

CNIC supports Navy Region Hawai'i's fleet, fighter, family

MCC (SW/AW) David Rush

Navy Region Hawai'i Public Affairs

Vice Adm. Robert T. Conway, Jr., Commander, Navy Installations Command (CNIC), visited Oahu this week to discuss local region issues with Navy Region Hawai'i leadership, address the Honolulu Council Navy League, and act as the keynote speaker during the Commander, Navy Region Hawai'i and Commander, Naval Surface Group Middle Pacific change of command.

While in Pearl Harbor, Conway took the time to discuss his role as shore integrator. Conway and his CNIC team are responsible for consolidating Navy, joint and Department of Defense (DoD) shore requirements into a comprehensive plan for CNO approval in order to deliver shore capabilities, including facilities and services, for the best value to the Navy.

According to Conway, the Navy has excess infrastructure that needs to be consolidated and/or eliminated in order to best serve the fleet now, and far into the future.

"In 1945, we had 7,000 ships. Fast forward to 2008, we don't have 7,000 ships, but yet we have almost the same infrastructure that we had in 1945. So as the integrator, how do I get the best dollar value to support the fleet, the fighter, and the family? Obviously if I have all this excess capacity that I don't need, but I'm still paying for electricity, water, and maintenance, [then] I'm not serving the fleet, fighter, and family the way I should be for the future," said Conway.

In order to go about doing this properly, Conway added that the



U.S. Navy photo MC2 Michael A. Lantron

Vice Adm. Robert T. Conway, Jr., commander, Navy Installations Command, speaks with news media during an interview onboard Naval Station Pearl Harbor Oct. 22. During his visit to Pearl Harbor, Conway discussed local region issues with Navy Region Hawai'i leadership, addressed the Honolulu Council Navy League and will act as the keynote speaker during the Commander, Navy Region Hawaii and Commander, Naval Surface Group Middle Pacific change of command today.

type commanders are an integral part of the process.

"Part of this integration role is to go after this excess capacity, working with the type commanders and the war-fighters to have them

define what their baseline requirements are, plus surge in accordance to the fleet response plan. The rest of it we need to get rid of. We just don't need it anymore. Those dollars that we gain from doing that we can

put back into supporting the fleet, the fighter and the family."

While reducing costs ashore, Conway said the end result will be a leaner Navy, one that takes care of the Sailors and the ones they

leave behind while serving in harm's way.

"We have to look at how we are taking care of our families and our Sailors, and make sure we can retain them, provide the best services for them to thrive in, work at, and play at, and also take care of their families and their needs, like housing, MWR and childcare," said Conway. "You want to make sure we're supporting the forward-deployed Sailors and those who have left here [on IA deployments] from Hawai'i based ships and submarines. If you're taking care of their families back here and they know that, they can give their 100 percent attention to execute their mission while deployed," he added.

As a former commander of Navy Region Hawai'i and Naval Surface Group Middle Pacific, Conway expressed his delight at returning to the 'rainbow state.'

"I have never forgotten the friends and the ohana. Every time I come back here it rejuvenates me. My wife and I love it here, but it's all about the people, and the relationships we have built over time between the Navy community and the outside community. It's always a pleasure to come back," concluded Conway.

CNIC is headquartered in Washington, D.C. and is the office solely responsible for all Navy shore installations worldwide. CNIC is responsible for providing consistent, effective and efficient shore installation services in support of fleet readiness and mission execution. CNIC's mission is to enable the Navy's operating concept through enterprise alignment of all shore installation support to the fleet, fighter and family.



U.S. Navy photo

Cmdr. Michael A. McCartney relieved Cmdr. James A. Aiken as commanding officer of the USS Chung-Hoon (DDG 93) during a change of command ceremony held on the morning of Oct. 15.

McCartney takes helm of USS Chung-Hoon

Lt. j.g. William A. Sauer II

USS Chung-Hoon (DDG 93)

Cmdr. Michael A. McCartney relieved Cmdr. James A. Aiken as commanding officer of the USS Chung-Hoon (DDG 93) during a change of command ceremony held on the morning of Oct. 15.

The Pearl Harbor-based, Arleigh Burke-class destroyer was underway off the coast of southern California in support of USS Boxer Expeditionary Strike Group operations. In attendance at the ceremony were Commodore Peter Dallman, Commander, Amphibious Squadron Five, and the prospective commodore, Capt. Peter J. Brennan.

Aiken assumed command of Chung-Hoon on April 18, 2007, several days after the Flight IIA Arleigh Burke-class destroyer sailed from Pearl Harbor for a six-

month deployment as air defense commander of the USS Bonhomme Richard Expeditionary Strike Group. Deployments are typically high points in any naval career and this one was no different for Aiken. Chung-Hoon conducted operations in both U.S. 7th and U.S. 5th Fleets, most notably in the South China Sea and the North Arabian Gulf.

Missions included anti-piracy operations off the Somali coast and in the Northern Arabian Gulf, conducting Iraqi oil platform defense operations. While conducting these operations, Chung-Hoon was awarded the Iraqi Campaign Medal and the Global War on Terrorism Expeditionary Medal.

In the ceremony held on the aft missile deck of Chung-Hoon, Aiken commented on the successes the crew enjoyed during the time he held command. He

stated, "It has been an honor and privilege to serve as the commanding officer of USS Chung-Hoon. Over the last 18 months, we have pursued a culture of excellence. As I turn over command to Cmdr. Mike McCartney, a superb naval officer, it is my strongest desire the officers and crew support him the same way they did me. Continue to go forward, Sea Warriors. Thank you so much for your support and encouragement."

Aiken reports in December for his next assignment as a Congressional Legislative Fellow in Washington, D.C.

McCartney reports to Chung-Hoon after completing a tour as the branch chief for plans and policy in the joint operational war plans division, operational plans and joint force development directorate (J-7) of the joint staff, Washington D.C.

Junior Girl Scout receives Bronze Award for Cookies for Cammies effort

Story and photo by Scheherezade Roundtree

Navy Exchange Hawai'i Customer Relations/ Event Coordination

Mary-Brister Thomas, a junior girl scout with Junior Girl Scout Troop 848 of the Girl Scout Council of Hawai'i, received recognition for her commendable efforts as founder of the Cookies for Cammies campaign during an award ceremony on Oct. 15 at Navy Exchange Pearl Harbor.

Rear Adm. T.G. Alexander, commander, Navy Region Hawai'i and commander, Naval Surface Group Middle Pacific, presented Thomas with the Bronze Award, which is the highest honor to bestow upon a junior level girl scout.

Expressing his appreciation for her volunteer work, Alexander said, "This event really recognizes the extraordinary work that Mary-Brister took on in organizing a lot of girls to be able to carry out this very important mission of bringing some of home to the troops who are deployed as a reminder that the families are back here and thinking about them. To think that a fifth grader put it all together is pretty exciting."

With the help of her mother, Brister Thomas, she exemplified initiative in rallying fellow members of her girl scout troop to help support the campaign. The effort not only increased the number of girl scout cookies sent to service members



Rear Adm. T.G. Alexander, commander, Navy Region Hawai'i and commander, Naval Surface Group Middle Pacific, presented Mary-Brister Thomas with the Bronze Award, which is the highest honor to bestow upon a junior level girl scout.

abroad, but also extended heart-warming messages of thanks through personalized letters and photographs.

The Navy Exchange at Pearl Harbor showed its support by marketing the campaign as well as serving as a venue for their philanthropic efforts during the girl scouts' cookie

season. By the campaign's end, Mary-Brister and troop members raised \$4,000 in donations, which contributed to the state of Hawai'i's fundraising total of approximately \$47,000.

For more information about Cookies for Cammies, email cookiesforcammies@yahoo.com.



Students benefit from Navy's annual energy awareness campaign See page A-2



Naval Health Clinic Hawai'i gears up for flu season See page A-2



Road to Financial Fitness See page A-4



Navy Lodges See page B-1



U.S. Navy photo by Michael A. Lantorn

Krista Stehn (far left), resource efficiency manager for the Naval Facilities Engineering Command Hawai'i Energy Team, presents certificates of recognition to students from Lehua Elementary School during a ceremony at the school Oct. 17. One student from each grade was recognized for their outstanding performance in the 2008 Navy Region Hawai'i Energy Conservation School Outreach Program Coloring Contest. (Far right) Capt. Donald Hodge chief of staff for Navy Region Hawai'i, was on hand to present the awards.

Students benefit from Navy's annual energy awareness campaign

Krista Stehn

Naval Facilities Engineering Command Hawai'i Energy Team

Eight talented students from Holy Family Catholic Academy were awarded Navy Region Hawai'i appreciation certificates on Oct. 16 for their energy conservation drawing efforts by Capt. Bret Muilenburg, commanding officer, Naval Facilities Engineering Command (NAVFAC) Hawai'i.

The students' energy drawings will be on display, along with award-winning entries from five other schools, at the Pearl Harbor Navy Exchange from Oct. 31 to Nov. 10.

"The students have been enthusiastic about participating in this interactive program," said Jocelyn Fernandes, development director of Holy Family Catholic Academy. "We are encouraging them to use their increased awareness of energy conservation in school and share their knowledge at home with their families."

Now in its second year, Navy Region Hawai'i's Energy

Conservation School Outreach Program, which is executed by NAVFAC Hawai'i's Energy Team, recently returned to various local area schools near Pearl Harbor to help educate children on the importance of saving energy.

"The Navy Energy Conservation School Outreach Program has far-reaching effects," said Muilenburg. "The program educates our youth on the importance of conserving precious resources while positively impacting local schools, Navy families and the local community in Hawai'i."

The program targets schools with a high concentration of Navy military family members. This year it was launched on Aug. 26 at Holy Family Catholic Academy. During three presentations, approximately 475 students in kindergarten through eighth grade learned the importance of energy conservation and the impact of energy waste.

The outreach program encourages students to participate in the drawing contest to demonstrate what they have learned about energy conservation. Winners were chosen from each participating grade

at each school. The winning entries will either be printed in a calendar or as posters. Both the calendars and posters will be distributed throughout Navy Region Hawai'i and placed on public display at the Pearl Harbor Navy Exchange.

This is the first year the outreach program has reached out to private as well as public schools. In addition to Holy Family Catholic Academy, the Navy energy outreach program was implemented at Pearl Harbor Kai Elementary School, Lehua Elementary School, ASSETS School, Momilani Elementary School and with the Navy Home School Group. Overall, this year's program will reach approximately 2,100 students.

Capt. Donald Hodge, Navy Region Hawai'i chief of staff, presented certificates to Lehua Elementary School students on Oct. 17. Other awards presentations are scheduled for the Navy Home School Group (Oct. 27), Pearl Harbor Kai Elementary School (Dec. 17), ASSETS School (no presentation scheduled) and Momilani Elementary School (TBD).

Naval Health Clinic Hawai'i gears up for flu season

Story and photo by Blair Martin

Contributing Writer

According to Centers for Disease Control and Prevention (CDC), up to 20 percent of the United States population contracts the influenza (flu) virus each year. With flu season approaching, Naval Health Clinic Hawai'i now has flu vaccinations available to the military community.

Lt. Emily Owens, department head of preventative medicine for Naval Health Clinic Hawai'i, said this year the clinic received a shipment of more than 23,000 doses of several types of flu vaccinations, such as Flumist, Fluzone and pediatric vaccinations. The shipment arrived a month earlier than last year, she said.

"We all need to have our flu shots in order to protect us from the upcoming flu season," Owens said. "Flu season normally runs from October to March, but [on island] the flu season can be all the time because there is [limited] seasonal change and people traveling on and off the island throughout the year. [In fact,] we've already seen some influenza cases," she added.

Owens said the clinic has been proactive in stressing the importance of yearly vaccinations for children and adults and does not anticipate any shortage of vaccinations during this flu season.

In fact, military benefici-



Hospital Corpsman 2nd Class Isma-Rhonda Ortiz receives an influenza (flu) vaccination from Hospital Corpsman 3rd Class Paola Arroyave at Naval Health Clinic Hawai'i. Flu vaccinations are now available to military beneficiaries, family members and retirees while active duty and high-risk patients have been receiving their flu vaccinations since the beginning of the month.

aries, family members and retirees can now receive their yearly flu vaccination while active duty and high-risk patients have been receiving their flu vaccinations since the first week in October.

This year, Naval Health Clinic Hawai'i is also partnering with the Department of Health of Hawai'i and offering flu vaccinations to many military-populated schools all over the island since Oct. 15.

Hospital Corpsman 1st Class (SW) Barbara Williams from Naval Health Clinic Hawai'i said children ages six months and up are eligible for flu vaccinations.

"The flu virus can bring many kinds of infections to

the body so with a flu shot we can really nip that in the bud," she said. "In order to keep the traffic down here at our clinics, we are asking parents to take their kids to school to be vaccinated or to the exchanges."

Williams said anyone who has had a serious allergic reaction to eggs, a vaccine component, or to a previous influenza vaccine should not receive a flu vaccination or consult their physician before getting a vaccination.

For the 2008-2009 schedule for clinics, exchanges and schools, refer to the information box below this article. For additional information regarding flu vaccination schedules, call 433-1FLU or visit www.cdc.gov/flu.

Flu Shot Schedules

2008-2009 influenza vaccination clinics and schedules

Starting Oct. 22, beneficiaries and retirees can go to any of the following locations to get their flu vaccination:

- Makalapa Health Clinic Monday-Friday 7:30 a.m.-4 p.m.
- Kaneohe Health Clinic Monday, Tuesday, Wednesday, Friday 7:15 a.m.-3:30 p.m., Thursday 7:30 a.m.-2 p.m.

2008-2009 flu season

exchange schedule

- Navy Exchange (NEX) & Marine Corps Exchange (MCX) flu shots for beneficiaries and retirees will take place from 9 a.m. to 2 p.m. at the following locations and dates:
- NEX, Pearl Harbor, Nov. 29
- NEX, Pearl Harbor, Dec. 04
- NEX, Pearl Harbor, Dec. 13
- K-Bay MCX, Dec. 20

2008-2009 School Age Children Program (SAC)

Military school age children will receive flu vaccinations at the following schools and dates:

- Shafter Elementary Oct. 27, 8:30 a.m.- 11:30 a.m.
- Iroquois Elementary Oct. 28, 8 a.m. - noon
- Solomon Elementary Nov. 18, 8 a.m. - 2 p.m.
- Mokapu Elementary Nov. 20, 8 a.m. - 2 p.m.
- Hickam Elementary Nov. 24, 8 a.m. - noon
- Wheeler Middle School Dec. 12, 8 a.m. - noon

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Hawaii Navy News

Hawaii Navy News Editorial

Commentary

Fireside Chat

Navy Region Federal Fire Dept.

Be careful with candles

Victor Flint
Battalion Chief Federal Fire Department

Anything with an open flame or a glowing tip should be treated with care and caution. Candles and burning incense are the causes of numerous fires.

The individual's intentions of burning candles and incense are usually to create a mood, but the mood could rapidly change if the following precautions are not practiced:

- Nothing combustible/flammable should be left near the candle and/or incense.
- Have a secure, non-combustible base for the candle and/or incense.
- Avoid tipping from pets, children, wind blown curtains.
- Do not have children light candles and/or incense. These are not toys.
- As with matches and lighters, keep candles out of the reach of children.
- Never, ever leave the burning candle and/or incense unattended, ever.
- Call 911 (471-7117 from a cell phone), if you discover that there is a fire.

For more information, contact Battalion Chief Victor Flint at 471-3303, ext. 633.



CNO receives award for distinguished service to America

MC2 (SW) Rebekah Blowers

Chief of Naval Operations Public Affairs

The Chief of Naval Operations (CNO), Adm. Gary Roughead, received the Bob Hope Five-Star Award for Distinguished Service to the United States of America from his high school alma mater, Valley Forge Military Academy and College (VFMAC) on Oct. 19.

CNO is the 25th recipient of the Bob Hope Five-Star Award and was chosen because of his outstanding achievements during more than 35 years of service in the U.S. Navy.

"I am thrilled that Valley Forge has the opportunity to honor Adm. Gary Roughead for his contributions to our country. He is an inspiration to us as one of this nation's great military leaders, one of many in the tradition of Valley Forge Military Academy & College graduates that includes, General H. Norman Schwarzkopf, Senator Warren B. Rudman, and Former Prime Minister of Bulgaria Simeon Rylski," said Charles A. McGeorge, president of VFMAC.

CNO was honored with a pass and review featuring a mounted parade by the VFMAC's 81st Corps of Cadets. He also participated in a personal luncheon with VFMAC alumni and staff. Roughead said the friendships and experiences he had at Valley Forge shaped him throughout his life and built the foundation of his character.



U.S. Navy photo

Chief of Naval Operations (CNO) Adm. Gary Roughead, left, is presented the Bob Hope Five Star Award for Distinguished Service to America from Valley Forge Military Academy and College (VFMAC) by Army Maj. Gen. Jessica L. Wright. A 1969 graduate of the VFMAC, Roughead is the 25th recipient of the award.

"Thank you again for this incredible honor and for your wonderful hospitality. I will never forget [this], and I applaud and thank you for everything you are doing to carry forth the traditions of this wonderful institution that we all love so much," Roughead said.

Bob Hope was the award's first

recipient in 1975. VFMAC said he inspired the selection criteria for the award: someone who possesses strength of character, unmatched leadership ability, and an unwavering love for and devotion to our great nation. The 24th Bob Hope Five-Star Award recipient was H. Ross Perot in 2004.

UH offers free eWaste disposal for island residents

(Information provided by University of Hawai'i, Information Technology Services)

The University of Hawai'i will hold a free electronic waste recycling drive as part of Education & Government eWaste Disposal Days 2008 at various drop-off points on the island on Oct. 25.

The project offers earth-friendly disposal of computers and other electronic equipment for Hawai'i residents from 9 a.m. to 3 p.m. at University of Hawai'i campuses on the islands of O'ahu, Kauai, Maui and Hawai'i.

Hawai'i residents who wish to recycle their personal eWaste can visit www.hawaii.edu/ewaste for event details, including information on items accepted and alternatives to disposal, such as donation of unwanted equipment for reuse by others.

Computers, cell phones, televisions and other elec-

tronics can contain arsenic, chromium, cadmium, mercury, beryllium, lead, nickel or zinc. Proper recycling of electronics helps prevent these toxic materials from being released into our soil, groundwater and air.

According to the most recent U.S. Environmental Protection Agency estimates, discarded electronics totaled about two million tons; it's estimated that only about 15 to 20 percent of this was recycled.

Education & Government eWaste Disposal Days 2008 provides an opportunity for safe and environmentally friendly disposal of eWaste regardless of the manufacturer, free of charge. All equipment collected will be processed in North America in an environmentally responsible way and recycled into commodity grade materials such as metals, plastics and glass.

For more information and maps to drop off sites, visit www.hawaii.edu/ewaste.

Picking up the pieces

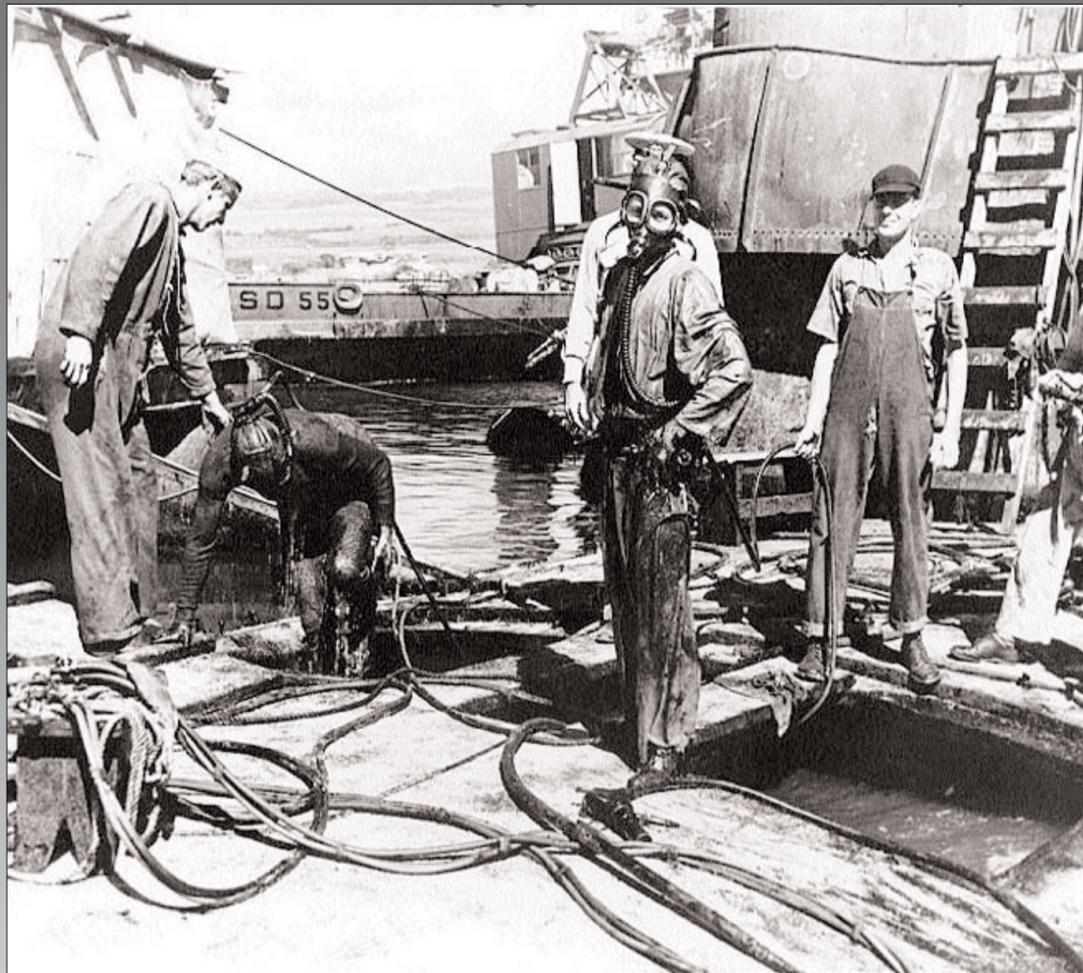


Photo Illustration / photo courtesy of Naval Historical Center

Pearl Harbor Salvage Operations, 1942-43. Members of the diving crew emerge from water-filled compartments of the sunken battleship Arizona (BB-39) at Pearl Harbor on May 25, 1943. They are removing elements of the ship's armament and other items for reuse. Arizona sunk in the Dec. 7, 1941 Japanese air raid. Her hull was left where she sank, after removal of most of her superstructure and salvage of her 14-inch gun turrets and other guns.



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Hawaii Navy News welcomes letters to the editor for the editorial page on any subject as long as they are in good taste.

All letters must be accompanied by the writer's name, E-mail address and daytime telephone number. Letters are subject to editing to meet space constraints.

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E-mail letters to: hnn@honoluluadvertiser.com.



Hawaii Navy News

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Hawaii Navy News is a free unofficial paper published every Thursday by The Honolulu Advertiser, 605 Kapiolani Blvd., Honolulu, Hawai'i, 96813, a private firm in no way connected with DoD, the U. S. Navy or Marine Corps, under exclusive contract with Commander, Navy Region Hawai'i.

All editorial content is prepared, edited, provided and approved by the staff of the Commander, Navy Region Hawai'i Public Affairs Office: 850 Ticonderoga, Suite 110, Pearl Harbor, Hawai'i, 96860-4884. Telephone: (808) 473-2888; fax (808) 473-2876; e-mail address: hnn@honoluluadvertiser.com World Wide Web address: www.hawaii.navy.mil.

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Road to Financial Fitness

Part 2

Karen S. Spangler

Editor

(In this week's feature on the "Road to Financial Fitness," Debra Blunt, a financial counselor at Pearl Harbor Fleet and Family Support Center, sits down with Fire Controlman 1st Class Ed Lorts and his family. Blunt evaluates their financial health and offers recommendations to help them get out of debt and on the right track. The first part of the "Road to Financial Fitness" series, in the Oct. 17 edition of Hawai'i Navy News, featured Aviation Structural Mechanic Airman Dustin Barnhart and his family. Watch upcoming editions of Hawai'i Navy News to see how our Navy couples are doing on their road to financial fitness.)

There's no doubt about it – times are tough. According to Debra Blunt, a financial counselor at Pearl Harbor Fleet and Family Support Center, "We all have to tighten our belts. It's [time to be] thinking about wants and needs. Our only needs are food, clothing and shelter."

Blunt adds savings to the

list of needs, explaining, "Without that savings account, if an emergency comes up, you would have to use credit to get by – so savings is a need."

When Fire Controlman 1st Class Ed Lorts and his wife Maryann sought some of Blunt's financial savvy, she was more than happy to assist them. Lorts and his family have been in Hawai'i almost two years and reside in Navy family housing.

Lorts has been in the Navy about 11 years. They have three daughters, ages five, one who is almost four and a baby 11 months old.

Before they moved to Hawai'i, they sold a home in Peotone, Ill. although they didn't make much profit on its sale.

According to Maryann, "We came to see Debra because we kept using our savings and could see it going down. Last year, my husband was getting ready to deploy and we attended a pre-deployment briefing. There were a few months in a row where we had to go into savings. I was afraid I'd have to go to work and wouldn't be able to home school."

"We talked about it [going for financial counseling] for more than a year before we decided to come

[to Debra]. We tried to do it ourselves, but it wasn't working," she continued.

Many people find themselves in the same situation, Blunt said. "We haven't been taught [about financial management] so we do the best we can."

One of Blunt's first recommendations was that Maryann apply for WIC since she and her children weren't already receiving WIC services. The Food and Nutrition Service of the U.S. Dept. of Agriculture administers the program which is a supplemental nutrition program for women who are pregnant or nursing, infants and children up to the age of five.

The Lorts explained that one of their biggest expenses is the cost of raising and caring for three children. "Their monthly deficit was about \$20 a month. The budget which they derived was quite generous, allowing \$600 for food, \$240 for eating out, \$132 for lunches (which they typically don't use since the children are home schooled). They also budgeted for pre-school expenses, allowed \$100 a month for entertainment, and amounts for classes for the kids, books for home schooling, etc. The budget also allows for money for

birthday parties," explained Blunt.

As with the Barnharts, Blunt recommended using the "envelope system" strategy. Maryann noted that the system is working well.

Blunt advised, "Start with a budget. The next step will be tracking to see where your money is actually going. Put in your budget what you want and put aside money for your needs."

The couple is able to contribute five percent of their paycheck to TSP. Blunt emphasized, "Savings first – 10 percent would be wonderful if they can afford it, or whatever they can. Get in the habit of saving it and not touching it."

The financial counselor didn't recommend a bill consolidation loan for the Lorts family. "If they stick to this program, they can be debt-free in three years and six months," she said. Maryann noted another step that helped them to increase their monthly cash flow. "We've changed Ed's deductions at work and that gives us about another \$100 a month," she explained.

One problem area, according to Maryann, is that they feel a lot of pressure to buy expensive presents for their families.

Currently, they are saving \$100/month to be used for Christmas presents for their children and the rest of the family and are not going to charge any items for Christmas.

Blunt suggested that they hold garage sales and sell clothes and toys they no longer need and use that money toward the purchase of Christmas gifts.

"My main goal is to get them through Christmas without charging and spending a lot of money. It's [the budget] going to make a world of difference for them," Blunt said.

The financial counselor will meet with the Barnhart and Lorts families approximately once a

month and will work with them for six months. "Our budgets are probably the best budgets I've ever seen. It covers everything from haircuts to make-up, to pet food, personal hygiene, etc.," Blunt said.

At the end of the financial counseling sessions, Pearl Harbor Federal Credit Union will present each of the couples with a prize.



Financial classes at FFSC

The following financial classes are offered at Fleet and Family Support Center located in the Military Services Building at the Moanalua Shopping Center:

- Thrift Savings Plan – Oct. 29 – 10-11:30 a.m.
- Division Officer Financial Leadership Seminar – Nov. 5 – 8 a.m.-3:30 p.m.
- Million Dollar Spouse – Nov. 5-6 – 4:30-7:30 p.m.
- Million Dollar Sailor – Nov. 12-13 – 7:30 a.m.-3:30 p.m.
- Managing Money and Credit – Nov. 24 – 8:30-10 a.m.
- Car Buying – Dec. 10 – 1:30-3:30 p.m.

Free and confidential financial counseling is available at FFSC. To make an appointment or for more information, call 474-1999, ext. 6003.

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Hawaii Navy News



Pearl Harbor Highlights



Vice Adm. Robert T. Conway, Jr., commander, Navy Installations Command, gives a local style greeting known as a "shaka," during a television spot onboard Naval Station Pearl Harbor on Oct. 22. During his visit to Pearl Harbor, Conway discussed local region issues with Navy Resion Hawai'i leadership, addressed the Honolulu Council Navy League and acted as the keynote speaker during the Commander, Navy Region Hawai'i and Commander, Naval Surface Group Middle Pacific change of command.

U.S. Navy photo MC2 Michael A. Lantron



U.S. Navy photo by MC2 Jon Rasmussen

The guided-missile destroyer USS Chung-Hoon (DDG 93) steams alongside the amphibious assault ship USS Boxer (LHD 4) during an underway replenishment. The Boxer crew is on a training deployment in the Pacific Ocean preparing for a deployment scheduled for early next year.

Cmdr. Michael A. McCartney relieves Cmdr. James A. Aiken as commanding officer of the USS Chung-Hoon (DDG 93) during a change of command ceremony held on the morning of Oct. 15.

U.S. Navy photo Ensign Sarah Welsch



Sailors from Naval Station Pearl Harbor help to clear tall grass and invasive vegetation along the Pearl Harbor bike path during a City & County of Honolulu Adopt-a-Stream work day on Oct. 18. The Navy partnered with the city and Aiea Intermediate School on a Pearl Harbor wetland project centered around a brackish pond near Blaisdell Park. The project will span three years and involves trash removal, weed control and the re-introduction of native plants to help minimize sediment pollution and beautify the area. The volunteers were coordinated by Naval Station Pearl Harbor's First Lieutenant Division.

U.S. Navy photo by Grace Hew Len

Students from Aiea Intermediate School gather green waste along the Pearl Harbor bike path near Blaisdell Park in Aiea during the Pearl Harbor Adopt-a-Stream work day on Oct. 18. The science students are working with Naval Station Pearl Harbor and City & County of Honolulu on a "pocket wetland" project along the coastline to remove invasive vegetation in the Pearl Harbor watershed. The students will learn about soil, plants, erosion, site drainage, wetlands and other natural resource considerations.

U.S. Navy photo by Grace Hew Len





Submarine Force U.S. Pacific Fleet gears up for motorcycle safety

MC1 Cynthia Clark

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

Commander, Submarine Force U.S. Pacific Fleet (COMSUBPAC) is gearing up its motorcycle safety programs in light of two recent motorcycle-related force fatalities, as well as a significant overall increase in motorcycle-related fatalities Navy-wide.

In the past two months, COMSUBPAC has lost two Sailors to fatal motorcycle accidents. According to the Naval Safety Center (NSC), the number of motorcycle accidents is increasing at an alarming rate and they are not expecting those numbers to decline anytime soon.

As the price of fuel continues to rise, some Sailors are approaching motorcycles as a more cost-effective mode of transportation, without taking into consideration the increased risks to personal safety and the training and experience required to operate motorcycles safely.

"Operating equipment safely is just as important off duty as it is at work," said Rear Adm. Douglas McAneny, COMSUBPAC. "An accident of any kind not only dramatically impacts the family and friends of the Sailor involved, but it imposes readiness challenges on affected units. The Pacific submarine force is a small, specialized group of professionals and we cannot afford to continue to lose

good people in preventable accidents."

If a Department of the Navy (DON) civilian wishes to ride a motorcycle onto a military installation anywhere in the world, he or she is required to complete a basic motorcycle safety course (BRC) and have a valid motorcycle endorsement on their driver's license. For Sailors, this requirement is expanded to include any motorcycle operation, including off base riding.

Sport bike riders are also required to take the new Military Sport Bike Rider Course (MSRC), which focuses on the specific dangers inherent in operating these high-performance machines. This additional requirement was adopted due to the fact that sport bikes have proven particularly deadly to service members. During the past year, 29 of 33 Navy motorcycle fatalities and 22 of 25 Marine Corps motorcycle fatalities occurred on sport bikes.

These initial qualifications are just part of the equation. All Sailors and DON civilians are required to complete refresher training every three years. This requirement can be fulfilled by taking an Experienced Rider Course or retaking the BRC or MSRC. A one-year waiver is currently being granted for this requirement so the Navy can focus its training efforts on inexperienced riders and sport bike riders.

Last month, the Navy signed a contract with Cape Fox Professional Services, granting them the authority to administer all traffic safety programs for the Navy and Marine Corps. Cape Fox will provide trainer bikes for motorcycle safety classes, thus giving Sailors and Marines the opportunity to gain some riding experience before committing to purchasing a motorcycle.

Lt. Cmdr. Bryon Craig, COMSUBPAC safety officer, said all current and future motorcycle riders must complete the required training and have it documented in their training record. Additionally, all commands need to have a traffic safety coordinator (TSC) to ensure 100 percent of motorcycle riders have these training requirements and are wearing proper personal protective equipment at all times.

"We need to take this a step further though," said Craig. "After they've identified these Sailors, they need to rate them into a risk category based on such information as age, rank and motorcycle-riding experience and ensure these Sailors are receiving the mentoring they need from senior motorcycle riders in the command."

"Every Sailor is important to mission readiness," Craig said. "They're also important to their family and friends so their main focus should be to stay alert, stay safe and take every possible precaution against an accident."

Hopper the highlight at women's technology celebration

USS Hopper (DDG 70)
Public Affairs

From Oct. 1-4, the small ski town of Keystone, Colo. was invaded by enthusiastic "technical women" for the Grace Hopper Women in Computing Celebration. "There have never been so many women in this town," joked a local server.

Almost 1,500 women gathered in the Rocky Mountains to share research ideas, network and mentor for junior women, and publicize the contributions of women in computing.

Co-founded by Dr. Anita Borg and Dr. Telle Whitney in 1994 and inspired by the legacy of Rear Adm. Grace Murray Hopper, the institute's Grace Hopper Celebration (GHC) of Women in Computing Conference is the largest technical conference for women in computing.

Top researchers present their work while special sessions focus on the role of women in today's technology fields.

Among the variety of professors, researcher and students in attendance, two Sailors stood out wearing their dress blue uniforms. Cryptologic Technician 2nd Class (CTT2) Kaiulani Marsh and Ensign Katie Burkhart, both serving on the USS Hopper (DDG-70), homeported at Pearl Harbor, Hawai'i, attended the conference to share their unique relationship with Hopper, the computer science pioneer.

"Because we love our ship and love to tell Hopper's story, we're here to celebrate with you advancements in technology, the growing role of



U.S. Navy photo

Rear Adm. Grace Murray Hopper, (USN Ret.) "A ship is safe in harbor, but that is not what it is made for. Sail out and do great things." These words from Hopper inspire Sailors on the USS Hopper (DDG-70), named after the former Sailor, as well as female computer scientists around the world.

women in the field, and legacy that Grace Hopper has left for technologists and Sailors alike," said Burkhart at the opening event for the conference.

Pictures of the Hopper flashed in the background as Marsh and Burkhart shared the history of the ship and boasted about the advanced technological systems onboard.

"The presentation showed a side of the Navy and of Grace Hopper attendees typically do not see," remarked Deanna Kosaraju, vice president of programs for the Anita Borg Institute for Women and Technology. "The presentation showed the serious nature of the Hopper's missions, the human side of those on board, and the vessel's state-of-the-art technology."

Many of the women at

the conference approached the two Sailors in hallways and after sessions to thank them for sharing their unique story. "It's so great to have another perspective here at the conference," were words echoed by many women.

The Sailors were able to attend the conference due to cooperation between the Anita Borg Foundation and the diversity office of Commander, Naval Surface Forces.

"We jumped at the chance to send our Sailors to represent the Hopper and the Navy," said Cmdr. Timothy Kott, Hopper commanding officer. "We wanted to share our unique connection to Grace Hopper with a group of women who also look to the technology pioneer as a role model and inspiration."

A connection with Grace Hopper is not the only relationship between the Sailors and the many technical women at the conference. The advanced weaponry that makes the Navy great is the result of hard work by civilian professionals in all different technical fields. "In short, your hard work and dedication helps keep us safe," Burkhart told the women at the conference.

The cooperation between the Navy and the conference leadership proved to be a success for both parties. "Working together, we are able to draw attention to the many facets of Rear Adm. Hopper as an inspiration and role model," said Kosaraju. "I think she would be proud of what we have accomplished together."