



# NORTHWEST NAVIGATOR



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LT. ED EARLY

The Ohio-class ballistic missile submarine USS Louisiana (SSBN 743) returns to its homeport of Naval Base Kitsap-Bangor following a strategic deterrent patrol.

## Families welcome back Louisiana (Blue)

By Lt. Ed Early  
SUBGRU 9 Public Affairs

A sunny day provided an ideal setting for the return of the Ohio-class ballistic missile submarine USS Louisiana (SSBN 743), whose Blue crew came home to Naval Base Kitsap-Bangor May 6 after a 56-day strategic deterrent patrol.

Family members eagerly await-

ed a glimpse of their loved ones as Louisiana pulled in at Bangor's Delta Pier for the first time since March 12. It marked the Blue Crew's first patrol in nearly a year, as Louisiana had spent most of 2011 in an extended refit period.

"I was thoroughly impressed with the extremely talented and motivated Sailors who provide the true strength of Louisiana's commitment to strategic deterrence," said Cmdr. Paul Varnadore, who

completed his first patrol since taking command of the Blue crew in September 2011.

Seven Blue crew Sailors qualified in submarines during Louisiana's deterrent patrol, earning the right to wear the submariner's traditional "dolphins." Five other Sailors from USS Nevada (SSBN 733) and USS Pennsylvania (SSBN 735) – part of a contingent of 19 Sailors from other submarines who embarked for the pa-

trol — also earned their dolphins while aboard.

In addition, 44 Blue crew Sailors qualified across 33 different watch stations, and eight first-class petty officers became board eligible for chief petty officer.

Louisiana is one of eight Ohio-class ballistic missile submarines homeported at Naval Base Kitsap-Bangor, providing the survivable leg of the nation's strategic deterrent forces.

## Connecticut captures 2011 CNO Afloat Safety award

*SUBGRU 9 Public Affairs*

The Seawolf-class fast-attack submarine USS Connecticut (SSN 22), based at Naval Base Kitsap-Bangor, was honored in April as the SSN recipient of the 2011 Chief of Naval Operations (CNO) Afloat Safety Award for Commander Submarine Force, U.S. Pacific Fleet.

Connecticut was one of 19 afloat units to be recognized on April 4 by the CNO. Along with the ships in the other categories, Connecticut will receive a special plaque and official CNO citation; she will also be authorized to display the green safety "S" flag for the next year.

"We live by 'mission first, safety always,'" said Cmdr. Ian Johnson, Connecticut's commanding officer. "I'm proud of our strong safety record. We are proud to have been selected as the 2011 CNO Safety Award winner for Pacific Fleet submarines."

The award capped what was an eventful year for the crew of Connecticut.

During 2011, Connecticut participated in Ice Exercise (ICEX), an exercise designed to increase the Navy's operational experience in the region and advance understanding of the Arctic en-

vironment. A few months later, Connecticut began its most recent Western Pacific deployment, returning to Bremerton on April 12, 2012.

In addition to an outstanding safety record, selected ships also have an aggressive safety program that actively contributes to safety mishap prevention, including comprehensive and professional internal safety reporting.

The award cycle, which runs from Jan. 1 through Dec. 31 every calendar year, recognizes outstanding contributions to fleet readiness, increased morale, efficiency and economical use of resources through safety.

"Every day we stress operational risk management techniques, on and off duty," Johnson said. "Our strong record of safety is a product of total command safety involvement and is a testament to our committed effort toward high day-to-day standards and deckplate leadership."

Connecticut is the second of the Navy's three Seawolf-class submarines, all of which are homeported in the Pacific Northwest - Connecticut and USS Seawolf (SSN 21) at Bremerton and USS Jimmy Carter (SSN 23) at Naval Base Kitsap-Bangor.

## Region Fire and Emergency Services receive top awards

**By MCSN Chris Brown**  
*NPASE Det. NW*

Navy Region Northwest Fire and Emergency Services (NRNW F&ES) won the Navy Large Fire Department of the Year, Fire Prevention Program Award and also had the Navy Fire Chief and Navy Civilian Fire Officer of the Year for 2011.

NRNW F&ES will be formally recognized at the Navy and Marine Corps Fire & Emergency Services awards and recognition event scheduled for Aug. 2-3 in Denver.

"This is the first time the NRNW F&ES has won the award, and it has been a long time coming" said Sean Merrill, battalion chief attached to Whidbey Island.

As a fire department, NRNW F&ES completed more than 3,000 calls for service and saved the Department of Defense thousands of dollars.

"We have done a lot of things in the region, that have saved money and we have become more efficient as a whole," said Bruce Kramer, Navy Region Northwest fire chief and Navy Fire Chief of the Year.

The Fire Prevention Program was recognized as the best program in the Navy. Firefighters added 800 smoke alarms in mil-



MEEGAN REID, KITSAP SUN

Larry Graves, center, goes over instructions with fellow Navy Region Northwest Fire crews as they train on the mobile live-fire trainer at Naval Base Kitsap Bangor.

itary family housing and developed a comprehensive fire extinguisher servicing plan that reduced annual operating costs by more than \$170K annually.

"It's a hard working group of individuals," said Jeffrey Fernaays, Navy Region Northwest Fire Prevention chief. "We did a very good job of cost savings, and becoming more efficient."

"The Chief's leadership, loyalty and commitment to the Firefighters of Navy Region Northwest are without peer," said Rear Adm. Douglass Biesel, commander, Navy Region Northwest in a message

announcing the winners. "His business acumen ensures that Northwest Fire and Emergency Services are well positioned to adapt to whatever resourcing challenges emerge."

"I was pretty surprised, and very humbled when I heard the announcement I was amongst all my peers," said Kramer. "As I looked around there was a lot of experience, expertise and skill in the room. To have won, I was very honored by that."

Firefighter Sean Merrill was selected as the Navy Civilian Fire Officer of the Year. He developed standard operating guidelines

in breathing air management that substantially increases firefighter safety. Merrill identified redundant chemical, biological, radiological, nuclear and enhanced conventional weapons (CBRNE) equipment at a single company station which reduced contract sustainment cost by \$270K, and trained 107 mutual aid fire fighters in hazardous material operations in Island County.

"It's humbling. There are a lot of great fire officers out there," said Merrill. "I don't feel I did anything special; I'm just part of a team, and I have a great team."

## Nevada Sailors visit namesake | Cmdr. Alan



Cmdr. Alan Schrader, Blue crew commanding officer of USS Nevada (SSBN 733), throws out the first pitch before a Pacific Coast League baseball game between the Reno Aces and Las Vegas 51s. Sailors from Nevada's Blue crew are currently visiting the Reno area as part of a namesake visit.

RENO ACES PHOTO

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# Diversity — excellence in leadership

By **AMAN Kandice Love**  
NAS Whidbey Public Affairs

The national observance of Asian and Pacific American Heritage began in May 1992 as an expansion of previously celebrated Asia and Pacific American Heritage Week. This year's theme is "Striving for Excellence in Leadership Diversity and Inclusion."

This month the Northwest Navigator will feature Asian and Pacific American leaders — to celebrate them and better understand the contributions they have made to our Nation. Featured this week is Vice Adm. Harry B. Harris, Jr.

Vice Adm. Harry B. Harris, Jr. has been the assistant to the Chairman of the Joint Chiefs of Staff since October 2011. He was born in Japan and raised in Tennessee and Florida. Following graduation from the Naval Academy in 1978 and designation as a Naval Flight Officer, he was assigned to Patrol Squadron 44.

Harris commanded VP-46, Patrol and Reconnaissance Wing 1 and Joint Task Force-Guantanamo. From Nov. 2009 to Oct. 2011 he commanded the U.S. 6th Fleet and Striking and Support Forces NATO both at Naples, Italy.

He has served in every geographic combatant command and participated in operations: Attain Document (Libya 1986), Earnest Will (Kuwaiti reflagged tanker ops, 1987 to 1988), Desert Shield, Desert Storm, Enduring Freedom, Iraqi Freedom, Odyssey Dawn/ Unified Protector (Libya 2011)

Prior to his current position, Harris held staff assignments as aide to Commander, U.S. Naval Forces Japan; special assistant to the Chairman of the Joint Chiefs of Staff; and three tours on Navy staff including Deputy Chief of Naval Operations for Communication Networks.



U.S. NAVY PHOTO

Vice Adm. Harry B. Harris, Jr., assistant to the Chairman of the Joint Chiefs of Staff

His post graduate education includes, Harvard Kennedy School of Government, Georgetown School of Foreign Service and Oxford University.

Harris has a total of 4,400 flight hours to include over 400 combat hours in maritime patrol and reconnaissance aircraft.

His personal decorations include the Distinguished Service Medal (2); Defense Superior Service medal (3); Legion of Merit (3); Bronze Star (2); Air Medal (strike/flight); a recipient of Navy League's Stephen Decatur Award of Operational Competence.

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## VIEWPOINTS

# Run the race until the end

I remember a girl in high school who once told me, "You never finish anything!" From that moment on that saying has stuck with me and has been a constant motivator to everything I do. I have even applied this principle to my marriage because I want to finish what I started. I made a lifetime commitment to my wife when I said those vows on my wedding day. I equate commitment to entering a race and not just any race, but a cross country, long haul marathon!

When you enter into the marriage relationship you are making a decision. You are deciding there is no other person you would rather run with than the spouse you chose. I remember the first time I was told I would be running over three miles with our platoon.

I remember the feelings of anxiety that came over me thinking there was no way I could do that and how tough it would be because of the hills and heat in South Carolina. When we began that run I told myself, I made a decision, I would not give up and I would not fall out. Our marriages are filled with moments when we feel like giving up and not running the race any more but the decision has got to be made on a daily basis not to fall out and to stay strong!

In the run of over three miles I dedicated myself to the team in which I was a part of. You see I was not alone in that moment, I had

## FROM THE CHAPLAIN

By Lt. Mark Beaudet  
CREDO  
NORTHWEST



sixty other shipmates to help me and encourage me and likewise I was to do the same. Our spouse is much like the teamwork of those shipmates. We made a decision to dedicate ourselves to one another in the marital relationship to being there through the rough moments of our lives. We get to be there to be an encouragement and a comforter to our spouse, to come along side them and say "let's keep going, we can make it."

As a chaplain my personal beliefs have another aspect to the marriage relationship I see more important than the rest and that is having God at the center of my marriage relationship. When I said my vows to my wife I said them before God and man. I take the responsibility of that serious because who knows my wife better and who knows how the relationship of marriage works better than God? I would suggest if you have tried everything else why not try giving it to God, He has always been there for my wife and I and I know He would be there for you as well. Don't give up and don't fall out, run the race together all the way to the end!



MC3 JUSTIN JOHNDRO

**Off with the old** | Electrician's Mate 3rd Class Samuel Cabaruvias uses a needle gun to remove paint off a wall on board the Nimitz-class aircraft carrier USS John C. Stennis (CVN 74). John C. Stennis is currently moored at her homeport Bremerton, Wash., for scheduled maintenance availability.

## YOUR TWO CENTS

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Now everyone has the chance to give us their answers both on Facebook or on the Northwest Navigator online web page at: [www.thenorthwestnavigator.com](http://www.thenorthwestnavigator.com). We want to hear from you, a lot. Not only can you answer the question of the week, but you can enter your comments on any Navigator story posted online. Yes, any one of them. So check us out on the web and help feed our hunger for your thoughts. We definitely want to hear from you.

### The Northwest Navigator

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is also available to address issues outside the DoN and the Northwest region areas of responsibility.

In order to adequately investigate allegations, those making allegations should provide as much information (who, what, when, where, why, how, witnesses) as possible to assist the investigator in determining the facts of the case. Generally, allegations should be made within 90 days of the date that the alleged wrongdoing occurred.

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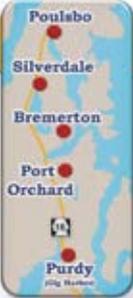
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# National Nurses Week recognized at NHB

By Douglas H Stutz  
NHB Public Affairs

Naval Hospital Bremerton's recognition of National Nurses Week will provide glimpses of the past, present and future, May 7-12.

National Nurse Week activities at NHB include a schedule of events such as a family fun night, visiting retired Nurse Corps officers at Washington Veterans Home in Retsil, the traditional cake cutting ceremony, and Navy Nurses 5K Fun Run.

"The visit to Retsil last year was really very special, not only for the residents, but also for us," said Capt. Mark Turner, NHB executive officer. Members of NHB's Navy Nurse Corps traveled to the Veterans Home to support one of their own. They joined family, friends and Retsil residents to help celebrate the 100th birthday of Grace Davis, retired Navy Nurse.

"It's because of those like Grace who served our nation before us that we are here today," said Capt. Iris Boehnke, NHB director for Nursing Services.

Along with connecting with those who came before, Nurse Corps members are also continuing to establish a link with those who might be part of the corps future. The third year of Speed Mentoring will give interested service members the opportunity to meet with Navy Nurse Corps members in an informal setting and discuss professional pathways, network, and possibly find a potential mentor.

Navy Nurses with diverse experiences and backgrounds will be readily available on May 8 to explain various Nurse Corps specialties such as family nurse practitioners, executive medicine, nurse anesthetists, clinical nurse specialists, perioperative nursing, maternal child nursing, am-

bulatory, medical surgical, emergency, critical care nurses, pediatric and flight nursing, as well as share deployment experiences.

The week will culminate in the present with the inaugural Nurse Corps 5K Fun Run on Saturday, May 12. The Fun Run is open to everyone and starts at 9 a.m. by the Jackson Park Community Center. Runners, joggers, walkers and strollers are all welcome. Medals will be awarded for first, second and third place. The fun run adheres to Secretary of the Navy Ray Mabus' 21st Century Sailor and Marine initiative to maximize each Sailor's and Marine's personal readiness by providing a convenient opportunity to enhance physical readiness.

There are over 60 Navy Nurses stationed at NHB, with approximately a dozen of their members currently forward deployed. The Navy Nurse Corps has grown from 1908 with an initial group of 20 — known as the "Sacred Twenty" — to upwards of 4,000 active-duty and reserve nurses.

"It's really just a coincidence that our 104th Nurse Corps birthday falls on the same date this year as Mother's Day," said Boehnke.

Capt. Iris Boehnke, NHB director of Nursing Services and Lt. Kathleen May, Branch Health Clinic Bangor nurse, organize the distribution of 'goody baskets' to the approx. 60 Navy Nurse Corps members assigned to Naval Hospital Bremerton.

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# Navy cyclists participate in Group Health Commute Challenge

By MCSN Chris Brown  
NPASE Det. NW

Members of the Department of the Navy in the Northwest region are participating in the Group Health Commute Challenge throughout the month of May.

Sponsored by Group Health and Cascade Bicycle Club, the commute challenge promotes an environmentally sound and healthy alternative to commuting.

"There are many benefits to this challenge," said Richard Trimble, captain of the "100 percent Navy" team. "Personally, fitness tops the list for me, but psychologically it invigorates me coming to work and

relieves the stress of the day going home."

The Environmental Protection Agency has put out a challenge to all federal agencies in the Northwest to see who can gain the most participants and log the most miles.

"This will be the first year that there is a federal challenge," said Trimble. "My mission for the federal challenge is to get as many people on a team with U.S. Navy as their organization."

May is recognized as physical fitness month for the Navy and "National Bike Month."

"The healthier the Navy is, the more productive we are," said Trimble. "It is not taking any time from the Navy, and it is a

great way to increase our fitness."

Along with fitness the Group Health Commute Challenge helps promote a cleaner environment.

"The more people we can get to ride to work, the more we can help reduce the Department of Navy's quota to reduce greenhouse gas emissions," said Trimble.

According to the commute challenge official website, last year, there were more than 11,000 active riders, 1,306,014 miles logged, more than 1 million pounds of carbon dioxide saved from the air and 55 million calories burned.

To join the challenge, riders can register at [www.commutechallenge.cascade.org](http://www.commutechallenge.cascade.org).



U.S. NAVY PHOTO

Richard Trimble, team captain of "100% Navy", left, and Shawn Huston, team captain of "NAVFA's Nut Cases" ride their bicycles home from work while participating in the Group Health Commute Challenge. The challenge is being held throughout the month of May and is encouraging Department of the Navy members to commute to work on their bicycles.

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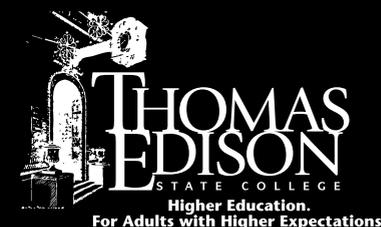
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## RECREATION & FITNESS

### MOTHER'S DAY BRUNCH

Mother's day is Sunday, May 13! Take mom to an elegant all-you-can-eat brunch from 9 a.m. to 2 p.m. at Bangor Plaza. Cost: adults \$19.95, seniors (55+) \$17.95, kids (10-12) \$14.95, kids (5-9) \$8.95, kids 4 and under eat free. Reservations recommended, call 535-5928.

### AMERICAN RED CROSS LIFEGUARDING CLASSES

May 11-12, 18-19, 25-26 – Fridays, 5 to 8 p.m.; Saturdays, 9 a.m. to 5 p.m. Skills taught include: adult, child and infant rescue breathing and CPR with AED First Aid, land, open water, and pool rescue skills. Participants must be ages 15½ or older. For more information, call 315-2131.

### MOTHER'S DAY SPECIALS

On Sunday, May 13, celebrate mom's day by taking mom to the Bangor Olympic Lanes, from noon to 6 p.m., mom gets three free years of bowling; and/or to the movies at Bangor Cinema Plus Theater, where mom gets FREE admission. Call 535-5917 for more info.

### MILITARY SPOUSES CHALLENGE

Calling all spouses, do you have what it takes to walk away with the Spouse Command Cup? Record the most mileage during the week of May 12-18; include any and all activities that record distance. Log in sheets available at the Bangor and Bremerton Fitness Centers. Register online (myFFR#622432). For more information, call 315-2140.

### INDIAN ARM LUNCHEON CRUISE/CAPILANO SUSPENSION BRIDGE

Saturday, May 12 - Lunch cruise travels through Vancouver BC's inner harbor, the Burrard Inlet, and then north to the spectacular Indian Arm Fjord. After the cruise, we'll stop at the Capilano Suspension Bridge. Cost: \$139; register online by Wednesday,

May 9 (myFFR#5412133B). For more information, call 476-3178.

### INTRO TO SEA KAYAKING

May 12 or May 27 - Three-part series class discusses the overall kayak program, kayak anatomy, clothing, equipment, and safety. Cost: \$74 includes all equipment, qualified instructor, and transportation to the open water portion of the class. For more information, call 535-5919.

### DANCE CLASSES

Learn how to dance from an experienced instructor at the Bremerton Recreation Center. East Coast Swing: May 14 and Bangor and Bremerton Fitness Centers. Register online (myFFR#622432). For more information, call 315-2140.

### GOJU-RYU KARATE

MWR is proud to introduce a new program at the Bremerton Fitness Center, Goju-Ryu Karate! This Okinawa style karate program will begin Tuesday, 15 May 2012. Classes are held on Tuesday and Thursday from 5-7pm. Fees: \$25 per month or a

family rate of \$20 per month per person (two or more family members). Register online (myFFR# 635100). Must be seven years of age or older. For more information call (360) 476-9414.

### RHODODENDRON FESTIVAL

Saturday, May 19 - The highlight of the celebration is the 77th Annual Rhododendron Festival Grand Parade, featuring floats, marching bands and more. Explore the town, have lunch, then enjoy a wine tasting at the Fair Winds Winery and a visit to the Finnrivier Farm and Cider. Cost: \$25, register online by Thursday May 17, (myFFR#5412140B). For more information, call 476-3178.

### FAMILY FUN ON THE LANES

From 11 a.m. to 8:30 p.m., Sundays, Bremerton Recreation Center - Bring your family out for a day of bowling; \$10 per hour for up to five people. For more information, call 476-3178.

### ULTIMATE FRISBEE LEAGUE

Registration and rosters due May 25, league starts June 4. Open to all F&FR eligible patrons with priority given to

active duty. Cost: \$20 player fee except Active Duty and Reservists. For more information, call 315-2141.

### WHITewater RAFTING

Saturday, May 26 - Enjoy the thrill of Class III/IV whitewater in sunny Eastern Washington. Cost: \$85 includes round trip transportation, all rafting equipment wet suit/booties helmets, PFD's and lunch. For more information, call 535-5919.

### LUNCHTIME MINI GOLF

From 11 a.m. to 1 p.m., Mondays at the Bremerton Recreation Center's multi-purpose room - Come play mini golf with us for free. For more information, call 476-3178.

### TEXAS HOLD'EM

From 6 to 9 p.m., Tuesdays at the Bremerton Recreation Center's game room - No entry fee; prizes awarded to the best players. Don't let your luck run out. For more information, call 476-3178.

### POOL TOURNAMENT

From 6 to 9 p.m. Wednesdays at the Bremerton Recreation Center's game room - Come out and test your skills against the best. No entry fee; prize awarded to the top player. For more information call 476-3178.

### NIGHT BOWLING LEAGUE

From 5 to 7 p.m., Tuesdays, now through May 29 at the Bremerton Recreation Center - Teams of five are welcome or you can sign up by yourself and be placed on a team. First place team will receive tickets to an upcoming Sounders game; \$8 per person includes three games of bowling, for more information, call 476-3178.

topics; join for one month or the entire year; \$10 per month, active duty is free, register online (myFFR#621234). For more information, call Bangor or Bremerton Fitness Specialist at 315-2140/476-7026.

### MILITARY SPOUSE APPRECIATION MONTH SPECIAL

Fifty percent off bowling when a military spouse is present (with a valid military ID) at Bangor Olympic Lanes; valid everyday in May, all times (except on Friday and Saturday Fireball nights). Call 535-5917 for more info.

### CHILDREN'S STORY HOUR

From 11 to 11:45 a.m., Thursdays, Bremerton Recreation Center multi-purpose room - FREE for ages six and under, interactive storytelling with puppets, storyboards, and songs for children. Parents are required to be with children at all times. For more information, call 476-3178.

### REVIVIFY 2012

Renew your focus on wellness and revive your healthy lifestyle. This program offers monthly wellness and fitness

## Information

Get event information TEXTED to your phone! For Liberty, TEXT NBKLiberty; fitness/sports/aquatics, TEXT NBKFitness; for dining/entertainment/special events, TEXT NBKFun; for Bangor theater movie schedule, TEXT NBKMovies. Send to 30364. Note: Standard text message rates apply.

“myFFR” – Online F&FR class and activity registration! Browse and register for Fleet & Family Support classes, MWR activities, and trips, make golf tee time reservations, and more, 24/7! Go to www.navylifepnw.com and click on the myFFR logo at the top right corner! Don't have a myFFR account? Request for a FREE myFFR account on line or visit one of these locations and get a user name and password at the following locations: NBK Bangor - Fitness & Aquatic Center or Waterfront Fitness Center, Liberty NW, Pacific Edge Outfitters (PEO), Fleet & Family Support Center; NBK Bremerton - Concourse West Fitness & Aquatic Center, Recreation Center/ITT, and Liberty NW.

## CONFLICT MANAGEMENT

From 9 to 11 a.m., May 17, Bldg 97 Keyport – Apply collaborative problem-solving techniques to create positive outcomes from conflict situations.

## BUDGET NOW TO SAVE FOR LATER

From 10 a.m. to noon, May 18, Bldg. 2901 Bangor - Learn about 'Saving' for the future, taking on debt, using 'Credit' wisely.

From 10:30 to 11:30 a.m., May 16 - I have a phone interview! What do I wear? Learn how to blow their socks off in a phone interview so you can meet your new employer!

## WELCOME ABOARD

From noon to 2 p.m., May 21, Bldg. 2901 Bangor - Provides incoming service members and their families with current information on military and civilian resources available in the Puget Sound Area.

## STRESS BUSTERS: ESTABLISHING WORK LIFE BALANCE

From 10 a.m. to noon, May 22, Bldg 2901 Bangor – Apply universal and unconventional stress management strategies to enhance overall quality of life.

## CHILD & YOUTH

### GIRLS EMPOWERMENT SUMMIT

From 10 a.m. to 2 p.m., Saturday May 12 at Jackson Park Youth & Teen Center - Girls ages 12-18 in grades 7-12 will have the opportunity to learn about some important issues that teen girls face in today's society. Free event hosted by NBK Teen Programs. Call 535-5915 or 627-2041 for more info.

### TEEN OPEN HOUSE

From 3 to 5 p.m., Saturday, May 12 - Teens are invited to come to Jackson Park Youth & Teen Center and see what we have to offer, meet youth sponsors, other teens, and stay for some fun activities. Call 627-2041 for more info.

### CHILDREN'S STORY HOUR

From 11 a.m. to noon, every Tuesday at Admiral Boorda Center (Bangor); FREE story hour for ages six and under; book check-out available from noon to 1 p.m. Call 535-5915 for more information.

### MOMMY AND ME PLAY GROUPS

From 10 a.m. to noon, Wednesdays, Admiral Boorda Center (Bangor); FREE, for kids

## KITSAP MOVIES

### Naval Base Kitsap Cinema Plus Theater at Bangor

Movies are open to active duty, retirees, reservists, DoD civilians, base contractors, families, and guests. Call the 24-hour recorded movie line (360) 535-5923 or text NBKMovies to 30364.

Double Feature Nights: Two great movies for only \$5 or \$3 for one, for ages six and older. Ages five and younger are free!

NOTE: All movies are subject to change depending on availability

### FRIDAY, MAY 11

6 p.m. “American Reunion” (R)  
8:10 p.m. “21 Jump Street” (R)

### SATURDAY, MAY 12

FREE MOVIE  
1 p.m. “Journey 2: Mysterious Island” (PG)

### SATURDAY, MAY 12

6 p.m. “The Hunger Games” (PG-13)  
8:40 p.m. “Wrath of the Titans” (PG-13)

### FRIDAY, MAY 11

6 p.m. “Dolphin Tale” (PG)

### SATURDAY, MAY 12

6 p.m. “Dolphin Tale” (PG)

### THURSDAY, MAY 17

Premier Movie Night  
6 p.m. “Chronicle” (PG-13)

## LIBERTY & SINGLE SAILOR

### HELP STAMP OUT HUNGER

Saturday, May 12 - Volunteers needed to help unload and sort donations, 10 a.m. to 2 p.m.; pick up at Bangor 9 a.m., Bremerton 9:30 a.m. Must be able to lift 20 lbs. For more information, call 535-5977/476-2673.

### SUNDAY, MAY 13

5 p.m. “Mirror Mirror” (PG)  
Note: The Theater will be closed on WEDNESDAY, MAY 16 and THURSDAY, MAY 17 for the installation of our new digital/3D projection system for your viewing system.

### Naval Base Kitsap Bremerton Recreation Center Movie Lounge

Located in the Bremerton Recreation Center, Building 502, FREE family friendly movies Friday and Saturday nights. Thursdays are Premier Movie Nights - \$5 includes admission to movie, bowling, and pizza (must be 18 or over), register online or at the front desk. Call 476-3178 for more information.

### FRIDAY, MAY 11

6 p.m. “Dolphin Tale” (PG)

### SATURDAY, MAY 12

6 p.m. “Dolphin Tale” (PG)

### THURSDAY, MAY 17

Premier Movie Night  
6 p.m. “Chronicle” (PG-13)

### ZIPLINE TRIP

Saturday May 12 - Kristoferson Farm, Camano Island, \$88; for more information, call 535-5977/476-2673.

### HOUSING

The Housing Services Center is located in the SW corner of the Bangor Plaza, building 2720, first level (former location of the Resource Center/ITT Office). The office provides military housing options, guidance, community resources and much more. For more information, please call 396-4399.

## TICKETS ON SALE AT ITT

NBK Bremerton (inside the Recreation Center, Bldg. 502) 476-3178

Visit Navylifepnw.com & click on Military Merits for more discounts and details.

### SOUNDERS FC

Tickets for all regular season games are now on sale! \$22 (reg. \$35), excluding exhibition and playoff matches.

May 12 – Sounders vs. Real Salt Lake

May 23 – Sounders vs. Columbus Crew

June 20 – Sounders vs. Sporting Kansas City

### GREEN DAY'S AMERICAN IDIOT

June 10 at Paramount Theatre - \$70 (reg. \$83.75); sales end at noon, June 1

### THE BOOK OF MORMON

January 19 and 20 at Paramount Theatre – Preferred seating \$102.75 (reg. \$112.75); sales end at noon, July 18

### SEATTLE CITY PASS

Admission to six of Seattle's most popular attractions in one pass - Adult \$60 (reg. \$69), children ages 4–13 \$40 (reg. \$44)

# How does high blood pressure cause stroke?

By Shari Lopatin

TriWest Healthcare Alliance

Did you know that one in every three U.S. adults has suffered from high blood pressure, a major risk factor for stroke? And, stroke is the third leading cause of death in the U.S.

Those facts came straight from the American Stroke Association and the National Heart, Lung and Blood Institute (NHLBI).

The relationship between stroke and high blood pressure has been well-documented. The American Stroke Association states, "Managing high blood pressure is the most important thing you can do to lessen your risk for stroke."

## WHAT IS BLOOD PRESSURE?

As the heart pumps blood through the body, it also pushes blood against the body's arteries. The force of this push is "blood pressure."

However, if this pressure rises too much — and stays high — it can damage the heart, blood vessels, kidneys and other parts of the body, according to NHLBI. It can also lead to a stroke.

## WHAT CAUSES HIGH BLOOD PRESSURE?

Blood pressure tends to rise with age. However, other causes may include obesity, chronic kidney disease, thyroid disease, sleep

apnea or certain asthma and cold-relief medications.

Unfortunately, high blood pressure usually has no symptoms, according to NHLBI. Occasionally, it may cause headaches. Many people have high blood pressure for years and don't even know it.

The best ways to prevent high blood pressure from escalating are to:

- Maintain a healthy weight
- Exercise regularly
- Manage stress effectively
- Limit the amount of salt and alcohol consumption
- Avoid cigarette smoke
- Check your blood pressure regularly

## THE STROKE CORRELATION

According to the American Stroke Association, a stroke happens when a blood vessel to the brain is either blocked by a blood clot, or completely bursts. This prevents oxygen from reaching the brain, causing the affected part to die.

High blood pressure is a major risk factor for stroke because it damages arteries. And when arteries are damaged, they clog or burst more easily.

For more healthy living tips, follow TriWest on Facebook or Twitter, at [www.Facebook.com/TriWest](http://www.Facebook.com/TriWest) and [www.Twitter.com/TriWest](http://www.Twitter.com/TriWest).

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U.S. NAVY PHOTO

**Theater upgrading** | Beginning Friday, May 18, Bangor Cinema Plus Theater will start playing digital movies. Also coming soon — 3-D movies! Watch out for a free showing of our first 3D movie. The theater is located on Naval Base Kitsap-Bangor and is open to active duty, retirees, reservists, DoD civilians, base contractors, families and guests. Text NBKmovies to 30364 to receive the weekly movie schedule. Movie schedules are also available on line at [www.navylifepnw.com](http://www.navylifepnw.com) or call the 24-hour movie line at (360) 535-5923.

## NAVY BAND NW UPCOMING PERFORMANCES

### May 19, 10 a.m.

Armed Forces Day Parade  
Bremerton, WA  
Navy Band Northwest's  
Parade Band

### May 24, 10 a.m.

Tolling the Boats & Memorial  
Day Observance  
Naval Undersea Museum  
Keyport, WA

Navy Band Northwest's Brass  
Quartet and Solo Vocalist

### May 26, 4 p.m.

Kitsap Harbor Festival  
Bremerton Boardwalk  
Bremerton, WA

Navy Band Northwest's Show  
Band, "The Puget Sound  
Machine"

### June 15, 7 p.m.

"Passage Unplugged"  
A special all acoustic performance by "Passage"  
Jackson Park Community  
Center  
Bremerton, WA  
Navy Band Northwest's  
All Acoustic Popular Music  
Group, "Passage Unplugged"

## NBK CHAPEL SCHEDULE

### Bangor Chapel, Building 2900

#### CATHOLIC WORSHIP

Celebration of Mass  
Sundays, 9 a.m.  
Sacrament of Penance

By appointment (Confessions)

#### PROTESTANT WORSHIP

Sundays, 11 a.m.  
Children's Sunday school  
(Kindergarten - 6th grade)  
Sunday, 11:30 a.m.

#### Bible study

Sundays, 9:45 to 10:45 a.m.  
ECUMENICAL BIBLE STUDY  
Wednesdays, 10 to 11:30 a.m.

### Jackson Park Community Chapel, Building 780

#### CATHOLIC WORSHIP

Celebration of Mass  
Sundays, 11:15 a.m.  
Sacrament of Penance

By appointment (Confessions)

Choir Practice Bangor and  
Jackson Park members  
Thursdays, 6:30 to 7:30 p.m.

#### PROTESTANT WORSHIP

Sundays, 9 a.m.

Children's Sunday school  
(Kindergarten - 6th grade)

10:30 to 11:30 a.m.

Bible study

Sundays, 8 to 8:45 a.m.

Wednesdays, 7 p.m.

### Bremerton Navy Yard Chapel, Building 300

#### PROTESTANT WORSHIP

Sundays, 11 a.m.

Bible study

Wednesdays, 6:30 p.m.

# Navy Housing turns up HEAT

By Navy Region Northwest  
Navy Housing

The HEAT stands for the Housing Early Application Tool. Navy Housing has developed HEAT to assist Sailors and their families in applying for housing Navy-wide. HEAT allows Sailors and their families to apply for housing at one or more locations before, or after, they receive their PCS orders. Spouses can use the application as well, needing only minimal information about their Sailor.

In December 2011, the Navy launched the program at five pilot sites, including Naval Base Kitsap. On May 7, 2012, the program was launched at Naval Station Everett and Naval Air Station Whidbey Island. HEAT is scheduled to be available Navy-wide in July. This means that if you have orders, anticipate orders, or just want information about Housing, HEAT is for you.

HEAT is all new and we know that you will have questions. Here are the answers to some we have already seen.

All active-duty military personnel, with dependents, can use HEAT. Either the sponsor or his or her spouse can initiate the HEAT application.

Single Sailors without dependents, or civilian personnel entitled to military housing are not able to use HEAT at this time. We encourage you to directly contact the Housing Service Center (HSC) at any Installation in which you are interested, at any time. The Installation website provides contact information.

You can access and use HEAT from ANY internet-connected computer. You do not need a government computer or a CAC to use it. All you need is the Service member's name and Social Security number. Be assured that your privacy is protect-

ed. HEAT meets all DoD requirements for protection of your privacy and personal information.

You can use HEAT even if you don't have PCS orders. You or your spouse may use HEAT at any time to request information about housing or to check on your eligibility for Navy or privatized housing. You can even apply to more than one Installation. You may submit HEAT applications to as many Installations as you like and you will be contacted by and receive information from each site.

HEAT allows you to start the housing application process and communication with the HSC early in your search for housing. It does NOT place you on the Housing waitlist earlier or in a higher spot.

To find more information about, or to get started with HEAT, go to the CNIC Navy Housing website, [www.cnic.navy.mil/HEAT](http://www.cnic.navy.mil/HEAT).

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U.S. NAVY PHOTO

**Jersey's for coins** | Logistics Specialist 1st Class Carmen Admire, a Selected Reservist assigned to Navy Operational Support Center, Springfield, Ore. poses on an Oregon Ducks motorcycle during the April 28 military appreciation spring football game at Autzen Stadium. At the end of the game 100 players gave their game jerseys to members of the military for command coins.

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## Multi-agency response rescues woman stranded in cliff-side gondola

By Kimberly Martin  
NAS Whidbey Public Affairs

High-angle rescue technicians from Navy Region Northwest Fire and Emergency Station 70 were called in Sunday to rescue a 60-year old Greenbank woman stranded when the cable of a cliff-side gondola snapped.

Battalion Chief Sean Merrill received the call for support from Central Whidbey through region dispatch at 3:08 p.m., May 6. According to the after-action report, the gondola was "45-50 feet down a 100-foot vertical cliff with one cable broken and only one cable holding the gondola up." Central Whidbey Fire and Rescue and Whidbey General medics responded to the 911 call from the husband who had been able to climb out of the disabled gondola and down to the beach 50 feet below. After sizing up the situation, they called for assistance from the Navy who

had qualified high-angle technicians and the right equipment to make the rescue.

Within 30 minutes, the 5-member team arrived at the location near North Bluff Rd. and quickly assessed the situation. Merrill requested back-up from Oak Harbor Fire Department and Whidbey General Hospital.

Firefighter EMT Ian Paola got into climbing gear and rappelled down to the gondola with Firefighter EMT Jeff Porter on belay to make contact with the woman and assess the situation.

"The first thing I did was get the woman into a rescue harness and clip her on to my harness, just in case the other cable went," said Paola. The woman was coherent but understandably frightened and eager to be out of the gondola.

At the same time Capt. Jason Hebb, Firefighter EMT Erik Andersen and Oak Harbor Firefighter

Rich Cuevas rigged up the rescue system of ropes and pulleys to bring the woman safely up the cliff. After a cursory check for major injuries, Paola called Cuezvz and Whidbey General Hospital paramedic Chris Tumblin to bring down the Stokes basket. They prepared the woman for transport up the cliff rather than down the cliff because the tide was coming in and the gondola apparatus wasn't secure.

Once at the top of the cliff, Tumblin checked out the woman, but while she was still shaken from the incident, she suffered no life-threatening injuries and was released.

The Navy and Oak Harbor fire personnel regularly train together to maintain a high state of readiness for this type of rescue since much of the Whidbey Island shoreline properties are bordered by cliffs. They have responded to at least two similar rescues in recent memory.

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# USS Nimitz Sailors celebrate ship's birthday

USS Nimitz Public Affairs

The crew of the aircraft carrier USS Nimitz (CVN 68) paused to celebrate the 37th anniversary of the ship's commissioning with an all hands picnic May 3.

The ship's MWR and Supply Department hosted the event, with volunteer assistance from Nimitz' chief petty officers and petty officer 1st classes, and members of the Nimitz Junior Enlisted Association.

Nimitz Commanding Officer Capt. Jeffrey Ruth called on the crew to reflect on the historical role Nimitz has played in the ship's nearly four decades of service.

"In 1975 a new class of aircraft carrier entered the fleet," he said. "Thirty-seven years later this ship and her entire crew proudly continue to uphold the traditions of teamwork and professionalism that make this the ship the first and finest in its class."

In that time, the ship completed 14 deployments. Nimitz most recently departed its homeport of Everett, Wash. and arrived to Naval Station North Island, San Diego to embark elements of Carrier Air Wing 11 as the ship prepares to complete various certifications and qualifications following its Docked Planned Incremental Availability.

The keel for the Nimitz (CVN 68) was laid on June 22, 1968, at Newport News Shipbuilding and Dry Dock Company in Newport News, Va.

The Pre-Commissioning Unit (PCU) Nimitz was christened and launched from Shipway 11, Newport News May 13, 1972. On March 1, 1975 PCU Nimitz got underway for the first

time to conduct Builder's sea trials. The ship was delivered to the U.S. Navy on April 11 and arrived at its homeport of Norfolk, Va. April 12. May 3, Nimitz was commissioned in a ceremony at Naval Station Norfolk's Pier 12 by President Gerald R. Ford. Secretary of Defense James R. Schlesinger, Secretary of the Navy J. William Middendorf and Chief of Naval Operations Adm. James L. Holloway, III, were among the more than 20,000 guests in attendance.

time to conduct Builder's sea trials.

The ship was delivered to the U.S. Navy on April 11 and arrived at its homeport of Norfolk, Va. April 12.

May 3, Nimitz was commissioned in a ceremony at Naval Station Norfolk's Pier 12 by President Gerald R. Ford. Secretary of Defense James R. Schlesinger, Secretary of the Navy J. William Middendorf and Chief of Naval Operations Adm. James L. Holloway, III, were among the more than 20,000 guests in attendance.



PHOTO ILLUSTRATION  
BY MC3 ROBERT WINN

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# Faith Directory

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## Baptist

### Mt Zion Missionary Baptist Church

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Sunday School: 9:30 am  
Worship Service: 11:00am  
Wed. Hour of Power: 12 Noon  
Wed. Youth Activity Night: 6 to 8 pm  
Wed. Bible Study: 6:30 pm  
360-377-9169 • [www.mountzionbremerton.org](http://www.mountzionbremerton.org)

## Church of Christ

### Church of Christ

2585 Carr Lane SE, Port Orchard  
Sunday Worship 10:30am  
Sunday Bible Classes 9:30am  
360-876-2604 • [www.pococ.org](http://www.pococ.org)

## Episcopal

### St. Antony's Episcopal Church

10239 Old Frontier Rd., Silverdale  
Sunday Services: 8:00am & 10:00am  
Church School & Nursery  
(360) 698-0555 • [www.saintantony.org](http://www.saintantony.org)

### St. Bede's Episcopal Church

1578 SE Lider Rd. SE, Port Orchard  
Worship Services: Sun. 8am & 10am  
Mid-week Service Wed. 11am  
Church School and Nursery  
360-876-1182. [stbedes@telebyte.com](mailto:stbedes@telebyte.com)

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## Gospel

### New Testament Christian Church (Full Gospel)

2315 Burwell Street Bremerton, WA 98312  
Sunday Morning Worship 11:00 am  
Sunday Evening Worship 7:30 pm  
Wednesday Evening Worship 7:30 pm  
Friday Bible Study 8:00 pm  
Saturday Evening Worship 7:30 pm  
(360) 373-4520 • [myntcc.org](http://myntcc.org)

## Lutheran

### Elim Lutheran Church, ELCA, CORE

5911 E. Hillcrest Dr @ Woods Rd, Port Orchard  
Sunday Worship 10 am - Nursery Provided  
Sunday School & Adult Forum 9 am  
360-871-0602 [www.elimlutheranpo.net](http://www.elimlutheranpo.net)

### Emmanuel Lutheran Church (AALC)

American Association of Lutheran Churches  
Building on the Foundation of God's Word  
Sunday Worship 10am  
Sunday School 9am  
Wed. Bible Class 6:30pm  
2509 Perry Avenue, Bremerton  
(360) 373-1910 • [www.elcbremerton.org](http://www.elcbremerton.org)

## Non Denominational

### Faith Fellowship Church

6251 NW Newberry Hill Rd, Silverdale  
Sunday Morning Worship 10am  
[www.faithfellowshipchurch.net](http://www.faithfellowshipchurch.net)  
(360) 692-6555

## Presbyterian

### Summit Avenue Presbyterian

403 Summit Ave. So., Bremerton  
Sunday Worship, Children's Sunday School  
& Daycare: 10:30am; Adult SS: 9am  
(360) 377-2740

## United Methodist

### Port Orchard UMC

725 Kitsap St Port Orchard, WA 98366  
Worship & Sunday School @ 9:30am  
"The church downtown"  
360-876-3975 • [www.gbpm-umc.org/poumc](http://www.gbpm-umc.org/poumc)

### Silverdale UMC

(Corner of Ridgeway & Silverdale Way)  
Sunday Worship 9:30am  
Fellowship & Brunch 11am  
Children's Church during Worship Service  
(360) 692-9813 • [www.silverdale-umc.org](http://www.silverdale-umc.org)

### Tracyton UMC

"The church at the heart of a community"  
5153 Naomi St NW - Tracyton, WA 98393  
Sunday Worship 8:30 AM & 11:00 AM  
Sunday School Classes 9:45 AM  
(360) 373-6425 [www.tracytonumc.org](http://www.tracytonumc.org)

**For Advertising Information Contact:**  
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