

Keating passes PACOM torch to Willard

Donna Miles

American Forces Press Service

Defense Secretary Robert M. Gates and Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, presided over a change-of-command ceremony here Oct. 19 as Navy Adm. Timothy J. Keating passed the U.S. Pacific Command helm to Navy Adm. Robert F. Willard.

Willard assumed command of the 250,000-member command that includes all military forces in the Asia-Pacific region during a ceremony at PACOM headquarters, high on a hillside overlooking Pearl Harbor.

It was a stirring ceremony with ship's bells and a boatswain's pipe announcing the arrival of the official party, followed by a 19-gun salute. Jim Nabors sang the National Anthem and Ciana Pelekai sang the Hawai'i state song.

Gates lauded Keating's 42-year naval career in the cockpit, on land and at sea. A U.S. Naval Academy graduate, Keating is an F-18 Hornet pilot with 5,000 flight hours and 1,200 landings on the deck of an aircraft carrier.

But he also distinguished himself on land as commander at U.S.



U.S. Navy photo by MC2 Elisia V Gonzales

Adm. Robert F. Willard, incoming commander of U.S. Pacific Command, renders a salute as he passes through side boys during a change of command ceremony held Oct. 19 at Camp H.M. Smith, Hawai'i. Willard, former commander, U.S. Pacific Fleet, assumed command of U.S. Pacific Command from Adm. Timothy J. Keating during the ceremony.

Northern Command, Gates said. Recognizing his accomplishments there, as well as his "unique skills and strategic vision," the secretary said he recommended Keating for his most important assignment at the oldest and largest U.S. combatant command.

PACOM's area of responsibility stretches

across 36 nations that include more than half the world's population and that represent more than \$1 trillion in annual trade with the United States.

"Leading a military organization in this part of the world requires a deft touch, a diplomat's sensibilities, a scholar's sense of the past and a commercial tycoon's busi-

ness savvy," Gates said. "Admiral Keating has provided all of that and more."

Gates ticked off some of PACOM's challenges: complex national and international agreements, relations and rivalries; vast distances within its boundaries; the ever-present danger of manmade and natural disasters; and

the threat of international terrorism, among them.

"The relative stability of the region belies the historic, economic and cultural rip currents that exist just below the visible surface," he said.

Keating has visited 29 of the 36 countries within PACOM since taking command two and a half years ago, fostering long-stand-

ing alliances along with new partnerships with other nations, Gates noted.

That outreach took him to Japan a dozen times, the Philippines about six times, Indonesia three times and China and India twice. Keating said he had hoped to visit China more frequently, a goal foiled after China cut off military-to-military relationships after the United States announced arms sales to Taiwan.

Mullen also praised Keating, who he said "understood the power of relationships and how to turn relationships into partnerships and partnerships into friendships."

Keating oversaw the revision of the PACOM strategy, built on three major tenets: partnership, readiness and presence. These, Mullen said, ensured PACOM remained "a cohesive and lasting power for peace and readiness."

Mullen wished Keating and his wife, Wanda Lee, "fair winds and following seas" as he welcomed Willard and his wife Donna to "the best job a Navy officer could have."

In his remarks, Keating evoked the vision of the founding fathers and said it's embodied in the service members of PACOM who have served and sac-

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Navy families to receive help for 'furlough Fridays'

Karen S. Spangler

Managing Editor

The Navy has come up with a plan to help families who will be impacted by 'furlough Fridays.' Today is the first announced furlough Friday.

When the Hawai'i Department of Education announced its plan to 'furlough' students on 17 days throughout the school calendar, it raised major concerns among many Navy families in trying to find child care options for their children.

Thanks to grants that have been provided through the Commander Navy Installations Command Child and Youth Program, subsidies for child care for 'furlough Fridays' will be offered to families who are currently enrolled in the after school program. This will mean that there will be no additional costs to the families for care of their children on furlough days.

Additionally, a grant will cover the cost of furlough days for families who are not currently enrolled in the after school program. However, this will be provided for furlough days only. This option is only available to active duty Navy families who are either single parent households or active duty Navy families where the spouse is also employed. The program is not available to families whose spouses do not work outside the home.

"We hope that the second option will encourage those who currently leave their fourth to sixth graders at home unattended for 'a little while' during the normal school week to sign up their children," said Theresa Phillips, fleet and family readiness program director for Navy Region Hawai'i.

More information about the Navy's plan to assist families with child care for 'furlough Fridays' will be detailed in future articles in Hawai'i Navy News.

Trainer teaches Sailors to be afloat



U.S. Navy photo by MC2 Mark Logico

Damage Controlman 2nd Class Ken Wiseman climbs up a flooded hatch during damage control training at the Center of Naval Engineering Learning Site Pearl Harbor. The \$2.5 million surface damage control trainer simulates the conditions aboard USS Samuel B. Roberts when the ship struck a mine in the Persian Gulf in April 1988.



Joint Base Open House

A Joint Base Open House will be held from 11 a.m. to 5 p.m. Oct. 27 at the Hickam Officers' Club. The open house will provide information about Joint Base Pearl Harbor-Hickam (JBPHH) to all from both services who are affected, including military and civilian (non-appropriated fund and appropriated fund employees), residents, contractors, and tenant commands and activities.

For more information, visit www.cnic.navy.mil/PearlHarbor and click on Pearl Harbor-Hickam Joint Basing info.



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Defense helps Lake Erie down Charlotte See page B-1

Guy Fieri fires up grill at Pearl Harbor

Story and photos by MC2 (SW) Mark Logico

Navy Region Hawai'i Public Affairs

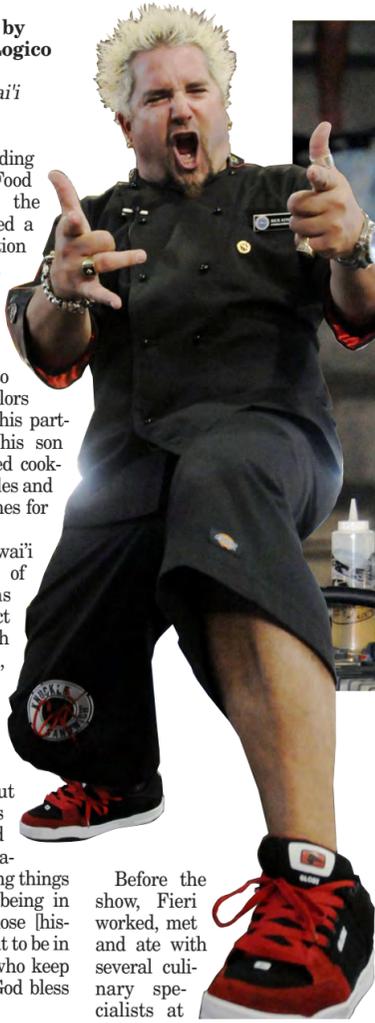
Guy Fieri, a leading chef on the Food Network, fired up the grill as he performed a cooking demonstration for Naval Station Pearl Harbor Sailors at Bloch Arena on Oct. 17.

Fieri brought some serious fun to more than 500 Sailors and families as he, his partner "Kleetus" and his son Hunter demonstrated cooking Hong Kong noodles and Jambalaya sandwiches for the crowd.

Fieri came to Hawai'i to tape an episode of "Diners, Drive-ins and Dives" from Oct. 14 to 22. Fieri, with his wife and son, were invited to tour Pearl Harbor and the Arizona Memorial aboard the captain's gig.

"You think about the history that was made here," said Fieri. "For me, probably the most humbling things in the world were being in front of not only those [historic] experiences, but to be in front of the people who keep this country safe. God bless you guys."

Before the show, Fieri worked, met and ate with several culinary specialists at



Guy Fieri, a leading chef on the Food Network and his son, Hunter Fieri, fire up the grill as they perform a cooking demonstration on Oct. 17 for more than 500 Sailors and their families at Bloch Arena on Naval Station Pearl Harbor.

the Silver Dolphin Bistro.

Fieri said he was stoked to have another chance to work with the Sailors.

Fieri also toured the Los Angeles-class attack submarine USS Greeneville (SSN 772). He later expressed admiration to the men and women in uniform during the show. "It's the day-to-day

grind of being away from your family and all this hard work, time, love and energy put into it," said Fieri. "I'm humbled and amazed at what you all do."

During the demonstration show, Fieri told several stories and answered many questions from the crowd, ranging from what knives he carries to which was his

favorite country.

"The show was very entertaining and fun," said a Navy spouse. "I learned a couple of cooking tricks from the show."

Fieri ended his demonstration by serving Hong Kong noodles and Jambalaya sandwiches to 16 lucky Sailors and family members. At the end of the

show, Fieri delivered a parting shot to the men and women in the crowd.

"We will not continue to be the greatest country in the world unless we foster and develop our kids into being great leaders, and a great way to educate kids, a great way to empower them to really live their life, is through cooking," said Fieri.

PACOM

Continued from A-1

rified to keep it a reality. But he also cited a less vaunted visionary, singer Jimmy Buffet, who sang of a world where "kids play on the shore all day and all are safe within."

This, Keating said, captures the same sentiment as lofty statements of strategy. And, he said, it is the vision that drives the men and women of PACOM.

"It's been a grand adventure," Keating told Hawai'i-based reporters as he summed up his time at PACOM. "I wouldn't trade it for anything."

Willard, who spent two and a half years as commander of U.S. Pacific Fleet, is a U.S. Naval Academy graduate with extensive experience in the Pacific region and knowledge of its history.

Willard said he is deeply honored to follow in Keating's footsteps, noting, "Yours will be large shoes to fill."

He vowed to emulate Keating, both in his dedication to his staff that engendered tremendous loyalty, and by clear-eyed focus on Asia and the Pacific.

As the region has changed, the growing importance of Asia has remained a constant, Willard said.

He said he will work tirelessly to ensure PACOM lives up to that challenge and that its role in U.S. national defense is understood.

"Our nation's interests are here," he said.

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Hawai'i Navy News Editorial

Ride to stay alive

Karen S. Spangler
Managing Editor

It started out as a leisurely weekend afternoon motorcycle ride along scenic roadways. But it ended in tragedy when a Navy Sailor lost control of his motorcycle and crashed into a car.

He had gone through a recent motorcycle safety training course and was wearing his personal protective equipment (PPE). But he was still an inexperienced rider and was unable to negotiate a turn in the road and lost control of his bike.

Although the numbers of motorcycle fatalities and accidents in the Navy have declined, the Navy's emphasis continues to be on more training, an integral part of operating motorcycles safely.

"Just because you have had training, it doesn't mean you're out of the woods," stressed Jack Hughes, the lead for motorcycle training and rider-coaches for Navy Region Hawai'i.

"Don't let the training stop. Your training should continue even as your skill develops. Let your experience be training for others," he said.

He noted that riders should always wear their personal protective equipment and should be constantly learning through motorcycle training events.

One venue that provides a safe environment for motorcyclists to practice their riding skills is the Pearl Harbor Riding Association which will soon be

in operation again after a hiatus. "They have someplace to go where they can ride in a safe environment. They can go into a parking lot and practice quick stops, etc. and help them feel more in tune with their bikes," Hughes explained. The group also plans road rides, offering motorcyclists additional opportunities to hone their riding skills.

In its efforts to increase learning opportunities for cyclists, the association plans to provide a program which will include more focus on training, activities and places to go that are safe, and more advanced training or 'train as you ride.'

But it is also important for a motorcycle rider to understand his limits in riding his bike and to stay within those limits. "The road is the wrong place to find your limits," said Hughes. "There are track days and training areas at various [military] installations [on Oahu] to work on finding your limits," he noted.

"A rider has to learn where his limits are as far as his own ability," emphasized Hughes, adding that a motorcyclist should be cautious and not ride outside his own limits or skill level.

Track days give riders a place to ride on the course at highway speeds. Train as You Ride Track Days, offered to both inexperienced and experienced riders, will be held in November and December. The November date for the track day at Wheeler

Army Airfield has yet to be determined. A track day will be held Dec. 11 at Marine Corps Base Hawai'i, Kaneohe.

Another key in successful and safe operation of a motorcycle is the mentorship of more experienced riders in helping the less experienced riders.

"It's a lot easier for experienced riders to slow down than for inexperienced riders to come up to their level," explained Hughes. "It's about helping people who aren't riding at your level. Ride at his level. Don't bring him to yours," he said.

Adm. Robert Willard, former commander of U.S. Pacific Fleet (PACFLT) and current commander of U.S. Pacific Command, wrote in his PACFLT blog in October 2008: "We need every Sailor that operates a motorcycle and every Sailor that knows a Sailor that operates a motorcycle, to support one another to ensure that we're adhering to all of the training, education and safety and risk management associated with operating those bikes safely."

"I'm not going to tell you not to ride, but I will tell you that there's no place in the Navy for motor bikes, motorcycles, sports bikes to be mishandled. You must know how to ride them. You must adhere to the safety limits. You must drive defensively and protect yourself and protect your family from the consequences of motorcycle accidents."

The role of other drivers also plays a significant role in motor-

cycle safety.

"We're always asking drivers to watch out for motorcyclists. Motorcyclists also need to watch out for themselves," said Hughes.

Motorcycles are far outnumbered by cars and other vehicles on the highways and are much more vulnerable than motorists.

Because of its small size, a motorcycle can easily be hidden in a car's blind spots or masked by objects, such as signs and trees, outside the car. Drivers should be especially observant and look out for motorcycles, especially when changing lanes or turning.

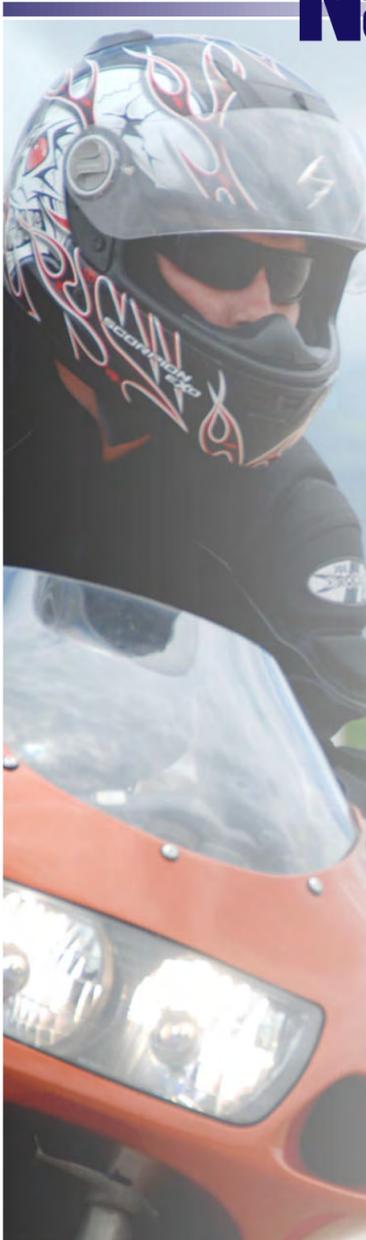
Vehicle operators are also cautioned to allow more following distance behind a motorcycle, especially on slippery pavement, since cyclists may have more difficulty in stopping.

The Motorcycle Safety Foundation reminds drivers, "When a motorcycle is in motion, don't think of it as motorcycle; think of it as a person."

Three types of motorcycle riding courses are offered at military installations on Oahu: (1) the Basic Riders Course (BRC) which is a two-day course which is held on Tuesdays and Wednesdays on Ford Island, (2) the Experienced Rider Course (ERC) which is a one-day course, (3) the Military Sport Bike Rider Course (MSRC).

To register for courses, visit www.navymotorcyclist.com.

For more information, call Hughes at 561-3639.



This week in NAVAL HISTORY

October 19

- 1843 - Capt. Robert Stockton in Princeton, the first screw-propelled naval steamer, challenges British merchant ship Great Western to a race off New York, which Princeton won easily.
- 1915 - Establishment of submarine base at New London, Conn.
- 1944 - Secretary of Navy orders African-American women accepted into Naval Reserve.
- 1987 - Destruction of an Iranian oil-drilling platform used for military purposes.

October 20

- 1824 - U.S. Schooner Porpoise captures four pirate ships off Cuba.
- 1944 - U.S. 7th Fleet lands more than 60,000 Army troops on Leyte, Philippines while Japanese aircraft attack.
- 1967 - Operation Coronado VII begins in Mekong Delta, Vietnam.
- 1983 - Due to political strife, USS Independence (CV-59) is ordered to Grenada.

October 21

- 1797 - Launching of USS Constitution at the Charlestown Navy Yard, Boston, Mass. The ship is now the oldest commissioned ship in the U.S. Navy.
- 1942 - British submarine lands Capt. Jerauld Wright, USN and four Army officers at Cherchel, French North Africa, to meet with a French military delegation to learn the French attitude toward future allied landings.
- 1944 - Leyte landings continue.

October 22

- 1846 - Lavinia Fanning Watson of Philadelphia christens the sloop-of-war Germantown, the first U.S. Navy ship sponsored by a woman.
- 1951 - First of seven detonations, Operation Buster-Jangle nuclear test.
- 1962 - President John F. Kennedy orders surface blockade (quarantine) of Cuba to prevent Soviet offensive weapons from reaching Cuba during the Cuban Missile Crisis.

October 23

- 1944 - Battle of Leyte Gulf, a series of separate battles, begins with attacks on Japanese ships.
- 1983 - A suicide truck bomber attacks the Marine barracks at Beirut airport, Lebanon killing 241 (220 Marines, 18 Sailors and three Soldiers).
- 1983 - Operation Urgent Fury (Grenada, West Indies) begins.

Invasion of Leyte, October 1944



Photograph from the Army Signal Corps Collection in the U.S. National Archives
General Douglas MacArthur (center), accompanied by Lt. Gen. George C. Kenney and Lt. Gen. Richard K. Sutherland and Maj. Gen. Verne D. Mudge (commanding general, First Cavalry Division), inspect the beachhead on Leyte Island on Oct. 20, 1944. Note the crowd of onlookers. The swamped LCVP (landing craft, vehicle, personnel) in the right background is from USS Ormsby (APA-49).

Hawai'i Navy News

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Military families invited to Makahiki on Ford Island

Grace Hew Len

Navy Region Hawai'i
Public Affairs Officer

Ford Island will host an ancient Hawaiian festival to celebrate the opening of Makahiki 2009. Moku Umeume (Ford Island) Makahiki (festival) will take place from 9 to 11 a.m. on Saturday on Ford Island near the historic control tower.

Families are welcome to experience a unique cultural event filled with native Hawaiian song and dance, oli (chants), exhibition games and other cultural demonstrations. Bring your lawn chairs and mats and watch the celebration.

The makahiki honors the Hawaiian deity, Lono, a guardian of agriculture, rain, health and peace. During the makahiki season from October to January, makahiki events are held throughout the islands to give thanksgiving to the bounties of land and sea. The Moku Umeume festival is on its eighth year, with this year being the largest celebration to date.

"The annual makahiki at Moku Umeume is an important celebration of the past that will help redefine our relationship as contemporary people of



U.S. Navy photo by MC2 Michael Lantron

Canoe paddlers arrive on Moku Umeume (Ford Island) to participate in the Moku Umeume Makahiki, an ancient Hawaiian festival filled with native Hawaiian song, dance, chants and game demonstrations. The makahiki honors the Hawaiian deity, Lono, a guardian of agriculture, rain, health and peace, and parallels the western tradition of Thanksgiving.

Hawai'i for the future," said Shad Kane, a representative of the Oahu Council Committee on the Preservation of Historic Sites and Cultural Properties. The festival is organized by the Oahu Council of Hawai'i Civic Clubs, with permission by the U.S. Navy for access to Ford Island.

Kane added, "The Moku Umeume Makahiki will not only help to improve relationships between the military and Hawaiian and non-Hawaiian community, but also establish an awareness of the rich pre-

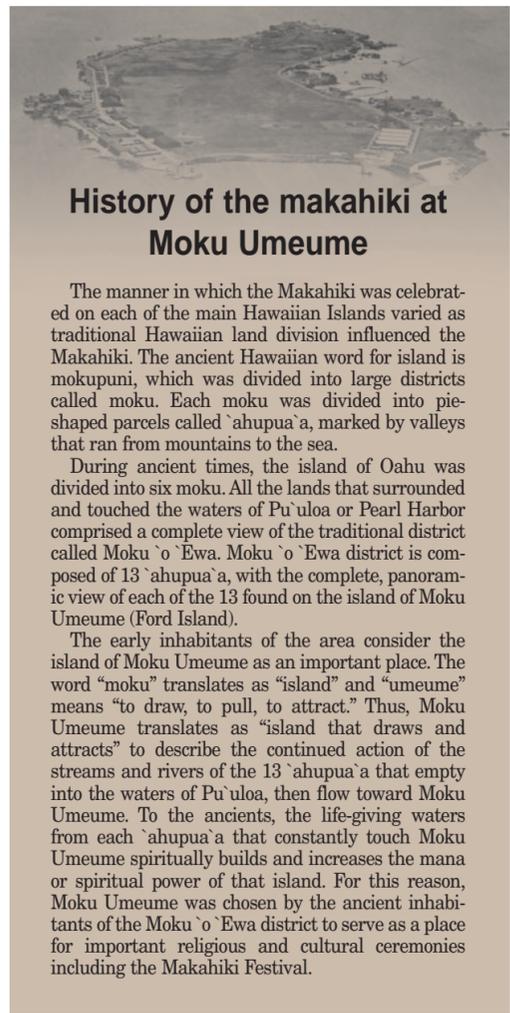
western Hawaiian traditions and history of the lands surrounding Moku Umeume."

Such rich traditions will be witnessed when several canoes, including a double-hulled canoe, will make a safe passage from Keahi Point (Iroquois Point) to the seaplane ramps on Ford Island. Once safely on shore, the paddlers will be joined by members and guests of the Oahu Council of Hawaiian Civic Clubs and royal societies, and make a short procession to the Makahiki site at the iconic tower near the

Pacific Aviation Museum.

The makahiki begins at 9 a.m. with chants and a welcome. Presentations of "ho'okupu," or offerings, will be made to Lono. Visitors will see demonstrations of makahiki games, and enjoy a mea'ai, or Hawaiian entertainment.

"The makahiki parallels the western tradition of Thanksgiving," said Kane, who hopes many military families will attend the festival to witness a unique cultural "feast" experienced only in Hawai'i.



History of the makahiki at Moku Umeume

The manner in which the Makahiki was celebrated on each of the main Hawaiian Islands varied as traditional Hawaiian land division influenced the Makahiki. The ancient Hawaiian word for island is mokupuni, which was divided into large districts called moku. Each moku was divided into pie-shaped parcels called 'ahupua'a, marked by valleys that ran from mountains to the sea.

During ancient times, the island of Oahu was divided into six moku. All the lands that surrounded and touched the waters of Pu'uoloa or Pearl Harbor comprised a complete view of the traditional district called Moku 'o 'Ewa. Moku 'o 'Ewa district is composed of 13 'ahupua'a, with the complete, panoramic view of each of the 13 found on the island of Moku Umeume (Ford Island).

The early inhabitants of the area consider the island of Moku Umeume as an important place. The word "moku" translates as "island" and "umeume" means "to draw, to pull, to attract." Thus, Moku Umeume translates as "island that draws and attracts" to describe the continued action of the streams and rivers of the 13 'ahupua'a that empty into the waters of Pu'uoloa, then flow toward Moku Umeume. To the ancients, the life-giving waters from each 'ahupua'a that constantly touch Moku Umeume spiritually builds and increases the mana or spiritual power of that island. For this reason, Moku Umeume was chosen by the ancient inhabitants of the Moku 'o 'Ewa district to serve as a place for important religious and cultural ceremonies including the Makahiki Festival.

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Joint Base Pearl Harbor-Hickam *Diverse Views*

Bill McCormick
Director, Navy College Office
Pearl Harbor

Q: What do you know about the joint base merger?
A: I know that Capt. Kitchens will be the joint base commander and there will be an Air Force adjutant as well. There will also be civilian leadership on both sides of the two services.

Q: What do you think about the joint base merger?
A: I have noticed that there has been a lot energy by both the Navy and Air Force to get the word out and get the joint base up and running. There is fine leadership on both sides that have devoted a lot of time to make sure the transition runs smoothly.

Q: How will your job be affected by this?
A: Navy College will be minimally affected by the merge. We will still continue to provide support to the commands and Sailors throughout the base.

Pearl Harbor Highlights



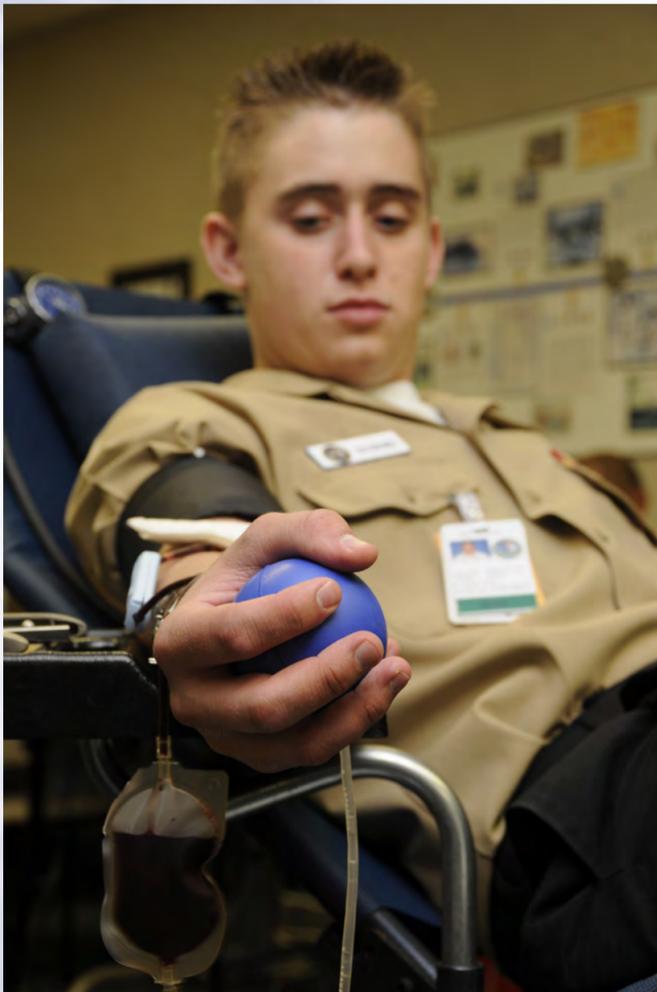
Hull Maintenance Technician 1st Class (SW) David Devoe reaches high to patch a pipe under the ceiling during damage control training. The \$2.5 million surface damage control trainer at the Center of Naval Engineering Learning Site, Pearl Harbor purposely emulates the plight of USS Samuel B. Roberts when the ship struck a mine in the Persian Gulf in April 1988.

U.S. Navy photo by MC2 (SW) Mark Logico



U.S. Navy photo by MC2 Robert Stirrup

A child looks at a Sailor assigned to Mobile Diving Salvage Unit (MDSU) 1 in the dive tank exhibit during the 2009 World Maritime Day Parallel Event on Oct. 16 at Aloha Tower in Honolulu. The day is used to focus attention on the importance of shipping safety, maritime security, the marine environment, and to emphasize a particular aspect of the International Maritime Organization's work.



U.S. Navy photo by MC2 (SW) Mark Logico



U.S. Navy photo by MC3 (AW) Eric J. Cutright

Master-at-Arms 1st Class Michael Britten gathers trash along the bike path at Blaisdell Park during a cleanup project on Oct. 17. The Junior Sailors' Association, along with the First Class Petty Officers' Association, worked in conjunction with Honolulu's environmental services department to clean up some of the trash and debris around Blaisdell Park.



Photo by Lance Cpl. Ronald W. Stauffer

Damon Kondo fires his Noveske N4 in the sitting position on the multi-purpose and unknown distance range at the Kaneohe Bay Range during a recreation fire on Oct. 9. Kondo is a civilian working at Kaneohe. The recreation fire is open to all service members and individuals who work or can be sponsored onto base. Recreation fire is scheduled to take place the second Friday of every month.

Hospital Corpsman Tyrel Starnes assigned to Makalapa Clinic, Naval Health Clinic Hawai'i, squeezes a stress ball as he donates a pint of blood for the Armed Services Blood Program (ASBP) at the Makalapa Clinic on Naval Station Pearl Harbor. The ASBP is a joint operation between all services, which plays a key role in providing quality blood products for service members and their families.

U.S. Navy photo by MC2 (SW) Mark Logico

Changes? Military families have support

Brian P. Smith

TriWest Healthcare Alliance

You can effortlessly change your child's diaper in the middle of the night. In the dark.

With one hand. In the car.

While you're driving (although not recommended).

Some changes are not that easy. Military families regularly face deployments, moves and other transitions.

"Families will see a range of reactions to the changes taking place at home," said Dr. Blake Chaffee Ph.D., TriWest Healthcare Alliance vice president of integrated health care services. TriWest manages the TRICARE benefit in the 21-state west region.

"It's important that parents know there are local and online resources available that complement TRICARE's comprehensive behavioral health benefit for both parents and children," he said. These include self-help and educational resources as well as local support available in-person or over the telephone.

TRICARE allows eight

self-referred behavioral health office visits for active duty family members each fiscal year (Oct. 1 to Sept. 30). Continuing TRICARE coverage, with the required referrals and authorizations, includes up to two behavioral health sessions per week in any combination of individual, family or group sessions.

Five online resources

1. The behavioral health portal at www.triwest.com includes articles and links to resources to help parents better understand and work through a child's potential behavioral issues, including depression. At www.triwest.com, select "beneficiary" and then "behavioral health" from the "In the Spotlight" menu.

2. Produced by TriWest, the Help From Home video series is available to beneficiaries in the TRICARE west region at no cost. Order the two-DVD set or view the videos online through TriWest's behavioral health portal. The series offers advice from behavioral health experts and military families who have experienced the challenges of deployment and reintegration.

3. Military kids face unique stress at school, including mid-school-year moves. The Military Child Education Coalition (MCEC, www.militarychild.org) has tools and resources available to help the family make a successful transfer.

4. TriWest partnered with the National Military Family Association (NMFA) to produce "10 Things Military Teens Want You to Know," a collection of stories, quotes, tips and resources for those who want to better understand their world. Visit www.nmfa.org for more information and to request a copy.

5. Sesame Workshop's "Talk, Listen, Connect" program is designed for military families (with children ages two to five) experiencing deployments, homecomings or a parent's combat-related injury. Download the videos, discussion guides and activity materials from Sesame Workshop at www.sesameworkshop.org/tlc.

More resources are available through the family programs office at your installation and at www.triwest.com.

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Hawaii Navy News

K-Bay Range reopens for public's shooting pleasure

Lance Cpl. Ronald W. Stauffer

Marine Corps Base Hawaii
Public Affairs

Shooters from around the island indulged in free-fire target shooting during the Kaneohe Bay Range's second recreation fire on Oct. 9. The range opened its gates to the base and sponsored individuals for the opportunity to send rounds down range at their own pace without the hassle of ammunition limitations or admission fees. Unlike the last recreation fire held in September on the pistol range, shooters brought their long guns for some pinpoint accuracy and fun. "I love it," said Gunnery Sgt. Alexandro Magdaleno, radio chief, Headquarters Company, 3rd Marine Regiment. "It's awesome, just the ability to come out here and shoot." Magdaleno, a resident of Waikiki and stationed at Marine Corps Base Hawaii, Kaneohe, said he usually shoots at the Koko Head Rifle Range in Honolulu, but there are more advantages here. "Koko Head's a good place to go shoot at, but you can only shoot five rounds at a time," Magdaleno said. "I can load up a magazine of 30 [rounds



Photo by Lance Cpl. Ronald W. Stauffer

Rhett Brauregard fires a Ruger 10/22 on the multi-purpose and unknown distance range at the Kaneohe Bay Range during a recreation fire on Oct. 9. Brauregard is a civilian sponsored onto base.

in my personal weapon]. This gives you a lot more playroom as far as moving around and shooting more than five targets without reloading." Magdaleno said the most important thing is it's free." Another shooting patron, Damon Kondo, a civilian who works on base, said shooting is a new hobby for him. Damon said he inherited rifles and pistols from his father, a former Marine, a year and a half ago and his enthusiasm has spawned since then. "You

have all the reactive targets here, which is a lot more fun than shooting paper," said Kondo, who also shoots at the Koko Head Rifle Range. "Shooting here forced me to learn how to shoot off-hand, kneeling and sitting, where at Koko Head, I always shot off the bench," Kondo said.

Kondo said he was impressed at how well he shot for the first time without a bench and also with the attention shooters got on the firing line. "Here, people are more likely to give you help

with your shooting technique whereas [other places] people are nice, but they pretty much keep to themselves," Kondo said. "I think it's an awesome program and they should keep it open. I've been telling everyone I know about it, so hopefully there will be more people out in the future." "What we're doing is kind of feeling it out and the general consensus is that one month we'll have a pistol fire and the next month we'll have a rifle fire," said Keith Sanderson, chief marksman-

ship instructor, Marine Corps Base Hawaii. Sanderson said safety is the first concern on the range and the range takes every step to encourage it. Once shooters arrive at the range, they must check in with the fire desk operator. Shooters are required to show valid proof of firearms registration and must sign in before they are issued a badge. "Badges are used to control where shooters are allowed to fire and to ensure they're not wandering in an unsecured area," said James McCauley, fire desk operator. "Once you get onto the range, the [range safety officer] can visually identify that you've been to range control [and] you've got the proper paperwork and we can track who's on and off of the range." Safety briefs are conducted before and after firing. Marine range coaches and civilians also keep a watchful eye on the firing line. "We don't just have individuals up on the firing line blasting caps away," Sanderson said. "They're supervised. It's no less than one safety official for every four [shooters] and usually closer to one for every two target points." The range isn't only for those seeking recreational fire, but can also be used for those

who would like to sharpen their shooting skills.

"This isn't just recreation shooting," Magdaleno said. "This is for Marines [other service members and the public] who want to come out and practice on their fundamentals." Magdaleno said he uses his issued rifle combat optic (RCO), which gives him a better constant and understanding of how to fire with it, being that the Marine Corps is transitioning from iron sights to RCO.

The recreation fire is open to all service members and individuals who work on the base, as well as relatives or friends who can be sponsored onto the base. They should have their own weaponry.

The recreation fire range is scheduled to be open the second Friday of every month, depending on holidays or future events. Sanderson stressed that the range is always open to suggestions. "Based upon feedback that we receive is how we're going to adjust fire and try and make a better product for the Marines and civilians of K-Bay," Sanderson said. For more information on the recreation fire or to make a suggestion, contact Sanderson at 257-3600 or e-mail him at keith.sanderson@usmc.mil.

HSL-37 Detachment Two underway and ready

Lt. j.g. Matthew C Miller

Helicopter Anti-Submarine Squadron Light 37, Detachment Two

Preparing for deployment is always a challenge. The list of operational and maintenance preparations can often seem to go on without end. However, every LAMPS deployment has one thing in common, a ship.

For Hawai'i's Helicopter Anti-Submarine Squadron Light (HSL-37) Detachment Two, this simple variable proved to be quite elusive. The Vagabonds received their namesake from their journey that began with assignment to deploy in the summer of 2009 with the USS Chosin (CG 65) in support of the USS Nimitz Carrier Strike Group (CSG).

Because of schedule changes, they were re-assigned to the USS Port Royal (CG 73). When Port Royal was unable to deploy, the Vagabonds were tasked to embark the USS Rentz (FFG



U.S. Navy photo by HSL-37, Detachment Two
Helicopter Anti-Submarine Squadron Light (HSL-37) Detachment Two, assigned to Marine Corps Base Hawai'i, Kaneohe, prepares for deployment.

46), based at San Diego, Calif., again in support of the Nimitz CSG.

Pre-deployment scheduling conflicts with the San Diego-based Rentz necessitated the detachment's third and final ship reassignment to the USS

Ingraham (FFG 61) based at Everett, Wash. The future looked bright for the Vagabonds.

They found a home and settled in with the preparations and communications needed to support an Everett-based ship and deploy to the western Pacific

and Arabian Gulf, leaving in September 2009.

In preparation for deployment, detachment pilots and aircrew attended HSM Advanced Readiness Program (HARP) in San Diego. The training focused on how to fight

the venerable SH-60B with concentration on anti-submarine and anti-surface warfare tactics. The Vagabonds accomplished HARP in style with one of their crews taking top honors in the simulator events, finishing with the highest average out of 13 other crews. The Vagabonds look forward to using their freshly honed skills aboard the Ingraham.

Ingraham, the last and "finest" American Oliver Hazard Perry-class frigate to be built, was the fourth ship of the United States Navy to be named for Capt. Duncan Ingraham (1802-1891). The Ingraham, commanded by Cmdr. Matthew Ovios, is homeported at Naval Station Everett, and is assigned to Destroyer Squadron Nine.

On Sept. 15, the Ingraham and Vagabonds headed over the horizon and left their beautiful Hawaiian home behind them. They are well prepared and ready to fight. Anywhere they roam and wherever they lay their head, they will call home. The future looks bright for the Vagabonds.

NIOC Hawai'i officer scales new heights

Lt. j.g. Carrie Sanders

Naval Information Operations Command, Hawai'i

Ensign Alexis Pospischil is not new to tackling challenges. As a kid, she rode horses competitively and as a direct support officer (DSO) aboard Naval Information Operations Command (NIOC) Hawai'i, she will be the first DSO to obtain a surface warfare officer pin.

Her latest achievement, however, is not Navy-related, but personal. She climbed to the top of Mount Kilimanjaro in Tanzania.

In 2005, Alexis' father Bob read the book "Into Thin Air" by John Krakauer, a book about a man and his climb of Mount Everest. Her father, a former Marine, became inspired to begin mountain climbing. He tackled Mount Everest and often spoke to Alexis about his climbing adventures. She said that his stories motivated her, along with her sister Ashley to embark on a once-in-a-life-time climb and together they decided Kilimanjaro would be a great adventure to take on.

The week-long trek to the summit and back began on Sept. 21. Pospischil said the first two days of the trip



Photo by Bob Pospischil

Ensign Alexis Pospischil of Naval Information Operations Command Hawai'i stands on the summit of Mount Kilimanjaro on Sept. 29. She completed the hike along with her father and sister.

were along a well-marked path. She and her father sprinted ahead of their hiking group which allowed for the two of them to have some rare one-on-one time together.

On the third day, she caught a cold that affected her ability to climb as well as she had climbed the first couple days. The cold lasted until the eighth day. At this point, the team was hiking from an altitude of 16,000 to 18,500 feet where the air is thin and the weather very cold.

She lost feeling in her fingers and toes and had a hard time catching her breath. She tried to keep up with the front of the group, but ended in the back. The climbing that eighth day was to be accomplished in the early morning hours before the sun would melt the ice that held the rocks together, but she felt she couldn't go on.

Even though she insisted the tour guides leave her, they didn't. After more than a few moments of despair, Pospischil gathered up the

strength to continue. After a half hour, she once again found her rhythm and caught up with the rest of the group. She had to ignore the physical urge to stop climbing and go back to the base of the mountain where she knew the air was

thick and warm. She had to finish what she started.

The following day was summit day. It was a short hike from 18,500 to 19,300 feet, but it would be over a "gravelly scree" or serious debris-ridden mountain side. Alexis knew she had a tough time climbing the day prior and asked one of the guides to get an early start with her. The plan was for the rest of the group to meet them right as they summited. When they approached the summit, her tour mates chose to allow Alexis to go first since they knew she had overcome a significant battle the day prior. They were undoubtedly proud of her for continuing on.

During this part of the trip, Pospischil noted that many things ran through her mind. First, she noticed that it wasn't a tiny tip of a mountain like she imagined. It was pretty flat and there was a path that led to a sign located at the highest point. She then noticed her father and sister. The three of them

walked to the sign together and watched the sun come up.

"Although beautiful, the scene was hard to enjoy because of the cold," Pospischil said. But as she began to slide down the other side of the scree, her pure joy began. She had reached the summit of Mount Kilimanjaro. She accomplished something many only read about. She watched others still on their ascent, miserable looks on their face. She knew she was on her way to warm, thick air. She led the way down to a much-deserved lunch.

When asked if she would do it again she said, "If you had asked me on summit day or the day before, I would have said no. After a shower and a night's sleep in a nice bed, I reflected on my trip. I have talked about doing the hike to Everest Base Camp. My father wants to hike again. Maybe I will have the chance to follow him to base camp and meet him when he comes back."

Demolitions clear way for fleet readiness and quality of life at Pearl Harbor

James Johnson

Naval Facilities
Engineering Command
Hawaii

At the controls of a large excavator, outfitted with a "hole-ram" jackhammer, Dean Johnsen, Naval Facilities Engineering Command (NAVFAC) Hawaii transportation department equipment operator, carefully punches holes in the Red Hill water tank.

The tank, constructed with concrete and held together with a web of rebar, doesn't look like it should take so much effort to knock down. However, as is the case with all demolitions performed by the Navy at Pearl Harbor, there's more to it than meets the eye.

"We always take a great deal of pride in our work when taking down a structure," said Gary Collins who works in the NAVFAC Hawaii transportation department. "It is exciting and satisfying, especially when the building is very well built and a challenge to demolish correctly."

The elaborate preparatory work and careful demolitions are carried out under the Navy's Demolition Footprint Reduction Program, which has been in effect since 1998. This program is part of a long-term effort, called the Navy Shore Vision 2035, to revamp Navy infrastructure.

In Hawaii, the Navy's Demolition Footprint Reduction Program is a high priority. The goal is to reduce infrastructure inventory by 20 percent as part of the Navy Shore Vision 2035.

"It's an ambitious goal," said Cmdr. Lore Aguayo, NAVFAC Hawaii public works department head. "We have a couple of ways to reduce infrastructure. The first is to demolish a facility



U.S. Navy photo by Joel Ustare

It took only a few days for Naval Facilities Engineering Command Hawaii transportation personnel to bring down building 193, an old, wooden structure formerly used by the Family Services Center at Pearl Harbor.

and not build anything in its place, or build a facility that makes it possible to consolidate several other buildings which can then be torn down."

Reducing infrastructure saves the Navy money. Old facilities use more resources, such as water and electricity, than their newer counterparts because they were not built to the energy efficiency and sustainability standards in use today. Older facilities also cost more to maintain. Every year, these buildings drain limited resources which could be better used elsewhere.

Building 193, formerly used by the Family Services Center, was demolished in 2008. The Navy estimates that the removal will save \$150,500 in building maintenance costs each year. These savings will help recapitalize infrastructure and other needs.

The Banyans (building 1247), a former Navy Officers' Club which was also used as a conference center, reached the end of its useful life in 2008 and has since been replaced by a new, state-of-the-art conference center on Ford Island, saving

the Navy \$342,000 in building sustainment costs each year.

As Navy missions and programs evolve, old facilities sometimes find themselves in less than ideal locations. Therefore, when a building is torn down, it is not always replaced by a new facility built in the same space. That is what happened with both the Family Services Center and The Banyans.

New buildings to fit those needs have been built in locations better suited for their current uses, which allows the old lots to remain vacant. Those areas are either paved or landscaped, whichever makes best use of the newly-acquired space.

Demolishing a building is not as straightforward as sending in the bulldozer or wrecking ball. The Navy recognizes the need to be good stewards of the environment and to preserve historically important buildings.

Environmental considerations

Some existing Navy facilities in Hawaii were built at a time when strict environmental regulations were not in place. Today, the Navy follows strict federal and state

environmental laws.

For example, NAVFAC Hawaii Environmental Services extensively tested the Red Hill water tank to ensure that the concrete did not contain levels of asbestos that could be released into the air and soil in the surrounding area during demolition.

Many of the buildings removed under the Navy's Demolition Footprint Reduction Plan were built in the 1940s and 1950s. Along with asbestos, some of these structures were built with lead paint, wood treated with arsenic, and other environmentally-hazardous materials.

"We understand that we have tighter environmental regulations now, compared to what the Navy used 50 years ago," said Francisco Pena, a supervisory environmental protection specialist at NAVFAC Hawaii. "So when demolishing a building, we take great care in following all the rules to ensure environmental protection and public safety."

For each demolition project, NAVFAC Hawaii conducts an environmental evaluation and works with other

federal, state and local environmental agencies when appropriate. Non-hazardous materials left over from a demolition site, such as certain types of metals and wood products, are recycled. Materials that cannot be recycled are sent to landfill facilities.

That is why NAVFAC Hawaii equipment operator Johnsen at the Red Hill Water Tank demolition project took so much care to punch small holes into the concrete. Doing so makes the concrete easier to separate from the recyclable rebar. The process of sending the concrete to a landfill also becomes more efficient.

Preserving Pearl Harbor's history

"[We have] a great amount of the same infrastructure that we had in World War II," said Vice Adm. Robert T. Conway Jr., former commander, Navy Installations Command, in a July 2008 Seapower Magazine interview. "Why do we have all this stuff? Over the years, we've kept so much stuff that it's not affordable anymore. If the single Sailor or the family is being impacted, or worse yet, the warfighting capabilities, it makes sense that we transform ourselves."

Despite cost savings and the need to modernize shore infrastructure, the decision to demolish a building can be very difficult because it may have special historical significance. At Pearl Harbor, many structures date back to World War II or earlier. These buildings reflect the architecture and building methods of their time and often are not adequate for today's purposes. When considering an older building for demolition, the Navy works diligently with groups like the State Historic Preservation Division and makes recommendations in

conjunction with the State Historic Preservation officer.

"In some cases, considerations involve trade-offs," said Aguayo. "The Navy does not have the funds to maintain all its buildings considered historic, but the cost-savings of reducing the number of old structures can be used to improve the conditions of buildings with the most historic value."

Three storage warehouse buildings along Pearl Harbor's M4 pier, which date back to the WWII era, are a prime example. The facilities were built to be used as warehouses for pier work. Over time, they have become less usable for that purpose and are ideal candidates for the Navy's Demolition Footprint Reduction Program.

However, the warehouses have historically important architectural elements which can be beneficial to preserve. In this situation, the Navy has decided to retain one of the buildings and remove the other two. Before demolition, elements such as doorframes and windows will be removed from the two buildings and used to refurbish the remaining warehouse.

As part of its restoration, the Navy plans modern upgrades to the remaining facility as well, such as energy efficient lighting components. This will save money and allow the Navy to use the warehouse for its original purpose.

As Navy installations such as those in Hawaii move forward and modernize, change is inevitable. Personnel involved in the Navy's Demolition Footprint Reduction Program remain responsive not only to Department of Defense needs, but also to environmental regulations, historic preservation considerations, and quality of life at surrounding communities.

SECNAV outlines five 'ambitious' energy goals

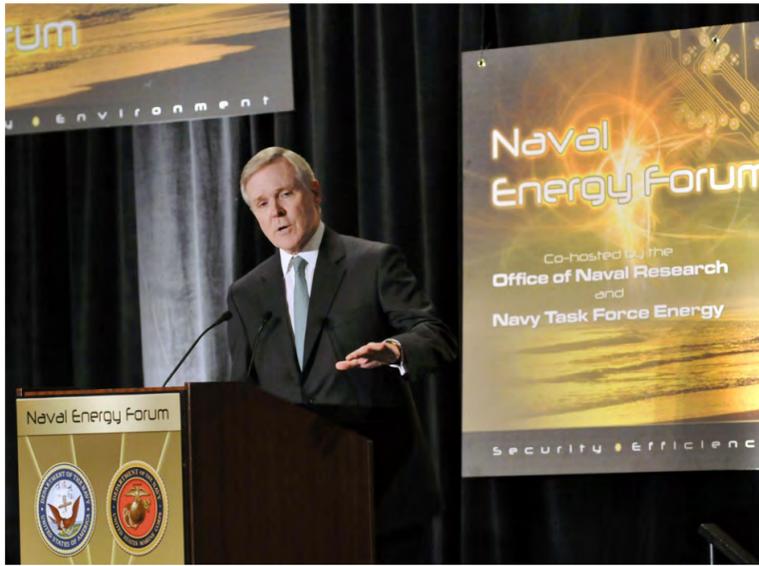
Paula Paige

Corporate Communications
Office of Naval Research

Saying he was committing "the Navy and Marine Corps to meet bold, ambitious goals," Secretary of the Navy Ray Mabus announced five energy targets to the audience of more than 750 gathered Oct. 14-15 at the Naval Energy Forum in McLean, Va.

Those targets, the Navy secretary said on day one of the two-day conference, include changing the way the Navy and Marine Corps award contracts during the acquisition process to consider the lifetime energy cost of the system; by 2012, creating a "Green Strike Group" composed of nuclear vessels and ships powered by biofuels and deploying that fleet by 2016; by 2015, reducing petroleum use in its 50,000 commercial vehicle fleet by 50 percent by phasing in hybrid fuel and electric vehicles; producing at least half the shore-based energy requirements from renewable sources, such as solar, wind and ocean generated by the base; and by 2020, ensuring at least 40 percent of the Navy's total energy consumption comes from alternative sources.

"Leading change is not



U.S. Navy photo by MC2 Kevin S. O'Brien

Secretary of the Navy (SECNAV) Ray Mabus addresses attendees at the first Naval Energy Forum hosted by the Office of Naval Research and Task Force Energy.

new for the Department of the Navy," said Mabus. "We are a better Navy and a better Marine Corps for innovation. We have led the world in the adoption of new energy strategies in the past. This is our legacy."

The forum, hosted by the Office of Naval Research and the Navy's Task Force Energy, was organized to introduce the Department of Navy emerging energy strategy and initiatives, and gain insight from dialogues

with participants, event organizers said. It was focused around three key themes tied to energy – security, efficiency and environmental stewardship.

With multiple opportunities to exchange information and dialogue, the main event was a plenary room that featured senior keynote presenters and interactive panel discussions around the key themes. Breakout rooms showcased energy-related Navy programs, hybrid

and alternative fuel technologies and opportunities for one-on-one collaborations.

In addition to Mabus, Chief of Naval Operations Adm. Gary Roughead also shared his vision of the Navy's energy strategy with the cross-section of representatives from federal government agencies, academic institutions, small business and the defense industry.

The Department of Defense (DoD) is the largest government and

individual petroleum user in the United States, guzzling about 330,000 barrels of oil per day, according to military officials. The Department of the Navy is the second largest fuel user in the DoD, consuming about 100,000 barrels a day. About 75 percent of all fuel products are transported by sea, much of it passing through vulnerable points protected by U.S. naval forces, officials said.

"For all of you in here, it comes as no surprise that energy powers our way of life," Roughead said during his speech. "I also think that as we go forward, the Navy can continue to be a great steward of our environment. The initiatives that we are going to explore here, and things that we are doing with Task Force Energy and Task Force Climate Change, allow us to be able to continue that reputation of stewardship."

Highlighting the importance of science and technology as the Navy plots its energy strategy, Roughead said, "Everything doesn't have to be game-changing technology, even though I've challenged (the Office of Naval Research) to find 'the next big thing.'"

The Navy and Marine Corps' science and tech-

nology provider, the Office of Naval Research (ONR), invests in a wide range of energy science and technology projects. Dr. Larry Schuette, ONR's director of innovation, participated in the "Pitch a Principal" program where interested parties discussed funding opportunities with ONR. He said the forum was a great platform to exchange ideas.

"This was the perfect opportunity for industry and our warfighter partners to meet a broad range of subject matter experts one-on-one," Schuette said.

Other participants also praised the forum.

Jeff Voth, president of Herron Associates, an engineering and management consulting company, called the event "very impressive. By the show of senior leadership attendance and the delivery of an aggressive naval energy strategy, the Navy is taking the lead and raising the bar for industry to achieve more."

Visit the Naval Energy Forum site: <http://www.onr.navy.mil/conferences/naval-energy-forum/>

Watch video-on-demand from the forum: <http://www.livestream.com/nvns>

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