

USS Frederick undergoes training

By Ens. Salcador Suarez
USS FREDERICK

USS Frederick (LST-1184) recently completed a six week training availability off the coast of Southern California. The training was



File photo

USS Frederick (LST-1184) underwent training and completed its engineering qualifications. The training was geared towards Frederick's primary mission areas: amphibious warfare, engineering, and deck evolutions. It was the first Amphibious Specialty Training (AST) the Frederick has done in several years.

geared towards Frederick's primary mission areas: amphibious warfare, engineering, and deck evolutions. The successful completion of Frederick's Engineering Qualification and Underway Demonstration highlighted the trip.

The Engineering qualifications and Underway Demonstration consists of two sets of main propulsion plant casualty control drills and evolutions. Frederick's engineers superbly demonstrated both propulsion plant material and operational readiness.

Most notably, Frederick's Engineers completed the entire event without any unscheduled delays, a rare feat for any ship according to the Senior Afloat Training Group (ATG) Inspector.

In preparation for this inspection, Frederick's Engineering department ran over 145 drills, including major oil leaks, fires, and diesel engine crankcase explosions, in order to prepare the watch teams in the unfortunate case of such casualties while at sea.

The Engineers also finished over 150 evolutions, including proper procedures for starting engines, taking oil samples, and placing engines in operation.

During Frederick's first Amphibious Specialty Training (AST) in several years, the entire ship became involved during the launching and recovery of Amphibious Assault Vehicles (AAV), while off the shore of Camp Pendleton. Operations and deck departments flawlessly guided eight waves of AAV's to the beach.

Engineering department provided refueling services for all of the AAV's and the safety boats around the clock.

The navigation department provided precise piloting throughout the week while operating within three thousand yards of shoal water, keeping in constant contact with the safety boats via semaphore and flashing light. Even the Supply department became involved by making sure that the crew was well fed.

On top of this, Frederick completed three other major deployment training evolutions: Flight Quarters, Close-In-Weapons System (CIWS) shoots, and Underway Replenishment (UNREP) with an oiler. Over 30 flight evolutions were conducted to hone the skills of our flight crew in working with three different types of helicopters.

The Combat Information Center utilized our CIWS to successfully track, and with a direct shot, destroy a towed drone unit (TDU). The third major evolution, an Underway Replenishment (UNREP), was expertly executed.

The ship spent over eight hours alongside USNS Tippicanoe, which provided training for all hands. Crew members learned the responsibility of line handling for the rigs, Junior Officers received time to drive the ship, and the engineer's learned how to align and receive fuel.

Overall, according to Frederick's commanding officer, Cmdr. Perkins, the six-week trip created a more professional crew and increased combat readiness.

"Frederick has really come together as a crew," said Perkins. "The training received will be the backbone for Frederick's success during the upcoming deployment."

Physical fitness is the focus for Port Royal

By Lt. j.g. Janel E. Timoney
USS Port Royal Public Affairs Officer

As dawn breaks over Naval Station Pearl Harbor and Sailors get ready for morning quarters, Port Royal crew is already at work... stretching, running, and doing strength exercises on Quick Field.

Port Royal's ambitious physical training program has grown to a comprehensive regimen that builds teamwork, enhances healthy living and promotes sailors' individual interests.

At 6:00 on Tuesday and Thursday mornings, take a quick glance towards Quick Field.

Many motorists are surprised to see Port Royal's crew of 350 Sailors already engaged in exercise. Fire Controlman Chief (SW) Shaun Hilton, Command Physical Fitness Coordinator, along with Capt. Rick Easton, Commanding Officer, and Cmdr. Mark Larabee, Executive Officer, lead the crew in a program designed to build strength, flexibility and

endurance.

Command PT isn't the only place that you will find Port Royal sailors working out, however. Team athletic competition has become a large part of this program as well.

Lt. j.g. Keating, Athletic and MWR Officer, used inputs from the crew to design a Captain's Cup competition with diverse events including Darts and Ultimate Frisbee.

Other events include Softball, Volleyball, Basketball, Flag Football, Bowling, Spades, Billiards and Tug of War. The Port Royal Captain's Cup competition offers substantial awards for superior performance.

In addition to the overall first place prize of special liberty and a pizza party, taking first place any of the ten events earns the participants rewards ranging from 100 tokens for the batting cage at Barber's Point to gift certificates to Sports Authority and movie tickets for every member of the winning team.

So far competition for first place has been fiercest between

Deck Division and Communications Division. The Cup, which began in September, will continue until December. Points will be tallied and prizes will be announced at Port Royal's annual Holiday Ball on December 15th.

Port Royal sailors can also be found competing in base intramural leagues. Port Royal's soccer team, led by Hospital Corpsman Senior Chief (SW) Gonzalez, just wrapped up a third place finish in the base league with a final head to head shoot-off during overtime.

Leading scorers for the season included Operations Specialist 2nd Class Kyle Evans, Operations Specialist 2nd Class Rafael Moncada, and Fire Controlman 3rd Mike Hernandez.

The soccer team's overall standing in the league was 9-2. The intramural volleyball team, captained by Gas Turbine System Technician (Electrical) Chief Senior (SW) Hooper, narrowly missed first place. Their only lost match



Lt. j.g. Janel E. Timoney photo

The Port Royal soccer team placed third in the base league. The teams finished with a 9-2 record. The soccer team won the Surface Line Week competition.

was for the championship against Commander-in-Chief Pacific Fleet (CINCPACFLT), with the final game scores of

15-12 and 15-12. Both volleyball and soccer teams won the recent Surface Line Week competition. The CNO's goal to es-

tablish a culture of physical fitness has been taken to heart by Port Royal's crew with excellent results across the board.

Port Royal Sailor named female athlete of the year

By Lt. j.g. Janel E. Timoney
USS Port Royal Public Affairs Officer

Lt. j.g. Cindy Keating, USS Port Royal (CG 73) Anti-Submarine Warfare Officer, was selected as Female Athlete of the Year.

Keating's significant individual athletic achievements and leadership in all shipboard athletic programs throughout 2000 were the key to her selection.

As Port Royal's Athletic Officer, Keating organized a three and a half-month, ten event Captain's Cup competition between every division in the ship.

Offering prizes ranging from gift certificates to Sports Authority to 72-hour liberty chits for a winning team, the

competition sparked friendly rivalry throughout the crew. It significantly supplemented Port Royal's physical training program and offered safe and inexpensive liberty activities.

As a member of Port Royal's Soccer Team, Keating contributed directly to the ship placing in the 1999 Pearl Harbor Intramural League Championship and winning the 1999 Surface Line Week Tournament. She also played in several international competitions during the ship's last Western Pacific (WESTPAC) deployment and more recently against visiting Royal Navy ship teams.

As a member of a local women's soccer team, Keating established herself as a

top player scoring one goal and three assists in four games.

During Port Royal's Western Pacific/Arabian Gulf deployment, Keating's dedication to physical fitness resulted in a third place finish in Port Royal's "Fitness at Sea" program.

Since her commission, she has consistently achieved outstanding Physical Readiness Test (PRT) results.

Keating is well known throughout the crew as encouraging and motivating her shipmates during command physical training.

Highly motivated and completely dedicated to both personal and command wide fitness leadership, Keating is a true "athlete of the year."

Tucson engages in anti-submarine exercise in the Arabian Gulf



J03 McClain Shewman photo

USS Tucson operated opposed ships from seven nations' navies in events designed to practice coordinated anti-submarine (ASW) procedures between the ships and staff of seven nations.

By USS Tucson Public Affairs

USS Tucson (SSN 770) participated in a highly successful engagement exercise named Arabian Shark with the navies of the United States, United Kingdom and Gulf Cooperative Council (GCC) countries.

The exercise, which took place in November was the first GCC anti-submarine (ASW) exercise in the Arabian Gulf.

The exercise also included Pearl Harbor based USS Fletcher (DD 992) and it provided the gulf regional allies with an over view of ASW tactics and basic ASW skill development at sea.

USS Tucson operated opposed to eight ships in events designed to practice coordinated ASW procedures between the ships and staff of seven nations.

Arabian shark was the first exercise in the Gulf following the terrorist attack on USS Cole and demonstrated the resolve of the United States Navy to continue engagement with Gulf allies.

Tucson has passed the halfway point of its overseas deployment and is now headed for operations in the Seventh Fleet.

While in the Fifth Fleet, Tucson operated as part of the Abraham Lincoln battle group and supported Tomahawk strike contingencies and maritime intercept operations.

The Tucson crew took great advantage of the tax-free benefits while in the Gulf with 24 crewmembers reenlisting for a total of \$936,000 in selective reenlistment bonus money.

The command is still in search of a "few good men" to exceed the one million-dollar mark for the deployment.

Local Girl Scouts visit Executive Transport Detachment



Lt. Frank Bennett photo

Girl Scouts from Troops 41 and 306 at Marine Corps Base Hawaii, Kaneohe Bay visited the Executive Transport Detachment (ETD) recently. The visit provided an opportunity for the young ladies to earn their Aviation and Professional Development Badges.

By Lt. Frank Bennett
EXECUTIVE TRANSPORT DETACHMENT

The men and women of Executive Transport Detachment (ETD) recently opened their hangar doors and hosted 25 Girl Scouts from Troops 41 and 306 at

Marine Corps Base Hawaii (MCBH), Kaneohe Bay.

The visit provided an opportunity for the young ladies to earn their Aviation and Professional Development Badges and the sailors to show off their aircraft.

Chief Aviation Electronics Technician Scott Appleby, fa-

ther of two scouts and ETD's assistant maintenance officer coordinated the trip.

Acting as guides were Lt. Jenny Schilling, ETD Pilot, Aviation Electronics Technician 1st Class (AW) Andy Darrow, Maintenance Control Leading Petty Officer, and Aviation Machinist's