

Chosin hosts NFL stars for Super Bowl Sunday

Story and photo by
MC2 Michael Hight

U.S. Pacific Fleet Public Affairs

Sailors aboard USS Chosin (CG 65) had the opportunity to meet and spend the day with players from the National Football League's San Diego Chargers on Super Bowl Sunday, Feb. 3.

Wide receiver Kassim Osgood, full back Lorenzo Neal, and linebacker Carlos Polk, who are in Hawai'i for the Pro Bowl on Feb. 10, took the time to give back to the military.

"There are many different reasons for us coming out today," said Neal. "Mostly, this is a way for us to say thank you and show our appreciation for everything these service men and women do. Also, we can give a little back to them."

The visit began with a tour of the ship, giving Sailors the chance to talk with the celebrity visitors about their jobs. Along with learning the different jobs, the players were given insight to daily life and operations aboard a Navy vessel.

Following the tour, players made their way to the mess decks to meet with the rest of the ship's crew and enjoy the 2008 Super Bowl. Like a sports lounge, the mess decks came alive with cheers and clapping as professional football players and Sailors alike rooted for their favorite team.

"It was a great privilege and honor to meet the players and enjoy the game with them today," said Operations Specialist 2nd Class Chancer Burton, who assisted with the tour of Chosin. "We even have Sailors, who are off duty, returning to the ship so they



Lt. j.g. Michelle Westhoff, public affairs officer, leads a tour of the Ticonderoga-class, guided missile cruiser USS Chosin (CG 65) for National Football League's San Diego Chargers teammates Carlos Polk, left, and Lorenzo Neal. Polk and Neal joined teammate Kassim Osgood aboard Chosin for lunch and to enjoy Super Bowl XLII with the ship's crew.

can meet the San Diego players and watch the game."

While the game played on the big screen, the Chargers took time to sign autographs, pose for pictures, and talk about the game.

"Today speaks a lot about their support for the military," said Lt. Corey Thorton, who is temporarily

assigned to Chosin as ship's chaplain. "The players were very open to autographs and interacting with the crew. Having these players here added a new dimension to the Super Bowl and showed a side of the players most Sailors don't get to see. When it comes down to it, they really are

just like everyone else."

The San Diego players expressed their appreciation while reflecting on what the day meant to them.

"This day was fantastic and won't be forgotten," said Neal. "It was an honor to be here today. The greatest part was getting to

see the overall teamwork that takes place between these Sailors in order for them to complete the mission. I can sleep safely at night knowing that men and women in the military, like the ones we met today, are protecting our country and everything it stands for."



U.S. Navy photo by MCSA Luciano Marano

Cmdr. Michael Pietkiewicz is piped ashore following the change of command ceremony on Feb. 1 at Naval Station Pearl Harbor. He was relieved as commanding officer of Naval Submarine Support Command (NSSC) by Cmdr. William Stevenson.

Stevenson relieves Pietkiewicz as commanding officer of Naval Submarine Support Command

MC1 (SW) Cynthia Clark

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

Cmdr. William Stevenson relieved Cmdr. Michael Pietkiewicz as commanding officer of Naval Submarine Support Command (NSSC) in a ceremony at Naval Station Pearl Harbor on Feb. 1.

Capt. Robert Schuetz, chief of staff, Commander, Submarine Force U.S. Pacific Fleet, guest speaker at the event, likened NSSC to the "unsung hero crucial to our organization's success," a

success that would not be a reality without having, "an equally talented and equally understated" Pietkiewicz at the helm.

Following the guest speaker's remarks, Commander Submarine Force Pacific Fleet, Rear Adm. Joe Walsh, presented Pietkiewicz with his fourth Meritorious Service Medal.

Since assuming command in November 2005, Pietkiewicz and NSSC provided three submarine squadron commodores and their 18 submarines with supply, logistics, personnel, religious ministry and medical support.

Pietkiewicz thanked his personnel for their hard work and shared his feelings on their futures.

"No matter what happens to a person in their life, a person cannot change who they are inside," said Pietkiewicz. "I have great expectations for the men and women leaders of NSSC."

While assuming command, Stevenson gave the NSSC family his word he was up for the task of their commanding officer. "I pledge my unwavering dedication and support to you as we continue to support the best submariners in the world," he said.

Voting workshop prepares active duty military for upcoming elections

Story and photo by
MC2 Michael A. Lantron

Commander, Navy Region Hawai'i
Public Affairs

More than 40 service members from commands in the Oahu region participated in a voting training workshop hosted by the Federal Voting Assistance Program (FVAP) on Feb. 5 at the Navy Legal Office onboard Naval Station Pearl Harbor.

The workshop provided military personnel with information necessary to act as the voting assistance officer for their commands and assist service members and their families in the voting process for the upcoming elections.

"This is an important program across DoD [Department of Defense] and lets people understand their rights to vote are not lost simply because of their military status," said Lt. Cmdr. Ed Korman, staff judge advocate, Commander, Navy Region Hawai'i. "In fact, Congress has gone out of their way to make it easy to vote, but if we don't get the word down to the deckplate, then all of that is meaningless. The point today is for the people who were here to assist others in exercising their right to vote."

Scott Wiedmann, deputy director, FVAP, provided the training, covering topics such as registering to vote and the importance of military voting.

"They are the ones who



Religious Program Specialist 1st Class (SW) Rubert Cleridor, assigned to Naval Submarine Support Center Pearl Harbor, reads the 2008-09 Voting Assistance Guide during a voting training workshop on Feb. 5 hosted by the Federal Voting Assistance Program (FVAP) at the Navy Legal Office onboard Naval Station Pearl Harbor.

are defending our country and active duty members and their family members are closely affected by the actions Congress makes with their pay cost and cost of living allowances," said Weidmann. "More than other Americans, it has a direct impact on their lives and they should vote for who they think will represent them the best."

With thousands of Sailors and their family members away from their state of residence during the elections, it's vital that they process their information quickly in order to vote without missing the deadline.

"Absentee voting is a very simple process," said Wiedmann. "Send one form to your county to request to

register to vote and for absentee voting. The local election official will mail the ballot directly to the individual, who then votes and sends it back."

Although FVAP encourages all military personnel to vote, the workshop also provided information on what servicemen and women cannot do during the elections, found in DoD directive 1344.10, 'Political Activities by Members of the Armed Forces on Active Duty'.

"The U.S. government does not take a position in terms of the actual candidates, so people need to understand when they are in uniform in official capaci-

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Thrift Savings Plan – improving your financial fitness See page A-3



Pearl Harbor Sailors give back to local veterans See page A-4



Hospital ship Mercy to conduct Pacific Partnership 2008 See page A-7



Pearl Harbor Security maintains 'right of passage' See page B-1

Fiscal Year 2009 Department of Defense budget released

Department of Defense

President George W. Bush sent to Congress his defense budget for fiscal year (FY) Feb 4.

The budget provides \$515.4 billion in discretionary authority for the Department of Defense, a \$35.9 billion or 7.5 percent increase over the enacted level for FY 2008.

The FY 2009 budget reflects the president's priorities and sustains his commitment to prevail in the war on terrorism, increase ground combat capabilities, improve force readiness, develop the combat capabilities needed to meet future threats, and improve the quality of life for service members and their families.

Defense Secretary Robert M. Gates said, "The president's budget for FY 2009 provides the resources necessary to maintain an agile, highly trained, and lethal fighting force, increase Army and Marine Corps end strength, and sustain the United States' technological advantage over current and potential enemies."

Specifically, the department's request.

Maintains a highly trained fighting force of 2.2 million Soldiers, Sailors, Airmen, and Marines.

Recruits, trains and equips 65,000 additional active duty soldiers and 27,000 additional Marines over five years.

Provides pay increases of 3.4 percent for military members, improves benefits for the all-vol-



U.S. Navy photo by MC1 Chad J. McNeeley
Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, and Secretary of Defense Robert M. Gates attend a meeting of military combatant commanders with President George W. Bush in the Cabinet Room of the White House.

unteer force, and increases pay 2.9 percent for the civilian workforce.

Provides world-class health care for 9.2 million eligible service members, families, and retirees.

Procures and maintains an

arsenal of the world's most advanced weapon systems.

Improves warfighting capabilities and invests in science and technology to maintain U.S. advantage over the nation's enemies.

Maintains 545,000 facilities at 5,300 sites in the U.S. and around the globe.

Maintains vital intelligence capabilities.

The FY 2009 budget is posted at www.budget.mil.

Voting assistance

Continued from A-1

ties, they can't endorse particular candidates," said Korman. "They need to know what they can do to support the candidates. We have staff judge advocates here who can answer those types of questions."

Sailors who attended the training will now bring the knowledge they received to others at their command in an attempt to promote voting in the upcoming election.

"[I plan on] keeping people informed on what's going on in the media and e-mail links to different things going on in the elections," said Personnel Specialist Seaman Kenneth Williams, assigned to Personnel Support Detachment Pearl Harbor.

FVAP administers the federal responsibilities of the presidential designee (Secretary of Defense), under the Uniformed and Overseas Citizens Absentee Voting Act of 1986, providing U.S. citizens worldwide a broad range of non-partisan information and assistance to facilitate their participation in the democratic process - regardless of where they work or live. For more information, go online to www.fvap.gov.

NAVFAC announces construction projects, road closures around Pearl Harbor

Naval Facilities Engineering Command Hawaii

Borchers Gate at Makalapa to receive improvements

Borchers Gate are receiving some much needed sidewalk and landscaping improvements, courtesy of Naval Facilities Engineering Command (NAVFAC) Hawaii shop forces and KN Lawn Inc.,

an existing grounds maintenance contractor. Personnel entering Makalapa compound will see Navy employees removing approximately a four-foot wide strip of concrete along the fence line and all of the potted palm tree planters. The landscape contractor will plant new foxtail palm trees and modify the existing irrigation system by installing a new pop-up spray irrigation system. The area will be

xeriscaped with drought tolerant flowering plants which will provide ground cover and erosion control. In addition, the Manila palms that were in the Borchers Gate planters will be moved to Naval Station Pearl Harbo and replanted along Pearl Harbor Boulevard in spaces where other Manila palms have died and been removed. This \$85K effort will occur from Feb. 4-29.

Scheduled road closures and power outages

Fleet and Industrial Supply Center, Pearl Harbor:

- Vincennes Avenue will be

down to two lanes of traffic and parallel parking near buildings 474 and 475 will be unavailable due to the replacement of a water line. The work continues through April 9.

- Portions of Simms Street between wharf K-9 and building 1900 will be closed for construction work from approximately Feb. 11 - Sept. 30. Access to wharves K-10 and K-11 will be between building 1900 and building 479. Access to wharves K-8 and K-7 will be relocated a short distance southward. The anti-terrorism security fence will be temporarily relocated by the construction contractor to accommodate the work.

Marine Barracks area:

- Repaving of building 599's parking lot (bounded by Central Avenue, Russell Way and Fuller Way) is scheduled for completion Feb. 10.

Ford Island:

- One lane of Cowpens Street near the Oklahoma Memorial and Langley Avenue between Cowpens Street and building S251 will be affected by work to connect an existing 12-inch water line to a new 24-inch line through Feb. 16.

Naval Station Pearl Harbor:

- The section from North Road to Halawa Gate will be re-striped between noon and 3:30 p.m. on Saturday. The section between Makalapa Gate

and Neches Avenue will be re-striped from 7:30 a.m.-2:30 p.m. on Sunday.



Correction

The cutline information for the photo featuring a coconut tree climbing event which was included with the story, "JROTC Cadets compete in Harbor Challenge at Pearl Harbor," which was published in the Feb. 1 edition of Hawai'i Navy News, erroneously stated that the event was sponsored by the U.S. Army Recruiting Command. The event was sponsored by the Hawai'i Army National Guard. Inaccurate information was provided to Hawai'i Navy News. We sincerely apologize for the error and any inconvenience that this may have caused.

Hawaii Navy News Editorial

Thrift Savings Plan – improving your financial fitness



FORCM (EWS/SW) Tony Santino

Navy Expeditionary Combat Command

As the new year gets underway, many of you are working on resolutions you made for 2008. Our New Year's resolutions vary – maybe you're trying to quit smoking, eat better, PT more frequently, or other things to improve your physical fit-



The TSP is a retirement savings plan for civilians who are employed by the United States Government and members of the uniformed services. The Federal Thrift Savings Board administers the Thrift Savings Plan (TSP). The Federal Thrift Savings Board provides information about the "PTIS" electronic reading room, announcements, and employment opportunities.

Screen capture image courtesy of www.tsp.gov

ness. Have you thought about how you can improve your financial fitness this year? There are a number of ways to help yourself financially. Saving for your future is an important step toward financial fitness and one good way to do that is through the Thrift Savings Plan (TSP).

TSP is a federal govern-

ment-sponsored retirement savings and investment plan. It's similar to a 401(k) plan, offering the same type of savings and tax benefits that many private corporations offer their employees.

Participation in TSP is completely optional. You contribute to the TSP from your military pay; the amount you contribute and the earnings

attributable to your contributions belong to you. You can spread your contributions among five different growth funds that range in risk and rate of return. The amount you receive depends on how much you contribute and how much those contributions earn over time. They are yours to keep no matter how long you serve in the Navy.

TSP is a tax-deferred fund, meaning the money you contribute to the account is deducted before taxes are assessed. The money in the account isn't taxed until withdrawn at retirement.

Remember that TSP is for long-term retirement savings. There are penalties for early withdrawals. So if you're looking for short-term savings, consider U.S. Savings Bonds or a good savings account.

To find out more about TSP, visit www.tsp.gov.

If you've never made plans to save for your future, now is a great time to start. Why not make that resolution and take that first step toward your financial fitness.



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

SMART training equals smart riding

April Phillips

Naval Safety Center Public Affairs

There's a mantra in the Navy and Marine Corps that says "Train like you fight."

It means conducting a general quarters drill as close as possible to an actual shipboard emergency or launching an aircraft from a flight deck the same way in training as when loaded with live ammunition. This same philosophy applies to off-duty activities as well.

The Motorcycle Safety Foundation (MSF) recently visited ships in Norfolk, with the Safe Motorcyclist Awareness and Recognition Trainer (SMART), a new tool to help motorcycle riders react to a number of dangerous scenarios they will encounter when they're out in traffic.

The machine is basically a high-tech video game, with handlebars and controls just like those on a real motorcycle. "Riders" look at a screen depicting likely roadway scenarios, and their actions at the controls affect what occurs on screen.

The SMART, manufactured by Honda, is not exactly a simulator, explained Al Hydeman of MSF.

"It doesn't lean like a motorcycle does. We can't teach riders how to counter-steer or operate their bikes. That's what the rider courses are for and they do a great job of teaching people how to ride safely in a parking lot or other controlled environments. The benefit of this is that it takes them into traffic," said Hydeman.

Electronics Technician 3rd Class Kevin Jordan has been in the Navy just over two years. He's stationed aboard USS George Washington (CVN 73) and recently had the chance to try out the SMART when Hydeman and the Naval Safety Center took the trainer aboard the carrier.

"It makes you think and puts you through scenarios such as pedestrian crossings and vehicles that don't see you coming," he said.

Jordan has been riding his Kawasaki ZZR 600 sport bike for about a year-and-a-half. He's one of many military riders who bought their bikes without any prior training.

"When I bought my bike, it was the first time I'd ever even been on a motorcycle or a dirt bike, or anything like that," he said.

He believes the SMART

would be beneficial to Sailors and Marines before they make the decision to purchase a bike.

"It helps you with your thought process and muscle memory and getting used to the feel of the controls. At first, it can be overwhelming, even without the traffic," Hydeman added.

Hydeman understands this and said it's better to be overwhelmed at the controls of a video monitor than on real roads, at real speeds.

"A lot of people say, 'I hope I don't crash' when they use SMART. I say, 'I hope you do crash' because that's how you learn and here the only thing that really crashes is the ego," Hydeman said.

He went through a test ride with Aviation Ordnance Airman Mark Gentle, another George Washington Sailor. After Gentle completed his first ride on the SMART, Hydeman was able to go back through it with him, replaying all the dangerous scenarios that occurred.

Hydeman said that one benefit of SMART is that it allows you to change perspectives when it's switched into coaching mode.

In one scenario where a car pulled out directly in front of the motorcycle, Gentle was able to realize that the motorist couldn't see him. This is important, because part of the danger of motorcycles is that they're far less visible than cars and defensive driving is that much more important for two-wheeled riders.

After the user completes his initial ride on SMART, the coach gets a printout of what happened, so he or she can tell how fast the motorcyclist was going, whether their stops were smooth or abrupt, whether the turn signal was used, and many other important aspects of safe riding.

"Using the coach controls, we can show him how to maneuver more safely and then design a second, more challenging ride, based on his needs."

Gentle scored an overall "A" on his ride, performing very well. He's been riding for four years, but said he still learned something important from using SMART.

"You can't assume anything out there on the road. This is good for raising awareness," said Gentle.

Each Honda SMART costs about \$5,000 and the Naval Safety Center is considering purchasing several to use during safety fairs and stand-downs throughout the fleet.

USS Indiana (BB 58) at Pearl Harbor after collision



U.S. Naval Historical Center photograph
USS Indiana (BB-58) at Pearl Harbor on Feb. 13, 1944, showing damage to her starboard side received in collision with USS Washington (BB-56) on Feb. 1, 1944. Tug YT-471 is assisting. Note the "cage" mast mounted ashore in the left distance. It was removed from USS California (BB-44) while she was being salvaged following the Dec. 7, 1941 Japanese attack on Pearl Harbor.

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Senior Chief Hospital Corpsman (SW) Ronald Rutherford, assigned to Commander, Naval Surface Group Middle Pacific (CNSG MIDPAC), and a member of the CNSG MIDPAC/Commander, Navy Region Hawai'i (CNRH) Chief Petty Officer Association, prepares hamburgers during a cookout for homeless veterans at the U.S. VETS Hawai'i shelter in Kalaeloa. (Additional photos on page A-5.)

Pearl Harbor Sailors give back to local veterans

Story and photo by
MC3 David N. Dexter

Navy Region Hawai'i Public
Affairs

Fourteen Sailors from Commander Naval Surface Group Middle Pacific (CNSG MIDPAC), Commander, Navy Region Hawai'i (CNRH) and Naval Station (NAVSTA) Pearl Harbor spent the day cooking out, serving lunch, painting and interacting with local veterans during a special community event on Feb. 1 at U.S. VETS - Hawai'i homeless shelter at Kalaeloa (Barbers Point).

The event was organized by the CNSG/CNRH Chief Petty Officer's Association. "With an event like this, it's another opportunity for the Chief Petty Officer's Association to show a little bit of leadership out here and show these vets that they're not forgotten and we still care," said Senior Chief Hospital Corpsman Ronald Rutherford, assigned to CNSG MIDPAC.

The community relations project served as an opportunity for Sailors to make a positive impact within the community and show the local vets that their neighboring Sailors care about them.

"It's awesome. The Navy came out and put on a good spread," said Tim

Hickey, a U.S. Navy veteran staying at the shelter.

Among the veterans who occupy the shelter, some suffer from mental illness, depression, substance abuse, financial hardship and other circumstances which have kept them in the cycle of homelessness.

"This is one way for us to give back to the community. At one point in time, they gave to us," said Airman Adrianna Tirado-Young, assigned to USS Arizona Detachment at NAVSTA Pearl Harbor.

According to Hawai'i State Representative Kimberly Pine, director of development for the U.S. VETS - Hawaii shelter, seeing the Navy volunteer their time helps to inspire these vets.

"I know what it's like - to be out there and to be homeless. I've walked in their shoes and I can relate to what they're going through right now," said Martin Coleman, a U.S. Army veteran, once resident of the U.S. VETS - Hawai'i Kalaeloa shelter, and now resident supervisor for shelter.

For him, being a part of U.S. VETS and having the military volunteer their time brings with it a much more personal meaning.

"It's very rewarding," he said. "Maybe one out of 50 come in with absolutely nothing - their soul is

shot, they have no hope, no future, no plans, nothing. Then they get back on their feet and you see the light in their eyes. It's really rewarding to see. That's what makes my day."

Established in 2003, the U.S. VETS - Hawai'i homeless shelter in Kalaeloa can accommodate up to 96 people at one time. It has developed housing with supportive services and programs for hundreds of homeless veterans in partnership with the Honolulu VA Medical Center, the state of Hawai'i, Department of Housing and Urban Development, and the Department of Veterans Affairs.

U.S. VETS is the largest non-profit organization in the country dedicated to helping homeless and at-risk veterans. It is a nationally recognized leader in the field of service delivery to veterans whose mission is to successfully reintegrate homeless and at-risk veterans.

The U.S. VETS-Hawai'i utilizes programs and services such as the Homeless Veterans Outreach Program, long term transitional housing, employment assistance, computer classes, clinical case management, substance abuse treatment, residential employment, and permanent housing for disabled veterans to get them on their feet and off the streets.

Navy's environmental readiness director discusses sonar and new Web site

Lt. Jennifer Cragg
Navy News Service

Tracey Moriarty
Chief of Naval Operation
Environmental Readiness
Division

The environmental director for the Chief of Naval Operations has spearheaded the creation of a new Web site to better educate and inform the public and Sailors on what the U.S. Navy is doing to protect the seas and its inhabitants during crucial training exercises.

Rear Adm. Larry Rice, director of the Chief of Naval Operations Environmental Readiness Division (N45), recently discussed why training with sonar is important and vital to national security.

"We cannot send our American Sailors and Marines into potential trouble spots around the world without adequate training to defend them," said Rice. "This is a national security issue and we must use all methods available to ensure that arbitrary and excessive restrictions do not hamper our ability to train."

Rice added that the U.S. Navy has trained in southern California for the past 40 years and they have had zero incidents with marine mammals - no strandings, no deaths and no documented injuries.

"We want to keep that up," added Rice. "In order to accomplish this, we have 29 protective measures that we already employ. The additional training restrictions that the court levied on us frankly don't help us take care of the environment - and it restricts our training."

Rice added that it is important for Sailors and citizens to know how small an impact Navy sonar has on the marine environment.

As part of learning what type of impact the Navy is having, Rice encourages everyone to log onto the Navy's newest sonar Web site, which features information on whales, video clips, environmental stories, the Currents magazine and more.

The Web site is located at

www.navy.mil/oceans .

Rice also added that it is important that people are aware of the many reasons for strandings.

For nations that track such events, worldwide naval use of active sonar has been correlated with the stranding of approximately 50 whales during the 10-year period from 1996-2006.

"Contrast that with over 3,500 marine mammal 'normal' strandings that occur on U.S. shores annually and 600,000 marine mammal deaths each year by commercial fishing interests," Rice said. "So, let's examine this: 600,000 are attributable to commercial fishing, over 3,500 a year are contributable to normal causes, and approximately five a year to sonar. And remember that in the last couple of years, sonar-caused deaths have been zero."

Rice attributes the U.S. Navy's success with sonar to the fleet operators who are paying attention to what is going on in the world with marine mammals and sonar, and they realize that this is really important. The recent court case in southern California only reaffirms its importance.

"Their actions directly influence their ship's training that will be following them. The folks that preceded the Abraham Lincoln Strike Group took precautions; they used the 29 protective measures, they ensured that our record of zero marine mammal incidents in southern California was kept up. It's important that we keep that up so the training can continue," said Rice.

Rice added that one of the reasons for zero strandings associated with sonar is the result of continued U.S. Navy research.

"The U.S. Navy funds \$18 million a year in marine mammal research, including independent, peer-reviewed research conducted by Boston University, Duke University, University of Hawai'i and Woods Hole Oceanographic Institution. Research topics include sound effects on marine mammals," said Rice.

Pearl Harbor Highlights

(At right) Members of the Commander, Naval Surface Group Middle Pacific (CNSG MIDPAC)/Commander, Navy Region Hawai'i (CNRH) Chief Petty Officer's Association serve lunch to homeless veterans at the U.S. VETS Hawai'i shelter in Kalaheo. Fourteen Sailors assigned to CNSG MIDPAC and CNRH volunteered their time, serving food and painting the shelter's weight room during the day-long event.

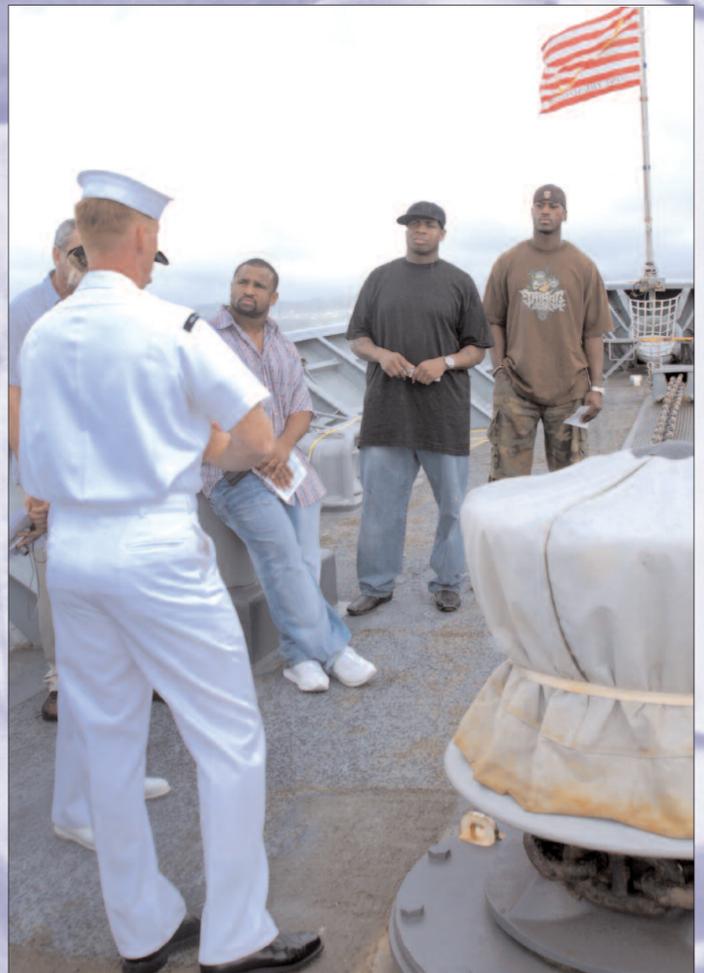
(At right) Chief Cryptologic Technician (Technical) (SW/SS) Bennie Peterson, assigned to Commander, Naval Surface Group Middle Pacific (CNSG MIDPAC), and a member of the CNSG MIDPAC/Commander, Navy Region Hawai'i (CNRH) Chief Petty Officer's Association, grills hot dogs during a cookout for homeless veterans at the U.S. VETS Hawai'i shelter in Kalaheo. Fourteen Sailors assigned to CNSG MIDPAC and CNRH volunteered their time, serving food and painting the shelter's weight room during the day-long event. U.S. VETS is the largest non-profit organization in the country dedicated to helping homeless, at-risk veterans, and a nationally recognized leader in the field of service delivery to veterans which provides housing in conjunction with clinical counseling and employment assistance.

U.S. Navy photos by MC3 David N. Dexter



(Left) Operations Specialist 2nd Class Chancer Burton shares a moment with Lorenzo Neal, fullback for the National Football League's San Diego Chargers, during a tour of the Ticonderoga-class guided missile cruiser USS Chosin (CG 65). Neal, along with teammates Carlos Polk and Kassim Osgood, were invited aboard Chosin for lunch and to watch the 2008 Super Bowl with the ship's crew. (Below) Sonar Technician (Surface) 1st Class Doug Johannes leads a tour of the Ticonderoga-class guided missile cruiser USS Chosin (CG 65) for professional football players Lorenzo Neal, Carlos Polk, and Kassim Osgood.

U.S. Navy photos by MC2 Michael Hight



Master-at-Arms 2nd Class (AW) Danny Hebri, assigned to Naval Station (NAVSTA) Pearl Harbor, harbor security, directs a Seaark Dauntless security boat towards a target while patrolling Pearl Harbor. Personnel assigned to NAVSTA Pearl Harbor, harbor security protect the harbor and its assets from threats on land and sea and act as security escorts for all vessels arriving and departing Pearl Harbor.

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



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

Master-at-Arms 2nd Class Sean Stell and Master-at Arms 2nd Class Sara Hemphill, assigned to Naval Station (NAVSTA) Pearl Harbor, harbor security, navigate a Seaark Dauntless security boat while patrolling Pearl Harbor. Personnel assigned to NAVSTA Pearl Harbor, harbor security protect the harbor and its assets from threats on land and sea and act as security escorts for all vessels arriving and departing Pearl Harbor.

NAVFAC engineer selected for prestigious fellows program

Denise Emsley

Naval Facilities Engineering Command Hawai'i Public Affairs

Paul Pollock, chief engineer and capital improvements business line coordinator for Naval Facilities Engineering Command (NAVFAC) Hawai'i, has been selected for membership in Hawai'i's Pacific Century Fellows Program.

Modeled after the White House Fellows Program and designed to develop future state leaders, it's the 10th class of the annual program, which is chaired by the current mayor of Honolulu, Mufi Hannemann, a past participant in the White House program.



Paul Pollock, chief engineer and capital improvements business line coordinator at Naval Facilities Engineering Command Hawai'i

"The diverse experiences this program provides will deepen my understanding of how the military, other gov-

ernment agencies and the private sector inter-relate in society," said Pollock. "My colleagues in this program represent Hawai'i's best and can only help me become a better leader."

The program selects successful, career-minded individuals in their mid-20s to early 40s, in the middle of their careers. They are drawn from various civilian businesses, government entities and non-profit organizations within the state of Hawai'i. The goal of the program is to provide future state leaders with skills that will enable them to make meaningful contributions to the community. Participants will meet and engage with senior community, social and governmental leaders throughout 2008 and

study the many challenges that face the state and nation.

Pollock attended the opening two-day retreat of the nine-month program Jan. 11-12. He will be gathering with the rest of his class on a monthly basis to learn about, examine and discuss various challenging issues facing Hawai'i, such as crime, education, health care, military and the economy.

"It is both an honor for Paul and the command that he was selected for this noteworthy program," said Capt. Clifford Maurer, commanding officer, NAVFAC Hawai'i. "As one of our senior leaders, I know Paul will enrich the program with his experience and innovative ideas and I expect that through his experience with this fellows program, his

exposure to other great Hawai'i leaders will be of great benefit to him and to all of us who he influences at NAVFAC Hawai'i."

The class of 2008 is comprised of 32 young business professionals, men and women, from the state of Hawai'i. In addition to Pollock, they include business presidents, vice presidents, chief executive officers, executive assistants, attorneys, directors and a state representative.

Pollock was raised in Hawai'i. He received a bachelor of architecture from the University of Hawai'i and is a licensed professional architect in the state of Hawai'i.

With over 20 years of experience in the design and construction industry, as well as

in the application of computerized automation for facilities design, construction and management, Pollock currently provides technical and administrative oversight for \$100 million of facilities design work and more than \$250 million of construction execution annually for Navy and Marine Corps installations in the state of Hawai'i.

Pollock is an active member of the Department of Defense (DOD) acquisition community, the American Institute of Architects and the Society of American Military Engineers. He is a past recipient of the Department of Defense Meritorious Civilian Service Medal and was selected as the NAVFAC Pacific Ocean Area Engineer-Architect of the Year in 1997.

Easy Riders take a 'bow'



U.S. Navy photo by Ensign Seth Marcusa

Easy Rider 62, one of two helicopters from HSL-37 embarked on USS Port Royal (CG 73), hovers over the ship's forecastle with a vertical replenishment delivery while in the central Arabian Gulf on Jan. 18.



Navy solicits "Why We Serve" nominations

MC2 Lewis S. Hunsaker

Navy Office of Community Outreach Public Affairs

The Navy is soliciting nominations for participation in the April through June 2008 "Why We Serve" program.

"Why We Serve" is the Department of Defense's premier speaking program, which connects the men and women of the Army, Marine Corps, Navy and Air Force to the American public. Participants will talk about their personal experiences in schools, businesses and community forums across the country.

"Americans want a way to hear directly from the men and women in uniform who have served," said Jennifer

Giglio, the program's deputy director. "They want to hear personal stories and experiences firsthand. By providing the public one-on-one interaction with their military, "Why We Serve" creates that opportunity."

In January alone, "Why We Serve" had 31 engagements in 15 cities, from a veterans' organization in Sarasota, Fla., radio interviews in Riverside, Iowa to Military Academy in San Diego.

A soon to be released NAVADMIN will outline the specific requirements of the "Why We Serve" program.

You may also contact Lt. Cmdr. John Daniels at (703) 697-3290 or john.m.daniels@navy.mil for more information.

Some of the requirements include: Superior communication skills, be an outstanding Navy ambassador, and the nominee must have recently returned from an operation in Afghanistan, Iraq or the Horn of Africa.

Packages for Navy nominations must be received by Feb. 27, via e-mail in PDF format, to john.m.daniels@navy.mil or mailed to:

Navy Office Of Information
1200 Navy Pentagon
Room 4B463
Washington, DC 20350-1200

For more information about the "Why We Serve" program or to inquire about guest speakers, visit www.whyyeserve.mil.



U.S. Navy photo by MCSA Cale Bentley

The Military Sealift Command (MSC) hospital ship USNS Mercy (T-AH 19) returns home to San Diego on Sept. 29, 2006 after a five-month humanitarian relief mission to south and southeast Asia. The ship and her crew treated more than 60,000 people.

Hospital ship Mercy to conduct Pacific Partnership 2008

U.S. Pacific Fleet Public Affairs

Preparations are under way to deploy the Military Sealift Command hospital ship USNS Mercy (T-AH 19) on a humanitarian mission to the Western Pacific and Southeast Asia in support of Pacific Partnership 2008, the commander of the U.S. Pacific Fleet announced Jan. 29 in Sydney, Australia.

"Building on a successful Mercy deployment in 2006 and [USS Peleliu (LHA 5)] Pacific Partnership last summer, Mercy will again embark international medical, dental and engineering teams this summer to provide humanitarian support in Southeast Asia," Adm. Robert F. Willard said in a speech on U.S. maritime strategy.

"A Cooperative Strategy for the 21st Century Seapower," was delivered at the Royal Australian Navy Sea Power Conference 2008. Willard said that by sending this uniquely capable ship is one way to demonstrate our commitment to the Asia-Pacific region and to work together with our friends and partners.

The deployment is being coordinated with several nations and will be carried out in conjunction with non-governmental relief organizations. A number of military and civilian agencies are planning the myriad details that go into a months-long mission of focused medical, dental and civic-action programs to provide humanitarian assistance to nations in the Asia-Pacific region. Specific locations for the ship's relief operations will be

announced at a later date.

Mercy is uniquely capable of supporting medical and humanitarian assistance needs and can rapidly respond to a range of situations on short notice. In 2006, Mercy performed a similar mission in Southeast Asia. That deployment resulted in the treatment of almost 200,000 patients in the Republic of the Philippines, Indonesia and Bangladesh.

In 2007, Peleliu, an amphibious ship, conducted a four-month humanitarian mission, visiting the Philippines, Vietnam, Solomon Islands, Papua New Guinea and the Republic of the Marshall Islands. During these humanitarian missions, Peleliu provided a variety of medical, dental, educational and preventive medicine services to more than 31,600 patients.

These humanitarian missions build international relationships and represent a core task in this "Cooperative Strategy for 21st Century Seapower." With missions such as Pacific Partnership, the Navy seeks to mitigate human suffering, both in a deliberate, proactive fashion and in response to crises.

For this deployment, Mercy is being configured with special medical equipment and a robust medical team of uniformed and civilian health care providers to provide a range of services ashore as well as on board the ship.

The San Diego-homeported ship can support various services such as casualty reception, optometry, physical therapy, burn care, and radiological, laboratory and dental services.

HOW TO CHOOSE THE RIGHT ENERGY STAR QUALIFIED LIGHT BULB

	TABLE/FLOOR LAMPS	PENDANT FIXTURES	Ceiling FIXTURES	CEILING FANS	WALL SCONES	RECESSED CASING	TRACK LIGHTING	OUTDOOR DOWNLIGHT	OUTDOOR UPLIGHT
Incandescent	✓				✓			✓	
Compact Fluorescent	✓	✓		✓				✓	
LED	✓								✓
Halogen					✓				
Energy Star Qualified CFL						✓	✓		
Energy Star Qualified LED									✓

AVOID EARLY BURN OUT.

- Only bulbs marked "dimmable" or "three-way" will work on dimmers or three-way switches.
- Most photocells and timers are not designed to work with CFLs.

LEARN MORE AT
energystar.gov

Lighting technology can assist energy reduction efforts

Krista Stehn

Naval Facilities Engineering Command Hawai'i Energy Program

With the tremendous fluctuation in crude oil prices, identifying ways to save energy and cut energy costs has become critical. Thankfully, emerging technologies, such as compact fluorescent light (CFL) bulbs, have made it easier to save energy and money.

The benefits of CFLs have been widely discussed by the media and the public is paying more attention as their electricity bills climb. These newer bulbs are much more energy efficient than their counterpart, the incandescent light bulb. For example, approximately 90 percent of the energy used by a traditional incandescent light bulb is wasted on heat rather than light.

On the other hand, CFLs can produce the same amount of brightness as an incandescent light bulb for less than a quarter of the energy. This type of energy savings has big environmental and cost-saving benefits:

- Energy Star (a joint program of the U.S. Environmental Protection Agency and the U.S. Department of

LIGHT OUTPUT EQUIVALENCY		
INCANDESCENT BULB WATTAGE	ENERGY STAR QUALIFIED CFL WATTAGE	ENERGY STAR QUALIFIED LED WATTAGE (ESTIMATED)
40	450	9-13
60	600	13-15
75	1,100	18-25
100	1,600	23-30
150	2,600	30-52

Energy) estimates that if every American home replaced the five most frequently used light fixtures with compact fluorescent light bulbs, \$8 billion in energy costs could be saved annually.

- The Hawaiian Electric Company estimates energy use for lighting in the average home in Hawai'i to be 50 to 100 kilowatt-hours (kWh) per month. Therefore, changing just one 100-watt to a CFL equivalent, based on four hours of use per day, can save a typical household nearly \$14.

CFLs are appropriate for almost every area of your home: living room, kitchen, dining room, bedrooms and outdoors. They also come in a variety of sizes and styles, suitable for an assortment of fixtures. So how do you go about

choosing the right light?

- Choose a CFL with the equivalent light output of the light bulb you are replacing. Many light bulb manufacturers include this information on the product packaging.

- Spiral CFLs are the most popular bulb and perform best in open fixtures, such as table and floor lamps, wall sconces, pendants and outdoor fixtures.

- For recessed lighting, reflector CFLs are available. Reflector CFLs operate better than a spiral CFL in a recessed fixture by evenly distributing the light down to the task area.

- For light fixtures connected to a dimmer or three-way switch, carefully check the product packaging. Dimmable CFLs are available in spiral and reflector shapes and will have "dimmable" on the package. Three-way bulbs resemble spiral bulbs and can be used in open fixtures with a three-way switch.

Improvements in lighting technology easily allows us to reduce our energy use. With increased demands for energy and limited supply of fossil fuels, it is critical to determine ways to decrease energy use. Sometimes the smallest actions, like switching out light bulbs, can have a big impact.