

## MCPON holds all hands call with Pearl Harbor Sailors

Story and photo by  
MC2 Robert Stirrup

Navy Region Hawai'i  
Public Affairs

Master Chief Petty Officer of the Navy (MCPON) Rick D. West (SS/SW) held an all hands call with Sailors assigned to various commands in the Pearl Harbor area at Bloch Arena at Pearl Harbor on Oct. 13.

West took the opportunity to speak with Sailors on a variety of topics. "It's great to be here in Hawai'i and be able to talk to all of you about the future of our Navy," said West. "I want to be able to answer all of your questions because all of you are out on the deck-plates every day. You are the ones that make the Navy run."

During the all hands call, West fielded questions from Sailors on numerous topics including women serving aboard submarines.

"There is no doubt in my mind that having women serving aboard submarines is a great idea," said West. "It will be a challenge at first,

See MCPON, A-8



Master Chief Petty Officer (MCPON) of the Navy (SS/SW) Rick D. West talks with Sailors assigned to various commands in the Pearl Harbor area during an all hands call at Bloch Arena on Naval Station Pearl Harbor on Oct. 13. This is West's first visit to Hawai'i since taking the office of MCPON.

## Training held to 'strengthen Navy through diversity'

MC2 (SW) Mark Logico

Navy Region Hawai'i  
Public Affairs

Major Hawai'i commands hosted "Strengthening the Navy through Diversity" training with diversity consultant Dr. Samuel Betances, at Commander U.S. Pacific Fleet (COM-PACFLT) headquarters and Ford Island Conference Center from Oct 13 to 15.

The training was a joint initiative from COM-PACFLT, Navy Region Hawai'i, Submarine Force U.S. Pacific Fleet and Naval Facilities Engineering Command, Hawai'i. The training is part of the CNO's

directive to implement diversity, and it is part of every leader's top priority to initiate diversity training.

Betances provided three-hour training sessions giving technical assistance to organizational leaders and service members on how to make everybody's talent count in an organization for mission accomplishment.

"The greatest difficulty that I see in diversity is that when we are 'normal,' we tend to see groups through the eyes of the popular culture, not necessarily through the eyes of what the Navy needs," said Betances.

Betances called for a "new normal" or "transnormal,"



where people commit to a culture of inclusion, collaboration and respect.

"Diversity means increasing cultural competencies in

See DIVERSITY, A-4

Senior Consultant Dr. Samuel Betances of Souder, Betances & Associates, Inc. speaks to the attendees regarding the importance of diversity in the Navy culture. "Strengthening the Navy through Diversity," training was held from Oct. 13 to 15 at the Commander Pacific Fleet headquarters and Ford Island Conference Center to increase diversity leadership competencies and stress the importance of diversity in the Navy's mission accomplishment.

## USS Missouri pulls into dry dock

Story and photo by  
MC2 (SW) Mark Logico

Navy Region Hawai'i  
Public Affairs

After more than a decade, the battleship USS Missouri (BB-63), now known as Battleship Missouri Memorial, pulled away from its pier and was towed into the Pearl Harbor Naval Shipyard & Intermediate Maintenance Facility (PHNSY & IMF) dry dock four on Oct. 14 for extensive maintenance work.

"Shipyard employees are excited to be working on such a historic battleship," said Capt. Greg Thomas, the shipyard commander. "We have prepared for the Missouri dry docking for more than a year. We trained hard, studied the challenges thoroughly, and built a great Navy-contractor team ready to jump into action at first light."

The three months, \$18 million preservation effort began with an approximate two-mile journey from its pier to dry dock at 6:50 a.m. The process took more than 11 hours from casting off at

See MIGHTY MO, A-4



The battleship USS Missouri (BB 63) arrives at Pearl Harbor Naval Shipyard dry dock four on Oct. 14 to begin its three-month \$18 million effort of extensive maintenance and preservation work. Missouri is the last battleship made by the U.S., and it is the site of Japan's unconditional surrender ending the war.



U.S. Navy photo by MC3 Joshua Scott

The aircraft carrier USS Ronald Reagan (CVN 76) transits toward Pearl Harbor, Hawai'i for a scheduled port visit on the U.S. Navy's 234th birthday on Oct. 13. The Ronald Reagan Carrier Strike Group is on a routine deployment, operating in the U.S. 3rd Fleet area of responsibility.

## USS Ronald Reagan makes port visit in Hawai'i

Navy Region Hawai'i Public Affairs

USS Ronald Reagan (CVN 76) arrived at Pearl Harbor, Hawai'i on Oct. 13 for a brief port visit.

The Ronald Reagan Carrier Strike Group recently left the U.S. 5th Fleet area of responsibility (AOR). They spent more than two months supporting Operation Enduring Freedom, counter piracy operations off Somalia and the Horn of Africa and maritime security operations, including protecting vital Iraqi infrastructure in the north

Arabian Gulf.

Reagan's flight deck is 4.5 acres and from that deck, the world's most advanced naval aircraft can immediately respond to crises across the full spectrum of operations, from combat to humanitarian missions. Ronald Reagan Sailors are some of the best-trained in the world and well-prepared for today's missions. Although Reagan's Sailors are very young (average age about 21), they are motivated to quickly execute operations and

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MCPON celebrates Navy's birthday with Hawai'i Sailors page A-2



Joint Base Pearl Harbor-Hickam FAQ Corner See page A-2



CPRW-2 takes time out to focus on safety, teamwork See page A-6



New Bishop Museum exhibit is Dino-mite See page B-1

## MCPON celebrates Navy's birthday with Hawai'i Sailors

Story and photo by  
MC2 (SW) Mark Logico

Navy Region Hawai'i  
Public Affairs

The MCPON joined the crowd of enlisted service members and guests as they celebrated the U.S. Navy's 234th birthday at the Hilton Hawaiian Village on Oct. 10.

Master Chief Petty Officer of the Navy (SS/SW) Rick D. West made his first official visit to Hawai'i after assuming the office last Dec. 12.

"Ladies and gentlemen, my fellow Sailors, happy birthday," said West. "Thank you for the invitation and the opportunity to come before you tonight to celebrate this evening on our Navy's birthday. Tonight we honor 234 years of service from the sea."

The Enlisted Birthday Ball, whose theme was "Defending Freedom, Changing Lives," drew a crowd of 800 enlisted Sailors, Marines, their spouses and guests.

"Tonight we honor you, the American Sailor, the millions of men and women who have gone before you who have worn this great uniform," said West.

In keeping with tradition, the oldest and youngest enlisted Sailors in atten-



(From right to left) Rear Adm. Dixon R. Smith, commander, Navy Region Hawai'i and commander, Naval Surface Group Middle Pacific; Navy Region Hawai'i Command Master Chief (SW/AW) William C. Holz; Airman Aviation Maintenance Administrationman Gary Coleman and Master Chief Petty Officer of the Navy (SS/SW) Rick D. West cut the cake during the celebration of the Navy's 234th birthday at the Hilton Hawaiian Village on Oct. 10. During the celebration, West visited Navy Region Hawai'i to attend the Enlisted Navy Ball and to hold an all hand's call for the Sailors in the area. This is West's first visit to Hawai'i after becoming MCPON.

dance came forward to cut the Navy birthday cake. Airman Aviation Maintenance Administrationman Gary Coleman, assigned to the Golden Swordsmen of Patrol Squadron (VP) 47, was honored as the youngest Sailor,

and Navy Region Hawai'i Command Master Chief William Holz was honored as the oldest.

Senior Chief Hospital Corpsman (SW) Ronald Rutherford was the lead coordinator for the Enlisted Navy Ball. He said that all

the major commands on the island were represented in the planning and preparation of the ball.

"We've been planning this since April and we've raised more than \$19,000 in fundraising," said Rutherford.

## Hawai'i-based Sailor killed in car-motorcycle collision

Naval Health Clinic  
Hawai'i

A Sailor attached to Naval Health Clinic Hawai'i died Oct. 11 in a traffic accident.

Hospital Corpsman 3rd Class Nigel C. Kennedy, 29, of New York City, N.Y., died as a result of a car-motorcycle collision while riding his motorcycle on Kaukonahua Road.

Kennedy enlisted in the Navy in 2005 as an un-designated seaman and attended Hospital



Hospital Corpsman 3rd Class  
Nigel C. Kennedy

Corpsman "A" School at Great Lakes, Ill. in September 2006. Upon graduation, he was stationed with the U.S. Marines at 29 Palms, Calif. and deployed to the Middle East to conduct operations in support of the global war on terrorism.

After his deployment, he worked at the command career counselor's office at 29 Palms for 18 months. Kennedy reported to Naval Health Clinic Hawai'i in July 2009.

His awards include the Good Conduct Medal, the National Service Defense Medal, the Iraq Campaign Medal with one star and the Eagle Globe and Anchor, the Global War on Terrorism Medal, the Sea Service Deployment Ribbon with one star, the Over Seas Service Ribbon, the Marksman Rifle Ribbon and the Sharpshooter Pistol Ribbon.

The cause of the accident is under investigation.

### Joint Base Pearl Harbor-Hickam FAQ Corner

The Joint Base Pearl Harbor-Hickam (JBPHH) corner addresses questions related to the stand up of JBPHH. Naval Station (NAVSTA) Pearl Harbor and Hickam AFB (HAFB) will combine into a single joint installation to support both Air Force and Navy missions, along with our tenant commands, and all our service members and their families. The transition period begins Feb. 1, 2010 and JBPHH will officially stand up Oct. 1, 2010. Questions may be submitted to [hnn@honoluluadvertiser.com](mailto:hnn@honoluluadvertiser.com) or by calling Navy Region Hawai'i Public Affairs at 473-2888. For more information, visit: [www.cnic.navy.mil/pearlharbor](http://www.cnic.navy.mil/pearlharbor) and click on Joint Basing Info.

**Q. I heard there'll be a joint basing open house soon. What can you tell me about that and who should attend?**

A. The Joint Base Open House will provide information for all who are joining from both services, including military and civilian personnel, non-appropriated fund (NAF) and appropriated fund (APF) employees, residents, contractors, and tenant commands and activities. The event will be held from 11 a.m. to 5 p.m. Oct. 27 at the Hickam Officers' Club.

**Q. How will annual performance appraisals be handled for transferring GS/WG/WL/WS employees?**

A. Transferring employees will receive their last Air Force appraisal on June 1, 2010 for the performance period April 1, 2009 - March 31, 2010. Upon transfer, employees will join the Navy Performance Appraisal System cycle which runs from Oct. 1 to Sept. 30 of each year.

**Q. What about National Security Personnel System (NSPS) appraisals?**

A. Air Force NSPS appraisals for Oct 1, 2009 - Sept. 30, 2010 will be reviewed and approved by the 15th Airlift Wing Pay Pool, but paid by the appropriate Navy pay pool.

# Hawai'i Navy News Editorial

## Mullen praises 'powerful legacy' during ship commissioning

Samantha L. Quigley

American Forces Press Service

The chairman of the Joint Chiefs of Staff praised the man for whom USS Wayne E. Meyer guided-missile destroyer was named during the ship's commissioning into the U.S. Pacific Fleet on Oct. 10.

"I can think of no finer name for a warship than USS Wayne E. Meyer," Navy Adm. Mike Mullen said during the 58th Arleigh Burke-class destroyer's commissioning. "For it is the name of the chief visionary of the Navy's surface fleet."

The ship's motto is "One Powerful Legacy," and the late retired Rear Adm. Wayne E. Meyer can be said to have left exactly that in the Navy. Meyer is described as "the father of Aegis" for his role in leading the development of the Aegis weapons system now used aboard 100 Navy ships.

Meyer abhorred mediocrity as much as he cared for the Navy, and he attended the commissioning of every ship using the Aegis platform since that of USS Bunker Hill in 1986, Mullen said.

"It is sad, but almost fitting, in a way, that the first commissioning muster Wayne Meyer misses is that of his namesake," Mullen added.



U.S. Navy photo by MC1 Tiffini Jones Vanderwest

Crew members render honors during the commissioning ceremony of the Arleigh Burke-class guided-missile destroyer USS Wayne E. Meyer (DDG 108) at Penn's Landing in Philadelphia on Oct. 10.

Meyer was 83 when he passed away Sept. 1.

Originally conceived as a match for the Soviet blue-water navy, Aegis ships have become invaluable for uses beyond deterring cold war foes.

It was an Aegis ship that recently patrolled at the ready off the coast of North Korea. Another supplied humanitarian aid to the citizens of the former Soviet republic of Georgia during military strife last year, and Aegis ships will continue to provide air defense for expeditionary and carrier strike groups around the

world, Mullen said.

"Adm. Wayne Meyer's brainchild has become an enduring staple of our fleet because the system has been able to evolve, to flex to our defense needs as they change over time," Mullen said. "Underpinned by solid systems engineering, ... its enduring capabilities are speed, agility and adaptability."

The U.S. shares the Aegis weapons system with the Japanese, Spanish, Norwegian, South Korean and Australian navies.

Mullen said he sees this as immense progress to

what he used to call the "1,000-ship Navy." This is "a global maritime coalition of good neighbors who use the sea to unite instead of divide," he said.

"Because confronting and overcoming the challenges we face today—whether piracy, narco-trafficking, weapons of mass destruction or terrorism—will take all of us: all hands, all services and all partner nations," the admiral said.

The Aegis ships surely have their virtues, but their true worth always will be in their crews, Mullen said.

"The way that Aegis ships have been conceived, built, tested and deployed is as much a testament to an engineer's mastery of technology as it is to our Sailor's versatility," he said. "The Aegis ships are made to see, control and defend. Aegis Sailors are made to multi-task."

Stopping short of offering the Meyer's crew career advice, Mullen chose to share an anecdote from his own career.

"Let me just say that every time we'd meet, Adm. Meyer was fond of telling me that my career peaked, as a captain, the day I left command of [USS] Yorktown," He said. "Now, Yorktown is down the Delaware a bit, in the process of being scrapped."

"[Wayne Meyer's] career, however, is still going strong as we commission this ship today," he added. "Each and every one of you in Meyer's crew has the great honor of getting the chance to live up to that name. May you discover and employ the leadership, determination, ingenuity and perhaps the stubbornness that goes along with it."

Navy Adm. Gary Roughead, chief of naval operations, also attended the commissioning. He reinforced the importance this crew would have as the USS Wayne E. Meyer's first.

"You will man the most capable warship in the world," Roughead said. "You will sail under the name Wayne E. Meyer. No naval officer in recent history has distinguished himself as a visionary, as an innovator and as a leader, as did Wayne Meyer."

"Even though he only left us a short time ago, his spirit will live on in this ship and in the spirit of the officers and Sailors who will serve for generations to come," Roughead added.

Meyer's wife, Anna Mae, is the ship's sponsor and a Philadelphia native. She christened her husband's namesake from Bath Ironworks Shipyard in Bath, Maine on Oct. 18, 2008.

Navy Cmdr. Nick A. Sarap will command the ship, which will call San Diego home. It carries a crew of 370 and measures in at 509-feet, five-inches in length. It carries the 100th Aegis weapons system built and delivered by Lockheed Martin.

The ship incorporates a helicopter hangar facility into the original design and can carry two SH-60B/R light airborne multi-purpose system MK III helicopters. Guided-missile destroyers operate independently and in conjunction with carrier battle groups, surface action groups, amphibious groups and replenishment groups.

*This week in*  
**NAVAL HISTORY**  
*October 12*

- 1914 - USS Jupiter (AC-3) is the first Navy ship to complete transit of Panama Canal.
- 1961 - Five-man cholera treatment demonstration team from Naval Medical Research Unit, Taipei leaves to assist setting up of facilities to treat an epidemic in Manila.
- 1965 - End of Project Sealab II where teams of naval divers and scientists spent 15 days in Sealab, moored 205 feet below surface near La Jolla, Calif.
- 1980 - USS Guadalcanal and other ships of amphibious forces, Sixth Fleet begin assistance to earthquake victims in Al Asnam, Algeria.
- 2000 - Terrorists in a boat make suicide attack on USS Cole (DDG-67) while the ship refuels in the port of Aden, Yemen. Seventeen Sailors are killed.

*October 13*

- 1775 - Birthday of U.S. Navy. The Continental Congress establishes Continental Navy, later the U.S. Navy.
- 1954 - USS Saipan begins relief and humanitarian aid to Haitians who were victims of Hurricane Hazel. The operation ended Oct. 19.

*October 14*

- 1918 - Naval aviators of Marine Day Squadron 9 make first raid-in-force for the Northern Bombing Group in World War I when they bombed German railroad at Thielt Rivy, Belgium.

*October 15*

- 1917 - USS Cassin (DD-43) is torpedoed by German submarine U-61 off coast of Ireland. In trying to save the ship, Gunner's Mate Osmond Kelly Ingram becomes first American Sailor killed in World War I and later is awarded the Medal of Honor for his heroism. He becomes the first enlisted man to have a ship named for him in 1919.
- 1948 - First women officers on active duty are sworn in as commissioned officers in regular Navy under Women's Service Integration Act of June 1948 by Secretary of the Navy John L. Sullivan.
- 1957 - USS Lake Champlain reaches Valencia, Spain to assist in flood rescue work.
- 1965 - U.S. Naval Support Activity Danang Vietnam is established.

*October 14*

- 1885 - Capt. Alfred Thayer Mahan, USN, becomes superintendent of the Naval War College.
- 1891 - Baltimore Incident, Valparaiso, Chile.
- 1940 - Fifth group of 10 destroyers from the Destroyers for Bases Deal is turned over to British at Halifax, Canada.
- 1942 - Carrier aircraft from USS Hornet (CV-8) conduct attacks on Japanese troops on Guadalcanal.
- 1943 - Navy accepts its first helicopter, a Sikorsky YR-4B (HNS-1), at Bridgeport, Conn.

*Gen. MacArthur declares 'I have returned'*

Photo courtesy of Naval Historical Center

Col. Ruperto Kangleon, Philippine guerilla leader, reports to U.S. Army General Douglas MacArthur, Supreme Commander, Allied Forces, Southwest Pacific Area, during ceremonies proclaiming the liberation of Leyte at Tacloban on Oct. 23, 1944. The Battle of the Philippines of 1944 was the allied campaign to defeat Japanese forces occupying the Philippines during WWII. The invasion commenced on Oct. 20 when Gen. MacArthur stormed onto Palo, Leyte shore and declared, "I have returned." Hostilities continued until the war's end, but the landing at Leyte began the liberation of the Philippine people.

*Hawai'i*  
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**Contributing Writer**  
 Randy Dela Cruz  
**Layout/Design**  
 Antonio Verceluz  
**Technical Advisor**  
 Joe Novotny

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# 'Mighty Mo' gets an overhaul

Continued from A-1

the pier to entering dry dock four and full evacuation of water from the facility. By sunset, the battleship's formidable hull was visible outside of the water for the first time since 1992, when she was last dry docked just after her second and final decommissioning.

The dry dock is 1,088 feet long and 155 feet wide with a depth of 59 feet, enough to contain the 887 feet, 54,889-ton ship.

"The bulk of the work in dry dock will consist of sand blasting, inspection and hull repairs," said Kerry Gershaneck, spokesman for

PHNSY & IMF. "Then, preservation work will begin to fortify the ship's underwater hull and superstructure against the elements for the next several decades. Missouri will also be repainted from top to bottom."

BAE Systems Ship Repair workers are scheduled to perform maintenance and preservation work on the battleship. More than 200 workers a day will be engaged in this work.

Missouri's exit from dry dock and return is scheduled for Jan. 7. A formal grand re-opening ceremony is scheduled to take place on Jan. 29, 2010, the 11th

anniversary of the memorial's grand opening and the 66th anniversary of Mighty Mo's launching from Brooklyn Navy Yard.

Following the attack of Dec. 7, 1941, PHNSY & IMF workers resurrected the U.S. Pacific Fleet, much of which lay at the bottom of Pearl Harbor

"The workers played a crucial role in winning World War II," said Thomas. "So we take great pride that our shipyard is helping to preserve one of the greatest symbols of victory in that war — the Battleship Missouri."

Missouri is the last battleship by the U.S. and it is the

site of Japan's unconditional surrender ending the war.

Following a career that spans five decades and three wars, from World War II to the Korean conflict to the Liberation of Kuwait, USS Missouri was decommissioned and donated by the U.S. Navy to the USS Missouri Memorial Association, Inc., a 501(c)(3) non-profit organization, which has operated the battleship as a historic attraction and memorial since 1999. The association oversees the ship's care and preservation with the support of visitors, memberships, grants and the generosity of donors.

## Awareness on diversity issues

Continued from A-1

order to be fair to each other," Betances said.

Chief Navy Counselor Chris McDonald compared the diversity training to the training of core competencies on a ship.

"What happens when we quit training how to fight fires on the ship?" asked McDonald. "You lose that core competency on how to react and how to fight that fire. Continued awareness on diversity issues helps to create a continuous environment where people can feel free to do their job and bring their own personalities, gifts and talents to accomplish the mission."

During the training,

Betances quoted the second president of the U.S., John Adams.

"John Adams said, 'Freedom is a wonderful thing, provided you have the courage to defend it.' Diversity is making sure that you are free—free from discrimination, free from a hostile workplace," said Betances. "It's all about freedom."

The diversity training was led by Kay Wakabayashi, Bill Espinosa, Colleen Martineau and Rear Adm. Michael Giorgione, assisted by numerous volunteers.

For more information, visit the COMPACFLT diversity site on Facebook at <http://bit.ly/CPFDiv>.

## KHON (FOX) TV 2 Hawai'i Navy News upcoming segments

Oct. 15 – Navy Diversity Program (featuring Dr. Betances)

Oct. TBD – Aiea Watershed Field Day with Aiea Intermediate School

Oct. TBD – Joint Venture Education Forum

Nov. 9 – Defense Commissary Agency on Hawai'i products

(The segments air at about 6:15 a.m. each Thursday. Previous segments can be viewed at <http://www.khon2.com/content/news/navynews/default.aspx>)

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Email [hnn@honoluluadvertiser.com](mailto:hnn@honoluluadvertiser.com) or call Navy Region Hawai'i Public Affairs at 473-2875. Stories must have a Navy tie and be of interest to the general public.

## Got Questions?

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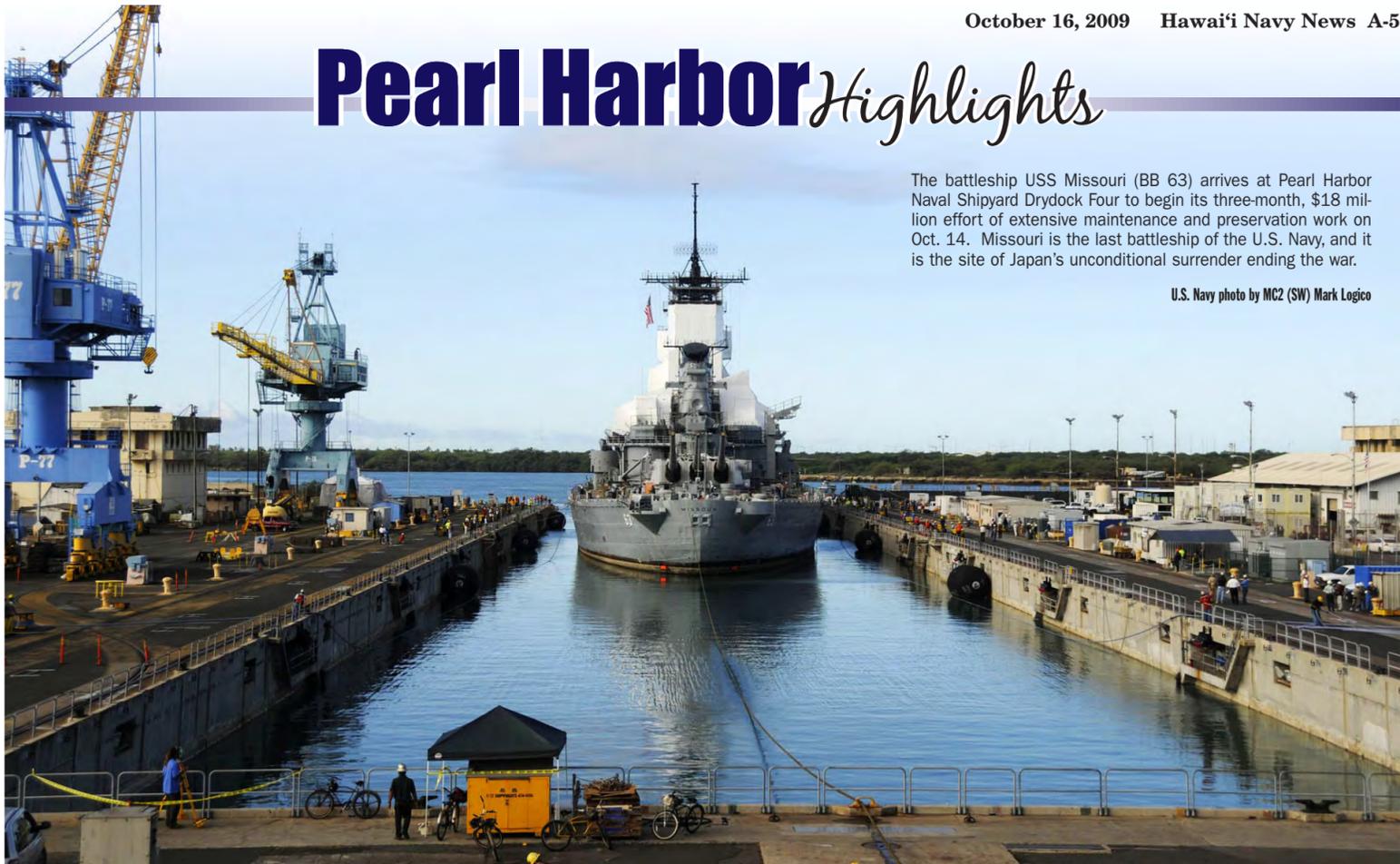
## Honolulu mayor honors fallen at Arizona Memorial



U.S. Navy photo by MC2 Robert Stirrup

Honolulu Mayor Mufi Hannemann pauses for a moment of silence after laying a wreath at the USS Arizona Memorial. More than 70 of Hawai'i's government leaders were on hand for the wreath-laying ceremony and white boat tour of historic Ford Island.

# Pearl Harbor Highlights



The battleship USS Missouri (BB 63) arrives at Pearl Harbor Naval Shipyard Drydock Four to begin its three-month, \$18 million effort of extensive maintenance and preservation work on Oct. 14. Missouri is the last battleship of the U.S. Navy, and it is the site of Japan's unconditional surrender ending the war.

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

(Right) The Navy Region Hawai'i color guard parades the colors during the celebration of the Navy's 234th Birthday at the Hilton Hawaiian Village on Oct. 10. Master Chief Petty Officer of the Navy (SS/SW) Rick D. West visited Navy Region Hawai'i to attend the Enlisted Navy Ball and to hold an all hands call for the Sailors in the area. This is West's first visit to Hawai'i after taking the office of MCPON.

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



(Below) Master Chief Petty Officer (MCPON) of the Navy (SS/SW) Rick D. West talks with Sailors assigned to various commands in the Pearl Harbor area during an all hands call at Bloch Arena on Naval Station Pearl Harbor on Oct. 13. This is West's first visit to Hawai'i since taking the office of MCPON.

U.S. Navy photo by MC2 Robert Stirrup



Federal Fire Department photo

Jason Meyers, a Federal Fire Department firefighter, teaches students at the State of Hawai'i Youth Challenge how to use a fire hose during a Fire Prevention Week exercise Oct 5.



Federal Fire Department photo

Sparky the Fire Dog gets a high five from a youngster as Inspector Ken Kunihiro looks on. Federal Fire Department was at the Marine Base Exchange Mall at Marine Corps Base Hawai'i, Kaneohe on Oct. 5 during Fire Prevention Week.

(Left) Aviation Warfare Systems Operator 1st Class Katie Warner, Command Patrol and Reconnaissance Wing Two (CPRW-2), competes in a tug-of-war with her team during the CPRW-2 Commodore's Cup competition on Oct. 2, at Marine Corps Base Hawai'i, Kaneohe.

U.S. Navy photo by ITC Dennis Barry

# CPRW-2 takes time out to focus on safety, teamwork

## Command Patrol and Reconnaissance Wing Two Staff

Command Patrol and Reconnaissance Wing Two (CPRW-2) held a safety stand down and sports day on Oct. 2 at Riseley Field and the surrounding sports facilities. This event provided an opportunity for Sailors from CPRW-2 to join together in the spirit of safety and friendly competition. The event was coordinated by Lt. Brian Scher, CPRW-2 safety officer.

According to Scher, the event was planned to promote healthy competition, with an important safety message infused throughout. "The Commodore's Cup Sports Day and Safety Stand Down was about taking a safety event and combining it into a day filled with healthy competition. The event provided a safety message that permeated throughout the theme of the day and provid-



U.S. Navy photo by ITC Dennis Barry

Aviation Structural Mechanic 3rd Class Kendra Williams (red), Patrol Squadron 47, finishes first in her heat in the 400-meter event during the Command Patrol and Reconnaissance Wing Two Commodore's Cup competition on Oct. 2 at Marine Corps Base Hawai'i, Kaneohe.

ed a sense of identity and pride to the different commands of Wing Two while bringing these commands together as one," explained

Scher.

Like all naval aviation commands, CPRW-2 frequently halts the operational tempo for a day or so in order

to focus on the critical notion of safety. Occupational safety is a daily priority for CPRW-2 personnel, but a designated stand down such as this provides an opportunity to create awareness of safety in all aspects of Navy life.

Topics covered during the stand down included: fire and motorcycle safety, alcohol and drug awareness, sun safety and dehydration prevention, nutrition, and suicide prevention and awareness.

In addition to the safety aspect was the intra-wing battle for the Commodore's Cup, awarded to recognize one command for their superior performance in athletic competition. Each CPRW-2 command sent representatives to compete in various athletic events, with points being awarded for placement and participation.

The command with the highest point total upon completion of all events won the

cup. Command teams participated in basketball, soccer, golf, dodgeball, softball, volleyball, flag football, tug-of-war, racquetball, horseshoes, a bench press competition, and various track events including a 5K run. The overall competition culminated in a front office obstacle course, a three-person relay won by finishing the course in the fastest time.

When the scores from all the events were tallied, the Golden Eagles of Patrol Squadron Nine emerged victorious. Cmdr. Lance Scott, VP-9 commanding officer, credited the win to a total squadron effort. "We were obviously excited to be the winning squadron and I could not be more proud of all the Golden Eagles who competed, as well as our entire command who cheered those participating throughout the day," he said.

The VP-9 skipper added, "The competition from all

squadrons was tough and the final results really came down to the last two events, proving it could have been any one of the commands that took home the trophy."

The overall purpose of the CPRW-2 Safety Stand Down and Sports Day was to bring Sailors from different commands within the wing together in the spirit of safety, competition and sportsmanship. By all accounts, the event was a complete success in this regard.

"We enjoyed the opportunity to spend a day with our collective Wing Two squadron mates and the real winners are those who put this entire event together," said Scott. "It was well-run and everyone had a great day of camaraderie with sportsmanship and teamwork as the central theme. We look forward to defending our title the next time around."

(See additional photos on page A-5)

# TRICARE: Enhancing access to behavioral health care

**Brian P. Smith**

*TriWest Healthcare Alliance*

Whenever and wherever, TRICARE beneficiaries now have more tools to get the behavioral health support they need. TriWest Healthcare Alliance is using American Well's Online Care platform to give TRICARE beneficiaries in Hawai'i access to safe and secure behavioral health counseling, assistance and support.

"We are pleased to have the ability to offer expanded access to behavioral

health support for the military personnel and their families that we serve in the 21 states of the TRICARE West Region," said David J. McIntyre, president and CEO of TriWest Healthcare Alliance.

"Our new online care program will provide those we are privileged to serve with access to care and much needed support services when and where it is most convenient for them. They deserve this enhanced level of support, without the added worry of external perceptions or judgment. We're pleased to assist the

military in standing up this new benefit because it's the right thing to do," said McIntyre.

An overview of TriWest Online Care services and beneficiary eligibility can be found on TriWest's behavioral health portal at [www.triwest.com/bh](http://www.triwest.com/bh). The portal also contains a virtual library of behavioral health information, streaming videos, demonstrations, fact sheets and links to hundreds of local and national resources.

TriWest Online Care offers multiple ways to access TRICARE resources

and services:

Call, click or chat  
TriWest's trained professionals can help you understand your TRICARE behavioral health options. You can chat live with a TriWest Behavioral Health Contact Center (BHCC) representative 24/7 ([www.triwest.com/bh](http://www.triwest.com/bh)) or call 1-888-TRIWEST (874-9378).

Online assistance 24/7  
The TRICARE Assistance Program (TRIAP) offers a 24/7 option for private, non-reportable, face-to-face videoconference counseling. In the TRICARE West

Region, eligible beneficiaries will use Skype, a videoconferencing application, to connect to a master's or Ph.D.-level assistance counselor. This counseling is a non-medical discussion of personal life issues. Issues can range from relationships to stress management, all the way to crisis intervention.

Remote clinical services  
TRICARE's Tele-Behavioral Health (TBH) Care option allows eligible beneficiaries to receive clinical one-on-one behavioral health services from a TRICARE network provider

across town or across the state. Patients at originating sites (local TRICARE-authorized providers with videoconferencing capabilities) connect to a distant provider (a TRICARE-network behavioral health provider) using interactive audio/video technology for services such as consultation, counseling, psychotherapy or medication management.

Visit TriWest's behavioral health portal ([www.triwest.com/bh](http://www.triwest.com/bh)) or call the BHCC at 1-888-TRIWEST for the latest online care information.

## Quick hire of DON military spouses now possible

George Markfelder

Deputy Assistant Secretary of the Navy, (Civilian Human Resources) Communications

It is now easier for certain spouses of active duty Sailors and Marines to be hired by the federal government.

New Department of Defense hiring authorities took effect this fall and the Office of Personal Management (OPM) issued final regulatory guidelines in the Federal Register under the title,

"Noncompetitive Appointment of Certain Military Spouses."

"This is a super opportunity for certain spouses of active duty military members to serve their country directly and to begin a great career with world-wide assignment opportunities," said Shirley Scott, director of human resources policy and program department at the DON Office of Civilian Human Resources. "Federal jobs come with large benefits, such as tuition reimbursement, leave and holidays, and dependent care to name just a few."

Scott explained that the eligibility for this noncompetitive hiring authority falls into four major categories: (1) a spouse of an U.S. Armed Forces service member serving on active duty (not for training) for more than 180 days, provided the spouse relocates to the member's new permanent duty station; (2) a spouse of a military service member who retired, was released or discharged from active duty and has a disability rating of 100 percent as documented by the Department of Veterans

Affairs; or (3) a spouse of a military service member killed while on active duty. In the latter case, the spouse must be the un-married widow/widower of the deceased service member to meet eligibility.

"Of course the intent of these regulations is to make it easier for the federal government to recruit and retain skilled and experienced employees," said Scott, "but also, when service members have a permanent change of station and the family moves, the spouse is typically forced to find

a new employer at that new location. Allowing military spouses to at least compete for jobs that would otherwise only be open to current civilians or veterans provides us, the employer, with a greater pool of potential candidates. It is a win-win for us all."

For more information on the noncompetitive appointment of certain military spouses, contact the local HRO, and for information on current DON job opportunities, visit <https://www.donhr.navy.mil/default.asp>.

## MCPON

Continued from A-1

because of the time it will take to make the submarines ready and the cost will be high, but when it comes down to it, it will all work out."

Another topic West talked about was the new continuation board for chief petty officers.

"The reason for the continuation board is to get rid of the Sailors who are under-performing to help the higher-performing Sailors get advanced," said West. "It is the worst feeling when I know that a first class petty officer should be advanced to chief or a chief should be advanced to senior chief, but can't because the quotas are filled."

West also stressed the importance of Sailors earning their warfare pins.

"Having a warfare pin is more than just something else you put on your uniform," said West. "If I see that warfare pin on your chest, I immediately know that you know what you're doing. As I always say, it goes ship, shipmate, self."

West finished the all hands call with a MCPON "hooyah" that echoed throughout Bloch Arena.

This was West's first time in Hawai'i since taking the office of MCPON.



Active duty and retired military, civil service and family members can advertise the sale of their personal property (including real estate) and services in HNN at no charge. The details are as follows: Classified items and services must represent an incidental exchange between the aforementioned personnel and not business operations. Requests for three-line free classified advertisements can be submitted via email, if from a ".mil" address (submit to [ikaneshi@honolulu.gannett.com](mailto:ikaneshi@honolulu.gannett.com)), by phone at 521-9111 or by visiting [www.honoluluadvertiser.com](http://www.honoluluadvertiser.com) and clicking on "classified ads." More lines of advertising can be purchased at an additional fee. Requesters should include their military ID number and a call-back phone number.

### STORY IDEAS?

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

**Phone: (808) 473-2888**  
Email: [hnn@honoluluadvertiser.com](mailto:hnn@honoluluadvertiser.com)

### Hawaii Navy News

# U.S. Navy Leap Frogs kick off 2009 Ironman World Championship

MC2 (PJ) Michelle Kapica

Naval Special Warfare  
Public Affairs

The U.S. Navy parachute demonstration team, known as the Leap Frogs, performed during the opening ceremony of the 31st Ironman World Championships held in Kailua-Kona, Hawai'i on Oct. 10.

The team parachuted into the warm water of Kailua Bay just after sunrise, minutes before 1,800 triathletes set off for a 2.4-mile swim followed by a 112-mile bike ride and a 26.2-mile run.

Spectators lined the sea wall and every inch of guard rail that marked off the race track to catch the Leap Frogs' performance and the start of the Ironman. The team jumped from a Georgia Air National Guard C-130 aircraft before spiraling colored smoke across the sky in a precision, freefall demonstration.

The jump has become a popular feature of the Ironman. Athletes and spectators cheered and clapped as the team, composed of Navy SEALs [sea, air, land], a special warfare combatant-craft crewman and a Naval Special Warfare (NSW) parachute rigger, completed the performance.

"This is the third year we've been honored by having the Leap Frogs jump and today was by far the best jump," said Diana Bertsch, Ironman race director.

"What's more exciting is living in America and the freedom that we have, that enables us to put on an event like this. To open it that way, I don't think it could get any better!"

Six Navy Sailors entered the Ironman this year and the USS Paul Hamilton



U.S. Navy photo

The U.S. Navy parachute demonstration team, known as the Leap Frogs, performed during the opening ceremony of the 31st Ironman World Championships held in Kailua-Kona, Hawai'i on Oct. 10.

(DDG 60), homeported at Pearl Harbor, Hawai'i, pulled into port the day before the event. Navy recruiters, along with members of the Leap Frogs, also manned an information booth for several days leading up to the event in an effort to raise awareness about Navy programs and opportunities.

Like the Navy's special operations personnel, the common thread that united the athletes was their com-

mitment to training.

"This is a lot like what we do," said Chief Special Warfare Boat Operator (SWCC) J.C. Ledbetter, the Leap Frogs' leading chief petty officer. "We push our bodies to the limit and that's what these athletes are doing every day. They have to train for months and months to get to where they are now and then to have it all happen in one morning. It's like

going on an op (operation)."

The Leap Frogs are based in San Diego and perform freefall demonstrations across the country to raise awareness about NSW. For more information about the team, visit [www.leapfrogs.navy.mil](http://www.leapfrogs.navy.mil) or for information about NSW programs, visit [www.sealswcc.com](http://www.sealswcc.com).

## Captain's success is all about teamwork

Lt. j.g. David  
Lawrence

Naval Station Pearl  
Harbor

Cmdr. Lawrence (Larry) A. Scruggs, executive officer of Naval Station (NAVSTA) Pearl Harbor, was promoted to captain on Oct. 1 at Naval Station Pearl Harbor.

Scruggs was pinned by his wife and the commanding officer of NAVSTA Pearl Harbor, Capt. Rick Kitchens. His daughter was also in attendance.

"When I was accepted into the LDO program, half of one percent of enlisted personnel got a commission. The highest rank you could aspire to was commander. I was sure that I would make lieutenant commander and then my shortcomings would overcome my strengths," said Scruggs.

"The reason they did not wasn't because I'm a smart guy, but because of the Sailors that have worked with me all these years as a team. Without them, I would not be receiving this honor today."

To understand what an achievement his promotion represents, one has only to recognize that Scruggs is one of only 30 limited duty officers currently serving as captains on active duty in the naval service, while there are more than 40 active duty three-star vice admirals.

A native of Chicago,

Scruggs has served a long and faithful career of more than 32 years thus far and does not have plans to retire any time soon.

"A large part of my success in the LDO program is based on the hard work of the Sailors and civilians through the years that have helped mold me and mentor me and that have worked as a team to support the goals of the Navy," said Scruggs.

His extensive sea service includes tours of duty onboard the USS George Washington (CVN 73), USS Theodore Roosevelt (CVN 71), USS Harry S. Truman (CVN 75), USS John F. Kennedy (CV 76), USS Long Beach (CGN 9), USS Bainbridge (CGN 25) and USS L.Y. Spear (AS 36). He has deployed 13 times.

Scruggs enlisted in the Navy in 1976, was promoted to chief petty officer in 1984, and earned his commission in the LDO program in 1987. Scruggs' awards include the Meritorious Service Medal (five awards) and the Navy Commendation Medal (five awards), to name a few, among the many others he has earned over his extensive career.

"I want everybody to know that hard work pays off and success in the Navy is all about the team," said Scruggs.

(See photo in Oct. 9 edition of Hawai'i Navy News, page A-5.)

## Pearl Harbor Restoration Advisory Board discusses environmental issues

MC3 Eric J. Cutright

*Naval Public Affairs  
Support Element West  
Detachment Hawai'i*

The Pearl Harbor Restoration Advisory Board (RAB) met at Leeward Community College on Sept. 29 to discuss environmental issues at Navy properties and to inform the public of what is being done to facilitate restoration projects.

The role of the RAB is to educate the public about ongoing projects. The Navy provides the public, via these RAB meetings, with information on the investigations and cleanups being conducted.

"The RAB meeting is an important part of Navy community outreach and it informs the community of what we're doing at our sites. It's taxpayer's money that we're using to clean up the contaminated areas," said Wes Ching, a

remedial project manager for Naval Facilities Engineering Command (NAVFAC) Hawai'i.

The Pearl Harbor RAB consists of concerned citizens from the affected areas and a Navy representative as part of the Navy's Environmental Restoration Program.

"Historically, we had gone to the communities and the neighborhood boards to see if there was interest in representing their group in the RAB," said Janice Fukumoto, the manager of the Navy's environmental restoration program in Hawai'i and employee at NAVFAC Hawai'i.

One of the items on the RAB agenda was an engineering evaluation/cost analysis (EE/CA) report being conducted by the Navy at the Church of Christ and St. George's Church, located on Navy property by the Moanalua Navy housing area.

A removal site evaluation (RSE) was conducted at a parking area shared by the two churches. The RSE revealed metal concentrations in the sand blast grit, which is covering the parking lot, exceeding risk-base screening criteria levels. The next steps will include a removal action and a verification report to be taken in accordance with the Comprehensive Environmental Response, Compensation and Liability Act (CERCLA).

"This is not a closed process," said Ching. "It's open to the public and we welcome input or concerns."

The next Pearl Harbor RAB is scheduled for Nov. 12. For more information on the RAB, contact NAVFAC Hawai'i Public Affairs at 471-7300.

## USS Ronald Reagan

Continued from A-1

capable of developing innovative ideas that give us the tactical edge.

"Peace through Strength"

**Capability:**

- Top speed exceeds 30 knots.
- Powered by two nuclear reactors that can operate for more than 20 years without refueling and the ship is expected to operate in the fleet for about 50 years. It carries more than 80 combat aircraft.
- Three arresting cables can stop a 28-ton aircraft going 150 miles per hour in less than 400 feet.

**Size:**

- Towers 20 stories above the waterline and is 1,092 feet long, nearly as long as the Empire State Building is tall. Flight deck covers 4.5 acres and the ship has four

bronze propellers, each 21 feet across and weighing 66,200 pounds; two rudders, each 29 by 22 feet and weighing 50 tons; and four high speed aircraft elevators, each more than 4,000 square feet.

**Dates:**

- Dec 8, 1994 - Contract awarded to Newport News Shipbuilding.
- Feb 12, 1998 - Keel laid.
- Oct 1, 2000 - Pre-commissioning unit established.
- March 4, 2001 - Christened by Nancy Reagan.
- May 5, 2003 - First underway.
- July 12, 2003 - Commissioned.
- July 23, 2004 - Arrived at homeport of San Diego, Calif.

**Capacity:**

- Home to about 6,000 Navy personnel.
- 18,150 meals served daily.

- Distillation plants provide 400,000 gallons of fresh water from sea water daily, enough for 2000 homes.
- Nearly 30,000 light fixtures and 1,325 miles of cable and wiring, 1,400 telephones, 14,000 pillowcases and 28,000 sheets.

Aircraft carriers support and operate aircraft that engage in attacks on airborne, afloat and ashore targets that threaten free use of the sea, and engage in sustained operations in support of other forces. Aircraft carriers are deployed worldwide in support of U.S. interests and commitments. They can respond to global crises in ways ranging from peacetime presence to full-scale war. Together with their onboard air wings, the carriers have vital roles across the full spectrum of conflicts.