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THE COASTAL COURIER



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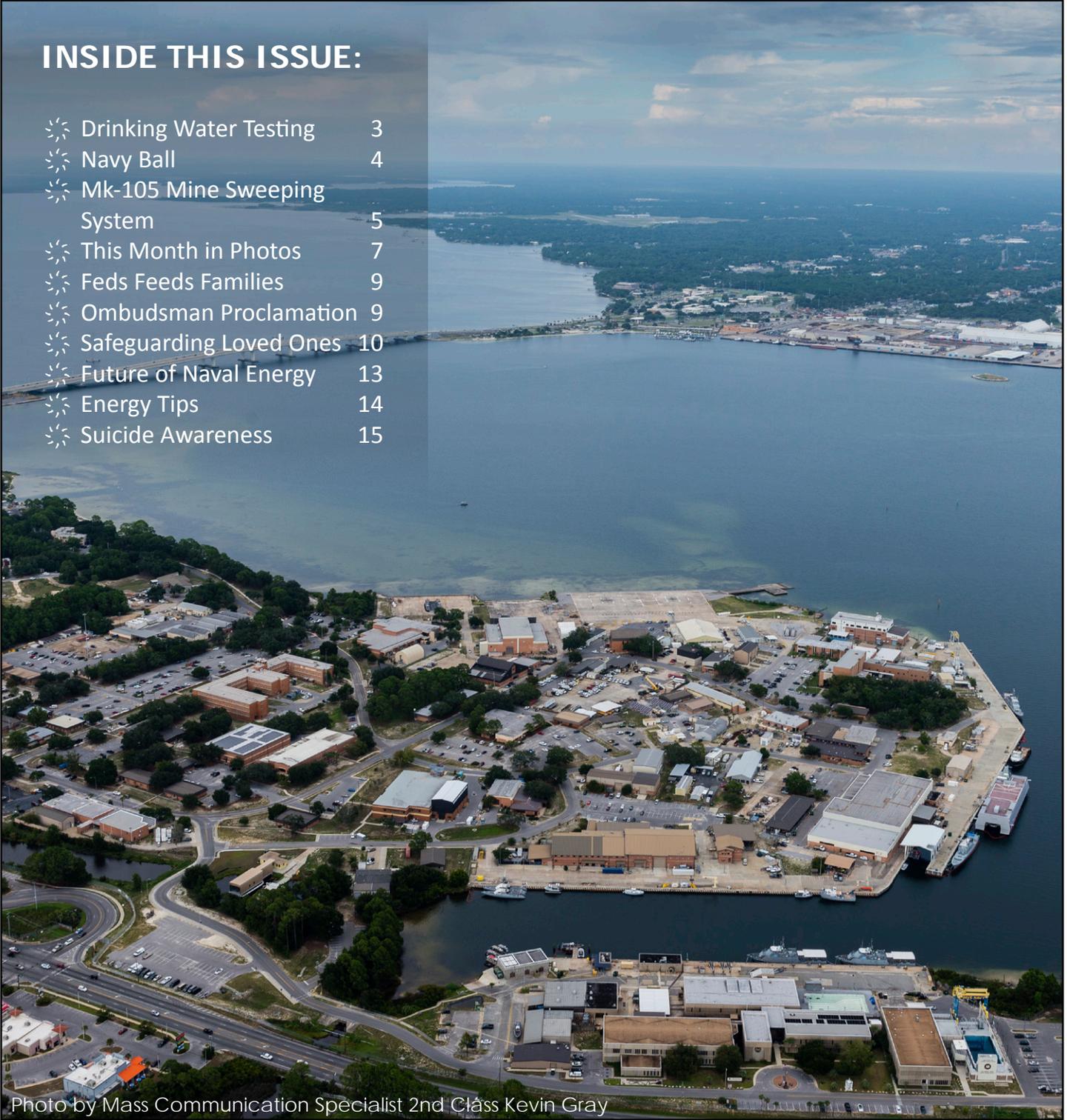


Photo by Mass Communication Specialist 2nd Class Kevin Gray

NSA Panama City Chain of Command



Commanding Officer
Cmdr. Christopher Serow



Executive Officer
Lt. Bobby Kenning



Command Master Chief
Petty Officer Hector Sandoval



NSA PANAMA CITY CARES ABOUT:

- ➔ **Our Mission**
- ➔ **The Environment**

We C.A.R.E. about our Environmental Policy

- C – Comply with Rules**
- A – Always Improve**
- R – Reduce Waste**
- E – Eliminate Pollution**

The CO Relies on YOU for Compliance

For Information on Environmental Management Systems (EMS): Our ISO 14001 Approach

Contact your Command EMS Action Team Member:
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Cover photo: A northeastern-facing aerial image taken of Naval Support Activity Panama City, courtesy of the "Dragon Masters" assigned to Naval Surface Warfare Center Panama City Division on Sept. 3, 2014.

Navy To Begin Testing Drinking Water For Lead

By Shawn Miller NDW Public Affairs

Throughout the end of this year, the Navy is scheduled to conduct water testing for lead contamination in priority areas across each worldwide Navy region.

Naval Support Activity Panama City (NSA PC) Public Works is currently in the planning stages of the operation, and is scheduled to begin testing at NSA PC Nov. 19.

In a February 2014 policy release, the Office of the Chief of Naval Operations defined those priority areas as primary and secondary schools, Child Development Centers (CDCs), Navy-operated group homes and youth centers.

“There is no federal law or DOD policy requiring schools or child care facilities to test drinking water for lead. However, the health and safety of our Navy family is a top priority of the Navy’s uniformed and civilian leadership,” the CNO policy stated. “Because children are most susceptible to the effects of lead, it is Navy policy to meet U.S. Environmental Protection Agency (EPA) guidelines for testing and sampling of water from drinking water fountains, faucets, and other outlets from which children may drink.”

While water from individual suppliers may meet all regulation requirements, lead may still find its way into the water supply by leaching through plumbing materials. The most common cause is corrosion of materials containing lead in the water distribution system, such as plumbing pipes, solder, water coolers, and faucets.

The testing plan calls for a three-step process where officials first secure and flush systems and sample outlets at all the priority installations, then test newly constructed



or modified areas, and finally, conduct periodic retesting. If any water outlets contain water with more than 20 parts per billion (ppb) of lead, those outlets will immediately be taken out of service and subjected to further testing. According to NAVFAC, one ppb is roughly equivalent to a drop of water in an Olympic-sized swimming pool.

Navy policy requires parents, staff and installation stakeholders to be notified prior to sampling, following receipt of sampling results, and following corrective actions, if required.

According to the EPA, homes and buildings constructed prior to 1986 are more likely to have lead piping, although newer pipes may still contain up to eight percent lead. Earlier this year, the EPA amended regulations to reduce allowable lead content in plumbing fixtures to 0.25 percent.

To prevent any possible lead problems on a routine basis, NAVFAC recommends flushing water outlets in homes and buildings with cold water where water may have been sitting in the pipes and exposed to any possible contaminants for long periods of time, such as over long weekends or vacations. They also recommend using cold tap water more often when used for cooking and drinking, and cleaning debris from faucet aerators which may trap sediments.

To learn more about lead issues and effects, visit www.epa.gov/lead. Also, visit: <http://cnic.navy.mil/regions/cnrse/om/lead-in-priority-area-sampling-program.html>.



An aerial view of the Youth and Child Development Center. (U.S. Navy photo by Mass Communication Specialist 2nd Class Kevin Gray/Released)

THE UNITED STATES NAVY

Navy Ball

239TH BIRTHDAY

OCTOBER 17, 2014

1730 - 2330



MAJESTIC

BEACH TOWERS

GUEST SPEAKER

Thomas P. Dee
Deputy Assistant Secretary of the Navy

ENTERTAINMENT

Brother From Another Mother

MENU

Pesto Marinated Mahi Mahi
Herb Crusted Chicken Breast
Marinated Flat Iron Steak
(Vegetarian Meal Available)

TICKETS

O4/GS12 & above	\$45
O3-E7 & GS11 & below	\$35
E6-E4	\$25
E3 & below	Free
Guests of E3 & below	\$15
Retiree - price of rank	

UNIFORM

O4 & above	Dinner Dress Blue Jacket
O3 thru O1	Dinner Dress Blues (large medals/no gloves)
E9 & below	Formal Dress Blues (Ribbons/large medals optional w/ no gloves)
O3 thru E7	Authorized to wear Dinner Dress Blue Jacket. Females are authorized to wear Ballroom Gown in lieu of uniform.
All Civilians	Black Tie/Formal Evening Attire
Retirees	Dress Blues or Black Tie/Formal Evening Attire

See Command Navy Ball Representatives to purchase tickets.

For more information contact:

Cindy Shutt at cindyshutt@gmail.com



MK-105: A Legacy of Excellence in Mine Countermeasures

By Jeff Prater, NSWC PCD Public Affairs

The Naval Surface Warfare Center Panama City Division (NSWC PCD) is the technical center of excellence for littoral warfare and coastal defense, with almost 70 years of Mine Warfare experience. The MK-105 Airborne Magnetic Influence Minesweeping System is the epitome of that legacy of excellence.

The Mk-105, or "sled" as it is known, is an airborne mine clearance system, which is towed through the water by a U.S. Navy MH-53E Sea Dragon helicopter. The twin magnetic tails, consisting of open-electrode magnetic sweeps, are towed behind the sled, detonating mines to clear the water for safe shipping.

In the 1960s, Airborne Mine Countermeasures became a Fleet capability when Helicopter Squadron Six (HC-6) in Norfolk, Va. became the recipient of Panama City's first operational sweep systems. These included: the MK-101 Mechanical Minesweeping Gear (1964), the MK-17 Mod 0 Cutter Assembly (1966), the MK-104 Acoustic Sweep (1967), and the MK-103 Mechanical Minesweeping Gear (1969). Working with HC-6, NSWC PCD focused on the refinement of these systems' usage and upon the development of the associated tactical procedures.

In that same time period, research at NSWC PCD focused on the development of magnetic sweep systems and upon the development of towed minehunting systems which were based upon early sonar technology. In early 1972, the MK-105 Magnetic Minesweeping System was introduced into the Fleet, and from February to June 1973, the MK-105 system was called into action to sweep the minefields in the principal ports and harbors, associated waters, and some shipping channels in North Vietnam, during Operation End Sweep. Approximately 11,000 destructor series mines were swept by the U.S. forces and

the MK-105 magnetic sweep system was a big part of that effort.

Through the decades, Panama City Division personnel have been supporting the Fleet's Airborne Mine Countermeasures (AMCM) capability. Today, NSWC PCD continues as the In-Service Engineering Agent (ISEA) for the MK-105 Mod 4 Airborne Magnetic Influence Minesweeping System. The Lead Project Engineer and ISEA at NSWC PCD is Steven Gilbert, who recently received the Meyer Award in Systems Engineering (Distance Learning), as selected by the Naval Postgraduate School's (NPS) core faculty. The award, which is selected by the NPS capstone advisors, recognizes outstanding students in systems engineering. Members of his cohort praised him for his efforts and noted, "we were lucky to have him as Capstone leader." It is not surprising that Gilbert has assembled an extremely talented team to manage the MK-105.

NSWC PCD Lead Technician Joe Lowry is a retired Aviation Maintenance

Administrationman who previously served with Helicopter Mine Countermeasures Squadron Fifteen (HM-15) in Corpus Christi, Texas. During his career, Lowry served in all of the positions on the active duty MK-105 team from Sled Captain, Launch Director, Launch and Recovery Officer, Boat Coxswain to Small Boat Petty Officer. Lowry received the Bill Emshwiler Award in 1998, which is named after Colonel William M. Emshwiler, who is considered the "Grandfather" of AMCM.

Todd Loyd serves as the NSWC PCD Integrated Logistics Manager. Loyd retired as an Aviation Electronics Technician supporting HM-15 as the AMCM Maintenance Control Chief. Loyd was responsible for the maintenance and upkeep of all AMCM systems including the MK-105. Now, Loyd ensures that the MK-105 Interactive Electronic Technical Publications are accurate and up-to-date and provisioning is current. Additionally,

Continued on Page 6



The NSWC Panama City Division, MK-105 Mod 4 Airborne Magnetic Influence Minesweeping System at the Exelis Mine Defense Systems (MDS) facility which is located in the new industrial site at the Northwest Florida Beaches International Airport known as Venture Crossings. (Photo by Anthony Powers, NSWC PCD/RELEASED)

MK-105: A Legacy of Excellence in Mine Countermeasures (Continued)

By Jeff Prater, NSWC PCD Public Affairs

Continued from Page 5

Lloyd recently utilized Reliability Centered Maintenance to optimize preventative maintenance and championed the integration of program data, engineering data, contract data and logistics data into the CMPRO configuration management tool. These actions will result in a savings to the Navy of approximately \$3.5M over the next decade. “The bottom-line is that Todd makes sure all of our logistics products are clear, concise and valid,” said Gilbert.

Florida State University Panama City (FSU PC) graduate and Science, Mathematics and Research for Transformation (SMART) Scholar Leah Dunham is the Lead Electrical Engineer for the team. Dunham began civil service September 2011 and has now become the subject matter expert on all electrical components for the MK-105. “Her depth of understanding is invaluable when troubleshooting problems in the Fleet as well as when we are doing acceptance trials following overhauls. She also brings a great attitude to the team which helps motivate other members and keep things in perspective when things are not running smoothly,” said Gilbert.

Angel Sarraga is the son of a retired Army Colonel and hails from Puerto Rico. Sarraga worked his way from a logistics intern program position into his current position as the Lead Mechanical Engineer by leveraging his logistics experience and his engineering education. “Angel recently joined the MK-105 team and is already making positive contributions,” said Gilbert. Gilbert considers himself blessed to have such an outstanding team. “Each person brings a tremendous amount of education and experience and they are dedicated to the Fleet and keep that in mind, each and every day,” he said.

“The really exciting effort underway

is the first ever new build of a Mod 4 sled,” said Gilbert. The MK-105 Mod 4 was an upgrade which was initialized in 1998 and reached full operational capability in 2003. Under the direction and leadership of NSWC PCD, Exelis Mine Defense Systems (MDS) has provided continued sustainment of the system and the first overhauls of Mod 4 sleds began in 2011. Exelis MDS provides overhaul and heavy repair capability to the U.S. Navy. In 2012, Exelis MDS opened the doors on a brand new facility to bring better support to the MK-105. Exelis MDS is currently finishing the second overhaul of a MK-105 Mod 4 where the sled is torn down and evaluated and then refurbished to like-new condition.

As the main floats and boom were originally modified from a Mod 2, this effort has never before been accomplished. Exelis MDS has basically taken raw material and is building a brand new MK-105 that will be added to the current fleet. This comes as a result of repeated demand signals for utilization of the MK-105 in minesweeping operations in the Fleet. HM-14 and HM-15 have requested additional assets to continue to provide minesweeping capability in forward deployed areas. “The MK-105 provides a capability that few navies in the world can provide, and additionally, the MK-105 is a show of force,” Gilbert said.

With a scheduled remaining life of more than a decade, there is no foreseeable



An MH-53E Sea Dragon, from Helicopter Mine Countermeasure Squadron (HM) 15, performs mine countermeasure training using the MK-105 sled. (U.S. Navy photo by Lt. Cmdr. John L. Kline/RELEASED)

reduction in demand for the MK-105. “The story here is that this production capability has never been in place before and, if not utilized, may never be in place again. This is exciting for the Navy and for the local community. This contract has provided high-wage jobs for highly skilled workers and these workers are almost all licensed aircraft and maintenance technicians, many of whom are also veterans,” said Gilbert.

“The MK-105 Airborne Magnetic Influence Minesweeping System Team is an exceptional team doing exceptional work to support a legacy system that brings an important capability to the U.S. Navy and positively influences our local community,” said Allen Hawkins, the head of the Airborne ISEA Branch. “Hawkins started work in this branch in 1983 and, after working on other systems, came back as the branch head in 1996 where he has remained. If William M. Emshwiller is the grandfather, Hawkins is the Godfather,” said Gilbert.

While other teams are working on the future, this team will continue to stand the watch to ensure the MK-105 is ready for tasking anytime the U.S. Navy needs it. It is the epitome of a legacy of excellence.

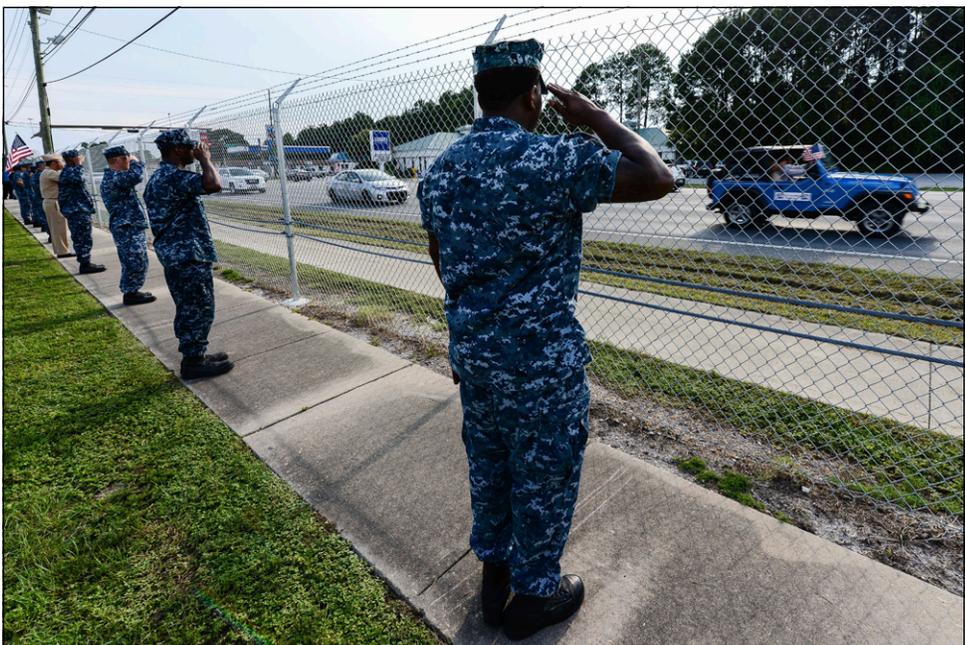
This Month in Photos

Photos by Mass Communication Specialist 2nd Class Kevin Gray

Right: Cdr. Christopher Serow, Commanding Officer Naval Support Activity Panama City, signs a proclamation for the Gold Star Mothers and Families of fallen service members parking signs on Naval Support Activity Panama City Sept. 23, 2014.



Left: The USNS Spearhead (JHSV 1) is guided into port by two tugboats during a port visit at Naval Support Activity Panama City Sept. 11, 2014. Right: An aerial view of the USNS Spearhead and the Office of Naval Research vessel Seafighter moored in NSA PC Sept. 23, 2014.



Right: Sailors assigned to NSA PC salute wounded veterans during the semi-annual Wounded Warrior Retreat Parade Sept. 18, 2014.

This Month in Photos - Continued

Photos by Mass Communication Specialist 2nd Class Kevin B. Gray



Servicemembers and volunteers from the local area participate in the 7th Annual Homeless Veteran's Stand Down held at the Family Life Center, First Baptist Church Sept. 25, 2014. The Stand Down is held annually to help bring awareness to homeless veterans and attempts to help them recover from their misfortune.



EN2 Damien Gibson, from Port Operations, receives a Navy and Marine Corps Achievement Medal for his end of tour at NSA PC.



Allen Collica, from Security Department, is commended for his selection as Category II Civilian Employee of the 3rd Quarter.



Cynthia Warriner, from MWR, is commended for her selection as Category I Civilian Employee of the 3rd Quarter.



Lt. j.g. Keith Philips reenlists YN2 Angel Torres, from Admin Department, for three years.

CNRSE Wraps Up 2014 Feds Feeds Families Campaign

By Twilla Smith, Navy Region Southeast Public Affairs

Navy Region Southeast recently completed another successful year of food and non-perishable donations collected for the Feds Feeds Families campaign.

Feds Feeds Families primary goal is to help end hunger in America by offering emergency food assistance to support families across the country. This year's campaign ran from June 1 to August 31 throughout the region and the country. All region totals Navy-wide were turned in on Sept. 5 for a grand total of 1,310,374 pounds collected throughout the nation. Navy Region Southeast announced it collected 373,299 pounds of food and non-perishable donations accounting for 30 percent of the nationwide total.

Each region and all of its installations collect donations and choose local area food banks to distribute the collected food items. This year's donations for

Navy Region Southeast were collected and dropped off at Waste Not Want Not in Orange Park, Fla. Waste Not Want Not is a volunteer organization that exists to prevent the discarding of items that can be used to fight hunger and poverty in the community.

This year's August issue of National Geographic mentioned the Feds Feeds Families campaign as a program that could be used to help fight the "The New Face of Hunger."

"The 2014 Feds Feed Families campaign was an overwhelming success due to the hard work of the Sailors at each installation throughout the Southeast Region," said RPC (SW/FMF) Michael A. Hawthorne, the region coordinator for the 2014 Feds Feeds Families campaign. "It is this dedication that enables unity within the community at each of our installations."

Although the 2014 Feds Feed Families



JACKSONVILLE, Fla. (September 4, 2014) – AO1 Andrew Burk and ET3 James Wright gather the last round of donations from Navy Region Southeast's 2014 Feds Feeds Families campaign (U.S. Navy photo by Public Affairs Assistant Twilla Smith/Released)

campaign is coming to an end, your local food banks welcome donations year round. The Feeding America Web site provides a locator tool that can assist you with finding local food banks in your area. Visit <http://feedingamerica.org/foodbank-results.aspx> to find a local food bank near you because fighting hunger is a year-round effort.

Rear Adm. Jackson Signs Ombudsman Recognition Proclamation

By Twilla Smith, Navy Region Southeast Public Affairs

Rear Adm. Mary M. Jackson, Commander, Navy Region Southeast, signed a proclamation in support of the Navy Family Ombudsman Program (NFOP) on board Naval Air Station Jacksonville Sept. 2.

The proclamation signing commemorated the 44th anniversary of the NFOP and declared Sept. 14 as Ombudsman Appreciation Day throughout the region.

The NFOP was launched Sept. 14, 1970, by Chief of Naval Operations Adm. Elmo Zumwalt to assist commands in maintaining the morale, health and welfare of Navy families. Ombudsmen are military spouses who understand the challenges that often come with the military lifestyle. Although they do not wear military uniforms, they stand firmly

beside Sailors and their families to help any way they can.

According to Dianne Parker, Navy Region Southeast deployment support program manager and ombudsman program coordinator, the importance behind the proclamation is that it acknowledges the efforts of ombudsmen not only throughout the region, but throughout the Navy.

"When Navy families are dealing with everyday life issues, it is always great to know you have someone in your corner," Parker said. "That is what an ombudsman does and why she or he is an important part of the command support team. The daily efforts in ensuring families know where to find the resources available to them is invaluable".

For more information about the Navy Ombudsman Program, including how to contact your command ombudsman, visit http://www.cnicy.navy.mil/ffr/family_readiness/fleet_and_family_support_program/ombudsman_program/ombudsman_program_overview.html



Rear Adm. Mary M. Jackson signs a proclamation in support of the Navy Family Ombudsman Program on board Naval Air Station Jacksonville. (U.S. Navy photo by Public Affairs Assistant Twilla Smith/Released)

Ombudsman: Safeguarding Our Loved Ones

By Terrina Weatherspoon, Defense Media Activity

The word "Ombudsman" originated in Scandinavian countries and referred to safeguarding the rights of citizens. Now the word Ombudsman refers to a person who safeguards the rights of Navy families who rely on communication from commands to stay informed and flexible.

It's not a job for just anyone. Lisa O'Neil and Chad Ludwick know that.

"Navy Family Ombudsmen are a group of extremely dedicated volunteers who continually train to assist Navy families to successfully navigate the challenges of the Navy lifestyle," said Lisa, whose husband Mike O'Neil is a chief. "The Ombudsman Program improves family readiness, which in turn improves mission readiness."

And that sounds great. However, hours are not preset, your job description is always changing depending on the needs of the command, the Sailors and their families, and most times it's thankless. And that's why September is designated as Ombudsman Appreciation Month, to officially thank Ombudsman for the service they provide to the Navy.

"I love being an Ombudsman!" said Lisa. "The Ombudsman Program offers quality training while serving amazing Navy families and working alongside some of the most talented Navy and civilian professionals."

And for Lisa, she doesn't need to be thanked.

"The biggest reward comes from helping Navy families and empowering them to advocate for themselves, and thrive in situations they may or may not have thought they could have made it through without the support of their Ombudsman," said Lisa.



"Lisa has made an immeasurable difference in my career," said Mike. "She is the one and only person besides the Chief's Mess that I can turn to at any time and ask for help and use as a sounding board. The life of a military spouse is the toughest job in the military and had it not been for Lisa sticking by my side for the past 20 years of our marriage, then my career would have surely suffered."

And Mike isn't the only person who feels that way. Just ask former Chief Paula Ludwick. Her husband Chad, a retired Cryptologic Technician, supported her career until its very end.

"I didn't really want to be an Ombudsman," said Chad. "It took a lot of begging and pleading from my wife's Commanding Officer. He knew I was good at talking to people about the military and dealing with spouses, so he kept trying to get me to take the position. Eventually they had no one to take the role, so I stepped up until someone else could be identified."

"Chad has supported me from day one," said Paula. When I made chief he was right there for me - cooking meals and helping with the bake sales. He saw a need and he filled it. It's what

he's done for me, what he's done for our family, and what he did for the Navy when called upon."

"I was intimidated from day one," said Chad. "I was one of six males in the entire Region Southwest in a role that is almost fully women. But I persevered. As the Ombudsman I was the go-between for families and the command. My wife's command was a high deployment command and at a moment's notice members would be called to deploy. Sometimes they'd get the call and have to leave in the middle of the night and the family didn't know what to do the next morning. But that's where I would come in. With the help of the command we found a solution to every problem. The role of the Ombudsman is to help. A lot of spouses don't know what goes on with military life, even if they have been married into it for 20 years. We help with the pieces that don't make sense."

Sometimes those pieces are as simple as checking into a new command.

"I support active duty couples and families prior to their arrival to the area," said Lisa. "I took the lead

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Ombudsman: Safeguarding Our Loved Ones

By Terrina Weatherspoon, Defense Media Activity

Continued from Page 10

on making our command Family Website a reality with the support of our officer in charge [OIC], senior enlisted adviser [SEA], an active duty team member and our Warrior & Family Support Senior Analyst. That Website is the best way for our active duty service members and their families to stay updated on the most current command and community information, news and resources. I also created a command-approved quarterly newsletter that connects our families with the most updated command news, upcoming events and community resources available."

"I honestly thought that Lisa was crazy wanting to take on such an important and demanding role," said Mike. "When she asked me what I thought I was really hesitant at first, selfishly I told her I thought it was a bad idea and that I did not want her to be an Ombudsman. I thought on it for a few days and realized how

selfish I was being by not sharing her passion for helping Sailors with everyone. I was afraid our family and our marriage would suffer because of this demanding role. I changed my mind and decided to support her 100 percent so that she could help all Sailors and their families be just as successful as our family has been. I am so happy that I changed my mind and decided to support her in making a difference in Sailors' lives and ultimately making her see how important she is not only to our family but other families as well."

The rest of the story:

Interested in being an Ombudsman? Here are five things you should know:

1. An ombudsman is the spouse of an active duty or Selected Reserve member of the command, enlisted or officer. This requirement can be waived if, after a diligent search, no appropriate spouse volunteer is available.
2. Commanding officers may appoint

as many command ombudsmen as they choose. Many like to have at least two ombudsmen to ensure accessibility, and to share and allocate responsibilities.

3. Small commands having few family members, or tenant commands, may arrange with one or more other commands, or the installation command, to share the ombudsman services of the other or host command.
4. The ombudsman needs to be viewed by the command families as accessible, approachable and functional. An ombudsman with several years of Navy life experience will acclimate more easily and have greater credibility.
5. For more information on becoming an Ombudsman go to: http://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/ombudsman_program.html.

Newly Frocked Chief Petty Officers

Congratulations to the new Chief Petty Officers!



HMC Nick Gomez,
MDSU TWO



NDC Phillip Hartman,
NDSTC



CMC Chauncey Hofacker,
NDSTC



MAC Brian Holley,
NSA PC



NDC Caleb Huff,
NEDU



NDC James Reeves,
NDSTC



EODC Joe Stutzky,
EODMU 6 Det PC

ENERGY ACTION = MISSION SUCCESS



*No single entity can solve all of our
future challenges.
– Deputy Chief of Naval Operations
for Fleet Readiness and Logistics,
Vice Admiral Philip H. Cullom*

Navy Energy Action Month
October 2014

<http://greenfleet.dodlive.mil/energy>

 NavalEnergy

 @NavalEnergy



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App today!

<http://greenfleet.dodlive.mil/energy/energywarrior/>



Future of Naval Energy Discussed at Energy Summit

By Mass Communication Specialist 2nd Class Laurie Dexter, Navy Public Affairs Support Element West Detachment Hawaii

The acting deputy assistant secretary of the Navy of energy described energy's importance to the Navy's to hundreds of participants at the 2014 Asia Pacific Clean Energy Summit (APCES) at the Hawaii Convention Center Sept. 16.

The remarks from Capt. James Goudreau started the second day of the three-day annual event, which brings together business, technology and policy leaders from all over the globe.

"The Chief of Naval Operations, when he talks about our mission-the Navy's mission at large-he talked about warfighting first," said Goudreau. "He talks about operating forward, and he talks about being ready. We can't do any single one of those things, never mind the entire package,

without addressing how we use energy. Without addressing what our value is,

but don't increase other vulnerabilities at the same time."

"We're the best Navy in the world today because of how we use petroleum, but in order for us to do this in the future; we have to change how we think about it."

Goudreau explained some of the major challenges and vulnerabilities the Navy faces in everyday operations. He discussed how culture change plays a role in easing those challenges.

"The discussion itself is about change," said Goudreau. "It's not necessarily about energy, climate, innovation or

what the vulnerabilities are, and how we need to change not only what we buy but how we operate."

The United States Department of Defense is responsible for more than 80 percent of all U.S. government fuel consumption, according to a Congressional Research Service report in 2010.

According to Goudreau, saving energy maximizes operation stability and will help build a more capable force to help execute the Navy's mission every single day.

"We're the best Navy in the world today because of how we use petroleum, but in order for us to do this in the future; we have to change how we think about it," said Goudreau. "We have to change our culture; we have to become more efficient in how we use fuel in every single day operations. We have to buy systems that deliver the required capability

individual technological component. It's about how do we recognize the change that's happening to us and how do we react to that change."

Goudreau quoted a 1957 speech by Adm. Hyman Rickover, the "father of the nuclear Navy," warning that the world will someday run out of fossil fuels.

Rickover said, "Fossil fuels resemble capital in the bank. A prudent and responsible parent will use his capital sparingly in order to pass on to his children as much as possible of his inheritance. A selfish and irresponsible parent will squander it in riotous living and care not one whit how his offspring will fare."

Goudreau said, "For too long, the price of oil was ten dollars per barrel, and we could get it wherever we wanted and whenever we wanted. We treated it like oxygen-you breathe in, you breathe out-it's always there. That's not always going to be the case. We have to change how we perceive the value of energy."

To learn more about the Navy's energy goals, visit <http://greenfleet.dodlive.mil/energy/>



HONOLULU (Sept. 16, 2014) - Acting Deputy Assistant Secretary of the Navy of Energy Capt. James Goudreau talks about the Navy's energy efforts during the 2014 Asia Pacific Clean Energy Summit (APCES) at the Hawaii Convention Center. APCES is an annual event sponsored by the State of Hawaii and various energy companies and organizations to showcase global energy solutions. (U.S. Navy photo by Mass Communication Specialist 2nd Class Laurie Dexter/Released)

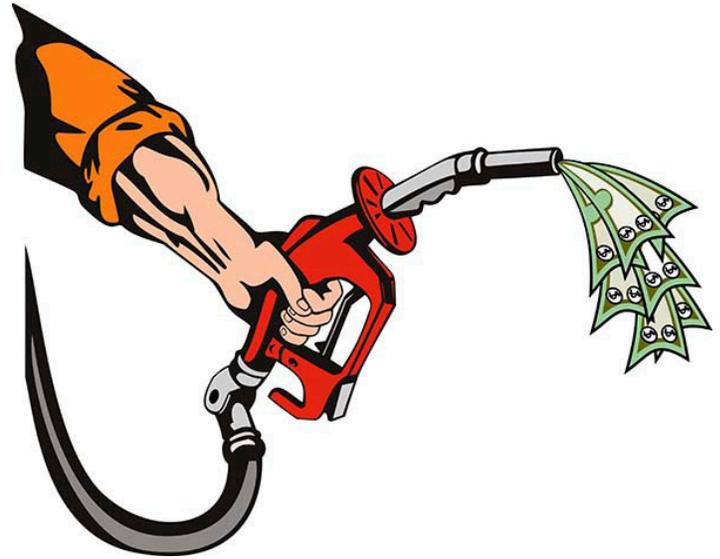
The Road to Fuel Savings Starts With Driving Habits

At home and at work, these tips for transportation fuel efficiency can lead to big savings:

1. Get the junk out of the trunk - An extra 100 pounds in your vehicle can reduce your fuel efficiency by up to 2%
2. Properly inflated tires are safer, last longer and save fuel. You can improve your gas mileage more than 3% by keeping your tires inflated to the recommended pressure. You can usually find the tire pressure recommended for your vehicle on a sticker located inside the driver's side door jamb, the glove box or owner's manual. If you need to carry a heavy load (see tip #1), look for a "heavy load" pressure recommendation in your owner's manual.
3. Don't start your car until you're ready to move, and avoid long idles. Idling engines waste gas. Limit car warm-ups in winter. Idling gets zero miles per gallon!
4. Avoid aggressive driving. Speeding and rapid acceleration and braking can lower your gas mileage by as much as 33 percent at highway speeds and 5 percent around town.

5. Car pooling and sharing travel makes a difference. Reducing the number of vehicles on the road decreases congestion and reduces CO2 emissions. Plus it can be a great way to make friends!

Sources: http://www.energy.gov/text_version.htm
<http://www.fueleconomy.gov/feg/maintain.shtml>



Computer Energy Efficiency: Power Down

At work, computer system energy efficiency means shutting things off when we don't need them. Somebody else chooses our equipment and makes sure energy-saving "sleep mode" settings are enabled.

Follow these simple steps to make sure your computer system gets all the latest updates, but also saves the most energy by getting some of the same time off work that you do.

1. At the end of the day, shut down your computer by going to the "Start/Shut Down" selection in the lower left hand corner of your monitor.
2. Make sure your computer's central processing unit is plugged into surge-protected power that won't be switched off when you leave.
3. Make sure peripheral units are plugged into a surge protected plug strip with a switch that is easy for you to reach, and switch it off when you shut down your computer. Peripheral units may include your monitor, speakers, a personal printer and scanner.

As long as you follow steps 1 and 2 above, your computer can be energized remotely during the night to receive software updates.

At home, in addition to shutting equipment off when you don't need it, you can save energy by buying ENERGY STAR equipment and ensuring that power management "sleep mode" settings are enabled. You might also consider using a laptop instead of desktop unit for an energy savings of 50 to 80 percent.



We're In This Together

By Mass Communication Specialist 3rd Class Johans Chavarro, NPASE West, Detachment Hawaii

One Suicide Is One Too Many

Starting in September the Navy will be promoting the message "Every Sailor, Every Day," to encourage all Sailors, leaders, families and members of the Navy community to strengthen their connections with those around them in accordance with Suicide Prevention Month.

Unfortunately, suicide is currently one of the top causes of death in the Navy, claiming the lives of approximately 44 Sailors in 2013 alone and, according to Navy Personnel Command, 39 lives so far in 2014.

While these statistics suggest a decrease in frequency of total suicide fatalities from previous years, the numbers show that some Sailors are still finding themselves with nowhere to go and no other option.

In an organization that requires the cooperation and unity of every Sailor to accomplish its mission, one suicide is one too many.

So, how do we keep moving forward?

According to Lt. David Broderick, a psychologist at Makalapa Mental Health Clinic Pearl Harbor, in addition to the web of resources that target raising awareness, reduction and response to suicide, it is also increasingly important to "get ahead of the problem" and address the social challenges and stigmas that may lay at the crux of the issue.

"Efforts need to continue to be made towards de-stigmatizing and being more empathic about suicide so that the person asking for help doesn't feel overwhelmed with asking for it," said Broderick. "If people are hesitant to go and talk to their chain of command about feeling depressed or hopeless, because they worry their



career might get affected, or because maybe they're not yet at that point of really wanting to hurt themselves, then things can certainly end up escalating the longer they wait."

Lt. James Ragain, a chaplain attached to Joint Base Pearl Harbor-Hickam, echoed Broderick's sentiments, saying there are a lot of social challenges and stigmas that come with suicide.

"For the person that may be having thoughts about suicide, there's certainly the stigma of, 'am I going to be seen as different?' Or, 'are people going to treat me as weak?,' said Ragain. "And on the other end there's the taboo of asking difficult questions about people's lives and asking the question we're trained to ask, 'are you thinking about suicide?' We may think that by asking this question this person may reject us and cost us a friendship."

As Ragain described, the programs that are available work effectively to equip individuals with the know-how and insight to identify external indications and red flags, as well as providing help to those who need it, but, "oftentimes the tools can be like giving cough syrup to someone who

needs an antibody. We need to get below the surface."

"If they can't open up to anyone, or if they don't feel safe opening up to anyone, and no one is there to ask that clear and direct question, 'are you thinking about suicide?,' then the situation can certainly snowball out of their control," said Ragain.

Lt. Cmdr. Kaarin Coe, a social worker and the Suicide Prevention Coordinator at Military and Family Support Center Pearl Harbor, said that while the task of asking a shipmate or co-worker if they are having thoughts of suicide or are in need professional help may seem daunting, it is important to keep in mind the Navy's core values to intervene when something is out of place in the work place, as well as with those around us.

"The Navy's greatest asset is their people," said Coe. "Nothing moves, flies, or sails without someone at the helm - whatever form that may take. When we take care of each other, we ensure our Navy stays not only 'Fit to Fight,' but focused on the mission.

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We're In This Together (Continued)

By Mass Communication Specialist 3rd Class Johans Chavarro, NPASE West, Detachment Hawaii

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When we get people support sooner rather than later, they are able to either maintain their ability to be mission focused, or return to duty faster than if they wait until there is a crisis. I believe this is the cornerstone of our core values."

Ragain said to continue moving forward it is crucial that Sailors and individuals find the honor, courage and commitment to initiate early avenues of communication with those that may be showing signs of suicide.

"When someone starts that internal dialogue about suicide and they have someone they can talk with about what's going on in their life, it lets them get everything out onto the table, and for a lot of people it's like a huge weight's been taken off their shoulders," said Ragain. "For others, as they listen to themselves talk about suicide and about their issues, it's almost like they convince themselves not to do it because they now have that connection with someone and they know they're no longer alone."

Because of this, it is imperative that Sailors and individuals remain perceptive to changes in behavior and attitude of someone who they may suspect is struggling emotionally, said Ragain.

"One thing that happens when people are thinking about suicide is they give out invitations to people, to connect with them and talk about their feelings," said Ragain. "I use 'invitations' as opposed to 'warning signs,' because what they're doing is inviting other people to talk about this major decision they're going to make in their life. These invitations may come in the form of the things

they say like, 'there's no hope for me, things will be better once I'm gone.' Or as blatant as, 'I'm going to kill myself.' Invitations also come in the form of their appearance, or how they isolate themselves from other people."

Coe said that anyone can become susceptible to suicidal thoughts, thus it becomes important that everyone recognize their role as a resource by remaining vigilant to the signs that may be out of the ordinary with their co-worker or shipmate.

"Being aware of changes in mood, demeanor, and behaviors are key in recognizing early that something may be going on," said Coe. "Knowing the resources available can also help get someone to the support they need sooner."

Once contact and communication is established, Sailors and individuals can then move on to subsequent resources that will work more directly to provide the support and help necessary.

At this stage in the Navy, Broderick suggested that commands continue to stress that Sailors seek help and resources.

"Commands need to continue stressing that and eventually people may find themselves more willing, or not as nervous, to seek help and go talk to someone," said Broderick.

"The clinic is a place for everyone to come for outpatient treatment for whatever life stresses they may have going on," said Broderick. "We offer therapy groups here to individuals with psychologists

and social workers. We also have psychiatric nurse practitioners and psychiatrists available here to work on the medication aspect. Our mission is to get people back to work and to feel stronger about going back to work."

But to accomplish this mission first requires one to make that uncomfortable effort and ask that difficult question, "are you thinking about suicide?"

It is only through increased empathetic and open communication that this can be achieved, said Coe.

For more information about suicide prevention, visit www.chaplain.navy.mil - Navy chaplains have 100 percent confidentiality and cannot break this without the person's consent. If someone isn't sure where to start, chaplains can also help someone figure out where they need to go for help.

www.militaryonesource.mil - Referrals are made to local community providers. Services are not connected to service record.

www.suicide.navy.mil

www.suicideoutreach.org

Or call the Military Crisis Line at 800-273-TALK (option 1) or www.veteranscrisisline.net/activeduty.aspx for confidential support 24/7.



Lt. Jennifer Howe speaks about the topic of suicide during an all-hands suicide prevention training Sept. 11, 2014.