



Photos courtesy of Fleet & Family Readiness, Marketing

Sara Mizushima

*Navy Region Hawai'i, Fleet and Family Readiness, Marketing*

With the beautiful Pacific Ocean surrounding our island and the warm tropical weather year-round, swimming is a wonderful pastime for sport and recreation in Hawai'i. To make swimming safe and enjoyable, Navy Region Hawai'i Morale, Welfare and Recreation offers a high quality aquatics program for its patrons.

With six pools spread out over Naval Station Pearl Harbor, Ford Island and Naval Computer and Telecommunications Area Master Station (NCTAMS), the aquatics program provides MWR patrons throughout the year with personable lifeguards and instructors who teach water aerobics and swimming classes. The lessons are offered for all ages, including adults, infants (with their parents) and preschoolers, three to five-years-old.

What separates the aquatics program from other swimming programs is its staff. With comprehensive training, the educated staff is well prepared for a variety of situations. Also, the MWR lifeguards are not like most lifeguards that you find at any public pool, as they are swimming instructors as well.

During the summer season, swimming reaches its peak at the pools as they are filled with people either learning how to swim or enjoying a good swim. "After six weeks of life guarding



Young swimmers at an MWR pool are given some tips on proper diving positions.

and teaching, it's very rough. They go through a lot of kids on a daily basis," said Ingrid Johnson, regional pool manager. But these lifeguards/swim instructors continue to be extremely dedicated. "My staff never misses a beat; they are always positive," said Johnson.

The lifeguards/swim instructors' dedication comes from doing something they love. "Being able to teach kids swimming was a big motivation in becoming a lifeguard," said Mark Smith, lead lifeguard for Towers Pool. "And just looking back at my own experience, that was one of the things that kind of kept me from going astray. My coach was

also a guy I looked up to and who helped me in my life. I had to give back." Smith also noted that another motivating factor of being a lifeguard/swim instructor is seeing the children's progress, from being scared and clinging to the side of the pool to becoming confident in their newly-learned skill.

The skills and confidence that the children learn can be applied to their lives outside of the water. "Swimming to me is like a metaphor to life. Being in the water is a really foreign medium, so if you can jump into it, overcome those fears and conquer it, you have that mentality that you can apply to other things," said Smith. "It's also about teaching kids to have some faith. It's about release, letting go and letting the water hold you," said Smith.

The lifeguards' level of commitment also extends itself to the adult patrons. "We really strive to try to get to know all the patrons and their kids as much as we can. We like to keep up with everyone and to make it a family atmosphere as much as possible," said Smith. During lunchtime, lifeguards usually see the same group of dedicated swimmers and get to know them on an individual basis. At Towers Pool, lifeguards even supply fresh towels for the active duty lap swimmers, to make it easier for them to shower before going to work.

Come down to any of the MWR pools to swim, exercise, learn or relax. The aquatics staff will be there to assist you and provide a welcome and safe atmosphere. For more information on any of the classes currently offered, call 216-1712. To learn more about the six pools and their hours of operation, visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com) or call 473-0394.

(Above) Youngsters enjoy time on mini paddleboards as part of the aquatics activities at MWR pools at Pearl Harbor.

(Below) Keiki bob in the water during a swimming lesson, part of the aquatics activities offered at MWR pools at Pearl Harbor.



(Above) A swimming instructor for the aquatics program, sponsored by Navy Region Hawai'i MWR, gives a group of youngsters a lesson on swimming basics.

(Left) Scott Pool lifeguard, Stanley Garduque, keeps watch over pool patrons.

## March is National Nutrition Month... practice sound nutrition for lifelong health

Lt. Col. Will Wheeler

Tripler Army Medical Center

A fad can be defined as a fashion that becomes popular in a culture relatively quickly, yet loses popularity dramatically over time.

In my youth, I thought pet rocks, long hair and a brand of shirt whose trademark was a logo displaying two feet were things that would be around forever. It was not to be. Two went the way of many fads while my long hair was victim to a barber during basic training.

What does all of this have to do with practicing sound food choices for lifelong health? March is National Nutrition Month and this year's theme is "100% Fad Free." Although some fads may end up as just topics of conversation in later years, diet fads can hinder us or prevent us from achieving our overall fitness goals.

The American Dietetic Association Web site ([www.eatright.org](http://www.eatright.org)) lists some fad diets from the past that may sound funny today, but at one time were the craze. One promoted chewing food 32 times before swallowing, another promoted cabbage soup, and of course, there is the low carbohydrate diet that has popped up numerous times (in various forms) since it was first introduced in 1925.

Rather than list the common attributes of a fad diet, I would like to focus on what seems to stand the test of time and may guide us all toward habits that will help us be as healthy as we can be.

The National Weight Control Registry (NWCR) was developed to identify and investigate the characteristics of individuals who have succeeded at long-term weight loss. These individuals have practiced habits that have helped them keep the weight off. Their daily practices can help all of us. What all of these individuals had in common was a



U.S. Army photo by Mark Jackson

The nutrition staff of Tripler's Anuenue Café serve healthy meals to beneficiaries and staff during National Nutrition Month.

diet that can be characterized as low in calories, low in fat and high in carbohydrates. They also ate several times throughout the day, monitored their body weight and exercised regularly.

A good resource for assessing your diet in comparison to sound diet practices is the Food Guide Pyramid at [www.mypyramid.gov](http://www.mypyramid.gov). The recommendations based on gender, age and activity level give most of us prudent guidelines on the number of servings we should consume from each of the food groups daily. Each food group also comes with suggestions on choosing foods to keep the calories and fat low, and the carbohydrates at recommended levels.

The participants averaged 4.9 meals or snacks per day. Skipping meals or going long periods of time without eating is not beneficial whether you want to lose weight or maintain your weight. It takes planning, but the benefits of several small feedings throughout the day are better for cognitive and physical performance. Having fresh fruit and vegetables on hand is well worth the effort.

Self-monitoring of your fitness goals allows you to see where you are at and what may or may not be working.

The majority of people in the NWCR monitored body weight. That's a good thing to do, but you may also want to keep track of the number of times you exercise per week, the number of fruit and vegetables you consume per day, or how many glasses of water you consume. Once you set a goal, you'll want to be able to assess how well you are doing.

As for exercise, 91 percent of the individuals surveyed engaged in regular activity. For many, that meant exercising one hour per day. Recommendations will vary based on your goals, but consistency and choosing something that you enjoy are the keys to any exercise program.

I hope the above recommendations are helpful although you may never find them on the cover of a magazine where fads are commonly found. I believe they will continue to prove themselves over time. As for me, I haven't missed my pet rock, I am happy with the shirts I have now, and my hair will only grow long in some places on my head, but my commitment to healthy eating and regular exercise remains strong.

*(Wheeler is a registered dietitian and the chief of the nutrition division at Tripler Army Medical Center.)*

## A penny saved...at NMCRS Thrift Shop

Karen S. Spangler

Editor

Finding a bargain these days may not always be easy, but at the Navy Marine Corps Relief Society (NMCRS) thrift shop, bargains are plentiful.

The shop offers an abundant supply of Navy uniforms and young Sailors who need to prepare for sea bag inspections can procure the necessary items at a nominal cost.

Other clothing, as well as household items, books, toys and knick knacks, can also be purchased – all at great savings, according to Paul Belanger, director of Navy Marine Corps Relief Society at Pearl Harbor.

"The thrift shop is an outstanding resource for the community. People who are trying to stretch their pennies and dollars can find bargains at the thrift shop," said Belanger.

Donations can be left in the drop-off box at the shop, which is located in building 285 on Central Avenue (old Marine Barracks). The shop exists solely on donations.

Each year, thousands of dollars in profits from the shop's sales benefit Navy and

Marine Corps personnel, retirees and families. The funds are used in a variety of ways, helping families and service members with food, shelter, expenses of emergency leave and transportation and other needs for basic assistance, Belanger explained. In 2006, nearly \$71,000 from the shop's proceeds helped military families.

He added that donations from the thrift shop, items such as clothing and toys, also are a resource for families who have lost their belongings in house fires.

The NMCRS thrift shop is operated by volunteers. The volunteer staff is small and people willing to volunteer their time are always needed.

"The Navy Marine Corps Relief Society has traditionally been a volunteer-run agency and without volunteers, our services would be seriously curtailed. We are in dire need of volunteers all the time," said Belanger.

The thrift shop is open from 8 a.m.-noon Monday, Tuesday, Thursday and Saturday. For more information about the thrift shop, call 422-4691. For information on volunteering with NMCRS, call 423-1314. For additional information about NMCRS, visit [www.pixi.com/~nmcrshi/](http://www.pixi.com/~nmcrshi/).

## Big time fun for all ages



Photo courtesy of Navy Region Hawai'i Morale, Welfare and Recreation

Navy families enjoy a recent Family Fun and Movie Night, hosted by Navy Region Hawai'i Morale, Welfare and Recreation. The next event will be at 6 p.m. Saturday at the field adjacent to the bowling alley at Naval Computer and Telecommunications Area Master Station. The movie "Happy Feet" will begin at 7 p.m. For more information, call 471-8658.

## Having fun at camp



Photo courtesy of Navy Region Hawai'i Morale, Welfare and Recreation

Youngsters enjoy a variety of activities during Camp Adventure, hosted by Navy Region Hawai'i Morale, Welfare and Recreation. Registration is now open for eligible families for the spring Camp Adventure which will be held from 6 a.m. to 6 p.m. Monday through Friday, March 19-30 at Catlin Clubhouse and Pearl City Community Center. The day camps will include activities, crafts, games and field trips. Camp fees are based on total household income. For more information, call 421-1556 or 421-1557.

## Joint Service pandemic roadshow a success

Ed Keating

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

The military services on Oahu recently combined efforts to administer 2006/2007 influenza vaccinations and educate the Department of Defense military health system beneficiaries on pandemic influenza preparation.

Naval Health Clinic Hawai'i, Tripler Preventive Medicine Department, 15th Medical Group and the 13th

Air Force International Health Services through the Joint Public Health Working Group took influenza immunizations to the public during November and December 2006. Over 3,600 vaccinations were administered at various locations that included Pearl Harbor Navy Exchange, Fort Shafter, Schofield and Hickam AFB exchanges as well as the Marine Corps Base Hawai'i commissary.

The services also provided pandemic flu information and distributed planning checklists developed by the Hawaii Multi-Service Market

Management Office (MSMMO) Education and Communication Working Group. Information was designed to help the military community understand the threat of a pandemic flu outbreak in the community, awareness of possible symptoms and prevention measures.

The Joint Public Health Working Group emphasizes the flu season in Hawai'i is a year-round event. In addition to getting annual flu vaccines, beneficiaries should demonstrate healthy behaviors like effective hand washing, respi-

ratory etiquette, balanced diet, regular exercise and adequate rest to minimize the possibility of developing the flu. Finally, it's not too late to get a flu vaccine if you haven't received your annual flu vaccine during the pandemic roadshow.

Call a Hawai'i military treatment facility for guidance and information on getting a flu vaccine now. Contact Naval Health Clinic Hawai'i, 471-2212, ext. 348; Tripler Army Medical Center, 433-1124; or the 15th Medical Group (Hickam Clinic) at 448-6273.

[www.hnn.navy.mil](http://www.hnn.navy.mil)

**Hawaii Navy News** Online

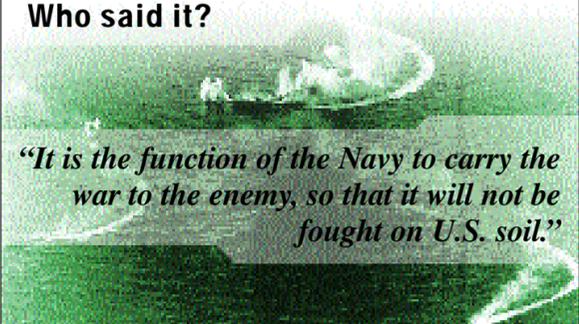
# Skylark Central

Word Search  
**MILITARY RANKS**

- ADMIRAL
- COLONEL
- CORPORAL
- LIEUTENANT
- PRIVATE
- SERGEANT
- AIRMAN
- COMMANDER
- ENSIGN
- MAJOR
- RECRUIT
- WARRANT OFFICER
- CAPTAIN
- COMMODORE
- GENERAL
- PETTY OFFICER
- SEAMAN

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

**Who said it?**



*"It is the function of the Navy to carry the war to the enemy, so that it will not be fought on U.S. soil."*



*"Men make history, and not the other way around. In periods where there is no leadership, society stands still. Progress occurs when courageous, skillful leaders seize the opportunity to change things for the better."*

- Pres. Harry S. Truman

Word Search Solution  
**Phonetic alphabet**

ALPHA	JULIET	TANGO
BRAVO	KILO	UNIFORM
CHARLIE	LIMA	VICTOR
DELTA	MIKE	WHISKEY
ECHO	OSCAR	X-RAY
FOXTROT	PAPA	YANKEE
GOLF	QUEBEC	ZULU
HOTEL	ROMEO	
INDIA	SIERRA	

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

**Know your Navy**

Q. What is bamboozle?

Last week's question...  
Who was the first female chief petty officer?

Answer...  
YNC Loretta Perfectus Walsh



# Navy Region Hawai'i Manawa Nanea

LET'S U R E

## Morale Welfare & Recreation



**H FAMILY FUN AND MOVIE NIGHT**  
Free Family Fun and Movie Night begins with a variety of activities at 6 p.m. Saturday at the field adjacent to the bowling alley at Naval Computer and Telecommunications Area Master Station's (NCTAMS). The movie "Happy Feet" (rated PG) starts at 7 p.m. FMI: 471-8658.

**H 8-BALL POOL TOURNAMENT SERIES**  
The Handicap 8-Ball Pool Tournament will begin at 7 p.m. March 12 at Beeman Center. This series will consist of monthly tournaments. The next tournament is set for April 9. The event is open to Single Sailors only and is free of charge. FMI: 473-4279.

**H CFL COURSE PART II**  
Sign up for phase two of the Command Fitness Leader Course which will be held from 8 a.m.-4:30 p.m. March 20-21 in the conference room at Bloch Arena. The course is free and is open to all active duty Navy, command fitness leaders (CFL), assistant command fitness leaders (ACFL), or those who just completed phase one of the CFL course from Millington. Registration deadline is March 16. Only the first 25 registrants will be accepted. FMI: 489-6458 or email mark.mcfarland@navy.mil.

**H PEE WEE BASKETBALL**  
Register your child, ages three to five, for Pee Wee basketball at the Boys & Girls Clubs of Navy Hawai'i, youth sports office, located at 620 Main St. (off Valkenburgh), building 3456. Deadline to register is March 23. Practice begins in April. This sport is open to all military-affiliated youth. FMI: 474-3501.

For more information on Navy Region Hawai'i MWR events, visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com)

## Community Calendar

### NMarch

**16** – 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 the Pearl Harbor Fleet and Family Support Center, 4827 Bougainville Drive, Honolulu. FMI: 474-1999 or 566-4488.



**26-30** – Naval Station Pearl Harbor Recreation Committee will host its Second Annual Fishing Tournament. Meet at the Hickam Air Force Base fishing pier at 5 a.m. March 26 to complete registration and captain's safety brief. Payment for charter and entry deadline must be received by March 17. FMI: 221-0291.

**31**– Help count 'gentle giants.' The Hawaiian Islands Humpback Whale National Marine Sanctuary is seeking volunteers to help count humpback whales from 8 a.m.-12:15 p.m. FMI: 397-2651, ext. 253 (Oahu) or 246-2860 (Kauai).

## Sharkey Showtimes



### Stomp The Yard (PG 13)

DJ is a troubled youth from Los Angeles attending the historically black Truth University in Atlanta, Georgia. When adapting to his new environment proves difficult, DJ finds solace in joining a struggling fraternity where he begins implementing his street-style dance moves in an attempt to help the step team win the coveted National Step Show Championship. Before long, DJ becomes the competing fraternity's main rival, while trying to pursue his new love interest, deal with his own troubled past and learn the true meanings of brotherhood and fraternity along the way.

#### TODAY

7:00 PM Freedom Writers (PG 13)

#### SATURDAY

2:30 PM Arthur and the Invisibles (PG)

4:45 PM Freedom Writers (PG 13)

7:00 PM Alpha Dog (R)

#### SUNDAY

2:30 PM Arthur and the Invisibles (PG)

4:45 PM Freedom Writers (PG 13)

7:00 PM Alpha Dog (R)

#### THURSDAY

7:00 PM Stomp The Yard (PG 13)

MEMORIAL THEATER Hickam Air Force Base (449-2239)

SGT. SMITH THEATER Schofield Barracks (624-2585)



# Battleship Missouri Memorial dedicates 'CPO Legacy Center' to chiefs

## USS Missouri Memorial Association

The USS Missouri Memorial Association has unveiled the first center dedicated to the legacy of the chief petty officer (CPO). The creation of the "CPO Legacy Center" was initiated by retired U.S. Navy Chief Boatswain's Mate Harold Estes, a WWII veteran and founding member of the

association, and funded by the donations of literally hundreds of active-duty and retired chief petty officers.

"The chief petty officer is one of the most respected positions in the Navy and has a history of expertly handling the most critical and demanding challenges under the greatest pressure at sea and on shore," said Mike Weidenbach, curator for the association.

"The purpose of the CPO Legacy Center is to pay tribute to the proud legacy of chief petty officers, whose knowledge, experience and leadership forge a fighting, unified force from the courageous young hearts of inexperienced citizen Sailors and officers."

Unlike lower ranks, advancement to chief petty officer requires significant time in service, outstanding

evaluation and examinations scores, and peer review. One can only advance after review by a selection board of senior and master chief petty officers. Advancement to CPO is the most significant promotion within the enlisted Navy ranks. Even the uniform changes, becoming similar to that of an officer.

The CPO Legacy Center is the first of its kind, recognizing

more than a century of history. The exhibit space is located within restored CPO living spaces, including the chiefs' mess (a.k.a. "goat locker"), galley, lounge and bunkrooms. The Legacy Center features a series of displays and artifacts that provides an overview and insight into the history and essential role of chiefs in the Navy.

There is also the opportuni-

ty to leave a permanent legacy of one's own. By making a \$500 donation, a mug inscribed with a chief's name of the donor's choice will be placed on the CPO mug rack in the center.

Visitors can access the CPO Legacy Center with general admission to the Battleship Missouri Memorial. For more information or to reserve a tour, call 1-877-MIGHTYMO or visit [www.ussmissouri.org](http://www.ussmissouri.org).



## NEXCOM customer satisfaction rising

### Kristine M. Sturkie

*Navy Exchange Service  
Command Public Affairs*

For the fourth straight year, Navy Exchange Service Command (NEXCOM) improved its customer satisfaction index (CSI) rating.

NEXCOM's score, based on a survey conducted in October 2006, rose one point ahead of its goal, to 79, and places the agency in the top tier of retailers in customer satisfaction. The rating significantly exceeds the average of 74 to 75 for the retail industry.

Compared to 2005 results, key areas showing improvement include store environment, ease of customers navigating the store and measures of convenience - each of which rose two points. Ease of finding merchandise, pricing, sales flyers, merchandise selection and merchandise availability all rose one point each. There was no change in customer attitudes regarding returns, associates or checkout.

The survey also revealed that 74 percent of customers indicated they shop the NEX for savings over other retailers, value-priced merchandise and tax savings. That score is up from 46 percent who shopped for price-motivated reasons in 2005.

"I am very pleased with the results of this most recent CSI survey," said Rear Adm. Robert E. Cowley, Commander, Navy Exchange Service Command. "All associates have worked extremely hard to ensure our customers have the best possible shopping experience at the NEX. This latest survey proves we continue to improve our customer focus."

Once again in 2006, all but one district either maintained its score or increased it over the previous year. District scores were: Hawai'i up three points to 85; Tidewater up one point to 81; Capital remained the same at 76; Northeast up two points to 84; Southeast up one point to 79; mid-South up one point to 79; Western down one point to 80; Northwest up one point to 79; Europe up one point to 69; Guam up nine points to 83; and Japan up five points to 75.

"Just as important, 52 percent of stores surveyed had an overall CSI score of 80 or above," said Cowley. "In addition, there were no stores who had a CSI score below 60. This is phenomenal."

NEXCOM's top CSI priorities for 2007 continue to be merchandise selection, problem resolution and merchandise availability. The command will work to maintain its high scores in checkout, associates, store environment, ease of finding things and getting around and returns.

# U.S. Naval Academy Men's Glee Club to perform in Honolulu

## Pacific Fleet Public Affairs

The U.S. Naval Academy Men's Glee Club is offering an evening of fine music and entertainment during two public performances March 17 and 18 in Honolulu as part of their spring break tour.

The 75-member chorus from Annapolis, Md. is one of America's premier choral groups. The program will feature sea chanties, barbershop harmony, popular music of the past and present, patriotic selections, music of the theater and fine classical music.

The first performance is scheduled for 7:30 p.m. March 17 at St. Andrew's Cathedral, Queen Emma Square, Honolulu. The second show is scheduled for 7 p.m. March 18, at the Central Union Church, 1660 South Beretania St., Honolulu.

The men's glee club is the largest and most active musical organization at the Naval Academy, presenting more than 100 performances annually. Among the more notable appearances have been concerts at Kennedy Center, Washington, D.C.; Meyerson Symphony Center, Dallas; Copley Symphony Hall, San Diego and a concert with the Boston Pops at Avery Fisher Hall, N.Y.

"We are looking forward

to bringing this nationally-acclaimed glee club back to Hawai'i," said Dr. Aaron Smith, the Naval Academy's director of choral activities. "We performed here in March of 2001 to very receptive audiences and I am anticipating large crowds who will want to hear these performances by the glee club."

"The purpose of this trip is to provide performing opportunities for our midshipmen and to share with audiences an evening of fine music the entire family can enjoy," said Don Nelson, the Naval Academy's assistant director of admissions and men's glee club tour director.

There will be a \$20 admission fee to defray trip expenses for the non-profit group. Advance tickets are available through military Morale, Welfare and Recreation ticket outlets for a discounted price of \$18 at Pearl Harbor (Bloch Arena), the Navy Exchange Mall, Barbers Point and Naval Security Group Activity Kunia. Tickets for the performance at St. Andrews Cathedral will also be available at the cathedral on concert night.

For more information, contact the music office at 410-293-2439, Sue Carter at [teamcarter@hawaii.rr.com](mailto:teamcarter@hawaii.rr.com) or at 808-235-4488 (after 6 p.m.), or Derek Frasz at [derekfrasz@netscape.net](mailto:derekfrasz@netscape.net).

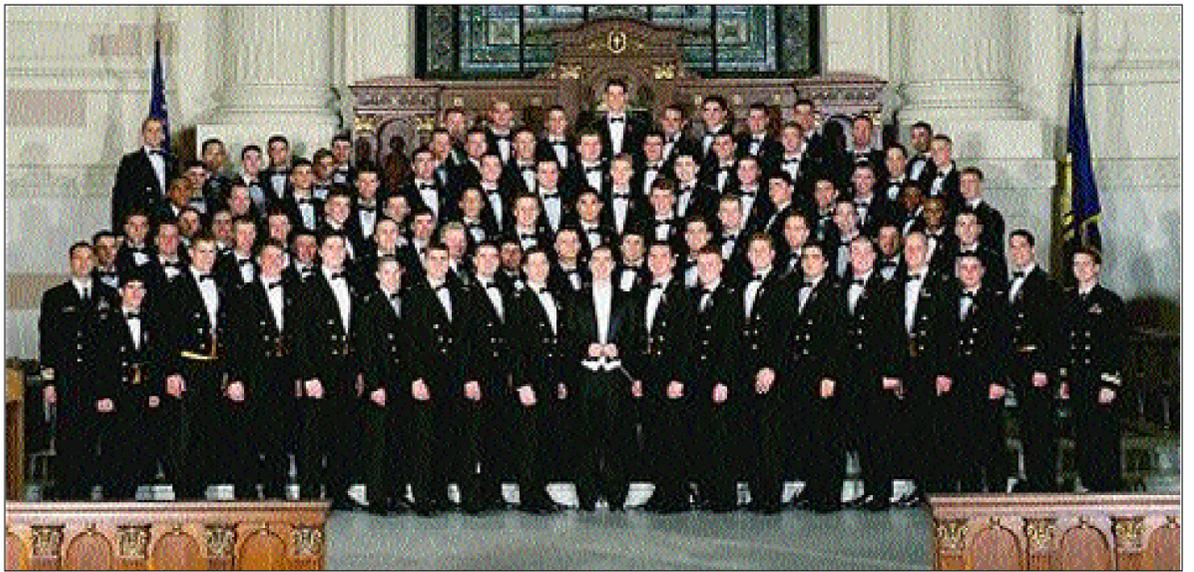


Photo courtesy of U.S. Naval Academy Men's Glee Club

The U.S. Navy Academy Men's Glee Club is the largest and most active musical organization at the Naval Academy, presenting more than 100 performances annually.

100

**Free  
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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](mailto:lkaneshi@honolulu.gannett.com)), by phone at 521-9111 or by visiting [www.honoluluadvertiser.com](http://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.