



CREDO helps military couples rekindle marriage

Blair Martin

Contributing Writer

Every year, Commander Naval Installations Command (CNIC) sponsors a series of marriage enrichment retreats, known as Chaplains Religious Enrichment Development Operation (CREDO).

The weekend retreats not only offer military couples a chance to explore positive ways to keep their marriage growing, but also ways to avoid the common pitfalls that doom many military marriages.

According to Chaplain Lt. Jeffrey Benson, the divorce rate for couples in the military is 65 percent, much higher than the national average divorce rate in America. In fact, during the active duty member's first [deployment] tour, divorce rate can be even higher, sometimes as high as 80 percent, he said.

"We want to be proactive in getting people together with some kind of training in order to avoid all the heartaches," said Benson, who also leads many of the retreats. "We recognize the strain of [military life] and its effect on a marriage. This is a great opportunity for many [couples], especially those who have been deployed and need to reconnect with their loved ones," he continued.

Benson said the retreats includes practi-

cal sessions, where couples can learn how to problem-solve, communicate and work through differences.

"The common misperception is that [CREDO] is a therapy session where we put people on the spot," he said. "We don't do [any of] that. This is a place for couples to talk together [and at times] by themselves, as well as a weekend where they can just focus on their relationship," he added.

Benson said he also uses a variety of media clips throughout the sessions to address key issues with couples, such as understanding personality types, intimacy and relationship dynamics, and ways to eliminate friction points in a relationship.

"We address all the big topics, [such as] family, money and sex...all things couples argue about," he said.

For Navy spouse Susie Gates, the retreat was just the thing to put her marriage back on track. When she and her husband went on the retreat this past August, she said they were on the brink of divorce.

"Once we came to Hawai'i, we decided to go through this class and it was such a blessing," she said. "For us, this was a new beginning. We were able to remember what made us fall in love with each other in the first place," she added.

Gates, who has been married to her husband for nine years, said the most important thing they learned at the retreat was how to redefine how they communicate with each other.

"Most of the tools and concepts we learned at CREDO was stuff we already learned in [separate] counseling, but hadn't discussed together," she said. "The most profound thing was when we realized we had been speaking the wrong language to each other for more than nine years."

Gates said she and her husband now have newfound respect for their marriage, even opting to renew their wedding vows at the end of the retreat.

"Learning and respecting the fundamental differences in our personalities has saved our marriage," she said. "I can honestly say we are better now than we have ever been!"

CREDO also offers other programs for personal and professional development training and command support training, including team building, warrior transition and care for the caregiver training programs. Anyone with a valid military ID can attend training, including active duty, retired, reservist and family members.

The next program is scheduled for Jan. 10-11. For more information, call CREDO at 257-1919.

Commentary

Window on Pearl Harbor

Karen S. Spangler, Editor

karen.spangler@navy.mil



Giving thanks for life's many blessings

Karen S. Spangler

Editor

Ahhhh...Thanksgiving is just around the corner. Visions of plump roast turkey, fluffy mashed potatoes, pumpkin pie and all of the rest of the Thanksgiving fixins' are already dancing through my head.

But although gathering together around a table groaning under the sumptuous dinner is representative of the holiday, there is much more to Thanksgiving than that. It is a time for giving thanks – as the Pilgrims did back in 1621 when they shared an autumn harvest feast with the Wampanoag Indians. They expressed their thanks for the bountiful harvest and for their safe passage to America.

I have always counted my blessings and have been most appreciative for the obvious things. Most apparent just a few days before the traditional Thanksgiving dinner is being thankful for having an abundance of food and a wonderful family to share it with. I offer thanks for awesome children and for understanding and supportive friends – you can just never have too many good friends.

My blessings also include the good health that my family and I are able to enjoy, the talents and abilities that we have been given, and the many opportunities that we have.

Even more this year, I real-

ize how fortunate I am and how many blessings I have. In the aftermath of the wildfires in California and destruction in various parts of the world, after seeing the videos on television showing the devastation, and hearing the tragic stories of people who have lost their homes and everything that they hold dear, I am so thankful.

I have a roof over my head, my family is together, and my possessions are safe. It is hard to imagine losing everything – at the same time that I give thanks for my good fortune, my heart goes out to those in other parts of the world whose lives have been torn apart.

I am thankful to live in America – a country where I can pretty much do as I want (as long as it isn't illegal) and say what I think (although there are times when these things are best said to myself), a country that allows me to worship as I please and which has been founded on the rights and freedoms of every person.

As I continue to meet Pearl Harbor survivors – our heroes of another generation – and listen to their emotional stories, I am touched and thankful for what their sacrifices have meant to me and to all of us. As the heroes of

our present generation continue the ongoing battles to preserve America's freedoms, I am thankful for their courage and their sacrifices.

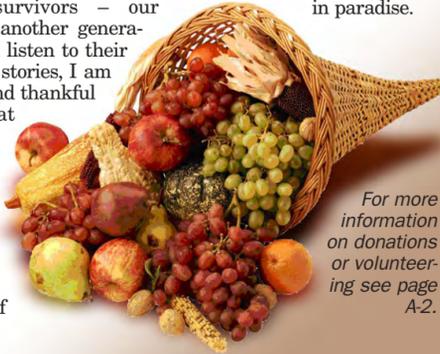
When I go to sleep at night in a comfortable bed in an environment that is free from attack and bombings, I think of these heroes sleeping on the hard ground with only a helmet for a pillow and surrounded by the horrors of war. And again, I count my blessings and give thanks.

There are many opportunities and blessings that each of us enjoy – and frequently take for granted. Those things are always here for us – and we usually don't give them a second thought.

But I need to be more aware, be more thankful and count the many blessings that I have.

Thanksgiving will be a special time for my family and I – as we give thanks for the food and our blessings – and remember those who aren't as fortunate.

Enjoy a happy and blessed Thanksgiving and have a fine Navy day here in paradise.



For more information on donations or volunteering see page A-2.

Pearl Harbor child comes home

Pacific Aviation Museum

She was a child living at Pearl Harbor on Dec. 7, 1941 when the Imperial Japanese Navy attacked. She remembers watching from her home as the fiery attack raged. And she has written books about it.

Now, Dorinda Makanaonalani Nicholson, author of the books "Pearl Harbor Child," "Remember WWII: Kids Who Survived Tell Their Stories," and other books, comes to Ford Island and Pacific Aviation Museum Pearl Harbor in a lecture series entitled, "Pearl Harbor Child Comes Home."

Two appearances will be held at the museum: Nov. 28 at 7 p.m. with a book signing starting at 3 p.m. and continuing after the lecture and Nov. 29 at 2 p.m. with a book signing from noon to 5 p.m. Admission is free for keiki with a paid adult. Reservations are required.

Nicholson was born in Hawai'i to a Hawaiian mother and Caucasian father. As civilians, they were living at Pearl Harbor at the time of the attack and stayed until forced to give up their home after the end of the war. She graduated from Punahou School in Honolulu, then attended the University of Hawai'i, where she was spotted by a local TV producer and invited to be the hula dancer on a weekly show, "Campus Canteen."

After traveling to the mainland as a result of winning a hula contest, she became familiar with her father's family in Missouri. She attended college in Kansas City and went on to become a flight attendant. She and her husband work as a team,



Dorinda Makanaonalani Nicholson

Image courtesy of Pacific Aviation Museum

Dorinda Makanaonalani Nicholson, author of the books "Pearl Harbor Child," "Remember WWII: Kids Who Survived Tell Their Stories," and other books, comes to Ford Island and Pacific Aviation Museum Pearl Harbor in a lecture series entitled, "Pearl Harbor Child Comes Home."

producing their books and videos.

Nicholson has published numerous travel articles and authored a series of educational films for children about the history, culture, industry and land of Hawai'i. "Pearl Harbor Child" was her first book, followed by "Pearl Harbor Warriors," winner of several national awards.

"Pearl Harbor Child" tells her story, which includes eyewitness accounts from both military and civilian survivors.



Dorinda Makanaonalani Nicholson

"Pearl Harbor Warriors" tells the story of friendship overcoming hatred between an American Marine and a Japanese torpedo pilot.

For "Pearl Harbor Child Comes Home" reservations and information, call the museum at 441-1008 by Nov. 24. General admission is \$14 for adults and \$7 for children. Kama'aina and military admission is \$10 for adults and \$5 for children. Admission is free to museum members. For this lecture, admission is free for keiki with a paid adult; reservations are required. More information is available at www.PacificAviationMuseum.org.

The museum's restaurant, Lani_kea Café, will be open for dinner before the Nov. 28 lecture and during the Nov. 29 presentation. The museum store will be open during both events.

Pacific Aviation Museum is located at 319 Lexington Blvd. in hangar 37 on Ford Island at Pearl Harbor. For more information, call 441-1000 or visit www.PacificAviationMuseum.org.

Military families enjoy water park on Veteran's Day

Military service members and their families had an opportunity to enjoy Hawaiian Waters Adventure Park at a special military discounted rate on Veterans Day.

Photos courtesy of Hawaiian Waters Adventure Park



Skylark CENTRAL

WORD SEARCH
Find these 42 islands that make up THE BRITISH ISLES

ALDERNEY COLONSAY
HAYLING ISLE OF WIGHT
MULL SKYE
ANGLESEY FOULNESS
HOLY JERSEY
NORTH UIST SOUTH UIST
ARRAN GORUMNA
IRELAND LEWIS AND HARRIS
ORKNEY ST. MARY'S
BARROW GREAT BERNERA
ISLAY LINDISFARNE
PORTSEA WALNEY
BENBECULA GREAT BRITAIN
ISLE OF MAN LISMORE
ROUSAY WESTRAY
BUTE GREAT CUMBRAE
ISLE OF PORTLAND MERSEA
SHAPINSAY WHALSAY
CANVEY GUERNSEY
ISLE OF SHEPPEY MUCKLE ROE
SHETLAND YELL

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

WHO SAID IT?
"WE JUDGE OURSELVES BY WHAT WE FEEL CAPABLE OF DOING, WHILE OTHERS JUDGE US BY WHAT WE HAVE ALREADY DONE."

LAST WEEK'S
WHO SAID IT?
"It's not that I'm afraid to die, I just don't want to be there when it happens."
- Woody Allen

WORD SEARCH SOLUTION
Find these 40 forty names of characters from The Odyssey

AEOLUS ARETE
EUMAEUS HERACLES
MENE LAUS POSEIDON
AGAMEMNON ARGOS
EUPHITES LAERTES
NAUSICAA SCYLLA
ALCINOUS ATHENA
EURYCLEIA LAESTRYGONIANS
NESTOR SIRENS
AMPHINOMUS CALYPSO
EURYLOCHUS LOTUS-EATERS
ODYSSEUS TELEMACHUS
ANTICLEIA CHARYBDIS
EURYMACHUS MELANTHIUS
PENELOPE TIRESIAS
ANTINOUS CIRCE
HELEN PHILOETUS MELANTHO
ANTIPHATES ZEUS
HELIOS ELPHENOR
POLYPHEMUS

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

This Week's Trivia
How many people were awarded the Congressional Medal of Honor for their service during the attack on Pearl Harbor?

Last Week's Question: How many aircraft carriers did the U.S. Navy have in the Pacific at the time of the Pearl Harbor attack?

Answer: On Dec. 7, 1941, there were three carriers serving with the Pacific Fleet: USS Enterprise, USS Lexington, and USS Saratoga. All three were at sea during the attack.

Navy Region Hawai'i Manawa Nanea

LEISURE

Morale Welfare & Recreation

ARIZONA AND SCOTT POOL ACTIVITIES
 The Arizona Pool will host a "polar bear swim" at 5 p.m. Nov. 21. Scott Pool will host a "fun day" from 1-6 p.m. Nov. 24 from 1-6 p.m. The fun includes bounce houses, games and goodies and is free to all military-affiliated patrons. FMI: 474-5149.



FREE THANKSGIVING DAY GOODIES
 The Rainbow Bay Marina will provide free cupcakes and juice on Thanksgiving Day. All patrons are welcome.

THANKSGIVING DINNER AT LIBERTY
 All of the Liberty centers will host Thanksgiving meals for Single Sailors who are alone for the holidays. Also enjoy televised games and cheer on your favorite team. FMI: 473-4279.

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

Community Calendar

November

22 ~ Both Wyland and Chef Roy Yamaguchi will make an appearance at the Navy Exchange (NEX) from noon to 2 p.m. Marine life artist and naturalist, Wyland, will make an appearance at the Mall Rotunda to display his latest marine masterpieces and hold a live "sumi" demonstration. Local Chef Roy Yamaguchi will feature his latest Hawaiian Fusion dressings and marinades gift sets at the Mall rotunda. FMI: 423-3330.

23 ~ Aloha Music International will present Hoku Zuttermeister, the 2008 Na Hoku Hanohano award winner, at the NEX at 11 a.m. Hawai'i's sweetheart Raiatea Helm will also sing sweet songs of aloha at the NEX, starting at 1 p.m. FMI: 423-3330.

24 ~ USS Chung-Hoon Family Readiness Group will hold its monthly meeting at 6 p.m. at the Pearl Harbor Memorial Chapel. The group will discuss the upcoming ship's Christmas parties (adults and childrens). Baskets for the Halfway Dinner Fundraiser will also be available for purchase at the meeting. FMI: 440-4648 or e-mail chunghoonfsg@yahoo.com.

28, 29 ~ Dorinda Makanaonalani Nicholson, author of the book "Pearl Harbor Child," will be at the Pacific Aviation in Ford Island for a book signing at 3 p.m. and will give a lecture at 7 p.m. on Nov. 28. She will return Nov. 29 at 2 p.m. for a book signing. Admission is free for keiki with a paid adult. Reservations are required by Nov. 24. FMI: 441-1008 or visit www.pacificaviationmuseum.org.

Sharkey Showtimes



Eagle Eye (PG 13)

In the fast-paced race-against-time-thriller "Eagle Eye," Shia LaBeouf and Michelle Monaghan are two strangers who become the pawns of a mysterious woman they have never met, but who seems to know their every move. Realizing they are being used to further her diabolical plot, they must work together to outwit the woman before she has them killed.

TODAY
 7:00 PM The Express (PG)

SATURDAY
 2:30 PM Beverly Hills Chihuahua (PG)
 4:45 PM Eagle Eye (PG 13)
 7:15 PM Body of Lies (R)

SUNDAY
 2:30 PM Beverly Hills Chihuahua (PG)
 4:45 PM Flash of Genius (PG 13)
 7:00 PM Nights in Rodanthe (PG 13)

THURSDAY
 CLOSED - Thanksgiving Day (E)



NEX gift cards – always the perfect gift

Navy Exchange Service Command

Navy Exchange (NEX) gift cards are the perfect gift to give this holiday season. It can be used just like cash for most merchandise and service purchases, make layaway payments or place special orders. For ease of use, NEX gift cards can be redeemed at NEX, AAFES and MCX exchanges worldwide.

"NEX gift cards make great gifts," said Mike Powers, director, retail operations at

the Navy Exchange Service Command (NEXCOM). "They're perfect for military members stationed away from home during the holiday season since they can be used in any military exchange. Unlike some retailers' gift cards, NEX gift cards have no fees and no expiration dates."

NEX gift cards can be purchased online and can include a personalized greeting card for just \$3.25, plus U.S. postage. Customers have the option to customize their NEX gift card online with a

message and download a personal photo that can be affixed to the front of the card.

Customers can also choose from a selection of more than 1,000 themes for all occasions. The NEX gift card with greeting card can be mailed to APO/FPO addresses.

NEX gift cards can be purchased in varying amounts from \$5 at any NEX or on-line at www.navy-nex.com by both exchange-authorized and non-authorized customers.



Holiday lighting... think LED, be energy conscious

Krista Stehn

*Naval Facilities Engineering Command
Hawaii Energy Manager*

Holiday lights are one of the most recognizable expressions of the holiday season. Many of us decorate our homes and offices with strings of lights. However, these lights can add significant costs to an electric bill. There are several ways to celebrate the season without incurring huge energy costs:

- Decorate with light emitting diode or LED holiday lights. These energy

efficient lights can dramatically reduce energy consumption. LED lights can be 99 percent more efficient than traditional holiday lights and can last tens of thousands of hours. In addition, LED lights are fairly safe because they remain cool and their epoxy lenses make them virtually indestructible.

- You may also consider replacing your traditional holiday lights with miniature lights. These generate less heat and use less electricity than larger bulbs.

- Reduce the time your holiday lights are on by

turning on lights only when it becomes dark.

- Avoid leaving lights on throughout the night while you are sleeping.

- Use a light timer to avoid turning lights on too early or forgetting to turn them off.

- Reduce your lighting display by one, two or three strands of lights. You may not even notice the subtle changes.

By making just a few simple adjustments to your holiday lighting this year, you can significantly reduce your energy use all while saving some money.

Thanksgiving Day
@ Silver Dolphin Bistro

- Roast Tom Turkey with Giblet Gravy •
- Beef Steamship Round with Au jus •
- Honey Glazed Spiral Baked Ham •
- Log Cabin Roast Pig (Lechon) •
- Blessing Rice Pilaf •
- Plantation Sweet Yams with Marshmallows •
- Fluffy Mashed Potatoes •
- Indian Corn Bread Dressing •
- Buttered Corn on the Cob •
- Feathered Cut Beans with Almonds •
- Chilled Cranberry Sauce •
- Pilgrims Shrimp Cocktail •
- Corn Chowder •
- Pecan Pie, Pumpkin Pie, Apple Pie •
- Sweet Potato Pie, Ice Cream •

That Guy.com



Free classified advertising for military in Hawaii Navy News

Active duty and retired military, civil service and family members can advertise the sale of their personal property (including real estate) and services in HNN at no charge. The details are as follows:

Classified items and services must represent an incidental exchange between the aforementioned personnel and not business operations. Requests for three-line free classified advertisements can be submitted via email, if from a ".mil" address (submit to lkaneshi@honolulu.gannett.com), by phone at 521-9111 or by visiting www.honoluluadvertiser.com and clicking on "classified ads." More lines of advertising can be purchased at an additional fee. Requesters should include their military ID number and a call-back phone number.