

HAWAI'I COMMUNITY  
HONORS 9/11 VICTIMS AT

## 2007 FREEDOM WALK



Story and photo by  
MC3 Paul D. Honnick

*Fleet Public Affairs Center Detachment  
Hawaii*

Capt. Donald Hodge, chief of staff, Commander, Navy Region Hawaii / Commander, Naval Surface Group Middle Pacific, accompanied more than 900 adults and children from various schools and youth organizations on the island of Oahu Sept. 11 to participate in the 2007 Operation Homefront Hawaii Freedom Walk.

The one-and-one-quarter-mile walk at Pearl Harbor was held in honor of the nearly 3,000 lives lost six years ago in one of the most devastating terrorist attacks in history.

Hodge welcomed the Freedom Walk participants and explained the importance of remembering 9/11 and how it sparked the global war on terrorism.

"When 9/11 hit the country, it didn't just hit New York or Washington, it was an attack on our country in the same way that Dec. 7, 1941 was an attack on the whole United States," said Hodge.

Navy Region Hawaii Honor Guard led the walk down Valkenburgh Road, as groups of participants, dressed patriotically in red, white and blue, proudly waved their American flags and banners.

The event, co-sponsored by Operation Homefront Hawaii and Commander, Navy Region Hawaii, was held in conjunction with the national America Supports You Freedom Walks, which are held annually on Sept. 11 throughout the U.S. and abroad.

For more information about Operation Homefront or America Supports You, visit <http://www.operationhomefront.net> or <http://www.americasupportsyoudo.com>.



# Lingle to host International Women's Leadership Conference

## International Women's Leadership Conference

Hawai'i Governor Linda Lingle will host the fourth annual International Women's Leadership Conference (IWLC), "Inspiring Today, for Tomorrow," on Sept. 25 at the Sheraton Waikiki Hotel and Resort.

Online registration for conference attendees and sponsors is now available through the conference Web site, [www.iwlchi.org](http://www.iwlchi.org).

The conference will feature celebrated women leaders from Indonesia, Afghanistan and the United States who are unparalleled in their achievements in various fields including business, finance, health, science, technology and law. Attendees of the one-day conference will hear speakers' stories of success and gain insight as promising new leaders.

The public is encouraged to attend. Registration fees are \$195 per person, \$150 for government/military (with government business card/military ID) employees, and \$99 for students.



U.S. Navy photo by MC2 Michael L. Hight

Hawai'i Governor Linda Lingle will host the fourth annual International Women's Leadership Conference (IWLC), "Inspiring Today, for Tomorrow," on Sept. 25

The fee includes continental breakfast and lunch at the conference.

"I am excited to host such an

impressive list of speakers from around the world, who have pushed the limits of success in their respective fields and are

making a difference globally," said Lingle. "This conference is about inspiring and motivating Hawai'i's women, and provides an

excellent opportunity to listen to, learn from and personally meet with these outstanding women leaders, while networking with peers."

The conference theme, "Inspiring Today, For Tomorrow," places a special emphasis on developing leadership in young women and school girls throughout the state. Some of the featured speakers will include Dr. Martha Tilaar, founder and chairwoman of one of Indonesia's foremost purveyors of innovative, high-quality beauty products and services. Stephanie Castillo founded Honolulu-based production company 'Olena Media. Her first documentary, "Simple Courage," about leprosy in Hawai'i and Father Damian, won a Regional EMMY in 1993. Dr. Mae C. Jemison was the first woman of color to go into space, traveling aboard the space shuttle Endeavour on Sept. 12, 1992. Founder and president of two technology companies, the space flight was just one of a series of accomplishments for this woman.

# TRICARE Prime for new family members

CiCi Moore

TriWest Healthcare Alliance

New parents covered under TRICARE Prime have a lot of priorities competing for their attention, but TRICARE enrollment should be near the top of their checklist. Parents have 60 days from the date of birth or adoption to enroll their new bundle of joy in TRICARE Prime. Otherwise, on the 61st day, the child will be covered by TRICARE Standard.

TRICARE beneficiaries should follow these two simple steps for Prime enrollment:

Step one - enroll child in DEERS

To register a new child in DEERS, obtain a copy of the child's birth certificate or certificate of live birth, or adoption papers.

Complete a DD Form 1172 (Application for Uniformed

Services Identification Card and DEERS Enrollment). This form should be notarized if the new enrollee does not live with the sponsor.

File these forms with the base personnel office. If the sponsor is deployed or TDY, the other parent or guardian should be prepared to show power of attorney to register the child.

Step two - enroll child in TRICARE Prime

Once the child is enrolled in DEERS, he or she can be enrolled in Prime. Parents should complete a DD Form 2876 (TRICARE Prime Enrollment Application and PCM Change Form) for the new child.

Select the first and second preference for a primary care manager (PCM) as final PCM assignment is dependent upon provider availability and local military treatment facility (MTF) policy.

Active duty family members

who would like to receive medical care from an MTF PCM should contact the managed care office at their MTF or TRICARE Service Center (TSC) before submitting the enrollment application. MTF provider assignments are coordinated by the managed care office at the MTF or through the local TSC. MTF providers are not listed in the online Provider Directory.

Sign and date the form in either blue or black ink. Forms that are not signed and dated are considered incomplete and will be returned, delaying the enrollment process. Mail the complete form to:

TriWest Healthcare Alliance  
P.O. Box 41520  
Phoenix, Arizona 85080-1520

Beneficiaries who have questions or need more information on Prime enrollment should visit the beneficiary services section of [www.triwest.com](http://www.triwest.com) or call 1-888-TRIWEST (874-9378).

**New Baby?**

Sign your child up for TRICARE Prime within 60 days of birth or adoption.

Enroll your child:

- First, in DEERS
- Then, in TRICARE Prime

Visit  
**Hawai'i**  
**Navy**  
**News**  
**Online**  
[www.hnn.navy.mil](http://www.hnn.navy.mil)

# Volunteers needed to aid Hawai'ian stilt

**Rebecca Hommon**

*Navy Region Hawai'i  
Environmental Counsel*

Nothing planned for Saturday morning? Come join some friends; complete your workout by getting hot, wet and muddy; and create some habitat for endangered water birds all at the same time.

On Saturday from 8:30-11:30 a.m., volunteers are invited to join with the Hawai'i Nature Center at Pearl Harbor's West Loch in Waipahu to wade into the mud and pull up pickleweed and mangrove. At an area known as Pouhala Marsh, volunteers who gather for a few hours each month do some good for the endangered Hawaiian stilt.

Last year, Naval Station Pearl Harbor's executive officer, Cmdr. Doug Holderman, volunteered a few hours in the mud. He said, "It was a lot of work, but at the same time you know you're doing some good for the environment."

Capt. Taylor Skardon, commanding officer Naval Station, Pearl Harbor and his wife Nancy also participated. While reflecting that he wasn't much of a bird-watcher, Skardon noted, "The stilts have a distinctive call and are easy to spot. It was obvious they moved right in as soon as we'd cleared an area."

Due to a number of reasons, such as urban development and filling or dredging of wet areas, Hawai'i's wading birds that feed on mud-inhabiting insects and small crustaceans are in danger of extinction. In 1988, biologists estimated that no more than 1,800 Hawaiian stilts remained.

With tall, graceful pink legs, a long beak, and large black and white wings, the Hawaiian stilt, whose Hawaiian name is 'ae'o, has become the poster child for efforts to restore native muddy habitats. Two portions of Pearl Harbor's shoreline, one adjacent to West Loch by the Naval Magazine and another adjacent to Middle Loch on Pearl City Peninsula, are set aside as the Pearl Harbor National Wildlife Refuge for the

stilt and three additional endangered water birds: the Hawai'i duck (koloa), the Hawai'ian moorhen ('alae 'ula or mudhen with a red forehead), and the Hawai'ian coot ('alae kea or 'alae ke'oke'o or mudhen with a white forehead). For more information, visit <http://www.fws.gov/pacificislands/wnwr/opearlhwr.html> For Saturday morning's

project, volunteers should bring hand tools that can dig or cut,

mud-resistant gloves, closed shoes or boots that can withstand the mud, long pants that can get wet and dirty, a towel and change of clothes for the ride home, and, of course, water, sunscreen and a hat.

The entry to Pouhala Marsh is in Waipahu, south of Farrington Highway on Waipahu Depot Road across from the police academy. Contact Pauline Kawamata at the Hawai'i Nature Center at 955-0100, ext. 18 for more information.



Volunteers are invited to join with the Hawai'i Nature Center at Pearl Harbor's West Loch in Waipahu to create habitat for the endangered Hawai'ian stilt on Sat. from 8:30-11:30 a.m

## GOT SPORTS

Phone: (808)473-2888

[hnn@honoluluadvertiser.com](mailto:hnn@honoluluadvertiser.com)

Contact the HNN editor for guidelines and story/photo submission requirements.



## STORY IDEAS?

Contact the HNN editor for guidelines and story/photo submission requirements:

Phone: (808) 473-2888

Email: [hnn@honoluluadvertiser.com](mailto:hnn@honoluluadvertiser.com)

**Hawaii Navy News**

# Skylark CENTRAL

## Find 50 names of U.S. Governors of each state.

WORD SEARCH

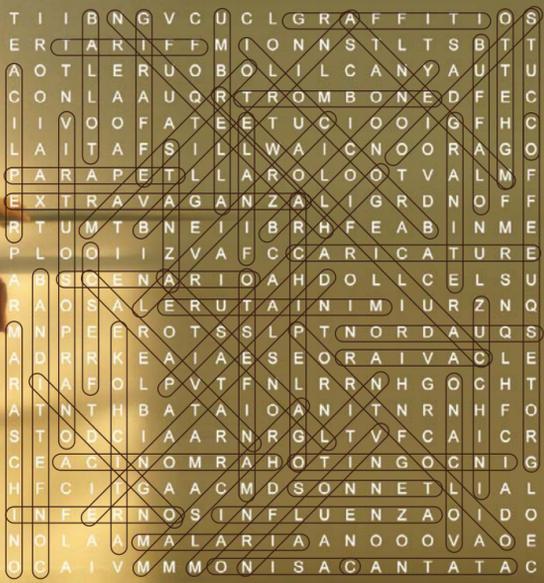
- BALDACCI
- GIBBONS
- PATRICK
- BARBOUR
- GRANHOLM
- PAWLENTY
- BEEBE
- GREGOIRE
- PERDUE
- BLAGOJEVICH
- HEINEMAN
- PERRY
- BLANCO
- HENRY
- RELL
- BLUNT
- HOEVEN



## Find these 60 Italian words found in the English language

WORD SEARCH

- ARCHIPELAGO
- EXTRAVAGANZA
- MASCARA
- ARSENAL
- FINALE
- MINIATURE
- ARTICHOKE
- FRESCO
- PARAPET
- BALCONY
- GHETTO
- PISTACHIO
- BALLERINA
- GIRAFFE
- PORTFOLIO
- BALLOT



## WHO SAID IT?

“Every good citizen makes his country's honor his own, and cherishes it not only as precious but as sacred. He is willing to risk his life in its defense and is conscious that he gains protection while he gives it.”

## Answer to last week's Who said it?

“Management is efficiency in climbing the ladder of success; leadership determines whether the ladder is leaning against the right wall.”

- Stephen R. Covey

## Q. Which ship is credited with getting under way under the command of junior officers during the attack on Pearl Harbor?

Last week's question... This is the first movie to feature the U.S. Navy's new F/A-18E/F Super Hornet. What was it?

Answer... Behind Enemy Lines, 2001

# Navy Region Hawai'i Manawa Nanea

Morale Welfare & Recreation

## ☞ DAY FOR KIDS

Navy Region Hawai'i Morale, Welfare and Recreation will host Boys & Girls Clubs Day for Kids from 1-4 p.m. Saturday at Quick Field at Naval Station Pearl Harbor. Activities will include a family fun run, potato sack races, donut eating and bubble blowing contests and more. The event is free and is open to all military-affiliated families. FMI: 421-1556.



## ☞ FALL CAMP ADVENTURE REGISTRATION

Fall Camp Adventure registration is now ongoing at Catlin Clubhouse. The day camp offers activities, crafts, games and field trips. All single parent active duty and dual active duty parents can register their children today. All other eligible families (families with one active duty parent and Department of Defense (DoD) civilians) can register their children from Sept. 17-21. Fall Camp Adventure will be from 6 a.m. to 6 p.m. Oct. 1-5 at Catlin Clubhouse. It is open to all military and DoD family members, ages five to 12. Camp fees are based on total household income. FMI: 421-1556.

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

Community Calendar

## ☞ September

☞14 ~ The Navy Exchange at Pearl Harbor will host a "diaper derby" from 3 to 5 p.m. Special events will include the crawlers' diaper derby, daddy diapering contest, parent juice bottle drinking race and the mommy balloon race. FMI: 423-3330.



☞17 ~ The Naval Inspector General will be at Pearl Harbor from Sept. 11-26 to conduct an area visit and would like the participation of Navy spouses in two focus groups. This will provide the opportunity to have the Navy hear your views and concerns from the family perspective.

Each group is limited to 25 participants. Focus groups will be held at the following times:

- 9:30-10:30 a.m. Sept. 17, E1-E6.
- 1:30-2:30 p.m. Sept. 17, E7 and above and all officers.

The sessions will be conducted in building 679, room 12, Naval Station Pearl Harbor.

FMI: AFCEM (AW) Michael Cook at 473-1468 or email at [Michael.G.Cook2@navy.mil](mailto:Michael.G.Cook2@navy.mil).

Sharkey Showtimes



## Sunshine (R)

50 years into the future, the sun begins to die, and Earth is dying as a result. A team of astronauts are sent to revive the Sun - but the mission fails. Seven years later, a new team are sent to finish the mission as they are Earth's last hope.

### TODAY

7:00 PM No Reservations (PG)

### SATURDAY

2:30 PM UnderDog (PG)

4:45 PM Hairspray (PG)

7:15 PM Hot Rod (PG 13)

### SUNDAY

2:30 PM UnderDog (PG)

4:45 PM The Simpsons Movie (PG 13)

7:00 PM Sunshine (R)

### THURSDAY

7:00 PM Rescue Dawn (PG 13)



# Navy Region Hawai'i Morale Welfare and Recreation focuses on fitness

Sara Mizushima

Navy Region Hawai'i Fleet and Family Readiness, Marketing

Fitness centers are a place of health and fitness for adults. What sets Navy Region Hawai'i Morale Welfare and Recreation Fitness Program apart from the others is their involvement and focus on both the military adults and their children. By involving everyone within the family, an expanding variety of unique programs are created and offered - making fitness a family activity or event.

A main concern within any community is the welfare of the children. With kids spending much of their free time in front of the television or computer and consuming a diet high in sugar and fat, children become prime candidates for childhood obesity and even diabetes. Sports and regular playtime offer children a time to fine-tune their coordination and motor skills, but there is also another alternative that is rarely available or offered to them.

Working out at the gym with treadmills, stationary bicycles, elliptical machines and resistance machines provides specific exercises for certain muscle groups. In most gyms, it is an adult's world with no



Photo courtesy of Navy Region Hawai'i Fleet and Family Readiness, Marketing

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children in sight. This is due in part because fitness facilities don't allow children access or don't have any available programs or equipment that are specially geared for kids.

"For fitness, there was a big gap between the kids and the parents and now we have found a way to bridge the gap," said Judy Kosaka,

MWR fitness program director. The first-ever fitness center for kids called "Fit Kids" was opened in 2007 at Bloch Arena. This center is the first of its kind in the private and government sector. "This room is specifically just for kids. The equipment is smaller and made for kids because their limbs are short-

er. The equipment is easily adjustable and user-friendly," said Kosaka.

At the new Fit Kids Center, kids can call this place their own. Those ages six to 14 years of age can work out on a full-line of machines, such as the moon walker, stair stepper, treadmill and resistance machines. Children ages six to nine must be accompanied by an adult or guardian over the age of 16 years old at all times. Youth ages 10 to 14 may work out independently if they have completed the Navy youth orientation program.

Ongoing programs happening at the Fit Kids Center are the youth orientation program and youth strength program. Other youth programs that run seasonally are Ready, Set, PLAY!, GoGirlGo and Tough Teens. The exciting aspect of GoGirlGo and Tough Teens is that it "moves beyond just traditional fitness and incorporates an overall theme of wellness," said Kosaka.

For GoGirlGo, girls engage in a variety of workouts such as yoga, Pilates, kickboxing and water aerobics that build upon their self-esteem. They also learn about proper hygiene for their nails, skin and hair.

For Tough Teens, teens do healthy heart activities such as kickboxing, spinning and jump

rope. They also learn about eating for energy and hear guest speakers promoting an anti-smoking, anti-drug and anti-drinking lifestyle.

For spouses, working out when you are a stay-at-home parent can prove to be a big challenge. At Bloch Arena Fitness Center on Pearl Harbor, childcare is provided Monday through Friday for children ages six weeks to five years. At the Kid's Club, parents can drop their children off while they get in their exercise time at the fitness center.

With the help of the fitness program director, a group of stay-at-home moms got together and created a rotating schedule where one group of moms would watch the kids while the other moms worked out. Then later in the week, the moms would switch responsibilities so that everyone could get in their workout. "This allows the moms to meet other ladies who have similar backgrounds. The kids can play with others their age and they all get to exercise," said Kosaka.

For more information on any of the programs, visit [www.greatlife-hawaii.com](http://www.greatlife-hawaii.com) or call 473-0793. For more information on Lean Kids, call Mark McFarland at 479-6545 or Dr. Matt Rettke at the Tripler Army Medical Center pediatric clinic at 433-3697.



## It's an adventure

Fall Camp Adventure registration is now ongoing at Catlin Clubhouse. The day camp offers activities, crafts, games and field trips. Families can register their children from Sept.17-21. Fall Camp Adventure will be from 6 a.m. to 6 p.m. Oct. 1-5 at Catlin Clubhouse. It is open to all military and Department of Defense family members, ages five to 12. Camp fees are based on total household income. For more information, call 421-1556.

Photo courtesy of Morale Welfare and Recreation

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