

FORMERLY TENDER TIMES

CABLE CONNECTION

NEW NAME | NEW LOOK | NEW ATTITUDE



**Frank Cable Travels
To Philippines,
Makes Difference
in Subic Bay
Communities!**

Happy Holidays

From the crew of the USS Frank Cable

CABLE CONNECTION

The Official USS Frank Cable (AS 40) Newsletter

COVER FEATURE



U.S. Navy photo by Mass Communication Specialist 1st Class Jason Swink



ON THE COVER

SUBIC BAY, Philippines (Sept. 7, 2012) The Virginia-class submarine USS Hawaii (SSN 776) moors alongside the submarine tender USS Frank Cable (AS 40) on Alva Pier. Frank Cable conducts maintenance and support of submarines and surface vessels deployed in the U.S. 7th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist Seaman Chris Salisbury)

FROM THE BRIDGE WITH THE COMMANDING OFFICER



Greetings Frank Cable and Family,

As I write this, FRANK CABLE has completed successful port visits to Subic Bay in the Republic of the Philippines and to Hong Kong. In both ports, the ship furthered the theater security cooperation goals of the Commander, US Seventh Fleet and enjoyed great liberty. We also moored USS HAWAII, a VIRGINIA class submarine alongside and conducted repair support on the flagship of the Philippine Navy while in Subic, all of which demonstrated the importance of submarine tenders in the Western Pacific. In addition, the crew also performed many community service projects, which were all well received by both the local population and the local governments.

Since the ship's return from Portland, Oregon, the FRANK CABLE team has completed several important inspections and has restored several key capabilities. Topping the list was the successful loading and offload of tactical ordnance for a submarine alongside FRANK CABLE. The Medical Department, Executive Department and Supply Department also completed several major inspections and assist visits as we continued to provide submarine support here in Guam. The Repair Department has been busy since our return with two successful SSGN voyage repair periods and several demanding SSN continuous maintenance availabilities.

Looking forward, FRANK CABLE will have a busy year conducting submarine maintenance in Guam and supporting submarines throughout the Western Pacific. This would not be possible without your support to FRANK CABLE Sailors and I wanted to let you know that I appreciate each family's support of the FRANK CABLE team. I hope you had a great holiday season and are looking forward to the New Year.

Thanks for all you do to support FRANK CABLE!

Capt. Pete Hildreth

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FROM THE DECKPLATES WITH THE COMMAND MASTER CHIEF

Greetings FRANK CABLE Sailors, Families and Friends,

As December draws to a close it marks the end of several events in the life of the FRANK CABLE, her crew and families. We have completed a year that contained a significant number of challenges for our crew that includes; an intense and challenging maintenance period at Portland Shipyard, Sea Trials with a mission certification and several very successful inspections that evaluated every aspect of the ship.

We had several very successful foreign port calls where the crew performed admirably during everything from numerous community service projects at home in Guam and overseas.

They enjoyed the sights and cultures of the Philippines and Hong Kong. But the most significant accomplishment was the crew's ability to continue our submarine maintenance mission throughout this very challenging year. As we proceed into 2013 we will have an opportunity to perform our maintenance and submarine support mission in remote locations along with providing the crew some much deserved liberty ports and underway qualification time. We are currently planning an extended underway in the spring time, dates to be announced later.

As always I am proud of the FRANK CABLE crew, their professionalism, accomplishments and dedication to mission accomplishment. GayLynn and I would like to wish all of you a very safe and joyful holiday season, and a prosperous new year.

CMDCM Roger Schneider



A NOTE FROM YOUR COMMAND OMBUDSMAN



As we look at the past year, we should think about all the goals that we have accomplished, all the friends that we have made and especially all the challenges we have overcome. A new year has come upon us and another year to make a change,

a change for the better. As we say goodbye and thank you to one of our command ombudsman, Deb Butte and family due because of change of duty station, we welcome two new command spouses, Trisha Beltz and Jenn Cronin to the ombudsman team. Both spouses are ready and eager to support the command and the families.

Being stationed on Guam can be challenging for many of us. It's not fun being so far away from our own families. But we should always remember that we have a family wherever we are stationed. Look all around and you have other military families who will become your closest friends, so close enough to be called a sister or a brother. Guam and its culture have so much to offer. Getting involved with the community and experiencing the island will only enhance our quality of life while stationed on Guam. It will certainly help make the time go by.

As your command ombudsman, we are here to support the command's mission and its families. We are here to be your resource and direct liaison to the command with concerns. We can connect you to resources that will equip you with information that will increase the quality of life while stationed on Guam. We send out various information from the command as well as any happenings around Navy Base that affects our families. We highly suggest that you become part of our email roster so that you can also be in the know and be well informed of what is currently happening around us. We encourage our families to contact us with any questions or concerns. We are here to support you in any way that we can.

To help alleviate some anxieties, visiting the Fleet and Family Support Center (FFSC) on base is a good place to start. Navy Base Guam's FFSC is a great place for one stop shopping for those who are new to the island, as well as for those who have been on Guam for some time to get information resources and support.

Programs and resources will aid a family's quality of life. FFSC is located in building 106. Please call 333-2056/57 for more information about their services.

A WORD FROM THE FAMILY READINESS GROUP

Hello Frank Cable Families!

Its been a very busy few months since the ship arrived back from Portland. We made sure to kick off the school year right with a Back To School Bowling Party, which was thoroughly enjoyed by all who attended. It was such a fun event that we followed it up with yet another bowling party to celebrate Halloween! Goody bags were given to each child that attended, and we had prize giveaways for the top three costumes. There was some great creativity, and it was a terrific event!

We then switched gears to lots of fundraising, as the holiday season was quickly approaching. We had several successful restaurant fundraisers with Chuck E Cheese, Pizza Hut, Jamaican Grill, and Capricciosa. Good food, fun times, great company, and fundraising for the FRG all in one! We had very successful fundraisers in November between our Thanksgiving Pie sale, as well as our Make It, Bake It, Grow It, Fake It event. All funds raised went to our Children's Holiday Party, which was held on December 1st, 2012. It was such a fun afternoon, complete with many activities for all of the FRANK CABLE children, as well as a DJ and a visit from Santa! All children that attended received a gift bag from Santa, as well as a photo. We had tons of great prizes to give away, and there were many happy children leaving the party at the end of the day. We also made a FRANK CABLE FRG donation to Toys For Tots, and felt very fortunate for so much support from the sailors and families of the FRANK CABLE to assist in donating.

Its hard to believe its already been a year since our current board was elected. Alas, our term is drawing to a close, and a new board has been voted in. Your new FRG board members are: Michelle Edger, President. Katherine DeBeer, Vice President. Sharon Jones, Secretary. And Joanne Roach is your new FRG treasurer.

A few words from your new FRG President:

Hello! I am Michelle Edger, your FRG President for 2013. The new board members and I have a lot of great ideas for the upcoming year! One of our main goals is to continue to get more families involved in the FRG. Please come join us at our monthly meetings so we can hear all of your ideas! Meetings are held the third Tuesday of each month at 6pm, on base at the Community Center. We look forward to meeting all of you, and hearing what you have to say!

Again, thank you all so much for a wonderfully successful year - Near or far, your support is still felt, and is so important! If you have any questions, please feel free to inquire of us at cablefrg@gmail.com, or find us on Facebook under Frank Cable Families!

Janelle Becker, President
Tricia Beltz, Vice President
Michelle McMurtrie, Secretary
Veronica Garza, Treasurer

FRANK CABLE HISTORY KEEL LAID FOR THE BEGINING OR THE END?

USS FRANK CABLE (AS 40) was built by Lockheed Shipbuilding and Construction Company, Seattle, WA. The ship was christened on January 14, 1978 by Mrs. Rose A. Michaelis, wife of Admiral F. H. Michaelis, then Chief of Naval Material. FRANK CABLE was officially commissioned a ship of the United States Navy on February 5, 1980.

FRANK CABLE is the second of three ships of the Emory S. Land class, providing mobile support to surface ships and submarines. FRANK CABLE was purpose designed to tend the nuclear-powered SSN 668 LOS ANGELES class attack submarines. From it commissioning in 1980 until 1996 FRANK CABLE tended units of Submarine Squadron FOUR, which included ten SSN 637 class nuclear attack submarines, one submarine rescue vessel, and a torpedo recovery vessel; and Submarine Squadron EIGHTEEN which included SSBN 640 class fleet ballistic missile submarines. With the departure of both subron four and Subron eighteen, tending activities came to an end at Charleston, South Carolina, and FRANK CABLE started the process of being de-commissioned.

To Be Continued...

FRANK CABLE ARRIVES IN PHILIPPINES



SUBIC BAY, Philippines (Sept. 03, 2012) Frank Cable executive officer Cdr. Timothy Sparks and Command Master Chief Roger Schneider observe the ship preparing to moor alongside Alava Pier for a routine port visit. (U.S. Navy photo by Mass Communication Specialist Seaman Chris Salisbury)

By Mass Communication Specialist 2nd Class (SW) Corey Hensley, USS Frank Cable Public Affairs

SUBIC BAY, Philippines – Frank Cable arrived in the Republic of the Philippines for some well deserved liberty and to execute theater security cooperation, Sept. 3.

This visit to Subic Bay is the first foreign port Frank Cable has made since finishing its dry dock period in Portland, Ore. After spending six months of extensive work, Frank Cable returned to Guam ready to continue its mission in the Western Pacific.

“The crew has worked very hard preparing the



SUBIC BAY, Philippines (Sept. 03, 2012) Military Sealift Command Chief Mate John Longo, Frank Cable commanding officer Capt. Pete Hildreth and harbor pilot E.G. Llana direct the submarine tender while preparing to moor alongside Alava Pier for a routine port visit. (U.S. Navy photo by Mass Communication Specialist 1st Class Jason C. Swink)

ship by completing several major inspections to certify the ship for a visit of this nature,” said Frank Cable Command Master Chief James Schneider. “They have earned the opportunity to experience the culture and traditions that the Philippines have to offer.”

According to Schneider, the ship and her crew had no problem returning to business as usual during this underway period, including training, running drills and improving the material condition of the ship.

“Everyday in our Navy is a training opportunity,” Schneider said. “We have performed a fire drill, flooding drill, a force protection drill, several man-overboard drills and a gun exercise. We also had the opportunity to hone our navigation skills, as we transited a challenging passage through the Philippine island chain.”

For some Sailors, this trip to the Philippines is a first time experience. For others, like Ship’s Serviceman 2nd Class Barry Degoma, who is native to Novalichez Quezon City, Manila, it’s a return to a place that holds fond memories.

“I am excited to be home again,” Degoma said. “It gives you that great feeling that you will get to see old friends, and more especially your families, and relatives.”

Degoma is excited for his fellow shipmates to see all that the Republic of Philippines has to offer, saying that there are many tours, parks and volunteer opportunities for Frank Cable Sailors. Religious Programs Specialist Seaman Donald Bishop, who visited Subic Bay with the ship before, agrees with Degoma on the

FRANK CABLE ASSISTS PHILIPPINE NAVY WITH SHIP REPAIRS

CWO3 BANKS: ‘THE SAILORS ON BOTH SIDES LEARNED A LOT’

By Mass Communication Specialist 1st Class (AW) Jason Swink, USS Frank Cable Public Affairs

SUBIC BAY, Philippines – Frank Cable Sailors volunteered their time to assist the BRP Gregorio Del Pilar (PF 15) with maintenance, technical assistance and training while visiting Subic Bay, Sept. 3-12.

In addition to the planned tended support that Frank Cable was providing to the Virginia-class submarine USS Hawaii (SSN 776), Frank Cable’s crewmembers had an opportunity to work with the Gregorio Del Pilar Sailors, assisting in maintenance and training.

“They have helped us a lot,” said Capt. Alberto Cruz, the commanding officer of Gregorio Del Pilar. “The technical knowledge of this equipment that we received from the United States last year is new to us, so we needed the help.”

Gregorio Del Pilar is the former USCGC Hamilton (WHEC 715) transferred to the Republic of the Philippines Navy on May 13, 2011 under the Excess Defense Articles Act and Foreign Assistance Act.

“It came down to the chain of command that they were looking for volunteers with specific skills to go over there,” said Gunner’s Mate 1st Class Jason Moorehead. “I am pretty knowledgeable in the systems, so I said, ‘yes I’ll go over and give them a hand.’”

Moorehead and other volunteers worked with the Philippine Navy Sailors to troubleshoot and train on various systems and components, including their propulsion



SUBIC BAY, Philippines (Sept. 4, 2012) Frank Cable Sailors and Philippine navy sailors share engineering and maintenance knowledge while visiting the BRP Gregorio Del Pilar (PF 15). (U.S. Navy photo by Mass Communication Specialist 1st Class Jason Swink)

diesel engines, desalinization plant, navigational gyroscopes, safety and gunnery equipment. The efforts resulted in improved and more reliable operation of each component which enhanced overall operational capabilities of the ship.

“Your guys are very enthusiastic to share their knowledge,” said Lt. j. g. Willie Nefalar, the Gregorio Del Pilar’s Main Propulsion WAssistant. “I can see that they have teamwork. To solve a problem, they brainstorm their knowledge on how to come up with a solution.”

The crewmembers shared maintenance safety procedures, helped track down missing technical publications, and consulted with U.S. Coast Guard engineers in Alameda, CA.

“I liked working with people that wanted to learn and that are enthusiastic about it,” said Moorehead. “They really want to know their job. For me to share that knowledge with people that want to learn, it is a re-

ally nice experience for me.”

Aboard the Frank Cable, the repair department overhauled high pressure valves, calibrated gauges and provided training on test equipment. The supply department helped research stock numbers and to date has ordered more than \$58,000 in parts for them.

“It was great to see the ship with its complete compliment of equipment,” said Cruz after a tour aboard the Frank Cable. “Everything you could possibly need is there.”

The Sailors also worked together in training and implementing a safety tag-out program for crew of the Gregorio Del Pilar to develop a program that better suits their operations.

“It was a very successful repair effort that we coordinated with Philippine Navy Sailors,” said Chief Warrant Officer 3 Ronald Banks. “The Sailors on both sides learned a lot.”

See **SUBIC ARRIVAL**, Page 10

FRANK CABLE SAILORS HELP SUBIC BAY COMMUNITIES

By Mass Communication Specialist Seaman Chris Salisbury, USS Frank Cable Public Affairs

SUBIC BAY, Philippines -- Frank Cable Sailors completed 11 community service (COMSERV) projects from Sept. 3 through Sept. 12.

The ship was in port to conduct repairs, and provide tended support to the Virginia-class submarine USS Hawaii (SSN 776). Although repair work kept them occupied, many Sailors found time to help the local communities in the Subic Bay Freeport Zone, Olongapo City, and Subic City.

The ship's chaplain, Lt. Matthew Prince, said the job of the U.S. Navy personnel aboard the Frank Cable is to support submarines and to be positive ambassadors for the U.S. while in foreign ports like the Republic of Philippines.

"We do COMRELS to build partnerships between the U.S. and our host nation," said Prince. "Community Relations Projects allow us to partner with our host nation in helping the local people."

During the first COMREL, Sailors participated in several projects including a nutrition and physical education brief. The Health Services Department provided medical and dental services to over 200 people and handed out medical prescriptions with the assistance of the staff of Olongapo City Health Department.

"It is indeed wonderful to help other people," said Prince. "In doing so, we grow and are helped as well."

At James L. Gordon Memorial Hospital, Sailors, along with civilian mariners (CIVMARS), worked with hospital staff to repaint rooms in the pediatric charity ward, a nurses' office, and hallways.

Sailors who attended most of the COMRELS agreed that their favorite project was a visit to the orphanage, Ninos Pagasa or "Children's Hope," where they spent time helping the children. Volunteers and locals worked together to lay a new sidewalk in front of

the orphanage and put up a new basketball goal for the children.

"The orphanage is my favorite COMREL, the children are so sweet and clever, and they thoroughly enjoyed us being there and helping out," said Religious Program Specialist Seaman Donald Bishop. "It just gives you a feel good feeling, because you're doing something good for other people."

John Ong, the owner of Ninos Pagasa, said he appreciated the Sailors' help and knew how it felt to travel around the world and volunteer. Before becoming the president of International Children's Advocate, he was enlisted in the Navy for 20 years.

"God bless everyone for coming," said Ong. "We really appreciate how Sailors continue to come out and help."

The orphanage was started by Ong's father, Jonny Ong, who was also in the Navy. In 2009, Ong took over the organization from his father and retired from the Navy in 2010.

"I was hesitant at first, not knowing what to expect, but after seeing the kids I had to help," said Ong. "Thank you guys for your continued support."

The volunteering continued as Sailors took the children to the Zoobic Safari, cleaned up a cemetery and a beach, and played several games of basketball and soccer with the local youth and city officials.

"The most heartwarming experience was visiting the Ninos Pagasa Center, especially watching the program that the children performed for us," said Prince. "One young blind boy sang a song entitled 'The Prayer' which almost brought me to tears."

The COMSERVS have brought the Sailors of Frank Cable and the Philippine people together and helped them form a greater appreciation for each other.

"All the people that we helped were so appreciative of our help," said Prince. "Here, in this place, there is a great partnership between the USA and the Philippines."



OLONGAPO CITY, Philippines (Sept. 6, 2012) Olongapo City Mayor, James Gordon, Jr., assists Frank Cable Sailor, Electronics Technician 3rd Class Alisha Lebeau, with painting a windowsill in the charity wing of the James L. Gordon Hospital. (U.S. Navy photo by Mass Communication Specialist 2nd Class Corey Hensley)



OLONGAPO CITY, Philippines (Sept. 4, 2012) Sailors from Frank Cable's dental department, perform an oral examination on an Olongapo City resident just outside city hall. (U.S. Navy photo by Mass Communication Specialist 2nd Class Corey Hensley)



OLONGAPO CITY, Philippines (Sept. 4, 2012) Frank Cable Chaplain, Lt. Matthew Prince, hands out tooth brushes to Olongapo City residents just outside city hall. During this community service event, Sailors from the ship's Health Services department spent the day caring for several hundred patients from the local area. (U.S. Navy photo by Mass Communication Specialist 2nd Class Corey Hensley)

SAILORS, CIVMARS PARTNER FOR WEAPONS TRANSFER

By Mass Communication Specialist Seaman Chris Salisbury, Frank Cable Public Affairs

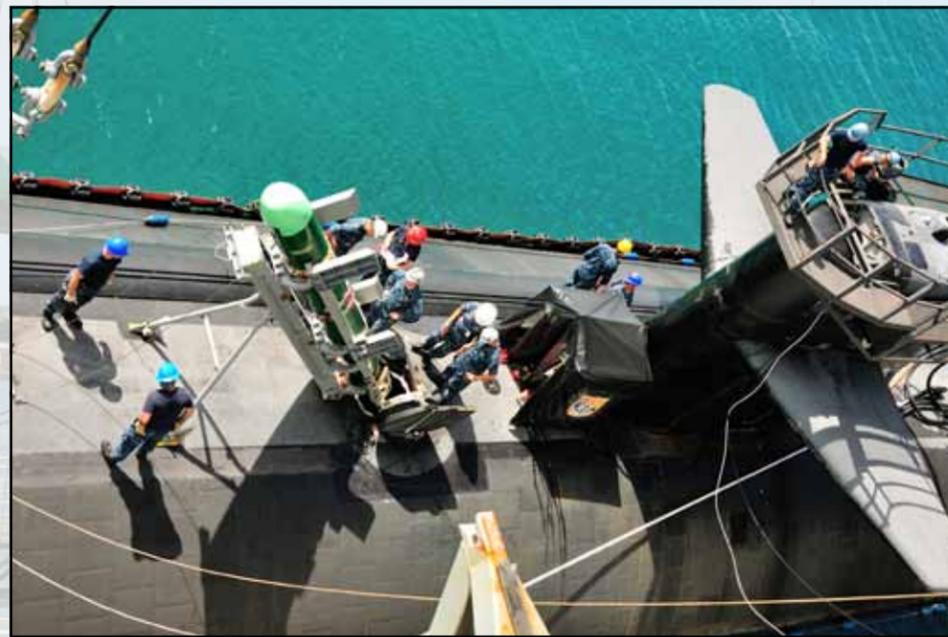
POLARIS POINT, Guam – Frank Cable completed weapons transfers with the Los Angeles-class fast attack submarine USS Oklahoma City (SSN 723) while moored outboard, Nov. 16.

Frank Cable's executive officer, Capt. Timothy Sparks, was impressed by how well the Sailors and Civilian Mariners (CIVMARS) worked together to complete the evolution.

"It is a great honor to watch the CIVMAR and MILPERS crewmembers come together to execute these vital core capabilities of the tender," said Sparks. "Weapon movements outboard of the ship, with the cranes and by the tender Weapons Department handling team have not been exercised for several years."

The integration of military and civilian personnel aboard Frank Cable played a vital role in the crane operations and provided a well-rounded team to carry out the assignment without delay.

"This is a MSC (Military Sealift Command) (operated) ship, and they are the crane operators, but we are still an integrated group" said Chief Machinist's Mate Anthony Tapia. "Working together makes them proficient, it makes us proficient, and it brings other elements to



POLARIS POINT, Guam (November 15, 2012) Frank Cable Sailors prepare to lower a Mark 48 ADCAP (Advanced Capability) torpedo to the deck of the Los Angeles-class attack submarine USS Oklahoma City (SSN 723). (U.S. Navy photo by Mass Communication Specialist 1st Class Ricardo Danan)

the command and to the Navy."

Along with proving how effective Frank Cable crew members perform together, the Sailors and CIVMARS also demonstrated their ability to efficiently carry out the ship's mission of supporting submarines in the U.S. 7th Fleet area of responsibility.

"We have proven our capability to replenish submarine Advance Capability (ADCAP) Torpedoes and Tomahawk Cruise missiles from the tender which is very exciting," said Sparks. "The tender provides the unique capability of being a mobile weapons magazine that can perform these weapon load outs

in any port in the Western Pacific as directed by Commander Submarine Group Seven."

Capt. Pete Hildreth, Frank Cable's commanding officer, commended the crew on their abilities to perform ordinance handling outboard the ship.

"It was an impressive sight and demonstrated the restoration of our weapons handling capabilities after completing an extensive seven month overhaul," said Hildreth. "Well done to all members of the Frank Cable team who made this evolution a safe and successful weapons handling event."

Schneider said he is looking forward to Sailors having the opportunity to reach out to the local community.

"Our increased presence in the region will allow us to provide services that are not normally accessible such as medical/dental services," said Schneider. "In port, we are taking on several challenges in the community and getting involved with the community service projects. Interacting one on one with the local population is the best training and education we can get."

SUBIC ARRIVAL: CREW ENJOYS FIRST PORT VISIT SINCE DRY-DOCK COMPLETION

Continued from Page 6

area's rich history and its people.

"I was there last year and was out and about getting materials for [community service projects] as well as going on them, and everywhere I went there were friendly, helpful people who were just overjoyed with us helping out," said Bishop.

During their stay, the Frank Cable crew has several community service projects tentatively scheduled.

FRANK CABLE DROPS ANCHOR IN HONG KONG

By Mass Communication Specialist 3rd Class (SW) Chris Salisbury, USS Frank Cable Public Affairs

HONG KONG – Frank Cable arrived in Victoria's Harbor Dec 2, as part of her forward deployment to the Western Pacific region. Frank Cable Sailors plan to participate in several community service (COMSERV) projects.

Cable's mission is to conduct maintenance and support of submarines and surface vessels deployed in the U.S. 7th Fleet area of responsibility. Sailors assigned to Frank Cable represent the Navy as U.S. ambassadors while interacting with locals from its host nation.

"My hope and expectation is that our crew takes advantage of this port call, to explore all of the sites that Hong Kong has to offer," said Frank Cable Chaplain, Lt. Cmdr. John Miyahara. "As our crew tours and transits throughout the city, Hong Kong citizens will find our crew members excited to be there, gracious to local hospitality, open to new learning experiences and have a positive image of US Navy personnel who are polite, professional and friendly."

Cable Sailors will participate in several COMSERVs during their stay, including visits to the Chao King Lin Senior Community Center, Hong



HONG KONG (Dec. 6, 2012) The submarine tender USS Frank Cable (AS 40) sits anchored in Victoria Harbor. While in port, Sailors enjoyed some liberty and participated in community service projects. Frank Cable conducts maintenance and support of submarines and surface vessels deployed in the U.S. 7th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 2nd Class Corey Hensley)

Kong International School and Sunshine Action Center.

"For those participants going to one of the COMSERVs, this is another great opportunity to build personal relationships, share our cultures and discover our commonalities simply as human beings," said Miyahara.

The crew will also participate in Meals In The Home (MITH), hosted by Hong Kong residents, and experience culture and history through hikes, tours and traditional foods.

"You get to meet

a local family and experience hospitality in their homes or at the host's favorite place in Hong Kong," said Miyahara.

"MITH participants get a personal tour of various locales in Hong Kong and make connections with families who appreciate our crew's service in the U.S. Navy."

"We are very much looking forward to liberty in Hong Kong," said Frank Cable's executive officer, Captain Timothy Sparks. "It is an exotic classic Navy liberty port."

During their voyage to Hong Kong, Sail-

ors conducted surface warfare, damage control, ship handling training, and qualifications. This visit presents an opportunity to practice seamanship skills associated with anchoring evolutions.

"Our operations at anchor give us the opportunity to hone our anchoring seamanship skills and practices," said Sparks. "Our ability to operate at anchor, including providing repairs and replenishment services is a major strategic capability the tender brings to the Seventh Fleet."

The Frank Cable is one of two submarine tenders in the U.S. Navy with the ability to take a submarine alongside while anchored out to provide services.

"My hope and expectation is that our crew takes advantage of this port call, to explore all of the sites that Hong Kong has to offer,"
Chaplain Miyahara

SAILORS REACH OUT TO HONG KONG COMMUNITIES

VOLUNTEERS GAIN CULTURAL UNDERSTANDING, BUILD RAPPORT WITH ELDERLY AND HK YOUTHS

By Mass Communication Specialist 2nd Class (SW) Corey Hensley, Frank Cable Public Affairs

HONG KONG – Frank Cable Sailors completed two days of back-to-back community service (COMSERV) projects at the Chao King senior community center and Sunshine Action youth center, Dec. 4-5.

Sailors traveled throughout the city, led by Frank Cable chaplain Lt. Cmdr. John Miyahara, who said that the purpose of these visits was to get the crew out beyond tourist areas of Hong Kong and see a real community.

“When we enter a country, we bring with us a spirit of service,” said Miyahara. “And COMSERVs reflect that our Navy is made of people, not just uniforms.”

When Sailors arrived at the senior center on the first day, they were enthusiastically welcomed by the elderly there. Smiling, many of the residents waved and shook hands with Sailors. Once settled, each Sailor went around the room, introduced his or herself and talked about where they were from and their job in the Navy.

“It signifies our strength as a country to be able to cooperate with other countries, and to demonstrate the diversity of our United States Navy,” said Electrician’s Mate 3rd Class Juan Suarez Ayala, a Frank Cable Sailor who attended the COMSERV. “It’s the best thing we can do as an entity, serving and cooperating with others, regardless of our cultural backgrounds.”

During the event Sailors performed card tricks and played charades with the residents. Sailors also asked questions of the residents and learned a bit of the Cantonese language while translator Dick Ng bridged the language barrier.

“With people of different cultures, if you can just say a word or two it says to them that these Sailors want to learn more about me and respect me,” said Miyahara.

On the second day, Frank Cable Sailors traveled to Hong Kong’s Cha Kwo Ling neighborhood where they met Sunny Mak, director of the Sunshine Action youth center, who talked a little about the center.

“We started in 2008 with the mission to help the poorest people,” said Mak. “The people who live here in the area are low income families or very poor. I want them to have more interaction with different countries, different cultures, and see the other side of the world.”

While awaiting the arrival of the teens, Mak took



HONG KONG (Dec. 5, 2012) Sunny Mak (far right), director of the Sunshine Action youth center in the Cha Kwo Ling neighborhood, shows Frank Cable sailors the multiple metals won by double amputee Cherry (center) at the Beijing Paralympics. Sailors were in the area to break down language barriers, helping the teens practice English by just talking with them about life in the Navy, America and China. (U.S. Navy photo By Mass Communication Specialist 2nd Class Corey Hensley)

Sailors on a tour of the neighborhood introducing them to residents. Many were even kind enough to welcome Sailors into their homes.

“In the midst of the meager living conditions, we experienced a great deal of community from the residents of the village,” said Miyahara. “People were out talking, sharing meals, and playing mahjong, sipping tea. There were also many gardens where people grew and shared vegetables.”

Sailors were even fortunate enough to meet Cherry, a double amputee who has won several medals at the Beijing Paralympics.

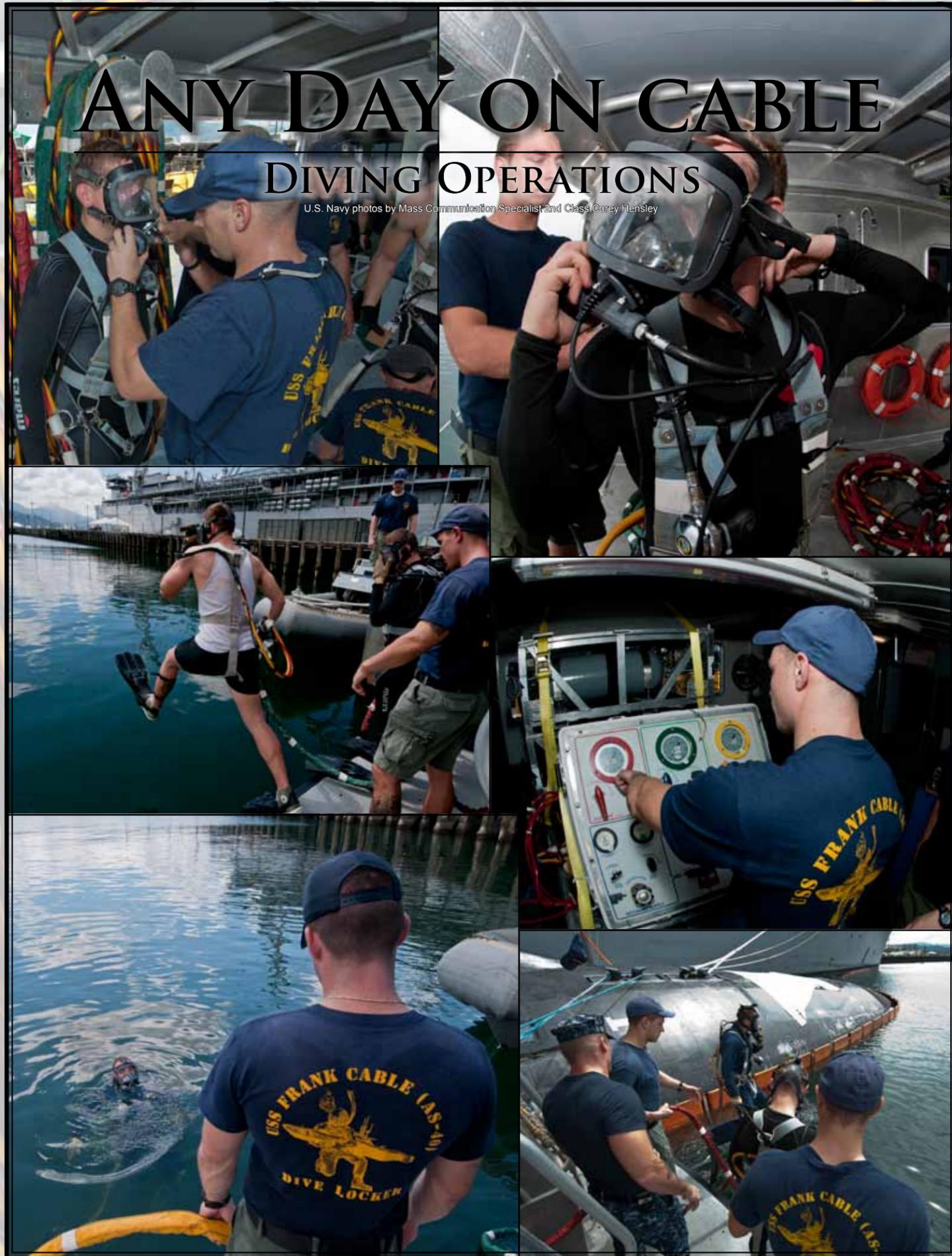
“When we met the young lady, Cherry, who had no arms, but was a swimming gold medalist, we saw a great deal of pride from her family and other villagers as she showed us her medals and the beautiful paintings she made with her feet,” said Miyahara.

After the tour, Sailors returned to the center and introduced themselves to the teens. The children were shy at first, but once Miyahara broke everyone up into groups, they opened up to the Sailors, and conversations turned to music, movies, life stories, as well as a few simple games.

“I would like people to think that we do not always focus on the material things, and that we also want people to have a lot of interactions, talking about ideas and cultures,” said Mak.

ANY DAY ON CABLE DIVING OPERATIONS

U.S. Navy photos by Mass Communication Specialist 2nd Class Corey Hensley



WARRIOR WALL

CURRENTLY IA

ITC VINCENT MAGDALUYO

SAILORS ASSIGNED TO FRANK CABLE HAVE AN OPPORTUNITY TO GO FURTHER IN THEIR CARRERS WITH THE INDIVIDUAL AUGMENTEE (IA) PROGRAM, WHICH PROVIDES SAILORS A CHANCE TO WORK OUTSIDE THEIR FIELDS AND WITH OTHER BRANCHES OF SERVICE IN PLACES SUCH AS GUANTANAMO BAY, THE HORN OF AFRICA, IRAQ AND AFGHANISTAN.

DEPARTING FOR IA

EM2 BERNARD DADOR

RETURNED FROM IA

LS2 CLIFFORD PUGH

SH3 APRIL PURUGGANAN

ET3 LUNDEN ATKINS

ENLISTED SURFACE WARFARE SPECIALISTS

GMCS LEONARD JOHNSON
ETC JONATHON BUTE
HTC ANDRES CARRILLO
NDC JEREMIAH LIVELY
MMC ANTHONY TAPIA
ND1 JOSHUA AMBERGER
EM1 RYAN BIELANSKI
MM1 BRANDON BERNARD
MM1 JODI CROOKSHANK
IC1 JOSHUA EPPERSON
GM1 NICHOLAS FLORES
FT1 ADAM GREMP
LS1 DAVID LISH
ET1 DANIEL MEDINA
MM1 DONALD MORRISSEY
MM1 ALVIN PANGILINAN
MM1 GARY PENZIEN

STS1 ECCESISTES RIAFORD
MM1 SCOTT SMITH
STS1 SCOEY WILDER
ET2 BRIAN BECKETT
ND2 SHAUN BRATHWAITE
YN2 LAKENDRA BROWN
MM2 JOSE CARDONA
HT2 RUBEN CASAS
ET2 JUSTIN CORRAO
EM2 JEENIFER DAVIS
HT2 JOSEPH GASIOR
MR2 MONTY HENDRICKS
EN2 AUGUSTINE KEENE
EM2 JAMES LEWIS
HT2 JOE MCCLAIN
GM2 LANCE MCCONNELL

HT2 EMMANUEL MORENO
ET2 MATTHEW MURRAY
BM2 SIERRA PENA
GM2 ALEXANDER ROSENGREN
PS2 ROBERT SOROGANE
EM2 CHESTER VALDEZ
HT2 AMANDA VARGAS
MM2 SEAN YELLAND
HT3 STEVEN ALEXANDER
EM3 AUBREY ANDERSON
HT3 TREVOR BARNHART
MM3 JAHQUIN BROWN
HT3 JOSHUA BULLA
GM3 CODY BYQUIST
ND3 ROBERT DOTZLER
HT3 JOSEPH FLAMINIO
IT3 AMEERA HAYNES

ET3 MATTHEW HISSONG
HT3 BRADLEY JONES
GM3 JESSICA LONEY
HT3 ANTHONY MARINO
EM3 MAURICE MATTHEWS
MC3 CHRISTOPHER SALISBURY
ND3 NICHOLAS SEIDLER
PS3 KYLE TAYLOR
BM3 DARA WEAVER
MMFN BOBBY KINCHEN
SN AMANDA PLUDOWSKI
DCFN KAROHN WALTON
DCFR DEVIN DENTON
MMFR BRIAN SMITH

SURFACE WARFARE OFFICERS

SURFACE WARFARE OFFICERS

Lt. Daryl Linhardt
Lt. j.g. Sean Harris

SURFACE WARFARE MEDICAL DEPARTMENT OFFICERS

Lt. Nathaniel Allison

SURFACE WARFARE SUPPLY CORPS. OFFICERS

Lt. Cmdr. Robert McMaster

AWARDS & ADVANCEMENTS

Navy Commendation Medal

CDR ROBERT ASMANN
CDR CHRISTOPHER WILLIAMS
LCDR BRYAN BURKE
LCDR CLARK DURANT
LCDR MENG TIA
LCDR ROBERT VITA
LT JEREMY HOLLAWAY
LTJG KENNETH EKHART JR
CWO4 RONALD BANKS
YNCS BERNARD GREEN II
NCCS CHRIS LEONARD
LNC HEIDI KAMMAN
ETC CHRISTOPHER PORTER
MMC BRADLEY SPLAN
HT1 JASON EISENHARDT
NC1 STEVEN MOUREY

Navy and Marine Corps. Achievement Medal

IT1 JAMES BANAYAT
PS1 ALEXANDER EVANGELISTA
ND1 JOHN FELTS
EN1 KRISTOPHER HARRIS
MT1 CHRISTOPHER LEEDY
BM1 JORGE RUIZ
LS1 DON SALAMERO
ET2 CHARLES BRADSHAW
ND2 SHAUN BRATHWAITE
HT2 CHRISTOPHER BURGESS
PS2 TRINITY CAIN
MM2 MARCUS CASTRO
IT2 JAMES GATELY

MM2 ROBERT GAYLOR
EM2 PAUL KRUEGER
MM2 THADDEUS MALBREAUX
BM3 DEVON NELSON
ET2 JEREMY NOYES
BM2 STUART OLSON
PS2 JUAN TAYLOR
HT2 RANDY WELLS
LS3 CIERRA NORFLEET
BM3 CLEMENT WILLIAMS
IC3 EMILY YANCHITIS
SN ANTHONY CORDAFREELAN

Meritorious Service Medal

CWO4 JOHN LEWIS

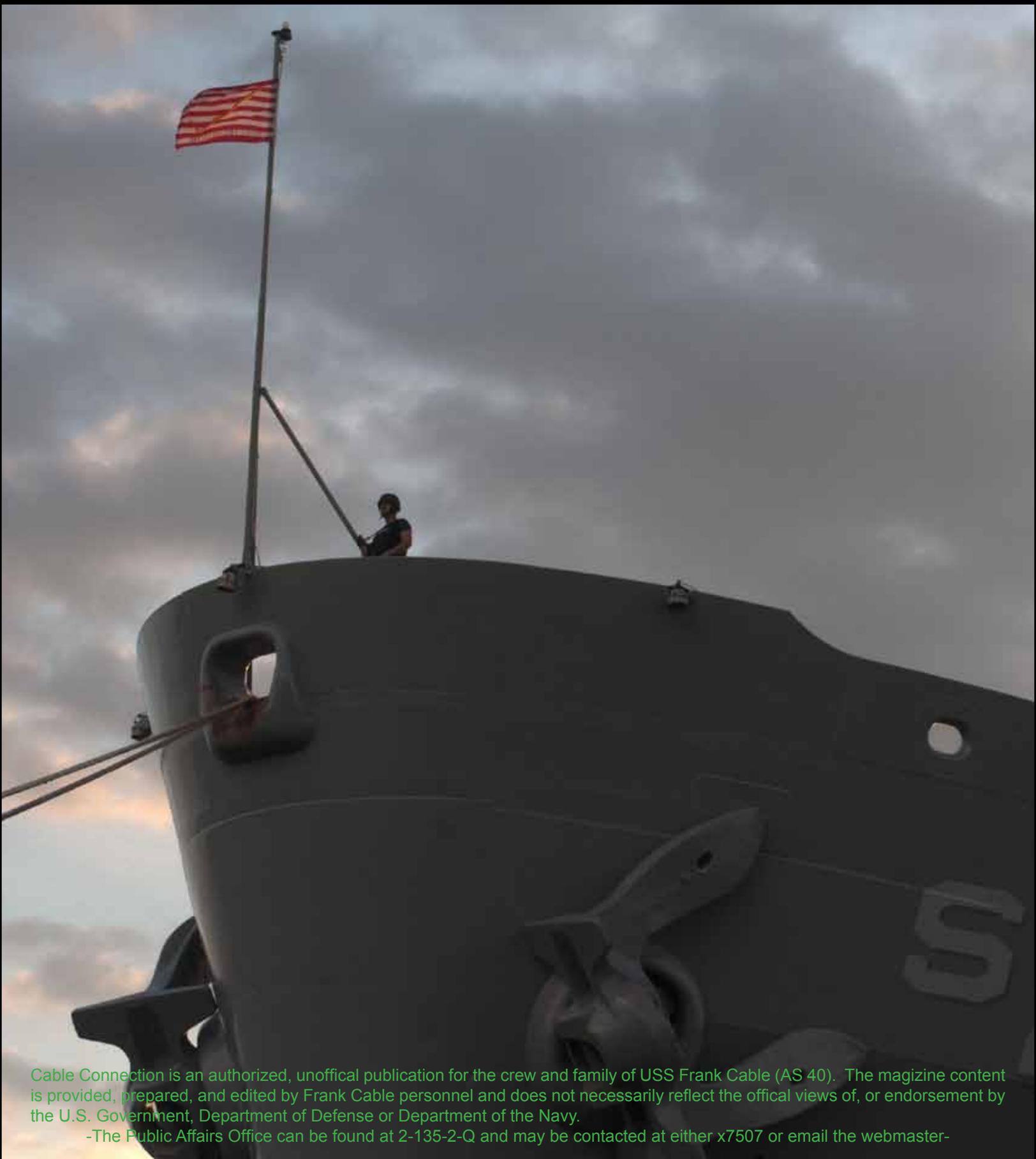
CDR RICHARD MEYER

CONGRATULATIONS TO FRANK CABLE'S NEWLY FROCKED PETTY OFFICERS

MM1 JOHNSON ARCHBOLDREYES
MM1 MATTHEW ARMENTA
ET1 BRIAN BECKETT
HT1 JOSHUA BOREL
LS1 RUSSELL BUGAYONG
HT1 CHULYNDIA CASTILLOFIGUERAS
EM1 JENNIFER DAVIS
SH1 BARRY DEGOMA
MM1 RONALD DUMALE
IC1 JOSHUA EPPERSON
YN1 ERIC ESTRADA
BM1 SALVADOR HERNANDEZ
MM1 KEITH KAISER
ET1 EDDIE LIN
EM1 HECTOR MENDEZ
MM1 SEAN PIERCE
MM1 JUSTIN REINHARDT
EM1 OLAF SAMPSON
MM1 MATTHEW SCHILLING
EM1 ANTWAYNE SHINES
MM1 DEMETRIO SOLIS
MM1 DANIEL STREET III
EN1 WREN TALDE
EM1 VICTORINO VELASCO
EM1 MELVIN WALL
MR1 SEAN YEATMAN
EM2 JASON BARGER
GM2 NATHANIEL BIDET
HT2 BRIDGET BLACK
OS2 JUSTIN BROTHERS
LS2 JOHN CASIANO
EM2 JUSTUSCHENG
SH2 JABRILA CLEMENS
EM2 NICHOLAS DRAGOVAN
HT2 CHESTER DUNN
EM2 GEOFFREY ESCOBAR
MR2 ERIC FAVRET
HT2 JOSHUA FIELDS
HT2 KELLY FIGAS
GM2 CALEB FRENCH
EM2 PETER FRUEAN
HT2 JOSEPH GASIOR

HT2 ETHAN HARRIS
EN2 REX HARTUNG
MR2 CHRISTOPHER JARDINA
MM2 SAMUEL JONES
GM2 LELAND LARSEN
HT2 WILLIAM LEWEY
HT2 ANTONY MARINO IV
HT2 ZETERIAN MARSHALL
LS2 BRENDA MENSAH
HT2 ASHLEY NUESSE
BM2 JASPER OLIVER
BM2 STUART OLSON JR
GM2 ANGELA PEE
BM2 SIERRA PENA
PS2 GIVEN PEREZ
EN2 JOSHUA POLLINGER
EN2 JOSEPH REEVES
GM2 ALEXANDER ROSENGREN
HT2 LYDIA RUIZ
MM2 DIANE SAIDAT
HT2 JEFFERY SMITH
HT2 JAMES SORENSEN
HT2 GERRETT SULLIVAN
PS2 KYLE TAYLOR
MR2 TRAVIS THOMSON
HT2 AMANDA VARGAS
HT2 BRANDON VICKERS
HT2 CHRISTOPHER WATERMAN
MM2 DANIELS WILLARD
EM3 SKYLER BEALS
HT3 AUBREY BECKHAM
RP3 DONALD BISHOP
MM3 PATRICK BISHOP
EN3 KEVIN BLACK
MM3 THOMAS BLISS III
LS3 SAMUEL BLY
LS3 DOMINIC BUTLER
MR3 JOSHUA CARR
EM3 JORDAN CARROLL
LS3 MATTHEW CATHELL
MR3 CHLOE CHHUOP
EN3 AUSTIN COBB

GM3 SAMUEL COLLIER
GM3 JAMIE CORBIN
EN3 LUIS CORDERO
GM3 JENNIFER DAUPHINAIS
EM3 CAESAR DELACUADRA
MM3 SHERRELL EVANS
HT3 CONNOR FIELDS
MR3 DANIELLE FORBUS
LS3 LOGAN FREITAG
HT3 LUKE GEHRINGER
HT3 ADONIJAH GREEN II
IT3 DANNY GREGORY II
EM3 CHASE HARDY
EM3 JAMES HARRISON
EM3 DAVID HOWE
MR3 ANDREW JAY
IT3 JOSEPH KHALIL
MM3 BOBBY KINCHEN JR
IT3 GINO LEON II
GM3 JESSICA LONEY
MM3 LAWRENCE MCDANIEL JR
MR3 EVALEE MCNULTY
HM3 CHRISTOPHER MUFF
HT3 JUAN MURILLO
MM3 MARK ORTIZ
HT3 MELISSA PERDUE
PS3 TRALONIE PERKINS
GM3 EDMIL QUIAMBAO
HT3 JONATHAN ROSS
MR3 MARION RUSH III
IC3 BREAUNE SAJNA
MC3 CHRISTOPHER SALISBURY
IT3 ZACHARY SMITH
GM3 PHILIP STUTESMAN
HT3 APRIL SUAREZ
EM3 JUAN SUAREZAYALA
EM3 CARLOS TIGREROS
SH3 TAMISHA TOWNSEND
EM3 REGINALD WADE
MR3 SEAN WALTERS
DC3 KAROHN WALTON
HT3 NICHOLAS WILL



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