USS McCampbell Family Readiness Group presents '85 Ways to Wellness'

Story and photo by MCSN Amanda S. Kitchner,
Navy Public Affairs Support Element Japan

Arleigh Burke-class destroyer *USS McCampbell* (DDG 85) Family Readiness Group (FRG) offers *McCampbell* spouses and their children 85 ways to pass the time while their Sailors are underway.

McCampbell FRG created the '85 Ways to Wellness' program to offer spouses the opportunity to get involved and become more comfortable with the forward-deployed lifestyle. The activities are offered to increase health awareness, assist in stress management, and to help spouses get out and experience Japan.

"We have 85 different activities, and each activity accounts for a different amount of points which can go towards personal incentives," said Eri Bennings, president of *McCampbell*'s FRG program. "If a spouse makes an appointment for a Health Fitness Assessment, it is worth ten points. If a spouse attends one of the group exercises then they receive three points for each exercise. The points can be redeemed for prizes such as gift cards to the Navy Exchange and Purdy gym, priority parking spaces, and first kiss upon return of the ship."

Bennings said the activities aim to keep spouses healthy and fit while their military members are away and also to get the spouses out and involved in activities throughout Japan while getting to know one another.

"I think a great challenge for military families is being forward-deployed. The 85 Ways to Wellness program is a good way for the family members to know what is being offered here on base and all the opportunities they have," said Adrian Lonick, *McCampbell*'s Ombudsman. "We implemented this program to promote spouses getting out, meeting each other and doing things. We have playgroups and book clubs that have started, so it definitely helps."

85 Ways to Wellness is open to all *McCampbell* spouses and their families and the FRG has worked to ensure that there is something for everyone.

"The program helps get the kids involved as well, there are events where you can get out and see the sights and sounds of Japan and take your children. For the children this program can help them connect with other children whose parents are on the *McCampbell* and further strengthen the bond that *McCampbell* Sailors and their families share," said Lonick.

For spouses seeking ways to stay fit, 85 Ways to Wellness has activities such as the Relay For Life, Navy fitness triathlon, climbing Mt. Fuji, roller derbies, assistance with contacting physical trainers, health fitness assessments, and tobacco cessation classes.

"I love this program," said Anastasia McCoy. "It helps us because sometimes, when you don't have the motivation to go to the gym, you know that even just going to the gym for 30 minutes can earn you points and when you work out with one of the other spouses, you can motivate each other. The program gives us something to strive for while our spouses are away. It helps us meet other people and to become involved with the command and know what is going on with our service members."

***USS McCambell* (DDG 85) Family Readiness Group (FRG) President Eri Bennings, addresses spouses at an '85 Ways to Wellness' program meeting at Commander Fleet Activities Yokosuka July 7. The 85 Ways to Wellness program provides *McCampbell* dependents with activities to promote a healthier lifestyle, community building and the opportunity to enjoy Japan.**

The program also offers a variety of other activities for families.

"This is my first deployment being married and my first time overseas, being so far away from family, this program gives me and my children things we can look forward to," said Mary Jordan. "I've been working out at the gym, reading books, going swimming, to movies with my family, and taking morning and evening walks. My children and I even went on an FRG field trip to a local aquarium. I am happy that this program is available for us."

Future Navy officers visit *USS George Washington*

By MCSA Brian H. Abel,
***USS George Washington* Public Affairs**

PACIFIC OCEAN – *USS George Washington* (CVN 73) welcomed 18 Naval Reserve Officer Training Corp Midshipmen aboard July 5, as a hands-on learning experience for their future role as Naval officers.

The Midshipmen arrived aboard *George Washington* via C-2A Greyhounds from the "Providers" of Fleet Logistic Support Squadron (VRC) 30 from their respective colleges, including Vanderbilt University, University of South Carolina, University of California, University of Wisconsin, University of Colorado, Penn State University and University of Texas.

"The airplane ride was intense," said Midshipman Rowena Benedictos, from San Diego. "I thought they were going to flip the plane over before we landed."

"The flight was uncomfortable, but the landing made it well worth it. It was a once in a lifetime experience landing on a carrier," said Midshipman Lauren Clark, from Grambly, Conn. "It was a thrill!"

Life aboard a ship can prove to be challenging to Sailors at their first command, but these Midshipmen are easily adjusting to their new surroundings aboard a naval vessel, something much different from their college campuses.

"So far, we pretty much toured the ship trying to get to know where everything is," said Benedictos. "I've talked to people who have been here on the carrier for a couple of years now and they say they still get turned around."

"I'm excited to be here," said Clark. "Life on the ship has been interesting so far; I'm currently trying to learn what I'm supposed to do around here. It's more relaxed than I thought it would be."

Midshipmen will learn professional skills in an operational environment as they work with officers and senior enlisted while on the aircraft carrier.

"We've started getting hands-on experience," said Benedictos. "I'm getting insight to Navy life, and getting to know the medical department and the medical community."

The visit to *George Washington*, one of two summer cruises that Midshipmen must complete on any naval vessel, is a stepping stone in the direction of becoming leaders once they enter the fleet as commissioned officers.

"Before I got to *George Washington*, I was hoping for Balboa Hospital," said Benedictos. "But after seeing the ship, I wouldn't mind being on the U.S. Navy's hospital ship *USNS Comfort* (T-AH 20) or any hospital ship."

The Midshipmen will be staying with the ship until late July and will use the next couple weeks to further their professional development.