



Navy divers get their feet wet with NJROTC cadets



Story and photos by
MC1 James E. Foehl

Navy Region Hawai'i Public
Affairs

Eight Navy divers from Pearl Harbor Naval Shipyard (PHNSY) Regional Dive Locker provided water survival skills training for 90 Navy Junior

Reserve Officer Training Corps (NJROTC) cadets at Pearl Harbor, Hawai'i on July 10 -11.

The two-day water survival skills training was part of the Hawai'i NJROTC 2008 Leadership Academy and provided cadets with life raft familiarization, basic swimmer techniques and abandon ship procedures.

"I think it's important for them to come out here and have fun," said Navy Diver 1st Class (DSW/SW) Jeff Nodine, assigned to PHNSY Regional Dive Locker. "It's like being in military school while they're here. This is usually their favorite time during the NJROTC [training]."

During the training at Richardson Pool, cadets spent their time building confidence in the water, learning how to flip a life raft,

refining basic swimming strokes, and survival techniques.

"A lot of people swim with their head above the water and waste a lot of movement in their strokes, so I try to help them become as hydro-dynamic as I can," said Nodine. "One of my favorite terms is "spoons not forks," make your hands cup instead of trying to swim with your hands apart."

By the second day of training "you can already see the difference. They're more confident putting their head in the water and stuff like that," explained Nodine.

Additionally, cadets performed timed-races, learned to use their pants as a floatation device, and played water polo to help develop teamwork skills.

Each year,

the Hawai'i NJROTC 2008 Leadership Academy brings together students from all over the Pacific region, including cadets from Japan, Guam, Hawai'i, Alaska and the western continental United States.

The 10-day course focuses on leadership, academics and physical training through activities such as water survival, sailing, kayaking, military drill, physical fitness tests and classroom training.

"The Hawai'i Leadership Academy puts 100 kids together from all over [the nation]," said U.S. Navy Retired Radioman 1st Class (SW) Gail Johnson, a Hawai'i NJROTC 2008 Leadership Academy instructor from Las Vegas, Nev.

According to Johnson, the time students spend interacting with Sailors

enhances their overall perspective of the Navy and serves as a great recruiting tool.

"It gets them into a real picture with real people, instead of just seeing it on TV or in a game," said Johnson. "These kids are juniors and seniors - they're making their career decisions right now."

The purpose of the NJROTC program is to instill the values of citizenship, service, personal responsibility and a sense of accomplishment in students of the U.S.

For more information about NJROTC, visit <https://www.njrotc.navy.mil>.



Commentary

Window on Pearl Harbor

Karen S. Spangler, Editor

karen.spangler@navy.mil



Lazy days of summer

Karen S. Spangler

Editor

Those lazy, hazy, crazy days of summer are upon us – even hazier on some days as Pele spews on the Big Island and vog floats over the island chain. The kids have taken their final exams and schools are out for summer break.

If you aren't quite sure what to do, check out the variety of activities offered through Morale, Welfare and Recreation at base swimming pools, clubs, outdoor recreation and special events. For off base activities, the Information, Ticket and Travel offices which offer a variety of tickets at discounted prices.

To feed your appetite, eateries on the island run the gamut from small local spots where you can have a tasty meal or snack for just a bit of pocket change...to acclaimed, fine dining restaurants where you can easily spend more than \$100 for dinner and drinks...and everything in between.

By doing a bit more research into the archives of Hawai'i Navy News online, you can also find numerous articles in the features section which provide information on a myriad of activities, both on base and off base. Visit <https://www.cnic.navy.mil/hawaii/index.htm>.

With the escalating costs of air travel to the mainland, it may not be possible to take a trip to Vegas or Disneyland during summer vacation. But it's a good time to take advantage of the kama'aina and military rates which many of the local hotels are now offering. Pamper yourself for an extended weekend of total luxury – lounging around the pool, watching some of the best in local-style entertainment, enjoying a taste of the islands at renowned hotel restaurants and other "ono" eating establishments. Or just languish in your hotel room and treat yourself to room service.

Invest in a tourist guidebook, jump in the car and take a leisurely drive around the island. Stop whenever and wherever you want to stop – and enjoy some of the best that the island has to offer off the beaten path. You could pack a cooler with picnic goodies and some cold drinks and stop at a quiet spot along the way for lunch.

Take along your camera and photograph scenic spots as you traverse Oahu. Or just throw a blanket on the white sand of one of Oahu's many beaches – as the sun sinks in the sky – and enjoy the smell and sight of the ocean along with a gorgeous sunset.

Inevitably, there will come a time during these summer months when your children will begin to complain,

"We're so bored. We don't have anything to do."

Amazingly, this often happens right after you have spent a day chock full of fun activities and it's all you can do to drag yourself in the front door and land in the nearest easy chair. But the kids are still in overdrive.

When the rumblings of boredom start to be more than I want to deal with, I have a tried and true method of nipping this in the bud. "That's fine," I say, smiling sweetly. "I can give you a list of things that need to be done around the house and yard so that you won't be bored. And, aren't you lucky? I just revised it...and it's even longer. Just a minute...I'll go and get it"

This usually evokes dark stares, and coincidentally, they quickly remember things they would like to do so they won't be bored. In fact, they will be able to keep themselves so "unbored" that it's highly unlikely that they will ever come and ask you for the list.

And take heart, soon it will be time to shop for school supplies and clothes before the keiki return to school.

But the most important thing – be sure to be safe, enjoy yourself, relax and have fun.

Have a great summer and a fine Navy day!



Navy Exchange Hawai'i to host emergency preparedness expo

Scheherezade Roundtree

Navy Exchange Hawai'i Marketing

The Navy Exchange (NEX) Mall at Pearl Harbor will host an emergency preparedness expo from 10 a.m.-2 p.m. July 26 at the Mall rotunda. The America Red Cross-Hawai'i Chapter, Navy Region Emergency Management, City and County of Honolulu Department of Emergency Management and Hawaiian Humane Society will be present to discuss the importance and effectiveness of emergency preparation, supply families with helpful information, and answer questions and address concerns.

NEX patrons will also have the opportunity to inquire about volunteer and community outreach programs that are available. For more information, call the Navy Exchange at 423-3330.

Free classified advertising for military in Hawaii Navy News

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 lkameshi@honolulu.gannett.com), by phone at 521-9111 or by visiting 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.

To report...

Fraud, Waste or Abuse

Contact Commander, Navy Region Hawai'i Inspector General

- ✓ We are here to help
- ✓ You can remain anonymous
- ✓ Remember to use your chain of command first

HOTLINE: 808-473-1782

EMAIL: prlh-cnrhig@navy.mil

Family members to receive help during periods of transition

Bruce Moody

Commander, Navy Installations Command Public Affairs

Commander, Navy Installations Command (CNIC) is creating the position of school liaison officer (SLO) to serve as a link between Navy families and schools.

Development of the SLO program is in the final stages. Vice Adm. Bob Conway ensured the program was introduced to region commanders at the Navy Installations Command board of directors meeting on June 10-12 at Naval Base Kitsap.

SLOs will work with local school districts to ensure school personnel are aware of the stress military families may face due to frequent moves and extended deployments.

Civilian employees of CNIC's child and youth program (CYP) will fill the SLO positions.

School issues have been raised as a quality of life issue for Navy families, according to Chuck Clymer, CYP manager.

"Navy leadership is proactively addressing this by

establishing school liaison officers with the intent to level the playing field for transitioning military children and youth," said Clymer.

Clymer said there is a need for SLOs because Navy children move an average of every 2.9 years and attend up to nine different schools by graduation.

Argus Survey results show that the fourth most often reason for leaving the Navy is impact on family.

SLOs will help prepare students, parents, schools and Navy leaders respond to permanent-change-of-station (PCS) and deployment issues impacting school-age children. They will help Navy families be the best "advocates" for their child's education.

They also will connect the Navy Child and Youth Education Services' youth sponsorship program to school districts serving Navy families.

"[SLOs] will work closely with local school personnel to identify and resolve issues that impact transitioning military students and will serve as a link between military families and schools during in and out-processing periods and deployments,"

Clymer said.

To make the connection, CYP will work very closely with Fleet and Family Support, providing deployment support, counseling and advocacy, relocation assistance and ombudsman support. SLOs will also link with services and programs delivered to Navy families in the Exceptional Family Member

Program. They will be the primary advisor to commanding officers and staff on matters relating to schools serving the installation.

SLOs will be hired as non-appropriated funds employees and will work in Navy child and youth programs worldwide at either the installation or Navy region level, depending on the mission requirements at each location.

Navy SLOs will provide six core services:

- School transition services: The focus is on permanent-change-of-station moves and "leveling playing field" for transitioning military children and youth.

- 8 Deployment support: SLOs will serve as a conduit, connecting educators to the Navy deployment support system to inform educators on the cycles of deployment

and tools that are available to assist them when working with Navy children.

- Command, school, community communications: The SLO will provide support as the subject matter expert for commanders on K-12 issues to connect command, schools and community resources.

- Home school linkage and support: SLOs will assist Navy families by gathering and sharing information on home schooling issues,

policies and legislation from local school districts. In addition, they will leverage Navy CYP resources to support these families.

- Partnerships in Education (PIE): PIE creates a volunteer network of resources to support all installation and community members who have a stake in the success of all youth.

- Post-secondary preparations: SLOs will leverage installation and school resources to provide graduat-

ing military students access to post-secondary information and opportunities.

"This summer, CYES will begin hiring Navy region-level SLOs, followed by installation-level SLOs by the end of the summer through the fall," Clymer said. "Most Navy installations will have at least one SLO. Where we have a small installation, child and youth education services will be delivered from within an existing CYP function."



STORY IDEAS?

Contact the HNN editor for guidelines and story/photo submission requirements:
Phone: (808) 473-2888
 Email: hnn@honoluluadvertiser.com
Hawaii Navy News

GOT SPORTS

hnn@honoluluadvertiser.com

Phone: (808)473-2888

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



Skylark CENTRAL

WORD SEARCH
Find these 38 different types of Enclosures

ATRIUM	PADDOCK	C L C Y E N D E C N E F O S
COURTYARD	SQUARE	T R A P M A R P R A O T I Y
PIGSTY	CLOSE	E R I R K R A W L U B C T T
BARNYARD	PALING	D O S B R L Y B O O T H A S
CRIB	STALL	D Q Q Q I O K L N N U S P G
QUADRANGLE	COMPARTMENT	E R U S O L C N E O T P A I
BOOTH	PALISADE	W M A A L C O M P O U N D P
DOVECOTE	STOCKADE	R D R Y D A T A C E Y O D C
RAILING	COMPOUND	E B E A T R S K O A V P O T
BULWARK	PARAPET	B T E P A R A P W E G A C L
ENCLOSURE	STOCKYARD	M R C P O D U N C O O P K L
RAMPART	COOP	A U M O E E U O G E A W R L
CAGE	PASTURE	H O M U I R T A C L L A T S
FENCE	WALL	C C L O S E O P I O E L Q R
ROOM	CORRAL	F O L D R A Y N R A B L N L
CELL	PATIO	C T R C I K G N I L I A R P
FOLD	YARD	
RUNWAY	COURT	
CHAMBER	PEN	

WHO SAID IT?
"OPPORTUNITY IS MISSED BY MOST PEOPLE BECAUSE IT IS DRESSED IN OVERALLS AND LOOKS LIKE WORK."

LAST WEEK'S WHO SAID IT?
"We can't all be heroes because somebody has to sit on the curb and clap as they go by."
- Will Rogers

WORD SEARCH
Find these 18 forms of Water

CLOUD	FROST	W E D R H E T M D
MIST	SLEET	O A Y I H S I D R
SPRAY	VAPOR	N D T M T S Y U A
DEW	HAIL	S L E E T F U O N
RAIN	SLUSH	P I A G R I V L E
STEAM	VIRGA	R M R O P A V C S
FOG	ICE	A F S F I L I A H
RIME	SNOW	Y T S R T A I N A
TEAR	WATER	

This Week's Trivia
In 1908 The Great White Fleet visited Monterey, Calif. from May 1-4. The posh Hotel Del Monte hosted a grand ball for the officers of the fleet. The Del Monte was later to become the headquarters for the Navy. What was it to become?

Last Week's Question:
What country was U.S. General Douglas MacArthur referring to when he famously proclaimed "I shall return"?

Answer:
Philippines

Navy Region Hawai'i Manawa Nanea

LEISURE

Morale Welfare & Recreation

FAMILY FUN AND MOVIE NIGHT

The film "August Rush" (rated PG) will be the featured outdoor movie for the free Family Fun and Movie Night on Saturday at Ford Island. The activities will begin at 6:30 p.m. with games, bounce houses and free cotton candy. The movie will begin at 7:45 p.m. Free popcorn will be available before start time. Bring blankets and lawn chairs. Children under 10 years of age must be accompanied by someone 16 years or older. FMI: 471-8658.

FLAG FOOTBALL AND CHEERLEADING

Navy Region Hawai'i Morale, Welfare and Recreation (MWR) youth sports will partner with the Hawai'i Military Youth Athletic Association (HMYAA) to host a flag football and cheerleading league. The league is open to all authorized military youth, ages five-15 years old, including those from Hickam and Kaneohe Bay. Registration will be held through Aug. 8. The cost for the football league is \$60 and cheerleading is \$80. FMI: 474-3501.



HIKE AND SWIM WITH OAC

Join the outdoor adventure center (OAC) for a Diamond Head hike followed by a cool-down at Cromwells on July 26. The cost is \$10 and the event is open to all eligible MWR patrons, including active duty service members, Department of Defense civilian employees and their families. FMI: 473-1198.

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

Community Calendar

July

July 19 ~ The Navy Exchange (NEX) will host its annual Reading is Cool event from 10 a.m.-2 p.m. July 19. Special guest readers and Clifford the Big Red Dog will be present at the event. Children will also be eligible to receive special giveaways and have a chance to win more prizes at the High School Musical/Hanna Montana Look-a-Like Contest. FMI: 423-3330.



Photo courtesy of Roxy Surf

July 26 ~ Roxy surfer Crystal Dzigas will make a special appearance at the NEX for an autograph signing from noon-2 p.m. Patrons can receive a free gift with purchase and also enter a special drawing for a chance to win a \$50 NEX gift card. FMI: 423-3330

July 26 ~ An emergency preparedness expo will be presented from 10 a.m.-2 p.m. at the rotunda of the NEX. The event will provide emergency-related information, demonstrations and resources to help keep patrons safe. FMI: 423-3330.

Sharkey Showtimes



You Don't Mess With the Zohan (PG 13)

Zohan, an Israeli commando, fakes his own death in order to pursue his dream: becoming a hairstylist in New York.

TODAY

7:00 PM Speed Racer (PG)

SATURDAY

2:30 PM The Chronicles of Narnia (PG)
5:15 PM You Don't Mess With the Zohan (PG 13)
7:30 PM The Strangers (R)

SUNDAY

2:30 PM The Chronicles of Narnia (PG 13)
5:15 PM You Don't Mess With the Zohan (PG 13)
7:30 PM Sex and the City (R)



Sea cadets graduate aboard Battleship Missouri

Missouri Memorial Association

The Battleship Missouri Sea Cadet Division celebrated the graduation of 20 new cadets on July 8 with a ceremony on board the battleship's fantail. Capt. Bob Kennedy, MSC LNO, U.S. Pacific Command/U.S. Pacific Fleet, served as the guest speaker while Cadet Nicholas Moroles, recipient of the Naval Sea Cadet Corps (NSCC) Meritorious Recognition Ribbon, delivered the battalion's graduation speech.

The Battleship Missouri Sea Cadet Division, part of the NSCC, hosts a two-week recruit training indoctrination at Navy and Coast Guard recruit training commands and at selected regional locations each year. All new cadets enter the program at the rate of E1/seaman recruit. Cadets who complete this training, as well as other academic requirements, may be advanced to the apprentice rates (E-2).

Upon completing additional training and academic requirements, cadets may advance through the program's rate structure, eventually attaining the rate of chief petty officer (E-7). This additional training includes attendance at training evolutions in



numerous fields of the Navy/Coast Guard, as well as on-the-job training aboard Navy and Coast Guard ships and shore activities.

"Since 2007, we have been on a mission to 'grow' the unit," said Lt. Joe Smith, executive officer of the Battleship Missouri Sea Cadet Division. "We have conducted multiple briefs at schools and military organizations to inform our local community about our unit. We have gone from 18 league and sea cadets to 32 during the past year."

The purpose of the Naval Sea Cadet program is to encourage and aid American youth to develop an interest and skill in basic seamanship and its naval adaptations and to teach patriotism, courage, self-reliance and kindred virtues in a drug-, gang- and alcohol-free environment. The Battleship

Missouri Sea Cadets build sea skills, self-esteem, learn teamwork, camaraderie and develop an understanding of the military command structure.

The U.S. Naval Sea Cadet Corps is a federally chartered youth training organization for young people ages 11-17 who train with the U.S. Navy, the U.S. Coast Guard and other military organizations. The corps headquarters is in Virginia and is supported by the Navy League of the United States as part of their youth programs administration.

The sea cadets on Oahu have been in existence since the mid-1960s. The Kamehameha Sea Cadet Division was established in 1964 under the Honolulu Navy League Council. In 1978, the Barbers Point Sea Cadet Squadron was established under the Barbers Point Navy League Council. The two sea cadet groups merged in 1992 and joined with the Barbers Point Navy League. In 2001, the Barbers Point Sea Cadet Squadron was deactivated when the Battleship Missouri Sea Cadet Division was created.

For more information or to sign up for the Battleship Missouri Sea Cadets, contact Lt. Joe Smith at texasdawg66@yahoo.com.



Photo courtesy of Battleship Missouri Memorial Association. Lt. Joe Smith, executive officer of the Battleship Missouri Sea Cadet Division, presents an award to Cadet Nicholas Moroles.

Visit
Hawai'i
Navy
News
Online
www.cnmc.navy.mil/hawaii

STORY IDEAS?

Contact HNN for
 story/photo
 submission
 requirements
 Ph: (808)473-2888

Email: hnn@honoluluadvertiser.com

Hawaii Navy News

Free
classified
advertising
for military
in Hawaii
Navy News

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), by phone at 521-9111 or by visiting 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.