

Lake Erie supports Ironman in Kailua-Kona

MC3 Eric J. Cutright

Fleet Public Affairs Center
Detachment Hawai'i

The Ticonderoga-class guided missile cruiser USS Lake Erie (CG 70) arrived in Kona Bay outside Kailua-Kona in support of the 30th Ironman World Championship triathlon Oct. 10.

Lake Erie served as a backdrop for the swim portion of the triathlon and to provide support at transition stations during the race Oct. 11, in commemoration of 30 years of the Navy's participation in the Ironman event.

"The Ironman organization and all of its athletes hold dear core values that we really identify with in the Navy: striving for excellence, personal fitness and commitment. Come [race day] you're going to look out at that horizon and just past the turn-around of the swim course, you'll see a very impressive sight: the pride of the Pacific Fleet, USS Lake Erie," said Capt. Duncan Smith, spokesperson for Navy Special Warfare Command.

Lt. Christa Almonte, the operations officer aboard Lake Erie, arrived in Kailua-Kona on Oct. 10 to present a plaque to the Ironman organization on behalf of the officers and crew of the Lake Erie during a special dinner event held at King Kamehameha Hotel.

"It was a great honor for us to be chosen. We're basically here to represent the Navy's portion in this race and the



Navy's history in the beginning and throughout the years of this race," said Almonte. "It's our appreciation to Ironman for what they do."

Crew members arrived via rigid hull inflatable boats (RHIB) on race day to volunteer with assisting athletes during their first transition from the swim phase to the bicycling phase of the event.

On Oct. 11, 1,800 athletes, including six Sailors, competed in the event which included 2.4 miles of swimming, 112 miles of biking and a 26.2-mile marathon run through tough ocean currents and challenging lava-covered terrain.

The Ironman World Championship was first held in Kailua-Kona on the "Big" Island of Hawai'i in 1978.

Lt. Cmdr. Damon Dixon, force oceanography/deputy technical reconnaissance officer at Naval Special Warfare Command and the executive officer at Naval Oceanography Special Warfare Center, waves the American flag as he crosses the finish line at the 30th Ford Ironman World Championship. Sailors from the Navy athletic team and Naval Special Warfare competed alongside 1,800 elite athletes in the triathlon event performing 2.4 miles of swimming, 112 miles of biking and a 26.2 mile marathon run through tough ocean currents and challenging lava-covered terrain.

U.S. Navy photo by MC2 Paul D. Honnick

Nagaoka mayor honors fallen heroes at Pearl Harbor

MC1 (SW/AW) Shane Tuck

U.S. Pacific Fleet Public Affairs

The mayor of Nagaoka City, Japan honored those service members who paid the ultimate price for their country in World War II by laying a wreath Oct. 6 at the USS Arizona Memorial.

"Through this exchange with the city of Honolulu, Nagaoka City sincerely wishes we together can pledge to peace and a continued friendship with Honolulu while deepening mutual understanding ... mahalo," said Mayor Tamio Mori.

As the birthplace of Fleet Adm. Isoroku Yamamoto, Nagaoka City has a distinct place in history. Yamamoto was a graduate of the Imperial Japanese Naval Academy, a student of the U.S. Naval War College and of Harvard University, and the architect of the attack on Pearl Harbor.

During the ceremony, Mori noted Yamamoto's opposition to the attack on Pearl Harbor and his desire for peace.

"Admiral Yamamoto opposed the war against the United States to the last minute," Mori said. "However, as the commander-in-chief of



U.S. Navy photo by MC1 Shane Tuck

Tamio Mori, mayor of Nagaoka City, Japan, drops a flower into the water beneath the USS Arizona Memorial to honor service members killed in World War II as Bill Wesley, U.S. Pacific Fleet executive director of plans and policies, watches.

See MAYOR, A-8

Taking steps against violence



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

Capt. Donald Hodge, chief of staff for Commander, Navy Region Hawai'i and Commander, Naval Surface Group Middle Pacific, marches with dozens of community members during the 14th Annual Men's March Against Violence at the Hawai'i State Capitol on Oct. 9. The march is one of many events held in Hawai'i as part of Domestic Violence Awareness Month. On Oct. 6, Hodge signed a Domestic Violence Awareness Month proclamation to call upon all Navy personnel and their families to increase their awareness and participation in efforts to prevent domestic abuse.



Blood donors needed for upcoming holiday season See page A-2



Road to Financial Fitness See page A-4



Mayor Hannemann declares Oct. 12 as Andy Baldwin Youth Fitness Day See page A-7



USS Indianapolis survivor recalls tragedy at SEA See page B-1

Blood donors needed for holiday season

Story and photo by
Blair Martin

Contributing Writer

With the holiday season just around the corner, Tripler Army Medical Center (TAMC) Blood Donation Program is hoping members of the military community will consider giving the gift of life this year.

According to Michelle Lele, blood donor recruiter at TAMC, since more people are active and travel throughout these months, there is an increased risk of accidents and therefore, an increased need for blood.

"During the November and December months, I get a little worried because it is holiday season and we normally see a drop in our donations," she said. "Summer months and holiday seasons are normally the hardest for us to meet our quotas because many people tend to be off for the holidays and off the island."

Lele, who coordinates at least four blood drives per week on Navy, Air Force, Army and Marines military bases, said she tries to average at least 40 to 50 units per blood drive in order to maintain the monthly quota of 500 to 600 units suggested for the state of Hawai'i.

"The majority of blood we receive stays here at Tripler for our active duty and family members, but we



Machinist's Mate 1st Class (SS) Casey Irving assigned to U.S. Navy divers and diver support center at Pearl Harbor Naval Shipyard gives blood during a command-sponsored blood drive on Oct. 9. Tripler received 55 blood donations from the command, exceeding its average of 40 to 50 units per blood drive.

also send shipments out to Iraq and Afghanistan," she said.

Since the majority of blood donors tend to be active duty service members, Lele said that she and Tripler's blood donation center lose many possible donations each year due to deployments and regulations.

"We run into a lot of challenges because with our military, many [donors] have either been deployed or have just returned," she explained.

"When you have been deployed, you have to be back in the states at least 12 months before you

are [eligible] to donate blood. [Because of that], it kind of knocks out a large part of our active duty [donors] that we have here on base," she added.

With more active duty service members being deployed, Lele hopes their families and others in the military community, including Department of Defense (DoD) civilian employees will donate during the holidays.

"Look at it as an insurance policy," she said. "A lot of people think that when they need [blood], it will be there for them, but we need peo-

The Tripler Army Medical Center Blood Donation Program coordinator has announced upcoming blood drives in the military community:

- Oct. 22, Ford Island, 8 a.m.-2 p.m.
- Oct. 23, Hickam Recreation Center, Hickam Air Force Base, 10 a.m.- 2 p.m.
- Oct. 29, Hickam Air National Guard, 10 a.m.-4 p.m.
- Oct. 30, Marine Corps Base Kaneohe - Hawai'i, base chapel, 8 a.m.-2 p.m.
- Oct. 31, 205th Battalion, Fort Shafter, 8 a.m.-2 p.m.

ple willing to donate [continually] so [the blood] will be there when they need it."

Kolin Koizumi, a phlebotomist at TAMC, said the whole process does not take more than 30 minutes and each donor gives a pint of blood which is easily replaced by the body in a few days.

"You never know when you might need a blood transfusion so it basically comes down to not being able to put a price on a person's life," he said. "Many people have a fear of needles, but I think once they go through the process the first time, they will see how easy it all is."

Fire Control Chief (SS) Vincent Charles aboard USS Pasadena

(SSN-752), who donated blood during a blood drive on Oct. 9 that was hosted by the U.S. Navy divers and diver support at Pearl Harbor Naval Shipyard, said he hopes more in the military community will choose to participate in upcoming blood drives.

"As military, we all have to do whatever we can do to support the troops," he said. "I am with an active command, but I will hardly ever see the action [my shipmates] normally see over there. So this is my way of supporting the war," he noted.

Boatswain's Mate 2nd Class Raymond Hoke, who coordinated last week's event at the shipyard, said that another blood drive is planned for early December.

Depending on the situation or surgery, Lele said a pint of blood can save up to three lives. To be a blood donor, you must be at least 18 years old and weigh at least 110 pounds. Every eligible donor must wait at least 56 days after their last donation. Participants with new tattoos or piercings must wait at least one week before donating blood.

For more information on upcoming blood drives, visit

www.militaryblood.dod.mil or call the donor center at 433-6148.

For commands interested in sponsoring a blood drive, contact Lele at 433-6699 or e-mail michelle.lele@us.army.mil.

Hawaii Navy News Editorial



U.S. Navy photo by MC2 Kevin S. O'Brien

Secretary of the Navy (SECNAV) Dr. Donald C. Winter speaks to Sailors assigned to Fleet Activities Sasebo during an all-hands call.

SECNAV sends birthday message to fleet

From the Secretary of the Navy

The Secretary of the Navy, Donald C. Winter released the following birthday message to the fleet on the Navy's 233rd birthday.

"On 13 October 1775, the Continental Congress voted on a resolution to commission a swift sailing vessel with a crew of 80 men and 10 carriage guns to embark on a three-month cruise intercepting transports carrying munitions and supplies to British troops in America. The resolution also called for a second vessel to be outfitted for the same purpose. The resolution passed, and the U.S. Navy was born.

Today, 233 years later, the original Navy fleet of two ships has evolved into the most powerful Navy in the world. The one constant across the years has been the Sailors who have made our Navy great. In my time as secretary, I have come to appreciate more than ever what distinguishes our Navy from others around the world - the professionalism, training and quality of our Sailors. The standard of excellence of our Sailors is truly what put our Navy head and shoulders above the rest.

The quality of our people was already a notable characteristic of the U.S. Navy 100 years ago when President Theodore Roosevelt sent 16 battleships, with their hulls painted white, on a voyage

around the world. The Great White Fleet, as it is known, traveled to six continents, making 20 port calls over a period of 14 months. The cruise was both an announcement that America was now a global naval power and displayed an unprecedented initiative in diplomatic outreach and engagement.

Today we continue to build on the legacy of the Great White Fleet by working with partners to deter aggressors and prevent war, securing the world's waterways for commerce, providing aid where needed to victims of natural disasters, and supporting wartime missions in Iraq and Afghanistan. As always, you are the key factor - the Sailors who operate our ships, submarines, and aircraft, who engage with other nations and who come to the rescue of those in need from Haiti to Galveston to Beirut.

As we look to the future, the U.S. Navy remains an essential element of national power. Let us celebrate our many achievements and rededicate ourselves to the great and worthy cause of service in the United States Navy. On this 233rd birthday of the United States Navy, take pride in knowing that your service and sacrifice honors our great heritage and continues to provide the freedom and strength of our great Nation.

Thank you for your service and may God bless you, your families, and our nation."

Pacific Fleet Commander reflects on Navy birthday, service

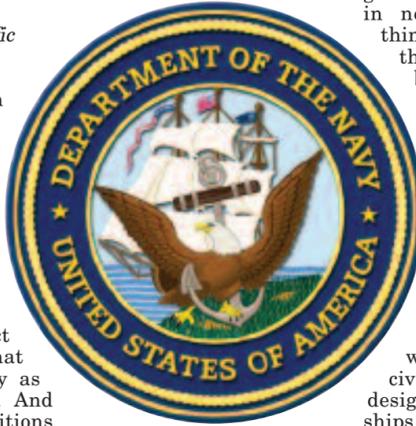
MC1 Luke J. Perry

Commander, U.S. Pacific Fleet Public Affairs

In his latest edition of the "Rat-Pac Report" podcast, posted Oct. 8, Commander, U.S. Pacific Fleet, Adm. Robert F. Willard discussed the 233rd birthday of the United States Navy.

"Our Navy birthday is a time to reflect on the traditions that have made our Navy as great as it truly is. And many of those traditions are things that occasionally we need to review, we need to adhere to," said Willard.

A theme of this year's birthday is the Navy's commitment to humanitarian



assistance and disaster relief as seen by Pacific Partnership.

"We've embarked now on a new tradition for our Navy that is having a

great impact on countries in need and putting, I think, a face on our Navy that is not just U.S., but rather incorporates non-government organizations and foreign militaries," said Willard. "Our uniformed personnel are being recognized as helpers in the region, not just warriors."

Pacific Partnership 2008 was a humanitarian civic assistance mission designed to build relationships with partner nations in Southeast Asia. During the six-month mission, more than 100,000 medical and dental patients were seen, nearly 1,400 surgeries conducted, almost 7,000 animals treated and

25 major engineering projects completed.

"We have a new mission. We have a great many traditions," said Willard. "We'll try and capture both of those themes in our Navy birthday balls that occur throughout the year and around the world. Happy birthday, Navy."

The latest podcast is available for download on the Pacific Fleet Web site, www.cpf.navy.mil. A new "Rat-Pac Report" is scheduled to appear on the site every Wednesday.

In addition to his weekly podcast, Willard writes a blog that highlights his travels throughout the Pacific Fleet area of operation and discusses top issues in the Pacific Fleet today. A link to the blog can also be found on the Pacific Fleet Web site.

"I have returned."

- Gen. Douglas MacArthur



Photo Illustration / photo courtesy of Naval Historical Center

Oct. 20, 1944, was a day of redemption for Army Gen. Douglas MacArthur as he splashed ashore on the Philippine island of Leyte. It was a complete turnaround from the last time he had seen the islands.

The Japanese army had chased MacArthur out of the islands in March 1942. He had barely escaped Corregidor Island via a Navy PT boat. As he left the Philippines, he vowed, "I shall return."

But it wasn't easy. By May of that year, the Japanese controlled everything from Burma to the Aleutians and threatened Australia. American forces were fighting a desperate fight on land, sea and air. Then in quick succession came the Battle of Coral Sea and the astounding U.S. Navy victory at Midway. The U.S. Marines began the long road back fighting in the tropical Hell of Guadalcanal. U.S. Army and Australian forces forced their way through

the jungles of New Guinea.

Each month, American might grew, and they took on the Japanese at Tarawa, Peleliu, Biak, Saipan, Guam and finally America was ready to redeem MacArthur's pledge to the people of the Philippines.

With U.S. Army troops still fighting, MacArthur landed at Red Beach on Leyte and, via radio, he addressed the Philippine people. "I have returned. By the grace of Almighty God, our forces stand again on Philippine soil - soil consecrated in the blood of our two peoples. We have come, dedicated and committed, to the task of destroying every vestige of enemy control over your daily lives and of restoring, upon a foundation of indestructible strength, the liberties of your people."

Much fighting remained, but the landing at Leyte began the liberation of a people.

Letter to the Editor policy

Hawaii Navy News welcomes letters to the editor for the editorial page on any subject as long as they are in good taste.

All letters must be accompanied by the writer's name, E-mail address and daytime telephone number. Letters are subject to editing to meet space constraints.

Letters and articles that are submitted to Hawaii Navy News may be published and/or distributed in print and electronic form.

E-mail letters to: hnn@honoluluadvertiser.com.

Hawaii Navy News

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

Hawaii Navy News is a free unofficial paper published every Thursday by The Honolulu Advertiser, 605 Kapiolani Blvd., Honolulu, Hawaii, 96813, a private firm in no way connected with DoD, the U. S. Navy or Marine Corps, under exclusive contract with Commander, Navy Region Hawaii'i.

All editorial content is prepared, edited, provided and approved by the staff of the Commander, Navy Region Hawaii'i Public Affairs Office: 850 Ticonderoga, Suite 110, Pearl Harbor, Hawaii, 96860-4884. Telephone: (808) 473-2888; fax (808) 473-2876; e-mail address: hnn@honoluluadvertiser.com World Wide Web address: www.hawaii.navy.mil.

This civilian enterprise newspaper is an authorized publication pri-

marily for members of the Navy and Marine Corps military services and their families in Hawaii'i. Its contents do not necessarily reflect the official views of the U. S. Government, the Department of Defense, the U.S. Navy or Marine Corps and do not imply endorsement thereof.

The civilian publisher, The Honolulu Advertiser, is responsible for commercial advertising, which may be purchased by calling (808) 521-9111.

The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement of the products and services advertised by the Department of Defense, the U.S. Navy or Marine Corps, Commander, Navy

Region Hawaii'i or the Honolulu Advertiser.

Everything advertised in this paper shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

A confirmed violation of this policy of equal opportunity by an advertiser will result in the refusal to print advertising from that source.

Hawaii Navy News is delivered weekly to Navy housing units and Navy installations throughout Oahu. Housing residents may contact the publisher directly at (808) 538-NEWS (538-6397) if they wish to discontinue home delivery.

Road to Financial Fitness

Part 1

Karen S. Spangler

Editor

(This is the first part in a financial series that will offer guidance and tips to help put Sailors and their families on the "road to financial fitness." Two Navy couples will work with Debra Blunt, financial counselor at Fleet and Family Support Center, over the next several months to identify areas of their finances that need attention and learn strategies to rid themselves of debt and put their financial health on track. Blunt will offer help on such topics as the importance of budgeting and how to make a plan you can live with, eliminating the lure of using charge cards, how to handle the stress of Christmas shopping, and saving for your future. This week, Blunt talks with Aviation Structural Mechanic Airman Dustin Barnhart and his family and gives them suggestions for improving their financial health. Watch

upcoming editions of Hawai'i Navy News to meet our second Navy couple and also to see how our Navy families are doing on their road to financial fitness.)

In these tough financial times, everyone worries about how it is going to affect them. Now, more than ever, it's critical to have a good financial plan.

Debra Blunt, financial counselor at Fleet and Family Support Center, assists Navy couples as they chart their financial future as well as provides guidance on how they can remedy any financial difficulties they may be having.

Blunt sat down with Aviation Structural Mechanic Airman Dustin Barnhart and his wife Danielle to evaluate their financial situation and offer some advice.

Barnhart is from Topeka, Kansas and is assigned to Patrol Squadron Special Projects Unit Two at Marine Corps Base Kaneohe - Hawai'i. The Barnharts are

newlyweds and were married in June. Hawai'i is his first duty assignment. They live in Navy family housing.

Barnhart met Blunt when he attended a Million Dollar Sailor class and subsequently set up an appointment for financial counseling. "I felt we had a lot of debt and felt we were heading toward being in a lot of debt. I didn't want to be in that situation," he explained.

According to Blunt, the Barnharts were in good financial condition. Their financial obligations included a VISA card, a STAR card, a jewelry store card and a signature loan at a bank. The couple had also purchased a car for which they paid blue book value.

Blunt noted that the Barnharts had excellent credit with both scores in the 700 range. She described this as outstanding, especially for such a young couple.

They were working with one paycheck although Danielle plans to apply for unemployment benefits. However, the couple was in

the negative financially when they started working with Blunt.

"I asked, 'Where do they stand? Are they in the negative or to the positive?'" the financial counselor explained.

At her suggestion, they refinanced their car loan, going from an interest rate of 9.25 percent to 6.6 percent. This reduced their monthly payment from \$330 to \$315.

She also recommended a consolidation loan. "I thought a consolidation loan might work for them and told them to shop around for the best rates. They were able to get a consolidation loan for 11.25 percent from USAA after being given an 18 percent rate at another financial institution. With the new consolidation loan, they will be paying \$115/month for all of their bills versus \$200 previously for the various accounts," Blunt said. After taking these steps, the couple's monthly income is now \$200 to the positive instead of the negative.

The couple has found other

ways to save money.

"We've been going to garage sales and have completely furnished our house," said Danielle.

"Until the consolidation loan is paid off, they can't do any charging," said Blunt.

Another goal is to put money into savings. Barnhart, who has been in the Navy just over a year, has a Thrift Savings Plan (TSP) and is putting 10 percent of his pay into his TSP account.

Blunt also recommended that the couple use the "envelope system" to track their spending habits. "If you're using a debit or ATM card, it's hard to track what you're spending. Use envelopes for categories where you might be overspending, such as clothing, eating out, gas, etc. Put money in the envelopes for each expense. When it's gone, that's it," said Blunt. She also suggested using one envelope for miscellaneous expenses.

lopes for miscellaneous expenses.

"This is teaching them that they have to account for everything. They have to know where everything goes. Most people don't have a clue. You're in control where you spend that money. For many people, it's mostly going to eating out," said Blunt.

Blunt stressed the importance of making saving money the number one priority. "Set savings right at the start before anything else," she advised.



Financial classes at FFSC

The following financial classes are offered at Fleet and Family Support Center located in the Military Services Building at the Moanalua Shopping Center:

- Saving and Investing - Oct. 20 - 8-10 a.m.
- Car Buying - Dec. 10 - 1:30-3:30 p.m.
- Thrift Savings Plan - Oct. 29 - 10-11:30 a.m.
- Million Dollar Spouse - Nov. 5-6 - 4:30-7:30 p.m.
- Million Dollar Sailor - Nov. 12-13 - 7:30 a.m.-3:30 p.m.
- Division Officer Financial Leadership Seminar - Nov. 5 - 8 a.m.-3:30 p.m.
- Managing Money and Credit - Nov. 24 - 8:30-10 a.m.

Free and confidential financial counseling is available at FFSC. To make an appointment or for more information, call 474-1999, ext. 6003.

STORY IDEAS?
 Contact the HNN editor for guidelines and story/photo submission requirements:
Phone: (808) 473-2888
 Email: hnn@honoluluadvertiser.com
Hawai'i Navy News

Pearl Harbor Highlights

Boatswain's Mate 2nd Class Joe Mendoza describes the Dec. 7, 1941 Japanese attack on the battleship USS Arizona during a tour of the Battleship Arizona Memorial for Tamio Mori, right, mayor of Nagaoka City, Japan. Nagaoka City is the birthplace of Fleet Adm. Isoroku Yamamoto, architect of the Pearl Harbor attack that marked the beginning of World War II in the Pacific.

U.S. Navy photo by MC1 Shane Tuck



Special Warfare Operator 1st Class (SEAL) David Goggins, right, assigned to Naval Special Warfare Center, embraces Cmdr. Keith Davids, commanding officer of SEAL Team One, as they cross the finish line at the 30th Ford Ironman World Championship. Six Sailors from the Navy athletic team and Naval Special Warfare competed alongside 1,800 elite athletes in the triathlon event performing 2.4 miles of swimming, 112 miles of biking and a 26.2 mile marathon run through tough ocean currents and challenging lava-covered terrain.

U.S. Navy photo by MC2 Paul D. Honnick



(Above) Marine Corps Lt. Col. (Ret.) Thomas Kalus, left and Capt. Timothy Smith commanding officer USS Chosin cut a cake celebrating a visit on Sept. 11 by the surviving veterans of the "Chosin Few."

U.S. Navy photo by Lt. j.g. Michelle Westhoff

(Right) Ecuadorian Navy tall ship ES Guayas passes the USS Arizona Memorial as she makes her way pierside to Naval Station Pearl Harbor on Oct. 16. The ship arrived in Pearl Harbor following the completion of International Cruise XXV, known as "Asia 2008." Since the cruise began on April 28, the ship has traveled to Mexico, Canada, Japan, Russia, Korea and China. The ship is currently berthed at pier M-4 and will be open for tours for CAC/DoD ID cardholders only from 10 a.m. to 3 p.m. Oct. 16-19.

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



Chief Warrant Officer (CWO4) Mitchell Felipe, the Afloat Training Group Middle Pacific Operations Officer, was recently awarded the Fifth Annual Navy and Marine Association Leadership Award for 2007. This award is presented each year to a select group of individuals who show leadership characteristics that far exceed the norm. This award is unique in the fact that the awardees are selected by their peers and therefore are seen as the "cream of the crop" by their shipmates. This honor is bestowed on only a few individuals each year and is a tribute to Felipe's commitment and devotion to duty. The fact that peers from across the Navy acknowledge his dedication is a testament to the broad reach of his leadership.

U.S. Navy photo by Lt. Chuck Becker

Hawai'i Sailor recognized as '2008 Very Important Patriot'

Story and photo by
MCSA Luciano Marano

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

Yeoman 1st Class (AW) Phillip Harper, previously attached to Commander, Submarine Force U.S. Pacific Fleet (COMSUBPAC), has officially been named a 2008 Very Important Patriot (VIP) by the National Military Family Association (NMFA) in recognition of his organizing a volunteer-run physical education (PE) program at Lehua Elementary School in Pearl City. He also began a tutoring program for students who were struggling academically.

Community service has always been an important part of military service. Wherever they happen to be, service members are known for doing all they can to help those in need.

Once a year, the NMFA recognizes several exceptional volunteers from around the world who truly went above and beyond the call of duty to get involved in their communities with the VIP award.

Harper and the other four 2008 VIP selectees will be recognized in an award ceremony held in Washington, D.C. on Nov. 18. In addition to the award, the prize also includes a three-day trip for two to Washington, D.C., including travel and accommodations and a cash prize of \$1,000.



Yeomen 1st Class (AW) Phillip Harper, a 2008 National Military Family Association (NMFA) Very Important Patriot (VIP) selectee, leads Lehua Elementary School fifth and sixth graders in a physical education (PE) session. Harper is one of only five people selected for the award this year.

While volunteering at an unrelated event, Harper became aware that a lack of funding was forcing the school to omit physical education from its curriculum. After hearing this news, he immediately set about to rectify the situation.

Working with several members of the school staff, Harper lead a group of COMSUBPAC volunteers in devising a list of activities that would not only get the kids exercising, but also get them outdoors and give them a fun break from routine

school work.

"Everyone has his or her calling. I truly believe that working with children is mine," said Harper. "I've tried numerous other volunteer endeavors, but my heart wasn't in it. My heart truly lies with helping children."

While in Washington, the recipients and their guests are scheduled to tour the Pentagon and the U.S. Capitol Building, where they will meet the senator or representative of their choice.

"We will also have a free day to go sightseeing. Since this will be our first trip to D.C., my wife and I are going to act like tourists and see as much as we can before heading back home," said Harper. "The White House and the Lincoln Memorial are a must see."

Harper confessed that he had no idea that the VIP award even existed before being informed that he was nominated.

"I am blessed to have been nominated by my former chief of staff (COS), Capt. Robert Schuetz," said Harper. "The entire selection caught me by surprise considering I never heard of the award until I received the call to tell me I had been selected."

Despite the increased attention recently, Harper remains humble and unassuming in regard to his continual volunteer efforts.

"People can tell when you're doing something because you expect something in return," said Harper. "I would just say to dig deep down, consider what's going on in your community that could use your special gifts and talents, and go out and get involved."

Although Harper has since transferred from COMSUBPAC, the PE program he organized is still going strong. With the help of previous volunteer Yeoman 2nd Class Chante Rodriguez, and Harper's own replacement, Yeoman 1st Class (SW) Calvin Everett, relations with the Lehua faculty have remained

strong. The program is set to start back up in late October, following the students' autumn break.

"I had a nice turnover with Harper and I'm really looking forward to keeping the program going when the students come back," said Everett.

Even though he personally organized the program, Harper is quick to admit that without the continual help of dedicated volunteers and the personal support of his family, the effort would not have been a success.

"I would just like to thank my wife and my daughters for being so supportive," said Harper. "There have been plenty of weekends where they have had to watch daddy run off and spend time with other kids and take away from their daddy-daughter time."

"I would also like to thank the staff of COMSUBPAC for coming out and supporting the PE and tutoring program for the past two years," said Harper, "and of course, the students and staff at Lehua Elementary, especially Ruth Davis, the school liaison officer."

The phrase "service above self" gets used a lot in the Navy today. Through the continued efforts of Sailors like Harper and all the other Very Important Patriots of 2008, we are reminded of the great things that can be accomplished when people truly want to help each other and aspire to make a difference.



U.S. Navy photo

Answering a call for assistance, crew members from USS Bremerton (SSN 698) volunteer their time to clean up the Archdiocesan Commission for the Pastoral Care of Migrants and Itinerant People (ACMI) Training Centre on Oct. 3 while in Singapore. Bremerton is currently one-third of the way through her first Western Pacific deployment in more than four years.

Bremerton Sailors participate in COMREL project in Singapore

**USS Bremerton (SSN 698)
Public Affairs**

Sailors from USS Bremerton (SSN 698), homeported at Pearl Harbor, Hawai'i, participated in a community relations (COMREL) project Oct. 3 at the Archdiocesan Commission for the Pastoral Care of Migrants and Itinerant People (ACMI) Training Centre in Singapore.

Twelve Sailors from Bremerton volunteered their time at the training center, cleaning up rubbish, gardening and trimming overgrown foliage.

"I would like to thank the crew of USS Bremerton for their time in helping us maintain our facilities. We rely heavily on support from all ships from the United States to keep our upkeep costs low in order to spend what money we have on training life skills, job placement, legal advice and providing room and board to the immigrants who come to Singapore," said Fabian Patrick, facility manager of the ACMI Training Centre.

The volunteers removed more than

200 pounds of overgrown foliage, landscaped, and completed numerous small repair jobs during the five-hour project.

"It is a privilege to work with Mr. Patrick here at ACMI, knowing that my hard work and the work of my shipmates will enable immigrants here in Singapore to get a head start in their new life," said Electronics Technician 2nd Class (SS) Joseph Pillen.

For Sailors like Pillen, community service is a way to return the hospitality that has been extended during port visits.

Bremerton spent a total of seven days in Singapore while on a Western Pacific deployment.

"This visit underscores the importance of developing and maintaining our relationship with Singapore. It also gave our crew a great opportunity to give back to the Singapore community, who have graciously hosted us over the past week and we have been very happy to be here," said Cmdr. Howard C. Warner III, commanding officer.

Mayor Hannemann declares Oct. 12 as Andy Baldwin Youth Fitness Day

**Story and photos by
Heather Wong**

Keiki O Ka Aina Family Learning Centers

Honolulu Mayor Mufi Hannemann officially proclaimed Oct. 12 as "Andy Baldwin Youth Fitness Day" in the City and County of Honolulu when he met with Baldwin on Oct. 9.

Baldwin also met with Lt. Governor Duke Aiona and discussed the current health and fitness of the keiki in the state of Hawai'i. Aiona issued Baldwin an official state of Hawai'i Lt. Governor coin as a gesture of support and friendship.

Navy Dr. Lt. Andy Baldwin, triathlete, health/fitness advocate, humanitarian and television personality returned to Hawai'i for the 2nd Annual Andy Baldwin Youth Fitness Day on Oct. 12.

Approximately 150 children from the ages of three to 12 and their parents participated in the event which was held at the Keiki O Ka Aina Community Center and included a four-part educational circuit. The stations were meant to inform and inspire Hawai'i's keiki on the importance of keeping fit and making healthy food choices.

Baldwin led the fitness station, talking to the children about the importance of stretching and warming up before working out. He led them through stretches, taught them how to check their heart rate, and got their heart rate going with jumping jacks. The children then learned and executed proper techniques in push-ups and sit-ups with a partner. They each set a goal to add one more push-up or sit-up to their total each day. The final phase was a run sprint through a series of cones, followed by a



Navy Lt. Andy Baldwin leads keiki in exercises during the 2nd annual Andy Baldwin Youth Fitness Day on Oct. 12

heart rate check.

Baldwin returned to Hawai'i last week for the first time since April when he relocated to Washington, D.C. where he is now working for the Navy Surgeon General. He spoke to numerous groups last week, including the students at Assets Middle School, Chaminade University and the John A. Burns School of Medicine-University of Hawai'i Manoa.

He also visited the pediatrics ward at Kapiolani Medical Center, signing Navy ballcaps for the children and declaring them "honorary Sailors."

Baldwin is an accomplished triathlete with eight Ironman finishes, five Ironman 70.3 finishes and three USA Triathlon All-American titles to his credit. He has also competed in the Ironman New Zealand, Subaru Ironman Canada, St. Croix Ironman 70.3 and Ford Ironman Louisville.

On Oct. 11, Baldwin volunteered as a physician in the medical tent at the 2008 Ironman World Championships, leading a medical treatment team.

"I am extremely excited to

come back to what feels like my second home, the islands of Hawai'i," said Baldwin. "I felt the love and aloha from the people of Hawai'i so much during and after my time on TV and embraced the chance to give back in my work while there with the Special Olympics, YMCA, Hale Keiki School, Lokahi and helping with Keiki O Ka Aina and building a new house for the Akana family, Hawai'i's extreme makeover recipient."

Baldwin continued, "My favorite are the keiki. They are our future and we need to inspire, motivate and teach them to believe in themselves. I loved seeing their smiles today as they were learning and having fun. I hope their parents learned something, too. I'm already looking forward to next year."

Keiki O Ka Aina Family Learning Center's mission is to communicate the vital importance of education, advocating for literacy, supporting parents as their child's first teacher, and empowering families to undertake leadership roles in their communities.

USS Chung-Hoon wins Golden Anchor Award

Story and photo by
NC1 Roseanne M. Corey

USS Chung-Hoon (DDG 93)

USS Chung-Hoon (DDG 93) was selected for the Commander, U.S. Pacific Fleet (COMPACFLT) Retention Excellence Award for fiscal year 2008, also known as the Golden Anchor Award. The first Golden Anchor Award in Chung-Hoon's short history, one of the benefits is the right to paint the ship's anchor gold.

This award recognizes strong retention and should be considered a direct reflection of command standards exemplified by the khaki leadership.

Lt. j.g. Michelle Stanforth, one of the ship's motivated junior officers, decided to "fleet up" for a second tour on USS Chung-Hoon to the position of navigator after her first tour as the ship's anti-submarine warfare officer. "I saw that the command was moving in a positive direction at the midpoint of my first tour as we headed into our second deployment, where we would be operating in the Arabian Gulf. Staying onboard Chung-Hoon for a second tour was an extremely rewarding experience, getting the opportunity to navigate overseas to places like Somalia, Bahrain and the Philippines," said Stanforth. "More than that, however, it was a chance to watch Chung-Hoon Sailors' growing



USS Chung-Hoon (DDG 93) was selected for the 2008 Golden Anchor Award. The first Golden Anchor Award in Chung-Hoon's short history, one of the benefits is the right to paint the ship's anchor gold.

motivation and cohesiveness through these purpose-filled missions and positive leadership," she added.

Chung-Hoon received eligibility for this award after being listed on the COMPACFLT Retention Honor Roll for the first and second quarters of 2008. This is a tremendous reward for the diligent work performed by the command retention team. There have been 29 re-enlistments this year alone.

Plankowner Electricians Mate 1st class (SW) Reginald Galloway, one of 11 plankowners onboard, said, "I am proud of this ship and she is finally beaming as she deserves with her Golden Anchor."

Mayor Tamio Mori honors World War II sacrifices

Continued from A-1

the combined fleet, he unwillingly agreed to start the war and attack Pearl Harbor to meet the government's requirement."

Yamamoto has been quoted as saying the attack on the United States was a blunder, awakening a "sleeping giant."

By the war's end, both nations were saddened by the loss of many countrymen. Mori referred to an air raid on Nagaoka City on Aug. 1, 1945 when more than 1,000 Japanese perished.

"Regardless of victory or defeat, the war caused large damage and sadness to each country," Mori said.

Bill Wesley, executive director of plans and policy, represented U.S. Pacific Fleet during the event.

"All in attendance were deeply moved and truly impressed with the honor and respect we demonstrated to those who lost their lives during the attack on Pearl Harbor," Wesley said.

Wesley expounded on the continued sharing and support between the United States and Japan, which has led to years of peace and prosperity.

"Mayor Mori and I discussed how well Japan and the United States have moved forward in the interim period since the war," Wesley said. "The Japan Maritime Self-Defense Force and our U.S. Pacific Fleet forces train together and support each other to ensure peace and maritime security within the Asia-Pacific Rim.

"We conduct exercises and share information to assure our friends, allies and partner nations that we will continue to work together in the future to avoid the mistakes made that led to the untoward actions in World War II," said Wesley.

USS Chosin hosts 'Chosin Few'

Story and photo by
Lt. j.g. Michelle Westhoff

"There's nothing more honorable than serving your country," said Lt. Col. Thomas Kalus (U.S. Marine Corps ret.) while onboard the USS Chosin (CG 65) for a special remembrance on Sept. 11.

Kalus is a survivor of the Chosin Reservoir battle and is a proud member of the "Chosin Few."

Chosin (CG 65) is named in commemoration of the First Marine Division's breakout from a Chinese communist encirclement at the Chosin Reservoir during the Korean War in the bitter winter of 1950. Historians term the battle of the Chosin Reservoir as the most savage battle of modern warfare.

Nickolas Revuelto, Ed Vasper and Tasi Alo shared their inspiring stories from Chosin Reservoir while they ate lunch with Capt. Timothy Smith and the other officers of the Chosin. After a cake cutting ceremony in the wardroom, the Chosin Few were invited outside to the ship's fantail for an emotional Sept. 11 ceremony with the entire crew.

"They understand all too well that freedom isn't free," said Smith during the presentation. "We will never back down from the work they've begun."

There were smiles and hand shakes of gratitude from everyone. The Chosin and the 'Chosin Few' have an extraordinary relation-



Survivors of the Chosin Reservoir Battle visit the USS Chosin (CG 65).

ship and both sides honor the other for their courage and dedication.

"I'm glad we still have young people making sacrifices for their country," said Kalus.