



USS INDIANAPOLIS survivor recalls tragedy at sea

Story and photos by
MC2 Michael A. Lantron

*Navy Region Hawai'i Public
Affairs*

Seaman 1st Class George E. Laws, a survivor of the Japanese attack on the Portland-class cruiser USS Indianapolis (CA-35) on July 30, 1945 in the Philippine Sea, returned to Pearl Harbor on Sept. 26. It was his first visit since 1945 while enroute to San Diego after the attack.

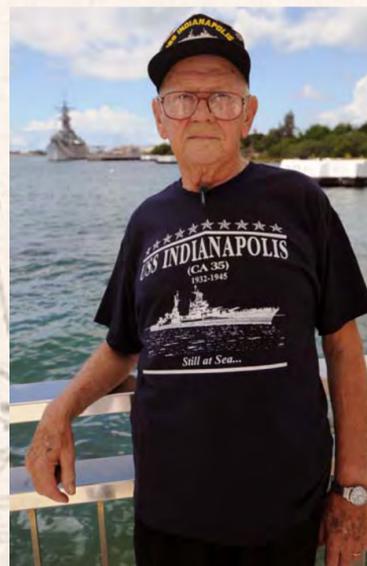
During his visit, he toured the USS Utah Memorial and the USS Arizona Memorial while talking about his memories during that fateful evening onboard Indianapolis on July 30, 1945.

Laws, who was only 19 at the time, described his ordeal as if it happened yesterday.

"I just relieved the helmsman in aft steering and opened a book when the first torpedo hit. The can I was sitting on and I jumped up and right back down from the vibration," said Laws. "I was about to call to see what happened when the second torpedo hit. A yeoman I was with went to find out what happened, but once he left, I never saw him again."

Determined to find out the reason of the massive jolt, Laws then moved up the ladder wells looking for an answer.

"I went past the crew quarters and the mess decks to a hatch near the machine shop, turned the corner and saw fire and smoke and knew I had to get out of there," said Laws. "I hollered down to the others in aft steering and told them 'get out of there, the ship's sinking!' The ship was listing and an officer told us to abandon ship and



stay away from the screw guard and the screw because it's still turning."

After abandoning ship, the young Sailor from Springfield, Ill. watched as the ship sunk in just 12 minutes.

"I can't remember how much oil I swallowed once I hit the water, but I was sicker than the dickens. I watched as the ship kept going away from me and listed further until it lay on its side, turned up bow first," said Laws. "Watching the ship go down felt like it was in slow motion and I said to myself, 'Oh my God, there goes my home.'"

As Laws and his fellow shipmates treaded the Philippine Sea waters to stay afloat, they also had to worry about what lurked below.

"We had no trouble till the morning when schools of sharks came. People said to splash the water and make a lot of noise and they'll go away, but they didn't. If a guy swam away, it was the last you saw of him," said Laws. "People kept saying don't drink the water, so I never did. I was only given a piece of Spam three quarters of an inch thick. All I tasted was salt, so I spit it right out."

Surviving on the high seas for five days is an extremely difficult ordeal even for the strongest people, so when he was finally rescued and brought aboard the Crosley-class, high-speed transport USS Bassett (APD-73), he was very dehydrated and hungry and soon lost consciousness.

"I probably survived because I was covered in oil head to toe and the sharks just could not smell me. When they picked me up, I passed out," said Laws. "Once I woke up, I had clean clothes on and not a drop of oil on me. They brought me and 157 others

to Leyte Gulf and eventually I made it back to the mainland."

Laws' daughter, Carolyn Rodden, visited Pearl Harbor with her father and discussed what her father's survival during that fateful time means to her.

"Being the daughter of a USS Indianapolis survivor has, and always will be, an honor. When I go to the reunions and listen to the remaining survivors speak about their experience, it is incredible to know how much my father went through just to stay alive," said Rodden. "I can only imagine how terrifying the experience was for him and all of the rest of the survivors. I am very proud of him. He is a true 'survivor.'"

As he visited the Pearl Harbor attractions with his daughter, Laws was reminded of those who lost their lives onboard Arizona, Utah and Indianapolis.

"It was an amazing experience to be here," said Laws. "I am so sorry for all those who lost their lives in these attacks."

Laws' daughter was proud to experience Pearl Harbor with her father and see the emotion it brought to his eyes.

"The experience of seeing Pearl with my father was incredible," said Rodden. "Since it was the first time he had been back in over 60 years, I believe it brought back the memories of all that happened even more clearly than he remembered before we arrived. For me, it was like seeing it through his eyes for the first time."

"Experiencing going to Pearl Harbor with my father is truly one I will cherish for a lifetime. I am very happy I was able to be there with him," added Rodden.

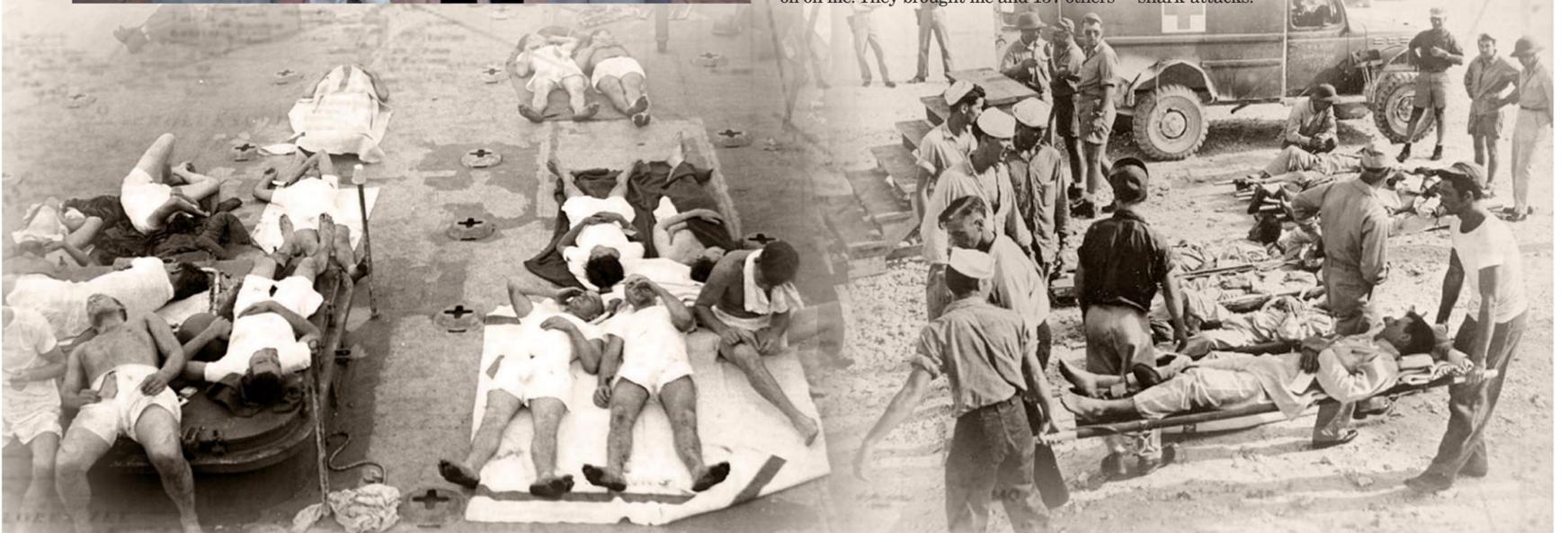
Indianapolis was attacked following the successful mission to Tinian Island, carrying parts and the uranium projectile for the atomic bomb "Little Boy" which would later be dropped on Hiroshima. The ship arrived in Tinian on July 26, 1945.

After delivering her top secret cargo to Tinian, the Indianapolis was sent to Guam where a number of the crew who had completed their tours of duty were replaced by other Sailors.

Leaving Guam on July 28, 1945, she began sailing toward Leyte when she was attacked by the Japanese submarine I-58, which was undetected due to the lack of effective submarine imaging equipment on Indianapolis.

Laws is one of only 317 survivors of the July 30, 1945 Japanese attack on Indianapolis.

To this day, the attack is known as the worst single loss of life at sea in the history of the U.S. Navy. Approximately 300 of the 1,196-man crew died in the attack. Of the 880 who were left at the mercy of the sea, 563 Sailors perished from a combination of exposure, dehydration, and shark attacks.



USS Reuben James friends and family day cruise a great success

Ensign Kim Mai Pham

*USS Reuben James (FFG 57)
Public Affairs Officer*

USS Reuben James (FFG 57) got underway on Sept. 23 for an exciting day at sea off the coast of Oahu. The ship pulled away from the pier with plenty of fun planned for the day for friends and families of Reuben James Sailors.

As the ship transited the harbor, Senior Chief Boatswain's Mate (SW) Frank Hagan, Pacific Fleet boathouse, highlighted historical facts about Naval Station Pearl Harbor for guests while the ship completed its navigation-check ride. Shortly after sailing away from Pearl Harbor, friends and families attended the retirement ceremony of Chief Fire

Controlman (SW) James Borchert as the ship continued to sail down the coast past Waikiki.

Guests were then invited to the flight deck for a "steel beach picnic," during which Easy Rider 54, a helicopter from the HSL-37 helicopter squadron, performed a flight demonstration while everyone enjoyed the barbeque.

After lunch the guests experienced Reuben James' agility on the water as she was brought up to full speed and made hard turns left and right. While adults and children alike enjoyed touring the ship, the majority of the children enjoyed a different kind of tour while participating in a "welcome aboard" scavenger hunt. They simulated the process of "checking in" on Reuben James' as a new Sailor by finding key personnel on the ship and having them

sign their check-in sheets.

At the end of the day, everyone agreed that the cruise was a fun and exciting opportunity. As friends and families experienced the daily life of Sailors onboard Reuben James. "It is great being able to see what my husband does at work. To see him busy with his job makes me really proud of him," said the wife of Ensign Josh Lewis.

Chief Damage Controlman (SW) Donald Grother and Chief Damage Controlman (SW) Thomas Thompson help the son of a Sailor assigned to the Pearl Harbor-based Oliver Hazard Perry-class frigate USS Reuben James (FFG 57) don fire-fighting equipment during a friends and family day cruise.

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



Be attentive to your energy usage

Krista Stehn

*Naval Facilities Engineering
Command Hawai'i Energy
Team*

October is National Energy Awareness Month – a time of increased attention on energy use and conservation. There is no better time than now to examine personal energy use and get started on a path toward energy savings.

Here are five simple steps that can easily be introduced in your everyday life that will help save energy, money and the environment:

- Replace incandescent light bulbs with compact fluorescent light (CFL) bulbs. Incandescent light is the most common lighting source in U.S. homes. It also wastes the most energy. Ninety percent of the energy consumed by an incandescent light is given off as heat rather than visible light. Switch out incandescent bulbs with CFLs. CFLs are three to four times more efficient saving energy and money.



- Watch out for phantom loads. Televisions, DVD players, cell phone chargers and computer equipment consume power even when turned off. The hidden energy costs from these appliances can be reduced by simply using a surge protector. If appliances are plugged into a surge protector, when the surge protector is turned off, the appliances will no longer draw power from the outlet.

- Purchase energy efficient appliances. When purchasing new appliances, consider ENERGY STAR qualified appliances. ENERGY STAR appliances use up to 10 to 50 percent less energy than standard models. For more information, visit ENERGY STAR's Web site at www.energystar.gov.

- Use fans to keep cool instead of an air conditioner. Portable and ceiling fans consume approximately 50 percent less electricity than an air conditioner. While fans do not remove heat from the room, they do provide a cooling affect by circulating air. In addition, they consume only a fraction of the energy used by an air conditioner.

- Turn it off. Get into the habit of turning off lights, televisions, air conditioners, fans, computer equipment, etc. when you leave a room.

On Sept. 13, 1991, October was proclaimed Energy Awareness Month. Since then, government organizations have observed National Energy Awareness Month with activities and programs to promote the public's awareness of our energy use and the need to reduce energy consumption.

For energy tips or questions, contact the Naval Facilities Engineering Command (NAVFAC) Hawai'i Energy Team at 471-0440.

Military Health System asks for feedback

**Office of Assistant
Secretary of Defense for
Health Affairs**

The Military Health System (MHS) invites wounded, ill or injured service members and their families to respond to a new pair of questionnaires designed to help MHS leaders better understand the needs and expectations of the warriors in their care.

The questionnaires - one for wounded, ill or injured service members and one for their family members - are available on the Military Health System Web site and will remain open for completion until Oct. 27. Both questionnaires ask for feedback concerning a service member's experience and satisfaction with the care he or she has received since becoming wounded, ill or injured.

To encourage honest and specific answers that will lead to positive changes in how the MHS handles care



for wounded, ill or injured service members, all questionnaire responses are anonymous. Questionnaire results and analysis should be available in November, at www.health.mil.

These questionnaires are part of Defense Secretary Robert Gates' commitment to supporting wounded, ill and injured service members - ensuring that their care is the Department of Defense's (DoD) top priority. This care is continually improving, but MHS leaders recognize that there is still more to be done. By listening to the opinions of

wounded, ill or injured service members and their families, the MHS will be in a better position to meet their needs and expectations. The online questionnaires are available now at: <http://www.health.mil/Pages/Page.aspx?ID=18>.

America's Military Health System (MHS) is a unique partnership of medical educators, medical researchers, and health-care providers and their support personnel worldwide. This DoD enterprise consists of the Office of the Assistant Secretary of Defense for Health Affairs; the medical departments of the Army, Navy, Marine Corps, Air Force, Coast Guard, and Joint Chiefs of Staff; the Combatant Command surgeons; and TRICARE providers (including private sector healthcare providers, hospitals and pharmacies).

For more information regarding this questionnaire, contact (703) 681-1750.

NMFC/JTWC accelerates with NASCAR

Lt. j.g. Casey Hughes

Naval Maritime Forecast Center/Joint Typhoon Warning Center

The Naval Maritime Forecast Center/Joint Typhoon Warning Center (NMFC/JTWC) located at Pearl Harbor, Hawai'i) was recently selected by the Navy's "Accelerate Your Life" Fleet Honoree Program to send seven Sailors to the NASCAR-nationwide-camping World RV Service 300 at Auto Club Speedway in Fontana, Calif.

The Navy Motorsports 2008 Fleet Honoree Program was created to highlight the accomplishments of Sailors in the fleet. Earlier this year Vice Adm. John C. Harvey, Chief of Naval Personnel, stated that the program exists to "truly honor our top-performing commands."

NMFC/JTWC was honored to be selected and participate in the program and sent seven of their top performing Sailors, including Lt. Greg Ray, Lt. j.g. Casey Hughes, Senior Chief Aerographer's Mate David Martinez, Aerographer's Mate 2nd Class (AG2) Chris Lay, AG2 Christina Leighty, Information Systems Technician 2nd Class Kawika Lee Lum-Perreira and AG3 James Taylor Jr.

NMFC/JTWC continually shines in the METOC (meteorology and oceanography) community as one of the top performing commands by supporting the Navy's fleet with maritime forecasts and Optimum Track Ship Routing (OTSR) services to ships afloat in the Pacific and Indian Oceans. Additionally, JTWC provides accurate tropical cyclone forecasts for all Department of Defense assets in the same region.

NMFC's selected Sailors were rewarded with watching the race from the pits and getting to see NASCAR from behind the scenes. The Sailors had the opportunity to meet NASCAR legend Tim Brewer in his on-the-scene ESPN studio where he does live technical analysis during the NASCAR race.



U.S. Navy photo

Only moments before the race, the NMFC/JTWC Sailors have their picture taken behind the official Navy NASCAR. Their command logo is displayed proudly on the hood of the car.

Furthermore, the NMFC members visited the #88 Navy NASCAR team's garage and met the Navy NASCAR driver, Brad Keselowski, only moments before the race. Keselowski told the Sailors how much an honor it is to drive for the Navy and gave all the Sailors his personal #88 Navy NASCAR team coin.

Additionally, Leighty and Taylor were able to be a part of the Navy pit crew and experience life from the fast lane. They also had an opportunity to wear official Navy NASCAR team jerseys for the duration of the race and assist with pit crew duties.

Taylor said, "This has been one of the coolest things I have experienced since being in the Navy and I am so thankful for this opportunity." This goes without saying for the rest of the Sailors attending.

However, this wasn't just a great opportunity for the NMFC members, but also for a local family in Redlands, Calif. where the Sailors volunteered their time with Habitat for Humanity to help build a home for a hard-work-

ing mother of three. The NMFC Sailors spent Friday afternoon installing side panels on the family's new home.

Although the thermometer read over 100 degrees Fahrenheit, the Sailors enjoyed their role in helping a young mother and her children turn a house into a home. Ray said he was "happy to know that the house will go to a well deserving family." All the Sailors were grateful they had the opportunity to bless the family and make their life a little easier.

In all, the member's from NMFC/JTWC had an incredible time in Fontana and experienced a once in a lifetime opportunity. Not only did they get rewarded for their hard work and dedication, but they were able to give back and do the same for a well deserving family.

The Fleet Honoree Program is a great way for the Navy to recognize its top performing commands and for the participating Sailors to represent the Navy, their command and the community in the public eye.

Don't let the flu bug bite: TRICARE covers flu vaccination

Tara Mogan

TriWest Healthcare Alliance

Although flu season typically peaks in February, those of us with kids know we're lucky to get through October without one of them bringing more than just homework home from school. Then it's only a matter of time before that bug jumps from one member of the family to the next. But TRICARE can help you to swat that bug into the gutter to keep your family from being bowled over.

A flu shot is a covered preventive services benefit for all TRICARE Prime, Standard and Extra beneficiaries. Flu vaccination is recommended in October or November, but may still be beneficial if received as late as December, as the season typically runs from October through May.

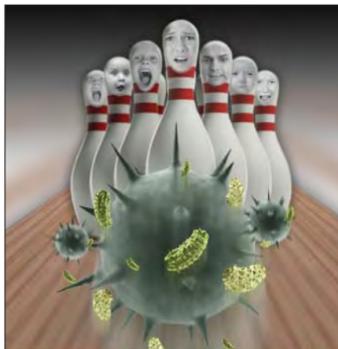
There are two TRICARE-covered options available:

- The flu shot, which is an inactivated vaccine administered by needle. It is recommended for people age six months or older, including people with chronic medical conditions.

- The nasal-spray flu vaccine, made with live, weakened flu viruses that do not cause the flu. This is recommended for people age two-49 years who are not pregnant.

Does the flu shot cause the flu?

No. "A coincidental virus or cold



may creep up on you post-vaccination, but the virus that causes influenza will not come from receiving a flu shot," said Dr. Len Tamsky, vice president of health care services and senior medical director for TriWest Healthcare Alliance.

Who should get vaccinated?

As a general rule of thumb, anyone who wants to spare themselves or their family from the flu should get vaccinated. People at high risk for flu-related complications, include but are not limited to:

- Children ages six months to five years.
- Women who will be pregnant during the flu season.
- People of any age with certain chronic diseases.
- People 50 years of age and older.

- People living in a nursing home.
- Health care workers.

Regardless of your age or health, be sure to consult your primary care manager (PCM) about getting the vaccination, especially if you:

- Are ill
- Are allergic to eggs
- Have ever had an allergic reaction to a vaccine
- Have ever had Guillain-Barré Syndrome.

Where to go

If you are enrolled at a military treatment facility (MTF), contact your MTF to find out if and when flu shots are offered and then obtain the vaccination from your PCM. If you get a flu shot from a TRICARE network provider, you do not need a referral or authorization from your PCM.

Flu shots received from a non-network provider - one who does not accept TRICARE - are subject to point-of-service charges for TRICARE Prime beneficiaries. Vaccines provided at civilian pharmacies and drugstores are not covered by TRICARE.

For more information about TRICARE coverage for flu vaccinations, visit www.TRICARE.mil, or the Healthy Living Portal at www.triwest.com.

Don't let the flu bug strike your family. A little prevention can go a long way.

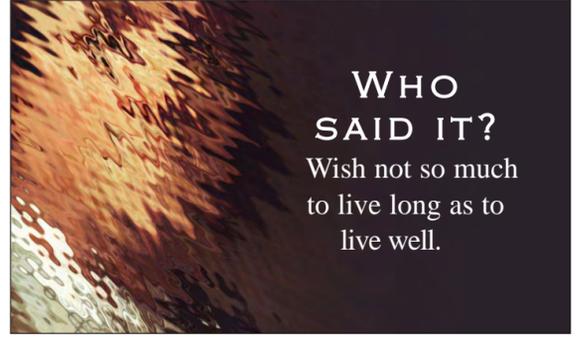
Skylark CENTRAL

WORD SEARCH

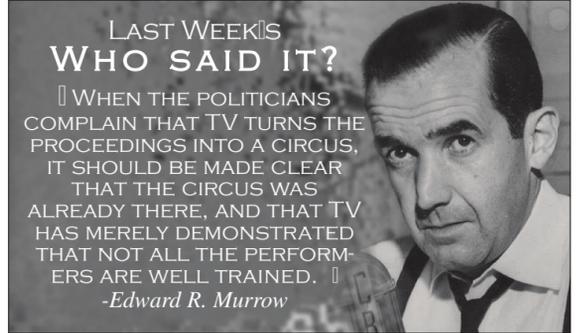
Find 44 words that 44 words meaning Permission or Acceptance

- ACCEPTANCE
- COMMISSION
- LIBERTY
- ACCORD
- CONSENT
- LICENSE
- ACCREDIT
- EMPOWER
- OKAY
- ADMIT
- ENABLE
- PASS
- AGREEMENT
- ENDORSEMENT PASS-PORT
- ALLOW
- ENTITLE
- PERMISSION
- APPROVE
- FIAT
- PERMIT
- ASSENT
- FRANCHISE
- PRIVILEGE
- AUTHENTICATION
- FREE HAND
- RATIFY
- AUTHORITY
- GO-AHEAD
- SANCTION
- AUTHORIZATION
- GRANT
- SUFFERANCE
- BLESSING
- GREEN LIGHT
- VISA
- CARTE
- BLANCHE
- LEAVE
- VOUCHSAFE
- CHARTER
- LEGALIZATION
- WARRANT
- CLEARANCE
- LEGITIMIZE

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WHO SAID IT?
 Wish not so much to live long as to live well.



LAST WEEK'S **WHO SAID IT?**

WHEN THE POLITICIANS COMPLAIN THAT TV TURNS THE PROCEEDINGS INTO A CIRCUS, IT SHOULD BE MADE CLEAR THAT THE CIRCUS WAS ALREADY THERE, AND THAT TV HAS MERELY DEMONSTRATED THAT NOT ALL THE PERFORMERS ARE WELL TRAINED.
 -Edward R. Murrow

WORD SEARCH SOLUTION

Find these 38 Oldest Continuously-Inhabited Cities

- ADANA
- DELHI
- LARNACA
- ALEPPO
- GAZA
- LUXOR
- ARBIL
- GAZIANTEP
- MEDINAT AL-FAYOUM
- ASYUT
- HAMA
- MOHENJO-DARO
- ATHENS
- HARAPPA
- PLOVDIV
- BAALBEK
- HEBRON SIDON
- BALKH
- ISTANBUL
- SUSA
- BEIRUT
- JAFFA
- TICUL
- BYBLOS
- JERICHO
- TRIPOLI
- CADIZ
- JERUSALEM
- TYRE
- CHOLULA
- KIRKUK
- VARANASI
- DAMASCUS
- KUTAI
- XINZHENG

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 A N C H K U T A I S I M B T N

This Week's Trivia



Last Week's Question: What was the largest aircraft carrier built during WWII?

Answer: IJN Shinano

The Shinano was converted from a Yamato-class battleship, which were the largest battleships ever built until the commissioning of the nuclear-powered aircraft carrier USS Enterprise in 1961.

Navy Region Hawai'i Manawa Nanea

Morale Welfare & Recreation

⚔️ HMYAA BASEBALL WINTER SEASON
 Hawai'i Military Youth Athletic Association (HMYAA) registration is ongoing through Oct. 31 for youth winter baseball. Practice begins in November and the season runs from January to March 2009. Teams will compete in the HMYAA Pony League with teams from the Air Force and Marines. The cost is \$40 and the league is open to all military youth ages five to 14. FMI: 474-3501.

⚔️ BIKE AIEA LOOP TRAIL
 The outdoor recreation center (OAC) at Naval Station Pearl Harbor will host a mountain biking excursion to the Aiea Loop Trail at 9 a.m. Oct. 25. The cost is \$15 per participant, but space is limited. FMI: 473-1198.

⚔️ MONDAY NIGHT FOOTBALL AT LIBERTY
 Single Sailors are welcome to watch Monday night football on large plasma screen televisions with other football fans. Cheap Eats Tuesdays has moved to Mondays for game night, so patrons can enjoy free food, fun and prizes. Monday Night Football is available every Monday through Dec. 22 at all Liberty Centers (Liberty in Paradise, Liberty at Beeman Center, Liberty Express at NCTAMS and Instant Liberty at Club Pearl). FMI: 473-4279.

⚔️ FORD ISLAND 'TRUNK OR TREAT'
 Navy Region Hawai'i Morale, Welfare and Recreation (MWR) and the Naval Health Clinic First Class Petty Officer Association will host the Ford Island "trunk or treat" and Halloween party from 4-7 p.m. Oct. 25 at building 88 (located behind Firehouse Grill) on Ford Island. The event will include a costume parade, music, crafts, games, popcorn, cotton candy and a special Halloween movie sponsored by Forest City Residential Management. The event is open to all military-affiliated patrons. FMI: www.greatlifehawaii.com.

For more information on Navy Region Hawai'i MWR events, visit www.greatlifehawaii.com

Community Calendar

October

🌸 22 ~ Navy Nutrition Now will be held from 8 a.m. to 4:30 p.m. on Oct. 22-23 at Navy College, building 679, in the Utah Room. The 16-hour course is divided into two days of learning about what to eat and how to eat nutritiously. The course will also focus on weight management and getting Sailors back on track with eating smart and staying healthy. Seating is limited, so sign up now. FMI: 473-1703 or visit www.greatlifehawaii.com.

🌸 27 ~ The USS Chung-Hoon Family Readiness Group will hold its monthly meeting at 6 p.m. at the Pearl Harbor Memorial Chapel. The short business meeting will be followed by a children's costume parade and Halloween social. Treats and light refreshments will be served. The cost is \$60. FMI: email chunghoonfsg@ or call the Careline at 440-4648.

November

🌸 10 ~ The Leadership Continuum for spouses of commanding officers (CO) and executive officers (XO) will host its first of four workshops for this upcoming season at the Ford Island Conference Center. Registration will begin at 9:30 a.m. The topic will be "Reaching Out to Family Members - IA/GSA, FRG, Wardroom and Spouses Clubs." The workshop is open to all past, current and prospective Navy and Coast Guard CO/XO spouses. FMI: Leadership4U@hotmail.com or 474-1999, ext. 6100.

🌸 At a glance

🌸 The 2009 Pro Bowl will come to Hawai'i on Feb. 8 at Aloha Stadium. Information, Ticket and Travel offices (ITT) will be pre-selling tickets starting Nov. 1 at all ITT locations. FMI: 473-0792 or visit local ITT ticket center.

Sharkey Showtimes



Babylon A.D. (PG 13)

A mercenary charged with delivering a young woman from Russia to Canada learns that she has been manipulated by a synthetic virus and what lies inside her could doom the human race.

TODAY

7:00 PM Mirrors (R)

SATURDAY

2:30 PM Babylon A.D. (PG 13)
 4:45 PM Disaster Movie (PG 13)
 7:00 PM Traitor (PG 13)

SUNDAY

2:30 PM The Women (PG 13)
 4:45 PM Babylon A.D. (PG 13)
 7:15 PM The Women (PG 13)





Navy fitness programs

Navy Fitness Incentive Program

Get fit with the Fitness Incentive Program. This fun, easy program will help you stay healthy and fit by tracking workout time, blood pressure and weight through the www.greatlifehawaii.com Web site.

Work your way to a better body and better health. Progression is tracked on-line according to the number of hours exercised.

The three levels include:
Bronze - completion of 100 hours
Silver - completion of 250 hours
Gold - completion of 500 hours
The program is free and open

to all eligible patrons. For more details, call 473-0793 or visit www.greatlifehawaii.com.

Shape Navy Fitness Program

Navy Fitness is partnering with Commander, Navy Installations Command (CNIC) Headquarters to launch SHAPE, a new physical fitness program specifically designed for active duty Sailors, age 40 and over. This free program is designed to give "mature" Sailors the help that they need to maintain good health and nutrition. Officers and enlisted personnel will receive all of the benefits of having a personal trainer at no cost. For more information, call 473-0793.

Navy updates Physical Readiness Program

MCC (SW) Maria Yager

Navy Personnel Command Public Affairs

A NAVADMIN released Sept. 29 emphasized the Navy's exceptional progress in attaining a culture of fitness and announces several policy revisions to strengthen the Navy Physical Readiness Program (PRP).

"Navy Physical Fitness Assessment (PFA) failures have decreased more than 50 percent over the past four years. We're really seeing a change in culture and change in lifestyle. Better fitness ultimately leads to better quality of life, better performance and better readiness," said Rear Adm. Daniel P. Holloway, director of manpower, personnel, training and education, N13.

In recent years, the Navy has made significant strides in helping Sailors achieve a culture of fitness. The addition of elliptical and stationary bike options for the cardio portion of the PFA was welcomed by many Sailors. A General Military Training (GMT) program on NKO in 2008 provides Sailors greater insight for physical training and preparing

for the PFA. Most recently, an official PT uniform was adopted around the fleet.

"Since 2005, the Navy has made significant strides to support and encourage physical fitness," said Holloway, citing the addition of new testing options, which include the elliptical and stationary bike. "The majority of Navy personnel performs the PFA semi-annually and can easily meet or exceed the minimum physical fitness standards. I challenge each of you to continue the excellent progress we've made to improve Navy's overall physical fitness for the improved health and readiness of the force."

The new NAVADMIN builds on the Navy's culture of fitness and supports the rigors of shipboard life, global missions and individual augmentees, according to Holloway. The changes announced in NAVADMIN 2777/08 include:

Effective Oct. 1, 2008, unless the most recent PFA was passed, Sailors who have failed two PFAs in the past three years shall not be assigned to overseas, pre-commissioning, instructor duty, special programs billets, or global war on terrorism

(GWOT) support assignments (GSA). Special programs billets include recruit division commander, recruiting duty, joint duty and Washington, D.C. staff.

Additionally, individuals who have not passed the current PFA and have failed three times in four years, will not be allowed a short term extension for the purpose of passing the PFA.

Software upgrades to the Physical Readiness Information Management System (PRIMS) will allow commands to enter all waivers, including current progress and readiness waivers. Commands are required to enter all PFA waivers into PRIMs. Current waivers must be entered no later than Dec. 15.

This upgrade will allow the Navy to track the progress of Sailors who need administrative separation processing due to multiple PFA failures.

Effective Oct. 1, 2009, the Navy will discontinue waivers for progress. The present requirement for processing for administrative separations (ADSEP) for three PFA failures within a four-year period remains.

JO Spouses to host November workshop

Hawai'i Junior Officer Spouses

The Junior Officer (JO) Spouses will host a workshop entitled "Great Expectations: Decoding the Facets of the JO Spouse" from 6-9 p.m. Nov. 5 at Lockwood Hall at Naval Station Pearl Harbor.

The JO workshops are sponsored by Continuum of Resource Education (CORE) and provides information and resources that will empower JO spouses and enhance their

Navy/Coast Guard experience. The workshops also encourage interaction and networking with other JO spouses while building friendships and support systems vital to the Navy/Coast Guard lifestyle.

The November workshop will cover functional, social and networking information essential to JO spouses, particularly in Hawai'i. Helpful hints for attending and hosting events (including etiquette and attire) and deciphering acronyms and ranks are

just a few topics that will be discussed.

A special segment will share the island's best kept secrets and military perks. Interested participants can obtain additional information by visiting the Hawai'i JO Spouses Web site at www.hawaiijospouse.blogspot.com.

For more information, call the Fleet and Family Support Center at 474-1999. Response date for the Nov. 5 workshop is Oct. 31. To register, call 474-1999 or e-mail hawaiijospouse@gmail.com.

2008 Navy League Sea Service Awards submissions

Navy Region Hawai'i Public Affairs

The Honolulu Council and Navy League annually honor outstanding Navy, Marine Corps and Coast Guard officers and enlisted personnel in the mid-Pacific area.

This year the Honolulu Council and Navy League will host the 2008 Navy League Sea Service Awards at 11:30 a.m. Dec. 12 at the Hale Koa.

The ceremony will honor

up to 48 men and women of the three sea services and is designed to reward recipients for special achievement and to encourage successful Navy, Marine Corps or Coast Guard careers.

Both enlisted and officer award recipients will be named from all Hawai'i Navy, Marine Corps and Coast Guard commands.

The selection will be based on overall outstanding performance of duty, individual achievement, excellence in leadership,

participation in community activities, or a combination of all these qualities, plus an outstanding military bearing and appearance.

Commands are requested to provide name and telephone number of their command point of contact to Lt.

Eric Krueger, Commander, Navy Region Hawai'i Public Affairs project officer, at 473-2880 or e-mail at eric.krueger@navy.mil.

Final awards packages by these commands should be submitted to Krueger by the Nov. 3 deadline.

STORY IDEAS?

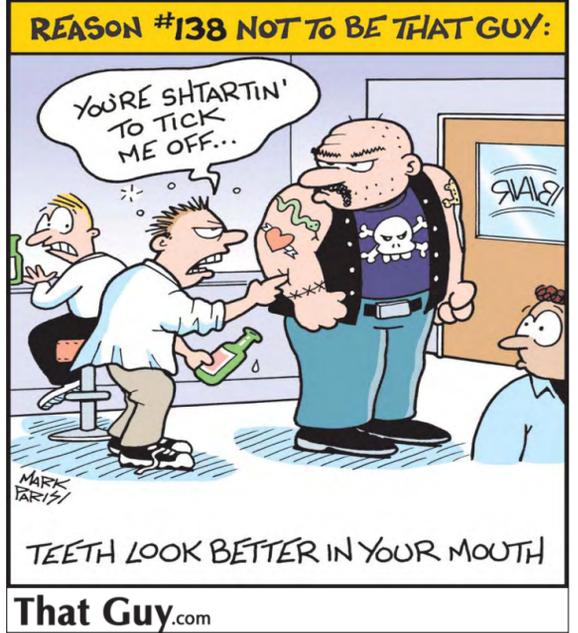
Contact the HNN editor for guidelines and story/photo submission requirements:

Phone: (808) 473-2888

Email: hnn@honoluluadvertiser.com

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