

Clutch hitting gets Wotevaz! past Spiketacular



Story and photos by Randy Dela Cruz

Sports Editor

The veteran play of Wotevaz! proved to be the difference as the defending champions fought off a strong effort by Spiketacular to win in straight sets, 25-14 and 25-18, during a Women's Volleyball League (WVL) game at Naval Station Gym, Joint Base Pearl Harbor-Hickam, on Sept. 11.

The WVL is a pay-to-play league that is open to women, who are at least 18 years old, and are active-duty military and family members or Department of Defense employees.

Despite falling behind early in the first and second sets, Wotevaz!, on the strong play of returnees such as Edna Walker and Yeoman 1st Class Maryanne Elisara, were able to maintain their cool to overtake, then defeat Spiketacular.

Wotevaz! were also helped by the towering presence of newcomer Army Spec. Kristi Clark, whose 6-foot-2-inch frame was a formidable obstacle at the net for Spiketacular.

"To me, I think experience had a lot to do with our win," explained the 37-year-old Clark. "They (Spiketacular) were a lot younger, and I think the older you get, the wiser you get. That helps us play smarter, not harder."

In the first set, back-to-back service aces by

Information Systems Technician 3rd Class Tims Gregory raised Spiketacular to a 5-2 lead, but a kill by Walker started a 3-0 rally by Wotevaz! that evened the set at 5-5.

Although not overpowering, the defending champ's attack was steady and consistent during its game against Spiketacular.

After both teams traded kills, Wotevaz!, with Walker serving, went on another mini-run to grab a 11-7 advantage.

Wotevaz! then posted rallies of five and three points before finishing off Spiketacular on three straight kills to win the first set.

"We played smart and tried not to kill it every time," said Clark about the team's nice and easy approach. "We kind of looked for the holes."

While Wotevaz! seemed to come up with a kill whenever they needed one, Spiketacular appeared to struggle in clutch situations.

During the first set, Spiketacular committed four service errors with the final one coming after a three-point rally that cut the defending champion's lead down to 17-13.

"That may have had some impact," admitted Gregory about the team's service errors. "But at the same time, we were still trying."

The second set proved to be more of the same as Spiketacular came out strong, only to see Wotevaz! complete a



Information Systems Technician 3rd Class Tims Gregory of Spiketacular goes up to block a kill attempt by Army Spec. Kristi Clark of Wotevaz! during the teams' meeting in a Women's Volleyball League (WVL) game at Naval Station Gym, Joint Base Pearl Harbor-Hickam, on Sept. 11. The defending champions Wotevaz! beat Spiketacular in straight sets, 25-14 and 25-18.

replay of their earlier win.

With the set knotted up at 6-6, Wotevaz! rode the service of Elisara to five consecutive points to go up by a score of 11-6.

The rally turned out to be the difference as Wotevaz! never scored more than two points in

a row the rest of the way, but held on to gain the set and match.

Although Spiketacular fell in straight sets to Wotevaz!, Gregory said that she and her teammates were happy with their effort against last year's champion.

"We heard that they were going to be a tough

team, but we still did pretty good," Gregory noted. "I think we're pretty happy with how we played. We scored almost 20 points in each set against them, so I can't complain."

Clark said that even though this is her first year on the team, she likes what she has seen

so far, and believes that things will get better as the season progresses.

"I haven't played in eight years, so the more we play together, the better I'll get," she said. "They (teammates) are really good. Everybody is good at everything, so that makes a difference."

Fobulous beats Island Girls to remain unbeaten

Story and photo by
Randy Dela Cruz

Sports Editor

Undefeated Fobulous held off a spirited effort by Island Girls to earn a straight-set victory, 25-15 and 25-24, in a Women's Volleyball League match at Naval Station Gym, Joint Base Pearl Harbor-Hickam, on Sept. 11.

Despite playing the entire match with only five girls, instead of the usual six players, Island Girls gave Fobulous, last season's runner-up, all they could handle and nearly forced a third and deciding set after leading 24-23 in the second.

However, the Island Girls' were foiled in their quest for an upset when Kuinita Ugaitafa of Fobulous hammered down back-to-back kills to end the game and help her team escape the court with its spotless record intact.

"I didn't plan to do that," said Ugaitafa about her game-deciding kills. "We don't have set plays. We just play."

The win by Fobulous sets up a showdown with Wotevaz!, the league's defending champs, on Sept. 18 at Naval Station Gym at 3 p.m. The game is a rematch of last season's title match, which was won by Wotevaz! in straight sets.

Currently, the teams are deadlocked at the top of the league with identical 4-0 records. Last week, Wotevaz! kept pace with Fobulous by topping 6-Pack and Spiketacular.

If Fobulous hopes to overtake Wotevaz!, they will have to get out to a faster start than they did against Island Girls, who were looking to catch



Kuinita Ugaitafa of Fobulous puts down a kill during the team's Women's Volleyball League game versus Island Girls at Naval Station Gym, Joint Base Pearl Harbor-Hickam, on Sept. 11. Ugaitafa led Fobulous to a straight-set win over Island Girls and helped her team remain undefeated with a 4-0 record.

their opponents off-guard last Saturday.

A kill by Keawe Aolahiko of Island Girls brought the team to within a point of its foe at 6-5 in the first set, but with Ugaitafa serving, Fobulous got some needed breathing room when they strung together five straight points.

Although Island Girls would go on a four-point rally to narrow the gap,

Fobulous never lost control in winning the first set by 10 points.

The second set, however, was a tossup as the Island Girls fought back to try to avoid the sweep by Fobulous.

With both squads trading scores, Angel Welfen of Fobulous appeared to give her team the lead for good at 23-21 when she put down a shot late in the set.

Instead of rolling over,

the Island Girls stormed back and scored three consecutive points to get to within a single digit of forcing Fobulous into a third set. But that's as close as they would get, as Ugaitafa shut the door with her two clutch kills.

Fobulous outside-hitter Lani Solomua said that when it came down to crunch time, it was the team's experience that proved to be the main difference in the team's

hard-fought victory over Island Girls.

While the outcome might have been different if Island Girls played with a full squad, admitted Solomua, she said that her team just knew what to do when the game was on the line.

"We had good passes and we know when to start playing," Solomua explained. "We've been playing with each other for five or six years, and

we're all friends."

In looking forward to the team's first encounter with Wotevaz!, Solomua acknowledged that even though Fobulous still has more room to improve, she believes that she and her teammates have what it takes to come away with the win.

"We got enough to take them," Solomua claimed. "I guess it's going to come down to whoever brings it."

New season starts for Hickam junior bowlers

Randy Dela Cruz

Sports Editor

When it comes to sports at this time of the year, football usually dominates the athletic landscape for military families on and off base.

However, for those with access to the Hickam Bowling Center (HBC), there is an alternative to the gridiron sport that may equally appeal to boys and girls alike.

Starting Sept. 18, the Hickam junior bowling program will meet every Saturday at HBC from 9 a.m. to noon for the next 20 weeks.

Open registration will be held during the course of the season and interested families may call HBC at 448-9959 for more information.

According to Cindy Ogata, the program's director, each three-hour session is for youth from ages five to 20 and will hold instruction for beginners, as well as for the more experienced bowlers.

"We'll bowl around three games (each Saturday)," Ogata said. "They can come here to practice, learn to bowl and we'll also teach them about sportsmanship."

This season, Ogata said that she expects to have an enrollment of about 30 to 40 kids, and while the program has around 10 volunteer coaches, she stated that each student would receive quality instruction.

"The trainee section will probably be one-on-one because we'll always have a coach on that lane," Ogata stated. "The older kids won't get as much, but if they want it, they'll get a lot of help."

Although most of the time will be spent on teaching children how to bowl and improve their game, Ogata pointed out that the program also could help kids build their social skills and learn how to excel under pressure.

Besides the usual meetings on Saturdays, the program also participates in various tournaments at several other



Kendo Pilor practices his form at the Hickam Bowling Center (HBC), Joint Base Pearl Harbor, on Sept. 11. The 16-year-old Pilor is a member of the junior bowling program at HBC. The program is for youth from ages five to 20 and begins its 20-week season on Sept. 18 at HBC.

bowling centers on the island.

"We keep it fun, but we also teach them how to be competitive," Ogata said. "A couple of weeks ago, we had six entrants who represented Hickam in the Leeward Double Tournament at Leeward Bowl. Five made the first cut and four made it all the way to the finals, so we did pretty well."

Colin Matsuo, who was the

head coach of the Kalani High School girls' bowling team from 2008-10, said he is very impressed with the way coaches of the Hickam junior program nurture kids in the sport of bowling.

Matsuo's 19-year-old daughter Chayna has been a member of the Hickam program for the past four years.

"It's small, but it's a good program," Matsuo said.

"They're understanding and do the best they can do to help the kids. They also have good parent participation."

Chayna agreed with her dad about the way Ogata and her team of coaches go the full distance in helping young bowlers develop a passion for the sport.

A former member of the bowling program in Waiialae, Chayna credits Hickam

junior bowling for turning her game around.

"They helped me improve my game a lot," said Chayna, who also volunteers as a coach at Hickam. "The coaches are a lot better than the ones I had at my former club."

While Ogata professed that she is a fan of many other types of sports, she noted that there is a lot to be

said about the positive aspects of bowling.

"First of all," she stated, "you are always indoors and don't have to deal with bad weather, and perhaps most importantly, anyone can do it."

"It has nothing to do with size and you can bowl from when you are young to when you're older," she said. "You don't have to be a professional to continue bowling."

Chief-selectees volunteer at Ronald McDonald House

Story and photo by
MC1 Jason Swink

Navy Public Affairs Support Element West,
Det. Hawaii

Navy Region Hawaii chief petty officer-selects volunteered to assist with grounds maintenance at Ronald McDonald House in Honolulu on Sept. 4.

Chief-selects and members of the chief's mess volunteered cleaning up and landscaping, as part of their chief induction process, to show the Navy's support for the community.

"It's just important to be out here. It's up to us to give back to the community, particularly here [Honolulu] is important because it's not only our community, but you have people traveling here from all around the world who utilize this house," said Chief Operations Specialist (select) Brian Hlynosky.

Twenty Navy volunteers worked throughout the day, removing weeds, pruning bushes, and hauling off dead tree limbs.

"I think they did a great job, very impressive. It's a long weekend and they worked very hard with it being terribly hot out. I'm very impressed with their attitudes. They're very positive about being here; it's uplifting," said Annette Garrette, the Ronald McDonald House weekend manager.

Some of the chief-selects volunteered to return another day to cook meals for the guests.

"I am looking forward to them coming back. It's wonderful for them to show what we mean to them, to show that they care not only for the house, but to the people who stay here, too," Garrette said.

"I am definitely going to encourage my Sailors to volunteer outside the command, [and] help out in the community in any way they can," said Chief Cryptologic Technician (Collection) (select) Angela Fort.

The Ronald McDonald House's mission is to provide assistance to families and children under treatment at area hospitals. Permanent staff members handle most of the administrative duties, but seek help from volunteers in the community to clean and cook for families in need of assistance.

Navy Region Hawaii chief petty officer-selects volunteer to help with grounds maintenance at Ronald McDonald House. Chief-selects and their sponsors volunteered to do cleaning up and landscaping as part of their chief induction process to show the Navy's support for the community.



Forest City residents are mouse-click away from energy conservation

Natasha N. Jackson
 Community Services
 Coordinator
 Forest City Residential
 Management, Inc. Navy
 Family Housing

Forest City Residential Management (FCRM) is providing residents with many support services during the commencement of the Resident Energy Conservation Program (RECP). After the completion of the RECP Community meetings and the resident's response, Forest City is considering this phase of the RECP a success.

"Our neighbors have offered an open mind through the entire process of implementing the RECP," said Kari Diaz, Forest City general manager.

Residents arrived at the community meetings with questions and embraced the open communication forum. Charles Herron, resident services manager, said, "Our team reviewed the entire RECP program highlights with some of our residents who were unable to attend the meetings. Once their specific questions were addressed, the residents supported the need for energy conservation and had a new appreciation for the intent of the RECP program."

Forest City offered residents more energy conservation conven-

iences by developing www.yardiutilitiesph.com, the resident's utility website which allows residents to log-in and view their current energy consumption.

Residents now have the ability to view the energy consumption of like-type homes in their communities as well as a projected path of usage for the reporting month. This will help families adjust their usage habits if necessary to stay within the range of acceptable usage or "buffer zone."

Residents will also be able to review previous reports to track their individual household successes. Residents will need their private resident ID to register. Resident ID numbers are found on their current and previous energy billing system (EBS) reports and will be shown on next month's first "mock bill." In the interim, if unfamiliar with their ID, residents should contact their resident services office for the information so they can log on right away to begin tracking their household consumption.

"The Yardi Resident Utility Website is an important tool for our energy conscious residents. Knowledge is power and we want to provide our valued residents with the tools necessary to be successful in the RECP program," Diaz said.

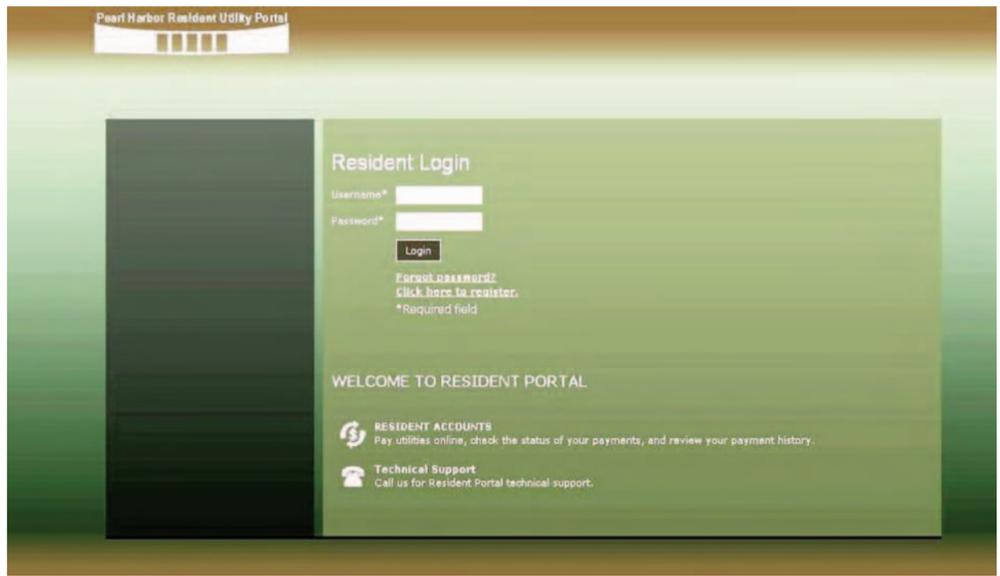


Photo courtesy of Forest City Residential Management

Forest City Residential Management offers family housing residents more energy conservation conveniences by developing www.yardiutilitiesph.com, the resident's utility website. The website allows residents to log-in and view their current energy consumption.

Forest City started a web initiative with the, "Hi E-mail, Bye Tree Mail" campaign two years ago and continues to use this as their primary means of communication. Residents have responded well to this initiative as the vast majority have provided their e-mail addresses to participate. Residents enjoy the expediency that the web provides and it allows Forest City to get important information into resident's hands in a timely way instead of stamped mail which can take days to receive.

All future RECP updates and other important community information including newsletters are sent portfolio wide to residents via the e-mail

system. With just a click of the mouse, residents now also have the ability to put energy conservation into their hands, literally. Residents are

strongly encouraged to contact their resident services office to keep their e-mail addresses and other contact information up-to-date.

Blood drives will be conducted by Tripler Army Medical Center Blood Center at the following locations:

September

- 20 - 9 a.m.-3 p.m., Schofield Health Clinic
- 21 - 8:30 a.m.-3 p.m., Kunia Tunnel
- 23 - 7:30 a.m.-noon, Makalapa Health Clinic, Joint Base Pearl Harbor-Hickam
- 24 - 10 a.m.-2 p.m., Tripler Army Medical Center, Fisher House.
- 27 - 6:30-10:30 a.m., UH Army ROTC

- 29 - 10 a.m.-2 p.m., Tripler Army Medical Center Radiology Department
- 30 - 9 a.m.-1 p.m., SPAWAR

October

- 5 - 9 a.m.-2 p.m., Shipyard Building 1770, second floor, Joint Base Pearl Harbor-Hickam.
- For more information, call 433-6148 or visit www.militaryblood.dod.mil.

HO'OKELE Online
PEARL HARBOR - HICKAM NEWS
<http://www.hookelenews.com> or <https://www.cnmc.navy.mil/hawaii>

PEARL HARBOR-HICKAM **Maniawa Nanea** LEISURE

Morale Welfare & Recreation

COMMAND FITNESS LEADER (CFL) COURSE

A Command Fitness Leader (CFL) Course will be offered Sept. 20 – 24 at Bloch Arena and the Navy College building. This official five-day course is free and provides policy and procedures for Navy Physical Readiness Programs. Completion of the course certifies you as a command fitness leader. FMI: 473-1710 or www.greatlifehawaii.com.

LEARN TO SURF

Sign up by Sept. 20 for the next Learn to Surf class, which will be held from 9 a.m. to noon Sept. 22 at Hickam Harbor. The cost is \$35. FMI: 449-5215

FULL MOON PADDLE

Enjoy a Full Moon Paddle from 8 to 11 p.m. Sept. 23 at Hickam Harbor. The cost is \$20 and deadline for signups is Sept. 21. FMI: 449-5215.

STORY TIME AT THE LIBRARY

Story Time at the Hickam Library, featuring the theme "Alphabet & Numbers," will be from 9 to 10 a.m. Sept. 22. The event is free. FMI: 449-8299.

PEE WEE SOCCER REGISTRATION

Registration for Pee Wee Soccer continues through Sept. 24 at the Joint Base Pearl Harbor-Hickam Youth Sports Office. The sessions will be held for an hour on Saturdays and are open to children ages three to five. The cost is \$40. The soccer season will run Oct. 2 - Dec. 17. The registration fee includes a T-shirt, soccer ball, medal and certificate. FMI: 474-3501.

PARENT/CHILD GOLF TOURNAMENT

Morale, Welfare and Recreation will host a parent/child golf tournament on Sept. 25 at Barbers Point Golf Course. First tee time begins at 3:45 p.m. and will be in scramble format. A fee of \$40 will include rounds of golf, two sleeves of balls, tees, two golf towels, a meal for each participant and an award ceremony to follow. Registration ends Sept. 24. Register with one of the following age divisions: 8-12 years old or 13-17 years old. FMI: www.greatlifehawaii.com.

KIDS' BOWLING SPECIAL

Kids' bowling specials are available from 10 a.m. to 9 p.m. now through Oct. 31 at Hickam Bowling Center. Enjoy two free games of bowling per day. A family pass option is also available. FMI: www.kidsbowlfree.com or 448-9959.

COSMIC BOWLING

Naval Station Bowling Center will host cosmic bowling at 7 p.m. every Friday and at 9 p.m. every Saturday.

For more information on events, visit www.greatlifehawaii.com or www.hickamservices.com/

Community Calendar

September

21 – The Governor's Women's Leadership Conference will be held at the Sheraton Waikiki Hotel. The conference begins at 7:30 a.m. with general conference registration and a continental breakfast. Hawaii Governor Linda Lingle will give opening and closing remarks. Speakers will include Madam Li Xiaolin of China, Jin Kyu Robertson of Korea, Pacita Juan of the Philippines, MacDella Cooper of Liberia, Dr. Ing Kantha Phavi of Cambodia, and Rhonda Begos and Dr. Connie Mariano of the United States. Register online at www.hawaiiwomensconference.com.

25 – Gates open at 9 a.m. for the Kaneohe Airshow featuring the Navy Blue Angels, Bayfest and Taste of Oahu. Air show performances will be from 11 a.m. to 5 p.m. Saturday evening entertainment begins at 5:30 and ends at 10 p.m. Fireworks by Grucci will be featured at 10 p.m. FMI: Sept. 10 edition of Ho'okele, page B-1.

28-30 – Highlights in Leadership' seminars will be held at Joint Base Pearl Harbor-Hickam for current and prospective spouses of executive officers and senior enlisted. Sessions will be from 5:30 to 9 p.m. Sept. 28 and from 8:30 a.m. to 2 p.m. on both Sept. 29 and 30 at Lockwood Hall. FMI: 474-1999 or hawaiiicmcspouses@hotmail.com.

October

23 – The 16th Annual Joint Spouses' Conference (JSC) will be held from 7:30 a.m. to 5:30 p.m. at Marine Corps Base Hawaii, Kaneohe. The keynote speaker will be Susan Page, a military widow and wife and an 18-year MidWeek columnist. Online registration is ongoing at www.jschawaii.com.

28 – Adm. Dixon R. Smith, commander, Navy Region Hawaii and commander, Naval Surface Group Middle Pacific, will host a Hispanic Heritage Month event from 11a.m. to noon at Lockwood Hall lanai. The theme of the event will be "Heritage, Diversity, Integrity, and Honor: The Renewed Hope of America." Jose Villa, editor of "Hawaii Hispanic News" and radio talk show host, will be the guest speaker. Entertainment will be provided by the Pacific Fleet Band.

Movie Showtimes



Dinner for Schmucks (PG-13)

At a monthly event hosted by his boss that promises bragging rights to the exec who shows up with the biggest buffoon, Tim invites Barry, whose blundering good intentions soon sends Tim's life into a frenzied downward spiral and a series of comic misadventures.

SHARKEY MOVIE THEATER

TODAY
7:00 PM Salt (PG-13)

SATURDAY
2:30 PM Ramona and Beezus (G)
4:45 PM Cats & Dogs: Revenge of Kitty Galore (PG)
7:00 PM Charlie St. Cloud (PG-13)

SUNDAY
2:30 PM Cats & Dogs: Revenge of Kitty Galore (PG)
4:45 PM Ramona and Beezus (G)
7:00 PM Dinner for Schmucks (PG-13)

HICKAM MEMORIAL THEATER

TODAY
6:00 PM Step Up 3D (PG-13)
8:30 PM Dinner for Schmucks (PG-13)

SATURDAY
4:00 PM The Sorcerer's Apprentice (PG)
7:00 PM The Other Guys (PG-13)

SUNDAY
2:00 PM Cats and Dogs: The Revenge of Kitty Galore (PG)



Home Décor diva focuses on style at NEX

Story and photos by
Stephanie Lau

Pearl Harbor Navy
Exchange Customer
Relations Manager

Home Décor diva, Cathy Lee, made an appearance at the Pearl Harbor Navy Exchange (NEX) during the Labor Day weekend to teach patrons how to turn their houses into a "home."

Her military appreciation workshop kicked off the grand re-opening of the NEX linens department. The grand re-opening of the department was due to a renovation project to enhance the customers' shopping experience at the NEX with wider shopping aisles, easier to locate items and new product lines.

Cathy awed viewers with her "focus" for style and easy to follow instructions and tips. She was able to teach patrons in an hour how to style their home with three basic concepts in mind: color, style and texture.

She also conveyed her easy-to-do steps to military families because she is no stranger to military life. Her father is a retired Army major who served as an infantry platoon leader, and moved 12 times in his military career before finally settling back home in Hawaii.

Cathy explained to her fans that she did not grow up in a home with everything matching and perfectly placed, but noted that her humble beginnings began with mismatched furniture and items collected from around the world.

Her entrepreneurial success today was derived through hard work, much determination and inspiration.

Patrons at the NEX were able to view her artistic mini-workshop of turning three bedrooms, two bathroom and two living rooms from a white canvas to pieces of art. Her product line will be available in the linens department by February 2011.



Home décor diva, Cathy Lee, shows Pearl Harbor Navy Exchange patrons how to turn houses into "homes" with style during presentations over the Labor Day weekend.

I can win this argument

Susan Bierman

Warfighter and Family Services

When we believe the only way to win an argument is to 'defeat' the other person, then the battle is already lost. We may shout loud enough that the other person backs down, or we might back the person into a corner with words or physical intimidation. But the reality is that we have created an enemy who now wants more than anything else to either avoid us forever, or to get even in some way that allows them to 'win.'

Their 'winning' might be that snide disclosure to your spouse or boss about some indiscretion on your part, or it might be holding the resentment until an opportunity to humiliate or explode all over you, the work site or some value you hold. Maybe they let you know how insignificant you really are by giving you the silent treatment, and totally failing to acknowledge even simple requests from you in the future.

Employees will quit or do sloppy work, relationships will end or become one endless round of conflict, children will whine or rebel. But as a win, your victory is hollow and fairly short-lived.

The art of winning involves the ability to relax because if I am anxious about winning, I am already reviewing in my head what I am going to say next, and most likely, will miss what your stake in the argument really is.

Relaxed, I can determine the outcome that I desire. Anxious, I can only see far enough to counter the next blow, totally missing the mission to get the trash taken out, rather than having to prove you are a 'stupid idiot, too blind to see the trash needs to be

emptied.' If we are both shouters, then we can argue for a long time, until we both forget the original mission, and nobody takes the trash out. 'Winning' without accomplishing our original mission means we both have to live with the 'garbage.'

Relaxed, you state clearly and calmly what your expected outcome is, and even take some time beforehand to consider what the opposition to completing that outcome might be. For parents and bosses alike, the purpose of discipline should clearly be that the child/employee learns better behaviors and choices that enable a success in completing the mission in the future. This is not to 'punish' them which, by definition, implies someone gets hurt, and fear and intimidation are never good motivators for completing a task for more than the short term.

Relaxed, we can determine what in us will be triggered if a person chooses not to comply with our expectation. Is it a win if we can reach a mutually agreeable compromise? Is there a safety concern where the person clearly needs to acknowledge that compliance protects them or others? If some behavior or tone on the part of the other triggers something negative from our past, can we separate the two arguments and focus only on the present issue? Am I arguing because it is a habit or do I really care about the outcome?

If our expectation is that everyone will agree with us 100 percent of the time, then we have no ability to grow and expand with new information, and we are apt to find ourselves in a lot of arguments we will never 'win.' A real win is

mutual understanding that gets the mission accomplished.

Can you win that argument? Yes, you can if you: (1) relax, (2) determine the outcome or mission success you want, (3) evaluate the stake the other has to win, (4) recognize triggers and take steps to not allow them to derail the mission, and (5) work toward compromise when possible. Need help with 'winning?' Then contact the Civilian Employee Assistance Program (CEAP) to schedule an individual appointment or training for your group.

CEAP provides free, confidential, professional assessment, short-term counseling to explore options and provide referral services to civilian employees. Call Susan Bierman at 474-1999, ext. 6206 or Andrea Hantman at 474-1999, ext. 6204 between 7 a.m. and 4:30 p.m. for CEAP information and to inquire about no cost at-work training.

Warfighter and Family Services classes are free for Department of Defense civilian employees, military personnel and family members. Class information may be found on the Quality of Life Navy Hawaii website at <http://www.greatlifehawaii.com>.

September classes include:

-Anger Management- Sept. 28, 8-11 a.m.

-Till Debt Do Us Part - Sept. 30, 5-8 p.m.

Managing your TRICARE coverage with other health insurance

Shari Lopatin

TriWest Healthcare Alliance

OHI: If you don't know what that means and you have a private health insurer, you could end up with a claims mess.

OHI stands for other health insurance. This is any health insurance you receive, beyond TRICARE, through an employer or individual plan. Exceptions to this rule are Medicaid, Indian Health Services, other state funded plans and supplemental insurance policies, which are usually offered by military associations or private companies.

The rules for using OHI with TRICARE differ, depending on if you're an active duty service member or a family member. Either way, the moment you begin a health plan using OHI, you need to inform TriWest Healthcare Alliance, your regional TRICARE contractor that administers the TRICARE health benefit throughout 21 western states. TriWest needs to know if you have OHI in order to coordinate your benefits more smoothly.

If you're an active duty service member TRICARE will always

be your primary health plan. You may have OHI with TRICARE, but all active duty service members are required to enroll into TRICARE Prime. Since TRICARE is your main plan, you must follow its rules. It may also be a good idea to read the fine print of any civilian health plan you register for as many civilian policies exclude members of the active Armed Forces.

If you're a family member of someone on active duty

Your OHI is considered your primary health insurance. This means any claims for doctor's visits, medications, hospital stays and other services are submitted for payment to your OHI first. If any balance remains after your OHI pays, you or your provider can then submit the claim to TRICARE for secondary processing.

Additionally, you must follow all the rules of your OHI plan, including requirements for referrals and authorizations.

Submitting claims with OHI as a family member

Your doctor's office will most likely submit your claims for you. If you have OHI, those claims will go to the company that supplies

that health coverage first. Once the claim has been processed, you and your doctor will receive a statement—called an "explanation of benefits"—showing the amount paid on the claim.

After you receive that statement, you or your provider can send the claim to TRICARE for secondary processing. You or your doctor should attach the "explanation of benefits" statement to the claim. If you are submitting your own claims, follow the steps on TriWest's claims portal to properly submit them. This portal will also tell you where to mail your claims: www.triwest.com/beneficiary/claims.aspx.

View your claim status online

You can now view the status of your TRICARE claims online by registering at www.triwest.com and enrolling in the paperless options. Using this secure account, you can receive your referrals and authorizations online, view your out-of-pocket expenses, update your personal information and explore many other online-only benefits. Get started today and visit www.triwest.com/gogreen.



U.S. Navy photo by CTRC (SG) Douglas Heydon

Chief Cryptologic Technician (Collection) (select) Frank Barnard installs a new bench at the basketball court at the U.S. Veterans Initiative at Barbers Point during a community relations project on Aug. 27.

NIOC Hawaii chief-selects spruce up veterans' center

Lt. j.g. Melissa Ocasio

Navy Information Operations Command Hawaii

Chief petty officer-selects from Navy Information Operations Command (NIOC) Hawaii helped spruce up the veterans' center during a community relations project at U.S. Veterans Initiative, Barbers Point, Hawaii on Aug. 27.

U.S. Veterans Initiative provides affordable housing, job placement, and counseling and career services for veterans.

Throughout the day, the chief-selects worked on several beautification projects. Work included removing grass, weeds and bushes from the court and perimeter; replacing the old, dry and rotted court-side benches with new ones; and sanding, repairing and painting

the back boards at the basketball court.

Chief Cryptologic Technician (Networks) (select) Eric Perez remarked, "Anytime you can get out and help a veteran is time well spent. We had a lot of fun getting to know the veterans and improving their facilities."

The chief-selects also fired up the grill for lunch and served hamburgers and hot dogs for the veterans. After socializing and providing a few minutes of entertainment singing "Anchors Aweigh," it was back to work on the courts.

"This was a great opportunity for the selectees to get out and meet the veterans at the center, swap sea stories, and improve the condition of the well used basketball courts. The vets greatly appreciated having the selectees come out to work and visit, and the selectees left with a deeper

respect for the veterans who served before them," said Chief Cryptologic Technician (Collection) (SG) Douglas Heydon of NIOC Hawaii.

Navy releases 2010 Pregnancy, Parenthood Survey to Sailors

Lt. Laura Stegherr

Diversity Directorate Public Affairs

WASHINGTON (NNS) -- The Navy is looking for input from Sailors in the biennial Pregnancy and Parenthood Survey, according to a Chief of Naval Personnel - Diversity Directorate announcement Sept. 10.

Invitations to the survey, which is being conducted by the Navy Personnel Research, Studies and Technology (NPRST) Division, were mailed the week of Sept. 6 to approximately 15,000 female and 10,000 male service members.

Navy leadership has conducted the Pregnancy and Parenthood Survey continuously since 1988 to monitor the impact of pregnancy and parenthood issues on both men and women in the Navy, as well as on the overall readiness of the Navy.

The survey covers such topics as family care plans, the impact of individual augmentee assignments, single parenthood, sexual health training, family planning, birth control and pregnancy.

Currently, the survey is the primary source by which the Navy tracks data and attitudes relating to these topics.

Survey results will be used to review existing pregnancy and parenthood poli-

cies for potential revision, and to update the Navy's sexual health general military training programs.

"While the goal of the survey is to gather data related to pregnancy and parenthood topics, respondents also play a large role in updating Navy policy," said Stephanie Miller, director of the Navy's Women's Policy Office. "For example, survey results from both the 2003 and 2005 surveys contributed to changes to the pregnancy and parenthood instruction, including the 12-month operational deferment period, adoption leave and mandated command support for breastfeeding service women."

Survey responses are also used to monitor viewpoints about existing programs. For example, feedback from the 2008 survey showed that programs like the Career Intermission Pilot Program (CIPP) and the policy allowing a 12-month deferment from operational duty for new mothers does affect Sailors' retention decisions. Thirty-eight percent of enlisted members and 54 percent of officers responded in the 2008 survey that the availability of the CIPP program motivated them to stay in the Navy.

The survey is voluntary, and will be available to respondents online for approximately three months. As in previous versions, men and women will receive the same questions,

except where minor gender-appropriate wording changes were required. Men will not receive pregnancy-specific questions.

While user names are required to log into the web survey, all identifying information will be deleted from the data set during analysis to maintain the anonymity of the respondents. Results will be statistically weighted by pay grade and gender to be representative of the Navy population.

According to Miller, it is just as important for men as it is women to respond to the survey.

"The Navy recognizes that the health and welfare of the Navy family is important to both men and women, mothers and fathers," said Miller. "Therefore, it is important to get male Sailors' perspectives on parenthood and Navy service."

Survey results are expected to be released in spring 2011. A summary of results from the 2008 survey are available at <http://www.nprst.navy.mil/SurveyResults/PregnancySurveySummary.pdf>.

Questions on the survey may be sent to Lt. Cmdr. Jean Marie Sullivan, deputy director of Navy Women's Policy, at (703) 695-1414, jean.m.sullivan@navy.mil.

For more news from Chief of Naval Personnel - Diversity Directorate, visit www.navy.mil/local/cnp-diversity/.

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PEARL HARBOR - HICKAM NEWS

Family Matters Blog: Military working to stop suicides, Mullens say

Elaine Wilson

American Forces Press Service

WASHINGTON — Nearly a decade of war is taking its toll on our military families. Military suicides have more than doubled in the Army, and exceeded the national average over the past five years. Military leaders are intent on stopping this trend, not only among service members but their families as well.

During a recent interview, Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, and his wife, Deborah, talked about what it will take to stop troops and families from taking their own lives.

"It's an area that can't get enough focus right now," the chairman said. "When we're losing as many lives as we are, it is a crisis we have to continue to address."

Last year, suicide claimed 309 troops, and in 2008, 267 service members committed suicide, according to a Defense Department task force. From 2005 to 2009, more than 1,100 service members took their own lives, an average of one suicide every 36 hours, the task force said.

"A significant amount of work needs to be done on the prevention aspect of [suicide] so we don't get to the point where men and women would consider doing this," Mullen said.

The military also must work to end the stigma that's preventing people from seeking help early on, Mullen said, including family members afraid to raise a red flag.

Deborah Mullen said she has personally heard from spouses about that fear.

Spouses often are the first to notice a problem, but are fearful of the career repercussions for their service member if they speak up, she said.

"We know that service members tell their spouses not to mention any sort of symptoms the service member might be experiencing for fear that, as one spouse said, 'That will mean the end of their career,'" she said. "That stigma is so ingrained and embedded in not just the military, but in our country, and breaking through that is going to be key ... to solving this problem."

This internal barrier to seeking help can have a far-ranging effect, also causing spouses to stop

short of seeking much-needed help for themselves, Deborah Mullen said. Spouses, she said, may be suffering from stress, anxiety, frustration and anger, but are afraid of the fallout from asking for care.

Fortunately, families have more avenues of help now than ever before, including ones that offer anonymity, she said. People who are uncomfortable speaking with someone at a military clinic can instead receive 12 free counseling appointments through Military OneSource or contact Tricare for online counseling at home. Other resources include the National Suicide Prevention Lifeline at 1-800-273-TALK (8255),

the Tragedy Assistance Program for Survivors at 1-800-959-TAPS (8277) or a military family life consultant. Additionally, the Real Warriors website offers suicide prevention resources and personal stories of hope.

Support is particularly vital after a suicide, when a family is at its most vulnerable, Deborah Mullen said, stressing the importance of what she calls "post-vention," or after care.

"It's important to make sure that the people at risk after the suicide are reached and that they have the opportunity to express privately maybe their own concerns, their own thoughts," she said. "I think if we provide for

them the appropriate post-vention care that we will restore the hope for those families that this may not occur in their family again."

The Mullens both stressed the importance of hope, both in prevention efforts and in the aftermath of a tragedy. A suicide, they said, means all hope was lost.

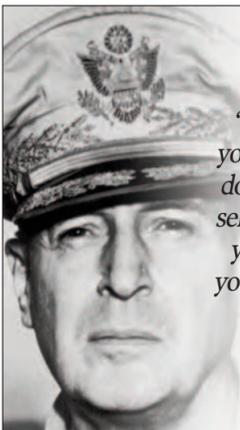
"[There's] help out there that would allow an individual to move through this," the chairman said. "Keep the hope, as difficult as that may seem in these circumstances."

"No matter how hard, how long, no matter what it takes, however many people need to get involved in this, this is something that the military is going to pursue

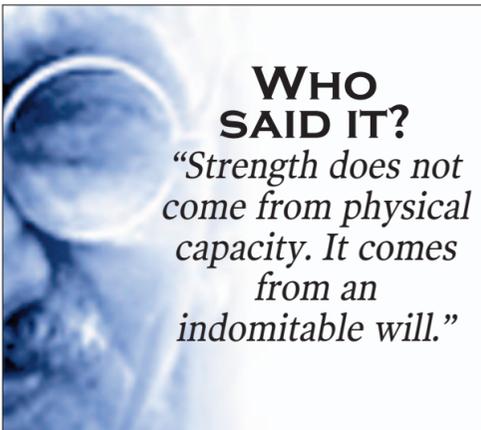
and try to eliminate totally," his wife added.

For more on this interview, read my American Forces Press Service article, "More Focus Needed to End Suicides, Mullens Say" or watch the interview on the Pentagon Channel Sept. 17, which will run as part of the channel's special, "Restoring Hope: Stories of Survival."

Also visit the American Forces Press Service Web special "Restoring Hope: You can Help Save a Life." My fellow blogger and colleague, Heather Forsgren Weaver, also wrote about this special in the Family Matters Blog, "Blogger Urges Readers to Restore Hope."



PREVIOUS ISSUE
WHO SAID IT?
"You are as young as your faith, as old as your doubt; as young as your self-confidence, as old as your fear; as young as your hope, as old as your despair."
General Douglas MacArthur



WHO SAID IT?
"Strength does not come from physical capacity. It comes from an indomitable will."

This Week's Trivia

What was the monthly base pay for an apprentice seaman in 1941?

Last Issue's Question:

What is the Air Force's oldest numbered air force?

Answer:

Seventh Air Force (7 AF) is the U.S. Air Force's oldest numbered air force. The Army Air Corps first activated 7 AF on Nov. 1, 1940, as the Hawaiian Air Force, in the Territory of Hawaii that year. Prior to the attack on Dec. 7, 1941, it was sometimes glibly referred to as the "Pineapple Air Force."

