

Korean defense leader visits Pearl Harbor

JOC(SW/AW)
David Rush

Commander Submarine Force U.S. Pacific Fleet
Public Affairs

Korea's defense minister visited Navy commands at Navy Region Hawai'i, Jan. 27, where he met with the Pacific Fleet's submarine force commander and toured a surface ship closely involved with missile defense.

Yoon Kwang-ung, the Republic of Korea's minister of national defense, made the visit to Pearl Harbor as part of a Hawaii trip that included meeting with Adm. William Fallon, commander of the U.S. Pacific Command.

In a meeting with Rear Adm. Jeffrey Cassias, Submarine Force, U.S. Pacific Fleet commander, Yoon received a briefing about U.S. submarine operations and interaction with the Republic of Korea Navy's submarine force.

The ROK Navy's submarine force celebrated its 10th anniversary last October in a series of events that included a special visit to Chinhae by USS Columbia (SSN 771). "Our militaries have

very strong ties," said Cassias. "And that is particularly apparent in how our submarine forces work together."

Yoon also visited the Pearl Harbor-based guided missile cruiser USS Lake Erie (CG-70), the Missile Defense Agency's principle platform for testing sea-based mid-course intercept capabilities. Yoon said he enjoyed his interaction with crewmembers.

"They are so professional," said Yoon. "They are well trained and educated. I was very impressed."

Yoon, who was making his first visit to Hawai'i as minister of national defense, also toured the USS Arizona Memorial, the National Memorial Cemetery of the Pacific (Punchbowl), and the Joint Prisoner of War/Missing in Action Accounting Command.

Yoon said his visit underscored the importance of the bilateral relationship between the U.S. and the Republic of Korea.

"To maintain security and peace on the Korean Peninsula, the alliance is very valuable," he said. "We need to continue to develop the strong alliance between our countries. Together we are two navies, two armies and two air forces."



U.S. Navy photo by JOC(SW/AW) David Rush
Capt. Joseph A. Horn, Jr., commanding officer of USS Lake Erie (CG 70), discusses the capabilities of the Pearl Harbor-based guided missile cruiser with Republic of Korea's Minister of National Defense Yoon Kwang-ung (center). Yoon met with various military leaders in Hawai'i on Jan. 26-28, including Adm. William Fallon, commander, U.S. Pacific Command. Yoon also visited the Arizona Memorial, the Joint Prisoner of War/Missing in Action Accounting Command onboard Hickam Air Force Base, the National Memorial Cemetery of the Pacific (Punchbowl), the Asia-Pacific Center for Security Studies and the U.S. Pacific Fleet Submarine Force headquarters.



Boating safety during whale season page A-6

Alison and Kenny...a little bit country page B-1

Conserving energy... the right thing to do

Karen S. Spangler

Assistant Editor

Conserving energy and using resources wisely is everyone's responsibility. By being conservation conscious, all of us can serve a vital role in saving these valuable resources. Electricity is just one of the resources that we need, but frequently abuse.

But ensuring that utilities conservation becomes an essential part of our daily routine is also the goal of utilities conservation standards that have been established within Navy Region Hawai'i.

In recent months, Navy Region Hawai'i launched an aggressive energy conservation campaign, geared to save kilowatt hours and dollars to offset a \$3 million shortfall in the utility budget.

Now, more than four months into the fiscal year,

some progress has been made and the region energy team is increasing its energy-savings initiatives, according to Kevin Saito, Navy Region Hawai'i energy manager. The most recent reduction action will limit hours for air conditioning use, mandating that office thermostats be turned off between the hours of 3 p.m. and 9 a.m.

But conserving energy isn't a temporary measure. According to Rear Adm. Michael C. Vitale, commander, Navy Region Hawai'i, energy conservation isn't a temporary, short-term situation and requirements to save energy aren't going to go away. "Energy conservation is a serious and long-term problem for Hawai'i and the Navy," he noted.

The energy team offered additional energy reduction guidelines for shore com-

▼ See CONSERVATION, A-4

Welcome Oyahsio!



U.S. Navy photo by J02 Ryan C. McGinley
Cmdr. Thomas Stanley, commanding officer of the fast attack submarine USS Los Angeles (SSN 688), observes the Japanese Maritime Self-Defense Force (JMSDF) submarine defense ship (JDS) Oyashio, lead submarine of the Oyashio class, as it navigates through the Pearl Harbor channel. Oyashio will be conducting exercises and training with the U.S. Navy at Navy Region Hawai'i.

Services strive to fight the flu

Hawai'i Navy News Briefs

Pearl Harbor Tax Center

The Pearl Harbor Tax Center opens Feb. 9 at building 679, room 11. Hours for walk-ins are Monday's, Friday's, and Saturday's from 9 a.m. to 4 p.m. Hours for appointments are Tuesday's 11 a.m. to 6 p.m., Wednesday's 9 a.m. to 4 p.m. and Thursday's 11 a.m. to 6 p.m. For more information call 473-4112.



U.S. Navy photo by J02 Ryan C. McGinley
Hospital Corpsman 1st Class (SW) James Lambert, assigned to Naval Health Clinic Hawai'i, prepares a seasonal influenza virus vaccine to be administered to patrons at the Navy Exchange Pearl Harbor.

J02 Ryan C. McGinley

Staff Writer

U.S. Navy, Army and Air Force medical personnel have come together to inform service members, their families and beneficiaries about pandemic influenza strains through a series of informational clinics held at local exchanges, which aim to raise the level of awareness and preparedness.

"The primary function of this tri-service working group is that we're trying to do pandemic influenza preparedness," said U.S. Army Col. Michael Brumage, chief of preventative medicine at Tripler Army Medical Center and public health emergency officer for Joint Task Force Homeland Defense. "In other words, we are trying to prepare people for the current

strain of the bird flu, in that if it ever goes human to human, people would have the tools available to prepare themselves and have the things available to save their lives if that ever occurred," he explained.

The remote clinics offer patrons checklists, facts, history and other education material for pandemic preparedness. "The fastest way to stop a pandemic is to prevent a pandemic," said Lt. Stacy Hoffman, environmental health officer for Naval Health Clinic Hawai'i. "And the best method of prevention is education. So we brought the education to them."

Brumage said the collaborative effort was in response to the recent creation of the Tri-Service Public Health Emergency Officer Working Group. He said this was the first time that the public

health personnel from all three services joined forces to educate the public on the influenza pandemic.

"I think this is a unique opportunity where we all work together," he said. "I think that's very unusual to have done something as a tri-service outreach to the community in a public place, and I think that's what makes this event very unique."

"We've all pulled together so the public feels they have someone to talk to here," said Hoffman. "We also give them a course of action instead of just being afraid."

The remote clinic also offers patrons an opportunity to receive a seasonal flu shot at no cost.

"The seasonal influenza that goes around kills about 36,000 Americans every year," said Brumage. "We want to make sure that we immunize

our beneficiaries as much as we can."

Hoffman said she has received positive feedback from the clinics and hopes they continue to inform and educate the public about what they can do to prevent the spread of influenza.

"The best thing we can gain from these events is helping the people," said Hoffman. "We're all about taking care and making sure our service members not only are helping themselves, but also their family members. This gives them a level of understanding and reassurance."

Medical personnel will hold clinics at the Fort Shafter BX on Feb. 4 from 9 a.m. - 4 p.m., Hickam BX on Feb. 5 from 9 a.m. - 4 p.m., Marine Corps Base Hawai'i PX on Feb. 11 from 9 a.m. - 4 p.m. and the Navy Exchange Pearl Harbor on Feb. 12 from 9 a.m. - 4 p.m.

Pearl Harbor Sailors help children ring in Chinese New Year

Lt. j.g. Lindsay Hudnut

USS Pearl Harbor Public Affairs

Twenty Sailors from the amphibious dock landing ship USS Pearl Harbor (LSD 52) performed a community service project at the Ronald McDonald House in Hong Kong on Jan. 26.

During their time at the Ronald McDonald House, Pearl Harbor's volunteers prepared the facility for the upcoming Chinese New Year celebrations by hanging decorations, cleaning the kitchen and common areas, clearing the garden of leaves and other materials and unloading and unpacking newly

donated items.

"We count on the U.S. Navy a lot for volunteers when their ships visit," said Katy Lo, manager of the Ronald McDonald House. "Our volunteers need help with the little things and Sailors are always willing to give their time and energy to help make the house that much better for the children."

Additionally, the Sailors gave the children traditional Chinese "lai see" packets. Lai see are packets of money given to children that are believed to bring them good luck.

The Ronald McDonald House is a non-profit home that serves families of seriously ill children. Pearl Harbor, a member of the Tarawa

amphibious ready group (ARG), joined USS Tarawa (LHA 1) and the amphibious transport dock USS Cleveland (LPD 7) in Hong Kong for a four-day port visit.

"I enjoy getting involved in the community back home, but today gave me a different perspective," said Operations Specialist 2nd Class (SW) Stephanie Dillon of Pearl Harbor. "I like that good feeling you get when you can help make a difference for others."

Several Sailors in the group said they were regular volunteers for community service projects during Pearl Harbor's deployment. The Ronald McDonald House project was the second of the deployment

for Storekeeper 2nd Class (SW) Adrian Copiaco. "Where I come from, we have a saying that it is better to help than be the one being helped. That's why I'm here," Copiaco said.

Helping those in need is nothing new to Pearl Harbor Sailors. After the devastating October 2005 earthquake in Pakistan that killed more than 70,000 Pakistanis, the ship made three humanitarian assistance deliveries to the Pakistani port city of Karachi. The ship delivered several hundred tons of heavy equipment, food, blankets and other essentials.

Pearl Harbor Sailors and their entire ARG plan to continue to

donate time and energy to worthy service projects whenever they can be of assistance. Pearl Harbor, Cleveland and Tarawa have conducted community service projects in each country visited during their current deployment.

The Tarawa ARG is currently transiting through the U.S. 7th Fleet area of operations after completing a successful deployment to the Persian Gulf and Indian Ocean.

The 13th Marine Expeditionary Unit (special operations capable) is embarked aboard the three ships.

The more than 3,700 Sailors and Marines departed San Diego on July 16.

Rescue and salvage



U.S. Navy photo by PH2 Dennis C. Cantrell

The rescue and salvage ship USS Salvor (ARS 52) transits the waters off the coast of Oahu. Salvor will be conducting salvage and diving operations off the coast of Oahu over the next three weeks.



U.S. Navy photo by JOSA Byung K. Cho

From left to right, Battleship Missouri Naval Sea Cadets Seaman Petty Officer David Rowell, Training Ship Canning Australian Naval Cadet Able Seaman Matthew Lowe and Battleship Missouri Naval Sea Cadet Seaman Devin Smith fold the American flag during a colors ceremony. The Australian cadets held a ceremony commemorating Australia Day on USS Missouri Jan. 26.

Australian naval cadets visit Pearl Harbor

JOSA Byung K. Cho

U.S. Pacific Fleet Public Affairs

The Training Ship (TS) Canning Australian naval cadets held a ceremony celebrating Australia Day on the USS Missouri Memorial on Jan. 26.

The Australian cadets, along with the Battleship Missouri Naval Sea Cadets, held a colors ceremony and the cadets also did a marching and a drumming display.

"It was a symbolic culmination of the entire event," said Lt. Cmdr. Peter Steel, U.S. Pacific Fleet Australian liaison officer. "This has been the focus of their whole trip." Australia Day is a holiday that is celebrated Jan. 26 commemorating the day that the first settlers from England arrived in Australia.

Steel said the Australia Day ceremony on the USS Missouri Memorial was to honor the U.S. Navy for being very kind and generous to them.

During the weeklong visit, the cadets also toured USS Chosin, went to USS Arizona Memorial and visited Waikiki.

"I think the U.S. Navy has taken us in quite a bit by us being able to be on their

destroyers," said Ben Clark, Australian Naval Cadet Midshipman.

Besides being tourists, the cadets also volunteered their services to help clean up the thrift shop on Pearl Harbor and their marching band performed for Kalihi Elementary School. The cadets also interacted with local cadets at a barbeque and held a field day on the Missouri Memorial.

"There was a lot of teamwork between all of us and that was definitely great," said Allen Sterling, Battleship Missouri Naval Sea Cadet Seaman.

The Australian cadets raised money for two years in order to come to Hawai'i. They raised \$50,000 to make the trip possible.

"It's been an epic fundraising struggle for them and it has been a tremendous goal for them," said Steel. "What we would really like is if the local cadets could come to Australia."

"We went through two years of organizing fund raises and doing fund raises," said Clark. "It's actually been quite difficult to get here."

"I'm actually blown away by how impressive they are," said Steel. "They really are a tremendous group of young people."

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Hawaii Navy News Online

Hawai'i Navy News Editorial

Develop a degree roadmap – Set yourself up for success

FLTCM(AW/SW)
Jon R. Thompson



FLTCM(AW/SW)
Jon R. Thompson

The Navy is more serious about education today than ever before. Beginning with the 2010 Senior Chief Selection Board, Sailors will need a rating-related associate's degree to move beyond the rank of chief petty officer. NAVADMIN 203/05 lists the requirements. It is extremely important that each of you become familiar with this NAVADMIN and that you develop a roadmap to attain your degrees on time. The NAVADMIN also includes some grandfather clauses for those Sailors who already have a degree, or are enrolled in a college or university and have started a plan.

I would like to discuss why you should have a degree roadmap. As you can probably guess, earning a degree takes time and hard work. It's important for you to map out a realistic plan to attain a degree, rather than just start college and hope for the best.

Developing a degree roadmap can help you achieve a rating-rele-

vant degree by making full use of the most of recommended credit for Navy training and on-the-job experience. It also directs you to Navy partnerships with colleges and universities that offer degrees through distance education for all enlisted ratings.

Your first step in planning for a degree should be to visit a Navy College office. The Navy College Program (NCP) provides Sailors with opportunities to earn college degrees by reviewing academic credit for Navy training, work experience and off-duty education. The NCP mission is to enable Sailors to obtain a college degree while on active duty.

In addition, Navy College offices offer a wide range of other services, including: academic advice; academic skills, Defense Activity for

Non-Traditional Education Support (DANTES), Navy College Program for Afloat College Education (NCPACE), NCP Distance Learning Partnership Schools, Sailor/Marine American Council of Education Registry Transcript (SMART), Servicemembers Opportunity Colleges Navy (SOCNAV) and tuition assistance (TA).

If you are new to the Navy with little or no college, I think you will be amazed how user-friendly Navy College is and how helpful they can be. If you've been in the Navy for a while and have attended some Navy schools, you may be amazed to find how much college credit you get. Achieving an associate's Degree might not be very difficult at all.

This brings me to an important point. While attaining a degree shouldn't be extremely difficult, conversely, it shouldn't be too easy. It's important you enroll in a program with an accredited college or university. You should protect yourself from falling prey to a college degree scam. I recently saw a

news report that highlighted the number of "diploma mills" that have sprung up around the country and world, facilitated mainly by the Internet. The report was disturbing, not just to me, but also to almost all who work in academics. The old adage, "If it looks too good to be true, it probably is" applies. My advice to each of you is to consult Navy College and ensure the program you choose to enroll in is at a legitimate college or university.

If you choose to obtain a degree without the advice of the Navy College counselors, here are a few tips to help you protect yourself:

- Don't limit your research to classified ads or survey the Web in search of the right course or program.

- See if the online school is accredited and by whom. Check to see if the accrediting agency is officially sanctioned.

- Check with licensing boards and professional associations to see if the program delivers an acceptable level of training.

- Call or write the Better Business Bureau and the attorney

general's office to make sure the school is operating legally in a state and see if anyone has filed a complaint.

- Find out if the school is connected to an established, reputable parent company.

- If you intend to transfer and online credits earned to another college or university, early on check with that institution to see if they accept those credits.

- Ask about the faculty? Who teaches the course? What degrees do they have? What is their area of expertise?

- Refer to the published guides of online correspondence and other distance delivered courses.

Shipmates, the Navy has provided enough advance notice of the new degree requirements; however, it's up to you to motivate yourself and enroll in college now. Earning a degree will boost your confidence, improve your intelligence, make you a more rounded adult, and make you more competitive in the civilian world when you depart the Navy. See you around the campus.

A lasting impact



U.S. Navy historical photo

This photograph was taken Dec. 7, 1941 from a Japanese plane during the torpedo attack on ships moored at both sides of Ford Island with the supply depot, submarine base and fuel tank farm in the right center distance. A torpedo has just hit USS West Virginia on the far side of Ford Island (center). Other battleships moored nearby are (from left): Nevada, Arizona, Tennessee (inboard of West Virginia), Oklahoma (torpedoed and listing) alongside Maryland, and California. On the near side of Ford Island, to the left, are light cruisers Detroit and Raleigh, target and training ship Utah and seaplane tender Tangier. Raleigh and Utah have been torpedoed, and Utah is listing sharply to port. Japanese planes are visible in the right center (over Ford Island) and over the Navy Yard at right.

Message from Master Chief Petty Officer of the Navy

MCPON(AW/SW)
Terry Scott

Whether you are currently in a leadership position, or aspiring to be one of our Navy's future leaders, reading about our Navy's rich history is time well spent. The Enlisted Heritage Reading List offers a catalog of books that bring naval history alive and connects the rich traditions of our Navy to our core values and your life today. You can check out the reading list by logging onto

news.navy.mil and browse the titles listed.

After you've read the books on the list, make sure you pass them on to one of your shipmates. Whether you're reading about the battle of Guadalcanal, maritime security operations in Tripoli harbor aboard USS Intrepid, or riverine operations in the Mekong Delta, reading about our traditions, you'll have a greater appreciation and pride in our mission anchored every day in the institutional strengths of our Navy.

Hawai'i Navy News

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Hawai'i Navy News is delivered weekly to Navy housing units and Navy installations throughout Oahu. Housing residents may contact the publisher directly at (808) 538-NEWS (538-6397) if they wish to discontinue home delivery.

Conservation: Taking an active role

Continued from A-1

mands:

- Thermostats should be set no lower than 78 degrees. The use of natural ventilation is encouraged.
- Overhead and oscillating fans may be used during the workday.
- Turn off any unnecessary lighting during the workday. Use natural light when possible. Lighting should be limited to the minimum level required to conduct business without impacting safety.
- Turn off all lighting at the end of the workday.
- Turn off all computer monitors, printers and copiers at the end of the workday.
- Work with security to limit exterior lighting/signage after hours.
- Encourage personnel to immediately report energy wastes, including water leaks, building deficiencies and energy abuses to the Navy Region Hawai'i Energy Team. The energy team also

emphasized the importance of housing residents doing their part to reduce energy consumption by following some basic guidelines. Here are some "common sense" energy-saving tips for housing residents from Hawaiian Electric Company (HECO) that will enable you to do your part in conserving electricity. Cost estimates of energy consumption are based on average usage for a family of four.

- Use lower wattage bulbs wherever possible and be sure to turn off lights when not in use. Use fluorescent lights where possible. Compact fluo-



rescents use 75 percent less energy and last 10 times longer. During the holidays, use "midget" lights for decorating.

- Dishwashers use 37 percent less water than washing dishes by hand, as long as you are washing full loads and using the short cycle. It costs approximately \$3 per month if you operate your dishwasher one load per day.
- Use a microwave if you are cooking or heating a small amount of food. Try to use tight-fitting pot lids and match the size of your pots and pans to the size of the cooking element you are using. Plan meals so that you use your oven to cook a vegetable dish or dessert with

your main dish. Using your range/oven costs about \$5 per month compared to the monthly cost for microwave use, based on 20 minutes per day, of \$1.65.

- When doing laundry, always use the cold water rinse cycle. Rinsing in warm water won't make clothes any cleaner. Dry full loads, but don't overload. Dry laundry loads in succession to use retained heat.

Check and clean your dryer's lint filter often. Lint buildup not only restricts air circulation, but is also a fire hazard. Operating your clothes washer (without hot water) at the rate of eight loads per week costs about \$1 per month. Your clothes dryer, running on 40-minute intervals at an average of eight loads per week, will cost about 11 dollars a month.

- When taking showers and baths, run the water as little as possible. Not only does this save valuable electricity that

is used to heat the water, but it also conserves another vital resource - water. A conventional hot water heater uses about \$44 of electricity per month.

- Take some time to talk with all of the members of your family about pitching in to manage wisely and conserve electrical use.

"Every little bit [of energy savings] from offices and tenants, down to housing, helps," offered Steve Luckett, DoD account manager for HECO.

"All of the things [ways to save energy] make a difference. If everyone followed energy-saving guidelines in their homes, it could save 30 percent [of energy]. For example, when you leave your house, turn your air conditioning off," contributed Saito.

It's time for everyone to help the Navy to use those taxpayer dollars - your dollars - more wisely and, at the same time, take an active role in energy conservation efforts.

Energy tip

User lower wattage bulbs wherever possible and be sure to turn off lights when not in use. Use fluorescent lights where possible. Compact fluorescents use 75 percent less energy and last 10 times longer.

Update on construction projects at Pearl Harbor

Lt. Cmdr. Joe Simpkins

Naval Facilities Engineering Command, Hawai'i

Garbage is big business on Naval Station Pearl Harbor. The Navy generates mountains of trash and garbage every month. This waste comes from all areas of Navy activity - office buildings, barracks, local and visiting ships, and industrial facilities.

Naval Facilities Engineering Command (NAVFAC) Hawai'i is the local command at Pearl Harbor that is responsible for the proper removal and disposal of this waste. This is accomplished through a

waste removal contract. NAVFAC Hawai'i directs the contractor to empty various dumpsters on a regular schedule and others on an "as needed" basis.

How can you help? Dumpsters scheduled for regular pickup are easily identified by the stenciled information on their side. If "MWF" is stenciled on the dumpster, that means it is to be emptied Monday, Wednesday and Friday each week. If there are no days stenciled on the dumpster, then it is emptied on an "as needed" basis.

Now you know how to identify when a dumpster gets emptied, but how do you make sure it happens? If

the dumpster is located on any pier, contact dock masters at 473-2500. If it is in a housing area, contact your housing service desk at 486-4200. If it is anywhere else on Navy property and/or you don't know who to call, either contact the building manager closest to the dumpster or NAVFAC Hawai'i's trouble desk (471-8481).

If the dumpster you reported is not emptied within 48 hours, call Public Works Officer Lt. Cmdr. Simpkins at 471-9700. Please note that some dumpsters, scheduled to be emptied on a certain day, may not actually be cleared until the end of that day.

However, if it is a Thursday morning and you see an overflowing dumpster with MWF stenciled on it, please contact one of the numbers above.

Removing garbage is a big job and NAVFAC Hawai'i needs your help in identifying problems. Together, we can ensure our base is clean and our trash is properly removed.

Other projects of interest

- Parking lot "C" repair: Parking lot "C," on the corner of Lake Erie Street and Central Avenue, will be closed until March 3 for construction. This project greatly improves the parking area and will provide

much needed parking for our shipyard folks. Alternate parking for lot "C" will be in the surrounding authorized parking areas. Parking lot "C" annex (off South Avenue near buildings 1674/1675 and 393) will not be closed for construction and will remain open for parking.

- Road closures on Ford Island: Various roadways will be closed to traffic for the construction and repair of the Ford Island's road network from Jan. 25 - April 14. Proper detours, signage and safety precautions will be in place. Please allow extra time to get to and from your destinations on Ford Island during this period.

- Road closures along North Road: There will be one-day road closures for all roads intersecting North Road from Makalapa Gate to Pearl Harbor Boulevard in conjunction with the installation of a new waterline. In the near future, announcements will be provided for upcoming traffic detours and closures in order to minimize the impact. Please look for construction crews and road detours for the next several months as waterline work makes its way down North Road.

(Editor's Note: The update on construction projects on Naval Station Pearl Harbor will be an ongoing feature of Hawai'i Navy News.)

Around the Fleet

Forward deployed ARG arrives in Guam

Commander Amphibious Force, U.S. 7th Fleet Public Affairs

The forward-deployed amphibious ready group (ARG) arrived in Guam on Jan. 24 to complete the transport of the 31st Marine Expeditionary Unit (MEU) for Training in an Urban Environment Exercise (TRUEX), to be held in various locations on the island.

The Sasebo-based ARG, consisting of USS Essex (LHD 2), USS Juneau (LPD 10) and USS Fort McHenry (LSD 43), offloaded the 31st MEU Marines successfully using various ship-to-shore assets such as amphibious assault vehicles (AAVs), combat rubber raiding craft (CRRCs), landing craft Utility (LCUs) and landing craft, air cushion (LCACs). Aircraft assets from the embarked Marine Medium Helicopter Squadron 262 (reinforced) and the MEU's aviation combat element (ACE) were also vital in executing the off load.

The 31st MEU Marines embarked the forward deployed ARG on Jan. 21 at White Beach Naval Facility in Okinawa, Japan.

"Getting the Marines to the fight and supporting them once they are there is the mission of the amphibious force," said Capt. Mark E. Donahue, commodore, Amphibious Squadron 11, the Task Group Commander of the forward deployed ARG. "The expertise and hard work of our naval beach group assets from Assault Craft Unit 1, Assault Craft Unit 5 and Beachmaster



Marines assigned to the 31st Marine Expeditionary Unit (MEU) launch a combat rubber raiding craft (CRRC) from the well deck of the amphibious transport dock ship USS Juneau (LPD 10). The amphibious ready group (ARG) is in Guam to offload embarked 31st MEU for training in an urban environment exercise (TRUEX). The three-ship Sasebo-based ARG is currently on its spring patrol in Southeast Asia.

Unit 1 was critical to the success of the offload and will go far in enabling success as the Marines embark on their two-week training exercise ashore in Guam."

Marine Col. Lee Miller, commanding officer of 31st MEU echoed these sentiments.

"We accomplished some great blue-green training during our

transit from White Beach to Guam and the offload was safe and efficient," he said. "During the next couple of weeks in the superb training areas on Guam,

we will prepare ourselves for future commitments in the Pacific region."

While in Guam, the forward-deployed ARG Sailors will have the opportunity to participate in many water-oriented sports and enjoy the tropical climate of Guam. Sailors will also have the opportunity to participate in friendship events and community service projects.

For this port visit, ARG ships are placing special emphasis on positive conduct while on liberty. Before giving the 'liberty call,' Juneau held a special 'Right Spirit' standdown in which alcohol consumption was directly addressed. To promote positive behavior, Juneau gave away a Morale, Welfare and Recreation trips to Sailors who were active participants in the 'Right Spirit' discussion.

"We want to send a message of not drinking or at least drinking responsibly," said Juneau Command Master Chief (SW/AW) Paul Kingsbury. "I think that when these Sailors hear it from many different sources - from me, the commanding officer, from their leading chief petty officers and even Sailors in their pay grade - it does make a difference to curb irresponsible activity on liberty."

The forward deployed ARG is part of Task Force 76, the Navy's only forward-deployed amphibious force, which is headquartered at White Beach Naval Facility, Okinawa, Japan, with an operating detachment in Sasebo, Japan.

USNS Mercy participates in disaster relief drill

JO1 Brian Brannon

Fleet Public Affairs Center Pacific

Hospital ship USNS Mercy (T-AH 19) embarked 120 Navy medical personnel and 80 Military Sealift Command civil service mariners for a four-day disaster relief

exercise Jan. 21.

This is the first time Mercy has deployed since supporting tsunami relief operations as part of Operation Unified Assistance (OUA) in January 2005.

"This time last year, we were en route to Banda Aceh," said Capt. David M. Llewellyn, commanding officer of the ship's medical treat-

ment facility. "We saw destruction that none of us could imagine."

Mercy conducts two underway training exercises a year so that the ship's Sailors, doctors and hospital corpsmen can train to provide medical, surgical and humanitarian support whenever and wherever they are needed.

"Our primary mission is combat trauma support," Llewellyn said. "Our secondary mission is humanitarian support."

Hospital Corpsman 3rd Class Jai Velasco said the exercise provides valuable training in rapid response to military mass casualty and humanitarian aid missions.

"It's good training for us because we don't know when the next disaster will come," Velasco said.

Master Chief Storekeeper (SW/AW) Shannon Williamson, who was the command master chief for the Mercy military treatment facility during OUA, said Mercy's secondary mission of providing humanitarian support demonstrates the commitment of the United States to international goodwill missions.

"When you think about Indonesia having the largest Muslim population in the world, us going over there really turned the tide," Williamson said. "All those little kids we treated are going to forever remember America and how good we treated them."

In addition to supporting tsunami relief efforts in 2005, Mercy treated more than 62,000 outpatients and almost 1,000 inpatients during a 1987 humanitarian aid cruise to the Philippines and South Pacific.



An F/A-18C Hornet assigned to the "Fist of the Fleet" of Strike Fighter Squadron 25 (VFA-25) prepares to make a touch and go landing on the flight deck of Nimitz class aircraft carrier USS Ronald Reagan (CVN 76) during flight operations.

USS Ronald Reagan (CVN 76) F/A-18C involved in mishap

Commander U.S. 7th Fleet Public Affairs

A single seat F/A-18C Hornet assigned to Strike Fighter Squadron (VFA) 25, part of Carrier Air Wing 14, was involved in a mishap while attempting to land on the flight deck of the aircraft carrier USS Ronald Reagan (CVN 76) approximately 120 miles southeast of Brisbane, Australia on Jan. 28 at approximately 4:17

a.m. (PST).

The pilot ejected safely and was recovered. There were no injuries.

USS Ronald Reagan and the embarked air wing remain fully mission capable and ready to respond as required.

VFA-25 operates from Lemoore, Calif. The F/A-18C is a single-seat, twin-engine, midwing, multimission tactical aircraft.

The incident is currently under investigation.



U.S. Navy photo by PH1 Michael Moriatis

Commanding Officer, Medical Treatment Facility, aboard Military Sealift Command (MSC) hospital ship USNS Mercy (T-AH 19), Capt. David Llewellyn, speaks with the San Diego media about an upcoming exercise. Mercy is currently underway conducting routine operations.

Juneau holds 'Right Spirit' Campaign

USS Juneau Public Affairs

USS Juneau (LPD 10) held a 'Right Spirit' campaign Jan. 24-26 in the days leading up to its arrival in Guam in order to promote positive behaviors while on liberty both in Guam and also for Sailors' lives in general.

Juneau's three-day alcohol awareness push was marked by peer group discussions, Plan-of-the-Day (POD) notes and important words on the subject from the ship's commanding officer, Capt. Ronald Horton. The educational format was in accordance with the Navy Alcohol and Drug Abuse Program's (NADAP) ongoing prevention campaign called "The Right Spirit," which promotes healthy lifestyles.

"We want to create a mindset

and a culture where Sailors are choosing to drink responsibly," said Horton. "We want our Sailors to have positive conduct on liberty and one of the biggest ways of achieving that is by curbing alcohol consumption."

The ship held several breakout sessions where crew members in the same pay grade held focus groups on the subject of alcohol and healthy living with the command Drug and Alcohol Program Advisor (DAPA).

Under the mission of NADAP's the "Right Spirit," the focus is multi-tiered, broken down as personal, shipmate, leadership and command responsibility. These four focus areas were the backbone of the breakout session structure, said Chief Hospital Corpsman (SW) Gordon Dziewit,

Juneau's DAPA, who gave special attention to Juneau's leadership, asking Juneau's leading petty officers and chiefs to monitor more closely how their Sailors are conducting themselves outside of work.

"I'm trying to get the leadership to understand that they have a responsibility to engage their Sailors, to truly find out what is going on in their lives," said Dziewit. "I think if they understand their Sailors more, they can better help them achieve healthier lifestyles."

Ideas exchanged in the focus groups were very pertinent, said Dziewit, and helped crystallize a path for ongoing 'Right Spirit' thinking.

Sailors acknowledged the benefit of the sessions, at least as a way to

get everyone on the same page, said Cryptological Technician (Technical) 3rd Class (SW) Joseph Massie, E-4 and below peer group leader, so that positive behavior among junior personnel may eventually lead to attainment of more privileges, or at least greater respect from senior personnel.

"We know that each of our actions reflect on the entire group, so I think a lot of people are starting to get more responsible about their actions and also trying to be better shipmates to each other," said Massie, who coordinated a 'Right Spirit' barbecue over the summer with students from Nagasaki Junior College at Sasebo's Shirahama Beach.

As incentive for participation and to encourage positive behavior on liberty, the ship's Morale,

Welfare and Recreation (MWR) funded MWR trips for 26 crewmembers who were involved in the discussions.

Juneau's Command Master Chief (SW/AW) Paul Kingsbury welcomed the positive attitude of the crew.

"I think just because of the multitude of messages we put out there, from a variety of sources, the point will get through and these Sailors may reconsider their drinking habits and lifestyle choices," said Juneau Command Master Chief (SW/AW) Paul Kingsbury.

Juneau, commanded by Capt. Ronald Horton, is part of the forward deployed amphibious ready group, operating out of Sasebo, Japan, and is the Navy's only forward-deployed amphibious transport dock.

New warning signs posted to protect boaters, whales

Terri Kojima

Commander, Navy Region
Hawai'i Environmental
Public Affairs

New warning signs now posted on the entrance gates to the Rainbow Bay Marina caution boaters to be watchful of humpback whales during the November-through-May whale season.

The yellow, black, and white signs highlight the collision hazard and emphasize to boaters the importance of posting a lookout and remaining at the helm at all times.

When the Hawaiian Islands Humpback Whale National Marine Sanctuary began posting the improved warning signs at small boat harbors around the islands this month, the region's environmental department and Morale, Welfare and Recreation (MWR) leaders took action to ensure that the safety signs were posted at the marina at Pearl Harbor.

The new signs are intended to protect both boaters and the humpback whale, which are affectionately referred to as "gentle giants." Since adult whales can weigh 45 tons, staying clear of the gentle giants that migrate to



Local boater, PH2(AW/SW) Justin Nesbitt reads a warning sign posted on the entrance gates to the Rainbow Bay Marina. The new signs caution boaters to be watchful of humpback whales during the November-through-May whale season.

Hawaiian waters each winter is important information for boaters at the marina.

For many who are new to Hawai'i, learning for the first time that some of the earth's largest animals will be vaca-

tioning in surrounding waters is fascinating.

When Photographer's Mate 2nd class Justin Nesbitt, an avid boater since he was nine years old, reported to his new duty station at Pearl Harbor

in July 2005, he gave no thought to the possibility of colliding into a whale during his recreational boating expeditions.

"The warning signs posted throughout the marina are

very important, especially to folks who are new boaters in Hawai'i," said Nesbitt. "Every geographical area has its own wildlife that boaters need to steer clear of, and running into whales is not a common occurrence in most places."

There are 132 boat slips where owners park their boats at the Rainbow Bay Marina.

The marina, which is managed by MWR, sponsors boating activities available to active duty personnel, retired military and Department of Defense employees. Marina workers give boating safety a high priority and warn boaters to be vigilant during the whale season.

"Before boat owners receive their boat slips, they each receive an indoctrination, which includes safety requirements and an announcement about the whale season," said John Mosley, who processes boat rental applications at the marina.

"Boaters tell us of seeing the majestic creatures in the ocean," added Gerald Hamilton, MWR's Outdoor recreation program director. "Although we haven't had any accidents involving humpback whales, we want to ensure that we're doing everything possi-

ble to prevent any incidents from occurring," said Hamilton.

Nesbitt, whose 20-ton motor yacht is parked at the marina, will be keeping a watchful eye out for the whales and keeping a safe and legal distance of at least 100 yards away.

"You learn to enjoy the awesome creatures and respect them at the same time," said Nesbitt.

February is humpback whale awareness month and is the best month to view the gentle giants responsibly.

According to the National Oceanic and Atmospheric Administration (NOAA), the shallow, warm waters surrounding the main Hawaiian Islands constitute one of the world's most important humpback whale habitats. Approximately two-thirds of the entire North Pacific humpback whale population migrates to Hawaiian waters each winter to engage in calving, nursing and breeding activities.

The whale sanctuary is managed by a partnership between the NOAA and the state DLNR.

For more information about the whale sanctuary, visit <http://hawaiiumpackhale.noaa.gov>.

Hawai'i Seabees complete command post exercise

JO1 (SW/FMF) Chad V. Pritt

Commander, 30th Naval
Construction Regiment Public
Affairs

Seabees from 30th Naval Construction Regiment and Battalion Maintenance Unit 303 Detachment Hawai'i, both from Naval Station Pearl Harbor, completed a command post exercise (CPX) here at Pearl Harbor Jan. 20.

About 40 Seabees took part in the week long exercise designed to assess their ability to erect a command post under field conditions as part of 30th NCR's annual training.

The bulk of the exercise was tailored around the set-up of a deployable rapid assembly shelter (DRASH) tent complex, which housed the working spaces of the 30th NCR. The heart of the complex was the command operations center (COC), from which watchstanders can operate an array of advanced communications hardware for the command and control of subordinate units.

According to Lt. Cmdr. Richard Pringle, operations officer for the 30th NCR, the exercise is part of the annual training cycle for the regiment, and accomplishes many goals.

"Team building is part of it," said Pringle. "People learn how to work with each other and how different staff codes interact with each other effectively and efficiently. And of course [there is] the physical requirement to expeditiously

install and erect our DRASH system and our COC."

Thirtieth NCR's training cycle is based on the "crawl, walk, run" idiom, which allows the command to tailor its training around its needs.

The recently held DRASH exercise (DRASHEX) was held as part of the "crawl" phase, which allowed 30th NCR to train in a relatively slow and deliberate way.

The "crawl" portion allowed 30th NCR to accomplish three things, including erecting the complex.

"The intent was to put up the physical structure of the DRASH," said Marine Corps Capt. Timothy Barba, training officer for the 30th NCR. "Secondly, we were able to validate the COC layout as far as the watch standers and map setup. The third thing was to review COC procedures, to shake the dust out off."

"We'll put together a training plan over the next couple of months, which will be our "walk" phase."

The next step, the "run" phase, will be held in April at Fort Hunter Liggett near Monterey, Calif., when the regiment will take the skills they've learned during the first two phases and incorporate it into the command and control of subordinate units in the field. Exercise Bearing Duel is scheduled to last about three weeks.

The 30th NCR returned in September after a six-month deployment to Iraq in support of Operation Iraqi Freedom.



U.S. Navy photo by JO1 (SW/FMF) Chad V. Pritt

Seabees from 30th Naval Construction Regiment from Naval Station Pearl Harbor, work in a command operations center (COC) inside deployable rapid assembly shelter (DRASH) onboard Pearl Harbor during a week long exercise. The exercise was designed to evaluate the Seabees' ability to erect and operate the mobile command center. The Seabees will use their new expertise during Exercise Bearing Duel at Fort Hunter Liggett near Monterey, Calif. later this year.

USS Chafee (DDG 90) crew members focus on fitness

Ensign Melissa Barbor

USS Chafee Public Affairs

USS Chafee (DDG 90) commenced an intense physical training program during its recent deployment in support of fifth fleet operations. The program was initiated in response to the Fall 2005 physical fitness assessment (PFA) and an ever-present need to offer crew members a stress relief tool. Chafee had 28 failures in the spring 2005 PFA. In a pre-emptive move, the command held an impromptu weigh-in for crew members who were suspected of nearing the upper limit of body fat composition. As a result, an additional 24 participants who willingly took part in the Final Evaluation Problem (FEP) raised the enrollment to over 50 personnel.

The FEP program is designed to reduce body fat and increase cardiovascular fitness. The progress of the FEP participants was tracked monthly by body composition assessment (BCA) which estimates body fat percentage.

The benefits from the focus on fitness were evident in the Fall 2005 PFA when over 95 percent of the command passed both the body fat composition assessment and the physical trials. The PT program not only reduced the number of PFA failures by more than half, but the FEP participants lost a combined weight of over 600 pounds. These results



U.S. Navy photo

Sailors aboard USS Chafee (DDG 90) perform physical training while underway on their deployment in support of fifth fleet operations. Chafee implemented a physical fitness program to help improve its crew's physical fitness.

were demonstrated across the board with an increase in PFA scores throughout the command.

Accommodating the demands necessary to make the FEP program successful was a challenge during Chafee's maiden deployment to the Arabian Gulf.

Despite the blistering 105 plus degree heat, the greater challenge was coordinating fitness training with watch schedules, necessary to carry out the ship's mission. The command responded by offering two sessions daily, one at 5:30 a.m. and another at

3:30 p.m. Each session was conducted by Operations Specialist 1st Class Fizer and was designed to produce a pyramid of increasing fitness over time. Despite the weather and lack of venue, Fizer led the rigorous workout twice daily which quickly became

known as "Fizercise."

"We had up to 100 people crowded on the forecandle. It was tight, but it was an addiction that no one wanted to miss" recalled Fizer. He sustained this "addiction" while standing a six-on six-off, port and starboard watch rotation. The workouts consisted of intense muscle building and conditioning. In any one session, crew members performed 400 pushups, 300 sit-ups, 300 leg lifts and 200 crunches in less than 35 minutes. It was not long before the effects were visible.

The command fitness coordinator and designated leaders held nutritional training sessions several times a week to encourage healthier lifestyles. In response, the supply department modified its practices by providing more selections of fruit and nutritional information for meal portions.

The level of dedication to physical fitness is prevalent in all levels of the chain-of-command on Chafee. From the captain, to the department heads, to the command master chief, all aboard are motivated to become and maintain the physical fitness necessary to maintain a strong ship and crew.

Despite the fact that the next PFA is months away and the ship is currently limited by a demanding shipyard schedule, Chafee still maintains the focus on fitness. Every Monday, Wednesday and Friday, Team Chafee gathers for a mandatory 30 minutes of "Fizercise" followed by 30 minutes of jogging around Pearl Harbor.

Pearl Harbor Naval Shipyard recognized for safety improvements

Liane Nakahara

Pearl Harbor Naval Shipyard Public Affairs

The Naval Safety Center and Dr. David Chu, Under Secretary of Defense for Personnel and Readiness, recognized Pearl Harbor Naval Shipyard (PHNS) for its success in decreasing the number of civilian injuries in fiscal year (FY) 2005 and cutting the work time lost in FY 2004 by 35 percent.

Rear Adm. George Mayer, commander of Naval Safety Center, thanked PHNS for its efforts and a job well done in a letter of recognition addressed to the ship-

yard on Jan. 6, 2006.

"Your superb resourcefulness and commitment to mishap prevention are in keeping with the Navy's high standards of excellence and contributed directly to saving lives and valuable resources," stated Mayer.

"Efforts by our Command Occupational Safety and Health (OSH) Policy Council, shop and project OSH committees, interactive supervisory briefings, and increased supervisory oversight and mentoring initiatives demonstrate how well safety is integrated into every level of our command," said Capt. Frank Camelio, PHNS commander

of the importance of safety at the shipyard. "We are already seeing positive safety results from implementation of the Voluntary Protection Program (VPP), an issue that profoundly affects our most important asset, our people," he noted.

"By involving every level of the organization, from department head to working level, committees are playing an important role in the command's effort to achieve Star Status under OSHA's Voluntary Protection Programs," said PHNS safety division manager, Lyrita Gochenouer. "Management and labor both recognize that commit-

ment to safety and health is good for our employees, and it's good business, too" said Gochenouer.

Gochenouer explained that PHNS OSH committees continue to stress safety in the work environment to further reduce the amount of injuries and lost work time.

They also continue to push VPP, which works to foster more effective job site-based safety and health at the shipyard.

"We look forward to continued success in reducing our injury rates and, in the near future, being recognized by OSHA with a VPP 'Star,'" said Gochenouer.

Flu education and flu shots available: What you learn may save your life

Tripler Army Medical Center Public Affairs

Tripler Army Medical Center's preventive medicine and Army public health nursing departments along with tri-service clinicians, are providing pandemic influenza education and free flu shots to eligible military beneficiaries around Oahu.

More than 870 people took advantage of getting flu shots and free educational material is at the Navy Exchange at Pearl Harbor on Jan. 28 and 29, said Col. Mike Brumage, M.D., M.P.H., chief of Tripler's Preventive Medicine Department.

More public health events are scheduled at different military installations from 9 a.m. - 4 p.m. each day as listed below:

Feb. 4, Fort Shafter Base Exchange.

Feb. 5, Hickam Air Force Base Exchange.

Feb. 11, Marine Corps Base Hawai'i Post Exchange - Kaneohe.

Feb. 12, Navy Exchange Pearl Harbor.

The Army, Navy and Air Force providers manning the information tables encourage people to stop by and talk with them. "What you learn may save your life," Brumage said.

Comments, opinions or ideas? Write to us at hnn@honoluluadvertiser.com

Hawaii Navy News

Pacific Fleet Sailor helps save life through blood cell donation

JO1 Alyssa Batarla

U.S. Pacific Fleet Public Affairs

When Yeoman 1st Class Mark Flores' command held a bone marrow and blood drive in 1992, his commander offered a day off to anyone who went.

"That was the driving force," Flores said, jokingly, "but I also did it knowing that the potential for saving a life was there. As a life-saving procedure, being a corpsman then, it was just a natural thing to do."

He said he really didn't have any expectations for registering and didn't really give it much thought for the next 14 years. But in July 2005 while working as the flag writer for the U.S. Pacific Fleet deputy commander, he received an e-mail telling him he was one of eight possible matches for someone. Without hesitation, he agreed to further testing.

"Two weeks later, I got a phone call saying that I was the closest match out of the eight," said Flores, a San Antonio native.

"I was kind of numb because I wasn't expecting it," Flores said. "I just came into work one day, and I read it and then I re-read it a couple of times and then I walked away from my computer because it didn't seem real – just the possibility

of saving someone's life and then that responsibility."

Again, Flores didn't hesitate – he said he wanted to continue the process of being a donor.

He was flown to the University of Maryland's Medical Center to complete a physical ensuring he would be able to donate and after the paperwork and physical, he began the procedure for being a peripheral (circulating) blood cell donor Jan. 19.

"The procedure I did was a five-day process," Flores said. "For the five days, including the day of the donation, they gave me two shots, a medication that stimulates your bone marrow to produce blood cells and blood stem cells."

On the fifth day, Flores spent six hours with needles in both arms. His blood was being removed and passed through a machine that separates out the blood-forming cells before being returned to his body.

While Flores said the procedure did cause some discomfort, when asked if he would go through it again, his answer was immediate.

"Yes, I would."

The program is anonymous and Flores has no information on the person who received his donation. However, he said that during the time of his procedure, other recipients were

in the center, and that put the whole process in different light.

"You always hear you can save a life, but I really didn't put much thought into that until recently when I went through it," Flores said. "I never thought about how much of an impact it would have, and then seeing patients who were undergoing treatment when I was there put it into a different perspective of how much you're actually doing."

"I know I was in pain, but seeing what they're going through and knowing that I'm going to have an impact... it's been an emotional rollercoaster," Flores continued. "When I began the process and paperwork, it really didn't affect me in any way. But when you're there and you're actually going through it and you're sitting next to a cancer patient getting the shot, it's a totally different dynamic. It was different than I perceived or imagined," he added.

The Navy has a long history with bone marrow – the Office of Naval Research was the starting force of the country's first national bone marrow registry when Congress directed the Navy to begin the National Bone Marrow Donor Registry in 1986. Since its conception and renaming as the National Marrow Donor

Program, commands throughout the Navy have sponsored regular bone marrow drives to register volunteers for the program.

According to the National Marrow Donor Program, more than 35,000 children and adults are diagnosed with diseases that could be cured by a marrow or blood cell transplant each year, but unfortunately, matches can be difficult as every individual has a unique tissue type.

"I'm one in five million people who registered and who was the closest match for someone," Flores said. "Those kind of odds, for someone who needs this, is kind of small, and just knowing that someone could increase the quality of life for someone or even the quantity for a few more months or years, I don't think anyone would hesitate to do that," he said.

"Although there are five million donors worldwide, there are still thousands of patients searching for a match every day," said Renee Adaniya, program coordinator for the Hawai'i Bone Marrow Donor Registr, said. "Patients with a mixed ethnicity have a harder time finding a match so it's important that people register worldwide. We want to encourage everyone to register because you never know when it'll affect you."

Pacific Claims Unit opens at Pearl Harbor

JO2 Devin Wright

Editor

Commander, Navy Region Hawai'i held a ribbon cutting ceremony Tuesday at the Navy Legal Service Office (NLSO) for the new personnel claims unit (PCU).

The PCU processes claims filed by service members whose personal goods were damaged during their permanent change of station move. Previously, claims were administered locally by NLSOs throughout the world.

In 2002, officials determined the process would be more efficient by centralizing the unit. The PCU has since been consolidated into two offices, one in Norfolk, Va. and the other at Naval Station Pearl Harbor, Hawai'i.

The Pearl Harbor office will administer all claims for the Pacific area of responsibility.

"We found that this is actually better customer service," said Cmdr. Edward J. Lynch, officer in charge, NLSO Pacific Detachment Pearl Harbor. "The reason is because we have gone to a

Web-based electronic system where instead of having to file all of your paperwork on hard copy, the customer can do it electronically. We can file the claim electronically and we can pay you electronically which expedites the process. It makes it easier for the customer and it makes it easier for us," Lynch said.

Employees at the new PCU expect their workload to increase considerably.

"The workload will double at the least," said Renate Alarcon, head of the PCU branch office Pearl Harbor. "Right now, it is just a guessing game. We expect a lot more work and we are prepared for that. This office is going to be beneficial to those in the Pacific theater because of the time difference. If everyone were to file their claims out of Norfolk, they would have to contact them late at night or early in the morning. With a Pacific branch, we are eliminating any of those problems," she said.

All claims that are pending will now be routed through the PCU Claims Branch Pacific. For more information on filing a claim with PCU, call 473-1410.

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Hawaii Navy News
Online

SPOTLIGHT ON COMMAND

FACSFAC

COMMAND

Fleet Area Control and Surveillance Facility (FACSFAC) Pearl Harbor's call sign is "Hula Dancer". The mission of FACSFAC Pearl Harbor is to coordinate military use offshore Operating Areas (OPAREAs) through the scheduling and control of surface, sub-surface and airborne military platforms. These OPAREAs include warning areas, restricted areas, and air traffic control assigned airspace (ATCAA).

Billets assigned to FACSFAC are: Air Traffic Controller, Operation Specialist, Information System Technician, Fire Controlman, Electronics Technician and Yeoman.

OS2(SW) Kyle Novak, a track supervisor at FACSFAC, states that "FACSFAC Pearl Harbor is the greatest opportunity to grow both professionally and personally."

HISTORY

On August 11, 1980, FACSFAC Pearl Harbor was an interim FACSFAC and on Aug. 7, 1986 was redesignated as a facility. Since then, FACSFAC Pearl Harbor has been directly involved with one of the biggest exercises in Hawaii, Rim of the Pacific (RIMPAC).

FUNCTION

RIMPAC is a large-scale multinational power projection/sea control exercise. Conducted biennially under the leadership of the US Third Fleet, RIMPAC is a multinational, combined sea mobility exercise since 1971. The objective of the exercise is to increase mutual cooperation and enhance the combined operations capabilities among the countries around the rim of the Pacific Ocean so that they can ensure the safety of major sea line of communication and improve their combined response capabilities in the event of conflict on the sea.

Photo illustration

Free classified advertising for military in Hawaii Navy News

Active duty and retired military, civil service and family members can advertise the sale of their personal property (including real estate) and services in HNN at no charge. The details are as follows:

Classified items and services must represent an incidental exchange between the aforementioned personnel and not business operations. Requests for three-line free classified advertisements can be submitted via email, if from a ".mil" address (submit to jkaneshi@honolulu.gannett.com), by phone at 521-9111 or by visiting www.honoluluadvertiser.com and clicking on "classified ads." More lines of advertising can be purchased at an additional fee. Requesters should include their military ID number and a call-back phone number.

Tips offered to military personnel for tax season

Army Sgt. Sara Wood

American Forces Press Service

Tax season has once again arrived and military personnel should know several things to make their returns easier and more beneficial, said Army Lt. Col. Janet Fenton, executive director of the Armed Forces Tax Council.

One of the most notable changes to the tax code this year, according to Fenton, is the addition of provisions for victims of hurricanes Katrina, Rita and Wilma. The provisions for hurricane victims are lengthy and complicated, so service members who were affected by the hurricane should seek advice from their installation tax center or the Internal Revenue

Service, Fenton said. The provisions can include extensions for tax filing and help for those who lost homes or property, she said.

Service members who spent time deployed have important things to keep in mind when filing their taxes, Fenton said. For example, Iraq, Afghanistan, Bosnia and Kosovo all qualify as combat zones where military income is tax exempt, she said. For enlisted service members, all income earned in a combat zone is exempt, but for officers, income is excluded up to a certain limit. For 2005, the limit for officers' tax-exempt income was \$6,529 a month, she said.

Tax-exempt income is a great thing, but it has worked against some service members by exempting them from important cred-

its, Fenton said. Two credits that military members often qualify for - earned income credit and child tax credit - require earned income to be claimed, she said. Starting this year, service members can elect to include their combat zone income to qualify for these credits, she explained. She stressed that this income will not be taxed, but will allow service members to receive credits they qualify for.

"Just because you think you didn't have earned income due to your combat zone time, it's worth your effort to go to the tax center and find out if you do qualify for these two important credits," Fenton said.

Service members in a combat zone during tax season get an automatic

extension to file their taxes, Fenton said. Service members have six months from the time they leave the combat zone to file, she said. Service members who are stationed elsewhere overseas have a two-month extension to file.

Almost every military installation offers a tax center for military, retired military and family members, Fenton said. Volunteers at the center are trained by the IRS and military legal office and can provide advice or assistance in filing taxes, she said. Returns filed through the tax center are sent electronically and people will receive their refunds within seven to 10 days, she said.

"The installations do serve a great benefit to the military member who

wants to go and make sure that they've gotten the best information they can. They've filed it, not only accurately, but taken advantage of any of the deductions and credits that they do qualify for and they may not be aware of on their own," she said.

Each installation determines its tax center's operating hours and whether people need an appointment to come in, Fenton said.

Military personnel can also get help online with their taxes, Fenton said. The IRS provides a free file service on its Web site, which lists several tax preparation services, many of which provide free service to military members, she said. The Web site Military OneSource also provides free tax assis-

tance to military members. "The Internet's invaluable; it allows you to file your taxes from your own home, if you're comfortable enough to do that," Fenton said.

To prepare to file taxes, service members should make sure they have their W-2 forms from the military and any other jobs they had in the past year, Fenton said. Service members should also make sure they have Social Security cards for themselves and their dependents, she said.

For active-duty military members, W-2s are now available on MyPay, Fenton said. Retirees and Reservists already have the forms available.

(For information from the tax center at Naval Station Pearl Harbor, call 473-5982, ext. 306.)

Hawai'i Navy News Sports

Navy's 'Million Dollar Babies' ready to mix it up

JO3 Kimberly Williams

Naval Base Ventura County Public Affairs

The Navy has named two women to its lineup for the 2006 Armed Forces Boxing Championships. This will be the first year women will compete for the Navy.

Utilitiesman (SCW) 3rd Class Sonja Deputee of Naval Mobile Construction Battalion (NMCB) 5

and Information Systems Technician (SW) 2nd Class Triva Pino of USS Port Royal (CG 73) homeported in Pearl Harbor, Hawai'i, will compete for the Navy during the Armed Forces Boxing Championships on Feb. 7-10 at Naval Base Ventura County (NBVC) Port Hueneme Warfield gymnasium.

Deputee, who switched to boxing after competing in karate during her high school years, said she is looking forward to the competition.

"I'm excited about being part of the team," said Deputee. "I am not afraid of who I may face. I just roll with the punches and whoever comes up, I'll take them on."

Pino, who has three years of boxing experience under her belt, is a Golden Glove boxer and has fought in several different weight classes.

During the Armed Forces Championships, Pino will contend in the 141-pound weight class.

"I worked really hard to be on the

team. It takes a lot of discipline to be a boxer," said Pino.

Deputee and Pino, along with the rest of the All-Navy boxers, train several times a week at Stanley's Gym in Ojai, Calif. The team workout is not divided by gender, and Deputee and Pino sometimes find themselves sparring with their male teammates.

"When people say I'm too pretty to box, it makes me want to fight even more," said Pino.

"My male friends try to test and

taunt me all the time. They respect me, but they also wanna pick on me because I know how to fight," said Deputee, referring to the same friends that will be in the house each night of the championships to cheer her on.

The Armed Forces Boxing Championships is a single-elimination format tournament. There are 11 weight classes, ranging from 106 pounds to 201-plus pounds.

STORY IDEAS? Email: hnn@honoluluadvertiser.com Navy News