

## Naval Station Pearl Harbor holds 10th annual Ford Island

# 10K Bridge Run



Story and photos by  
MCSN Paul D. Honnick

Fleet Public Affairs Center  
Detachment Center Hawai'i

Naval Station Pearl Harbor (NAVSTA PH) held its 10th annual Ford Island 10K Bridge Run on April 7.

Approximately 1,800 servicemembers, family members, civilians of all ages participated in the 6.2-mile run across the Adm. Bernard 'Chick' Clarey Bridge and around historic Ford Island.

"We got a chance to meet a lot of interesting people today, not only military, but also a lot of civilians who live here," said Master-at-Arms 1st Class Aaron Bienkayski.

Overall male winners were Ryan Moorcroft in first place with a time of 33:02:6, Chris Larson in second with a time of 34:43:2 and Chase Bennion in

third with a time of 35:24:9.

Overall female winners were Yang Sun Carpenter in first place with a time of 40:36:8, Mina Casey-Pang in second with a time of 41:16:0 and Masako Sagawa in third with a time of 35:24:7.

Male military winners were Mark Donahue in first place with a time of 35:34:6, Aubrey Curtis in second with a time of 36:41:4 and Bruce Jenkins in third with a time of 38:51:4.

Female military winners were Mary Lowell in first with a time of 43:51:3, Kathy Tieu in second with a time of 45:08:0 and Kristine Chou in third with a time of 49:26:2.

"I think it's a good chance for the military to get involved with the civilian community," said Rodney Gouveia, athletic director of Pearl Harbor. "Usually when we play our sports programs, it's just military against military. With this we get a chance to really communicate and get along with the civilian community."

According to Gouveia, this was the third largest turnout in the event's 10-year history.

"It's real rewarding to put all the work in it months prior to see a lot of people turn out," he said.

For many, the race was not about competing but about having fun.

"For me it really wasn't the competition because I knew I wasn't really racing. I just wanted to run and see if I could do it again," said Chief Fire Controlman Robert Roach. "It's been a while since I ran a 10K, so it was just a personal challenge for me."

Everyone from military to civilian and young children to senior citizens participated in the event.

"It's great. It's good to see the young folks out here and to get them away from the television and the iPods for a while," said Army Lt. Col. (Ret.) William Winn.

Winn, a 33-year veteran, participated in the event on his 85th birthday.

For others it was a chance to spend time with friends, family and colleges.

"This race in particular is very special because it is the last one that my friend and I are going to do together," said Lt. Cmdr. Jennifer Jacobs. "We're both about to PCS and we've had a year and a half of running every race together we could."

(Above) Runners take off through the smoke of a cannon at the start of the 10th annual Ford Island 10K Bridge Run. Approximately 1,800 servicemembers, family members, civilians of all ages participated in the 6.2-mile run across the Adm. Bernard 'Chick' Clarey Bridge and around historic Ford Island.

Runners sprint, jog and walk across the across the Adm. Bernard 'Chick' Clarey Bridge



Lt. j.g. Mary Lowell of USS Hopper (DDG 70) is presented with the first place trophy in military females' category by Miss Pearl Harbor, Karla Stracener.



## DACOWITS to visit Navy Region Hawai'i in April

AFCM (AW) Michael G. Cook

*Equal Opportunity Advisor,  
Navy Region Hawai'i and  
Naval Surface Group Middle  
Pacific*

The Defense Department Advisory Committee on Women in the Service (DACOWITS) will visit Navy Region Hawai'i from April 23-27. Volunteers are needed to serve on focus groups.

DACOWITS was established in 1951 by then Secretary of Defense, George C. Marshall. The committee is composed of civilian women and men who are appointed by the Secretary of Defense to provide advice and recommendations on matters and policies relating to the recruitment and retention, treatment, employment, integration and well-being of highly-qualified professional women in the armed forces.

In addition, since 2002 the committee has provided advice and recommendations on family issues related to recruitment and retention of a highly-qualified, professional military. Historically, DACOWITS' recommendations have been instrumental in affecting changes to laws and policies pertaining to military women.

As part of the DACOW-

ITS' 2007 efforts, the committee is looking at women's health care in Operation Iraqi Freedom/Enduring Freedom and military spouses' employment opportunities. To compile information for the committees' 2007 report, it will be seeking female service members and civilian spouses of service members to participate in focus groups relating to these topics.

Focus group meetings will be held in building 679, Naval Station Pearl Harbor. Focus group schedules are as follows:

### April 24

4 p.m. - Enlisted spouses (male or female) of all grades who have had present or past employment experiences they would consider sharing with the committee. This includes spouses currently staying at home who are considering employment and can share with the committee what would be helpful for their future employment plans.

### April 25

9 a.m. - Enlisted women, E-4 - E-6, previously deployed since 9/11 to OIF/OEF.

11 a.m. - Enlisted women, E7- E9, previously deployed since 9/11 OIF/OEF.

1:45 p.m. - Women officers, grades 01 - 03, previously deployed since 9/11OIF/OEF.

3:30 p.m. - Women officers, grades 04-06, previous-

ly deployed since 9/11OIF/OEF.

6:45 p.m. - Officers' spouses (male or female), all grades, who have had present or past employment experiences they would consider sharing with the committee. This includes spouses currently staying at home who are considering employment and can share with the committee what would be helpful for their future employment plans.

### April 26

9 a.m. - Any grade, nurses/nurse practitioners, male and female, providers of health care during deployments. Previously deployed since 9/11 to OIF/OEF.

11 a.m. - Enlisted spouses (male or female), all grades, who have had present or past employment experiences they would consider sharing with the committee. This includes spouses currently staying at home who are considering employment and can share with the committee what would be helpful for their future employment plans.

1:45 p.m. - Women officers, grades 01-03, previously deployed since 9/11OIF/OEF.

To volunteer for participation in the above focus groups, contact Master Chief Michael Cook, Navy Region Hawai'i Equal Opportunity Advisor, at 473-1468 or email him at michael.g.cook2@navy.mil.

## Female golfers participate in golf championship at Hickam

Martha Berthelson

*Women's Military Dependents Golf  
Championship*

Women from all branches of the armed services participated in the 46th annual Women's Military Dependents Golf Championship which was held April 9-12 at Hickam Air Force Base.

The annual event is held around the country at various military installations. Participants must be female military fami-

ly members, amateur golfers, and a minimum of 18 years of age. Spouses of active duty, retired and Reserve from all five U.S. Armed Forces are eligible to participate.

The tournament originated in 1962 under the leadership of Zada Schriever at Andrews Air Force Base, Md. It was a 36-hole event and attracted 146 golfers. It has grown to a 54-hole event with a field of 160 golfers and has been rotated among the services.

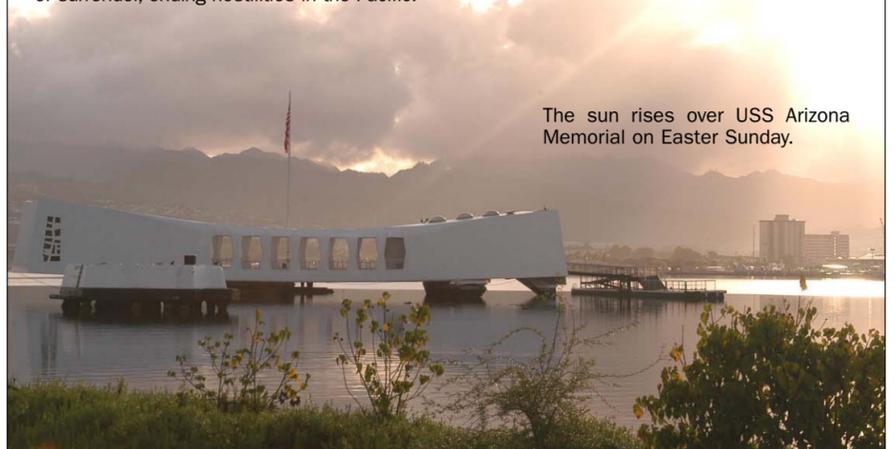
The 47th tournament will be held at Warner AF Base in Cheyenne, Wyo.



The sun rises over Battleship Missouri Memorial (BB 63) on Easter Sunday.

U.S. Navy photos by MCSN John W Ciccarelli Jr.

Capt. Gene P Theriot, CHC, gives a sermon aboard Battleship Missouri Memorial (BB 63) on Easter Sunday. The Missouri stands as a landmark for the signing of the Japanese instrument of surrender, ending hostilities in the Pacific.



The sun rises over USS Arizona Memorial on Easter Sunday.

# MDSU-1 Fitness Fair set for April 27

## Mobile Diving and Salvage Unit One

The 'Heavy Lifters' of Mobile Diving and Salvage Unit One will host a regional Alcohol Awareness Health and Fitness Fair from 8 a.m.-2 p.m. April 27 at Ward Field at Naval Station Pearl Harbor. All tenant commands are invited to attend.

Officials from the Federal Fire Department will present a demonstration of the extrication procedure for removing someone trapped inside a totaled vehicle.

Law enforcement officers and drug and alcohol counselors will provide information regarding the risks associated with excessive or irresponsible alcohol consumption and the impact that it can have on an individual's health and career. Officers will also conduct coordination activities and games with 'beer goggles' to simulate the effects of alcohol intoxication.

"I hope that the health fair will have a strong impact on all who attend. I hope that all attendees walk away with some really useful information that will help them make responsible decisions about alcohol use," said Hospital Corpsman 1st Class Sara Gourley from MDSU1.

Awareness of the dangers of using alcohol is critical. "If we stop even one individual from getting behind the wheel when impaired, then we will have met



U.S. Navy photo by MC2 (AW/SW) Justin P. Nesbitt

HT2 Aaron Cominio suits up and assists Federal Fire Department personnel during a "jaws of life" demonstration at a previous health and fitness fair on May 26, 2006.

our objective," she said.

Naval Health Clinic Hawai'i's health promotions committee and other health promotion representatives and vendors will be available, offering information on a variety of health topics and providing free health screenings.

Fitness instructors from Bloch Arena Fitness Center will conduct free cycling and yoga classes. Massage therapists from the center's massage therapy program, Lotus Touch, will be available to

provide free information about the benefits of massage as well as give free spot massages.

One of the highlights of the event will be a bench press muscle endurance competition with awards of first, second and third prizes in both the men's and women's categories.

A variety of activities for children will include a bounce house and a rock climbing wall. There will also be music, food and prizes throughout the day along with

performances by the Navy's Pacific Fleet Rock Band. The health fair is a family-friendly event; teenagers are highly encouraged to attend.

The fair will be open to all military personnel and their families.

To register as a participant for the bench press muscle endurance competition or for more information, contact the MDSU1 medical department at 471-9292, ext. 238.

## April is Sexual Assault Awareness Month

### Fleet and Family Support Center, Pearl Harbor

Nationally, April is observed as Sexual Assault Awareness Month (SAAM) as a way to raise awareness about sexual assault and to promote prevention of sexual violence through special events and public education.

The Department of Defense (DoD) theme for 2006 SAAM is "Sexual Assault Prevention Begins with You." This slogan serves to remind us that each of us can play a role - as a leader, a teacher, a friend or co-worker - in sexual assault prevention.

New DoD policies addressing sexual assault prevention and response seek to establish a climate of confidence in which sexual assault and the attitudes that promote it are not tolerated, victims of sexual assault receive the care and support that they need, and the offenders are held accountable for their actions. You are encouraged to learn more about the issue of sexual assault and what you can do to prevent it.

Public service announcements on sexual assault awareness will be shown on television channels during the month of April.

For more information, contact Louella Cazimero-Bactad, sexual assault response coordinator (SARC) for the Navy in Hawai'i, at 474-1999, ext. 6205.

**Hawaii Navy News Online**  
www.hawaii.navy.mil

# Skylark Central



*Figure out what Fleet Adm. Chester W. Nimitz said in this cryptogram*

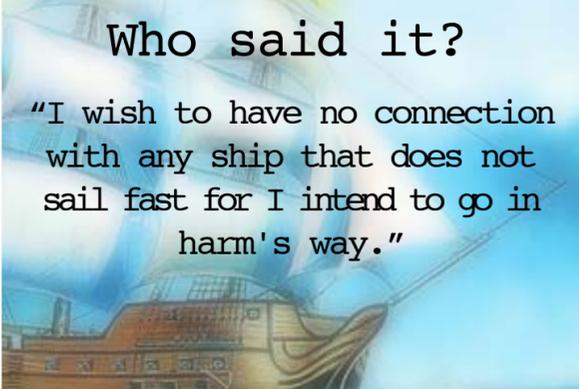
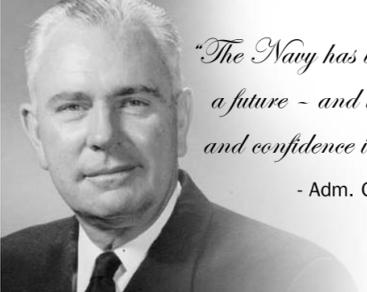
A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
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" E E S  
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 S E E  
 17 5 18 6 2 24 12 2 14 18 11 19 17 18 26 11 3 18 8 8 18 11  
 S E  
 12 16 22 18 24 17 16 6 16 3 18 8 8 18 11 12 19 24 1 26 2

**Cryptogram hint.** Each number represents a letter. For example, the letter "E" is represented by the number "2." Find the matching numbers to each letter to decipher this puzzle.

### Who said it?

"I wish to have no connection with any ship that does not sail fast for I intend to go in harm's way."

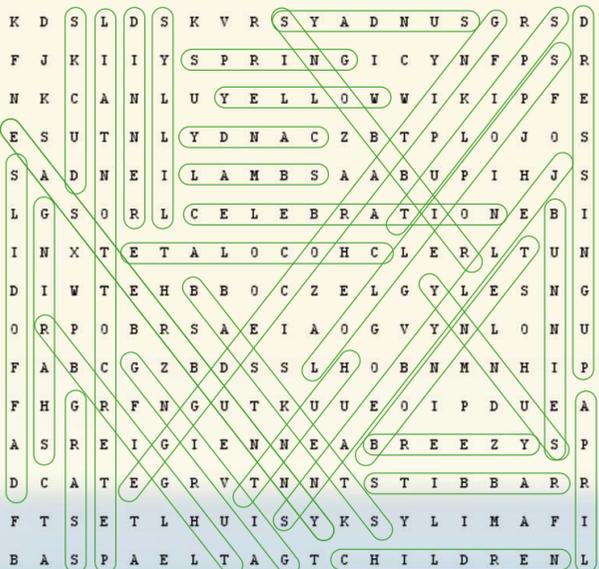



*"The Navy has both a tradition and a future - and we look with pride and confidence in both directions."*

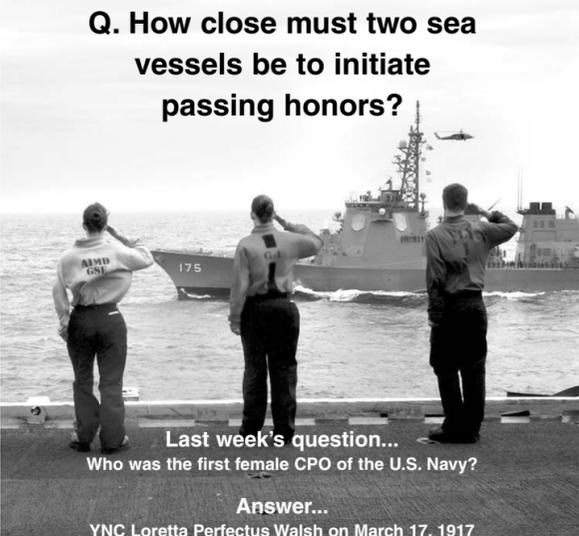
- Adm. George W. Anderson Jr

## Easter Word Hun

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

### Q. How close must two sea vessels be to initiate passing honors?



**Last week's question...**  
Who was the first female CPO of the U.S. Navy?

**Answer...**  
YNC Loretta Perfectus Walsh on March 17, 1917

# Navy Region Hawai'i Manawa Nanea

LEISURE

## Morale Welfare & Recreation



Naval Academy Varsity Athletics

### 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 SPRINGFEST, OUR LINK TO LITERACY

Springfest, Our Link to Literacy, a fun-filled day of family activities, is planned from 2-5 p.m. April 21 at Ward Field at Naval Station Pearl Harbor. See Wally Amos's story-telling adventure, The Kids on the Block, a troop of educational puppets, and Hawai'i Theater for Youth. The free event is open to all active duty, military-affiliated and Department of Defense (DoD) personnel, family members and sponsored guests. FMI: 473-2431.

### H WANTED: WOMEN BASKETBALL AND SOFTBALL PLAYERS

The MWR athletics department will soon begin the women's basketball and softball leagues. Participation is open to women who are active duty, military-affiliated family members who are 18 years and older, and DoD personnel. Team representatives are also needed. The league starts on May 12. FMI: 473-2437 or 473-2494.

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

## Community Calendar

### April

**21** – There will be a joint Navy-Air Force cleanup of Ahua Reef at Hickam Air Force Base. FMI: Aaron Hebshi at 449-1584, ext. 234 or Krista Jack at 441-6655.



**21** – Earth Day Fair at Ward Field at Naval Station Pearl Harbor. Enjoy fun educational exhibits, free games and activities while learning about Hawai'i's environmental treasures, recycling tips, endangered species, energy conservation and more. It will be held in conjunction with MWR's Springfest – Month of the Military Child celebration. FMI: [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

**Through April 20** – There will be periodic lane closures on Wasp Boulevard and Bataan Road on Ford Island as Naval Facilities Engineering Command Hawai'i utilities waterline crews install a new waterline from Wasp Boulevard between buildings 175 and 176. The work is 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 began April 9 and will continue through April 20.

## Sharkey Showtimes



### Ghost Rider (PG 13)

Motorcycle stuntman, Johnny Blaze, makes a pact with a dark force, selling his soul to save his girlfriend. When the bargain goes sour and the girl isn't saved, Blaze is transformed, gaining raging superpowers. Based on the Marvel comic series.

#### TODAY

7:00 PM Ghost Rider (PG 13)

#### SATURDAY

2:30 The Astronaut Farmer (PG)

4:45 PM Daddy's Little Girls (PG 13)

7:00 PM Black Snake Moan (R)

#### SUNDAY

2:30 PM The Astronaut Farmer (PG)

4:45 PM Wild Hogs (PG 13)

7:15 PM The Number 23 (PG 13)

#### THURSDAY

7:00 PM Ghost Rider (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)



## Cleaner cars benefit NMCRS



Culinary Specialist 1st Class (SW) Amador Ferrer of Naval Station Pearl Harbor (NAVSTA) washes a car for a Navy-Marine Corps Relief Society fundraiser. The proceeds from the car wash are donated to the Navy-Marine Corps Relief Society, a nonprofit charitable organization designed to provide financial, educational and other assistance to members of the naval services, eligible family members and survivors when in need. During the fund drive, car washes will be held every Friday from 10 a.m. - 2 p.m. at the NAVSTA 1st LT, building 1754 on South Avenue.

**Hawaii Navy News** Online  
[www.hawaii.navy.mil](http://www.hawaii.navy.mil)

## Forest City Residential Management announces premium community availability

### Forest City Residential Management

Forest City Residential Management (FCRM) would like Navy housing residents to be aware that there is immediate availability in the following premium communities: Moanalua Terrace, Doris Miller Park and Pearl City Peninsula.

Forest City is also offering a 'spring special' for the Camp Stover, Naval Computer and Telecommunications Area Master Station Pacific, Manana and Red Hill communities - an additional bedroom upgrade for new residents. Families who are eligible for a two bedroom home will receive a

three-bedroom home upgrade and those who are eligible for a three-bedroom home will receive a four-bedroom home upgrade. This special offer will only last as homes are available.

Additionally, FCRM is currently promoting an incentive packages for residents and prospective residents. To encourage resident participation in ensuring that Forest City communities are filled with great neighbors, Forest City is rewarding its 'choosy' residents. FCRM has enacted the "Choosy Neighbors" program, a referral service where Forest City residents will receive a \$25 gift card to the Pearl Harbor Navy

Exchange (NEX) upon successful referral to a friend about Forest City housing. This offer is good through May 31.

### This is how it works:

- Pick up a resident referral card from any resident services office.
  - Complete and validate the card - have the friend that you are referring present it when they complete their application to rent their new home.
  - An NEX gift card will be given to every referring resident within 30 days after the physical move-in of the referred friend.
- For more information about any of these programs, stop by or call the Forest City Relocation Office at 839-8690.

## Pre-Earth Day pallet recycling kick-off

The Navy Recycling Center is asking all military and Department of Defense civilian personnel to participate in the Naval Station Pearl Harbor base recycling/clean-up effort scheduled from 8 a.m. - 2 p.m. April 19. The center is expanding its recyclable material list to include untreated woods. On April 19 only, all untreated pal-

lets and wood can be delivered to the lay-down area behind Bloch Arena via Battleship Drive. Forklifts will be available to off load. After April 19, all non-treated wood can be taken to building 159 on Naval Station Pearl Harbor by appointment. If you have any questions, call the Navy Recycling Center at 474-9207.

## 'Bachelor' to emcee charity auction for Navy Hale Keiki School

**Brister Thomas**

*Board of Directors, Navy Hale Keiki School*

Lt. Andrew Baldwin, the star of the reality television series "The Bachelor," will emcee Navy Hale Keiki School's annual fundraising auction at 5 p.m. Saturday at the Dole Cannery Ballroom.

Baldwin is an undersea medical officer for a special operations dive unit stationed at Pearl Harbor and a world-class tri-athlete.

Hawai'i Governor Linda Lingle will also be in atten-

dance for the event.

This year's auction represents the 60th Diamond Jubilee Auction for the school and commemorates 60 years of providing quality education to Oahu's military and civilian children. Navy Hale Keiki is a school for three-year-olds through third grade, including military and civilian children.

Navy Hale Keiki (house of children) School was organized and established in 1946 as a non-profit organization serving the military and civilian community.

The diamond jubilee event will include a dessert auction

as well as silent and live auctions, featuring items ranging from a custom made surfboard, golf and spa packages, attraction and event tickets, and a black pearl and diamond encrusted pendant with necklace.

The evening will begin at 5 p.m. with a cocktail reception and silent auction and conclude with a live auction.

The cost of admission is \$25 per person and includes a buffet dinner. The dinner/auction fundraiser is open to the public. Tickets can be purchased at Navy Hale Keiki School or through [www.NHKS.org](http://www.NHKS.org).

## Sunshine Generation takes stage

Youngsters ages three-14 perform with the Sunshine Generation Hawai'i children's performing group at special events across the island. The group includes many Navy family members and practices at the Caitlin Park Community Center. In just six months, the group has grown from 10 students to more than 100. Sunshine Generation will perform at 2 p.m. April 21 at Pearl Harbor's Springfest at Ward Field. Angela Harris, director, is the spouse of an Air Force Airman assigned to Hickam Air Force Base.



Photo courtesy of Sunshine Generation Hawai'i