

Navy Chefs  
Taste **College Life**

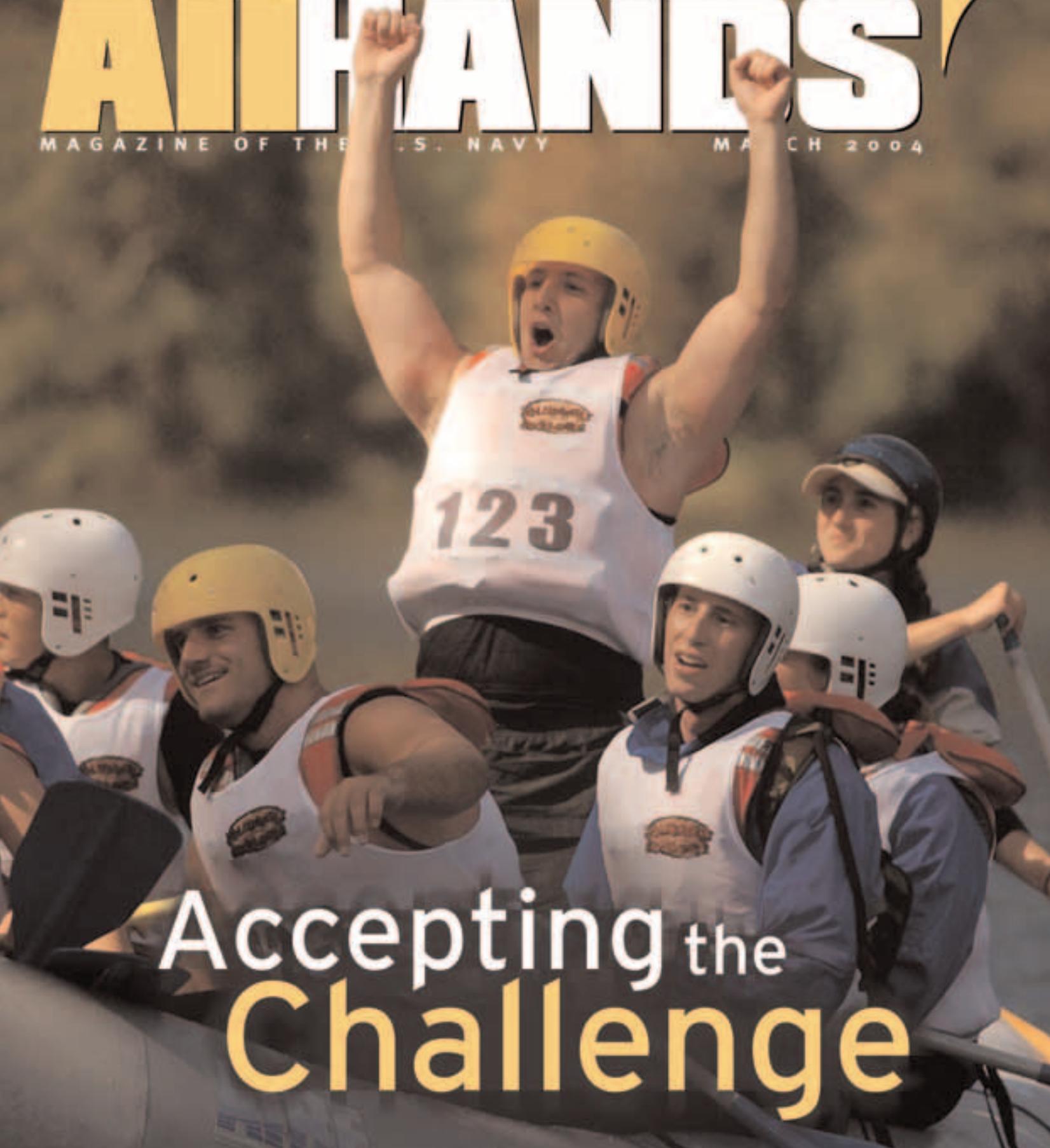


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# ALL HANDS

MAGAZINE OF THE U.S. NAVY

MARCH 2004



Accepting the  
**Challenge**

# 24 Accepting the Challenge

# March

## [Features]



**[On the Front Cover]**  
AD<sub>1</sub> Christian Fulkerson, AM<sub>3</sub> Benjamin Shaw and AMR<sub>1</sub> Jason Sakasha of Helicopter Combat Support Squadron 2, Norfolk, are elated at the finish of the water rafting competition. For most, the emotional high of victory in one competition lasted only until the start of the next event.

Photo by PH3 Todd Frantom

**[Next Month]**  
The sign at the main gate reads Naval Weapons Station China Lake, Calif., but for today's explosive ordnance teams the Navy's 1,800 square mile desert and mountain test range, offers an environment like Iraq and Afghanistan.

Running through cold air was only half the challenge for the one member of each team who had to brave frigid water temperatures during the half-mile swim. Each swimmer had to make their way to an assigned raft before being pulled in by a teammate and immediately begin the next event.

Photo by PH1 Shane T. McCoy



Photo by JO2 Charles L. Ludwig

## 16 Breaking the Mold

Using Task Force Excel initiatives and instructors from a Chicago-area college, culinary specialists work to change the way Navy cooks are made.

## Accepting the Challenge 24

Battling below-average temperatures and each other, a wide variety of service members came together to make the 2003 Military Wilderness Challenge a success.

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Photo by JO1 (SCW/SS) James Pinsky

## 32 Saving an Old Friend

On Dec. 7, 1941, Japan brought the United States into World War II by attacking Pearl Harbor. Today, moored across from the USS Arizona Memorial sits the battleship *Missouri* (BB 63), where her former crew members (and some new recruits) still tend to her every need.

## Wing Wash

Photo by PH1 Brien Aho

Sailors assigned to Fighter Squadron (VF) 11 wash an **F-14A Tomcat** on the flight deck aboard **USS George Washington** (CVN 73) during a 'no-fly day' at sea.





## Welcoming Party

Photo by YNC Alphonso Braggs

Three polar bears approach the starboard bow of the *Los Angeles*-class fast-attack submarine **USS Honolulu** (SSN 718) while surfaced 280 miles from the North Pole. Sighted by a lookout from the bridge of the submarine, the bears investigated the boat for almost two hours before leaving.

# Speaking with Sailors

Master Chief Petty Officer of the Navy  
MCPON (SS/AW) Terry D. Scott

## This question came from a recent all hands call at NAS Sigonella

**Q:** What can I do to improve my chances for promotion?

**A:** That's a very good question, and one I hear a lot from Sailors around the fleet. No matter what your personal or career goals may be—whether you plan to be in the Navy for four years or 30 years—you should always look for opportunities to enhance your personal growth.

The ideal career path can vary from one rating to the next, but there is one word of advice that can benefit any Sailor; that word is "balance."

It is important for you to seek balance in your professional and personal life. Some believe that serving several back-to-back sea tours is good for their career. I disagree. Serving consecutive sea tours is no better for growing a well-rounded Sailor than serving consecutive shore tours. It is far more important for Sailors to seek challenging duty assignments that are in



Photo by JO1 Preston Keres

keeping with their prescribed sea/shore rotations.

But having a balanced career doesn't end at work. Sailors who are able to balance their personal lives with their professional lives tend to be much more successful. Most people agree that it is not good to have your personal life interfere with work, but the opposite can also be true. Volunteering for extra duties without dedicating enough time to your family is probably not leading a balanced life.

I encourage you to always look for ways to better yourself. Taking a college course in a topic that's always piqued your interest could be an excellent way for you to improve yourself. Things like getting CPR-qualified, or starting a new physical fitness routine can be great self-improvement goals. Taking care of yourself includes defining those personal, financial and professional goals that you set for yourself.

Unless you've set your own goals and plans for personal growth, you'll probably have a hard time focusing on the mission. When you take care of yourself and strive to meet your own highest standards, it's reflected in everything you do. Setting out to 'better yourself' can improve your personal readiness and our overall mission capability. 

*Speaking with Sailors* is a monthly column initiated by the Master Chief Petty Officer of the Navy as a way of reaching out to the men and women of the fleet, whether they are stationed just down the road or halfway around the world.

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### AllHANDS

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## CNO Plots Navy's Course for 2004

In the CNO's Guidance for 2004, Chief of Naval Operations (CNO)

ADM Vern Clark praises Sailors' performance and the progress they made last year, and calls on Navy leaders to "accelerate our advantages" this year.

"Our Navy's performance in Operations *Enduring Freedom* (OEF) and *Iraqi Freedom* (OIF) demonstrated more than just combat excellence. It proved the value of readiness. It highlighted our ability to exploit the vast maneuver space provided by the sea," Clark wrote. "It demonstrated the importance of the latest technology in surveillance and attack. Most importantly, it reaffirmed the single greatest advantage we hold over every potential adversary: the genius of our people contributing their utmost to mission accomplishment."

Among the many accomplishments of 2003, the CNO singled out the Navy's combat operations in OEF and OIF, improved surge capabilities, record recruiting and retention, alignment to *Sea Power 21*, savings harvested for recapitalization and the additional ships and aircraft being built.

But the CNO said that successful institutions don't rest on their laurels.

"Winning organizations never rest; they are always on the move," the CNO said. "[The item] at the top of our list is to ensure we are prepared to respond whenever the commander in chief sees a need for our military forces. Our

task is to ensure that we give the President options. We created the Fleet Response Plan last year to maximize our operational availability and create those options."

Clark added that the flexibility of the Fleet Response Plan will keep our enemies guessing and will provide the President with a greater range of military options.

"We must continue to examine and refine the Fleet Response Plan's training and maintenance cycles to make our availability the best it should be," Clark continued. "Finally, we must get better at pushing the envelope of operational art in the development of future concepts of operation for our naval forces."

The CNO said that while people are the Navy's most valued asset, "manpower is never free." He said that he only wants Sailors filling jobs with real content.

"As our Navy becomes more high tech, our work force will get smaller and smarter. We will spend whatever it takes to equip and enable our Sailors, but we do not want to spend one extra penny for manpower we do not need."

This year, Clark said, the Navy will also focus on delivering the right readiness, expediting *Sea Warrior*, improving productivity



Photo by PhC Jenny Bivona

ADM Vern Clark listens during questioning by the House Armed Services Committee concerning the FY04 National Defense Authorization budget request.

in everything we do, streamlining and aligning total manpower structure, and accelerating *Sea Power 21* capabilities. Clark said that *Sea Power 21* is the roadmap for the capabilities the Navy will bring to the fight in the future, and the Top Five priorities are the Navy's "to do" list.

While change is hard, it is also necessary, and the Navy's greatest legacy is its legacy of innovation, Clark said.

"From nuclear power to the then-unlikely prospect of flying

aircraft from ships, our willingness to improve our position, to adopt transformational technologies and to develop new operating concepts is at the very core of our combat success," Clark said. "To continue our legacy is to continue to reevaluate our position and to challenge all of our assumptions. We will adapt to the changing world around us by getting out in front of it, by leading change, and embracing the innovations and improvements needed to guarantee our future success."

In a media availability following the guidance's release, Clark emphasized that the "global war on terrorism" is more than a buzzword. The CNO also stressed the importance of preparing for tomorrow's threats while taking the fight to the enemy today.

"Our strategic objectives are straightforward. For us, winning the global war on terrorism is our No. 1 objective. Victory is the only acceptable outcome, and through our collective efforts, it will be achieved," Clark said. "The business of the Navy is combat. Our obligation to succeed in combat stretches beyond the here and now. We must help guarantee combat success to the Navy of the future. That's why the decisions we all make on a day-to-day basis are so important."

The CNO concluded his guidance by thanking Sailors for an outstanding year and calling on them to raise the bar even higher this year.

"We are a winning organization. We have instituted and paid for a great many improvements during the past three years, and you have embraced them and made them better. Because of you, talented American warriors are bringing combat power to bear on the enemies of our country, wherever they may be hiding," the CNO said. "We are winning the fight to remake our great institution, to innovate and improve for the dangerous decades ahead."

I could not be more pleased with your effort and your accomplishments this past year. You have taken aboard the idea that war-fighting effectiveness and resourcefulness is the key to mission accomplishment and have produced the finest Navy the nation has ever seen. It is our job as leaders to accelerate the advantages we bring this nation during the coming year."

The CNO's Guidance for 2004 is posted on the CNO Web

page at [www.chinfo.navy.mil/navpalib/cno/clark-guidance2004.html](http://www.chinfo.navy.mil/navpalib/cno/clark-guidance2004.html).

Story by JOC Walter T. Ham IV, who is assigned to the public affairs office, Chief of Naval Operations.

### Web-Based System Helps Commands, Sailors Track Physical Fitness Performance

The key to the Navy's physical readiness program is recognizing that total fitness is a crucial element of mission performance. Recent upgrades to the Physical Readiness Information Management System (PRIMS), including enhanced read-only access and reporting procedures, help Navy commands get a true picture of their Sailors' overall fitness, while significantly reducing the administrative workload required to administer the physical readiness program.

"The refinements we are making to PRIMS support the Navy's goal of developing a culture of fitness," said LCDR Mike Criqui, physical readiness program manager, Navy Morale, Welfare and Recreation (MWR) Division, Navy Personnel Command, Millington, Tenn. "Commanding officers, executive officers and command master chiefs can now be assigned read-only access to all the physical readiness program records within their command, which will enable them to get a better look at the overall fitness of their Sailors." Read-only access is available through the command fitness leader (CFL).

All commands are required to report their physical fitness assessment (PFA) data via PRIMS no later than 30 days after conducting

the PFA, in accordance with guidelines established in the Navy's Physical Readiness Program instruction, OPNAVINST 6110.1G. When using the Web-based PRIMS, there is no need to provide any additional reports to Navy Personnel Command on command participation in PFAs.

"The purpose of PRIMS is to make the whole administration of the physical readiness program easier for the command and for the individual," explained Criqui. "PRIMS came on line Oct. 1, 2002, and has significantly reduced the command level administrative workload required to administer the physical readiness program. We estimate that PRIMS has reduced record management time by about 30 percent."

CFLs can use PRIMS to update individual records, receive and transfer members' records and create specialized reports for their command. Other features of the system include risk controls, PFA tracking, administrative warnings and fitness enhancement program (FEP) enrollment. Using PRIMS means no more stubby pencils for CFLs, as the system performs the calculations for body fat measurement and computes the overall physical readiness test performance score. Step-by-step instructions for this user-friendly system are available to the CFL through the PRIMS Web site, [www.mwr.navy.mil/prims](http://www.mwr.navy.mil/prims).

"PRIMS also provides the CFL with checks and balances to ensure risk control measures are in place prior to conducting the physical readiness test," added Criqui. "The system tracks medical screenings and waivers, and will print a list of individuals who are cleared to participate in the physical readiness test, along with a list of those who are not cleared to participate."

Sailors can view their records at any time through the Navy MWR PRIMS Web site at

<https://prims.persnet.navy.mil/>, by using the social security number as the log-in identification and the BUPERS Online (BOL) password as a password. Sailors can obtain a BOL password by visiting the BOL Web site at [www.bol.navy.mil/default.asp](http://www.bol.navy.mil/default.asp).

"I encourage each individual to check their record on PRIMS after the PFA has been recorded to make sure it's correct. That way, any discrepancies can be resolved at the command level," said Criqui.

As part of the checks and balances built into the system, CFLs can only make changes to the records of members assigned to their command. In addition, after six months of PFA completion, record changes can only be made by Navy Personnel Command, which requires a letter from the individual's commanding officer granting authorization to make the changes.

"A gaining command cannot edit a record that was input by a previous command, even if it was within six months. You can only edit records from your own UIC (unit identification code)," said Criqui. "So, if a record from a previous command needs to be edited, we need to get a letter from that previous commanding officer to make the change. That's another reason why — especially on a transfer — Sailors should check their records on PRIMS."

For additional information, please visit the Physical Readiness Program Web page at [www.mwr.navy.mil/mwrprgms/physred.htm](http://www.mwr.navy.mil/mwrprgms/physred.htm).

Story by Ingrid Mueller who is assigned to the public affairs office, Navy Morale, Welfare and Recreation Communications Group.

# Around the Fleet

## Express Shipment of Unaccompanied Baggage Available to Sailors

Sailors on permanent change of station (PCS) or temporary duty orders (TDY) can ship unaccompanied baggage to new duty stations, according to the Navy Family Services Division of the Naval Supply Systems Command (NAVSUP).

Sailors can have unaccompanied baggage shipped by express services to new duty stations in three-to-seven days within CONUS and in 10-to-14 days overseas. To qualify, Sailors must be on PCS or TDY orders and must have a legitimate need, such as a short reporting date to a deploying ship or a PCS without authorized leave in between.

The program covers items of necessity, such as clothing, cooking and eating utensils, small appliances, etc. Furniture is not included in this program.

Sailors who want more information about express shipments of unaccompanied baggage should contact their local Personal Property Office, check

NAVSUP's Web site at [www.navsup.navy.mil](http://www.navsup.navy.mil), or contact the NAVSUP Household Goods Helpline at 1-800-444-7789.

Story courtesy of the public affairs office, Naval Supply Systems Command.

## Nimitz Sailor Wins \$6.5 Million in California Lottery

There was a time when Aviation Ordnanceman Airman Don Burdette and his family struggled from paycheck to paycheck when paying their bills. Now, those struggles are gone. Burdette, a 23-year-old Sailor aboard San Diego-based aircraft carrier **USS Nimitz** (CVN 68), won the California Lottery Jan. 14 and split a \$13 million dollar jackpot with one other Californian.

"We both decided to take the lump sum up front instead of in payments," said Burdette. "After splitting the money, and taxes were deducted, my family and I received about \$3 million."

With a wife and 16-month-old twin daughters, Burdette believes it was a blessing from



Photo by PHAN Timothy Sosa

AOAN Burdette won \$6 million in the California lottery.

his father who passed away when Burdette was 16. A California native, Burdette was born and raised in Spring Valley, and became

the first in California Lotto history to win there.

"I was on duty the Wednesday the numbers came out," said

Burdette. "My wife was in the emergency room with my daughter Mackenzie, who was running a 103 degree temperature, but my chain of command let me go check on her. I didn't know it, but at that time I had the winning ticket in my pocket."

It wasn't until the next afternoon that Burdette found out that he won.

"My father-in-law called me up when my wife and I were in the middle of a fight over money," said Burdette. "He said the winning lotto ticket had come from Spring Valley and that he had a good feeling it was me."

Burdette and his wife Jennifer postponed their argument while Burdette went down to the local liquor store where he had been purchasing lotto tickets every Wednesday and Saturday for the past three months. He walked into the store where he saw the clerk putting up signs saying the winning lotto ticket had been sold there.

"I asked him who won, and he said he didn't know yet and to check my ticket," said Burdette. "When I realized I won, I just started yelling and so did he. We were both freaking out. He wanted me to stand behind the counter just to be safe, and when I tried to sign the ticket, I had to hold my own hand straight I was shaking so bad."

Burdette called and told his wife, who needed a little convincing. "The first thing she said was, 'you're lying,' but she was excitedly saying it. I told her 'no, I'm not lying. I won every single number. I won the jackpot,' and she just started screaming."

For the family, winning the jackpot means never having to be apart. According to Burdette, he has only been around for a quarter of his daughters' lives so far. The first thing he thought when he won was, "I'll never have to leave home again."

I missed most of my wife's pregnancy because I was in boot camp and school," said Burdette. "Then a month and a half after Madison and Mackenzie were born, I left on an eight-month deployment to the Persian Gulf with **USS Constellation** (CV 64). A month after returning home from that deployment, I was sent to "A" school for another four-and-a-half months." But Burdette was willing to do whatever it took to provide for his daughters.

"This has added strength to our family," said Jennifer. "This money will become part of our foundation. I've always said a strong family is the foundation of everything, and we had a strong family, but you can't help but break down and fight when it comes to bills and not having enough money. Now, we have those support beams."

Before the Burdettes won the lottery, it was Jennifer's parents who helped the couple most. As a new mother of twins who was also working a part-time job, Jennifer relied a great deal on her family while her husband was away.

"They helped us with everything, from giving us a place to live, to helping us out with money whenever we needed it," Jennifer said. "It all came down to making sure the girls had what they needed."

As a way of saying thank you, Burdette plans to pay off his in-laws' house. "It's the least we could do," said Burdette.

Burdette will be released from the military with an honorable discharge and will be able to spend quality time with his family. "I don't regret joining the Navy," said Burdette. "If it wasn't for the Navy, I wouldn't have the strong foundation I have now. I wouldn't have been able to pay off my debts. I wouldn't have gotten back on my feet. I learned

# Time Capsule

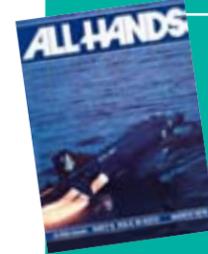
This month we look back in the *All Hands* archive to see what was going on in the month of March. To view these issues in more detail on the Web, go to [www.news.navy.mil/allhands.asp?x=search](http://www.news.navy.mil/allhands.asp?x=search)



## 1959 – 45 Years Ago

Highly-trained hands of fellow divers secure a deep sea diving helmet on one of their crew as he prepares for a test in the recompression chamber at the **School for Deep Sea Divers**, Washington, D.C. Men have been traveling the oceans and seas for thousands of years.

It is known that men were divers more than 800 years before the beginning of the Christian era. Homer, the great Greek poet, referred to them in a passage from the *Iliad* describing the fall of a charioteer. Xerxes, who ruled Persia from 486 to 465 B.C. is said to have used combat divers in naval warfare. But, with the creation of the deep sea diving suit, man can go deeper than his predecessors.



## 1976 – 28 Years Ago

A British F-4K **Phantom II** launched from **USS Independence** (CV 62) during NATO's Operation **Ocean Safari**. The operation was the largest NATO maritime exercise of 1975. Sixty-five ships, hundreds of aircraft and more than 17,000 Navy and Marine Corps personnel from Allied nations

participated in the Eastern North Atlantic and Norwegian Sea. The exercise was designed to carry out a two-fold mission: maintain control of vital sea-lanes, and provide carrier air support of the **Allied Command Europe**. *All Hands* also looked at **Allied Forces Central Europe** and found out what a newly arrived Sailor had to learn during his time here. Once you can recognize more than 200 different ranks, 32 different uniforms and can cope with six different languages, including both American and British versions of English and Dutch, French, Flemish and German, you would fit right in.



## 1982 – 22 Years Ago

During their recent Indian Ocean deployment, the crew of **USS America** (CV 66) typified the dedication and spirit it takes for Navy people to endure the difficulties of shipboard duty. **USS California's** (CGN 36) return to Norfolk climaxed a successful and interesting around-the-world voyage.

## Ricky's Tour

By J02 Mike Jones

[www.rickystour.com](http://www.rickystour.com)



financial responsibility that will help me spend the money more wisely. Up until this point, the Navy has helped me support my family.”

**AO1 Robert Herrera**, one of **Burdette's** supervisors from **USS Constellation** who also transferred to **Nimitz**, has known the Sailor for over a year.

“I’m really happy for him, he deserves it,” said **Herrera**. “**Burdette** is the kind of guy who’ll be there for you, on or off the job. As long as I’ve known him, I’ve never heard him complain. He was always about getting the job done and making his family proud.”

According to **Burdette**, the relationships he has built are what he’ll miss most about the military. “I’m kind of sad leaving the Navy, because I have a lot of real friends who had my back,” he said. “My Navy friends were my real friends, but at least now they know where I’m going to be.”

The **Burdettes** have purchased two vehicles so far and plan to buy a home and remain in the San Diego area. They also plan to put money away for their daughters for college and contribute some to charity.

More than money, though, **Burdette** said he wished he could share the moment he found out he won. “It was the most incredible feeling that you could ever feel,” he explained. “Just that one feeling that day when every single number matched, I wish I could give that to somebody else.”

For related news, visit **USS Nimitz** (CVN 68) Navy NewsStand page at [www.news.navy.mil/local/cvn68](http://www.news.navy.mil/local/cvn68). 

*Story by Jo3 (SW) Kristine DeHoux, who is assigned to the public affairs office, USS Nimitz (CVN 68).*

## Exchange Rates Changing Overseas COLA

The recent fluctuations in the exchange rates of various currencies in Europe may have Sailors within the theater thinking their pockets are a little lighter than they would like.

But the Overseas Cost of Living Allowance (COLA) fluctuates just as the exchange rates fluctuate. Overseas COLA is a supplemental pay service members receive in addition to their basic pay. This helps offset the difference in purchase prices between state-side and overseas locations.

Country allowance coordinators note the daily exchange rate set by military banking facilities throughout the theater. They provide this information to the Per Diem, Travel and Transportation Allowance Committee (PDTATAC.)

This committee charts and monitors the data daily, and they review any significant changes in the exchange rate twice a month. The COLA will be increased or decreased depending on the review.

“Even though the exchange rate has been rising, it may take a pay period before the COLA rate is changed to reflect the new exchange rate,” said **Chief Personnelman (AW) Brian Held**, personnel officer for Personnel Support Detachment, London. “The graph goes up and down throughout the year, but in the end, your pay balances out with the exchange rates.”

In addition to currency fluctuation, other factors go into calculating an individual’s COLA, such as pay grade, years of service, dependency status and geographic location.

Every duty station has a city location COLA index that is established from living pattern and market basket surveys. These

tools are very important, because they help determine the most current differences in purchasing prices.

Sailors can check their local and worldwide COLA rates, as well as Per Diem and Overseas Housing Allowance rates, at the PDTATAC Web page at [www.dtic.mil/perdiem](http://www.dtic.mil/perdiem).

For related news, visit the Naval Forces Europe Navy NewsStand page at [www.news.navy.mil/local/naveur](http://www.news.navy.mil/local/naveur). 

*Story by JO2 Lily Daniels, who is assigned to the public affairs office, Commander, U.S. Naval Forces Europe.*

## Multi-national Forces Conclude Sea Saber

In a recent flash of explosive action, special forces teams successfully boarded and seized a simulated suspected merchant ship in the Arabian Sea, bringing to conclusion **Sea Saber**, a multi-national exercise aimed at stemming the flow of weapons of mass destruction (WMD).

Sponsored by Commander, U.S. Naval Forces Central Command/Commander, U.S. 5th Fleet, **Sea Saber** was the fifth in a series of exercises based on the Proliferation Security Initiative (PSI) announced by President **George Bush** in May 2003 in Krakow, Poland. PSI is a global initiative committed to stopping the flow of weapons of mass destruction, related delivery devices and materials by land, air or sea, by both state and non-state actors around the world.

**Sea Saber** was the first PSI exercise led by the United States, and the first to be conducted in the Arabian Sea, a key region of

proliferation concern. With 12 of the 16 partner nations involved, it included the largest number of nations to participate in any PSI exercise to date, including both military and law enforcement assets.

**Sea Saber** focused on one contingency, the interdiction of a maritime shipment on the high seas. Participants practiced intercepting, boarding and searching vessels thought to be illegally trafficking WMD or related materials. The exercise climaxed in a flag-consent, non-compliant boarding by partner forces, working within the boundaries of international law to legally board the suspected ship, inspect and seize WMD-related cargo.

The actual operation, called a Visit, Board, Search and Seizure (VBSS), is strictly choreographed. **USNS Saturn** (T-AFS 10) played the role of Motor Vessel Sea Cluster, a civilian cargo ship suspected of transporting WMD. After leaving port in the northern Persian Gulf, the suspicious vessel was tracked more than 1,200 miles into the Arabian Sea by a closely coordinated effort of partner ships and aircraft. Permission was requested from the ship’s country of origin to board and search the vessel. After permission was received, the partnership forces went into action.

Spanish special operations forces, working in conjunction with elements of the 13th Marine Expeditionary Unit (MEU) and Navy Explosive Ordnance Disposal Mobile Unit 3 Detachment 1 (EODMU 3 Det. 1) aboard **USS Peleliu** (LHA 5), were tasked with conducting the VBSS.

“The Spanish special ops team came in first and did the take down, meaning they took the ship,” said Marine Corps **Gunnery Sgt. Alonzo Mendozavalencia**, Explosive Ordnance Disposal (EOD) technician from MEU Service Support Group 13.



Photo by PH2 Jeffrey Leinberg

### A Spanish special operations forces (SOF) soldier

searches a role player aboard the Military Sealift Command combat stores ship **USNS Saturn** (T-AFS 10), during a mock non-compliant boarding as part of the 15-nation coalition exercise **Sea Saber 2004**. The fifth Proliferation Security Initiative exercise of its kind, focused on the interdiction of a maritime shipment of weapons of mass destruction related equipment and materials on the high seas.

“They took down any aggressive personnel and anyone with weapons. They took the key spaces like the bridge and the engine room immediately, then started a complete search of the boat. By then, the second wave of Marines had landed with one EOD tech, and they joined in the search. The third and fourth waves came in

with more EOD personnel and ENBC [Enhanced Nuclear, Biological and Chemical] personnel,” he added.

EOD and ENBC personnel are vital to a mission where finding WMD, their highly toxic components or delivery devices, is the primary objective.

“Basically, what we do is

augment these MSPF [Maritime Special Purpose Force] and VBSS missions when there are suspected weapons of mass destruction,” said **Sgt. David Moyer** of Battalion Landing Team 11, ENBC team. “We go inside there and we find whatever it is. We identify it, we label it and we are able to contain it. We also evacuate any personnel who have been injured or contaminated.”

In addition to EOD and ENBC technicians, countless other experts also played vital roles in **Sea Saber**.

“We were brought out by 5th Fleet to insert certain elements of realism into the scenario, ultimately implying the notion of WMD aboard Saturn,” said **LCDR Ted Grabarz**, officer in charge of the Office of Naval Intelligence (ONI) Mobile Training Team.

“Our primary purpose was to develop the boarding package, the notional package of documents that VBSS teams actually collect up to support the exercise,” added Intelligence **Specialist 1st Class Mike Wade** from the ONI Mobile Training Team. “There are a vast amount of documents, anything from the ship’s garbage log to the ship’s registration, passports and documents of proliferation. All the documents have to fold together to create the notional plot that’s going to unravel when they start interrogating.”

**Sea Saber** was specifically designed to enhance the ability of multi-national forces to work together in maritime interdiction operations. Singapore, France, Spain, the United Kingdom and the United States contributed both operational assets and observers to **Sea Saber**. Australia and Italy contributed operational assets, and Denmark, Germany, Japan, the Netherlands and Turkey participated as observers.

“One thing that’s impressed me quite a bit is the ability of the

forces from all around the world to come together and work together very, very smoothly,” said **Maj. Kwek Ju-Hon**, a Singapore naval officer assigned to the Ministry of Defense. “We’ve been doing some fairly complex operations, like cross-deck landings and boarding training, and I think that says a lot for the countries involved in PSI.”

I think this went a long way toward building that confidence level we need to work together more in the future,” added **Garbarz**.

Previous PSI exercises include the maritime interdiction exercise **Pacific Protector**, led by Australia in September 2003, a tabletop air interdiction command post exercise hosted by the United Kingdom in early October, **Sanso '03** led by Spain in mid-October and **Basilic '03** led by France in November.

For related news, visit the Commander, U.S. Naval Forces Central Command/Commander, 5th Fleet Navy NewsStand page at [www.news.navy.mil/local/cusnc](http://www.news.navy.mil/local/cusnc). 

*Story by JO2 Wes Eplen, who is assigned to the public affairs office, Commander U.S. Naval Forces Central Command/Commander, U.S. 5th Fleet.*

## Signing Bonus for Navy Nurses Doubles to \$10,000

The Navy has doubled the bonus for direct accession nurses entering active duty from \$5,000 to \$10,000. The increase is designed to bolster recruiting efforts. “The Navy already has the best programs to offer in terms of opportunity, education and duty stations for nurses,” said **CDR Juanita Buda**, head of the medical community management branch at the Navy

Recruiting Command, Millington, Tenn. "This bonus places us on par with the civilian medical community in a challenging market for quality nurses."

The services are not alone in the challenge to recruit qualified nurses, noted personnel officials. "The nursing field at large in the United States continues to suffer from a significant shortage of people," said **CAPT Susan Martin-Sanders**, Navy nurse corps officer community manager.

Estimates by the United American Nurses AFL-CIO place the shortage at 150,000 positions by 2005. The Bureau of Labor Statistics estimates the number of jobs in nursing will grow between 21 percent and 35 percent by 2010.

Eligible applicants who sign a written agreement on or after Jan. 27 to serve on active duty in the Navy for a minimum of four years are authorized to receive the bonus. Enlisted Sailors applying to become a nurse through the Seaman to Admiral 21 (STA 21) or medical enlisted commissioning program (MECP) Nurse Candidate Program (NCP) and Navy Reserve Officer's Training Corps (NROTC) are not eligible.

For more information on a career in the Navy as a nurse, contact your local recruiter, career counselor, or visit [www.navy.com/healthcare/nursing](http://www.navy.com/healthcare/nursing).

For related news, visit the Chief of Naval Personnel Navy NewsStand page at [www.news.navy.mil/local/cnp](http://www.news.navy.mil/local/cnp). ☞

**Crewmen aboard** the *Los Angeles*-class, fast-attack submarine *USS Asheville* (SSN 758), man the topside navigation watch as the submarine operates at high speed near San Diego.

## Pacific Submarine Force: A New Era of Warfare

In a recent interview, **ADM Paul F. Sullivan**, commander, Submarine Force Pacific, U.S. Pacific Fleet (COMSUBPAC), said his submariners are ready for 2004.

The attack submarines (SSNs) stationed in Pearl Harbor, San Diego and Guam, as well as the "boomers" (SSBNs) homeported in Bangor, Wash., are ready to play their part in the global war on terrorism.

Like the rest of the U.S. military, the events of Sept. 11 have had a major impact in the way the U.S. Navy operates. The impact of the global war on terrorism has changed everything, including submarine warfare. Consequently, a new era of submarine warfare is evolving, according to **Sullivan**.

"Since Sept. 11, submarines

have operated in places that they have not normally operated in," said **Sullivan**.

In March 2003, at the outset of *Operation Iraqi Freedom* (OIF), there were 12 U.S. Navy submarines directly involved and two British submarines. Four of the U.S. submarines were COMSUBPAC assets. **USS Cheyenne** (SSN 773), homeported in Pearl Harbor, was the first U.S. warship to launch *Tomahawks* into Iraq.

"The day of submarines operating on their own, similar to what I grew up with during the Cold War, is well in the past. Our future depends on the ability to operate in a joint environment," **Sullivan** said. "That means being able to operate and communicate with not just an expeditionary strike group or carrier strike group, but also to operate with Marines, the Army, and of course the Air Force—to do that you have to understand joint operations

and your role.

"The submarine, in general, plays a significant role in the beginning of a conflict, primarily with battle space preparation," **Sullivan** added. "It provides situational awareness for the joint task force commander. As the environment in which the submarines operate shifts, those going into harm's way must know how to do it effectively, safely and with the right equipment." **Sullivan** attributes this success to effective training, new technology and good old-fashioned experience.

"The ability to operate in a littoral environment is extremely important," he said. "It's a challenge, and it tends to be more difficult because of limited depth and the likelihood that the area might be crowded with surface shipping.

"The acoustics are more complicated because of the effects of temperature, salinity and effects on the ocean bottom," **Sullivan**

continued. "It's a dramatically more difficult environment, but over the last 10 years, we have made significant advances to be able to do that. We are modernizing our periscopes so we can have better range capabilities, our fire control systems so we can track efficiently multiple contacts in order to provide situational awareness, and sonar systems that can provide immediate ranging."

As the threat of potential competitor nations' diesel submarines and other sea and land-based adversaries multiply, the ability of the submarine force to respond becomes even more essential in reducing or eliminating such potential threats to military and commercial assets.

Monitoring and making the right move at the right time is something that newly installed technology will help submariners do now, and in the future.

"That's where you see the advancements with the modernizations from commercial off-the-shelf technology [COTS]. The equipment costs about one tenth what the legacy systems cost, and gives you much more powerful computers that you can update every three to four years," said **Sullivan**.

As the need for new technology has increased, the applications have spanned a broad range within the submarine force. "There's been a lot of advancement in communications, with the high-data rate antennae, updates in the radio room, sonar and new fire control systems—most recently with the BYG-1, which is on **USS Columbus** (SSN 762) and **USS Tucson** (SSN 770), in which the software can be changed rapidly based on changes we learn from operating," said **Sullivan**.

"We now have a fairly significant pool of submarines that have been modernized to the point that we can take advantage of

this technology," he said. "COTS is not a panacea — you have to be committed to updating the software on a regular basis. The goal is once per year, and you have to be willing to update the hardware every three years."

No one can say exactly when and where the next operation will take place, but as far as **Sullivan** is concerned, the attack submarines of the U.S. Pacific Fleet will be there. "No matter what the conflict will be, I believe the submarine will play a significant role in battle space preparation prior to hostilities. We have the endurance, the flexibility and the ability to be there when needed," said **Sullivan**.

**Sullivan** believes this integration of the submarine force with joint task forces communicating in real-time will help to fill the gap in rapid response warfare.

"The submarine is an extremely capable instrument of military power, with its endurance, flexibility, utility and the ability to stay on station for a long period of time. They can also adapt quickly to emerging situations. The list of attributes is very important for the world we live in and in fighting the global war on terrorism," said **Sullivan**.

"Submarines are unique, but we need to be contributing to the joint team. You have to be part of the bigger Navy team and the naval component to joint warfare. If you're an asset that's understood and able to be used by the task force commander, you contribute to the greater good on the global war on terrorism or any other operation," concluded **Sullivan**. ☞

*Story by JOC(SW/AW) David Rush, who is assigned to the public affairs office, Commander, Submarine Force, U.S. Pacific Fleet.*

## U.S.-Kenyan EOD Experts Trade Skills in Edged Mallet Exercise

As part of Exercise *Edged Mallet 2004*, Sailors from Explosive Ordnance Disposal Mobile Unit (EODMU) 3, Det. 1, conducted bilateral unit training at Manda Bay, Kenya, recently.

The training consisted of classroom, field and live ordnance events designed to refine U.S. and Kenyan EOD tactics and procedures on land and underwater, and to familiarize U.S. personnel to the environmental and operational characteristics of Kenya while demonstrating expeditionary capabilities.

Among the initial adjustments the U.S. team had to make was to acclimatize to the searing temperatures of Kenya in January. The country is located below the equator, which means that, while many cities in the United States were in the middle of a bitter January winter, Kenya was in its summer, enduring temperatures in the 90s.

"It was very good training," said **LT. Aleksei Razadin**, officer in charge of the U.S. EOD team, which conducted the training. "For us, it was very good, because we got to train in a coalition setting. You never know when you'll be called upon to fight side-by-side with them."

The U.S. team brought sophisticated equipment and techniques to the Kenyans, but the rewards of the training were reciprocal in nature.

"They were very professional and offered us as much as we gave them. They were very motivated to train and to learn. They don't have much equipment to work with, so they really got into the

exercise," said **Equipment Operator 2nd Class John Flemming**.

"This was a great opportunity for us," **Razadin** said. "The Kenyans are extremely professional, and they're great people. That made the training aspects even more worthwhile. I think some of our guys gained some friends for life."

*Edged Mallet* involved more than 1,800 Sailors and Marines assigned to Expeditionary Strike Group (ESG) 1, including the EOD Mobile Unit detachment, the 13th Marine Expeditionary Unit (Special Operations Capable), **USS Germantown** (LSD 42), **USS Ogden** (LPD 5) and **USS Jarrett** (FFG 33). The exercise is part of an ongoing series of U.S.-Kenya military activities that refine, promote and maintain the operational readiness of participating forces, while enhancing the military-to-military relationship between U.S. and Kenyan personnel.

ESG 1 is currently conducting its maiden Western Pacific and Indian Ocean deployment in support of *Operations Enduring Freedom* and *Iraqi Freedom*. ☞

*Story by JO2 Andrea Leahy, who is assigned to the public affairs office, USS Germantown (LSD 42) and LT Chris Davis who is assigned to the public affairs office, ESG 1.*

### EDITOR'S NOTES

**December 2003:** The caption on Page 26 of *All Hands* incorrectly reported that Portsmouth Naval Shipyard did not have a full-time pharmacist due to its small size. PNSY's medical clinic has a full-time pharmacist. The photo depicting a video teleconference with Newport, R.I., took place because the PNSY resident pharmacist was TAD.

**January 2004:** The Pay Chart on Page 26 should reflect the salary for an E-7 with 8 years of service as \$2,801.40.



Photo by JO2 Thomas Peterson



# BREAKING the MOLD

▲ **Knife handling** was among the first skills learned by Navy students at Kendall College.

Using Task Force Excel initiatives and instructors from a Chicago-area college, culinary specialists work to change the way Navy cooks are made.

Story and photos by JO2 Charles L. Ludwig

# BREAKING<sup>the</sup> MOLD



It's an early-December Saturday, and instead of preparing for a day loaded with the excitement of televised college sports, **Seaman Recruit Marvin Sanders** finds himself in a classroom in front of a grey-bearded instructor clicking through yet another power point presentation. **Chef Mike Artlip**, an instructor at Kendall College, Evanston, Ill., may be talking up the finer points of proper sanitation, but only one thought manages to resonate through Sanders' mind.

Graduation.

"I know that the course here is good for my development as a chef," **Sanders** said, "but it's time for us to get out of here. No more bus trips and college days."

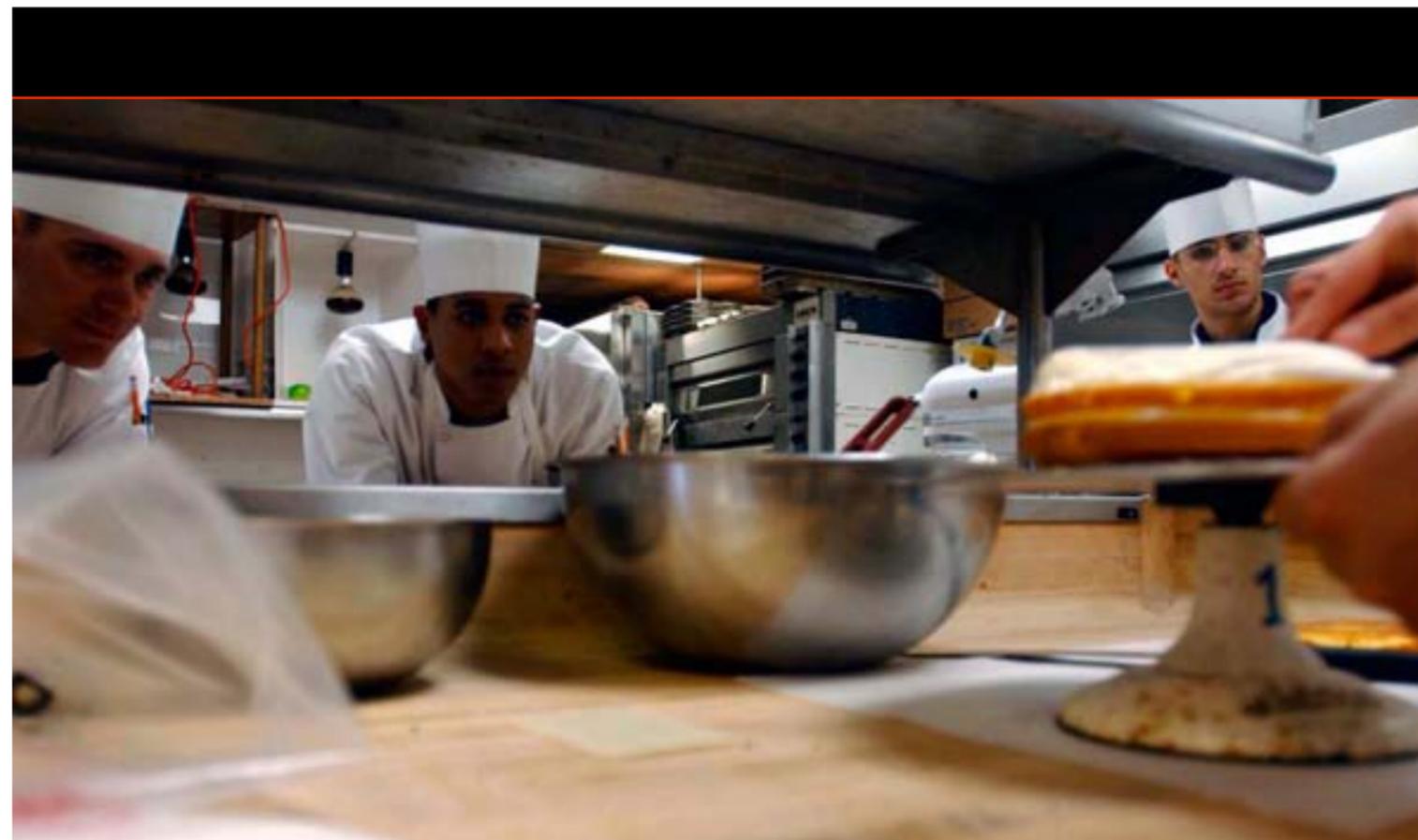
Wait a minute, college? Bus trips? If this doesn't sound like one of your father's mess cooks, that's because it isn't. In contrast to the traditional view many people have of mess cooks, **Sanders** and his 12 classmates in CS 'A' school are proving it takes a lot of education, including school on Saturday, to become finely-polished Navy cooks.

While many new Sailors spend their 'A' school Saturdays enjoying their first slice of freedom since boot camp, **Sanders** and his classmates are on a slightly different schedule. After spending two weeks in a Navy classroom learning the basic foundation of bulk cooking, the class moved on to the second phase of their studies—a two-week course at Kendall College—that included a couple of near-12-hour Saturdays complete with hands-on training.

That's not exactly what everyone was banking on after wrapping up basic training a few weeks before. "That was the toughest part for some people," said **SR Latisha Sewell**. "A lot of people dream about weekends when they are in boot camp, but here we are waking up to get ready for a 6 a.m. bus trip. It's not really the ideal way to spend your weekend."

Saturday school and the rest of the Kendall College-Navy course were the

◀ **For the bake shop portion** of the course, students such as **SR Brandon Goodrich** were taught the nuances of baking cookies, bread, pies, cakes and other assorted items.



▲ **Bake shop students, SAs Daniel Herzog and Jesus Collazo** get a close look at the proper way to ice a cake.

◀ **Navy students participating** in Kendall College's CS pilot program didn't just concentrate on preparing the old Navy stand-bys of chicken, rice and potatoes. While on the school's campus, the students learned to prepare many other delicacies that were used for the college's graduation ceremonies.



▲ While attending Kendall College, Navy students used college textbooks and Navy instructions and recipes. The result, according to Kendall College Chef **Peggy Ryan**, is a "Sailor who will know the ins and outs of a Navy galley as well as a commercial kitchen."

▲ Containers upon containers of food production basics, such as gluten, flour and sugar, line several of the walls in Kendall College's bake shop.

▲ With a very small campus in Evanston, Ill., Kendall College's doors were nearly a 45-minute bus ride away from Naval Training Center Great Lakes, Ill.



▲ Despite the pressure the class faced when preparing meals for Kendall College's 600 to 700 students, **SR Marvin Sanders** and **SA Samuel Sandel** find time for a light moment.

result of a Task Force Excel (TFE)-driven partnership between the culinary specialist community and the culinary arts college. In this case, the Navy saves money as training is available in the Great Lakes area, instead of the usual culinary specialist school at Lackland Air Force Base, San Antonio.

Under TFE, Sailors are afforded the opportunity to obtain the equivalent of what their civilian counterparts receive.

The Navy has employed TFE in several ratings, with CS 'A' school being one of the program's success stories.

"It has been something that has helped us immensely," said **CSC(SS) Kevin Earle**.

**Earle**, assigned to Fleet Training Center Norfolk, was sent to Great Lakes on temporary orders to help oversee the program. "It's a chance for some of our Sailors to get a different experience than what they would normally receive, and a chance for us to see how we can improve our teaching methods at the CS school. We've already seen the improvements."

It may sound like a straightforward, undemanding proposition, but for the Kendall College Navy class, it was anything but.

During the two-week Kendall College sabbatical, the students were faced with a 45-minute morning bus ride to the college for a nine-hour day filled with classroom instruction and hands-on galley and bake shop sessions. During their hands-on classes, the students cooked meals and made desserts for the college's 600-plus member student body.

For a group that didn't have the chance to even touch food in the Navy part of instruction, that can be an intimidating experience. "That makes me very nervous. We had stuff we fixed being served in the cafeteria right in front of us," said **SR Brandon Goodrich**. "It would say on the menu that the Navy cooked all of the desserts or the food. If the stuff we prepared didn't taste good, we would get a reputation for not doing too well in our class. It was a

them a steady diet of classroom instruction, including lessons on bulk cooking, sanitation and critical tasting.

According to **Artlip**, the program's curriculum resulted from combining the Navy's existing lesson plans with the college's sometimes more progressive syllabus. "When they decided to work through us, we took a good look at what (the Navy) was doing and asked for the right to change a few things," said **Artlip**, a chef with 31 years of experience. "After that, the Navy gave us a few requests, like wanting the students to spend so many hours a day in the galley preparing meals. We did what we could to meet those requests, and what came out was what we have now—a four-week program split between the base and here."

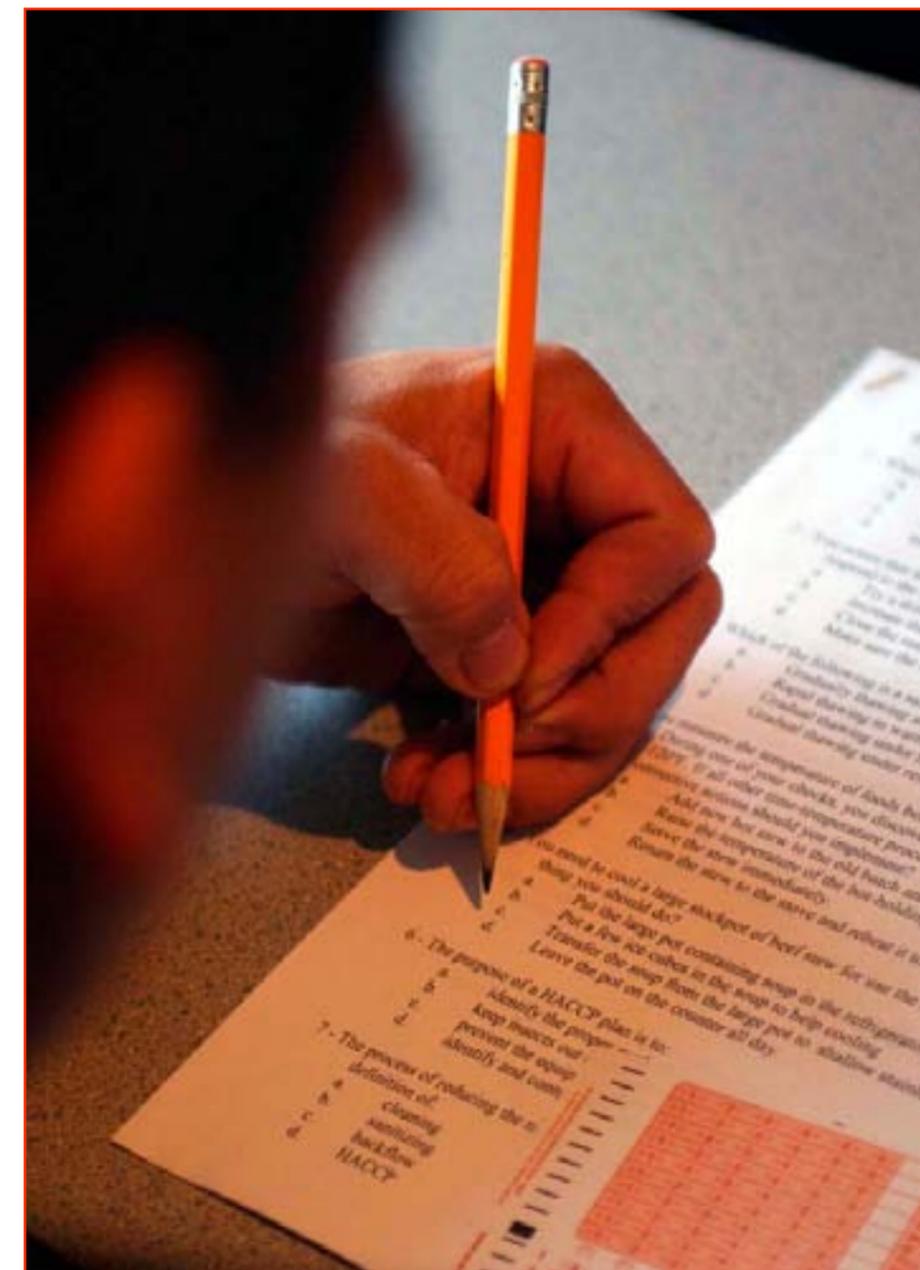
The outcome of the joint project was a class that would be split daily between toiling in the galley and bakeshop, with the two groups swapping out after one week. While in their respective assigned locations, the students worked directly off of official Navy recipe cards, breaking a long-held misconception, according to galley instructor **Chef Peggy Ryan**.

"I was very surprised by the quality of the Navy recipes we were told to use in the classes," she said. "I had always thought that Navy recipes would be a little sub par by my standards, like most bulk cooking recipes are. Whoever makes the Navy's recipes knows what they are doing."

That was welcome news for **Sanders**, who comes from a family steeped in cooking tradition. "I was worried a little that we wouldn't be able to cook more than the basic chicken and rice," he said. **Sanders**, who at one time worked as a cook for a national restaurant chain in Fort Lauderdale, Fla., has several siblings who also work in the food service industry. "It was fun to be able to do a bit more."

In **Ryan's** class, **Sanders** and company were taught the basics of preparing many types of breakfast, lunch and dinner food,

# BREAKING<sup>the</sup> MOLD



▲ Galley and bake shop work may take up most of their time, but the Navy students must also be prepared for an intense classroom work schedule at Kendall College. The class spends almost two hours a day in the classroom environment and must pass several written tests before graduating.

# BREAKING<sup>the</sup> MOLD



▲ **SR Adam Fling** works on chopping cucumbers for a salad while Chef **Peggy Ryan** waits patiently in the background. **Ryan** was content to let students work on their own, only getting directly involved when she could see mistakes being made.

▲ **Chef Mike Artlip**, the naval program coordinator for Kendall College, was instrumental in the progress of the Navy class. He had the 13 Navy students each morning for a food theory class featuring power point presentations and props taken from the galley.

▲ **The Navy classes at Kendall College**, in a precursor to what they may encounter on a ship, get used to working together in cramped environments. In the school's galley, it is a common sight to see four or five Sailors toiling in one small area.

restaurant owner in the Evanston area. "You can tell that she does her job very well," **Sewell** said of **Ryan**. "She lets us have some freedom to get things done, but she is there to help us when we are struggling to do things correctly. She kind of sits quietly in the corner until we start getting off track, then she is there to set us straight." The bakeshop classes taught by **Chef Mark Kwasigroch** were a standout. His class, which is typically upbeat and littered with humor, kept the students on their toes.

"I really wasn't ready for his type of class," **Seaman Apprentice Daniel Herzog** said. "He really tries to make things fun for us in class. Coming out of boot camp, most of us weren't really expecting something like that." Despite the surprise, most of the class seemed to enjoy **Kwasigroch's** way of schooling students on the making of delicacies such as pies, cakes and many types of breads.

"We always had a lot of fun in his class, but we learned at the same time," **Goodrich** said. "No matter what the result of our time with him was, there was always something we could get out of it. It was fun."

And during their two weeks at Kendall, the young Sailors weren't the only ones benefiting from the partnership. In a time of heightened appreciation for the country's armed services, **Artlip** said everyone involved in the program found something to take pride in.

"I have always had a soft spot in my heart for the military," **Artlip** said. "And in a roundabout way, this is my chance to give something back to the people who have fought for us throughout the years. Everyone who has contact with that class, from the instructors to the college kids who interact with them on a daily basis, should try to keep that in mind."

And the Navy is also making the most of its time working with Kendall College, as well. **Earle** said the lessons learned from

Kendall College, the improvements being applied to Lackland's operation are like the icing on a cake. For **Sanders** and the rest, getting a taste of the actual college experience was the most fruitful part. "It's definitely something that I would love to do again," he said. "It was a lot of hard work, and I'm going to graduate."

And with all the cooking and baking going on, who knew that would be the sweetest smell of all?

*Ludwig is a photojournalist assigned to All Hands.*

► **To better handle the number** of Navy students in each class, the galley areas at Kendall College are outfitted with several stainless steel workstations. At those workstations, the students typically break into groups of two when preparing food for that day's meals.



◀ **Students like SR Brandon Goodrich** were particularly careful when measuring food portions for each recipe.



Battling below-average temperatures and each other, a wide variety of service members came together to make the 2003 Military Wilderness Challenge a success.

▲ **Mountainous terrain** affected more than just the hiking and running events, as bikers in the 10K race were forced to abandon riding to lift their bikes over large rocks in their path.

Photo by PH1 Shane McCoy

# Accepting the Challenge

Story by JO2 Charles L. Ludwig, photos by PH1 Shane McCoy, JO2 Cherri Boggs, PH3 Todd Frantom and JO2 Charles L. Ludwig

# Accepting the Challenge



▲ A treacherous stretch of rapids made sure the duckie race was anything but easy for the two-man teams.

bzzzzz!!!!

The maddening sound of an alarm clock traditionally kicks off early-morning routines—a shower, a run to school with the kids or maybe an exercise session before heading off to a day at work.

But a mountain run in excess of six miles followed by a lengthy whitewater rafting race is anything but routine. Kick in an extensive mountain biking expedition followed by a half-marathon worth of hiking through the Appalachian Mountains, and now you have a true challenge—a wilderness challenge.

In early October, an assortment of Sailors came together in a precipitously rocky region of West Virginia for the Military Wilderness

Challenge, a Navy Morale, Welfare and Recreation (MWR)-sponsored event in and around Fayetteville, W.Va.

The 2003 event, its third year of existence, featured 30 active-duty military teams from the Navy, Air Force, Army and Marine Corps, each composed of three men and one woman. Once in Fayetteville, the teams competed in six different events aimed at showcasing their abilities in difficult situations, according to event coordinator **Michael Bond**.

“We were extremely excited about the previous [challenges], and I’m glad it’s become one that commands are hungry to compete in to earn bragging rights for the title,” **Bond** said. “It’s not an easy competition, so the winning team is the best of the best in



Photos by PH1 Shane McCoy.

outdoor recreation and physical endurance.”

Teams showed off their endurance early and often in the three-day event, as iron men and women competed in six grueling events, including an eight kilometer run through mountainous terrain, a 14-mile forced-hike mountain trek and a 10-mile mountain bike race. The athletes also tested their patience and stamina with a half-mile swim, a 13-mile whitewater raft race and a seven-mile inflatable kayak “duckie” race.

The events were broken up into two days of competition, with the mountain run starting the contest’s first day. After about an hour break, one member of each team participated in the half-mile swim, which led directly into the rafting race. The second

day proved to be the real endurance test, as teams pounded out the mountain biking, “duckie” and forced-hike events in succession.

With more than 50 total miles being covered in the challenge, the event proved to be a truly taxing endeavor for most.

“This is a good event, but it can be pretty difficult, especially toward the end,” said first-time competitor **Operations Specialist 1st Class Frank Joseph** of the Commander, 2nd Fleet team. “We’re pretty beat down from everything so far. It’s been pretty rough. I’m definitely feeling it.”

◀ **Beautiful scenery** could be found at nearly every turn during the three-day event. Here, **HT2 Amanda Green** of Shore Intermediate Maintenance Activity Norfolk, follows an off-road path through a heavily forested area near Fayetteville, W.Va.

To fit the full schedule in on the second day, teams had to be lined up at the mountain bike starting line well before sunrise. That’s when most needed the sound of that alarm clock to get them going.

“I wasn’t looking forward to waking up that early,” said **Aviation Machinist’s Mate 2nd Class Anthony Michalski**, of the HC-2 Norfolk team. “We all knew it was coming, but after that first day of competition, I was fearing the alarm clock. I think everyone was.”

According to **Joseph**, a West Virginia-native who grew up about 45 miles from

Fayetteville, the early wake-up actually helped some. “I didn’t mind it too much,” he said. “It was tough like it always is at first, but in the end, it didn’t really matter. A lot of us were able to use it as an advantage, since we PT in the early mornings.”

Early-morning wake-up times and long, time-consuming races were not the only obstacles facing the military teams. Weather also played a major factor in this year’s event. Entrants were doused with periodic rain showers that made many of the event’s wilderness paths extremely slick.

▼ **For participants in the Wilderness Challenge**, a high level of endurance in the cold weather was key. Events such as this 10K mountain bike race were immediately followed by water sports events. Once the bike race wrapped up, these competitors moved on to the duckie event—a two-man, inflatable kayak race.



Photo by PH3 Todd Francom



Photo by JO2 Cherie Boggs

# Accepting the Challenge

◀ **Teamwork was most apparent** in the water rafting competition. In this competition, two teams joined forces and waited for a lone swimmer to complete a half-mile swim before beginning the race. Once finished, the swimmer had to be pulled into their team's waiting raft.

▼ **The finish line wasn't the end-of-the-line** for those competing. After running, swimming and biking their way throughout the Fayetteville area, participants still had a 15 to 20 minute bus ride to get back to the Songer Whitewater Facility, where the event was being hosted.



Photo by PH1 Shane McCoy

And if running up and down the rocky terrain wasn't arduous enough, the temperature hovered at about 40-degrees — about 15 to 20 degrees below Fayetteville's average for that time of year.

The chilly condition wreaked havoc on many of the competition's squads.

"The cold weather almost scared us off when we got here," said **Hull Technician 2nd Class Scott Wise**, a member of Assault

Craft Unit 4. "It has a big effect on us, especially with the early-morning runs and the water events. The water temperature only gets colder during weather like this."

These varying factors added up to two days of fierce inter-service competition, with Airmen, Soldiers and Marines challenging Sailors for the top spots in each event.

"Competition was really stiff this year, both within the Navy and between the

other services," said **Chief Aviation Machinist's Mate Gregg Spickel**, one of **Michalski's** teammates from HC-2 Norfolk. "It's absolutely intense. I mean, think about it. Navy-Marine Corps, the camaraderie is good between us, but the competition is always great. We all want to win — there's no doubt about that."

That intensity was seen throughout the competition, but competitors also needed

▶ **Cold temperatures** dipping as low as the upper 30s didn't slow **CDR Erica Sahler** of Underwater Construction Team 1, Norfolk. The wintry conditions took its toll on competitors after the events were over.



Photo by PH1 Shane McCoy

# Accepting the Challenge

► **The individual events weren't always as quick as they seemed.**

In the two-man duckie race, finishing meant having to race your inflatable kayak up a set of steps and run to the finish line after getting out of the water.

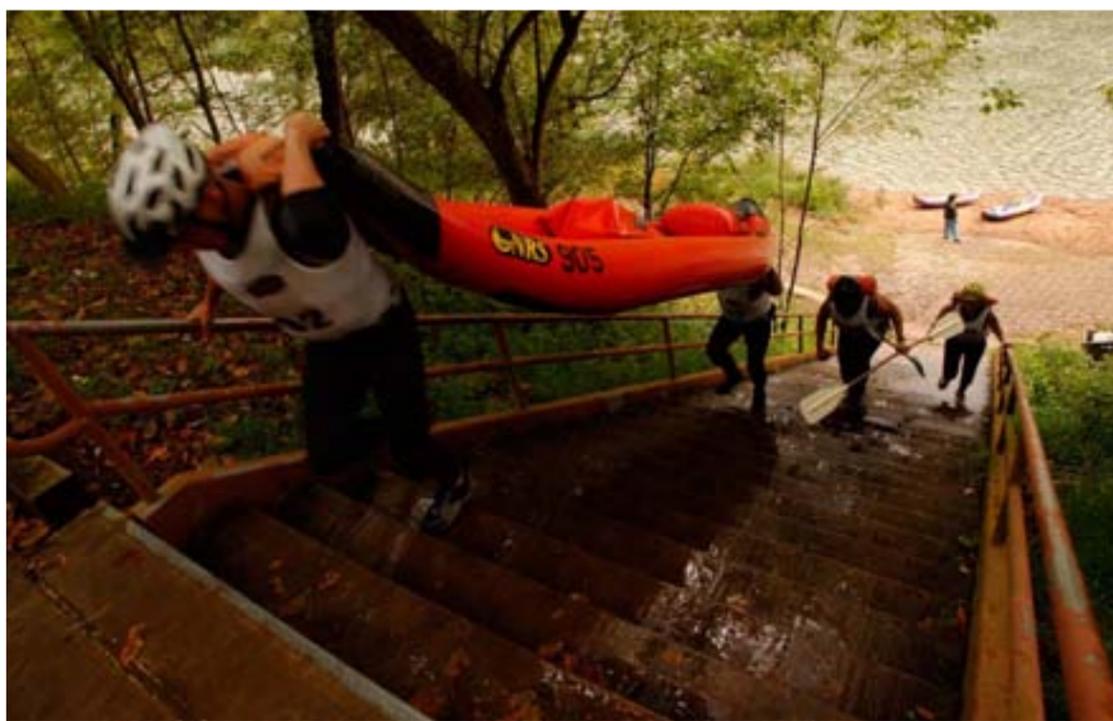


Photo by PH1 Shane McCoy

to use a little bit of inter-service teamwork to excel in the water-rafting race. In the race, two teams from different services were placed together in a raft with a local rafting guide. The two teams were urged to work together from the beginning of the competition, when they had to wade out to the center of the river and pull in a swimmer who had just completed the half-mile swim. Once in the raft, the swimmer became part of the team and helped to paddle the squad along their 13-mile path, which included 35 significant rapids.

**Joseph** said the opportunity to work with other services is what some competitors will most remember.

"We had some Air Force guys in our raft with us, and we were able to talk to a lot of Marines in between a lot of events," he said. "It was definitely a memorable experience."

Each of the two days of competition ended with the sore-armed, jelly-legged athletes boarding one of several buses headed back to the Songer Whitewater Facility in Beckley, W.Va. Songer, headquarters for the Wilderness Challenge, hosted many of the participating teams on their campgrounds and in their cabins.

The Songer staff also made sure everyone was able to squeeze in a good time while on their grounds. During pre-competition festivities, teams were permitted to partici-

pate in a day-long game of paintball. Several Navy teams took Songer up on their offer, spending a number of hours striking each other with tiny paint pellets.

"The paintball was absolutely awesome. Last year they had it as an actual event, but this year it was no-holds barred," **Speckel** said. "We used eight cases of paintballs and just got to whack each other for a few hours. It was a lot of fun."

The entire challenge, from the first day paintball battle to the very end of the 14-mile mountain hike, was a rousing success, **Bond** said.

"I'm just glad that everything went off as well as it did," **Bond** said "This was probably the most successful one we've had yet. We worked really hard to make improvements based on a survey we conducted last year, and I believe we were able to satisfy as many people as possible this year."

Key to those improvements were adjustments made to the land race paths. In the past two events, most of the running, hiking and biking events were set up as a halfway and back sort of course. This year, **Bond** and his crew made sure that all races were held without a turnaround.

Already, **Bond** has his sights set on the 2004 challenge.

"The next step for us is television," he said. "We want to get it televised, and we've had nibbles from ESPN and Outdoor Life

networks. They're interested, and they know about the event. That's the next level we are working toward."

With or without television, funding next year may be another challenge the event faces.

"We'll do whatever we can," he said. "But there is a cost for this type of event, and we need to be able to provide it."

Anyone interested in fielding a team for next year's event can get a head start by checking out [www.wilderness-challenge.net](http://www.wilderness-challenge.net).

**Bond** may need to be careful, as it seems many of the competitors might not want to leave . . .

"Well, if it's down to going back to work and staying here," **Wise** said, "I think I'll hang around here. I could use a few more days for sure."

You can bet he will have his alarm clock set for the Wilderness Challenge next fall. **SH**

*Ludwig, McCoy, Boggs and Frantom are all photojournalists assigned to All Hands.*



Photo by PH1 Shane McCoy

▼ **The continuous format of Wilderness Challenge**

events left many servicemembers doubled over in pain. Luckily for this competitor, the whitewater rafting competition was the final event of the opening day.



Photo by JO2 Charles Ludwig

◀ **Teams were never truly alone** in the water rafting events, as local river guides were aboard to instruct the squads in rafting basics. Awards went out at the end of Wilderness Challenge to the guides whose teams performed best in each competition.

▼ **After spending three days** competing in the heavily-wooded, mountainous West Virginia wilderness, teams were given a change of scenery for Wilderness Challenge's completion. The finish line was placed at the Fayetteville City Hall.

Photo by PH1 Shane McCoy



Only their Sailors remember many of America's ships that have come and gone throughout the Navy's storied history. If the ship is young enough to still have surviving veterans, a few yarns about her adventures may echo through the halls of the local Veterans of Foreign Wars (VFW). Dust-covered ships' logs and some forgotten photographs are all that remain of most ships that have long been mothballed or scrapped. For the most part, America has forgotten about our warships of yesterday.

**“Listen** to the footsteps of those who have gone before you. **They speak** to you of honor and the importance of duty. **They remind you** of your traditions.”

*Former Secretary of Defense Casper W. Weinberger at the recommissioning ceremony of USS Missouri (BB 63), San Francisco, May 10, 1986*

# Saving an Old Friend

Story and photos by JO1(SCW/SS) James Pinsky

▲ **Formed in 1994**, the *USS Missouri* Memorial Association is a private organization based in Hawaii that acts as *Missouri's* caretaker. It funds the costs of restoring, operating and preserving the battleship through admission, retail and concession sales, donations, grants and volunteers.

# Saving an Old Friend



▲ Restoring *Missouri* is more than just painting. BB 63 staff employee **Sam Widemann** and volunteer **Roger Terwey** remove a door below decks. The association is steadily restoring the ship in anticipation of opening all of it to tours some day.

◀ **Shawn Laqeretabua**, age 15, is just one of more than 40,000 volunteers helping to restore the ex-*USS Missouri* (BB 63).

▲ *Missouri* (BB 63) has been permanently docked in Pearl Harbor, at Pier F-5 since June 22, 1998, giving tourists the unprecedented opportunity to see the ship upon whose deck the Japanese surrendered to end World War II.

Some ships demand a better fate. On Dec. 7, 1941, Japan brought the United States into World War II by attacking Pearl Harbor. Today, the *USS Arizona Memorial* floats above the sunken ship as a grim reminder of one of America's darkest days. Tourists and veterans alike who visit the memorial may shed a tear for all of the fallen servicemen who lost their lives that morning, but a glance up from *Arizona's* watery grave

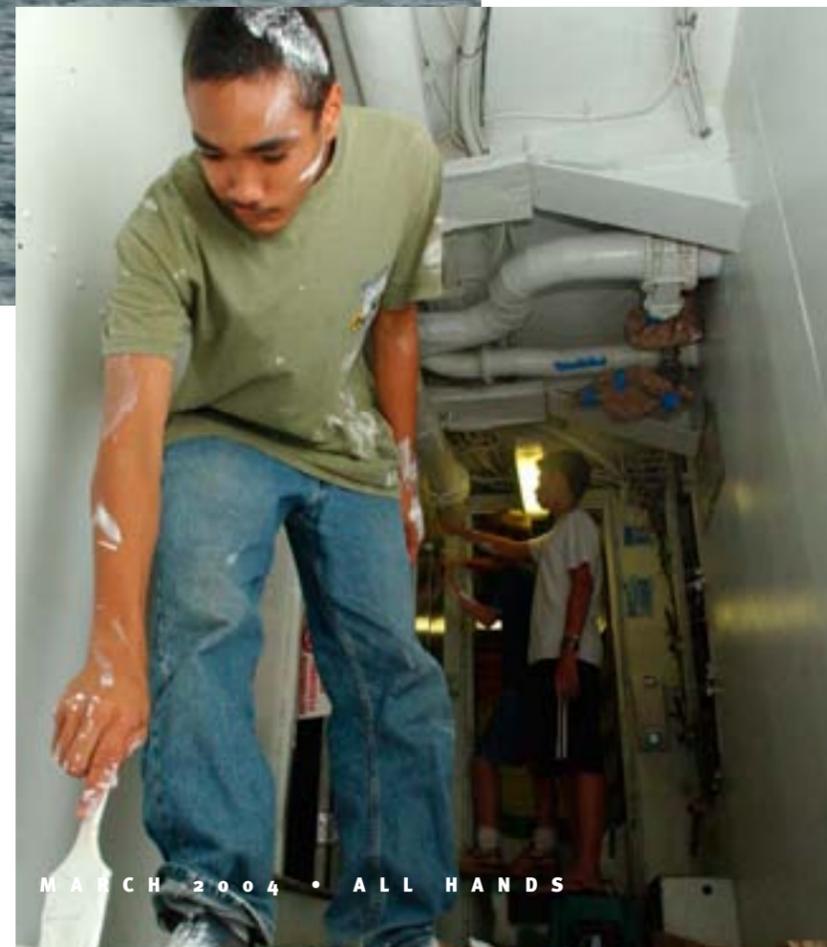
toward Ford Island quickly turns any tears of sorrow into tears of pride for any American.

Moored across from *Arizona* sits the ex-*USS Missouri* (BB 63). The *Iowa*-class battleship was only 15 months old when she was immortalized as the site of one of America's most triumphant moments in history.

Since that historic day, *USS Missouri* continued to make entries in her ship's log.

During the **Korean Conflict** (1950 - 1953) *Missouri* was the lone battleship to back the courage of American troops fighting on the Korean Peninsula. In 1955 she was decommissioned — the first time.

During the Navy's build-up of sea-going power in the 1980s Then-President **Ronald Reagan** ordered the recommissioning of all four *Iowa*-class battleships. *Missouri* was recommissioned in 1986 and returned to combat in 1991 during **Operations Desert**



# Saving an Old Friend



▲ **Missouri is more than a reminder** of America's history — it's also a site for local military functions like retirements and reenlistments which the association allows the military to use free of charge.

► **Though manned mostly** by a volunteer staff, the **USS Missouri** Memorial Association does have a handful of paid staff workers.



▲ **Many Americans cherish** our country's history, but no one holds a ship closer to his heart than a U.S. Sailor. **Garey Lester**, a Navy veteran who served aboard **USS Lexington (CV 16)** from 1969 to 1973, now volunteers at the **USS Missouri** Memorial as a representative of Oahu's Vietnam Veterans of America Association, Chapter 858. Said **Lester**, "I work here to help restore a mighty ship, but I don't work alone. I work with the spirit of my fellow veterans here in Oahu who aren't physically able to donate their time to **Missouri**."

### **Shield and Desert Storm.**

Finally, 48 years after she was launched, **USS Missouri** was retired in March 1992 and was stricken from the Naval Vessel Register in 1995. But in June 1998, she was transferred to Pearl Harbor to the **USS Missouri Memorial Association** as a memorial to America's tenacity and success. The association refused to let **Missouri** flirt with a fate of mothballs or torches.

"**Missouri** played a vital role in American history, and she deserves to be restored to all her splendor," said volunteer **Roger Terwey**.

Forty-eight years take a toll on things, and even steel-hulled battleships with storied histories as rich as **Missouri's** are not immune to the effects of time.

The **USS Missouri Memorial Association**, founded by leaders in Hawaii's business, civic, political and military communities,

wasted no time in launching a massive restoration project, and did so with no government help.

The association and its volunteers have refurbished more than four acres of steel surfaces, 53,000 sq. ft. of teakwood decks, replaced more than 100,000 deck plugs, renovated close to half of the battleship's interior. Without government help, they continued to renovate and maintain the ship through fund raising, donations, retail

and concession sales, ticket sales, grants and the manpower of thousands of volunteers.

“We do it because we love our country and we love this ship,” said **Lee J. Collins Sr.**, vice president, marketing and sales for the **USS Missouri Memorial Association**.

Volunteers on *Missouri* will also tell you that they do it for the visitors, because people like **Roger** and **Judy Brown** from Poseyville, Ind., who walk her decks will carry her history back to the mainland.

“I’m a high school world history teacher back home,” said **Roger Brown**, “and my summer trip to *Missouri* will definitely be one of the first things I tell my students about. World War II changed world history, and this ship played a major part in it. I just can’t get over how massive she is in person.”

History teachers must be doing their jobs throughout America because *Missouri’s* legacy knows no age limits. In an era when video games seem to dominate America’s

youth, the lore of *Missouri* still captivates children’s minds.

“To earn Eagle Scout, I had to perform a community service,” said **Sam Gale**, a 17-year-old military family member of **Richard** and **Andrea Gale** of the U.S. Army’s HHB 162nd Air Defense Artillery, Schofield Barracks, Oahu, Hawaii. “I asked if I could volunteer on *Missouri*.”

“When **Sam** told me what he wanted to do his Eagle Scout project on, I thought it was a wonderful idea,” said **Andrea Gale**. “What a great thing to be able to tell your children someday—that you helped restore *Missouri*.”

**Sam** was able to talk his little brother **Ben**, age 13, and two of his friends, **Kaianui Graham**, age 14, and **Shawn Laqueretabua**, age 15, into helping him on Saturday mornings.

“This is a cool ship,” added **Ben Gale**.

Most of the volunteers on *Missouri* say they work out of duty and honor, a love for America and a love for the ship. But

some volunteers, like former Navy Airman (1969-1973) **Garey Lester**, chip, paint, weld and restore for more than just their own devotions.

“I come out to the ship and work for all of my brothers in the Oahu Chapter 858 of the **Vietnam Veterans of America** who can’t make it here,” said **Lester**. “There are a lot of vets here in Hawaii who know how special *Missouri* is and how much she needs our help, but they just can’t physically make it here. I’m here for them.”

Thanks to the hard work and dedication of many more volunteers like **Garey Lester** and **Sam Gale**, it looks like *USS Missouri* will be here for generations to come, so the ship’s logs and faded photographs that historians and tourists see will be on the *Missouri’s* very decks instead of archived on a forgotten shelf. **S**

*Pinski is a photojournalist assigned to All Hands*



▲ Unlike the **USS Arizona Memorial**, the Battleship *Missouri* Memorial is not government funded so the association charges admission to the ship to defray the costs of her operation. The association also pays fair market value rent for the use of Pier F-5.



▲ The **USS Missouri Memorial** allows visitors from all over the world to peek inside the past at one of America’s most heralded warships. One of the highlights of any tour on *Missouri* is visiting the Surrender Deck where, as the 3rd Fleet flagship, she hosted the Japanese surrender to Allied Forces Sept. 2, 1945.

◀ **Ben Gale**, age 13, liked the idea of helping restore the “Mighty Mo” and helping his brother, **Sam Gale**, age 17, with his Eagle Scout project. “Painting a battleship is a pretty cool way to spend your Saturday morning,” added **Ben**.

## Saving an Old Friend

# Serving Through Song

The U.S. Navy Band is the Navy's premier musical representative in Washington, D.C. Often referred to as "the World's Finest," the 166-member band features some of the Navy's top singers and musicians who specialize in a wide variety of music styles. From performing at presidential inaugurations to Broadway musicals to rodeos, these Sailors keep up one of the busiest schedules in the Navy.

"Our job is fun but very challenging, said **Musician 1st Class Gary Malvaso**, guitarist for the Navy Band's specialty group, the Commodores. "Sometimes we have two to three jobs each day. We can perform at a reception during the morning, a ceremony in the afternoon and a dance at night. We have to set up for that dance and break everything down after the dance is over. A workday like that can last about 16 hours, but I wouldn't trade it for the world."

**Malvaso** is a member of one of the Navy Band's seven specialty groups. These groups include the Concert Band, Ceremonial Band, Sea Chanters (chorus), Commodores (jazz band), Cruisers (rock band) and Country Current (bluegrass band). Along with supporting the many Washington, D.C., events, these groups tour the country every year to support Navy recruiting.

"We can tour anywhere from New England to California. A lot of

our groups perform in some of the best places in the country, like the Academy of Country Music Awards and the House of Blues. That's the best part of this job. There's never a dull moment."

Many members of the band were professionals in the civilian community before deciding to serve their country. Because these musicians enter the Navy with music degrees and professional training, they are automatically promoted to the rank of E-6 following boot camp.

"This is the best decision that I have ever made," **Malvaso** said. "I feel that I am the luckiest man alive because I get to live out my dream as a musician and serve my country at the same time. I couldn't ask for anything better."

*Boggs and Themistocleous are photojournalists assigned to All Hands.*

# Eye on the Fleet

**Eye on the Fleet** is a monthly photo feature sponsored by the Chief of Information Navy Visual News Service. We are looking for **high impact**, quality photography from **Sailors** in the fleet to showcase the American Sailor in **action**.

## ◀ Through the Smoke

Fire party members discover a fallen shipmate during a general quarters drill in the hangar bay aboard **USS George Washington** (CVN 73).

Photo by PHAN Michael D. Blackwell II



## Cold Colors ▶

Morning colors are held aboard Yard Patrol Craft 698, 688 and 690 in Philadelphia.

Photo by PH1 Dana Howe



## ◀ Air Power

AW2 Kenneth Hyman loads an SH-60F **Seahawk's** .50 caliber machine gun with ammunition aboard **USS George Washington** (CVN 73).

Photo by PHAN Joan Kretschmer



## ▲ Rapid Rescue

U.S. Navy hospital corpsmen and Army medical personnel from Camp Delta Medical Facility treat and transport simulated wounded during a mass casualty training exercise.

Photo by PH2 Class Chris Stoltz



## ◀ Last Watch

OS2 Hollis Saint John stands his watch prior to getting underway aboard **USS Boxer** (LHD 4).

Photo by PH3 Johansen Laurel

**To be considered**, forward your high resolution (5"x 7" at 300 dpi) images with full credit and cutline information, including **full name, rank and duty station**. Name all identifiable people within the photo and include important information about what is happening, where the photo was taken and the date. Commands with digital photo capability can send attached .jpg files to: [navynewsphoto@hq.navy.mil](mailto:navynewsphoto@hq.navy.mil)

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# Eye on the Fleet

## Hook it Up ▶

Combat Cargo crew members secure a forklift to a U.S. Marine Corps **CH-53E Super Stallion** helicopter aboard **USS Peleliu** (LHA 5).

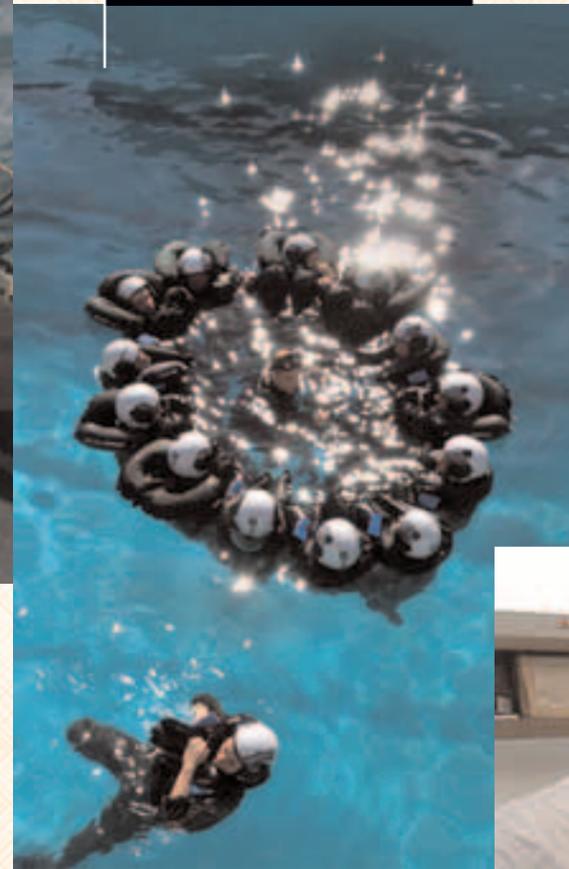
Photo by PH2 James K. McNeil



## ▼ Ready, Break

Aviation survival students cling together in a pool during a storm scenario during a refresher-training course for Navy and Marine Corps aviators at Marine Corps Air Station Miramar, Calif.

Photo by PH1 Arlo K. Abrahamson



## Hanging Out ▶

**SM1 Johnny Robinson** and **SH2 Jimmie Small** prime one of the anchors of **USS Enterprise** (CVN 65) after the carrier was awarded the FY03 Golden Anchor Award for retention.

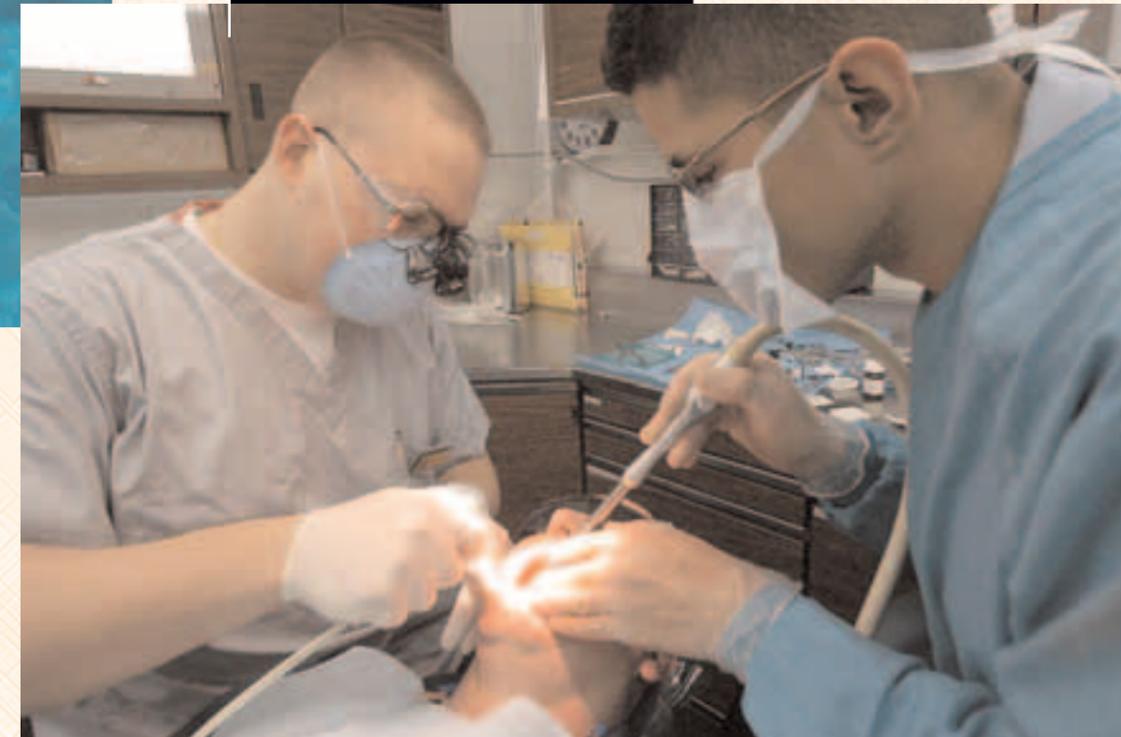
Photo by PHAN Lucious P. Alexander Jr.



## ▼ Suction

**LT (Dr.) Joe Wigfield** and **DTSN Miguel Hernandez** fill a crew member's tooth on board **USS George Washington** (CVN 73).

Photo by PHAN Jessica Davis



## ◀ Apt Pupils

Students at the Aviation Rescue Swimmer School, Pensacola, Fla., practice emergency first aid procedures.

Photo by PHC Chris Desmond



# Eye on History

**Eye on History** is a monthly photo feature sponsored by the Naval Historical Center.

For more photos pertaining to naval history, go to [www.history.navy.mil](http://www.history.navy.mil).



◀ 1950

Women attend familiarization courses in electronics, structural mechanics, machinery, storekeeping and control tower operation during an eight-week training course at the Airman School. During the training, Navy personnel are instructed in starting engines and stand-by positions.

1928 ▶  
Sailors aboard **USS Connecticut** (BB 18) take some time off on the Fourth of July, to have a little fun aboard the ship during a cruise around the world.



▲ 1888

Sailors aboard **USS Boston** stop their daily activities for a group picture. *Boston* was later renamed **USS Despatch** (IX-2).

1984 ▶  
A molder aboard **USS Yellowstone** (AD 41) pours molten lead into an already prepared mold made of sand.



▲ 1928

Benten Dori was decorated during U.S. Fleet Week, for the arrival of the **Great White Fleet** to Yokohama, Japan.

*U.S. Navy Photos Courtesy of the Naval Historical Center*

# Facing the Fear of Exercise

Story by JO2 Cherri Boggs

It happens twice a year, no matter where you are stationed or what your rank may be. The Navy's physical fitness assessment, or PFA, will be around as long as there is a Navy. So I always wonder why it causes so much shock in our ranks every spring and fall.

Typically, as we inch closer to the test, medical usually sees a mad dash of Sailors looking for a possible waiver, which rarely pans out. Those not hitting their local clinic hastily dive headfirst into their semi-annual crash diets, as they hope to shed those extra 10 to 15 pounds in two weeks.

Finally, the dreaded day arrives, and our commands quickly divide into "the three PFA groups."

Group one is usually the command's serious athletes. They tend to breeze through the entire test like an assembly of Olympic champions. Group two is understandably the largest group. They are the Sailors who are able to squeeze in the occasional workout during their work week. For the PFA, they will definitely pass. But, the following day you will find them languishing in severe pain.

And then there is Group three. I like to think of this group as the "I know I'm going on remedial" group. To the Navy's credit, this group is almost always small, but why does it even have to exist at all?

We don't all have to be world-class athletes, but we shouldn't go into shock and freeze when faced with a one-and-a-half mile run. Why not make fitness a part of our lives? Why not seriously approach PT as a command one hour a day, three times a week,

no matter what? We shouldn't just have a group stretch before breaking off into the aforementioned "three groups." How about having one large group working together in an intense workout, helping one another to keep going?

If this idea were strictly enforced at every command, everyone would realize fitness training has its place in our daily routine—just like eating, drinking and brushing our teeth. The fact that the overall benefits from proper exercise can be life-changing should be what counts, not physical appearance.

According to the National Institutes of Health, regular physical exercise can help people reduce anxiety levels, manage stress, alleviate depression and improve overall quality of life. It can also reduce the risks of heart disease, high cholesterol, diabetes, colon cancer and breast cancer.

There are so many reasons to exercise that entire books have been written on the topic. But if Sailors can find just one benefit, that should be enough to help them, start an exercise program and take steps to improve their health.

If every command throughout the Navy took this approach, then those two sometimes-dreaded days of the year would seem just like any other day in the Navy.

Maybe then we could work on blending those "three groups" into one. **NS**

*Boggs is a photojournalist assigned to All Hands*



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Photo-illustration by PH2(AW) Justin Banes

his  
Recruiter  
warned him  
it would be Tough.



But, he's up to the challenge of being a...



...are you?