

Energy Conservation & Command Involvement Abound at Naval Hospital Bremerton

Energy Action Month Validates Ongoing Practices

THE MONTH OF October might be designated by the Navy as ‘Energy Action Month,’ but for Naval Hospital Bremerton (NHB) staff members, it’s also a validation of the continuation of practices already in place that many active duty, civilian, contractor and American Red Cross volunteers make part of their daily routine at work and home.

“October as Energy Action Month challenges all of us to work together and my thanks to everyone for the conservation efforts thus far. Keep up the great work and look for new ways to conserve. Energy and water conservation are critical to our mission success. This year’s theme (Energy Action Equals Mission Success) speak to how critical energy is critical to the Navy mission. Energy is our greatest enabler and our greatest vulnerability. Every kilowatt hour we save makes us more resilient and increases our ability to support the warfighter,” said Capt. Christopher Quarles, NHB Commanding Officer.

NHB has also established a Command Energy Policy that engages all personnel daily to enhance energy effi-

ciency consciousness. The policy encourages every staff member to take the necessary steps to save energy such as keeping windows and doors closed, turning lights off when not in use, and prohibiting the non-essential use of personal refrigerators and heaters.

All during the month, staff members and their efforts were profiled through

‘daily man-on-the-street’ interviews about what they are doing to reduce energy usage at home and in the workplace. Their responses and photos, posted on the Command’s Facebook page (at www.facebook.com/pages/Naval-Hospital-Bremerton/163929576969000) have drawn positive reviews and offer up a host of common sense approaches.



Every kilowatt hour we save makes us more resilient and increases our ability to support the warfighter.

—Capt. Christopher Quarles

“I shut off the lights, use the motion sensors lights at work, open up the blinds at home to bring in natural light, and during the colder season I use sweaters instead of using the heat to stay warm,” shared Kim Arias of NHB’s Laboratory department.

“I always make sure to turn off the lights and computers. We are always trying to reduce the amount of trash that we generate and recycle what we can to help conserve energy,” commented Hospital Corpsman Christian Wallace of NHB’s Endoscopy department.

Logistics Specialist 1st Class Samuel Kenyenso of Material Management

says that “conserving energy is critical and we all have to do our part. What we do on a daily basis is ensure that all lights are off before closing down for the day, turn off all equipment that is not in use, and keep track of the equipment that is left on for operational use.”

“We recycle a lot of paper,” said Hospital Corpsman 3rd Class (Fleet Marine Force) Angel Castilleja, Angel of TRICARE Operations. “I work in the healthcare business so we deal with a lot of paperwork. Everybody utilizes those shred bins to recycle paperwork. I think that’s a big help. At my last hospital, we didn’t have those shred bins.”

Family Practice’s Hospital Corpsman Chief Mark Sizemore also practices at home what he preaches at work with a little financial incentive added into the mix. “In order to teach my daughter responsible energy use, I charge her 25 cents every time she leaves the light on at home,” Sizemore said. “When we began back this exercise (back in January 2014), I would collect two to three dollars per month from my daughter. But over the last several months, I have collected less than a dollar a month. My now-11 year old daughter is getting more energy conscious—turning the lights off when she leaves a room. I put the money I’ve collected from her into our

The Basics About Naval Hospital Bremerton

NHB IS A community-based acute care and obstetrical hospital, offering expert primary care, emergency care and a broad range of medical and surgical specialties, with 23 inpatient beds. The hospital is conveniently located between Naval Base Kitsap (NBK) Bremerton and Puget Sound Naval Shipyard and NBK Bangor. NHB is parent command for three Naval Branch Health Clinics and the Puget Sound Family Medicine Residency Program. The three clinics are located at Puget Sound Naval Shipyard, NBK Bangor and Naval Station Everett.

NHB has a three-fold primary mission to support warfighters, past and present, and their families:

- Providing exceptional care anytime, anywhere.
- Shaping military medicine through training, research, and graduate medical education.
- Preparing forces for deployment.

NHB and its clinic’s staff consist of approximately 1,400 dedicated military, civilian, contract and American Red Cross volunteer personnel.

For more information about NHB, visit www.med.navy.mil/sites/nhbrem.





Hospital Corpsman Christian Wallace of NHB's Endoscopy Department recycles trash in a continuous effort to conserve energy on October 2, 2014. "I always make sure to turn off the lights and computers. We are always trying to reduce the amount of trash that we generate and recycle what we can to help conserve energy," said Wallace.

MC1 James Coyle

household utility bill. If she doesn't leave the lights on, she keeps her entire allowance and can save for whatever she wants to buy.

Ramon Calantas of NHB's Environmental Division attests that Energy Action Month helps to highlight energy successes at NHB such as the reduction of energy consumption and water usage.

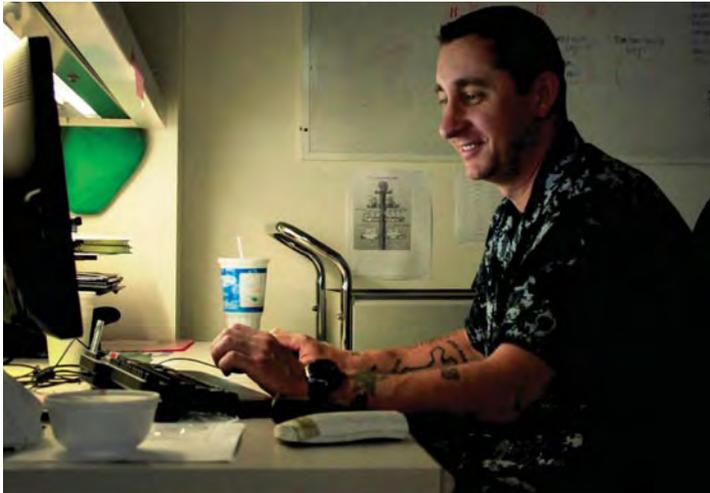
"With the installation of four new condensing boilers in our heating plant, we have reduced our natural gas consumption this year by six percent, resulting in over \$15,000 in annual energy cost savings. We have installed advanced light emitting diode (LED) lighting fixtures on the outside of our buildings and are conducting pilot LED lighting studies in our parking lots and elevator lobbies, which save over \$3,000 annually in electricity costs. We have lighting controls in our restrooms and that turn lights out when the facilities are unoccupied, which save over \$1300 in electricity costs annually," stated Calantas. The Command is also planning to completely remodel the heating and ventilation systems and install more water efficient fixtures in our restrooms.

According to Robert E. Mitchell, NHB's Environmental Sustainability Program Manager and Command Energy Manager, some of the command's energy conservation projects fall under the radar, but still achieve the goals of sound environmental stewardship and practical energy savings, as well as cost savings. Some examples that Mitchell cited include a pending lighting controller project for Building 17 which will have daylighting controllers and occupancy sensors installed in NHB's corridors and waiting areas. The command is



FROM LEFT: Logistic Specialist 2nd Class Richmond Voss, is assisted by Logistic Specialist Seaman Emily Jaske and Logistic Specialist 3rd Class Jessica Arredondo of NHB's Central Supply and Replenishment department as they sort through supplies on October 2, 2014. "The hospital's motion detection lights automatically turn off room lights—a good energy conservation method. We also continue to monitor all the stock at NHB to eliminate any unnecessary purchases which leads to greater efficiency and ultimately better energy conservation," said Voss.

MC1 James Coyle



Hospital Corpsman 2nd Class Danny Browning of NHB's Family Practice department sitting at his work station. "I conserve energy by sitting in the dark and use desk lights at work instead of the overhead lights," explained Browning.

MC2 Zulema Sotelo



Kim Arias of NHB's Laboratory preparing to take blood from a patient. "I shut off the lights, use the motion sensor lights at work, open up the blinds at home to bring in natural light, and during the colder season I use sweaters instead of using the heat to stay warm," said Arias.

MC1 Gretchen Albrecht



Logistic Specialist 1st Class Samuel Kenyenso of NHB's Material Management department studies some paperwork at his workstation. "Conserving energy is critical and we all have to do our part. What we do on a daily basis is ensure that all lights are off before closing down for the day, turn off all equipment that is not in use, and keep track of the equipment that is left on for operational use," he said.

MC2 Zulema Sotelo

also installing room darkening roller shades in patient rooms and waiting areas on several upper level floors.

"Although no energy cost savings have been calculated, these rooms face east and west and are subject to bright sunlight. The shades will help block the sun's radiant heat into the rooms and should reduce the cooling load," stated Paula McAvoy, NHB Facilities Management project manager. Similar roller shades are also being installed in south facing windows at Branch Health Clinic Puget Sound Naval Shipyard.

With regards to cost savings, NHB Resource Conservation Manager John Payne noted that along with occupancy sensor installations in offices and exam rooms, the Command's heating, ventilation, and air conditioning system replacements and upgrades for NHB's main facility and adjacent Family Practice wing will have an estimated savings of 12 percent of yearly electrical use and 16 percent of natural gas use for a total of \$155,157 cost savings.

"We need everyone's participation to reduce our consumption of energy and become a part of the solution. We can achieve success, reach our energy goals, and ensure energy security when we change individual behavior and make NHB a more efficient workplace that provides increased comfort for our workers and patients. Everyone can help conserve energy and water to meet our energy and water reduction goals and contribute to the Navy's mission," Quarles said. ♻️

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