

Springfest 2008 celebrates Month of the Military Child



Story and photos by
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Contributing Writer

Spring was definitely in the air April 12 as Navy Region Hawai'i Morale, Welfare and Recreation (MWR) hosted its annual Springfest, an event celebrating the Month of the Military Child.

Hundreds of people from the military community flocked to the field near the Navy Lodge on Ford Island to participate in the annual spring festival. "The event featured a variety of entertainment and fun, family-friendly activities with a health-conscious twist," said Lara Katine, MWR's special events coordinator.

"This is our opportunity to give back to military children and give them a great experience," she said. "This year's theme is promoting a healthy lifestyle and alternatives for children. We want to find ways kids can be active, but still get quality leisure activities."

Katine said that the event would include three hours of healthy activities and quality family time. Festival activities



involved with physical activities. Other event features included "keiki" cooking demonstrations, a fat-free smoothie station and a free tennis clinic for interested children.

This year's entertainment showcased the comedic dancing duo, Alfred and Seymore, the Sunshine Generation and the Dolphin Ka'ahumanu Singers, featuring Ka'ahumanu Elementary students.

An Army spouse said she appreciated the health-conscious theme at this year's event. "This event is so great because it is something the kids love and also something that can involve the whole family," she said. "What I love is that my kids are not on the couch and playing their video games. They are outside and involved with fun, learning activities."

Hull Maintenance Technician 2nd Class (SW) Tom LiBrizzi of Pearl Harbor Naval Shipyard said Springfest is one of his family's favorite events of the year. "I think this [event] is the best thing

advantage of these events," he said. "It is a great thing that is offered to us and I always try to tell everyone I know about them. We look forward to these events all the time and so do our kids. It is something great you can do for your whole family," he added.

Springfest is one of many events throughout the month that honors the military child. Since 1983, April has been designated as the Month of the Military Child and provides a platform to emphasize the importance of providing children of military service members with quality services to help them adjust to the mobile military lifestyle.

This year's Springfest was free and open to all active-duty military, family members,

Department of Defense civilians, reservists, retirees and their sponsored guests. For



information about upcoming MWR events, visit www.greatlife-hawaii.com.



ties included a child-friendly obstacle course, climbing wall and a fit-factor fun program geared to keep youth

that MWR does for the military," he said. "My wife and I bring out our kids to their events all the time."

LiBrizzi said he hopes to encourage more military families to take part in MWR-sponsored events. "I think more people should take



Barbers Point Golf Course driving range re-opens



U.S. Navy photo by Kathy Isobe

Active duty service members and other eligible Morale, Welfare and Recreation patrons hit a few at the newly reopened Barbers Point Golf Course driving range. Hours of operation are 6:30 a.m. to 6 p.m. daily except Tuesdays and Thursdays, when the range opens at 10:30 a.m. due to maintenance. Buckets of balls are available for \$2 (35 balls) and \$4 (70 balls). For more information or to make reservations, call the Barbers Point Pro Shop at 682-1911.

Navy College to sponsor online career training

Navy College Office

The Navy College Office will sponsor Allied Schools online career training in an informational seminar for active duty members and spouses.

Both can study at the school, utilizing tuition assistance and the military spouse career

advancement account funding, respectively.

The event will be held at 11:30 a.m. and 3 p.m. April 23 at the Navy College Office, building 679, room 24B in the Naval Station Training Complex, Pearl Harbor, Hawai'i.

Military family training programs include medical transcrip-

tion, medical coding, medical billing, home inspection, small business management, real estate appraiser, real estate salesperson, etc.

Those attending will qualify for a laptop drawing.

For more information, call the director, Navy College Office at 473-5754.



Observe Earth Month with Navy Region Hawai'i events

Karen S. Spangler

Editor

Navy Region Hawai'i will host the 5th Annual Navy Region Hawai'i 2008 Earth Day Fair from 10 a.m. to 2 p.m. Saturday at the Navy Exchange (NEX) Pearl Harbor, offering a variety of informational activities, interactive displays and giveaways. The event is free and open to the public.

The annual Navy Earth Day fair is one of many events around the state to celebrate Earth Day on April 22. Through the combined efforts of federal, state and local government agencies, grassroots organizations and citizens, Earth Day, which started as a day of national environmental recognition, has evolved into a worldwide campaign to protect our global environment.

The Federal Fire Department band, Hui Mele Na Kina'i Ahi, will kick off the event with live music. The department will also feature its 'house of environmental hazards,' hazmat truck, special operations trailer and other interactive displays.

Matt Flach, Naval Facilities Engineering Command Hawai'i landscape architect, will give a presentation on xeriscape landscaping. The NEX outdoor living shop will feature a xeriscape planting tent and composting and keiki potting demos.

Navy Region Hawai'i Morale, Welfare and Recreation (MWR) will host an outdoor recreation program booth and participants will be able to test their physical stamina on MWR's rock wall.

The Navy Recycling Center will host two contests and award prizes to the winners. One contest will be at 1 p.m. on stage and will test the participants' recycling sorting abilities. In the second competition, fair attendees will have an opportunity to guess the number of newspapers contained in a bale of recycled paper.

Participants will learn more about

how to "be an every day environmental hero" from the City and County of Honolulu Department of Environmental Services.

Other exhibitors will include Hawaiian Electric Company, National Oceanic and Atmospheric Administration (NOAA) Hawaiian Island Humpback Whale Sanctuary, State of Hawai'i Department of Transportation Highways Division, U. S. Coast Guard Sea Partners, Naval Maritime Forecast Center & Joint Typhoon Warning, Navy Hawai'i Energy Team and Navy Restoration Program.

Navy Region Hawai'i, City and County of Honolulu Department of Environmental Services, Lions Club and other agencies will lead a cleanup of the Pearl Harbor bike path from 8 a.m. to noon on Saturday. Volunteers should meet at Neal S. Blaisdell Park, park on site, and look for the Earth Day banner. They will remove litter and debris from the Pearl Harbor bike path, from the Aiea Bay State Recreational Park to Waipahu Depot Road, including Kapakahi Stream. For more information, contact volunteer coordinator Lt. Maria Navarro, maria.vnavarro@navy.mil, 473-5752.

Other Navy Region Hawai'i Earth Month projects will include a road cleanup and base beautification project today at Naval Computer and Telecommunications Area Master Station.

Afloat Training Group Middle Pacific will hold an Earth Day cleanup beginning on April 22 at Rainbow Bay Marina. Volunteers will clear rocks at the marina's kayak landing and clean the area from the Pacific Fleet boathouse to Richardson Pool. For more information, contact Senior Chief Fire Controlman Craig Hohnstein at 472-8881, ext. 370.

Sailors at Pacific Missile Range Facility at Barking Sands, Kauai will hold a beach cleanup and cultural walk on April 29. Waimea High School and Niihau (Kekaha) schools will also participate. For more information about the PMRF project, call 471-6740.

Skylark CENTRAL

WORD SEARCH
Find 35 words used to call out different kinds of **Noises**

BARK	SQUEAL	YAWP	K Q T C R Y Y O C A C
HALLOO	BELLOW	CATERWAUL	E H G U A L E T Y E A
SQUAWK	HOOT	SCREAM	I N L W O H L L A C T
BAWL	THUNDER	YELL	R C P E R H L H P H E
HOLLER	BLARE	CLAMOR	H Y N E E K S U U A R
	HOWL	SCREECH	S C R O W C E N L O W
	WAIL	YELP	C Q E A R O D H M A A
	BOOM	CROW	E H U E E E L A I U U
	KEEN	SHOUT	H Q A E R X L L L R L
	WHOO	YIP	S M C C A C K L E H A
	CAKLE	CRY	S Q U A L L S O O B L
	LAUGH	SHRIEK	Q P T W B A P O O H W
	YAP	YOWL	U I O A U I T O C H A
	CALL	EXCLAIM	C Y L A A M M K R A B
	ROAR	SQUALL	

WHO SAID IT?
"Be civil to all; sociable to many; familiar with few; friend to one; enemy to none."

LAST WEEK'S WHO SAID IT?
 "OUR OBLIGATIONS TO OUR COUNTRY NEVER CEASE BUT WITH OUR LIVES."
 - JOHN ADAMS

WORD SEARCH SOLUTION
Find 36 words containing **DOG**

BIRD-DOG	DOG-EAT-DOG	DOG-CATCHER
DOGGED	DOGGY	DOGMA
DOGWATCH	LAPDOG	SHEEPDOG
BULLDOG	DOG-PADDLE	DOGFACE
DOGGEREL	DOGHOUSE	DOGSBODY
DOGWOOD	OVERDOG	UNDERDOG
DOG-AND-PONY	DOGBANE	DOGFIGHT
DOGGISH	DOGIE	DOGSLED
HANGDOG	PYEDOG	WATCHDOG
DOG-EAR	DOGCART	DOGFISH
DOGGONE	DOGLEG	DOGTROT
HOTDOG	SHAGGY-DOG	YELLOW-DOG

This Week's Trivia
Who is credited for creating Navy SEALs?

Last Week's Question:
 "Take Her Down" - these famous words were spoken by Commander H. W. Gilmore as he lay wounded on the deck of which submarine in WWII?

Answer:
 SS Growler (SS 215)

Navy Region Hawai'i Manawa Nanea

LEISURE

Morale Welfare & Recreation

SWIM CLINIC FOR KIDS

Navy Region Hawai'i Morale, Welfare and Recreation (MWR) has announced an introductory swimming clinic for the kid's summer swim program from 9-11 a.m. every Saturday in April. The clinic is free to families and children who want to meet swim instructors and evaluate swimming skill levels. FMI: 473-0394.

SINGLE SAILORS TRIP TO WAIKIKI

A special Waikiki excursion exclusively for singles Sailors is set for April 19. Sailors will be able to enjoy the world famous Waikiki beach as well as enjoy leisure activities such as swimming, sailing, shopping and eating out. Interested Sailors need to meet at Liberty in Paradise to depart at 10 a.m. for free transportation to Waikiki. Bring spending money. The event is free and open to Single Sailors only. FMI: 473-4279.



FAMILY FUN AIEA LOOP HIKE

Military families can enjoy this easy hike on April 23 at 9 a.m. The trek will include crossing a small valley at the end and back out with nice views of the Waianae Range, Halawa Valley and H-3. The cost is \$7 per person and transportation is provided. Register for the event by April 21 at the outdoor adventure center. FMI: 473-1198.

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

Community Calendar

April

19- Navy Region Hawai'i and the Navy Exchange Pearl Harbor (NEX) will host this year's Earth Day Environmental Fair from 10 a.m. to 2 p.m. in the courtyard of the NEX. The fair will offer the latest earth-friendly products as well as energy saving tips to improve the environment. FMI: visit www.greatlifehawaii.com.



22 -The Fleet Family Support Center will offer an anger management class for military families (all ages) from 8-11 a.m. at the Moanalua Navy Services Center at 4827 Bougainville Drive. The class is free and open to active duty personnel and their sponsored guests. FMI: 474-1999.

25-27 - The Navy Exchange Pearl Harbor (NEX) will host a fitness and wellness expo that will feature interactive displays, demonstrations, giveaways and more. Other demonstrations will include mini-massages, health treats and getting your insoles mapped for free with the latest in footmapping technology. FMI: 423-3330.

Sharkey Showtimes



Step Up 2: The Streets (PG 13)

When rebellious street dancer Andie lands at the elite Maryland School of the Arts, she finds herself fighting to fit in while also trying to hold onto her old life. When she joins forces with the school's hottest dancer Chase to form a crew of classmate outcasts to compete in Baltimore's underground dance battle The Streets, she ultimately finds a way to live her dream while building a bridge between her two separate worlds.

TODAY

7:00 PM Step Up 2: The Streets (PG 13)

SATURDAY

2:30 PM College Road Trip (G)
4:45 PM Witless Protection (PG 13)
7:00 PM Vantage Point (PG 13)

SUNDAY

2:30 PM College Road Trip (G)
4:45 PM Jumper (PG 13)
7:00 PM Step Up 2: The Streets (PG 13)

SUNDAY

7:00 PM Semi Pro (R)



Silver Dolphin Bistro

Lunch Menu for April 21-27

• Monday •

Tomato noodle soup, grilled veal steak, Bombay chicken, Franconia potatoes, rice pilaf, brown gravy, steamed mixed vegetables, steamed peas and onions, hot dinner rolls, pumpkin pie, pineapple upside down cake.

• Tuesday •

Chicken noodle soup, beef broccoli, baked fish portions, parsleyed potatoes, steamed rice, steamed cauliflower, steamed green beans, hot dinner rolls, gingerbread, peach pie, filled cake.

• Wednesday (Mexican fiesta) •

Mexican onion soup, chicken fajita, pork chalupa, beef enchiladas, Mexican rice, refried beans, taco salad, Mexican corn, hot pandesal, assorted ice creams, chocolate chip cookies, apple pie, maple nut cake.

• Thursday •

Beef onion soup, turkey pot pie, pork and peas, steamed rice, noodles Jefferson, simmered Brussels sprouts, cauliflower polonaise, hot biscuits, white cake, sugar cookies, pumpkin pie.

• Friday •

Chicken vegetable soup, beef lasagna, tempura fish, oven glo potatoes, rice pilaf, steamed carrots and celery, steamed spinach, toasted garlic bread, peach shortcake, pineapple pie, cheese cake.

• Saturday •

Cream of mushroom soup, charbroiled hamburgers/cheeseburgers/frankfurters, shrimp jambalaya, vegetable combo, hot dinner rolls, apple crisp, peach pie.

• Sunday •

Chicken gumbo soup, charbroiled hamburgers/cheeseburgers/frankfurters, grilled Reuben sandwiches, oven glo potatoes, baked beans, vegetable combo, vanilla cream pie, spice cake, pecan pie.

Dinner Menu for April 21-27

• Monday •

Corn chowder soup, sweet and sour pork spareribs, southern fried catfish, au gratin potatoes, steamed rice, herbed broccoli, steamed carrots, hot pandesal, meringue, oatmeal cookies, Boston cream pie, lemon meringue pie.

• Tuesday •

Beef barley soup, Caribbean chicken, beef brogul, mix gravy, paprika potatoes, steamed rice, simmered spinach, eggplant parmesan, hot dinner rolls, peach shortcake, cream puffs, blueberry pie.

• Wednesday •

Logging soup, herbed chicken, beef sauerbraten, chicken gravy, orange rice, mashed potatoes, steamed zucchini, steamed asparagus, hot pandesal, assorted ice creams, applesauce cake, chewy nut bars, strawberry chiffon pie.

• Thursday •

Chicken rice soup, country fried steak, Creole fish, natural gravy, baked potatoes, steamed rice, steamed broccoli, sautéed mushrooms and onions, hot French bread, brownies, cherry crunch, pineapple pie.

• Friday •

Manhattan clam chowder, hot and spicy chicken, beef yakisoba, Filipino fried rice, O'Brien potatoes, French fried okra, fried cabbage, hot pandesal, easy chocolate cake, chocolate chip cookies, cherry pie.

• Saturday •

Mulligatawny soup, Cajun meat loaf, baked turkey and noodles, brown gravy, mashed potatoes, steamed rice, steamed wax beans, steamed mixed vegetables, hot dinner rolls, lemon cookies, chocolate cream pudding, éclairs, cheesecake.

• Sunday •

Beef bouillon soup, grilled pork chops, chicken cacciatore, tossed green rice, rissole potatoes, steamed whole kernel corn, simmered peas and carrots, hot cornbread, chocolate chip cookies, coconut cake, rainbow pie.

*A salad bar, dessert bar and beverage bar are also available for each lunch and dinner meal.

Note: The galley may make changes to this menu when necessary to provide substitutions.

STORY IDEAS?

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

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Hawaii Navy News