

Thousands walk Ford Island for breast cancer awareness

Story and photo by
MC3 Eric J. Cutright

Navy Public Affairs
Support Element West Det.
Hawaii

The American Cancer Society hosted the inaugural "Making Strides Against Breast Cancer" walk at Ford Island at Naval Station Pearl Harbor on Oct. 3.

Thousands of Oahu residents participated in the inaugural walk to honor and celebrate breast cancer survivors, educate women about reducing their cancer risk, and raise money to fund life-saving cancer research and support programs.

Breast cancer survivors wore "cancer survivor" sashes given to them by the American Cancer Society.

"This walk is very important to me because, being a breast cancer survivor, I think it's really important that we get the word out," said Kay Caldwell, a resident of Honolulu who was diagnosed with breast cancer four years ago and is now cancer free.



Thousands of Oahu residents transit the Adm. Clarey Bridge to Ford Island in the inaugural "Making Strides Against Breast Cancer" five-mile walk sponsored by the American Cancer Society. The event took place Oct. 3 at Richardson Field across from Aloha Stadium.

This year's event was one of more than 140 held across the country. The American Cancer Society uses the event to provide up-to-date breast cancer information, advocate that all women have access to breast cancer

screening and treatments regardless of income, and to provide services that improve the quality of life for the patients and their families.

"What brought me out here was my wife. She knows some breast cancer survivors

and some that unfortunately did not survive breast cancer, so we're out here walking for them," said Army Staff Sgt. Christopher Roberts, assigned to the 94th Army Air and Missile Defense Command.

The five-mile walk started on the Adm. Clarey Bridge, progressed around Ford Island, and ended back at Richardson Field, where the participants had their photos taken and were provided with snacks and beverages.

"Making Strides Against Breast Cancer" supports the American Cancer Society's mission of helping survivors stay well, helping victims get well and helping to find cures. Since 1972, the society has invested more than \$352 million in breast cancer research.

"Almost everyone has been touched by breast cancer in some way," said Dr. Jackie Young, the chief staff officer for Mission for the American Cancer Society Hawai'i Pacific and an 11-year breast cancer survivor. "Making Strides Against Breast Cancer" gives us the chance to celebrate those who have survived breast cancer and help to ensure that future generations are not faced with this life-threatening disease. 'Making Strides' truly demonstrates that hope starts with each and every one of us," said Young.

For more information about Honolulu's "Making Strides Against Breast Cancer" or information on how to donate, visit www.cancer.org/breast-cancer.

First Recovery Act funded project receives traditional Hawaiian blessing

James Johnson

Naval Facilities
Engineering Command
Hawaii, Public Affairs

A traditional Hawaiian blessing was performed Sept. 23 at the site of Naval Facilities Engineering Command (NAVFAC) Hawai'i's first awarded American Recovery and Reinvestment Act (ARRA) project at Naval Station Pearl Harbor's submarine piers.

The project, which includes repairing and replacing sections of wharf Sierra one, began on-site work in July 2009 and is on schedule. Design and fender system demolition work has been completed and concrete repairs began in October.

The blessing, performed by Rev. David Kaupu, was attended by representatives from Healy Tibbitts Builders, Inc., several sub-contractors involved in the project, NAVFAC Hawai'i and various other Navy personnel.

"This was the first ARRA



U.S. Navy photo by Denise Emsley

(Left to right) Rev. David Kaupu, Capt. Richard W. Kitchens, commanding officer of Naval Station Pearl Harbor, and Art Lambert of Healy Tibbitts Builders, Inc., quality control manager for this project, untie the maile lei at the site of Naval Facilities Engineering Command (NAVFAC) Hawai'i's first awarded American Recovery and Reinvestment Act (ARRA) project at Naval Station Pearl Harbor's submarine piers.

project awarded by NAVFAC Hawai'i and among the first awarded by CNIC [Chief of Naval Installations Command]," said Capt. Richard W. Kitchens, commanding officer, Naval

Station Pearl Harbor. "This represents the leading edge of getting the [U.S.] president's mission accomplished."

Healy Tibbitts Builders, Inc., the project contractor, is

planning to have the first section of the wharf completed in time for Rim of the Pacific (RIMPAC) exercises that will be held in Hawai'i

See FUNDS, A-8

Hawai'i Navy Commands to host diversity training

U.S. Pacific Fleet Public Affairs

Commander, U.S. Pacific Fleet (CPF) will host Navy leaders and all hands for "Strengthening the Navy Through Diversity" training Oct. 13-15 in Hawai'i.

Nationally recognized diversity expert, Dr. Samuel Betances, will be the guest presenter for the training.

Betances holds a doctorate degree from Harvard University and has appeared on national TV shows, including Oprah Winfrey. He has authored several books, served as a consultant to top U.S. political and military leaders and Fortune 500 company executives, and lectured to audiences around the world.

Betances is sought out by government agencies for his experience and dynamic speaking style, according to Kay Wakabayashi, diversity lead for Commander, U.S. Pacific Fleet (CPF).

"His training will provide an experience that is both educational and entertaining," Wakabayashi said.

The training is sponsored



Dr. Samuel Betances

by CPF; Commander, Navy Region Hawai'i; and Commander, Submarine Force U.S. Pacific Fleet.

Betances serves on the CNO's senior advisory board for diversity. His training dovetails with the latest CNO Guidance and principles of Navy Ethos.

"Diversity is not about representation, it's about utilization," Betances said. "Our mission is to add value to the great things that you already do by making sure that everyone has a fair opportunity to be developed to their fullest potential."

For more details contact Dana Smith at 471-0880

Pacific Fleet helping American Samoa, Indonesia, Philippines

Pacific Fleet Public Affairs

The U.S. Pacific Fleet is deploying personnel and units to provide humanitarian aid in the wake of natural disasters that have stricken the Philippines, American Samoa and Indonesia.

The United States extends its sincere condolences to the people of these areas in the wake of the recent natural disasters.

The United States has military capabilities positioned in the affected regions that are ready to support emergency relief efforts and minimize human suffering. Because of the forward deployed



U.S. Navy photo by MC2 William Ramsey

Sailors working with Joint Special Operations Task Force-Philippines rescue Manila residents after flooding destroyed homes and displaced thousands of people. Two boats assisted more than 52 people, including a woman in labor, elderly residents and children.

presence of the U.S. military, it is poised to help as much as possible.

For Indonesia, U.S. military assets include a Humanitarian Assistance Survey Team (HAST) composed of personnel from various units within U.S. Pacific Command and USS Denver (LPD 9) with Marines from the 31st Marine Expeditionary Unit (MEU) embarked. Denver has three CH-53E "Sea Stallion" helicopters capable of providing heavy lift from off shore.

As is typical in international relief operations, U.S. military efforts are in support of the U.S. State Department and U.S. Agency for International

Development (USAID) Office of Foreign Disaster Assistance. U.S. Pacific Command will continue to work closely with the Indonesian government, the U.S. Embassy and International Relief Organizations of Indonesia on humanitarian assistance operations at the request and invitation of the Indonesian government.

The USS Denver Amphibious Ready Group (ARG) has also sent two ships to the Philippines to help that nation recover from Tropical Storm Ketsana and cope with the approaching Typhoon Parma. USS Tortuga (LSD

See PACFLT, A-8



Corpsmen save chief petty officer
select page A-2



Hickam Panthers beat Pearl Harbor Saints
See page B-3



MCPON stresses heritage in birthday
message to fleet See page A-3



Hispanic Sailors at Pearl Harbor embrace
heritage See page B-1

Corpsmen save chief petty officer select

MC2 (SW) Mark Logico
Navy Region Hawai'i Public
Affairs

MC3 Luciano Marano
Commander Submarine Force,
U.S. Pacific Fleet, Public Affairs

Aviation Ordnance 1st Class Tommy Thompson will live and has become a chief petty officer after seven corpsmen saved his life during the Chief Petty Officer (CPO) Induction Ford Island Heritage run at Pearl Harbor on Sept 11.

Selectees stationed in Hawai'i gathered at Ford Island for the traditional run. Shortly after the run began, Thompson fell out of formation, became lightheaded and passed out.

Immediately after Thompson fell, several corpsmen responded to help. These Sailors were:

- Senior Chief Hospital Corpsman (SS/FMF) Michael Miller
- Chief selectee Hospital Corpsman (SS) Randy Swanson
- Senior Chief Hospital Corpsman (DV) Clint Lariscy
- Chief Hospital Corpsman (FMF) Vick Flores
- Chief Hospital Corpsman (SS) Jay Carson
- Chief Hospital Corpsman (SS) Dave Matthews

"I was following in the medical coverage van when I saw that somebody had fallen out," said Swanson, USS Charlotte independent corpsman (IDC) and event medical support.

Thompson was suffering from a sudden and severe case of cardiac arrhythmia.

Through a fortuitous twist of fate, Swanson happened to have an automatic external defibrillator (AED) in the van though it is not normal policy to have the device on hand for such an event.

"I wanted to be prepared," said Swanson. "I don't know why I



U.S. Navy photo

Chief petty officer selectees run in the Chief Petty Officer Induction Ford Island Heritage Run at Pearl Harbor on Sept. 11. Shortly after the run began, Aviation Ordnanceman 1st Class Tommy Thompson fell out of formation and passed out. Fellow chiefs who were hospital corpsmen performed cardiopulmonary resuscitation and used an automatic external defibrillator to revive Thompson who recovered and is doing well.

grabbed it, but I knew that it was the right thing to do. After that, everything was instinct. We all did what we were trained to do and we did it right, and it ended up saving a shipmate's life."

"We were very lucky that day," said Matthews, assigned to the staff of Commander, Submarine Force U.S. Pacific Fleet (COM-SUBPAC) and event medical support. "It's not actually required to have an AED on site for this sort of event;" Swanson had just happened to bring one. "We're going to ensure that we always have one close by in the future."

"The corpsmen who attended to my downed Sailor have my undying respect and gratitude," said

Cmdr. Jack Thomas of Patrol Squadron (VP) 4, Thompson's commanding officer "That they were quickly and effectively able to carry out their duties and bring one of my Skinny Dragons home to me and his family is worth more than words can convey."

The corpsmen performed cardiopulmonary resuscitation (CPR) and used an automatic external defibrillator (AED) to shock Thompson and restore his breathing. Thompson regained breathing and heartbeat prior to the ambulance arriving.

Subsequently, he was transported to Kapi'olani Medical Center at Pali Momi. Thompson was later transferred to Tripler

Medical Hospital when CT scans and MRI tests resulted in normal.

"When I learned that Thompson's prognosis was excellent after being woken up in the ICU, I was filled with relief for him and his family," said Thomas. "This event should be a reminder to all that ensuring access to AEDs and knowledge of their use is critical to survival in these types of cases. Quick and correct usage nearly guarantees survival. I know Thompson and his family are believers."

The chief select training is a closely monitored event with numerous safety precautions to ensure the safety of those involved.

During the Heritage run, several corpsmen on scene carried full medical kits and phones. A corpsman immediately called for an ambulance when Thompson fell.

The Navy Chief indoctrination program has long stood as a testament to the power of teamwork, and that emphasis quickly became real when a shipmate needed help. Several chiefs on site that day came together and saved the life of one of their own through quick thinking and technical expertise.

"When I received the details of the event, I was incredibly thankful that the corpsmen on the scene took decisive and correct measure that certainly saved Thompson's life," said Thomas. "Had they not taken such quick action or had the foresight to bring an AED with them, the results would have been devastating."

Lt. Cmdr. Melissa Austin, medical officer for commander, Naval Surface Group Middle Pacific, offered an update on Thompson's recovery. "Chief Thompson is doing really well. I'm very proud of Chief Swanson and Senior Chief Miller for putting their skills to use," she said.

Thompson, 36, is quick to acknowledge the fortunate circumstances that quite possibly saved his life. "Everything lined up that day for some reason," he said.

"What can you really say about the guys that saved your life? They're my brothers and I love them," said Thompson of his fellow chiefs whose preparation and training made all the difference when it mattered.

"It's what we do," said Matthews.

Swanson, recently awarded the Submarine Force 2009 IDC of the Year award, remains humble. "I'm very satisfied with the outcome. Everything worked out for the best."

Hawai'i Navy News Online www.cnmc.navy.mil/hawaii

Hawaii Navy News Editorial

MCPON stresses heritage in birthday message to fleet

Special from the Master Chief Petty Officer of the Navy

In recognition of the Navy's 234th birthday on Oct. 13, Master Chief Petty Officer of the Navy, (MCPON) Rick D. West released the following message to the fleet:

"Very recently I had the honor of visiting Mrs. Ima Black. For those of you who don't know, she is the widow of our first Master Chief Petty Officer of the Navy, Del Black.

In honor of our 234th birthday as a service, I'd like to tell you a little bit about this amazing lady because she represents so much that is right about our Navy, and her life so closely parallels our history.

Ima's 88 years old, an honorary master chief, a proud chief petty officer's wife and an amazing supporter of the American Sailor. From the minute we sat down to lunch she asked about you, about our men and women at sea and about the Sailors serving in Iraq, Afghanistan and other dangerous places around the world.

I told her that I'd never seen so many men and women in uniform with so much passion to serve, so much enthusiasm to represent our nation. We talked about today's



U.S. Navy photo by MCI Jennifer A. Villalovos

Master Chief Petty Officer of the Navy (MCPON) Rick West and Ima Black, widow of the Navy's first MCPON, Master Chief Gunner's Mate Del Black, look through old photos of Black during their visit on Sept. 28.

Navy and she told me some stories about the Navy she joined in 1943.

Mrs. Black lives in a retired community down

in Florida, in a small apartment overlooking a little lake. She's surrounded by friends and is quick to point out that every once in a while a

few Sailors drop by to see how she's doing. Her apartment is a tribute to our first MCPON — pictures, uniform items, anchors... all mementos

from Del Black's amazing career. But if you look closely, you'll see that it's much more. It's a living history of our Navy.

There are pictures of a young Seaman Del Black when he was aboard USS Maryland in Pearl Harbor, just before the fleet was attacked Dec. 7, 1941. Photo albums hold letters written from several more ships over the course of his career. One picture shows MCPON Black, Ima and Admiral Elmo Zumwalt, the Chief of Naval Operations from 1970 to 1974. Look closely at another and you'll see him at his most comfortable, surrounded by Sailors on the mess decks of a ship.

He took care of Sailors at a time when our Navy had no idea what or who a MCPON was. He went where the fight was, to Vietnam. And he went where the fleet was, to our ships at sea.

On our 234th birthday, I ask that you remember MCPON Black and you consider that there are thousands of men and women just like his wife Ima who keep our Navy's history alive. Seek them out. Talk with them and your lives will be richer for it.

Happy birthday, shipmates. You are part of a legacy that grows stronger each day due to your effort, your initiative and your willingness to serve.
Hooyah, Navy."

This week in
NAVAL HISTORY

October 5

- 1863 - Confederate Ship (CSS) David seriously damages USS New Ironsides with a spar torpedo off Charleston, S.C.
- 1913 - Trial of OWL, Navy's first amphibian flying boat.
- 1957 - Minitrack, a satellite tracking net developed by the Naval Research Laboratory, becomes operational. This network, with stations from Maine to Chile, tracked the Vanguard satellite.

October 6

- 1884 - Department of the Navy establishes the Naval War College at Newport, R.I. (General Order 325).
- 1943 - In night Battle of Vella Lavella, three U.S. destroyers attack nine Japanese destroyers to stop evacuation of Japanese troops from Vella Lavella, Solomon Islands.
- 1958 - USS Seawolf (SSN-575) completes record submerged run of 60 days, logging over 13,700 nautical miles.
- 1962 - Commissioning of USS Bainbridge (DLGN-25), first nuclear-powered frigate.
- 1997 - NASA Astronaut Cmdr. Wendy B. Lawrence, USN, returns from mission of STS-86: Shuttle -Mir 7 when Atlantis docked with Mir Space Station. The mission began on Sept. 25.

October 7

- 1924 - Rigid airship Shenandoah commences transcontinental flight.
- 1975 - President Gerald Ford signs law allowing admission of women into service academies (Public Law 94-106).
- 2001 - Operation Enduring Freedom begins with carrier air strikes, and ship and submarine Tomahawk strikes.

October 8

- 1812 - Boat party under Lt. Jesse D. Elliott captures HMS Detroit and Caledonia in Niagara River.
- 1842 - Commodore Lawrence Kearny on USS Constitution addresses a letter to the Viceroy of China, urging that American merchants in China be granted the same treaty privileges as the British. His negotiations are successful.
- 1950 - 1st Marine Division commences embarkation at Inchon for landings at Wonsan, Korea.

October 9

- 1873 - Lt. Charles Belknap calls a meeting at the Naval Academy to establish the U.S. Naval Institute for the purpose of disseminating scientific and professional knowledge throughout the Navy.
- 1942 - First three schools for enlisted WAVES open at Stillwater, Okla. (yeomen), Bloomington, Ind. (storekeepers) and Madison, Wisc. (radiomen).

Tribute to Nimitz and Medal of Honor vets

U.S. Naval Historical Center photograph

A parade is held for Fleet Adm. Chester W. Nimitz and Medal of Honor veterans in New York City on Oct. 9, 1945. Women Accepted for Volunteer Emergency Service (WAVES) of the Navy march on lower Broadway during the parade.

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This civilian enterprise

One more rep for CrossFit

Story and photo by
Lance Cpl. Cassandra
Flowers

Marine Corps Base Hawai'i
Public Affairs

Athletes made their way into a dark dungeon-style gym, but it wasn't for a normal workout at CrossFit Oahu. This work-out had something extra for participants to keep in the back of their minds while dead-lifting a 75-pound bar over their head as fast as they could.

CrossFit Oahu members came together at the gym in downtown Honolulu on Sept. 26 to raise more than \$12,000 for the fourth annual Fight Gone Bad fundraiser.

The annual event, which raises money for the Wounded Warriors Project and Athletes for a Cure, Prostate Cancer Foundation takes place in the fall. This 'Fight Gone Bad' fundraiser has no plans of stopping. With CrossFit gyms all over the globe participating, the effort met their \$1 million goal this year with a total of \$1,016,499.

"This isn't about us individually today," said Chris Lee, CrossFit trainer. "It's not about your workout or your performance. It's about doing something great for both of these two organizations and making a bigger difference in someone's life, or someone's family." Before starting off the event, Lee took the microphone and described what athletes, no matter their skill level, would experience. The CrossFit workout is made



Lt. Jim Wyman, a Sailor from Patrol Squadron Four at Marine Corps Base Hawai'i - Kaneohe, executes deadlifts as quickly as possible during the CrossFit challenge on Sept. 26. This is just one of the demanding workouts involved in the CrossFit workout.

up of five different events which can be done in any order. Athletes attempt to complete as many repetitions as possible in one minute. After completing all the events, athletes are given a one-minute break and then complete the circuit two more times.

Each repetition is a point. Events are:

Wall-Ball: Athletes

throw a 20-pound ball 10 feet high onto a wall and squat to the floor when they catch it.

Sumo deadlift: Athletes lift a 75-pound bar.

Box jump: Athletes jump with both feet on top of a 20-inch box.

Push-press: Athletes push a 75-pound bar above head.

Row: Athletes use rowing

machine for one minute (each calorie burned is one point).

CrossFit is designed for all levels of fitness, but during the workout, the clock does not stop or reset, allowing an athlete's heartbeat to stay up. On the call of "rotate," athletes move as quickly as possible to the next station. Each athlete is assigned a scorekeeper who

is in charge of adding up the total after three rounds.

"The greatest part is it's a new workout every day," Lee said. "With CrossFit, your body is constantly put to the test. The athletes are never isolating one muscle and that's what makes sense. We get a lot of military and law enforcement members at the gym because their everyday work includes a lot of muscles working together. A service member might be on a patrol with his flak, rifle and gear, but then he has to kick down a door. It takes a toll on the body. This program is designed to condition the body to handle exactly that," Lee explained.

Expressions on faces throughout the gym showed CrossFit was no easy workout. The gym was swarmed with intensity. Even scorekeepers were sweating from motivating their partners and making sure their athlete got in one more rep.

"Every time, it's a crazy workout," said Lt. Jim Wyman of Patrol Squadron 4 (VP-4) at Marine Corps Base Hawai'i - Kaneohe. "CrossFit has gotten me into the best shape of my life. I just got a perfect score on my PFT. I have never done that before in my life."

For more information on CrossFit, 'Fight Gone Bad' or how to register a team, visit <http://www.fgb4.org>.

(Editor's note: VP-4 raised the most money for this fundraiser with Lt. Jim Wyman, shown in the photo) raising the most money of all participants at CrossFit Oahu.)

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Pearl Harbor Highlights



(Below) Capt. Lawrence Scruggs, Naval Station Pearl Harbor executive officer, has his eagles pinned by his wife on Oct. 3. Scruggs said he is one of 30 limited duty officers on active duty who have reached the rank of captain as of Oct. 1.

U.S. Navy photo by MC2 (SW) Mark Logico



Several participants in the inaugural "Making Strides Against Breast Cancer" walk sprint toward the finish line at Richardson Field on Oct. 3. The event was sponsored by the American Cancer Society and was held to raise money for breast cancer treatment and research.

U.S. Navy photo by MC3 (AW) Eric J. Cutright



"Making Strides Against Breast Cancer" participants wear T-shirts bearing the event's name to show their support. The participants also walked five miles beginning at the Adm. Clarey Bridge and finishing at Richardson Field on Oct. 3 in order to help raise money for breast cancer research and treatment.

U.S. Navy photo by MC3 (AW) Eric J. Cutright

(Above) A Pearl Harbor Saints running back tries to get past a Hickam Panthers defender in a Pee Wee Division (ages 11-12) flag football season-opening game at Quick Field at Naval Station Pearl Harbor on Oct. 3. Both teams compete in the Hawai'i Military Youth Athletic Association, which includes youth squads, for ages 5-15, from Pearl Harbor, Hickam Air Force Base and Marine Corps Base Hawai'i.

U.S. Navy photo by Randy Dela Cruz

(Below) Defenders from USS Lake Erie (CG 70) chase down a player from USS La Jolla (SSN 701) in the teams' Morale, Welfare and Recreation Intramural Afloat Division flag football game at Ward Field at Naval Station Pearl Harbor on Oct. 3. La Jolla, whose record now stands at 2-0, beat Lake Erie, 13-6, to hand the defending champions their first defeat of the season.

U.S. Navy photo by Randy Dela Cruz



U.S. Navy photo by MC1 Michael Hight

Thousands of Oahu residents begin to transit the Adm. Clarey Bridge to Ford Island in the inaugural "Making Strides Against Breast Cancer" five-mile walk sponsored by the American Cancer Society. The event, held Oct. 3, was held to raise money for breast cancer treatment and research.



U.S. Navy photo by Lance Cpl. Cassandra Flowers

(Below) Members of CrossFit Oahu took on the challenge of completing the intense circuit workout as part of the annual 'Fight Gone Bad' fundraiser at the CrossFit Oahu gym on Sept. 26. Some participants were bribed with more donations by wearing funny costumes.

Submarine Sailor returns from Afghanistan tour

MC2 Luciano Marano

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

Today's military must truly operate under the "one team, one fight" mindset. Even in the middle of the desert, you can find Sailors hard at work supporting land-based operations.

The harsh terrain of northern Afghanistan may not be the most traditional place to find a Sailor, but the many individual augmentee (IA) volunteers from around the Navy are making it a more likely occurrence.

Navy IA volunteers are working to take some of the pressure off the Army and Marines in their deployment rotations and give Sailors a chance to get involved on the ground where they are needed.

Of course, attitudes toward IA billets are as varied as the personnel occupying them. Some service members go because they feel it is their duty, while others go for the benefits that come with the assignment. Many Sailors have volunteered to go.

One such Sailor is Lt. Joseph Mikolajczak, a member of Commander, Submarine Force U.S. Pacific Fleet's (COMSUBPAC) N-4 maintenance and material readiness division. A native of Griswold, Conn., he recently returned from a nine-month

deployment to Afghanistan. "It was a pretty easy decision for me to volunteer," said Mikolajczak. "I knew that the command was looking for volunteers and I thought that this was a once-in-a-lifetime opportunity to be able to support such a huge effort."

Mikolajczak served from January to September as the operations and planning officer for the tactical operation center (TOC) in the northern region of Afghanistan. "It was very exciting; the work kept us all busy," he said. "I had a lot of interaction with the international coalition forces. We would support joint missions in the area and were responsible for security regarding troop movement."

"It truly is a multi-faceted operation over there. So many people from all over the world come to this place to support one common goal," Mikolajczak said. "They are a battered community there. We have to earn their trust and show them that there is a better way of life possible for them and leave a positive impression."

More than 20 Sailors, both officer and enlisted, from COMSUBPAC have served or are currently serving in IA billets this year. IA deployment requires sacrifice, both from the personnel who deploy and also the command that must then do without them.

"I'd really like to thank

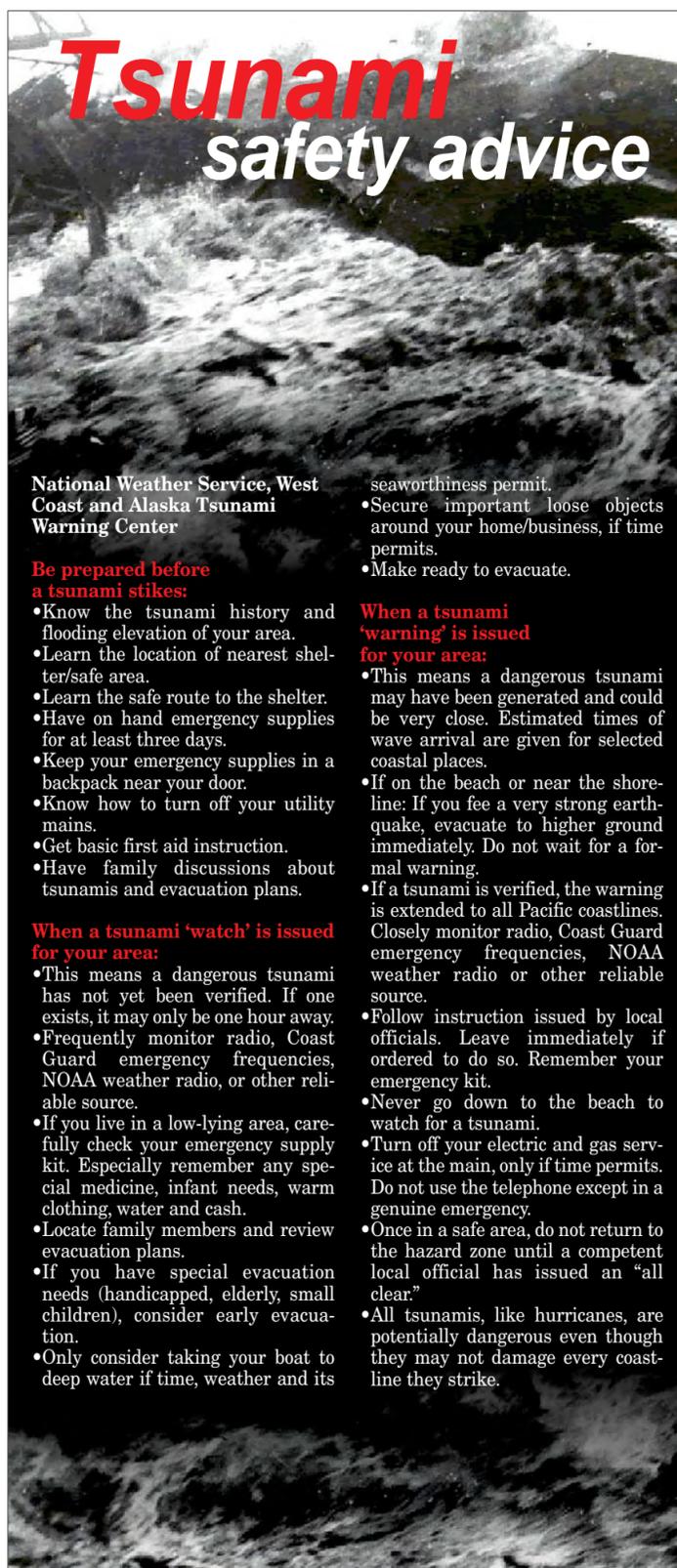
my chain of command here in Hawai'i," said Mikolajczak. "When I volunteered for this, they were completely supportive through the entire process."

"The entire experience taught me that it really is all about the guys on the front lines," said Mikolajczak. "If you don't realize that before you leave, you do when you get back. Whether it is in Afghanistan or on one of the boats here, I know that there is a kid down on the waterfront that needs and deserves the best support that we can give and I'm looking forward to spending the rest of my career doing the best I can to make sure he gets it."

Mikolajczak recommends IA assignment to anyone who desires something more out of their Navy career. "Overall, it was a very good experience," he said. "I am very proud to have been a part of such a huge effort. This is the best way that you can help the cause."

"The support in Afghanistan is fantastic," he said. "I would get care packages, not just from my family and coworkers here, but from people that I don't even know from all over the country. I never went without anything."

Following a short turnover period with his relief, Mikolajczak will move on to his next command where he will attend the prospective executive officer (PXO) training program.



National Weather Service, West Coast and Alaska Tsunami Warning Center

Be prepared before a tsunami strikes:

- Know the tsunami history and flooding elevation of your area.
- Learn the location of nearest shelter/safe area.
- Learn the safe route to the shelter.
- Have on hand emergency supplies for at least three days.
- Keep your emergency supplies in a backpack near your door.
- Know how to turn off your utility mains.
- Get basic first aid instruction.
- Have family discussions about tsunamis and evacuation plans.

When a tsunami 'watch' is issued for your area:

- This means a dangerous tsunami has not yet been verified. If one exists, it may only be one hour away.
- Frequently monitor radio, Coast Guard emergency frequencies, NOAA weather radio, or other reliable source.
- If you live in a low-lying area, carefully check your emergency supply kit. Especially remember any special medicine, infant needs, warm clothing, water and cash.
- Locate family members and review evacuation plans.
- If you have special evacuation needs (handicapped, elderly, small children), consider early evacuation.
- Only consider taking your boat to deep water if time, weather and its

- seaworthiness permit.
- Secure important loose objects around your home/business, if time permits.
- Make ready to evacuate.

When a tsunami 'warning' is issued for your area:

- This means a dangerous tsunami may have been generated and could be very close. Estimated times of wave arrival are given for selected coastal places.
- If on the beach or near the shoreline: If you feel a very strong earthquake, evacuate to higher ground immediately. Do not wait for a formal warning.
- If a tsunami is verified, the warning is extended to all Pacific coastlines. Closely monitor radio, Coast Guard emergency frequencies, NOAA weather radio or other reliable source.
- Follow instruction issued by local officials. Leave immediately if ordered to do so. Remember your emergency kit.
- Never go down to the beach to watch for a tsunami.
- Turn off your electric and gas service at the main, only if time permits. Do not use the telephone except in a genuine emergency.
- Once in a safe area, do not return to the hazard zone until a competent local official has issued an "all clear."
- All tsunamis, like hurricanes, are potentially dangerous even though they may not damage every coastline they strike.

MWR to offer child care on 'furlough Fridays'

In support of families with children, Navy Region Hawai'i Morale, Welfare and Recreation will provide care for children on furlough Fridays at Catlin Clubhouse at the corner of Catlin Drive and Nimitz Highway.

The cost for care will be \$30 per day per child.

Families with more than one child will receive a 20 percent discount or \$24 per day for each additional child in the family. Families are now able to register online at greatlife-hawaii.com.

To help as many families as possible, parents of kindergartners are encouraged to

utilize Child Development Centers (CDCs) for child care.

For more information, contact CDCs at the following locations: Bougainville CDC, 422-7133; Naval Station Pearl Harbor CDC 473-2669; NCTAMS CDC, 653-5305; or Rainbow Hale CDC, 839-4884.

STORY IDEAS?

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

Phone: (808) 473-2888

Email: hnn@honoluluadvertiser.com

Hawaii Navy News

Deadline approaches to file taxes electronically

Randy Dela Cruz

Contributing Writer

The Internal Revenue Service's (IRS) due date of April 15 to file federal income taxes for 2008 has come and gone, but for those who failed to submit their forms there is still time to take care of business without having to run to the post office.

Late filers have until Oct. 15 to send their forms electronically via the IRS Web site at www.irs.gov. Forms submitted after that date must be physically mailed to the IRS.

Lt. Dominic Antenucci of Naval Legal Service Office (NLSO) Pacific Detachment Pearl Harbor said that while the Military Volunteer Tax Assistance Center (VITA) at Pearl Harbor is closed and isn't available to answer questions about e-filing, going online to complete the process shouldn't be intimidating or difficult.

"Most of it is pretty self-explanatory," said Antenucci. "If you go to



the Web site, it's going to ask questions that most people should be able to handle. If not, you can call the IRS at 1-800-829-1040, or you may have to go out and get help from a professional tax service."

The Oct. 15 date may not apply to military personnel that were deployed to a combat zone, noted Antenucci.

"If military members were sta-

tioned in a combat zone, then they automatically get 180 days extension (to file) from the day they get back," said Antenucci. "So if you get back in May or June, you get 180 days extension from that point."

When visiting the IRS Web site, Antenucci also suggests that military personnel take a look at the Armed Forces Tax Guide,

Publication No. 3, which he explained covers current tax laws that pertain specifically to members of the military.

"The guide speaks to all the peculiarities with the military and taxes," he stated. "One of which are the extensions you get via your military service."

While filing last year's taxes, it may also be a good idea to plan ahead and begin preparing for the next year's deadline.

Filers should take the government's recent stimulus package, the American Recovery Reinvestment Act, into consideration, as it may heavily impact refunds and tax payments.

The enacted bill lowered the withholding rates for incomes, but did not change the tax rate on monies earned.

This means that people with multiple sources of income – joint filers, retirees with pensions, families – may find themselves with a smaller than usual refund or short on their taxes owed.

To learn ahead of time what

might be refunded or owed, the IRS Web site has a "withholding calculator" which may help to determine an estimate of underpayments or overpayments and give suggestions to tailor a taxpayer's withholdings.

Items, such as your bank statement and last year's tax return, will be useful in calculating withholdings. For military members, make sure to have your latest leave and earning statement.

The IRS Web site also includes instructions to change Form W-4 without the need for additional worksheets.

Although the tax center at Pearl Harbor won't resume its office hours until January 2010, Antenucci said that the NLSO would lend a hand to military personnel with tax issues that are far and above the normal filing process.

"If they have complicated legal tax matters that need to be resolved, then they may contact Navy legal at 473-4717," said Antenucci.

Supply Corps Association and Spouses Club honor retired advisors

Story and photo by Lt. Cmdr. Tony Giles

Supply Corps Association Hawaii

The Supply Corps Association Hawaii (SCAH) and Navy Supply Corps Officers' Spouses Club Hawaii (NSCOSCH) recently honored their retired community advisors, Cmdr. (Ret.) Jack and Kathy Ebey, by establishing a \$1,000 scholarship in their name which will be awarded in 2010.

Establishment of the scholarship was announced during the annual SCAH leadership turnover social held at the Commander, Pacific Fleet boathouse. During the event, Cmdr. Jerome White relieved Cmdr. Matt Ott as president of SCAH.

Jack and Kathy Ebey have dedicated numerous volunteer hours to assist

and better the Hawaii Supply Corps team. Their generous support in the community and within the Supply Corps network continues to foster a better understanding of the traditions and history of the Navy Supply Corps. Through their efforts, the supply corps community in Hawaii is a more cohesive team.

Jack Ebey enlisted in the U.S. Navy in August 1951 and retired in April 1979. Throughout his 28-year career, he served on two ships (USS Joyce and USS Vega) and several shore commands (Naval Station San Diego, Naval Supply Center Pearl Harbor, Hawaii and Naval Supply Depot Subic Bay, Philippines). Even after serving a full and honorable military career, the Ebey's continue to give their time and talents to the supply corps community.



(Left to right) Rear Adm. Tom Traaen, Navy (ret.) Cmdr. Jack Ebey and Kathy Ebey, retired community advisors for Supply Corps Association Hawaii, and Cmdr. Matt Ott.

Ott said, "Our supply corps team has been very fortunate to hear about the logistics experiences in the Pacific and the evolution of support from Jack Ebey's perspective. He served in Vietnam and at critical Pacific re-supply points up until 1980. His nuggets of experience are invaluable and his views enable us to support the complex

Pacific AOR [area of responsibility] today, even better."

He continued, "Kathy Ebey supported the spouses, new arrivals and kept great communications between the supply corps community and other local associations. Their genuine care and love for the supply corps community drives them to be active

supporters and highlights the strength of our Navy Supply Corps team and its families. We also appreciate their encouraging more retirees to be a part of SCAH and NSCOSCH. It is our honor to designate a scholarship on behalf of such terrific mentors."

The scholarship program has steadily grown over the past three decades, due in large part to the generosity and efforts of regional associations, spouses' clubs and individual supply corps officers. In 1971, six one-year \$250 scholarships were offered. Today, the foundation awards \$200,000 plus in scholarships each year.

For the 2009-2010 academic year, 95 students have been awarded Navy Supply Corps Foundation scholarships worth \$233,500. This group includes children and grandchildren of supply

corps officers and supply enlisted personnel. Seventeen one-year \$5,000 scholarships, 47 one-year \$2,500 scholarships, 31 one-year \$1,000 scholarships, one \$2,500 memorial scholarship and one \$2,000 continuing scholarship were awarded. Since 1971, the foundation has awarded 1,786 scholarships valued in excess of \$3,562,000. For academic year 2009-2010, four scholarships were awarded to family members of Hawaii-based supply corps personnel.

For those seeking to apply for future scholarships, visit www.usnscf.com or www.scah.net for more information. Those desiring to learn more about SCAH or join the Navy Supply Corps Hawaii and spouses teams may visit www.scah.net or call 474-6416.

Joint Base Open House

A Joint Base Open House will be held from 11 a.m. to 5 p.m. Oct. 27 at the Hickam Officers' Club. The open house will provide information about Joint Base Pearl Harbor-Hickam (JBPHH) to all from both services who are affected, including military and civilian (non-appropriated fund and appropriated fund employees), residents, contractors, and tenant commands and activities.

For more information, visit www.cnmc.navy.mil/PearlHarbor and click on Pearl Harbor-Hickam Joint Basing info.



Joint Base Pearl Harbor-Hickam FAQ Corner



Cryptologic Technician Maintenance 3rd Class (SW) Kyle Hilmar

What do you know about JBPHH?

I know this is not the first time bases are being merged. There are 12 others. Base merging is not about takeovers, it's more about combining strengths and demolishing weaknesses.

How do you feel about JBPHH?

It makes sense consolidating base services to make things more efficient.



Debra Blunt Fleet and Family Support Center financial counselor

How do you feel about JBPHH?

As a financial counselor with Fleet and Family Support Center, I'm excited to have the opportunity to share our financial education programs such as Million Dollar Sailor with Air Force members as well as learning some of the programs the Air Force financial counselors have had success with. I think it will be a win/win situation for Navy and Air Force.

Recovery money to repair 3rd Marine Battalion Headquarters, Kaneohe, Hawai'i

James Johnson

*Naval Facilities
Engineering Command
Hawai'i Public Affairs*

Repairs and upgrades to the 3rd Marine Battalion Headquarters building at Marine Corps Base Hawai'i (MCBH) – Kaneohe with American Recovery and Reinvestment Act (ARRA) funds will be executed under

a contract awarded by Naval Facilities Engineering Command (NAVFAC) Hawai'i on Sept. 28, worth \$2.6 million.

“This project will perform significant interior and exterior repairs and improvements to the aging 3rd Marine Battalion Headquarters building, which is prominently located on the installation,” said Lt. Jennifer Steadman-

Murphy, NAVFAC Hawai'i resident Officer in charge of construction, Kaneohe Bay. “It's going to be a huge improvement for folks working in the building,” she noted.

The Indefinite-Delivery Indefinite-Quantity Contract Task Order was awarded to Su-Mo/Nan, a joint venture. Su-Mo Builders is a small disadvantaged 8(a) business

which operates from Honolulu, Hawai'i. Nan, Inc. is also based in Honolulu. The exact contract amount is \$2,671,453.

All work will take place at building 1087, MCBH at Kaneohe Bay. During the course of the project, significant exterior and interior repairs will include replacing windows and frames, installing new roofing, overhauling restrooms, upgrad-

ing electrical, replacing interior doors, and installing air conditioning units. The project is expected to be completed by June 2010.

This is NAVFAC Hawai'i's fifth ARRA project. The final ARRA project is expected to be awarded by the end of December.

The Department of Defense received \$7.4 billion from the ARRA, which is less than one percent of

the \$787 billion total amount. The Navy in Hawai'i received \$124 million to modernize Navy and Marine Corps shore infrastructure, enhance America's energy independence, and sustain a steady and robust maritime force for decades. In order to provide a boost to the local workforce, ARRA funds will be spent as quickly as possible.

Funds help modernize Navy assets

Continued from A-1

in summer 2010. The second section is scheduled for completion in December 2010.

“The goal was to get people to work as quickly as possible,” said Rick Heltzel, president of Healy Tibbitts Builders, Inc. “The good news is that we're putting people back to work early and we have actually hired a few new people for this project which is the ultimate goal.”

Upon completion, the wharf Sierra one will be able to support a growing submarine force at Pearl Harbor. “The importance of this pier to our operations in the most important theater [Pacific] of the 21st century is tremendous,” said Kitchens.

ARRA funding was awarded in April 2009, which made it possible

for the Navy to make the repairs to Sierra one pier at least a year earlier than anticipated.

“[Upon completion] the wharf is going to be almost like it was when it was first built,” said Robert Losey, construction management engineer, NAVFAC Hawai'i. “We're renewing it after 60 years and rebuilding it to the extent that it'll be serviceable for another 50 years.”

The Department of Defense received \$7.4 billion from the ARRA, with \$5.9 billion intended for construction and repair projects. NAVFAC projects, worldwide, carried out with ARRA funds are intended to modernize the Navy and Marine Corps shore infrastructure, enhance America's energy independence, and sustain a steady and robust maritime force for decades.

PACFLT responds to aid natural disaster stricken victims

Continued from A-1

49) and USS Harpers Ferry (LSD 46) and their embarked Marines began conducting humanitarian assistance operations Oct. 2 in the Manila metro area. The Marine air combat element on those two ships includes 10 CH-46E “Sea Knight” helicopters.

Splitting the group allows the Navy to provide varied capabilities in different locations while still sending the right tools to the right locations.

The ARG/MEU team constantly trains together for real world operations. Exercises in the western Pacific usually contain some humanitarian assistance training as well. The

Navy and Marines have not only worked together on these types of scenarios, but have also worked with other allies in the region on humanitarian assistance operations.

Also, the frigate USS Ingraham (FFG 61) arrived Sept. 30 in American Samoa to provide aid to victims of Sept. 29's earthquake and tsunami. Ingraham, homeported at Everett, Wash., launched its helicopter and rigid hull inflatable boat to help local authorities survey damage and conduct recovery operations. Sailors from Ingraham were also clearing debris ashore.

The Navy's ability to provide rapid, flexible response for humanitarian assistance and disaster relief is a cornerstone

of America's maritime strategy. The Navy is uniquely equipped to provide critically needed supplies and support to help mitigate human suffering and prevent further loss of life.

The U.S. military in the Pacific has a history of working with international relief organizations and host nations to reach those affected by natural disasters. The U.S. Pacific Fleet provided assistance to victims of the December 2004 Indonesia earthquake and tsunami that killed more than 230,000 people from Indonesia through Southeast Asia and the Indian Ocean to the east coast of Africa. The Pacific Fleet also provides more routine humanitarian civic assistance with its annual Pacific Partnership missions.