

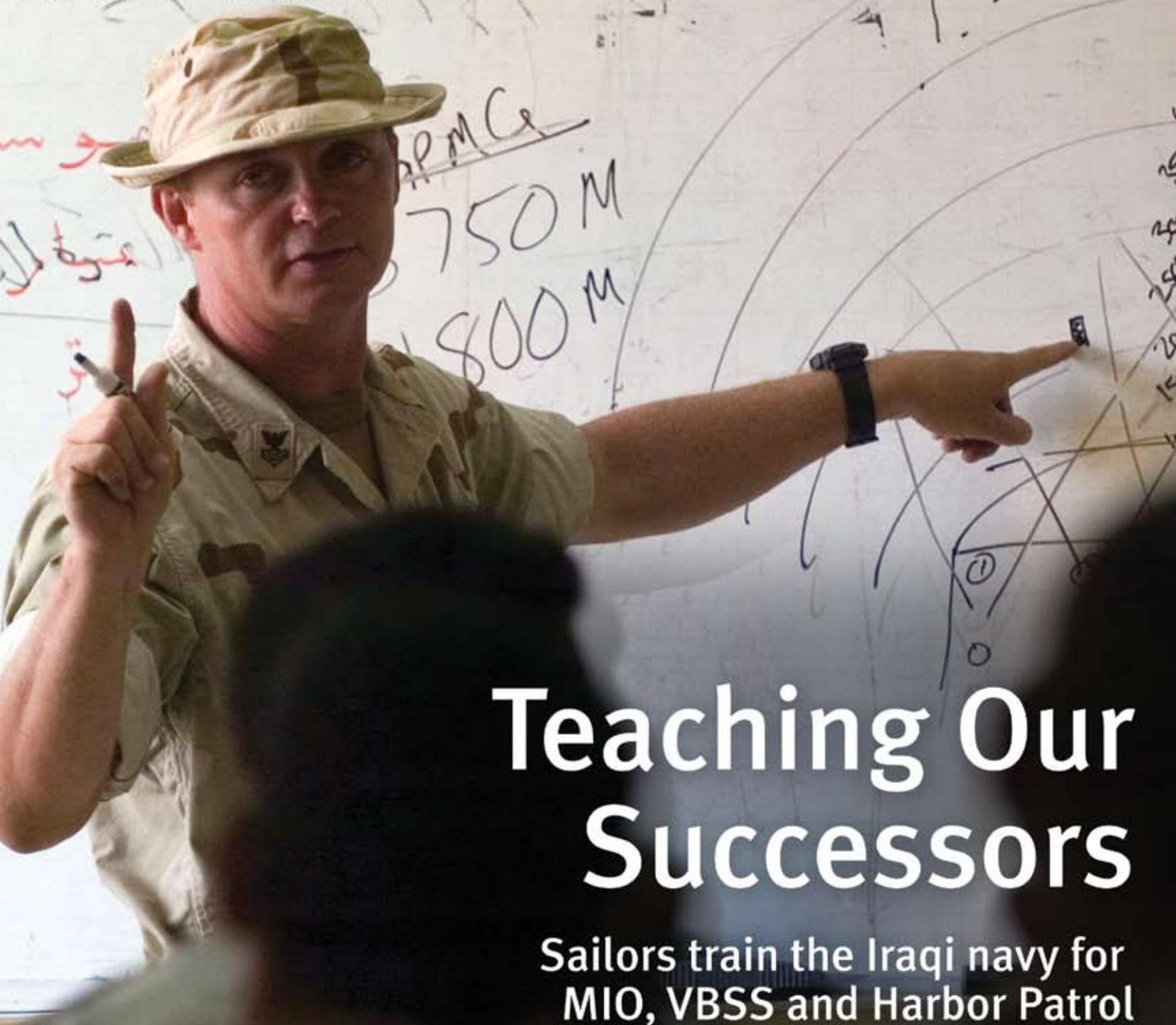
NSW Delivers a Challenge



MARCH 2007

# ALL HANDS

MAGAZINE OF THE U.S. NAVY



## Teaching Our Successors

Sailors train the Iraqi navy for MIO, VBSS and Harbor Patrol



**[On the Front Cover]**

MA1(AW) Billy Carver (left) uses an Iraqi interpreter to teach members of the Iraq Navy proper weapons handling techniques.

Photo by MC1(AW) Brien Aho

**[Next Month]**

Join *All Hands* as we take a look at how the Navy celebrates Earth Day – every day.

# [Departments]

- Around the Fleet – 6
- This Just In – 36
- Focus on Service – 38
- History – 40

[Number 1079]

# March

## 22 The Trident Challenge

Navy SEALs (Sea, Air, Land) from Naval Special Warfare Center Recruiting Directorate were recently at the University of Minnesota Sports Pavilion to promote a unique event – the Trident Challenge. The goal – to promote physical fitness and to learn more about Navy SEALs.

Photo by MC1(AW) Brien Aho



## 30 Representation of Spirit

In 1997, retired CDR Jim Nemer saw a need to commemorate the contributions women have made to the Navy. Nemer created the Female Sailor Statue, which has been adopted by the Navy as a representation of women in the Navy.

Photo by MC2(SW) Rebekah Blowers



## 14 Teaching Our Successors

At some point in everyone's life, the question arises, "What can I do that will make a difference?" Making a difference is what mentoring is about, and in today's climate, training not only your fellow shipmates makes a difference but becoming an individual augmentee (IA) and going to Iraq to help build the Iraqi navy is exactly what a few Sailors are doing in Umm Qasr, Iraq.

Photo by MC1(AW) Brien Aho



Flight deck personnel aboard USS *Ronald Reagan* (CVN 76) grab their equipment and rush for shelter during an ongoing rain shower. A mixture of sleet, flurries and high wind gusts accompanied the unusual weather while the carrier was underway in support of operations in the western Pacific.

Photo by MC2 Dominique M. Lasco

# Speaking with Sailors

Master Chief Petty Officer of the Navy  
MCPON (SW/FMF) Joe R. Campa

I spoke at a retirement ceremony last month for a very good friend of mine, Master Chief Electronics Technician (SW) Mickey Manes. That was a tough thing to do because it's always hard to see a chief leave the Navy. It's especially difficult when that chief happens to represent so much of what we're trying to accomplish through the Mission, Vision and Guiding Principles.

I mention Master Chief Manes to you because as he leaves, 30 years of experience goes with him. That's 30 years of knowledge Sailors won't be able to readily tap into. And it's 30 years of heritage and Navy tradition leaving active duty.

With each chief petty officer's retirement, priceless bits of history go with him. As we move forward with our initiative to embrace our heritage, it's imperative that we begin passing down those stories, those experiences, those examples of Honor, Courage and Commitment. I'm stressing to our chiefs that they should be the beacons of Navy history, walking libraries full of anecdotes and experiences that relate to what our Sailors do today.

But our commitment to heritage can't end within

the lifelines. There is a resource out there that we have to cultivate and take advantage of. I'm talking specifically about the Navy retiree community. Thousands of retired chief petty officers are in fleet concentration areas, or in any number of small towns around our nation. They have so much more to offer than we may realize, and they're eager to help us.

Seek out these men and women. Talk to them and learn from them. They love our Navy every bit as much as they did when they were on active duty. If you're a senior enlisted leader and you're developing a training plan for the quarter, why not invite a few retirees to your command to tell our youngest Sailors what life was like during the Korean War or Vietnam? Wouldn't it be valuable for our fleet to hear lessons learned from the Cold War?

Our retired community is a precious resource. We can't, and should not, ignore what they can offer our Navy. Our heritage is the soul of our service. Every day we should be finding new ways to embrace it. Find a retired chief or first class petty officer and ask him about his life in the Navy. You'll be a better person, and a better Sailor, after that conversation.



*Speaking with Sailors* is a regular 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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# Blue Angels 2007 Show Schedule



## March

10 NAF El Centro, Calif.  
17-18 Davis Monthan AFB, Ariz.  
24 Tyndall AFB, Fla.  
31 MacDill AFB, Fla.

## April

01 MacDill AFB, Fla.  
14-15 NAS Corpus Christi, Texas  
21-22 MCAS Beaufort, S.C.  
28-29 Vidalia, Ga.

## May

05-06 Offutt AFB, Neb.  
12 Seymour Johnson AFB, N.C.  
19-20 La Crosse, Wis.  
23 U.S. Naval Academy, Annapolis, Md.  
26-27 Millville, N.J.

## June

02-03 Rockford, Ill.  
09-10 Tinker AFB, Okla.  
16-17 Fargo, Ind.  
23-24 North Kingstown, R.I.  
30 Battle Creek, Mich.

## July

01 Battle Creek, Mich.  
07-08 Ypsilanti, Mich.  
14-15 McConnell AFB, Kan.  
21 Pensacola Beach, Fla.  
28-29 Bozeman, Mont.

## August

04-05 Seattle  
11-12 Hillsboro, Ore.  
25-26 Indianapolis

## September

01-03 St. Louis  
08-09 NAS Oceana, Va.  
15-16 NAS Brunswick, Maine  
22-23 Millington, Tenn.  
29-30 Salinas, Calif.

## October

06-07 San Francisco, Calif.  
13-14 MCAS Kaneohe Bay, Hawaii  
20-21 Fort Worth, Texas  
27-28 Muskogee, Okla.

## November

03-04 Jacksonville Beach, Fla.  
09-10 NAS Pensacola, Fla.

For the most updated schedule information, log on to [www.blueangels.navy.mil](http://www.blueangels.navy.mil) throughout the air show season.

## CNO's 2007 Guidance Focuses on Execution

**C**hief of Naval Operations (CNO) ADM Mike Mullen recently released his annual guidance, calling for the Navy to follow-through and rapidly execute on "every plan, budget decision, strategy and policy we devise" to better defend our nation and our national interests.

To meet this challenge, Mullen's 2007 Guidance reinforces the Navy's vision, mission and guiding principles and priorities – which have not changed from last year. Those priorities are: 1) to sustain combat readiness, 2) to build a fleet for the future and 3) to develop 21st Century leaders.

He also calls for "accountable execution" of key objectives and identifies three specific focus areas for Navy leaders.

First among the focus areas is warfighting.

"While we continue to fight the war on terror we must also contend with traditional threats from regional powers who possess robust conventional, and in some cases, nuclear capabilities," the CNO wrote. "The freedom to conduct naval operations in support of joint, allied and coalition operations – assuring access and projecting persistent combat power – must be preserved through enduring, war-fighting competencies. We are, and will remain a war-fighting, sea-going service."

The second focus area is building strong partnerships. Mullen quoted the President's National Strategy for Maritime Security, which states, "the safety and economic security of the United States depends upon the secure use of the world's oceans." It further notes that, "maritime security is best achieved by blending public and private maritime

security activities on a global scale into an integrated effort that addresses all maritime threats."

One key partnership concept that gained international attention this past year is the "1,000-Ship Navy," a concept for global maritime partnerships introduced by the CNO at the International Sea Power Symposium in Newport, R.I. in September 2005. Mullen said he was eager to find new ways to implement the concept.

"Whenever and wherever the opportunity exists, we must develop and sustain relationships that will help improve the capacity of our emerging and enduring partners' maritime forces, and help them achieve common desired effects," Mullen wrote. "We must encourage nations to provide security within their territorial waters and to seal seams between neighbors, either by accepting assistance to improve their own capabilities, or through collective security and informa-



tion sharing arrangements."

The third focus area is diversity, which the CNO calls a strategic imperative for the Navy. He pointed to the fact that our nation is a democracy founded on the promises of opportunity for all, and because the nation's demographics continually change, the Navy must change with it. "To the degree we truly represent our democracy," he said, "we are a stronger, more relevant armed force."

"Diversity is a leadership issue, and everyone is a leader,"

Mullen added. "Through our communications, education, policies, programs and conduct, each of us must actively foster environments where people are valued, respected, and provided the opportunity to reach their full personal and professional potential."

The main theme throughout the guidance is execution – the act of simply getting things done. "The challenges we face today are not altogether for today. They are for the future, for our children and for their children," said Mullen. "We owe these future generations nothing less than our best effort to plan well, of course, but to execute smartly those things we plan."

Mullen praised the work of Navy Sailors, civilians and families in defending freedom, and made note of the long-ranging, far reaching impact the sea service continues to have.

"While our ground forces are engaged in Iraq and Afghanistan, the U.S. Navy – with its ability to deliver global reach and persistent presence – will continue to serve as a vital element of our nation's "Strategic Reserve," he said.

"I am proud of the example our Sailors, civilians – and their families – have set, as I am of the leadership they have demonstrated. We should feel emboldened by their courage and by the course we have taken. It is tough work, but our commitment to doing it has had, and will continue to have, a profound impact on the lives of countless people around the world."

The CNO's Guidance for 2007 is available online at [www.navy.mil](http://www.navy.mil).

*Story courtesy of the public affairs office, Chief of Naval Operations.*

### IRR Muster Scheduled for Summer 2007

**A**ctive-duty commands are being encouraged to advise service members departing active duty and transferring to the Individual Ready Reserve (IRR) of their legal obligation to participate in the annual reporting requirements per NAVADMIN 010/07.

Navy Personnel Command (PERS 493) is conducting a mandatory muster of select Individual Ready Reserve (IRR) members, both officers and enlisted, during the summer of 2007 at Navy Operational Support Centers (NOSC) nationwide. The purpose of the muster is to assess the overall readiness of the IRR, update records and provide IRR members with information on current mobilization and Selected Reserve opportunities.

This is NOT a recall or mobilization action. The muster will last up to four hours and will be held at a Navy Reserve Center or Naval Air Reserve facility in the member's area. Failure to meet a muster obligation could result in adverse administrative action.

During muster, members will be required to complete several forms to verify and update records. Uniforms may be worn, but are not required and there will be no urinalysis conducted. However, appropriate civilian attire shall be worn. Members will be considered in an active duty status and subject to the Uniformed Code of Military Justice during the period of time you are at muster.

Each individual will be paid a Muster Duty Allowance (MDA) by direct deposit only. The



MCC Tom Jones, MC1 Steven Harbour, MC1 David Hoffman, MC1 Samuel Peterson, MC1 Jackey Bratt (from left to right) and MC1 Samuel Peterson (not pictured) from Navy Expeditionary Combat Command Det, Combat Camera, Norfolk, were presented the Bronze Star medal for their efforts while serving in Iraq with Marine Corps and Army ground combat units.

During their tour, they documented more than 10 heavy fire fights giving the world a firsthand look at the environment in which the U.S. military is serving during Operation Iraqi Freedom.

"I never put a lot of thought into receiving the award," Peterson said. "You have guys who have been there for more than a year. I think those are the ones who should receive the awards."

Story and photo by MC1 Jeremy L. Wood

### Ricky's Tour

By MC1 Mike Jones



### NECC Establishes Riverine Squadron 2

**T**he Navy Expeditionary Combat Command (NECC) officially established Riverine Squadron (RIVRON) 2 in a recent ceremony at Naval Amphibious Base Little Creek, Va.

The squadron, the second of its type to be established under NECC, will seek to project power ashore by exploiting the riverine space using boats. It will conduct shaping and stability operations, provide maritime security and train coalition partners in operations, intelligence and surveillance.

"The establishment of this squadron sends a message to terrorists that we're serious

*continued on page 9*



▲ **MC1 Steven Harbour instructs Sailors from Fleet Combat Camera Group Pacific on weapons and tactical movement drills during an exercise.** The exercise trains mass communication specialists to integrate with U.S. forces during operations around the world.

Photo by MC2 Johansen Laurel

◀ **Chief of Naval Operations ADM Mike Mullen reenlists 34 Sailors aboard USS Dwight D. Eisenhower (CVN 69) during a regularly scheduled deployment in support of maritime security operations.**

Photo by MC2 Miguel Angel Contreras



## ▼ **CM2 Albert Guerrero of Naval Mobile Construction**

Battalion (NMCB) 4 operates an M-2 .50-caliber machine gun during field exercise *Bearing Duel*. NMCB 4 is homeported at Naval Base Ventura County, Port Hueneme, Calif.

Photo by MC2 Ronald Gutridge



*continued from page 7*

about the global war on terrorism,” said CDR Glen Leverette, commanding officer of RIVRON 2. “It shows that we have the capability to meet terrorists anywhere, anytime to deny them the opportunity to terrorize us at home.”

The squadron was established to cope with post-9/11 changes in missions in Iraq and around the world, said Leverette.

“It was apparent to all of us that the way the war on terrorism was progressing made it necessary for riverines again,” said Leverette.

Dozens of Vietnam War veterans who had served in the Navy on similar riverine squadrons attended establishment ceremony.

“For us to be involved with the establishment of the squadron is a huge honor,” said Ralph Christopher, a Vietnam riverine veteran and author of the book “River Rats.” “We’re glad to be here to send the Sailors off and help them prepare more.”

“All of this is a wonderful opportunity for us to work closely together; we all consider each other brothers,” said Boatswain’s Mate 2nd Class(SS) Dan Adly, a plankowner of RIVRON 2. “The river rats in Vietnam helped pave the way for us, so we’re also grateful for that.”

A directive from the Chief of Naval Operations ADM Mike Mullen calls for a total of three riverine squadrons to be established under NECC. RIVRON 2 is currently staffed with a total of more than 200 Sailors, and can be deployed anywhere in the world to protect U.S. interests.

NECC integrates all war-fighting requirements for expeditionary combat and combat support elements. This

allows for standardized training, manning and equipping of Sailors who will participate in the maritime security operations and the GWOT as part of the joint force.

For related news, visit the Navy Expeditionary Combat Command Navy NewsStand page at [www.news.navy.mil/local/nec/](http://www.news.navy.mil/local/nec/).

**Story by MCSN Tyler Jones, Fleet Public Affairs Center Atlantic, Norfolk.**

## **New Core Staff Deploys to the Horn of Africa**

**A** team of 85 Navy members recently departed Naval Station Norfolk to begin a yearlong deployment to fill vital staff billets for Combined Joint Task Force-Horn of Africa (CJTF-HOA) and to serve a crucial role in a region of strategic importance in the global war on terrorism.

CJTF-HOA’s mission is to prevent regional conflict and strengthen the relationships the United States has with our coalition partners to better assist Africans in helping Africa.

“This deployment for many of us is atypical of deployments we have done in the past,” said Chief Sonar Technician Surface (SW) Suzanne Eisinger. “The humanitarian assistance we can provide to the people and countries of Africa is well worth being away from our loved ones for 12 months. I expect this to be very unique and one of the most rewarding tours thus far in my career,” she said.

“Before the deployment, the team of 52 officers and 33 enlisted Sailors completed four

*continued on page 11*

To be considered for the “Around the Fleet” section, forward your **high resolution (5” x 7” at 300 dpi) images** with full credit and cutline information, including **full name, rank and duty station** to: [navyvisualnews@navy.mil](mailto:navyvisualnews@navy.mil)

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Click on the **Navy’s** home page, [www.navy.mil](http://www.navy.mil), for fresh images of your shipmates in action.



◀ **Children from Naval Medical Center San Diego,** soar above southern San Diego in the SANYO blimp, part of the “Believe in Tomorrow’s Hands-on Adventures” program for critically ill children. The SANYO blimp is one of the largest passenger-carrying blimps in the nation and the ride is part of a program designed to provide positive, unique experiences to children and their families who are fighting life-threatening diseases.

Photo by MCSN Daniel A. Barker

▼ **Sailors from Helicopter Anti-Submarine Squadron (HS) 5** perform regularly scheduled maintenance on an SH-60F helicopter in the hangar bay of USS *Dwight D. Eisenhower* (CVN 69).

Photo by MC3 Jason Johnston



▼ **Flag bearers aboard USS *Nimitz* (CVN 68)** stand in formation during a burial at sea ceremony while on routine training exercises off the coast of southern California.

Photo by MC3 Roland Franklin



▲ **CT2 Brian Heckel** speaks with **Montel Williams** during his visit to guided-missile destroyer USS *Howard* (DDG 83). Williams, a talk show host and a former lieutenant commander, traveled to the 5th Fleet area of operations to collect footage for a segment dedicated to U.S. service members.

Photo by MC2 Kitt Amaritnant

*continued from page 9*

months of training to prepare them to work with U.S. agencies, to shepherd efforts with coalition forces and host-nation partners to prevent conflicts, to promote regional stability, and to keep extremist elements at bay,” said RADM James Hart, the incoming commander of CJTF-HOA.

“The training was quite extensive and very thorough. The staff at 2nd Fleet has done an excellent job preparing all of us for the upcoming tour in the Horn of Africa,” said Eisinger. “If it wasn’t for this pre-deployment training, we wouldn’t be as prepared as we are to have a smooth turn over with the current staff,” she said.

Yeoman 2nd Class Mary Jane Valdez seconded the value of training she received, “This is my first deployment as a Reservist, so I was very nervous when I arrived at 2nd Fleet, but the training we have received has definitely calmed my nerves,” she said.

“[The training] gave me a true feeling of being out in the field and prepared me for the worst, but gave me a sense of comfort so I am ready to go on this deployment and do great things,” said Valdez.

The two weeks included not only individual augmentee training at Fort Jackson, S.C., but also a comprehensive course in Mission Rehearsal Academics at U.S. Joint Forces Command’s (USJFCOM) Joint Warfighting Center in Suffolk to prepare them for the weeklong Mission Rehearsal Exercise (MRX). The MRX offers a realistic joint context in which commanders and their staffs can sharpen their decision-making processes and help them to operate effectively with interagency, multinational and non-governmental agency partners.

“By the time the MRX arrived and the staff was incorporated into the Joint Operations and Intel

Centers, we had gelled as a team,” Hart said. “Working exercise and real world problems on tight timelines, coordinating with staffs both internally and externally [came together well.] All the training paid off and the MRX was a big success. It made a positive impact on our abilities to plan and understand the big picture of what we’ll be doing in theater.”

Training as a team seemed to help allay pre-deployment fears, according to Legalman 1st Class (SW/AW) Nita Fay Holliday.

“When I first checked into 2nd Fleet in Norfolk, I was nervous because I didn’t know anyone or a lot about the area where we are going, but now I’ve established friendships and I’ve learned a lot about Africa and our mission. I am eager to begin the deployment and make a positive difference over there,” she said. ✎

*Story by MC1 Mary Popejoy, public affairs office, Combined Joint Task Force Horn of Africa, Norfolk.*

## World War II Commemorative Statue Unveiled In San Diego

“**U**nconditional Surrender,” a 25-foot, 6,000 pound statue by world-renowned artist J. Seward Johnson commemorating a famous World War II photo was recently unveiled at Mole Park in San Diego.

The statue is a three-dimensional interpretation of a photo taken by Alfred Eisenstaedt of a Sailor kissing a nurse in Times Square, New York City on Aug. 14, 1945, following the announcement of V-J Day.

*continued on page 13*



▲ (From left to right) Secretary of the Navy Dr. Donald C. Winter, Vice President Dick Cheney, Susan Ford Bales, Jack Ford, Mike Ford, Steve Ford, Sen. John Warner, R-Va., Sen. Carl Levin, D-Mich., and Chief of Naval Operations ADM Mike Mullen salute as the model of USS *Gerald R. Ford* (CVN 78) is unveiled. The ship, as well as the newest class of aircraft carriers, was named after the 38th president of the United States during a ceremony at the Pentagon.

Photo by MCC Shawn P. Eklund

▼ Master Chief Petty Officer of the Navy (MCPON) Joe R. Campa Jr. addresses Sailors and Marines on board Naval Support Activity Bahrain during a holiday tour of U.S. Naval Forces Central Command. During their stop in Bahrain, MCPON and the Chief of Naval Operations (CNO) ADM Mike Mullen addressed Sailors' issues and expressed gratitude for their service during an all hands call.

Photo by MCC Julian Carroll



▲ MM3 Michael Baldock changes a burner barrel to prevent soot build up aboard USS *Boxer* (LHD 4) during Maritime Security Operations in the Persian Gulf.

Photo by MCSN Joshua Martin



▲ An SH-60 *Seahawk* assigned to Helicopter Anti-Submarine Squadron (HS) 3 makes a hard left bank while flying plane guard as USS *Harry S. Truman* (CVN 75) gets underway from Naval Station Norfolk.

Photo by MCSR Matthew Williams

continued from page 13

Edith Shain, the nurse memorialized in Eisenstaedt's photo, and members of the Pearl Harbor Survivors Association Inc., attended the ceremony along with hundreds of San Diego residents.

"This statue brings back so many memories of peace, love and happiness," said Shain. "There is so much romance in the statue; it gives such a feeling of hope to all who look at it.

"During the moment of the kiss I don't remember much, it happened so fast and it happened at the perfect time. I didn't even look at the Sailor who was kissing me," Shain continued. "I closed my eyes and enjoyed the moment like any woman would have done."

The ceremony also included World War II era dances and music, and gave Sailors and attendees a chance to meet the lady from the famous photograph. Many visitors paid their respects to Shain and other Pearl Harbor survivors.

"It's a classic symbol of a Sailor," said Quartermaster Seaman Hannah R. Salyer, assigned to PCU *Green Bay* (LPD-20). I can't

put into words the honor it is to meet the woman who was in the photograph, and to be a part of the official ceremony for such an amazing piece of work."

According to Arthur A. Kowalski, a former USS *Pennsylvania* (BB-38) Sailor, "This photo and statue still moves me to this day. It's nice to know that people haven't forgotten about that moment in history. This moment is so precious and can never be duplicated."

Unconditional Surrender was previously displayed in New York City in 2005 and Sarasota, Fla. in 2006. The statue made its way here, and will stand at the G Street Mole Park for duration of 2007 before traveling to its next home. The statue is owned by the Sculpture Foundation of Santa Monica, Calif., and is on loan to the Port of San Diego. ■

Story and photo by MCSN David A. Brandenburg, Fleet Public Affairs Center Pacific, San Diego.

## Blue Ridge Provides Firefighting Aid to Philippine Vessel

While in port during a regularly scheduled visit, USS *Blue Ridge* (LCC 19) recently responded to a request from local authorities to assist in combating a fire that had broken out on board super ferry, *Manila Bay I*.

The Philippine merchant vessel had been undergoing repairs while in port when hot work, or welding, produced an intense fire that ripped through the ship's bridge and continued to burn two decks down and spread aft.

Local authorities had initially attempted to control the fire themselves, but once a re-flash occurred, the fire was deemed out of control and the call was made to the U.S. Navy for assistance. *Blue Ridge* immediately sent its rescue and assistance team to assist.

Transporting fire fighting, de-watering, and de-smoking equipment across the harbor, the 15-man fire fighting team was able to assist in controlling the fire by over hauling the affected areas and de-watering the ship, as the ship had begun to list, or tilt, because of combating the blaze from the outside with water.

"Some of the gear the crew was using on board was damaged, or degraded at [best]," said Senior Chief Damage Controlman (SW) Leif Lairson of *Blue Ridge* Rescue and Assistance Team. "So, a lot of our gear was in better shape and we were able to help the effort significantly."

No injuries occurred during the six-hour operation.

Local authorities and crew members of the ship said they were thankful for the *Blue Ridge's* quick response, assistance and professionalism.

"We had a little fire this morning on board the ship that went out of control," said a senior member of the bridge crew aboard *Manila Bay I*. "The Navy came in and saved the day."

"Damage control is what we do," said Hull Technician 2nd Class (SW) Cade Brock, a member of *Blue Ridge* Rescue and Assistance Team. "These people needed our help today and I was proud to help them out." ■

Story courtesy of USS *Blue Ridge* (LCC 19).



▲ Crew members from USS *Blue Ridge* (LCC 19) rescue and assistance team respond to a shipboard fire aboard the passenger ferry *Manila Bay 1*. *Blue Ridge* firefighters working alongside local Coast Guard and the *Manila Bay 1* crew battled the casualty for more than six hours before finally extinguishing the blaze. *Blue Ridge* and embarked U.S. 7th Fleet staff are in the Philippines as part of Project Friendship, a humanitarian assistance/community service project with the armed forces of the Philippines.

Photo by MC 2 Andrew Meyers



# Teaching Our Successors

Sailors train their Iraqi counterparts to defend their waters

Story and photos by MC1(AW) Brien Aho

At some point in time during everyone's life, the question arises, "What can I do that will make a difference?" With the U.S. administration's guidelines of not leaving Iraq until the Iraqis are ready to stand alone, the old adage of, "Give a man a fish; you have fed him for a day. Teach a man to fish; and you have fed him for a lifetime," may never be truer.

Making a difference is what mentoring is about, and in today's climate, training not only your fellow shipmates makes a difference but becoming an individual augmentee (IA) and going to Iraq to help build the Iraqi navy is exactly what a few Sailors are doing in Umm Qasr, Iraq.

"I go out with the Iraqis on a daily basis and mentor them, observe what they are doing and instruct them on how they can do their job better," said Boatswain's Mate 1st Class (SW/AW/MTS) Jimmy Aragon, an IA currently stationed with Naval Transition Team (NTT), Umm Qasr.

The port city of Umm Qasr sits about 275 miles south of Baghdad. This vital piece of land is only a few miles across

but supports the majority of Iraq's trade with the outside world. Protecting the port and the oil terminals that are only a few miles away in the Persian Gulf – which currently produces about 2 million barrels a day – is the responsibility of Iraq's navy, with the help of coalition forces.

After Operations *Desert Shield* and *Desert Storm*, the Iraqi ship inventory fell into disrepair and the Iraqi sailors were in a poor state of readiness due to lack of training.

Coalition efforts to rebuild Iraq's navy have been ongoing since 2003, just after the Iraq War began.

The responsibilities are great. The Iraqi navy will have to patrol their vital ports and offshore assets while defending their coast-



▲ **BM1(SW/AW/MTS) Jimmy Aragon** observes members of the Iraqi navy conduct weapons training in one of the training rooms aboard Umm Qasr.

▲ **BM1(SW/AW/MTS) Jimmy Aragon (back left)** instructs members of the Iraqi navy near the opening of the Khawr Abd Allah Channel on a rigid-hull inflatable boat (RHIB) as they train for visit, board, search and seizure (VBSS) operations at Umm Qasr, Iraq.



▲ **BM1(SW/AW/MTS)**

Jimmy Aragon teaches a member of the Iraqi navy how to operate a RHIB during training for VBSS operations at Umm Qasr.

► **Members of the Iraqi**

navy patrol the opening of the Khawr Abd Allah Channel on a RHIB.



line and rivers against internal and external threats. Another role they will have to fill is environmental response, and search and rescue operations.

With the rest of Iraq struggling to rebuild its infrastructure, the Khawr Abd Allah channel has to be patrolled on a 24-hour basis to keep it safe from pirates and terrorists who look to thwart the coalition efforts in rebuilding Iraq.

An Iraqi assistant training officer, who is a lieutenant in the Iraqi navy, said they are ready to defend their coasts and they have been training for visit, board, search and seizure (VBSS), maritime interdiction operations (MIO) and security patrols with the help of the U.S.-led coalition forces.

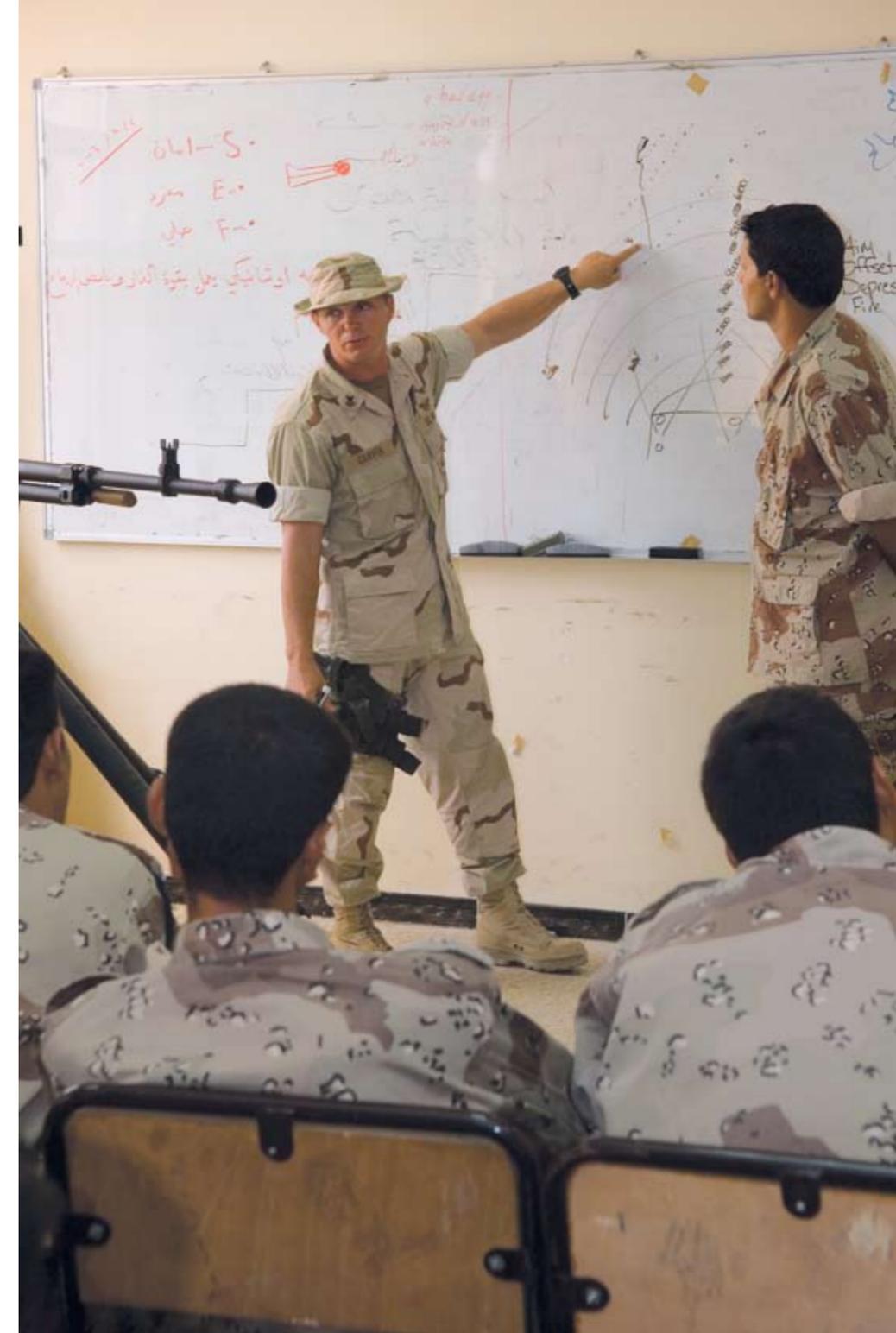
“I want to thank the coalition forces who helped set up the training courses here in Umm Qasr. I have been happy to have them here, but [we’re] ready for our military to take over the training,” said the lieutenant.

Currently, 13 IA Sailors along with British, Australian and other coalition forces make up the NTT.

“We mentor, train and work to transition the Iraqi navy and marines,” said CDR Brian White, the executive officer of NTT. “Basically our junior Sailors are on the water and over in the training wing working with the Iraqi noncommissioned officers, bringing up their training department and operations department so that they have a navy that can run and operate itself, and fully transition to where the coalition has no input into what they’re doing. They’re going to operate their own navy and basically we’re going to work ourselves out of a job.”

Getting a newly-formed navy to perform at a high level for sustained periods is a daunting and challenging task for U.S. Sailors. Patience is a must when it comes to working with foreign militaries. Not only is there a language barrier to overcome, but there are also many different cultural differences that need to be respected and understood.

“It’s a rewarding and demanding experience. You have to be open-minded in



▲ **MA1(AW) Billy Carver and an Iraqi interpreter teach members of the Iraqi navy in proper weapons handling and fields of fire rules in Umm Qasr.**



other countries,” said Aragon. “You have to realize “the American way” is not the only way of doing things.”

Most of the Iraqi sailors are new to military life. Getting them prepared for the daily tasks of patrolling and conducting such operations as VBSS, and MIO requires motivated fellow Iraqis demonstrating the correct procedures.

“As long as there is a continuous influx of new recruits, the program and their navy will succeed,” said Aragon. “The old regime brings to the table experience, but they also have a few habits we are trying to extinguish. They are all motivated and it’s important for the future of Iraq that they succeed.”

Coxswain training and weapon handling are just a few courses being taught at the training wing. Every day the NTT team goes out with

the classes and gives feedback on how the training is proceeding.

Aragon develops these young Iraqi sailors to be self-sufficient in handling the small *Predator*-class boats they use daily to patrol the waterways. He is helping set up two squadrons of patrol craft so that the Iraqis can have a 24-hour presence in and around Umm Qasr.

“These guys are learning everyday, little-by-little, how to handle these fast boats. And as long as they stay on course we will have a very limited role here in Umm Qasr,” said Aragon. “We train the Iraqis for the long-term goal – to someday take control of their own navy.”

Besides the language barrier there are also environmental barriers that come with living in Iraq.

Heat reaching more than 120 degrees with humidity in the high 90s sometimes

places limits on the training. To avoid conditions like heat stroke, the Iraqi sailors go through physical training in the morning to build up their systems to handle the requirements of wearing Kevlar and carrying heavy loads.

“Conditioning is a requirement here in this environment,” said Master-at-Arms 1st Class (AW) Billy Carver. “With the heat index reaching more than 130 degrees, you have to be prepared for operating in this area of responsibility.”

Carver, the leading petty officer on the Al Basrah oil terminal, is tasked with making sure the Iraqis are receiving proper training on point defense. He also conducts PT with the young sailors out on the helicopter pad every morning.

“I like the running we do here. It helps because we don’t PT on our off time,”

◀ **MA1(AW) Billy Carver leads** members of the Iraqi navy in morning physical training along the pier.



▲ **Members of the Iraqi navy** conduct practice boarding procedures during training for VBSS operations at Umm Qasr.

► **A class of Iraqi navy members** participate in weapons training in one of the training wing classrooms.



▼ **Members of the Iraqi navy** board the **USS Sirocco (PC 6)** in the Northern Persian Gulf while conducting MIO training.



said a new recruit in the Iraqi navy who didn't want to give his full name for security reasons. "The U.S. Sailors like working us out."

With the quick response needed to protect the oil platforms, Carver said that the PT program is a must, but that it's not too difficult for them to get used to.

"The type of training that we do here is tactical. We ensure they understand warning shots, deadly force continuum and we teach them tactical team movements that require lots of endurance and training," said Carver.

Carver added he is proud to be part of building a new navy and that his role as an IA has made a difference in the success of Iraq's independence.

As an IA in Iraq you might find yourself filling many different types of roles from being a gunner during a convoy to a military liaison working outside the wire with the local community.

"The convoy duties are an eye-opening experience," said Aragon. "We see the people, and we see their lifestyle and how much different it is from ours, and we try to understand their struggles; my heart goes out to them."

NTT continues to assist in rebuilding the Iraqi navy and as IAs, NTT's Sailors are making a difference by mentoring Iraqi sailors, ensuring that they will succeed – not only for a day, but for a life time. **S**

*Aho is a photojournalist assigned to the Naval Media Center, Washington, D.C.*

**Editor's Note:** The photographs of Iraqi nationals in this story have been digitized to conceal their identities based upon requests from the Iraqi navy.

# TRIDENT CHALLENGE

BRINGING THE LEGEND DOWN TO GROUND LEVEL

Story and photos by MC1(AW) Brien R. Aho

▲ A participant in the Trident Challenge receives advice from a SEAL motivator prior to his attempt to swim 500 yards.

Like Roman gladiators, the two top schools in wrestling came to a coliseum-type venue to compete in a sport that takes physical discipline, determination and the right frame of mind of never quitting. That discipline is also important on the world's stage and it's exactly those qualities that today's Navy SEALs are looking for in the new candidates entering the pipeline of Naval Special Warfare (NSW).

Navy SEALs (Sea, Air, Land) from Naval Special Warfare Center Recruiting Directorate were at the Minnesota-Oklahoma State wrestling match held at the University of Minnesota Sports Pavilion to promote a unique event – the Trident Challenge. The goal – to promote physical fitness and to give the public a chance to meet with a SEAL.

“We’re at University of Minnesota conducting a pilot program for the Navy SEALs called the Trident Challenge,” said Chief Special Warfare Operator Darek Laviolette.

“It’s a basic Physical Standard Test or PST to get into the Navy SEALs.”

The Navy SEALs are known to have one of the military’s most successful physical training programs, and the Trident Challenge is an athletic competition of running, push-ups, sit-ups, pull-ups and swimming, which they want to introduce nationally to coaches as an athletic standard of excellence.

“This is a great fitness event and we were interested in maintaining good health and if we can measure it against the SEALs who are world-class athletes and have world-class training,” said Jim Langland who brought his son with him to compete against one another. “What better way to challenge ourselves?”

According to CDR Duncan Smith of Naval Special Warfare recruiting detachment, “The SEAL standards that make up the Trident Challenge come from actual SEAL screening qualifications so if someone comes into the Navy to become



▼ SOC Darek Laviolette speaks to the crowd about the upcoming

Trident Challenge as LT Ed Rohrbach (center) challenges Minnesota-native Joshua Deien (left) to a push-up contest during a wrestling tournament at the University of Minnesota.

▲ U.S. Navy SEALs watch the

wrestling tournament at the University of Minnesota as they wait to sign up folks for the Trident Challenge.



▲ SOC Darek Laviolette helps a young man do pull-ups as Naval Special Warfare tries to sign up participants for the Trident Challenge.



a SEAL there are certain standards they must meet – six pull ups in 12:30; 500-yard swim and a 1.5 mile run in under 11:30 – those are the same standards that we use in the Trident Challenge.

“Now we also have elevated standards,” continued Smith. “and those standards come from our own research. We’ve looked at the most successful candidates who are going through SEAL training. For those people who perform at 11 pull-ups instead of the minimum six, they are pretty much doubling their chances to make it through SEAL training. That’s where our elevated standards for the challenge come from.”

While only men can be Navy SEALs, the Trident Challenge was open to everyone, not just those interested in joining the military. The competition is an opportunity for civilians to put themselves to the test and see

how they stack up against the Navy’s best.

“I came out to see what level I would fall at and I would like to see if I would be able to train for something like the SEALs,” said Melissa Monson, a 25-year-old Minnesota resident. “I run marathons and triathlons so I want to see if I could come close to any of the levels.”

“What we’re doing is getting the SEALs and the wrestling community together to benefit each other,” said University of Minnesota Head Wrestling Coach J. Robinson. “I’ve always thought wrestlers would make ideal special operations commandos because they already have a lot of the physical skills.”

The ultimate goal of the Trident Challenge is to promote physical awareness and to set a level of standards that will be picked up not only by college and high

school athletes, but by all Americans in their everyday lives.

“This pilot program is not necessarily a recruiting event, it is more of a physical awareness campaign,” said Laviolette. “It’s something that America needs. America is getting a lot ‘bigger’ and we think if Minnesota embraces this, then we might be able to convince other people to say, ‘Let’s do this on a national level. Let’s try to do that at every high school and college around America.’”

With Minnesota and Oklahoma as the top wrestling schools in the country, the pavilion was at standing room only capacity and the perfect time to introduce the Trident Challenge.

The SEAL motivators, as they call themselves, set up a booth with information on what the NSW community is all about.

They walked around and met people at the door, while offering opportunities to try a few pull-ups or take a push-up challenge during half time.

The SEALs have always had an image of being so physically fit that it's something the average athlete can't accomplish. By offering the local community the chance to come out and challenge themselves, Laviolette said he hopes they just might realize they are not that far from reaching "the SEAL legend."

"SEAL teams and Olympic athletes are way up here for people," said Laviolette. "People are like, 'this would be something really, really cool to do but this is impossible.' This challenge brings that SEAL legend to the ground, and it shows those individuals that he or she might be able to do this."

"The overall goal of the Trident Challenge is to broaden the awareness of the NSW community and SEAL team opportunities. We also highlight how to



▼ Trident Challenge participants

sit through a safety brief before entering the swimming pool to swim their 500 yards.

▲ Participants in the Trident Challenge watch a video prior to entering

the swimming pool to learn the proper procedure for the side stroke.



▲ A participant gives his all while

pushing out sit-ups during the Trident Challenge.

meet the physical requirements to become a Navy SEAL," said Smith. "It also helps us identify qualified candidates who might be interested in becoming a SEAL and delivers to the community a physical standard set by the Navy SEALs."

The field house where the Trident Challenge took place a few days after the wrestling tournament was abuzz, mostly with young kids preparing for the strenuous test upon which they were about to embark.

"You know, I have seen a lot of kids here who have really impressed me," said Smith. "A lot of young wrestlers from the Minneapolis area have come out here. They are quiet kids but you can see the determination in their eyes."

Wrestlers have to train continuously to maintain or reduce their body weight for the next match and it's that

determination the SEALs are looking for. But because of that continuous training, wrestlers have very little fat on their bodies, so when it comes to swimming, that can be detrimental when it comes to floating.

"What we found out is that wrestlers have tenacious hearts and a will to win and a no-quit attitude. Only 29 percent actually passed the PST. If it wasn't for the swim, 80 percent would have passed at our highest levels," said a smiling Laviolette. "I can deal with heart, and I can teach them how to swim."

"A lot of these folks found the swim challenge difficult, but they hung in there and some of them actually got to become better swimmers through the course of that 500-yard swim. It's really been impressive. I can see a lot of these guys one day serving as SEALs because they have the heart, the mind set and the drive," Smith said.

Because NSW built a relationship with Robinson and attended his summer wres-

▼ LT Ed Rohrbach gives advice to a swimmer during the 500-yard swim

portion of the Trident Challenge.



ting camps, the SEALs were invited to promote The Trident Challenge to benefit the community and to introduce NSW to the general public.

"A lot of people want to know what's the underlying goal of the Trident Challenge. It's a community physical fitness event, and it's really there so that people can test themselves in terms of their physical conditioning by using the SEAL standards," said Smith. "Beyond that it's an opportunity for people to learn more about what it takes to be a SEAL. And for those people who are interested in a career in NSW it's a great chance to come out to meet some seals and some SWCC (Special Warfare Combatant Craft) crewmen and learn about what we do and how to get there."

With the war on terrorism one of the top of priorities in the NSW community right now is to grow the force. The Navy would like to expand the roles and numbers in the teams by at least 500 people and these type events allow interested candidates to be exposed to the NSW world.

The NSW community has been trying

to bring in new recruits for years and has spent a lot of money trying to figure out what characteristics and qualities make up a SEAL. What they have found is that they are those individuals who are competitive and are in it for the challenge, not the glory.

By starting the Trident Challenge the NSW community hopes to fire up the competitive juices in athletes throughout the United States and get them to realize that they might want to continue to push themselves by entering the NSW community.

"The question I hear most in school is, 'What does it take to make a Navy SEAL?'" We took an internal look at ourselves. What we found is the people who do well are competitive. They like to compete and be challenged. They like to do things that are 95 percent work and 5 percent glory," said LCDR Kevin Williams training officer with NSW. "So the kids who play sports spend hours preparing, working out, lifting weights, running numerous miles and swimming countless laps just for the 5 or 10 minutes of glory at the end of the competition - those are the folks we're looking for."

"We're looking to grow about 500 SEALs by 2010," said Smith "You can't convince someone to be a SEAL. They have to want to be a SEAL, so we're trying to make information available to civilians who are interested as well as to the fleet candidates."

According to Laviolette, in-fleet candidates already have discipline and they understand the military organization. That helps them become leaders when they go through NSW training.

"The in-fleet candidates who are interested in becoming SEALs represent a tremendous opportunity for the NSW community, said Laviolette. "For those in-fleet Sailors who want to join the NSW either as a SEAL or a SWCC, we encourage them to go to our website [www.seal.navy.mil](http://www.seal.navy.mil) and to go ahead and take a look at the PST. They can take that test anywhere there is a gym," he added.

The NSW directorate is responsible for testing in-fleet candidates every week throughout the world, so even those Sailors who are serving in the fleet overseas have the opportunity to take the PST with any SEAL,

SWCC, EOD or Diver in their area.

"Whether you are an Olympic athlete, a high school coach, a band member or a Navy SEAL, if you don't hold to that standard of excellence, if you don't challenge yourself every day to be the very best you can, then you have a chance to lose," said Laviolette.

"I think Vince Lombardi said it best," said Laviolette. "The challenge in life is perfection. You may never get to perfection, but you can catch excellence.' That's why this is so important, because if we can get this up to a national level and people start to challenge themselves, then maybe the waistline of America will start going down as people start saying, 'I need to challenge myself. I don't want to be like this. I want to better myself every day.'" **S**

*Aho is a photojournalist assigned to Naval Media Center, Washington, D.C.*

## TRAINING, TEAMWORK KEY TO 45 YEARS OF NAVY SEALS

Story by MC2(SW) Brian P. Biller

January marked the 45th anniversary of the inception of the Navy's SEAL (Sea, Air, Land) teams. From those early days of the SEALs, it has been the intense training and brother-like bond for their teammates that has forged the core of the Naval Special Warfare community.

Prior to 1962 there were forces in place who did some of the jobs performed by today's SEALs, many whose roots and manpower were integral in the forming of the first teams.

According to Roger B. Clapp, Naval Special Warfare Command force historian, "The SEALs officially came from the Underwater Demolition Teams (UDT). But you can really trace the SEAL heritage back to the scouts and raiders and naval combat demolition units which were active only during World War II."

"They needed 100 volunteers for this demolition outfit," said retired LT Joseph DiMartino, who found himself a 17-year-old seaman on the beaches of Normandy on June 6, 1944. DiMartino stayed in the community and eventually became one of the original members or 'plank owners' for SEAL Team 2.

"It was a lot of training, I mean we had a line of schools that we had to go through and they were fantastic," he said. "Like Ft. Bragg special weapons - you know, all kind of foreign weapons, HALO (High Altitude Low Opening) parachuting."

Back in the early days, the SEALs technology was not as advanced as today.

"We had swim trunks, blue and gold shirts, coral shoes and a k-bar," said retired Master Chief Boiler Technician (SEAL) Peter P. Slempla Jr., a SEAL Team 1 plank owner. "The only weapon that was reliable in the surf was the .45 cal. 'grease gun.'"

Slempla also echoed the rigorous training schedule. "The training pipeline was hectic," he said. "We attended Army basic airborne at Ft. Benning, arctic survival with the Royal Canadian Air Force and jungle survival in Panama."

Additionally, Slempla noted they received Vietnamese language training and other training as it became available. He added that the caliber of personnel has not changed. "We were and are the best there is," he said.

"Today's SPECWAR SEALs are the best fighting force the Armed Forces have," DiMartino added.

"A lot of people think we make SEALs here," said Senior Chief Special Warfare Operator (SEAL) Daniel Gearhart, Basic Underwater Demolition/SEAL (BUD/S) 1st Phase leading chief petty officer. "We don't.

We find them. It's like diamond mining, you gotta throw out a lot of dirt and you gotta dig through and get your hands dirty and find SEALs, because you don't make them."

Gearhart is not the first member of his family to be a SEAL. "My father was in Class 32, UDT 11 and SEAL Team 1," he said. "I grew up around all these guys running around my house who are legends in the frogman community now. [These are] guys that we all stand on their shoulders because of what they did," said Gearhart. "I grew up around those guys and thought it was kind of neat and the lifestyle was attractive to me."

Twenty years later, Gearhart imparts his wisdom to new recruits, drawing from the chiefs and senior chiefs who were in Vietnam and trained him.

"The student has changed," he said, "When I went through I was the norm. I was a young kid, didn't really fit into the college mode, and didn't really want to start a 9 to 5 - I wanted more. And now the young recruit that comes in usually has a college degree or some college. He's a lot smarter. They ask a lot more questions, so the training has changed to meet what we need, but the rudimentary core elements of our training haven't."

Gearhart added that while a lot of the training has evolved, it hasn't necessarily changed, and while some of the specific missions for deployed SEALs may have changed, the overall mission has not.

"I think we are the first choice when it comes to hitting the target. I think battlefield commanders want SEALs to do the job and they wanted them back then because they were the best at it. They want them in Afghanistan and Iraq now because they're going to get the job done," he said.

When asked for the fondest memory that he was able to share, Gearhart unhesitatingly stated, "The day I got my Trident, absolutely."

Instructors like Gearhart ensure the strength of the SEAL community for many years to come. The men who laid that foundation still find themselves missing the action, even in their golden years.

"It's just the way we were, the teams and the men, the camaraderie, it lives with you forever. I mean, you never forget your buddy. You never forget your shipmate. You never forget the team. You never forget the operations and everything. That's what comes back, memories of all of the good times and the bad times - but always the good times," DiMartino said.

"I'm very proud and happy to have been part of the military, a part of the SEALs, part of special warfare and if I was a younger man I would still love to be back in there with them." **S**

*Biller is a journalist assigned to the public affairs office, Naval Special Warfare Command, San Diego.*

▼ The start of the 1.5 mile run during the Trident Challenge brought groups of 30 to 40 participants together.



# A REPRESENTATION OF SPIRIT

Story and photos by  
MC2(SW) Rebekah Blowers

## FEMALE SAILOR STATUE REPRESENTS WOMEN IN THE NAVY

In 1997, retired CDR Jim Nemer saw a need to commemorate the contributions of women and the mark they have made in the Navy by creating a Female Sailor Statue. Nemer, who served in the Navy for 25 years and then worked as the vice president of operations at the Navy Memorial in Washington, D.C., saw women's progress in the Navy firsthand, and wanted to be a part of documenting their contributions.

He created the Female Sailor statue, which has been adopted by the Navy as a representation of women in the Navy. The statue became available for sale at the Navy Memorial and at Navy Exchanges in the spring of 2006, and is quickly being picked up as an icon for female Sailors.

The idea for the Female Sailor Statue first came to Nemer while working at the Navy Memorial. The gift store manager at the time said he had been receiving several requests for a female Sailor statue and Nemer asked the president of the Navy Memorial if he could take a crack at sculpting the statue himself.

Nemer, who is now retired from the Navy Memorial as well, lives outside of Charlottesville, Va., and focuses his time on his art.

"When I was a freshman in college I went to the University of Nebraska at Omaha and I started out as an arts major. One of the courses I took was sculpting," said Nemer.

He noted that even though he has had experience in all sorts of art, there is something about sculpture that kept him coming back.

"I like the tactile nature of working with clay. [There's] something about working my fingers with the clay, sculpting, modeling and detailing that I really like," said Nemer.



▲ Retired CDR Jim Nemer puts the clay model of the Female Sailor statue in the mold to demonstrate the process of his creation.

Before beginning the sculpture, Nemer did his research. He spoke with then-Master Chief Petty Officer of the Navy (MCPON) James Herdt and with retired CAPT Carol Schmidt who worked at the Chief of Naval Personnel's (CNP) Women's Policy Office as to what would be appropriate for the statue. At that time, they all felt the best rendition of the female Sailor would be of a female in her dress whites with a boatswain's pipe at the ready. Nemer used his first of two models for this, a female Sailor stationed with the ceremonial guard in Washington.

"After I finished it, I just kind of sat on it. And then years later I took it back up and eventually went back to the Navy with the Sailor I had done blowing the boatswain's call," he said. "At that time there was a different MCPON [Terry Scott] and captain [of the CNP Women's Policy Office, Linda Speed] and they felt that doing a boatswain's call was not really the best thing for the Sailor to be doing because it was too specific. So I decided to have the next version of the Female Sailor saluting, which every Sailor does, whether they're a journalist, a boatswain's mate or an electronics technician. I asked the Navy if they had another Sailor who would be willing to pose for me."

Before Nemer began his next version of the statue, he reflected on some of the things he would have to change.

"The other thing that was wrong with the first version using the ceremonial guard was the uniform. The ceremonial guard uniform is fuller, more blousy, and they felt that that didn't represent the sea-going Sailor. So I changed the uniform a bit so it was less full."

Nemer started creating the new statue by modeling it in clay. He sent the clay model to a foundry in New York City where they created a resin statue, called a resin positive,



▲▼ In the artist's workshop there are molds, resins, finished products and even some of Nemer's favorite statues from other sculptures. He has used all of these in his evolving art to make the finished Female Sailor statue.



▲ CAPT Randall A. Slater, assigned to the Navy Bureau of Medicine and Surgery, examines a statue while shopping at the M. Scott Navy Memorial Ship's Store.

"...I HOPE THAT THE FEMALE SAILOR [STATUE] PROVIDES THE IMAGE THAT WOMEN IN THE NAVY HAVE ARRIVED. THIS IS A RECOGNITION THAT WOMEN IN THE NAVY ARE AS EQUAL TO [ANYONE ELSE] IN THE NAVY TODAY."

from the mold they had made and sent the resin positive back to Nemer.

"I then worked the resin positive for detail, sharpened the lines, eliminated any flaws, bubbles, and that sort of thing. Once that was done, I sent it back to the foundry and they pulled a production mold off of that," Nemer explained.

He took what he had back to Scott and Speed who gave him the thumbs up on the statue. Nemer said they both encouraged him to take the statue to the Navy Memorial to see if they would be willing to license the statue for marketing and sale.

"CDR Jim Nemer approached us and asked us if we would consider his statue of a female Sailor," said retired RDML Rick Buchanan, president and CEO of the U.S. Navy Memorial. "We commissioned him to produce the statue based on his design."

Nemer said the resin positive he sent to the foundry is what they are using today to make the statue.

"The foundry pulls a production mold off of [the resin positive] and

that's what they are currently using for the production of the pieces that they are manufacturing for the Navy Memorial and Navy Exchanges," he said.

The final product of the statue was truly a team effort, both Buchanan and LT Stephanie P. Miller of the CNP's Women's Policy Office agree. Miller said she was proud to have been a part of Nemer's process to make the statue what it is today, a symbol for Sailors around the world.

"The Women's Policy Office mainly helped with the conceptualization process and served as an advocate on behalf of female service women. Nemer was very conscientious of creating a statue that accurately portrayed women Sailors, from the angle of the cover to the way her pants broke over her shoes, he wanted every detail to be exact.

"He brought wax models of the statue to our office where we would hold focus groups that included both male and female Sailors from varying backgrounds to offer constructive advice. The product is truly a collaborative effort between the commander and the women he sought to represent," said Miller.

Nemer said he feels extremely proud to have been the sculptor of this piece. He wants to send a message, not only to the Navy, but to the world that women are a vital part of today's Navy.

"As far as I'm concerned, it's really the ultimate thing that I have done with my life, my career in the Navy, and working at the Navy memorial," he said. "I think it's a tribute to the women who are serving in the Navy or who have served in the Navy, to have their own icon, one they can call their own."

"The strength of the Female Sailor statue is that she encompasses all the roles women have filled during their service to the Navy. Similar to the Lone Sailor, her pose is one that captures the spirit of every female Sailor rather than representing a specific rating or job," said Miller.

Nemer emphasized that he didn't want the Female Sailor Statue to get confused in any way with the Lone Sailor Statue.

"I never want the Female Sailor to be known as the Female Lone Sailor. The Lone Sailor is iconic in its own right, it is what the Navy Memorial considers all of their image around, as it should be.

"I hope that the Female Sailor [statue] provides the image that women in the Navy have arrived. This is a recognition that women in the Navy are as equal to [anyone else] in the Navy today," Nemer said.

Nemer said he hopes the Navy embraces the statue and it can carry on and evolve, much like women and their roles in the Navy have.

"CDR Nemer's statue is a fitting tribute to all Navy service women," said Miller. "From those who served on the front lines during World War II to those serving on ships and squadrons in support of the global war on terrorism, she represents the spirit and dedicated service of the thou-

sands of women who have worn the Navy uniform."

And as women's role in the Navy has changed and grown over the years, so has Nemer's art.

"It's evolved just like all of my art evolves. I think the next part of that evolution is a much larger version of it. I hope someday that the Navy Memorial or someone else will come to me and say they would like to have a larger version of the Female Sailor.

Buchanan said that although they are open to the idea of a larger statue, there are many things that have to be taken into consideration before that can happen. He added that although there are no plans for a larger version in progress, the eight-inch miniature serves as a symbolic representation of the contributions women continue to make in our Navy.

"... SHE REPRESENTS THE SPIRIT AND DEDICATED SERVICE OF THE THOUSANDS OF WOMEN WHO HAVE WORN THE NAVY UNIFORM."



▲ Nemer repairs one of the models of the Female Sailor in his workshop.



◀ Nemer files details into the resin positive of the Female Sailor statue as he prepares to make some repairs.

"The Female Sailor is an excellent addition to statues already sponsored by the United States Navy Memorial. The Navy is made up of men and women and it is most appropriate that our collection of statues include a proud representation of the outstanding contributions women have made and are making to our Navy," said Buchanan.

Today, in the global war on terrorism and all over the world, women play a vital role in the Navy. Now they have their own representation of a job well done and a reminder that they are making a difference and have come a long way.

Miller emphasized the importance of where women began and how far they have come.

"The front lines of wars fought today are more fluid as women command combatant ships and pilot attack helicopters, being fully integrated into nearly every aspect of the current global war on terrorism," Miller said.

"What has happened as we have made progress in opening opportunities to women is they are now involved across the spectrum of our operations. It has become so routine for women to be a part of every mission area that we no longer brief operational commanders about specific compliments of women on ships or squadrons – it's simply assumed they are part of a successful mission execution," said Miller.

"I was really heartened when I was down in Norfolk and I saw the women who had just come back from deployment," said Nemer. "They are as much a Sailor as any man could be. They do the same thing aboard ships as men do. They work just as hard and they are an integral part of the crews of Navy ships ... they're getting killed and they're getting injured just like the men are," he said. "They're equal and that's what I want the Female Sailor to represent to everyone.

*Blowers is a journalist assigned to Naval Media Center, Washington, D.C.*



# ▶ FITNESS FOR LIFE

The best way to secure your fitness level is to build exercise into your daily schedule. Don't leave it to chance.

We've all been told about the countless studies that affirm the benefits of exercising, such as reducing the risks of health ailments, longevity and looking better longer. So, why don't we get moving?

Commander, Navy Installations Command (CNIC) is looking to help Sailors and their families make it easier to incorporate fitness into their everyday routine. The command turned to Wayne L. Wescott, Ph.D., C.S.C.S, fitness research director at the South Shore YMCA, Quincy, Mass., to provide the basic guidelines for healthy activity and rules for good nutrition.

Wescott is a strength-training consultant for many national organizations including the American Council on Exercise, the American Senior Fitness Association and the National Youth Sports Safety Foundation, and an editorial advisor for

many publications including *Prevention*, *Shape* and *Club Industry* magazines. He has authored more than 18 fitness books including topics on getting rid of cellulite, building strength and stamina for different age groups and how to physically prepare to play golf.

According to Wescott, the way you live has a lot to do with your overall health. The good news is that 80 percent of "lifestyle diseases" such as stroke, certain kinds of cancer and heart disease are preventable. Since your lifestyle is directly within your personal control, the choices you make can literally determine both the quality of your life and how long you live. It's never too late to make lifestyle changes. You can start today!!

Wescott provided basic guidelines for healthy activity and rules for good nutrition at a CNIC fitness seminar recently.

## GUIDELINES FOR HEALTHY ACTIVITY

- **CONSULT A PHYSICIAN** Men over 40; women over 50; people with chronic health problems such as heart disease, diabetes or obesity; or those who are at high risk for these problems should see their doctor before beginning any exercise programs.
- **START OUT SLOWLY AND BUILD UP ACTIVITY LEVELS GRADUALLY OVER A PERIOD OF MONTHS.** This will help avoid soreness and injury. Try to accumulate 30 minutes or more of moderate-intensity cardiovascular activity each day. You can do all 30 minutes together or through short bouts of intermittent activity throughout the day (e.g., 10 minutes at a time). Add strength-developing exercises at least twice per week if possible.
- **INCORPORATE PHYSICAL ACTIVITY OPPORTUNITIES INTO YOUR DAY.** Walk to the office or store, take the stairs instead of the elevator, walk or jog at lunch time, etc.

- **MAKE YOUR LEISURE TIME ACTIVE** Garden, walk, ride a bike with family and friends, participate in an exercise class, join a sports activity and so on. Select activities you enjoy, find satisfying or give you a feeling of accomplishment. That success makes you feel competent and increases your motivation to be physically active.
- **BE SURE YOUR ACTIVITY CHOICES ARE COMPATIBLE WITH YOUR AGE AND PHYSICAL CONDITION.** Match your interests, personal lifestyle and desired benefits with the appropriate physical activities. Consult "America's Favorite Activities" to help you make wise choices. Make it convenient to be active. Choose activities that are readily accessible - right outside your door - like gardening, walking or jogging.
- **TRY ACTIVE COMMUTING** Cycling, walking or in-line skating to work, do daily chores, go shopping and so on. Make your activity enjoyable - listen to music, take part with family and friends; whatever it takes. For those who are already moderately active, increase the duration or intensity for additional benefits.

## RULES FOR GOOD NUTRITION

- Eat breakfast - don't skip.
- Eat 5 to 6 meals throughout the day.
- Eat approximately every 2 to 3 hours.
- Plan your meals and grocery list in advance.
- Assure a balance of protein, carbs and fats.
- Understand why vitamins are necessary and determine if you need them in your diet. Consult your physician to help you.
- Drink plenty of water.
- Beware of excessive sugar, fat and salt intake.
- Make sure your meals contain enough fiber.
- Once a week allow a free day to eat what you like keeping good nutrition in mind. ☞

## MATERIALS YOU CAN RECEIVE TO ASSIST YOU IN YOUR FITNESS GOALS INCLUDE:

"24 Weeks to Success," CD, a 24-week program designed to assist Sailors in passing their next PRT; "Beyond 24 Weeks" Book - 16-week maintenance program to maintain current fitness level; fitness training DVD demonstrating proper stretching, using cardio-vascular machines and navigating Navy fitness circuit machines.

To learn how you can adopt a healthier lifestyle contact Navy Fitness at (901) 874-6899, (901) 874-6631, or visit their website at [www.mwr.navy.mil](http://www.mwr.navy.mil).



# Taking the Heat

Story and photo by MC1(AW) Brien Aho

**H**olding a weapon while cruising at 30 knots in weather conditions that could only be described as insane is not where you would find most information systems technicians (IT). Typically, ITs perform their duties in a frigid, sterile environment aboard a ship or on station clad in a sweater.

For Information Systems Technician 2nd Class Kami Oakes, who is an individual augmentee (IA) stationed at a forward-operating base in Kuwait, where temperatures can reach the high 140s, the uniform of the day for most of the year is something lightweight.

“It’s not so bad if there’s no humidity, but because we’re near the Persian Gulf we can’t hide from it” said Oakes. “Last time I was here, we had a digital thermometer hit 152 degrees. It feels like you hit a wall every time you step outside.”

Oakes, a Navy Reservist serving her second tour in Kuwait, is not only far away from home, but also is performing a completely different role than working with computers on a daily basis. “When I was here before, I was working with the cargo handlers to make sure their communication gear was up and running.”

Oakes is one of 300 Sailors who are part of the Mobile Inshore Undersea Warfare community providing seaward security to high-value units in and around different Kuwaiti ports.

Three squadrons patrol the ports rotating every eight hours or so in 34-foot Sea Arch aluminum boats. Oakes performs many different duties – everything from line-handler to gunner.

“Shooting the M-240 machine gun along with the .50 cal is something I thought I would never have a chance of doing,” Oakes said. “It’s a blast.”

“I get to experience new things as an IA, and have found that I have been able to see much more than I would if I was stationed on a ship,” said Oakes. “It’s a worthwhile mission and that’s why I volunteered to come back as an IA.”

*Aho is a photojournalist assigned to the Naval Media Center, Washington D.C.*

## Women Make WAVES in World War II

Story compiled by MC2(AW/SW) Jason R. McCammack

Following the attack on Pearl Harbor on Dec. 7, 1941 every American was asked to make sacrifices and contributions to the war effort. One of the finest examples of how our nation pulled together in a time of national crisis was the contribution made by Women Accepted for Volunteer Emergency Service (WAVES) in the Navy.

Passed by Congress in 1942 and signed into law by President Franklin D. Roosevelt, the Women's Reserve Act paved the way for thousands of women to serve as both enlisted Sailors and commissioned officers.

Response to the legislation was swift. Women responded to the call to service in scores. Training programs were immediately developed to indoctrinate the new recruits into the Navy.

The women who joined the WAVES contributed to the Navy in a far wider capacity than ever before. In years past, women had served in clerical and secretarial roles and as nurses, but during World War II women worked in intelligence, science and technology and medical professions, just to name a few.

The WAVES were led by Mildred McAfee, who took a leave of absence from her job as President of Wellesley College, Wellesley, Mass., to become director of the Navy's newly-formed Women's

Reserve. On Aug. 3, 1942, McAfee was commissioned as a lieutenant commander and became the Navy's first female line officer.

Under McAfee's leadership, 27,000 women wore the WAVES uniform by the end of the Navy Women's Reserve Act's first year, and by 1945 more than 84,000 women were enlisted in the Navy and 8,000 female officers were commissioned.

One example of the immeasurable contribution made by WAVES was a group of codebreakers. The Navy sent over 600 WAVES to Dayton, Ohio, to help build and train on cryptanalytic machines called Bombes. These machines were to be used to help break coded German messages.

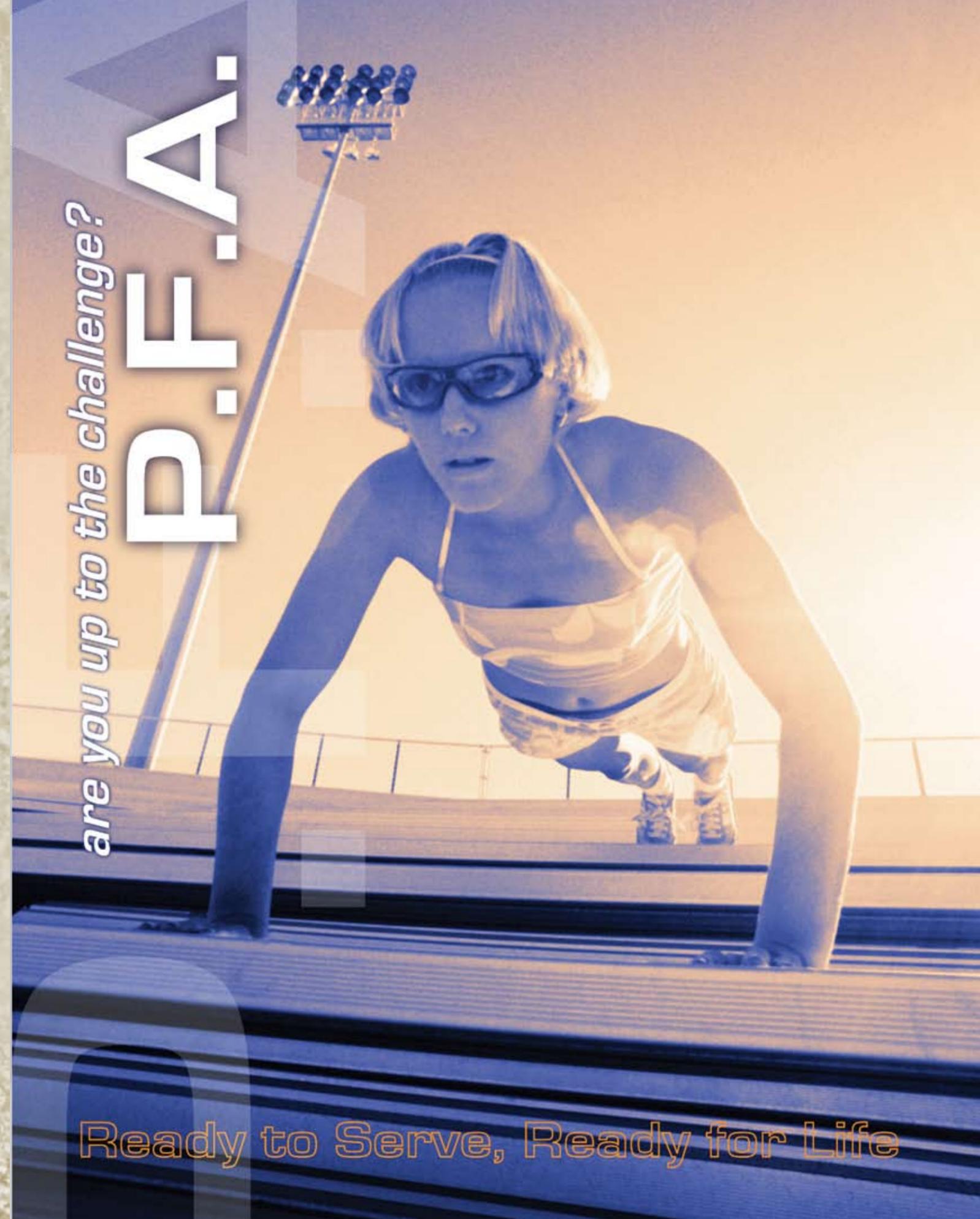
During World War II, women throughout the country filled jobs and accepted roles that had been held predominantly by men prior to the war. They worked in factories and managed businesses. They toiled in the fields on family farms and turned double-plays on the baseball diamonds.

The WAVES were one example of how womens' contributions to the war effort, both in the European and Pacific theaters, played an invaluable role in winning the war. **SE**

McCammack is a photojournalist assigned to the Naval Media Center, Washington, D.C.



Illustration by MC2 Washington Calcedo



Broadcasting news throughout the day and evening on Direct-to-Sailor,  
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