GW Sailors celebrate Asian-Pacific American Heritage Month

Story and photo by MC3 Stephanie Smith, *USS George Washington* Public Affairs

Sailors aboard the aircraft carrier *USS George Washington* (CVN 73) (*GW*) took time to celebrate the heritage of Asian-American and Pacific Islander crew members as the ship hosted a special ceremony honoring Asian-Pacific American Heritage Month May 13.

GW Commanding Officer Capt. David A. Lausman kicked off the event by welcoming those in attendance to the ceremony, commenting that it is most appropriate that the Navy's only full-time forward-deployed aircraft carrier celebrate those of Asian and Pacific Island descent while in port in Yokosuka, Japan.

"Throughout our nation's history, those of Asian and Pacific Island ancestry have played a giant role in building our country and protecting our freedoms," said Lausman. "We owe a great debt of gratitude to them. Some of the most highly decorated service members from World War II were Japanese-Americans."

Participating in the ceremony was Hospitalman 3rd Class John Shoemaker and Logistics Specialist Seaman Triet Tran. Both Shoemaker and Tran spoke about the traditions and heritage of their homes in Hawaii and Vietnam and demonstrated examples of traditional clothing and dances of the regions.

"It was a big change coming to America from Vietnam," said Tran. "It was really important for me to keep my heritage close and remember who I am and where I came from."

Wearing traditional clothing, Sailors also performed the Pandango, a traditional dance from the Philippines.

"I'm half Filipino and half American," said Intelligence Specialist Seaman Kristoffer Carlson, one of the more than 100 Sailors in attendance. "I think it's important to embrace your culture and to show people how rich every culture can be."

After reading a Presidential Proclamation designating May as Asian-Pacific American Heritage Month, Master Chief Ship's Serviceman Jesus Garcia from Manila, Philippines, delivered the program's keynote address. In an inspiring speech, Garcia told stories about his early years as a new immigrant to America.

"I remember sitting in school in the Philippines and I could just imagine what America was like as I looked at my folder with a picture of the Golden Gate Bridge on it," Garcia said. "When I came to America I was seeing it every day. I joined the Navy in 1985 as a Machinist's Mate fireman and now I am a master chief in the United States Navy. It's a great job."

Sailors aboard the aircraft carrier *USS George Washington* (CVN 73) perform the Pandango, a national dance of the Philippines, during the ship's Asian-Pacific Heritage Month ceremony held May 13.

Garcia concluded the ceremony with this reminder to Sailors: "Let us all celebrate our differences but also appreciate our unification as a country founded on the belief that all are equal and all are deserving of liberty and freedom."

Following the program, Sailors attended a cake-cutting ceremony on the ship's aft mess decks and enjoyed a special Asian-Pacific Islander dinner.

Energy conservation tips to avoiding summer time blackouts

By Thomas Bawden, CFAY Energy Manager, Naval Facilities Engineering Command, Far East

The following are recommended steps to reduce peak electricity demand for home and office. Most of us probably know these, but at times we are busy and can easily forget. Post this on the refrigerator and in a handy location at the office. All of us who live both on base and off base are on the same team in the same situation and need to do our part to help avoid summer time blackouts.

• Do not run washer, dryer or dishwasher between 9 a.m. and 8 p.m. on weekdays. Using them on weekends during the day is fine.

• Use specific task lighting rather than lighting a whole room, or use natural daylight when you can. This will save power, and unnecessary extra lights just add extra heat to your home or office.

• Run your air conditioner (A/C) only at the Navy mandated set point of 78°F (25.5°C) or warmer temperature for self-controlled units which have thermostats. If this feels insufficient, using a fan to circulate air will help you feel cooler.

• Close all drapes or blinds on any sun-facing exposures to conserve the cooler air in your home and office so your A/C unit will not need to work even harder and consume more electricity.

• Close the door to any rooms in your quarters or space that you are not using or use only sparingly. Do waste electricity cooling a space that you aren't using.

• When leaving your quarters, turn off all lights and appliances. Turn A/C to higher temperature setting of 84°F (29°C) when you leave the house.

• Open any windows at night and early morning, and any time outside air is cooler. Let nature help you cool your space for free.

• Use caution not to operate too many large power-consuming appliances at the same time. Turn off what you can while you aren't using them. Peak demand is the highest total amount of power we use at the same time.

• Turn your computer and monitor off when leaving the home or office for long periods. ONE-Net can turn your office computer on remotely to run any security patches at night when they need to. If leaving for lunch or a long meeting, turn off your monitor.

• Unplug any mobile phone chargers or appliances when not using them. Even if turned off, any items that are plugged in will consume electricity - we refer to these as phantom loads. Any appliances with a remote control - such as televisions, game players, stereos and et cetera really consume extra power, without you noticing.

• Make sure your freezer is defrosted. A frosted-up freezer requires more energy to operate.

• Clean any grime and dust from the coils on the back of your refrigerator. This will allow your refrigerator to operate more efficiently, using less electricity.

• This would be a great time for a summer barbecue. Cooking inside with your electric stove uses a lot of electricity and it creates extra heat inside your house.

• Let your leftovers cool on your counter before putting them in the refrigerator or freezer. Your refrigerator will need to work harder if you put away food that is still hot. Similarly, thaw frozen foods before cooking to save energy.

We all must do our part to avoid summer time rolling blackouts and to assist our host country Japan on its road to recovery.