

U.S. Coast Guard, Navy partner to 'fight for fish'

PA3 Michael De Nyse

U.S. Coast Guard, U.S. 7th Fleet

(Editor's note: USS Crommelin (FFG 37), homeported at Pearl Harbor, Hawai'i, participated with the Coast Guard.)

In battle, on the high seas and along America's shoreline, the U.S. Coast Guard and Navy have a long tradition of working hand-in-hand on common missions, such as law enforcement, national defense, and search and rescue.

This cooperation was enhanced recently when the two joined together in June for one of the Coast Guard's oldest missions, the protection of the nation's natural resources.

On June 15, law enforcement officers from the 14th Coast Guard District at Pearl Harbor joined the crew of USS Crommelin (FFG 37) to support U.S. Coast Guard fisheries enforcement in Oceania. Crommelin was in support of the mid-Pacific Surface Combatant Operational Employment Program in the western Pacific at the time.

Their "fight for fish" mis-



U.S. Coast Guard Lt. Andrew Vanskike (right) and Lt. Nick Anderson (center), 14th Coast Guard District enforcement and intelligence liaison officers, listen to Navy Cmdr. Kevin Parker, commanding officer of the USS Crommelin (FFG 37), as they work to identify a vessel suspected of illegal fishing in the Pacific Ocean on June 20. The Coast Guard and Navy have shared goals of protecting the fragile ecosystems of Oceania as well as enforcing maritime laws throughout mutual areas of responsibility.

sion and the improvement of persistent presence in regard to fisheries enforcement were the main objective of the operation.

The mission, which wrapped up June 26, was the first time the two services had worked together this closely to protect marine resources.

"Crommelin marks the first of what may become many Navy assets to transit the western Pacific enforcing fishing regulations in a joint effort with

the Coast Guard to stop illegal fishing in this region," said Cmdr. Kevin Parker, Crommelin commanding officer. "This is a very exciting time."

The deployed Coast Guardsmen combined their expertise with the Navy to monitor and deter illegal, unreported and unregulated (IUU) fishing during the Pacific transit.

"From the very moment this mission began, the Coast Guard increased its relations with the Navy,"

said Lt. Nick Anderson, Coast Guard intelligence liaison aboard Crommelin for the patrol. "Through this joint mission, we were able to learn more about each other's capability, so in the future we can use both services' strengths to forge a stronger relationship and greater enforcement presence throughout the western Pacific."

Together, Sailors and Coast Guardsmen docu-

See USCG, A-8



Capt. Frederick J. Capria is piped ashore after being relieved as commanding officer of Naval Training Center Pacific (NTCP) and Training Support Department (TSD) Hawai'i by Capt. Michael B. Ryan. A change of command ceremony was held at Pearl Harbor Submarine Memorial Park at Naval Station Pearl Harbor on July 10.

Ryan relieves Capria as commanding officer of NSTCP

Story and photo by MC2 Luciano Marano

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

Capt. Michael Ryan relieved Capt. Frederick Capria as commanding officer of Naval Submarine Training Center Pacific (NSTCP) and Training Support Department (TSD) Hawai'i during a time-honored change of command ceremony held at

Pearl Harbor Submarine Memorial Park at Naval Station Pearl Harbor on July 10.

A 1984 graduate of the University of South Carolina, Capria received his masters degree in business administration from the University of Hawai'i in 2007. His sea tours have included time aboard USS Bergall (SSN 667), USS Houston (SSN 713), USS Key West (SSN 722), USS Maine (SSBN 741) (Gold) and USS Newport News (SSN 750).

Navy, Air Force work together on Lehua construction project

Naval Facilities Engineering Command, Hawai'i

In a preview of capabilities that Joint Base Pearl Harbor-Hickam will bring, the 15th Civil Engineer Squadron at Hickam Air Force Base, Naval Facilities Engineering Command (NAFVAC) Hawai'i, and Fleet Industrial Supply Center (FISC), Pearl Harbor teamed up to finish a road project on Lehua Way at Naval Station Pearl Harbor.

In late June, NAFVAC Hawai'i wastewater division replaced about 350



U.S. Navy photo by James Johnson

The 15th Civil Engineer Squadron at Hickam Air Force Base teamed up with Naval Facilities Engineering Command Hawai'i, Fleet Industrial Supply Center, Pearl Harbor, and the contractor SAIC to finish a road project on Lehua Way at Naval Station Pearl Harbor.

linear feet of 18-inch forced sewer main under Lehua Way near the Hale Alii housing area on Naval Station Pearl Harbor.

Due to the visibility of the project and the upcoming Fourth of July celebration, the crew had less than one week to repave the area. The plan had been to use in-house forces to pave the street, but the trench was more than eight feet wide - significantly wider than initially planned.

NAFVAC Hawai'i quickly determined that it lacked the necessary equipment to properly pave the street in the limited timeframe. However, Hickam Air Force

Base's 15th Civil Engineer Squadron (CES) had a box spreader and 12-ton roller that allows them to pave streets up to 16 feet wide. They stepped up to provide NAFVAC Hawai'i the assistance it needed.

With support from the Fleet Industrial Supply Center, Pearl Harbor and contractor SAIC to purchase the asphalt in three days, the project came together and was completed on July 1 - less than a week after the issue was initiated.

Mahalo to all who came forward to make this happen, especially the 15th CES. Teamwork in action!

Navy unveils self-apply option for permanent change of station orders

Navy Personnel Command Public Affairs

The latest upgrade to the Navy's detailing system empowers Sailors by allowing them to submit their own job applications when negotiating for permanent change of station (PCS) orders, according to NAVADMIN 200/09, released July 7.

Career Management System Interactive Detailing (CMS/ID) is a Web-based system that allows Sailors to view available job assignments and make applications through their command career counselors when looking for PCS orders. Beginning with the July 9 CMS/ID application cycle, many Sailors will have the ability to submit applications on their own.

"More senior Sailors

already understand the detailing system and know what they should be looking for. The self-apply option is good for them. This frees up the career counselor to work with junior Sailors who may have never negotiated orders before and need help navigating the system," said Chief Warrant Officer Samuel Kirkland, assigned to OPNAV N16 Fleet Introduction team.

The OPNAV N16 Fleet Introduction Team tests and validates manpower, personnel, training and education applications currently being used by Sailors. CMS/ID Self-Apply option was tested at 15 different commands including ships, shore units and squadrons during a five-month period.

"The feedback has been very positive. We found



U.S. Navy photo

Career Management System Interactive Detailing (CMS/ID) is a Web-based system that allows Sailors to view available job assignments and make applications through their command career counselors when looking for PCS orders. Beginning with the July 9 CMS/ID application cycle, many Sailors will have the ability to submit applications on their own.

that Sailors liked the empowerment," said Kirkland.

"Sailors have been asking for it and the Navy really delivered," said Senior Chief Navy Counselor (SW) Veronica Holliday, assigned to Navy Region Southwest in San Diego. Holliday's command participated in the CMS/ID Self-Apply operational test earlier this year.

"We love it. It is like what a lot of major businesses already do, where you apply online or at an application kiosk," said Holliday.

While this new option allows Sailors to apply for jobs on their own, the career counselor will still retain the option to review and modify requests.

"It does not take the command out of the process because we have to review the applications to make

sure Sailors apply to the right jobs for their career path," said Holliday, who verifies that applicants at her command meet physical readiness standards, sea-sea flow requirements and other factors.

Before getting started, Sailors must meet Perform to Serve requirements as outlined in NAVADMIN 017/09 and 161/09 and be within their orders negotiation window in order to submit applications. Sailors can access CMS/ID online at <https://www.cmsid.navy.mil>. A common access card (CAC) and a card reader are required to log in.

Sailors without Internet access should continue to communicate with their detailers through the career counselor and the chain of command.

For more details read NAVADMIN 200/09.



Chief petty officer wins Mr. Hawai'i bodybuilding competition See page A-2



New policy urges Navy medical staffs to become tobacco free See page A-3



Force outlasts Allen's for softball title See page A-6



Operation Purple Camp See page B-1

Pearl Harbor chief petty officer wins Mr. Hawai'i bodybuilding competition

Story and photo by
MC2 John W. Ciccarelli Jr.

Naval Public Affairs Support
Element West Detachment Hawai'i

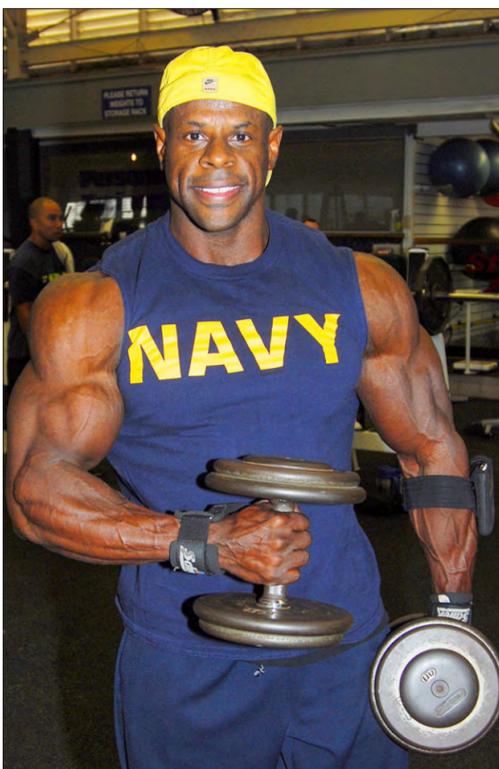
After more than a decade committed to bodybuilding, Chief Mineman (SW) Kevin D. Sperling has taken Navy fitness to the professional level.

Sperling won the overall title as the Hawaiian Islands Bodybuilding & Figure Champion on June 27. He claimed the title for the second time in three years, after first winning in 2007.

"Winning Mr. Hawai'i in 2007 opened the door for me to take part in several guest appearances both here in Hawai'i and Japan," he said. "Winning the title a second time this year has helped me solidify my life as a bodybuilder."

Sperling credits the United States Navy for being the backbone of his career.

"If I were not in the Navy, I doubt I would have ever had the discipline and commitment to compete," he said. "There have been times where there was a conflict with the ship's schedule and competing, but the Navy has always been my number one priority."



Chief Mineman (SW) Kevin D. Sperling, assigned to Navy Recruiting Office Honolulu, takes a moment out of his workout for a photo at Naval Station Pearl Harbor base gym.

Sperling believes that Sailors who exercise regularly are more energetic and confident about their work, motivating them to make their health a priority.

"It's extremely important, especially for our younger Sailors," he said. "It helps to strengthen core values and it takes discipline and commitment, which are two vital keys to being successful at anything you do in life."

Sperling, 37, has been a bodybuilding competitor since 1997. After receiving sponsorship contracts, he said pressure mounted for him to train and maintain a specific body type.

"I now had someone expecting me to maintain a certain look and compete at a different level," he said. "That's when I realized that this was more than just a hobby."

Sperling said he wants nothing more than to share his knowledge with other Sailors and continue representing the Navy in local and international communities.

"At every command I've been stationed at, I've been able to help Sailors get within Navy physical readiness standards," he said. "There has been nothing more gratifying than seeing someone reaching their goals with my help. It gives me great pride and an overwhelming sense of accomplishment."

USS Hawai'i (SSN 776) will arrive in a ceremony scheduled for 9:30 a.m. July 23 at the submarine piers at Naval Station Pearl Harbor. The public is invited to view USS Hawai'i from the Ford Island seaplane ramp as the submarine sails into Pearl Harbor. Public parking will be provided on Ford Island as space permits, beginning at 8 a.m. For security reasons, access to the site of the ceremony itself aboard Naval Station Pearl Harbor will be restricted.

Ford Island Bridge closed for maintenance July 22

The Ford Island Bridge will be closed for maintenance from 8:30 to 9:30 a.m. July 22.



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

July 24 – Fisheries enforcement in Oceania involving 14th Coast Guard District and USS Crommelin

July 31 – Joint Base Pearl Harbor/Hickam

(The segments air at about 6:25 a.m. each Friday.)

Hawai'i Navy News Editorial

New policy urges Navy medical staffs to become tobacco free

Blair Martin

Contributing Writer

According to a June 17 memorandum issued by the Navy Surgeon General, "Navy military treatment facilities are moving to a tobacco-free environment in the near future."

In a SECNAVINST 5100.13E memorandum issued by the Navy Surgeon General, Vice Adm. A. M. Robinson Jr., a tobacco-free policy was introduced that prohibits Navy Medicine personnel from the use of tobacco products in the presence of patients or while in uniform during normal working hours.

"The unnecessary, harmful effects of tobacco on our service members and the burden placed on our healthcare system must be addressed," Robinson stated in the memo. "Our strong commitment to the health and well-being of our service members is most clearly evident by our own examples of a tobacco-free lifestyle."

Recently, Naval Health Clinic Hawai'i (NHCH) installations, such as



Photo illustration

Makalapa and Kaneohe Bay health clinics, have taken steps to move toward a tobacco-free work climate, such as removing former designated smoking areas and discouraging current Navy Medicine personnel (including civilian workers) from using any tobacco products, such as smokeless tobacco, cigarettes and cigars, while at work.

However, Navy medicine personnel will be able to smoke either before or after work or during their lunch breaks as long as

they are at least 50 feet away from a federal building, said Susan Schultz, public affairs officer for Naval Health Clinic Hawai'i.

"We at Naval Health Clinic Hawai'i are in compliance with [SECNAVINST 5100.13E] memorandum issued by the Surgeon General and hope to promote healthier alternatives to our Sailors during off-duty hours," she said.

Micah David, a registered health promotions nurse, said one healthy alternative Naval Health

Clinic Hawai'i offers to Sailors and Marines and their families are monthly tobacco cessation class that she teaches at Makalapa, Kaneohe and Camp Smith health clinics.

David said that since the implementation of the tobacco-free policy, enrollment for her classes has doubled in size which she believes is a step forward to becoming a healthier Navy.

David said her four-week-long class offers insight into triggers for tobacco cravings as well as

nutritional information to help patients cope with side effects, such as weight gain, that can come from quitting smoking. The class will also offer Sailors who are trying to quit with access to a physician and prescribed tobacco "aids," such as gum, patches and oral medication.

Hospital Corpsman 3rd Class Carol Southerland from the health promotions department at NHCH said being in the medical field, she can appreciate the benefits of moving to a tobacco-free Navy.

"[Personally], I like the idea," said the Reno, Nev. native. "Because what kind of message are we sending to patients when they see our own staff lighting up while we are trying to tell them they [should] quit?"

Southerland said that not only will the tobacco-free policy enhance the Navy's professional image, but she also believes it will promote a healthier lifestyle for its Sailors and Navy community.

"I know the small percentage of staff here [at Makalapa Health Clinic] that do smoke do not think the [policy] is fair because

if [smoking] is not illegal, then we should be [allowed] to do it," she explained. "[But] I support the Navy going tobacco-free because [the benefits] from not smoking is good for everyone. Plus, we have lots of resources here at our health clinics where [Sailors] can get the help and support they need to quit," she added.

The next round of tobacco cessation classes will start Aug. 4 and will be held on Tuesdays from 4:30 to 5:30 p.m. and on Wednesdays from 10 to 11 a.m. at Makalapa Health Clinic on Tuesday afternoons from 1 to 2 p.m. at Kaneohe and on Thursdays from 1 to 2 p.m. at Camp Smith. The class is open to anyone with base access, including active duty, family members, Department of Defense employees and veterans.

Registration for the August tobacco cessation classes is currently being accepted. To register, contact Hospital Corpsman 3rd Class Micah Guereca at 473-1880, ext. 2282. For more information on tobacco cessation classes, contact Micah David at 473-1880, ext. 2285.

This week in Naval History
July 14

1950 - U.S. Marines sail from San Diego bound for Korean Conflict. (Photo above)

1952 - USS Forrestal (CV 59) keel laid, the first 59, 900 ton aircraft carrier.

July 15

1958 - In response to a request by the president of Lebanon, the Sixth Fleet lands 1,800 Marines at Beirut to support the Lebanese government against Communist rebels.

July 16

1912 - Rear Adm. Bradley Fiske receives patent for torpedo plane or airborne torpedo.

1945 - First atomic bomb test at Alamogordo, New Mexico.

July 17

1898 - Santiago, Cuba surrenders to U.S. naval forces.

1927 - First organized dive bombing attack in combat by Marine Corps pilots against Nicaraguan bandits who were surrounding a U.S. Marine garrison at Ocotal, Nicaragua.

July 19

1812 - USS Constitution escapes from British squadron after a three-day chase off the coast of New Jersey.

1886 - USS Atlanta, the first steel-hulled American cruiser armed with breech-loading rifled guns, is commissioned.

Adm. Spruance and Lt. Gen. H.M. Smith in Saipan, July 1944

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

U.S. Navy Admiral Raymond A. Spruance, Commander, U.S. 5th Fleet (left), and U.S. Marine Corps Lt. Gen. Holland M. Smith, Commander, Fifth Amphibious Corps attend a flag raising ceremony at Smith's headquarters in Charan Kanoa, Saipan, marking the end of organized Japanese resistance on the island on July 10, 1944.

Hawai'i Navy News

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Don't be a victim - practice water safety

Navy Office of Information

Last year, nine Sailors drowned – seven of these deaths were off-duty. While on duty, the utmost diligence is taken to stress operational risk management and safety. While recreation near, on and in the water can be a great pastime, risk management and safety must be considered in order to prevent injuries and loss of life. Just like risks are mitigated on duty, steps must be taken to ensure safety off-duty.

Personal responsibility for safety in the water

- Learning to swim is the single best thing anyone can do to stay safe in and around the water. A majority of drowning deaths happen to people who had no intention of getting wet.
- Swim in areas supervised by a



life-guard and read and obey all rules and posted signs.

- Children or inexperienced swimmers should take precautions such as wearing a Coast Guard-

drown and thousands of others are treated for submersion accidents which leave children with permanent brain damage and respiratory health problems.

- Children have a natural curiosity and attraction to water. In only a few seconds, a child can wander away.
- It's never too early to learn to swim. Even infants can be taught to float.

Preparing for a day on the boat

- Anyone planning to boat, jet ski or participate in similar activities should know how to swim first.
- Carry Coast Guard-approved life jackets for yourself and all passengers. Young children should wear theirs.
- Take a Coast Guard boating course, which will teach you about navigation rules, emergency procedures and the effects of wind, water conditions and weather.
- Know local weather conditions and head for land as soon as you see or hear a storm.

Alcohol increases your risk

- Alcohol impairs your judgment, vision, depth perception and coordination, all of which are crucial around the water.
- Inebriation makes it harder to

stay warm in the water, increasing the risk of hypothermia.

- Boating while drunk is just as dangerous as driving while drunk. Half of boating accidents are alcohol-related and a third of boating fatalities involve alcohol.

Key messages

- Learn to swim. Everyone is capable and should at least know how to float.
- The four major causes of drowning deaths are lack of life vests, alcohol abuse, lack of sufficient swimming skills and hypothermia.
- Recreation on, in and near the water can be enjoyed safely as long as risks are considered and mitigated through appropriate safety measures.

Facts and figures

According to the National Water Safety Program, drowning is the second leading cause of accidental deaths for people 15-44 years of age.

- Two-thirds of those who drown never had any intention of being in the water.
- Most people drown within 10-15 feet of safety.

For more information about water safety, visit www.safetycenter.navy.mil/ashore/recreation.

- Approved personal flotation device. Never rely on toys such as inner tubes or water wings to stay afloat.
- Pay close attention to children
- Each year, about 200 children

Fleet and Family Support Centers help Navy families with job searches

Bruce Moody

Fleet and Family Support Program, Commander, Navy Installations Command

"Helping Navy Families Work" is the theme of Family Employment Readiness Month, observed in July at Fleet and Family Support Centers around the fleet. The centers are using the month of July as an opportunity to promote the no-cost consultations their employment experts

provide to military family members. Established by law as part of the Military Family Act of 1985, the Family Employment Readiness Program (FERP) provides assistance to military family members in developing, improving or continuing their professional careers while sharing in the military member's lifestyle. An average of 10,500 spouses receive assistance annually through FERP. The Navy recognizes that frequent moves create

career challenges for military spouses. The program assists participants in planning careers which are compatible with the mobile military lifestyle. Although FERP is not a job placement service, its employment professionals can assist family members with individual counseling, workshops and seminars. Family members can expect to learn valuable skills such as resume writing, interview techniques and dressing for success. Further educational explo-

ration opportunities include such areas as self-directed job searches, federal employment strategies, career planning and financing a career change. FERP partners with the Department of Defense, the Department of Labor, Military Spouse Corporate Career Network, Navy League, Avue Central and the Department of the Navy's employment Web site, www.donhr.navy.mil. These organizations allow visitors to post their resumes and search for job

openings on their Web sites. Megan Vargasdiaz, a Navy spouse living in San Diego, wrote to thank her local Fleet and Family Support Center for the help she got from the FERP counselor Bob Miley. "Not only was his information very insightful," she wrote, "but his grasp of knowledge was readily evident. I just spent a good amount of time benefiting from Bob's expertise. I greatly appreciated his help and patience and I am sure his

help will make a huge difference in my search for employment." The Family Employment Readiness Program is one of several provided by the Fleet and Family Support Program, which enhances Sailor readiness and family preparedness, thereby contributing to mission readiness. The program is committed to promoting self-reliance and resilience, not dependency, and empowers Navy families to meet the unique challenges of the military lifestyle.

Pearl Harbor Highlights



U.S. Coast Guard Lt. Andrew Vanskike and Lt. Nick Anderson, 14th Coast Guard District enforcement and intelligence liaison officers, man the rails aboard the USS Crommelin (FFG 37), a Pearl Harbor-based, guided-missile frigate, as the ship departs Honolulu in support of the Mid-Pacific Surface Combatant Operational Program and to participate in the annual Cooperation Afloat Readiness and Training (CARAT) Exercise in the western Pacific Ocean on June 15. The Coast Guard and Navy have shared goals of protecting the fragile ecosystems of Oceania as well as enforcing maritime laws throughout mutual areas of responsibility.

U.S. Coast Guard photo by PA3 Michael De Nyse



U.S. Coast Guard photo by PA3 Michael De Nyse

U.S. Coast Guard Lt. Andrew Vanskike (right), a 14th Coast Guard District enforcement liaison officer, peers through the 'big eyes' aboard the USS Crommelin's bridge with U.S. Navy Cmdr. Kevin Parker, commanding officer of the Crommelin, as they work to identify a vessel suspected of illegal fishing in the Pacific Ocean on June 20.



U.S. Navy photo by Randy Dela Cruz

Lt. Cmdr. Dave Anderson of the Force softball team takes a big cut during the Intramural ashore league championship game between the Force and Allen's at Millican Field at Naval Station Pearl Harbor on July 9. The Force, which represents Commander Submarine Force U.S. Pacific Fleet (COMSUBPAC), defeated Allen's, 8-6, and now awaits play of the winner of the afloat league title for the overall championship. (See story and additional photo on page A-6)

More than 300 military keiki with deployed parents will be able to join in one of three one-week resident camps on Oahu. A traditional resident camp was held at YMCA- Camp Erdman on Oahu's North Shore and a leadership style camp will be held at Bellows Air Force Base. These camps are part of Operation Purple, a youth-based initiative through the National Military Family Association (NMFA) sponsored by the Sierra Club. (See story and additional photos on page B-1)

Photo by Blister Thomas



U.S. Navy photo by MC2 Jay C. Pugh

Naval Aircrewman 2nd Class Mehgan Rodriguez, left, and Lt. Gil Gatchalian hammer nails into the frame of a deck during a home build with Pacific Missile Range Facility, Barking Sands, Kauai, and Habitat for Humanity in Hanapepe, Kauai on July 10, 2009.

Force outlasts Allen's for softball title

Story and photo by
Randy Dela Cruz

Contributing Writer

The Commander Submarine Force U.S. Pacific Fleet (COMSUBPAC) softball squad, nicknamed the "Force," held on to defeat Allen's, 8-6, to win the Morale, Welfare and Recreation (MWR) Intramural Ashore Softball championship at Millican Field at Naval Station Pearl Harbor on July 9.

Navy News Sports

The Force tallied three runs in the first and five runs in the second, then used a tight defense and solid pitching from Lt. Cmdr. Dave Anderson to hold off Allen's, which scored single runs in the fourth, fifth and sixth, and three more in the top of the seventh to fall short.

"I looked up after that last inning and realized that we put up four goose eggs at the end," said Anderson. "I think we probably just relaxed a little bit."

While the Force may have been a bit too loose in the last four frames, the team was anything but relaxed as it started off the game ready to do some damage.

After Allen's went down in order at the top of the first, the Force opened up its half of the inning by ripping four hits in its first five at-bats, with three of those knocks going for extra bases.



Lt. Cmdr. Dave Anderson of the Force softball team sets to throw a pitch during the Intramural Ashore League championship game between the Force and Allen's at Millican Field at Naval Station Pearl Harbor on July 9. The Force, which represents Commander Submarine Force U.S. Pacific Fleet (COMSUBPAC), defeated Allen's, 8-6, and now awaits play against the winner of the afloat league title for the overall championship.

The team's onslaught continued in the bottom of second inning as Force batters rapped out six hits enroute to five runs.

The big blow of the second inning came on Electrician's Mate 2nd Class Jake Alicuben's bases-loaded single which drove in two runs.

"It's always important to get out in front," said Alicuben, who was three for three at the plate with a double. "It's even more important in a championship game."

In the fourth inning, Allen's, which draws its players from various commands, started a rally

when its first two batters got onboard with singles.

The team managed to load the bases twice, but failed to cash in on a huge inning – scoring only once on a sacrifice fly.

"That hurt us a lot," said Navy Lt. Dave Carroll of Allen's. "We were dying to get that big hit that would

score a lot of runs."

Meanwhile, Anderson, who didn't allow a run for the first three innings, was effective in keeping Allen's from a serious threat until the seventh frame.

After the scare in the fourth, Anderson allowed only three singles in the fifth while giving up a

triple and single in the sixth.

"I was just trying to stay on the outside for the most of the game," noted Anderson. "We got lucky. Those guys (Allen's) were hitting the ball to the right spot."

Down by five runs, Allen's mounted one last drive in the final inning as the team used three singles, a walk and an error to push across three runs.

However, with a man on first and two outs, Alicuben made a diving stab of a line drive in the hole at shortstop to record the final out of the game and preserve the win for the Force.

"Jake was catching everything out there today," said Anderson. "We put him at shortstop and he ate up a lot of the balls that were hit to him. It worked well for us."

By winning the title, the Force capped off an outstanding year in the ashore league in which it finished 10-2 in the regular season.

The team must now wait for the Afloat League to wrap up its season which, according to MWR officials, will end with its playoffs in about three weeks.

No matter what team awaits on the other side, said Boatswain's Mate 2nd Class Arthur Saldana of the Force, the team from COMSUBPAC will be ready.

"I've played on a lot of teams, but this team has a lot of heart," said Saldana. "Everybody gets pumped up. We'll go over to the afloat side and hopefully, we'll take it to them. I'm positive that we'll win it."

Fleet and Family Support Program launches Facebook, Twitter pages

Bruce Moody

Fleet and Family Support Program, Commander, Navy Installations Command

The Fleet and Family Support Program has launched a Facebook and Twitter page in its effort to promote the self-reliance and resiliency of Sailors and their families.

Social media is one of several means the program is using to provide information that strengthens Navy and family members and supports mission readiness.



“We’re here to assist commanders in planning for and responding to family support needs,” Kathy Korth, manager of Commander, Navy Installation’s Family Readiness Program. “Social media will help facilitate the building of a strong community network of services.”

The Fleet and Family Support Program is celebrating its 30th anniversary this year. The first Family Service Center opened in Norfolk on July 9, 1979. Since then, the program has experienced an unprecedented expansion of programs and services to meet the demands of a mobilized war fighting force in Iraq, Afghanistan and throughout CENT

COM area of operations. “The Navy has grown over the past 30 years,” Korth said, “and we’ve grown with it. We must remain relevant to the mission, the maritime strategy.” To remain relevant, the Fleet and Family Support Program is going where its primary audience is, 18-24 year olds. More than three quarters of them have a profile on a social network site, according to a December 2008 survey from the Pew Internet & American Life Project. “We want Sailors and

their families to know there are many programs and services that can help them navigate the uniqueness of Navy life,” Korth said. “And, even though we have Fleet and Family Support Centers located at bases around the world, we understand that not everyone has easy access to them. We want all Navy families to know there are answers to their questions.” The Fleet and Family Support Program focuses on deployment support, crisis response, career support and counseling

for individuals, families and commands, and provides these professional services through education classes and individual appointments at installation Fleet and Family Support Centers. The Fleet and Family Support Program’s Facebook page is found at <http://www.facebook.com/pages/Washington-DC/Fleet-and-Family-Support-Program/105861457742?ref=mf> The Twitter address is http://twitter.com/Fleet_Family.

Construction projects around Pearl Harbor

Naval Facilities Engineering Command Hawaii

Ford Island:

Ford Island Bridge will be closed from 8:30 to 9:30 a.m. July 22 for routine maintenance and hydraulic system checks.

Iroquois Point:

Cormorant Avenue from Iroquois Point

Elementary School to Kela Place in Puuloa housing area will be closed for waterline repair through July 31.

Moanalua Shopping area:

Phase V roadwork will close Bougainville Drive to all traffic from Spense Street to Hennley Street for road widening and pavement repairs through

July 22. Overall completion of road work is scheduled for Aug. 24.

Naval Station Pearl Harbor:

- The inbound lanes of Nimitz Gate will be closed for restriping, sign, curb and rumble strip installation July 18-19.
- Parking lot D (92 spaces at the northern end will

be closed for repaving from July 20 - Oct. 1.

Submarine base area of Naval Station Pearl Harbor:

- Southbound lanes of North Road (from South Waterfront Road near gas station to Makalapa Road) will be closed in the parking lot near building 236 for road repair through July 24.

Navy Region announces CNO’s All Hands Suicide Prevention Poster Contest

Navy Region Hawaii Admin

Navy Region Hawaii/Naval Surface Group Middle Pacific is accepting entries for the Chief of Naval Operations (CNO) All Hands Suicide Prevention Poster Contest throughout the month of July. Sailors can enter to win a 72-hour liberty chit.

At the core of the Navy’s suicide prevention effort is the desire for Sailors to ACT (ask, care and treat). Ask if someone is thinking about suicide. Let them know you care and get them assistance (treat) as soon as possible.

Accordingly, the suicide prevention poster should be designed to inspire viewers to be aware of suicide and take positive action. Posters should be cre-

ative and employ a dynamic message that life is worth living. Focus may be on general suicide prevention awareness or a specific issue related to suicide, getting help, having hope, or helping a shipmate. Original art work, photos or other media is allowed, but copyrighted material may not be used. Submissions may be made by an individual or team.

A reward of a 72-hour liberty will be awarded to the local winner by Commander Navy Region Hawaii/MIDPAC. The winner of the Navy-wide contest will be featured in the November 2009 issue of “All Hands.”

All submissions should be sent to Religious Program Specialist 2nd Class Justin Robison at justin.r.robison@navy.mil or fax 473-3614 by close of business July 24.

Hurricane Disaster Kit

(These items are not provided at evacuation shelters.)

- A three-to-seven-day supply of water (one gallon per person per day) and food that won’t spoil (canned food/juices, non-electric can opener, cooking tools/fuel).
- One change of clothing and footwear per person and one blanket or sleeping bag per person.
- A first aid kit that includes your family’s prescription medicines.
- Emergency tools including a battery-powered, radio, flashlight and plenty of extra batteries (fully-charged cell phone with extra batteries).
- An extra set of car keys and a credit card, cash or travelers’ checks.
- Sanitation supplies.
- Special items for infant, elderly or disabled family members (toys, books, games).
- An extra pair of glasses.
- Important family documents in a waterproof container.
- Pet care items if necessary (food/water, carrier cage, muzzle/leash).

USCG, Navy team up to 'fight for fish'

Continued from A-1

mented suspicious activity in the region. The team photographed and recorded vessel positions and contacted suspect vessels' captains over the radio.

"Pictures and detailed documentation are essential for any law enforcement case package," Anderson said. "If we happen to catch a vessel conducting illegal operations, the pictures and information we record could be the difference between that vessel receiving a fine or being sent away unpunished and able to continue illegal activities.

The Coast Guard is the foremost agency with the maritime infrastructure, capability and authority to project a federal law enforcement presence into the U.S. Exclusive Economic Zone (EEZ) and upon the high seas.

The EEZ is an area beyond and adjacent to the territorial sea that generally extends out to 200 nautical miles from the shore. Within the EEZ, a coastal state has certain sovereign rights over the exploration, exploitation and conservation of natural resources.

A nation's EEZ, and the ecosystems within them, are vital to the country's economic health. The protection of America's EEZs fall under the U.S. Coast Guard mission areas of maritime security and protection of natural resources.

Both services have shared goals of protecting the fragile ecosystems in the waters of Oceania as well as enforcing maritime laws throughout mutual areas of responsibility.

"This mission increased our overall regional awareness of the maritime domain and further enhanced the Coast Guard's interoperability with the

Navy as well as with the law enforcement assets and personnel from our regional partners," said Cmdr. Mark Young, chief of enforcement for the 14th Coast Guard District.

"The Coast Guard, Navy and international and domestic law enforcement partners are greatly concerned with protecting 3.4 million square miles of EEZ in Oceania and are committed to ending illegal fishing in Oceania," said Young.

One of the main goals of this operation was to infuse what both services learned during this building-block mission and to apply these lessons learned to possible future joint operations.

"If the U.S. is to enjoy a rich, diverse and sustainable ocean environment, then the Coast Guard must assist in halting degradation of our ocean's natural resources associated with the destructive practices of illegal, unreported and unregulated fishing activities," said Young.

"This mission is just the building block we needed to further craft our integration and interoperability with

the Navy and our regional partners for future joint operations. This operation showcased the Coast Guard's resolve to establish partnerships of common interest in the region needed to counter emerging threats. These partnerships are critical for the effective enforcement of those conservation and management measures developed to ensure the long term sustainability of the highly valuable fish stocks in the region," he explained.

Young also said that the Coast Guard gained a lot from this mission. With more than 1.5 million square miles of U.S. EEZ in which to enforce fisheries regulations, joint operations such as these are essential. These joint operations serve as a force multiplier and help maintain a persistent presence within the Pacific maritime domain.

"As maritime services, the Navy and Coast Guard share many similar goals. We have many missions that we rely on each other to complete. This patrol represents the beginning of a long tradition of cooperation

by the U.S. maritime forces under a new unified strategy," said Lt. Cmdr. Jay Caputo, Coast Guard fisheries enforcement officer.

"Together, we can protect America's sovereignty and put an end to illegal fishing in the western and central Pacific Ocean. This will help to stabilize the future of small island nations in Oceania during a time of economic turmoil. These efforts will then enable a climate of nation building which will fight off opportunities for piracy, terrorism or trans-national crimes which have occurred in other parts of the world. Finally, it will protect the tuna stocks and provide a renewable source of food for our children and many generations to come," Caputo said.