

Gilad & Afloat Training Group get 'Bodies in Motion'



Story and photos by Randy Dela Cruz
Contributing Writer

In the world of physical fitness, very few personalities have risen to the iconic single-named status that is usually reserved for the giants of cinema and entertainment.

Yet after coming into people's homes for nearly 30 years with his message of total body wellness through his televised programs such as, "Bodies in Motion," "Basic Training the Workout" and "Total Body Sculpt," fitness guru Gilad Janklowicz is a bona fide member of the first-name only club.

On March 11, the man simply known as "Gilad" made a special visit to Afloat Training Group Mid-Pacific (ATG MIDPAC) Sailors on Ford Island and led them through a modified physical training (PT) session that left everyone spent but invigorated.

Rear Adm. Dixon Smith, commander, Navy Region Hawaii and commander, Naval Surface Group Middle Pacific, and Capt. Ricks Polk, commanding officer of ATG MIDPAC, were also on hand to participate in the workout.

"Basically, it's the same style of exercises," said Janklowicz, who has been volunteering his services to the Armed Forces for more than 20 years. "We do some plyometrics, kickboxing and strength moves, but I do it non-stop. So it's maybe a little more cardio than they're used to be-

cause I keep their heart rate up the whole time."

Janklowicz was invited to work with the Sailors through Morale, Welfare and Recreation

an hour long PT that paid particular attention to functional training techniques.

As a former fitness officer in the Israeli military, Janklowicz

lending, he said that the variety of movements used in the PT was "good stuff" and he was very encouraged to see so many Sailors actively engaged in the hour-long session.

Having guests, such as Janklowicz, said Smith, is a good way to serve as a reminder that the Navy takes PT very seriously and he believes the visit will go a long way toward keeping Sailors motivated to stay in shape.

"Just like anybody else, you can get in a rut," shared Smith. "Guys like him (Janklowicz) coming in can break that up. This is something different than just doing your sit-ups or pushups. It's not about getting the folks out that are already in shape. It's about getting those folks that need the extra push and making it fun for them."

Meanwhile, Polk added that the presence of Janklowicz also helps people understand that being in good physical condition requires more than just going through the motions.

"PT isn't just a routine," said Polk. "It's about our true level of fitness. Are we fit to fight?"

"Total Body Sculpt with Gilad" can be seen on Fit TV. Check for local listings or visit the Web site at www.fitv.com.



(MWR) at the request of Chief Information Systems Technician Donald Stephens, who is the command fitness leader for ATG MIDPAC.

Mark McFarland, MWR fitness coordinator for Navy Region Hawaii, said all it took was one phone call and Janklowicz was eager and ready to get on-board.

"I've known Gilad for over five years and he's been an active participant in the Navy and armed forces community for a long time," said McFarland. "He's got the longest running fitness show in Hawaii (27 years) and he's been an excellent advocate for fitness and nutrition. He lives it, breathes it and understands what our Navy community needs."

McFarland and fitness trainer Michele Snow assisted Janklowicz in leading the troops through

said that he shares a camaraderie with members in the armed forces and knows what it takes to keep Sailors and Soldiers fit and ready for combat.

After looking over the Sailors from ATG MIDPAC, Janklowicz said that he couldn't wait to put them through the paces.

"If they are in shape, I like to push it to the next level," said Janklowicz. "It's like driving a sports car. If you can put it in fifth gear and go into overdrive, you'd like to do it, right? You don't want to drive 15 miles per hour."

"Everybody here today was very, very fit. They were moving well and they were right there with me the whole time. That says a lot for these guys. They are probably working out on a regular basis and are in good shape," the fitness guru said.

While Smith admitted that he found the workout to be chal-



Navy Wives Club offers a network of friendship and support to military spouses

Story and photo by
Blair Martin

Contributing Writer

For many military spouses, a helping hand during the deployment of a loved one or dealing with daily challenges of military life can be an important for survival.

One group that fosters friendship and support for military spouses is the Navy Wives Clubs of America (NWCA), an organization dedicated to uniting enlisted spouses of all sea services, including Navy, Marine Corps and Coast Guard.

Established in June 1936 by a group of military spouses, NWCA's purpose is to promote a friendly, sympathetic relationship among the spouses of enlisted personnel of the U.S. sea services and to foster a spirit of fellowship among members in the civilian community.

When the local NWCA Hawaii chapter remained inactive for several years, Navy spouse Tara Marr decided it was in the best interest of she and other military wives to have an organization they could call their own.

"When my husband got orders to Iraq, I was looking for other women who would be there and who understood what I was going through," said Marr, who now serves as NWCA Hawaii chapter president. "The reason why I wanted to start up this group again was because I wanted to get a bunch of wives together that had a common bond and to help other people get through



Members of the local Hawaiian chapter of the Navy Wives Clubs of America (NWCA) socialize at a local McDonalds for one of the group's monthly play dates. The newly re-established NWCA is an organization that fosters friendship and support for enlisted spouses of all sea services, including Navy, Marine Corps and Coast Guard.

the trying times."

Marr said that the club has both a local and national focus when it comes to community volunteerism.

"Our national focus this year is giving out scholarships," she said. "We will give out 30 scholarships nationwide and four other scholarships to club members and families. Our local focus will be the Armed Services YMCA's Operation Kid Comfort. They give out gifts to kids

when parents are deployed for at least six months and longer."

Marr said the group is also planning several community projects for the local United Services Organization (USO).

Kristine Wilson, a Navy spouse, said she joined the group last week after hearing from her husband's family readiness group (FRG) coordinator about the group's mission of support for Navy wives.

"I wanted to meet other

wives and have friendships and camaraderie," she said. "As a mom, you always need someone there to listen. And because I've only been married three years, I am still learning what is expected as a Navy wife. The best way to do that is by meeting other Navy wives."

Pam Bishop, a Navy spouse who serves as the FRG president for USS Port Royal (CG 73), said she thinks the local club is a great way for spouses

to network outside their own circles as well as to become involved with community efforts.

"I think the group is fantastic," she said. "People can meet other spouses and have friendships within their own command as well as outside their commands."

Bishop, who is also a club member, said that in addition to the group's community projects, the group meets at least three times a month at a local venue for play dates and

socials for Navy wives and their children.

"Socials like this gets us out of the house and we can meet new friends and new people," she said. "I think this would be great for any wife."

Rebecca Hyde, a Navy spouse who serves as vice president for the NWCA Hawaii chapter, said she hopes more people will become aware of the group's existence and take part in the social activities.

"I think it is good to get out and socialize with people outside your own command," she said. "We hope to bring military spouses closer together so they don't feel so isolated when they are away from family. This just gives them a way to meet lots of new people and know they are not alone."

The NWCA Hawaii chapter is open to all spouses of enlisted personnel serving in the Navy, Marines Corps, Coast Guard and the active reserve units of these services currently on Oahu. Also allowed to join are the spouses of enlisted personnel who have been honorably discharged, retired or have been transferred to the Fleet Reserve on completion of duty as well as widows of enlisted personnel of these services. NWCA yearly dues are \$25 a person.

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

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Hawaii Navy News

Naval Station buzzer beater sinks SEALS

Story and photo by
Randy Dela Cruz

Contributing Writer

Navy News Sports

Lt. Jason Jones of Naval Station Pearl Harbor (NAVSTA) led all scorers with 18 points and sank the game-winning shot at the buzzer to help NAVSTA slip past an upset-minded SEAL Delivery Vehicle Team One (SDVT-1), 31-29, in an Intramural Basketball League game at Naval Station Gym, Joint Base Pearl Harbor-Hickam, on March 15.

The victory increased league-leading NAVSTA's record to 7-0 and upped its consecutive game-winning streak to 34. SDVT-1, which started off the season with a 1-3 mark, had won four games in a row before losing to NAVSTA.

In racking up his 18 points, Jones almost single-handedly kept NAVSTA ahead of SDVT-1. The lieutenant dropped two treys from downtown to go along with five baskets and two of four shots from the free-throw line.

With only four ticks on the game clock, Jones took the sideline pass, split the defense on the left side of the key, before lofting a feather-soft lay-up that tickled the bottom of the net for the game winner.

"We were trying to get the ball into Troy (Chief Electrician's Mate Troy McCloud, who plays center for NAVSTA)," said Jones about his game-ending shot. "They (SDVT-1) didn't collapse on me so being left-handed, I just took it to the left side and tried to score. It went down for me."

Yeoman 2nd Class Clinton Miller, who scored nine points for SDVT-1, said that a switch in defense during the game's final seconds might have cost the SEALS the win.

Using a tough two-three zone for the entire game, the SEALS decided to go into a man-to-man to stop NAVSTA from scoring on the last play.

"Maybe that was a mistake," admitted Miller. "They (NAVSTA) were able to take us off the dribble, and I did a poor job of rotating over to help out so that was a pretty big mistake on my part."

The basket by Jones was a big disappointment for SDVT-1, who had battled back from being down by a score of 26-19 going into the fourth period.

In the frenzied final eight minutes of play, the SEALS rattled off eight straight points and took a 27-26 point lead, when six-foot-five-inch center Machinist's Mate 2nd Class James Kuechmann banked in a put-back shot with 3:02 remaining in the game.

A basket by McCloud put NAVSTA back out on top, but Kuechmann answered with another hoop to push the SEALS in front at 29-28 with

only two minutes on the clock. Jones hit one of two free throws to tie up the game before coming up with the clutch floater in the lane to win the game.

While Miller said that it was encouraging for the SEALS to nearly upset the top team in the league, watching the final basket go in was like getting a dagger in the heart.

"It's encouraging (for us), but we don't really believe in moral victories so it's still very disappointing," noted Miller. "They (NAVSTA) played a great game and at the end, they held their composure and did the right thing."

Despite having to battle the SEALS' twin towers of Miller and Kuechmann, McCloud still managed to throw down 10 points to become only the second NAVSTA player to score in double figures for the game.

McCloud said that although it was a nail biter, he was confident that things would work out to NAVSTA's favor in the end.

"The score was surprising, but we were confident the whole time," said McCloud.

"Even when it was 29-29, we were in control and where we wanted to be. If he (Jones) missed that shot, we knew that we would pull it out in overtime."

Although NAVSTA was able to ward off the challenge from SDVT-1, the team's struggles at the free-throw line heavily contributed to its narrow margin of victory.

NAVSTA converted only two of 10 shots from the charity stripe in the first half and only made five of 16 for the entire game.

"I think it's because we haven't been able to practice," stated Jones. "The last couple of weeks, we've been practicing free throws. I won't let guys leave the gym unless they make five in a row. Last week, we didn't get to do that so you can see how off we were."

Lt. Jason Jones of Naval Station Pearl Harbor (NAVSTA) slams into Yeoman 2nd Class Clinton Miller of SEAL Delivery Vehicle Team-One (SDVT-1) before releasing the game-winning shot in an Intramural Basketball League matchup at Naval Station Gym, Joint Base Pearl Harbor-Hickam, on March 15. NAVSTA edged SDVT-1, 31-29, to remain undefeated with a league record of 7-0. Overall, NAVSTA has now won 34 games in a row.

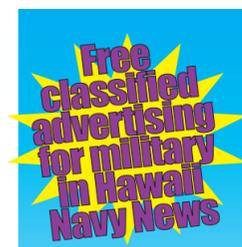


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Hawaii Navy News



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EURIPIDES	LYCURGUS	O T C U P L U T A R C H I M E D E S S O O R
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ANACREON	CLEON	A L L A U S Y P S E P S L O I I E S R E H O
GALEN	LYSANDER	X M E N A N D E R P D A D E O L T A U H I D
PLUTARCH	THUCYDIDES	A S O I G O I O A A T N R N G S I P C E X E
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HERACLITUS	LYSIPPUS	A S I S N O E L C O I S C X N S A P P H O I
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WHO SAID IT?

“Men, their rights and nothing more; women, their rights and nothing less.”



LAST ISSUE'S WHO SAID IT?

“SOME OF US ARE BECOMING THE MEN WE WANTED TO MARRY.”

- Gloria Steinem, feminist

WORD SEARCH SOLUTION

Find these 41 signs of SPRING in the U.S.

ALLERGIES	SPRING BREAK	ERMESELDUPLOWINGST
GARDENING	BUNNY	NWARANBRISMNLABELNA
PUDDLES	MARCH MADNESS	SARGMEYMNIBORSUNPM
APRIL SHOWERS	SPRING CLEANING	CESGWTWPERBSSRMBMRPH
GEESE	CROCUS	RIVNSGLLSUSBREAIILA
RAIN	MARCH WINDS	RGRACNDANGDDARLDSBS
BASEBALL	SPRING FEVER	FREVEFGNIRPSCSALEIP
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BIRD MIGRATION	SPROUT	MLTSREGERIWILESKGMN
GRASS	DAYLIGHT SAVINGS	EAEEMFOENECEPIAISIG
ROBIN	MILD TULIP	NERWSOGDRHDALUTNAGC
BLOOMS	EASTER	TEBCRGSSTOORREBBURL
GREEN	NEW LEAVES	LSOEHWNSFRGTEDLLOAE
RUBBER BOOTS	UMBRELLA	CANUTMAFODULLOECRTA
BLOSSOMS	EASTER BONNET	DENTRVALILVEOBUNUIN
KITE FLYING	PLANT SEEDS	ATEIIDLDITMGSIOIOI
SNOWMELT	WARMER	GBTNBIPPNMSWMGREENN
BUDS	EASTER EGG HUNT	EEGEEHCGETEUOVPIITMG
LILY	PLOWING	ENBRBISLNSNSGHGSRP
		WKAERBGNIRPSRBWFIOI

This Week's Trivia

What year was the Navy Nurse Corps established?

Last Issue's Question:
Who was the first female commissioned officer in U.S. Navy history as well as the first director of the WAVES (Women Accepted for Volunteer Emergency Service)?

Answer:
Mildred McAfee - In early August 1942, McAfee was sworn in as a Naval Reserve lieutenant commander, the first female commissioned officer in U.S. Navy history. She later became the first director of the WAVES (Women Accepted for Volunteer Emergency Service).



Navy Region Hawai'i Manawa Nanea

Morale Welfare & Recreation

FREE FAMILY FUN AND DRIVE-IN MOVIE NIGHT AT FORD ISLAND

Movie night returns with a little twist. Bring the family (and the car) for "Hannah Montana: The Movie" (rated G) on Saturday on Ford Island. The fun begins with games and free cotton candy. Free popcorn will also be available before the movie begins. Call the community center for the event start time. FMI: 471-8658 or visit www.greatlifehawaii.com.

CARDBOARD BOAT RACE AT SCOTT POOL

Bring your own cardboard boat and race across Scott Pool at 9:30 a.m. March 20. The race starts at 10 a.m. Join in on this creative race or come and cheer for your favorite boat. Prizes will be awarded. Categories for the boat races include: fastest boat, most creative, strongest and most spectacular sinking. The race is free and open to all military-affiliated patrons. FMI: 473-0394.

MAGIC OF ROB LAKE

Pearl Harbor Morale, Welfare and Recreation and Armed Forces Entertainment will present the magic of Rob Lake at 6:30 p.m. March 26 at Sharkey Theater. The event is free and open to all military-affiliated patrons and their sponsored guests. No tickets are needed in advance, but seating is limited to the first 450 people. The doors open at 5:30 p.m. FMI: www.greatlifehawaii.com or 473-0606.

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

Community Calendar

March

20 - Ford Island Bridge Run registration will be held from 10 a.m. to 4 p.m. at in the Pearl Harbor Navy Exchange (NEX) shoes department. FMI: 423-3287.

23-26 - A Separation Transition Assistance Program (STAP) seminar will be held from 7:30 a.m. to 4 p.m. at the Moanalua Navy Services Center near the NEX and Navy-Marine Golf Course. This four-day seminar provides vital career and employment information and assists all military members and their spouses within one year of separation, with a smoother transition from military to civilian life. The class fills rapidly. To register, contact your command career counselor. FMI: 474-1999.

27 - The Pearl Harbor Navy Exchange will host a "breakfast with the Easter Bunny" in celebration of Easter from 9 to 10 a.m. on the second floor at the NEX food court lanai. Breakfast will include French toast and bacon with a beverage of choice. There will be a special appearance by master magician, Alan Arita and friends. Entertainment will include balloon-making, goody bags, breakfast, picture-taking with the Easter Bunny, jellybean contest and more. The cost for children is \$10 and \$5 for adults. FMI: 423-3287.

April

3 - The third annual father-daughter dance will take place from 5 to 8 p.m. at Club Pearl. The cost is free and open to all military-affiliated patrons. RSVP deadline is March 26. FMI: 474-1999, ext. 6102.

22-25 - An Earth Day Expo will be held from 9 a.m. to 6 p.m. at the NEX. Come join the fun and learn earth-friendly tips to keep our planet a cleaner, greener, healthier place to live. There will be vendors, exhibitors and giveaways to show the military and their families what they can do to promote recycling, planting, keeping our Hawaiian sea life from harm and much more. This is a free event. No purchase is necessary. FMI: 423-3287.

Sharkey Showtimes



Tooth Fairy (PG)

Tess is a six-year-old girl who is very disappointed when Derek tells her that the tooth fairy isn't real. Derek is left to try and save the tooth fairy kingdom.

SHARKEY MOVIE THEATER

TODAY
7:00 PM When in Rome (PG 13)

SATURDAY
2:30 PM Tooth Fairy (PG)
4:45 PM The Spy Next Door (PG)
7:00 PM Edge of Darkness (R)

SUNDAY
2:30 PM Tooth Fairy (PG)
4:45 PM The Book of Eli (R)
7:15 PM When in Rome (PG 13)

HICKAM MEMORIAL THEATER

TODAY
6:00 PM Tooth Fairy (PG)
8:30 PM From Paris with Love (R)

SATURDAY
4:00 PM Alvin and the Chipmunks: The Squeakquel
7:00 PM The Wolfman (R)

SUNDAY
2:00 PM The Tooth Fairy (PG)

