

*Come celebrate*  
**Easter**

Residents are invited to attend Forest City's Easter Eggstravaganza from 2-4 p.m. Saturday at Richardson Field. Activities will include pictures with the Easter Bunny, Easter egg hunts for children two-six years of age, sack races for children seven-10 years of age and 11-14 years of age, and bounce houses. All activities are free. FMI: 839-8640, 839-8620, 839-8670 and 839-8630.



**Easter Sunrise Services**  
The Army and Navy will join to host an Easter sunrise service beginning at 6 a.m. onboard the Battleship Missouri Memorial on Ford Island. FMI: 473-3972.

Bellows Air Force Station will host an Easter sunrise service and egg hunt beginning at 6:30 a.m. at pavilion 'B' followed by a free breakfast buffet at 7 a.m. After the breakfast, there will be an Easter egg hunt starting at 8:30 a.m. for children up to ages 16 and opportunities for free photos with the Easter Bunny. FMI: 259-4112.



**Tips for healthy environmental living – Earth Day, every day**

*(Compiled from information provided by Environmental Protection Agency, State Department of Land and Natural Resources, City and County of Honolulu Environmental Services Department., and Navy Region Hawai'i's environmental department).*

**Neighborhood:**

- Dispose of trash and other wastes properly; avoid dumping anything into storm drains. Any pollutants that enter a storm drainage system can end up in our harbors, streams, rivers, wetlands or ocean.
- Keep sidewalks, curbs and gutters clean by sweeping up debris and disposing of it in the trash.
- Don't over water your lawn.
- Use pesticides and fertilizers sparingly and follow the manufacturer's guidelines.
- Gather grass and tree cuttings and dispose of green waste, or compost your yard tree trimming.
- Remove and dispose of pet waste before you leave an area. Left behind, pet waste can cause harmful bacteria and nutrients to be washed into the storm drain system.

**Auto care:**

- Wash your car with plain water. If you must use a detergent, select an environmentally friendly product that is phosphate free and biodegradable.
  - Turn in spent batteries for an even exchange at the time of purchase of a new battery.
  - Purchase a used oil change box and drain used oil directly into the box, seal it, and place the box into the trash. Don't pour motor oil on the ground or down the storm drain.
  - Household waste – Properly dispose of household hazardous wastes and use environmentally safe cleaning products, whenever possible. Never pour household products down the drain, toilet or into the gutter.
- (Information on how to manage hazardous waste in your household is available in the Military Family Housing Resident's Handbook and the City and County of Honolulu's Web site: [www.opala.org](http://www.opala.org))*
- Work:**
- Recycle – Recycling reduces pollution, saves money, conserves valuable natural resources and improves quality of life. Proceeds from the region's recycling program supports Morale, Welfare and Recreation (MWR) and quality of life programs. For information about

the recycling center located on Naval Station Pearl Harbor, call 474-9207.

- Best management practices – Practice good housekeeping and follow best management practices aboard ship and ashore. This includes regular sweeping and mopping, especially before washdowns; keeping chemicals, paints, fuel and oils properly contained and away from drain inlets; and constructing barriers to prevent soil runoff at construction sites.
  - Conduct fundraiser car washes far from existing storm drain inlets, ditches and other drainage ways as practicable.
- Community:**
- Help out with stream and beach cleanups in your neighborhood and at your favorite spots.
  - Use care around corals; don't trample, touch or break them. Thanks to our living reef, Hawai'i has sandy beaches, big wave surfing and is home to millions of marine life - many of them found nowhere else on earth.
  - Don't release non-native animals, plants or algae into the wild.
  - Learn Hawai'i's fishing regulations and follow them.
  - Take only what you need from the sea; release fish whenever possible.

*Cowgirl Kickers kick it at Liberty in Paradise*



See the Cowgirl Kickers kick up a storm at Liberty In Paradise on April 10. At 5 p.m., single Sailors will enjoy a free barbecue while socializing with the performers. Then at 7 p.m., the Cowgirl Kickers will perform followed by autographs and photo opportunities. This event is free and open to single Sailors only. For more information, call 473-4279.

**Sexual Assault Awareness and Prevention Training and Education - a career long commitment**

**Fleet and Family Support Center, Pearl Harbor**

Education and training are key to the success of the Department of Defense (DoD) Sexual Assault Prevention and Response Program. Training has been directed for all uniform members and civilians who supervise military personnel. It has been incorporated into all entry points to include the academies as well as leadership development and professional military education programs. Standard training definitions for sexual assault and sexual harassment are cornerstones of the DoD's training program. Common definitions now create understandable expectations of how service members are to

continually apply the military services' core ethics and values to prevent assaults. Pre-deployment training has also been directed. It will help protect service members when they deploy by providing refresher training on prevention techniques as well as identification of available support systems and resources. It also serves to inform them of the cultural mores of the country they are deploying to as well as any coalition partners with whom they will be working. Additionally, DoD has mandated pre-command training. This is critical as commander support directly impacts the success of local programs. This training focuses on the distinct duties and responsibilities that

enable commanders to establish an environment that prevents sexual assaults. The Navy's Sexual Assault Victim Intervention (SAVI) Program has trained command point of contacts (POCs) and liaisons who have specific responsibilities to the SAVI program, command and victims of sexual assault. Every command is required to have designated command liaisons/POCs for the SAVI program. The next SAVI command liaison/POC training is scheduled for 8:30 a.m.-4 p.m. April 17-19. Contact Louella Cazimero-Bactad, Sexual Assault Prevention and Response (SARC) for the Navy in Hawai'i, at 474-1999, ext. 6205 for more information.

# Road closures around Pearl Harbor

**Naval Facilities Engineering Command, Hawai'i**

The following road closures are currently ongoing and/or scheduled at Naval Station Pearl Harbor:

- **Fleet and Industrial Supply Center** - There will be a partial closure of Vincennes Avenue (down to two lanes) and parallel parking by buildings 474 and 475 will be unavailable, due to the replacement of a waterline, through April 9.

- **Naval Station** - The outbound lane from building 1314 (Club Pearl) parking lot will be closed and outgoing traffic will be detoured to the other side of the building to allow for roof repairs through April 13.

- **Pearl Harbor Naval Shipyard (PHNSY)** - A lane closure at the intersection of Central Avenue and Chosin Street near PHNSY gate 19 will occur during work hours of 8 a.m.-2 p.m. for storm drain cleaning from April 9-11. The lane will be reopened on a daily basis at the end of each work day.

- **Ford Island** - Wasp Boulevard north of the Chafee intersection will be

closed due to public-private venture housing work. A new temporary road will be opened from Chafee Boulevard to provide access to the area through June 30.

- **The Paul Hamilton lane** closure extension will close sections of the two inbound lanes of Paul Hamilton Boulevard between South Avenue and Safeguard Street through April 27 to allow Naval Facilities Engineering Command (NAVFAC) Hawai'i to complete the installation of a new 18-inch water main. During inbound lane closure, the outbound lanes will be contra flowed.

- There will be periodic lane closures on **Wasp Boulevard** and **Bataan Road** as NAVFAC Hawai'i utilities waterline crews install a new waterline from Wasp Boulevard between buildings 175 and 176. The project will be parallel to and on the Diamond Head side of Gambier Bay Street, crossing Bataan Road and tying into the existing six-inch waterline fronting Foxtrot 10 Pier. The work will begin April 9 and continue through April 20.

# Construction activities around NCTAMSPAC

**Naval Facilities Engineering Command, Hawai'i**

During the upcoming months, two new outdoor fitness stations will be constructed at Naval Computer and Telecommunications Area Master Station Pacific (NCTAMSPAC). The project - a combined effort of Morale, Welfare and Recreation, NCTAMSPAC and Naval Facilities Engineering Command, Hawai'i - builds upon former fitness measures taken by NCTAMSPAC.

These measures include a volleyball recreation area and a recent award from the area coordinator program. The command received the

monetary award for projects that enhanced base appearance and quality of life and, in turn, they are using the funds for the new fitness stations.

The two stations will consist of various exercise equipment, such as an armwalk, beamwalk, body tuck, hip flex and pull-up apparatus. The first station will be located at the recreation area near the barracks; the second station will be near the Hale Nui Nui. Once the equipment delivery phase and the design/planning phase are complete, the construction of the stations will begin. The \$130,000 installation is expected to be completed by the end of the fiscal year.



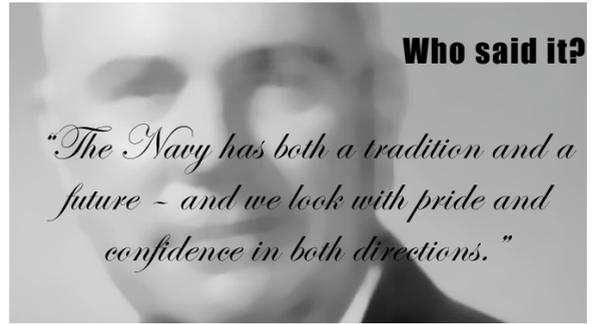
**STORY IDEAS?**  
 Contact the HNN editor for guidelines and story/photo submission requirements:  
 Phone: (808) 473-2888  
 Email: [hnn@himaluluadvertiser.com](mailto:hnn@himaluluadvertiser.com)  
**Hawai'i Navy News**

# Skylark Central

## Easter Word Hun

- |             |                |                  |
|-------------|----------------|------------------|
| april       | dinner         | easter bunny     |
| baskets     | dressing up    | lillys           |
| bonnet      | ducks          | lollipops        |
| breezy      | lams           | peeps            |
| bright      | easter         | rabbits          |
| celebration | grass          | ribbons          |
| candy       | egg hunt       | peter cottontail |
| children    | family         | sharing          |
| chocolate   | egg decorating | spring           |
| bunnies     | giving         | sunday           |
| daffodils   | jellybeans     | sunny            |
|             |                | tulips           |
|             |                | yellow           |

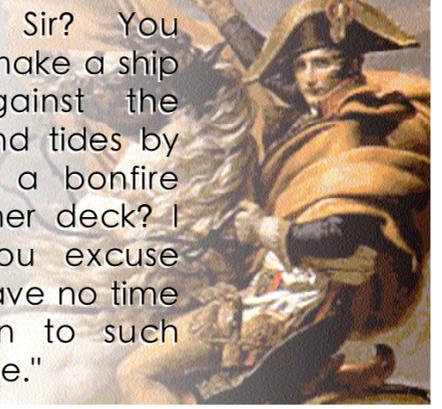
K D S L D S K V R S Y A D N U S G R S D  
 F J K I I Y S P R I N G I C Y N F P S R  
 N K C A N L U Y E L L O W W I K I P F E  
 E S U T N L Y D N A C Z B T P L O J O S  
 S A D N E I L A M B S A A B U P I H J S  
 L G S O R L C E L E B R A T I O N E B I  
 I N X T E T A L O C O H C L E R L T U N  
 D I W T E H B B O C Z E L G Y L E S N G  
 O R P O B R S A E I A O G V Y N L O N U  
 F A B C G Z B D S S L H O B N M N H I P  
 F H G R F N G U T K U U E O I P D U E A  
 A S R E I G I E N N E A B R E E Z Y S P  
 D C A T E G R V T N N T S T I B B A R R  
 F T S E T L H U I S Y K S Y L I M A F I  
 B A S P A E L T A G T C H I L D R E N L



Who said it?

*"The Navy has both a tradition and a future - and we look with pride and confidence in both directions."*

"What, Sir? You would make a ship sail against the wind and tides by lighting a bonfire under her deck? I pray you excuse me. I have no time to listen to such nonsense."



## Sailing Vessels

The solution to the 45 ships and boats in last week's word find.

- |             |                |                   |
|-------------|----------------|-------------------|
| BARK        | FRIGATE        | SAILING DINGHY    |
| BARQUENTINE | GALLEON        | SAILING HYDROFOIL |
| BRIG        | JUNK           | SCHOONER          |
| BRIGANTINE  | KEELBOAT       | SHARPIE           |
| CARAVEL     | KETCH          | SLOOP             |
| CARRACK     | LASER          | SMACK             |
| CATBOAT     | LATEEN         | TALL SHIP         |
| CLIPPER     | LONGSHIP       | TRIMARAN          |
| COG         | MERSEY FLAT    | WHERRY            |
| CORVETTE    | PINK           | WINDJAMMER        |
| CUTTER      | PINNACE        | WINDSURFER        |
| DHOW        | POCKET CRUISER | XEBEC             |
| FELUCCA     | POLACCA        | YACHT             |
| FIFIE       | PRAM           | YAWL              |
| FLUYT       | PROA           |                   |

G S S J U N K M C P A R I E S A C  
 G G G G G E E U A A X E B E C S H  
 N P O C K E T C R U I S E R A C J  
 S M E C V T C A L P I N K B T H T  
 E P A O E A H T R I S W U B O C  
 T M B R L L T A H T P H B K O O A  
 S L O O P L H M N C V P S O A N R  
 N E P U Y S Y A W L A T E G T E A  
 T T R E H G R L H A Y A R N R V  
 C T C W P I G A L L E O N A A O E  
 B E F P R P L N F N T R E C R R L  
 K V L B O F I Y I Y C A R R A C K  
 F R I G A T E T U D F R I Y M O E  
 S O A O T S N L B I G A M K I I E  
 P C A B R E F R U S D N I W R L L  
 E R A E U C I W E C W A I W T G B  
 E E M Q C G F I R O C S W L G M O  
 I S R S O I F E H E C A N N I P A  
 T A J E W I N D J A M M E R A A T  
 B L I O F O R D Y H G N I L I A S

Q. Who was the first female CPO of the U.S. Navy?

Last week's question...  
 When did the present petty officer insignia become official?

Answer...  
 The present petty officer insignia came about in 1894 when the Navy established the chief petty officer rank and gave him the three chevrons with arc and eagle. The first, second and third class Petty Officers also began wearing the insignia they do today.



# Navy Region Hawai'i Manawa Nanea

Morale Welfare & Recreation



## H 10TH ANNUAL FORD ISLAND BRIDGE RUN

The 10th Annual Ford Island Bridge Run will begin at 7 a.m. April 7. Runners, walkers and strollers will cross the Admiral Clarey Bridge onto historic Ford Island. The 10K (6.2 miles) race is open to the public. FMI: 473-0784, 473-2494 or 473-2437 or visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

## H LIBERTY STEPPIN' COMPETITION

Get ready to show your creative routine in the art of stepping. Stomp and clap to your own beat at the Liberty Steppin' competition beginning at 7 p.m. April 11 at Beeman Center. This free event is open to Single Sailors only. FMI: 473-4279.

## H SINGLE SAILOR OBSTACLE COURSE CHALLENGE

See who is the fastest to make it through the craziest obstacle course at the Single Sailor Obstacle Course Challenge at Liberty in Paradise beginning at 6 p.m. April 18. Prizes will be given to the top finishers and free food will be served. The event is free and open to all Single Sailors. FMI: 473-4279.

## H 24TH ANNUAL ARMED FORCES HAWAII BODYBUILDING CHAMPIONSHIP

Deadline to enter the 24th Annual Armed Forces Hawai'i Bodybuilding Championship is April 20. The competition will be held April 28 at Sharkey Theater. The best bodybuilders will represent the Navy, Army, Air Force and Marine Corps. Applications to enter the competition are available at all military fitness centers. The event is open to all active duty, military-affiliated and Department of Defense (DoD) personnel, Reservists, National Guard and family members. The fee to compete is \$20. FMI: Rodney of MWR athletics at 473-0784 or 473-2494.

For more information on Navy Region Hawai'i MWR events, visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com)

Community Calendar

## N April

**7** - Volunteers will perform a cleanup of the historic Pearl Harbor bike trail. FMI: Lt. Marian Navarro at 473-5752.

**7** - Residents are invited to attend Forest City's Easter Eggstravaganza from 2-4 p.m. at Richardson Field. Activities will include pictures with the Easter Bunny, Easter egg hunts for children two-six years of age, sack races for children seven-10 years of age and 11-14 years of age, and bounce houses. All activities are free. FMI: 839-8640, 839-8620, 839-8670 and 839-8630.



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Sharkey Showtimes



## Music & Lyrics (PG 13)

Alex Fletcher is a washed-up '80s pop star who's been reduced to working the nostalgia circuit at county fairs and amusement parks. The charismatic and talented musician gets a chance at a comeback when reigning diva Cora Corman invites him to write and record a duet with her, but there's a problem--Alex hasn't written a song in years, he's never written lyrics, and he has to come up with a hit in a matter of days. Enter Sophie Fisher, Alex's beguilingly quirky plant lady, whose flair for words strikes a chord with the struggling songwriter.

### TODAY

7:00 PM Norbit (PG 13)

### SATURDAY

2:30 Bridge to Terabithia (PG)

4:45 PM Music & Lyrics (PG 13)

7:00 PM Breach (PG 13)

### SUNDAY

2:30 PM Bridge to Terabithia (PG)

4:45 PM Norbit (PG 13)

7:15 PM Music & Lyrics (PG 13)

**SHARKEY THEATER** Pearl Harbor Naval Base (473-0726)

**MEMORIAL THEATER** Hickam Air Force Base (449-2239)

**SGT. SMITH THEATER** Schofield Barracks (624-2585)



# When big things happen in life, don't lose out

**Jenna Holtz**

*TriWest Healthcare Alliance*

The big events in life are busy times, but don't forget one important thing to avoid losing TRICARE health care coverage eligibility - keep your TRICARE information current.

It's simple to do. Just notify the Defense Enrollment Eligibility Reporting System (DEERS) when life's big events occur.

The following qualifying life events require updates of personal information to DEERS:

- Marriage
- Divorce or annulment
- Moving
- Having a baby
- Adopting or obtaining legal custody of a child
- A death in the family
- A child reaching age 21

Qualifying life event (QLE) changes should be made in DEERS as soon as possible, but enrolling newborns or adopted children in TRICARE Prime or Prime Remote must be completed within 60 days of the birth or adoption to continue Prime or Prime Remote coverage.

After adding a spouse or a child to DEERS, enroll them in TRICARE Prime or Prime Remote by visiting a TRICARE Service Center or

mailing an enrollment form to the address on the form. The form is available on [www.triwest.com](http://www.triwest.com).

Updating DEERS is simple, using any of the following options:

- Call the Defense Manpower Data Center Support Office (DSO) at 1-800-538-9552.
- Fax address changes to DEERS at 1-831-655-8317.
- Mail address changes to: *Defense Manpower Data Center Support Office*  
*Attn: COA*

*Seaside, CA 93955-6771*

- Make changes online at: <http://www.tricare.mil/DEERS>. Beneficiaries may also visit the nearest uniformed services personnel office (ID-card issuing facility).

If information is incorrect, only registered family members can make address changes. This can be done online at <http://www.tricare.mil/DEERS>.

The military sponsor (or someone with the sponsor's power of attorney) is the only

individual who can add or delete a family member from DEERS. To do so, be prepared to provide such documents as:

- An original marriage license
- Divorce decree
- Adoption papers
- Death or birth certificate and
- DD Form 1172 (Application for Uniformed Services Identification Card and DEERS Enrollment).

For more information visit [triwest.com](http://triwest.com), or call TriWest at 1-888-TRIWEST.



To report...

## Fraud, Waste or Abuse

*Contact Commander, Navy Region Hawaii Inspector General*

- ✓ We are here to help
- ✓ You can remain anonymous
- ✓ Remember to use your chain of command first

**HOTLINE:** 808-473-1782

**EMAIL:** [prfh-cnrhig@navy.mil](mailto:prfh-cnrhig@navy.mil)

# Free classified advertising for military in Hawaii Navy News

Active duty and retired military, civil service and family members can advertise the sale of their personal property (including real estate) and services in HNN at no charge. The details are as follows:

Classified items and services must represent an incidental exchange between the aforementioned personnel and not business operations. Requests for three-line free classified advertisements can be submitted via email, if from a ".mil" address (submit to: [Kanesha@honolulu.gannett.com](mailto:Kanesha@honolulu.gannett.com)), by phone at 501-9111 or by visiting [www.honoluluadvertiser.com](http://www.honoluluadvertiser.com) and clicking on "classified ads." More lines of advertising can be purchased at an additional fee. Requesters should include their military ID number and a call-back phone number.

## **GOT SPORTS**

**(808) 473-2888**  
[hnn@honoluluadvertiser.com](mailto:hnn@honoluluadvertiser.com)

Contact the HNN editor for guidelines and story/photo submission requirements.

