

Hawaii Marine



Chuck Little | U.S. Marine Corps Forces, Pacific

Cpl. Ricardo Padilla Jr., U.S. Marine Corps Forces, Pacific, delivers a wreath to be presented by Sgt. Glenn Parker, Leading Seaman Byron McIntyre and Cpl. Dean Stephenson (hidden) on behalf of the Australian Defence Force at the Australian-News Zealand Army Corps Day commemoration at the National Memorial Cemetery of the Pacific Saturday. This year marks the centennial observance of ANZAC Day, which originally honored the service and sacrifice of the ANZACs at the battle for Gallipoli Peninsula, Turkey, in World War I, and which has since come to honor all who have served in both nations' militaries.

Hawaii, partner nations honor ANZACS

Sgt. Sarah Anderson
U.S. Marine Corps Forces, Pacific

HONOLULU — Australian, New Zealand and U.S. service members from around Oahu gathered at the National Memorial Cemetery of the Pacific, known as the Punchbowl, Saturday, to commemorate the Australian-New Zealand Army Corps forces that fought at the battle of Gallipoli in 1915 during World War I. This year marks the centennial of the battle and the 43rd year the Marine Corps has supported the ceremony on Oahu.

The significance in Australian and New Zealand history stems from it being

the first conflict the two nations were involved in as independent nations.

The 1915 Gallipoli Campaign is remembered for those who fought in the conflict and the significant losses the nations both suffered. Those who fought are known as "ANZACS" and are honored in one of the most recognized holidays in the South Pacific. Celebrations of the day have lasted nearly 24 hours, due to time difference between Australia and the United States.

"It is important we remember the cost," said Australian Army Maj. Gen. Greg Bilton AM, CSC, deputy commanding general of operations with U.S. Army

Pacific. "The first world war impacted Australia and New Zealand like nothing else before or since. 100 years ago today, the events on the Gallipoli Peninsula profoundly shaped the newly formed nations of New Zealand and Australia.

"Wherever Australian and New Zealanders live and work in the world, they have paused to remember their countrymen and women because this day is indelibly engrained in their respective national psyches," Bilton added.

The battle unified the people of Australia and is credited as a defining mo-

See ANZAC, A-7

'The Flying Tigers' mural found at Kaneohe Bay

Christine Cabalo
Hawaii Marine

Painting crews discovered a piece of aviation history after uncovering a mural for "The Flying Tigers" inside Hangar 102 at Marine Corps Air Station Kaneohe Bay.

Crews from Marine Corps Base Hawaii's Facilities Department discovered the painting with a personnel roster while renovating the space earlier in April. The hangar is currently home to Marine Heavy Helicopter Squadron 463. "The Flying Tigers" are now based out of Marine Corps Air Station Futenma, Okinawa.

"This is history come alive," said Emmer Bio, a painter with the Facilities Department, who was part of the crew that made the discovery. "People from all over have come to take a photo."

Bio said six pieces of block board were on top of the mural, hiding it from view up until that point. Members of the "Pegasus" squadron had used the wall space to mount a board that kept track of foreign object debris. None of the current personnel were aware of the mural until crews removed the boards.

"When we were repainting the wall we started peeling back the boards due to it being termite-ridden," Bio said. "When we pulled (the boards) off, we found (the mural)."

When the unit was stationed at Kaneohe Bay, "The Flying Tigers" were known as Marine Medium Helicopter Squadron 262, according to the unit's official Marine Corps website. They were stationed at K-Bay from 1971 to September 1992 before transferring to Okinawa.

They flew CH-46 Sea Knight "Phrog" helicopters, conducting both combat and humanitarian missions. The unit provided support on the island of Kauai to help with Hurricane Iniki efforts in 1992.

The roster was updated as recently as 1991, with a few names signed on the wall with dates. The orange-striped



Christine Cabalo | Hawaii Marine

A mural and roster featuring the "The Flying Tigers" was found in April in Hangar 102. The unit was stationed at Marine Corps Air Station Kaneohe Bay from 1971 to September 1992 before transferring to Marine Corps Air Station Futenma, Okinawa.

tiger is still found on the unit's patches and logo.

Several of the Marines in the roster are still on active duty, including Maj. Gen. Andrew W. O'Donnell Jr, who was the unit's aircraft maintenance officer as a major. O'Donnell is currently the assistant deputy commandant of Combat Development and Integration, and the deputy commanding general of Marine Corps Combat Development Command.

"The Flying Tigers" also included Brig. Gen. David Coffman, commander of U.S. Marine Corps Forces, South. As a first lieutenant, Coffman was a functional check pilot, flight leader and flight instructor for the unit aboard K-Bay.

When crews found the mural it showed the signs of wear, even though it was hidden for the past 24 years, said Maj. Neil Oswald, the executive officer of

HMH-463. After documenting the find, crews finished repainting the hangar, including the wall with the mural.

"We'd save it, but the mural's paint (was) already starting to flake off," Oswald said. "This isn't the unit's space anymore, but we did preserve the image in pictures that we sent to ('The Flying Tigers')."

"The Flying Tigers" have also gone through their own changes since leaving Oahu. In 2013, the unit completed its transition to using the MV-22B Osprey tiltrotor aircraft, and has been redesignated as Marine Medium Tiltrotor Squadron 262, or VMM-262.

Yet the unexpected find steps back into K-Bay's past when tigers flew and "Phrogs" ruled the day.

"This is the first time I've ever come across something like this," Bio said. "There are not very many things like this."

Killeen to take command of MCB Hawaii

Staff Article
Public Affairs Office

Col. Christopher B. Snyder, the deputy commander of Marine Corps Installations Pacific, assumed interim command of Marine Corps Base Hawaii Tuesday, replacing Col. Eric W. Schaefer. Schaefer was relieved of command by Maj. Gen. Charles L. Hudson, commanding general, Marine Corps Installations Pacific, due to "a loss of trust and confidence in his ability to lead."

Col. Sean C. Killeen has been appointed as the next official commanding officer, and will assume his position May 6. Killeen comes to MCB Hawaii from his current assignment as the director of the G33 command operations branch of U.S. Marine Corps Forces, Pacific.

Killeen, of Mundelein, Ill., has served as the commanding officer of Marine Medium Helicopter Squadron 364 during Operation Iraqi Freedom. He has also served as executive officer of HMM-166 during OIF and deployed with Special Purpose Marine Air Ground Task Force 4-90, HMM-262, in the Philippines.

Killeen's military education includes the University of Foreign Military and Cultural Studies Red Team Mobile Training Course in 2014 and Joint Professional Military Education II-Joint Staff College in 2010.

His most recent assignments include Head of Expeditionary Aviation at N98 Naval Air Warfare Directorate, from 2012 to 2014 and chief of U.S. Southern Command, of the Washington Liaison Office from 2010 to 2012.

Military, community make improvements at Bellows

Kristen Wong
Hawaii Marine

WAIMANALO, Hawaii — The wind whipped around Marines and civilians at Bellows Field Beach Park as they scraped, painted and cleaned the comfort stations, Tuesday.

Members of the Honolulu Police Department, Marine Corps Base Hawaii's Provost Marshal's Office and the Hawaii Job Corps spent the day repainting two comfort stations on the beach.

As the group gathered in the morning, Lt. Col. David Bohn, the base inspector of MCB Hawaii, thanked everyone for coming. He commented that this would definitely be an improvement not only for residents of Waimanalo, but visitors as well.

The overall project was a collaborative effort between the Marine Corps and Honolulu Police Department, and took nearly a month and a half of planning.

HPD Lt. Tasman McKee was one of the officers providing labor for the project. McKee said the District Four commander would like to maintain and strengthen a positive relationship with the Marine Corps.

"This is an opportunity for us to move forward and take ownership of these facilities in our parks along with the Marine base because we share this property and (want to) provide a better place for the community," McKee said.

With supplies provided by the City and County of Honolulu and local legislators, the group separated into two groups and began scraping old paint off the walls of the comfort stations. Some members of the group also collected trash in the park.

"We're moving," said HPD Officer Gaynor Minton. "The prep is going really well. I think it's a great opportunity for everybody to get

See BELLOWS, A-7



Happy Birthday SMP!
SM&SP celebrate 20th anniversary of SMP with beach cleanup, **B-1**



Go green, learn
Mililani Cub Scout Troop plants trees at Bellows, **B-3**



WORDS FROM THE BASE INSPECTOR

From the desk of the Command Inspector: No smoking (or vaping)

Base Order 5100.20B provides the policy for the use of tobacco products for Marine Corps Base Hawaii buildings and facilities, including a list of designated smoking areas, as well establishment and implementation of tobacco use prevention and cessation programs. Many service members, residents and guests are unaware that e-cigarettes and personal vaporizers are included in the base order.

The order defines use of tobacco products as “The use of smoking tobacco (e.g., cigarettes, cigars, pipes), smokeless tobacco (e.g., nicotine oils, spit, plug, leaf, snuff, dip, chew) and electronic cigarettes (also known as an e-cigarette or personal vaporizer).”

Smoking is defined as “behavior related to the act of drawing the smoke from cigarettes, electronic cigarettes (also known as an e-cigarette or personal vaporizer), cigars, and pipes into the mouth and often the lungs and blowing it out again or having a lit cigarette, cigar, or pipe in one’s possession or in an

ashtray.”

In 2014, the US Food and Drug Administration announced that e-cigarettes have not been fully studied, so consumers currently don’t know the potential risks of e-cigarettes when used as intended. They also don’t how much nicotine or other potentially harmful chemicals are being inhaled during use, or whether there are any benefits associated with using these products. Similarly, the impacts of environmental vapor (or second-hand vapor) have not been studied so the impacts are not known.

Electronic cigarettes and personal vaporizers (like conventional smoking) may only be used outdoors (at least 50 feet away from windows and building entrances, so smoke and vapor cannot blow into facilities through doors, windows, or air-conditioning vents), in family housing units (except in common areas of multiple family units), and in designated and marked smoking areas.

Tobacco use (including smoking, smokeless tobacco and vaporizers) is prohibited in auditoriums, clubs and eating facilities, temporary lodging facilities,

retail and services facilities, theaters, bowling alleys, conference rooms, classrooms, libraries, elevators and medical facilities. This includes outdoor facilities like the base marina, Samuel Adams Sports Bar and Grill lanai area, and Kaneohe Klipper Golf Course.

Please ensure all members of our military community may enjoy Marine Corps Base Hawaii by complying with the Base Regulations and behaving responsibly.

If you have a question for the base inspector, please contact us at KBAZ_HQBN_INSP@usmc.mil.

Semper Fidelis.
Lt. Col. D. H. Bohn
command inspector
Marine Corps Base Hawaii
MCB Hawaii command inspector general hotline
257-8852
KBAZ_HQBN_INSP@usmc.mil

Marine, Sailors and members of the community: Provide a polite reminder and encouragement to comply with the regulations.

Hawaii Marine

www.mcbhawaii.marines.mil
www.hawaiimarine.com

Commanding Officer Col. Christopher B. Snyder
Base Sergeant Major Sgt. Maj. Gregory L. Hall
Public Affairs Chief Staff Sgt. Matthew Orr
Combat Correspondent Cpl. Brittney Vella
Combat Correspondent Cpl. Khalil Ross
Combat Correspondent Lance Cpl. Adam O. Korolev
Combat Correspondent Lance Cpl. Harley Thomas
Photojournalist Christine Cabalo
Photojournalist Kristen Wong
Graphic Artist Jay Parco

Hawaii Marine is an authorized publication for members of the Department of Defense.

Hawaii Marine is published by MidWeek Printing, Inc., a private firm in no way connected with the U.S. Marine Corps, under exclusive contract to the U.S. Marine Corps. Contents of Hawaii Marine are not necessarily the official views of, or endorsed by, the United States Government, the Department of Defense or the U.S. Marine Corps.

The appearance of advertising in Hawaii Marine, including inserts and supplements, does not constitute endorsement by the DoD, Department of the Navy or the U.S. Marine Corps of the products or services advertised. Everything advertised in Hawaii Marine shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. Editorial content or public service announcements (i.e., all content other than paid advertisements) is edited, prepared and provided by the Public Affairs Office aboard Marine Corps Base Hawaii. Opinions expressed are not to be considered an official expression of the DoD, DoN or the USMC. Hawaii Marine is a free publication available at stands on Marine Corps Base Hawaii and neighboring businesses. If you are interested in obtaining copies by mail, please contact MidWeek Printing, Inc. at 529-4700. Submit items for Hawaii Marine to the managing editor no later than noon on the Friday prior to publication, using this address:

*Hawaii Marine, Box 63062, Building 216,
MCB Hawaii, Kaneohe Bay, Hawaii 96863
Email: HawaiiMarineEditor@gmail.com
Fax: 257-2511, Phone: 257-8837*

ICE COMMENTS

Comment: For almost three years, the New Parent Support Program helped me build my family. I first became involved in NPSP when I was pregnant and through the groups, new moms, prenatal support, itsy bitsy workshop, and breastfeeding support group I built my Hawaii family. Through my time there I watched several of these groups dissolve due to lack of staff. It made me sad when people asked where they could go to meet people, and I could no longer recommend some of these groups. These groups are an important part of the military community in Hawaii because of the distance and isolation. I recommend allowing these groups to be run by volunteers if staffing is causing issues. Families need these groups, and while home visits are wonderful and helpful, developing a family that you can turn to in times of need is equally important. I loved every second I spent learning and being inspired by the people in NPSP. I have taken many steps to become a social worker so I continue the good work that this program does in other places.

Follow-Up Notes : I sent <name omitted> an email in response to her comments and let her know she can contact me with any additional questions or concerns. Thank you, <Name omitted>, Family Advocacy Program manager

*Note: ICE comments may have been edited for space and anonymity

Interactive Customer Evaluation is:

- A web-based tool for collecting feedback about the services provided by various organizations throughout the Department of Defense.
- Allows customers to submit online comment cards to rate the service providers that they have encountered at military bases and related facilities around the world.
- Allows service providers to collect customer satisfaction data in a standardized format which is stored in the ICE database.
- Provides customers with a convenient and efficient method to express their opinions to service providers and receive feedback.

ICE is NOT:

- To be used as a sole source to report safety concerns. **Base Safety should be contacted directly at 257-1830.**
- Intended for use to submit complaints regarding fellow employees or management, to spread rumors, to threaten or to make public announcements.

Visit the ICE site at <http://ice.disa.mil>. For ICE FAQs, visit [mcbhawaii.marines.mil](http://www.mcbhawaii.marines.mil), then click Departments, Business Performance, then ICE FAQs.

This week in Corps history: On May 2, 1946: Marines from Treasure Island Marine Barracks, under the command of Warrant Officer Charles L. Buckner, aided in suppressing the three-day prison riot at Alcatraz Penitentiary in San Francisco Bay. Buckner, a veteran of the Bougainville and Guam campaigns, ably led his force of Marines without suffering a single casualty.
- **U.S. Marine Corps History Division**

MARINE CORPS BASE HAWAII EVENTS

FUTURE EVENTS

The Marine Corps Community Services Career and Education Fair is scheduled in the Lanai Ballroom of The Officers’ Club from 9 a.m. to 1 p.m.

Meet with top companies, college and universities to discuss career and education opportunities. This is a free event, open to active members and their spouses. Pre-registration is not a requirement to attend. For more information, call the Transition Readiness Program at 257-7790/96.

The last power outage is scheduled for May 9 from 6:30 a.m. to 10:30 p.m. The entire base will be affected.

The Facilities Department, Marine Corps Base Hawaii Kaneohe Bay, along with the Resident In Charge of Construction, are in the process of upgrading the main electrical power service to the base. This extremely important work is required in order to adequately support both existing and new facilities on base by installing additional electrical service cables into the base power grid.

Additionally, major work will be accomplished across the base to support myriad projects and contracts involving maintenance, repair and surveys. For more information, call the duty officer at 330-9636.

The next book club meeting is scheduled May 13 from 5:30 to 6:30 p.m. at the base library. This month’s book is “The Short Tragic Life of Robert Peace” by Jeff Hobbs.

The book club is open to active duty, Department of Defense civilians, retirees and their adult dependents. For more information, call the base library at 254-7420.

On May 24, from 7 to 10 p.m., local band Island Storm will be performing free at K-Bay Lanes. For more information, call 254-7693.

The Marine Corps Embassy Security Guard screening is scheduled for May

26 at 8 a.m. in the base theater. End time will be determined at a later date. Please see Marine Administrative Message 177/15 or contact your career planner for more information.

Headquarters Marine Corps Special duty Screening is scheduled for May 26 at 8 a.m. in the base theater. End time to be determined at a later date. Please see Marine Administrative Message 177/15 or contact your career planner for more information.

Starting May 18, the Semper Fit Division is hosting a training program for people who are running a 5-kilometer race for the first time. The seven-week training program is scheduled for Monday, Wednesday and Friday from 5:30 p.m. to 6:30 p.m. at the Pop Warner Field track.

The goal is to train for the Marine Corps Base Hawaii Runway 5K Fun Run scheduled for July 4. For additional information and to register, call the Semper Fit Center at 254-7597.

The Personal Financial Management Program is hosting a class called “Budgeting 101: Developing Your Spending Plan,” scheduled for May 21, from 10 a.m. to noon in classroom E of building 220. Get control of your financial affairs, develop financial goals, and develop a budget. Please see flier for materials you need to bring. This is the class to have your Transition Budget reviewed. Call PFMP 257-7783/1232 with questions.

TODAY

Middaugh Street is closed today, between the hours of 7:30 a.m. and 3 p.m. There will be a complete closure of Middaugh Street between Harris Avenue and Fort Hase Beach for new sewer construction work.

Motorists should find alternate routes around the closed section. Both lanes will be re-opened after 3 p.m. daily. Call Philip Lum at 257-6900 with questions.

The base theater air conditioning

system will be inoperable through May 17 due to upgrades. During this period, regular show times will continue and all movies will be free of charge.

For current movie listings, visit www.mccshawaii.com/theater. For more information, call the Marine Corps Community Services Business Performance Office at 254-7638.

SATURDAY

The Island Activity and Travel Expo is scheduled for Saturday from 9 a.m. to 1 p.m. at Mokapu Mall. Learn about island activities and military appreciation month discounts from local vendors offering the best deals of the year. For more information, call 254-7563.

MONDAY

The Commander’s Cup Bowling League is scheduled to start Monday at K-Bay Lanes at 6 p.m. Sign-up sheets are available at front desk for this 12-week league. The league is open to first 24 teams. All base patrons are welcome. For more information, call 254-7693.

TUESDAY

The next Defense Language Proficiency Test is scheduled for Tuesday at 9 a.m. in classroom A of building 220. Marines qualified to receive foreign language proficiency pay are required to take annually.

The Lower Range Constructed Response DLPT5 in Dari is currently available. Six hours of testing required; must register in advance. The test is open to all active-duty personnel. For more information, call the Education Center at 257-2158.

WEDNESDAY

The Prime for Life substance misuse education course is scheduled for Wednesday and Thursday from 7:45 a.m. to 4:30 p.m. on the third deck of building 279.

Marine Corps Order 5300.17 requires Marines who have an alcohol or drug-related incident to at a minimum attend PFL.

A preliminary screening by a Counselor at SACC is required prior to attending the course.

The PFL class is offered monthly, next classes are scheduled for: June 10 and 11, July 8 and 9, Aug. 13 and 14, Sept 2 and 3. For more information, call 257-2464.

THURSDAY

The next New Arrivals Orientation is scheduled for Thursday from 7:30 to 11:30 a.m. in Kahuna’s Community Ballroom. The orientation provides important information about MCB Hawaii policies, services and programs.

Service members and family are welcome to wear appropriate civilian attire. No reservations are needed. For those who can’t make this orientation, the next New Arrivals Orientation is scheduled for June 4.

For more information about the orientation, call the Family Member Employment Assistance Program & Relocation Services at 257-8354.

Manpower Management Division will be visiting Marine Corps Base Hawaii May 7. MM Division will provide professional military education on force shaping programs, assignments, promotions, fitness reports; master brief sheets, the official military personnel file and enlisted career counseling.

The following briefs are scheduled below:

- May 7, MCB Hawaii, base theater
9 to 10 a.m. Enlisted Retention/Assignment (MMEA)
(Sgt. Maj. Meza) (All E-5s to E-9s)
10 to 11 a.m. Career Counselor Brief (MMRP-50)
(Master Gunnery Sgt. Thompson) (All E-5s to E-9s)
1 to 2 p.m. Sergeants major/Master gunnery sergeants Brief
(Sgt. Maj. Meza) (All E-9s)

AROUND THE CORPS

Your weekly guide to what’s happening around the Corps

East Coast



Cpl. Tyler A. Andersen | II Marine Expeditionary Force

See <https://www.dvidshub.net/news/161689/1-2-marines-conduct-embassy-reinforcement-training#.VUGfu9pVhHw> for full story

West Coast



Sgt. Melissa Wenger | Marine Corps Air Station Miramar

See <https://www.dvidshub.net/news/161595/mag-39-gives-nae-closer-look-works#.VUGe7dpVhHw> for full story

Overseas



Staff Sgt. Nathan Allen | U.S. Marine Corps Forces, Pacific

U.S. Air Force air crew from the 36th Airlift Squadron, Yokota Air Base, Japan, conduct a mission plan for an airdrop with a Philippine Air Force aircrew from the 220th Airlift Wing, at Brig. Gen. Benito Ebuena Air Base, Philippines, April 25, as part of Exercise Balikatan 2015. Bilateral training, such as the type practiced at BK15, proved its effectiveness when the Philippines and U.S. forces conducted a relief mission in November 2013 during Operation Damayan in the wake of Super Typhoon Haiyan, which devastated more than 35 provinces in the Philippines and displaced nearly half a million residents.

See <https://www.dvidshub.net/news/161634/us-marines-philippine-armed-forces-share-strategies#.VUGfBdpVhHw> for full story

Sgt. Mike Winn, an airframes work center supervisor with Marine Aviation Logistics Squadron 39 and an Albany, N.Y., native, conducts a presentation during “Boots on the Ground” aboard Marine Corps Air Station Camp Pendleton, Calif., Monday. Leaders from the Naval Aviation Enterprise visited elements of Marine Aircraft Group 39 during this event, linking NAE representatives with Marines and Sailors working with aircraft.

National Alcohol Awareness Month focuses on America’s future

Lance Cpl. Harley Thomas

Marine Corps Base Hawaii

In order to increase public awareness and understanding of the stigma associated with alcoholism, which often prevents individuals from seeking help, the theme for this year’s National Council on Alcoholism and Drug Dependence Alcohol Awareness Month is “For the Health of It: Early Education on Alcoholism and Addiction.”

Founded in and sponsored by the NCADD since 1987, National Alcohol Awareness Month increases public awareness and understanding, reduces stigma about alcohol misuse or abuse and take action to prevent it, both at home and in the community. This year’s theme is designed to draw attention to the impact that alcohol, alcoholism and alcohol-related problems have on young people, their friends and families in the community.

According to the NCADD website, more than 18 million individuals – or 8.5 percent of Americans – suffer from alcohol use disorders, and these place enormous emotional, physical and financial burdens on family members and the children of those who abuse or are addicted to alcohol. Alcohol use at a young age has been associated with traffic fatalities, violence, suicide, educational failure and other problem behaviors, even among those who may never develop a dependence or addiction.

“There are countless millions of individuals, family members and children who experience the devastating effects of the alcohol problem of someone in their life,” the website states. “In fact, 25 percent of (children in the U.S.) have been exposed to alcohol-use disorders in their family.”

While children may be exposed to alcohol through family members, reported by the 2013 National Survey on Drug Use and Health, about 8.7 million people, ages 12 to 20, reported having at least one drink in their life. Approximately 5.4 million people reported being binge drinkers, defined as drinking five or more alcoholic beverages on the same occasion at least one day in the past 30 days, and 1.4 million were heavy drinkers, defined as drinking five or more alcoholic beverages on the same occasion on five or more days in the past 30.

“Research indicates that alcohol use during the teenage years could interfere with normal adolescent brain development and increase the risk of developing an alcohol use disorder,” according to the National Institute on Alcohol Abuse and Alcoholism. “In addition, underage drinking contributes to a range of acute consequences, including injuries, sexual assaults and even deaths – including those from car crashes.”

The NCADD states that teens who experiment with alcohol before age 15 are four times more likely to become alcohol dependent when they are older than those who wait until age 20, which is why education and prevention are critical to reducing alcoholism and the number of alcohol-related incidents.

“Many children are drinking alcohol, at too early an age, (and) much of it goes unnoticed by adults,” the site reads. “Unconcerned or unaware of the health risks, lacking in other coping skills, and eager to find peer acceptance, many teens are involved in regular alcohol use, which puts them at greater risk for alcoholism, as well as related problems (such as) drunk driving, sexual assault and further drug use.”

The site states that reducing underage drinking is critical to securing a healthy future for America’s youth and requires a cooperative effort from parents, schools, community organizations and young people themselves.

“Underage drinking is a complex issue,” said Andrew Pucher, NCADD president and CEO. “(It is) one that can only be solved through a sustained and cooperative effort. As a nation, we need to wake up to the reality that for some, alcoholism and addiction develop at a young age and that intervention, treatment and recovery support are essential for them and their families. We can’t afford to wait any longer.”

NCADD Alcohol Awareness Month raises awareness while encouraging people to make healthy and safe choices when it comes to alcohol use. For additional information, visit ncadd.org.

The Marine Corps has also taken steps to help address alcohol abuse, from random screening to distributing “arrive alive” cards and providing alternative activities.

In addition, Marine Corps Order 5300.17 requires Marines who have an alcohol or drug-related incident to attend the Prime for Life Substance Misuse Education Course. Marine Corps Base Hawaii is offering its next PFL Wednesday and Thursday on the third deck of building 279 from 7:45 a.m. to 4:30 p.m. A preliminary screening by a Substance Abuse Counseling Center counselor is required prior to attending the course. For more information, call SACC at 257-2464.



Lance Cpl. Harley Thomas | Marine Corps Base Hawaii

Master Sgt. Arlene Collins (right), the distribution management chief with the Distribution Management Office, speaks with Lt. Col. Robert K. Maldonado, the commanding officer for Headquarters Battalion, in front of the battalion’s new library after a ribbon cutting ceremony Monday in building 4009, the headquarters building aboard Marine Corps Base Hawaii.

HQBN kindles, encourages learning

Lance Cpl. Harley Thomas

Marine Corps Base Hawaii

Service members gathered for a ribbon-cutting ceremony marking the opening of Headquarters Battalion’s new library Monday in building 4009 aboard Marine Corps Base Hawaii.

The Marine Corps Association provided the library with books and Kindles. Each Kindle is pre-loaded with 350 books from the Commandant’s Reading List, as well as other professional reading lists. The library was constructed to introduce a readily available resource to service members.

Master Sgt. Arlene Collins, the distribution management chief with the Distribution Management Office, said the library was not built just to display the battalion’s trophies, but to display books on the CMC Reading List and other required reading.

“This is important because it’s our way of giving the Marine a ‘no excuse’ opportunity to complete their reading,” said Collins, a Jackson, N.J., native. “Yes, the (base) library has some of the same information, but, while there are some Marines who take advantage of the library, most of the Marines I’ve spoken to don’t. This is for those Marines. They are told to do certain things, such as ‘read off a list of books,’ but nobody tells

them where this stuff is or how to get it. Now, we have it right here for them.”

Collins said because we are in an electronic age, having the Kindles helps the leadership reach out to the Marines who may not necessarily like traditional books.

“We obtained the 13 Kindle Paperwhites with the Marines, especially those who live in the barracks, in mind,” she said. “If they want to read, they don’t have to worry about turning on the light and disturbing their roommate because it has a backlight. We had the intent of helping the Marines and that’s the reason we spent the extra money.”

Collins said it’s an important resource for leaders who want their Marines to become interested in reading or to get to know the service members around them.

“For myself, I know it identified the reading ability in my Marines,” she said. “If I recognize that I have Marines who aren’t able to read or read well, this gives me a chance to mentor them and help them grow. Things like this are important if they hope to continue in this organization, they have to know how to read.”

She said this library is also important because it provides service members an easily accessible resource to complete their required reading.

“Since they are required to read a certain number of books each year anyway, why not have the books readily available to them?” Collins said. “These books are important because they are full of the Marines’ history. Some of these books even give information about special observances we make each month, such as Native American Heritage Month or Black History Month, and, from an equal opportunity standpoint, that is very important.”

It’s important the service members know where they came from and it’s good to know about the different cultures around them, Collins said.

“We just want the Marines to know this is available to them and that this is here,” she said. “Unless they’re avid readers, the chance of them realizing the library is here is slim, if they aren’t looking for more. All the effort put into the library and getting the books or Kindles would be for nothing if the service members weren’t aware of the resources around them. I hope Marines take the time to come by, grab a few books and understand the importance of not only what they’re reading, but understand the importance of reading itself.”

To check out the books and Kindles, visit the Headquarters Battalion training office.

Knowing your hazards

Derek M. DeMauro

Base Safety Directorate

In this day and age, it’s amazing to see the amount and type of hazards we encounter every day; at home, at work, or recreationally, the hazards are there. Did you know that sitting at your computer work station for prolonged periods can cause health issues? Or that a 6-foot step-ladder is only designed to allow you to go up approximately 4 feet high? How do we know what’s a hazard and what’s not? Do you recall when your parent, sibling, or relative said “Don’t touch that, it’s hot!” or “Stop and always look both ways before you cross the street!”? They were teaching us something: It’s called “hazard identification.”

According to the United States Marine Corps Order 3500.27C, a hazard is: “Any real or potential condition that can cause injury, illness, or death to personnel; damage to or loss of equipment or property; degradation of mission capability or impact to mission accomplishment; or damage to the environment.” We are exposed to hazards daily, in various conditions and environments. Any walking or working surface could be a potential fall hazard.

Let’s take a look at the 6-foot step-ladder for example; before using this piece of equipment, the manufacturer always, always, always, recommends that you read the instructions first. Why? Because there have been many lawsuits filed and they don’t want to be liable for you misusing their piece of equipment. Misuse of a step-ladder creates an unsafe condition (hazard) in which many lives have been claimed. So a 6-foot step ladder is only designed to allow you to go up about 4 feet? Yes. The second you step onto that 5-foot rung, it becomes less stable because the center of gravity (your body) is high, and that 6-foot rung was never designed to be stepped on (warning sign). By stepping onto the 5- or 6-foot rung, you have increased your risk of falling and

the manufacturer even says so. Read the instructions and warning labels.

So how do we protect ourselves from these hazards and minimize the risks? We have to be aware of the conditions, environment, and our job tasks. Touching that hot stove top will burn you, but did we learn the hard way, or did we listen to the warnings? We can always learn from these warnings (lessons learned). Mostly we learn the hard way, and then over time we become more aware.

Before Occupational Safety and Health Administration was created 43 years ago, an estimated 14,000 workers were killed on the job every year. Today, workplaces are much safer and healthier, going from 38 fatal injuries a day to 12. But we all know, as does OSHA, that there is still much work to be done to improve safety.

As individuals, we accept responsibility for our own personal safety; to perform our job tasks in a manner that minimizes our risk, we must take the time to read and understand the instructions, labels, and warnings on our equipment and tools. We should ask our supervisors if we are uncertain about our exposure to a hazard. As an employee, get involved with your work place safety and health programs to change behaviors and the safety culture. Former New Mexico governor Bill Richardson once said: “We cannot accomplish all that we need to do without working together.”

Just imagine, the employer (your organization) and employees (active duty or civilian) working together to save lives, resources and the environment. Investing in your own safety pays huge dividends in the long run.

Your role here at Marine Corps Base Hawaii is vital. Our families, friends and loved ones expect to see us at the end of each work day, mission or recreational activity for years and years to come. We owe it to ourselves, our coworkers and our families to look after each other to ensure that we can live our lives injury and illness free.



Petty Officer 3rd Class Amber Porter | Patrol Squadron 9

Cmdr. Gonzalo Partida, incoming commanding officer of Patrol Squadron 9, renders a salute as he passes the side boys at VP-9’s change of command ceremony.

‘Golden Eagles’ welcome new commanding officer

Lt. j.g. Rebecca NeSmith

Patrol Squadron 9

During a ceremony on Wednesday, the command of Patrol Squadron 9 was passed from Cmdr. Katrina Hill to Cmdr. Gonzalo Partida. Based at Marine Corps Air Station Kaneohe Bay, Partida became the 65th commanding officer of VP-9 since its establishment in 1951.

Presiding over the ceremony, Capt. Steve Newlund, commanding officer of Commander Patrol and Reconnaissance Wing 2, recognized the accomplishments of VP-9 during Hill’s tenure and welcomed Partida. Hill led the “Golden Eagles” to earn both the prestigious 2014 Commander Naval Air Forces, Pacific Battle “E” award and the AVCM Donald M. Neal Aircraft Maintenance Award. These awards recognize both the performance readiness and efficiency of the squadron as well as its exemplary maintenance record for the year 2014.

In a letter to the command, Hill tells the

squadron, “The last two years as a ‘Golden Eagle’ were the best of my career so far ... I am overwhelmed by your success.”

Hill’s next assignment will be Commander, Task Force 57 in Bahrain.

This is Partida’s second tour with VP-9. He originally served as a junior officer with the squadron from 1999 to 2003. Following a department head tour at Naval Air Station Whidbey Island from 2008 to 2011 with the Patrol Squadron 1 “Screaming Eagles” and a tour with Joint Staff, Nuclear Command and Control Directorate, he re-joined VP-9 in 2014 as executive officer.

Assuming the duties as executive officer of the squadron will be Cmdr. Elizabeth A. Regoli. This is her first tour in Hawaii, and she joins VP-9 following a tour serving as naval military aide to the vice president.

“I am excited to be joining a ‘Golden Eagle’ team that has established itself as a model of professionalism within our community through their sustained outstanding performance,” Regoli said.



Lance Cpl. Aaron Patterson | Marine Corps Base Hawaii Combat Camera

One of the comfort stations at Bellows Field Beach Park overlooks the beach. Members of the Provost Marshal’s Office, Honolulu Police Department and Hawaii Job Corps came together and helped repaint two comfort stations as well as collect trash along the beach. Both stations will be finished soon.



Kristen Wong | Hawaii Marine

BELLOWS, from A-1

together, to actually work together.”

The Hawaii Job Corps, is a free program run by the U.S. Department of Labor, supports qualifying teenagers ages 16 and older who come from low-income families. The program helps them finish school and train in various careers, from the automotive to culinary industries.

During this project, 20 students from the Job Corps’ paint shop were on-site to support the volunteers.

Gary Silva, a career technical instructor with the Hawaii Job Corps, said the Job Corps uses the comfort stations occasionally during school picnics at Bellows Field Beach Park. This also isn’t the first time the Job Corps has worked with the military. Job Corps students have helped Bellows Air Force Station with the annual Makahiki celebration, also held at the park.

“(Supporting these type of activities is) a way for our students (to give) back to the military and to the community,” Silva said.

Staff Sgt. John Deslauriers (front), the physical security chief for the Provost Marshal’s Office and Nick Alejo, a Hawaii Job Corps student, prepare paint supplies at a comfort station while Sarah Bailey (right), an administrative assistant for PMO scrapes off old paint at Bellows Field Beach Park, Tuesday.

ANZAC, from A-1

ment in its history.

“Australians were separated by states before (the battle),” said Royal Australian Army Cpl. Alexander Hudson, section commander with 5th Royal Australian Regiment. “You were from New South Wales or you were from Queensland, or Victoria — during (the battle) and most definitely afterwards, you were from Australia.”

Hudson remembers sitting with his fellow soldiers in Afghanistan in 2012, talking about the valiant troops who fought on the beaches of Gallipoli.

“We had conversations about what was going through the minds of the boys on the front line, and the older ranks would educate us,” Hudson said. “You charged forward because your friends, your brothers by choice, were beside you. They fought forward, trench by trench under terrible odds, because their mates were going to. This battle is important to me because it brought Australia together. I am proud to be Australian.”

The U.S. Marine Corps studied this battle extensively when developing its amphibious doctrine. The events on Gallipoli had a direct impact on the service’s future operations, including the beach landings on Tarawa and Iwo Jima in World War II.

Punchbowl Crater is an appropriate setting for the ceremony to honor the fallen. The National Memorial Cemetery of the Pacific is the resting place of more than 45,000 service members and their families. The hallowed ground is given the Hawaiian name, “Puowaina,” meaning “Hill of Sacrifice.”

“What happened on Gallipoli was a show of brotherhood,” said Sgt. Henry Cisneros, a supply noncommissioned officer with U.S. Marine Corps Forces, Pacific and wreath bearer for the ceremony. “By commemorating this with them, we are bringing the brotherhood full circle.”

Cisneros served a tour in Afghanistan in 2011. He did not work directly with the Australian military but said their presence had an impact on the Marines.

“We only saw them in passing but their presence there was a morale booster,” Cisneros said. “It was awesome seeing Democratic countries of the world coming together to defend freedom and common beliefs.”

Wreaths were presented by representatives from the governments of Australia, New Zealand, the United States, Japan and Republic of Korea, as well as organizations from around the island. A bugler then performed “Last Post,” the Australian equivalent to the American taps, in honor of those who have gone before.

“We gather not to glorify war or praise victors,” said Jeff Robinson, consul-general of Australia. “We gather to remember all those who have served their countries with honor during times of conflict and crisis.”

Sports & Lifestyle

Cpl. Terance Lockwood, a heavy equipment operator with Combat Assault Company, 3rd Marine Regiment, trims the taller brush with shears in the high knee position Saturday at Kailua Beach Park. Lockwood was one of 28 Marines who volunteered to help clean the beach and shoreline.



Photos by Cpl. Khalil Ross | Marine Corps Base Hawaii

Pfc. Thomas Altes, a combat engineer with Combat Assault Company, 3rd Marine Regiment, and a buddy rush into the weeds separating trimmed limbs from the live plants Saturday at Kailua Beach Park. The Marines not only trimmed limbs, but also picked up trash and replanted native flora.

CAC assists in cleaning Kailua Beach

Cpl. Khalil Ross
Marine Corps Base Hawaii

KAILUA, Hawaii — During an Earth Day cleaning project, Hui o Koolaupoko, and 28 Marines from Combat Assault Company, 3rd Marine Regiment, went to clean the environment at Kailua Beach Park, Saturday.

Marie Sode, a volunteer of Hui o Koolaupoko for two years, said they were working in concert with a larger environmental cleanup organization, Sustainable Coastlines.

Sode said the Marines and civilians who were picking up trash were reusing orange bags and feed bags to reduce the waste of materials. The volunteers would empty the bags and head back out.

"The project was to pick up trash, trim (wild limbs and branches) and replant local (flora in the community)," Sode said. "The plants hold the soil together and prevent runoff into the waterways."

1st Lt. Ken Pierson, platoon commander of CAC, said he had heard about the volunteer event and shared the opportunity with his Marines.

The Marines and civilians were picking up various cigarette butts, plastic wrappers and other miscellaneous trash that accumulates.

Marines are typically at a duty station for three years and some never even leave the installation to explore the community, Pierson said.

"I think it's important for Marines to embrace the community whenever (they) can," he said.

"There is no better way to embrace the community than to literally come out and clean it up."

Sode said she has been living in Kailua since 1975 and has seen a lot of interactions between the locals and military interactions the last few decades.

"There has been a line between the two for many years," she said. "The military (personnel) have been completely sustainable on their bases and that has caused some problems. Now that the military is getting out and interacting with the community, there is a huge improvement (in relations)."

Pierson said there are many different organizations to help the environment. Any service member can join up.

"(The Marine Corps) really promotes people coming out and helping with the community," Sode said. "There are all sorts of organizations that anyone can join on the weekends. We have children come out with their parents to show them how to pull weeds or we have intermediate and high school students help out."

Pierson said it's important to show surrounding communities that military personnel are residents too and they want to do anything they can to help the community.

"Every Marine should take an opportunity to (help out) at least once," he said. "(Come out) and really see the people they live with."

For more information on helping the environment, visit <http://www.huihawaii.org/>.

SM&SP cleans Fort Hase Beach

Kristen Wong
Hawaii Marine

More than 50 Marines, Sailors and civilians gathered beneath the scorching hot sun to collect trash at Fort Hase Beach aboard Marine Corps Base Hawaii, April 22. The Single Marine & Sailor Program hosted the cleanup to celebrate the 20th anniversary of the Single Marine Program.

"The Single Marine & Sailor Program would like to thank all the volunteers (who) came out to help clean Fort Hase Beach in celebration of the Single Marine Program's 20th anniversary," said Karley Peterson, the SM&SP coordinator.

Marine Administrative Message 146/15 encouraged the Single Marine Programs aboard all installations to do community service in honor of the anniversary.

"The effort to continue this capability during the 20-year anniversary celebration benefits both the Marine Corps and the community adjacent to Marine Corps installations," the MARADMIN reads.

According to Peterson, last year, SM&SP provided 144 programs benefiting more than 4,300 service members aboard Marine Corps Base Hawaii.

Chief Warrant Officer 2 Brian Maness, the officer in charge of Aircraft, Rescue and Firefighting, Marine Corps Air Station Kaneohe Bay, was one of the service members participating in the beach cleanup.

Maness, of Havelock, N.C., said the SM&SP keeps Marines and Sailors active in the community. He said because Hawaii is a small place, the service members might otherwise have to "fend for themselves," which could lead them to make bad decisions. 'He also

said there should be more community service projects like the beach cleanup available for the single service members.

"I've always highly encouraged (SM&SP)," Maness said. "It keeps them out of trouble."

According to the U.S. Marine Corps Forces Reserve website, the SMP has three pillars in its mission: quality of life, recreation and community involvement. The SMP was established in 1995, according to the Marine Corps Air Station Yuma's Marine Corps Community Services website.

In the April 25, 1996, edition of the "Hawaii Marine," the SMP aboard MCB Hawaii announced that it had opened a new center. By the Aug. 26, 1999, edition, the base SMP had announced its name was changed to the "Single Marine/Sailor Program."

Today, SM&SP is located at Kahuna's Recreation Center, building 1629, and offers amenities such as computers, TVs and desks. The SM&SP also hosts various activities and offers volunteer opportunities, on and off base, for MCB Hawaii's single and unaccompanied Marines and Sailors.

Activities vary, from hikes around Oahu to luaus. The program also coordinates trips to outer islands.

The SM&SP volunteer opportunities vary throughout the year. Marines and Sailors can sign up for activities such as feeding the homeless with Institute for Human Services, assisting Habitat for Humanity and supporting athletes with Special Olympics Hawaii.

Sgt. Ruben Diaz, the truck master of ARFF, MCAS, remembered his first volunteer effort with the SM&SP, when he was chosen as the unit's representative in 2012. Diaz, of Pembroke Pines, Fla., said he and other volunteers brought trees to The Officers' Club to decorate.

Diaz has since taken an interest in volunteering and helps SM&SP at various events every weekend. In 2013, he became the SM&SP president. Whenever there are events, Diaz approaches the commands on base and sends emails out about the events to garner interest and attendance.

Through the SM&SP, Diaz said he was able to meet new service members from other units.

"You build camaraderie with the people you go out with," Diaz said. "It's really fun. I recommend that people should at least try it once. You'd be surprised at how much fun you actually do have, whether (participating in a) recreational or volunteering (activity)."

Diaz said he recommends that the SMP continue no matter where Marines are stationed. He said the program is beneficial for Marines, providing them cost-friendly activities in a new area. He added that joining SM&SP introduced him to new places he never considered going or activities he never considered doing.

"(Service members) don't really know what beauty lies in those parts of the world (they are stationed)," Diaz said.

Events and volunteer opportunities are posted on the SM&SP calendar at www.mccshawaii.com/smsp. Call 254-7593 for more information.



Kristen Wong | Hawaii Marine

Staff Sgt. Kenneth Applegate, the staff noncommissioned officer in charge of aircraft recovery at Marine Corps Air Station Kaneohe Bay, pulls out old rope during a beach cleanup at Fort Hase Beach, April 22. Marines, Sailors and civilians joined members of the Single Marine & Sailor Program to clean the beach in celebration of the Single Marine Program's 20th anniversary.

AT EASE

Your weekly dose of non-mandatory fun in Hawaii Marine



As you unwind reading the paper at breakfast, wait in the lobby of the doctor’s office or ride the bus home, check out “At Ease” for some stress relief. Look no further for a funny story, a comic or a puzzle. Are you a budding journalist? Do you have some witty stories, movie reviews or insightful columns our base readers might enjoy? Email your submissions to hawaiimarineeditor@gmail.com. Please keep your submissions approximately 500 words, and make sure to include your first and last name along with a title for your article. Hawaii Marine staff reviews content and edits submissions. No explicit content, graphic language or topics inappropriate for a general audience will be accepted. If you have any questions, feel free to call 257-8837.

The Meat and Potatoes of Life: Snack in the City

Lisa Smith Molinari
Submission

“Do you want that apple now?” I ask my daughter, for the third time since boarding the train to New York City. I brought Anna’s favorite snack in my backpack, hoping that a Granny Smith might keep my temperamental teen satisfied on our trip to visit colleges.

“No, Mom,” Anna huffs, “I told you, I’m not hungry.”

As I turn toward the window, my mind wanders to a decade ago, when Anna, our fiercely independent middle child, disappeared.

She was one of those kids who would go off with a box of figurines, and lose herself in pretend play for hours. My husband or I would find her somewhere in our house, surrounded by her characters, her huge brown eyes flitting from one to the other, her wee lips muttering the voices in her imagined scenario.

But on this particular occasion, she’d been gone so long, we were concerned.

“Anna?!” I bellowed, eager to find her in a corner, lost in a complex drama involving Buzz Lightyear, Polly Pockets, and My Little Pony. Just as my mothering instinct was about to mobilize a grid search of our entire neighborhood, I heard something in the bonus room over our garage.

Sure enough, there she was, sitting in a heap of paper, pencils, yarn, fabric, and my sewing basket, dumped upside-down. “Lookit what I made, Mom,” she

coughed out, her voice box sluggish from hours of dormancy.

Anna held up her creation, a full-length garment of white fleece. After making sketches in a Hello Kitty notebook, she settled on a sleek one-shoulder design with an elegant neckline and fitted skirt. Anna modeled her gown for us, and we looked on in amazement at the sophisticated silhouette and even hand-stitching. Apparently, Anna had seen someone do it on TV, and was now determined to be a fashion designer.

Ten years later, we’re on our way to The Big Apple to follow Anna’s dream.

Sitting beside my 17-year-old daughter, I still see her big brown eyes flitting, lost in thought. Intuitively, I know that she is envisioning what it would be like to be a fashion design student in NYC, walking city streets in stylish outfits, sketching on sunlight-dappled park benches, and hailing cabs to meet friends for lunch in Soho.

My baggy brown eyes are flitting too, but I am imagining rat-infested alleys, marauding pick-pocketers, subway stairwells reeking of urine, and catcalling ne’re-do-wells. My husband and I would much rather send our daughter to college somewhere in rural Vermont or Wisconsin, where sleepy Campus Police officers busy themselves writing citations for spitting on the sidewalk. But we know, Anna must see for herself.

Emerging from the subterranean chaos of Penn Station, we begin our two-day odyssey. Piles of old snow are melt-

ing, revealing a winter’s worth of grit, grime and garbage. Dirty water drips from scaffoldings and fire escapes above us, sometimes landing in our hair. The subway stations are a hideous cornucopia of acrid odors and filthy corners piled with discarded cigarette butts.

The housewife in me wants to spray the whole place with bleach and give it a good scrubbing. Anna, on the other hand, is mortified that I am a quintessential tourist, fiddling clumsily with my maps and subway diagrams, stopping every few blocks to mutter, “Now, which street is this?”

Despite her embarrassment, we manage to visit all the fashion design schools in Manhattan and Brooklyn in two days, using only a Metrocard, one \$12 cab ride, and just under 42,000 Fit-bit steps. After our last tour at Parson’s School of Design, Anna slumps over a chair in the admissions office, sore, tired and overwhelmed with the realities of the big city college experience.

I thought I’d be relieved if Anna was disappointed with urban life, but my parental instinct to protect my daughter from danger is tempered by my need to support her dreams. “Hey, you want that apple now?” I offer, groping in my backpack. As I hand over the once flawlessly crisp Granny Smith, I see that it is now a mushy, oozing ball of bruises.


“Whaddya say we take a cab and go get chocolate shakes?” I say, tossing the fruit into the trash, “I know a great place on the upper East Side.” As we walk out

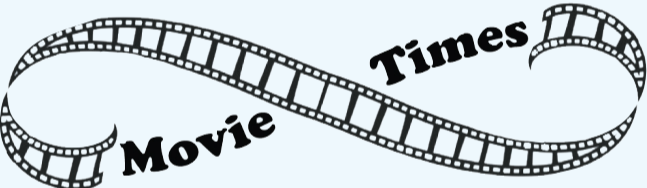


Lisa Smith Molinari is an award-winning syndicated columnist, author, blogger and speaker. After earning a coveted spot on the Law Review and graduating cum laude from law school, Molinari was on top of the world, envisioning a future that included promotions and partnerships. What she didn’t know was that she would fall in love with a military man, have a bunch of kids, move all over the world, and neglect her legal career to manage their hectic military life. One of her essays got published in “The Washington Post,” and the rest is pretty much history. Molinari and her family are currently stationed at the Naval War College in Newport, R.I.

into bustling Greenwich Village, I realize that, no matter where my daughter’s aspirations take her, she’ll always be the apple of my eye.

www.themeatandpotatoesoflife.com





“Home” PG Today | 6:30 p.m.

“The Gunman” R Today | 9:15 p.m.

“Woman in Gold” PG-13 Saturday | 6:30 p.m.

“Furious 7” PG-13 Saturday | 9:15 p.m.

“Home” PG Sunday | 2 p.m.

“Furious 7” PG-13 Sunday | 6:30 p.m.

“Furious 7” PG-13 Wednesday | 6:30 p.m.

Prices: All shows are \$5 for adults and \$3.25 for children. All 3-D shows are \$8 for adults and \$6 for children. For ticket pricing, the base theater box office defines an adult as a patron 12 years and older and defines a child as a patron from 6 to 11 years old. Children 5 and younger are admitted free of charge. Parents must purchase tickets for R-rated movies in person at the box office for children 16 and younger. Patrons must present their military identification card when purchasing tickets.

Created by: GySgt Charles Wolf



THE GREATEST MARINE CARTOONS ON THE PLANET!

“The #1 rule in this game is not to take it personal....It's the Bad Guy's job to lie and it's our job to catch 'em.”



sempertoons.com
myspace.com/sempertoon

SUDOKU

		7			8	2		
	1			3	9	4		
6		2	4				8	
			3	8			1	
	5						6	
		3						
5				4	2			7
	7	6						8

Level: Advanced

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

4	8			1	4	8		
7	3	6	4	2		9	1	8
5	2	9	1	7	7	8	3	4
4	6	3	2	7	2	6	8	5
2	1	5	9	6	8	3	4	7
9	8	7	5	4	1	5	7	3
6	3	2	4	1	5	7	6	8
1	5	1	6	4	8	5	1	9
8	2	9	7	2	3	6	2	3

ANSWER:



Photos by Chris Aguinaldo

ABOVE: Craig Gorsuch, environmental program manager at Bellows Air Force Station, shows Cub Scouts flowers and seeds from the kou tree. Gorsuch explained to the children that the native plant was introduced to Hawaii both by early Polynesian settlers and through natural forces like the wind. **RIGHT:** Children in Cub Scout Pack 564 of Millilani, Hawaii, prepare and plant four kou trees as part of the beautification of Bellows AFS, April 25.

Cub Scout Pack 564 assists in restoring Bellows

**Christine Cabalo and
Chris Aguinaldo**

Hawaii Marine

WAIMANALO, Hawaii — By planting four native trees, Cub Scout Pack 564 of Mililani, Hawaii, set down roots for shade and the conservation spirit, April 25.

The pack carried out the service project to celebrate Earth Day, with some of the pack spending the weekend camping in the area. The native trees were planted 1,000 feet from the beach near Waimanalo Stream and across Marine Corps Training Area Bellows.

“The trees will help to restore native coastal ecosystem habitat, protect sensitive native Hawaiian burial sites and improve the recreational experience,” said Craig Gorsuch, environmental program manager, Bellows Air Force Station.

Gorsuch first led the group of children and their adult mentors in a visualization exercise, guiding them to think about how the plant came to Hawaii.

“The kou tree was once thought to have arrived to Hawaii as a canoe plant (brought by early Polynesian settlers),” Gorsuch said. “But botanists found kou pollen in a sinkhole on Kauai that predates the arrival of Polynesians, and today kou is considered to be an indigenous species in addition to being a canoe plant.”

He guided the group to think about how pollen and seeds traveled thousands of miles from other islands before landing in Hawaii. Afterward, the volunteering scouts worked together to prepare the soil and planted the trees into the ground. Gorsuch said it was a great firsthand experience for the children to learn about the native plants and feel kou mana, or the spiritual energy, of putting down roots.

Gorsuch and Bill Grannis, one of the pack’s adult leaders whose son is in the pack, decided to partner together for this project to give the scouts a close-up look at conservation.

“This project is good for the Cub Scouts to learn how to be good stewards



of the Earth, by planting native plants where they have been replaced by non-native plants over time,” Grannis said.

Grannis’ son said the task was hard work but worthwhile since he thinks more trees are needed. The Cub Scout said he was happy to do the manual labor alongside his friends, and he loved the process.

Henry Paguirigan, another adult leader in the pack, said he appreciated how Gorsuch took the time to share his knowledge with the group.

“He was very good at teaching,” Paguirigan said. “He had the scouts’ attention the whole time he was teaching them.”

Native Hawaiians had a wide range of uses for kou, and Gorsuch said many of those functions were for everyday living.

“Kou wood was used to make bowls and utensils to serve and store food because the pure wood imparts no extra flavors to the food,” he said. “The kou

leaf was also crushed to produce a tan dye to color kapa and fishing lines to make them less visible in the ocean water. The tree’s bright orange flowers were strung into lei and the tasteless seeds were eaten in times of famine.”

Both Gorsuch and the pack leaders said the project was important in continuing to restore and preserve the land. Currently the kou trees are 5 feet tall but the plant species can grow as tall as 50 feet, according to the Native Plants Hawaii website organized by the Kapiolani and Leeward Community Colleges. The project’s coordinators said in addition to providing shade to the campgrounds, the trees also provide an opportunity to give back.

“I know it’s cliché, but it’s about thinking globally and acting locally,” Paguirigan said. “As scouts, we embrace the great outdoors and we understand that we should give back to nature so that we and future generations can enjoy it.”

Be faster, powerful with HITT Workout of the Day

Christine Cabalo
Hawaii Marine

Maximize all the physical fitness skills with a new afternoon High Intensity Tactical Training workout.

Wayne Halbert, a fitness specialist with Semper Fit Center aboard Marine Corps Base Hawaii, began teaching the afternoon HITT Workout of the Day at the end of February.

“I really like to focus on keeping things functional,” he said. “We’re always pushing someone to be big, strong, fast and smooth. I want to help people of whatever size increase their mobility and be smooth in whatever they do.”

He and Michelle Lee-Dominique, who leads weekday HITT classes, incorporate dynamic exercises in each session. Halbert said he tries to offer options for those who take his class, with variations on difficulty or to focus on different skill sets.

During a Tuesday class, Halbert demonstrated how to do box jumps with either a plyometric or explosive movement as well as trying a variation to improve muscle power.

“Both Michelle and I try to do the best we can to teach it to people rather than just taking them through a workout,” he said. “It’s not just about

getting a good workout, but covering areas not normally focused on.”

Kelly Birotte, a Navy spouse, said regularly attending has improved her fitness. She said the HITT class is a great challenge and offers something new.

“I definitely feel stronger and I have more endurance,” she said. “This has really strengthened my body.”

Using his background training in sports fitness, Halbert said he also tries to encourage his class to expand their skills to improve a different aspect of their personal fitness. He said people can expand in all areas including agility, power and speed.

“He’s a great trainer,” she said. “He’s a good motivator, and he really helps with form.”

Halbert said people in any fitness level should strive for good form to maximize the effort put into a workout and to reduce injury. He said his aim is for participants to walk away with a combination of skills.

Tom Culver, an MCB Hawaii Sailor, said he likes being able to do the workouts with his wife. He feels it helps him both physically and mentally handle the challenges of the day.

“The workout is very functional,” Culver said. “(It’s) training for combat. (The HITT class) is strengthening muscles we use in combat for everything



Christine Cabalo | Hawaii Marine

Wayne Halbert, (front right) a fitness specialist with Semper Fit Center, leads a session of the High Intensity Tactical Training Workout of the Day, Tuesday.

from carrying a buddy who’s injured or traveling long distances with tons of gear.”

Culver said he also appreciates how Halbert has a good knowledge base for functional fitness and offers his class the right amount of encouragement.

The HITT Center is located in building 1034, open weekdays for individual workouts and group sessions. The HITT Workout of the Day is available Tuesdays and Thursdays from 5:30 to 6:30 p.m. and Mondays, Wednesdays and Fridays for one-hour starting at 11:30 a.m. The class is free for active duty service members and open to civilians with the center’s fitness tickets. For details, call 254-7597.

MCB HAWAII KEIKI EXPERIENCE HAWAIIAN CULTURE ‘IN THE PARK’



Photos by Kristen Wong | Hawaii Marine

LEFT: Ava Russo (left) watches her sister, Daniella, paint with stamps during Hawaiian Culture In the Park at Riseley Field, Tuesday.

RIGHT: Sophia Monbouquette (center) and Brecklyn Ferriter (right) try to dance hula alongside Jasmine Lindhe, a clinical counselor with the Community Counseling Program, as she performs. The “In the Park” series highlighted the Month of the Military Child with events every Tuesday through April. Representatives from Marine Corps Community Services, including the Sexual Assault Prevention and Response program and Community Counseling Program, came together for the event, which included arts and crafts, hula dancing and lei making. Families also received pinwheels, representing the hope for healthy lives for all children.



COMMUNITY, VOLUNTEER BRIEFS

Hawaii Book and Music Fest sched-
uled this weekend

The Hawaii Book and Music Festival is scheduled for Saturday and Sunday from 10 a.m. to 5 p.m. on the grounds of Honolulu Hale. The family-friendly event is free with free parking in the adjacent municipal lot. There will be authors, book signings, panel discussions and more. For more information, visit www.hawaiibookandmusicfestival.org.

Flores de Mayo Festival coming up

The 23rd Filipino Fiesta is scheduled May 9 from 10 a.m. to 5 p.m. at Kapiolani Park. Admission is free. There will be various cultural booths, a health fair and more. For more information, visit www.fjchamber.org.

Pacific Aviation Museum to host
Open Cockpit Day

Pacific Aviation Museum is hosting an Open Cockpit Day May 16, from 10:30 a.m. to 3 p.m. Suit up in flight gear and climb into the pilot’s seat of several leg- endary aircraft in the World War II-era hangar. Walter Klein, the mission di- rector at the Armstrong Flight Research Center will be a guest. For more informa- tion, visit pacificaviationmuseum.org.

Release a lantern in remembrance

The Lantern Floating Hawaii 2015 ceremony is scheduled for May 25 from 6:15 to 7:30 p.m. at the Magic Island end of Ala Moana Beach Park. Attendees can honor loved ones who have passed away with lanterns, which will be set afloat on

the water. For more information, visit lanternfloatinghawaii.com.

Inaugural Windward Art Festival

The inaugural Windward Art Festival is scheduled July 4 from noon to 4 p.m. at Kailua Elementary school in the caf- eteria and lawn. Admission is free. There will be crafts for sale and performances by various organizations including the Windward Choral Society and the Shri- ners Potentate Band. For more informai- ton, visit <http://hawaiiwag.com>.


Royal Hawaiian Band to perform

The Royal Hawaiian Band is sched- uled to play this weekend and next week. Performances are scheduled for Saturday from noon to 1 p.m. at Iolani Palace,

Sunday from 10 to 10:45 a.m. at the Ha- waii Book and Music Festival and May 6 from 2 to 2:45 p.m. at Windward Mall. For more information, visit <http://www.rhb-music.com>.

MARINE MAKEPONO
(Hawaiian for ‘Marine Bargains’)

If you would like to sell, buy or trade items in the Marine Makepono section of the Hawaii Marine, stop by the Marine Corps Base Hawaii Public Affairs Office in building 216, open 7 a.m. to 4 p.m. on weekdays. Bring your military identification card to fill out a form for the free ad. Fill out the form on the spot or return it later to the Hawaii Marine office. Emails, faxes and telephone calls are not accepted for ads appearing in the Marine Makepono. This free classified ad section may only be used by active duty, reserve, retirees or their immediate families.



PMO Corner

PMO corner is a recurring series provided by the Provost Marshal's Office, providing crime prevention and safety information to Marine Corps Base Hawaii.

PMO contacts

To report suspicious activity/behavior or for non- emergency calls, contact the desk sergeant:
257-1018/2123 (building 1096)

Check in/out, fingerprinting or weapon registration:
257-6994 (building 1095)

Pet registration, fishing regulations or lost/found animals, contact the PMO game warden:
257-1821 (building 3099)

Vehicle decals, base passes and vehicle registration:
**257-2047/0183 (building 1637/1095 for MCB Hawaii)
477-8734/8735 (building 601 for Camp H.M. Smith)**

Traffic regulations, citations or traffic court, contact the Traffic Court bailiff:
257-6991/6992 (building 1095)

For all other numbers not listed, contact base information:
449-7110

For more information, visit the PMO website:
**[http://www.mcbhawaii.marines.mil/
Departments/ProvostMarshalsOffice.aspx](http://www.mcbhawaii.marines.mil/Departments/ProvostMarshalsOffice.aspx)**

In an emergency, call 911

PMO recruiting for DEFY

The Provost Marshal’s Office is now recruiting children for the Drug Education for Youth Phase 1 Summer Leadership Camp and Phase 2 yearlong program 2015-2016.

The nationwide program is sponsored by the Department of Defense. The DEFY program builds self-esteem and teaches leadership and teamwork skills, goal-setting, drug awareness and prevention, and deglamorization of “gang mentality” for children 9 to 12 years old. Participants will go on excursions to places like Sea Life Park, Bishop Museum, Kualoa Ranch and more.

Phase 1 Summer Leadership Camp is a non- residential, eight-day program that runs from June 22 through 26 June and June 29 through July 1 from 8 a.m. to 4 p.m. Phase 2 is the third Saturday of each month from 8 a.m. to 2 p.m. until May 2016. Kids will meet every morning at building 1095. Parents will pick-up children at 4 p.m. at the same location. Transportation, DEFY gear, snacks and lunch are free.

All volunteers have been screened and attended mandatory DEFY staff training.

For more information or to pick up an application, call Jessica Burns at 257-8312 or email jessica.burns@usmc.mil. Deadline to sign up is May 29.

Lost and Found

- two bikes
- two scooters
- California driver’s license
- medic bag
- two Navy Fed credit cards
- one USAA credit card
- two Social Security cards
- Chevrolet car key
- meal card
- sport watch
- sunglasses
- wallet
- three dog tags
- iPod
- permanent resident card
- Toyota car key with additional keys
- makeup bag containing various types of currency
- Nissan keys

Lost and Found is located at PMO in the Physical Security section of building 1095. If attempting to claim property, provide any available proof of ownership.

Anyone who believes they are owners of a lost item will be required to provide a detailed description of the article prior to release. Call Jessica Burns at 257-8312 with inquiries.

LACE UP FOR
K-BAY'S KOA
KAI SPRINT
TRIATHLONS



Press Release
Marine Corps Community Services

Runners big and small, new and experienced, are invited to join Marine Corps Community Services Saturday and Sunday for the Koa Kai Sprint Triathlons.

Keiki Koa Kai
Sprint Triathlon
Saturday

The Keiki Koa Kai Sprint Triathlon, for kids ages 7 to 14, will take place Saturday, 7 a.m. at the base pool. Runners taking part in the Keiki Koa Kai Sprint Triathlon will be divided into two age divisions, 7 to 10-year-olds and 11 to 14-year-olds.

Starting from the base pool, the race will transition to a bike race followed by a run. Kids participating in the 7 to 10 age division will swim 50 meters, bike 2 miles and run 0.8 miles. The older keiki will swim 200 meters, bike 4 miles and run 1.2 miles. Each participating child will receive a finisher medal to commemorate their efforts.

Koa Kai
Sprint Triathlon
Sunday

On Sunday, the adult race starts at 6:30 a.m. at Hangar 103. The race will start with a brisk 500-meter swim in Kaneohe Bay, followed by a fast-paced 11.1-mile bike race around the MCB Hawaii flight-line and finish at Hangar 103 with a 5-kilometer run. Awards will be presented to the top three finishers, male and female in each age category, the top three overall male and female finishers and the top relay team.

Late registration fees are \$35 for individual children, \$60 for military adults, \$70 for civilians, \$80 for military relay teams and \$100 for civilian relay teams. Register at the Semper Fit Center until 4 p.m. today or at the race on race day.

As a part of the Commanding Officer's Semper Fit Series, the races are open to general public and provide the opportunity for racers within the community to compete alongside Hawaii's Marines, Sailors and their families.

Entry in the adult Koa Kai Triathlon is open to individual runners and relay teams, both military and civilian. All relay teams must consist of three competitors: a swimmer, cyclist and runner. Military members can pick up race packets at Semper Fit today from 10 a.m. to 4 p.m. Packets may also be picked up the morning of the race beginning at 5:30 a.m.

For more information about the race, call the Semper Fit Varsity Sports coordinator at 254-7590.

Proceeds from this and other MCCS events are re-invested into quality of life programs at MCB Hawaii. For more information about MCCS, visit www.mccshawaii.com.