

Second Annual Freedom Walk honors 9/11 victims

Story and photos by
MC2 Michael A. Lantron

Navy Region Hawai'i Public Affairs

More than 1,000 children and adults from various schools and youth organizations around Oahu participated in the second annual Operation Homefront Hawai'i Freedom Walk on Sept. 11.

The 1.4-mile walk in Pearl Harbor was held in honor of the nearly 3,000 lives lost seven years ago in one of the most devastating terrorist attacks in history.

Honolulu Mayor Mufi Hannemann and Capt. Richard Kitchens, commanding officer of Naval Station Pearl Harbor, accompanied the Freedom Walk participants. Prior to the walk, Hannemann and Kitchens thanked the people who turned out in support for the victims of 9/11.

"Today is known throughout our country as 9/11, a day we will all long remember," said Hannemann, keynote speaker for the event. "As we gather here today, I'm grateful that we can come together to collectively gather our thoughts and renew our commitment to those who lost their lives that day."

"It's an absolute pleasure to be here today on such a solemn occasion that lets us



Students from Nimitz Elementary School wear star spangled headbands and wave miniature U.S. flags while marching in the second annual Operation Homefront Hawai'i Freedom Walk on Sept. 11. A Navy color guard led more than 1,000 children and adults from various schools and youth organizations in Hawai'i during the 1.4-mile walk in Pearl Harbor.

pause and think of those who have risen to the challenge when faced with overwhelming circumstances," said Kitchens, the event's guest speaker. "As we move forward with our freedom walk, I want us to walk with the words of Todd Beamer on our lips - 'Let's roll.'"

Leading the group down Valkenburgh Street was a Navy color guard followed by the Holy Family Catholic Academy band and hula dancers. A patriotic crowd wearing red, white and blue waved American flags and handmade banners as they marched down the street.

"Days like today when we remember 9/11, we also honor the troops and what they do every day to keep us safe and free," said Vickie Cariello, a volunteer for Operation Homefront. "The fact that we haven't had another major tragedy since 9/11 is a testament to what our military is doing for us."

TriWest Healthcare Alliance and Lockheed Martin sponsored the walk as part of the national "America Supports You" Freedom Walks held in more than 220 cities in the U.S. and abroad.

For more information about Operation Homefront or America Supports You, visit <http://www.operationhomefront.net> or <http://www.americasupportsyou.mil>.

Pearl Harbor Sailors get out the vote

Story and photo by
MC2 John Ciccarelli Jr.

Fleet Public Affairs Center
Detachment Hawai'i

Sailors assigned to Pearl Harbor Personnel Support Detachment (PSD) volunteered on Sept. 5 to help the community register to vote at the Navy Exchange.

The Sailors set up a small booth with state-by-state voting regulation booklets and registration cards with a goal to get out the vote.

"We are here today informing people of the importance in voting and helping people register to vote for the coming elections," said Personnel Specialist 3rd Class Tony Tran. "This is important to me because it gives me a chance to help the Sailors understand that everyone has a chance to make a change and be heard."

Servicemembers registered



to vote by filling out a Federal Post Card Application (FPCA) and mailing it on-site to their respective state or county clerk.

The FPCA and federal write-in ballot forms can be obtained from a command voting officer or by logging on to the FVAP Web site, www.fvap.gov. State and county clerk mailing addresses, postmark and ballot return deadlines, and information about the electronic transmission of forms in each state can also be found on the site.

"Every military member in the United States can benefit by voting in this year's election because every vote counts, and this will determine who will lead us as military members and citizens of the United States," said Personnel Specialist Seaman Kenneth Williams.

Hospital Corpsman Seaman Brandon Parker, assigned to Naval Health Clinic, Makalapa, was one of a handful of people who registered to vote during the event.

"It feels like I'm doing my part by registering myself to vote for not only myself but for others who are not allowed to vote," he said. "It is very important for Navy personnel to vote because we are the ones who are putting our lives on the line and want someone as our leader to lead us in the right direction." Naval Station Pearl Harbor coordinated the effort.



Comedian Mark Curry looks through the ship's binoculars on the bridge of the Pearl Harbor-based, Ticonderoga-class guided-missile cruiser USS Lake Erie (CG 70) during a tour of the ship Sept. 5.

Lake Erie Sailors 'look up' to comedian

Story and photo by
MC2 Michael A. Lantron

Navy Region Hawai'i Public Affairs

Comedian Mark Curry received a tour of the Pearl Harbor-based, Ticonderoga-class guided-missile cruiser USS Lake Erie (CG 70) on Sept. 5 during his recent visit to Oahu.

While onboard, Curry toured the galley, combat information center, flight deck and other various spaces while giving thanks to Lake Erie's Sailors for their service as he passed through the ship's passageways.

"You always remember the people you meet," said Curry. "I was very happy to meet the people who protect this country and to help put

a smile on their faces."

Best known for the popular television show, "Hangin' with Mr. Cooper," Curry's visit provided Lake Erie's junior Sailors with a chance to meet a familiar childhood face.

"Having him come here felt so good that you can't explain it," said Culinary Specialist Seaman Calvin Sheffield. "It was great to see someone I grew up watching on TV taking time to meet us."

Standing at six feet six inches, Curry had some issues going up and down ladders, but found the experience enjoyable enough to want to participate in Lake Erie's next deployment.

"I would love to give this a try," said Curry. "The whole experience was interesting enough for me to go

underway for a month or two."

Curry also commended the ship's cleanliness and the attitude of the crew.

"The ship was extremely clean, the technology was very advanced and everyone was so polite, it helped make this an unforgettable experience."

Lake Erie was commissioned in 1993, is 453 feet in length, 55 feet wide and can reach speeds of 30 plus knots. The ship is a multi-mission, anti-air warfare, anti-submarine warfare, long-range strike and anti-surface warfare surface combatant capable of supporting carrier and expeditionary strike groups, amphibious forces, or of operating independently and as flagships of surface action groups.



Sailors assigned to Pearl Harbor Personnel Support Detachment (PSD) volunteered on Sept. 5 to help the community register to vote at the Navy Exchange. The Sailors set up a small booth with state-by-state voting regulation booklets and registration cards with a goal to get out the vote.



POW/MIA ceremony to feature Capt. Jerry Coffee See page A-2



VPP program promotes safety awareness for Pearl Harbor employees See page A-4



'Easy Riders,' Army train in medevac exercises See page A-6



CPO Legacy Academy teaches teamwork, heritage see page B-1

Pearl Harbor POW/MIA Recognition Day to feature Capt. Gerald Coffee

Navy Region Hawai'i Public Affairs

Retired Navy Capt. Gerald Coffee, who was a prisoner of war for seven years in North Vietnam, will be the keynote speaker for a 2008 POW/MIA (prisoner of war/missing in action) Recognition Day which will be held at 8:30



Capt. Gerald Coffee (Ret.)

a.m. Sept. 19 at the Pearl Harbor Memorial Chapel. Rear Adm. T.G. Alexander, commander, Navy Region

Hawai'i, will host the event. Everyone with base access is invited to attend. While flying combat missions over North Vietnam in February 1966, Coffee's RA5-C reconnaissance jet was downed by enemy fire. Although he was able to parachute safely, Coffee was immediately captured and was held as a POW. He was

repatriated in February 1973 and returned to operational duties. An F-8 Crusader pilot in 1962 during the Cuban Missile Crisis, he was awarded the Distinguished Flying Cross for flying low level reconnaissance missions over Cuba. Coffee's military decorations include the Silver Star, two awards

of the Legion of Merit, the Distinguished Flying Cross, two Bronze Stars, the Air Medal, two Purple Hearts and the Vietnam Service Medal with 13 stars. He retired from active duty in the Navy after 28 years of service. The theme for 2008 commemorates the National Memorial Cemetery of the

Pacific (Punchbowl), appropriately highlighting our nation's commitment: "In these gardens are recorded the names of Americans who gave their lives in the service of their country and whose earthly resting place is known only to God." For more information, call 473-2880.



U.S. Navy photo by MC2 Michael A. Lantron

Correction for photo caption

Adm. Timothy J. Keating, commander of U.S. Pacific Command, and Pearl Harbor survivors render honors for colors during a ceremony commemorating the 63rd anniversary of the end of World War II held aboard the Battleship Missouri Memorial on Sept. 2. The ceremony celebrated the day that Gen. Douglas MacArthur, Fleet Adm. Chester Nimitz, Japanese Foreign Minister Mamoru Shigemitsu, and other leaders from around the world signed the Japanese Instrument of Surrender aboard USS Missouri (BB-63) on Sept. 2, 1945, ending the most destructive war of the modern era. (The cutline for the photo above correctly identifies Adm. Keating and is not Adm. Willard as indicated in the Sept. 5 issue of Hawai'i Navy News.)

Saying mahalo to ombudsmen



U.S. Navy photo by MC2 Michael A. Lantron

Navy Capt. Rodney Urbano, commodore of Patrol Reconnaissance Wing Two, delivers a speech as keynote speaker during the 2008 Ombudsman Appreciation Dinner held at the Hickam Air Force Base Officers Club Sept. 5. Eighty-one ombudsmen throughout the Hawai'i region were recognized for their efforts during the ceremony sponsored by the Fleet and Family Service Center on board Naval Station Pearl Harbor. Ombudsmen are appointed volunteers who serve as an information link between command leadership and Navy families. They are trained to disseminate information both up and down the chain of command, including official Department of the Navy and command information, command climate issues, local quality of life improvement opportunities, and "good deals" around the community.

Hawai'i Navy News Editorial

Military OneSource establishes Wounded Warrior Resource Center

Navy Office of Information

The Department of Defense announced Sept. 8 that the Military OneSource service has established a Wounded Warrior Resource Center telephone number and e-mail address for service members and their families, if they have concerns or other difficulties during their recovery process.

Service members and their family members can now call 1-800-342-9647 or e-mail wwrc@militaryonesource.com 24/7 to request support. Assistance provided by the resource center will not replace the specialized wounded warrior programs established by each of the military services, but it will offer another avenue of assistance for military facilities, health care services, and/or benefits information.

The Department of the Navy continues to care for their wounded through the efforts of their call centers, Safe Harbor for Naval personnel, and the Wounded

Warrior Regiment for Marine Corps personnel, both of which will be complemented by the newly established Department of Defense call center.

"The department is committed to aggressively addressing the needs of our service members and their families," said Secretary of Defense Robert M. Gates.

Specially trained consultants will ensure consistent, quality customer-centric support. The consultants will identify the appropriate "warm hand-off" to either a military service or federal agency with authority to resolve the matter. The resource center consultant will maintain communication with the caller until the issue or concern is resolved.

"The term 'wounded warrior' encompasses the entire population of wounded, ill and injured service members and veterans," said Principal Deputy Under Secretary of Defense for Personnel and Readiness Michael L. Dominguez.

Chief Yeoman Byron Britt,



U.S. Navy photo by MC3 David N. Dexter
Capt. Taylor Skardon, commanding officer of Naval Station Pearl Harbor, talks to more than 45 wounded Sailors, Soldiers, Marines, family members and physical therapists from Operation Comfort during a tour at the USS Arizona Memorial. Operation Comfort provides support to service members who have been wounded in Afghanistan or Iraq and are receiving treatment at Brooke Army Medical Center in San Antonio, Texas. (Skardon is now assigned to staff duty at U.S. Pacific Command.)

a consultant answering the phones at Safe Harbor, finds the job professionally and personally satisfying – and full of surprises.

"When the phone rings you never know who is going to be on the other line," said Britt. "It could be a service-member or their mother or wife. The one guarantee is that whoever it is you will be able to help them through a difficult time."

"One [of] my most memorable moments while working on the call center was when we had the honor of meritoriously promoting a petty officer who was severely wounded while he was serving in Iraq. His mom and wife were so proud. Moments like that make me realize just how important what we do is," said Britt.

The Wounded Warrior Resource Center meets the requirements of Section 1616 of the FY08 National Defense Authorization Act for a centralized number, and ensures wounded families and caregivers have a number to call at any time.

What a budget can do for you

Accredited Financial Counselors

Pearl Harbor Fleet and Family Support Center

Everyone is concerned with the increasing cost of gas, food and just about everything else. As financial counselors, we believe that a budget is the most effective financial management tool available to you.

It does not matter if you earn thousands of dollars a year, or hundreds of thousands of dollars. What is important is that you know how much money you have to spend and how you are going to spend it.

A budget is a plan. Planning is needed to produce a desired result. A budget is a money plan that you create to control your financial resources, set realistic goals, and decide in advance how your money will work for you. Budgeting helps to save money for both known and unknown expenses. A good budget will allow you to know exactly

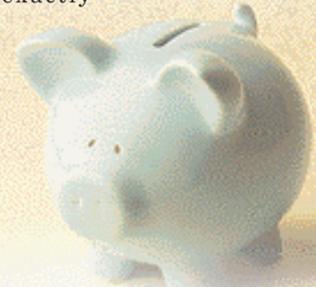
how much money you have, so consider the following:

- **Communication:** A budget is a communication tool to discuss priorities for where your money should be spent. Creating it together is key to resolving differences about money handling.

- **Control:** A budget will allow you to take charge of your finances. You can be in control of your money instead of having your money limit what you do.

- **Hidden money:** A budget will produce extra money for you to do with as you wish. Hidden fees and lost interest paid to outsiders can be eliminated forever. Savings, even small ones, can be accumulated and made to work for you.

If you would like assistance preparing a budget, the financial counselors at the Pearl Harbor Fleet and Family Support Center are available for free, confidential appointments. To schedule an appointment, call 474-1999, ext. 6103 or checkout our financial classes that are being offered at www.greatlife-hawaii.com.



Savings deposit program builds wealth for Sailors deployed to combat zones

Fleet and Family Readiness, Commander, Navy Installations Command, Millington Detachment

Sailors can earn a guaranteed 10 percent interest on their savings annually while deployed to or in support of a combat zone.

Uniformed service members can participate in the Savings Deposit Program, which is administered by the Defense Finance and Accounting Service (DFAS), after 30 consecutive days of being deployed outside the United States as long as they are receiving hostile fire and imminent danger pay.

"The Savings Deposit Program is an excellent way for Sailors and other service members to set aside some money and earn a great guaranteed interest rate while serving in a combat zone," said David DuBois, deputy director, Fleet and Family Support Programs, Commander Navy Installations Command (CNIC), Washington. "It's a great alternative to a low-interest savings or checking account."

To make a deposit into the fund, Sailors need to contact their military finance office. According to DuBois, the last day to make a deposit into the fund is the date of departure from the assignment. However, interest will accrue up to 90 days after return from deployment.

"Don't confuse this program with the Thrift Savings Plan (TSP)," added DuBois. "TSP is available to everyone in the military. The Savings Deposit Program is available only to those serving in designated combat zones."

Sailors can contribute more than \$10,000, but interest will not accrue after that amount, he said. Also, withdrawing the money before leaving the combat zone is not authorized, unless there is an emergency.

"The savings program originally provided Vietnam veterans a way to earn extra money while on their Southeast Asia tours," said DuBois. The Department of Defense reopened the program to Desert Storm troops in 1991, and extended it to troops in Bosnia in 1996. The program was further expanded in 1997, 2001 and 2003.



Lest We Forget

"Freedom itself was attacked by a faceless coward and freedom will be defended."

President George W. Bush after the Sept. 11 attack

Military members render honors as fire and rescue workers unfurl an American flag over the side of the Pentagon during rescue and recovery work following the Sept. 11, 2001 attack.

U.S. Navy photo by Micael W. Pendagrass

Hawai'i Navy News

Commander, Navy Region Hawai'i
Rear Adm. T. G. Alexander
Chief of Staff, Navy Region Hawai'i
Capt. Donald D. Hodge
Director, Public Affairs - Agnes Tauyan
Deputy Public Affairs Officer - Terri Kojima
Managing Editor - MCC (SW/AW) David Rush
Leading Petty Officer -
MC1 (AW/SW) James Foehl
Editor - Karen Spangler
Staff Writer - MC2 Michael A. Lantron
Contributing Writer - Blair Martin
Technical Adviser - Joe Novotny
Layout/Design - Antonio Verceluz

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VPP program promotes safety for Pearl Harbor employees

Story and photo by
Blair Martin

Contributing Writer

This week, Navy Region Hawai'i Safety held safety training classes introducing the Voluntary Protection Program (VPP) to Navy Region Hawai'i (CNRH) and Naval Station (NAVSTA) Pearl Harbor employees.

The safety training comes in the wake of a national challenge given by the Secretary of Defense in 2005, stating that military and federal agencies should reduce 75 percent of mishaps in the fiscal year 2008.

"VPP is here to stay and we need to introduce this to as many people as possible this week," said Wayne Siu, CNRH safety director. "With this program, we are trying to prepare the [various] commands and region for OSHA's [Occupational Safety and Health Administration's] visit."

Siu said his command's main approaches has been adopting the OSHA VPP program, which has been proven in the private sector to be highly effective in reducing incident rates and lost work-days for employees.

The VPP program is a specialized training program that sets up performance-based criteria as a way to monitor and manage employee safety and health in a work environment.

Dave Caswell, VPP specialist from the Department of Defense Center of Excellence, gave VPP training to numerous CNRH and



Voluntary Protection Program (VPP) specialist Dave Caswell from the Department of Defense Center of Excellence conducts a VPP training brief to employees of Naval Station Child Development Center on Sept. 8 at Naval Station Pearl Harbor. Caswell introduced VPP, a safety program that promotes safety and health within work environments, to numerous Command Navy Region Hawai'i (CNRH) and Naval Station Pearl Harbor units Sept. 8 to 12.

NAVSTA units from Sept. 8-12.

During the week, Caswell visited various CNRH and NAVSTA units, including fire department, security department, Morale, Welfare and Recreation (MWR) and NAVSTA Pearl Harbor Child Development Center (CDC).

Caswell's safety training briefs involved a 30-minute "VPP 101" general training course, outlining program objectives and a worksite assessment that entailed a brief walk through of the work area in order to analyze any possible dangers or hazards to employees or the public.

"This [program] should become a way of life or part of an organization's core value," said Caswell during a training session. "[These briefs] are about more than just meeting the minimum

ing a safe working environment," he added.

Caswell said that out of 2,000 facilities nationwide that are VPP certified, 20 of them are federal or military operations.

"The benefits for your facilities are tremendous," he said to employees during a training session. "VPP work sites have an accident rate of more than 50 percent below other industries in their area. They have much lower incidents and therefore, result in a lot of savings. This is because there are not as many injuries or property damage as a result of accidents," he explained.

During his safety briefs, Caswell emphasized that in order for the VPP program to be effective, managers and employees must have a cooperative relationship when it comes to promoting health

and safety in the workplace.

"Managers and employees must be committed to safety," he said. "Managers should not be the only ones conducting safety inspections. Employees must also be empowered to review and report safety incidents," he added.

Elisa Bautista, director/training and curriculum specialist for Naval Station Child Development Center (CDC), said her facility is responsible for providing child daycare services to nearly 70 children, from infant to preschool age.

As part of their safety preventative routine, Bautista and her workers conduct morning safety inspections daily before opening their doors to military family members.

"Because we work with children, we are very careful

and do all we can to make the center as safe as possible," she said. "One way we do this is every morning before we accept kids, the staff is busy checking for things that are hazardous or unsafe for the kids."

Bautista said she thinks the VPP program is a beneficial tool that should be adopted by most work environments. "It is actually a good thing for a representative to visit your workplace and tell you first-hand how to prevent hazards where you work," she said after one of Caswell's meetings. "Many of us [at CDC] have already had [safety] training, but this only helps reinforce the importance of it and encourage us to continue our daily inspections of the area."

For more information on the VPP program, visit www.vppcx.org.

OSHA requirements. It is eliminating potential hazards you have in your workplace and ultimately, creat-



Keeping it in the family

Retired Machinist's Mate Senior Chief (SS) Henry Kanahale, plank owner of USS Los Angeles (SSN 688), pins the submarine warfare breast insignia on his son, Electronics Technician 3rd Class (SS) Nanikamaikaiamekaoluokanoho-Lokahipuaonahoahanau Kanahale at a ceremony at the submarine piers on Sept. 5. The Kanahale's father and grandfather, Ben Kanahale, was awarded the Purple Heart and the Medal of Merit in 1945 for heroism on the island of Ni'ihau following the attack on Pearl Harbor. According to the junior Kanahale, keeping up the family tradition was a no-brainer. "This was awesome," said Kanahale. "It was indescribable to have my father pin on my dolphins; all my hard work has finally paid off."

U.S. Navy photo by MC1 Cynthia Clark

STORY IDEAS?

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

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Hawaii Navy News

Pearl Harbor Highlights



U.S. Army photo by Sgt. Brian A. Tutthill
Spc. Collin Wersal with Army's 545th Transportation Battalion is assisted by Petty Officer 1st Class Tyrone Powell in guiding a helicopter to land during a simulated medical evacuation at Landing Zone Boondocker aboard Marine Corps Base Hawai'i on Aug. 19. Naval aviators from Helicopter Anti-Submarine Squadron Flight 37 provided a SH-60B "Seahawk" helicopter for the exercise.



U.S. Navy photo by MC2 Michael A. Lantron
Comedian Mark Curry greets Sailors onboard the Pearl Harbor-based, Ticonderoga-class guided-missile cruiser USS Lake Erie (CG 70) during a tour of the ship Sept. 5. While onboard Lake Erie, Curry visited the bridge, galley, combat information center, flight deck and other various spaces. Curry is best known for the popular television show, "Hangin' with Mr. Cooper."



U.S. Navy photo by MCC (SW/AW) David Rush
Members of the Pearl-Harbor-based Mobile Diving and Salvage Unit One (MDSU-1) 'Heavy Lifters' are filmed during a shoot for the Discovery Channel's, "The Real NCIS." The crew filmed scenes throughout Pearl Harbor for an upcoming show. MDSU-1 provides combat ready, expeditionary, rapidly deployable mobile diving and salvage detachments (MDS) to conduct harbor clearance, salvage, underwater search and recovery, and underwater emergency repairs in any environment.



U.S. Navy photo by Michael Laley
Capt. Chris Kaiser, Commander Submarine Squadron Seven (CSS-7), presents Cmdr. Michael J. Tesar, USS Cheyenne (SSN 773) commanding officer, and Senior Chief Fire Control Technician (SS) Victor Smith, chief of the boat, display the Meritorious Unit Commendation (MUC) for exceptional performance during a six-month deployment to the Western Pacific from May to November 2007. The MUC is awarded to any military command that displays exceptionally meritorious conduct in the performance of outstanding service, heroic deeds or valorous actions.

Led by the Pearl Harbor-based Arleigh Burke-class guided-missile destroyer USS Russell (DDG 59), right, USS Momsen (DDG 92), the Ticonderoga-class guided-missile cruiser USS Mobile Bay (CG 53), and the Oliver Hazard Perry-class guided-missile frigate USS Curtis (FFG 38) form up behind the aircraft carrier USS Abraham Lincoln (CVN 72) while underway in the Indian Ocean. The Abraham Lincoln Strike Group is on a scheduled deployment in the U.S. 7th Fleet area of responsibility operating in the western Pacific and Indian oceans.

U.S. Navy photo by MC2 James R. Evans

'Easy Riders,' Army train in medevac exercises

Story and photos by
Sgt. Brian A. Tuthill and
Lance Cpl. Brian A.
Marion

More than 85 Soldiers stationed at Hickam participated in medevac exercises conducted jointly with the Navy's Helicopter Anti-Submarine Squadron Light 37 on Aug. 19 at Landing Zone Boondocker.

Five Soldiers waited with their "injured" comrade as a helicopter flew by Landing Zone Boondocker, getting a view of the area.

Close to 100 yards behind the waiting Soldiers, others were radioing the aircraft to guide it to the ground while a landing signalman stood in the field, waiting for the SH-60B Seahawk to start its landing procedures.

Behind the tree line, the distinct thumping of rotors grew louder and finally, the helicopter came into view distinctively lower than before, skimming above the trees, and sending swirls of dirt billowing away from its path as the pilots guided it down via hand signals given from a Soldier.

When the chopper landed, the Soldiers picked up their comrade and rushed him head first to the open side door. They then reversed him and placed him feet-first inside. Seconds later they removed him from the helicopter and



Soldiers with the Army's 545th Transportation Battalion load a simulated casualty onto a Navy SH-60B "Seahawk" helicopter during a medical evacuation exercise at Landing Zone Boondocker

U.S. Army photo by Sgt. Brian A. Tuthill

traveled back to the starting point while the helicopter, guided by the Soldier in front, lifted off to wait for the next group of soldiers from the 545th Transportation Battalion at Hickam Air Force Base as they prepared themselves for the medical evacua-

tion exercises.

"We play a supporting role," said Army Chief Warrant Officer 3rd Mark T. Shupe, marine engineering officer, 545th. "We are always supporting the warfighters. This training we are conducting is to increase our combat profi-

ciency. If we run across a casualty in Iraq, our Soldiers will have a prescribed method to take action."

One of the goals of the training was to familiarize each unit with the procedures, signals and techniques for loading someone into a

Seahawk for evacuation, and it provided a different approach for HSL-37.

"Normally, our exercises are water-based, but this training offers us the unique opportunity to conduct land-based operations with a fellow service," said Petty Officer 1st

Class Michael Basham, air crewman, HSL-37. "It's great training for everybody involved."

The units learned the different voice communications and signals used and the crewmen assisted the Army medics, showing them how to secure injured personnel while they're aboard the helicopter.

"I was a little nervous because we only had about a five-minute class on the hand signals before I went out there," said Spc. Collin Wersal, watercraft operator, 545th. "It was ok, though, because they had someone out there who knew what they were doing to help us."

After a few hours of training, both sides were content with the progress they made throughout the exercise.

"The training went off without a hitch," said Lt. Cmdr. Chris Murphy, operations officer, HSL-37. "The entire exercise was well planned, and the communication between the ground and air went smoothly. Usually that's where these exercises have the most trouble."

Although the exercise was the first time HSL-37 worked with the Army, they say more training could be planned later in the year.

"It took us about a month to sort everything out for this training and it worked out quite well," Murphy said.

USS Columbus receives Department of the Navy 2008 Safety Excellence Award

MC1 (SW) Cynthia Clark

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



The fast-attack submarine USS Columbus (SSN 762) received the Department of the Navy

2008 Safety Excellence Award at a ceremony at the Navy Memorial in Washington D.C. on Sept. 3.

"Your integration of mission first, safety always in your command culture was superlative and you

have justly earned the right to fly my safety flag during the next year," said Secretary of the Navy (SECNAV) Donald C. Winter in an earlier announcement.

Currently conducting a six-month Western Pacific deployment, Columbus was one of 18 sea, shore and U.S. Marine Corps commands who received this

year's honor. Those commands chosen receive a citation, plaque and the Secretary of the Navy's safety flag.

Cmdr. Jim Doody, Columbus' commanding officer, was pleased with his submarine's recognition for their safe execution of operating in challenging environments.

"I am proud that my

Sailors have been recognized for the commitment to safety," said Doody. "Dedicated Sailors and chief petty officers who are engaged on the deck plates have been successful for us. I hope this award will serve as motivation for us to strive to do even better in the future."

Established in 2002 by former Secretary of the

Navy Gordon R. England, the safety excellence awards are designed to promote safe practices throughout the Department of the Navy and personally recognize those commands that have integrated an awareness of safety in everyday operations, reducing loss in man-hours, material damage and other negative factors.

Ohana in Iraq...



U.S. Navy photo

Equipment Operator 3rd Class Melanie Stokes of Hawai'i, a Navy reservist assigned to Seabees NMCB17 Det 0217, is currently deployed to Iraq. Stokes has been consistently recognized for superior performance, receiving numerous awards that include the National Defense Service Medal, Global War on Terrorism Medal and commanding officer's Letter of Commendation. She has been awarded two Navy Achievement Medals and was Blue Jacket of the Quarter for July 07-Sept. 07. During her deployment, she has participated in the Marine Corps Lioness Program. The program included searching females and children for contraband and weapons.

Ambulance services for military families in Hawai'i will continue

TRICARE West Region

Ambulance service in Hawai'i continues for military families despite the State of Hawai'i Department of Health Emergency Medical Services (EMS) withdrawing from the TRICARE provider network.

In case of emergency Military families, TRICARE beneficiaries, should continue to dial 911. They should also notify their primary care manager (PCM) when receiving emergency services.

Active duty family members with TRICARE Prime coverage will not have any co-pays or cost-shares for emergency ambulance services. Eligible retirees and their family members with TRICARE Prime coverage will continue to have a \$20 copayment for ambulance service.

Because the ambulance service is non-network, Standard coverage will apply. Beneficiaries who use TRICARE Standard coverage may be billed up to 15 percent more than allowable TRICARE charges for medical services. Any amount over the TRICARE-allowed charge would be paid by the beneficiary, along with the usual cost-share of 20 percent for active duty family members and 25 percent for retirees and their families (after the annual deductible has been met). A full list of cost-shares, co-pays and deductibles can be found at <http://www.tricare.mil/mybenefit/home/Medical/Costs>.

Provider information Any Standard providers outside of the TRICARE network may bill the Standard

beneficiary directly for the entire maximum TRICARE-allowed charge (plus up to 15 percent over the maximum charge). Providers may have to pay the charge out-of-pocket and then file their own claim to be reimbursed by TRICARE. Forms and instructions for filing claims are available online at www.triwest.com/beneficiary.

For any questions about eligibility, costs or claims, beneficiaries and providers should contact TriWest by logging on to <http://www.triwest.com> or calling 1-888-TRIWEST (874-9738).



U.S. Navy photo by MC2 Michael A. Lantron

A rifle squad performs a 21-gun salute during a ceremony commemorating the 63rd anniversary of the end of World War II held aboard the Battleship Missouri Memorial. The ceremony celebrated the day that Gen. Douglas MacArthur, Fleet Adm. Chester Nimitz, Japanese Foreign Minister Mamoru Shigemitsu and other leaders from around the world signed the Japanese Instrument of Surrender aboard USS Missouri (BB-63) Sept. 2, 1945, ending the most destructive war of the modern era.

Shipyards lauded for contributions to victory

Kerry Gershaneck

Pearl Harbor Naval Shipyards Public Affairs

The 63rd anniversary of the end of World War II was commemorated Sept. 2 aboard Battleship Missouri Memorial (BB 63), with speeches that highlighted Pearl Harbor Naval Shipyards' contribution to victory in the war in the Pacific.

Guest speakers, U.S. Sen. Daniel Akaka and Shipyards Commander Capt. Greg Thomas, both commended the shipyard and its workers for helping to "turn the tide" from defeat to "ultimate victory over oppression." Both men spoke from the deck of the battleship Missouri, on which Japanese leaders formally surrendered to the Allies at Tokyo Bay in 1945.

"We give thanks to the men

and women who helped win the war and keep the peace," said Akaka. Present in the audience were three Sailors who were aboard Missouri when the surrender documents were signed.

Thomas spoke of the key role of the shipyard in those dark and daunting times, when most of the Asia-Pacific region was under enemy control. He spoke of the heroism of shipyard workers such as George Walters and Douglas Frias, who braved enemy fire during the Dec. 7, 1941 Japanese sneak attack. He also described how shipyard workers resurrected the crippled Pacific Fleet from the bottom of the harbor and went on to complete 7,000 ship repairs during the course of the war. During World War II, the shipyard earned the motto "We keep them fit to fight."

One of the most crucial shipyard successes was on USS Yorktown (CV 5) in mid-1942, said Thomas. The badly damaged carrier, estimated to require three months of work after the Battle of the Coral Sea, was restored to fighting capability in 48 hours, allowing her to join in the pivotal Battle of Midway and turn the tide of the war in the Pacific.

Through their hard work, shipyard workers "enabled and sustained the drive to victory," said Thomas. He noted that thousands of Marines and Soldiers deployed from the shipyard to battles overseas and some returned to the shipyard hospital for medical treatment.

The shipyard is observing its centennial this year, Thomas said, and its mission in the next century remains the same: to keep the U.S. Pacific Fleet "fit to fight."

