



# HOWARD SAYS FAREWELL TO FAMILY AND FRIENDS AND HEADS OUT TO SEA FOR 2011 DEPLOYMENT

By: BMSN (SW) Meryl Vogel

At 0900 ON 14 APRIL, 2011, the USS Howard left for deployment. Every person on the ship plays an important role in getting this massive warship that displaces 9,145 long tons of water underway. It is a work of art to watch several watch-stations come together and work in unison to safely navigate the ship out of San Diego. The bridge is the central control station that details and accounts every aspect of the "Sea and Anchor" detail. The bridge directs the forecastle, flight deck, engineering and combat systems watch stations in order to prepare the ship to leave port. The Boatswain Mates prepare the anchor, a remarkable 9,000-pound

Navy Standard Stockless, for letting go. The Engineers light off the engines and monitor many other pieces of equipment so the ship can propel through the water with ease. Operation Specialists are primary lookouts to make sure nothing is in the ship's way as we navigate through the harbor. They are extra eyes and ears for small craft and other ships in the area. Combat Systems personnel make sure our radars and navigation equipment work properly. Quartermasters (QM's) chart our course and make sure we stay on a precise course throughout our transit. Some harbors are narrow, and shallow water is always a concern. The Master Helmsman is responsible for maintaining the course that is recommended by the QMs and ordered by the Conning Officer. Every station has communications with the bridge and nothing happens without the Officer of the Deck's approval. Everyone has a vital role in the evolution and every evolution has to be briefed and executed with detail. Howard Sailors are always giving 100% to each and every Sea and Anchor we do.



# COOPERATION AFLOAT READINESS AND TRAINING

By: Ensign Ashley Valanzola



Cooperation Afloat Readiness Training (CARAT) is an annual operation that has taken place for the last 16 years. It is an operation between the United States and Southeast Asian nations designed to develop trust and cooperation between participating countries. Both sides conduct training together at sea and in-port to share technical and tactical knowledge with one another. In the end, CARAT fosters a cultural cooperation between participating countries that otherwise never would have had the opportunity to work together.

There are six countries in Southeast Asia that originally began participating in CARAT operations. In 1995, the participants were Brunei Darussalam, the Philippines, Indonesia, Malaysia, Singapore and Thailand. In 2010, two more countries joined the exercise: Cambodia and Bangladesh. The growing

number of cooperating countries signifies the positive transformation of the American image in those regions.

The philosophy of CARAT operations is based upon three main tenants: regional stability, strengthening professional skills, and building friendships between the United States and participating nations. CARAT provides regional stability because the exercise instills new security techniques and confidence in the participating nation's own security forces. Conducting small boat boarding operations and maritime interdiction operations helps the CARAT nations to develop programs of their own to protect their coastlines. CARAT operations aide host countries' inland defense capabilities through ties with U.S. special forces and the U.S. Marine Corps.

CARAT exercises highlight professional development

during the many seminars on land and complex operations conducted underway during a CARAT mission. Participants cooperate in different exercises such as weapons training, basic shipboard maneuvering, communications drills and humanitarian operations.

It is easy to see how such operations build a working friendship between nations. In addition to work related training, the sailors onboard participate in a wide range of community service projects on land. This gives the sailors a new understanding of the cultures and concerns prevalent in this part of the world.

The outcome of past CARAT operations showed a constantly growing partnership with Southeast Asia in pirate hunting operations as well as increased maritime security in the region. United States sailors are returning home to their families with fascinating stories of Southeast Asian cultures and increased appreciation for what other nations face in the world today. Hopefully HOWARD can conduct many more positive exercises during its CARAT operations, and bring many stories home for families to enjoy.

# “UNDERWAY, SHIFT COLORS!”

By: FC2(SW) Charles Slagle

Some have looked forward to this moment with a sense of anticipation and excitement about venturing back into the ports they first visited in years past. Still, others feel the anxiety that comes with their first deployment.

At one point or another every Sailor has experienced the feeling of, “I know I forgot something”, or “I don’t know how in the world I’m going to live in a haze-grey box for 6 months!” With the support of those loved ones back home (and the occasional care-package), first-time deployers can truly find themselves on the sea.

“My feeling on the next coming months are excitement (especially after seeing Hawaii) because the experience of going out to sea and seeing countries that I would never in my life time have the opportunity to see unless I was in the Navy.” writes GSEFA Kaitlyn Shumway of her first experiences of deployment.

When it came to preparing for our 2011 deployment, the USS HOWARD held information fairs to provide the resources needed for a successful mission, “Prior to deployment I feel like I got everything I needed to be prepared for these months underway, with the help of our pre-deployment briefs,” GSEFA Shumway continued. Chief Electrician’s Mate Kelly Greeno, whose first deployment was a 1999 West Pac onboard the USS CONSTELLATION as an airman in the Arabian Gulf offers the following advice for those heading out to sea.

- Keep yourself busy with your personal and professional growth.
- Stay up-to-date with all that is going on onboard while doing your job and as you’re on liberty, always be safe.
- Stay in touch with your family and loved ones back home, they are interested in what you are doing and they support you. Email and letters along with your phone calls will help you stay in touch with all that is going on at home, because remember they have a huge part in your success.
- Take as many tours and pictures as possible. Get involved with community relation efforts as well. Although all your memories will be great, you’ll want to have the opportunity to share them with others.

Coming from a Chief that has seen a few ports near and far, he has a couple items that you should never leave home without: “The most important things that you want to bring on deployment;

- Camera to take pictures of the cultural differences
- Back pack to carry all the gifts you can buy
- A really good pair of shoes. Chances are you’ll be walking a lot.”

Gunner’s Mate Second Class Petty Officer Kimberly Hernandez, who met the USS HOWARD off the coast of Africa for her first deployment shares her advice to fellow shipmates, “Approach every new experience with an open mind. I encourage them to try the local food, go sightseeing, and to take MWR tours.”

When asked what her top three items that are essential to her while deployed, she responded with:

- Pictures of my son and family because they give me strength when I am exhausted. My family is very proud of me and I hope to make my son proud too when he grows up and that’s why I do my best at everything.
- The second important item to bring on deployment is my iPod. Music makes everything more pleasant. There’s nothing like a good motivational song to get you through the not so fun tasks of the day.
- Lastly I bring a positive attitude. It really hurts to leave my loved ones behind but I think that if I am away from them might as well do positive things and take on new challenges so that the time spent away from them is not wasted away and it’s something they can be proud of.

As GM2 Hernandez points out, family keeps us going as the days roll on by, remembering why we sail, why we keep working hard on our mission, and ultimately why we fight.

For me, a few small photos of my wife Laura, and mischeivous daughter Shelby that I managed to remember in the midst of the flurry of packing is now taped to my rack and is wished a “G’night and sweet dreams” once my work is done for the day. It also helps that my mother knows that my favorite cookie is chocolate chip, \*wink, wink\*!

After serving my first few deployments on the USS SHILOH out of Yokosuka, Japan, where our schedule is incredibly demanding, I found one of the best items to bring underway is a hook and loop tape such as Velcro. I use it to attach my iPod to the top of my rack to watch movies, or to attach to my alarm clock.

In the next few months the Sailors onboard the USS HOWARD will be seeing amazing sights and meeting extraordinary people around the globe. It is no surprise though that many, myself included, will miss those we left behind to complete our mission. It is through the help of those loved ones and Shipmates we find the will to a job well done. So, keep those letters (and goody-boxes!) coming, and we’ll see you soon!

GSEFA Shumway couldn’t say it better, “Words of wisdom to my friends and family here and outside of the Navy is to keep your head up, remember to breathe and know that stressing about anything isn’t worth it because it will pass and new days begin.”



*Farewell to Sunny San Diego. We will see you in the fall!*

## DEPARTMENT OF THE MONTH: ENGINEERING

# HOWARD POWER, WATER AND LIGHTING

By: LTJG Alison Derr

They provide us power to turn on our lights, air to cool us from the hot Pacific sun and water to quench our thirst. They are the USS Howard Engineers – a group of men and women who keep the “lights burning and the screws turning” as their well-known slogan says. From Engine-men (EN) to Electrician’s Mates (EM) to Gas Turbine Electricians and Technicians (GSE and GSM) to Damage Controlmen (DC), Hull-Technicians (HT) and Machinery Repairmen (MR), the Howard Engineers are ready for action whether that’s to provide hot water, electricity to power equipment or to respond to a fire or flooding casualty.

“The best way to think of us is as city hall for the ship,” says LT Mat Swenson, Chief Engineer. “We provide transportation, reliable power, fresh water and when required, we send in the rescue squad and repair major damage.”

Often times overlooked onboard a guided-missile destroyer, such as USS HOWARD, the entire Engineering Department provides all of the basic services on which the ship runs. From providing power and cooling water to the combat and weapons systems to the hotel services required to berth and feed over 280 Sailors, to being ready to respond to any major casualty onboard, the Engineers work 24/7 and are always at the ready.

“We get the job done,” says GSM 1(SW) Ferdinand Marzan. “We keep the ship running to ensure that we get to our destination on time,” he continued. As a four-year veteran onboard Howard, GSM 1(SW) Marzan also says that team work is crucial to accomplish the mission. “We have to work together in order to fix our equipment, stand watch and do our daily jobs,” he said.

Some engineers receive extra training after bootcamp, but not all. Once on-

board though, the real test begins and Engineering Sailors start learning the tricks of their trade. From fixing the engines onboard to fixing the plumbing that runs throughout the ship, it is a constant cycle of learning and teaching in order to make the technicians and operators better and brighter.

“It is my responsibility to impart my knowledge on junior Sailors,” says GSEC (SW) Balbino Pinto. “The younger generation of Sailors is the future of our Navy and I want to ensure that when I leave the service, it’s in good hands. So it is important that we constantly train and learn from one another.”

Aside from providing the power, lighting and water, the Engineering Repair division is responsible for being the quick-acting response team in the event of a major casualty such as a fire, flooding or any major structural damage. While every Sailor is a firefighter, Damage Controlmen are the skilled leaders at responding to these emergencies and have the exceptional skills and knowledge to do so. Additionally, they are the ship’s welders and engravers, and are remarkably talented at crafting spare parts and materials that are needed throughout the ship, which in turn saves the ship thousands of dollars every year.

Sometimes it’s tough to be an Engineer. The hours are long and hard, but at the end of the day, the ship cannot get underway without their efforts. They are a priceless group of men and women who selflessly serve every day and are the foundation of Howard’s daily successes.



*Main Propulsion Assistant, CWO2 Franklin, always has a smile on his face.*



*GSM3 Buchanan & GSM2 Gonzales paint parts of the main space to keep it looking sharp.*



*Engineering Division Officers are excited to be on watch.*



*GSM3 Ringstaff and GSM3 Ballah inspect a fuel oil sample.*

*SPOTLIGHT ON:*

# THE ELECTRICIAN'S MATE

By: EM2(SS) Joseph Seina

Do you ever wonder where the power for your rack light comes from? Or how the power gets from the ship to the receptacle you plug your video game system then to your system itself? Or why does that fan go roundy roundy when you turn ventilation on? For all these questions and more all you have to do is go look for your friendly neighborhood Electricians Mate (EM).

Electricians Mate's are the unsung heroes of Engineering Department. First to get blamed for something not working, last to be acknowledged when everything is working the way it is supposed to be. The path of the EM is never an easy one. He starts out with the rest of the Engineers going through Basic Engineering Common Core which lasts approximately 9 weeks. Here they learn the basics of engineering, damage control, administration. From there the prospective EM goes on to 6 weeks of schooling between an Electrical Core and a Technical School. In these our budding Electrician learns the building blocks of what it means to work with Electricity.

After all this, our Electrician now knows enough to be dangerous. He knows the ins of electricity, but what they do not know is all the whys, the how's and all the outs of the Electrical Rating. They are sent to a ship, perhaps a Cruiser, Destroyer, LPD, Carrier you name it, and you will find an Electrician there, learning the ins and outs of their trade. Now is when the fun begins and the real knowledge starts flowing.

Once our intrepid EM gets to his or her ship they begin to realize the scope and magnitude of what they are really in control of. From switchboards to generators. Flight deck lighting to galley equipment. Cableways to ABT's. Even laundry equipment down to the littlest rack light. All these the Electrician must master to fully understand their rate. And all that is without even specializing in one thing. After time the electrician must sooner or later learn to be the master of a specific trade. Whether it be learning how to rewind a motor on a larger ship down to the complex RAST system on board mighty HOWARD, all the way to elevators on board the flight decks of carriers. All these an electrician must have some knowledge of if not a master of its knowledge.

The Electrician is now pouring over blueprints, technical manuals, safety periodicals and NEETS modules all to better learn how

to harness electricity in the safest way possible. They must learn all about electrical safety and how to ensure their shipmates are not only safe when they walk down the passageway from electrical currents, but to ensure that when the time comes and someone needs to work on a piece of gear while there is electricity still flowing through it, that their shipmates know what to and not to do in an electrical panel. They learn how to troubleshoot every type of electrical circuit, be it a resistor down to a capacitive circuit, the electrician must know what is going to happen every step of the way from the starting up of his generator till someone flips the switch to make their rack light come on.

All this time your Electrician is also learning about the engineering plant he must stand watch over and ensure it's safe operation. He learns how to start and stop various motors, pumps, purifiers, etc. He learns how to fill tanks, monitor propulsion plant parameters. And most of all he prepares himself for their Electric Plant Control Console operator qualification. There, they must combine all the knowledge they have learned in their training and in their on the job training to operate and monitor the flow of electricity throughout the mighty HOWARD. They must know what to do in the case of and number of accidents and casualties. They must be calm, cool and collected in the face of cascading problems. They must be informative yet concise, know what is going on and how their actions affect everyone else in the plant and more importantly how they affect the ship and its mission.

The Electricians Mate is a jack of all trades and a master of a few. They know a little about everything and a lot about all things. They do their jobs quietly and without thought of recognition. They do not seek praise or the spotlight. They just take pride in knowing that when the time comes to flip that switch, whether it be for a light, a motor, or to launch a Helicopter. That his power will be there ready to go forth and get the job done, to keep their shipmates safe, or to light the way home. So next time you see one of your friendly neighborhood electricians, remember who it was that stood watch over your power to make sure you had hot water to shower in, hot food to eat and lights to see your way through.



*EM3(SW) Reyna electrically safety checks a piece of equipment.*



*EPCC Operator in training, EMFN Eason conducts Engineering drills as GSEC Pinto(SW) looks over his shoulder.*

# **BRAVO ZULU** FROM THE FIRST CLASS PETTY OFFICERS' ASSOCIATION

*The First Class Petty Officer's Association would like to recognize the following Sailors for their dedication and hard work during the first few weeks of deployment. Keep it up!*

## **DC3 KRUCIAK:**

**ER**

For his outstanding commitment to Damage Control readiness. He selflessly devoted himself to ensuring 100% DC readiness ship wide in preparations for the upcoming deployment. At-a-Boy!



## **OS3 BOHLINGER:**

**OI**

For flawlessly maintaining over 100 nautical charts and meticulously preparing the navigational track. She has ensured USS HOWARD's safe transit for deployment for 2011. As the Global Command and Control Maritime operator she has held an accurate position of over 20 over the horizon tracks and maintained an excellent common operational picture with both 3rd and 7th fleets. OS3 Bohlinger is an outstanding sailor and a top notch performer, who excels at team work. *At-a-girl!*

## **PS3 THOMAS**

**EX**

Newly reported onboard, PS3 Thomas has made an impressive first impression. A role model for other sailors, PS3 is always squared away with a pressed uniform and spit shined boots. His work ethic is that of a seasoned 2nd or 1st class sailor with no supervision need. **MOTIVATED** to say the least!



## **SHSN DOMINICK:**

**S3**

Flawlessly received over \$62,000.00 of Ship's Store merchandise in preparation of Deployment 2011. While maintaining his storeroom, he also is Howard's Barber and so far this deployment has been cutting over 10 haircuts a day while cross-training one of his S-3 Shipmates in the craft of being a Barber. With all that going on is also part of the crash and salvage team during flight quarters. A job well done. At-a-Boy SHSN Dominick!!!



## **SN LEWIS:**

**OD**

Has accomplished a great deal in the past 5 months since checking aboard. His relentless thirst for knowledge and training has allowed him to be one of the most versatile and qualified SN in his division and a standout amongst his peers. His military bearing and attention to detail is boundless and his infectious "can-do" attitude has provided a strong bedrock for Deck division's junior sailors to emulate. Well done SN Lewis, keep up the hard work and keep chargin' **HARD CHARGER!**



**CE**

**ET3 AVEDISIAN,  
ET3 MIKOLAY, ET2  
FIELDER AND  
ET3 OBEROSLER :**

Collectively pooled talent and technical savvy together to help restore the EHF FOT terminal back to operational standard to allow multiple watchstanders around the ship to have reliable off ship communications for multiple warfare area commanders. Way to go guys!

# A WORD FROM OUR OMBUDSMAN...

Hello Families and Friends,

Deployment whether it is your first time or your tenth is never easy. Everyone experiences and reacts to deployment differently. There is truly no such thing as a "right" or "wrong" feeling. At the beginning of deployment emotions can seem like a roller coaster.

There are many opportunities to volunteer, get involved and meet other people during deployment. Some local organizations you can volunteer with are American Red Cross ([www.redcross.org](http://www.redcross.org)), Armed Services YMCA ([www.militaryymca.com](http://www.militaryymca.com)) and Navy-Marine Corps Relief Society ([www.nmcrcs.org/sdiego-area.html](http://www.nmcrcs.org/sdiego-area.html)) to name a few. These organizations not only provide vital resources and assistance to Military families they are in need of assistance as well. What better way than to give of your time to those who give to us in our time of need, crisis etc? If you are interested in finding a new job the FFSC Family Employment Readiness Program (FERP) can assist you (FFSC NBSD, Phone: 619-556-7404 <https://www.cnic.navy.mil/SanDiego/FleetAndFamilyReadiness/index.htm>)



Children experience the emotions and stress of deployment as well but can react differently than adults. Listen to their concerns and remember children take their cue from you their parent or caregiver. Try to communicate in ways that are developmentally appropriate. You can help them stay connected with their deployed parent by writing letters and emails, creating scrapbooks, videos or journals to send or share upon return. If you feel your child is in need of additional resources to help them cope during deployment Fleet and Family Support Center (<http://auth.cnic.navy.mil/SanDiego/FleetAndFamilyReadiness/index.htm>), Military OneSource ([www.militaryonesource.com](http://www.militaryonesource.com)) and FOCUS ([www.focusproject.org](http://www.focusproject.org)) are all programs able to assist you and your child.

Understanding your emotions about deployment can be difficult as a service member or spouse. Take care of yourself, find time to rest and do something just for you. We are all more vulnerable to stress when we are tired, and can manage better when we are rested and in tune with ourselves. If you are feeling overwhelmed or find your feelings are hindering your daily activities don't hesitate to contact your Fleet and Family Support Center, a chaplain, medical or Military OneSource for assistance.

You are not alone during this deployment and have many resources available to you. If you need assistance do not hesitate to contact me ([howardombudsman@yahoo.com](mailto:howardombudsman@yahoo.com)).

Thank You,  
Terra

## HAPPY BIRTHDAY!

*Happy Birthday to Howard Sailors with Birthdays in the Month of April and May!*

### APRIL

IT2 Castro, CSSN Phipps, CTR2 Sayre, CTCR Williams, DC3 Boss, STG3 Hamilton, LTJG Johnson, HTFA Gripp, OS2 Fowler, FC2 Slagle, YNC McDonald, CS3 Rocamora, FCSN Genovez, IT3 Mengleberg, FC1 Fernandez, YNSN Kalinowski, SA Williams, ET3 Phillips, EMFN Eason, LT Swenson, STG3 Gordon, GM3 Cadena

### MAY

CTR1 Errol, MR3 Gonzalez, GSEFN Shumway, GM3 Aguilar, LSSN Kouche, OSSN Chan, OSSA Chan, FC2 Castro, CS2 Sorgie, ENS Atherton, ET3 Avedisian, OS2 Carter, FCC Rife, CSCM Villar, BM3 Tivoli, GSM3 Ewigman, STGCS Ouren, HT3 Furrier, OS1 Peoples, GSM3 Muniz, IC3 Foster, ENS Litvachuk, CDR Zook, GSE1 Haddix, LT Saving

## NEW ARRIVALS

*Congratulations to the newest additions to the Howard Family!*

**April 14:** Natalie Adeline was born to ENS Daniel and Sarah Parobek

**April 24:** Amari Nathaniel was born to SHSN Ricardo and Toni Dominick

**May 2:** Sammantha Rayne was born to CTRSA Zachary and Shambrya Yates

**May 8:** Elise Christine was born to LTJG Daniel and Katie DeFreval

**May 12:** Ryan Caleb was born to LSSN Jason and Danielle Kouche

# HOWARD DRAGONS IN ACTION



*Daily SWEATEX helps Howard Sailors keep in shape while underway.*

*ENS John Lloyd runs through the checklists prior to pulling into Pearl Harbor, HI*



*EM3 Tiley & LSSN Fernandez, FSAs, take a moment during their busy day working in the galley to snap a photo*



# Letters To Loved Ones

WORDS HOME FROM FIRST-TIME DEPLOYERS

BY: FC2(SW) WYRE, CIERRA

“Hi Mama, I miss you a whole lot! Wish you could share this experience with me, and no need to worry about me, I know you’re a little worry bug. Love you.” -- *OSSR Saucedo, Brittany*

“This is my first deployment. So far, so good, the days are going by pretty fast. But there is one thing for sure, I believe that this time away from my family will help me draw closer to them upon my return home. I am looking forward to going back home and sharing some more good times! Thank you for all the support in making my deployment possible. Miss and Love you all! Stay safe!” –*GSEFN Clarkejerome, Loyette*

“I just wanted to give a shout out to my parents and my brothers, Chris and Ashley, and Aunt Mary and Aunt Chele. I love you all and can’t wait to come home and see you all again! I’m making the best of this deployment. Plenty of pictures, and all that good stuff!” –*BMSN Gray, Rebecca (a.k.a Katie)*

“Hey everyone, I miss and love y’all. I’m having tons of fun. Can’t wait to get back and see y’all though. See ya soon. Pooh Bear, I can’t wait to see you when I pull in. I miss you soooo much and Love you sooo much more. I’ll be seeing you! Xoxoxo” –*IT2 Wells, Stefani*

“Hi Mom and Dad...Things are going great out here on the high seas! Miss you guys a lot and I hope all is well at home! <3 Tara” –*ENS Cheezem, Tara*

“I walk out on the forecastle and see the ocean and sky both in equipoise. Dolphins, the neighborhood children, converge on the bow and play. Joining the Navy kicked down the back wall letting light seep in. Deployment has removed all the walls and I am fully exposed – I am happy. Hi Mom.” –*ENS Custodio, Rodel*

To Dad, Mom, Jason, Lindsay, Courtney, Megan and Ashlyn: I’m having a great time on this first deployment and cannot wait to see all the places that we will go. As always I miss you all and hope to continue making you proud. –*STG3 Gordon, Jordon.*



# WEAPONS DEPARTMENT TORPEDO LOADING



## JR. DRAGON CORNER

|   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|
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| S | W | T | I | H | T | A |
| G | J | K | L | W | C | A |
| S | W | I | V | B | H | S |

### WORDS TO FIND:

DRAGON HATCH FLAG  
RADIO SHIP OCEAN

JR. DRAGON WORD OF THE MONTH: **SWAB**

“Swab,” is the nautical term for a mop... Next time your mom tells you to mop up the kitchen floor, let her know that we sailors call it a swab!

### Jr. Dragon Joke of the Month

Q: Why couldn't the sailors play cards?

A: Because the captain was standing on the deck!

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|  | 1 | 4 |  |
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