



Dads & Daughters

DANCE EVENING AWAY

Navy dads encouraged to build strong relationships with daughters

Blair Martin

Contributing Writer

According to a new national survey conducted by the National Fatherhood Initiative Research, 93 percent of moms think there is a father absence crisis currently affecting today's population. Many mothers are attributing "work responsibilities" as the biggest obstacles for a father's success at fathering his children.

Due to the mobile nature of the military lifestyle, many service members and their families struggle to find the right balance between hectic work and family schedules.

Chet Adessa, family advocacy prevention education specialist at Pearl Harbor Fleet and Family Support Center (FFSC), said the military lifestyle impacts families profoundly, especially among military fathers and their daughters.

Adessa said that some studies have shown that girls who have strong father-daughter relationships not only have a better sense of self-confidence and self-reliance, but also have a greater chance of avoiding teen pregnancy and have the potential for greater academic achievement and future job opportunities.

"I think the father-daughter bond is so important because this is the first relationship with men and will have a large influence on future relationships with men," he explained. "How dads treat their daughters has a lot to do with the kind of character traits their daughters tend to look for in relationships."

In an attempt to reconnect deployed fathers with their children, Adessa said FFSC offers a variety of options, such as the return and reunion program, parenting classes and a fatherhood resource center.

On April 3, FFSC and Navy Region Hawaii Morale, Welfare and Recreation (MWR) sponsored a father-daughter dance at Club Pearl where there were more than 600 fathers and daughters in attendance.

Cryptologic Technician (Collection) 1st Class (AW) Michael Bemley, who is stationed at Navy Information Operations Command (NIOC) Hawaii, attended the dance with his three-year-old daughter, Makayla.

"I thought the dance was outstanding and my daughter loved every bit of it," he said. "She especially enjoyed the art and craft projects there."

For the special night, Bemley said he "went all out" for his daughter, including giving her a trip to the salon.

"We really made a big deal about it," he said. "My daughter got her hair done, her nails and toes done. She looked like a princess in her big, white poufy dress."

Bemley, whose wife is an information systems technician second class petty officer, said that with a dual-military family, events such as the father daughter dance are crucial to Sailor dads who want to reconnect with their children after a deployment.

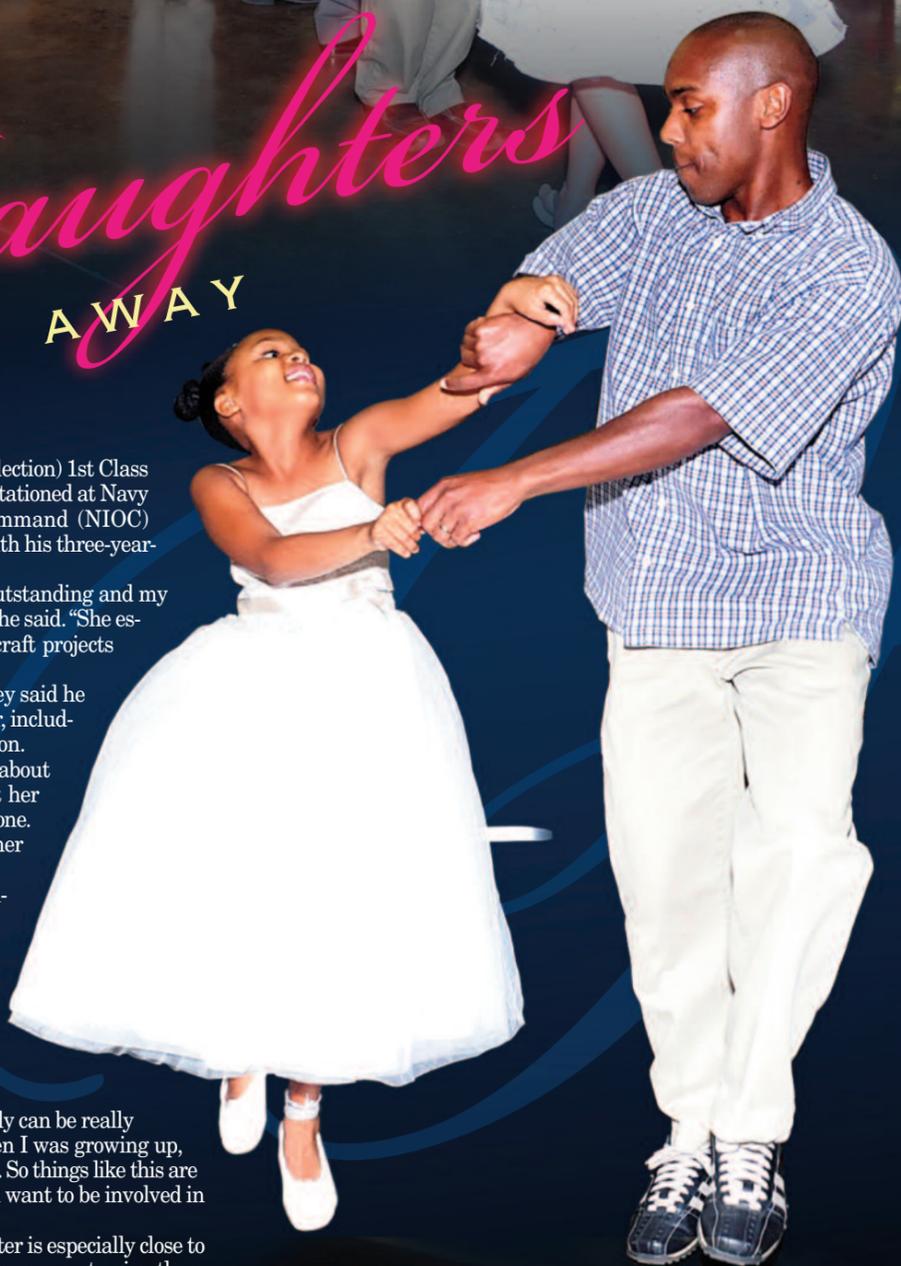
"Being a dual-military family can be really hard," he conceded. "Plus, when I was growing up, I also didn't have a dad around. So things like this are great for [those of] us who still want to be involved in our kids' lives."

Bemley, who said his daughter is especially close to her mother, said the dance was a way to give them much-needed "one-on-one" time.

"This dance gave us something to do that was just her and me, which was special," he said. "I will definitely do this again next year."

He noted that more fathers need to create their own niche in their daughters' lives.

"There is never enough time to talk to your kids," he said. "You can always make time. Even if I find myself extremely tired at the end of the day or out on deployment, I make the time to call, skype or do whatever I can. You just have to make the effort."



Navy runner tops field at Ford Island Bridge run

Story and photo by
Randy Dela Cruz

Contributing Writer

Veteran runner and triathlete, Lt. Cmdr. Rich Cochrane of Command, Patrol Wing Squadron-2 (CPRW-2) at Marine Corps Base Hawaii, Kaneohe, pushed his way through the day's windy conditions to win the 13th Annual Ford Island Bridge 10K Run, Joint Base Pearl Harbor-Hickam, on April 3.

Only a month after returning to Hawaii from the Middle East, Cochrane nearly led the field from the starting gun to the finisher's tape as he crossed the line with a time of 34:05 to beat out civilian Kevin Enriques, who came in second at 34:21.

Late last year, Cochrane was deployed to Al Dhafra Air Base in the United Arab Emirates, where he served as the board area maritime surveillance-demonstrator unmanned aerial vehicle site two, officer in charge (BAMS-DUAV Site 2 OIC).

Meanwhile, 26-year-old civilian Cynthia Anderson was the first female runner to reach the finish line. She posted a mark of 37:48.

Although the terrain throughout the run's 6.2 miles is considered to be flat and fast, both Enriques and Cochrane admitted that the wind made an otherwise easy race challenging.

"It was really hard," said Enriques. "This is actually a pretty quick 10K, but then



Runners make the last dash to the finish line during the 13th Annual Ford Island Bridge 10K Run, Joint Base Pearl Harbor-Hickam, on April 3. This year's event drew more than 500 more participants than last year.

we had to face the wind whenever we turned toward the mountains. So even though it's (route) flat, it was still very hard."

Cochrane, who has been a competitive runner since high school and a member of the All-Navy triathlon team for two seasons, said that he

followed a simple strategy to combat the day's restricting condition.

"I led the race for the first three-and-a-half miles, then the winds really started kicking for about two and a half miles, before we were coming back on the bridge," said the 36-year-old Cochrane. "I

knew at that point that we weren't going to run fast times so I slowed down, let the other runners catch up, and I drafted off of them until about three-quarters of a mile to go, then I picked up the pace. I had a little fresher legs. I ran a smart race."

Cochrane also noted that

he got a good indication of how the race was going to turn out after taking a good look at who was at the starting line before the gun sounded.

"I've been here for awhile and I know who the fast runners are and who to pace myself off," said Cochrane.

"(It (competition) was pretty decent, but not as good as last year. I know a couple of real good guys who were out of town this weekend. They are probably the best runners on the island right now."

While the field might not have been as strong as the previous year, it certainly continued the tradition of being the largest 10K race on Oahu.

According to Rodney Gouveia, Morale, Welfare and Recreation (MWR) athletics program director, this year's race drew 3,196 participants, which was the second largest field since the inaugural event totaled more than 7,000 runners.

Gouveia said he believes that the attraction of being able to run across the Adm. Bernard Clarey Bridge is the biggest reason why the run is so popular.

"Up until last year, it was the only time that you could run across the bridge," said Gouveia. "Plus it's a good race. We give out a lot of refreshments, like popsicles and yogurt, so it's a lot more than just water. And the prizes are unique. We give away koa bowls and Kamehameha carved statues so the awards are real good."

In addition, Gouveia believes that after 13 years, the race seemed to have taken on a life of its own.

"It's a happening," stated Gouveia. "It's like people want to be a part of the largest race."

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:
PRLH-CNRHIG@NAVY.MIL

STORY IDEAS?

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

Phone: (808) 473-2888

Email: hnn@honoluluadvertiser.com

Hawaii Navy News

Navy Wives Club honors Sailors during wreath laying at Arizona Memorial

Story and photo by Blair Martin

Contributing Writer

Two past national presidents from the Navy Wives Clubs of America (NWCA) National Association joined members from the local NWCA chapter to present a wreath at USS Arizona Memorial at Pearl Harbor. In previous years, a special wreath presentation at the USS Arizona Memorial has become an annual tradition for the NWCA organization.

This year, the wreath-laying ceremony was held on April 1 at the base of the memorial wall, which lists all the names of the Sailors who died on the USS Arizona (BB-39) on Dec. 7, 1941.

Tara Marr, NWCA Hawaii chapter president, said she was happy to be a part of the wreath-laying ceremony this year because it is the first time in seven years the Hawaii Chapter has been able to participate since being re-activated earlier this year.

"As Navy wives, we wanted to give



Tara Marr, Navy Wives Clubs of America (NWCA) Hawaii chapter president, and Brenda Mindermann, who served as NWCA national president from 1999-2001, present a wreath at the USS Arizona Memorial on April 1. In previous years, a special wreath presentation at the USS Arizona Memorial has become an annual tradition for the NWCA organization.

back and honor our veterans by coming out and paying our respects," she said. "We are just glad to be a part of this and join our fellow sister wives on this special day."

Brenda Mindermann, who served as NWCA national president from 1999-2001, gave an impromptu speech at the memorial while placing a decorated wreath in front of the

memorial wall.

"On behalf of the Navy Wives Clubs of America, we place this wreath in memory of those who lay below us and in honor of those who are serving on foreign soil," she said in front of a group of visitors gathered at the memorial. "May they come home safe and God bless them all."

A member of the NWCA for more than 25 years, Mindermann was the first Marine spouse to ever serve as an NWCA national president and has been coming to Pearl Harbor for the past seven years to lay a wreath in the name of her organization.

"My father was in the Navy for 31 years and I am a long-time Marine spouse so this was very meaningful to me and I always get a little choked up when I visit the [Arizona Memorial]," she said. "We have so many young and brave men and women serving overseas right now and wondering if they are going to come home. I just want them to know we are thinking of them and hoping for a safe return."

Established in 1936, the NWCA's

purpose is to promote a friendly, sympathetic relationship among the spouses of enlisted personnel of the U.S. sea services and to foster a spirit of fellowship among members in the civilian community.

A Navy wife for 37 years, Lois Wilber, who served as a NWCA national president from 1995-1996, said she describes her organization as a "sisterhood" that gives back to the Navy as well as other sister sea groups, such as Marine Corps and Coast Guard.

"To be honest, I don't think I would have stayed sane throughout my husband's time in the service without my fellow Navy wives," she said. "It is so important to know that if your husband is gone and something comes up, then somebody else is right there to help you."

For more information about the NWCA national organization, visit www.navywivesclubofamerica.org. For more information or to join the NWCA Hawaii chapter, email nwca-hawaii307@yahoo.com or call 888-0927.

Jets get past Titans in Termite football opener

Story and photo by Randy Dela Cruz

Contributing Writer



An early two-touchdown lead propelled the Jets to a 12-6 win over the Titans in a Hawaii Military Youth Athletic Association (HMYAA) Termite Division (ages 9-10) flag football game at Quick Field, Joint Base Pearl Harbor-Hickam, on April 3.

The HMYAA is an inter-base youth organization that includes teams from Pearl Harbor, Hickam and Marine Corps Base Hawaii.

This season, the military league has a total of 23 teams that are spread out over five age divisions that cover players from 5-15 years old.

After the Titans offense was stopped on a quick three-and-out series to open the game, the Jets took over at their five-yard line and immediately

went to work.

On the first play from the line of scrimmage, quarterback Andrew Prichard handed the ball off to Jalen Robinson, the Jets' speedy running back.

Robinson got the football, bounced out to the right, broke past the Titans defense, and took it to the house for a 45-yard touchdown.

Air Force Lt. Col. Jason Bock, head coach of the Jets, said that the run by Robinson helped set the tone for the rest of the game.

"That was a great way to start the game. It got the momentum going our way," pointed out Bock, who also noted that Robinson helped the team sustain drives with his fancy footwork throughout the afternoon. "We had a couple of bust-

ed plays, but he is so fast, he was able to make great gains out of them."

On the Jets' second possession, the team got the ball on the five and needed only five plays to travel 45 yards and another score.

Prichard completed a pass for 10 yards on the first play, but on second down, the ball went back to Robinson, who scampered for 17 yards before the Titans' defense regrouped to pull his flag at the 18-yard line.

Three plays later, Prichard connected with Brennen Dovalina for five yards and the team's second and final touchdown of the day.

Even while the Jets got out to a quick 12-0 lead, the Titans refused to give up as the team put together an impressive 45-yard drive to pay dirt.

From their five-yard line, the Titans moved up to the Jets' 20 on just two plays from their line of scrimmage.

satisfied with the overall effort from his players.

While the Titans have 10 players on its roster, only six of them dressed up for showdown against the Jets.

"For me to come out here, as a first-time coach, they did awesome," stated Smith. "There is always going to be mistakes because they're kids, but they played to have fun and that's the most important thing."

Bock was equally proud of his team and added that he was also very impressed with the way that Titans battled back from adversity.

"The Titans did a great job," said Bock. "They did a lot of fakes and that kind of threw our guys off a little."

Overall, Bock said that he felt that the team did very well despite having only a few practices before their season opener.

"The kids did a great job with only four practices under their belt," said Bock. "There was a little bit of confusion, but they pulled through and gave 100 percent effort. I think now that we've got one game out of way, they'll be a little more settled down."



Jalen Robinson of the Termite Division (ages 9-10) Jets looks for a hole in the Titans defense during a Hawaii Military Youth Athletic Association (HMYAA) Termite Division (ages 9-10) flag football game at Quick Field, Joint Base Pearl Harbor-Hickam, on April 3. Robinson scored the game's first touchdown in helping the Jets beat the Titans, 12-6.



Forest City offers variety of programs for residents

Ryan Wilson

Communications Coordinator, Forest City Navy Housing Residential Management

Forest City Residential Management wants more Navy family housing residents to take advantage of programs that the company has designed specifically to help military families.

"Whether residents are PCSing or deploying, military families are always on the move," said Kari Diaz, general manager. "Forest City knows it can be stressful and difficult so we've developed ways to help residents and their families."

Diaz listed several programs that are currently in place for residents. Through its "deployed spouses program," Forest City will mow back yards

and has even assembled toys or furniture for families who need help. Residents just have to sign up with their resident services office (RSO) when the service member in the family deploys. "Deployment can be difficult, but Forest City is here to help," said Diaz.

Forest City is working with its own military communities throughout the country, including Navy Northwest, Mid-South and Great Lakes and national partners to ensure a smooth move for residents through its "relocation referral program" to help current families transition into their new homes at their next duty station. "Residents just have to tell us where they're going and we'll make a phone call to the housing office at their next destination. We provide exceptional service to our residents, from before their arrival at Forest City

to after their departure," said Diaz.

The "pack out your pantry" program helps residents make a difference in their community. When residents PCS, they are encouraged to drop off non-perishable food items at their resident services office. Forest City then donates the food to the Hawaii Foodbank.

"Every can makes a difference. There's no need to take valuable time out of their days to drive to the food bank when a resident is getting ready to move. We've made it easy so residents can just make the short drive to their RSO and we'll take the food the rest of the way," said Diaz. Last year, Forest City residents donated more than 1,000 pounds of "pack out your pantry" food.

Forest City has information on these programs and additional information on its Web site, www.fcnavyhawaii.com.

Thinking errors can be handicap

Andrea Hantman, LCSW

Pearl Harbor Fleet and Family Support Center

We all make 'thinking errors' at times. We overreact, take things too personally that are not meant personally, or we may blow situations out of proportion, have unrealistic expectations or see ourselves or others as victims when that is not the case.

Which of these thinking errors do you find yourself using most frequently?

•Rationalization

Making excuses for events that don't go your way. You may make excuses for others, such as for an abusive spouse, i.e., "He hit me because he's been so stressed at work. It's not his fault." This may keep you from taking needed action to correct the situation.

•Overgeneralization

You see a single negative event as a never-ending pattern of defeat. "Always" and "never" are common words in your vocabulary.

•All or nothing thinking

You see things in black or white categories. If a situation falls short of perfection, it is a total failure rather than a learning experience. Certain people can do no right, others can do no wrong.

•Disqualifying the positive

You reject positive experiences or compliments.

•Magnification

You exaggerate the importance of certain things, such as your mistake or someone else's achievement. A common expression for this is 'making a mountain out of a molehill.'

•Jumping to conclusions

When you 'mind read,' you assume you know what others are thinking. Saying to yourself "I know he doesn't like me" or "She thinks I did a terrible job" are examples of mind-reading. When you 'fortune tell, you make predictions about the future based solely upon a bad experience in the past, "we will never be able to work together," or "he will get me fired."

•Personalization

You see yourself as the cause of something that is not related to you. You take what is another person's bad mood as somehow related to something you said or did.

•'Should' statements

You tell yourself things 'should' be the way you hoped or expected. When the 'should' is directed outward to others, it can lead to anger and blame. When it is directed inward to the self, it often leads to guilt.

The first step in correcting thinking errors is to recognize them and see how they may be contributing to unhappiness, anxiety, exaggerated conflict with others or anger toward self (depression). Once you've identified the thinking errors that cause problems, ask yourself, what is the factual evidence for my assumption or belief? What else could it mean? What are the percentages (i.e., on a scale of 1-10 how true is this)? Are there alternative explanations? What do I get from holding on to a way of thinking that is not healthy for me? We have a choice to in-

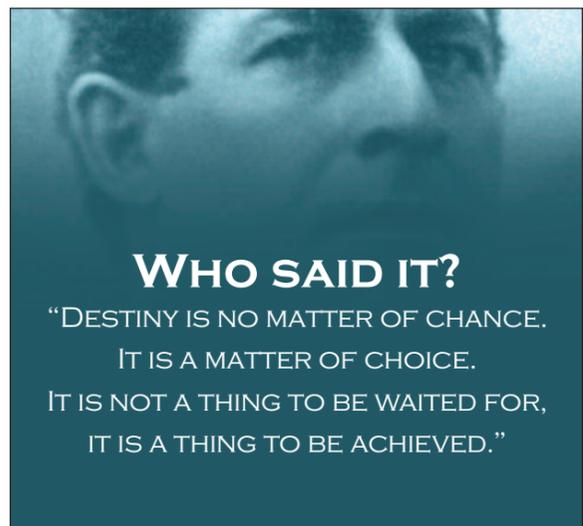
terpret situations in a negative or positive light. Actively choose and practice healthy thinking. You make the choices. Enjoy your life.

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

Fleet and Family Support Center 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 Web site at <http://www.greatlifeohawaii.com>

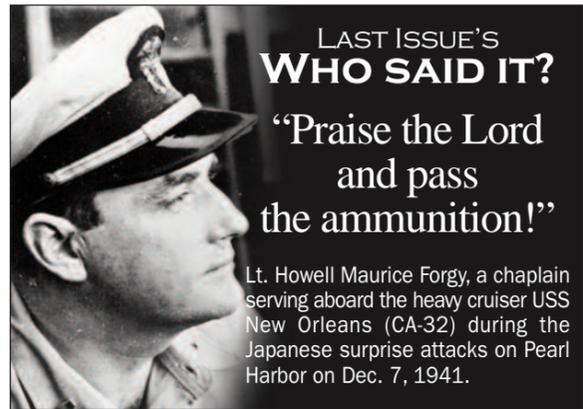
Some FFSC classes scheduled in April are:

- Stress Management, April 13 8-11 a.m.
- Anger Management April 17, 8-11 a.m.
- Federal Employment, April 21 9-11 a.m.



WHO SAID IT?

"DESTINY IS NO MATTER OF CHANCE. IT IS A MATTER OF CHOICE. IT IS NOT A THING TO BE WAITED FOR, IT IS A THING TO BE ACHIEVED."



LAST ISSUE'S WHO SAID IT?

"Praise the Lord and pass the ammunition!"

Lt. Howell Maurice Forgy, a chaplain serving aboard the heavy cruiser USS New Orleans (CA-32) during the Japanese surprise attacks on Pearl Harbor on Dec. 7, 1941.

WORD SEARCH SOLUTION

Find these 53 names used for APRIL FOOLS

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

DIMWIT
JACKASS
SIMPLE SIMON
DING-A-LING
JERK
SIMPLETON
DINGBAT
JOKE
STOUGE
DOLT
KNOTHEAD
SUCKER
DONKEY
KNUCKLEHEAD
TOMFOOL
DOPE
LAUGHINGSTOCK
TURKEY
DUMB-BUNNY
LOON
TWERP
DUMBBELL
LUNKHEAD
TWIT
DUMMY
MEATHEAD

This Week's Trivia
Who was the first U.S. Navy Sailor to be killed in action during World War I?

Last Issue's Question:
What is the year the U.S. Navy established the rate of the chief petty officer?

Answer:
The Navy established the rate of the chief petty officer on April 1, 1893.

Navy Region Hawai'i Manawa Nanea

Morale Welfare & Recreation

WELCOME TO HAWAII WORKSHOP
 A Welcome to Hawaii workshop will be held from 9 to 10:30 a.m. April 13 at Moanalua Navy Services Center, 4827 Bougainville Drive, near the Pearl Harbor Navy Exchange and Navy-Marine Golf Course. The workshop will help newcomers understand and appreciate Hawaii's diverse culture, people, food and customs. The class is free of charge and open to all active duty, reserve, retired personnel, family members and Department of Defense employees. FMI: 474-1999.

REGISTER FOR YOUTH TRACK AND FIELD
 Youth sports is now holding registration for the USA Track and Field program for the track season that runs May through July. The cost is \$70 per participant and includes a uniform and award. The program is open to all military youth ages 9 to 17 years old. All practices will be held at Quick Field, but participants will compete at the University of Hawaii, Manoa campus. To register, visit the youth sports office located at 620 Main St., bldg. 3456 (off-base). Birth certificate and current physical record are required at time of registration. Registration deadline is April 16. FMI: 474-3501.

SPRINGFEST CELEBRATION
 In celebration of the Month of the Military Child, Springfest will be held from 2 to 5 p.m. April 24 at Ward Field at Joint Base Pearl Harbor-Hickam. In case of rain, the event will be held at Club Pearl, Paradise Lounge. The event is free and will include crafts, games and entertainment. Well-known ventriloquist headline act Willie Tyler and Lester will perform at 4 p.m. FMI: 473-0606 or 421-1556

For more information on Navy Region Hawaii MWR events, visit www.greatlifeohawaii.com

Community Calendar

April

17 — The Navy will partner with the City and County of Honolulu for the annual Pearl Harbor bike path cleanup from 8:30 to 11 a.m. Check in is at 8 a.m. at Blaisdell Park. FMI: 473-2926 or grace.hewlen@navy.mil.

22-25 — An earth day expo will be held from 9 a.m. to 6 p.m. at the Pearl Harbor Navy Exchange. Learn earth-friendly tips to keep our planet a cleaner, greener, healthier place to live. There will be vendors, exhibitors and giveaways to show the military and their families what they can do to promote recycling, planting, keeping our Hawaiian sea life from harm and much more. This is a free event; no purchase is necessary. FMI: 423-3287.

23 — "Willie Tyler and Lester," world famous ventriloquist act, will perform at a dinner show at JR Rockers, the enlisted club on Hickam. Dinner and cocktails start at 6 p.m. The show starts at 8 p.m. The cost is \$20 for club members, \$25 for non-members. The cost for children, ages six-10, is \$10. Admission for children age five years and younger is free. FMI: 448-2271, ext. 226.

24 — Pearl Harbor Morale, Welfare and Recreation will host Springfest from 2 to 5 p.m. at Ward Field. The event will feature Earth Day displays and eco-friendly exhibits and activities that help raise environmental and energy awareness. Celebrate the Month of the Military Child and Earth Day in a fun and educational event for the entire family. FMI: 473-2926.

29 — The Junior Officer (JO) Spouse Workshop Committee will host a workshop from 6 to 8:45 p.m. at Lockwood Hall at Pearl Harbor. The event is open to all Navy and Coast Guard spouses of CWO 1-5 and O1-O4. FMI: 474-1999 or hawaiijspouse@gmail.com.

Sharkey Showtimes



Cop Out (R)

Two longtime NYPD partners on the trail of a stolen, rare, mint-condition baseball card find themselves up against a merciless, memorabilia-obsessed gangster. Jimmy is the veteran detective whose missing collectible is his only hope to pay for his daughter's upcoming wedding, and Paul is his "partner-against-crime" whose preoccupation with his wife's alleged infidelity makes it hard for him to keep his eye on the ball.

SHARKEY MOVIE THEATER

TODAY
 7:00 PM The Wolfman (PG-13)

SATURDAY
 2:30 PM Percy Jackson & the Olympians: The Lightning Thief (PG)
 4:45 PM Valentine's Day (PG 13)
 7:15 PM Cop Out (R)

SUNDAY
 2:30 PM Percy Jackson & the Olympians: The Lightning Thief (PG)
 5:00 PM Valentine's Day (PG 13)
 7:30 PM The Wolfman (PG 13)

HICKAM MEMORIAL THEATER

TODAY
 6:00 PM The Spy Next Door (PG)
 8:30 PM Dear John (PG-13)

SATURDAY
 4:00 PM Percy Jackson & the Olympians: The Lightning Thief (PG)
 7:00 PM Cop Out (R)

SUNDAY
 2:00 PM Old Dogs (PG)

