



HAWAII SAILORS PARTICIPATE IN DEFENSE TRAINING CLASS



MC3 Michael A. Lantron
Navy Region Hawaii Public Affairs

Twenty-five Sailors assigned to various commands throughout the Hawaii region participated in the Security Reaction Force Basic class on Ford Island on Oct. 9-26.

Sailors who attended the class learned critical sentry and security watch standing procedures, which they will take back to their commands as members of a security reaction force and provide a first line of defense against force protection threats.

"It's always a possibility that we may have to use the things we learned here," said Yeoman 3rd Class Brandon Javellana, assigned to U.S. Pacific Command. "This class allowed me to hone my skills and be ready in case anything does happen."

Through a mixture of class lectures, hands-on labs and tactical scenarios, Sailors learned key topics such as self-control techniques, joint manipulation, hand-to-hand combat and marksmanship.

"Here, we help take a Sailor with little or no experience in combat and sharpen their skills," said Corky Sponcey, class instructor, Center for Security Forces Four. "By receiving this training, these Sailors help make the Navy a hard target for other countries."

During tactical scenarios, Sailors trained in room clearing and ladder climbing procedures, as well as personnel

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- Corky Sponcey

and vehicle inspections in a simulated ship atmosphere, to prepare them in case of intruders on the ship or the pier.

"It's important for us to do these things in a ship environment because there are so many places on a ship where threats can damage the ship," said Ship's Serviceman Seaman Octavio Huamani, assigned to Pearl Harbor-based USS Paul Hamilton (DDG 60).

Another portion of the class required Sailors to be sprayed with oleoresin capicum (OC) spray, also known as pepper spray, in order to become qualified to carry and use the spray.

"Being maced with OC spray was the best portion of the course for me," said Javellana. "Having to use the skills we learned while being partially impaired was a great challenge and it shows us the effects if we ever had to spray someone else."

After finishing the class, the Sailors will receive certificates during a graduation ceremony and then return to their command to work as security reaction force members.

"At their commands, they will act as interior guards," said Sponcey. "This class gives them confidence in their skills and equipment in case of any possible threats to their command," he concluded.



With the training they received during the class, these Sailors have strengthened the security for commands in the Hawaii region and help make the Navy a stronger force against possible threats toward its installations and its personnel.



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- Corky Sponcey

Bachelor housing survey feedback due Nov. 14

Bachelor Housing, Naval Station Pearl Harbor

Time is running out to complete the bachelor housing resident satisfaction survey. Commander, Navy Installations Command is sponsoring the annual Navy-wide bachelor housing survey for all unaccompanied Sailors. The surveys should be completed and returned by Nov. 14.

- Here are the facts:
- The survey only takes 10 minutes to complete.
 - It's confidential.
 - Your opinion matters.
 - This is your opportunity

to tell us how well we are doing or what we need to improve.

Don't miss your opportunity to help us serve you better. The resident satisfaction survey will measure the level of satisfaction that permanent party residents have with the quality of services and facilities in which they reside. The responses will be utilized to ensure focus on facilities needing repairs/improvements and obtaining funding to get things accomplished to improve the quality of life for single Sailors.

The survey will cover all permanent party residents

located at Naval Station Pearl Harbor, Naval Computer and Telecommunications Area Master Station Wahiawa, Naval Magazine Pearl Harbor, Navy barracks at Marine Corp Base Hawai'i - Kaneohe Bay and Pacific Missile Range Facility on Kauai.

The survey should be mailed directly to CEL & Associates using the enclosed, self-stamped envelope.

For more information regarding the survey, contact Evelyn Almaraz, bachelor housing resident manager, at 473-0348 or email at evelyn.almaraz@navy.mil.

Happy anniversary, NEX/commissary



Photo by Eyvinne Umamoto

The Navy Exchange (NEX)/Commissary at Pearl Harbor celebrated its fifth anniversary during a ceremony held Oct. 25 at the NEX. The cake for the occasion was modeled to look like the NEX. Some of those on hand for the celebration were Rear Adm. T.G. Alexander (far left), commander, Navy Region Hawai'i and commander, Naval Surface Middle Pacific; Michelle Nero and Chad Capua with Military Deli Bakery Service who created the NEX-look alike cake; Nancy Skardon; and Capt. Taylor Skardon (far right), commanding officer, Naval Station Pearl Harbor.



Community flu shot schedule set

Ed Keating

Hawai'i Multi-Service Market Management Office (MSMMO)

Department of Defense-issued identification cards will be required to verify eligibility.

The joint public health working group, in coordination with the O'ahu military treatment facilities, have set the schedule to administer non-active duty military beneficiaries flu shots in preparation for the 2007/2008 influenza season. Community flu shots will be available at various locations from 10 a.m.-3 p.m. on the following dates:

- Nov. 30: Navy Exchange (NEX), Pearl Harbor.
- Dec. 1: NEX, Pearl Harbor.
- Dec. 7: NEX, Pearl Harbor.
- Dec. 8: Schofield Barracks Exchange.
- Dec. 14: Hickam AFB Exchange.
- Dec. 15: Marine Base Hawai'i - Kaneohe Bay Commissary

All TRICARE beneficiaries (Prime, Standard, TRICARE for Life) are encouraged to receive flu shots at any of the military community locations.

Beneficiaries enrolled in TRICARE Prime are reminded that flu shots are a clinical preventive service benefit. Claims for Prime beneficiaries who seek a flu shot from non-network civilian providers (for example, at a local grocery or drug store) will be paid under point of service. Some grocery/drug store flu shot clinics are run by TRICARE certified providers, but most are not.

TRICARE for Life (TFL) beneficiaries may get flu shots administered in any of the civilian settings since Medicare will cover the cost for those age 65 and over with Medicare Part B entitlement. This is important because TFL beneficiaries are typically in a high risk category for flu based on age and other health conditions. They are encouraged to get their flu shot as soon as possible using their Medicare entitlement, especially if they will be unavailable during or anticipate air travel prior to the community dates.

Hawaii Navy News Online

www.hawaii.navy.mil

Knock, knock... if you dare!

Task Force Life Work to visit Hawai'i

Lt. Cmdr. Kim Dixon

*Chief of Naval Personnel
Diversity Directorate Public
Affairs*

The Task Force Life/Work (TFLW) Roadshow will visit Navy commands in Hawai'i on Nov. 6 through 7, hosting events at Naval Station Pearl Harbor and Marine Corps Base Hawai'i (MCBH) - Kaneohe and Naval Station Pearl Harbor. The team will seek input, ideas and feedback from Navy members.

The roadshow events on Nov. 7 will be at 8 a.m. for all officers and command master chiefs and 10:30 a.m. for all hands at Sharkey Theater at Naval Station Pearl Harbor. The TFLW event at MCBH will be held Nov. 6 at the base chapel. The schedule will be 9 a.m. for Navy officers and command master chiefs and a 1 p.m. Navy all hands session.

These events provide an opportunity for everyone in the Navy to learn about current and future initiatives and to provide direct feedback on how the Navy can infuse better balance between the personal and professional life of its members. The task force is looking for the thoughts, opinions and insights of those who are, and will be, the leaders of the 21st century Navy.

"We will have to work hard to overcome the inevitable skepticism and cynicism that will accompany our effort; participation and leadership will be crucial to our success," wrote Vice Adm. John

C. Harvey, Chief of Naval Personnel, in response to a blogger on the Task Force Life/Work blog site. "I am absolutely committed to TFLW and regard this as one of the most important long-term efforts underway here in N1/BuPers that will sustain the future of our Navy and our people."

Life/work balance refers to the level of satisfaction a person has about his or her personal life and professional life and the feedback received so far has highlighted both aspects.

"I established Task Force Life/Work to develop, create, and implement ways to better infuse life/work balance into military service. We can create a Navy that is viewed as truly the ideal place to serve; a Navy right for the 21st century challenges we face. I need the help of each of you in that effort and I expect every one of us as leaders to help lead that change," said Harvey.

Two other options are available for providing feedback to the task force. The first is the TFLW Web site, www.npc.navy.mil/commandsupport/taskforcelifework.

The second is the TFLW online community blog, accessed through the TFLW Web site. Anyone can request to join the blog by using a (dot) mil e-mail account.

For more news from Chief of Naval Personnel - diversity directorate, visit www.news.navy.mil/local/cnp-diversity/.

Photo illustration

Sailors from Naval Station (NAVSTA) Pearl Harbor First Class Petty Officers' Association and Seabees from Naval Facilities Engineering Commands, Hawai'i Self Help and Construction Battalion Maintenance Unit 303, teamed up to host an all-ages haunted house from Oct. 25-31 at building 193 on board NAVSTA Pearl Harbor (the old Fleet and Family Service Center behind McDonald's). More than 1,900 attended the week-long event, helping to raise more than \$3,200.

Extra content to cut

Skylark CENTRAL

Find 42 Gulfs found around the world

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SAROS
CAMBAY
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A M G N O D O A I L K N L C S
B P O D S T K T G N A A D A A
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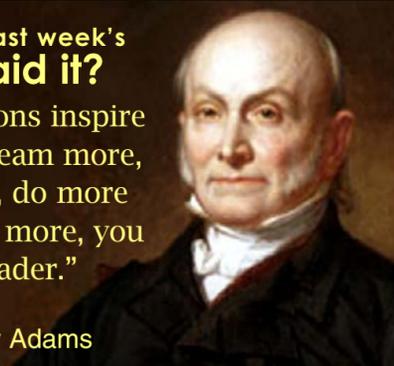
WHO SAID IT?

"IT IS NECESSARY FOR US TO LEARN FROM OTHERS' MISTAKES. YOU WILL NOT LIVE LONG ENOUGH TO MAKE THEM ALL YOURSELF."

Answer to last week's Who said it?

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader."

John Quincy Adams



Brightest stars seen from Earth
WORD SEARCH SOLUTION

N N H A X I R T A L L E B
P R A X U R C E B R A R S
O I D E C A P E L L A U M
A O A L N I L A M A I D I
C P R O C Y O N M R E L A
I X P A L X B U I C A A P
P U U E N U E S O T L N L
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I I P A C C E A L R N K C
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H T A N L E G B C S A B D
E L A H P L E E V A R H U
E A H G A D U B E N E D S
R E G U L U S X G L S A R
I R U A T N E C A H P L A

Q. Who was the Navy's first female fighter pilot?

Last week's question...

Who was the first to receive the Medal of Honor?

Answer... Bernard J.D. Irwin for actions on Feb. 13-14, 1861. Irwin wasn't thinking about medals that February morning in 1861...indeed there was no such thing for American soldiers. Instead the Army Surgeon's mind was occupied with concerns for a young Arizona Territory boy and a group of fellow soldiers. Days earlier Cochise and a band of Apache warriors had captured the boy. The 7th Infantry's 2d Lt. George Bascom had immediately pursued with 60 men on a desperate rescue mission. Now word had reached Fort Breckenridge that the greatly superior Apache force had surrounded Bascom and his men and imperiled their own survival. Accustomed to using his medical skills to save lives, Irwin was determined to now use his military skills to save his comrades. Unfortunately, only 14 men could be spared from the garrison, these to be Irwin's rescue party. No horses could be spared for the mission, so Irwin and his 14 soldiers departed Fort Breckenridge on mules. Faced with a trek of 100 miles in the midst of a winter blizzard, the logistics of the mission were as improbable as the possibility of encountering the much larger enemy force, defeating them, and rescuing the captives. None-the-less the Irish-born surgeon was determined to try. "D-Day" came on Feb. 13, 1861 when Irwin's small rescue party encountered Cochise and his warriors at Apache Pass, Ariz. But it wasn't a battle so much as it was a tactical engagement. With a carefully laid out plan and maximum placement of his 14 men, Irwin succeeded in convincing the Indian warriors that he had arrived with a much larger force, causing them to withdraw. Bascom's 60 men were liberated and joined Irwin and his 14 soldiers. The unified force then pursued Cochise into the mountains where they were able to engage him and rescue the captive boy. Irwin's heroic rescue occurred almost a year before the Medal of Honor was introduced to the US Congress. Indeed, Irwin himself did not receive the Medal of Honor until Jan. 24, 1894.... more than 50 years later. But his actions the cold mornings of Feb. 13-14, 1861 are recorded in history as the first Medal of Honor action.



Navy Region Hawai'i Manawa Nanea

Morale Welfare & Recreation



🏆 BLOCH QUICK FIT WORKOUT

Navy Region Hawai'i Morale, Welfare and Recreation (MWR) will host the Bloch Quick Fit Workout from 5 to 7 p.m. Nov. 7 at the Bloch Arena Fitness Center. All MWR patrons can sign up for a free 30-minute workout session. Sessions will be held from 5 to 5:30 p.m., 6 to 6:30 p.m. and 6:30 to 7 p.m. Fitness experts will show patrons how to make the most of their time while hitting all the major muscles, burning calories and stretching out - all in 30 minutes. FMI: 473-0793.

🏆 VETERANS' DAY WEEKEND CONCERT

The Pacific Fleet Wind Ensemble will honor veterans with a patriotic performance at 6 p.m. Nov. 9. The free concert will be held on the lawn behind The Banyans at Naval Station Pearl Harbor. Attire is casual aloha wear. A pre-ordered boxed dinner and drink can be ordered for \$6 from A Catered Experience by calling 473-1706. Place orders by Nov. 6. This event is open to all active duty, military-affiliated and Department of Defense personnel, family members and sponsored guests. FMI: 473-0606.

🏆 BOGEY OR BETTER AT BARBERS POINT GOLF COURSE

Bogey or better at Barbers Point Golf Course every Monday, Wednesday and Friday. MWR patrons can instantly win \$1 off tournament play by shooting a bogey or better on the designated holes at the course. Get a bogey or better on both holes and receive \$2 off tournament play. You can also win a free large soft drink at Nana's Café and be eligible to win a free round of golf (winners to be announced the following week). FMI: 682-1911.

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

Community Calendar

🌸 November

🌸 **Now** ~ Tickets are now on sale for The Boutiki's sixth annual holiday Tour of Homes. The tours will be from 6-9 p.m. Dec. 10. Tickets are \$14 and can be purchased at The Boutiki. All proceeds from the event will benefit military and local charities. FMI: 442-6662 or myboutiki@yahoo.com.



🌸 **11-12** ~ Volunteers are needed to help celebrate National Public Lands Day by restoring Hickam's wetland. The 15 Air Wing Natural Resources Program needs helping hands to cut back invasive mangroves and remove trash from 12:30-4:30 p.m. Tools, cleanup supplies, snacks and beverages will be provided. Meet at the beach parking lot across from the HIANG facility, building 3417, Mamala Bay Drive. FMI: 449-3198.

🌸 **14** ~ The deadline to register for the Junior Officer Spouse (O1-O4 and CWO 1-3) Workshop is Nov. 12. The event will be held from 6-9 p.m. Nov. 14 at the Nimitz House in the Makalapa housing neighborhood. The title of the workshop is "World Class Travelers." FMI: jospouses.tripod.com, or call Verdi at 474-1999.

Sharkey Showtimes



The Game Plan (PG)

A story centered around a rugged superstar quarterback Joe Kingman, whose Boston-based team is chasing a championship. A 'serial bachelor,' Kingman is living the ultimate fantasy: he's rich, famous and the life of the party. But this dream is suddenly sacked for a loss when he discovers the seven-year-old daughter he never knew he had - the product of a final fling he had, years prior, before parting ways with his young wife.

TODAY

7:00 PM The Brave One (R)

SATURDAY

2:30 PM The Game Plan (PG)

5:00 PM Sydney White (PG 13)

7:00 PM Resident Evil: Extinction (R)

SUNDAY

2:00 PM Advanced Screening

Free to the first 450 patrons (PG)

5:00 PM The Game Plan (PG)

7:15 PM The Kingdom (R)

