



PEARL HARBOR KICKS OFF 2007 HAWAII-PACIFIC AREA COMBINED FEDERAL CAMPAIGN

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Commander Navy Region Hawaii'i

Naval Station (NAVSTA) Pearl Harbor kicked off the 2007 Hawaii-Pacific Area Combined Federal Campaign (CFC) with a plate lunch fund raiser Oct. 1 at Ward Field on board NAVSTA Pearl Harbor.

The plate lunch consisted of a hamburger, hot dog and soda for a \$3 donation and signified the beginning of this year's annual fund raising effort, which gives military members, federal employees and contract civilians of the Hawaii-Pacific Area an opportunity to pledge donations to more than 2,000 local, national and international charities.

"We have so many people here that need help from the [CFC] agencies," said Culinary Specialist 1st Class Salvador Rico, a CFC representative assigned to NAVSTA Pearl Harbor. "It's a good way to give back to the community."

According to Rico, the event was one of several scheduled fund raising efforts this week that will be used to raise awareness of the campaign and make contributions to the CFC on behalf of NAVSTA Pearl Harbor.

The theme for the 2007 Hawaii-Pacific CFC, 'Hope Lives When You Give,' sets the tone for the annual fund raiser by literally stating the difference one person can make by contributing.

"You have the potential to change someone's life through your generous donations. You have the ability to inspire hope towards the downtrodden and less fortunate through a very painless way of giving. For the cost of a latte each day, you can inspire hope and change someone's life," said Cmdr. Obra Gray, Navy coordinator for the Hawaii-Pacific Area CFC, assigned to Commander Navy Region Hawaii'i.

As one of the world's largest and most successful annual workplace charity campaigns, more than 300 CFC campaigns are held annually throughout the country and internationally to help raise millions of dollars for charitable organizations.

"The Hawaii-Pacific Area is the fourth largest in the nation [for the CFC]. Traditionally, the



Navy has contributed the overwhelming majority in the Hawaii-Pacific Area. Last year we contributed \$2,079,000," said Gray. "This year we would like to exceed that record."

The Navy has 74 units in the Hawaii-Pacific Area that are participating in the fund raising campaign this year, which equates to more than 20,000 potential contributors from submarines, surface ships and shore activities throughout the area.

"Our goal is to have 100 percent contact to give the opportunity for all Navy service members, federal employees and contract civilians to contribute," he said.

Service members and federal employees may choose to contribute through cash donations or payroll deduction, and contract civilians may contribute through cash donations.

In 2006, the Hawaii-Pacific Area pledged \$5,961,545 to CFC, which directly contributed to the \$271.6 million total in contributions and pledges that went to providing health and human service benefits throughout the world.

The mission of the CFC is to promote and support philanthropy through a program that is employee focused, cost-efficient and effective in providing all federal employees the opportunity to improve the quality of life for all.

For more information on the 2007 Hawaii-Pacific CFC or how to make a contribution, contact your command designated CFC key person or representative.



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- Cmdr. Obra Gray



Office exercises to keep you energized

Judy Kosaka

Navy Region Hawai'i Fitness Program Director

Here are some easy ways to stay energized whenever you're feeling a little sluggish at work.

Head roll: Sitting tall with both feet on the floor, lower your chin toward your chest. Relax your neck and allow your head to roll from shoulder to shoulder across the front of your chest. Inhale and lift head back up.

Shoulder shrugs: Sitting tall with both feet on the floor, inhale and lift both shoulders up toward your ears, squeeze tightly, then relax and let your shoulders drop back down. Feel the stretch in your neck and relaxation throughout your upper body. Repeat two to three times.

Eye exercises: Focus on print either on a page or your computer screen. Then shift your focus on something across the room. Repeat three to five times to give your eyes a break. Circle your eyes looking in every direction. Look side to side, up and down, without moving your head. Blink or close your eyes for a few seconds to moisten before resuming back to work.

Seated spine twist: Sitting tall with both feet on the floor, inhale and straighten your spine, reach across your body with your right hand and hold onto your left thigh. Exhale while turning your torso toward the left, looking over your shoulder. The taller you sit, the more you'll be able to turn. Repeat in the other direction.

Seated forward stretch: Sitting tall with your knees wider than your hips, inhale to prepare, and then exhale as you slowly tuck your chin and bend forward toward the floor. Imagine peeling your spine off the wall, allowing each and every vertebra to open and round your back. Allow your arms to dangle



Photo illustration

and head to hang. You should feel a comfortable stretch in your lower back. While in this position, inhale and feel the muscles in your back spread apart, then exhale and contract your stomach muscles to roll back up into your seated tall position again.

Wrist stretch: While seated, extend your arm in front about shoulder level. Keep your elbow straight and bend wrist down, pointing your fingers toward the floor. Grasp this hand with your opposite hand and gently pull your hand toward your body until you feel a stretch in this wrist. Hold for 15 seconds, then roll your wrist a few times in each direction to increase the circulation to your hands. Wiggle your fingers and bend your finger joints. Repeat on the other side.

Hip opener: While seated, place your ankle on top of the opposite thigh. Inhale to prep, then exhale as you lean forward keeping your back straight. You should feel a comfortable stretch in your hip joint and buttocks. Hold

15-20 seconds, relax, then switch sides.

Standing squats: Standing in front of your chair, push your hips back as if you were going to sit in your chair. Lower your hips and lightly touch the seat of your chair, but do not sit. Then stand back up. Repeat 10 to 15 times. This is a great way to get your circulation going again if feeling drowsy.

Desk push up: Standing with your hands shoulder width apart on the edge of your desk, sturdy chair or against a wall, inhale as you lower, bending your elbows to a comfortable position, then exhale as you press back up. Keep your abdominal muscles tight, your back straight and head in its natural position (do not drop your head down or this will cause your back to round.) Repeat 10 times.

Doorway stretch: Stand in a doorway with your hands slightly higher than your shoulders so your elbows are almost level with your shoulders. Place one foot in front of the other, then lean forward until you feel a

comfortable stretch across your chest. Maintain your upright posture to avoid overextending your lower back. Hold 15-20 seconds, relax and repeat as necessary.

Other helpful tips:

- Take the stairs.
 - Stand up during a phone call.
 - Keep a bottle of water at your desk.
 - Walk to deliver messages if within the same building.
 - Park your car farther away.
 - Bring your lunch or healthy snacks.
 - Limit or eliminate soft drinks.
 - Remember you can do as little as five to 10 minutes of activity at a time because it all adds up at the end of the day. Strive to achieve at least 30 minutes daily, then slowly increase that up to 60 minutes as you feel your energy increase.
 - Most of all, stay positive. Happy people live longer.
- It's never too late to invest in your health. Starting today could extend your life by a few extra years..



Volunteers needed for Blue Angels event

Volunteers are needed to help with the upcoming Blue Angels flight demonstration shows from Oct. 12-14 at Marine Corps Base Hawai'i – Kaneohe. Volunteers are needed to help support the food and hospitality chalets and tents. For volunteer information, call 254-7631.

'Boofest' at Bellows



Photo courtesy of Bellows Air Force Station

Bellows Air Force Station will host its ninth annual Boofest from 6-10 p.m. Oct. 19-20. The event is a pre-Halloween festival honoring military personnel, their families and friends. Come and experience the haunted woods of Bellows on the Trolley of Terror. Challenge gravity with the Rock Wall of Doom and reach frightening heights on the Boogedy Bungee Trampoline. Ready to scare, enter Bellows Manor if you dare for a spine tingling experience. Tickets are now on sale at Pearl Harbor Information, Ticket and Travel (ITT) office, Hickam ITT, Bellows and Marine Corps Base Hawai'i Kaneohe. For more information, call 259-4121.



Navy Exchange Hawai'i employees show their cultural pride at Diversity Day at the Mall at Pearl Harbor.

Navy Exchange Hawai'i employees celebrate diversity

Story and photo by Scheherezade Roundtree

Navy Exchange Hawai'i Marketing

Navy Exchange (NEX) Hawai'i is unique in that it is an organization represented by many nations. On Sept. 13, Navy Exchange employees from all walks of life came together to celebrate that uniqueness on Diversity Day at the Mall at Pearl Harbor.

Diversity Day exemplifies

the camaraderie among the employees and helps to strengthen the bond found within the Navy Exchange. Michael Cottrell, Hawai'i District Navy Exchange district manager, embraces NEX Hawai'i's diverse corporate culture and explained how events such as Diversity Day is a great means for employees to learn more about one another. "Diversity Day is really about appreciating other people's culture and their traditions, and to celebrate all the differences

of people and what they bring," said Cottrell.

For the event, NEX associates divided into seven ethnic groups: Samoan, Mexican, Chinese, Filipino, Japanese and Americans and represented that particular country's rich cultural background through an array of cuisine, traditional song and dance, or even through a comedic skit. Most surprising was the significant attendance and participation of several employees for an event that began bright and

early at 6:30 a.m. The crowd of employees began their day with hot coffee and confections and were also treated to live musical entertainment, courtesy of the NEX Facilities Band.

Diversity Day also served as a team spirit event for NEX associates, one of several held over the course of the year at the Navy Exchange. The team spirit events are an opportunity to further boost employee morale and amplify the aloha spirit for which NEX

Hawai'i is best known.

Rear Adm. T. G. Alexander, Commander, Navy Region Hawai'i and Commander, Naval Surface Group Middle Pacific, had the opportunity to experience his first NEX Hawai'i Diversity Day. "There is definitely an 'aloha spirit' that permeates the NEX here in Hawai'i and I think that is a big part of why customer and associate surveys consistently score such high marks. The blend of cultures and 'aloha spirit' of Hawai'i make it a tremen-

dously unique and wonderful place and I am very proud to serve our country here," said Alexander.

"I was most impressed by the willingness of so many to participate in celebrating our diversity and by the enthusiasm of all the participants. Everyone not only fully embraces the diverse workforce that is the NEX, but really enjoys the opportunity to work with and know folks from so many different backgrounds," continued Alexander.

Tess's Funny Honeys

Photo courtesy of Morale, Welfare and Recreation

Tess's Funny Honeys, an all-female comedy cast, will be at After Dark at Beemans at 9 p.m. Saturday. The event will feature comedienne Tess Drake, April Macie, Melinda Hill, Shayma Tash and Sarah Tiana. The event is free and open to all military-affiliated personnel and sponsored guests. Attendees must be 18 years and older due to the adult-themed content. The comedy show is presented by Armed Forces Entertainment and Navy Region Hawai'i MWR. Tickets will not be distributed. FMI: 473-0606 or visit www.greatlifehawaii.com.

Doris Miller Loop renovation completed

Forest City Military Communities

The quality of life for the residents of Doris Miller Loop increased dramatically as Forest City Military Communities completed the Doris Miller Loop Renovation project on Aug. 29.

Renovations to the 56 units included installation of energy efficient centralized air conditioning units, the insulation of the walls and the roof, new shingle roofs and rain gutter systems, vinyl

siding and rear privacy fences. Trash enclosures have also been constructed next to the carports.

To improve the security of the neighborhood, alarm systems have been installed in each unit. In addition to the housing renovations, the landscaping and tot lots were revitalized with fresh grass and plants. The new irrigation system throughout the common areas maintains the vibrant colors of the neighborhood landscaping.

The project started in May,

2007 when residents were relocated from the first buildings. As the renovation progressed, deliberate efforts were made to move most of the original residents back into the finished units. Enabling the residents to return and maintain their community was only achieved by close coordination between Forest City Residential Management, Forest City Construction Management and the general contractor, Hunt Building Company, Ltd.

Skylark CENTRAL

Find these 29 words of **People** we learn from
WORD SEARCH

- ADVISER GUIDE
- NANNY
- CHAPERON
- GURU
- PARENT
- CHAPLAIN
- HEADMASTER
- PRECEPTOR
- COACH
- INSTRUCTOR
- PROFESSOR
- COMMANDING
- LECTURER
- SCOUTMASTER
- COUNSELOR
- MANAGER
- SUPERVISOR
- DRILL
- SERGEANT
- MASTER
- TEACHER
- EDUCATOR
- MENTOR
- TRAINER
- FOREMAN
- MINISTER
- TUTOR
- GOVERNESS
- MULLAH

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

Who said it?

"IT'S THE PRICE OF LEADERSHIP
TO DO THE THING YOU BELIEVE
HAS TO BE DONE
AT THE TIME IT MUST BE DONE."

Answer to last week's WHO SAID IT?

"Leadership under
pressure will often entail
being a moralist, jurist,
teacher, steward and
philosopher."

- Adm. James B. Stockdale



Find these 35 names of **Bays** located around the world.
WORD SEARCH SOLUTION

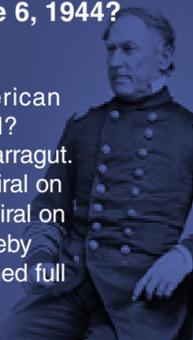
- BAFFIN
- BOSTON
- CARDIGAN
- DONEGAL
- GREAT SOUTH
- LYME
- MONTEREY
- PORT PHILLIP
- SAN PABLO
- CHESAPEAKE
- BENGAL
- BOTANY
- MANILA
- FUNDY
- GREEN
- TAMPA
- NAPLES
- SAGINAW
- CHINCOTEAGUE
- BISCAY
- BRISTOL
- MASSACHUSETTS
- GALVESTON
- GUANTANAMO
- THUNDER
- NARRAGANSETT
- SAN DIEGO
- DELAWARE
- BISCAYNE
- BUZZARD'S
- MOBILE
- GALWAY
- HUDSON
- PENOBSCOT
- SAN FRANCISCO

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

Q. What was the only U.S. battleship to be present at both the Japanese attack on Pearl Harbor, on December 7, 1941, and at the D-Day invasion, on June 6, 1944?

Last week's question...

Who was the first Hispanic-American to reach the rank of admiral?
Answer... He was David Glasgow Farragut. Farragut was promoted to vice admiral on December 21, 1864, and to full admiral on July 25, 1866, after the war, thereby becoming the first person to be named full admiral in the Navy's history.



Navy Region Hawai'i Manawa Nanea

Morale Welfare & Recreation

NAVY HOMESCHOOL GROUP INFORMATION MEETING

An informational meeting about the Navy Homeschool Group will be held at 10 a.m. Oct. 12 at Catlin Clubhouse. All active duty Navy family members who homeschool their children are invited to learn more about this program. FMI: Ruth Davis, school liaison officer, at 474-1999, ext. 6316.



ARIZONA POOL WINTER HOURS

Arizona Pool is now on its winter hour schedule for youth and family recreational swimming on the following days: 3-6 p.m. Wednesday through Friday and 11 a.m. - 5 p.m. Saturday and Sunday. FMI: 472-7582.

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

Community Calendar

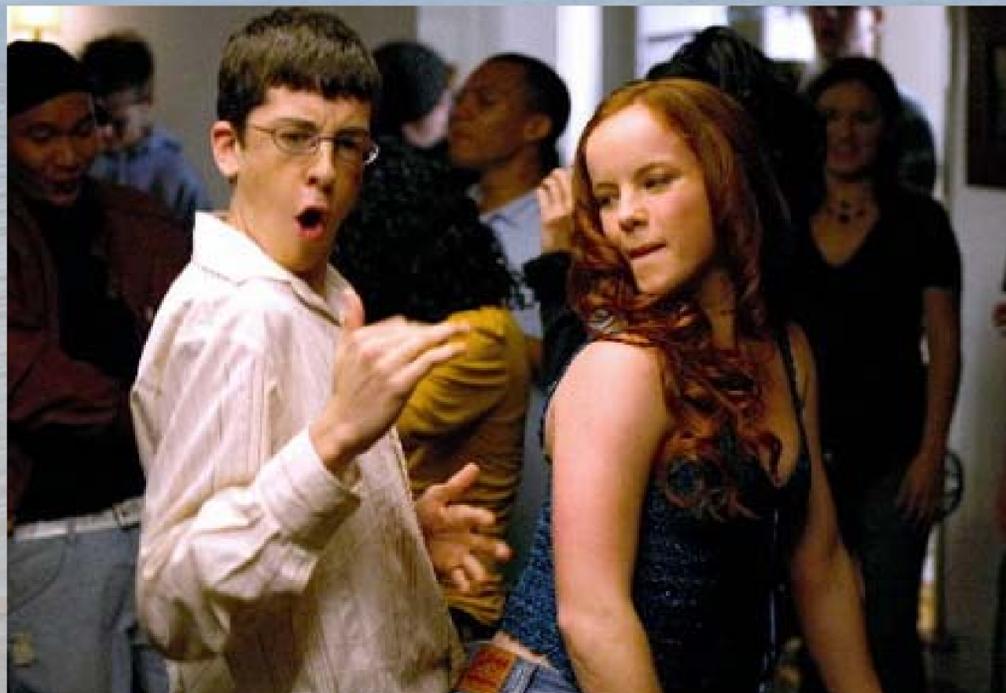
October

Now - Primary elections are only months away so it's time now to register to vote. Your vote counts and so do the votes of your eligible family members. This is one way you can make a difference. Remember, you fought hard to protect the right to vote and you are entitled to exercise that right. See your command voting assistance officer for more information or visit www.fvap.gov to download a free online federal postcard application (OFPCA). FMI: 473-1280.



6-7 - The American Indian Powwow Association will host its 33rd Annual Intertribal Honoring Our Veterans Powwow from 10 a.m.- 5 p.m. at Thomas Square, Honolulu, Hawai'i. The event, sponsored by the Office of Hawaiian Affairs and in part by Muckleshoot Indian tribes, will feature American Indian arts and crafts, food, drumming and singing. FMI: 235-4670 or 953-0383.

Sharkey Showtimes



Superbad (R)

Two co-dependent high school guys want to hook up with girls before they graduate and go off to different colleges but, after a calamitous night just trying to buy alcohol for a school party, overcoming their separation anxiety becomes a greater challenge than getting the girls.

TODAY

7:00 PM Superbad (R)

SATURDAY

2:30 PM Mr. Bean's Holiday (G)

4:45 PM The Invasion (PG 13)

7:00 PM Resurrecting the Champ (PG 13)

SUNDAY

2:30 PM Daddy Day Camp (PG)

4:45 PM Mr. Bean's Holiday (G)

7:00 PM Rush Hour 3 (PG 13)

THURSDAY

7:00 PM Superbad (R)

