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Adm. Fallon relinquishes helm at PACOM

U.S. Navy photo by MC2 Alisha M. Frederick

Adm. William J. Fallon, Commander, U.S. Pacific Command, relinquishes command to Lt. Gen. Daniel P. Leaf, deputy commander of U.S. Pacific Command, on March 12 at Camp H.M. Smith. Fallon departs Pacific Command after serving two years with distinction to assume the duties as Commander, U.S. Central Command, in Tampa, Fla. Leaf will serve as acting commander until the next commander is confirmed by the U.S. Senate. President George W. Bush has nominated Adm. Timothy J. Keating, Commander, U.S. Northern Command, for appointment as Commander, U.S. Pacific Command.

U.S. Pacific Command Public Affairs

Adm. William J. Fallon, commander, U.S. Pacific Command, relinquished command to Air Force Lt. Gen. Daniel P. Leaf, deputy commander of U.S. Pacific Command, during a ceremony at Camp H.M. Smith on March 12.

Fallon departs U.S. Pacific Command, after serving two years with distinction, to assume the duties as the commander of U.S. Central Command in Tampa, Fla.

Leaf will serve as acting commander until a new U.S. Pacific Command commander is confirmed by the U.S. Senate and assumes command.

President George W. Bush has nominated Adm. Timothy J. Keating, Commander, U.S. Northern Command, for appointment as Commander, U.S. Pacific Command.

U.S. Pacific Command is the headquarters responsible for all American air, ground and maritime military forces in the Asia-Pacific region. U.S. Pacific Command is the largest geographical command in the Department of Defense. It includes 43 countries, bordered by two oceans, and encompasses an area that covers more than 100 million square miles from the west coast of the United States to the east coast of Africa.

NMCRS 2007 fund drive kicks off for Navy Region Hawai'i

Story and photo by MC1 (AW/SW) James E. Foehl

Navy Region Hawai'i Public Affairs

Key persons for the 2007 Navy-Marine Corps Relief Society Fund Drive receive information kits at ther kick-off on March 12.

Sailors and Marines from various units of Navy Region Hawai'i gathered to kick off the 2007 Navy-Marine Corps Relief Society (NMCRS) Fund Drive on Monday at Sharkey Theater on board Naval Station Pearl Harbor.

"Supporting our Sailors and Marines at Sea and Ashore for More Than 103 Years" is the theme of this year's fund drive.

The NMCRS continues 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, their eligible family members, and survivors when in need.

Representatives from each command, or "key persons," received a kit with information and materials needed for their command's Sailors and Marines to contribute to the 2007 fund drive.

"The key person is really the lynch pin and the force motivator for this whole drive," said Capt. Robert Carter, chairman of the 2007 NMCRS fund drive and commanding officer, Fleet and Industrial Supply Center, Pearl Harbor. "One hundred percent contact is one of our prime goals, to make sure everyone at least has the opportunity to be able to contribute in some way or another for the NMCRS."

For more than a century, the NMCRS and its volunteers have dedicated themselves to serving Sailors, Marines and their families worldwide.

"We want to get the word out that these services are available to them," said Paul Belanger, director of NMCRS at Naval Station Pearl Harbor.

One focus this year for the NMCRS is to get the word out to Sailors and Marines who use payday loans.

"We have Sailors and Marines who go out into the community and take out payday loans. A lot of the money that they're borrowing from payday lenders may well be the kind of things they could have borrowed from us at no interest," said Belanger.

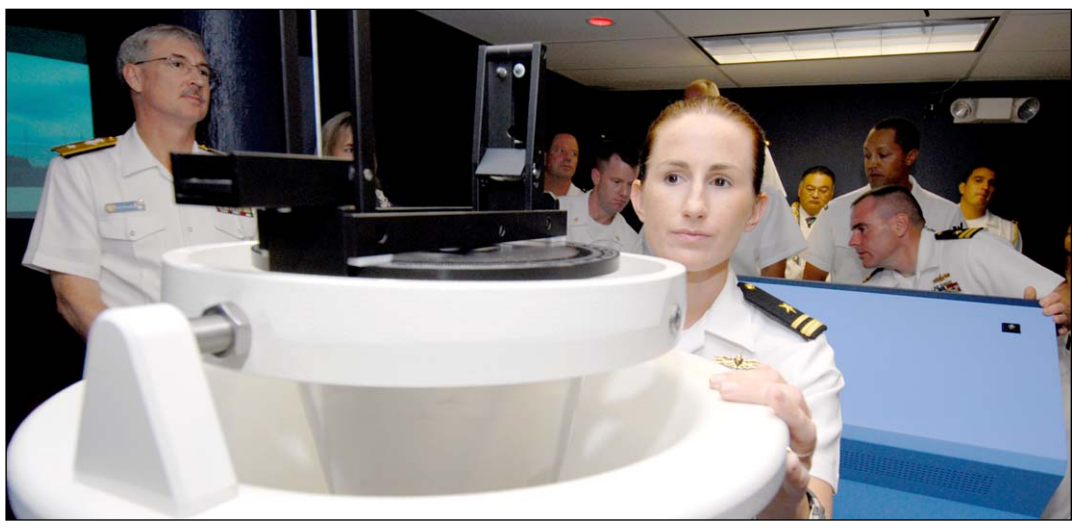
Of the $34 million raised worldwide in last year's NMCRS fund drive, NMCRS Pearl Harbor and NMCRS Kaneohe together raised more than $640,000.

Additionally, Sailors and Marines from the region received more than $145,000 in grants.

"More than $118,000 was [provided as] grants to Kaneohe, many of which went to families of Marines who were killed in Iraq," said Belanger.

The Navy-Marine Corps Relief Society continually provides interest-free loans or grants to Sailors and Marines with emergency needs such as: emergency transportation, funeral expenses, medical/dental bills, food, rent, utility bills, disaster relief assistance, child care expenses, essential vehicle repairs and unforeseen family emergencies.

For more information on how to contribute to or receive services from Navy Region Hawai'i NMCRS, contact your command's NMCRS representative or visit http://www.pixi.com/~nmcrshi.



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

Rear Adm. T.G. Alexander looks on as Lt. j.g. Jenna Rauning, assigned to Afloat Training Group Middle Pacific (ATG MIDPAC), acts as the conning officer of a bridge watch team while simulating an approach for underway replenishment during an unveiling and ribbon cutting ceremony for the Navigation, Seamanship and Shiphandling Trainer (NSST) at ATG MIDPAC. NSST is a new state-of-the-art bridge team trainer designed to replicate the environment found on the bridge of a U.S. Navy ship and utilizes life-like scenarios with visual simulations to train Navy bridge teams.

Shiphandling simulator now open for Sailors

MC2 (SW) Ben A. Gonzales

Public Affairs Center Detachment Hawai'i

The Afloat Training Group Middle Pacific (ATGMIDPAC) and Navigation, Seamanship and Ship-handling Training Center (NSST) launched a new navigation, seamanship and ship-handling (NSS) simulator during a ribbon-cutting ceremony held Wednesday on Ford Island.

The NSS version two (v2) systems are primarily a shore-based platform, designed to give the look and feel of a ship's bridge.

Commodore Dell Epperson, commanding officer ATG-MIDPAC, welcomed special guests who had the opportunity to experience the NSS system first-hand.

Rear Adm. T. G. Alexander, Commander, Navy Region Hawai'i and Commander, Naval Surface Group Middle Pacific, and Capt. Herb Taylor, president of Kongsberg Maritime Simulation, Inc., also spoke at the event.

"Simulators play a very important role in a cost effective way to hone our war-fighting skills," said Alexander.

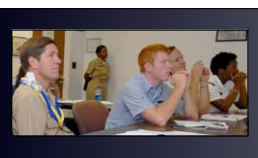
The Navy has recognized the value of simulation to improve navigation, seamanship and ship handling skills. It is convinced that the return on investment of moving to the next generation high fidelity NSST simulators will be realized if even one ship collision or grounding is avoided.

"We're able to put the trainer in harms way, not worrying about hurting any Sailors or hurting any equipment. (We let) the watch standers actually react to the simulation," said Lt. Bob Arias, NSST.

The NSST v2 system consists of a large-scale, pilot house mock-up with seven visual scene projectors that provide an out-of-the-window view on a 240-degree curved projection screen. The bridge mock-up design emulates the bridge on a Navy ship.

Having the simulator in Hawai'i will expand the training ground, allowing more training to be conducted frequently with Sailors and officers from local shore com-

▼ See NSST, A-7



Center for Personal and Professional Development seminar See page A-2

Paul Hamilton Sailors meet Japanese dignitaries See page A-2

Russell Sailors donate their time in Hong Kong See page A-6

Survivors talk about 'day of infamy' See page B-1

Capt. William Dewes, commanding officer, Center for Personal and Professional Development, joined Sailors of Navy Region Hawai'i for an Educational Services Office (ESO), Command Career Counselor (CCC) and Navy College Program for Afloat College Education (NCPACE) training seminar Tuesday at the Navy College Office at Naval Station Pearl Harbor. The two-day ESO, CCC, NCPACE seminar is held quarterly for Navy Region Hawai'i and used as a tool to continually help train and keep Sailors of the region notified of changes in Navy College programs.

CO, Center for Personal and Professional Development, visits with region Sailors

Story and photo by MC1 (AW/SW) James E. Foehl

Navy Region Hawai'i Public Affairs

Capt. William Dewes, commanding officer, Center for Personal and Professional Development, joined Sailors of Navy Region Hawai'i for an Educational Services Office (ESO), Command Career Counselor (CCC) and Navy College Program for Afloat College Education (NCPACE) training seminar Tuesday at the Navy College Office at Naval Station Pearl Harbor.

"We reach out to everywhere there are Sailors. That's why we're here visiting Sailors in Hawai'i," said Dewes.

Dewes, who is currently traveling to various Navy College offices throughout the fleet, viewed the workshop as a perfect opportunity to put out information and get feedback from the region's Sailors.

"I need to learn about how Sailors get their education and what their barriers are," said Dewes. "I can take this [information] up to leadership if there's a policy that needs to be changed or just understanding how that works helps us do our job better."

One issue Sailors attending college courses through Navy College are being faced with today is having to withdraw from courses due to deployments as individual augmentees (IA).

"If a Sailor has to withdraw from a course because of military duties, they are never held accountable for that money," said Dewes.

According to Dewes, some Sailors can continue working on their education while on IA. In the training received before deploying as an IA, Sailors are given a pamphlet that provides them with information on how to contact Navy College once they're deployed.

"We will support any Sailor on an IA that we can and we changed the policy recently to not just support with tuition assistance, but support with NCPACE. We have 187 Sailors on IA that are using NCPACE right now," said Dewes.

Not every Sailor on an IA can continue with educational goals while deployed.

"They probably won't know if they can [continue education] until they get there, but we're ready to support them. If they get in place and find they can do it, they can reach back to us," said Dewes.

The two-day ESO, CCC, NCPACE seminar is held quarterly for Navy Region Hawai'i and used as a tool to continually help train and keep Sailors of the region notified of changes in Navy College programs.

"It helps when they have training sessions like this to get the word out to the blue shirts," said Cryptologic Technician Administration 1st Class Will Miller, command career counselor, assigned to the "Wizards" of Special Project Patrol Squadron Two (VPU-2).

Since assuming command of the Center for Personal and Professional Development, Dewes has traveled to more than 45 of the 55 total Navy College offices world-wide, gathering feedback from Sailors for programs improvement.

One of the most notable changes that has stemmed from the Sailor inputs has been the increase of maximum number of semester hours per semester that tuition assistance will cover.

"We used to have a 12 semester hour cap, it's now 16," said Master Chief Gretchen Boals, command master chief, Center for Personal and Professional Development. "One of the top five reasons Sailors stay in the Navy is education. Sailors are out there, getting their education. Next to family and quality of life for your family, education is one of the best things we can do for our Sailors."

The Center for Personal and Professional Development team will travel to Guam following their visit here where they will continue to work toward their mission of providing tools, knowledge and information to support the personal growth and professional development of Sailors and optimize Navy readiness.

Paul Hamilton crew meets Japanese dignitaries at Wakayama, Japan

Ensign Chris White

USS Paul Hamilton (DDG 60) Public Affairs

U.S. Navy photo

Cmdr. Chris Bushnell welcomes the governor of Wakayama prefecture, Yoshinobu Nisaka, and the American consul general of Osaka-Kobe, Daniel Russel, aboard USS Paul Hamilton.

Local leaders as well as a representative from the Japanese Maritime Self Defense Force Hanshin Sub-base held a ceremony to welcome USS Paul Hamilton (DDG 60) and her crew to Wakayama, Japan on Feb. 26.

Kyoko Naito, the president of the Women's Department of Wakayama Defense Association, presented a large bouquet of flowers to Cmdr. Christopher Bushnell. Hiroshi Kokawa, the vice president of Wakayama Defense Association, and Kazou Handa, the vice director of the port and harbor division for Wakayama city government, both essential elements in arranging the smooth arrival and warm greetings, were also on hand to welcome everyone ashore.

A contingent of press members from the local media were present to take pictures and interview members of the Paul Hamilton crew. The press members were also treated to a tour of the ship, encompassing the exterior, the bridge, combat information center and the central control station.

Local leaders and delegates from the local consulate were treated to a luncheon in the wardroom. They discussed many topics, including the favorite sports in Wakayama. Everyone was pleased when they learned that sumo wrestling was a favorite, especially when the Japanese visitors learned that a "sumo-suit" wrestling match was a highly anticipated event for Paul Hamilton's captain's cup competition. The wardroom goldfish also caused quite a stir when they were discovered, as they were representative of the famous koi that are seen swimming in Japanese ponds.

Daniel Russel, the Osaka-Kobe American consulate general, also visited the ship along with Yoshinobu Nisaka, the governor of Wakayama prefecture. Bushnell presented the governor with an engraved plaque and Paul Hamilton ball cap and received a set of cups in the local style in return.

Nisaka was very enthusiastic during his visit as he has only been the governor of the prefecture for two months and was grateful for the opportunity to participate in such a historic moment for the region. The visit paved the road for future visits and an increase in tourism for Wakayama.

This visit proved to be another success for the U.S. in its goal of continuously improving relations with all of its allies and global neighbors. Lt. Justin Harts, Paul Hamilton's operations officer, re-emphasized this with his comment, "While our primary mission is to operate with the Ronald Reagan Strike Group at sea, our actions in port directly impact an equally important mission as foreign ambassadors for the United States to other countries." This mission directly correlates with the tried and true saying "Join the Navy and see the world" only now Sailors are asked not just to see the world, but to impress the world through their actions and their representation of the nation as a whole.

Hawai'i Navy News Editorial

Sponsor program plays key role in family readiness

CNOCM (SW/AW) Tom Howard

U.S. Seventh Fleet

CNOCM (SW/AW) Tom Howard

As most of you can recall, checking into a new duty station can be overwhelming – not only for yourself as the service member, but also for your family. It is for this reason I want to take a moment and talk to you about the Sailor/family sponsorship program and about how you can make a difference in a shipmate's transfer.

The bottom line here is to make sure Sailors and their families are set up for success from the moment permanent change-of-station orders are received. That's when you should begin taking action to welcome your shipmate. As a sponsor, you have a tremendous impact on the tone of that Sailor's entire tour at your command.

Upon receipt of orders, the command identifies a sponsor and the sponsor, in coordination with the command's sponsor team, initiates contact. As soon as you're assigned as a sponsor, it is imperative that you begin creating a strong line of communication with your prospective gain.

Ask a lot of questions and try to provide as much information as possible. Is the Sailor married? Do they have children? Have they received dependent entry approval, if necessary? Are they planning on bringing pets? Do they plan on living in base housing or on the economy? It's also a good idea if the new member is married to get an email address for the spouse. As I know from experience, the spouse has questions the Sailor may not even be thinking about.

For single shipmates, the information is no less vital. Each Sailor has personal issues and concerns. But, I would bet these issues and concerns have answers and resources to assist the Sailor with a smoother transfer. Just ask!

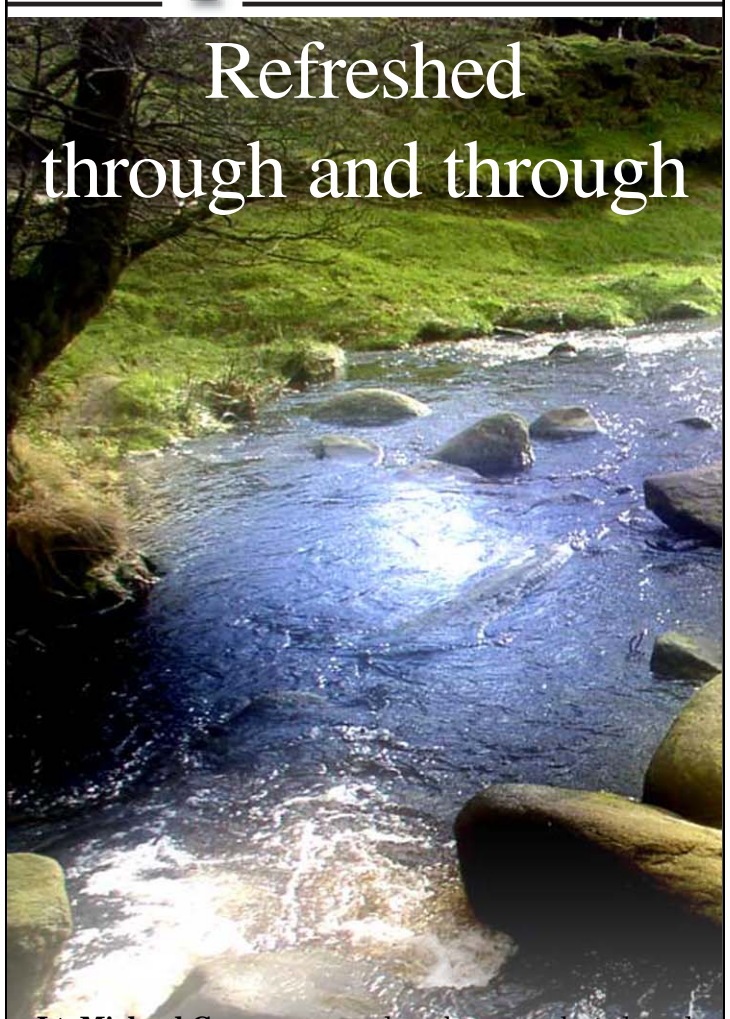
Think about when you first arrived at your duty station. How did you feel? What questions did you have? Looking back, what things would have been helpful for you to know? Continue to build upon your command's sponsor program by answering the questions the newly-arrived Sailor and family members may have had.

To better prepare you as a sponsor, I highly encourage you to attend a sponsor training class offered at your local Fleet and Family Support Center. There you will learn about helping inbound Sailors and families and find the resources to help answer any questions they may have.

Remember, you and your command's sponsor program are the first impression a Sailor and his or her family will have of the new command. Make it a good one!

Commentary

Chapel Pennant



Refreshed through and through

Lt. Michael Grass, CHC, USN

Patrol Reconnaissance Wing Two

Recently, I was watching Navy SEAL (sea, air, land) training on the fitness channel. What captured my interest was the degree of stress that was intentionally placed on these recruits in order to select the strongest individuals, both mentally and physically. Many of us have heard how challenging this training can be, but to see the training itself brings home the meaning of the word "difficult."

Yet for many of us, life itself can be very difficult at times, too. The stresses of life (work, family, school, etc.) can sap us of mental, emotional, physical and spiritual strength.

We all know what it feels like to be tired. When you are physically tired, the body is fatigued from hard work or a long worked out. When you are mentally tired, you have trouble thinking and concentrating and when you are emotionally tired, you may anger easily or have trouble coping with even little situations. But, what does it feel like to be spiritually tired? When people are spiritually tired, they may feel empty inside, disconnected from God, or generally dissatisfied with life.

So what do I mean by a general dissatisfaction with life? This is what I mean: That, as you do your job, participate in enjoyable relationships (friends and family), and as you do those fun activities that you like, you are left unfulfilled and unsatisfied. Essentially, this is a dissatisfaction that sets in when your spiritual life has been neglected and this dissatisfaction can only be resolved by a sustained relationship with the Creator.

Isaiah said, "Come, all you who are thirsty… Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and your soul will delight in the richest of fare. Give ear and come to me; hear me, that your soul may live." (Isaiah 55: 1 – 3).

Here, Isaiah is presenting a truth that the soul can only find true and ultimate satisfaction in God. This should not surprise us because we are created in God's image and since God is a Spirit, we have a spirit, too. Hence, the human spirit can only be satisfied, not by things in the material realm, but by God in the spiritual realm.

Therefore, if you are feeling empty inside and generally dissatisfied with life, then follow the instruction of Isaiah and come to the waters. Come to God by participating in the spiritual dimensions of life through study of his holy word, through fellowship with the divine by prayer, and through worship of the divine in church or synagogue.

When you do, your life will be refreshed in the deepest way and you will experience the promise of Isaiah 55: 12 which says, "You will go out in joy and be led forth in peace, the mountains and hills will burst into song before you, and all the trees of the field will clap their hands.

This week I encourage you to take care of your spirit with the same degree that you take care of your body and your mind.

WAVES on liberty in Honolulu

Official U.S. Navy photograph, now in the collections of the National Archives

Yeoman 3rd Class Margaret Jean Fusco photographs three friends by King Kamehameha's statue in Honolulu, circa spring 1945. Posing are (left to right): Yeoman 2nd Class Jennie Reinhart, Yeoman 2nd Class Muriel Caldwell and Yeoman 2nd Class June Read.

Hawai'i Navy News

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U.S. Navy photo by DCC (SW) Steven Dean

Lt. j.g. Lacey Popson smiles as she plays with children from the Aitoku Medical and Welfare Center in Wakayama, Japan.

Paul Hamilton Sailors spread joy at children's hospital

Ensign Grant Carter

USS Paul Hamilton (DDG 60) Public Affairs

When ships pull into port, most Sailors get off and get something to eat, drink and see the sights. However, there are those special Sailors who dedicate their precious time to spread joy at local hospitals.

This was the case for 30 USS Paul Hamilton (DDG 60) Sailors on Feb. 26 when they visited the Aitoku Medical and Welfare Center in Wakayama, Japan during a recent port visit.

Upon arrival, the Sailors were welcomed by the children who had created several large signs and decorated the entire hospital in Japanese and American flags. Following the welcome, the children sang several songs in both Japanese and English which included "Row, Row, Row, Your Boat."

Then each Sailor paired off with a child and played a game of bowling in the main lounge area. Once the winners had been decided, the children led the Sailors on a tour of the facility. Following the tour, the children and Sailors were treated to some refreshments while pictures were taken in ancient Japanese costumes. At the end of the trip, the Sailors presented a plaque to the director of the hospital and the children and concluded the visit by singing "Anchors Aweigh."

The event was a success, leaving both the Sailors and children with smiles and laughter. "I had a great time giving these kids some positive influence in their lives," said Ensign Brent Holloway.

Personnel Specialist 2nd Class (SW) Isaish Holcomb echoed the sentiment, "Spending time with children and bringing happiness to their day is one of the best actions a person can do."

Paul Hamilton is currently deployed to the Western Pacific as part of the USS Ronald Reagan Carrier Strike Group.

SUBLANT statement regarding USS San Juan and missing submarine procedures

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

During the early evening of March 13, units of the USS Enterprise Carrier Strike Group (CSG) received a series of indications that USS San Juan (SSN 751), a Los Angeles-class submarine conducting pre-deployment training with the Enterprise CSG, was in distress.

Fortunately, the submarine established communications in the early morning hours of March 14 and indicated that there were no problems; hence, units were able to stand down from the search and rescue that was already well underway.

Losses of communications, followed by the reported sighting of a red flare, are distress indicators. These indicators, combined with establishing communications with only two of the three submarines operating with the Enterprise CSG, was sufficient information to activate missing submarine procedures.

Ships and aircraft from the Enterprise CSG immediately commenced a search of the area where San Juan had been operating.

The International Submarine Escape and Rescue Liaison Office (ISMERLO) in Norfolk, Va. was alerted to assist with the search and rescue effort. ISMERLO, an international organization, serves to facilitate the rapid call out of international rescue systems in the event of a submarine accident. The immediate response from various international entities was superb. In addition, San Juan family members were notified of the situation at hand.

Although this was a false alarm, the primary concern was the safety of our submariners and the support of family members. Procedures demonstrated that the submarine escape and rescue program is able to quickly respond to an event such as this – when every second counts.

The submarine force is concerned about how this event initiated from what would appear to be false indicators. The Commander, Submarine Force Atlantic will conduct a thorough review of the matter to determine any lessons learned.

Rewarding great achievements

U.S. Navy photo by MC2 Ian W. Anderson

Sailors assigned to Command Patrol and Reconnaissance Wing's (CPRW) 2, Patrol Squadron (VP) 47, Patrol Squadron (VP) 9, and Special Projects Patrol Squadron (VPU) 2 stand at attention on Feb. 15 at Marine Corps Base Hawai'i – Kaneohe during an awards ceremony. The event recognized the achievements of Sailors from each of the commands throughout the past year.

Fleet Action

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

(Background) Quartermaster 1st Class Micky Young, assigned to Afloat Training Group Middle Pacific (ATG MIDPAC), operates the Navigation, Seamanship and Shiphandling Trainer (NSST) master control station during a simulation of a ship's transit and mooring at Naval Station Pearl Harbor. NSST is a new state-of-the-art bridge team trainer designed to replicate the environment found on the bridge of a U.S. Navy ship and utilizes life-like scenarios with visual simulations to train Navy bridge teams.

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

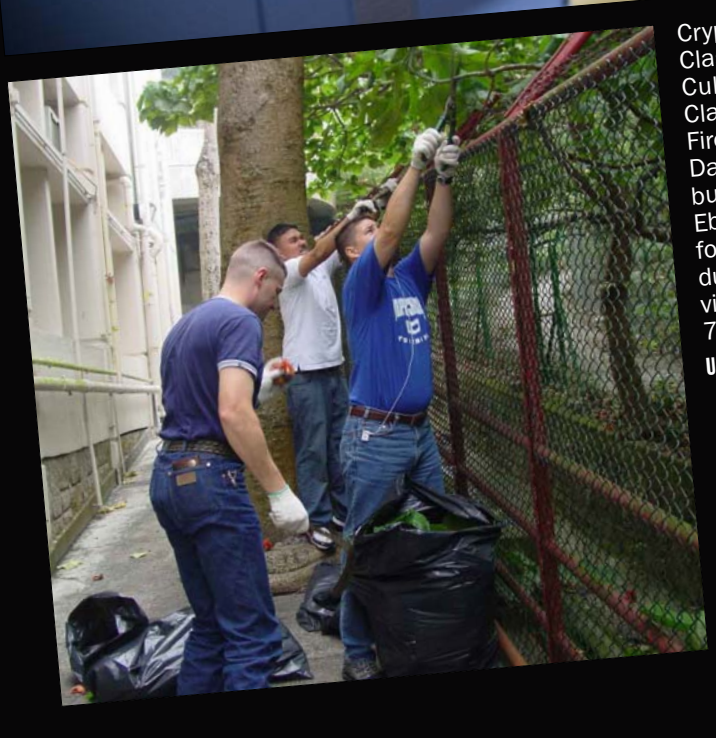
Lt. Bob Arias, assigned to Afloat Training Group Middle Pacific (ATG MIDPAC), and Cmdr. Rob Tortora, commanding officer, USS Chafee (DDG 90), unveil the Navigation, Seamanship and Shiphandling Trainer (NSST) at ATG MIDPAC March 14.

U. S. Navy photo by MC2 Ian W. Anderson

Capt. Robert J. Adrion, Commander Patrol and Reconnaissance Wing Two (CPRW-2), disembarks from a P3-C Orion at Marine Corps Base Hawai'i – Kaneohe following his final flight on Feb. 15 as commanding officer of CPRW-2.

The U.S. Navy and the Navigation, Seamanship and Ship handling Training Center (NSST) has recognized the value of simulation to improve navigation, seamanship and ship handling skills, and is convinced that the return on investment of moving to the next generation high fidelity NSST simulators will be realized with the avoidance of one ship collision or grounding.

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



Cryptologic Technician 1st Class Christopher Downing, Culinary Specialist 1st Class Fredrick Tenebro and Fire Controlman 1st Class Daniel Valenzuela trim bushes outside the Ebenezer School and Home for the Visually Impaired during the USS Russell's visit to Hong Kong on March 7-8.

U.S. Navy photo by Ensign Theresa Donnelly

Russell Sailors donate their time in Hong Kong

Story and photo by Ensign Theresa Donnelly

USS Russell (DDG 59) Public Affairs

In a city full of striking scenery, a vibrant nightlife and overflowing with things to see and do, many USS Russell (DDG 59) Sailors chose to spend their off duty time helping others and learning first hand from local people about the beauty of Hong Kong.

Russell pulled into Hong Kong on March 7. The crew took part in two different community relations events as more than 15 Sailors were "adopted" for a day by local families, eager to share their homes with the crew.

The American Woman's Association runs the home hospitality program for military members. The host visits are often the most memorable experience that a Sailor will have in a foreign port. "I don't even remember some of the different mountains that I have been to since being in the Navy," said Lt. j.g. Ron Freeman, an officer who has been in the service for over 14 years, "but I will always remember the experience with our host family. They were so kind and opened up their home to us and prepared a home cooked meal. That is something I really miss being on the ship."

Home visits are not the only way that Russell Sailors immersed themselves in Hong Kong's rich and diverse culture. On March 8, 15 Russell Sailors donated their time to the Fu Hong Society, a social service organization that empowers individuals who are mentally challenged. At the Father Tapella facility (named after the society's founder), instructors assist service users with daily activities such as exercise, brewing tea, making plaster casts, and stringing beads. The guidance empowers the clients to become independent and lead a more productive life. Russell Sailors were honored to help out with their training.

(From left) Chief Electronics Technician Rick Davis, Seamen Antonio Frankin, a service user from the Fu Hong Society and Electrician's Mate Arcelito Tomacder play basketball together. Sailors from the USS Russell visited the port of Hong Kong on March 7-8.

Judy Chan, service unit manager at the facility, said, "It was a wonderful day for our service users and our staff because of the military members who came to the center and assisted with training."

The visit also gave the Sailors an opportunity to work with those who are mentally challenged, something with which some Sailors did not have much experience. "This was my first time to a facility with people who are mentally challenged. At first, I didn't know how to act, but I slowly started to understand why everything was structured the way that it was. I learned not to take the every day things we do for granted," said Chief Operations Specialist Francis Brown.

After some time dedicated to both exercising and making crafts, Sailors, instructors and service users went to a local court and played soccer and basketball. "It was a blast. Playing basketball and kicking a soccer ball has never been so much fun," said Operation Specialist 2nd Class John Venetsanakos.

Rounding out Russell's last day in port was a visit to Ebenezer School and Home for the Visually Impaired where Sailors assisted with painting and gardening projects. "It was really fun. The director explained the history of the place and just the opportunity to help them out was a really good feeling," said Cryptologic Technician (CTT) 1st Class Christopher Downing. What made this event unique was that Russell's First Class Association spearheaded the project, which solidified the positive fellowship of personnel in the senior enlisted ranks.

"Anything that we can do to help, we will," added Downing.

Russell deployed Feb. 3 from its homeport of Pearl Harbor, Hawai'i and is currently surged with the Ronald Reagan Carrier Strike Group in support of maritime operations in the Western Pacific (WESTPAC) region.

Surface Forces name winners of 2006 Junior Officer Award for Excellence

MC2 (SW) Brooke Raffaele

Commander, Naval Surface Force, U.S. Pacific Fleet Public Affairs

Commander, Naval Surface Forces announced the winners of the 2006 Junior Officer Award for Excellence in ship handling March 1.

The annual competition consists of executing different ship handling techniques depending on the type of ship. Each commanding officer must choose one junior officer to compete. The competitors go up against other junior officers in their strike group.

Hawai'i's award recipients are Lt. j.g. Ryan J. Pierce, USS Paul Hamilton (DDG 60), and Ensign Jeremiah L. Slack, USS Port Royal (CG 73).

The winners from Forward Deployed Naval Forces, Japan are Lt. j.g. Katherine B. Sholvin, USS Shiloh (CG 67); Ensign Charles S. Barrs, USS John S. McCain (DDG 56); and Lt. j.g. Brighid A. Clark, USS Essex (LHD 2).

Lt. j.g. Aaron Arky, USS Ford (FFG 54), received the award from Everett, Wash.

San Diego recipients are Lt. j.g. James C. Hagerty, USS Chancellorsville (CG 62); Lt. j.g. Jeffery T. Griffin, USS Mobile Bay (CG 53); Ensign Clinton Burr, USS Curts (FFG 38); Lt. Gregory R. Moiles, USS Thach (FFG 43); Lt. Richard Ferrari, USS Preble (DDG 88); Lt. j.g. John R. Guernsey, USS Pinckney (DDG 91); Ensign Jefferey L. Applebaugh, USS Bunker Hill (CG 52); Lt. j.g. John C. Ivey, USS Cleveland (LPD 7); Lt. j.g. Michael F. Moore, USS Ogden (LPD 5); Lt. j.g. Dustin Dickamore, USS Boxer (LHD 4) and Lt. j.g. David B. Shaulis, USS Bonhomme Richard (LHD 6).

"Shiphandling proficiency is an essential skill in surface warfare officers and your success in this competition has distinguished you as among the best in the Navy," stated Vice Adm. Terrance Etnyre, Commander, Naval Surface Forces.

All winners will receive a letter of commendation from Commander, Naval Surface Forces.

NSST: Virtual training for Sailors

Continued from A-1

mands as well as those afloat.

NSST gives Sailors of today an opportunity to react in a real-life environment that simulates open-ocean navigation, underway replenishments, mooring, anchoring and flight operations.

The NSST "family of systems" all share common software so models react identically and training exercises can be shared between ships and shore sites.

New exercises can be developed by experienced simulator instructors at NSST sites or onboard ship and may be transferred to any other NSST system, reducing exercise developers requirements.

Commonality of databases and ship models eliminates any differences in the simulation fidelity between the shipboard and shore-based systems.

There are seven sites worldwide, with locations at Everett, Wash.; Mayport, Fla.; Pearl Harbor, Hawai'i; Sasebo, Japan; Yokosuka, Japan; San Diego; and Norfolk, Va.

Kongsberg Maritime Simulation, Inc. plans to develop 100 simulator ships by end of fiscal year 2013.

NAVFAC Naval Facilities Engineering Command

NAVFAC Hawai'i Self-Help can assist with projects

Naval Facilities Engineering Command Hawai'i

Need to renovate an office space or a restroom? Want a sidewalk path put in instead of treading through the mud on a rainy day? How about repainting parking stalls? If any of the above sounds like a project that needs to be accomplished, contact the Naval Facilities Engineering Command Hawai'i (NAVFAC HI) Self-Help Seabees. Always up for a challenge and with a "can do" attitude, the Seabees provide technical assistance, oversight and materials to support small repair and construction projects for military commands.

The goal of self-help is to assist and enable tenant commands with smaller "do it yourself" jobs. Self-help will occasionally accept work that requires only Seabee labor due to complexity and necessary construction skills. The process for acquiring self-help assistance is easy; just call 471-6124 and ask for a project request form. Or come into self-help located at 350 Port Royal St., building 226 and pick up a form.

Each request form will be reviewed and then prioritized depending on the scope of the project. A few examples of NAVFAC HI self-help projects that were recently completed include renovations and upgrades to offices and restrooms in buildings such as the Naval Computer and Telecommunications Area Master Station headquarters (building 10), Naval Station Navy College (building 679) and the Halawa Pistol Range.

A new sidewalk and parking lights were installed at the child care centers located at buildings 204 and 22, respectively. A fresh coat of paint was placed on traffic markings throughout Naval Station Pearl Harbor.

Besides construction projects, the NAVFAC Hawai'i Self-Help Seabees also assist in setting up MWR events and morale boosters such as the Concert in the Park series, Naval Station Fourth of July Block Party, and Christmas lighting and holiday decorations around Pearl Harbor. The Seabees are instrumental not only to morale and community service, but also making the overall mission of supporting the fleet easier with upgraded facilities. Feel free to contact self-help and see what they "can do" for you.

U.S. Navy photo

Mobile Diving and Salvage Unit One's Detachment Five recently returned from a six-month deployment to U.S. Central Command.

Heavy lifters return from CENTCOM deployment

NDC (SW) Scott Valentine

Mobile Diving and Salvage Unit One

Mobile Diving and Salvage Unit (MDSU) One, Detachment Five recently reunited with friends and loved ones following a six-month deployment to U.S. Central Command (CENTCOM).

Detachment Five was assigned to CTF-56 and was the first Mobile Diving and Salvage Detachment (MDSD) to deploy as part of a recurring commitment to provide diving and salvage capability and theatre engagement in the Commander Fifth Fleet area of responsibility (AOR).

During the deployment, Detachment Five was involved with diving operations in the USNS Catawba, an ocean going tug, and conducted bilateral salvage operations with the Omani Navy to recover human remains and wreckage of a downed Super Lynx helicopter. "The salvage of the Super Lynx helicopter was my deployment highlight," said Navy Diver 2nd Class (ND2) Brendan Danner. "I realized how important it was to have a salvage presence in theatre and ready to respond," added ND2 Shawn R. Chamlee.

In addition, Detachment Five conducted force protection dives in ports frequented by U.S. Navy and merchant vessels and conducted 20 ship's husbandry dives, providing underwater maintenance and repair to combatants deployed in support of Operations Iraqi and Enduring Freedom. As part of theatre engagement, Detachment Five participated in Exercises Edged Response with Kenyan Military Forces, Island Response with the Seychelles Coast Guard and Neon Response with the Bahrain Navy.

During these exercises, Detachment Five demonstrated U.S. Navy diving capabilities and technologies, enhanced interoperability, and strengthened the bank of good will that exists between the United States military and C5F allies. "It was a unique opportunity to operate and participate in the C5F AOR. I enjoyed thoroughly the deployment as a whole, but being able to share experiences with military members of other nations provided me with a better understanding of how important it is to build alliances," said ND3 James D. Woodburn.

MDSU One Detachment Three relieved Detachment Five on Feb. 20 as the second theatre MDSD to deploy to CENTCOM. Chief Warrant Officer 3 Mark E. Thomas emphasized the importance of Detachment Five's deployment, "Detachment Five was the catalyst for future diving and salvage missions and planned several future operations for future MDSDs. We are looking forward to our chance to conduct diving and salvage operations in C5F."

Mobile Diving and Salvage Unit One is an expeditionary command assigned to Commander, Explosive Ordnance Disposal Group One and part of Commander, Naval Expeditionary Combat Command. It combines explosive ordnance, mobile diving and salvage, riverine and Seabee units under one umbrella to standardize the manning, training and equipping of expeditionary forces.

For more information about a career as a Navy diver, contact MDSU One diving motivator and recruiter, NDC (DSW) Scott Valentine at 471-9292, ext. 310.

Torpedoman's mate and gunner's mate ratings merge

MCSA Ken Ingram

Navy Personnel Command Communications

The Chief of Naval Operation (CNO) approved the merger of the gunner's mate (GM) and torpedoman's mate (TM) ratings into the GM rating on Feb. 26.

The move was made to leverage the strengths, knowledge, skills and abilities found in the two ratings to meet mission needs now and in the future.

The gunner's mate training focuses on the operation, maintenance and troubleshooting of the naval gun, as well as a strong emphasis on basic explosives, guidance and tracking systems, small arms, naval ammunition classification and safety. Upon completion of this basic training, enlisted members often continue on to a specialized "C" school, where they learn a particular weapons system.

The torpedoman's mate training focuses on performing organizational and intermediate level maintenance on underwater ordnance, handling torpedoes and anti-submarine rockets and preparing underwater ordnance for launching, conduct postfire and postrun routines, and weapons performance evaluation procedures.

"The training Sailors receive after basic training for their ratings on an apprentice level has been the same for both gunner's and torpedoman's mates," said Senior Chief Torpedoman's Mate Sherry Secrease of the Navy Personnel Command. "This makes the merger easier to accomplish."

Active-duty Sailors E-1 to E-9, as well as selected reserve and individual ready reserve (IRR) Sailors from E-6 to E-9, will automatically switch to the new rating Oct. 1. Selected reserve and IRR Sailors from E-1 to E-5 will switch over March 1, 2008.

Career re-enlistment objective figures reveal paygrades E-1 through E-3 are overmanned in both ratings and the TM rating is overmanned in paygrades E-1 through E-6.

"It is possible that during the first phase of the merger there will be a fluctuation in advancement rates; however, this is normal for any rating merger. After full implementation, we expect advancement opportunities to increase and career paths and training to expand," said Secrease.

A long awaited welcome

U.S. Marine photo by Lance Cpl. Brandi M. Carter

A Marine assigned to Combat Service Support Group 3's Maintenance Company embraces his loved one upon returning from Operation Iraqi Freedom on Monday. Approximately 20 Marines and Sailors returned home to Marine Corps Base Hawai'i, Kaneohe Bay, after completing a seven-month deployment to Iraq in support of the global war on terrorism.

Chosin Sailors on patrol

U.S. Navy photo by RP1 Ron Harris

Firecontrolman 3rd Class Aaron Sprague and Chief Gunner's Mate Jimmie Ellison stand lookout for small, high-speed boats during USS Chosin's recent Composite Unit Training Exercise (COMPTUEX).

Hawai'i Navy News

Serving the

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How to submit stories and photos to Hawai'i Navy News

The staff of Hawai'i Navy News welcomes submissions of stories and photos from the Navy community and commands. Help us to tell the story about our Navy and its Sailors and their families.

Here are some guidelines to help you:

Hawai'i Navy News is published every Friday. The deadline for submissions is no later than close of business on Friday, a week prior to publication. Articles/photos should be submitted earlier than deadline when possible. It is also helpful if you let us know that you plan to submit a story and/or photo in advance of submission.

Timeliness is important. Submissions should be sent as soon as possible after the event, but no later than two weeks after the event in order to be considered for publication.

Submissions should be sent to hnn@honoluluadvertiser.com and also "cc" either the managing editor, Chief David Rush, at david.rush@navy.mil or the editor, Karen Spangler, at Karen.spangler@navy.mil.

Submissions must contain the following elements:

• Byline of author of article and his/her title and command.

•Photo credit (who took the photo).

•Cutline information which explains what is happening in the photo.

•Who, what, when, where and why.

•Both first and last names, rates, ranks and warfare designations must be supplied for all of those who are mentioned in the story, quoted, and/or in cutline information. Positions and commands should also be provided for those who are quoted in the story.

Photos should be action photos, not shots of groups "posing" for the camera. If you need some additional guidance, please call us.

Photos should be at least 200 dpi if five-by-seven inches or slightly larger. If smaller, the dpi should be at least 300. This is necessary in order to ensure that the photo resolution is of high enough quality for newspaper printing. However, don't send huge photo files – resize large files before sending.

Ensure that stories/photos have been approved per the guidelines of your command prior to submission.

If any of the above information is missing, it must be supplied no later than close of business on Tuesday (the week of publication) or the story/photo will not be published.

Adherence to guidelines in meeting deadlines is critical in order for HNN to meet its publication deadlines. Regardless of the situation, our publication deadlines don't change.

Community calendar items should contain the who, what, where, when and why, be as concise as possible, and include a phone number that can be published with the item. Sending a flyer with the information is not acceptable. The basic information should be provided in a Word document. Please refer to page B5 of Hawai'i Navy News for format for community calendar items. The same deadlines apply.

Make sure that you provide your contact information – phone number as well as email - with your submission. We need to be able to reach you quickly if we have questions.

We look forward to receiving and publishing your stories and photos. If you have additional questions or need more information, please call Hawai'i Navy News at 473-2890 or 473-3788.