

CNO honors Navy in Hawai'i for environmental stewardship

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The Chief of Naval Operations (CNO) honored the Navy in Hawai'i with three awards for exceptional environmental stewardship. Navy Region Hawai'i's cultural resources team captured a cultural resources management team award; Pacific Missile Range Facility (PMRF), Barking Sands, Kauai, earned a cultural resources management installation award; and a Pearl Harbor-based ship, USS Paul Hamilton (DDG-60), won an environmental quality small ship award.

The annual CNO Environmental Awards program recognizes Navy ships, installations and individuals or teams for exceptional environmental stewardship. The 2008 competition categories included natural resources conservation, cultural resources management, environmental quality, pollution prevention, environmental restoration and environmental planning. The three Hawai'i winners were among 29 selected in 10 categories. Awardees will be honored in a formal ceremony June 2 at the United States Navy Memorial in Washington, D. C.



Photo illustration

Navy Region Hawai'i is home to properties of immense historical and cultural significance that require an exceptional and aggressive cultural resources management program. The Pearl Harbor Naval Complex, recognized as one of the nation's most historically significant sites, is a National Historic Landmark in addition to being an active military base. Indelible scars from the 1941

attack remain on historic Ford Island, where bomb craters, dramatic strafing runs, shrapnel scars and bullet marks dot the southern end of the island.

In 2008, Navy Region Hawai'i's cultural resources management team completed a survey and preservation plan for the WWII seaplane squadron on Ford Island, which was a first-ever analysis of a WWII bat-

tlefield site. In a creative collaborative effort among the Navy's cultural staff and Department of Defense ordnance technical experts, the survey culminated with plans to preserve the significant battle scars for future generations, but also allowed significant new construction to proceed.

The team has worked on a number of initiatives to enhance the management of cultural resources, including

the completion of the update to the Pearl Harbor Integrated Cultural Resource Management Plan. This herculean effort required the review of more than 10,000 facilities and 23,000 acres of land and water that the Navy is entrusted to manage.

Through consultations under Section 106 of the National Historic Preservation Act, the Navy has cultivated strong relationships with the Oahu Council of Hawaiian Civic Clubs and Native Hawaiian organizations. Each year, the Navy invites native groups to Ford Island for the Moku Umeume Makahiki, a festival in the "island that draws and attracts." The event is a celebration of life and pays homage to the Hawai'ian deity, Lono.

Navy Region Hawai'i values and supports the significance of this event by embracing what is "pono" or admirable, to be good stewards of the 'aina (land).

The Navy Region Hawai'i cultural resources team comprises personnel from Naval Facilities Engineering Command (NAVFAC) Hawai'i, NAVFAC Pacific and Navy Region Hawai'i.

At Barking Sands, Kauai, Pacific Missile Range Facility (PMRF) has established itself as not only the largest, fully instrumental range in the world, but as a continuing example of cooperative and constructive conservation, forging alliances and

See AWARD, A-7



Mimmy Hornef (center) is congratulated by Rear Adm. Dixon Smith, commander, Navy Region Hawai'i and Commander, Naval Surface Group Middle Pacific. Hornef was recognized as the Navy/Marine Corps Relief Society (NMCRS) 2008 Volunteer of the Year for Naval Station (NAVSTA) Pearl Harbor at the NMCRS 13th Annual Volunteer of the Year Awards Luncheon.

NMCRS honors Volunteers of the Year

Story and photo by
MC3 Robert Stürrop

*Navy Region Hawai'i Public
Affairs*

The Navy/Marine Corps Relief Society (NMCRS), Pearl Harbor Chapter, held the 13th Annual Volunteer of the Year Awards Luncheon on Feb. 26 at the Ala Moana Hotel in Honolulu.

NMCRS recognized a Volunteer of the Year and Kokua (helpers) of the Year from both Naval Station (NAVSTA) Pearl Harbor and Marine Corps Base Hawai'i (MCBH) for their outstanding efforts and loyal dedi-

cation during 2008.

Rear Adm. Dixon Smith, commander, Navy Region Hawai'i and commander, Naval Surface Group Middle Pacific, served as the ceremony's guest speaker and thanked the volunteers for the work they've done for all Hawai'i-based Sailors and Marines.

"We are here today to show a great appreciation to all of the NMCRS volunteers who have put in countless hours to help support our Sailors and Marines in the region," said Smith. "Thank you to all who have dedicated your time to making the

NMCRS a success."

The Volunteer of the Year was awarded to Mimmy Hornef for NAVSTA Pearl Harbor and Theresa Wisner-Lee for MCBH. Kokua of the Year was awarded to Ellen Hein for NAVSTA Pearl Harbor and Andria Garrett for MCBH. The four awardees were honored for representing the spirit of 'aloha' and for their outstanding volunteer efforts throughout the year.

"Everyone here at the ceremony puts in a lot of hard work volunteering; therefore, it's an absolute

See VOLUNTEERS, A-7

Smoke detectors save lives

Story and photo by
Blair Martin

Contributing Writer

According to the National Fire Protection Association (NFPA), the majority of fatal home fires happen at night when people are asleep. But smoke alarms are designed to serve as the first line of defense against fire and give people enough time to escape.

Victor Flint, battalion chief for the Federal Fire Department (FFD) Fire Prevention Division, Hawai'i, emphasized the importance of taking a proactive approach to making sure smoke detectors are working properly.

"Every year, about 5,000 Americans die because of fire," he said. "One way to reduce those numbers is to educate. So we want to get the word out about fire safety and smoke detectors and how functional they are. They really do work and can save your life," he emphasized.

Flint said that for homeowners, smoke detectors are estimated at saving nearly 900 lives each year and are easily available at any hardware store at a relatively low price.

"One great benefit of having a smoke detector is that when you let your insurance company know, they will bring your rates down," he said.

As for military and government workers, smoke detectors are required in



Roma Rapoza, a fire inspector for Federal Fire Department (FFD) Fire Prevention Division Hawai'i, demonstrates how to effectively check a smoke detector alarm. Smoke detectors are the first line of defense in fighting a fire and are mandatory in all military facilities and living quarters.

all homes, living quarters and working areas.

"With military [family] housing, bachelor quarters and all government facilities, smoke detectors are hard-wired into the system plus they are checked and serviced by military managers and barracks petty officers (BPOs)," he explained. "However, I want to urge the [public] to not rely on others when it comes to the protection of you and your family. Please remember to check your smoke detectors regularly," he added.

Flint also said the Sailor barracks had fully automated fire alarms installed as well.

"The BPOs are trained to do daily system checks, FFD checks the systems when inspecting and drilling the buildings, and the NAVFAC (Naval Facilities Engineering Command Hawai'i) fire alarm shop does regular maintenance and service on the building's systems," he explained. "FFD also not only inspects them, but we conduct fire drills and train the BPOs on fire hazard abatement."

In a statement, released by Forest City, all Navy housing residents are "required to test both smoke detectors and car-

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Pearl Harbor FFSC holds financial fair for Military Saves Week See page A-2



Former POW, submariner visits USS Key West See page A-4



Pinkerton relieves Spear as commanding officer of Tucson See page A-2



Students enjoy 'green eggs and ham' with Pearl Harbor-based Sailors See page B-1

Pinkerton relieves Spear as commanding officer of Tucson

Story and photo by
MC3 Luciano Marano

Commander Submarine Force U.S.
Pacific Fleet Public Affairs Office

Cmdr. Gary W. Pinkerton relieved Cmdr. Paul D. Spear as commanding officer of USS Tucson (SSN 770) in a ceremony at Naval Station Pearl Harbor on Feb. 27.

Capt. Christopher Kaiser, commander, Submarine Squadron Seven (CSS-7), presided over the ceremony and recognized the hard work and dedication of the Tucson crew.

"I know it has not always seemed like it, but the hard work and dedication you demonstrated in taking this remarkable warship through an intense shipyard maintenance availability and then delivering her to the fleet, modernized and ready to fight, has been invaluable," said Kaiser.

Following Kaiser's remarks, Spear addressed the guests and thanked the crew for a successful and rewarding tour.

"I can't begin to introduce you to all of my men; there are 140 of them and they all have great stories," Spear told the guests. "Most of all, they are great Americans and I would go into battle with any one and all of them."

Since assuming command in September 2006, Spear has led the Tucson to victory as they received the 2006 CSS-7 Battle Efficiency and Pacific Fleet Marjorie Sterrett Battleship Award, as well as the 2008 CSS-7 Safety Award.

"It has been an honor and a privilege to serve with the men of the Tucson.

We are all home where we belong in Pearl Harbor," said Spear. "I look forward to hearing of your success stories."

As Pinkerton assumed command of Tucson, he let his new crew know he is well prepared for the task of serving as their com-



Cmdr. Paul D. Spear is piped ashore after being relieved as USS Tucson (SSN 770) commanding officer by Cmdr. Gary Pinkerton during a change of command ceremony at Naval Station Pearl Harbor on Feb. 27. Tucson is the 59th Los Angeles-class attack submarine to be built and the second ship of the U.S. Navy to bear the name of the Arizona city.

manding officer.

"I am both excited and extremely humbled to be given the opportunity to lead this talented crew in one of the Navy's most advanced warships on missions that are vital to the security of this great nation," said Pinkerton.

Spear enlisted in the Navy as a machinist's mate in 1982 and after graduating from Auburn University under the Nuclear Enlisted Commissioning Program with a degree in materials science in 1987, he was commissioned in 1988 following Officer Candidate School.



Cryptologic Technician (Interpretive) 1st Class Shawn Newman explains the importance of mortgaging and home investments to a Sailor assigned to a command in the Hawai'i region during a financial fair to celebrate "Military Saves Week" on March 2 at Bloch Arena onboard Naval Station Pearl Harbor.

Pearl Harbor FFSC holds financial fair for Military Saves Week

Story and photo by
MC3 Robert Stirrup

Navy Region Hawai'i Public
Affairs

Pearl Harbor Fleet and Family Services Center (FFSC) hosted a financial fair to celebrate "Military Saves Week" for Sailors assigned to commands in the Oahu region at Bloch Arena onboard Naval Station Pearl Harbor on March 2.

The second annual fair gave Sailors the opportunity to view displays from various organizations to gain knowledge on topics such as finances and home loans.

The event began with opening remarks from Rear Adm. Dixon Smith, commander, Navy Region Hawai'i and commander, Naval Surface Group Middle Pacific.

"This is a great opportunity for Sailors to learn and become more knowledgeable about financial planning and awareness," said Smith. "Regardless of pay grade, finances are a part of everyone's life."

Debbie Blunt, coordinator for the fair and financial counselor at FFSC Pearl Harbor, noted the importance for Sailors to save money.

"We want to show the Sailors the importance of being wise with their

money and the advantage of having money saved in case of emergencies," said Blunt.

The event was extremely helpful for junior Sailors looking to gain information from the free services offered.

"All the displays were very informative and they answered all the questions that were unclear to me," said Cryptologic Technician (Collection) Seaman Stephen Lear, assigned to Navy Information Operations Command (NIOC) Hawai'i.

Cryptologic Technician (Interpretive) 1st Class Shawn Newman, assigned to NIOC Hawai'i, was happy to volunteer his time to educate Sailors on the importance of mortgaging and home investments.

"It's important for Sailors to know all the advantages, disadvantages and their options when purchasing a home," said Newman. "Even if the Sailor is not looking to buy a home right now, we still want to educate them on home-buying for the future."

"Military Saves" is a Department of Defense-wide financial readiness campaign to persuade military service and family members to reduce debt and save money, thereby ensuring personal financial readiness and positively impacting the nation's personal/household savings rates.

Hawaii Navy News Editorial

Chief of Naval Operations releases diversity podcast

Chief of Naval Operations Public Affairs

WASHINGTON (NNS) -- The Chief of Naval Operations (CNO) Adm. Gary Roughead released a podcast on the importance of diversity and the Navy's diversity initiatives Feb. 27.

In the podcast, Roughead talks about the strides the Navy has made since he released his new diversity policy in 2008. He emphasized that a diverse population is important because when Sailors and Navy civilians are approached with issues, it provides a range of ideas, perspectives and backgrounds that provide better solutions making the Navy stronger.

"In the military and in the Navy, it's important that we are a diverse organization because we have to represent what I



U.S. Navy photo by MC1 Tiffini M. Jones

Chief of Naval Operations (CNO) Adm. Gary Roughead has lunch with Missile Technician 2nd Class Matthew Edlin, left, Electronics Technician 1st Class Sterling Sims, and Cmdr. Roger Isom, commanding officer of the Gold crew of the ballistic-missile submarine, USS Wyoming (SSBN 742). Roughead was in Naval Region Southeast to attend the commemoration ceremony for the 1000th Trident patrol and to visit various naval facilities to get a first-hand look at the work being done by Sailors and Navy civilians in the region.

call the face of America," said Roughead. "As our population changes and the percentages of majority-minority changes and that's always taking place, we have to reflect that same demographic in our Navy and that's why it's important. But at the end of the day it really makes a huge difference because we're stronger because of the different perspectives and ideas that people bring to bear."

CNO also said the diversity of the Navy has made great progress in recent years.

"We've expanded our junior ROTC programs, we're expanding our ROTC programs, we're offering scholarship opportunities sooner than we did before so that the young men and women can make an earlier choice," he said.

He expressed that it is each individual's responsibility to recruit,

develop, educate and retain leaders from and for all parts of the Navy and nation.

"Diversity is also about leadership and looking for young men and women with talent and drive and competence and putting them in positions where they can succeed," said Roughead.

He stressed the value of a diverse Navy and the success it will bring the young men and women put in positions to lead Sailors in the future.

"Those positions then enable them to reach higher and go further in the Navy then they would have had they not had a leader who was looking out for them, mentoring them, training them, and guiding them along in a career that is the best in the world," Roughead said.

To listen to the podcast, visit www.navy.mil/navydata/cnoPlay.asp?id=3078.

Women's History Month, 2009

A proclamation by the president of the United States of America

With passion and courage, women have taught us that when we band together to advocate for our highest ideals, we can advance our common well-being and strengthen the fabric of our nation.

Each year during Women's History Month, we remember and celebrate women from all walks of life who have shaped this great nation. This year, in accordance with the theme, "Women Taking the Lead to Save Our Planet," we pay particular tribute to the efforts of women in preserving and protecting the environment for present and future generations.

Ellen Swallow Richards is known to have been the first woman in the United States to be accepted at a scientific school. She graduated from the Massachusetts Institute of Technology in 1873 and went on to become a prominent chemist. In 1887, she conducted a survey of water quality in Massachusetts. This study, the first of its kind in America, led to the nation's first state water-quality standards.

Women have also taken the lead throughout our history in preserving our natural environment. In 1900, Maria Sanford led the Minnesota Federation of Women's Groups in their efforts to protect forestland near the Mississippi River, which eventually became the Chippewa National Forest, the first Congressionally-mandated national forest. Marjory Stoneman Douglas dedicated her life to protecting and restoring the Florida Everglades. Her book, "The Everglades: Rivers of Grass," published in 1947, led to the preservation of the Everglades as a national park. She was awarded the Presidential Medal of Freedom in 1993.

Rachel Carson brought even greater attention to the environment by exposing the dangers of certain pesticides to the environment and to human health. Her landmark 1962 book, "Silent Spring," was fiercely criticized for its

unconventional perspective. As early as 1963, however, President Kennedy acknowledged its importance and appointed a panel to investigate the book's findings. "Silent Spring" has emerged as a seminal work in environmental studies. Carson was awarded the Presidential Medal of Freedom posthumously in 1980.

Grace Thorpe, another leading environmental advocate, also connected environmental protection with human well-being by emphasizing the vulnerability of certain populations to environmental hazards. In 1992, she launched a successful campaign to organize Native Americans to oppose the storage of nuclear waste on their reservations, which she said contradicted Native American principles of stewardship of the earth. She also proposed that America invest in alternative energy sources such as hydroelectricity, solar power and wind power.

These women helped protect our environment and our people while challenging the status quo and breaking social barriers. Their achievements inspired generations of American women and men not only to save our planet, but also to overcome obstacles and pursue their interests and talents. They join a long and proud history of American women leaders, and this month we honor the contributions of all women to our nation.

Now, therefore, I, Barack Obama, president of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim March 2009 as Women's History Month. I call upon all our citizens to observe this month with appropriate programs, ceremonies and activities that honor the history, accomplishments and contributions of American women.

In witness whereof, I have hereunto set my hand this third day of March, in the year of our Lord, two thousand nine, and of the independence of the United States of America the two hundred and thirty-third.

Barack Obama

Sky's the limit ...



U.S. Navy historical photo

Pictured here with her custom Lockheed 10E Electra, Amelia Earhart's name became a household word for her aviation accomplishments. She was the first woman to fly solo across the Atlantic and in January 1935, Earhart was the first person to fly solo across the Pacific Ocean from Honolulu to Oakland, Calif. In 1937, Earhart set a final course to be the first person to fly around the world. Somewhere within the 29,000 mile journey near Howland Island, Earhart missed a scheduled report. Nothing further was heard from her. Women's Reserve Act was passed by Congress and signed into law by President Franklin D. Roosevelt. The organization's official name became Women Accepted for Volunteer Emergency Service, or "WAVES." The word "emergency" was intended to denote the temporary nature of the women's service. As the war continued, more WAVES were sent overseas to cover non-combat duties. By 1945, there were more than 84,000 women enlisted in the Navy. Today, women make up more than 20 percent of the armed services.

Hawaii Navy News

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Hawaii Navy News

Former POW, submariner visits USS Key West

Story and photo by
MC1 (SW) Cynthia Clark

Commander Submarine Force U.S.
Pacific Fleet Public Affairs Office

Lt. (Navy Ret.) Charles McCoy, a former prisoner of war (POW) and submariner, visited with the crew of the USS Key West (SSN 722) on Feb. 24.

A Silver Star and Purple Heart recipient and 24-year Navy veteran, McCoy had lunch in the wardroom with Cmdr. Bob Koonce, Key West commanding officer, followed by a tour of the submarine spaces. The former POW toured the control and torpedo room before spending time in the chief's mess with a handful of Key West deck-plate leaders, sharing his Navy experience.

"It's a special honor to have a man like this on board," said Chief Torpedoman (SS) Matt Harris. "To have the opportunity to share his experiences from World War II as both a submariner and a prisoner of war, he can tell the guys here now what it means to be a submariner and pass along the heritage."

McCoy entered the Navy in November 1941 and received the Silver Star for service on the USS



Lt. (Navy Ret.) Charles McCoy shares his experiences as a prisoner of war in World War II with Chief Fire Control Technician (SS) Frank Brooker in the chief's mess on board USS Key West (SSN 722) during a visit on Feb. 24. McCoy received the Silver Star and Purple Heart during his 24-year career as a submariner.

Trout (SS 202), where the crew safely kept gold, silver and securities for the Philippines after the fall of Manila.

While assigned to the USS Grenadier (SS 210) during its sixth war patrol, McCoy and his shipmates were attacked by the Japanese and he was held prisoner until liberated at the end of the war.

"Knowing our history is very important, especially since the camaraderie among submariners is as strong as it was in the 40s," Harris continued. "It lets me know what's expected of me and how I can pass that legacy on to my junior Sailors. The World War II submarine veterans were the trailblazers for modern submarine warfare and the stuff they did still rings true today. It lets us know where we came from and where we're going in the future."

While the visit was an honor for the crew, McCoy felt equally honored. "It was absolutely phenomenal," he said. "The crew, the commanding officer, executive officer and chief of the boat could not have treated us any more royally. I was really impressed with the maturity and enthusiasm of the entire crew and officers."

USS Texas to be homeported at Naval Station Pearl Harbor

Commander, Submarine
Force Pacific Fleet Public
Affairs

Commander, Submarine Force Pacific Rear Adm. Douglas McAneny announced March 2 that USS Texas (SSN 775) will be the second Virginia-class submarine homeported at Naval Station Pearl Harbor, arriving this fall.

"SUBPAC is delighted to have USS Texas join USS Hawai'i (SSN 776) in the Pacific," said McAneny. "These two Virginia-class submarines bring to bear

technologically advanced multi-mission systems that will enable our submarine force to dominate both the littorals and deep Pacific and Indian Oceans for many years to come."

Commissioned Sept. 9, 2006, Texas was the second Virginia-class attack submarine constructed and the first submarine to be named after the Lone Star State. Two battleships and a cruiser were previously named USS Texas and three active Los Angeles-class submarines, USS Dallas (SSN 700), USS City

of Corpus Christi (SSN 705) and USS Houston (SSN 713), have been named for cities in Texas. USS Texas' crew is excited to represent its namesake state both at home and abroad.

Texas Governor Rick Perry was pleased with the announcement of USS Texas' new homeport. "Texans have long played a distinguished role in our nation's defense, as have the vessels that have borne the name," said Perry. "We are proud that such a strong tradition is being carried on in the silent

service with a boat whose vigilance and power projection capabilities exert a stabilizing influence in an increasingly unpredictable world."

Measuring 377 feet long, weighing 7,800 tons when submerged, and with a complement of more than 130 crew members, Texas is one of the Navy's newest and most technologically sophisticated submarines.

The state-of-the-art submarine is capable of supporting a multitude of missions, including anti-submarine warfare, anti-sur-

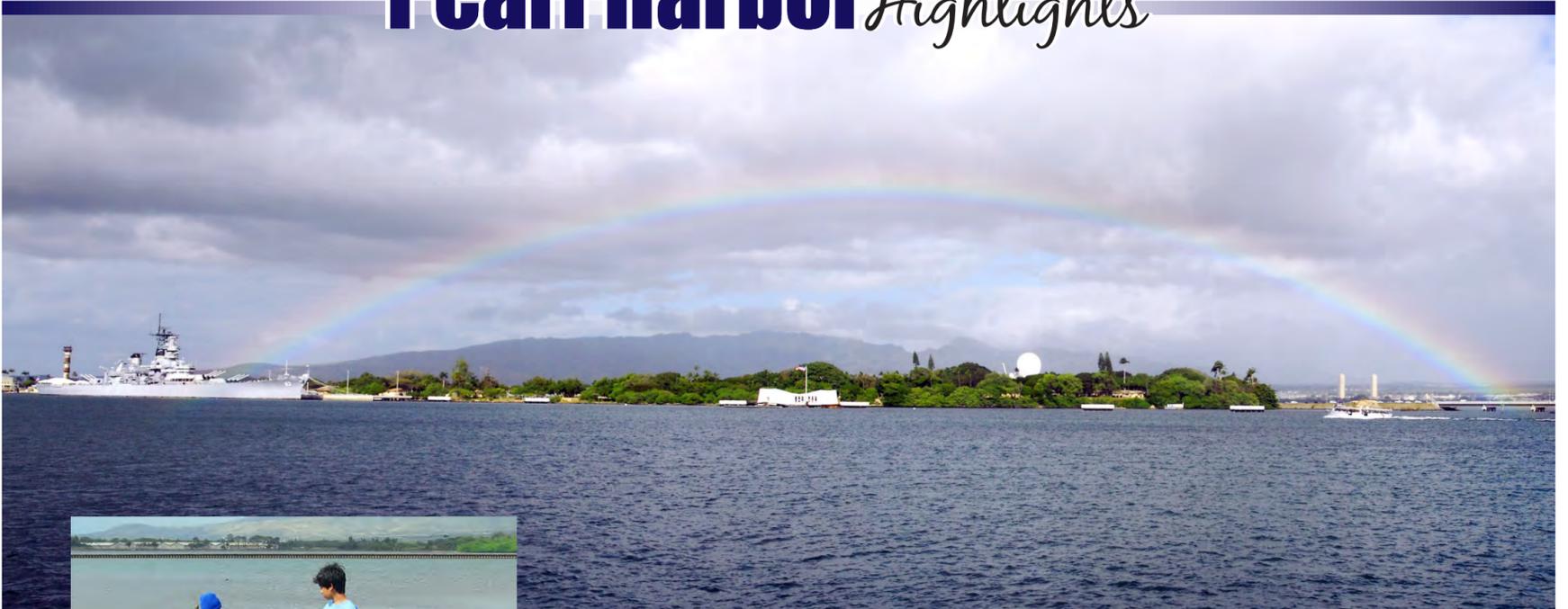
face ship warfare, strike, naval special operations involving special operations forces, intelligence, surveillance, and reconnaissance, irregular warfare, and mine warfare.

Recognizing the importance of the Asia-Pacific region and the increased threat posed by the proliferation of submarines in the Pacific, the 2006 Quadrennial Defense Review mandated that 60 percent of the U.S. Navy's submarines be homeported in the Pacific by the end of 2010.

In addition to the Virginia-class USS Hawai'i and Texas changes of homeport, Los Angeles-class USS Jacksonville (SSN 699) is transferring from the Atlantic to Pearl Harbor this spring and Los Angeles-class USS Albuquerque (SSN 706) is transferring from the Atlantic to San Diego this summer.

By the end of 2009, 31 of the U.S. Navy's 53 fast attack submarines will be homeported in the Pacific with 18 of those 31 homeported at Pearl Harbor.

Pearl Harbor Highlights



U.S. Navy photo by MC2 John W. Ciccarelli Jr.

A rainbow appears over the USS Arizona Memorial as a rain shower comes down from the Waianae Mountains. The memorial marks the resting place of 1,102 of the 1,177 Sailors killed on the USS Arizona during the attack on Pearl Harbor on Dec. 7, 1941 by Japanese imperial forces and commemorates the events of that day.

Information Systems Technician 2nd Class Kyle Peterson, assigned to Naval Station (NAVSTA) Pearl Harbor Security, aims at a target down-range with a Mossberg 500 shotgun during a small-arms qualification course at the Halawa Firing Range. NAVSTA Pearl Harbor Security is responsible for the bi-annual small-arms qualifications of more than 500 Hawai'i shore-based security personnel.

U.S. Navy photo by MC3 Robert Stirrup



U.S. Navy photo by MC2 John W. Ciccarelli Jr.

Construction Electrician 2nd Class Jeff Tarabochia and Boatswain's Mate 2nd Class Thongvan Khalek, assigned to Naval Station Pearl Harbor First Lieutenant Division, plant 'ahu'awa, a type of Hawaiian sedge, during a Make-A-Difference Day/Adopt-A-Stream wetlands community project Feb. 28. The Navy partnered with the city and county of Honolulu and Aiea Intermediate School on the Pearl Harbor wetland project at Neal S. Blaisdell Park. The project will span three years and involves trash removal, weed control and the re-introduction of native plants to help minimize sediment pollution and beautify the area.

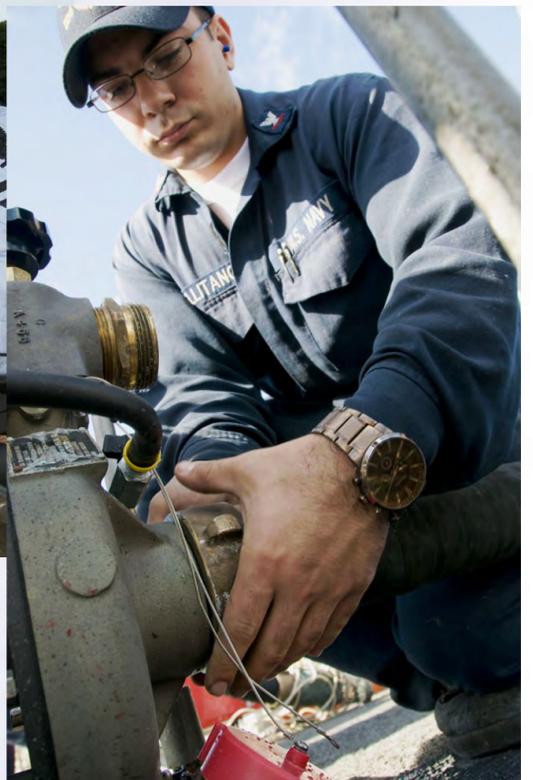


U.S. Navy photo by MC2 Paul D. Honnick

Gunner's Mate 1st Class (SW) Max Gassant, assigned to the guided-missile destroyer USS Russell (DDG 59), works on a .50 caliber machine gun on the ship's weather deck as part of his annual weapon qualifications. Russell is the fourth Arleigh Burke-class destroyer and is the second ship to carry the name Russell for Rear Adm. John Henry Russell and his son, 16th Commandant of the Marine Corps Gen. John Henry Russell Jr.

(Below) Machinery Repairman 3rd Class Michael Stellitano, assigned to the guided-missile destroyer USS Russell (DDG 59), performs tests on a P-100 portable damage control pump on the ship's flight deck.

U.S. Navy photo by MC2 Paul D. Honnick





A Sailor assigned to Naval Station (NAVSTA) Pearl Harbor Security aims at a target down-range with a Mossberg 500 shotgun during a small-arms qualification course at the Halawa Firing Range.

Sailors step up to firing line

Story and photo by
MC3 Robert Stirrup

Navy Region Hawai'i Public Affairs

As Sailors assigned to various commands in the Hawai'i region step up to the firing line at Halawa Firing Range in Aiea, Hawai'i, they place their hand on their holster and wait for the command to withdraw their weapon.

Upon hearing the command "withdraw your weapon, keeping it pointed down range and fire four bullets at the target" from the range safety officer, the Sailors remove the nine mm Beretta from their holster, aim and each fire four shots through the center of the target 25 yards away.

Personnel assigned to Naval Station (NAVSTA) Pearl Harbor Security are responsible for the bi-annual small-arms qualifications of more than 500 shore-based naval security personnel onboard NAVSTA Pearl Harbor and Pacific Missile Range Facility at Barking Sands, to qualify to carry a nine mm Beretta pistol or Mossberg 500 shotgun.

For personnel wishing to qualify to carry one of the two firearms, they must undergo three stages of firing exercises. A low-light phase is

designed to familiarize personnel with the inherent handicaps of low-visibility firing and the necessary compensations. The second is a practical phase, designed to test the ability to effectively engage targets while moving throughout the course. Finally, personnel must pass a static phase, testing the accuracy of the shooter from different yard-lines on the course and requiring a minimum score of 180 out of 240 to pass.

"Getting our qualifications to carry a weapon allows us to keep up with the security for the entire base," said Machinist's Mate 1st Class Paul Rich, assigned to NAVSTA Pearl Harbor Security. "It's very important in maintaining the safety of all our Sailors here at Navy Region Hawai'i."

Master-At-Arms 1st Class Jeff Rang, a range safety officer at the firing range assigned to NAVSTA Pearl Harbor Security, ensures that all shooters at the range know and use proper safety procedures while firing weapons at the range.

"Anyone can fire a weapon, but here we teach everyone how to utilize the weapon the proper way, as well as training them on what to do if anything goes wrong when firing the weapon," said

Rang.

The importance of knowing how to use the firearm can be critical at times, but that is just half of the training. Often overlooked is the knowledge of what to do in case of a weapon malfunction.

"It's important for us to know how to use these weapons the right way, but we also need to know the ins and outs of these weapons as well," said Information Systems Technician 2nd Class Kyle Peterson, assigned to NAVSTA Pearl Harbor Security. "You never know if, or when, the weapon could malfunction and having the proper training could be the difference between life and death."

Even while security remains intact around the Hawai'i naval bases, people may not realize how vital it is to have properly trained personnel operating their weapons in case of real-life incidents.

"Even though NAVSTA Pearl Harbor is under tight security, something could always happen. Therefore, having security personnel that are properly trained helps in protecting everyone on the base as well as any innocent bystanders that may be at nearby Navy housing," said Rang.

Navy Region Hawai'i to step up recycling effort

Naval Facilities
Engineering Command
Hawai'i Public Affairs

Navy Region Hawai'i is continuing its effort to reduce the amount of refuse it has transported to island landfills and is successfully moving closer to meet its waste diversion goals.

"Every time we eliminate another refuse container leaving the base due to our increase in recycling efforts, we save the Navy Region Hawai'i money," said Wendy Ray, manager, Navy Recycling Center. "In fact, we make the region (Navy) money with the sale of the recyclables and as an added bonus, we send less materials to the landfill."

Unfortunately, recyclable materials are still being found in base dumpsters.

Everyone, Sailors and civilians, need to become more conscientious and learn to segregate and turn in all recyclables.

It is important to note that all types of cardboard can be recycled and in most cases, there are cardboard recycling bins near most dumpsters. In addition there are multiple types of recycling bins in the turn-in area at the Navy Recycling Center at building. 159 on Russell Avenue.

All building managers should periodically check their facility's dumpsters for recyclables and work toward

educating building tenants on recycling.

So what can be recycled?

- Aluminum - Clean beverage cans, pie plates, aluminum foil and other aluminum products.

- Plastic beverage bottles (H1-5) plastic - All household one and two type plastics (look for these numbers on the bottom of the bottle or container) and those labeled 4-7.

- Steel (tin) cans - Be sure to rinse and remove all labels.

- Glass bottles and jars - Be sure to rinse (no need to remove labels) and separate by color, no lids. Note: Metal lids may be recycled with steel (tin) cans.

- Paper - Computer paper without carbon.

- Office paper (white) - Place in recycling bags issued by the center.

- Shredded paper (white) - Place in trash bags.

- Manila folders.

- Magazines - without glue binding.

- Telephone books.

- Newspaper - with all inserts.

- Paper sacks - Flatten.

- Clear and white plastic bags along with shrink-wrap.

- Untreated and unpainted wood pallets.

- Old cell phones.

- Corrugated cardboard - Stack flattened boxes in the cardboard bins.

- Non-corrugated cardboard

- Items accepted include milk cartons, soda, cookie, cereal and other dry food boxes, clean fast food containers, note book cardboard, clean paper coffee cups and their cardboard carriers, and paper towel, toilet paper and wrapping paper rolls.

- All metals, wire - Be sure to separate and place items in the designated bin.

- Toner cartridges - Used cartridges should be turned in inside their original boxes.

- Packing material - Items accepted include clean popcorn, peanuts and bubble wrap.

What the Navy Recycling Center does not accept:

- Hazardous materials - Pressurized cylinders, fluorescent light bulbs, tires, paint or aerosol cans, batteries, etc.

- Office consumables.
- Envelopes - with plastic windows.

- Sticky note paper.
- Self-carbon paper.
- Colored paper.
- Cross cut shredded paper.

- Ceramics.
- Treated wood.
- Miscellaneous plastics.
- Plate glass.
- Food wastes.

For more information, contact personnel at the Navy Recycling Center at 474-9702.

Smoke detectors

Continued from A-1

bon monoxide detectors on a regular basis and replace batteries." The statement also noted that residents are not to tamper with, adjust or disconnect any smoke detectors or carbon monoxide detectors. "Violation of this is a material breach of the lease agreement and residents shall notify owner of all repair needs promptly," the statement read.

Flint said every family should check their smoke detector at least once a month to make sure it is fully functioning by pressing the test button on the device until it starts buzzing or ringing loudly. Press the button again to stop the ringing, he said.

"The whole [process] is very simple," Flint said. "They all have a button - simply by pushing that button and hearing it means it is working. So when you hear that buzzing [during a real fire], that is the sign for you to get out and call 9-1-1 and make sure everyone is outside at [either] a meeting place or by the fire truck," he continued.

For more information on fire safety, contact the fire department prevention station at 471-3303.

For more information on smoke detectors or the National Fire Prevention Association, visit www.nfpa.org.

Things to know about smoke alarms

- Test alarms at least monthly.
- Replace batteries at least once a year - for example, when you set the clocks back in the fall - or whenever an alarm "chirps" to tell you the battery is low.
- Replace any smoke alarm that is more than 10 years old.
- Be sure everyone sleeping in your home can hear your smoke alarms.
- Consider installing smoke alarms with a "long life" battery that can last up to 10 years. These alarms must also be tested at least once a month.
- Install alarms on every level of your home, including the basement.
- Don't install alarms closer than three feet from a bathroom door.
- For people who are deaf or hard of hearing, some alarms flash a strobe-light.

Information provided by the National Fire Protection Association

Pearl Harbor Sailors, students restore pocket wetland

Story and photo by MC2 John W. Ciccarelli Jr.

Navy Public Affairs Support Element West Det Hawai'i

Sailors from Naval Station Pearl Harbor First Lieutenant Division partnered with students from Aiea Intermediate School and the City and County of Honolulu to plant native vegetation and remove invasive species along Neal S. Blaisdell Park in Aiea, Hawai'i on Feb. 28.

The efforts were the second phase of a three-year project that began in October to reduce invasive plant species and trash by 80 percent on the Pearl Harbor shoreline that borders the park. Project organizers also planted 375 native wetland plants to help filter out pollutants before they reach the harbor.

"Today is an opportunity for the state of Hawai'i to work with Navy Region Hawai'i by building a stewardship with the children of Aiea Intermediate School, focusing on polluted runoff in their community and the effect it has on the environment," said Iwalani Sato, environmental services community relations



Construction Electrician 2nd Class Jeff Tarabochia, Construction Mechanic 2nd Class Tom Newell and Boatswains Mate 2nd Class Thongvan Khalek, assigned to Naval Station Pearl Harbor First Lieutenant Division, remove a patch of an invasive grass from a natural spring on the shores of Pearl Harbor during a Make-A-Difference Day/Adopt-A-Stream wetlands community project.

specialist for the city and county of Honolulu.

"What is really important is for the Sailors working hand-in-hand with the students, helping them increase their knowledge [of] protecting the environment, teaching them how to use the tools in a safe way and how to work together and build relation-

ships within the community," she added.

Sailors with large shovels and protective gear removed patches of grass larger than a car engine, while city workers gave a safety orientation and botany lesson to the 20 students. Participants were then broken into three groups to plant the akulikuli, 'ahu'awa

beach vitex pohinahina and beach morning glory.

"We want to show our dedication to the local community and to be a good neighbor in the process," said Lt. Ben Abney, officer in charge, Naval Station Pearl Harbor First Lieutenant Division.

"There are a couple of benefits to doing this. The first benefit is replacing the invasive growth of these species with native ones, but the bigger benefit is getting a chance to work with these students and explain the advantages of environmental stewardship to work with these students and explain the advantages of environmental stewardship," he explained.

It was a chance for the students of Matt Zitello, an eighth-grade science teacher at Aiea Intermediate School, to learn about the environment as well as the Navy's busiest Pacific harbor.

"The school adopted this little patch of wetland with help from the Navy to help the students learn about the watersheds of O'ahu and the important role they play on the environment of Pearl Harbor," he said.

"It's really good to have the students get out of the class-

room to work with and talk to these Sailors who they hear about in the news and see what they are doing around the community," Zitello added.

The Navy partners with the city and county of Honolulu in an effort to beautify and clean up areas along the historic Pearl Harbor bike path as part of the Adopt-a-Stream and Adopt-a-Block programs. Zitello said he appreciated the Navy's help with this Adopt-a-Stream project.

"It's not always possible when it's just us teachers. We need people in the community, the Sailors from Pearl Harbor, to help educate the future generations of this country to become more aware of our effects on the environment," he said.

Non-native plants found along Pearl Harbor can rob native plants of the nutrients, moisture, light and space needed to survive. These plants also deprive wildlife of important food and habitat that might otherwise be present.

On April 18, Naval Station Pearl Harbor will again partner with the city and county of Honolulu in the annual Pearl Harbor Bike Path Earth Day cleanup.

Navy in Hawai'i earns environmental stewardship award

Continued from A-1

developing ongoing working relationships through a multitude of environmental programs.

Capt. Aaron Cudnohufsky, commanding officer of PMRF, emphasized his pride in PMRF and its employees in their continued effort towards the environmental stewardship the Navy commits to Kauai.

"It starts with a strong cultural resource and environmental team, but at PMRF it goes beyond that," said Cudnohufsky. "There is a deep respect throughout the

work force to include military, government civilians and contractors for the cultural resources here at PMRF."

John Burger, PMRF's complex sustainment support team environmental coordinator, stated, "We are blessed with a location that is rich in both natural and cultural resources, and while the rules, regulations and instructions stipulate the 'how to,' it is the dedication of the individuals that work here that is our distinguishing virtue."

PMRF embodies the symbiotic relationship between a high-tech military installa-

tion and a very supportive local community through extensive outreach programs and proactive environmental stewardship.

Cudnohufsky said the command addresses cultural sensitivities and reaches out to the local community, to understand their concerns, to listen to their recommendations, and learn from them and their traditions.

USS Paul Hamilton, an Aegis-class destroyer based in Pearl Harbor, believes its crew of 276 personnel is part of the environmental management organization. The ship is currently deployed.

The ship's most outstanding program is its ability to manage all bilge water and oily waste processing. The ship was one of three ships to successfully certify their oily waste separator and processing system in Fiscal Year '08, and the only ship to have zero discrepancies.

Paul Hamilton leads the way with no environmental spills or mishaps in the past two fiscal years. The ship on-loaded more than 6.4 million gallons of fuel and processed or offloaded approximately 100,000 gallons of oily waste and bilge water with no spills. Noting this impressive

achievement, Commander U. S. Pacific Fleet selected Paul Hamilton to host a multinational tour of shipboard environmental protection systems with particular focus on oily waste and plastic waste processing.

An attentive steward of the environment, Paul Hamilton uses a multitude of tools to minimize shipboard impact. The environmental protection program blends the skill set of every department, from operational cognizance and supply conservation, to engineering maintenance, to ensure efficient use of environmental protection systems.

Volunteers recognized for outstanding service

Continued from A-1

honor to be awarded as the top volunteer," said Hornef.

Paul Belanger, director for NMCRS Pearl Harbor, expressed his appreciation to the award winners and all volunteers.

"It is our pleasure to recognize our top volunteers for all of the outstanding work they've done in the past year," said Belanger. "There's no way that we would be able to take care of our Sailors and Marines to the level that we do without them."

The mission of the NMCRS is to provide, in partnership with the Navy and Marine Corps, financial, educational and other assistance to members of the naval services of the United States, eligible family members and survivors when in need, and to receive and manage funds to administer these programs.