

# Navy fathers encouraged to build strong relationships with daughters

Blair Martin

Contributing Writer

According to statistics from the National Fatherhood Initiative organization, eight out of 10 men say that being a good father is a very important key to success. Experts also

emphasize that the unique bond a father shares with his daughter can also be one of the most important relationships, ultimately impacting her future development.



will give her the love and respect that every wife deserves," he added.

For Lt. Anthony Schermerhorn, Special Operations Command Pacific (SOCPAC), only having one daughter has made him strive to make extra efforts toward building a special connection with her.

"In today's busy society, there are so many competing interests and choices that she will be forced to make, [therefore], I want her to know she can come to me (and her mother) with any situation," said the Minnesota native. "As my daughter matures, I really [want to] enjoy our time together—no matter what we're doing."

Schermerhorn's daughter said she agreed that her dad was an important part of her life.

"A daughter's bond with her father is so important because they need to know each other and spend quality time together," she said. "I love my dad because he cares for me, he provides for me, he makes me laugh, he teaches me and he takes me to school."

Marissa Ayag-Garcia, FFSC clinical social worker, said military fathers face more challenges than traditional working fathers due to the numerous deployments and

long periods of separation away from their families.

"Distance can put the biggest amount of stress on the [father-daughter] relationship because it limits the parent-child interaction," she said. "Connecting with the child, despite this separation, that is the emotional challenge for [our] military

fathers may miss [certain] milestones in their child's lives, they should always make the commitment to discuss it with their children and spouse. That way, both parties know that even though dad has missed out [on this event], he still cares," she continued.

Schermerhorn and Verville said they have both faced their share of challenges, trying to juggle their responsibilities as Sailors and as fathers.

"Take advantage of every moment you can because you never know when the call to deploy will come," said Schermerhorn, who is planning to deploy in June. "[As a family,] we spend lots of time outside either doing various sports, or at the beach or the park. We [also] try to have dinner together and do homework together every night."

Verville said that when he is not facing deployment, he tries to spend valuable one-on-one time with both of his children. "We call them 'daddy-daughter (or daddy-son) days' where I will just hang out with them individually and spend the whole day with only them," he explained.

Both Navy fathers also participate in vari-

ous Navy Region Hawai'i Morale, Welfare and Recreation (MWR) and FFSC-sponsored events, such as the annual father-daughter dance which was held April 4 at the Catlin Clubhouse.

Open to all military-affiliated service members and their daughters, the dance allows fathers to enjoy a fun-filled night with their daughters and spend quality time together.

"It's things like this dance that [my daughter] will look back on years from now and have fond memories she can carry with her for the rest of her life," said Verville.

The next father-daughter dance will be held next April. For more information on other FFSC and MWR programs, visit [www.greatlife-hawaii.com](http://www.greatlife-hawaii.com).

families."

Whether they are at home or deployed, Ayag-Garcia said all military fathers should continue making extra efforts of communicating with their children, especially their daughters.

"Just because the [fathers] are away, the relationship should not stop," she said. "Communication and emotional connection is so important in this kind of relationship. Even though some [military]



Photos courtesy of Morale, Welfare and Recreation

## 10 ways to be a better dad

(From the National Fatherhood Initiative organization)

### Respect your child's mother.

One of the best things a father can do for his children is to respect their mother. When children see their parents respecting each other, they are more likely to feel that they are also accepted and respected.

### Spend time with your children.

How a father spends his time tells his children what's important to him. If you always seem too busy for your children, they will feel neglected no matter what you say. Kids grow up so quickly. Missed opportunities are lost forever.

### Earn the right to be heard.

All too often, the only time a father speaks to his children is when they have done something wrong. Begin talking with your kids when they are young so that difficult subjects will be easier to handle as they get older. Take time and listen to their ideas and problems.

### Discipline with love.

All children need guidance and discipline, not punishment, but set reasonable limits. Remind your children of the consequences of their actions and provide meaningful rewards for desirable behavior. Fathers who discipline in a calm and fair manner show love for their children.

### Be a role model.

Fathers are role models to their

kids, whether they realize it or not. A girl who spends time with a loving father grows up knowing she deserves to be treated with respect by boys, and what to look for in a husband. Fathers can teach sons what is important in life by demonstrating honesty, humility and responsibility.

### Be a teacher.

Too many fathers think teaching is something others do. But a father who teaches his children about right and wrong, and encourages them to do their best, will see his children make good choices. Involved fathers use everyday examples to help their children learn the basic lessons of life.

### Eat together as a family.

Sharing a meal together can be

an important part of healthy family life. In addition to providing some structure in a busy day, it gives kids the chance to talk about what they are doing and want to do. It is also a good time for fathers to listen and give advice. Most importantly, it is a time for families to be together each day.

### Read to your children.

In a world where television often dominates the lives of children, it is important that fathers make the effort to read to their children. Children learn best by doing and reading, as well as seeing and hearing. Instilling your children with a love for reading is one of the best ways to ensure they will have a lifetime of personal and career growth.

### Show affection.

Children need the security that comes from knowing they are wanted, accepted and loved by their family. Parents, especially fathers, need to feel both comfortable and willing to hug their children. Showing affection every day is the best way to let your children know that you love them.

### Realize that a father's job is never done.

Even after children are grown and ready to leave home, they will still look to their fathers for wisdom and advice. Whether it's continued schooling, a new job or a wedding, fathers continue to play an essential part in the lives of their children as they grow and perhaps marry and build their own families.

# Junior girl scout troop adopts USS Chung-Hoon

Story and photo by  
Brister Thomas

Contributing Writer

The Pearl Harbor-based USS Chung-Hoon (DDG 93) received an underway ship-to-ship mail call recently when they received more than 1,000 pounds of mail that had been waiting while the Arleigh Burke-class destroyer participated in exercises off the coast of Japan. Part of that shipment was more than 30 boxes of cookies from a Hawai'i Girl Scout troop.

Junior Girl Scout Troop 848 initiated a new program called 'Troops to Troops' as part of their earning their bronze award. The bronze award is the highest award that a Junior Girl Scout can earn.

As part of the 'Troops to Troops' program, a girl scout troop 'adopts' a military command that is deployed overseas. The fifth graders approached Cmdr. Mike McCartney, commanding officer of Chung-Hoon, with their idea.

At first, there was some concern as to the logistics involved with 14 pre-teens and their effective efforts to reach almost 300 Sailors.



Girl Scouts from Hawai'i Girl Scout Troop 848 tour USS Chung-Hoon (DDG 93) in January, a week before the ship deployed.

The scouts worked hard on developing a 'plan of action' where each scout would be responsible for separate elements of the plan and the scouts would all support each other in the process to complete the actions necessary.

In January, a week before

the ship deployed, the Chung-Hoon sponsored a tour for the girl scouts. The junior troop is part of a coalition of troops involving a Brownie second grade troop and a Daisy kindergarten troop, who were included in the life-changing tour of one of the most

powerful seafaring vessels in the world.

The scouts were amazed by the computers and enjoyed donning the firefighters' hats. They were able to see where the Sailors sleep and eat and even watch television. As the tour guides explained

the many detailed facets of ship life, the Girl Scouts took turns sitting in the CO's chair on the bridge and climbing the long ladders from multiple levels of the ship. One Daisy, a kindergartener, said, "I really loved the cookies they gave us."

The Junior Girl Scout troop of 14 fifth-graders from Punahou School has been hard at work, making certain that they reach each and every Sailor on board the Chung-Hoon with their expression of thank you. To kick off the program, they wrote an individual post card with chocolate kisses and hugs to every Sailor on board. Then the scouts stuffed Easter eggs with goodies and notes. The third shipment of packages included more than 300 boxes of Girl Scout cookies with a post-card signed by each scout on each one, one entire box of cookies for every service member on the Chung-Hoon.

"When I heard that Girl Scout Troop 848 decided that they would adopt our ship, I smiled. They have a plan and they are executing it incredibly well - hopefully one of these days they will all decide to join the

Navy and I can add them to our outstanding crew! To Troop 848, thank you!" said McCartney.

Last year the same troop started a new program that has continued to grow called 'Cookies For Cammies' where they organize multiple Girl Scout troops to collect donations to purchase cookies to send to military service members serving overseas.

In their inaugural year, they raised approximately 10 percent of the state's total donations and were able to send more than 1,000 boxes of cookies just from the funds they raised.

This year, Cookies for Cammies continued, but the 14 fifth graders from Punahou School wanted to try to make a more personal impact on service members.

The Girl Scout troop is in the process of planning special events for the ship's family support group and for the ship's homecoming. The Girl Scout leader's daughter explained that she loves participating in these support efforts because, "My daddy is in the Navy. I want every person that fights for our freedom to know how much we appreciate them."

## JO Spouses Committee to host spouse travel workshop

### JO Spouses Workshop Committee

The Junior Officer (JO) Spouses Workshop Committee will host an event, entitled "JO Spouse Traveler," from 6-8:45 p.m. April 21 at the Lockwood Hall dining room at Naval Station Pearl Harbor.

The JO Spouse workshops are sponsored by Continuum of

Resource Education (CORE) and provide information and resources that will empower the JO spouses of Navy and Coast Guard members as well as enhance their Navy/Coast Guard experience.

The workshops also encourage interaction and networking with other JO spouses while building friendships and support systems vital to the Navy/Coast Guard lifestyle. All spouses of Navy and

Coast Guard officers O1-O4 and CWO1-5 are welcome to attend.

The April workshop will cover several facets of life here in Hawai'i, including PCS moves off island and space A travel. Guest speakers from Personnel Support Detachment, Tricare, Fleet and Family Service Center (FFSC) and Semper Fit will provide information and handy tips for a less stressful move.

Other topics may include how to read your spouse's orders and what benefits and extra money you are eligible to receive, how to move your pets and cars, Tricare coverage during the move, and how to keep fit on the road.

Gay O'Hara, guest speaker, will discuss space A travel, offering necessary information military families will need to travel to the mainland or abroad.

Those who are interested in attending the workshop should register by April 14. To register, call 474-1999 or e-mail hawaiijsospouse@gmail.com.

For more information about the workshop, call FFSC at 474-1999.

Interested attendees can also obtain additional information by visiting the Hawai'i JO Spouse Web site at [www.hawaiijsospouse.blogspot.com](http://www.hawaiijsospouse.blogspot.com).

# Navy Exchange Autoport offers services, benefits

Story and photo by Mark Smith

NEX Marketing

Is your vehicle due for an oil change? Is the expiration date on your safety inspection drawing closer? Is your car not running as good as it used to? If you are looking to stretch your dollar in today's economy, you may want to pay a visit to the Pearl Harbor Navy Exchange (NEX) Autoport.

As a part of your military benefits, the NEX Autoport is designed with the customer in mind and therefore, structured to cater to the needs of today's service members.

"We're not like other auto centers," said Dennis Parsons, NEX Autoport service manager, "We cater to a select clientele; therefore, our goal is to provide the best service possible to



Dennis Parsons, NEX Autoport service manager, assists Chief Jamil Al-Amin with scheduling maintenance on his vehicle.

the Sailors and their families."

with automotive service excellence (ASE) certified technicians, provides a

variety of basic services, including diagnostic and preventive maintenance.

Other available services include towing services as well as an extended service agreement on tires. The contract, known as the tire service agreement, offers such benefits as free tire inspections, lifetime tire balance, flat repairs, tire rotations and a road hazard warranty.

As a part of the NEX's deployment support program, the Autoport also offers free courtesy inspections for families of deployed Sailors. Available to families during deployments of the active duty Sailor, this service is meant to locate any potential problems before they become a hazard.

Other available services include brake work, air conditioning service and repair, suspension and alignment, and computer diagnostics.

Recently, the Autoport

made high scores on NEXCOM's annual Satisfaction Report for 2008, scoring 86 out of 100, making them the top Autoport Navy-wide for the past three years. The results of this report are based on customer feedback.

"I think the Autoport is extremely helpful and a benefit to all active-duty military personnel," said retired Navy Cmdr. Michael Freeman, a regular Autoport customer.

Located in front of Sierra Pier and across from the NEX gas lanes, the Autoport is open six days a week, Monday through Friday, from 7 a.m. to 4:30 p.m. and Saturday from 8 a.m. to 2 p.m. Quality replacement parts and full warranty is offered on all services.

For more information or to schedule an appointment, call 423-3226.

## Thinking errors can lead to relationship problems

Andrea B. Hantman, Licensed Clinical Social Worker

Civilian Employee Assistance Program, Pearl Harbor Fleet and Family Support Center

We all make "thinking errors," particularly in times of stress. They often come from our past experiences.

Below, is a list of common "thinking errors." Check those that apply to you and decide on a change (or changes) you would like to make this coming week. It is important not to take someone else's inventory.

Remember, the only thinking we can change is our own. Common thinking errors are:

- Filtering: Taking the negative details and magnifying them while filtering out all the positive aspects of a situation. Make a con-

scious effort to look for the positive and see the positive intent.

- Polarized thinking: Seeing things as black or white, good or bad, thinking, "I have to be perfect or I am a failure...There is no middle ground." This can be a set-up for failure. See the middle ground.

- Over-generalization: Coming to a generalized conclusion based on a single incident or a single piece of information (or misinformation). Avoid jumping to conclusions.

- Mind-reading: Assuming you know what people are feeling and why they are acting as they do. It's always important to ask •to check out your assumptions.

- Being right: Thinking, "I must be right at any cost...Being wrong is not possible." Believing the other person is clearly wrong and you must prove it, even if the issue is nonsensical and a valued

relationship is at stake.

- "Shoulds": Having a list of absolute rules about how you and others "should" act. People who break the rules anger you. There is no room for differences in thinking. This belief may have helped you survive in the past, but it may no longer be useful and could be harmful.

- Blaming: Pointing the finger never works. Rather than fixing the problem, our time and energy is going to the wrong place. The effort goes into defending, justifying or deflecting, thereby escalating conflict rather than resolving it.

With thinking errors, there is an inability to see both sides, to see the middle ground, to allow for differences, for imperfection or for learning and productive thinking.

Thinking errors that may have

helped you get through difficulties may no longer be working in your best interest. Look underneath your thinking and see what is fueling it. Give real thought to the possibility it is time for change.

Here are some remedies that have been adapted from Daniel Goleman's writing on "Emotional Intelligence":

- Be empathetic. Be willing to listen and hear the other side.

- Focus on the behavior and not the person. The goal is not to find fault, but to find the best solution to the problem.

- Be respectful to self and others. Act with integrity.

- Be positive.

- Be non-judgmental. Promote brainstorming. After using the best knowledge, wisdom and vision of all concerned, decide upon the best possibility

for resolution.

The Civilian Employee Assistance Program (CEAP) provides confidential, professional assessment, crisis counseling and referral services at no cost to civilian employees for issues, such as alcohol, drug abuse, marital and family relationship concerns, medical or emotional illness, stress and work-related difficulties and grief.

All FFSC classes are free and open to Department of Defense (DoD) employees. Classes this month include Stress Management, 8-11 a.m. April 14; Anger

Management, 8-11 a.m. April 28; and Couples Group, 5-7 p.m. on Thursdays.

To schedule a CEAP appointment, contact Andrea Hantman at 474-1999, ext. 6204, or Susan Bierman, ext. 6206.

# Skylark CENTRAL

**WORD SEARCH** Find these 34 species of **DOLPHINS**

AMAZON RIVER	BOTTLENOSE	G O E E A P A C I F I C H U M P B A C K A I D
GANGES AND	SHORT-BEAKED	N A L A T E R A K C A B P M U H N A I D N I A
INDUS RIVER	COMMON	I M N L R A T L A N T I C S P O T T E D O N H
PACIFIC WHITE-SIDED	CHILEAN	O A T G D L O C B I A R Y R O E C L I T R E P
ARABIAN COMMON	IRRAWADDY	S Z T N E E P N H O T D C I E L T A G D T S E
ATLANTIC HUMPBACK	CHINESE RIVER	O O E L K S P A O I D E T C Y N N N I W H R N
HEAVISIDE'S	LA PLATA	N N E T A R A B I A N C O M M O N T M O E O O
PANTROPICAL SPOTTED	SOUTHERN	O R T T E N N N W N K E E E C N K I T A R C M
ATLANTIC SPOTTED	RIGHT WHALE	M I R N B I T A D P S N S E O L R C P I N S M
HECTOR'S	CLYMENE	M V D A E B R I A I E C A E S T E W S S R A O
ATLANTIC WHITE-SIDED	LONG-BEAKED	O E H T T R O I C C N N E B R R U H E N I I C
HOURLASS	COMMERSON'S	C R E L I S P T A H B D H M E I O I I O G N D
PEALE'S	NORTHERN	D O A E H I I N T O U A U R S M V T C S H S E
INDIAN HUMPBACK	RIGHT WHALE	E E V T W T C H T L A M I S A M E E C R T U K
RISSO'S	SPINNER	K B I N A M A T V T E S P K R I C S R E W E A
AUSTRALIAN	DUSKY	A U S T R A L I A N S N U B F I N I D M H L E
SNUBFIN	STRIPED	E T I E T E S L P O S N O T A D V D L M A A B
INDIAN OCEAN	FRASER'S	B S D C N A P N S L A O T S L C Y E O O L R T
BOTTLENOSE	PACIFIC HUMPBACK	G P E O T A O N A E L I H C E I K D R C E A R
ROUGH-TOOTHED	WHITE-BEAKED	N S S K L B T T L I G L D I V I S T N S A H O
		O E L A H W T H G I R N R E H T U O S T W O H
		L H E N A L E B U N U D E N O A D E P I R T S
		E E W U C N D E H T O O T H G U O P I R S S R
		N O P A C I F I C W H I T E S I D E D S D O K

**WHO SAID IT?**  
 "I think high self-esteem is overrated. A little low self-esteem is actually quite good. Maybe you're not the best, so you should work a little harder. ."

**LAST ISSUE'S WHO SAID IT?**  
 "I CAN IMAGINE NO MORE REWARDING A CAREER. AND ANY MAN WHO MAY BE ASKED IN THIS CENTURY WHAT HE DID TO MAKE HIS LIFE WORTHWHILE, I THINK CAN RESPOND WITH A GOOD DEAL OF PRIDE AND SATISFACTION: 'I SERVED IN THE UNITED STATES NAVY.'"  
 - President John F. Kennedy

**WORD SEARCH SOLUTION** Find these 48 words that describe the movement of **WATER**

BILLOW	SURF	DROP
GUSH	CURRENT	RUN
SPOUT	RIPPLE	TSUNAMI
BROOK	SURGE	EDDY
JET	DELUGE	SHOWER
SPRAY	RIPTIDE	WASH
BUBBLE	SWELL	FLOOD
MAELSTROM	DOWNPOUR	SLOSH
SPURT	RIVER	WATERFALL
CASCADE	TIDAL	FOUNTAIN
RACE	BORE	SLUICE
SQUIRT	DRIBBLE	WAVE
CATARACT	RIVULET	GEYSER
RAIN	TIDE	SPLASH
STREAM	DRIP	WHIRLPOOL
CREEK	ROLLER	
RAPIDS	TRICKLE	

**This Week's Trivia**  
 What Pacific Battle took the lives of the commanding generals of both the Japanese and American forces?

**Last Issue's Question:**  
 Nowadays the term "mind your Ps and Qs" is an expression meaning "Be on your best behavior." What was the Navy origin of the expression?

**Answer:**  
 In the old days, Sailors serving aboard government ships could always get credit at the waterfront taverns until payday. As they would only pay for those drinks which were marked up on the scoreboard, the tavern keeper had to be careful that no pints or quarts had been omitted from the customer's list.

# Navy Region Hawai'i Manawa Nanea

## Morale Welfare & Recreation

**SINGLE SAILORS AT HAWAIIAN WATERS ADVENTURE PARK**  
 Single Sailors are invited to join Liberty in Paradise at Hawaiian Waters Adventure Park on Saturday. The cost is \$26 and includes transportation to and from the park. Transportation will depart from Liberty at 9 a.m. FMI: 473-4279.

**MALAMA 'AINA EVERY FRIDAY NIGHT AT SCOTT POOL**  
 For the month of April, Scott Pool will show an episode from either "Blue Planet" or "Planet Earth" from 6:30-7:30 p.m. every Friday. Come and enjoy this free event on April 10, 17 and 24. FMI: 473-0394

**CANOE REGATTA**  
 A canoe regatta will be held April 24 at the Rainbow Bay Marina for all active duty service members from Pearl Harbor, Barbers Point, Naval Computer and Telecommunications Area Master Station, West Loch and Naval Security Group Activity Kunia. Practice and clinics will be held from 6:30-8:30 a.m. April 17 and 22 at the marina. FMI: 473-2494.

**SPRINGFEST 2009**  
 Navy Region Hawai'i Morale, Welfare and Recreation (MWR) will host 2009 Springfest at 2 p.m. April 25 at Ward Field. In conjunction with Springfest, celebrate Earth Day with educational exhibits, games, activities and prizes. Entertainment will include Team Rootberry (juggling artists), 24-VII Danceforce, demonstrations by The Green House, Kid's Korner Store (featuring children's items), eco-friendly crafts and activities and more. Springfest 2009 is free and open to all active duty, military-affiliated and Department of Defense (DoD) personnel, their families and sponsored guests. FMI: [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

**MAKALAPA FITNESS CENTER CLOSED FOR RENOVATIONS**  
 The Makalapa Fitness Center will be closed for renovations through Oct. 1. To provide an alternative during the renovations, two temporary facilities are available: the dining area next to Subway at Makalapa BOQ (cardio equipment and Nautilus circuit machines) and the BOQ fitness at building 386 (cross-over cable apparatus and dumbbells). FMI: [www.greatlifehawaii.com](http://www.greatlifehawaii.com) or 473-1710.

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

## Community Calendar

### April

**11** ~ The annual Breakfast with the Easter Bunny event will be held from 8-9 a.m. at the Navy Exchange (NEX) in the food court lanai. Tickets are \$10 per child, \$5 per parent. Goody bags and photos with the Easter Bunny will be available. FMI: 423-3274.

**12** ~ Navy Region Hawai'i and the U.S. Army at Schofield Barracks will host the annual Easter Sunrise Service onboard the Battleship Missouri Memorial at 6:30 a.m. The service is open to all active duty and retired military members and their families, Department of Defense civilian employees, and sponsored guests. Parking will be available near Fox 5 pier on Ford Island. The Missouri's trolley service will not be used. For safety purposes, guests should wear comfortable shoes and dress appropriately for climbing onboard the Missouri. The service will include inspirational worship, music from Pacific Fleet Band, and continental breakfast. Tickets are still available for the event and are free for active duty sailors. FMI: 473-3971.

**18** ~ To commemorate the 67th anniversary of the Doolittle Raid on Tokyo, Pacific Aviation Museum will present a dramatic reading of Joe Moore's new play, "Righteous Revenge," at 7 p.m. at the Pacific Aviation Museum on Ford Island. The cost is \$15 for members, \$35 for non-members. Reservations are required by April 8. FMI: 441-1008 or e-mail [TourCoordinator@PacificAviationMuseum.org](mailto:TourCoordinator@PacificAviationMuseum.org).

### At a glance

Bring your child's most recent report card to the Navy Exchange to register for the Project A-OK program. Your child could win \$5,000, \$3,000, \$2,000 or \$1,000 in U.S. Savings Bonds. FMI: NEX customer service department in The Mall rotunda.

## Sharkey Showtimes



### Pink Panther 2 (PG)

When legendary treasures from around the world are stolen, including the priceless Pink Panther Diamond, Chief Inspector Dreyfus is forced to assign Inspector Clouseau to a team of international detectives and experts charged with catching the thief and retrieving the stolen artifacts.

**TODAY**  
 7:00 PM Tyler Perry's Madea Goes to Jail (PG 13)

**SATURDAY**  
 2:30 PM The Pink Panther 2 (PG)  
 4:45 PM Confessions of a Shopaholic (PG)  
 7:00 PM Friday the 13th (R)

**SUNDAY**  
 2:30 PM Race to Witch Mountain (PG)  
 4:45 PM The Pink Panther 2 (PG)  
 7:00 PM Tyler Perry's Madea Goes to Jail (PG 13)

**WEDNESDAY**  
 7:00 PM The International (R)

