

Chafee departs for Western Pacific deployment

MC3 Robert Stirrup

Navy Region Hawai'i Public Affairs

More than 300 Sailors aboard the Arleigh Burke-class, guided-missile destroyer USS Chafee (DDG 90) departed Naval Station Pearl Harbor on Feb. 12 for a scheduled six-month deployment to the Western Pacific.

Friends and families waved goodbye from the pier as they watched their Sailors aboard Chafee depart for the wide-open Pacific Ocean.

"It's bittersweet to have him leave right now, but it's something that I'm used to. It will be great when he gets back and have him be able to see his newborn son," said the wife of a Chafee Sailor, who is expecting their first child while the ship is deployed.

"I'm sad to see my husband leave, but I know that this is his job and I can't wait until he gets back," said the wife of another Chafee Sailor.

Cmdr. Heedong Choi, Chafee's commanding officer, was very optimistic about the deployment, noting that the crew was more than ready to fulfill any tasking assigned to them.

"The crew is incredibly proficient and we've completed all of the exercises that have been tasked to us for the upcoming deployment," said Choi. "We are looking forward to providing a forward presence in a very important part of the world



U.S. Navy photo by MC2 Michael A. Lantron

Officers and chief petty officers assigned to commands in the Oahu region salute during morning colors as the Pearl Harbor-based guided missile destroyer USS Chafee (DDG 90) departs for a scheduled deployment to the Western Pacific on Feb. 12. Chafee is commanded by Cmdr. Heedong Choi. The ship has a crew of approximately 350 officers and enlisted personnel. Guided missile destroyers operate in support of carrier strike groups, surface action groups, amphibious groups and replenishment groups and are multi-mission surface combatants.

as well as conducting training with some of the foreign navies in Southeast Asia."

While leaving loved ones is always difficult, the

Sailors are up for any challenges that may lay ahead of them.

"I'm enthused about going on deployment, but at the

same time I'm sad about leaving my family," said Storekeeper 1st Class Moises Sanchez. "I'm really looking forward to the port

visits as well."

Guided missile destroyers provide multi-mission offensive and defensive capabilities and can operate inde-

pendently or as part of carrier battle groups, surface action groups, amphibious ready groups and underway replenishment groups.



U.S. Navy photo by Liane Nakahara

(From left to right) Aldon Kaopuiki, Metal Trades Council representative; Scott Victor, vice president for operations, Nova Group Inc.; Anthony Acosta, shipyard mechanic in coating and services shop; Hawai'i Senator Daniel Inouye; Nathan Lorenzo, shop superintendent of coating and services shop; Capt. Gregory Thomas, commander, Pearl Harbor Naval Shipyard; Capt. Donald Chandler, executive officer, Naval Facilities Engineering Command, Hawai'i; and Rear Adm. Dixon Smith, commander, Navy Region Hawai'i and commander, Naval Surface Group Middle Pacific; break ground on the shipyard's new modernization project.

Senator Inouye presides over 'first step' in Shipyard modernization

Pearl Harbor Naval Shipyard Public Affairs

Senator Daniel K. Inouye, Hawai'i's senior U.S. Senator, presided over the ground-breaking at Pearl Harbor Naval Shipyard on Feb. 20 for a \$25.5 million military construction project that is "the first step" in the planned modernization of Pearl Harbor Naval Shipyard.

Inouye called this project "essential to ensuring an efficient and effective shipyard in the years ahead."

The construction project, designated "P-302," will provide permanent facilities for the distribution of water, compressed air, welding gases and other utilities to shipyard dry docks and piers. Currently, shipyard workers must install these services on a temporary basis whenever they begin work on a ship or submarine, resulting in

additional cost, inefficiency and safety concerns.

In his keynote address, Inouye said, "The Asia-Pacific area is a place of special concern, a place of potential problems and potential trouble . . . so we should be ready and prepared." He said the shipyard's modernization is "important if we are to stay in the front lines (of the Asia-Pacific Region)."

Rear Adm. Dixon M. Smith, commander Navy Region Hawai'i and commander, Naval Surface Group Middle Pacific, thanked Inouye and the Hawai'i Congressional delegation for its support of the project, stating it is "time to modernize" the shipyard.

In December 2008, Smith approved a multi-year shipyard facilities modernization plan. This plan lays out a vision for

See SHIPYARD, A-6

Pearl Harbor Sailors observe African American Heritage Month

Story and photo by MC2 Michael A. Lantron

Navy Region Hawai'i Public Affairs

Sailors and civilians assigned to commands in the Navy Region Hawai'i gathered at Lockwood Hall onboard Naval Station Pearl Harbor on Feb. 24 for a ceremony commemorating the annual African American Heritage Month Observance.

The ceremony included a rendition of Dr. Martin Luther King Jr.'s "I Have A Dream" speech by Chief Machinist's Mate (SS) Michael Dillard, assigned to Naval Submarine Squadron Command, a performance by Deloris Harris and the Faith and Praise Ministries, and presentations by Deloris Guttman, president of the African American Diversity Cultural Center of Hawai'i (AADCC) and Ernest Golden, vice chairman of the AADCC.

Rear Adm. Dixon Smith, commander, Navy Region Hawai'i and commander, Naval Surface Group Middle Pacific, and Chief Yeoman (Ret.) Alphonso Braggs, president of the National Association for the Advancement of Colored People, Honolulu chapter, each offered remarks at the ceremony.

Braggs discussed the sacrifices people in the past made to gain their citizenships, in line with America's theme for National African American History Month for 2009.

"We're here today to pause because a group of Americans decided that the hope of this nation rested in how they



Chief Machinist's Mate (SS) Michael Dillard, assigned to Naval Submarine Squadron Command, delivers a rendition of Dr. Martin Luther King Jr.'s "I Have A Dream" speech during a ceremony commemorating the annual African American Heritage Month Observance held at Lockwood Hall onboard Naval Station Pearl Harbor.

defined their citizenship," said Braggs. "These men and women believed very boldly that change would one day come so that in this day and age we could see a multi-ethnic group of people in the same room and not have it be against the law."

As the senior Navy officer attending the ceremony, Smith talked about what the Navy is continuing to do as it pertains to diversity throughout the fleet.

"I fully believe that diversity has made our nation and Navy stronger. Diversity of thought, experience, background and skill is essential to meeting mission requirements," said Smith. "As the U.S. Navy, we must attract, develop, mentor and retain top diverse talent to remain a strong and relevant force."

As he spoke the famous

words of Dr. King, Dillard hoped that each person who attended the ceremony would feel the same connection that he does.

"It's electrifying. Every time I hear or read it, I think about what Dr. King was saying and it makes me think about it deeper," said Dillard. "I think that he was speaking about freedom and was stressing to everyone that America was meant to give freedom to all Americans and that we are meant to be united."

This year's theme for National African American History Month is "The Quest for Black Citizenship in the Americas," which is a chance for Americans to examine the evolution of our country and how African Americans helped draw us ever closer to becoming a more perfect union.



NMCRS kicks off fundraiser
See page A-2



Naval Station fends off another challenge
See page A-4



Seabees rebuild historic club
See page A-6



O'Kane Sailors train to protect the ship
See page B-1

Pearl Harbor Sailors volunteer for Habitat for Humanity

Blair Martin

Contributing Writer

Every year, local families are given the gift of a brand new home, thanks to the hard work and volunteer support of Pearl Harbor Sailors, community volunteers and the local Habitat for Humanity chapters.

Since 1988, Sailors and other military service members have volunteered their time for Honolulu Habitat for Humanity chapter (HHH), whose mission is to provide affordable housing to low-income families, living on the island.

Jean Lilley, executive director for HHH, said that because of the high volume of military support, her chapter is increasing their current goal of building three homes a year to a new average of building 10 homes a year for future Oahu families.

"Right now, about 60 percent of our volunteers come from the military," she said. "We get a lot of military volunteers from all branches because they all seem to be very involved with community service and many of them have construction experience."

Electronics Technician 1st Class (SS/SW) Byron Ayers, assigned to Commander Submarine Force, U.S. Pacific Fleet, said he has been a Habitat for Humanity volunteer on and off for nearly five years.

"I had to take a couple years off when I went out to sea, but with shore duty, I now have more time to give," said the Columbus, Ind. native. "The main reason I got involved with the organization is because it is about people helping peo-

ple. The thing I like about this charity is in order for these families to receive their homes, they have to donate at least 2,000 hours on other homes. So this is a charity that is continuously giving back to the community," he added.

According to Lilley, HHH partners with low-income families that have the land, but not enough resources to build a suitable home. She also said that in some cases, the chapter has torn down an old house and replaced it with a new one.

"This is definitely a partnership because the fami-



U.S. Navy photo by John Burns

Electronics Technician 1st Class (SS/SW) Byron Ayers uses a nail gun on one of the Honolulu Habitat for Humanity homes currently under construction. Ayers is one of the many military service members who regularly volunteer for both Honolulu and Leeward Habitat for Humanity chapters, whose mission is to provide homes for low-income families in Oahu.

lies help build the house and purchase it at our cost, with a no interest mortgage for 20 years," she said.

The average cost of HHH homes is about \$85,000 with a monthly mortgage of



U.S. Navy photo by John Burns

Military volunteers for the Honolulu Habitat for Humanity (HHH) chapter work on a home that is being constructed near Waimanalo.

Brayanne Hagensick, a civilian contractor for Personnel Support Detachment at Pearl Harbor and also first-time HHH volunteer, said she describes the experience as a "huge circle of volunteering and giving back."

"It's a good cause and I feel like I am actually doing something for the local community," she said. "At first, I didn't know exactly what I was going to be doing with the building operations and I was really nervous, but after you get going everything flows. The people at Habitat for Humanity are very nice and they lead you in the direction where they need help," she added.

Her husband, Personnel Specialist 2nd Class (SW) Mike Hagensick, assigned to Special Projects Patrol Squadron Two (VPU-2) at Kaneohe Bay, said he and his wife enjoyed becoming HHH volunteers because

they felt they were giving back directly to the Hawai'i community.

"Habitat for Humanity is an important [organization] because it gives families that are less fortunate a chance of achieving the American dream of "owning a home," he said. "I would encourage anybody to participate with this organization because people can provide all types of help, whether experienced or not. It is also a chance that people can build friendships and camaraderie while at the same time helping the less fortunate," he added.

Susan Jannuzzi, a retired U.S. Navy captain and Kailua resident, has not only donated her time in recent years to Habitat for Humanity, but also two tons of tile she acquired while stationed in Sicily nearly 10 years ago.

"Contributing the tile just seemed a logical thing to

do," she explained. "I had already used some of the tile for [my] one bath and felt that others could benefit from the remaining tile long before I could use them. I was just lucky that there was a house needing tile just as I contacted Habitat with my offer," she added.

Jannuzzi's tile was installed in the living room and both bathrooms of the Gallarde home, an HHH home named after the family who will assume ownership upon its completion.

In fact, Jannuzzi's donation was so generous that it is also being used as a backsplash for the bathtubs and kitchen counters of the house. A dedication ceremony for the Gallarde home was held on Feb. 21.

"I truly believe that part of our responsibility as military personnel is service to our community," she said. "Though it is not one of the core values, I believe that service to one's community is an unspoken core value. You extend your understanding of people when you give of yourself to them," she added.

There are currently two Habitat of Humanity chapters on Oahu. HHH covers Honolulu area and most of Oahu. The Leeward Habitat for Humanity chapter is responsible for the Leeward coast of the island.

For more information on Honolulu Habitat for Humanity, visit www.honoluluhabitat.org. Volunteers are not required to have construction experience. All interested volunteers can fill out volunteer form and submit online through the Web site or call 538-7070.

Battleship Missouri Memorial showcases restored dental clinic

USS Missouri Memorial Association

February is National Children's Dental Health Month, a fitting time for the Battleship Missouri Memorial to showcase the ship's recently refurbished dental clinic, providing a glimpse of life at sea to visitors and a venue for dental health education to student groups.

"The Battleship Missouri Dental Health Education Program is a direct result of the successful completion of the memorial's Dental Clinic Restoration Project, which restored the Missouri's dental clinic to its active service, circa 1991 appearance," said Michael A. Carr, president and chief operating officer of the memorial. "Now, the Battleship Missouri, America's last battleship and the site of the end of World War II, serves as the world's most unique venue for children's dental health education."

"We are also making the dental clinic available to our visitors for one month only as part of the 'Life at Sea' guided tour, which also features many other living spaces aboard the ship that served as home to thousands of Sailors at a time."

The Dental Clinic Restoration Project was completed with the help of volunteers and grants from the HDA Dental Samaritans, McNerny Foundation and Tawani Foundation.

The Battleship Missouri Memorial has chosen National Children's Dental Health Month to launch the Battleship Missouri

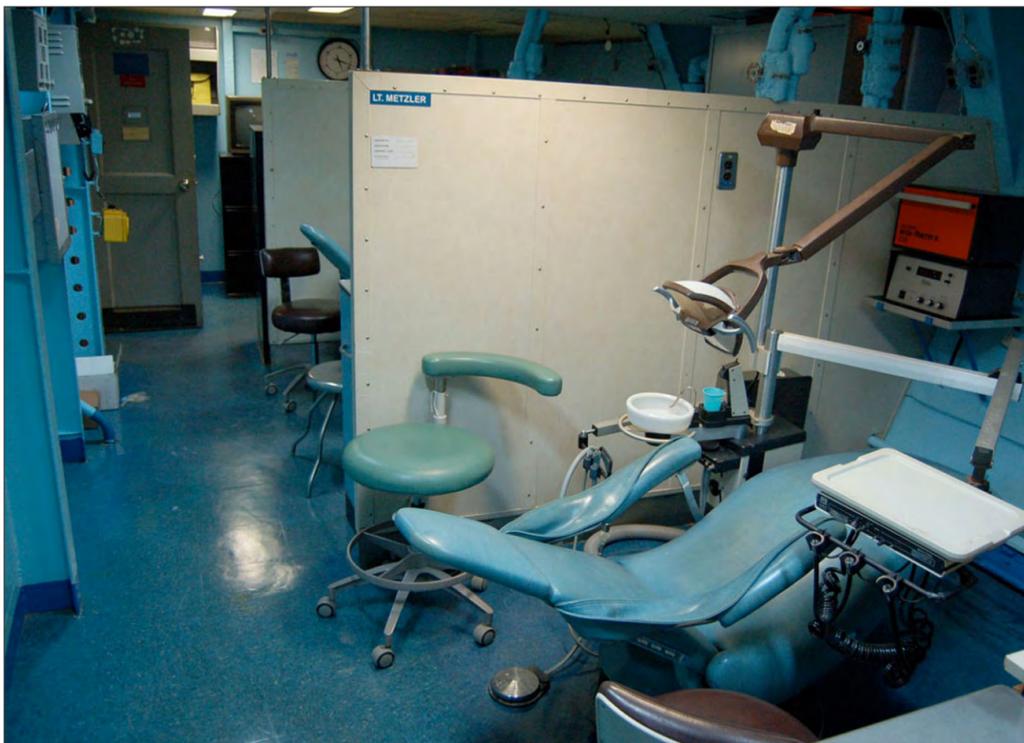


Photo courtesy of USS Missouri Memorial Association

The recently refurbished dental clinic on the 'Mighty Mo' will be showcased through the end of February.

Dental Health Education Program, a powerful new initiative designed to educate youth about dental health. The education program uses the dental clinic as a venue for the American Dental Association "Smile Smarts!" oral health curriculum

designed for children in pre-school through eighth grade.

The program also incorporates the influence that the Navy Dental Corps had on dental health around the world. Dental care aboard Navy ships is as old as the Navy itself. Formalized in 1912,

the Navy Dental Corps understood that dental care was essential in keeping the Navy's fighting men in top shape and, over time, the corps revolutionized dental care aboard ships and pioneered several core practices in the industry.

For more information, interested educators or student group coordinators may contact Dan Parsons, the memorial's education director, at 455-1600, ext. 240, or danp@ussmissouri.org.

Available only in February, the "Life at Sea" special guided tour features a visit to the Battleship Missouri's dental clinic, restored to its circa 1991 appearance — the period of time in which the USS Missouri (BB-63) participated in the Liberation of Kuwait. The tour visits these and other spaces, such as the recently unveiled crew's room, berthing areas, post office, barber-shop, mess decks and even the brig, that provide a rare glimpse into what life was like for Sailors and Marines aboard the "Mighty Mo."

The Life at Sea guided tour runs twice daily at 1 and 2 p.m. throughout the month and costs \$10 per person after admission (free for "Friends of the Mighty Mo" members).

The Battleship Missouri Memorial's standard operating hours are from 9 a.m. to 5 p.m. daily. General admission is \$16 per adult and \$8 per child ages 4-12. Military and kama'aina (local resident) admission is \$10 per adult and \$5 per child ages 4-12. All military in uniform are always granted free admission at the gate. Guided tours are recommended and begin at \$7 additional per person.

For visitor information or to reserve a tour, call toll-free at 1-877-MIGHTYMO (1-877-644-4896) or visit www.ussmissouri.org.

VITA Tax Center can help with tax returns

Naval Legal Service Office Detachment, Pearl Harbor

The Naval Legal Service Office (NLS) Detachment Pearl Harbor provides oversight for the military VITA Tax Center which provides tax service for service members, their families, and military retirees.

Last year, the VITA center filed more than 3,000 returns, saving more than \$150,000 in tax preparation fees and ensuring more than \$2,000,000 in timely returns.

The center can assist with the preparation of tax

returns as well as provide training on e-filing and the resources available to complete tax returns.

Hours of operation are 9 a.m. to 4 p.m. Monday, Wednesday and Friday and 11 a.m. to 6 p.m. Tuesday and Thursday. No appointments are required.

The center is located at building 679 in room 135.

Those who need assistance with their taxes are required to bring their W-2 and all applicable tax documents.

For more information, contact Lt. Antenucci or Lt. j.g. Negrete at 473-4717 or 473-1771.

STORY IDEAS?

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

Hawai'i Navy News

Email: hnn@honoluluadvertiser.com Phone: (808) 473-2888

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Contact Commander, Navy Region Hawai'i 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

Skylark CENTRAL

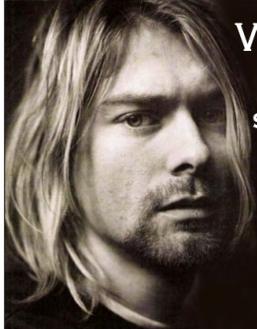
WORD SEARCH
Find 55 of these places that begins with the letter **H**

CAPE HORN	HAWAII	HULL
HARROW	HONOLULU	HANNOVER
HOBART	HAMBURG	HIALEAH
HACKENSACK	HEIDELBERG	HUNGARY
HARTFORD	HONSHU	HANOI
HOBOKEN	HAMILTON	HIMALAYA
HAIFA	HELENA	MOUNTAINS
HARZ MOUNTAINS	HOOVER DAM	HYDERABAD
HOKKAIDO	HAMMOND	HARARE
HAIPHONG	HELSINKI	HINDU KUSH
HASTINGS	HOT SPRINGS	LAKE HURON
HOLLYWOOD	HAMPSHIRE	HARBIN
HAITI	HEREFORDSHIRE	HIROSHIMA
HATTERAS ISLAND	HOUSTON	MOUNT HOOD
HONDURAS	HAMPTON ROADS	HARLEM
HALIFAX	HERMOSILLO	HO CHI MINH CITY
HAVANA	HUDSON RIVER	THE HAGUE
HONG KONG	HANNIBAL	HARRISBURG
HALLE	HERZEGOVINA	

AHERMOSILLOSUELWNI
 BIHLAOTEUGAHEHTOE
 HAMBURGIKNISLEHRLB
 ELDNANEHAOIAGOHRLH
 RERBMDOCSKXAFILAHOI
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 FHFRRDOOHTNUOMUHHNA
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 RARBHMSRUHOGMMMTOHA
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 HCHUHDAAHMLHOBOKENI
 ODIACKKOHOLLYWOODP

LAST ISSUE'S
WHO SAID IT?
 ...And I've looked over, and I've seen the promised land. I may not get there with you, but I want you to know tonight that we as a people will get to the promised land. So I'm happy tonight. I'm not worried about anything. I'm not fearing any man.

WHO SAID IT?
 ¶ WANTING TO BE SOMEONE YOU'RE NOT IS A WASTE OF THE PERSON YOU ARE. ¶
 Kurt Cobain (1967-1994)



WORD SEARCH SOLUTION
 Find these 42 synonyms for the word **EDGE**

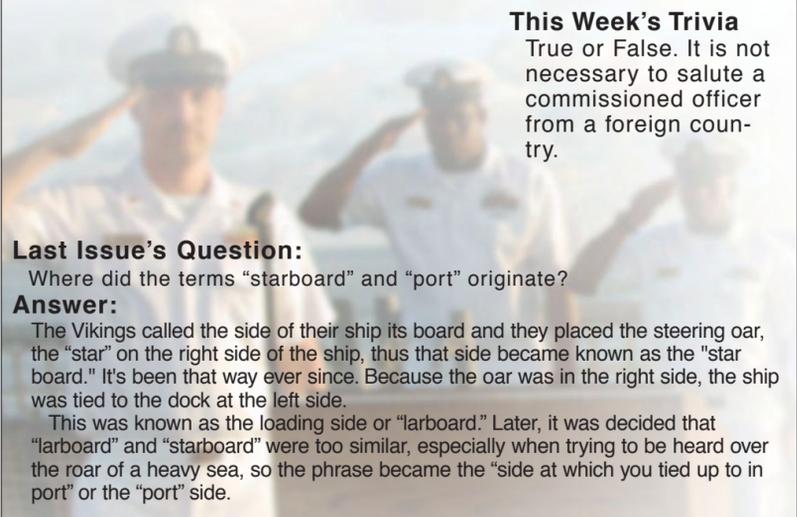
ACERBITY	BOUNDARY	DAWN
FRINGE	JUMP	MARGIN
POIGNANCY	SKIRT	TRIM
ACUTENESS	BRIM	DEFEAT
HEAD START	KEENNESS	PALE
POINT	SQUEEZE BY	UPPER
ADVANTAGE	BRINK	HAND
HONE	LEAD	DRAG
SHARPEN	SQUIRM	PERIMETER
BITE	CRAWL	VERGE
INCH	LIMIT	EASE
SHARPNESS	STROP	PERIPHERY
BORDER	CREEP	WORM
INCISIVENESS	LINE	
SIDLE	THRESHOLD	

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This Week's Trivia
 True or False. It is not necessary to salute a commissioned officer from a foreign country.

Last Issue's Question:
 Where did the terms "starboard" and "port" originate?

Answer:
 The Vikings called the side of their ship its board and they placed the steering oar, the "star" on the right side of the ship, thus that side became known as the "star board." It's been that way ever since. Because the oar was in the right side, the ship was tied to the dock at the left side.
 This was known as the loading side or "larboard." Later, it was decided that "larboard" and "starboard" were too similar, especially when trying to be heard over the roar of a heavy sea, so the phrase became the "side at which you tied up to in port" or the "port" side.



Navy Region Hawai'i Manawa Nanea

LEISURE

Morale Welfare & Recreation

FREE COMEDY SHOW

The Armed Forces Entertainment (AFE) and Navy Region Hawai'i Morale, Welfare and Recreation (MWR) will host a free comedy show, called Base Humor, at 8 p.m. Feb. 28 at Beeman Center. The show will feature comedians Wiley Roberts, Laura Park, Dan Moore and Sean Ottey. The event is open to all military affiliated personnel with Department of Defense (DoD) ID cards and who are 18 years and older. No children will be authorized in the facility. FMI: 473-0606.

SUPER GARAGE SALE AND CRAFT FAIR

MWR will host a super garage sale and craft fair from 8 a.m. to noon March 7 at Richardson Field, off Kamehameha Highway across from Aloha Stadium. The event is free and open to the public. Parking is available at Rainbow Bay Marina. The cost for a 10-by-0 foot space for local, military-affiliated garage sellers is \$8 to \$10 and \$17 to \$22 for craft businesses interested in having a booth at the event. FMI: www.greatlifehawaii.com or call 473-0606.

FORD ISLAND BRIDGE 10K RUN

Register this year for the 11th Annual Ford Island Bridge Run, the largest 10K (6.2 miles) run on Oahu. The run will begin at 7 a.m. April 4 and start at the entrance of Admiral Bernard Clarey Bridge, continue across the bridge and around historic Ford Island, and end at Richardson Field. The entry fee is \$17 for all active duty, military-affiliated and DoD personnel and family members. The entry deadline is March 23. All late entries will be \$27 and accepted until April 3. FMI: www.greatlifehawaii.com or call 473-2437 or 473-2494.

WEIGHT MANAGEMENT

MWR can help you begin a new fitness regimen or keep you focused on an existing plan with weight management training. This six-week program includes a full physical assessment partnered with nutritional education. Classes will be held March 3 to April 9, every Tuesday and Thursday from 6 p.m. to 7:30 p.m. at Bloch Arena Fitness Center. The cost is \$75 per person and the program is open to all authorized patrons. A minimum of six participants is required to conduct the session. FMI: www.greatlifehawaii.com or 473-0793.

For more information on Navy Region Hawai'i MWR events, visit www.greatlifehawaii.com

Community Calendar

March

2 - Fleet and Family Support Center will host a financial fair, celebrating "Military Saves Week," from 9 a.m. to 3 p.m. at Bloch Arena, Pearl Harbor.

Representatives from local organizations will be available to answer questions and provide financial handouts and information on how military service members and their family can ensure their personal financial readiness. The fair is open to all active duty and family members, as well as Department of Defense civilians and contractors. FMI: 474-1999, ext. 6103.

4 - Registration deadline for a lunch and learn lecture series called "Food and Mood" by Dr. Mark Verschell is March 4. The event will be held from 11 a.m.-1 p.m. March 11 at the Navy Lodge conference room on Ford Island and is limited to the first 100 participants. FMI: 433-6875.

9 - Pearl Harbor Fleet and Family Service Center (FFSC) is sponsoring a Special Needs Awareness Workshop (EMFP) from 7:30 a.m. to 4 p.m. at the Moanalua Navy Services Center. The workshop is open to all those interested in learning about EFMP, families enrolled in EFMP and providers. FMI: 474-1999.

10 - **10** - The Navy Exchange (NEX) and Tripler Blood Donor Center will hold a blood drive from 10 a.m.-3 p.m. at the NEX. FMI: 423-3274.

At a glance

Volunteers are needed for the annual Hawaiian Islands Humpback Whale National Marine Sanctuary Whale Ocean Count from 8:15 a.m. to 12:15 p.m. on Feb. 28 and March 28. Whales counts will be conducted from various locations across Oahu, Kauai, and the Big Island (Hawai'i). No advance training is required, but registration is requested. FMI: 397-2651, ext. 253.

Sharkey Showtimes



Hotel for Dogs (PG)

When Andi and her younger brother, Bruce, find themselves in a foster home with a strict "No pets" policy. Andi has to use her quick wit to help find a new home for their dog, Friday. The kids stumble upon an abandoned hotel and begin transforming it into the perfect home for Friday as well as all the strays in the city. In no time, the kids have transformed the old hotel into something truly magical: a home for both the dogs and for themselves. But they have also aroused the suspicions of police who want to know, who let the dogs in?

TODAY

7:00 PM Doubt (PG 13)

SATURDAY

2:30 PM Marley & Me (PG)

6:00 PM FREE Advanced Screening

First 450 authorized patrons (R)

SUNDAY

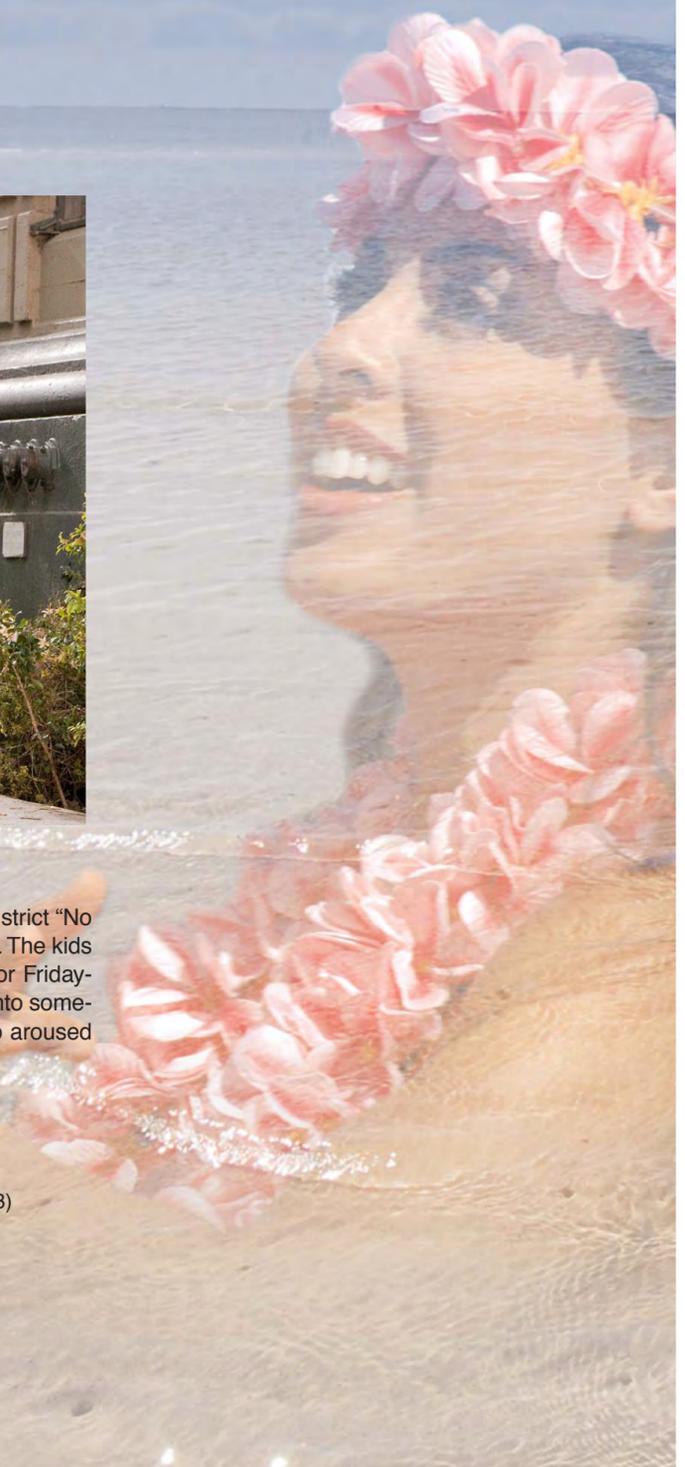
2:30 PM Hotel for Dogs (PG)

4:45 PM Not Easily Broken (PG 13)

7:15 PM Gran Torino (R)

THURSDAY

7:00 PM Frost/Nixon (R)



Fleet and Family Support Center will host Military Saves Week event March 2

Debra Blunt

Fleet and Family Support Center, Pearl Harbor

The Pearl Harbor Fleet and Family Support Center will host a financial fair, celebrating "Military Saves Week," from 9 a.m. to 3 p.m. March 2 at Bloch Arena.

"Military Saves" is a Department of Defense (DOD)-wide financial readiness campaign to persuade military service and family members to reduce debt and save money, thereby ensuring personal financial readiness and positively impacting the nation's per-

sonal/household savings rates.

"Military Saves" week was instituted in 2007 by the under secretary of defense as an annual avenue for leadership to highlight the importance of establishing personal savings goals, decreasing debt, and developing financial fitness habits that lead to improved personal financial stability.

The following organizations will be available to answer questions and provide financial handouts/information that will benefit all: Veterans Affairs (VA) (housing loan expert), Better Business Bureau, State of Hawai'i

Department of Commerce and Consumer Affairs, Office of the Security Commissioner, Bank of Hawai'i, Pearl Harbor Federal Credit Union, Honolulu Police Department/NCIS (identity theft), Morale, Welfare and Recreation, Navy Exchange, Navy Marine Corps Relief Society and Fleet and Family Support Center as well as accredited financial counselors and various command financial specialists.

There will be give-aways, handouts and something for everyone. The event is open to all active duty, family members and DOD civilians/contractors.

SNA announces deadlines for scholarship

Surface Navy Association

The Surface Navy Association announced that the deadline for the Vice Adm. Robert L. Walters Scholarship Fund is March 2.

The scholarship was established to honor the memory of Vice Adm. Robert L. Walters who was the first president of the association and to recognize worthy members of family members of military personnel of the Surface Navy Association and assist them in attaining their educational goals.

The Surface Navy Association Scholar receives an academic scholarship awarded for demonstrated leadership, community service, academic achievement and a commitment to pursuing higher educational objectives. This award is \$2,000 a year and awarded for four years as long as a 3.0 GPA and full time status is maintained.

Visit www.navysna.org/awards/Scholarship/VADM

Application.html for an application and details.

Following are selection qualifications:

- Must be a child, stepchild, ward or spouse of a Surface Navy Association member. The member must be in their second or subsequent consecutive year of membership.

- Member can be serving, retired or honorably discharged and must be a surface warfare officer or enlisted surface warfare specialist. Qualified members must serve for a minimum of three years on surface ships of the U.S. Navy or a Coast Guardsman, officer or enlisted, with a permanent cutterman pin.

Surface ships include carriers, combatants, amphibious, service force, mine force, tenders, and U.S. Coast Guard cutters of all classes.

- The three years need not be consecutive, but must have been served on active duty.

- There is no minimum

service period for children or spouses of personnel who died on active duty while serving in a surface ship or cutter.

- Surface Navy Association scholarships are for studies in an accredited undergraduate or post-graduate institution.

The Surface Navy Association will not discriminate on the basis of race, color, sex, national or ethnic origin, or religion in the consideration and awarding of scholarships. Awards will be made on the basis of the individual's application, using a "whole person" concept, considering the candidate's scholastic proficiency, non-scholastic activities, scholastic and non-scholastic awards, character and financial needs.

Note: Applicants will be permitted to submit copies of their Federal Financial Aid Form, but the absence of an aid form will not be detrimental to the candidate.

Twelve Steps to Conflict Resolution

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Conflict is inevitable. Not because one person is right and the other is wrong, but because we are each different. We have different perspectives, experiences and values. Men and women see things differently. We are different ages and come from different cultures.

We are different personality types (i.e., introverted versus extroverted, or thinking versus feeling). We have different communication styles - some of us learned how to be direct and others learned to be indirect. How then can we resolve the inevitable conflicts that result??

Regardless of the source of the conflict, here are some guidelines for conflict resolution:

- Get clear about the real issue. You may do this by talking with a good friend, writing, jogging, meditating or listening to music. What bothers you most about the situation? What do you hope to accomplish? What is the best approach to use?

- Communicate congruently. Much of our communication is non-verbal, such as rolling eyes, sighing or looking away. Your verbal and your non-verbal communica-

tion should match.

- Use "I Statements." An example of a good 'I statement' is, "I feel embarrassed when you correct me in front of others. I would like you to correct me in private." Word pictures can also help to explain your point.

- Use good listening skills so you can hear with empathy rather than misinterpreting or judging what has been said. Paraphrase thoughts and feelings. Listen for meaning, but do not read meaning into something that might not be there.

- Agree on the major issues. Some things aren't worth getting upset about. Some issues need to be addressed.

- Contract to work through issues. The commitment to work things through so there is a satisfactory solution for all builds trust.

- Understand the issues fully. What are the facts? Take turns sharing your perceptions. Listen with your heart and your mind. Reflect what you think you hear to be sure you are hearing accurately and not "mind-reading."

- Identify wants. What is your ideal outcome? What can you live with?

- Brainstorm options. Write them all down, even what doesn't seem

to make sense.

- Choose actions to try. Narrow the possibilities and decide what you will try first.

- Test the plan. Lets try it.
- Evaluate the outcome within a specified period of time. Tweak as necessary.

Congratulate yourselves on a job well done. This is what conflict resolution and team-building are about. The outcome is a mutual creation taking into account the best of both worlds. And its well thought out, perhaps even "outside the box."

The Civilian Employee Assistance Program (CEAP) provides free, confidential, professional assessment, short-term counseling to explore options and referral services to civilian employees.

Call Andrea Hantman at 474-1999, ext. 6204, or Susan Bierman, 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 (DOD) civilian employees, military personnel and family members.

FFSC class information may be found on the Quality of Life Navy Hawai'i Web site at <http://www.greatlife-hawaii.com>.

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