

OPERATION



Brister Thomas

Contributing Writer

More than 300 military keiki with deployed parents will be able to join in one of three one-week resident camps on Oahu. A traditional resident camp was held at YMCA- Camp Erdman on Oahu's North Shore and a leadership style camp will be held at Bellows Air Force Base. These camps are part of Operation Purple, a youth-based initiative through the National Military Family Association (NMFA) sponsored by the Sierra Club.

Approximately 155,000 American children are experiencing the absence of a parent due to a deployment to Iraq or Afghanistan, according to NMFA. This statistic does not include the children who have parents deployed in other areas of the world.

In 2009, more than 9,000 military children in 62 locations will be able to take a break from their daily routines and attend camp as part of a program called Operation Purple Camp.

Operation Purple was created to address the growing needs of today's youngest heroes - the military children. The goal of Operation Purple is to provide military children with the tools to help ease the stress that result from war.

At the same time, the camp helps build their confidence by introducing new experiences like learning to be stewards of the environment. As a seven-year-old camper said, "I just enjoy being around other kids that understand what it's like to feel lonely. We love our parents and are proud of them, but it hurts, too."

Local military commands are invited to camp to share their expertise and knowledge with the campers. This year, campers at Camp Erdman were able to experience the Navy's deep sea divers' newest KM-37 dive helmets with elaborate communication

systems. Campers were able to talk to each other from helmet to 'topside' (headphones).

The Navy also set up stations where campers learned field tactics such as first aid, how to put on chemical biological radiological (CBR) gear, climb into Humvees, and examine military police cars from the 552nd MP Company.

The Marines arrived, landing a USMC CH-53D Sea Stallion in the middle of camp. Both pilot and chopper are recently returned from Afghanistan. The crew escorted the campers through the helicopter for tours and questions.

The U.S. Coast Guard (USCG) from USCG Station Honolulu, Air Station Barbers Point and the Coast Guard Auxiliary Unit set up station by a fly-in landing of a Coast Guard HH-65 Dolphin helicopter. There was a RHIB [rigid hull inflatable boat] patrol boat; campers were able to mock being airlifted while also climbing around the chopper and RHIB.

An Army K-9 unit set up demonstrations with their military dogs and the campers secretly placed an object in one of many suitcases and the dogs returned to sniff it out.

Josh Heimowitz, director of Camp Erdman-YMCA, said, "It is an honor and a privilege to be able to work with the NMFA and be a part of the military families. Operation Purple truly has the future of the military child at heart and we are proud to be a part of this experience."

The National Military Family Association is dedicated to serving military families. With more than 40 years of dedicated volunteer services, the association continues to be the leading expert on issues facing the military families.

For more information, visit www.nmfa.org.



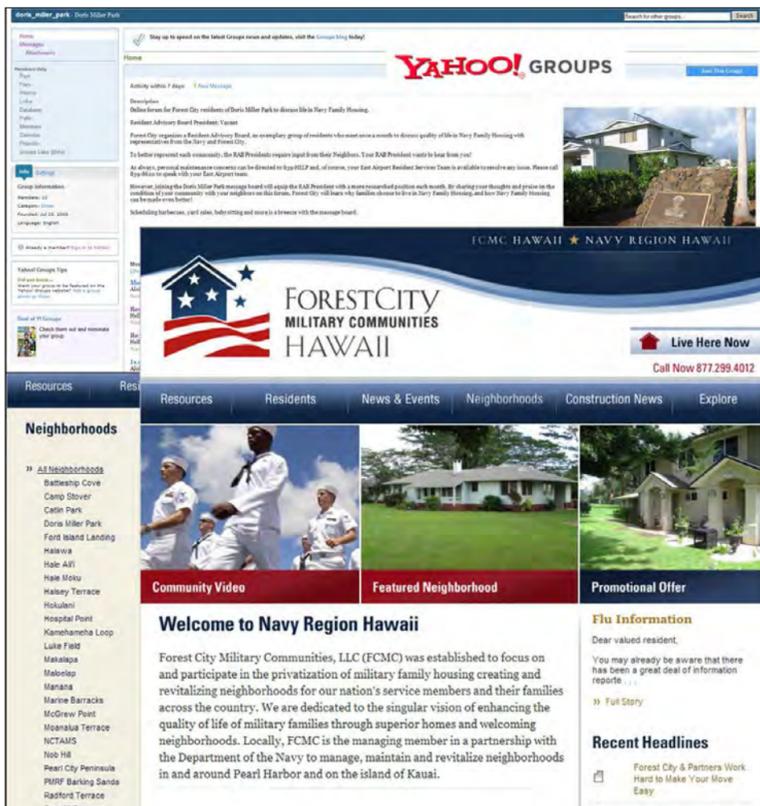


Photo courtesy of Forest City Residential Management

Forest City Residential Management uses various communications tools, including forums and Web sites, to keep housing residents up-to-date.

Forest City keeps residents informed with handy tools

Ryan Wilson

Communications Coordinator, Navy Housing Forest City Residential Management, Inc.

Forest City knows that communication is critical to keeping our residents happy. That's why we've established several communication channels to keep our residents up to speed.

We've created Yahoo Groups for each of our communities. Residents can use the forum to share thoughts,

ideas and concerns. Just log onto Yahoo, click on "Groups" and type your neighborhood's name into the search bar. Once you've joined, you can take part in the ongoing conversation. It's a great way to learn more about your neighbors and neighborhood.

Forest City's Web site is updated daily. We have all the information you'll need, including event schedules, contact information and important forms. Just log onto www.fcnavyhawaii.com.

And of course, you're always welcome to call us

or come into our offices. Each neighborhood has an assigned resident service office with a great staff and our community relations office is also here to help. When you walk into one of our offices, we'll greet you with a warm smile and some warm cookies, too.

Forest City works hard to get you the information you need. After all, effective communication is part of our commitment to providing you with exceptional service.

Communication in the workplace – Strategies on how to avoid conflict

Andrea B. Hantman, LCSW

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

Kelly could feel her heart beating and her body tense as Ron lunged over her desk red faced and seething, "You get this to me tomorrow or else!" She was afraid. In her family, anger meant violence.

She remembered her dad coming home drunk and punching the wall and hitting her mother. Kelly had been in abusive relationships in the past. She did not want to tangle with this man. She had learned to be indirect, back down and to avoid conflict. Kelly could feel herself shaking. Later she shared what occurred with her office friends. They were supportive. When Ron dropped by, they looked at him anew. The office gossip spread.

Ron had a different perspective, of course. He had asked Kelly for these papers weeks ago. He came from a family where communication was direct and if someone couldn't do something, they told him. They didn't avoid the conflict. He felt undermined. Now he would look bad to his boss and ineffective to the employees he supervised. Ron didn't know how to get through to Kelly. He thought, "She was just being passive aggressive." Something had to be done.

Frustration, anger, feeling undermined, violated or disrespected can occur in any work setting. Rather than address the specifics of this situation, here are some general recommendations you might use when communicating with others that could prevent conflict from escalating:

- Get clear within yourself about the issue and approach. What are you hoping to accomplish in this situation?
- Look at the conflict through the other person's eyes. There are always two sides.
- Check your own behavior to make sure you are not responding in a passive-aggressive manner or otherwise contributing to the problem.
- Employ healthy self talk. Don't "build a case."
- Make an appointment to talk with the person directly when feasible.
- Always treat your co-workers with respect. No "guilting,"



"shaming" or "bullying."

- Adult-adult communication usually works best when addressing work matters.
 - Nurture relationships.
 - Be inclusive rather than exclusive.
 - Be aware of and honor personal boundaries.
 - Listen fully, assume positive intention, and work toward mission goals in a spirit of teamwork.
- Fleet and Family Support Center (FFSC) classes are free for Department of Defense civilian employees as well as for military, retirees and family members. FFSC course offerings can be found on the Navy Region Hawai'i great life Hawaii Web site at <http://www.greatlifehawaii.com>. Call the customer service desk at 474-1999 to register for any class.

To obtain CEAP [Civilian Employee Assistance Program] information, assessment, referral and/or brief counseling or to inquire about no cost at-your-site training, call 474-1999, ext. 6204 or 6206. To schedule an appointment, call 474-1999, ext 6201/02. CEAP counselors can also be reached via e-mail at andrea.hantman@navy.mil or susan.bierman@navy.mil.



Illustration courtesy of TriWest Healthcare Alliance

Eat top SUPERFOODS for all-star heart health

Shari Lopatin

TriWest Healthcare Alliance

These top five "superfoods" from the American Dietetic Association (ADA) and the "Nutrition Action Health Letter" will not only make you feel good, but will help protect you against heart disease, the top killer of adults in the U.S.

- **Beans.** The ADA says beans are truly a superfood because each tiny bean has a powerful combination of protein, fiber, vitamins and minerals. Researchers have also found that diets including beans may reduce the risk of heart disease and certain cancers.

- **Wild salmon.** The omega-3 fats in salmon can help reduce the risk of sudden-death heart attacks. Plus, salmon caught in the

wild has less PCB contaminants than salmon raised on a farm.

- **Mushrooms.** Stocked full of antioxidants that help protect cells from free radicals, which can lead to cancer and sometimes heart disease, mushrooms are a great source of potassium, copper and certain B-vitamins.

- **Garlic and onions.** For greatest benefit, use the whole vegetable and stay away from onion and garlic powders. The ADA reports that research shows these two foods may help lower LDL (bad) cholesterol, control blood pressure, prevent life-threatening blood clotting, act as antioxidants to reduce cancer risk, and even promote immunity. You may need to eat one garlic clove daily to make a difference.

- **Blueberries.** These fun little berries are bursting with antioxidants, more so than many larger berries.

In addition to fighting off heart disease and cancer, blueberries can also fight aging. They're loaded with dietary fiber and vitamins A and C.

- **Surprise superfood: dark chocolate.** Eating heart-healthy can be a special treat, too. The ADA reports that recent research shows components of the cocoa bean and dark chocolate could positively impact the cardiovascular system, kidney function, brain health, immune system, diabetes and blood pressure. In fact, dark chocolate may help limit the build-up of plaque in arteries by lowering LDL (bad) cholesterol, raising levels of HDL (good) cholesterol, and reducing blood pressure.

For more healthy tips and TRICARE-related information, visit TriWest's Healthy Living Portal at www.triwest.com/beneficiary/healthy_living.

The Navy Fleet and Family Support Center

Provided by Commander, Navy Installations Command

Fleet and Family Support Program celebrates 30th anniversary

Bruce Moody
Fleet and Family Service Program, Commander, Navy Installations Command

The Fleet and Family Support Program marked 30 years of service to Sailors and their families the first week of July. On July 9, 1979, the first Family Service Center (FSC) opened its doors in Norfolk, Va. FSC San Diego opened its doors shortly thereafter.

In 1978, the Navy acknowledged that it was losing some of its very best people because of family issues. Then Chief of Naval Operations Adm. Thomas Hayward wrote that his number one priority was to improve retention by improving family awareness and implementing a family support program.

Shortly afterward, the first Navy Family Awareness Conference was held in Norfolk. The conference was originally going to be called the Family Support Conference, but organizers changed the name to spotlight their goal to develop resilient and self-reliant families, not dependent families.

The conference concluded that the Navy was insufficiently attending to family needs and the programs and policies designed to support families were inadequate and fragmented.

"Back then, the chaplains and the commanding officer's wife took care of everything," said Kathy Stokoe. Stokoe joined the newly-opened Norfolk FCS as a volunteer. She was eventually hired and stayed on to make a career with the program, retiring in 2008 as family readiness program manager in Washington.

"The chaplains told us that they knew the problems Sailors were having, but they were only intervening," Stokoe said. "They said educational programs, counseling for Sailors and their spouses would help them over the rough spots, and there would be fewer problems."

Dr. Ann O'Keefe was the Navy's first FSC director and attended the conference.

"One of the big misconceptions the early staff had to confront was that the FSC would work to retain people who didn't belong in the Navy," O'Keefe said. "In fact, we worked to keep good Sailors by acknowledging their strength. We set out from the beginning to provide proactive and educational programs that keep Sailors and families healthy and strong."

Today, the Fleet and Family Support Program continues to deliver its core mission with a growing number of programs and services focusing on deployment support, crisis response, career support and counseling for individuals, families and commands.

A Facebook and Twitter page has also been added. The Fleet and Family Support Program's Facebook page is found at <http://www.facebook.com/pages/Washington-DC/Fleet-and-Family-Support-Program/105861457742?ref=mf>. The Twitter address is http://twitter.com/Fleet_Family.

"We have to be where our customers are and they are on social media sites," said Kathy Korth, Commander, Navy Installation's Family Readiness Program manager. "We need to join in the conversation that single Sailors and Navy families are having, so they are aware of how much the Navy values them and is prepared to empower them."

Thirty years after its inception, O'Keefe recalls another difficulty in standing up the program.

"People thought it would be just another flash in the pan," she said. "They said, why should I get involved? It will just go away."

But, it did not go away.

"I hope that this has shown that the Navy cares," she said. "Yes, it's part of retention, but it's the right thing to do."

O'Keefe described her involvement with launching the first Family Service Center as the biggest, most wonderful part of her life.

To learn more about the Fleet and Family Support Program, visit <http://www.ffsp.navy.mil/>.

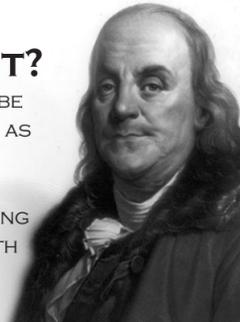
Skylark CENTRAL

WORD SEARCH
Find these 51 Phrases that contain **DOUBLE**

DOUBLE AGENT	DOUBLE-QUICK	DOUBLE-CHECK	2 2 E L B B I R D X 2 U K R A P X 2 2 T X
DOUBLE OR NOTHING	DOUBLE DUTCH	DOUBLEHEADER	S 2 X D U T C H X X X U C A Y X X D Y A 2
DOUBLE-DECKER	DOUBLE TAKE	DOUBLE HITCH	2 X D A R E X P T 2 G N I H T O N R O X 2
DOUBLE BASS	DOUBLE-SPACE	DOUBLE-CLUTCH	X X X G N E M 2 2 S O U Q 2 N Y A D K X D
DOUBLE OVER	DOUBLE ENTENDRE	DOUBLESPEAK	W L F I I E N X P M U E X A M D G N A 2 I
DOUBLE-DIPPER	DOUBLE VISION	DOUBLE INDEMNITY	H X R E L H C T U L C X 2 L E E I A T 2 P
DOUBLE BOGEY	DOUBLE-TALK	DOUBLE-CROSS	A A T E A H J E K S E R X T D T N T X C P
DOUBLE PLAY	DOUBLE EXPOSURE	BODY DOUBLE	M Y N R E T N A 2 2 S T S S N N D S 2 M E
DOUBLE-EDGED	DOUBLE WHAMMY	DOUBLE JEOPARDY	M T 2 C D P U M 2 N T A W 2 I I X X T T R
DOUBLE CHIN	DOUBLE-TEAM	DOUBLE-DARE	Y U K S X X X R E K E O B 2 X O T 2 A 2 R
DOUBLE PNEUMONIA	DOUBLE FAULT	DAILY DOUBLE	D D 2 2 2 D E L E R R A B X 2 J T D T E E
DOUBLE-JOINTED	DOUBLE-BARRELED	DOUBLE KNIT	I X E Y E N 2 A B D I U S W 2 X X X R C I
DOUBLE DAGGER	DOUBLE-TIME	DOUBLE-DATE	N 2 D Y R X X X N H A R 2 I 2 2 S U A T C
DOUBLE SOLITAIRE	DOUBLE FEATURE	DO DOUBLE DUTY	A O N T H E 2 X E N T E N D R E S P O L B
DOUBLE-PARK	DOUBLE-BREADED	DOUBLE NEGATIVE	B D I I 2 Y G 2 R X I K H E H O S R E U Y
DOUBLE DRIBBLE	DOUBLE-WIDE	DOUBLE-DEALING	F 2 T S L C R G N 2 L C E X P X O P E A 2
DOUBLE STANDARD	DOUBLE GLOUCESTER	ON THE DOUBLE	S C 2 I I Y D R A P O E J X 2 X R B L F K
			H A A R E V O X 2 D S D E R X R C P F X E
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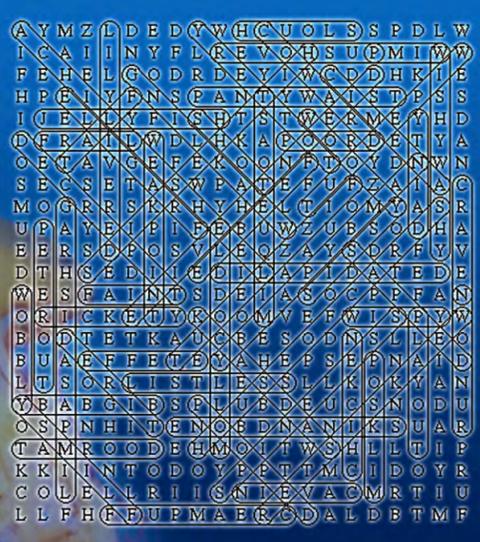
WHO SAID IT?
"Be the change you want to see in the world."

LAST ISSUE'S
WHO SAID IT?
"IF YOU WOULD NOT BE FORGOTTEN AS SOON AS YOU ARE DEAD, EITHER WRITE THINGS WORTH READING OR DO THINGS WORTH WRITING."
- Benjamin Franklin

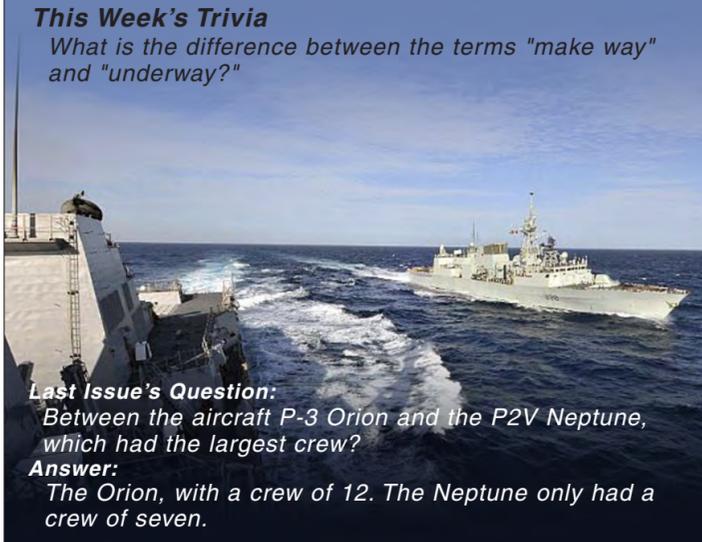


WORD SEARCH SOLUTION
57 words and phrases that mean **WEAK**

ACHILLES' HEEL	TOTTERY
FLIMSY	DIE ON THE VINE
RUNDOWN	MILQUETOAST
ANEMIC	WEAK POINT
FRAGILE	DILAPIDATED
SAD SACK	MOLLYCODDLE
BIG BABY	WEAK SISTER
FRAIL	DOORMAT
SAPPED	NAMBY-PAMBY
CAVE IN	WEAKLING
HIT THE SKIDS	DROOP
SHOT	PANTYWAIST
CHICKEN	WIMP
HOUSE OF CARDS	EFFETE
SISSY	PETER OUT
COWARD	WIPED-OUT
JELLYFISH	FAINT
SKIN AND BONE	PLAY OUT
GRAVEN	WISHY-WASHY
LILY-LIVERED	FEEBLE
SLOUCH	POOPEE
CREAM PUFF	WISPY
LIMP AS A DISHRAG	FIZZLE OUT
SPINELESS	PUSHOVER
DAINTY	WOBBLY
LISTLESS	FLAT
TIRED	RICKETY
DECREPIT	WOZZY
MILKSOP	



This Week's Trivia
What is the difference between the terms "make way" and "underway?"



Last Issue's Question:
Between the aircraft P-3 Orion and the P2V Neptune, which had the largest crew?

Answer:
The Orion, with a crew of 12. The Neptune only had a crew of seven.

Navy Region Hawai'i Manawa Nanea

Morale Welfare & Recreation

FREE FAMILY FUN AND MOVIE NIGHTS IN JULY

Navy families are invited to enjoy family fun and a movie in July, courtesy of Morale, Welfare and Recreation and Forest City Residential Management, tonight, July 24 and 31. FMI: www.greatlifehawaii.com or 471-8658.

YOUTH AND MINI-YOUTH FITNESS ORIENTATION AT BLOCH ARENA

Free youth and mini-youth fitness orientations will be held at Bloch Arena on Aug. 1 and Aug. 15. The youth program will begin at 9 a.m. and is designed for children ages 10 to 14 years. The mini-youth fitness program will begin at 10 a.m. and is designed to show parents how to supervise their children, ages six to nine years, in the Fit Kids center. Youth must be accompanied by an adult for the orientation. Registration is required by the Thursday prior to each class. FMI: 473-0793.

BACK TO SCHOOL BASH AT SCOTT POOL

On July 24, celebrate going back to school with bounce houses, slip 'n' slides, jousts and other activities at Scott Pool. The school bash will be held from 11 a.m. to 5 p.m. FMI: 473-0394.

SINGLE SAILORS TRIP PLANNED FOR KUALOA RANCH

A Single Sailors trip is planned on the windward side of the island at the Kualoa Ranch on July 25. The cost is \$7 per person. Transportation departs from Liberty in Paradise at 10 a.m. Please sign up to attend. FMI: 473-4279.

POOL CLOSURES

Towers Pool will be closed for repairs July 25-30. Scott Pool will be closed for repairs July 27-31. Arizona Pool is closed until further notice. FMI: 473-0394.

BAYFEST 2009 TICKETS AVAILABLE

This year's Bayfest 2009 will feature the Black Eyed Peas on Aug. 15 at Marine Corps Base Hawai'i at Kaneohe Bay. Tickets are \$25 at all Information, Tickets and Travel (ITT) locations. Supplies are limited. FMI: 473-0792.

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

Community Calendar

July

18 - The Pacific Aviation Museum will host Hanger Talk: "Carrier Ops" at 1 p.m. which will include an aviation discussion about the carrier operations in WWII and beyond. Featured speakers are retired naval aviators, Chip Gunther and Scotty Scott. The presentation is free with museum admission. FMI: 441-1013.

20-26 - The Pearl Harbor Navy Exchange (NEX)/ Commissary seafood department will be closed for necessary repairs. It will reopen for normal business hours on July 27.

24-26 - Chaplains Religious Enrichment Development Operation (CREDO) Hawai'i will offer a marriage enrichment retreat for Sailors and Marines who have returned from an individual augmentee tour or deployment in the past four months. The retreat will be held at a hotel in Waikiki and will begin at 5 p.m. Aug. 24 and end 1 p.m. Aug. 26. FMI: 257-1919 or e-mail Michael.tolbert1@navy.mil.

August

8-9 - The Pacific Aviation Museum will host "The Biggest Little Airshow on Ford Island" from 10 a.m. to 4 p.m. featuring popular 1-to-5 scale remote control aircraft. The event will also include food, prize drawings, a chance to fly an RC aircraft and hangar tours. FMI: 441-1013.

At a glance

The Navy Exchange is holding a school supply drive and collecting school supplies for the children of military families until July 24. If you are interested in donating, stop by the Aloha Center for a list of items or call 423-3274.

Sharkey Showtimes



Land of the Lost (PG 13)

Dr. Rick Marshall, a has-been scientist, along with a research assistant Holly, and a survivalist, Will, find themselves sucked into a time warp. Marshall has no weapons, few skills and questionable smarts to survive in an alternate universe full of marauding dinosaurs and fantastic creatures from beyond. Chased by T-Rex and stalked by painfully slow reptiles known as Sleestak, Marshall, Will and Holly must rely on their only ally a primate called Chaka to navigate out of the hybrid dimension.

TODAY

7:00 PM Land of the Lost (PG 13)

SATURDAY

2:30 PM Night at the Museum (PG)

4:45 PM My Life in Ruins (PG 13)

7:15 PM Terminator Salvation (PG 13)

SUNDAY

2:30 PM UP (PG)

4:45 PM My Life in Ruins (PG 13)

7:00 PM Night at the Museum (PG)

THURSDAY

7:00 PM Terminator Salvation (PG 13)

