

## USS Lake Erie honored as 'Top Gun'

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

Navy Region Hawaii Public Affairs

The Pearl Harbor-based, guided-missile cruiser USS Lake Erie (CG 70) and her crew were formally recognized for their retention excellence and successful accomplishment of Operation Burnt Frost during a ceremony March 24 while in port at Naval Station Pearl Harbor.

Rear Adm. T.G. Alexander, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, presented the Retention Excellence Award to the Lake Erie Sailors on behalf of Adm. Robert F. Willard, commander of U.S. Pacific Fleet, for the command's superior retention efforts during fiscal year 2007.

"One of our greatest challenges today is attracting, recruiting and retaining quality Sailors. What you did last year and what you're doing already this fiscal year demonstrates that you all have clearly cracked the [retention] code," said Alexander.

The annual award recognizes commands that meet or exceed Pacific Fleet retention goals for the year. For 2007, the goals were: 50 percent for personnel with less than six years of active service, 60 percent for personnel between six and 10 years active service, and 80 percent for personnel with more than 10 years of active service.

According to Alexander, Lake Erie exceeded all retention goals for three out of four quarters in 2007 and paid out almost \$320,000 in selective reenlistment bonuses (SRB). For fiscal year 2008, Lake Erie has had more than 91 percent zone "A" reenlistment and has paid out nearly \$600,000 in SRBs.

Following Alexander's presenta-



Fire Controlman 2nd Class Andrew Jackson, a radar system controller aboard the guided-missile cruiser USS Lake Erie (CG 70), is awarded the Joint Service Commendation Medal by Adm. Timothy J. Keating, commander U.S. Pacific Command, during an awards ceremony aboard Lake Erie at Naval Station Pearl Harbor on March 24. Polt was awarded the medal for his participation during the launching of a modified Standard Missile-3 (SM-3) to destroy a malfunctioning satellite.

tion, Adm. Timothy J. Keating, commander of U.S. Pacific Command, presented Lake Erie the Meritorious Unit Commendation and nine individual awards to her crew members for their successful accomplishment of Operation Burnt Frost, a one of a kind joint operation, directed by the president of the United States to intercept a non-functioning U.S. reconnaissance satellite.

During Operation Burnt Frost, which took place Feb. 2 to 22, the

Lake Erie Sailors orchestrated an unprecedented intercept of a malfunctioning satellite by utilizing a modified Standard Missile-3 and the Aegis weapons system. Their success resulted in complete destruction of the satellite and prevented possible harm from an uncontrolled re-entry of the resident space object.

"To the president of the United States the word was 'Lake Erie can do it' and you did," said Keating. "For you all to go out and hit that thing,

first time ever done and come back into port and just go on about your daily business - it's difficult for me to find the words to tell you how momentous, significant and dramatic your success is in the scheme of things all throughout the Pacific."

Capt. Randall Hendrickson, commanding officer, Lake Erie, was awarded the Defense Meritorious Service Medal, the third-highest award bestowed upon service members by the Department of Defense,

for his outstanding leadership and tireless efforts while serving as the commanding officer for Lake Erie during the mission.

Joint Service Commendation Medals were presented to Lt. Cmdr. Andrew D. Bates, tactical action officer; Lt. Christa N. Almonte, operations officer; Chief Warrant Officer Kevin A. King, system test officer; Fire Controlman 2nd Class (SW) Andrew S. Jackson, missile systems supervisor; and Fire Controlman 2nd Class (SW) Robert W. Polt, radar system controller.

Joint Service Achievement Medals were awarded to Lt. j.g. Thomas A. Shapiro, fire control officer; Fire Controlman 1st Class (SW) James R. Lewis, computer central operator and lead computer system technician; and Fire Controlman 2nd Class (SW) John G. Whitby, primary radar technician.

"The folks that were standing up here [being awarded] were the ones at the pointy end [of the spear], but the pointy end is only part of the spear," said Bates. "Lake Erie is not just an SM-3 coming out of a launcher - it's a whole ship. From the engineers getting us from place to place to the supply folks doing the laundry and feeding the crew, none of what we do would be possible without all that."

The presentation concluded with a personal thanks and congratulations from Keating to the individual awardees, crew members and their families for their services and sacrifices.

"You should be immensely proud of your accomplishments," concluded Keating. "It doesn't happen automatically - it's a result of each and every Sailor, chief, warrant officer and officer in the crew doing their assigned task without error."



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

Family members say goodbye as the Pearl Harbor-based guided missile destroyer USS Russell (DDG 59) departs March 24 to join the USS Abraham Lincoln (CVN 72) Carrier Strike Group.

## Russell departs for deployment

MC2 Michael A. Lantron

Navy Region Hawaii Public Affairs

Sailors aboard the Arleigh Burke-class, guided-missile destroyer USS Russell (DDG 59) departed their homeport of Naval Station (NAVSTA) Pearl Harbor on March 24 to join the USS Abraham Lincoln (CVN 72) Carrier Strike Group.

Friends and family waved goodbye as the ship left the pier for a regularly scheduled deployment with the strike group in support of the global war on terrorism.

"It's a pretty powerful feeling to see them leave," said the spouse of a Russell Sailor. "We recently found out I'm pregnant so I can't wait for them to come back to celebrate."

Cmdr. Jeff Weston, commanding officer of Russell,

believes the crew is capable of completing any and all tasks they may receive during the deployment.

"We are a multi-mission destroyer and we are given many different missions during a deployment," said Weston. "I always tell the crew we're going to go where we're told to go and when that time comes, we'll be ready."

The crew of Russell looks forward to getting back underway, carrying out the tasks assigned to them and visiting foreign countries during port visits.

"It's exciting and I try to make the best of it even though I have to leave my family behind," said Ship's Serviceman 2nd Class (SW/AW) Julio Cortez. "Every deployment I look forward to going to new places, seeing different cultures and supporting our country."

Prior to deploying, Russell participated in a Composite Training Unit Exercise and a Joint Task Force Exercise to hone their skills and become certified in mission areas.

"Both the exercises helped prepare the ship in the mission areas and made sure we were certified for deployment. Everything we can imagine to do during a deployment, they do in order to prepare you for deployment," said Weston.

Russell is 505 feet in length, 66 feet wide and has a maximum speed of 30 plus knots. The primary mission of Russell is to destroy enemy aircraft, missiles, submarines, surface ships and land targets. Russell is normally assigned to a carrier strike group and brings significant capabilities to the battle force, carrying the latest technology in all areas of modern warfare.

## Bone marrow drives on Oahu called huge success

Karen S. Spangler

Editor

Thanks to the generosity of the military community on Oahu - more than 7,500 of them to be exact - bone marrow drives held from March 13-21 at military installations on Oahu were a huge success.

Lt. Cmdr. Cindy Campbell, director of administration at the White House Military Office and coordinator for the Department of Defense (DoD) Bone Marrow Donor Drive, said, "It was a stunning success. My goal was [to register] 3,000 and we registered 7,508."

The total included bone marrow drives held at the Pearl Harbor Navy Exchange (NEX), Pearl Harbor Naval Shipyard, Commander Submarine Force U.S. Pacific Fleet and Navy ships as well as drives at Marine Corps Base Hawaii - Kaneohe, Hickam Air Force Base, Schofield Barracks, U.S. Pacific Command and Tripler Army Medical Center.

"We registered 1,098 in two days just at the NEX. The NEX was very gracious and we could not have achieved these numbers without that fantastic location," noted Campbell.

More than 2,300 registrants participated at drives held throughout the Navy community with large numbers also registered at drives at other military locations.

There are more than



U.S. Navy photo by CSSN Kevin T. Murray, Jr.

U.S. Navy Sea Cadets, Sailors and Marines participate in a bone marrow drive aboard the multi-purpose amphibious assault ship USS Wasp (LHD 1).

30,000 men, women and children in the United States searching the National Bone Marrow Registry in hopes of finding a life-saving donor. These are people who have leukemia, lymphoma and other life-threatening diseases that can be treated by a bone marrow or cord blood transplant. For many of these patients, a transplant may be the best and only hope of a cure.

In the DoD community, more than 500 active duty and family members are afflicted with disorders that require life-saving bone marrow transplants. One especially poignant story is that of Navy Lt. Steven Flynn who is stationed in Brunswick, Maine.

Flynn is involved in a desperate quest to find matching bone marrow

donors to save the lives of his three daughters, seven-year-old Jordan and one-year-old twins, Julia and Jorga.

Flynn said, "Our family has had the unfortunate luck of having three of our five children stricken with a terrible disease. This is a scary time for our family, but with the help of our military family, we hope to find a donor to save our children."

His wife, Doreen, remains hopeful that a match will be found in time. "So far our search has been disappointing, but we are hopeful with the future bone marrow drives that we will find a close enough match for all three girls. I encourage people to join the bone marrow registry because it is a way of helping others that need it.

See BONE MARROW, A-4



Lake Erie conducts burials at sea

See page A-2



Seabees preserve naval history

See page A-3



USS Crommelin conducts community relations project in Colombia

See page A-6



'Gentle Giants' visit island waters

See page B-1

## BAE Systems donates \$50,000 for Pearl Harbor Shipyard Centennial

**Marshall Fukuki**

*Pearl Harbor Naval Shipyard Public Affairs*

BAE Systems Ship Repair donated \$50,000 on March 6 to the Pearl Harbor Naval Shipyard Association (PHNSA), a non-profit organization helping Pearl Harbor Naval Shipyard celebrate its centennial.

The shipyard will observe its 100th anniversary May 13, the day that Congress authorized in 1908 for the establishment of the Pearl Harbor Navy Yard and construction of supporting shops, supply houses and a dry dock.

The attack on Dec. 7, 1941 plunged the United States into war and rallied Americans with the battle cry, "Remember Pearl Harbor." Shipyard workers sprung into action to resurrect the badly damaged U.S. Pacific Fleet. The shipyard's motto - "We Keep the Fleet Fit to Fight" - was born in the blood, sweat and tears of waterfront workers as they repaired more than 7,000 ships and helped turn the tide of the war in the Pacific.

Since then, the strategically located shipyard has continued to play a vital role in maintaining the Navy's surface ships and submarines.

"BAE Systems is delighted to support Pearl Harbor Naval Shipyard as it celebrates its 100th year of strengthening the nation's defense," said Richard Camacho, vice president of government business development for BAE Systems Ship Repair. "We are honored to continue our partnership with them in this important mission."

Camacho, a retired Navy admiral and commander of the shipyard from July 1984 to July 1986, presented the check to Randy Sawyer, PHNSA president, at the company's Hawai'i division site at dry dock four.

BAE Systems Ship Repair is part of the global defense and aerospace company, BAE Systems, and provides ship repair and modernization services to the Navy and other national security and commercial customers. It has four shipyards nationwide, including one at Pearl Harbor.

## Hawai'i State Legislature commends Pearl Harbor Shipyard Centennial

**Pearl Harbor Naval Shipyard Public Affairs**

The Hawai'i State Legislature honored Pearl Harbor Naval Shipyard at the State Capitol on March 18 with a House resolution and a Senate commendation, lauding the shipyard's 100 years of service to the Navy and its positive impact on Hawai'i.

The ceremony marked the first time the state legislature has presented the shipyard either a resolution or a commendation, according to shipyard and legislature records.

State Rep. Lynn Finnegan (R-Dist. 32) sponsored the resolution, which was signed by all members of the State House of Representatives. The shipyard commander, Capt. Gregory Thomas, and four other shipyard leaders were asked to join the members on the House chamber floor during the ceremony as each was introduced.

Specifically, the resolution called the shipyard a "national treasure" and cited its strategic importance and positive social and economic impact on the state of Hawai'i.

Following Finnegan's reading of the resolution and introductions, she and her colleagues hosted a reception and cake-cutting ceremony for the shipyard representatives.

Speaker of the House Rep. Calvin Say (D-Dist. 20) presided over the ceremony. Reps. Kymberly Pine (R-Dist. 43) and Gene Ward (R-Dist. 17) also spoke during the ceremony to commend shipyard workers.

Prior to the presentation of the resolution, Sen. Norman Sakamoto (D-Dist. 15) presented a Senate commendation to the shipyard leaders. The commendation also cited the shipyard's "100 years of exemplary service."

# Lake Erie conducts burials at sea

**Lt. j.g. Thomas Buck and Ensign Brittany Lynn**

*USS Lake Erie (CG70)*

USS Lake Erie (CG 70) conducted a burial at sea for eight Navy, one Air Force and two Marine veterans and for a Navy veteran's spouse in the Hawai'i operational area on the mornings of Feb. 20-21.

Dozens of Lake Erie Sailors donned their service dress blue uniforms to participate in and observe the solemn ceremonies. "Participating in the burials was a humbling experience," said Ensign Matt Thrasher, the ship's electrical officer, who acted as a pallbearer for one of the burials. "It caused me to reflect upon the important accomplishments made by those who have served before me," he said.

Each service was conducted by Lt. Dwayne Jackson, Lake Erie's command chaplain. "Burials at sea are a time-honored tradition and a fitting way to say goodbye to a fallen shipmate or a family member," he said.

Each ceremony included a procession, scripture reading by Jackson, committal



U.S. Navy photo by MC2 Michael Hight

Sailors aboard Ticonderoga-class guided missile cruiser USS Lake Erie (CG 70) stand in formation during a burial at sea ceremony held on the fantail on Feb. 20. Lake Erie was underway conducting operations off the coast of Hawai'i.

to the sea, remarks by Capt. Randy Hendrickson, commanding officer, and a 21-gun salute.

"The entire crew is fortunate to have the opportunity to honor these servicemen in this unique man-

ner," said Hendrickson. "This was a special event for Lake Erie and one that I will not soon forget."

# Hawai'i Navy News Editorial

## Seabees preserve naval history, return historic bird bath

**Commander, U.S. Pacific Fleet Public Affairs**

Seabees from the Pearl Harbor-based Construction Battalion Maintenance Unit 303 received a hearty thank you from the Commander, of U.S. Pacific Fleet on March 21, during an informal ceremony in the backyard of 37 Makalapa Drive just doors down from Commander, U.S. Pacific Fleet (COMPACFLT) headquarters.

Adm. Robert F. Willard and his wife, Donna, thanked the Seabees for refurbishing a garden and relocating a concrete birdbath built for Fleet Adm. Chester W. Nimitz. Nimitz resided at the "The Nimitz House" from December 1941 to November 1945.

"Looking back on the affiliation Fleet Adm. Nimitz had with the Seabees, it couldn't be more special that you moved his bird bath here to his home," Willard said as he spoke with the Seabees. "I can't think of a better place for this historic piece. Donna and I owe you great thanks for helping us to preserve part of naval history. We love it here."

The concrete bird bath, now located in the north yard of the Pearl Harbor Nimitz House, was originally located at Quarters 1 on Yerba Buena Island in San Francisco Bay, Calif. Nimitz enjoyed gardening and nature and he erected the bird bath in his yard at Quarters 1, also known as the Nimitz House, sometime between 1964 until his death on Feb. 20, 1966. The Department of Defense closed the Yerba Buena Island Naval Training Station in 1993.

During a visit to Yerba Buena Island on Feb. 11, 2007, Capt. Scott Gureck, Pacific Fleet public affairs officer, rediscovered the bird bath sitting exactly where he had last seen it as a high school student nearly 30 years earlier.

"I was relieved it was still

there and undamaged," Gureck said. "But, knowing the Naval Training Station has been closed, I became concerned the bird bath was likely to become a lost or forgotten historical artifact."

It was at that time that Gureck set out to save the bird bath, believing that the relic should be moved to the Pearl Harbor Nimitz House. Thus, a plan was launched that became affectionately known around the Pacific Fleet Headquarters as "Operation Bird bath."

"Fleet Adm. Nimitz loved nature. He maintained a thriving garden at his home at Yerba Buena," said Gureck. "Therefore, it's fitting, considering our Navy's commitment to the environment, that we would bring the bird bath to the Nimitz House at Pearl Harbor - both for our feathered friends and for generations to come."

The Seabees engaged in the project were proud to be involved as they looked back on the legendary Pacific Fleet commander and the part he played in their origins.

"Since Adm. Nimitz helped find our Seabees, it felt good doing something for him," said Builder 1st Class (SCW) Michael Holloman, the crew leader who managed the installment at 37 Makalapa. "My team is proud that we could be part of this project."

Holloman and his eight-person crew restored the bird bath in three weeks, after receiving it from their fellow Seabees of the 30th Naval Construction Regiment based in Port Hueneme, Calif. The 30th NCR removed the bird bath from Nimitz' home in Yerba Buena and prepared it for shipment to Hawai'i.

"The Seabees here and from California did an awesome job moving the bird bath," said Chief Construction Electrician (SCW) Chris Gwin, the COMPACFLT facilities manager. "It

was a great opportunity for the Seabees to preserve history."

According to Seabee history, Rear Adm. Ben Moreell, who served as the chief of the Navy's Bureau of Yards and Docks, believed a construction force was needed - a force that proved crucial to the success of World War II. Nimitz, in his role as chief of the Bureau of Navigation, authorized the establishment of the first Headquarters Construction Company and the enlistment of its men Oct. 31, 1941. In January 1942, nearly a month after the attack on Pearl Harbor, Moreell's wish was granted and he established the Naval Construction Force. The Seabees were officially founded March 5, 1942.

"The Seabees of the United States Navy were born in the dark days following Pearl Harbor when the task of building victory from defeat seemed almost insurmountable. The Seabees were created in answer to a crucial demand for builders who could fight," reads the introduction to Seabee history at history.navy.mil.

Nimitz forever remembered



U.S. Navy photo by MC2 Michael Night

Adm. Robert F. Willard, commander, of U.S. Pacific Fleet, speaks with Seabees from Construction Battalion Maintenance Unit 303 on March 21 about the legacy of Fleet Adm. Chester W. Nimitz. The Seabees returned a historic birdbath that was part of the garden at Nimitz House when Nimitz occupied the residence from December 1941 to November 1945.

the Seabees as he kept on his desk at Pacific Fleet headquarters a three-dimensional model of the Seabee logo, designed by Frank J. Lafrate in January 1942. During World War II, when Nimitz commanded the Pacific Fleet,

Seabees built major airstrips, bridges, roads, warehouses, hospitals, gasoline storage tanks and housing. Worldwide, more than 325,000 Seabees fought and built on six continents and more than 300 islands.

"Our Seabees were birthed out of World War II so back in 1942 and since then our fighting Seabees have been very central to many, many of not only our wartime missions, but our peacetime missions as well, and I couldn't be prouder of the Seabees and the Seabee tradition," Willard said March 12 in his weekly podcast honoring the Seabees.

At the most-recent Seabee birthday celebration held in Hawai'i, Willard recognized the contributions of Seabees throughout naval history.

"Through their conception in World War II, what the Seabees have accomplished for our nation currently in Iraq, Afghanistan and North Africa, to what you're doing in our Pacific Partnership activities where you are helping us win the hearts and minds in the Pacific theater, thank you Seabees for everything you do."

The Nimitz House, built in 1941 just before the attack on Pearl Harbor, is one of 18 flag quarters on Oahu maintained by the Navy for its admirals and Marine Corps generals.

## WAVES guide planes over Hawai'i



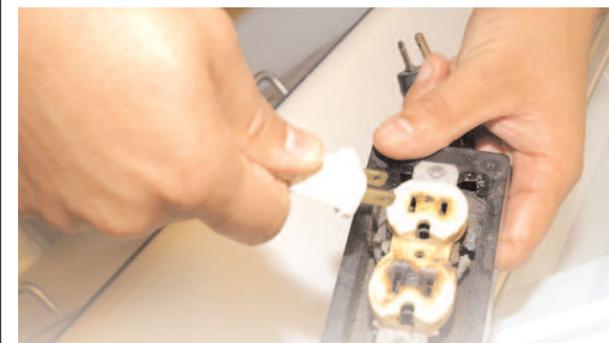
Official U.S. Navy photograph, now in the collections of the National Archives

WAVE air station control tower crew at a naval air station in the Hawaiian islands, circa mid-1945. Specialist 2nd Class Mary E. Johnson uses a microphone to speak to an incoming plane as Specialist 2nd Class Lois Stoneburg operates a signal lamp.

Commentary

## Fireside Chat

Navy Region Federal Fire Dept.



## Extension cords - the shocking truth

**Victor Flint**

*Battalion Chief, Federal Fire Department*

Most people use extension cords as a convenience without knowing how dangerous they can be.

Misuse and/or abusing extension cords causes numerous fires in government housing every year. The Federal Fire Department recommends the following precautions:

- Use the right extension cord for the right job: light duty, heavy duty, inside, outside. Check to see which one is right for you.
- Use only an approved type of extension cord. UL (Underwriters Laboratories) or FM (Factory Mutual) are the good ones.
- Avoid coiling cords to prevent heating and cracking.
- Use only three-prong plugged type of extension cords. This is a grounded type of cord and is much

safer. Never remove the third prong; you could get shocked.

- Inspect your extension cord frequently. If your cord is cracked, pitted, crushed or frayed, then get rid of it.
- Do not nail or staple extension cords to the wall or ceiling.
- Do not run extension cords under carpets, over driveways, through windows or doors. That's how the cords get smashed and shorted out.
- Do not run extension cords through a puddle of water or under water or attach to a metal fence.

But one thing is for sure. Extension cords are to be used as temporary wiring only. Use extension cords as a convenience; we all do. But when you are finished, unplug the extension cord at the power end (plug to outlet).

For more information, call the Federal Fire Department's prevention division at 471-3303, ext. 633.

## Hawai'i Navy News

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# First Navy Region Hawai'i Energy partnership project completed

Denise Emsley

Naval Facilities Engineering Command  
Hawai'i Public Affairs

Navy Region Hawai'i completed its first Energy Savings Performance Contract (ESPC) in December, with an estimated annual savings of \$237,000.

Three energy conservation measures were part of a large project that included replacing 2,828 interior and exterior light fixtures in various locations around Pearl Harbor, installing an air conditioning energy management system in Lockwood Hall, and replacing two chillers in building 39 on Ford Island.

"Navy Region Hawai'i's first ESPC project was quite immense," said Greg Gebhardt, energy and utilities services manager, Naval Facilities Engineering Command (NAVFAC) Hawai'i. "ESPC projects, like the one just completed, assist the local command in meeting energy goals and also save money by reducing utility costs, which ultimately increases the availability of scarce resources for military missions," said Gebhardt.

Over the past several years, aggressive energy mandates have been implemented, requiring federal agencies to reduce energy consumption and increase their use of renewable energy. These strict federal requirements, along with budget constraints, have required many agencies like Navy Region Hawai'i to explore alternative methods of financing energy projects.

In 1992, legislation was enacted that authorized the use of ESPCs as an alternative energy financing device. Basically, ESPCs are a contractual partnership between a federal agency and energy services company, and it is the contracting tool that can be used by federal agencies to implement energy projects for facilities without upfront capital costs. As part of the contract, the company performs a comprehensive energy audit and identifies potential energy conservation measures at the federal facility.

The first component of Navy Region Hawai'i's recently completed ESPC project was to upgrade interior and exterior lighting with more efficient and high quality lighting. It is estimated that these lighting upgrades will

save Navy Region Hawai'i more than \$111,000 and 758 megawatt hours of electricity per year.

The second component of the project included the installation of air conditioning energy management systems at Lockwood Hall. Air conditioning energy management systems are designed to conserve energy while meeting the comfort needs of guests. The systems regulate the temperature in a guest room with the use of an occupancy sensor and air conditioner control unit. When the guest room is occupied, the guest is able to regulate the temperature in the room. However, when the guest room is unoccupied, the occupancy sensor sends a signal to the air conditioner control unit that the room is empty, and the air conditioner is then turned off. This new energy management system at Lockwood Hall is estimated to save the region 648 megawatt hours of electricity and approximately \$95,000 annually.

The final component of the ESPC project was the replacement of two chillers in building 39, a training facility on Ford Island. These new, efficient chillers significantly improve reliability and provide the necessary cooling capacity to support building occupancy.

"Included in the installation of the chillers was a thermostat control system which controls air flow into the building," said Robert Seneca, training support director, Navy Training Support Department Hawai'i. "This new chiller system supplies occupants in the building with a greater level of comfort and also provides the region with a higher level of energy efficiency," he said.

The chillers are Energy Star listed, and they are expected to save Navy Region Hawai'i over \$31,000 and 252 megawatt hours of electricity per year.

While strict federal goals require Navy Region Hawai'i to reduce its energy consumption and increase its use of renewable energy, ESPCs allowed the region to meet these goals and execute projects that may not otherwise be funded.

"The ESPC process allowed Navy Region Hawai'i to improve the efficiency of multiple facilities throughout the region in a flexible manner with guaranteed energy savings," said Gebhardt.



## Federal Fire Station dedication

Col. James Stalnaker, chief of staff, U.S. Marine Corps Forces Pacific; Glenn de Laura, chief, Federal Fire Department, Navy Region Hawai'i; Navy Capt. Clifford Maurer, commanding officer, Naval Facilities Engineering Command (NAVFAC) Hawai'i; and C.B. Shaw, N3 operations, Navy Region Hawai'i untie the maile lei for the dedication of a new \$6.2 million fire station at Camp Smith, Hawai'i on March 14. The new fire station is equipped with an apparatus room with space to accommodate two standard fire trucks, a living area and operational areas. It was constructed under a military construction contract by Bodell Construction.

U.S. Navy photo by Rick Saltzman

## Bone marrow: Searching for a match

Continued from A-1

It will give you a sense of accomplishment just knowing that you could be that miracle family is looking for," she said.

There is only about a 25 percent chance that most people will find a match within their own family. They must rely on the national bone marrow registry.

According to Campbell, registering as a bone marrow donor is a simple process. "All one has to do is have a Q-tip swab in the mouth and fill out some paperwork. No more blood samples are required. It's very easy to do now. You can register even if you've been stationed overseas (including the Middle East or UK), taken anti-malaria medication, had tattoos, or received any immunizations. Almost everyone can register as long as you're

under the age of 60," she explained.

When someone is found to be a match, the DoD will cover all expenses for the donor to travel to Washington, D.C. "DOD will pay for all expenses for the procedure including a spouse or friend to accompany you. The procedure takes place at George Washington University in Washington, D.C. Although it is only a few hours, you are given five days in a hotel, all expenses paid for two," said Campbell.

She emphasized how easy the procedure is for bone marrow donors. "If you're ever called to be a donor, it's as easy as giving blood. There is a new way to be a donor; it's very similar to giving platelets. It's so easy to do now, no one should be afraid of being a donor. The whole process takes just a few hours; that's it, and you can

save a life!" said Campbell. "It still amazes me how few people register."

"It is vitally important that as many people as possible get on the list to increase the odds of finding a match," said Campbell.

Referring to the recent successful drives on Oahu, Campbell also offered her appreciation to Pearl Harbor chief petty officers, the Sailors of the USS Chung-Hoon (DDG-93), and everyone who supported the bone marrow drives. "It was incredible. These drives will lead to many bone marrow transplants," she said.

If your command would like to sponsor a drive, please contact Lt. Cmdr. Cindy Campbell at cfcampbell@whmo.mil or 202-757-1210 or Chief Hospital Corpsman Victor Flores at victor.o.flores2@usmc.mil or 808-257-1371.

# Pearl Harbor Highlights



U.S. Navy photo by MC2 Michael A. Lantron

(Above) The Pearl Harbor-based, guided missile destroyer USS Russell (DDG 59) departs March 24 to join the USS Abraham Lincoln (CVN 72) Carrier Strike Group. The strike group is deploying in support of the global war on terrorism as part of its regular deployment rotation.



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

A Sailor onboard the Pearl Harbor-based guided missile destroyer USS Russell (DDG 59) says goodbye to family members as the ship departs on March 24 to join the Abraham Lincoln Carrier Strike Group (CSG-9).

(Below) Sailors assigned to the Pearl Harbor-based, Ticonderoga-class guided missile cruiser USS Lake Erie (CG 70) perform line handlers as Peruvian transport ship BAP Mollendo (ATC-131) makes her way pierside to Naval Station Pearl Harbor. While in Hawai'i, the crew of Mollendo is scheduled to lay a wreath at the Arizona Memorial, visit various military and state representatives, and tour Lake Erie and Marine Corps Base Hawai'i.

U.S. Navy photo by MC2 Michael A. Lantron



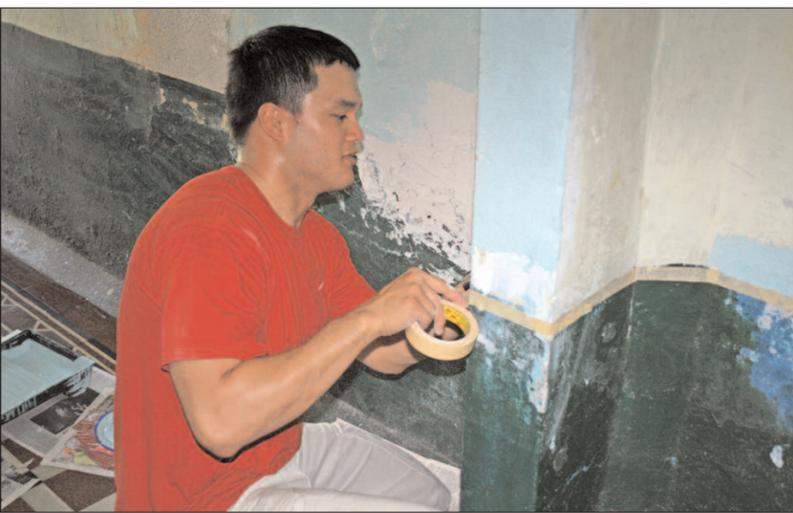
U.S. Navy photo by MC2 Michael A. Lantron

(Above) Hospitalman Crystal Tackitt, assigned to Naval Health Clinic Hawai'i, participates in the Navy-wide E-4 advancement exam at Club Pearl onboard Naval Station Pearl Harbor Pearl Harbor. A total of 86 Sailors from various commands throughout the Pearl Harbor area participated in the exam at Club Pearl.



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

Sailors stand in formation on the flight deck of the Pearl Harbor-based guided-missile cruiser USS Lake Erie (CG 70) following an awards ceremony. During the ceremony, Capt. Randall Hendrickson, commanding officer of Lake Erie (not pictured) was awarded the Defense Meritorious Service Medal. Joint Service Commendation Medals were presented to (left to right) Lt. Cmdr. Andrew D. Bates, tactical action officer; Lt. Christa N. Almonte, operations officer; Chief Warrant Officer Kevin A. King, system test officer; Fire Controlman 2nd Class (SW) Andrew S. Jackson, missile systems supervisor; and Fire Controlman 2nd Class (SW) Robert W. Polt, radar system controller. Joint Service Achievement Medals were awarded to Lt. j.g. Thomas A. Shapiro, fire control officer; Fire Controlman 1st Class (SW) James R. Lewis, computer central operator and lead computer system technician; and Fire Controlman 2nd Class (SW) John G. Whitby, primary radar technician.



U.S. Navy photo by IT2 James Jensen

Ensign Joe Manaloto of USS Crommelin (FFG 37) prepares walls for painting during a community relations project at a school in Cartagena, Colombia on Feb. 22.

## USS Crommelin conducts community relations project in Colombia

### USS Crommelin Public Affairs

While in port at Cartagena, Colombia, Sailors from USS Crommelin (FFG 37), homeported at Pearl Harbor, Hawai'i volunteered for a community relations project at a local school Feb. 22.

Twenty-one Crommelin Sailors volunteered their time for some good will and charitable work. The volunteers began their day by off-loading almost 1,200 pounds of charitable goods from Project Handclasp for donation to the school.

Crommelin's Sailors and Colombian volunteers were greeted by more than 80 students, teachers and proud parents.

The project entailed more than four hours of chipping, sanding and painting the walls of an eight-room school for disabled children, which was 146 years old and in a state of disrepair.

Navy Counselor 1st Class (SW/AW) Christopher Frederick said, "I enjoy interacting with people of different cultures and the opportunity to make a positive impression of Americans and the U.S. Navy. Our community relations projects usually provide a much needed service."

Before departing, the Sailors presented the Project Handclasp supplies to the school. These items included mostly toys as well as some medical

and hygienic supplies.

Ensign Joseph Manaloto, Crommelin's Project Handclasp coordinator, expressed his gratitude to the students and parents for giving the volunteers a warm welcome.

After some socializing, the Sailors packed things up, got back onto the bus, and were treated to lunch by their Colombian hosts. They all enjoyed an authentic local Colombian meal at an outdoor restaurant adjacent to a beach.

"To work side by side with the Colombian Navy, painting the school for disabled children, was a learning adventure due to the language barrier," said Operations Specialist 2nd Class (SW) Timothy Bonner. "Overall, it was an extremely rewarding and meaningful experience for all."

Crommelin intends to continue its participation in theater security cooperation events, such as community relations projects and Project Handclasp donations.

Crommelin is currently deployed for U.S. Naval Forces Southern Command to conduct counter illicit trafficking operations for Joint Interagency Task Force South. The Sailors of "America's battle frigate" understand that while their current mission on the high seas is first and foremost, they still have the opportunity to spread the spirit of aloha to foreign shores.

## Submarine Pacific Sea Sailor of the Year reflects on service

### MCSA Luciano Marano

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

Yeoman 1st Class (SS) William McCastle doesn't believe in allowing accomplishments to go to his head. Despite recently being presented with the honor of Pacific Submarine Force Sea Sailor of the Year (SOY) from Rear Adm. Joe Walsh, commander Submarine Force Pacific U.S. Fleet, the USS La Jolla (SSN 701) Sailor remains adamant that his number one priority is the people who work with him. "I'm still just YN1," McCastle said. "I want all my Sailors to know that whatever award I receive, it won't affect my performance."

Impacting the careers of junior Sailors is important to McCastle. "I'm in the business of building

quality Sailors," he said. "It's important to get to know your people and find out what motivates them because you can't lead everybody the same and expect good results."

McCastle's dynamic leadership style is just one of many facets of his exemplary career that set him apart during the SOY competition in San Diego. "I've always been involved with many community service projects," he added.

"I've been volunteering with the Special Olympics for several years," said McCastle. "I have a cousin with cerebral palsy so it's a cause that I feel more personally attached." McCastle has also volunteered at many command blood drives and other functions.

To prepare for the competition, McCastle ensured he stayed up-to-date on current events and Navy happenings. He also gathered advice from superiors in his chain of command.

"It was a good time," he said of the competition. "The whole competition was a very intense experience. They kept us busy every day we were in San Diego."

Despite the intense level of competition and the inevitable pressures that accompany it, McCastle is quick to admit that it was an experience he would always treasure.

"When they were handing out awards, my knees got a little weak," he said.

To junior Sailors, McCastle is always ready with a few hard-learned lessons. "Just be patient," he advised. "That's the most important thing to remember. When your chief tells you to be patient and that all good things come with time and practice, remember that's absolutely true."

"You can't expect to reap all your rewards right away," McCastle said. "Great things are worth waiting for."

## 'Skinny Dragons' rescue two stranded mariners at sea

### Patrol Squadron 4 Public Affairs

The crew of a U.S. Navy P-3C Orion patrol aircraft conducted a rescue and recovery mission to help two men who were stranded at sea in their small motorboat. The men encountered mechanical problems approximately 200 miles southwest of Costa Rica on March 16.

Combat Aircrew 6 of Patrol Squadron (VP) 4 was conducting routine flight operations when they spotted the distressed mariners and rendered assistance.

The "Skinny Dragons" of VP-4 were investigating a small radar contact, unusual that far from land, when they realized it was the small motorboat. The two mariners heard the aircraft nearby and began waving wildly for help. Using the onboard camera of the P-3C, they quickly discovered that the boat's motor was unusable and that the mariners needed rescuing.

After locating and contacting the merchant vessel Tauranga Star transiting through the area, the "Skinny Dragons" vectored the ship toward the troubled boat. The aircraft stayed at the scene until the merchant vessel, which was 25 miles away, arrived and took the two stranded men on board. Both mariners were subsequently taken to a Panamanian hospital and later released.

"It isn't often that you can say that you took part in something like this," said Lt. Ethan Biter, patrol plane commander. "The fact that we lent a hand in such a rewarding event is incredible."

VP-4, based at Marine Corps Air Station Hawai'i - Kaneohe Bay is currently deployed to forward operating location (FOL) Comalapa, El Salvador in support



U.S. Navy photo by MCCS Mahlon K. Miller

A P-3C Orion patrol aircraft assigned to the "Skinny Dragons" of Patrol Squadron Four (VP 4), takes off from Naval Air Station North Island. VP-4 was participating in exercises with the nuclear powered aircraft carrier USS Nimitz (CVN 68) Carrier Strike Group.

of U.S. Southern Command operations.

FOL Comalapa's primary mission is to provide logistical support to aerial counter-drug aircraft and their crews from U.S. military and government law enforcement organizations and to promote theater security cooperation (TSC) in the El Salvador area. TSC includes military-to-military interaction and bilateral training opportunities.