

Pearl Harbor Shipyard Centennial



Pearl Harbor Shipyard – keeping Navy ships ‘fit to fight’

Pearl Harbor Naval Shipyard

Pearl Harbor Naval Shipyard celebrated its 100th anniversary on May 13.

On May 13, 1908, Congress approved legislation that established a Navy Yard at Pearl Harbor. Since then, the yard has grown from a small coaling and repair station to a full-service naval shipyard, capable of the most complex maintenance and repairs to the Navy's surface ships and submarines, strategically important to the defense of our nation, and economically vital to the state of Hawaii.

Today, nearly 4,700 civilians and Sailors work for the state's

largest single industrial employer. Every day, for the past 100 years, these men and women and their predecessors have built a proud legacy of keeping our Navy's ships "Fit to Fight."

Shipyards earned that reputation during World War II, when they resurrected the U.S. Pacific Fleet from the bottom of Pearl Harbor. In the aftermath of the Dec. 7 attack, workers rescued 32 men trapped in the overturned hull of the battleship USS Oklahoma (BB 37), freeing them before their supply of air ran out.

They helped turn the tide of the war by repairing the battle-damaged aircraft carrier USS

Yorktown (CV 5) in less than 48 hours, allowing her to participate in the crucial Battle of Midway. Between December 1941 and August 1945, they repaired or put back into service more than 7,000 ships – a mighty armada that would ultimately win victory at sea and triumphantly sail into Tokyo Bay for the surrender ceremony ending World War II.

Since then, shipyarders have supported our fleet during the Korean and Vietnam Wars, the long 'cold war,' and now the global war against terrorism. They have also earned national awards for environmental stewardship and safety.

The shipyard, one of Hawaii's national treasures, has played a vitally important role, both economically and socially, in the state of Hawaii. Today, it infuses more than \$600 million to the state's economy. It also provides career opportunities for generations of young people through its apprentice training; engineer co-op and other student-hire programs, so that Hawaii's sons and daughters can find satisfying, well-paying jobs here in the state.

As the shipyard looks toward its second century of service to the Navy and the nation, it is planning and preparing for the future with new facilities, tools

and training required to support a 21st century fleet. For example, three of the first four of the Navy's new Virginia-class submarines, including USS Hawaii (SSN 776), will be homeported at Pearl Harbor.

Pearl Harbor Naval Shipyard was crucial to America's rise as a power in the Asia-Pacific region during the 19th and 20th centuries. It has proven equally important to Hawaii's economic and social wellbeing. As America faces the serious global and regional challenges of the 21st century, the shipyard will remain essential both to our nation and to the state of Hawaii.

Naval Health Clinic Hawai'i offers programs for asthma awareness

Story and photo by
Blair Martin

Contributing Writer

Hawai'i is known for its consistent sunny weather, breathtaking views and a bevy of botanical wonders, but for many service members and families with allergies, moving to the island can come with a price.

In fact, according to the American College of Physicians (ACP), nearly 15 million people in the United States suffer from asthma.

"We see a lot of people who suffer from asthma in Hawai'i," said Dr. Rachel Newton-Weaver, asthma coordinator for Makalapa pediatrics department, Naval Health Clinic Hawai'i. "Allergens are a big part of asthma and they are here in Hawai'i year round."

Newton-Weaver explained that allergies such as mold or pollen exist in the rain or in many of the state's exotic flowers and can trigger flare-ups for those who are allergic.

"Asthma is one of the most chronic conditions both adults and children can have," said Newton-Weaver. "It is an ongoing illness and not something you can just treat and it goes away."

ACP lists some of the most common asthma symptoms as faster breathing, increased coughing, wheezing, chest tightness and difficulty sleeping. Newton-Weaver said

there are four different types of asthma: intermittent, mild-persistent, moderate-persistent and severe-persistent.

"At our clinic, we mostly see the intermittent or mild-persistent where the patient is coughing more than two days per week," said Newton-Weaver. "When patients experience asthma, their airways become tight and you need medicine to open them up. It is important for people to know their level of severity because that determines what triggers they may have," she continued.

Asthma symptoms can be triggered by irritants in the environment such as pollen, pets, tobacco smoke, dust mites or weather conditions.

"It is very important that people who have asthma know what their triggers are so they can be prepared," said Newton-Weaver. "If patients do not know what their trigger is, their physician can review their medical history and help."

Newton-Weaver said Naval Health Clinic Hawai'i offers numerous asthma programs including one-on-one education sessions between patient and physician, spirometry tests, extensive educational materials and routine medical reviews of existing asthmatic patients' diagnosis and medication records.

"We always try to keep our providers up-to-date with the latest treatment protocol," she said. "If

patients have any questions, they can always arrange for one-on-one education by appointment."

For more information on asthma, contact health promotions at 473-1880, ext. 2282. For the central appointment line at Naval Health Clinic Hawai'i, call 473-0247.

Get an asthma action plan

The following tips are provided by the American College of Physicians:

1. Develop a treatment plan. You and your doctor should create a written plan to help you manage your asthma.
2. Avoid your asthma triggers. Talk with your doctor about things that make your asthma worse and try to stay away from them.
3. Keep track of your asthma. A daily symptom and medication journal can help you and your doctor see how your treatment plan is working. See your doctor regularly. At least once every six months, see your doctor and review your treatment plan.



Medical assistant Ronda Sanchez checks the breathing pattern of a patient at Makalapa Pediatrics, Naval Health Clinic Hawai'i. The clinic promotes education and awareness to patients who suffer from asthmatic symptoms.

Navy Nurse Corps celebrates 100th anniversary

Story and photo by Susan Schultz

Naval Health Clinic Hawai'i

This year marks 100 years of Navy nurses providing clinical excellence to Navy medicine.

On May 13, 1908, President Theodore Roosevelt signed the Naval Appropriations Bill authorizing the establishment of the Nurse Corps as a unique staff corps of the Navy.

To commemorate the centennial anniversary of the Navy Nurse Corps, Navy nurses stationed at Naval Health Clinic Hawai'i held cake cutting ceremonies at both Makalapa and Kaneohe Bay Branch Health Clinics last week. Rear Adm.



Rear Adm. Bruzek-Kohler and Lt.j.g. Marcelo Centaure, senior and junior nurses, at Makalapa Branch Health Clinic Navy Nurse Corps 100th Anniversary Cake Cutting Ceremony, May 21, 2008

Christine Bruzek-Kohler, 21st director of the Navy Nurse Corps and chief of staff, Bureau of Medicine and Surgery was the honored guest.

During her remarks, Bruzek-Kohler said, "This centennial celebration hallmarks a century of courageous service in a time honored profession, rich in tradition and unsurpassed in the commitment of caring. Navy nurses make a difference because they want to be here; each of us joined the Navy Nurse Corps looking to make a difference, to do our part and to serve this great country we love."

Navy nurses serve in many distinguished roles at Naval Health Clinic Hawai'i. Capt. Dianne Aldrich, the commanding officer, is also a Nurse

Corps officer. Capt. Ann Uetz, also a Nurse Corps officer, serves as the director for branch health clinics and the command's acting senior nurse executive.

Naval Health Clinic Hawai'i has deployed Navy nurses to operational missions in Afghanistan, Iraq and Kuwait, humanitarian missions onboard the USNS Mercy and recovery missions with the Joint POW/MIA Accounting Command.

The first applications to the Nurse Corps were sent by women from around the nation to the Bureau of Medicine and Surgery. Candidates were required to travel to Washington, D.C. at their own expense and take oral and written examinations. The first members of

the Nurse Corps included a superintendent (Esther Hasson), a chief nurse (Lenah Higbee) and 18 other women. These women, known as the "Sacred Twenty," established the foundation of service and caring that defines the Navy Nurse Corps.

For 100 years, members of the Navy Nurse Corps have served overseas and on the front lines. They worked in contagious disease wards during the Spanish influenza epidemic. They treated and cared for the sick and wounded in World War I base hospitals, World War II prisoners of war camps, and the Pacific operating theaters. They served aboard hospital ships in the Korean and Vietnam Wars. They served during many Navy humanitarian missions.

Free classified advertising for military in Hawaii Navy News

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

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

Sailors enjoy Liberty in Paradise

U.S. Navy photo by Blair Martin
Machinist's Mate 3rd Class Tyler Celey from USS Columbus (SSN 762) and Culinary Specialist Seaman Timothy Hartunian from USS La Jolla (SSN 701) exchange laughs at Liberty in Paradise (LIP) at Naval Station Pearl Harbor. LIP is one of several recreation centers at Pearl Harbor that offers activities geared to single Sailors and unaccompanied service members.



Skylark CENTRAL

WORD SEARCH
Find these 29 words and phrases that make you **Go Round**

CIRCLE	SPIN	I L T M O L A R I P S S
COIL	SPIN LIKE A TOP	D S I C Y C L E E R P W
CORKSCREW	SPIRAL	G W L R P I L V E I I I
CURL	SWIM	S I R C I C E O N N H R
CYCLE	SWING	D N U O R O G L D I E L
EDDY	SWIRL	R G C I O R I V B S I R
GO ROUND	SWIVEL	T O C L U K N E T M W I
GYRATE	TUMBLE	T Y T I E S R T S H U W
ORBIT	TURN	O L D A T C O A I P T T
PIROUETTE	TWIRL	V P T D T R L R W B I E
PIVOT	TWIST	I O W H E E L Y T U R N
REEL	WHEEL	P L E V I W S G T G V O
REVOLVE	WHIRL	
ROLL	WIND	
ROTATE		

WHO SAID IT?

"The art of war is simple enough. Find out where your enemy is. Get at him as soon as you can. Strike him as hard as you can, and keep moving on. ."

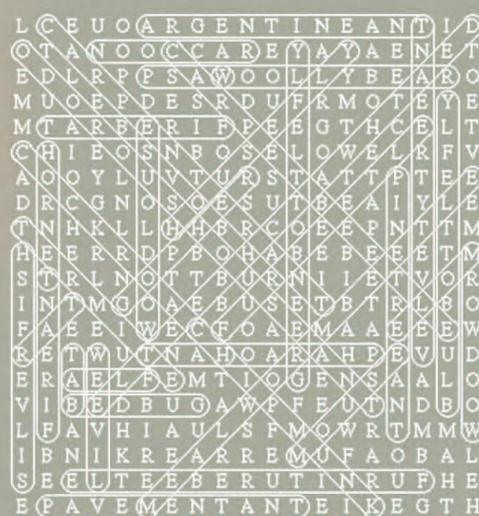
LAST WEEK'S WHO SAID IT?

"A HERO IS NO BRAVER THAN AN ORDINARY MAN, BUT HE IS BRAVER FIVE MINUTES LONGER."

- RALPH WALDO EMERSON



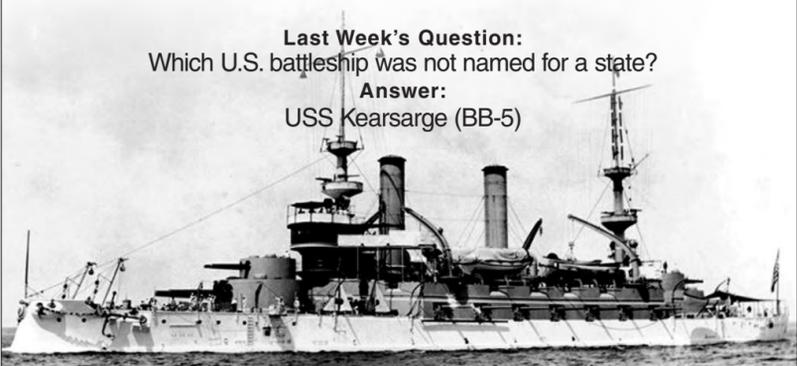
WORD SEARCH SOLUTION
Find these 35 names of creatures that are considered **House Pests**

ARGENTINE ANT	GREEN BOTTLE FLY	
BAT	HORNET	
BED BUG	HOUSE FLY	
BLUE BOTTLE FLY	MEALWORM BEETLE	
CARPENTER ANT	MOLE	
CARPET BEETLE	MOUSE	
CHIPMUNK	ODOROUS HOUSE ANT	
COCKROACH	PAVEMENT ANT	
DEATH WATCH BEETLE	PHAROAH ANT	
FIRE ANT	PINE TREE ANT	
FIREBRAT	RACCOON	
FLEA	RAT	
FUR BEETLE	SILVERFISH	
FURNITURE BEETLE	TERMITE	
GOPHER	VELVET TREE ANT	
	WASP	
	WEEVIL	
	WOODLOUSE	
	WOODWORM	
	WOOLLY BEAR	

This Week's Trivia

May 7-8, 1942 - Japan suffers its first defeat of the war off New Guinea - the first time in history that two opposing carrier forces fought only using aircraft without the opposing ships ever sighting each other. What is the name of the battle?

Last Week's Question:
Which U.S. battleship was not named for a state?
Answer:
USS Kearsarge (BB-5)



Navy Region Hawai'i Manawa Nanea

LEISURE

Morale Welfare & Recreation

ATV RIDE AND BARBECUE AT NCTAMS
 Navy Region Hawai'i Morale, Welfare and Recreation (MWR) will host an all-terrain vehicle and barbecue event starting at 9 a.m. Saturday at the Naval Computer and Telecommunications Area Master Station at the dirt field behind the auto skills center. The cost is \$25 per person. Safety equipment is provided. Meet at the Pearl Harbor Outdoor Adventure Center at 8:30 a.m. for free transportation. FMI: 473-1198.



LIVE COUNTRY MUSIC AT CLUB PEARL
 Live country music will be provided by Anthony Ryan and the Ridgecrest Wranglers from 8:30 a.m. to 3 a.m. June 6 at the Country Bar at Club Pearl. FMI: 471-1743.

For more information on Navy Region Hawai'i MWR events, visit www.greatlifehawaii.com

Community Calendar

June

6- Naval Station Pearl Harbor's First Class Petty Officer's Association will host a spouse appreciation luncheon at the Pacific Aviation Museum located on historic Ford Island. The luncheon will be held from 11 a.m. to 12:30 p.m. and include food, beverages, music, prizes and a tour of the museum. The cost is \$20 per couple. To purchase tickets for the event or for more information, contact Culinary Specialist 1st Class Stanley Miller at 387-9469 stanley.w.miller@navy.mil or Master-at-Arms 1st Class Jinine Green at 221-6282 jinine.green@navy.mil

13- The Joint Employment Management System (JEMS), Marine and Family Services, Readiness Community Support Services will hold the Marine Corps Base Hawai'i - Kaneohe job fair from 9 a.m.-noon at the Kahuna's Enlisted Club Ballroom. The job fair is open to military family members, active duty personnel, military retirees, guard and reservists and federal employees with base access. Children are not admitted. FMI: Roberto Katekaru at 257-7795 or visit www.JEMSjobs.com.

14- The U.S. Vets Hawai'i chapter will host a 5K (3.1 mile) Patriot Walk/Run in Ewa Beach at 5 p.m. along the beach of Iroquois Point. All funds raised will go to U.S. Vets Hawai'i program that houses homeless veterans. Participants are encouraged to wear red, white or blue, bring flags and walk in honor of a veteran or loved one in the military. The registration fee is \$25 per person. The military fee is \$20. After June 6, the fee will be \$30. FMI: 682-6051 or visit www.usvetsinc.org.

Sharkey Showtimes



Superhero Movie (PG 13)

After being bitten by a genetically altered dragonfly, high school loser Rick Riker develop superhuman abilities like incredible strength and armored skin. Rick decides to use his new powers for good and becomes a costumed crime fighter known as "The Dragonfly" However, standing in the way of his destiny is the villainous Lou Landers. After an experiment gone wrong, Lou develops the power to steal a person's life force and in a dastardly quest for immortality becomes the supervillain, "The Hourglass."

TODAY

7:00 PM Stop Loss (R)

SATURDAY

2:30 PM Nim's Island (PG)
 4:45 PM Superhero Movie (PG 13)
 7:00 PM 21 (PG 13)

SUNDAY

2:30 PM Nim's Island (PG)
 4:45 PM Leatherheads (PG 13)
 7:15 PM Superhero Movie (PG 13)

WEDNESDAY

7:00 PM Shine A Light (PG 13)



Leptospirosis is a preventable bacterial infection

Ed Keating

Hawai'i Multi-Service Market Management Office (MSMMO)

Hawai'i summers are typically warmer and drier than the winter months and many military personnel, family members and visitors enjoy some of the most beautiful hiking opportunities in the country.

Many local hiking trails offer scenic fresh water falls and inviting swimming ponds. But beware, many fresh water ponds in Hawai'i may contain dangerous bacteria called leptospira. These bacteria cause a disease called leptospirosis.

Each year, the Hawai'i Department of Health (DOH) monitors reported cases of leptospirosis and health officials are encouraging people to take preventive measures. Recently, a critically ill active duty member with leptospirosis had been under care at Tripler Army Medical Center. The service member had been swimming in freshwater ponds along a popular O'ahu hiking trail a week prior to the onset of flu-like symptoms.

To reduce the risk of contracting leptospirosis:

- Do not swim, wade or play in fresh water or mud when you have cuts or abrasions.
- When swimming in fresh water, do not place your head underwater.
- Do not drink stream water without boiling or chemically treating it first.
- Keep water catchment collection areas free from overhanging branches and prevent access to these by animals.
- Drain potentially contaminated areas of standing water.
- Control rats, mice and mongooses around the home and at work sites.
- Vaccinate pets and farm animals.

Known exposure sites and all state and county parks with fresh water streams or ponds are regularly posted with leptospirosis warning signs. Residents and visitors should use additional caution when coming in contact with fresh water streams or ponds.

Historically, two-thirds of Hawai'i's leptospirosis cases occur during the warmer

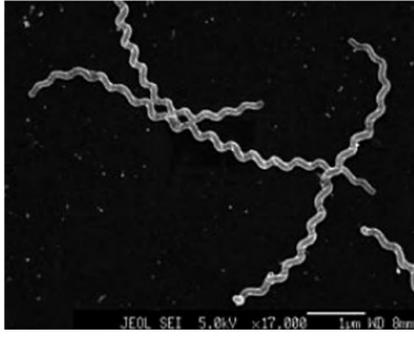


Image courtesy of Cornell University

An electron micrograph of the pathogen, *Leptospira interrogans*, which is the cause of leptospirosis. The strain shown in the photo was obtained from a patient with severe leptospirosis in Salvador.

months when there is increased outdoor activity and more people swim in fresh water streams or ponds. Leptospirosis is a bacterial disease that is primarily carried by rats and mice, although dogs, pigs, cattle and horses can also become infected.

The disease is generally transmitted to humans by exposure to fresh water streams or ponds that are contaminated with urine from infected animals. Infection can take place when contaminated water enters the body through the mouth, nose, eyes or open wounds. Individuals who develop flu-like symptoms (high fever, severe headaches, muscle aches, nausea and vomiting) and have been exposed to fresh water streams, ponds or mud during the preceding three weeks, should immediately see a physician and inform them of any environmental exposures and skin wounds. Left untreated, those infected may develop kidney, liver, blood and nervous system damage and in rare cases, death may occur.

For additional information on leptospirosis, visit the Hawai'i Department of Health Web site at <http://hawaii.gov/health/> or call the O'ahu Disease Infection Branch at 586-4586.

To report...

Fraud, Waste or Abuse

Contact Commander, Navy Region Hawai'i Inspector General

- ✓ We are here to help
- ✓ You can remain anonymous
- ✓ Remember to use your chain of command first

HOTLINE:
808-473-1782

EMAIL:
prlh-cnrhig@navy.mil

Silver Dolphin Bistro

Lunch Menu for June 2-8

- **Monday** • Cream of chicken soup, braised beef cubes, roast turkey, mashed potatoes, steamed rice, chicken gravy, club spinach, steamed carrots, hot dinner rolls, yellow cake, chocolate cream pudding, apple pie.
- **Tuesday** • Beef noodle soup, oven fried fish, pork chop suey, chow mein noodles, rice pilaf, steamed asparagus, fried cabbage, hot pandesal, pumpkin pie, maple nut cake.
- **Wednesday** • Doubly good chicken soup, grilled steak smothered with onions, shrimp scampi, quick baked potatoes, tossed green rice, steamed peas and celery, sautéed mushrooms and onions, toasted garlic bread, peanut butter cake, mocha Blanca, chocolate cream pudding.
- **Thursday** • Tomato soup, simmered corned beef, turkey cutlets, steamed rice, Franconia potatoes, turkey gravy, steamed wax beans, broccoli parmesan, hot dinner rolls, butterscotch brownies, chocolate cream pie, jelly roll.
- **Friday** • New England clam chowder, roast pork loin, fish amandine, brown gravy, mashed potatoes, steamed rice, steamed asparagus, hot French bread, peach pie, brown sugar cake.
- **Saturday** • Cream of mushroom soup, charbroiled hamburgers/cheeseburgers/frankfurters, sloppy Joe sandwich, baked beans, vegetable combo, devil's food cake, apple crunch, blueberry pie.
- **Sunday** • Vegetable soup, charbroiled hamburgers/cheeseburgers/frankfurters, baked tuna and noodles, vegetable combo, hot dinner rolls, gingerbread cookies, easy chocolate cake.

Dinner Menu for June 2-8

- **Monday** • Spanish soup, beef porcupines, baked fish parmesan, oven browned potatoes, steamed rice, steamed broccoli, steamed cauliflower, hot French bread, vanilla cream pudding, cream puffs, blueberry pie, filled cake.
- **Tuesday** • Zesty bean soup, oven fried chicken, roast beef au jus, mix gravy, mashed potatoes, hopping john white rice, steamed green beans, steamed mixed vegetables, hot dinner rolls, oatmeal cookies, marble cake, apple pie.
- **Wednesday** • Chicken arroz caldo soup, grilled breaded pork chops, oriental pepper steak, brown gravy, steamed rice, parsley potatoes, corn on the cob, seasoned collard greens, hot pandesal, assorted ice creams, cheese cake, Boston cream pie, lemon meringue pie.
- **Thursday** • Chicken corn chowder, stuffed flounder, chicken cordon bleu, chicken gravy, mashed potatoes, orange rice, steamed mixed vegetables, seasoned turnips and bacon, pineapple upside down cake, pecan pie, cherry cobbler.
- **Friday** • Shrimp gumbo, Caribbean chicken breast, sweet and sour pork, steamed rice, rissole potatoes, steamed spinach, cauliflower polonaise, hot cornbread, peach shortcake, rainbow pie.
- **Saturday** • Minestrone soup, Italian sausage, beef ravioli, spaghetti noodles with marinara sauce, oven glo potatoes, steamed green beans, steamed zucchini, toasted garlic bread, sugar cookies, spice cake.
- **Sunday** • Bean and bacon soup, barbecue pork spareribs, white bean chicken chili, steamed rice, O'Brien potatoes, steamed French cut beans, calico cabbage, hot cornbread, tapioca pudding, strawberry shortcake, maple nut cake.

A salad bar, dessert bar and beverage bar are also available for each lunch and dinner meal.
Note: The galley may make changes to this menu when necessary to provide substitutions.



How to submit stories and photos to Hawai'i Navy News

The staff of Hawai'i Navy News welcomes submissions of stories and photos from the Navy community and commands. Help us to tell the story about our Navy and its Sailors and their families.

Here are some guidelines to help you:

Hawai'i Navy News is published every Friday. The deadline for submissions is no later than close of business on Friday, a week prior to publication. Articles/photos should be submitted earlier than deadline when possible. It is also helpful if you let us know that you plan to submit a story and/or photo in advance of submission.

Timeliness is important. Submissions should be sent as soon as possible after the event, but no later than two weeks after the event in order to be considered for publication.

Submissions should be sent to hnn@honoluluadvertiser.com and also "cc" either the managing editor, Chief David Rush, at david.rush@navy.mil or the editor, Karen Spangler, at karen.spangler@navy.mil.

Submissions must contain the following elements:

- Byline of author of article and his/her title and

command.

- Photo credit (who took the photo).

• Outline information which explains what is happening in the photo.

- Who, what, when, where and why.

• Both first and last names, rates, ranks and warfare designations must be supplied for all of those who are mentioned in the story, quoted, and/or in cutline information. Positions and commands should also be provided for those who are quoted in the story.

Photos should be action photos, not shots of groups "posing" for the camera. If you need some additional guidance, please call us.

Photos should be at least 300 dpi if five by seven inches or slightly larger. This is necessary in order to ensure that the photo resolution is of high enough quality for newspaper printing. However, don't send huge photo files – resize large files before sending.

Ensure that stories/photos have been approved per the guidelines of your command prior to submission.

If any of the above information is missing, it must be supplied no later than 10 a.m. Tuesday (the week of

publication) or the story/photo will not be published.

Adherence to guidelines in meeting deadlines is critical in order for HNN to meet its publication deadlines. Regardless of the situation, our publication deadlines don't change.

Community calendar items should contain the who, what, where, when and why, be as concise as possible, and include a phone number that can be published with the item. Sending a flyer, power point, etc. with the information is not acceptable. The basic information should be compiled and provided in a Word document. Please refer to page B5 of Hawai'i Navy News for format for community calendar items. The same deadlines apply.

Make sure that you provide your contact information – phone number as well as email - with your submission. We need to be able to reach you quickly if we have questions.

We look forward to receiving and publishing your stories and photos. If you have additional questions or need more information, please call Hawai'i Navy News at 473-2890 or 473-3788.