



NOSC hosts field trip for Salt Lake Elementary students

Story and photos by Blair Martin

Contributing Writer

Thanks to a school partnership program with Navy Operational Support Center (NOSC) Pearl Harbor, more than 100 fifth graders from Salt Lake Elementary School were treated to a day at Ford Island, including guided tours to Pacific Aviation Museum and the Battleship Missouri Memorial.

The event was held on May 28 and culminated with a late picnic lunch where students interacted with NOSC Sailors and enjoyed hot dogs and hamburgers at Richardson Field.

"Today was a lot of fun," said one fifth grader. "My favorite was going to the [Missouri] ship and seeing all the missiles—they were pretty big."

The educational field trip was part of the Joint Venture Education Forum (JVEF) that supports partnerships between participating schools and various naval commands.

JVEF is a formal partnership between the Hawaii



Department of Education (DOE) and U.S. Pacific Command (USPACOM). JVEF is a cooperative venture that facilitates active military participation in the Hawaii public school system.

Duwayne Abe, Salt Lake Elementary School principal, said his school's partnership with NOSC Pearl Harbor has proven to be very beneficial to the students.

"Part of the [fifth grade] coursework is learning about Hawaii

Darren Anding, commanding officer at NOSC Pearl Harbor, said as part of the joint venture initiative, his Sailors not only

and studying their state history," he said. "Thanks to this partnership, these kids are seeing the [Pacific Aviation] Museum and the [Battleship] Missouri Memorial and are going to have experiences they wouldn't normally have, especially since many are not military."

host an annual field trip for the students, but also have served more than 300 volunteer hours as either school tutors or participants at local school events, such as a fun run and school carnival. "Some students may have never been around military so it is nice to be able to put a real face on the military for them," he said. "So hopefully, the [students] will grow up with a positive attitude toward military and see what their military gives to them and what they can do for their [state] or country."

Storekeeper 2nd Class (AW) Jason Goff said seeing the student's faces light up while on this field trip was a rewarding experience.

"Where I come from I never had a mentor, so for me [and my command] to be in the position to give this tour to the kids really makes me feel good and like we are doing something worthwhile," said the Houston native.

For more information on JVEF, visit www.pacom.mil/jvef.



SUBPAC uses Force to win doubleheader

Story and photo by Randy Dela Cruz

Contributing Writer

With the intramural ashore softball play-offs right around the corner, the Force, a team made up of players from Commander Submarine Force U.S. Pacific Fleet (COMSUBPAC), kept pace with the league leaders after winning back-to-back games at Millican Field at Naval Station Pearl Harbor on May 2.

The first round of the ashore postseason will be held on June 30, with the finals set for July 2.

The ashore champs will square off against the finalist from the afloat league on a date to be announced later for the overall intramural softball title.

In the first game, the Force got off to a slow start, but came back to trounce Naval Sea Systems Command (NSSC), 14-4, before blowing out Pearl Harbor Naval Shipyard/First Class Petty Officer Association (PHNSY/FCPOA), 18-0.

The pair of victories bumped the Force's record to 9-1 and tied it with Naval Information Operations Command (NIOC) for second place behind the undefeated Pacific Command/Joint Intelligence Operation Center (PACOM/JIOC), whose record stood at 9-0 after last Tuesday's round of games.

Meanwhile, NSSC saw its record fall to 6-5, while PHNSY/FCPOA was still looking for its first win at 0-10.

Against NSSC, the Force struggled at the plate to open the game, but due to a few costly errors and walks, managed to push across one run in the bottom of the first and two more tallies in the second to take a 3-0 lead.

All three runs came with two outs, and set the trend for the rest of the game as NSSC just couldn't seem to close the door when it needed.

However, in the top of the fourth, NSSC loaded the bases with one out, before Lt. Cmdr. Tim Moore, who served as the team's pitcher, came through with a double to drive in two runs.

NSSC would go on to put two more runs

on the board to take a 4-3 advantage.

While Moore got his team started in the top of inning, things didn't work out so good for him in the bottom of the fourth as he struggled to find the strike zone and walked four straight batters to even up the game at 4-4.

"This was the first time that I've pitched," explained Moore. "I just self-destructed."

With the bases loaded and only one out, Boatswain's Mate 2nd Class Arthur Saldana, who is one of the top sluggers in the league, delivered a blast to center field for a three-run double.

The two-bagger turned out to be the backbreaker for NSSC, as the Force would score seven times in the inning before crossing home four more times in the bottom of the six to earn a 10-run, mercy-rule-shortened game.

Cmdr. Scott Young, who played at second base for the Force, said that although the team fell behind to a competitive NSSC squad, none of his teammates seemed to panic.

From the start of the season, said Young, the players have just gone about their business and always expect things to turn out in their favor.

"Some of the guys may get a little nervous because they like to be up all the time," noted Young. "But a lot of the guys have been here a long time and they know the runs will come."

Saldana, who started off the game by going 0-2, finished up the game with four RBIs.

He said that once the team gets things going, the guys are able to turn any game around in a hurry.

"Tonight, it took a little while, but we know that we got to hit," said Saldana. "When everybody starts clicking, everybody gets motivated and

pumped up. It's confidence."

The Force will take on Security on June 9 at 8:30 p.m. at Millican Field in its next ashore intramural game.

For a complete listing of league standings and all upcoming intramural games, visit the Welfare and Recreation Web site at www.greatlifehawaii.com.

Welfare and Recreation Web site at www.greatlifehawaii.com.



Photo illustration

Lt. Cmdr. Dave Anderson (left) of Commander Submarine Force U.S. Pacific Fleet (COMSUBPAC) softball team gets set to throw a pitch, while teammate Boatswain's Mate 2nd Class Arthur Saldana awaits on deck during the team's game versus Naval Sea Systems Command (NSSC) at Millican Field at Naval Station Pearl Harbor on June 2. The COMSUBPAC squad is known as the Force, which owns a 9-1 record in the ashore intramural softball league.

CREDO hosts Marriage Enrichment Retreat

CTII (AW/NAC) Jennifer Schooley

Naval Information Operations
Command, Hawai'i

The Navy Region Hawai'i Chaplains Religious Enrichment Development Operation (CREDO) hosted a Marriage Enrichment Retreat at the Ohana Waikiki East Hotel from May 15-17. Nineteen couples attended the retreat in hopes of reconnecting with their spouses and strengthen the bonds in their marriages.

The mission of CREDO is to provide a program of retreats enabling military members and their families throughout the Navy to develop personal and spiritual resources in order to be more successful at meeting the unique challenges of military life.

CREDO began in 1971 as "Chaplain's Response to the Emerging Drug Order" to confront the use of drugs by Sailors and Marines. CREDO evolved into a retreat ministry that is applicable to a broad spectrum of people seeking personal and spiritual development. The name became the Chaplain's Religious Enrichment Development Operation.

The setting of the Marriage Enrichment Retreat is designed to enhance and support the ability of a couple to get away from the distractions of everyday life in order to improve their marriage relationship. While the retreat is hosted by the chaplains, the retreat itself is not religiously oriented so members of any faith are welcome to attend. They respect people of all or no faith backgrounds.

The activities are designed to increase a couple's ability to understand one another better and communicate on a more intimate level. Couples are encouraged not to "air their dirty

laundry," but instead if they choose to share with the group, it is strictly voluntary and only if both husband and wife agree to what's being shared.

The hotel, parking and meals were provided by CREDO with the exception of Saturday evening's date night.

On Friday evening, the couples learned the three major complaints in a marriage are: communication breakdown, sexual intimacy and money. The sessions for the weekend focused on how to overcome these obstacles. That evening, three very important lessons were shared with the participants: (1) the use of hyperboles during arguments are not a good idea, (2) increasing your volume when you speak does not clarify what you are trying to say, and (3) being different isn't wrong, it's just different.

These three lessons were repeated throughout the weekend and by Sunday afternoon, all of the couples knew these lessons by heart. Also on Friday evening, couples participated in the Myers-Briggs Type Indicator (MBTI) Personality Test. This was a fun opportunity to better understand your partner

and why he or she does the things they do.

On Saturday morning, the couples attended a series of lectures and learned how to better communicate with each other. This focused on what typically happens in an argument between couples, for example, criticism, contempt, defensiveness and stonewalling and how to overcome these obstacles in healthy communication. Couples learned about how to be better active listeners to better understand what your partner is actually trying to say, versus what you think you heard.

Next the couples learned about the five love languages and how to understand the love language of your partner. This is very helpful when trying to figure out how to do something nice for your partner, what intrinsically motivates your spouse. Couples learned about how to forgive each other and not to bring the past into current disagreements.

Finally on Saturday prior to being released for date night, couples learned about the importance of and how to maintain intimacy in their marriage. After the lectures for the day, the couples were released to go out for "date night" and were encouraged to use the new tools they have learned. This was a great opportunity for the couples to get out and reconnect without worrying about the daily stressors in life.

The last session on Sunday morning was learning about finances. Couples learned how they can better manage their finances, resulting in less stress about money.

The chaplains wrapped up the weekend with a closing session about what everyone learned and how they plan to continue these positive changes in their marriage.

So now you ask, who should attend? The answer is: Any couple seeking greater satisfaction, closeness and genuineness in their marriage.

U.S. Navy photo by RP2 (SW) Andrea Baggett

A couple at one of the retreats spends some quality time together, using the new tools for effective communication.



MILITARY DAY
at the
HONOLULU ZOO

Enjoy Military Day at the Honolulu Zoo from 9 a.m. to 2 p.m. on June 6.

This event is free to all active duty, reservists, retirees and their family members with a military ID. The first 8,000 people will receive free snacks.

There will be food, entertainment, activities, crafts and games, along with robotics demonstrations. The event is presented by USO Hawai'i in partnership with the City and County of Honolulu and the Chamber of Commerce of Hawai'i.

Shuttle service will be provided from various military bases as well as the Kapiolani Community Center.

For Navy personnel, shuttles will be available from the Pearl Harbor Navy Exchange NEX Mall.

Enjoy Forest City neighborhoods

Ryan Wilson

Communications
Coordinator, Forest City
Residential Management

Summer's finally here! That means it's time to get outdoors, eat some barbecue, and have some fun!

Forest City's beautiful neighborhoods are perfect for enjoying the sunny weather. Just take a look around and you'll see playgrounds, pools and patios scattered throughout the grassy lawns.

Plus, you'll find basketball courts and fitness centers at many of our community centers. There's something for everyone at Forest City.

When you're out and about, please remember that Forest City's first concern is your safety.

Please drive slowly. There are a lot of children in our neighborhoods.

Please make sure that your family wears protective equipment like helmets and pads while riding bicycles or

skateboarding. Please stay out of the streets.

When you're at the pool, please observe the posted rules and obey the pool attendants.

When your children are playing at the tot lots or in the neighborhoods, please make sure they're supervised by an adult.

Please do a safety check on your grill before you use it. Be aware that the Blue Ember Gas Grill by Fiesta has been recalled because it has started several fires. If you use a gas grill, check all the tubes for leaks or blockage. Never use grills inside.

For more grill safety tips, go to www.cpsc.gov

and search for "Grill Safety."

Forest City is a great place to raise a family and we're

happy to provide you with exceptional housing. We encourage you to use our

community amenities, but please remember to be safe. Forest City cares about your family.

Skylark CENTRAL

WORD SEARCH
Find these 50 people that had great **INFLUENCE** IN HISTORY

ALEXANDER THE GREAT	HEISENBERG	H T A E R G E H T E N I T N A T S N O C
EDISON	PLATO	K T W L U A P T S I H K R F N E W T O N
MAXWELL	CONFUCIUS	G N I M E L F S W A E I N S T E I N U L
EINSTEIN	HITLER	A E M M T X R R E O N R D R H R F R U D
MICHELANGELO	SHAKESPEARE	H M A E S N A S H O T S A I L U N W D I
ARISTOTLE	CONSTANTINE	I H X I A D S N C S T C E R C E G C B L
EUCLID	JESUS CHRIST	T S W R P L E R D H S U C I N R E P O C
MORTON	SHIH HUANG-TI	L L E B A W A R L E I E U O E R G O L U
AUGUSTUS	LAVOISIER	E U L S U M C V D M R S R B L E R T I E
CAESAR	SMITH	R E L E O C S E O A H T N E N U E A V K
FARADAY	THE GREAT COPERNICUS	E L E O D M U R E I C E H G O G M C A C
MOSES	LEEUVENHOEK	H L W E T I T P H T S S H E T A H B R O
BEETHOVEN	ST. PAUL	T E M L R O S H E I U I N E G D W T U L
FLEMING	CROMWELL	U L O I N E U O E N S O E N N R W E N S
MUHAMMAD	LOCKE	L T R L K A G H N K E S V R I R E O R M
BELL	T'SAI LUN	G O C A N D U O H L J E O G H R T A L A
GALILEO	DAGUERRE	E T H G O G A A O D D E H I S L W H T T
NAPOLEON	LUTHER	U S T L I T N P D E A T T F A R A D A Y
BOLIVAR	WASHINGTON	M I C H E L A N G E L O E D W I T D C H
GENGHIS	DALTON	I R H E D N L L G O G R E B N E T U G O
KHAN	MARCONI	D A M M A H U M P A U R B R O G I B R C
NEWTON	WATT	
BUDDHA	DARWIN	
GUTENBERG	MARX	
PASTEUR	WRIGHT	
COLUMBUS	DESCARTES	

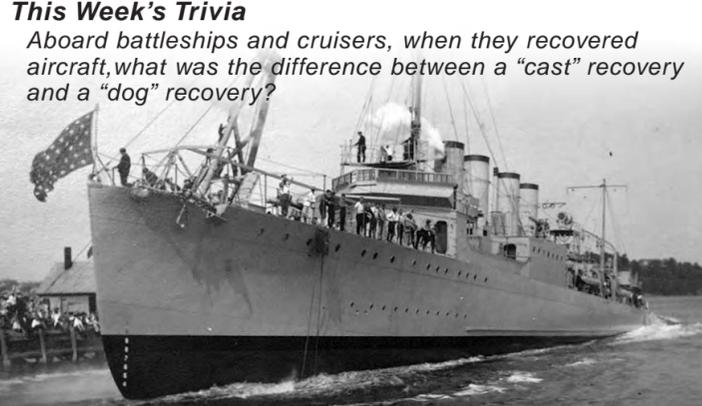
WHO SAID IT?
"It is the function of the Navy to carry the war to the enemy, so that it will not be fought on U.S. soil."

LAST ISSUE'S **WHO SAID IT?**
"THIS SHIP IS BUILT TO FIGHT. YOU HAD BETTER KNOW HOW."
- Adm. Arleigh Burke

WORD SEARCH SOLUTION
Find these 50 **BATTLES ON U.S. SOIL**

ADOBE WALLS	KENNESAW MOUNTAIN	ST H I E H M E L R A H N U R L L U B T S R I P O A
FORT DUQUESNE	SPOTSYLVANIA	A D O B E W A L L S M E R W I C K S B U R G H N S A
PALO ALTO	CAMDEN	A A U T C T L S U R E E U O C I N T S I S E O R O T C
ALAMO FORT SUMTER	KING'S MOUNTAIN	G E A B E S A N J A C I N T O R N L P R V R O B R W D
PEA RIDGE	STONES RIVER	U V C T E N M A H T H E T K I K U C E R S C U U I I O
ANTIETAM	CEDAR CREEK	A O T U E S O E H S A W Y R D G I D E T C E N S R I
FREDERICKSBURG	LITTLE BIGHORN	M N R D L D O L E N N W E O L S M N S N O O C K K R O
PLATTSBURGH	TIPPECANOE	A M A L V E R N H I L L V I I U H E N N H S E A K S
BAD AXE	CHANCELLORSVILLE	K A G U I L F O R D C O U R T H O U S E B E E R N L G
GERMANTOWN	LONG ISLAND	C R E U V E I W L T S L Y N O E E L P S S D S H V E
PRINCETON	TRENTON	I E C I S N N E A U V E E G B O I T A R D A I I N T
BENNINGTON	CHICKAMAUGA	H T O A R R O N L P I L O E H T E E G W I U E L A S T
GETTYSBURG	LOOKOUT MOUNTAIN	C M L R O I U D O E L M N N T D G S W M V E D L E A Y
ROSEBUD	TURRET PEAK	R U D G L R R E A L D A L A N E N N O E E N L B H S
BIG DRY WASH	COLD HARBOR	H S H I L O H O F R E D E R I C K S B U R G A G A M E
GUILFORD COURTHOUSE	MALVERN HILL	P T A R E N E C U I O B C A G O E A N A I L M N A U
SAN JACINTO	VICKSBURG	F R R R T C G D N S D I E T N H A T P E T S B P D T R
BLADENSBURG	CONCORD	T O B U N I N O S G E N D I I D D S A G T L A Y S G
SARATOGA	MECHANICSVILLE	N F O R A S I C H E S U B R I O S Y V I O A X R W I M
BRANDYWINE	COWPENS	C T R R H L O O K O U T M O U N T A I N T E S U I V W
HAMPTON ROADS	MONMOUTH	B O I E C A R C M L E O T E T E N A S T O P O N A E
SAVANNAH	WILDERNESS	T R V T L N E S L U T L U O A N C O S A C I E K E N B
BUENA VISTA	FALLEN TIMBERS	O V C P A D G S C O A U E D A B A E T D T I P A F E H
HARLEM HEIGHTS	NEW ORLEANS	N B U E N U R H O N N R H T O M O N M O U T H U W
SECOND BULL RUN	WINCHESTER	E I B A T N A V L Y S T O P S A N I R S E R G P R B D
BUNKER HILL	FIRST BULL RUN	O O L E V S A B E N N I N G T O N N E E R O A L C R
HORSESHOE BEND	ORISKANY	I I O B R C L E D O O I H E U D D E G S T E H K E
SHILOH	YORKTOWN	
BURNT CORN		

This Week's Trivia
Aboard battleships and cruisers, when they recovered aircraft, what was the difference between a "cast" recovery and a "dog" recovery?



Last Issue's Question:
Which four piper destroyer was the last built for the U.S. Navy?

Answer:
USS Pruitt (DD-347) Commissioned Sept. 2, 1920.

Navy Region Hawai'i Manawa Nanea

Morale Welfare & Recreation

LADIES NIGHT

Single female Sailors are invited to get pampered at 5 p.m. today at Liberty in Paradise at Naval Station Pearl Harbor. Yoga, facials, manicures, pedicures and massages will be available. The event is free and open to all female Single Sailors. FMI: 473-4279.

SINGLE SAILOR LUAU AT PARADISE COVE

Single Sailors can enjoy a luau at Paradise Cove on June 25. The cost is \$42 a person. Transportation departs at 4 p.m. from Liberty in Paradise at Naval Station Pearl Harbor. Participants must sign up to attend. FMI: 473-4279.

YOUTH FITNESS ORIENTATION

A youth fitness orientation will be held on June 6 and 20 at Bloch Arena at Naval Station Pearl Harbor's Bloch Arena. This free program is designed for youth between ages 10 and 14 years old. Each child must be accompanied by an adult. Orientation includes an introduction to the "fit kids" equipment, safety guidelines, rules and regulations review, and a "fit factor" demonstration. Registration is required no later than the Thursday prior to class. FMI: 473-0793.

ALL-MILITARY SURF CLASSIC

Come to Barbers Point and watch surfers in action at The All Military Surf Classic. The contest begins at 8 a.m. on June 20 and 21 and is open to all active duty, Department of Defense civilians, reservists, and their family members. Entry fees are \$25 for open entry, \$20 for active duty with ID, and \$15 for 12 years and younger. FMI: 682-4925 or www.greatlifehawaii.com

JUNIOR BOWLING SUMMER PROGRAM

There will be an eight-week summer junior bowling league, beginning at 9:30 a.m. June 20 at the Naval Station Pearl Harbor Bowling Center. FMI: 473-2574.

FATHER'S DAY AT NAVY POOLS

Fathers will be given a free gift at all Navy pools on June 21. FMI: 474-5149.

FATHER'S DAY AT BOWLING CENTER

Fathers will be able to bowl for free with a paying family member from noon to 3 p.m. June 21 at the Naval Station Pearl Harbor Bowling Center. FMI: 473-2574.

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

Community Calendar

June

6 - USO Hawai'i and the City and County of Honolulu will treat military families to a fun-filled day at the Honolulu Zoo from 9 a.m. to 2 p.m. The day will feature free admission for the military along with a free lunch (to the first 8,000 people), entertainment and a variety of games. Free bus service will be provided from Schofield Barracks, Hickam AFB, Pearl Harbor and Marine Corps Base Hawai'i. FMI: www.greatlifehawaii.com.

14 - - Celebrity chef and television personality Emeril Lagasse will perform a live cooking demonstration aboard the Battleship Missouri Memorial for invited guests. Celebrity cookware and cookbooks from Emeril's personal product line will be available to the public for purchase from 11 a.m. to 5 p.m. at the Battleship Missouri Museum pier. Emeril will be available for a book signing session from 1:30 to 4:30 p.m. FMI: NEX Marketing at 423-3274.

At a glance

The NEX will ship care packages to military service members who are deployed overseas. If you would like to donate, stop by the Aloha Center at the NEX Mall at Pearl Harbor from now until June 12 for a list of needed items. Packages are expected to reach deployed service members in time for the July 4 holiday. FMI: 423-3274.

Sharkey Showtimes



Observe and Report (R)

At the Forest Ridge Mall, head of security Ronnie Barnhardt patrols his jurisdiction with an iron fist, combating skateboarders, shoplifters and the occasional unruly customer while dreaming of the day when he can swap his flashlight for a badge and a gun. His delusions of grandeur are put to the test when the mall is struck by a flasher. Driven to protect and serve the mall and its patrons, Ronnie seizes the opportunity to showcase his underappreciated law enforcement talents on a grand scale, hoping his solution of this crime will earn a coveted spot at the police academy and the heart of his elusive dream girl Brandi, the hot make-up counter clerk who won't give him the time of day. But his single-minded pursuit of glory launches a turf war with the equally competitive Detective Harrison of the Conway Police, and Ronnie is confronted with the challenge of not only catching the flasher, but getting him before the real cops do.

TODAY

7:00 PM X-Men Origins: Wolverine (PG 13)

SATURDAY

2:30 PM Hannah Montana The Movie (G)

4:45 PM Fighting (PG 13)

7:00 PM Observe and Report (R)

SUNDAY

2:30 PM Hannah Montana The Movie (G)

4:45 PM 17 Again (PG 13)

7:00 PM Fast and Furious 4 (R)

WEDNESDAY

7:00 PM Crank: High Voltage (R)

