life for Navy personnel.

"The food is very delicious. What more can I say. From my experience working here, everyone is helpful, especially being a new check-in," said Culinary Specialist 3rd Class Brian Flournoy (SDB).

"The staff here is real responsible to my needs and the needs of my family. To me, it is a great honor for us to win the NEY award and the galley here is a great place to work," said Flournoy.

The evaluation teams were made up of senior Navy culinary specialists and IFSEA representatives.

"We are celebrating [winning the Ney]. It's been a while since the last time we won the Ney and it's like bringing back the tradition. A lot of people are happy about this, especially the chain of com-



mand," said Chief Warrant Officer Neil Villanueva, food service officer (SDB). "The great thing about this award is that we are giving the Sailors here a quality of food that is above standards. For me personally, if people are happy with the quality of life that they have here, we can get more productivity and work out of our Sailors," added Villanueva.

More than 3,400 regular and reserve officers of the Navy Supply Corps are responsible for supply and logistics support for the ships of the active fleet and hundreds of naval shore installations worldwide, providing combat capability through logistics.

The Captain Edward F. Ney Awards recognize one of the top quality-of-life issues for Sailors across the globe.

Thompson: Navy musician hits high note

Continued from A-1

Thompson enlisted in the Navy in the aviation field. When he arrived at basic training, he was placed in a special company which consisted of a choir, band and flag details. He was a member of the choir.

"On one rare occasion when we received free time, I went to the choir room to play the piano. Another recruit overheard me playing and asked what my rate was going to be, mentioning that he was going to the Naval Academy Band as a French horn player and that I should try out for the music program," said Thompson. "I passed my audition and was accepted to the Navy School of Music in Little Creek, Va., thus beginning my Navy music career."

After "A" school, Thompson reported to the Navy Band in Orlando, Fla. where he performed with the contemporary ensemble Flagship. In 1980, he transferred to Navy Band Newport, R.I. as keyboardist and vocalist with the Northeastern Navy Show Band.

He was commissioned in 1990 and reported to the United States Navy Band in Washington as the officer in charge of the ceremonial unit, giving him his first taste of playing national-level events. In

June 1994, he became the seventh Fleet bandmaster, U.S. Fleet Band on board the USS Blue Ridge (LCC 19) in Japan, and then went to Jacksonville, Fla. as director, Navy Band Southeast. He later became the executive officer of the school of music.

"One of my most memorable times in my career was when I was the director of the seventh Fleet Band and I performed for former President William Clinton during his visit to the USS Independence (CV 62) in Japan," recalled Thompson. "It was an honor to have him come over and shake my hand after the performance."

Thompson is also the first African-American to be commissioned bandmaster through the Navy Limited Duty Officer Selection Program (LDO).

LDOs are technically skilled, former enlisted officers with strong managerial skills. The LDO program provides commissioning opportunities to chief warrant officers (CWOs), chief petty officers (E-7 through E-9), and petty officer first classes who are selection board eligible for E-7.

"I would encourage all young Sailors, regardless of their ethnicity, to take advantage of the education provided by the Navy," said Thompson. "The only person who can hold you back is you."

Hawaii Navy News Online
www.hawaii.navy.mil

MCPON testifies before Congressional subcommittee

Master Chief Petty Officer of the Navy Public Affairs

Master Chief Petty Officer of the Navy (MCPON) (SW/FMF) Joe R. Campa Jr. testified before Congress on Feb. 9 in his first appearance before the House Appropriations Subcommittee on Military Construction.

The committee oversees all military construction projects, quality of life and veterans affairs-related matters.

Campa appeared with the other senior enlisted leaders from the Marines, Army and Air Force in the two-hour hearing, discussing the tone of the force, family readiness and other major quality of life issues.

"Navy families can no longer rely on the comfort of predictable deployment schedules," he said. "Today, families must be ready at all times for unexpected separations. Because of this uncertainty, traditional pillars of support like housing, health care and child care are that much more important. They directly contribute to family stability and peace of mind while a Sailor is deployed."

MCPON also addressed the Homeport Ashore Program, which offers the goal that no Sailor be obliged to live aboard the ship while in homeport, and the current status of health care in the Navy.

"Our Homeport Ashore program continues provid-



U.S. Navy photo by MCI (AW/SW) James E. Foehl
Master Chief Petty Officer of the Navy (MCPON) Joe R. Campa Jr. is shown here Oct. 30, 2006, speaking with Sailors assigned to the Ticonderoga-class guided missile cruiser USS Lake Erie (CG 70) during a visit to Naval Station Pearl Harbor in Hawaii.

ing adequate off-ship quarters to junior Sailors who would normally live aboard ships," he explained. "This effort marks the most dramatic quality of life improvement for our single Sailors that I have seen over the course of my career."

"I cannot stress enough the importance of the Navy's health care system," Campa added. "Access to quality, affordable health care for those who are serving now and those who have done our nation's work in the past is vital," he said. MCPON related that his own experiences with Sailors indicate they and their families prefer health care administered at a military treatment facility.

Other issues brought before the Congressional subcommittee included the increasing pace of operations due to surge deployments and treatment being provided to veterans returning from combat. Campa also addressed family housing and the status of the public private venture.

The MCPON usually testifies annually before Congress along with the senior enlisted leaders of the other services. This was Campa's first appearance before the Congressional subcommittee and he has been asked to testify again later this year.

Full remarks and written testimony can be found on the MCPON's page at www.navy.mil.

Navy looks to pump up work force health

Philip Molter

Naval District Washington Public Affairs

Commander, Naval Installations Command (CNIC) hosted a Fitness Over 40 seminar at the Washington Navy Yard (WNY) on Jan. 26 to introduce the Senior Health Assessment Program Enterprise (SHAPE) to those serving within the Naval District of Washington.

This pilot program aims to educate and motivate "senior" members of the Navy - both active duty and civilian employees - to the significant benefits of strength training.

"Everyone employed by the Navy is part of the Navy family," explained Marc Meeker, CNIC Navy fitness program manager. "Both civilians and Sailors have to be in good shape to do their jobs. We want to make sure that it's a fit Navy family."

"We want to [reach] the 'senior' people, that is to say [those] over 40, that are less active due to the time put into their jobs," Meeker said. "More people in shape translates into less man hours lost plus being able to do your job more efficiently and effectively as you get older."

Most of the health problems plaguing Americans are caused by a lack of activity and, more specifically, a lack of resistance exercise, according to guest speaker Wayne Westcott, Ph.D. C.S.C.S. and research director at the South Shore YMCA in Quincy, Mass.

"The Navy is recognizing that and they're putting a program in place to main-



U.S. Navy photo by MCC (SW/AW) David Rush
The SHAPE program aims to educate and motivate "senior" members of the Navy - both active duty and civilian employees - to the significant benefits of strength training.

tain healthy lifestyles for those that are over 40, but want to act like they did when they were 20 or 30," said Westcott.

CNIC seemed to time the seminar and its introduction of SHAPE just right according to one attendee.

"I was very excited to receive the notice (about the seminar)," said Oreta Stinson of the Navy Small Business Office at WNY. "I recently planned and rededicated myself to getting fit. I wanted to get into the strength training, but I wasn't quite sure what approach to take, so when the notice came out I thought great! I am almost 50 and I thought it was time that I take charge of my health and wellness. I want - like (Westcott) said - to prevent potentially chronic diseases in the future."

Westcott explained that getting back in shape can reap rewards regardless of

when you start exercising. "Anybody, at any age, can get a benefit from physical exercise. It's all up to you and the choices you make throughout your life," said Westcott. "[Ask yourself,] 'Do I want to be healthy when I'm 70? Or do I just want to be alive?'"

"You don't have to be a fitness person your whole life. There are certainly people who can be in better shape at 40 than they were at 20. You can pick this up when you're 40, 50, 60 - there are 80-year-olds lifting weights and finding out they're regaining (capabilities) they thought they had lost," Westcott asserted.

It might seem like time for exercise is at a premium, but it's a story of "You can pay me now, or you can pay me later" when it comes to fitness.

Westcott explained that when a person is not doing any strength training he loses five pounds of muscle and adds roughly 15 pounds of fat every decade of life.

"So between the ages of 20 and 50, if you're not doing any activity and especially strength training, you're going to lose 15 pounds of muscle and you're going to add 45 pounds of fat. Those changes lend themselves to a variety of degenerative diseases - diabetes, heart disease, stroke, cancer, low back pain, arthritis, etc.," Westcott concluded. "So, it just makes so much sense to spend a few minutes, two or three days a week doing things that will not just prevent you from losing muscle and adding fat, but will help you enjoy life and have a lower risk of having these debilitating, degenerative diseases."

Commentary

Chapel Pennant

Refreshing water

Lt. Fred Holcombe

Staff Chaplain

"For my people have committed two evils: They have forsaken me, the fountain of living waters, and hewn themselves cisterns - broken cisterns that can hold no water." - Jeremiah 2:13

There are times in the life of a Christian when we feel distant, separated from God. Sometimes this is just our emotions run away and God has never left our presence even though we feel He has. Other times, it is when we have chosen the things of this world to replace the things of God.

The prophet Jeremiah is speaking to those who have traded the things of God for the things of this world. He is not addressing the human emotion we all have felt as being separated from God, but the purposeful replacing of God with other things. When our emotions tell us we are separated from God, God has said that He would be like an artesian well in the life of a believer.

Artesian wells bubbled forth with a cold, fresh, never-ending supply of water from the depths of the earth, quenching any thirst and always satisfying. This is the picture of the spiritual refreshment that belongs to the

person in whom the Holy Spirit resides.

Have you ever heard people say they are experiencing a dry spell in their Christian life? What are they saying? Are they saying that the Lord ran out of water? It should never cross your mind that the fountain of living waters residing within you should ever be reduced to a trickle. You don't need to run all over the country trying to find sources of spiritual refreshment.

Conferences, retreats and books can all bring encouragement, but if you are a Christian, the source of living water already resides within you. Have you exchanged the living fountain for man-made cisterns that cannot hold water? Why would you exchange an artesian well for a broken water tank? Artesian wells do not dry up. Broken cisterns do.

If you are experiencing spiritual dryness right now, is it because you have been attempting to find your source of spiritual refreshment from man-made sources, which will fail you every time? Jesus extended an invitation to you when He said: "If anyone thirsts, let him come to me and drink." (John 7:37). Have you been refreshed by the living water only Jesus can provide?

Landing of LVTs on Iwo Jima



U.S. Naval Historical Center photograph
Amphibious tractors (LVT) head for landing beaches on Iwo Jima, circa Feb. 19, 1945. Note explosions, with much smoke and dust, ashore. Mount Suribachi is at left. Original 35mm Kodachrome transparency, photographed by Lt. Howard W. Whalen, USNR, boat group commander, USS Sanborn (APA-193).

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Pearl Harbor Highlights



(Background photo) Indianapolis Colt's quarterback, Peyton Manning, fires a pass during the National football League's 2007 Pro Bowl at Aloha Stadium on Feb. 10. The American Football Conference (AFC) defeated the National Football Conference team by a score of 31 to 28.

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



(Above) Cincinnati Bengal's quarterback, Carson Palmer, hands off to San Diego Charger's running back, LaDainian Tomlinson, during the National Football League's 2007 Pro Bowl game Feb. 10 at Aloha Stadium in Honolulu, Hawai'i.

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



(Left) National Football League (NFL) Pro Bowl cheerleaders perform at mid-field during the NFL's 2007 Pro Bowl at Aloha Stadium Feb. 10. Each year, one cheerleader is selected from each NFL team to represent their team on the Pro Bowl cheerleading squad.

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



(Above) Chicago Bear's defensive back, Devin Hester, returns a kick-off during the National Football League's 2007 Pro Bowl game Feb. 10 at Aloha Stadium in Honolulu, Hawai'i. The American Football Conference (AFC) defeated the National Football Conference (NFC) by a score of 31 to 28.

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



(Left) Vince Young, of the Tennessee Titans, scrambles for a first down during the Pro Bowl on Feb. 10.

U.S. Navy photo by MCC (AW/SW) Don Bray

Military members from all branches of the service participated in the half time show at the Pro Bowl.

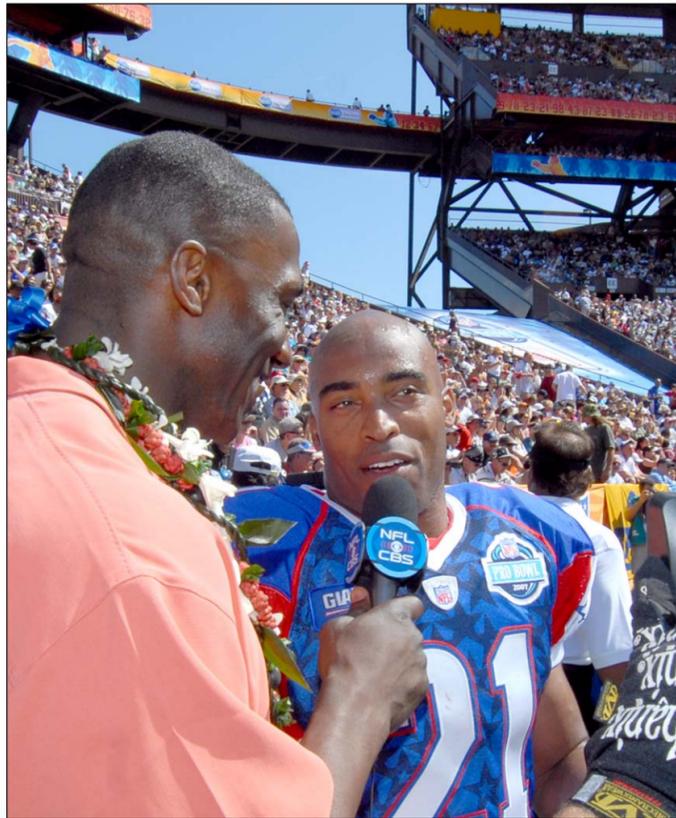
U.S. Navy photo by MCC (AW/SW) Don Bray



U.S. Navy photo MC1 (AW/SW) James E. Foehl
(Above) A keiki dressed in traditional hula attire waits to take the field for a halftime show during the National Football League's 2007 Pro Bowl.



U.S. Navy photo MC1 (AW/SW) James E. Foehl
Henry Kapono waves to the crowd during his performance during the NFL Pro Bowl Halftime Show at Aloha Stadium in Honolulu, HI on Saturday, February 10, 2007.



U.S. Navy photo MC1 (AW/SW) James E. Foehl
Former Denver Broncos tight end, Shannon Sharpe, interviews New York Giant's running back, Tiki Barber, on the sideline during the National Football League's 2007 Pro Bowl game at Aloha Stadium for a CBS sports highlight.



(Background) A joint service color guard parades the colors at mid-field during the National Football League's 2007 Pro Bowl game Feb. 10 at Aloha Stadium. The American Football Conference (AFC) defeated the National Football Conference (NFC) by a score of 31 to 28.

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

Russell surges with Ronald Reagan Strike Group

Ensign Theresa Donnelly

USS Russell (DDG 59) Public Affairs

USS Russell (DDG 59) crew members bid farewell to loved ones and friends as the ship departed from Pearl Harbor on Feb. 3 with the Ronald Reagan Strike Group in support of maritime operations in the western Pacific region.

In response to the recent surge of forces to various overseas locations, Russell deployed on short notice in order to satisfy military plan objectives, which included the ability to respond to any global commitment with flexible and sustainable forces.

Russell will be performing operations and exercises with multinational forces and will maintain positive interaction with other friends and allies through mutual training opportunities, exchanges and port visits.

Russell Sailors answered the call to duty with unwavering enthusiasm despite returning home from its last deployment a few short months ago. "It's been tough because I had to adjust a lot of personal plans that I had," said Electronics Technician 3rd Class Tyler Kirkland. "However, I am really excited to go overseas and show that our nation is not overextended and can meet the challenges of war."

Russell has also recently completed its Ultra C inspection, where a series of training objectives were met and many expectations were exceeded by Russell's superior performance in many mission areas. "It's fun to come onboard a ship that has such a great attitude," said Commodore Dell Epperson, Commander, Afloat Training Group. Many warfare areas are now certified due to Russell's steadfast commitment to training. The strike warfare, anti-submarine warfare, and visit, board, search and seizure (VBSS) team did exceptionally well. In particular, Russell is now the first ship on the waterfront to earn its cruise missile tactical qualification during this phase of inspection.

Operations Specialist 3rd Class Justin Salmeron, who played an integral role in many surface tracking exercises, said, "Even though the Ultra C inspection was hectic, it has brought the crew closer together and I feel good knowing that I am performing what I enlisted in the Navy to do."

The Russell crew looks forward to this deployment as an opportunity to enhance its war-fighting skills as well as interact with friends and allies in host nations.

Guided missile destroyer USS Russell (DDG 59) transits the South Pacific on Feb. 9 while on deployment as part of the USS Ronald Reagan Carrier Strike Group (CSG).

U.S. Navy photo by MCC Spike Call



Sailors volunteer at Moanalua High School



U.S. Navy photo by Lt. Jeff Poirier

Sailors from Naval Submarine Training Center Pacific (NSTCP) recently completed a community relations project to help improve the quality of life at Moanalua High School. The project was coordinated through the Navy School Partnership Program (NSPP) and Robin Martin, vice principal, to repair and repaint four rest-rooms on the campus.

NFL players visit USS Columbus

Story and photo by MCI (SW) Cynthia Clark

Commander Submarine Force U.S. Pacific Fleet Public Affairs

Baltimore Ravens' inside linebacker Bart Scott and Green Bay Packers' wide receiver Donald Driver toured the nuclear-powered attack submarine USS Columbus (SSN 762) on Feb. 7.

Scott and Driver toured the control, machinery and torpedo rooms as well as the crew's mess and wardroom. During their tour, they chatted and signed autographs for crew members.

"I'm from Wisconsin and a huge Packers' fan," said Electronics Technician 2nd Class (SS) Eric Curtis, a Columbus crew member. "I was home and got a phone call telling me to come down and meet him. This is so exciting for me."

For Scott and Driver, the feelings of excitement were mutual as well as admiration for the job Navy submariners do.

"It gave me a great appreciation for what these guys are doing," said Scott. "We're just out there playing a game; for the submarine guys, this is real life.



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

Lt. David Ridings, navigator on board USS Columbus (SSN 762), explains the day-to-day activities on board a nuclear-powered attack submarine to Baltimore Ravens' inside linebacker Bart Scott and Green Bay Packers' wide receiver Donald Driver. Scott and Driver who were in town for the NFL Pro Bowl, also visited USS Reuben James (FFG 57).

The amount of science and technology they use daily is just amazing."

Driver agreed. "I'm still amazed from the tour I had of a submarine a few years ago," he said. "The things they go through day in, day out are amazing. They're out there

doing everything in the world for us. Coming down and visiting them is the least we can do."

After touring Columbus, the players toured the Pearl Harbor-based USS Reuben James (FFG 57) before returning to the regular Pro Bowl activities.

Navy Marine Corps Relief Society needs volunteers

MC1 (SW/AW) Keith Jones

Public Affairs Center
Detachment Hawai'i

In the business world, time is money, but for Naval Station (NAVSTA) Pearl Harbor's Navy Marine Corps Relief Society (NMCRS) – time may be more valuable than money.

"We need volunteers to man offices, serve as case workers and receptionists, and work in our thrift store," said Paul Belanger, director for NAVSTA Pearl Harbor's local NMCRS.

"We're so low on volunteers right now that if you called today, the nearest appointment we could get you would be next week," he added.

A week can seem like a lifetime to those in need of the relief society's help. Belanger said the bulk of the Sailors, Marines and their families that they help are in emergency financial straits. Most need the help yesterday, if not sooner.

NMCRS has the money to provide for qualified financial needs. They raised more than \$600,000 locally in 2006 from allotment-based fundraisers, pledge drives and the base thrift store. The store, located next to Quick Field, raised \$71,000 alone in 2006 with most of the items costing no more than one dollar.

The relief society provided nearly \$1 million last year locally. The bulk of that financial aid was approved by volunteers, a number of which have transferred through permanent change of station (PCS). Who will stand in the gap to help those



U.S. Navy photo by MC2 Ben A. Gonzales

NMCRS volunteers help military families to work out budgets, provide financial training, and assist with interest-free loans or outright financial grants that are given to those in need.

Sailors in the future?

"Navy Relief is a volunteer organization," said Belanger. "Our one-on-one client work is done by volunteers. Our appointments are taken by volunteers. When Sailors have an emergency and need rent money, or money for food to feed their families, or a plane ticket to the mainland for an emergency – that's done through our volunteers."

And right now, the young mother whose husband is deployed and needs financial

help to buy food can look forward to a week's wait just to be seen unless a special appointment can be made.

"We bend over backwards to try and help, although we do have certain policies. We try to be careful because most of our money is donated from other Sailors and Marines," said Diane Smith, a Pearl Harbor NMCRS volunteer.

Hawai'i has been reported as the highest rent area in the nation for the second year in a row. Sailors and Marines who are new to the service

often find themselves stretched to the limit financially if they can't secure base housing. Even if the rent is met, emergency car repairs and other unseen financial hits can take its toll on those who aren't financially secure.

It's volunteers who sit down with these families and work out budgets, provide financial training, and determine whether interest-free loans or outright financial grants are given to those in need.

According to their

local Web site, www.pixi.com/~nmcrshi, volunteers can work as few as two hours a week and still make a world of difference. Volunteer jobs can be as simple as greeting clients as they arrive at their office across from the Makalapa Clinic, to determining their needs and helping them plan a budget.

There are many reasons volunteers have for giving of themselves initially, and not all of them need be altruistic.

"I was just looking for a way to meet people at the time. I

knew nothing about Navy Relief, I knew almost nothing about the Navy, and by coming here you meet a lot of people you wouldn't normally meet," said Smith. She now is a Navy Relief volunteer coordinator.

Volunteers who are better at writing or public speaking than one-on-one interaction can use those skills, or learn management skills overseeing a volunteer work force like Smith, or scheduling volunteer schedules and operating in the thrift store.

"We provide all the on-the-job training someone willing to help could want," said Belanger. "We also encourage enlisted service members and their spouses to volunteer as well as officer volunteers. Who knows better what a young enlisted service member's family might be going through than someone who's actually been there?" he noted.

But if you ask Smith, it's not just the E-3 and below families that need help. Everyone needs a hand-up every now and then.

"I've met young enlisted and a lot of older Sailors that have been in almost 20 years. We have some retired people here, too, so it's a real chance to get a real view of the military," said Smith.

She said the military is sometimes not an easy life and everyone needs a lifeline from time to time. And it's volunteers like Smith who are the ones holding on to the other end of the line.

For more information on how you can volunteer at the Navy Marine Corps Relief Society, call 808-423-1314 or visit the NMCRS Web site at www.nmcrs.org.

Joint Basing draws near

Continued from A-1

ity, by October 2007 and completing the joint base transition by October 2008.

"Believe me when I say this is a partnership between sister services sharing a common fence line. If we don't have a partnership, we won't succeed," said Capt. Taylor Skardon, commanding officer, Naval Station Pearl Harbor.

"I agree with Taylor," said Air Force Col. J.J. Torres, 15th Airlift Wing commander at Hickam Air Force Base. "We are committed to gaining efficiencies in common areas of base operations and through innovative merging of organizations where it makes sense. As I said before, we will succeed."

Naval Station Pearl Harbor and Hickam Air Force Base have established senior level committees to coordinate and facilitate the joint basing process. Joint teams were established, called functional working groups (FWGs), for each

functional area of support (e.g., security, morale and welfare, facility maintenance) and subject matter experts from both Pearl Harbor and Hickam were identified to work on these groups. Their job is to define what each service does in their own functional area, compare the processes they each use, and determine efficiencies that can be achieved by combining their organizations.

Joint basing is intended to focus on efficiencies gained by joining common, base support functions, not core missions. The FWGs will make recommendations on which functions will best fit into a joint base environment. Another key element of joint basing is to establish common output levels or COLs.

The Air Force and Navy will fill out questionnaires that describe the level of support we currently provide (frequency of grass cutting, for example) and submit that information to OSD. OSD

will then determine the "standard" that all joint bases will follow. The standard (COL) may be more or less than what the customer had been receiving.

An "as-is" analysis describing our current organizational structure, budgets, processes, etc. is near completion, awaiting release of the questionnaires. Following the "as-is" analysis and publication of the Joint Basing Implementation Guidance, we will begin the more interesting job of determining the "to-be" condition. This "to-be" condition will describe if, or how, the functions can merge and what efficiencies can be gained as a result of this merger.

We will provide articles in the future to keep all base personnel apprised of the status of this very important effort. We will also provide a frequently asked questions section to answer the concerns and questions raised by base personnel about joint basing.

USS O'Kane Sailors at sea...



U.S. Navy photo by MC2 Mark G. Logico

Sailors assigned to guided missile destroyer USS O'Kane (DDG 77) disembark as they conduct approach operations using a rigid hull inflatable boat on Feb. 6. O'Kane, attached to the John C. Stennis Carrier Strike Group (JCSG), is conducting flight and integrated strike group operations off the coast of Guam after entering the Seventh Fleet area of responsibility (AOR) as part of a deployment to promote peace, regional cooperation and stability.

Pouhala Marsh cleanup set for Saturday



Photo courtesy of Hawai'i Nature Center

Sailors from Pearl Harbor Afloat Training Group Middle Pacific pitched in to help clean up Pouhala Marsh as part of the Pearl Harbor Wetlands Restoration Project on May 17, 2006. Volunteers are needed for the next cleanup which is slated for 8:30-11:30 a.m. Saturday. The Hawai'i Nature Center will lead volunteers in removing pickleweed and mangroves. For more information, call 955-0100, ext. 18. Expect to get wet, muddy and sweaty. Bring work gloves, water, hat, sunscreen, covered shoes/boots, and a towel and change of clothes to dry off afterward.