

Hawai'i-Pacific Area Combined Federal Campaign Kicks Off

CFC



**Story and photos by
MC2 Michael A. Lantron**

Navy Region Hawai'i Public Affairs

Naval Station (NAVSTA) Pearl Harbor kicked off the 2008 Hawai'i-Pacific Area Combined Federal Campaign (CFC) with a plate lunch fundraiser Oct. 1 at Ward Field on board NAVSTA Pearl Harbor.

The plate lunch consisted of a hamburger or two hot dogs, chips and a soda for a \$5.50 donation and signified the beginning of this year's annual fund raising effort, which gives military members, federal employees and contract civilians of the Hawai'i-Pacific Area an opportunity to pledge donations to more than 2,000 local, national and international charities.

"Fundraisers like this help give a little extra boost to the charities," said Culinary Specialist 2nd Class Anthony Amadeo, a CFC representa-

tive assigned to NAVSTA Pearl Harbor. "Everyone should help in the CFC because it helps out those who are less fortunate and worse off than we are."

According to Amadeo, 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, with two car washes currently scheduled for Oct. 25 and 31.

The theme for the 2008 Hawai'i-Pacific CFC, 'Because Someone You Know Needs Your Help,' sets the tone for the annual fund raiser by supporting the charities that help others in a Sailor's local community.

"We've all had someone we know who received help from organizations who get funding from CFC," said Cmdr. Craig Batchelder, Navy project officer for the Hawai'i-Pacific Area CFC, assigned to Commander Navy

Region Hawai'i. "It's important for us as individuals to support these organizations because they do so much good."

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 Hawai'i-Pacific Area is typically the fourth largest campaign, and last year we raised more than \$6 million," said Batchelder. "As always, we expect another outstanding campaign and people in the Navy will help their neighbors and communities by donating."

The Navy has just over 80 units in the Hawai'i-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 biggest goals are 100 percent contact, which brings a 100 percent opportunity to donate," said Batchelder. "We want to make sure that anyone who wishes to donate has the chance to."

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

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 2008 Hawai'i-Pacific CFC or how to make a contribution, contact your command designated CFC key person or representative.

Think Pink: Breast Cancer Awareness Month

Tyler Patterson

TriWest Healthcare Alliance

October is Breast Cancer Awareness Month. The American Cancer Society estimates that more than 180,000 new cases of breast cancer will be diagnosed in 2008, making breast cancer the second most common form of cancer in American women.

Breast Cancer Awareness Month is dedicated to one of the most powerful tools in your anti-cancer arsenal: knowledge. Proper prevention and detection are easily handled by simply making a few smart lifestyle choices and scheduling regular screenings.

While no one knows exactly what causes breast cancer to develop in some people and not in others, science has identified many high risk factors which increase an individual's chances of developing it. You can avoid many of these risk factors simply by making some healthy choices.

- Exercise. In addition to its many other benefits, studies suggest people who exercise have a decreased chance of developing any cancer, not just breast cancer.

- Quit smoking. Not only will your heart, lungs and mouth thank you, but after a few years, your added risk of developing any cancer will drop substantially.

- Maintain a healthy body weight. The Centers for Disease Control and Prevention lists being overweight as a cancer risk factor. Even if exercise "isn't for you," you can still keep trim without breaking a sweat. Walk for 10 minutes a night and see a nutritionist to get off to a great start.

- Limit your alcohol consumption. Having more than one drink a day is considered a high risk factor.

TRICARE provides a robust benefit to help you screen for and identify this potentially

5-year survival rate following early detection of breast cancer



life-threatening but curable problem, including physical examinations for women 40 and older. Annual mammograms for women 39 and older, or 35 and older for those at high risk of developing breast cancer are also covered.

Even if you engage in no high- or moderate-risk behavior, it is still possible to develop breast cancer, which is why scheduling regular examinations is so important. The best approach to early detection incorporates both monthly self-examinations and annual mammography.

For more information about your TRICARE entitlement visit TriWest's Web site, www.triwest.com. You may also contact TriWest directly at 1-888-TRIWEST (874-9378). To learn more about your self-examination options and breast cancer itself, try visiting www.cancer.gov and www.breastcancer.org.

USS Missouri veterans donate \$5,000 to Battleship Missouri Memorial

USS Missouri Association

The USS Missouri (BB-63) Association, a group consisting of USS Missouri veterans from the historic battleship's five decades of service, recently donated \$5,000 to the Battleship Missouri Memorial to help with the creation of a Crew Members Museum Room.

The check was presented to representatives of the memorial at the USS Missouri (BB-63) Association's 35th annual reunion, held from Aug. 28 to Sept. 1 in San Antonio. Nearly 60 former crew members attended the reunion. On the final day, an open memorial service was held, including the Ringing of the Bell ceremony, to honor shipmates who had passed away in the last year.

"We are truly grateful to the members of the USS Missouri (BB-63) Association for their generosity as the memorial continues to refurbish their ship for future generations," said Mike Weidenbach, curator of the Battleship Missouri Memorial. "Only through continued support can we share the legacy of this great ship and her former crew with future generations."

"This year's reunion was significant for the absence of too many familiar faces. The crew members are the beating heart of the ship. Without the experiences and memories of each and every crew member, there would be no human experience to give the ship meaning and significance."

The theme of the Crew Members Museum Room will be the shared experience of the crews of USS Missouri during periods of dramatic historical events, such as



Photo courtesy of USS Missouri Association

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Japan's formal World War II surrender and other memorable periods throughout her history. It will document the daily shipboard routine, feelings of being away from home, and accounts of being a Sailor aboard the Mighty Mo at sea.

The space is located on the second deck aft, adjacent to the crew's mess decks. It is a 24-foot-by-30-foot compartment containing a dozen display cases in which the personal memorabilia of former crew members will be highlighted along with selected video excerpts from our oral history collections. Artifacts will include old snapshots, keepsakes, letters to and from home, souvenirs of ports of call, ship's newspapers, division buttons, dog tags, menus, uniforms and other treasured items of former crew members to remind them of the time when they called the Missouri home.

"The Crew Members Museum Room will be a special exhibit area of items from real crew members who served on the Mighty Mo," said Sarah Tenney, the memorial's vice president of development. "By creating a

room in honor of her crew, the Battleship Missouri Memorial pays tribute to those who had a part in the history of the Missouri. This contribution helps us to continue to achieve our mission to create and maintain a fitting memorial to the people and historic events reflecting our nation's legacy of duty, honor, strength, resolve and sacrifice."

For those interested in supporting the Missouri, the Friends of the Mighty Mo membership program is designed to give individuals, families and organizations the opportunity to invest contributions in the mission-driven education, preservation, outreach and legacy building activities of the Battleship Missouri Memorial.

For more information, visit www.MightyMoMembers.org. To contact the Battleship Missouri Memorial's development department, call 455-1600, ext. 244, or e-mail development@ussmissouri.org. For visitor information, call (toll-free) 1-877-MIGHTYMO (1-877-644-4896) or visit www.ussmis-souri.org.

FBI Career seminars for October

For those interested in a career with the Federal Bureau of Investigation (FBI), an FBI recruitment team will be conducting career presentations at the following times/locations in October:

6 - 10 a.m., Marine Corps Base Hawai'i Kaneohe Bay, Transition Assistance

Program, Family Service Center. FMI: 257-7790/7795.

10 - 9 a.m., U.S. Navy Pearl Harbor, Fleet and Family Support Center, 4827 Bougainville Drive. FMI: 474-1999.

If you have questions or for additional information, call 566-4488.2

Energy savings mailer to be delivered soon

Krista Stehn

Naval Facilities Engineering Command Hawai'i Energy Program

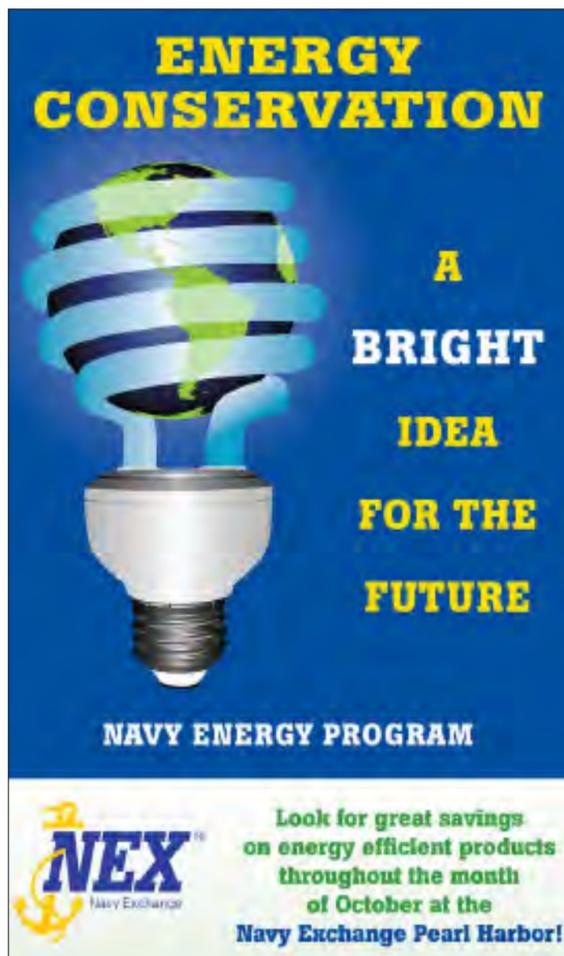
In recognition of National Energy Awareness Month (October), Navy housing residents will be receiving a 2008 Navy Housing Energy Conservation mailer from the Naval Facilities Engineering Command (NAVFAC) Hawai'i Energy Team.

This fact-filled, energy handout is intended to motivate families to make a positive difference in their energy use and generate savings.

For the second year, the NAVFAC Hawai'i Energy Team joined forces with the Pearl Harbor Navy Exchange to develop an energy conservation mailer to provide residents with practical and easy ways to save energy. It also includes valuable information on energy efficient products on sale at the Navy Exchange during the month of October.

In Hawai'i, we pay some of the highest electrical rates in the country. Consequently, saving energy and improving energy efficiency are priorities for Navy Region Hawai'i. Navy housing residents are a critical component in Navy Region Hawai'i's energy conservation efforts and Sailors and their families are challenged to become more aware of their energy use and choose to make a difference.

"We are all key players in



the region's energy conservation efforts," said Greg Gebhardt, energy and utilities service manager, NAVFAC Hawai'i. "By being mindful of how we use energy and taking simple steps to reduce our energy use, we can have a signifi-

cant impact."

There is no better time to improve energy use than during National Energy Awareness Month and the energy conservation mailer is a simple way to help housing residents with their efforts.

Water conservation tip: Water leaks

Naval Facilities Engineering Command Hawai'i Energy Team

Water leaks are one of the greatest obstacles to water conservation. Water waste can occur in many forms: leaking faucets, defective toilet flush valves, leaking showerheads, and broken sprinkler systems.

The Department of Navy Energy

Program says that one faucet leaking one drop per second wastes approximately 2,400 gallons of water a year. Furthermore, if the drip is hot water, energy is wasted also.

To assist Navy Region Hawai'i with its water conservation efforts, remember to report any water leaks immediately to the building manager.



Photo courtesy of Premier Exhibitions Inc.

"BODIES . . .the Exhibition" honors Hawai'i's U.S. Navy on its 233rd birthday

Carissa Tourtelot

Communications Pacific

"Bodies The Exhibition" will honor active duty members of the U.S. Navy on Oct. 13. In celebration of the Navy's 233rd birthday, the exhibition will offer free admission to active duty Navy personnel. Military families and retirees will be offered a military discount of more than 25 percent off regular admission to tour this once-in-a-lifetime exhibition. Valid military ID is required.

"We are honored to recognize the men and women of the Navy on their 233rd birthday and celebrate our Hawai'i military," said Cheryl Mure, director of education at Premier Exhibitions, Inc. "BODIES...the exhibition is designed to enlighten, empower, fascinate and inspire, just as the men and women of our military do

every day."

This ground-breaking exhibition provides an up-close look inside the skeletal, muscular, reproductive, respiratory, circulatory and other systems of the human body. Many of the whole body specimens are dissected in vivid athletic poses, allowing visitors to see the body systems as they function during everyday activities.

In addition, authentic human specimens illustrate the damage caused to organs by overeating and lack of exercise. A healthy lung, for example, is featured next to a black lung ravaged by smoking, resulting in a vivid comparison more powerful than any textbook image.

The real human body specimens in the exhibition are preserved through a revolutionary technique called polymer preservation. Through this process, human tissue is perma-

nently preserved using liquid silicone rubber that is then treated and hardened. The end result is a rubberized specimen, preserved at the cellular level, showcasing the complexity of the body's many bones, muscles, nerves, blood vessels and organs. The full-body specimens can take more than a year to prepare.

Tickets for this popular exhibition can be obtained by logging onto www.BodiesTickets.com or purchased directly from the box office at the exhibit. Adults tickets are \$26, Seniors \$24, Children (four-12) \$18 and college students/military with valid ID \$19. Discounted prices are available to groups. Hours for the exhibition are 9:30 a.m. to 9 p.m. Monday-Saturday and 10 a.m. to 7 p.m. Sunday, with the last admission an hour prior to closing.

For more information, visit www.bodiestheexhibi-

Skylark CENTRAL

WORD SEARCH

Find 27 words that contain **BEE** in it

BEECH	HARTEBEEST
BEELINE	BEEFSTEAK
BEEZER	BEE SWAX
BEECHNUT	HAS-BEEN
BEELZEBUB	BEEFY
BUMBLEBEE	BEET
BEEF	HONEYBEE
BEEN	BEEHIVE
FLAMBEED	BEETHOVEN
BEEFALO	SEABEE
BEEPER	BEEKEEPER
FRISBEE	BEE TLE
BEEFCAKE	WILDEBEEST
BEER	

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B B B E E S W A X B R B E K
E B E M P L I R E Z E E B E
B B U B E Z L E E B P E H E
E E H R E R D E S E E N F B
B E E A B E E F S T E A K Y
E B M E S E B B S E B B S E
E V E C I B E E T H O V E N
C C I E R E E K L B E B A Z
H I E H F B S E E B Y B B O
N P E C E A T E N E M T E B
U R A T N E L L N E P U E T
T K R E K I B O B T S E B B
E A N B N R H E N L F E R T
H D E E B M A L F E W E E E
    
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Who said it?
 "It has been my experience that folks who have no vices have very few virtues."

Last Week's Who said it?
 "I pay no attention whatever to anybody's praise or blame. I simply follow my own feelings."
 -Wolfgang Amadeus Mozart



WORD SEARCH SOLUTION Find these 51 PEANUTS characters

ANDY	SHERMY
JOE SHLABOTNIK	FARON
PIG-PEN	MARCIE SHIRLEY
BEAGLE SCOUTS	FLOYD
JOSE PETERSON	MISS OTHMAR
POOCHIE	SNOOPY
BELLE	FRANKLIN
LILA	MOLLY VOLLEY
RED BARON	SOPHIE
BILL	FRIEDA
LINUS	OLAF
RERUN	SPIKE
CHARLIE BROWN	GREAT PUMPKIN
LITTLE ROY	OLIVIER
CHARLOTTE BRAUN	THIBAUT
RED-HAIRED GIRL	HARRIET
ROYANNE	PATTY
CLARA	TRUFFLES
LUCY VAN PELT	HEAD BEAGLE
SALLY BROWN	PEGGY JEAN
CONRAD	VIOLET
LYDIA	JOE AGATE
SCHROEDER	PEPPERMINT PATTY
EUDORA	WOODSTOCK
MARBLES	JOE RICKID



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O K C O T S D O O W N D L C H B I L L
Y L R D I C M I S S O T H M A R Y D I
D T V E H S A P I S A Y S I D L O T
O L T V A R N I O E R S D L I N U S T
A S R A I O K N T L E P N A V Y C U L
Y P E P P E R M I N T P A T T Y C M E
T L D L I D B E N C E L N B E P H F E
J S B R B E B A A G F F R I E D A E E
O O A M H E Y R O M E M H O T L S A D
E T R E O C A Y B L S P U S Q U L P H
S I O W B L I M L L O E N F N I O E A
H K N E C E L O F S J O L L T O T O I
L T I S A L L Y B R O W N F C A T L R
A P L N I G H L V P T E P H F E A E
B F K U T A A A O E V I N Y U B R D
O P N N A E R T E Y L E G O N D E M G
T L A C T B R N E Y O L P E A O A T I
N O R A F D I K H C T R E O J R U A R
I Y F I D A E H T P V I N Y C A N R L
K D R A D E T T P T H L I Y C L O S
P Y M R E H S T U O C S E L G A E B C
    
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This Week's Trivia
 What class of U.S. naval ships routinely have two commanding officers assigned to them?

STARKE

Last Week's Question:
 Who was Chief of Naval Operations on Dec. 7, 1941?
Answer: Harold R. Starke. He was relieved as CNO in 1942 and became Commander, U.S. Naval Forces, Europe.



Navy Region Hawai'i Manawa Nanea

NOctober

N 8 - The Navy Exchange (NEX) and Tripler Blood Donor Center will hold a military blood drive to aid in the collection of life-giving support from 10 a.m. to 3 p.m. at the rotunda of the NEX Mall at Pearl Harbor. FMI: 423-3274.

N 10 - The Surface Naval Officers' Ohana (SNO'O) invites all surface officer spouses and those who support the surface community to its next monthly meeting from 7-9 p.m. at the home of Capt. Taylor and Nancy Skardon. The theme of the meeting will be "easy entertaining tips." Donations will be accepted of various toiletries and new or gently used linen items to be donated to the AS Spouse Abuse Shelter. To RSVP, e-mail snoohana@gmail.com by Oct. 5. FMI: 689-5153

N 18 - The Navy Officers' Birthday Ball, planned for 6 p.m. at the Hilton Hawaiian Village, will commemorate the 233rd anniversary of the U.S. Navy. This year's theme is the "Pacific Partnership, a cooperative strategy for the 21st century." Music will be provided by the Kalawe Ohana, a local singing group, and also the Pacific Fleet Band, who will play throughout the evening. FMI: Lt. Salvador at 473-4501 or Lt. Quay at 473-1280.

Morale Welfare & Recreation

H YOUTH FITNESS ORIENTATION AT BLOCH ARENA

On Oct. 4 and 18 at 9 a.m. come to Bloch Arena for a free program designed for youth between the ages of 10-14 years old. The orientation includes an introduction to the Fit Kid's equipment, rules and regulations review, safety guidelines and Fit Factor demonstration. Registration is required by the Thursday prior to each class and children must be accompanied by an adult. FMI: 473-0793.

H HMYAA BASEBALL WINTER SEASON

Hawai'i Military Youth Athletic Association (HMYAA) registration will be held Oct. 6 to 31 for youth winter baseball. Practices begin in November and the season runs from January to March 2009. Teams will compete in the HMYAA Pony League with teams from the Air Force and the Marines. The cost is \$40 and open to all military youth ages five to 14. FMI: 474-3501.

H CELEBRATE NAVY'S BIRTHDAY



Celebrate the 233rd birthday of the U.S. Navy on Oct. 13 at the Oceans CPO Club and Club Pearl's Brews & Cues. Free pupus and fun is available from 4-6 p.m. Oceans CPO Club is for authorized patrons E7 to E9 and their guests. Brews & Cues is open to all military-affiliated patrons and their guests. FMI: 473-1743.

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

Community Calendar

Sharkey Showtimes



Tropic Thunder (R)

An action comedy about a group of self-absorbed actors who set out to make the most expensive war film. After ballooning costs force the studio to cancel the movie, the frustrated director refuses to stop shooting, leading his cast into the jungles of Southeast Asia, where they encounter real bad guys.

TODAY

7:00 PM Swing Vote (PG 13)

SATURDAY

2:30 PM Star Wars: The Clone Wars (PG)

4:45 PM The Mummy: Tomb of the Dragon Emperor (PG 13)

7:15 PM Tropic Thunder (R)

SUNDAY

2:30 PM Star Wars: The Clone Wars (PG)

4:45 PM The Longshots (PG)

7:15 PM The House Bunny (PG 13)

THURSDAY

7:15 PM Mirrors (R)

