

## CFC kicks off 2004 drive

### 1,700 charities in this year's drive

**JO2 Devin Wright**  
Staff Writer

The Hawai'i-Pacific area kicked off the 2004 Combined Federal Campaign (CFC) with a luncheon at Hickam Air Force Base Tuesday.

The luncheon provided an opportunity for contributors to speak with different national, international and local charitable organizations.

"This luncheon gives us an opportunity to discuss and define what our mission is this year," said Capt. Michael Vitale, Commander, Navy Region Hawai'i and chairman of Hawai'i Pacific area CFC. "It also gives various charities that participate in the CFC a chance to set up a table or a booth and discuss what their concerns with interested parties particularly the donors."

The CFC allows the military and federal and civilian workforce to contribute to general charities dis-

tributed nationwide and or local charities.

Last year the Hawai'i-Pacific area CFC donated \$5.6 million dollars.

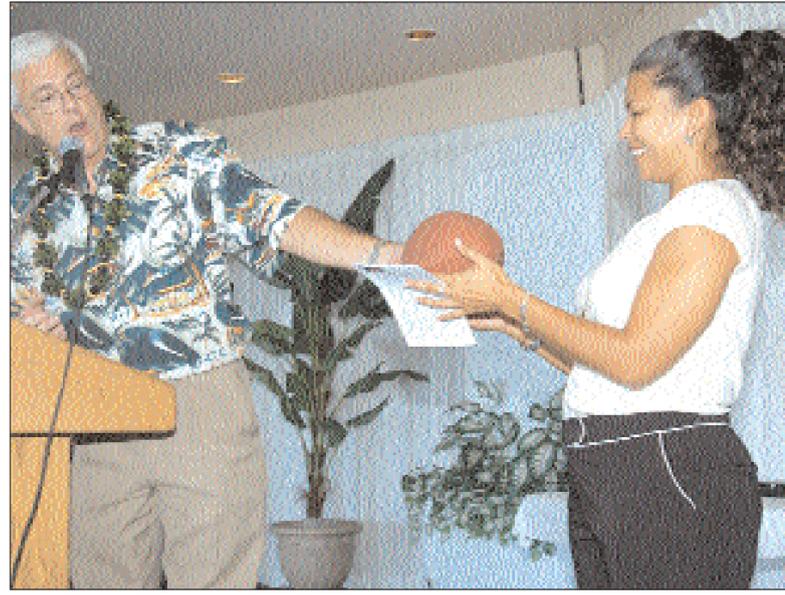
"Thirty percent of that money came back to the local community here to be used by many of the charitable organizations in attendance today," said Vitale. "So this campaign is crucial to the various organizations and the local economy."

Michael W. Perry, of the Perry and Price morning radio show on KSSK, was guest speaker at the luncheon. He officially kicked off the campaign by giving away an official game football signed by Hall of Fame quarterback Terry Bradshaw to Sheryl Camello, an attendee at the luncheon.

Perry said the CFC is special to him because the organization not only helps federal employees on a national level, but also aids Hawai'i.

"My personal connection with the CFC is, as we've seen from all the booths in the court yard here, many

▼ See CFC, A-2



U.S. Navy photo by JO2 Devin Wright  
Michael W. Perry, of Perry and Price morning radio show on KSSK, presents an official game ball autographed by Terry Bradshaw to Sheryl Camello, an attendee of a luncheon to kick off the 2004 CFC at Hickam Air Force Base. Last year the Hawai'i Pacific area raised \$5.6 million dollars for international, national and local charities.



### Vets remember

Local veterans gather to commemorate Sept. 11. See story on page A-8.



### Birthday time

Oceans club celebrates 30 years on Naval Station Pearl Harbor. See story on page B-1.



### Volunteer opportunity

Individuals interested in Navy Region Hawai'i's environmental cleanup activities are invited to attend the next Pearl Harbor Restoration Advisory Board meeting on Sept. 14, at 7 p.m., at the Pearl City Elementary School cafeteria. The agenda includes ongoing and future restoration activities planned for Naval Magazine Waikale Branch and the Pearl Harbor Naval Complex, including plans to investigate designated sites at the Navy-Marine Golf Course, Doris Miller and Moanalua Terrace housing areas.

For more information, contact the Navy Region Public Affairs Office at 473-2926.

### Sailor receives nonjudicial punishment

A petty officer was given nonjudicial punishment at a captain's mast Sept. 1, after a nude photograph of a woman was projected onto a theater screen during a "Prevention of Sexual Harassment" training class Aug. 24 at Sharkey Theater.

The unnamed petty officer, who was helping set up the computer presentation, apparently booted up his government-issued laptop computer and projected the photo onto the theater screen.

Pearl Harbor Naval Station has begun training for Navy personnel and civilian workers about the appropriate use of government computers.

### Navy identifies Seabee killed in OIF

The Department of Defense announced Sept. 7 the death of a Sailor who was supporting Operation Iraqi Freedom. Petty Officer 3rd Class Eric L. Knott, 21, of Grand Island, Neb., was killed Sept. 4 when the area in which he was working was struck by enemy fire. Knott died of shrapnel wounds. Knott was assigned to Naval Mobile Construction Battalion (NMCB) 4, Port Hueneme, Calif.

## Chung-Hoon arrives today

**Lt. j.g. James McLeod**  
USS Chung-Hoon Public Affairs

The Navy's newest ship, the guided-missile destroyer USS Chung-Hoon (DDG 93), arrives today at her homeport of Naval Station Pearl Harbor.

The ship will be escorted into Pearl Harbor by a canoe regatta and tugboats firing water cannons. After the arrival, the men and women of Chung-Hoon will begin the task of settling in to their new island home.

This is the first look Chung-Hoon Sailors will have of Pearl Harbor, but the crew has been busy since the ship left Pascagoula, Miss. Over the last week since departing San Diego, the crew and contractors charged with bringing Chung-Hoon to life have been busy wrapping up a number of testing batteries and certifications. All of these are necessary steps along the way to assuring the Navy's newest war fighter is fit and ready to do the job for which she was built.

Among the many trials she underwent were a battery of acoustic measurements. According to Lt. j.g. Mike Ward, Chung-Hoon's anti-submarine warfare officer, these measurements done in conjunction with the engineering team aboard amounted to 24 hours of continuous running back and forth in front of a hydrophone.

"Several different configurations with various combinations of equipment running were tried," Ward said. Each of these combinations were assessed at various speeds to ensure that there were no unexpected sounds coming from the ship. Ward was pleased to add, "All the



U.S. Navy photo  
A line handler helps USS Chung-Hoon (DDG 93) get underway from San Diego.

measures conducted were equal or better than the average for this class of DDG."

The naval surface fire support (NSFS) skills were tested to determine the accuracy of the 5 inch 62-caliber main gun aboard Chung-Hoon. During the NSFS test, 95.5 percent accuracy was achieved.

In addition, the ship had the opportunity to be introduced to the rest of the Pacific Fleet for the first time in an operational environment. Combat system links were established with other ships operating in the testing range to allow the flow of real time data between ships.

Overall, Cmdr. Kenneth Williams, Chung-Hoon's commanding officer, was pleased with the performance of the ship and her crew.

"I was very impressed with how well built the ship is and how knowledgeable and well trained the crew has become," he said. "With

▼ See HOME, A-8

## Pearl Harbor Avenger gets underway



U.S. Navy photo by PH1(AW) William R. Goodwin  
A Marisco Ltd. employee releases the lines for ex-USS Bowfin (SS-287). The submarine got underway Wednesday on her way to spend approximately 30 days at the Marisco Ltd. shipyard at Campbell Industrial Park near the former Barber's Point Naval Air Station. Although the boat will not be available for tours, the outdoor exhibits are still open for the public, and the museum will be open at the reduced price of \$4. In 1987, the last time Bowfin went into dry-dock, she was being prepared to play the part of three submarines in the television mini-series, *War and Remembrance*.

## Football legend visits Pearl Harbor

**JO1 Daniel J. Calderón**  
Editor

Terry Bradshaw took time to visit Hawai'i to attend the 59th anniversary commemoration of the Japanese signing of the surrender documents aboard Battleship Missouri Sept. 2.

After the ceremony, Bradshaw and his entourage toured Pearl Harbor aboard the Commander, Navy Region Hawai'i barge before having lunch with Sailors at the Silver Dolphin Bistro on Naval Station Pearl Harbor. Bradshaw and Armando Fitz, co-owners of Fitz/Bradshaw Racing, the team who races the Navy's NASCAR vehicle, were guests of the Navy during their time here.

"I think the partnership the Navy has with

Fitz/Bradshaw Racing is about a perfect fit," said Senior Chief Navy Counselor Jeff Priest, Navy Motorsport program manager. "The speed and agility they show as a team is a great fit with how we do business in the Navy."

It's a huge honor to have the Navy logo on our car," said Fitz. "We have an unbelievable amount of respect for these men and women, for what they do and what they represent. Terry and I are both huge fans of the Navy and have tremendous amount of pride to have the U.S. Navy on our car."

Fitz said his daughter is planning to join the Navy when she graduates from high school. Bradshaw's father served in the Navy as a welder at Naval Station Pearl Harbor during

▼ See BRADSHAW, A-2



U.S. Navy photo by JOSN Ryan C. McGinley  
Capt. Michael C. Vitale, Commander, Navy Region Hawai'i shows former NFL quarterback Terry Bradshaw (right) and Armando Fitz of Fitz/Bradshaw Racing, the names of those who gave their lives in the Dec. 7, 1941 attack on USS Arizona.

# Bradshaw: Former QB meets, greets Pearl Harbor, Port Royal Sailors



U.S. Navy photo by JOSN Ryan C. McGinley  
Capt. Michael C. Vitale, Commander, Navy Region Hawai'i and Commander, Naval Surface Group Middle Pacific, explains the events surrounding the attack on Pearl Harbor to Hall of Fame quarterback Terry Bradshaw.

## Continued from A-1

World War II. Bradshaw, Fitz and their group also had the opportunity to visit USS Port Royal (CG 73). There, the Hall of Fame quarterback talked with Capt. Pat Allen, Port Royal's commanding officer before touring the ship.

"What are you guys running here," he asked Allen. "What do you normally cruise?" "With one engine, we can do 16 to 17 knots," Allen responded. "Our flank speed is 35 knots."

"That's some serious power," replied an impressed Bradshaw.

He and his group then spent time touring the rest of the ship and talking with Sailors. Bradshaw stopped at the Combat Information Center and signed several autographs, including one for Chief Warrant Officer 2 Larry Sharp.

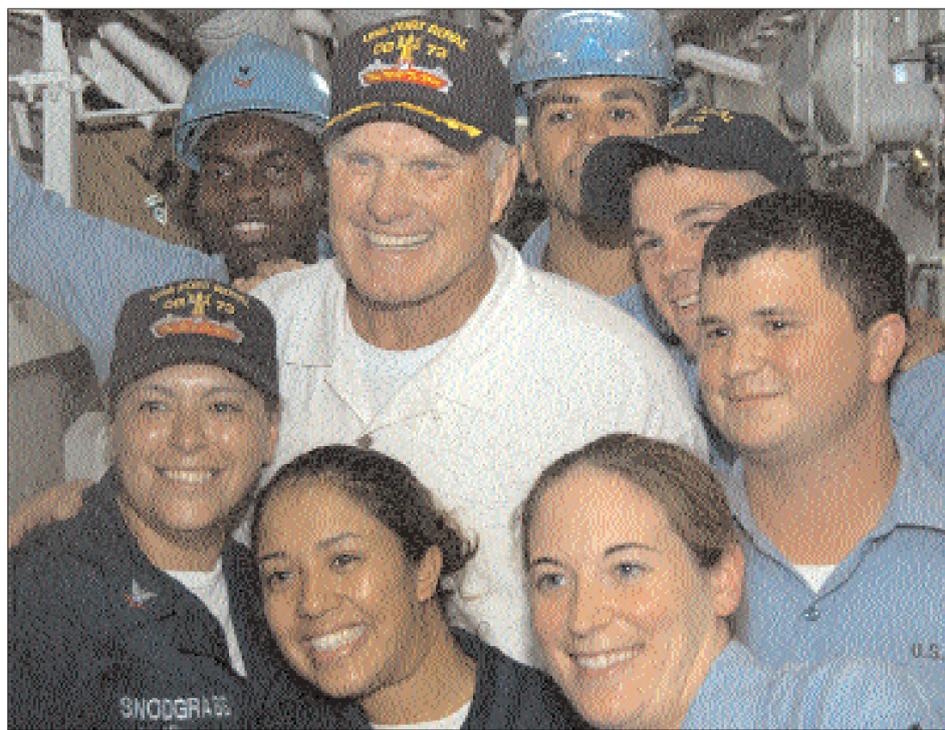
"I got an autograph for my son's autograph book," explained Sharp about the signature in the Harry Potter-covered autograph book. "My son woke me up this morning and told me I'd better have him [Terry Bradshaw] sign it."

Bradshaw also stopped at the chiefs' mess and received a shirt and a coin from the assembled chiefs.

"Hold, hold it," joked the Fox Sports announcer. "This shirt is too little. I'm a full-grown man. Our dad was a Navy guy," he said on a more serious note while gesturing to his brother who was part of the group. "We don't wear this. We treasure it and we'll keep it safe."

After joking around with the chiefs for a few minutes, Bradshaw went to see members of the crew who had an impromptu assembly in the mess decks.

"Our family has always been a part of a



U.S. Navy photo by JOSN Ryan C. McGinley  
Hall of Fame quarterback Terry Bradshaw poses with Sailors during a visit to USS Port Royal (CG 73). Bradshaw, along with Armando Fitz from the Navy NASCAR team also, attended the 59th anniversary of the end of World War II on the Battleship Missouri.

Navy base," Bradshaw remarked. "We are all in awe of what you do on a day to day basis. Don't think you're not loved," he admonished the assembled crew. "You truly are and we genuinely appreciate everything you do."

Bradshaw had some final words for Sailors who had assembled and for those who weren't able to be there.

"Be careful," he began. "Be safe. Take care of your families. And watch Fox."

## CFC: Fund drive set to aid charities



U.S. Navy photo by JO2 Devin Wright  
MM1(SW) Bhurman Winkler of Naval Submarine Training Center Pacific

## Continued from A-1

of them are local charity organizations," Perry said. "It seems the CFC helps our local community more and more every year. More and more, Hawai'i is losing big corporations, and CFC is helping pick up the ball. It's a great way for federal employees, both military and civilian, to get involved with Hawai'i. The donors get a sense of giving back to society and the various organizations hopefully are well funded to do their charity work. It's win, win," he added.

The CFC luncheon gave donors a chance to come face to face with a diverse number of charity organizations.

"I'm here because I want to contribute," said Machinist's Mate 3rd Class Bryson Carr of Pearl Harbor Naval Ship yard from Homestead, Fla. "By being here, I was able to talk to different charities that I may not have known about otherwise. I found that Focus on the Family is a charity that I am really interested in. I don't think I would have known about them if it weren't for the face time I was able to get here today," Carr said.

The 2004 Hawai'i - Pacific Service to Others CFC will solicit for more than 1,700 national, international and local charitable organizations.

Hawai'i, with approximately 72,000 federal employees, is ranked fifth with the largest number of federal employees.

# Hawai'i Navy News Editorial

## Letter to the editor Telling the secret of childhood sexual abuse

I would like to make some comments about the online version of Hawai'i Navy News.

I noticed in January of this year that the online version stopped being a web page/html style that did not need resizing to now opening another program, Acrobat reader, to view it.

I do not enjoy this format; it requires me to click links to close and read Sections A and B. Also I have to click on Zoom In to make the font size big enough to comfortably read. Then this requires me to use a slide bar on the bottom of the screen to shift paragraphs and pictures left and right to read the articles.

I find all this clicking and moving the cursor around to be monotonous. A regular web page does not require this. I can view other military newspaper web sites as a web page with nothing to do but scroll my mouse button to go up and down to view articles, no zooming or slide bar required.

Is using Acrobat Reader going to be permanent? I assumed this was temporary due to the Advertiser upgrading its printing facilities.

Also I noticed some errors in the August 13 online issue that I would like to bring to your attention. I returned from a wedding on the mainland that week and decided to see what was going on locally after RIMPAC.

One error was in a sidebar article on page one titled "US Pacific Command gets new CO." I was interested on who the new PACOM commander will be since I read

locally months ago that it might be a non Navy type. However, the article mentioned that the officer is assigned as deputy commander, kind of like an XO vice CO in the articles title.

Another error is the article titled "Inouye speaks at SNA luncheon" next to the credit union picture and then the article talks about the USS Chung Hoon's maiden voyage.

And lastly, yellow blocks with the letters "TK" inside, a small one in the sports section and the article about the Bowfin displaying USS Kamehameha artifacts.

The printed issue I picked up did not have these errors.

Otherwise, the paper does a good job of reporting on Navy issues along with the MWR/Quality of Life articles and notices.

Sincerely,  
John Brinkmann

From the editor:

The errors mentioned were related to one problem in the paper which was corrected fairly easily not long after we received a phone call about the problem.

Regarding the issue of the online format, the .pdf files require less man hours to get online and provide a truer representation of the Hawai'i Navy News' hard copy version.

The top stories on our website are in HTML format and are linked to the Navy News Stand. The .pdf format for the newspaper is our way of providing our readers around the world a better look at our product here in Hawai'i.

**Commentary**  
**Andrea Hantman**

*Fleet and Family Support Center*

"I remember, as a child, holding a secret. I held that secret for years, the secret of my stepfather molesting me." It is typical for members of the Adults Molested as Children Group at the Pearl Harbor Fleet and Family Support Center (FFSC) to share their (true) story for the first time.

"I used to pretend it wasn't happening when he would come into my room at night and start to touch me in ways I hated. Sometimes I would pretend to be asleep. Sometimes I would pretend I was somewhere else. My stepfather was the first person who molested me, but he wasn't the last. I used to wonder what I was doing wrong. Did I have some kind of invisible sign on me saying, go ahead and molest me? I finally told my mother and she ignored it, only after she blamed me first for being too seductive. I was only eight years old!! So I learned not to tell. If my own mother didn't believe me, who would? Why trust anyone?"

"As a teenager I got involved with alcohol and drugs. It helped me not to feel what was going on. I used to numb out a lot. That was how it started. That was 20 years ago and I'm feeling the effects of it still.

"When I heard about the Adult's Molested as Children Group, I really felt mixed about attending. A part of me wanted to heal and another part was afraid. I know now that most adults who were sexually abused as children feel ambivalent in this way, wanting to get well, but afraid to take the step. I used to think that surviving the abuse was enough, but the truth is we deserve more than just surviving. FFSC's Adults Molested as Children Group helped me see a lot. Just being around other survivors and seeing they were not at fault

for their abuse was really important."

If you were a victim of childhood sexual abuse, your boundaries and your sense of safety and security in the world were violated. Your self-esteem was probably affected. You may still blame yourself. You suffered from the abuse in many ways, even some ways in which you may not be aware. You did the best with it you could. You survived. You did not have a choice then, but you do now. You can decide to heal.

In approximately 85 percent of the cases of childhood sexual abuse, the victim knows the offender. He/she is usually a family member, friend, sitter or other person in a trusted care-taking position. Studies show one of three females and one of six males under the age of 18 are victims of childhood sexual abuse. This estimate is certainly an under-estimate.

Sexual abuse of a child may include a wide range of behaviors - inappropriate sexualized looking, touching, exhibiting, spying, oral sex, or intercourse to name but some. It may be a one-time occurrence, or it may be repeated many times over many years. The most often reported form of sexual abuse is between fathers and daughters. People sometimes say, "The abuse was minor - it only happened once or twice." It is never minor. Sexual abuse is a violation of trust and of the child's personal boundary. His or her world will never be the same.

What are some of the indicators that a group can be helpful? The adult survivor of childhood abuse will often see him or herself as secretly bad or as "damaged goods", the world as unsafe and people as untrustworthy. The adult survivor may sexualize relationships that would not otherwise be sexualized, or may unconsciously turn off sexual/emotional feelings, "numbing" himself or herself as they did to survive. They may emotionally leave the situa-

tion, experience flashbacks or have frightening nightmares. They may have intrusive thoughts, or they may avoid certain people, places or situations that recall memories of the abuse, thereby limiting their experiences, learning and growth. They may turn to addictive behaviors to reduce the tension that comes with the memories. These behaviors may include abusing alcohol, food or drugs, self-mutilating, compulsive spending or sexual "acting out." Workaholicism may be another means of avoiding feeling, and though productive, may interfere in personal relationships and leave one feeling "victimized" again.

Loss of childhood and innocence is an issue survivors of incest and sexual abuse almost always experience. Depression frequently results.

"The group has been one of the most valuable experiences of my life. My marriage was affected. I was overprotective of my kids, fearing what happened to me would happen to them too. Trust was always an issue, and no wonder why. The group was like a healthy family. We knew and validated for each other. It was one of the first times I didn't feel different and I didn't feel alone. I really saw that it wasn't my fault - not just intellectually, but emotionally too. I wish others could know how much help a group can be."

Individual and group counseling can be very effective in helping survivors of childhood abuse validate what happened to them, work through the feelings, and move on. FFSC offers a weekly afternoon group for survivors of sexual abuse and periodic educational class for partners.

To register for the group or for more information, call Pearl Harbor FFSC at 473-4222, ext. 248.

\* The above quotations do not represent any particular person, but are indicative of what the healing process is and how it is often experienced.

Commentary

## Service to Sailors

### Armed Services YMCA ramps up for holiday food baskets

**Kathy Kinneman**  
*Armed Services YMCA*

With the holiday season right around the corner, Armed Services YMCA staff and volunteers are busy gearing up for the distribution of holiday food baskets to young military families in need of assistance. The Armed Services YMCA has supplied Thanksgiving and Christmas food baskets to junior enlisted military families in Hawai'i since 1983.

"With military members in Hawai'i being thousands of miles from home and family, a good holiday meal can make a significant difference," stated Dave Gomez, Armed Services YMCA executive director. He added that "The ASYMCA food baskets have all the ingredients to prepare a memorable family dinner."

Referrals for the program come from military commands, chaplains, ombudsmen and other organizations who forward the names of families needing a little extra help during the holidays.

"In 2003 at Thanksgiving and Christmas, the ASYMCA distributed 812 food baskets containing vegetables, instant potatoes, stuffing, cranberry sauce, and a variety of other canned and packaged foods," said Gomez. The basket also includes a gift certificate to purchase a turkey or ham. Our partnership with Toys for Tots in 2003 allowed us to give 504 military children a new toy at Christmas," said Gomez.

The success of the Armed Services YMCA holiday food basket program is directly related to the commitment of numerous volunteers and civic-minded organizations. Generous contributions

from the Chaplain Corps at Naval Station Pearl Harbor and MCBH-Kaneohe are used to purchase gift certificates. Food drives conducted by schools and boy and girl scout troops have literally yielded tons of food.

This year we encourage you to join our team and help make the holiday season brighter for your shipmates and neighbors. Donate food items mentioned above. Give a few dollars toward the purchase of commissary gift certificates. Plan for your command, club, or office to conduct a food drive. Volunteer to help assemble baskets. Provide a new toy for the Toys for Tots program. Anything you can do to help will be greatly appreciated by the Armed Services YMCA and the families we serve.

Becoming involved can have a very positive and personal impact. One volunteer recalled how much she benefited from working with families at distribution time.

"Their smiles made me smile," she said. Individual donations of non-perishable food items or monetary gifts can be dropped off Monday through Friday between 8 a.m. and 8 p.m. at Building 89 on North Road at Pearl Harbor or ASYMCA family outreach Centers, if more convenient. For more information, call Dave Gomez at 473-1427 or Kathy Kinneman at 473-0200.

The ASYMCA centers located on Naval Station Pearl Harbor, Aliamanu Military Reservation, Marine Corps Base Hawaii-Kaneohe, and Wheeler Army Airfield will be drop-off points for Toys for Tots donations this year, along with the 82 Subway sandwich shops and all Bank of Hawai'i locations.

## Looking back at original USS Arizona Memorial



U.S. Navy photo

This flag above the original USS Arizona Memorial flies over Pearl Harbor in 1951. Elvis Presley was among the many individuals who helped raise money to build the current memorial. The memorial has an average of 1,000 visitors per day to visit the final resting place of 1,177 Sailors and Marines who were killed Dec. 7, 1941.

## Hawai'i Navy News

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# Pearl Harbor mail center delivers every day

J01 Paul Long, USNR

Staff Writer

Pearl Harbor's mail center is the hub of all Department of Defense mail activities on the naval station and the island of Oahu. The civilian and Navy postal clerks receive, process, meter and distribute all official and personal mail. In fiscal year 03, they processed 2,245,327 pieces of mail of which 1,684,246 pieces of mail were incoming personal mail. They service over 230 customers, including, on average, 30 or so homeported ships and submarines. They even take care of foreign ships and subs. But this mail center is unique in the way they service one segment of their customer population.

According to Chief Postal Clerk (SW) Tony Zarate of Redlands, Calif., the mail center is the only one in the Department of the Navy that delivers letters and packages to the BEQ. "We have about 4,000 customers, 3,000 in the barracks and the others are transients or transfers," he said.

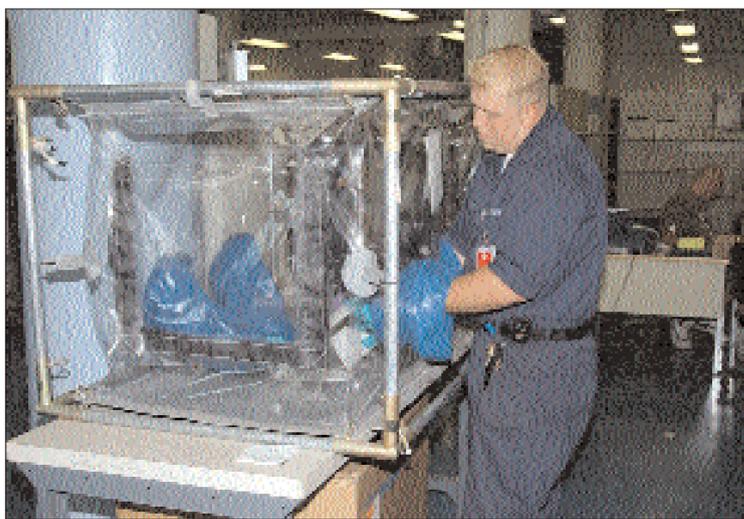
Zarate said the BEQ home delivery began as a quality of life issue three years ago. The question came

up during an officer's call with the Chief of Naval Operations. The CNO tasked the Naval Supply and Systems Command (NAVSUP) to see what could be done on a national level. The Military Postal Service Agency contacted the United States Postal Service (USPS). The USPS's Honolulu district manager sent a representative to look at the base facilities.

They determined the naval station's facilities were not up to their mail delivery requirements. So the Fleet Industrial Supply Center (FISC) along with NAVSUP and the Navy Region Hawai'i commander decided to go ahead with BEQ mail delivery.

Plans were made, funding obtained from Naval Facilities and Engineering Command (NAVFAC), NAVSUP, procedures written, mailboxes bought and installed, and the contractor personnel trained. BEQ home delivery began in July 2001.

PC3 Dalton Tabor, who calls Coffeerville, Okla. home, said "We believe in simplifying and making better the Sailor's quality of life. It's a great privilege for these guys to have a mailbox and they don't have to worry about losing their mail through work. We always deliver



U.S. Navy photo by J01 Paul Long

PC3 Dalton Tabor checks letters for any sign of contamination in the Mail Center's isolation chamber. All incoming mail is inspected and any suspicious mail is separated and reviewed before being delivered.

mail right there to their barracks." PC3 Marvin Harris from Richmond, Texas enjoys delivering the mail to his shipmates. "It's a great feeling, serving the military, especially when they come back off of deploy-

ment and they've sent all of their packages back here, or during Christmas time, to see the smile on their faces when they receive a package."

The mail center began life as the

## Suspicious mail guidelines

- 1.No return address.
- 2.Excessive endorsements: personal, confidential, rush, deliver immediately, etc.
- 3.Excessive postage: lots of stamps.
- 4.Poor handwriting or typing.
- 5.Unexpected mail from foreign countries.
- 6.Command names/address that don't match.
7. Excess tape on packages.
8. Lopsided packages.
9. Oily stains on mail/packages.
10. Strange orders.
11. Protruding wires/objects.
12. White powder or residue.

Consolidated Mail Facility in October 1996 servicing eight Navy commands and 53 activities. A merger with the Fleet Mail Center created the current facility and service expanded to over 260 activities. Currently, mail center dispenses over 23,000 pieces of mail a month to BEQ residents.

## Sailor suggestions make a difference

J0C Walter T. Ham IV

Chief of Naval Operations  
Public Affairs

Sailors can make a difference and create a more effective and efficient Navy by finding more practical ways to accomplish their missions, and report them through the Beneficial Suggestions (BeneSugs) and Military Cash Awards Programs (MilCap).

During a recent Echelon II visit by Chief of Naval Operations (CNO) Adm. Vern Clark, Commander, Navy Region Northeast leaders pointed to a couple examples of how Sailors found significant efficiencies in their region through the BeneSugs and MilCap programs.

"We have extraordinary people with great skills in our Navy," Clark said in an interview later that day. "What this all means to me is we can have the greatest technology in the world - which we do - but none of it matters without the genius of our people."

As subject matter experts in their respective fields, Sailors have the unique experience and insight into the processes that keep the Navy in motion. By taking their ideas on how to improve operations, enhance safety or save resources and putting them on the OPNAV 5305/1

form, Sailors can make money while saving the Navy money. In return, Sailors not only benefit from a better Navy but can also earn up to \$25,000 in awards, depending on the safety or financial impact of their suggestion.

"Our goal is to enhance our mission accomplishment and deliver a combat-credible Navy now and in the future," Clark said in his 2004 Guidance. "It demands enterprise-wide approaches and innovation to achieve greater effectiveness and efficiency in afloat and ashore operations, readiness and infrastructure."

As a part of Sea Enterprise, an enabling initiative of Sea Power 21, the CNO has called for a culture that rewards greater effectiveness and removes institutional hurdles that block innovation.

Giving the Sailor and the taxpayer the best possible return on their investment in the Navy is the CNO's goal, and the BeneSug and MilCap programs are another way Sailors can help achieve it.

More information on the Beneficial Suggestions and Military Cash Awards Programs can be found in OPNAV Instruction 1650.8C. For more information on the CNO, go to [www.chinfo.navy.mil/navpalib/cno/](http://www.chinfo.navy.mil/navpalib/cno/).

## AMVC presents new collectible tickets



U.S. Navy photo by J02 Devin Wright

Bonifacio Defiesta, a VIP volunteer at the Arizona Memorial Visitor Center, distributes new Arizona memorial tickets to tourist, Wednesday. The new tickets highlight 10 heroes of the attack on Pearl Harbor. (Inset) Only one hero is recognized on each ticket.

## SECNAV encourages voting

Lt. Cmdr. Jamie Morrison

SECNAV Public Affairs

Secretary of the Navy (SECNAV) Gordon R. England urges every man and woman in the Navy and Marine Corps, civilian personnel and their families to register, get an absentee ballot and cast a vote this election year.

"You wear the cloth of the nation, and defend democracy and the right of all Americans to vote," he said. "I encourage all of you to register and vote."

According to a post-election survey conducted by the Federal Voting Assistance Program (FVAP) on the 2000 general election, 68 percent of all naval personnel voted and 62 percent of all Marines voted. These percentages are below the Department of Defense average of 74 percent for that election.

SECNAV is challenging all hands to exceed the 2000 percentages, and show that the Navy and Marine Corps team strongly believes in the democratic election process. The right to vote is a freedom granted to every civilian, Sailor and Marine and should be exercised Nov. 2, he said.

According to Polli Brunelli, the FVAP director, the importance of the 2004 election cannot be overstated.

"The offices of president

and vice president, 34 senators, the entire House of Representatives, 13 governors, and hundreds of local officials will be elected this year," she said. "The Department of Defense is dedicated to the rights of its members to remain a part of the electorate wherever the defense of our nation requires them to be, and we encourage everyone to participate in the elections."

For those overseas, it is relatively easy to obtain an absentee ballot.

"You can obtain a Federal Post Card Application (FPCA) for absentee ballots from your unit voting assistance officer, who will assist you with the procedures for registering to vote in your state," said Brunelli. "You can also obtain the online FPCA form from the FVAP Web site at [www.fvap.gov](http://www.fvap.gov)."

The most important aspect of voting is getting the registration completed early enough to eliminate any potential issues. "Do it now to eliminate potential problems later," said England. "In our country, we have the right to vote as a result of the sacrifices of U.S. service men and women like you. You've earned this right, and your vote counts."

## CNO praises partnership between sea services

J0C Walter T. Ham IV

Chief of Naval Operations  
Public Affairs

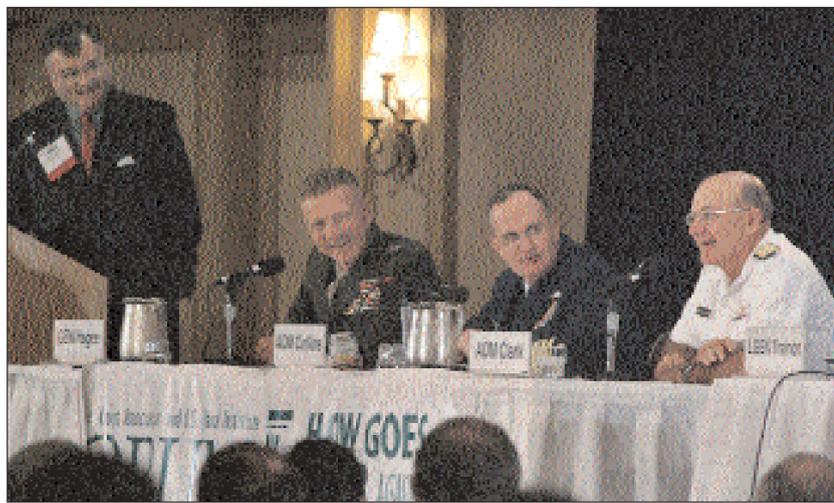
The Navy, Marine Corps and Coast Guard are working together more closely today than they ever have before to confront the myriad threats America and its allies face around the world, Chief of Naval Operations Adm. Vern Clark said during a Sept. 7 panel of sea service leaders.

Appearing together with Marine Corps Commandant Gen. Michael Hagee and Coast Guard Commandant Adm. Thomas Collins, the CNO told the Marine Corps Association and U.S. Naval Institute Forum that the current global threat environment is blurring the lines between the services, and the roles they play in the defense of the nation at home and aboard.

"People want to draw the world up in perfect, finite pieces. My view is the world doesn't exist that way today and will exist less that way in the future," Clark said. "We speak to this principle throughout our joint discussions, that we need to blur all of those lines because the world does not exist with great clarity to where I can say what's on this side of the line is mine and what's on this side of the line is (Coast Guard Commandant Adm. Thomas Collins) Tom's. It just isn't that kind of globe anymore."

To more effectively employ the combined defense capabilities of the Navy and the Coast Guard, Clark said the two services are working on maritime domain awareness to protect the nation's shores.

"That's a big part of what our domain awareness is all about," the CNO said.



U.S. Navy photo by PHC Johnny Bivera

Adm. Vern Clark Chief of Naval Operations (CNO), right, addresses a discussion panel on the war on terror along with Adm. Thomas H. Collins Commandant of the Coast Guard, and Gen. Michael Hagee Commandant of Marine Corps. Moderated by Lt. Gen. Bernard Trainor, the sea service chiefs were on hand to answer all questions during Forum 2004.

"Tom and I are now working on this effort (Maritime Domain Awareness) that has now grown to the interagency level."

Clark said the Navy is also operating more closely with its number one joint partner, the Marine Corps, to go on offense in the littorals - the transition area between the sea and land. Clark added that the Maritime Positioning Force (Future) will play a key role in the Navy/Marine Corps team's ability to base forces at sea.

"A key issue for us is what's going on across that key transition zone between sea and land," Clark said.

The CNO said the Navy/Marine Corps team must better exploit the maritime domain - the world's oceans and the airspace above them - to bring joint capabilities to bear that are capable of deterring or defeating current and future threats.

"My view of the future is, we've got to be out and about," Clark said. "We are and will continue to be able to bring the capability from the domain that allows us freedom to maneuver. We are fundamentally a maneuver force. For this nation to have the kind of capability that it needs, it must be able to exploit the maneuver space that we own."

# COMSUBPAC Sailors deliver Meals on Wheels



U.S. Navy photo by JO3 Corwin Colbert

YN3 Joshua Golden, Commander, Submarine Force, U.S. Pacific Fleet, makes a stop to deliver food to a senior citizen on Sept. 2. Golden is one of the COMSUBPAC Sailors who participate in the Lanakila Meals on Wheels program.

**JO3 Corwin Colbert**  
COMSUBPAC Public Affairs

Commander, Submarine Force, U.S. Pacific Fleet (COMSUBPAC) Sailors delivered food to those in need through the Lanakila Meals on Wheels program Sept. 2.

Cryptologic Technician Communications 2nd Class Judy Hart initiated the program.

"This is the first time the program has been introduced to COMSUBPAC. I have done it at another command. The program started here Aug. 19," she said. "We are associated with Lanakila Meals on Wheels. I am impressed that we have so many volunteers because it's very important for us to help out those who need to be helped," said Hart.

COMSUBPAC's Yeoman Seaman Karina Ceron enjoyed her first Meals on Wheels food run. However, this is not her first time as a volunteer.

"I worked with the elderly and have done community service before I joined the Navy, said

Ceron. While stationed here at SUBPAC, I have participated in many environmental community relation events."

"My first Meals on Wheels run was very pleasant. I left from work at 9:45 a.m. and I drove to the McDonald's parking lot by the Pearl City Police Station. I met up with Petty Officer Hart and another Sailor and we loaded the food. Hart showed us the route we needed to go. It was easy. Most were pretty friendly and appreciative, they were smiling and saying thank you," said Ceron.

"It is a really nice thing to do. I think we save them time and frustration by delivering the meals," Ceron added.

Lanakila is a non-profit organization offering programs and services to adults with cognitive, physical, social, or age-related challenges to help improve their quality of life. Their Meals on Wheels program provides healthy and balanced meals for seniors that allow them to continue to live in their homes.

## Navy doctor earns award for developing better body armor

**Ellen Maurer**

Bureau of Medicine and Surgery Public Affairs

Navy Orthopedist Capt. Marlene DeMaio received the Frank Brown Berry Award in Federal Health Care in August in recognition of her research and development of better body armor for Marines in combat zones.

Awarded annually by U.S. Medicine Magazine, in partnership with Delta Dental, the Brown Berry Award recognizes an outstanding contribution to medicine emanating from the federal sector.

DeMaio's project, completed while she was assigned to the Armed Forces Institute of Pathology, focused on evaluating three different types of body armor systems. DeMaio and her team of medical doctors, engineers, corpsmen and technicians, knew that protective gear was effective, but military weapons could cause injuries behind the armor.

Non-penetrating ballistic injury can cause "soft tissue damage" when the energy from the bullets hit the person's chest. The Interceptor plate provided the best protection from high velocity rounds. As a result of the research, Interceptor was then fielded to Kosovo and Afghanistan. Interceptor is the armor system being used in Iraq.

"The project was a team effort to validate the efficacy of the Interceptor body armor system, and to gather information to develop and improve body armor," said DeMaio. "It is saving lives, by all accounts."

The award is open to federal health professionals from all fields, including research, administration and clinical practice.

A team of five judges, including two Navy admirals, selects each year's winner.

Besides an award certificate, DeMaio is featured in this month's issue of U.S. Medicine Magazine. She also received a \$10,000 cash award, which she is donating to additional research. DeMaio is currently stationed at Naval Medical Clinic Annapolis, Md., and will transfer to Naval Hospital Portsmouth, Va., where she will continue this research.

## Molenda takes command of HSL 47



U.S. Navy photo by JOSN Ryan C. McGinley

Cmdr. David T. Fisher turns over command of Helicopter Antisubmarine Squadron Light Thirty-Seven to Cmdr. Patrick A. Molenda at a change of command ceremony yesterday. Molenda has served as executive officer of HSL-37 since May 2003, before succeeding Fisher as officer in charge. HSL-37's 50 officers and 230 enlisted personnel maintain and operate 10 Sikorsky SH-60 "Seahawk" helicopters. While under Fisher's command, HSL-37 received its fourth COMPACFLT Retention Excellence Award, rewarding the squadron's more than 70 percent retention rate. The squadron has flown over 65,000 mishap free flight hours.

## Pacific Fleet's Battle 'E' carrier back at sea

**JO2(SW) Ahron Arendes**

USS Nimitz Public Affairs

After six months of hard work between Sailors from USS Nimitz (CVN 68) and shipyard contractors, the largest pierside Planned Incremental Availability (PIA) on the West Coast is complete.

The ship wrapped up the maintenance period and got underway for sea trials Aug. 22. After two days of aggressive testing and operations, the availability was declared complete Aug. 23, exactly as scheduled.

After completion of a successful eight-month combat deployment in support of Operation Iraqi Freedom in November, Nimitz began planning for and started PIA in February. During PIA, approximately 1,200 shipyard personnel from Puget Sound Naval Shipyard, along with various Southwest Regional Maintenance Center "find-fix-train" teams, more than 30 local contracted companies, and 10 ship's force teams worked together to complete more than 300,000 man days (2.4 million man-hours) of work.

"I couldn't be happier with the performance of the Nimitz team," said Nimitz commanding officer Robert J. Gilman. "It was quite rewarding to see our Sailors working side by side everyday with



U.S. Navy photo by PH3 Elizabeth Thompson

Damage controlmen test the aqueous film forming foam (AFFF) countermeasure wash down system on the flight deck aboard the aircraft carrier USS Nimitz (CVN 68).

their shipyard counterparts. Best of all, we were able to enjoy a good quality of life during the summer and keep everyone safe."

Lt. Cmdr. Duncan Preston, ship's maintenance officer, said the work performed during PIA included replacement of service steam piping, new refrigerant in all air conditioning plants to bring the ship into compliance with future Environmental Protection

Agency standards, renovation of 18 berthing compartments (805 racks) and 11 heads, and the resurfacing of decks in hundreds of compartments. Major engineering repairs included a rotor replacement of number 3 ship's service turbine generator and a valve repair to number 2 main engine throttle.

Other work included cleaning of the collection, holding and trans-

fer system, refurbishment of all four steam catapults, new non-skid on the flight deck, replacement of more than 60 non-watertight doors, powder coating of nearly 200 watertight doors and hatches, and preservation of more than 200 ventilation systems.

According to Preston, PIA improved the overall command and control capability, warfighting readiness and interoperability of the ship's systems, and provided valuable cross-training for ship's force.

Each improvement helps keep Nimitz a state-of-the-art aircraft carrier.

"We trained over 200 Sailors in skills they can put to use in their own work centers," Preston said. Some of the skills include deck resurfacing, painting, lagging, sheet-metal repair, valve repair, and damage control fitting preventive and corrective maintenance.

"This should reduce maintenance costs and enhance our self-reliance, especially on deployment when help is too far away," Preston continued. "Overall, the work done by Nimitz Sailors resulted in millions of dollars in savings to the government and is the most efficient availability ever conducted."

Nimitz was also able to capitalize on numerous training opportunities during the maintenance period by sending dozens of Sailors

to technical schools, crossdecking them to other ships during underway periods, providing college courses, and continuing its aggressive Enlisted Surface and Aviation Warfare Specialist programs.

A large amount of the work directly impacted the crew's quality of life. New, large-screen plasma televisions and DVD players were installed in lounges, as well as 41 washers and dryers in the ship's self-serve laundry facility.

Five thousand new inner-spring mattresses were installed to replace the old foam mattresses Sailors have slept on for decades.

"We completed a phased replacement of the new mattresses and had all 5,000 of them on board by the time we got underway," said Lt. Cmdr. Toby Swain readiness officer. "They're exactly like the mattress you would have at home, just smaller."

"The berthing compartments are much better now, because they were outfitted with new flat screen plasma televisions and entertainment centers, and the new inner-spring mattresses, which are a lot more comfortable than what we had in the past," said Seaman Michael Roach.

Nimitz will now begin its training cycle with the remainder of the strike group as it executes the Navy's Fleet Response Plan and readies for eventual deployment.

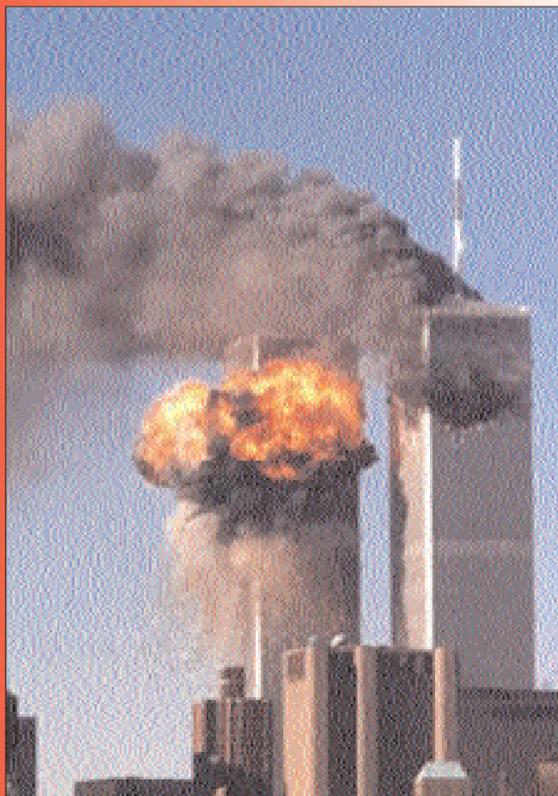


Photo courtesy of [www.september11news.com](http://www.september11news.com)

The second plane crashes into the World Trade Center in New York City.



Photo courtesy of [www.september11news.com](http://www.september11news.com)

Hundreds of New York City firemen lost their lives trying to rescue victims of the attack.



Photo courtesy of [www.september11news.com](http://www.september11news.com)

Onlookers are horrified as they watch the twin towers fall.

**JO1 Paul Long, USNR**

*Staff writer*

Tuesday, Sept. 11, 2001, at 8:46 a.m., the shot heard around the world was a plane crashing into the north tower of New York City's World Trade Center. It was American Airlines Flight 11, from Boston bound for Los Angeles. Flight 11 had a full load of fuel and 92 people on board. For 18 minutes, this first plane crash was thought to be an unfortunate accident. At 9:03 a.m. United Airlines Flight 175, another Boston-LA trip with 65 passengers, smashed into the south tower at the World Trade Center as many of the major U.S. television networks broadcast reports of the first crash. The nation watched in horror as the images were aired from every possible angle.

Forty minutes later, American Airlines Flight 77, collided with the Pentagon. A fourth flight, United Airlines Flight 93, never made it to its intended target. A small group of male passengers learned via cell phones what was going on around the country and made it their business to see that more innocent lives wouldn't be taken.

Several male members of

the crew, one of them later to be identified as Todd Beamer, whose "Let's roll" battle cry could be heard over an open phone line, mounted an attack on the plane's hijackers. This Newark, N.J. to San Francisco flight, with 38 passengers on board, turned around above Cleveland and crashed in Somerset County, Pa.

It was a new date of infamy. More than 3,000 people lost their lives in these terrorist attacks. The world had again been changed. America was now, once again, at war. This new war is known as the global war on terrorism.

Public Law 107-89, a Congressional joint resolution, signed by President Bush on Dec. 18, 2001, designates Sept. 11 of each year as Patriot Day. In the resolution, President Bush calls upon all Americans to "observe a moment of silence at 8:46 a.m. to honor the innocent victims who lost their lives as a result of the terrorist attacks..."

Flags are to be half-masted at all units of the government and the resolution further directs that the people of the United States will remember this day with the appropriate ceremonies and vigils.

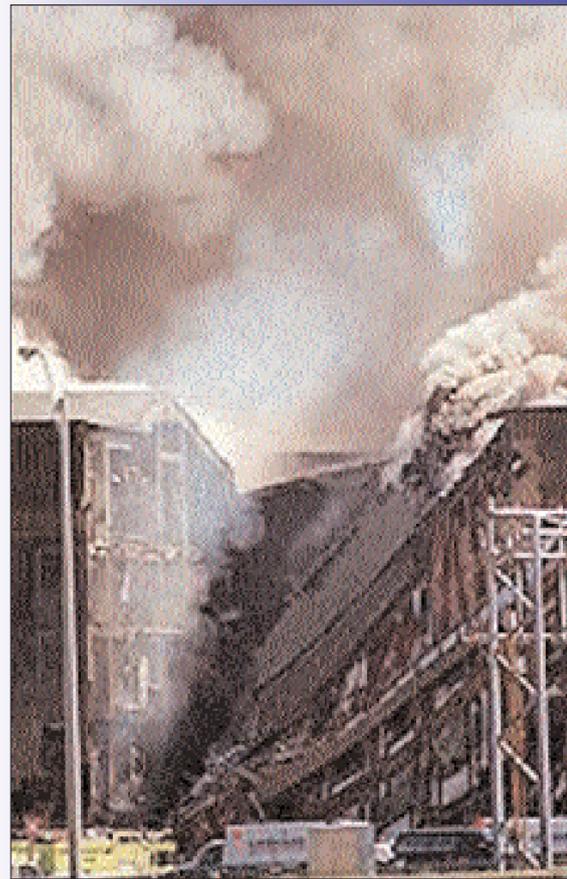


Photo courtesy of [www.september11news.com](http://www.september11news.com)

A portion of the outer ring of the Pentagon collapsed not long after a plane flew into it during the Sept. 11, 2001 attack.



Photo courtesy of [www.september11news.com](http://www.september11news.com)

The Sept. 11, 2001 attack on the Pentagon destroyed part of the building and killed more than 150 people.

# Hawaii Navy News Sports

## MWR Fitness holds Spin-a-thon at Bloch Arena

**MM3 Greg Bookout**

*Staff Writer*

The Morale Welfare and Recreation fitness team held a two-hour stationary cycling challenge at Bloch Arena on Labor Day.

Planning the event following an extended weekend was meant to be a countermeasure to all those steaks, ribs, chicken and beer often enjoyed during Labor Day celebrations.

"We felt that the end of a long holiday weekend was a great time to hold an event like this," said Judy Kosaka, MWR fitness director. "People like to go out, celebrate and eat during three-day weekends. Cycling is a great cardio-vascular workout that can balance that out."

While providing a great opportunity to burn off some of those extra 'cook-out' calories, one participant said the ride was an enjoyable exercise.

"I think a two-hour ride is great fun," said Engineman Fireman Ingrid Hamellacsina. "It's great to get out and meet new people, work

out after the holiday and you get to bike to music."

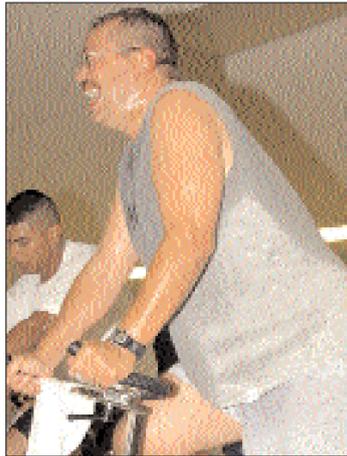
Another participant said he regularly attends MWR classes and events, and that the cycling was a more strenuous workout than he had first expected.

"I really like cycling," said Cmdr. Chris Pietras of Commander, U.S. Pacific Fleet. Before I tried it, I didn't realize how tough it is. Cycling is a really great workout," he added. "I take advantage of a lot of the classes and facilities that Bloch Arena has to offer. I have participated in kickboxing, yoga, working out and cycling. This is my first two-hour session, but I attend the cycling classes about three times a week."

Lauren Betz, MWR personal and group cycle training specialist, elaborated on the extent of a workout you get when cycling.

"People don't realize how great of a workout cycling can provide," said Betz. "Cycling provides a workout similar to running except with cycling you get an exercise with less impact."

Kosaka also noted cycling is a



U.S. Navy photo by MM3 Greg Bookout  
BM1 Mike Draa, a Naval Station Pearl Harbor dockmaster, pushes to make it to two hours in the MWR Cycle challenge at Bloch Arena on Labor Day.

great exercise for many people of diverse fitness levels to tone up their physique.

"Cycling is very efficient at working large muscles," she added. "Two hours is a challenging workout, but many people are able to finish it. We have had to stop people from going longer in the past."

Participants who completed the two-hour cycling challenge were rewarded with a free T-shirt, work out towel and water bottle.

The two-hour exercise was not the first time that MWR has sponsored a special bike ride. This is the second MWR cycling event held and they plan to continue the event each quarter through the year.

"These larger MWR events are a great way to promote our cycling classes and good fitness," said Kosaka. "We have the largest classes on the island with the most availability for new participants. We have 30 bikes and over half of them are brand new."

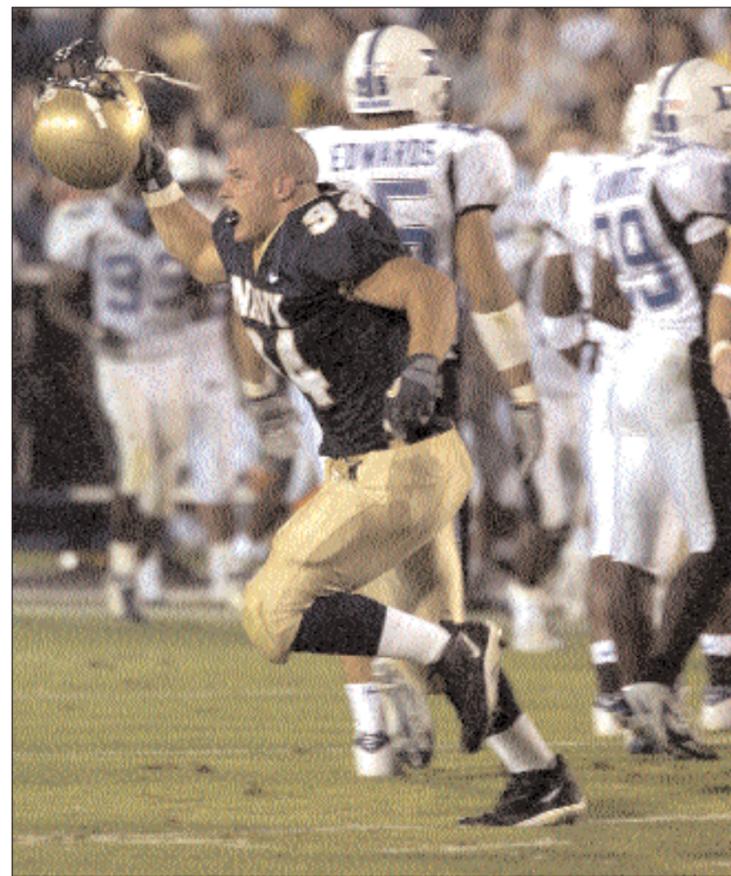
For more information on cycling classes and upcoming MWR fitness events, contact MWR Navy Hawai'i fitness at Bloch Arena at 473-3488.



U.S. Navy photo by MM3 Greg Bookout

MWR hosted a two hour Spin-a-thon at Pearl Harbor's Bloch Arena on Labor Day. These participants, who rode the entire two hour period, received a work-out towel, a t-shirt and a water bottle from MWR.

## Midshipmen trash Blue Devils



U.S. Navy photo by Damon J. Mortiz  
U.S. Naval Academy Midshipman 3rd Class Anthony Piccioni celebrates after a play against the Duke Blue Devils. Navy held the Blue Devils to 265 yards to help Navy beat Duke 27-12 in the season opener for both teams. Navy, which led the nation in rushing last season, gained 301 yards on the ground and had 430 yards of total offense at Navy-Marine Corps Memorial Stadium.

### GOT SPORTS?

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# Veterans commemorate Sept. 11



U.S. Navy photo by JO1 Paul Long

Henry Lee lights a memorial candle in remembrance of Michael Collins. Collins died in the World Trade Center and is survived by Lee's daughter, Lissa.

**JO1 Paul Long, USNR**  
Staff Writer

The lobby of Spark M. Matsunaga Veteran's Administration Medical Center hosted a Patriot Day remembrance ceremony Wednesday. The third annual tribute is dedicated to those who died in the Sept. 11 terrorist attacks on the World Trade Center and the Pentagon, especially for those connected to Hawai'i.

Chaplain Heidi Johnston led a bell, candle and lei ceremony. "The large candle that I will light represents not only the eternal light of remembrance, but also represents the flame of liberty, hope and courage," she said. "It's a symbol to remind us that as we have stood united with courage these past three years. We have to show the world that our faith, hope, and love of country are stronger than ever. We have to show the world that our unity continues to be the impetus in our resolve to protect the liberties of all. And that we continue to stand

with courage united in our conviction that true freedom is worth the patriot's price," she said.

Nine candles were lit representing those lost loved ones, and a lei was presented and a bell of remembrance was rung in their honor.

Family members of three of the nine victims with Hawaiian ties were in the audience:

- Charlotte Keane, a nurse at Kuakini Medical Center, whose brother of Richard Keane, was a manager at Cantor- Fitzgerald.
- Henry Lee, father in law of Michael Collins, who perished in the World Trade Center. His wife, Lissa Jean Lee Collins, a graduate of Leilehua High School, survives Collins.

Lee said the memorial meant a lot to him and his daughter hasn't quite recovered from the events of that tragic day.

"It brought back memories of my daughter and her trying to get back to herself," said Lee. "It's been a trying time for her. Until this day, my daughter hasn't gotten over it. This ceremony helps a little bit, it gives us some closure."

# Home: Ship honors Hawaiian

Continued from A-1

acoustic workups completed off San Diego," he added, "we're off to a great start to our Pacific Fleet experience."

USS Chung-Hoon is named in honor of Rear Adm. Gordon Paiea Chung-Hoon. He was of Chinese and Hawaiian ancestry, born and raised in Hawai'i. He graduated from the U.S. Naval Academy and was a member of the USS Arizona's crew during the Dec. 7, 1941 attack on Pearl Harbor. He was awarded the Navy Cross

and the Silver Star for gallantry while he was commanding officer of USS Sigsbee during the Battle of Okinawa. After retiring from the Navy in 1959, Hawai'i Governor William F. Quinn appointed him to serve as director of the Hawai'i State Department of Agriculture. Admiral Chung-Hoon died in 1979, but the ship that bears his name will be commissioned one week from tomorrow and will continue to serve the Navy and the country to which he gave so much.



U.S. Navy photo

Watchstanders aboard USS Chung-Hoon man their stations while the ship is underway.

## STORY IDEAS?

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

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**Hawaii Navy News**