



(Top) Chief Warrant Officer Joe Maynard lifts a 165-pound forklift tire onto the back of a truck as part of the Mobile Diving and Salvage Unit One's (MDSU-1) first Strongman Contest. MDSU-1 arranged the strongman contest as part of its semi-annual health fair. The event included service members from local dive commands as well as from local Army commands. (Bottom) Navy Diver 2nd Class Byers lifts and carries two 125-pound scuba bottles in the "diver carry" portion of the event.



## STRONGMAN

Story and photos by  
MC2 (AW/SW) Justin Nesbitt

Fleet Public Affairs Center Pacific  
Detachment, Hawai'i

Saturday mornings are normally pretty busy at Pearl Harbor's Navy Exchange (NEX) - people shuffling to the commissary for their weekly groceries, others getting a quick breakfast in the food court or shopping for necessities at the main exchange. While all this was going on Nov. 18, it was not a normal Saturday at the exchange.

The 'Heavy Lifters' of Mobile Diving and Salvage Unit One (MDSU-1) transformed the walkway outside the busy shopping complex into a stage that featured amazing feats of strength. It was a Strongman Competition, featuring both Navy and Army, divers and non-divers from Hawai'i-based commands.

The idea for the contest, based on the "World's Strongest Man" competition, as seen on television, came from Cmdr. Daniel Colman, MDSU-1's commanding officer.

"The NEX was a great location because of all the foot traffic. Our target audience for the health fair was the Navy family," said Colman. "We also knew the NEX and commissary would be very busy on a payday weekend before Thanksgiving."

The competition was created as part of MDSU-1's annual fitness fair. In addition to the competition, there were many displays set up to promote good health and fitness. Representatives from the Navy Reserve, a local nutritional store, and a Bloch Arena coordinator who had set-up demonstrations in spin classes, body mass index readings, and free massages, provided information at the event.

Many of the activities were similar in nature to the "World's Strongest Man" competition, but were designed with

Navy diving as the main ingredient.

"We tailored the strong man events around equipment we use every day. I think anyone who witnessed the fair came away with a deeper appreciation of the difficult work Navy divers do every day," said Coleman.

"It was an amazing sight to see a fitness fair of this size come together without any complications," said Lt. Andy Baldwin, who co-organized the event with Navy Diver 2nd Class Alex Wytowski. The two came up with the events to focus on the strengths needed to be proficient as a diver. They replaced the 'strongest man' acetylene tank carry with 125-pound double scuba tanks, replaced the stone lift with buoys and tanks, and exchanged a bus with a 10-ton truck used every day in the command.

"This was my first time putting together a health fair of this size and publicity," added Baldwin.

For the competition, there were six teams of five members and each member competed in one of the five events. Each event was a true test of each service member's dedication, fitness ability and brute strength. Of all the events, the truck pull was the most popular with the crowd. The competitors faced a 20,000-pound wide body stake truck that they had to pull 25 yards. The crowd filled the place with screams of support to motivate the contestants to complete this amazing task.

While he wasn't the fastest to pull 10 tons on wheels, David Miller of base security was one of the few to complete the task for the full 25 yards - not bad for a last-minute addition to the Intermediate Maintenance Facility (IMF) team.

"I only had two days' notice," said Miller, "and I actually worked out (Friday). I gave it the best I had."

His best helped make IMF the first-place and "strongest" team at the end of the day.

# Chief petty officers kick off fundraising efforts



CSC (SW) Florian P. Florece

CPO Birthday Ball Committee

The 2007 Chief Petty Officers' (CPO) Birthday Ball Committee of Navy Region Hawai'i kicked off its fundraising efforts with a car wash at the Makalapa Clinic parking lot on Nov. 11.

The event was the first of many planned fundraisers which are planned through March 2007. Numerous chiefs from various commands throughout the region, along with their families, volunteered to help with the car wash fundraiser.

Ten minutes before the car wash started, cars were lined up, ready and waiting to go through the wash line. Musical entertainment was provided for the customers while they waited. CPO Ball T-shirts and medallion coins were available for sale. Satisfied customers left with a smile after the chiefs completed their signature "anchor's touch" car wash.

The T-shirts and coins will also be available for purchase at future fundraising events. Proceeds from all of the fundraising activities will be used to support the 114th Annual CPO Birthday Ball at Honolulu Country Club on March 23, 2007 and the CPO Scholarship Fund.

For more information on the upcoming 2007 CPO Birthday Ball, fundraising events or to volunteer, visit [http://www.geocities.com/pearl\\_harbor\\_cpo\\_ball/CPO\\_BALL\\_MINUTES.html](http://www.geocities.com/pearl_harbor_cpo_ball/CPO_BALL_MINUTES.html) or call CSC Eric Florece at 222-9733 or e-mail him at [florian.florece@navy.mil](mailto:florian.florece@navy.mil). You can



U.S. Navy photo by ITC Lydia Dooley

The 2007 Chief Petty Officers' (CPO) Birthday Ball Committee of Navy Region Hawai'i kicked off its fundraising efforts with a car wash at the Makalapa Clinic parking lot on Nov. 11. The event was the first of many planned fundraisers which are planned through March 2007.

also contact the following committee officers: CTTCS Neil Buscher at [neil.buscher@navy.mil](mailto:neil.buscher@navy.mil), NCCS Gillian Guy at [gillian.guy.jm@navy.mil](mailto:gillian.guy.jm@navy.mil), AGC Brian Langeland at [brian.langeland@navy.mil](mailto:brian.langeland@navy.mil), or ITC Lydia Dooley at [lydia.dooley@navy.mil](mailto:lydia.dooley@navy.mil) or your command representatives.

er@navy.mil, NCCS Gillian Guy at [gillian.guy.jm@navy.mil](mailto:gillian.guy.jm@navy.mil), AGC Brian Langeland at [brian.langeland@navy.mil](mailto:brian.langeland@navy.mil), or ITC Lydia Dooley at [lydia.dooley@navy.mil](mailto:lydia.dooley@navy.mil) or your command representatives.

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## Looking for a few good SEALs



U.S. Navy photo by Pedro Valdez

Service members paddle a boat during the SEAL Delivery Vehicle Team One fitness fair Nov. 16 at the SEAL compound on Pearl City Peninsula. The focus of the event was to recruit SEALs and special warfare combatant crewmen (SWCC) for naval special warfare.

## Housing residents urged to complete CEL surveys



Karen S. Spangler

Editor

Family housing residents in phase one of public-private venture are urged to quickly complete and return their CEL surveys to Forest City Residential Management. The deadline has been extended to Dec. 1.

The "Take 5" CEL survey campaign includes the communities of McGrew Point, Moanalua Terrace, Hokulani, Radford Terrace and Halsey Terrace. Residents have the opportunity to take an active role in making their suggestions and/or concerns heard by completing and returning the surveys.

Residents who have misplaced their surveys may contact their resident services office, which have additional survey packets.

The annual CEL survey is used to gather systematic feedback concerning Forest City's performance as a property manager over the past

year. Data from this year's survey will be compared to CEL Survey data from previous years.

The housing surveys are part of a Navy-wide performance assessment program. The surveys take approximately 10 minutes to complete and should be returned in the pre-paid, self-addressed envelopes.

As an extra incentive to complete the surveys, five residents from each of the five phase one communities will win a \$500 gift card from the Pearl Harbor Navy Exchange. Winners will be selected from drawing entry forms that are returned with the completed surveys.

# Navy Lodges... your home away from home this holiday season



## Navy Exchange Hawai'i

Did you know that your holiday guests can stay at Navy Lodge Hawai'i on historic Ford Island? Authorized guests of the Navy Lodge can make a reservation and check their guests in at any of the 43 Navy Lodges and Navy Inns worldwide.

"Navy Lodges offer military families and their friends an inexpensive, convenient place to stay for a couple days or a couple of weeks," said Mike Bockelman, director, Navy Lodge Program. "Our associates are dedicated to provid-

*"...We offer our guests all the amenities of home..."*

**Karla Valandingham**  
Manager, Navy Lodge Hawai'i

ing quality service to every guest. Best of all, there are no extra person charges when staying at a Navy Lodge."

Navy Lodges feature a 40

percent savings compared to similar hotels plus oversized rooms with free coffee, free local and 800 phone calls, free newspaper, cable TV with HBO, fully equipped kitchens with microwaves, hair dryers, laundromat, and video/DVD rental.

"We offer our guests all the amenities of home," said Karla Valandingham, Navy Lodge Hawai'i manager. "Your guests will find all the comforts of home, just as if they were staying with you, and we do all the cleaning."

For more information or to make reservations at the Navy Lodge Hawai'i on Ford Island, call 440-2290. Or to receive a Navy Lodge directory or to make a reservation at another Navy Lodge, call 1-800-NAVY-INN, 24 hours a day, seven days a week. Once you make a reservation, you cannot be bumped from your room. Reservation and room assignments are accepted on an as-received basis without regard to rank.

Go to the Navy Lodge Web site at [www.navy-lodge.com](http://www.navy-lodge.com) to view every Navy Lodge, make a reservation, and gain valuable information about the area. It gives a listing of each Navy Lodge location complete with directions, phone numbers and other helpful information.



U.S. Navy photo

Navy Lodge Hawai'i (pictured above) is located on historic Ford Island. Authorized guests can make reservations and check in their holiday guests at any of the 43 Navy Lodges and Navy Inns worldwide.

# Skylark Central

United States Naval Academy

## MIDSHIPMEN Cryptogram

In a cryptogram, each number represents a letter. In this puzzle, the letter "A" is represented by the number "18". Decode the rest of the letters to reveal a secret message.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
18																									

A
A
A  
15 6
25 18 8 23
19 9 18 20
18 12 2 23

(ANSWER FROM LAST WEEK)

YRTEKU	TURKEY
SEVHRTA	HARVEST
PEADAR	PARADE
OOFTBLAL	FOOTBALL
RONCEATIELB	CELEBRATION
EECIRRARSNB	CRANBERRIES
RGMILPIS	PILGRIMS
YTLHPUMO	PLYMOUTH
SOTTOEPA	POTATOES

HAPPY THANKSGIVING FROM HAWAII  
NAVY NEWS

When submariners commute



## Know your Navy

Q. How many ships built as battleships were sunk at Pearl Harbor on Dec. 7, 1941 ?

Last week's question...  
When wearing miniature medals with dinner dress uniforms, where is the miniature Medal of Honor worn?

Answer...

The Medal of Honor is NOT worn in miniature.





Here's what's going on at Navy Region Hawai'i!

Editor's note: Every effort has been made to provide the most up-to-date information at the time of publication. However, scheduling of these events is subject to change. It is recommended that you call the contact numbers for the individual events to determine whether or not the activity will be held. For more information (FMI): visit www.greatlifehawaii.com



Outdoor Adventure Events

November

29: Family fun, kayak at Rainbow Bay, 1 p.m., \$5. Register by Nov. 25.

PRESALE PRO BOWL TICKETS AT ITT

Presale Pro Bowl tickets at all Navy Information, Ticket and Travel (ITT) offices are now on sale. No refunds or exchanges will be allowed. Ticket purchase is open to active duty, Reserve, retired, Department of Defense (DoD) employees, and family members. There is a limit of eight tickets for purchase on initial date of presale. Date of the Pro Bowl game is set for Feb. 10, 2007. Kick-off will be at 1 p.m. FMI: Navy ITT offices at Bloch Arena, 473-0792; Navy Exchange, 422-2757; Barbers Point, 682-2019; and Kunia, 655-3128. Times and dates are subject to change without notice.

FREE TRIP TO AUSTRALIA

Morale, Welfare and Recreation (MWR) will give away two trips to Australia and a host of other prizes as part of a joint services partnership between MWR's Information, Tickets and Travel (ITT) office, Quantas Airlines and Military Tours. Open to all eligible MWR patrons. To enter contest, visit www.ittaaustralia.com and complete the online entry form. Each local Navy ITT office will hold its own drawing from Dec. 1-8. The first place winner of each office will then be entered in the grand prize drawing during the week of Jan. 15. FMI: 473-0792 or www.ittaaustralia.com.

YOUTH SOCCER CLINIC

Free youth soccer clinic with players from DC United Soccer Team will begin at 4 p.m. Dec. 4 at Ward Field. Children can learn how to dribble, pass and shoot from some of the most elite soccer players known in the game. Clinic is open to all military-affiliated youth, ages six to 18 years old.

Participants must wear sneakers and loose clothing. Pre-registration is not required. FMI: Boys & Girls Clubs of Navy Hawai'i youth sports office at 474-3501.

PEE WEE FLAG FOOTBALL

Registration for Pee Wee Flag Football will be held from Dec. 4-22 at the youth sports office, located at 620 Main St. (off Valkenburgh) at building 3456. When registering, parents should bring their child's birth certificate and a current physical examination card. The season runs from Jan. 7 to March 2007. The sport is open to all military affiliated youth, ages three to five years old. The cost is \$35. FMI: 474-3501.

LIBERTY HOLIDAY GREETING CARD

Liberty centers will host a holiday greeting card event beginning at 6 p.m. Dec. 5. Single Sailors can send special holiday greetings from Hawai'i to their family and friends. All Liberty centers will provide cards and postage. Pie and eggnog will be served while the Sailors write the greetings. The event is free. FMI: 473-4279.

HOLIDAY CONCERT

Commander, U.S. Pacific Fleet will present a holiday concert with the U.S. Pacific Fleet Band at 6:30 p.m. Dec. 13 behind The Banyans at Naval Station Pearl Harbor. Bring the entire family for a magical, musical evening that promises to make the holiday season come alive. The event is free and open to everyone. Plenty of parking is available. In case of rain, inclement weather date is set for Dec. 14 at the same location. FMI: 474-4151, ext. 13.

WINTERFEST

MWR will host Winterfest starting at 6 p.m. Dec. 15 at Club Pearl. A tree lighting ceremony will open the event along with games, crafts, face painting, story telling, a visit with Santa (don't forget your camera) and more. NIX Performing Arts Center will provide a high-energy show for the audience. The event is free and open to all MWR patrons, their families and sponsored guests. FMI: 473-0606.

WINTER CAMP ADVENTURE

Winter Camp Adventure will be offered to children ages five-12 years old from Dec. 21 to Jan. 12 at Catlin Clubhouse and Pearl City Community Center. Camps will be from 6 a.m. to 6 p.m. Monday through Friday. The activ-

ities are open to all military and DoD family members. Fees are based on household income and include breakfast, snacks and lunch. Registration is now open to single and dual active duty parents. All others register beginning Nov. 20. FMI: 421-1556 or 421-1557.

WINTER OPERATION PURPLE PLUS

For a free camping experience, register your child for Winter Operation Purple Plus Camp. Camp will be held from Jan. 2-5, and Jan. 8-12, 2007 at White Plains Beach at Barbers Point. Open to ages eight to 12 years, of deployed parents from all military branches. Includes those deployed since May 2005 and/or will be serving in deployments through September 2007. Registration now open to single and dual active duty parents. All others register from Nov. 20. FMI: 421-1556 or 421-1557.

FIT KIDS

Bloch Arena Fitness Center has opened the first ever Fit Kids, a place where children ages six-14 years old, can work out for health and fun. Youngsters ages six to nine must be supervised by an adult at all times. Children who are ages 10-14 can work out on their own after completing the Navy Youth Fitness Orientation class. If they have not completed this class, they must also be supervised by an adult. The hours of operation for Bloch Arena Fitness Center are: 4-10 p.m. Monday through Friday; 7 a.m.-8 p.m. Saturday; and 7 a.m.-6 p.m. Sunday. FMI: 473-0793.



Single Sailor Activities

**November**

24 - Kayaking at Moku Island, 10 a.m.  
25 - Mountain biking, 10 a.m.

Weekly events:

**Sundays** - Surfing lessons and barbecue, 10 a.m., \$7.  
**Mondays** - Monday Night sports and feast, free food, all centers, 5 p.m., free.  
**Thursdays** - Root beer and ice cream float night, 6 p.m.  
**Every third Wednesday** - Poor Boy barbecue, 5 p.m.

AT THE MOVIES

MOVIE CALL	
Sharkey Theater Naval Station Pearl Harbor (473-0726)	
TODAY	
7:00 p.m.	The Black Dahlia (R)
SATURDAY	
2:30 p.m.	Open Season (PG)
4:45 p.m.	School For Scoundrels (PG-13)
7:00 p.m.	Gridiron Gang (PG-13)
SUNDAY	
2:30 p.m.	Everyone's Hero (G)
4:45 p.m.	All The Kings Men (PG-13)
7:00 p.m.	Jet Li's Fearless (PG-13)
THURSDAY	
7:00 p.m.	The Guardian (PG-13)
Memorial Theater Hickam Air Force Base (449-2239)	
TODAY	
7:00 p.m.	Flicka (PG)
SATURDAY	
7:00 p.m.	Flicka (PG)
SUNDAY	
7:00 p.m.	The Departed (R)
WEDNESDAY	
7:00 p.m.	The Departed (R)
THURSDAY	
7:00 p.m.	Man Of The Year (PG-13)
Sgt. Smith Theater Schofield Barracks (624-2585)	
TODAY	
7:00 p.m.	Everyone's Hero (G)
SATURDAY	
2:00 p.m.	Everyone's Hero (G)
7:00 p.m.	Employee Of The Month (PG-13)
SUNDAY	
7:00 p.m.	The Marine (PG-13)
WEDNESDAY	
7:00 p.m.	Employee Of The Month (PG-13)
THURSDAY	
7:00 p.m.	Everyone's Hero (G)

All The Kings Men

An idealistic southern politician, "Boss" Willie Stark, who appeals to the common man whilst effectively playing dirty politics, slowly becomes corrupted by the system.

The Black Dahlia

New partners first homicide case starts with a call from their supervisor, Detective Millard, to investigate the slaying of the ambitious silver screen B-lister Betty Short, just as they leave a deadly shootout.

The Departed

Billy Costigan is assigned to infiltrate the mob syndicate run by gangland chief Costello. Colin Sullivan is a hardened young criminal who has infiltrated the police department as an informer for the syndicate. Each man becomes deeply consumed by his double life, gathering information about the plans and counter-plans of the operations he has penetrated.

Employee Of The Month

For workers at Super Club, the most coveted honor is the "Employee of the Month" award. Enter Zack Bradley and Vince Downey, the duo's longtime rivalry comes to a bitter head when Amy, a beautiful new cashier with a reputation of only dating "Employee of the Month" winners, transfers to the store.

Everyone's Hero

A heartwarming comedy-adventure, telling the story of a young boy's thousand-mile journey to help Babe Ruth and the New York Yankees win the World Series.

Flicka

Sixteen-year-old Katy McLaughlin finds a wild mustang, which she names Flicka, and sets out to make her a riding horse. But Flicka and Katy are more alike than she could have imagined. Like Katy, Flicka has a disdain for authority and is not about to give up her freedom without a fight.

Gridiron Gang

This is the uplifting story of detention camp probation officer Sean Porter, who creates a high-school-level football team from a ragtag group of dangerous teenage inmates as a means to teach them self-respect and social responsibility.



The Guardian

After losing his crew in a fatal crash, rescue swimmer, Ben, is sent to teach at "A" School, an elite training program for Coast Guard rescue swimmers. Wrestling with the loss of his crew members, he throws himself into teaching, turning the program upside down with his unorthodox training methods. While there, he encounters a young, cocky swim champ, Jake, who is driven to be the best.

Jet Li's Fearless

The son of a great fighter who did not wish for his child to follow in his footsteps, the bullied Huo Yuanjia resolves to teach himself how to fight and win. After an ill-advised

fight leads to another master's death, members of Huo's family are slain in revenge.

Man Of The Year

Acerbic performer Tom Dobbs has made his career out of skewering politicians and speaking the mind of the exasperated nation on his talk show. Then he came up with a funny idea: why not run for president himself? Dobbs ignites a grassroots movement that puts him on the ballot. Hot on the campaign trail, he debates elected drones and says exactly what frustrated voters have often thought.

The Marine

John Triton is a heroic Marine who returns home after being discharged - against his will - from the Iraq War. Stateside, he finds himself back in action when his wife is kidnapped by a murderous gang led by a merciless criminal named Rome. With everything on the line, the Marine will stop at nothing to carry out his toughest and most important mission.

Open Season

A 900-pound domesticated grizzly bear named Boog and a scrawny, one-horned mule deer named Elliot end up stranded together in the woods during hunting season and it's up to the duo to rally all the other forest animals and turn the tables on the hunters.

School For Scoundrels

Roger enrolls in a top-secret confidence-building class taught by the suavely underhanded Dr. P. Aided by his assistant, Leshar, Dr. P uses unorthodox, often dangerous methods, but he guarantees results.

Community Calendar

To have your activity or event featured in the Community Calendar, e-mail your requests to hnn@honoluluadvertiser.com or fax 473-2876. Deadline is Thursday for the following week's issue. Items will run on a space available basis and must be resubmitted every four weeks.

November

**Throughout the month** - Extended holiday hours during the month of November for Boutiki, located at Naval Station Pearl Harbor, have been announced. The store will be open from 9 a.m.-1 p.m. Monday, Tuesday, Thursday, Friday and Saturday and 3-7 p.m. on Wednesday. There are many new arrivals for the holiday season including a large assortment of ornaments, table decorations and wreaths. Boutiki carries a unique array of antique furniture, local Hawaiiana merchandise, hostess gifts, and home accessories. In operation since 1973, Boutiki is a non-profit resale corporation. Profits are donated annually to military charities and community organizations that support the Oahu military family. FMI: 422-6662

**24-25 (also Dec. 1-2) - Army Community Theatre (ACT)** will present the musical "Annie" at 7:30 p.m. at Richardson Theatre, Fort Shafter. ACT has been serving the military and civilian community since 1942. Ticket prices are \$12-\$20 and may be ordered by calling the box office from 10 a.m.-2 p.m. at 438-4480 or online at www.squareone.org/ACT.

**27 - FBI career seminar** - Learn about the requirements for applying to the Federal Bureau of Investigation (FBI) by attending an FBI career seminar from 9-10 a.m. at Pearl Harbor Fleet and Family Support Center, 4827 Bougainville Drive. FMI: 474-1999 or 566-4488.

**28 - Naval Station Pearl Harbor** will celebrate **American Indian and Alaskan Native Heritage Month 2006**, "Our People, a Diversity of Culture," from 12:30-2 p.m. at Lockwood Lanai, Lockwood Hall. The event will feature David Beviette and Colita Acts who will perform an educational "pow wow." Native American items will be available for viewing. FMI: 473-5752.

December

**4, 6 - Meet Pearl Harbor survivors and hear their true stories at Pearl Harbor Remembrances on Dec. 4** from 8-9:30 a.m. at Sharkey Theater at Naval Station Pearl Harbor and from 2-3 p.m. during a harbor tour which leaves from Merry Point. Another event featuring Pearl Harbor survivors will be a continental breakfast from 7:30-9:30 a.m. on Dec. 6 at Lockwood Hall lanai and Sharkey Theater. The uniform for all events is summer whites. The Pearl Harbor Remembrances are sponsored by the Naval Station Pearl Harbor Chief Petty Officers' Mess.

**4-5 - All-Navy Wrestling Team tryouts** will be held beginning at 5 p.m. at the subbase gym at Naval Station Pearl Harbor. Tryouts are open to all active duty Navy and Coast Guard personnel. Those who participate should bring workout gear and wrestling shoes; no headgear is required. Navy Sports is looking for wrestlers to represent the Navy at the 2007 Armed Forces Wrestling Championships. Those who are selected must have their commanding officer's approval and will attend training camp starting Feb. 5, 2007 in Pensacola, Fla. Experience in freestyle and Greco-Roman wrestling is preferred, but not required. Those who cannot make either tryout and would like to schedule one or want more information should contact Lt. Pete Butville at 387-7063 or peterbutville@hotmail.com.

At a Glance

**University of Phoenix Hawai'i campus adds hours of operation** at Tripler/Fort Shafter education complex - The University of Phoenix Hawai'i Campus has extended counseling hours at the Tripler/Fort Shafter Education Center Complex, building 102, room 109A, to two days a week. The office will now be open every Tuesday from 9 a.m. to 4:30 p.m. as well as every Thursday from 9 a.m. to 2:30 p.m. Counseling will no longer be offered on Mondays. The center provides information about the university's educational programs, as well as financial aid assistance, and can help guide prospective students through the enrollment process.

The University of Phoenix Hawai'i Campus has four campuses on Oahu, which are close to most of Oahu's military bases: Mililani Learning Center, Windward Learning Center, Honolulu Main Campus and Kapolei Learning Center. FMI: Ivy Wong at 536-2686, ext. 35148 or ivy.wong@phoenix.edu.

**USO needs volunteers** - The USO at Hickam Air Force Base AMC terminal is seeking volunteers. FMI: email adeline.lopez@navy.mil.

**How to contact TriWest/TRICARE services** - Beneficiaries can contact TriWest with enrollment; Primary Care Manager and address changes; program benefits questions; claims status; fee payments and locating network providers in the area by calling 1-888-TRIWEST (1-888-874-9378), visiting their Web site at www.triwest.com, or visiting TRICARE Service Centers located at Makalapa Medical Clinic and Kaneohe Bay Medical Clinic.

**Looking for a few good dads** - The Fleet and Family Support Center (FFSC) at Naval Station Pearl Harbor is looking for volunteers to help with Boot Camp for New Dads. FMI: Chet Adessa at 473-4222, ext. 272 or email chester.adessa@navy.mil.

# TRICARE help available for chronic asthma, heart patients



Living with chronic illness can be frustrating and chal-

lenging, but individuals who effectively manage their disease and adopt a healthy lifestyle can lower their risk of developing complications.

This is where TriWest Healthcare Alliance's disease management program can help.

The program focuses on educating participants on how to improve their health management skills while liv-

ing with chronic asthma and congestive heart failure. This program is free to eligible TRICARE beneficiaries and their family members.

Once a patient is enrolled in the disease management program:

A disease management clinician (DMC) will schedule an appointment to call and review the patient's health status.

Based on the patient's status and personal health goals, the DMC will develop a customized educational plan and will work with the patient to reach established goals.

The DMC will send a letter to the patient's physician so they are aware that he/she is participating in the program.

The DMC will continue to help the patient as long as

he/she wants to participate and work toward achieving his/her wellness goals.

"TriWest believes that knowledge is a powerful tool," said Kathleen Sobera, director of population health improvement at TriWest Healthcare Alliance. "Our specially trained clinicians are available to provide patients with information they need to stay healthy and

avoid the complications associated with asthma and congestive heart failure."

TRICARE beneficiaries interested in enrolling in the disease management program should call TriWest toll-free at 1-888-259-9378 to see if they are eligible to participate. More information is posted online at [www.triwest.com](http://www.triwest.com) under the healthy living section.