

# Trick or Treat!

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# Hawai'i News

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## Navy EOD lieutenant gets Bronze Star



Rear Adm. T. G. Alexander, Commander, Navy Region Hawai'i and Commander, Naval Surface Group Middle Pacific, presents the Bronze Star on behalf of the president of the United States to Lt. Brian Skubin, assigned to Explosive Ordnance Disposal Mobile Unit Three Detachment Middle Pacific, during an awards ceremony Oct. 19 on board Naval Station Pearl Harbor. The Bronze Star is the fourth-highest military decoration and is awarded for bravery, heroism or meritorious service.

Story and photo by  
MC1 (AW/SW) James E. Foehl

Navy Region Hawai'i Public  
Affairs

Lt. Brian Skubin from Explosive Ordnance Disposal (EOD) Mobile Unit Three Detachment Middle Pacific was awarded the Bronze Star at a ceremony held Oct. 20 on board Naval Station Pearl Harbor.

Rear Adm. T. G. Alexander, Commander, Navy Region Hawai'i and Commander, Naval Surface Group Middle Pacific, presented the award on behalf of the president of the United States for combat operations while deployed with Explosive Ordnance Disposal Mobile Unit Five during Operation Enduring Freedom and Operation Iraqi Freedom.

"I received this award because of the men of my detachment. I accepted this award as a testament to their performance and professionalism," said Skubin.

Assigned to the 31st Marine Expeditionary Unit during combat operations in the Al Anbar province of Iraq, Skubin and his team supported the Marine combat forces by rendering safe any improvised explosive

devices and unexploded ordnance located by the combat operating forces.

Skubin and his detachment of EOD technicians safely completed a total of 139 response missions, 40 of which the detachment faced under the constant threat of insurgent attacks.

"EOD technicians that are in theater are doing an amazing job. It's a team effort and that's what resulted in my receiving this award," added Skubin.

The Bronze Star Medal is the fourth-highest military decoration and is awarded for bravery, heroism or meritorious service.

It is awarded to any person who, while serving in any capacity in or with the military of the United States after Dec. 6, 1941, distinguished himself or herself by heroic or meritorious achievement or service, not involving participation in aerial flight, "while engaged in an action against an enemy of the United States; while engaged in military operations involving conflict with an opposing foreign force; or while serving with friendly foreign forces engaged in an armed conflict against an opposing armed force in which the United States is not a belligerent party."

## RDML Engle retirement, change of command ceremony held at Battleship Missouri Memorial

Rick Saltzman

Naval Facilities Engineering  
Command Pacific Public Affairs Office

Rear Adm. (select) Christopher Mossey relieved Rear Adm. Gary Engle as commander of Naval Facilities Engineering Command, Pacific (NAVFAC Pacific) at a change of command and retirement ceremony held Oct. 20 aboard the Battleship Missouri Memorial. Adm. Gary Roughead, Commander, U. S. Pacific Fleet, was the keynote speaker at the event.

Engle assumed command of NAVFAC Pacific on Sept. 26, 2003 and was promoted to the rank of rear admiral on Jan. 1, 2004. During his command, he led NAVFAC's transformation efforts in the Pacific, overseeing the establishment of three new facility engineering commands: NAVFAC Hawai'i, NAVFAC Marianas in Guam and NAVFAC Far East in Japan. Engle will retire on Jan. 1, 2007 after 28 years of service to the nation as a Navy Civil Engineer Corps officer.

Engle introduced Roughead as the leader of the most formidable naval force in history in the most significant region in the world.

He said he enjoyed unprecedented access and direct interface with Roughead while working as his civil engineer. "I'm fortunate to work for a boss with such an appreciation for the important link between our shore infrastructure and fleet readiness. I'll always look back on this tour with tremendous pride and a great sense of accomplishment, thanks largely to his leadership. It's truly an honor to have him preside over and speak at today's ceremony," said Engle.

Roughead recognized and honored Engle's lifetime of service and emphasized the U.S. Navy's positive force for stability in the Asia-Pacific region for more than a century.

"In that time, its presence in this vital



U.S. Navy photo by MCC Don Bray

Capt. Christopher Mossey accepts the command of Naval Facilities Engineering Command, Pacific from Rear Adm. Gary Engle during a change of command ceremony on Oct. 20 aboard the Battleship Missouri Memorial as Adm. Gary Roughead, Commander, U.S. Pacific Fleet, looks on.

region has directly enhanced the security of our nation, the region and the world. And today, the U.S. Pacific Fleet is, without question, an indispensable component of the prosperity that we enjoy in the Asia-Pacific region," Roughead said.

"Our agile and our capable and forward-deployed naval forces ensure the free and unrestricted access upon which peace and prosperity depends. The importance of our naval presence in the Pacific, a region that accounts for more than half the world's population, half the world's gross domestic product and one quarter of U.S. trade, is immense," he continued.

"Not so obvious is the tremendous engineering infrastructure requirement of a naval force responsible for operating on more than 100 million square miles of the earth's surface. The 175 ships, the 1,300 aircraft, 175,000 Sailors that comprise the U.S. Pacific Fleet simply cannot do

what you ask them to do without extensive facility and installation support. That support is provided by the Naval Facilities Engineering Command, a command that traces its origin back to the Bureau of Yards and Docks, a command that has made legendary contributions to our nation's achievements," noted Roughead.

"No one has been more committed to providing the Fleet with what it needs to do its job than Rear Adm. Gary Engle. His impressive career exemplifies the honorable heritage of the naval construction force and the Naval Facilities Engineering Command. His performance as a naval leader and as a Civil Engineer Corps officer has been nothing less than remarkable," Roughead offered.

Before Engle's comments, he joined Roughead at the podium to receive the fourth Legion of Merit Award of his military career. His latest Legion of Merit was earned for exceptionally meritorious conduct as NAVFAC Pacific Commander.

"The experience of this ceremony in this historic setting is more than anyone could ask for," said Engle, whose remarks were punctuated with occasional tears and laughter.

"I went through the Career and Transition Course twice so I can't flunk out now after all this remedial training."

Engle became more serious as he praised and welcomed his successor. "Capt. Mossey, you're a superlative officer and I'm very proud to turn over the reins to you, sir," said Engle. "I leave you with one of the best commands in the Navy. You're going to be fully challenged with tremendous infrastructure work, the dynamic theater force posturing and positioning changes, environmental and sonar work, all the key Fleet operational ties, and the best people and work and places that anyone could ever serve with."

"I offer a final thanks to the men and women of NAVFAC Pacific, including our

▼ See NAVFAC COC, A-7

## Elliptical training machine authorized for spring PRT

Chief of Naval Personnel  
Public Affairs

Commanders may now authorize the elliptical trainer as an alternative testing option for the cardio portion of the physical readiness test's (PRT) 1.5 mile run beginning with the spring 2007 physical fitness cycle.

"This option provides a challenge equal to the run with much less impact to the lower extremities," said Heather Pouncey, physical readiness program office director. "The addition of the elliptical trainer as a testing option expands our support for Sailors and commands to maintain a fit and fully mission ready force."

As with the swim and treadmill options, commanders and officers-in-charge maintain



U.S. Navy photo by MCC (SW/AW) David Rush  
Elliptical trainers are an alternative testing option for the cardio portion of the physical readiness test's (PRT) 1.5 mile run beginning with the spring 2007 physical fitness cycle.

discretion in authorizing the elliptical trainer for the physical readiness test.

The elliptical trainer test is a 12-minute, fixed-time test which correlates the results to the 1.5 mile run. The elliptical trainer test will provide the Sailors caloric output, which will be converted into a run time. The run performance standard charts, in OPNAVINST 6610.1H, will determine the PRT score. The goal is to burn as many calories as possible during the 12-minute test.

The testing procedures for the authorized elliptical trainers will be sent to the fleet via NAVADMIN at the end of this year. Run time conversion charts, caloric output goal charts, testing procedures and answers to frequently asked questions will be available on the physical readiness program office Web site, www.npc.navy.mil/command-support/physicalreadiness next January.

Elliptical trainers reduce the shock associated with running and decrease the risk of further damage to those with previous lower extremity injuries.

The authorized models of elliptical trainers for the official PRT test include: the Life Fitness (models CT 9500 HR, 95 XI, 91 XI and 91X), Percor model EFX-Navy and Nautilus model E9.16.

Sailors are encouraged to use any type of elliptical trainer for their aerobic workout to improve fitness and overall health and wellness.

For more information on the new policy, refer to NAVADMIN 293/06.



Russell Sailors hone their skills  
See page A-2



CFC... giving a gift that helps others  
See page A-4



PMRF Sailors participate in Habitat for Humanity  
See page A-2



Navy SEAL races in Ironman competition  
See page A-6

# Russell Sailors hone their skills

Ensign Theresa Donnelly

USS Russell (DDG 59) Public Affairs

Furthering the proficiency of the Combat Information Center (CIC) watch standers, a group of operations specialists from USS Russell (DDG 59) recently attended radar navigation school, a three-day school located at the Center for Surface Combat Systems Detachment Pearl Harbor on Ford Island.

The CIC navigation team consisting of Operations Specialist 1st Class (OS1) (SW) Nathaniel Chevalier, OS2 (SW) Jeyh Janik, OS2 (SW) Bach Prados, OS2 (SW) Henry Summers, OS2(SW) Andrew Etherton, OS3 (SW) Francis

Halama and OSSN (SW) Gabriel Evans honed their skills for plotting restricted water transits and building teamwork during these evolutions.

Taught by Afloat Training Group instructors, OSC (SW) Shayne Brazelton and OSC (SW) Daniel Roberts, Russell's navigation team was praised for its ability to plot effectively while performing in less than ideal circumstances simulating a low visibility environment. Brazelton said, "USS Russell CIC navigation team performed at a top notch level. The team was enthusiastic and was one of the best navigation teams on the waterfront."

Usually, CIC is a back-up to the bridge during restricted water transits.

However, during this training,

the CIC navigation team simulated primary navigation duties relying solely on radar inputs and taking fixes at intervals much more quickly than normal. Lt. j.g. Paige Sellers, Russell's navigator, who observed the course said, "I noticed strong improvement over the three days and even picked up a few tricks for the bridge team. I feel really confident having this group of operations specialists backing me up during sea details."

The course will prove extremely useful for Russell's upcoming training cycle. Janik, attending the class for the first time, said, "The school really polished my skills as a shipping officer, enabling me to track and report surface contacts and it helped bring us together as a team."



U.S. Navy photo

(From left) Radar navigation team members, OS2 (SW) Bach Prados, OS2 (SW) Henry Summers and OS3 (SW) Francis Halama practice radar plotting during radar navigation training onboard USS Russell (DDG 59).

# PMRF Sailors build foundation for new life

Story and photo by MC2 (SW/AW) Johnny Michael

Pacific Missile Range Facility, Kauai

The echo of hammers reverberated across Ele'ele, Kauai as 20 Sailors from Pacific Missile Range Facility (PMRF), along with three prospective homeowners and job site supervisors, completed the foundation for a new home at a Habitat for Humanity build site on Oct. 20.

The home marks the 10th of 18 houses slated for construction during the first phase of the project, which is located on the eastern side of Ele'ele and is adjacent to the vast Kauai coffee fields.

When the day's work began around 9 a.m., the site was just a dirt lot with three rows of concrete footings. By the time the event wrapped up at 3 p.m., the joists were in and the foundation was ready for floorboards.

This home, like the nine built before it, will be built entirely with volunteer dollars and sweat. Each year, Habitat for Humanity relies upon donations and special



MA3 Karl Roberts balances precariously on a joist trying to get a good angle on a nail. Roberts was one of 20 Sailors from the Navy's Pacific Missile Range Facility who participated in a command sponsored construction day at a Habitat for Humanity site in Ele'ele, Hawai'i.

events like this one sponsored by PMRF to get their projects completed and families moved in.

Habitat for Humanity takes applications for homes from disadvantaged families, providing a hand up for those

willing to put in an equal share of time, or "sweat equity." A sign posted in the middle of the Ele'ele development reads, "Building a home is one thing, building a life is another."

It is a slow process, however,

and the prospective homeowners are expected to assist in the various special events and to fill in whenever possible to get the houses completed. In the case of this project, Habitat has mandated that no homeowner may move in until

a certain number of houses have been completed.

For the homeowners at the Ele'ele project, seven of the 18 are scheduled to be available to their respective homeowners by the end of this year. Some of the homes have been near completion for more than a year and the homeowners have been working hard to help get the other homes up to code.

Bruce Robinson, a prospective homeowner, was on site assisting the Sailors and noted that with economic conditions on Kauai the way they are, the Habitat for Humanity subdivision has given his family and others a chance they might not otherwise have had. "It's been a blessing to have this opportunity to have a house and be able to stay on Kauai," said Robinson.

Events like the PMRF construction day are important for the project and the homeowners, as the amount of progress 20 Sailors can make during eight hours of supervised work cannot be understated.

"This is really an encouragement to us," said prospective homeowner Leonard Mahoe, who was also on site assisting during the event.

Catherine Shiningstar, Kauai Habitat for Humanity resource development manager, is responsible for coordinating events such as these. She initially began working with the Navy base this past June during the third annual nation-wide Build-A-Thon, when 18 Sailors volunteered at the same Ele'ele site.

"We really appreciate it," said Shiningstar of the Navy's participation at the Ele'ele project site.

PMRF Sailors enjoy the work and many look forward to the next event.

"I can see this becoming a regular partnership with periodic events throughout the year," said PMRF Command Senior Chief William Rennie.

"We had a good time," said Aviation Support Equipment Technician 1st Class Jamey Atkins. "I'm looking forward to the next one."

This latest PMRF outing to the Ele'ele build site was sponsored by the base Morale, Welfare and Recreation department and Subway at Barking Sands. Planning for future construction day projects is underway, with the next event slated for February.

# MCPON applauds Sailors' efforts in Iraq



Master Chief Petty Officer of the Navy (MCPON) Joe R. Campa Jr. recognizes Hospital Corpsman 2nd Class Christopher Lucas on Oct. 21 on his outstanding performance while serving with the 1st Dental Battalion. During a three-month period, Lucas took more than 1,000 x-rays, treating coalition personnel as well as local Iraqis. Campa is touring military facilities throughout U.S. Naval Forces Central Command area of responsibility.

Story and photo by Rhonda Burke

U.S. Naval Forces Central Command/ Commander; U.S. 5th Fleet Public Affairs

Master Chief Petty Officer of the Navy (MCPON) (SW/FMF) Joe Campa Jr. talked to Sailors during his two-day tour of Iraq on Oct. 21-22.

The MCPON visited with Sailors performing "boots-on-ground" roles in Iraq as individual augmentees (IA) or as deployed units in Al Asad, Balad and Camp Speicher.

"I don't think we can keep the capability that we bring to the fight back at our shore installations in the states or on our ships at sea," Campa said. "I think because we have that talent, the need for that will continue to be there."

During his tour of Iraq, Campa visited with Sailors in the explosive ordnance disposal community, corpsmen, aviators and Seabees who are deployed to the region. At each stop, the MCPON also encountered Sailors from all ratings and

backgrounds, both active duty and reserve, who are providing critical skills to the mission in Iraq as IAs.

"We are saving lives by doing what we are doing and it has generated a request for more capability. That is a need that is not going to go away anytime soon," Campa said. "The gaps we are filling for other services are too critical."

Sailors serving as IAs are often embedded with Army units and all Sailors serving in the region are learning to fight in a joint environment.

"I don't believe that we will ever not fight in a joint environment again," Campa said, as he told Sailors that the services are learning from each other.

"Everywhere I have been, the other services have nothing but praise for the work that Sailors are doing," Campa said. "Our Sailors bring unique and capable skills to the fight. Sailors are doing a great job and that is being recognized by all the services. I am hearing Soldiers call Sailors shipmates and Sailors calling Soldiers battle buddies. This is the future of warfare and

we are learning from each other." Campa told Sailors they are setting history with the work they are doing on the ground today.

Currently, there are more than 11,000 Sailors serving on the ground in the U.S. Central Command area of responsibility (CENTCOM AOR) as the Navy is taking on a larger and more demanding role in these vital locations. The MCPON said the new mission of supporting the war on terrorism on the ground means the Navy will have to do business differently and that each individual Sailor needs to be in a constant state of readiness.

"Our ability to defeat this enemy that is highly adaptable and that is determined is critical. The Navy is there helping to combat that and is doing a great job," Campa said. "I want to thank you for your service. I want you to stay safe and to take care of each other."

This is MCPON Campa's first visit to the CENTCOM AOR since taking the helm as the Navy's senior enlisted leader in July.

# SECNAV lays wreath at Ground Zero in New York City

Lt. Kevin Jane and MC3 Ron Kuzlik

Navy Office of Information East Public Affairs

Secretary of the Navy Donald C. Winter laid a memorial wreath at Ground Zero during a visit to New York City on Oct. 13, to pay respects to those who lost their lives in the terrorist attacks of Sept. 11, 2001.

With an entourage of Navy and Port Authority of New York and New Jersey (PANYNJ) personnel standing at attention, Winter and PANYNJ Deputy Superintendent George L. Johansen laid a round wreath of red, white and yellow flowers with red, white and blue ribbons attached at the site.

The wreath laying coincided with the Navy's birthday, commemorating the Oct. 13 anniversary of the Continental Congress' authorization of the first two sailing vessels of the Navy in 1775.

"For 231 years, our Navy has protected the nation," said Winter. "Visiting Ground Zero is a strong reminder of why our Sailors and Marines serve to protect our freedoms. This sacred ground is why we will continue to pursue those who would do us harm."

On Sept. 11, 2001, Al Qaeda terrorists hijacked a total of four commercial airliners, crashing two of them into the 1,400 foot-tall World Trade Center twin towers. Another plane crashed into the Pentagon in Washington, D.C. and a fourth plane crashed into a field near Shanksville, Pa. In addition to the 19 hijackers, 2,973 people died in the worst terrorist attack in U.S. history. In all, 2,749 people died in the attacks in New York City and another 24 were listed as missing and presumed dead.



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

The Secretary of the Navy (SECNAV), the Honorable Dr. Donald C. Winter, lays a wreath at the Ground Zero memorial site to pay respects to those who lost their lives during the terrorist attacks of Sept 11, 2001. The SECNAV was in the region to celebrate the 231st birthday of the United States Navy.

# Hawai'i to host 10th Western Pacific Naval Symposium

U.S. Pacific Fleet Public Affairs

The U.S. Navy and Commander, U.S. Pacific Fleet have invited naval leaders from 22 countries to Honolulu for the 10th Western Pacific Naval Symposium (WPNS) to discuss maritime security and other issues affecting the region's navies.

The symposium, scheduled for Oct. 30-Nov. 2, allows participants to engage in discussions and training on critical international topics such as combined exercises, regional security, military exchange programs, humanitarian assistance and disaster relief, interoperability, navigation and communications.

"We are all professional Sailors," said Adm. Gary Roughead, commander, U.S. Pacific Fleet. "The Western Pacific Naval Symposium brings regional naval leaders together to discuss matters of importance and interest that lead to enhanced regional security and prosperity."

The theme for this year's symposium is maritime security: "Opportunities for Cooperation." The goal of the symposium is to increase naval cooperation in the Western Pacific by providing a forum to discuss maritime issues among regional naval leaders contributing to common understanding and agreement."

Navies that have habitual working relationships are better able to respond to disasters, provide humanitarian assistance, deter trans-national

criminal activity and respond to contingencies. Participants develop and enhance interpersonal relationships that enable them to collaborate and cooperate such as during the multinational relief effort in response to the 2004 tsunami and this past summer's USNS Mercy humanitarian mission to the Western Pacific.

The Chief of Naval Operations, Adm. Mike Mullen, will represent the U.S. Navy at the symposium.

WPNS members are Australia, Brunei, Cambodia, China, France, Indonesia, Japan, Malaysia, New Zealand, Papua New Guinea, Philippines, Republic of Korea, Russia, Singapore, Thailand, Tonga, the United States and Vietnam. Observers are Bangladesh, Canada, Chile and India.

Member countries must have territory geographically located in the Western Pacific, while observer countries include those adjacent to the Western Pacific. Applications for member or observer status are considered at the symposium.

The biennial symposium was last hosted by Singapore in 2004. The last time it was hosted by the United States was in 1992 in Hawai'i.

WPNS stemmed from the 1987 international seapower symposium where the benefits of free discussion between chiefs of navies led to an agreement in the Western Pacific Regional Committee to hold a similar regional meeting. The first WPNS was held in 1988.

# Battle of the Santa Cruz Islands



Official U.S. Navy photograph, now in the collections of the National Archives

A Japanese bomb explodes off the port side of USS Enterprise (CV 6) during the action of the Battle of the Santa Cruz Islands on Oct. 26, 1942.

## Hawai'i Navy News

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# CFC...giving the gift that helps others

**Karen S. Spangler**

*Editor*

The 2006 Hawai'i-Pacific Area Combined Federal Campaign (CFC) is winding down into its final days and concludes on Oct. 31.

CFC contributions given through the generosity of many donors touch the lives of many people whom they will never know. The monetary gifts made through the CFC campaign also helps shipmates, friends and co-workers in our Navy community.

Circumstances in people's lives can change, often without any warning. That's what happened to Wesley Nanamori, a civil engineer with the Naval Undersea Warfare Center Division Keyport's Pacific

Detachment at Ford Island. This year, Nanamori is serving as the unit project officer for his detachment.

Nanamori explained that he has always contributed to CFC since he joined the federal work force in 1969. But in May 2001, his life changed.

"I was healthy and active, but suddenly ended up in the emergency room and was told that I needed a heart transplant to keep living beyond a year, two at the very most," Nanamori explained. He received a heart transplant later that year, made possible in large part by the efforts of the Organ Donor Center of Hawai'i. "This organization recovers organs and tissue used for transplants and they recovered the heart that is keeping me alive," he said.

With every heartbeat and every breath that he takes, Nanamori is reminded of the vital role that the Organ Donor Center played, thanks to the generosity of CFC donors.

Brendan Cravalho, project officer for the Pearl Harbor Shipyard and Intermediate Maintenance Facility's (PHNSY & IMF) fund drive, offered some food for thought to potential CFC donors. "Think about and be grateful for what you have. Then give a little to help others because someday, you might need help yourself."

He observed, "People often ask why they should donate when they feel they will never use the services of a CFC-sponsored agency." But he added, "They forget that as a kid growing up, they swam at the

Y; they hiked with the boy scouts or girl scouts. When they went camping at the beach with their family, somebody was working to keep the ocean clean and the sea life healthy."

"There are things going on in your neighborhood you don't know about, but you benefit by them – like programs to keep kids off the streets. In some way, shape or form, we all have used these [CFC-supported services]," he reminded.

"Sometimes we forget how quickly the tide can change. Today you're okay, Tomorrow you're out on the street," he said.

For a family struggling with the terminal illness of a loved one, the support they receive from a CFC-supported agency can make a huge difference.

Jeffrey Birt, a rigger apprentice instructor at PHNSY & IMF, watched helplessly as his mother fell ill and became paralyzed from advanced Amyotrophic Lateral Sclerosis (ALS), also known as Lou Gehrig's Disease.

The family received assistance from the Muscular Dystrophy Association (MDA), a CFC-supported agency. MDA stepped in, loaning the family specialized equipment – such as ventilators to help Birt's mother breathe, a hoist to help her in and out of bed, and a reclining wheelchair with equipment racks that enabled her to leave the house.

"We feel indebted to them. For me, personally, I'll be forever indebted to MDA for what they did for us," said Birt. The annual fundraising

effort gives federal employees and military members the opportunity to pledge donations to one of nearly 2,000 local and national non-profit organizations.

The pledges made by federal civilian, postal and military donors during the campaign season will continue to support eligible non-profit organizations that provide health and human service benefits throughout the world.

"As you fill out your CFC pledge card, think about how you can help someone else. [Your donation] doesn't have to be large; it's not the gift. It's the idea of giving," emphasized Cravalho.

For more information on how to contribute to the CFC, contact your command-designated CFC coordinator.

## Stormwater pollution – what you can do to help protect Hawai'i's waters

**Compiled by Terri Kojima**

*Navy Region Hawai'i Public Affairs*

Picking up litter not only helps restore the beauty of our community, but the effort has far-reaching effects in helping protect our island environment. Pollutants can be carried by water flowing over streets and yards into the storm drain system and eventually end up in our streams, harbor and ocean.

"Preventing polluted storm water from entering our drainage system and eventually affecting our ocean, harbors, streams, and beaches is extremely important in protecting our environment, and these water bodies are often where we recreate and gather food," said Peter Nakamura, who manages Navy Region Hawai'i's storm water program. "The importance of preserving our streams and oceans is magnified since we live in an island community. Keeping our waters clean is also required by federal and state laws and regulations."

Potential pollutants, such as sediments, trash, debris, detergents, oil and other liquids related to mainte-



**U.S. Navy photo**

nance of personal vehicles, can flow into the storm drain system via curbs and inlets. These pollutants, unlike sewage, are not treated and flow directly as is into our oceans, harbors, streams and beaches.

Education and training are key to steady improvements in preventing polluted storm water runoff that can have many adverse effects on plants, fish, animals and people. Protecting Hawai'i's environment for current

and future generations begins with best management practices.

### **How you can help** *Stormwater pollution solutions*

- **Lawn care** – Excess fertilizers and pesticides applied to lawns and gardens wash off and pollute streams. In addition, yard clippings and leaves can wash into storm drains and contribute nutrients and organic matter to streams.

- **Don't overwater your lawn.** Consider using a soaker hose instead of a sprinkler.

- **Use pesticides and fertilizers sparingly and according to the instructions on the package.** Avoid using these products if rain is anticipated. Use organic mulch or safer pest control methods whenever possible. Fertilizer and its packaging may be disposed of in the household trash.

- **Gather grass and tree cuttings and dispose of as green waste, or compost your yard trimming.** Don't sweep or wash cuttings, or any other debris from your yard, into the gutter and down the storm drain.

- **Washing your car and degreasing auto parts at home can send detergents and other contaminants through the storm drain system,**

which has the same result as dumping the materials directly into our streams and oceans.

- **Wash your car with plain water without using soaps or detergents.** If you must wash with detergents, sparingly use environmentally friendly detergents (e.g., phosphate-free and biodegradable), or go to a commercial car wash that treats or recycles its wastewater.

- **Purchase an oil change box available at retail outlets that sell motor oil.** Used oil can be drained directly into the box, sealed and placed into the trash. Don't pour motor oil on the ground or down the storm drain.

- **Vehicular maintenance and repair on private vehicles may be conducted by authorized patrons at the NEX Autoport on Pearl Harbor Naval Base or the self service at the Morale, Welfare and Recreation Auto Skills Center at Moanalua Shopping Center.**

- **Pet waste can be a major source of bacteria and excess nutrients in local waters.** When walking your pet, remember to pick up the waste and dispose of it properly. Leaving pet waste on the ground increases public health risks by allowing harmful bac-

teria and nutrients to wash into the storm drain and eventually into local waters.

"There are regulatory rules and guidelines to help protect and preserve Hawai'i's valuable natural resources, but it requires everyone taking their role as steward of our environment seriously to make a positive difference," said Ralph Wakumoto, who manages the Navy Region Hawai'i environmental compliance program.

Anyone who encounters a potential storm water pollution problem on base or notices intentional or inadvertent disposal or runoff of pollutants into the Navy's drainage system, nearby streams or the ocean should contact the Navy Region Hawai'i environmental department at 473-4137, ext. 0.

Information on how to dispose of a particular household waste product is available at the City and County of Honolulu's Web site at [www.opala.org](http://www.opala.org) or call 692-5411 for assistance.

*(Information compiled from Navy Region Hawai'i, U.S. Environmental Protection Agency, and City and County of Honolulu Environmental Services)*

# Pearl Harbor Highlights



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

Hospital Corpsman 1st Class Darnell Mason, preventative medicine technician from Navy Preventative Medicine Unit Six, Pearl Harbor, looks over the "Heroes Wall of Honor" during an unveiling ceremony at the Naval Health Clinic onboard Naval Station Pearl Harbor. The "Wall of Honor" is a tribute to the sacrifices made by the corpsmen assigned to Naval Health Clinic, Hawai'i during their augmentations to various operational platforms in support of the global war on terrorism and other combat areas of operation.



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

Family members and Sailors of the Navy Supply Corps Foundation wash a mini-van during a fundraising car wash for the Navy Supply Corps Foundation Scholarship Program. The scholarship provides family members and enlisted members (active duty, reservist, or retired) of the foundation the opportunity for consideration to receive financial assistance for undergraduate studies at an accredited two or four-year post-secondary school institution.



U.S. Navy photo by MC2 Justin Nesbitt

Lt. Andrew Baldwin, M.D., a diving medical officer assigned to Mobile Diving and Salvage Unit One completed the Ironman World Championship Triathlon on Oct. 21 on the Big Island of Hawai'i. Competing in this event of world class athletes with more than 1,800 participants, he placed 234th overall and third fastest active duty military finisher at 9 hours 45 minutes and 11 seconds.



U.S. Navy photo by MC2 (SW/AW) Johnny Michael

MA3 Rachel Thomas applies a coat of paint to the eaves of a house at a Habitat for Humanity project site. Thomas was one of 20 Sailors from the Navy's Pacific Missile Range Facility who participated in the command-sponsored construction day which took place in Elelee, Hawai'i.



U.S. Navy photo BM2 Veronica Greene

Rear Adm. T. G. Alexander, Commander, Navy Region Hawai'i and Commander, Naval Surface Group, Middle Pacific, receives his flu shot from Lt. Michael King, the Middle Pacific Command physician, on Oct. 19. "Get your flu shots" is the message for Sailors.

# Naval Special Warfare sponsors SEAL at Ironman World Championship

Story and photo by  
MC3 Ben A. Gonzales

Public Affairs Center  
Detachment Hawai'i

Naval Special Warfare (NSW) Command San Diego sponsored Special Operations Chief Mitchell Hall, a Navy SEAL from the Basic Underwater Demolition/SEAL (BUD/S) School, Coronado, Calif., in the Ironman World Championship Triathlon held Oct. 21 at Kailua-Kona, Hawai'i.

The 2006 Ironman Championship marks the first time the Navy SEAL was officially sponsored by his command.

Hall, one of five Navy representatives to cross the finish line, served as a recruiting "advertisement" for the Navy and the SEAL community.

The Navy Sailor was awarded the Bronze Star for duty in Afghanistan last year and is scheduled to deploy to Iraq early next year. His past deployments and SEAL background prepared him for the intense climate of the Kona course.

"SEALS like to do things that push the envelope," Hall said.

The 34-year-old SEAL instructor won the Superfrog Half Ironman in San Diego for the second successive year last month and has competed against professional athletes in several races.

"There is still a gap with the pros, but I have closed that gap considerably," he said.

A 16-year Navy veteran, Hall said he might become a professional triathlete after his Navy career.

Hall finished his first Ironman race here last year in 207th place with a time of nine hours, 39 minutes, 40 seconds, saying he was "satisfied but not content." He hoped to be in the top 100 or 150 this year, but an earlier illness and problems with the bicycle portion prevented this.

For Hall, training for the Ironman was similar to the rigorous training found in the BUD/S program. To complete the Ironman triathlon, an athlete must swim 2.4 miles, bike 112 miles, and then run a 26.2-mile marathon. By completing the triathlon, Hall hopes to inspire other physically fit Sailors to become SEALs.

"Our goal is to get 300 to 400 more SEALs in the next three or four years," he said.

His bike is a traveling billboard for the Navy program, with its blue-and-yellow SEAL emblems emblazoned on the frame and wheel rims.

"When they see him coming, it screams opportunity for young kids," said Dave Hecht, public affairs director for the SEALs recruiting effort.

"Becoming a SEAL is not effortless; it takes a lot of hard work and motivation," said Cmdr. Duncan Smith (SEAL), NSW leading SEAL motivator. "We have to be realistic in our recruiting efforts. We need motivated individuals to apply."

Today's minimum physical qualification standards for

becoming a SEAL candidate are swimming 500 yards in 12 minutes, 30 seconds; doing 42 push ups in two minutes and 50 sit-ups in two minutes; at least six pull ups; and running a mile and a half wearing boots and long pants within 11 minutes, 30 seconds.

The possibility of students successfully completing BUD/S training greatly increases if they exceed these minimum requirements.

"Chief Hall is a leading example of the dedication it takes to be a Navy SEAL," said Smith. "There are several traits we expect SEALs to hold. SEALs have to obtain strong focus, they must be self-motivated and have an attention to detail," said Smith.

SEAL recruiting had a chance to show its colors when Bryan Suganuma, a young Hawai'i resident, age 20, had the opportunity to meet Hall. "It looks tough; I especially need to work on my swimming. I think it's great that the Navy supports its Sailors and I look forward to becoming a SEAL," remarked Suganuma.

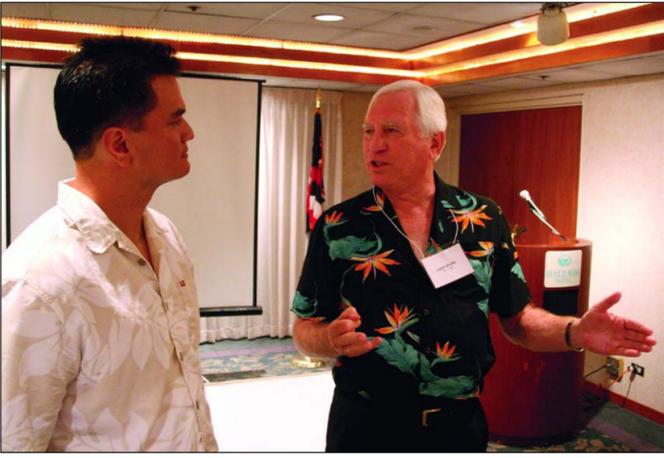


Special Operations Chief (SEAL) Mitchell Hall, assigned to Naval Special Warfare Center, tests the Navy SEAL racing bike in Kona, Hawai'i one day prior to the Ironman Triathlon. The bike that Hall will be riding and his racing uniform were provided by Commander, Naval Recruiting Command (CNRC) to aid in SEAL (sea, air, land) recruiting.

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U.S. Navy photo

Guest speaker Lt. Nolan Perry, Patrol Squadron Four (VP-4), addressed retired naval aviators formerly assigned to the "Skinny Dragons" who gathered for a reunion at the Hale Koa Hotel on Oct. 13. Current members of the VP-4 association joined those at the reunion who were a part of VP-4 during the 1950s and 1960s stationed at Naha, Okinawa flying P-2 Neptune ASW aircraft.

## Patrol Squadron Four 'Skinny Dragons' unite on Oahu

MC2 Jason Swink

*Patrol Squadron Four Public Affairs*

Retired naval aviators, formerly assigned to the "Skinny Dragons" of Patrol Squadron Four (VP-4), gathered for a reunion at the Hale Koa Hotel in Waikiki on the evening of Oct. 13.

Current members of the VP-4 association joined those who were a part of VP-4 during the 1950s and 1960s who were stationed in Naha, Okinawa flying P-2 Neptune ASW aircraft.

Although the mission remained essentially as it does today, "It was more an art than a science," said an aviator who was a former member of VP-4 from 1961-1963. He recalled launching buoys from 5,000 to 10,000 feet when tracking Russian submarines, but also admitted that back then, "Russian submarines were very loud."

The evening's guest speaker was Lt. Nolan Perry, a current aviator and qualified tactical coordinator (TACCO) with VP-

4, who was asked to speak on current events. "Since 2001, the P-3 community has been actively engaged on the war on terrorism," said Perry. "With upgraded systems, the P-3 continues to be a valuable asset. Whether in Fifth or Seventh Fleet, we continue to maintain a visible presence."

Perry added, "Most of our missions are flown out of Qatar, in direct support of our troops in Iraq and assisting carrier strike groups with maritime interdiction operations while in Fifth Fleet, as well as missions flown from Djibouti, Africa. Also, the P-3s fly out of Misawa, Japan and Kadena, Okinawa in support of Seventh Fleet operations."

As the evening came to an end, the group of about 40 former Skinny Dragons officers and their wives shared countless stories. "Most of us were stationed in VP-4 when it was stationed in Okinawa," said Bob Kessler. "We all knew each other; our families all knew each other and we thank you for protecting us so we may enjoy our retirement."

## NAVFAC CoC: Mossey accepts the command

Continued from A-1

subordinate commands: Marianas, Far East and Hawai'i. All their COs [commanding officers] are here with us. Thanks for achieving all that you do and how hard you work every day for our clients. I was blessed with a Pacific team that energized me every single day that I was here. There are countless examples of world-class facility engineering that they put in place and I'm honored to have a chance to serve with you. There are many challenges ahead; never lose sight that they bring us opportunities to be a key part of the overall Navy-Marine Corps plan, and for other agency success all over the Pacific," Engle told those gathered for the ceremony.

"Mostly, today is a time to celebrate and reflect. It's been a bed of roses every single minute of a career that has an intense scope of magnitude, like ours do. It's very hard work, but it gave me and my family the incredible life we've had the past 28 years. All the friends we've met, places we've been, watching two amazing daughters grow up with the values and life they've had, and a chance to design and build things all over the world," he reflected.

"To go from that undergraduate civil engineering student to a place I find myself in today... I'm torn in how you repay an institution or its people for such things and it's very clear to me that I owe the United States Navy more than I could ever express for what I have gained. And I guess there's no better way to state it than to restart my 28-year clock today if I could do it again," said Engle.

Engle discussed some of the thoughts that he had about his Navy career which were similar to those felt by Adm. Chester Nimitz. "So I want to leave this setting with a parting reflection from Adm. Chester Nimitz in his Naval Academy class of 1905 25th anniversary yearbook. What Nimitz wrote is not unlike the feeling my wife and I have at this great time and setting and event. He wrote: 'In looking backward at various phases in my life, I find it difficult to pick out any activity that's been more attractive to me than any other. I have enjoyed every one of my assignments and I believe it has been so because of my making it a point to become as deeply immersed and as interested in every activity as it was possible for me to become. My life

in the Navy has been very happy and I know of no other profession for which I would forsake my present one. My wife, my children, my profession as a naval officer and good health combined to make me a happy man,'" said Engle.

His concluding words wavered and he spoke through tears. "I thank all of you for being here. I thank God for the many blessings in my life and for giving me the chance to serve in the greatest Navy in the greatest nation in the world. Thank you."

Engle read the orders transferring him to the retired list and he requested the lowering of his admiral's flag. "Capt. Mossey, I'm ready to be relieved," said Engle. Then Mossey read his orders and recited the traditional words, "I relieve you, sir."

After recognizing the honored guests in the audience, the new NAVFAC Pacific commanding officer began his remarks by thanking his predecessor.

"I want to congratulate you on a phenomenal tour. The impact you had on fleet readiness and training, on safety, on the Navy's environmental policy, on fleet operations, all while completely transforming the NAVFAC organizations in the Pacific, has been nothing short of staggering. I know that I've got huge shoes to fill, but you've left very strong organizations and outstanding leaders and I know they'll keep me on the right track," noted Mossey.

"Adm. Roughead, sir, I'm looking forward to being a part of your team and to work in support of the men and women and families of the Pacific Fleet," added Mossey. "I know that the fleet civil engineer, NAVFAC Pacific, and the division Pacific team will continue to contribute to war fighting and the fleet's readiness and future needs."

"To the men and women of NAVFAC Pacific, to NAVFAC Hawai'i and Marianas and Far East, for many years I've had the opportunity to admire your phenomenal accomplishments supporting the Navy, the Marine Corps, the Air Force and your many other important clients. I'm thrilled to now get the chance to be a part of your team," he continued.

"These are exciting times and there are many opportunities here in the Pacific. Our challenge is very simple - to stay totally focused on supporting our clients, especially the war fighter, while significantly driving down costs

and cycle time. We need to do that with a constant emphasis on safety and finding ways to care for, develop and support our people. These are very easy things to say, yet very important things to do. We've got the tools, the process, the organizational framework to get it all done and, most importantly, we've got extremely talented and dedicated people. I'm looking forward to working with you all, to leverage your bold ideas in our newly-transformed organization," Mossey said.

He concluded his remarks by thanking his family for their constant and unwavering support over the past 25 years.

Mossey grew up in Radnor, Pa. and comes to Hawai'i from NAVFAC headquarters in Washington D.C., where he served as chief of staff. As Commander of NAVFAC Pacific, he will lead and manage the planning, design and construction of shore support facilities throughout the Pacific and Indian Ocean areas and Southeast Asia.

Mossey was commissioned an ensign in 1981 through the Naval Reserve Officer Training Corps program at Cornell University after earning a bachelor of science degree in electrical engineering. He received a masters degree in construction management from Stanford University in June 1991, and completed the Executive Training Program at Dartmouth's Tuck School of Business in August 2003.

His tours in the Navy include duty at the Navy Public Works Center, San Diego; Naval Air Station North Island and Naval Amphibious Base Coronado; Naval Mobile Construction Battalion Forty; Naval Air Station South Weymouth, Mass.; OPNAV N44 staff; Navy Public Works Center, Yokosuka, Japan; Naval Mobile Construction Battalion Seven; Naval Personnel Command; Navy Public Works Center, Washington; and Naval Facilities Engineering Command, Washington.

Mossey is a qualified Seabee combat warfare officer and a member of the Acquisition Professional Community. His personal decorations include the Legion of Merit and the Meritorious Service Medal. He is a registered professional engineer in the state of California.

The ceremony was followed by a reception on the dock with the USS Arizona Memorial in the background and the cutting of the change of com-