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# Hawai'i **Navy** News

Serving the "Best Homeport in the Navy"



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## Aloha PMRF... 'Helo' to Pacific Aviation Museum



**MC2 (SW) Johnny Michael**

*Pacific Missile Range Facility  
Public Affairs*

The first of the last three UH-3H Sea King helicopters based at Pacific Missile Range Facility (PMRF) Kauai, arrived at Ford Island on Monday morning. Outrider 50, known as Kekaha Town, started the procession for the three remaining Navy helicopters.

Manufacture of OR50 was completed in January 1967 and delivered to the Tridents of HS-3 in 1968.

In 1995, nearly 30 years later, OR50 arrived at PMRF where it would serve for more than a decade. The helicopter is now decommis-

sioned and will serve as a display piece at the Pacific Aviation Museum on Ford Island as a reminder of the more than 13,500 flight hours it performed in service of the United States.

Of the two remaining UH-3Hs, one will end its career at the Hawai'i Museum of Flying at Naval Air Station Barbers Point, arriving today, and the last will make its final flight Sept. 20 before becoming a static display at PMRF.

PMRF will transition to contractor provided helicopter support, the contract for which is still under negotiation.

# NOAA breaks ground at Pearl Harbor for Pacific Regional Center

## National Oceanic and Atmospheric Administration

The National Oceanic and Atmospheric Administration (NOAA) broke ground Monday for its Pacific Regional Center on historic Ford Island in Pearl Harbor. The new center will bring together multiple NOAA operations currently scattered throughout the island of Oahu.

The move to Ford Island will result in improved operations and mission performance as well as longer-term operational savings. The consolidation will also provide greater synergy and integration across the agency and improve delivery of products and services in Hawai'i and the Pacific Islands.

"NOAA's plan to develop the Pacific Regional Center facility on Oahu is a physical representation of the continued collaboration between NOAA and the state of Hawai'i to support essential atmospheric and oceanic programs and missions," said U.S. Sen. Daniel K. Inouye, who spoke at the groundbreaking ceremony.

"With this important step, NOAA makes a concrete investment in Hawai'i's future that mirrors its daily contributions to the health and prosperity of our home through a broad spectrum of programs - from forecasting hurricanes and tsunami, to the management of our fisheries, to the education of our keiki, our children. This \$250 million project will help to grow Hawai'i's economy through construction jobs today, while ensuring the foundation for Hawai'i as one of tomorrow's world ocean centers," added Inouye.

"I would like to thank Senator Inouye for his leadership in developing a new Pacific Regional Center facility on Oahu and for his continued support of NOAA. The requirements for this facility are as diverse as our mission and Ford Island is the ideal



U.S. Navy photo by MCC (SW/AW) David Rush

The National Oceanic and Atmospheric Administration (NOAA) broke ground Monday for its Pacific Regional Center on historic Ford Island at Pearl Harbor. The following participants are shown breaking ground in front of World War II-era buildings that will be preserved and adapted for NOAA as part of the project, (left to right) Rear Adm. Gary Engle, commander of NAVFAC Pacific; Vice Adm. Conrad Lautenbacher (Navy ret.), Under Secretary of Commerce for Oceans and Atmosphere and NOAA administrator; U.S. Senator Daniel K. Inouye; Rear Adm. T. G. Alexander, commander, Navy Region Hawai'i and commander, Naval Surface Group Middle Pacific; and William F. Broglie, NOAA's chief administrative officer. Kamaki Kanahale and Kalena Hew Len, Hawaiian kahus, offered blessings

site," said retired Navy Vice Adm. Conrad C. Lautenbacher Jr., Ph.D., under secretary of commerce for oceans and atmosphere and NOAA administrator.

The Ford Island site consists of an approximately 30-acre parcel on federally-owned property. The proposed NOAA facility will be able to support NOAA's 500 current employees and contractors, and expected future growth. Pier facilities enable NOAA to fully consolidate ship operations as

well as seawater operations, laboratory and office space. NOAA will operate three ships from the facility - the Ka'imimoana, Oscar Sette and Hi'ialakai.

The Ford Island site provides NOAA no-cost federal land for development, substantial cost savings due to major water and sewer infrastructure investments already being implemented by the Navy as part of its Ford Island Master Development project, and a workable balance between pub-

lic accessibility and a secure facility.

The NOAA development will feature preservation elements to restore World War II-era buildings that will be adapted for NOAA use. NOAA is working closely with the Navy's historic preservation advisory committee to ensure that this project complies fully with historic preservation and adaptive re-use guidelines. The entire complex will be redeveloped as an environmentally sustainable, state-of-the-art facility that will meet

LEED (Leadership in Energy and Environmental Design) "Gold" certification standards.

Integrity of the location against weather and sea conditions was also a major consideration. According to Hawai'i State Civil Defense, the Ford Island site is located outside of the tsunami evacuation area, as defined by the Civil Defense Agency, due to its location within Pearl Harbor. Historic data for Pearl Harbor, with its narrow entry, indicate that maximum surge run-ups in Pearl Harbor were low. This was corroborated by a new NOAA tsunami modeling study for Pearl Harbor released on Aug. 25.

NOAA is partnering with the Naval Facilities Engineering Command (NAVFAC), based in Hawai'i, which is providing local support for construction project management. NAVFAC is also providing design and construction services through contractors in support of the project.

In 2007 NOAA, an agency of the U.S. Commerce Department, celebrates 200 years of science and service to the nation. Starting with the establishment of the U.S. Coast and Geodetic Survey in 1807 by Thomas Jefferson, much of America's scientific heritage is rooted in NOAA. The agency is dedicated to enhancing economic security and national safety through the prediction and research of weather and climate-related events and information service delivery for transportation, and by providing environmental stewardship of our nation's coastal and marine resources. Through the emerging Global Earth Observation System of Systems (GEOSS), NOAA is working with its federal partners, more than 60 countries and the European Commission to develop a global monitoring network that is as integrated as the planet it observes, predicts and protects.

# Navy Alcohol and Drug Abuse Prevention Summit raises awareness

## MCC (SW/AW) David Rush

Managing Editor

The NADAP (Navy Alcohol and Drug Abuse Prevention) Summit, held Aug. 29-Sept. 1 at the Navy Lodge on Ford Island, brought together command leaders and work center supervisors, policy experts and others to coordinate efforts to reduce drug and alcohol abuse in the Navy.

Attendees at the summit received the latest information on drug abuse, trends in incidents, and new prevention approaches. On Tuesday, commanding officers, executive officers and command master chiefs were given the opportunity to attend a half-day session which included topics on the latest changes to NADAP policy, drug screening laboratories, legal/administrative separations, and regional updates and threat assessment.

On Wednesday and Thursday, drug and alcohol program advisors (DAPA), urinalysis program coordinators (UPC), alcohol and drug abuse managers and supervisors (ADAMS), legal representatives and leading chief petty officers attended a full-

day session to discuss topics including alcohol and drug abuse prevention policy and Fleet best practices.

Scheduled for the final day of the summit, the 'myths and truths' sessions provided an exchange with E-5 and below Sailors to dispel myths and provide accurate information on drug and alcohol issues.

According to Chief Yeoman Brian Bracy, Commander Navy Region Hawai'i Alcohol Drug Control Officer (ADCO), the summit is designed to "provide information on ideas and initiatives to reduce drug use, DUI/DWI [driving under the influence/driving while intoxicated] and underage drinking incidents.

"It is also intended to provide in-depth information in understanding and executing requirements contained in OPNAVINST 5350.4C (Drug and Alcohol Abuse Prevention and Control Manual), while improving and implementing elements to have an effective urinalysis and alcohol prevention program."

Bracy said the bottom line for having the summit is "because alcohol and drug abuse awareness saves lives and careers. Also, staying

current and revising alcohol and drug awareness programs help drastically reduce substance abuse and alcohol related incidents."

Bracy monitors and provides training concerning alcohol and drug programs within the region and works with the San Diego Drug and Alcohol Program Management Activity to provide training for DAPAs, UPCs and ADAMS courses throughout Hawai'i.

Navy Region Hawai'i Command Master Chief David A. Lajoie explained that the summit provides vital information for Navy commands. "The primary goal of this event is to make sure commands have updated information on Navy policies such as drug screening, legal issues, current trends and, of course, proven prevention measures," said Lajoie.

The master chief added that Sailors must be aware of the pitfalls that come with alcohol and drug incidents or abuse. "Sailors need to know that drugs or alcohol can ruin your career. People who use drugs or abuse alcohol don't see the picture until it is too late. When you are separated from the Navy because of drugs or alcohol, it also



U.S. Navy photo by MC1 (AW/SW) James E. Foehl

Rear Adm. T. G. Alexander speaks with regional commanding officers, executive officers, command master chiefs and senior enlisted advisors during the NADAP Summit leadership brief on Tuesday at the Navy Lodge on Ford Island.

affects your family and your future employment opportunities. That is one of the key messages I want Sailors to know," Lajoie said.

This is the fourth year that the NADAP Summit has been conducted at various Navy installations worldwide. These summits have galva-

nized local prevention efforts. Participating commands from previous years' summits experienced a reduction in incidents after attendance.

# Hawaii Navy News Editorial

## Family preparedness - take time to plan

Atlantic Fleet Master Chief  
Jackie DiRosa



Atlantic FLTCM  
Jackie DiRosa

In today's Navy, the reality is that shore duty isn't the same as it used to be. Until recently, you spent time on a ship, or overseas, and then transferred to a shore command until it was time for you to go back to a ship. This is no longer so. Now, anyone, anywhere may be called away as an individual augmentee (IA).

It's just a fact of life now that being in the Navy means being ready to go - always ready. And just as importantly, Sailors should prepare their families to be ready. Allowing families the same opportunity as Sailors for success in an emergency is as vital to readiness as any other precautionary measure.

Family preparedness isn't just for the married Sailors either. Single Sailors should be communicating with their families, too. Do your parents, spouse or next-

of-kin know who to call if something happens back home? If something happens to you, do they know where your important papers are? Do they have a copy of your will?

Not being prepared for the worst is like the old adage - a failure to plan is a plan to fail.

Planning in case of natural disasters is a big concern, too. Hurricane Katrina, the California wildfires - these events have taught many what is needed to be prepared for during emergencies. Take time to learn from their lessons now. Make sure your family knows where to call to let people know they are okay. Get educated on the many resources available to assist your

family. Did you know that in response to Katrina and the incredible hurricane season we had last year, the Chief of Naval Operations created affected Navy family assistance (ANFA) ([www.cni.navy.mil/cnic\\_hq\\_site/ANFA/index.htm](http://www.cni.navy.mil/cnic_hq_site/ANFA/index.htm)), with the sole purpose of rendering speedy and efficient aid to Navy family disaster victims?

Just as general quarters is important to the safety of the ship and crew, it is just as critical to sit down with your family before there is any urgency and create a custom built emergency plan. A great Web site from the Virginia Department of Emergency Management ([www.vaemergency.com/prepare/planning/index.cfm](http://www.vaemergency.com/prepare/planning/index.cfm)) can assist you with the planning process. Though it's a Virginia-based Web site, it offers many general guidelines useful anywhere.

In relation to deployment and

individual augmentation assignments, even an experienced Sailor would find it hard to foresee all the different issues that could come up while away. The Navy has many forms of support available to family members for just those occasions. The Fleet and Family Support Center is a good place to start. The center offers a range of programs from personal financial management and new parent support to spouse employment assistance, professional counseling and deployment support.

Anyone who has spent more than one deployment on a ship is aware of the runaway rumor mill. Just think what a rumor could do to a loved one who doesn't have a way to check it out to see if it's true. Your ship's ombudsman is the best place for family members to clear up any misinformation. Hand-selected by the ship's commanding officer, this person is a liaison between family members

and the ship. The ombudsman can also point family members in the right direction when trying to get emergency information to you.

Another good support program for Navy spouses is the Compass team mentoring program. Compass is an all volunteer team of experienced Navy spouses who can introduce your spouse to the ins and outs of daily Navy life. This three-day course (which even provides babysitting during the course) can also provide invaluable resources for support while you're away.

Family preparedness planning is just as important to your readiness as anything you can train for on the ship. Time and information available now will be the very things you and your family will lack during an emergency. Use this time wisely and the outcome will have a big pay off - maybe even save a loved one's life.

## Purple Heart medals given to Sailors during Korean War



Rear Adm. Bertram J. Rodgers presents Purple Heart medals to Sailors, Marines and Soldiers wounded in action during the first months of the Korean War in September 1950.

Photo courtesy of Naval Historical Center

### For Your Security and Safety

Karen S. Spangler, Editor

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## Have a safe and happy Labor Day holiday

Karen S. Spangler

Editor

It's the Labor Day holiday weekend - a long, three-day weekend to relax, enjoy a bit of extra leisure time, and an occasion for people to get together for parties, barbecues and beach activities. But frequently, the Labor Day holiday results in tragedy.

Labor Day is historically one of the deadliest holidays for alcohol-

related traffic deaths. There's a simple rule: If you drink, don't drive. If you drive, don't drink. Don't be a traffic statistic.

Other Labor Day holiday activities, such as swimming, boating and other physical activities, when mixed with alcohol, are as dangerous as driving under the influence of alcohol. If you plan to drink, have a plan to do it safely.

Swimming and water activities at Hawaii's beaches can be treacherous. Ocean currents, riptides and

powerful waves can overcome even an experienced swimmer. Water enthusiasts should use the "buddy system" when swimming and diving, just in case they run into problems.

Hiking on Hawaii's scenic trails is another popular activity, but again, it's best to hike with a buddy or group of people. Many of the beautiful trails on the islands can be challenging and have steep drop-offs. Hikers have lost their way on the trails, and some have

fallen and have been seriously injured. Enjoy the outdoors, but take precautions.

Overexposure to the sun's ultraviolet rays can pose a serious threat to health. While participating in the many leisure activities under the hot, tropical sun, be sure to use sunscreen and apply it often.

Grilling is a popular Labor Day activity, but keep in mind that many people are seriously injured as a result of grill fires and explo-

sions. Never use anything other than charcoal lighter on a grill - and never use gasoline or kerosene, etc. to start a fire. Never use a grill indoors - it emits carbon monoxide which is toxic and can quickly kill. Be sure to use a grill at least 10 feet away from your house or building and don't leave the grill unattended.

Enjoy the Labor Day holiday, but just take a few precautions and use common sense. Have fun, but be safe.

## STORY IDEAS?

Contact the HNN editor for guidelines and story/photo submission requirements:

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# Hawaii Navy News

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# COMMAND IN THE SPOTLIGHT

## USS KEY WEST

*"THE KEY TO FREEDOM"*

*/a brief history of the USS Key West/.*

USS Key West (SSN 722) was commissioned on Sept. 12, 1987 by Virginia Conn at Naval Base, Norfolk, Va. Following commissioning, Key West set sail for a brief port visit to her namesake city of Key West, Fla., followed by a successful initial weapons certification and accuracy testing. The final new construction phase and the post shake-down availability in 1988 was highlighted by the completion of the vertical launch system.

- Key West was one of four Pacific Fleet submarines to strike at targets in Iraq during Operation Iraqi Freedom. The ship left for deployment Jan. 24, 2003 and was in the Arabian Gulf when coalition forces began the initial strike against various targets in Iraq.
- In addition to participating in Operation Iraqi Freedom, Key West was the first U.S. warship on station during the initial phase of Operation Enduring Freedom and participated in the strike missions into Afghanistan.



Illustration by MC3 (SW) Ben A. Gonzales, Fleet Imaging Center Pacific, Hawai'i



U.S. Navy photo by MS3 Marc Rockwell-Pate

White steam trails the exhaust of an F/A-18C Hornet as it launches from the Nimitz-class aircraft carrier USS Ronald Reagan (CVN 76) during flight operations in the Pacific Ocean on Aug. 29. Reagan is currently underway conducting fleet replacement squadron carrier qualifications (FRS-CQ).



U.S. Navy photo by MC1 Shawn P. Eklund

Secretary of the Navy, the Honorable Dr. Donald C. Winter, and his wife Linda Winter, pause for a moment of silence in the Arizona Memorial in honor of the Sailors and Marines who lost their lives during the Japanese attack on Pearl Harbor. Winter was recently in Hawai'i to get a first-hand look at the work being done by the Sailors and Marines stationed in the region.



Left: Project HOPE volunteer Annie Mannino, embarked with the Medical Treatment Facility aboard the Military Sealift Command hospital ship USNS Mercy (T-AH 19), colors with a patient in the casualty receiving area aboard ship. Mercy is anchored off the coast of Dili, Timor Leste, to provide humanitarian, medical and civic assistance to Dili residents. Mercy is in the fourth month of her five-month humanitarian and civic assistance deployment to Southeast Asia where her crew has already treated thousands of people. Mercy's mission is being carried out by volunteers from Project HOPE and Aloha Medical Mission, along with a contingent of military medical specialists from the United States, India, Malaysia, and Canada. Mercy's U.S. military crew consists of medical teams from the Navy, Air Force and Army. U.S. Navy photo by MC2 Timothy F. Sosa



U.S. Navy photo by MC3 Douglas Morrison

Chief Warrant Officer Mark Thomas and Hospital Corpsman 1st Class Rod Nudding, assigned to Mobile Salvage Unit One (MDSU-1), jump in the water to retrieve derelict fishing nets. Navy divers from the Intermediate Maintenance Facility, Naval Base Kitsap-Bangor, teach divers from MDSU-1 from San Diego and Pearl Harbor, Hawai'i, as well as Army divers from Virginia how to remove derelict fishing nets.

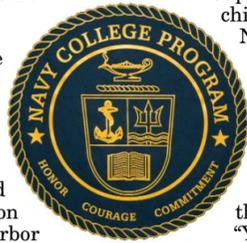
# Sailors, Marines recognized at Navy College Military Recognition Ceremony

Story and photo by  
MCI (AW/SW) James E. Foehl

Navy Region Hawai'i  
Public Affairs

Navy College officials, command representatives, friends and family gathered together Aug. 25 on board Naval Station Pearl Harbor at Lockwood Hall to formally recognize Sailors and Marines during the 2006 Navy College Military Recognition Ceremony.

The purpose of the ceremony was to recognize Sailors and Marines who have completed a college degree, certificate, high school diploma or United States Military Apprenticeship Program



(USMAP) between September 2005 and August 2006.

Capt. Taylor Skardon, chief of staff, Navy Region Hawai'i and commanding officer, NAVSTAPH, commented on the accomplishments of the honorees during the ceremony. "You decided to go ahead and improve yourself and push yourself by completing your educational degrees. So I salute you for that," said Skardon.

As the Navy continues to develop highly technical capabilities and reshape its workforce, Sailors are being called upon to perform in new and challenging ways.

"Adapting to these challenges requires you to have a

strong educational foundation, both professionally and personally," said Skardon.

Each month, Navy College Office, Pearl Harbor assists more than 1,500 Sailors and Marines by providing educational help.

"In this fiscal year alone, we've had more than 2,500 Sailors from 219 commands in educational programs involving 109 colleges and universities," Skardon added.

Through the Navy College Office, Sailors can obtain college degrees and advanced education by providing academic credit for Navy training, work experience and off-duty education while serving on active duty.

For more information on education services offered through the Navy College Program, contact Navy College Office, Pearl Harbor at 473-5705.



Regional Sailors and Marines who have completed a college degree, certificate, high school diploma or United States Military Apprenticeship Program were formally recognized Aug. 25 at the 2006 Navy College Military Recognition Ceremony on board Naval Station Pearl Harbor.

## DoD updates deployment health requirements policy

Gerry J. Gilmore

American Forces Press  
Service

Defense Department civilians and contractors who are deployed overseas will be included in military health protection measures for the first time as part of an upcoming new policy, senior DoD officials said Aug. 23.

The new policy, DoD Instruction 6490.03, titled, "Deployment Health," leverages technological advances like electronic medical recordkeeping in the quest to improve the quality of military health care, Dr. William J. Winkerwerder Jr., assistant secretary of defense for health affairs, told Pentagon reporters during a telephonic news briefing.

"No military in history has done more to reach out to its service members with respect to their physical and mental health," Winkerwerder said.

"We will keep working to improve our system," he said. "It's important that we do it right, because of the great people that we are serving."

Use of pre- and post-deployment health assessments and the implementation of globally transmittable electronic health care records are making a major impact on preventing, identifying and treating health care problems for deployed service members, Winkerwerder said.

The new policy specifies mandatory post-deployment health reassessments across the services and updates health care policies for overseas deployments. It also improves the capability of computerized

records to keep track of localized health trends among deployed service members, defense civilians and contractors.

"What is more robust today, and more granular and detailed and documented, is both the medical information, as well as the environmental and location information," Winkerwerder said.

Because defense civilians and contractors are being sent overseas along with military members in support of the global war on terrorism, officials decided they should be part of the military's deployment health system, Winkerwerder said.

National Guard and reserve members also are included in the new deployment health policy, said Ellen P. Embrey, deputy assistant secretary of defense for force health protection and readiness.

The new policy seeks to obtain and document deployed reserve-component members' health care information while they're on active duty, Embrey said. After departing active-duty status, reserve-component members can work with the Department of Veterans Affairs to address post-deployment health care concerns, she said.

The VA provides health care for veterans of combat operations for up to two years following their deployment, Embrey said.

"That, in combination with a series of new programs offered to reserve-component members here in the department, provides a wide array of opportunities to seek care for their health issues, both physical and mental," she said.

## Appreciation dinner set to honor ombudsmen

Sara Mizushima

*Navy Region Hawai'i  
Community Support  
Programs, Marketing*

On Sept. 8, ombudsmen will be honored for their significant contribution to the military community at an ombudsman appreciation dinner which will be held at Hickam Air Force Base Officers' Club. The dinner honors what the ombudsmen do for the command and the command families, and it also celebrates the history of the program.

On Sept. 14, 1970, Adm. Elmo Zumwalt, Chief of Naval Operations, introduced the ombudsman program. The program was originally based on a 19th century Scandinavian custom, in which the king gave ordinary private citizens a way to express their grievances to high ranking officials.

After adapting the program, the focus evolved into a way for spouses or family members of active-duty Sailors to gain help and insight for any questions or concerns that they have.

The Old Norse term, 'ombudsman,' is defined as "one that investigates reported complaints...reports findings, and helps to achieve equitable settlements," according to Webster's Dictionary.

Appointed by the commanding officers, ombudsmen serve as a liaison between the command families and the

command. They are there to listen and help people as a professionally trained information and referral specialist. They speak at family support meetings and deployment fairs, inform the families of important happenings or changes involving the command and attend ombudsmen assemblies and various trainings.

These volunteers dedicate much time and effort toward the program. The reasons why they take on such a position vary. When Joe Smith was asked why he volunteers as an ombudsman, he said, "I am retired Navy. My wife is active duty. So I wanted to stay in touch with the Navy, not necessarily through my wife, but be directly involved."

Smith gains great satisfaction from seeing people resolve their problems. But one of the biggest challenges for him is trying to keep it simple when helping others in need. Since he's been in the Navy for awhile, it can prove to be a challenge to help people new to the military community to try and comprehend what is going on.

While the ombudsmen are there to serve and support the families of the active duty Sailors, the ombudsmen have the support of their fellow ombudsmen and the command support team (CST) spouses. If for any reason they have an issue that they may find chal-

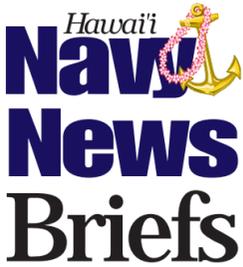
lenging, they can bounce ideas back and forth with other ombudsmen and the CST spouses.

Kristin Driscoll, a commanding officer spouse, said, "They have to know they're not in it alone." She noted that they, "hardly get calls where they say, 'Hope you're having a great day, let's go to the beach.' They usually have calls from people who have a problem, major or minor, like getting a plumber or having their child admitted to the ER."

Being an ombudsman is a position that requires high professionalism, confidentiality, optimism and patience. Through training from the Fleet and Family Support Center (FFSC) and hands-on experience, they are able to empower family members to help themselves.

Each year the ombudsman program evolves and more emphasis is placed on the program. Though the program can be seen as support for families going through deployment, it services shore commands as well. While the military provides various forms of support for military families, the ombudsman program proves to be a vital one - whether commands are away or at home.

For more information about the ombudsman program, contact the Naval Station Pearl Harbor FFSC at 473-4222, ext. 275.



**Volunteers are needed** to help the James Campbell High School NJROTC as it hosts its annual Campbell Triathlon on Sept. 23 at the Richardson Pool complex at Pearl Harbor. The school is looking for about 30 volunteers to fill positions such as monitors for 10 high school teams (one per team), road guards for the 1.5 mile run, timers for the run and swim, lifeguards for the 800-meter swim, measurers and ball retrievers for the basketball toss, and score keepers to tally scores and determine ranking and winners. Report time is 7 a.m. Volunteers should submit their name, phone number, command and T-shirt size to Linda Naki at 689-1370 by Sept. 8.

# Emergency awareness: Preparing for disaster – you need a plan

(Part 4)

**Karen S. Spangler**

*Editor*

We have no way of knowing if, or when, the paradise in which we live might be the victim of a hurricane's destruction. That leaves us with only one sensible option – to get ready, just in case.

Part of getting ready entails making a disaster plan for you and your family. This will ensure that each family member is well-informed and knows exactly what to do in the event of such an emergency. Perhaps you could call it a "peace of mind" factor.

Civil defense officials stress that the first step in formulating a disaster plan is to learn exactly what could happen in the event of a hurricane. Keep abreast of hurricane information that is disseminated by various agencies, newspapers and Web sites. For Navy family housing residents, information will also be broadcast on Navy channel 2. Navy Sailors and their families will also find helpful information on the Commander Navy Region Hawai'i Web site at [www.hawaii.navy.mil](http://www.hawaii.navy.mil) and by reading Hawaii Navy News. Additional resources, such as the local Red Cross chapters and Oahu Civil Defense, also provide helpful information.

When seeking information, ask questions such as: What is likely to happen in the event of such a disaster? What can I do to prepare myself and my family? What is the elevation, flooding and wind damage history of my area? What are the safe routes inland?

Know your community's warning signals. Be informed about how they sound and know what you should do if you hear them. Find out what shelters are closest to you and where to locate them in the event that you need to evacuate.

Find out about disaster plans at your workplace, your children's school or day care center and other places where your family spends time.

Now, armed with information, it is time for the next step – to create a disaster plan that will meet the needs of your family. Have a family meeting and discuss why it is necessary to make preparations for a hurricane. Talk about what dangers might have to be dealt with, such as heavy rains, flooding and high winds. Discuss what to do in each situation. Make a plan that will enable you to share responsibilities and work together as a team.

Select two places to meet – one that is close to your home in the event of a sudden emergency such as fire. Also pick a location to meet that is outside your neighborhood in the event that you can't return home. Each family member

should know the address and phone number at that location.

Ask an out-of-state friend to be your "family contact." It is often easier to call long distance after a disaster. Everyone should know the contact's phone number. If family members are separated, they can call the designated contact person and provide details on their locations and how they may be reached.

Discuss what you need to do in the event of an evacuation. An important part of this scenario is planning for pet care. Pets are not permitted in evacuation shelters so it is necessary to have a plan for providing for them.

Complete a disaster checklist. As part of this checklist, Civil Defense officials advise that you should cover the following items:

- Place emergency telephone numbers (fire, police, ambulance, etc.) close to your telephones.

- Teach children how and when to call 9-1-1 for emergency help.

- Show each family member how and when to turn off water, gas and electricity at the main switches.

- Check your homeowners' or renters' insurance policy to ensure that you have adequate insurance coverage and obtain pertinent guidelines for making a claim.

- Be sure that you have fire extinguishers (ABC type) in your home and that each member of the family knows how to use them and where they are kept.

- Ensure that there are smoke detectors installed on each level of your home, especially near bedrooms, and that they are working properly.

- Conduct a home hazard hunt. During a disaster, anything that can move, fall, break or cause a fire is a home hazard. You can contact your local fire department to learn more about home fire hazards. You should inspect your home at least once a year for potential hazards and repair them.

- Stock your emergency supplies in your home with items to meet your needs for at least three days. Also assemble a "disaster kit" with items you may need in an evacuation.

- Place important family documents in a waterproof, portable container. This includes such items as wills, insurance policies, deeds, stocks and bonds, birth certificates, passports, social security cards, immunization records, bank account numbers, credit card account numbers and companies, etc.

- Plan the best escape routes from your home and include two ways out of each room. Determine what are the safest places in your home in the event of a disaster.

Once you have formulated your plan, it is important to practice and maintain it. Quiz your children every few



months. Conduct fire and emergency evacuation drills. Replace stored water and food every six months. Test and recharge your fire extinguishers according to manufacturer's instructions. Test your smoke detectors monthly; change the batteries at least once a year.

Part of a disaster plan not only involves your own immediate family, but being a

good neighbor. Meet with your neighbors and discuss how the community can work together after a disaster until help arrives. Disaster preparedness could also be introduced to your home association or neighborhood watch group as an additional activity.

Know your neighbors' special skills (such as medical, technical, etc.) so that you

## Hurricane Disaster Kit

(These items are not provided at evacuation shelters.)

- A three-day supply of water (one gallon per person per day) and food that won't spoil.
- One change of clothing and footwear per person and one blanket or sleeping bag per person.
- A first aid kit that includes your family's prescription medicines.
- Emergency tools including a battery-powered, radio, flashlight and plenty of extra batteries.
- An extra set of car keys and a credit card, cash or travelers' checks.
- Sanitation supplies.
- Special items for infant, elderly or disabled family members.
- An extra pair of glasses.
- Important family documents in a waterproof container.

can work together as a team in the event of a disaster. You might also plan how you can assist neighbors with special needs, such as disabled or elderly persons. Plans should be made for child care for children whose parents aren't able to get home.

A detailed disaster plan is an important part of preparing for a hurricane or other

similar emergency situations. Having a plan, being prepared and being organized helps to lessen the possibility of panic. Whether you remain in your home or have to evacuate, you will know that you are as ready as you can be to face Mother Nature's fury.

*(Some information provided by Oahu Civil Defense and the American Red Cross.)*

# Oahu, Navy housing residents asked to conserve water

Karen S. Spangler

Editor

Although there are currently no mandatory water usage restrictions on Oahu, island residents are asked to be aware of their water consumption and make every effort to conserve the precious natural resource.

For those who live in Navy housing areas, not only is it essential for everyone to preserve and protect the water supply because it is a precious resource, but conserving water also saves Navy dollars.

But whether you live in government housing or in the civilian community, it is important that everyone follow water conservation guidelines. "No matter where a person lives, using water efficiently and wisely should be a priority. We are all stewards of this most precious resource and only through our conservation efforts will our children and their children be able to enjoy the safe and dependable water supplies we enjoy today," said Clifford Lum, manager and chief engineer of the Honolulu Board of Water Supply (BWS).

"On Oahu, our water sources are found within the island. It is a finite source because we cannot import water from another island or another state," he explained. "You can use all the water you need, but please don't waste it. Be thoughtful about how you're using it throughout the day.

"The easiest and best way to conserve water is simply to turn off the tap when not using water," Lum advised. "You have to make yourself aware of how you're using water."

According to Lum, water restrictions have not been necessary this summer, but consumers should be reminded that the groundwater aquifers are still recovering from the impact of a record



U.S. Navy photo

A Navy Sailor waters the flowers in his yard. Plants and lawns should not be watered between 9 a.m. and 5 p.m. – during the hottest hours of the day – as more of the water is lost to evaporation and wind and doesn't reach the plants.

breaking six-year drought. "Oahu consumers need to be more vigilant about water conservation during the summer because that's when we all tend to use more water in order to deal with dry and hot weather conditions."

The BWS manager emphasized that the effort of every resident is key in the conservation effort. "It all begins every morning while shaving or brushing your teeth, to promptly repairing a leaky pipe. There is substantial

savings in every effort. If every person saves just one gallon of water a day, it would create a domino effect multiplied by the hundreds of thousands of people who live here on Oahu," he said.

About one-third of the water used by island consumers is wasted – even the smallest effort to save water every day would result in substantial savings, Lum noted.

The military community has done a good job in getting the word out about conserving water and in comply-

ing with the BWS water conservation guidelines. "We would like to thank all military families for their vigilance and support. We would encourage all of you to continue your efforts to use water wisely," Lum said, "especially with lawn watering and car washing on military bases and housing."

Plants and lawns should not be watered between 9 a.m. and 5 p.m. – during the hottest hours of the day – as more of the water is lost to evaporation and wind and doesn't reach the plants.

"We've had complaints about sprinklers being left on for one or more hours, which is excessive. About 15-20 minutes of irrigation is adequate, everything else is wasteful," Lum pointed out.

Here are some other "tips" that will help to conserve water while maintaining your lawn:

- Use mulch or grass clippings around the bases of plants to help retain moisture.

- Use the "spring test" to see if your lawn needs to be watered. Step on your grass. If it springs back, the lawn is fine. If it does not, it's time to water. Watering your lawn too frequently can weaken it. Wet grass burns in the sun and is vulnerable to disease. It is best to limit watering to once per week to a depth of 2.5 centimeters or one inch.

- Use the "touch test" to see if your plants need watering. Poke your finger into the soil about one-half inch down. It's time to water if the soil feels relatively dry.

- Deep penetration through soaking is more effective for your lawn. But avoid overwatering – ponding and runoff are examples of overwatering. Adjust automatic sprinklers and/or select the proper nozzles to minimize runoff.

- You can collect water on a rainy day and use it to

water lawns and plants.

There are other ways that water is wasted outdoors. According to the Board of Water Supply, islanders can help conserve by following these guidelines:

- Use a broom or rake for cleaning instead of hosing down your sidewalk, patio or driveway. That can waste up to 10 gallons of water per minute.

- Using a running hose to wash your car can waste up to 10 gallons of water per minute. Use a pail and sponge instead. Or use a hose nozzle that shuts off water when you are not wetting or rinsing the car.

Outside the home, there are additional ways to practice water conservation.

- Make sure that outside water taps are turned off when not in use. Check for leaks in faucets and plumbing fixtures at least once each month. Hidden leaks can waste thousands of gallons per month.

The board advises that even in public and recreational areas, we can each do our part to help reduce water consumption and water waste.

- Take short showers when using public facilities at the park or beach. Be sure to turn off the tap securely when you are done. Beach showers, when left running unattended, can waste thousands of gallons of water in a relatively short period of time.

- After using public washroom facilities, be sure to turn off the faucet.

- If you see leaks in fire hydrants, plumbing or other public facilities, be sure to report them so that they can be repaired.

In addition to the recommended watering times, there are other "common sense" ways to conserve water. BWS offers the following tips:

- Take shorter showers

and turn off the water while shampooing or soaping up.

- Turn off faucets when not using water. Don't let them run constantly.

- Check for leaks in faucet and plumbing equipment at least once a month and repair them promptly.

- Make sure dishwashers are fully loaded before operating.

BWS reminds island water users that practicing good water conservation habits should be a daily way of life for each of us. Water conservation should be consistently practiced indoors and outdoors, at home, at work, and at beaches and other public recreation areas. By becoming waste conscious, we can easily reduce our water consumption by one-third.

"We just want people to use the water they need, but to use common sense and to be thoughtful about their use of water. Every little bit helps," Lum said.

He noted that practicing water conservation is vital for future generations as well as for current residents. "When you're able to conserve water, you protect the ground water supply – not just saving for yourselves, but saving for the future. What you do now may have a significant impact on your children and grandchildren."

"Another important reason to conserve water," Lum offered, "is that you'll save money on your water and sewer bill."

If you notice excessive watering of yards in housing neighborhoods that are not under PPV, contact your housing inspector. To report water waste in common areas, either call your housing inspector, who will report it to Hui O' Hawaii Hale (HOHH) or call them directly at 486-4200.

Residents who live in PPV communities should call 423-7711 or 839-4357.