

Hawaii Marine

Two Marines die from MV-22 mishap on MCTAB

Courtesy Story
15th Marine Expeditionary Unit

USS ESSEX — Two Marines with the 15th Marine Expeditionary Unit died of injuries sustained in an MV-22 Osprey mishap that occurred during training aboard Marine Corps Training Area Bellows, Sunday.

Of the 22 Marines onboard the aircraft, Lance Cpl. Joshua E. Barron, 24, of Spokane, Wash., died Sunday. Lance Cpl. Matthew J. Determan, 21, of Maricopa, Ariz., died Tuesday.

The Marines were conducting routine sustainment training at the time of the incident. The 15th MEU

departed San Diego May 10 on a seven-month deployment to the Pacific Command and Central Command areas of operation.

Barron, a tiltrotor crew chief assigned to Marine Medium Tiltrotor Squadron 161 (Rein.), was stationed at Marine Corps Air Station Miramar prior to deploying with the 15th MEU.

“Words cannot express our sorrow at the tragic loss of this fine young man,” said Col. Vance L. Cryer, the commanding officer of the 15th MEU. “Our heartfelt condolences go out to his family and the families of all the Marines involved in Sunday’s crash.”

Determan was a rifleman assigned

to 3rd Battalion, 1st Marine Regiment. He was stationed at Marine Corps Base Camp Pendleton prior to deploying with the 15th MEU.

“Lance Cpl. Determan represents the best America has to offer,” Cryer said. “Our country and our Corps are poorer for his loss, but his example will continue to inspire us. I would like to thank all of those individuals who selflessly, and without regard to their own safety, responded on-scene at Sunday’s mishap. You have the undying gratitude of everyone in the 15th MEU for your heroic efforts. Words cannot adequately express our appreciation.”

Cryer thanked Tripler Army Medical

Center, The Queen’s Medical Center and Castle Medical Center for their assistance. He also thanked the local community, as well as units and personnel at Bellows Air Force Station, Marine Corps Base Hawaii, U.S. Marine Corps Forces, Pacific, and I Marine Expeditionary Force.

“The donations of food, clothing, comfort items, care baskets and your expressions of support were a point of light in this difficult time,” he said.

“Please continue to keep everyone in your thoughts and prayers,” Cryer added. “They will certainly be on the minds of everyone in the MEU as we continue our deployment.”



Cpl. Brittney Vella | Marine Corps Base Hawaii

Amphibious Assault Vehicles, launched from the USS Rushmore, demonstrated amphibious landings as part of the U.S. Pacific Fleet’s joint sea-basing exercise, Culebra Koa 15. Observed by local-based military and representatives from 22 countries within the Indo-Asia-Pacific region, the landing was made in conjunction with the inaugural U.S. Marine Corps Forces Pacific-hosted U.S. Pacific Command Amphibious Leaders Symposium.

PALS-15 unifies Pacific

Lance Cpl. Harley Thomas
Marine Corps Base Hawaii

MARINE CORPS TRAINING AREA BELLOWS — Local-based military members, as well as representatives from 22 countries within the Indo-Asia-Pacific region, gathered to observe amphibious landings by the 15th Marine Expeditionary Unit aboard Marine Corps Training Area Bellows, Tuesday.

The Amphibious Assault Vehicles and

Landing Craft Air-Cushioned launched from the USS Rushmore, serving as part of the U.S. Pacific Fleet’s joint sea-basing exercise, Culebra Koa 15. The landing was made in conjunction with the inaugural U.S. Marine Corps Forces, Pacific-hosted U.S. Pacific Command Amphibious Leaders Symposium.

The purpose of the three-day event was to strengthen Marine Corps relations with designated allied and partner militaries interested in amphibious capability devel-

opment.

Maj. Christina R. Henry, the lead planner for Southeast Asia and PALS-15 with MARFORPAC’s Plans section, said the operation was about the nations partnering for all things amphibious.

“As everybody knows, Marines are amphibious in nature,” Henry said. “We are viewed as the partner of choice for expeditionary and amphibious matters, and play

See PALS-15, A-9

COLA amounts adjusted for Hawaii

News Release
Hawaii Marine staff

The Military Advisory Panel voted on decreases to cost of living allowance for three islands and an increase for one island. As of July 1, COLA will decrease by eight points on Oahu, Maui and Kauai. As of June 1, COLA will increase by two points on the Big Island of Hawaii.

The determination came after the U.S. Pacific Command Quality of Life Branch conducted a Living Pattern Survey last year.

COLA rates are determined by comparing prices of 120 goods and services from each island with their average mainland-equivalent. The Defense Travel Management Office and Bureau of Labor Statistics also gather data from the annual weights update and compare per diem rates within and outside the continental United States.

“A two-point COLA index change equates to approximately \$60 each month for an E-6 with three dependents and 10 years of service,” reads a memorandum sent by Air Force Col. Jaimie Pease, the director of Manpower and Personnel at PACOM.

To calculate COLA in your area, visit www.defensetravel.dod.mil/site/colaCalc.cfm. For more information, contact your command’s finance office.

15th MEU holds memorial service for one of their own

Cpl. Khalil Ross
Marine Corps Base Hawaii

MARINE CORPS TRAINING AREA BELLOWS — A memorial service was held for Lance Cpl. Jared R. Johnson, a Marine with Combat Logistics Battalion 15, at building 700 aboard Marine Corps Training Area Bellows, Tuesday.

Johnson, a 21-year old Longview, Texas, native, is survived by his wife, parents, two brothers and sister

“There are many things that can be said about Johnson, but words cannot simply describe how truly great of a husband, brother and Marine he was,” said Lance Cpl. Matthew Whitfield a machine gunner with Combat Logistics Battalion 15. “There was never a time or situation where Johnson wouldn’t go out of his way to help one of his brothers.”

Two of Johnson’s closest Marine “brothers” spoke at his service memorial about him as a person.

“Johnson was not only the smartest but one of the funniest guys in the platoon,” Whitfield went on to say. “There was never a good or bad situation he couldn’t make better.”

Whitfield went on to recount some of Johnson’s sillier moments, from doing burpees on fire watch to announcing the weights are all used up when he was done with them.

Lt. Justin Hayes, the battalion chaplain of 1st Battalion 3rd Marine Regiment, also spoke at the service.

“It’s hard to (move past) a death in the unit,” the Dogpatch, Ark., native said. “On a deployment they have to shake it off and continue on with the mission. Ceremonies like this help with the healing process for Marines so they can continue on.”

Hayes said any of the Marines who are having a



Cpl. Khalil Ross | Marine Corps Base Hawaii

Lance Cpl. Matthew Whitfield, a machine gunner with Combat Logistics Battalion 15, pays respects to his fallen comrade by clutching his dog tags at Marine Corps Training Area Bellows Tuesday. Whitfield gave his personal reflection in the ceremony as well.

hard time coping with the loss have the full support of the chain of command.

“Some Marines will turn to their spiritual root and ponder life and its meaning,” Hayes said. “Others will just (stay in their loved one’s company) and heal that way.”


It’s important to move past the grief phase, Hayes said. He said people must remember the good times

See JOHNSON, A-9



Future service members

High school seniors honored aboard Mighty Mo’, **B-1**



5k, shmive k

Run your first 5k with help from Semper Fit, **B-4**

Saturday

High 78°
Low 73°

Sunday

High 79°
Low 73°

WORDS FROM THE BASE INSPECTOR

‘Where did my spare tire go? I left it in the parking lot and someone took it!’

All Marines have heard the anecdote that “Gear adrift is a gift.”

On Marine Corps Base Hawaii, there is another (and far more accurate) anecdote, which says, “Car parts left in public areas go to the Recycling Center.”

Often, during the course of inspecting the base, I find car parts: batteries, headlights, fenders, steering wheels, and many tires. Sometimes the tires come with nice rims as well. Nevertheless, these parts come to rest in parking lots,

fields, medians and residential areas.

As these car parts are not attached to a registered vehicle, they are “adrift.” With no way to locate their rightful owner, these orphaned parts need a home. The Recycling Center provides a safe and welcoming environment for abandoned and unclaimed material.

Marine Corps Base Hawaii fully understands that the ongoing renovation of the Auto Hobby Shop is inconvenient for Marines who need to keep their cars running. However, leaving an unregistered, uninsured “project” car and parts in a parking lot or driveway is an eyesore and is unacceptable.

Please ensure all members of our military community may enjoy Marine Corps Base Hawaii by complying with the base regulations, behaving responsibly and politely encouraging others to do the same.

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
base inspector
Marine Corps Base Hawaii
base inspector hotline: 257-8852
KBAZ_HQBN_INSP@usmc.mil

Hawaii Marine

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

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|---------------------------|---------------------------|
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| 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..... | Cpl. Adam O. Korolev |
| Combat Correspondent..... | Lance Cpl. Harley Thomas |
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ICE COMMENTS

COMMENT: On behalf of the math and science cadre at Mokapu Elementary School, I want to extend my deepest appreciation and heartfelt thank you for your sponsorship of your Math/Science Night event. Thanks to your support we were able to award gift certificates to many of our families for taking time out of their very busy schedules to attend the event. We had 477 attendees including students, parents and family members. All were having fun learning by participating in the math and science activities. Our parents were able to support the importance of education with their children. Through your sponsorship you showed our families that you also value education. In an effort to show our appreciation we ensured that our parents knew of your sponsorship by including your business name on the event handout and encouraging our parents to patronize your establishment. Thank you again for your continued support of education and Mokapu Elementary.

This week in Corps history: May 22, 1912: 1st Lt. Alfred A. Cunningham, the first Marine officer to be assigned to “duty in connection with aviation” by Maj. Gen. William P. Biddle, commandant of the Marine Corps, reported for aviation training at the Naval Aviation Camp at Annapolis, Md., and Marine aviation had its official beginning.

- ***U.S. Marine Corps History Division***

JUNE is
PTSD Awareness Month
www.dstressline.com

MARINE CORPS BASE HAWAII EVENTS

FUTURE EVENTS

The Survivor Teen Dance is scheduled for May 29 at 6:30 to 9 p.m. at the Kulia Youth Center. The cost is \$3 in advance for Children, Youth and Teen Program members, and \$4 for non-members. At the door: \$6 for CYTP members, \$8 for non-members. For more information, call 257-2030.

The Nuupia Ponds Fun Run is scheduled for May 29 at 7 a.m., starting on 3rd Street across from Pollock Field. Earn points from this 101 Days of Summer Event for your Unit. The cost is \$2 per person and \$20 per 20-Person Formation. For more information, call Beckie Page 254-7636 or the Semper Fit Center at 254-7597.

Now through May 31 or until teams are filled, youth basketball registration is available at the Semper Fit Center from 8 a.m. to 4:30 p.m. Practice begins June 1, and games are scheduled from July 11 through Aug. 29.

Youth basketball is open to children of active duty, Department of Defense and Marine Corps Community Services families, born between the years 2000 and 2006. The \$65 registration fee includes uniforms and participation trophies. For more information, call the youth sports coordinator at 254-7473.

The Provost Marshal’s Office is recruiting children and volunteers for the Drug Education for Youth Phase 1 Summer Leadership Camp and Phase 2 yearlong program 2015 to 2016. The deadline for both to sign up has been extended to May 29.

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 and Kualoa Ranch.

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.

The DEFY program is seeking eight adult volunteer mentors (18 and older) and five teen volunteer mentors (ages 15 to 17) to assist in the program. All volunteers are screened and attend mandatory DEFY staff training. For more information or to apply, call Jessica Burns at 257-8312 or email jessica.burns@usmc.mil.

The Marine Corps Embassy Security Guard screening is scheduled for June 1 and 2 at 8 a.m. in the base theater. End time will be determined at a later date.

Headquarters Marine Corps Special duty Screening is scheduled for June 1 and 2 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.

The next Spouses Transition Assistance Readiness Seminar is scheduled for June 13 from 7 to 10 p.m. Reduce the unknowns at this free workshop. Get information on various topics including Veterans Affairs benefits, budgeting and relocation. For more information or to register, call 257-7097.

TODAY

The Marine Corps Base Hawaii post office has Click-N-Ship pamphlets available for patrons. The pamphlets contain websites and instructions on how to prepare packages at home to ship. Patrons are able save money on and print postage from usps.com, as well as at order free shipping supplies. For more information, visit the base post office or call 257-2008.

SUNDAY

Local band Island Storm will be playing live music at K-Bay Lanes, Sunday from 7 to 10 p.m. For more information, call K-Bay Lanes at 254-7693.

MONDAY

All Naval Health Clinic Hawaii operations are scheduled to be closed today. This includes all medical and dental facilities at Branch Health Clinics Makalapa, Camp H.M. Smith, Wahiawa, Marine Corps Base Hawaii Kaneohe Bay and Naval Shipyard.

Providers will be attending required training to ensure delivery of the best and most current patient care. All routine care should be planned prior to or after today. This includes appointment scheduling, prescription refills and laboratory draws.

All clinics will re-open for regular business hours Tuesday. For NHCH hours of operation, visit med.navy.mil/sites/nhch. Beneficiaries can speak to a healthcare provider at any time the clinics are closed by calling the toll-free “Nurse Advice Line” at 1-800-874-2273, ext. 1. For emergencies, call 911 or go to Tripler Army Medical Center. For active-duty dental emergencies, call 864-4705.

TUESDAY

Middaugh Street is closed weekdays between 7:30 a.m. and 3 p.m., through Tuesday. The street is closed between Harris Ave and Fort Hase Beach for new sewer construction work. Motorists requested to find alternate routes around the closed section. Both lanes will be re-opened after 3 p.m. daily.

For more information, call Philip Lum at 257-6900.

The next Lifestyles, Insights, Networking, Knowledge and Skills for Spouses class is scheduled for Tuesday from 9 a.m. to 2 p.m. in the conference room of building 244.

This event is provided by spouses for spouses to help acquire the knowledge and develop the skills to successfully meet the challenges ahead and make new friends.

The class is open to all active-duty Marine Corps/Navy spouses. Reservations are required. For more information, call Marine Corps Family Team Building at 257-2657.

WEDNESDAY

The next PCS and Moving Workshop is scheduled for Wednesday from 8 a.m. to noon in classroom seven of building 1090. This program is designed to give an outbound member and families the information, resources, and tools needed to plan their move.

The workshop is open to all active duty service members and their spouses; three to four months prior to departing island is highly recommended.

Registration is required. Service members and spouses may call or visit mccshawaii.com/trpworkshops to register. For more information, call Family Member Employment Assistance Program and Relocation Services at 257-8354.

THURSDAY

The Teen Advisory Council is scheduled to meet Thursday from 5 to 6 p.m. in the base library, building 219. Teens provide input on library teen services and materials.

The council is open to all dependents of active duty, retirees, and Department of Defense civilians ages 12 to 18. For more information, call the base library at 254-7624.

The Exceptional Family Member Program is scheduled to host a Respite Care Program Brief Thursday from 11:30 to 12:30 in room one of building 219. This brief covers what the respite care program is intended for, who is eligible and how the process works. Call to register for a seat. For more information, call EFMP at 257-0290.

COUNCIL BRIDGES GAP, BUILDS STRONG RELATIONS



Lt. Col. David Bohn, the base inspector of Marine Corps Base Hawaii and Don Aweau, a representative of Honolulu City Councilman Ikaika Anderson's office, discuss speeding problems on the H-3 during the Windward Civilian-Military Council meeting at the Marine Corps Air Station Operations Complex, Tuesday. The Council, which has been around for more than four decades, helps bridge the gap between Marine Corps Base Hawaii and the surrounding windward community. The Council, which is made up of state government officials, representatives from local schools and businesses and officials from MCB Hawaii, aims to meet up quarterly to give the members a chance to voice topics such as news, upcoming events and discuss changes in the local government. "The relationship between the base and the community is at very good (place)," said William (Ned) Busch, the Council president. "(The committee) allows both groups to work more effectively together for the benefit of both."

Cpl. Brittney Vella | Marine Corps Base Hawaii

Volunteers make small sacrifice for wounded warriors

Lance Cpl. Harley Thomas
Marine Corps Base Hawaii

As a part of National Painting Week, volunteers from a local painting company spent their Saturday repainting rooms at the Wounded Warrior Battalion West-Detachment Hawaii aboard Marine Corps Base Hawaii.

National Painting Week is dedicated to giving back to the community and supporting community development. This year, the volunteers chose to give back to the wounded warriors aboard MCB Hawaii by painting the interiors of the Detachment.

David Katsuda, one of the volunteers painting the rooms, said companies all across the country are doing events such as this. He said that while some are painting for Boys and Girls Clubs of America, he felt that with the military presence on Oahu, the wounded warriors seemed like a good fit for them.

"We (were) going to stay as long as it takes," Katsuda, a Kihei, Hawaii, native, said. "It's such a simple thing, to give up one Saturday and a couple buckets of paint — which is such a small sacrifice for military personnel and those who make sacrifices every day. For us, it was important to give back. Our one Saturday pales in comparison to the commitments you all make."

Col. Sean C. Killeen, the commanding officer for Marine Corps Base Hawaii, said the volunteers were able to help brighten up the lives of the wounded warriors by brightening up their rooms.

"I think the wounded warriors are the pinnacle of those who have paid the price for this country and are still around to talk about it," the Chicago native said. "It's up to us to not only show our appreciation for them, but to show that we care in a tangible way as well. The volunteers (were) a good group and they (were) having a good time working; you could tell they (were)



Lance Cpl. Harley Thomas | Marine Corps Base Hawaii

Brock Pulliam, a Waiahole, Hawaii, native, paints one of the rooms in the Wounded Warrior Battalion West-Detachment Hawaii, Saturday aboard Marine Corps Base Hawaii. The volunteers dedicated a portion of their weekend in honor of National Painting Week, a time spent focusing on giving back to the community and supporting community development.

taking care in what they did and (were) investing themselves in the project."

Killeen said this was an incredible opportunity for the community to show their support for the wounded warriors. He said it wasn't just about respect, but also about the recognition of what the service members had given for their country.

"These people (were) doing something on the community's behalf, doing what they can to show their appreciation for the Marines' sacrifice," Killeen said. "It all comes down to the belief that 'actions speak louder than

words.' Each day that a Marine comes home to his barracks, that paint job is there and it will have a lasting effect. This is more than just a handshake — it's not something that will fade quickly."

Killeen said the volunteers embodied the spirit of aloha by showing their support and honoring the greatest warriors the Marine Corps has. He said based on his experience as a casualty evacuation pilot, he saw what the service members went through and he has a great appreciation for what they have endured.

"Despite their wounds, they are still warriors and that's inspiring for everybody else — they haven't let the changes in their physical condition affect their attitude or performance," he said. "I don't care if you're a lance corporal or the commandant of the Marine Corps, when you see a wounded warrior, you can't help but feel inspired. The volunteers have extended their sense of ohana, of family, to the wounded warriors and are taking care of them as if they were in fact family. For that, I offer my sincerest gratitude and a heartfelt 'thank you.'"

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AROUND THE CORPS

Your weekly guide to what’s happening around the Corps

East Coast

Overseas



Lance Cpl. Fatmeh Saad | II Marine Expeditionary Force

An artilleryman with Combined Arms Company Artillery Platoon, 3rd Battalion, 8th Marine Regiment, cleans an M777A2 Howitzer after firing rounds during a week-long training exercise aboard Camp Lejeune, N.C., May 11 through 15. The newly formed unit, made up of Marines from Bravo and Charlie Batteries, 1st Battalion, 10th Marine Regiment, tested their teamwork and versatility during the exercise, which is part of their preparation for an upcoming deployment in support of the Black Sea Rotational Force based in Romania.

See <https://www.dvidshub.net/news/163618/cac-plt-3-8-artillerymen-prepare-deployment-build-unity#.VV5SemRVhHw> for full story

The 1st Marine Division Band plays the “Marines’ Hymn” during 3rd Light Armored Reconnaissance Battalion’s change of command ceremony at Felix Field, May 7.

See <https://www.dvidshub.net/news/163250/wolf-pack-welcomes-new-leader> for full story



Gunnery Sgt. Ricardo Morales | III Marine Expeditionary Force Combat Camera

U.S. service members from Joint Task Force 505 and Nepalese soldiers unload casualties to a medical triage area at Tribhuvan International Airport, Kathmandu, Nepal, after a 7.3 magnitude earthquake struck the country, May 12. JTF 505 and other multinational forces and humanitarian relief organizations are currently in Nepal providing aid after a 7.8 magnitude earthquake struck the country, April 25. At Nepal’s request, the U.S. government ordered JTF 505 to provide unique capabilities to assist Nepal.

See <https://www.dvidshub.net/news/163270/jtf-505-continues-search-humanitarian-aid#.VV55sWRVhHw> for full story

West Coast



Lance Cpl. Thomas Mudd | Marine Corps Air Ground Combat Center Twentynine Palms, Calif

Preventing a ‘ruff’ PCS

Leaving Hawaii for next duty station with a pet

Kristen Wong
Hawaii Marine

Millie, an 85-pound weimaraner, has moved with her military family five times. Millie’s owner, Melanie Brassfield, recalled the first trip as “incredibly stressful.”

Although the family contacted the airline’s help desk ahead of time, the help desk was based overseas. On the day of the flight, Millie’s crate would not fit in the cargo door of the plane, resulting in an additional night stay in a hotel. Nowadays, Brassfield makes it a point to call the help desk at the local airport instead.

Service members leaving Hawaii for a new duty station may already have a lot of responsibilities as it is, but with the addition of a family pet, there are several more things to keep in mind.

Before leaving MCB Hawaii, Robin Cabilao, the law enforcement animal technician at the Game Warden’s Office, asks that residents simply call the Game Warden’s Office and notify them that they and their pet will be leaving with their pet.

In addition, Brassfield said one of the biggest challenges about making a permanent change of station is finding a home that will accommodate her dog.

“In our experience, finding a rental property has also been more of a challenge with a pet,” she said. “There are many landlords who don’t want to rent to pet owners, particularly those with a large dog. If you have family or friends in your previous location (who) can look after your pet while you find a house, and send the pet out after you, it would make it all a lot easier. It is very difficult having to stay in a hotel with kids and a dog.”

Cabilao recommended that people be aware of their pet’s health needs while moving.

“Try not to travel in areas where it can jeopardize the health of the animal,” Cabilao said.

Each airline has its own regulations and practices for handling pets, from crate size to breed. In addition, airlines may not allow animals to travel at certain temperatures.

Some dogs and cats are brachycephalic, which means they have smushed-in faces. These animals, including those that are overweight, may have a harder time breathing when on a plane, according to Dr. Laurel Rhodes, a veterinarian at the Marine Corps Base Hawaii veterinary treatment facility.

Pets leaving Hawaii require health certificates, which are only valid for 10 days from the time they are issued by the veterinarian. Owners must make an appointment with their veterinarian for a health certificate. By then, all pertinent labs and vaccinations must already be completed, and there must be, at minimum, a 10-day wait before conducting a health certificate exam.

There is a wait time because pets could have adverse reactions to vaccines, according to Christine Rossen, a certified veterinary technician at the base VTF.

MCB Hawaii’s veterinary treatment facility begins taking appointments for the next month after the 15th of each month. Vet staff asks owners to bring specific items with their pet to the health certificate exam: two signed copies of their pet’s rabies certificate in blue ink, PCS orders and pet records.

Service members who are moving to a foreign country should do research, because each country differs in terms of requirements.

The U.S. Department of Agriculture’s Animal and Health Plant Inspection Service’s website lists regulations by country. The USDA also has a number of port veterinarians in certain states, including Hawaii. Pet owners traveling to foreign countries must visit the port veterinarian after their initial vet appointment to approve their paperwork.



Kristen Wong | Hawaii Marine

Christine Rossen (left), a certified veterinary technician, holds Barkley, a terrier mix, while he receives an exam by Dr. Laurel Rhodes, a veterinarian at the base veterinary treatment facility, for his health certificate.

The Hawaii port veterinarian is:
Tim B. Falls
USDA Port Veterinarian
3375 Koapaka St. Suite H420
Honolulu, HI 96819
Office: 838-2854
Fax: 838-2862
Email: tim.b.falls@aphis.usda.gov.

Brassfield recommends that pet owners inquire about military discounts with airlines, and suggests researching kennels should they require one.

“Research sites like dogvacay.com if you are concerned about putting your dog in a kennel immediately after a long flight,” Brassfield said. “We have had great success with in-home dog sitters who have given Millie the extra attention she needed after a flight.”

For more information, visit the Game Warden’s Office in building 3099 or call 257-1821. The base VTF is reachable at

257-3643. A flier with instructions and tips on what to do when leaving Hawaii with a pet is available at mccshawaii.com/veterinary.

Editor’s Note: This is Part One in a two-part series on how to PCS with a pet. See Part Two in next week’s edition of the “Hawaii Marine.”

Preparing for the animal’s flight in cargo (Source: base VTF):

- Go for a 45-minute walk with dog prior to flight
- Feed four hours before flight, leave water.
- Leave an item with the owner’s scent in the kennel with the pet. E.g., pillow case or T-shirt.
- Tape a sandwich bag of extra food in case the pet is sent to the wrong place and needs to be fed.
- Clip two dishes to the kennel door, both filled halfway with ice.



To Thank You For Your Service,
Please Enjoy A Little Of Ours.

On behalf of the Mokulele ohana, let us extend a sincere and heartfelt Mahalo to all of our military personnel and their families. We have a tremendous amount of respect and admiration for all of those who serve, and have served, this great country of ours.



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*Military discount rate is subject to availability and is based on a 10 percent discount on any current published fare. Discount includes two standard sized checked bags (additional fees will apply for heavy or oversized luggage). Promotion code valid only for U.S. Department of Defense personnel, family members, and friends who are traveling together on the same flight(s). Discount not valid for private fares, Ali'i fares, or special negotiated fares. Discount is taken off the base fare; taxes are not discounted and are calculated on the new fare. Standard fare rules apply. One change fee is allowed at no charge. Promotion valid for new bookings made through May 31, 2015, and for travel through September 7, 2015.

Get your feet wet at Surf & Turf 5k

Press Release

Marine Corps Community Services

Splash into summer with the Marines at the Surf & Turf 5K run scheduled for June 20, 6:30 a.m., aboard Marine Corps Base Hawaii.

Open to the public, the 5k race, starts and finishes across from The Officers’ Club and features a beautiful morning run across a portion of the Kaneohe Klipper Golf Course and along Pyramid Rock and North Beach. Runners taking part in the race will enjoy great views of the Koolau Mountains and Kaneohe Bay as a backdrop.

Online registration is available until June 16, at 11: 59 p.m. HST. Entry is \$25 per runner, with a late fee of \$10 per person for all registrations received after June 12. Runners registering after June 16 must do so at the Semper Fit Center, and will not be guaranteed a race T-shirt. Onsite registration on the morning of the race will be \$35.

Winners will be awarded in 10 age divisions. The top three male and female finishers from each age division will be recognized. The categories range from 14 years and under to 55 years and older. Awards will also be given to the top three male and female finishers of the overall race.

Race packets for civilians will contain special event passes for race day and will be available for pick-up, June 18 at the H-3 main gate pass house parking lot between noon and 5 p.m. Military members can pick up their race packets June 18, at the front gate or June 19 at Semper Fit, from 10 a.m. to 4 p.m. Packets will also be available for pick-up the day of the race at The Officers’ Club.

This family-friendly event is part of the Commanding Officer’s Fitness Series and provides runners across the island an opportunity to mingle and compete with Hawaii’s Marines and Sailors. For more information, contact the Semper Fit varsity sports coordinator at 254-7590.

Marine Corps Community Services provides morale, welfare and recreation programs, and services that attribute to the readiness and retention of Marines, Sailors and family members stationed aboard MCB Hawaii. Proceeds from this and other MCCS events are reinvested into quality of life programs at MCB Hawaii. For more information about MCCS, visit www.mccshawaii.com.



Volunteers play an essential role at the Hawaiian Humane Society and in the community to educate, encourage responsible pet ownership and share the joy of animal companionship. There are many ways to make a difference. Animal-handling workshops involve specialized training. These workshops are open to those who can work a three-hour shift weekly for a minimum of three months. Family teams with children, ages 8 to 13, must attend trainings and volunteer together. Children must have their parent accompany them at all times during their volunteer shift. **ADOPTIONS** Assist in all aspects of the adoption process at the shelter and locations islandwide. Examples of opportunities include publicity and photography of animals, cleaning living spaces, dog washing and walking. **ADMISSIONS** Support the Admissions Center in which thousands of

animals are arriving monthly to Oahu's only shelter that will not turn any animal away. May include assisting with health checks of adoption animals, responding to information requests and accepting animals from a variety of situations. **ADMINISTRATION** For those who prefer office work, administrative help is needed in all areas such as lost and found, events, social media and outreach. **ADVOCACY** Organize grassroots support in favor of stronger animal protection laws, submit personal testimony and drive animal-friendly initiatives. **EDUCATION** Serve as a shelter tour guide, group presenter, youth advisor or program assistant. The Society's program targets youth in at-risk communities to raise awareness and compassion for animals through education partnerships, in school programs and presentations and service learning. **FOSTER CARE** This program requires volunteers willing to provide temporary, short or long-term care for young,

injured or recovering animals. Also care for pets of individuals in crisis such as owners who have been hospitalized or military personnel on deployment. Trainings are held every other week. **PET VISITATION** Bring your pet to visit the young and old, as well as the sick and dying, in facilities islandwide. Assessment of you and your pet is required. **EVENTS** Thousands of volunteers are needed to help with events like Pet-Walk. **PET-FRIENDLY DISASTER SHELTERS** Help run a pet-friendly emergency shelter in your neighborhood during a natural disaster. The Hawaiian Humane Society is an education and advocacy organization which also shelters, protects, rescues, reunites and rehomes animals. It is Oahu's only open-admission shelter that welcomes all animals. Established in 1883, this nonprofit organization is not a chapter of any group as there is no national humane society. Visit HawaiianHumane.org to learn more.

Sharing food, time during Mokapu’s All Pro Dad breakfast

Christine Cabalo
Hawaii Marine

A healthy breakfast, served with some quality family time, was on the menu for children and their fathers at the Mokapu Elementary School cafeteria, Tuesday.

The school is one of more than 1,200 locations nationwide to host the All Pro Dad Breakfast, a program under a nonprofit Family First organization to encourage better family bonding. Mokapu has hosted the free breakfasts for families since 2012 and held four this school year.

“When we first started doing this, we were looking for ways to engage dads, especially given how often they’re gone on deployments or are moving with their families,” said Kristy Ryan, the current Mokapu Parent Teacher Association president and a founding joint team captain of the school’s All Pro Dad chapter. “This gives them the opportunity to step away from work for a minute and have one-on-one time (with their challenge).”

The cafeteria served an expanded breakfast to the fathers to eat with their children, as well as family activities to do during the 45-minute meal. The All Pro Dad Breakfast features a theme, video and conversation-starting questions fathers and children could ask each other.

“There’s magic in having a conversation for more than half an hour and spending (that time) together,” said Keoki Fraser, the school’s vice principal who also guided the assembled group through the morning event.

This month’s theme, “Being a Dad Forever,” prompted children and their fathers to come up with activities they especially want to do together due to the upcoming summer vacation. Fraser asked several volunteers to share what pastimes they enjoyed doing with their fathers and adults held up the microphones for their children as both tried to describe their favorite memories.

Master Sgt. John Ruby, a Marine with Combat Logistics Battalion 3, had breakfast with his daughter and son. Ruby and his son later shared their favorite activities with the group.



Christine Cabalo | Hawaii Marine

Fathers and children sit together for activities and videos during the All Pro Dad Breakfast held at Mokapu Elementary School’s cafeteria, Tuesday. The free 45-minute meal included a video and questions designed to begin conversations.

Ruby’s son said his greatest memory was learning how to ride a bike without training wheels with his dad, while Ruby described fond memories of hunting with his own father.

Some answers surprised the attending dads, including Gunnery Sgt. Luis Rodriguez from Marine Aircraft Group 24. This was the first All Pro Dad breakfast he came to with his son.

“I didn’t expect him to say his best memory of me was seeing me after coming back from deployment,” he said.

Rodriguez was among several first-time attendees who said they loved getting the chance to spend some relaxed time with their children. He said he appreciated having the time to connect with his son, especially with a busy daily schedule.

“(The event’s) time frame went really

well,” Rodriguez said. “You have just enough time to talk and eat.”

Gunnery Sgt. Frank Labare of 3rd Radio Battalion said the special meal allowed him also to not be in a rush to get to work, while making sure his daughter had a good breakfast.

“This event is giving me a chance to be with my daughter and enjoy (our) time together,” Labare said. “We are (typically) on the go, so it’s nice to slow down and enjoy eating breakfast.”

Labare said he’s looking forward to teaching his daughter how to fish during the summer.

The free breakfast is also open to MCB Hawaii’s service members whose children are home schooled or may attend another school.

Ryan said the PTA has plans to continue with the program and possibly feature events for mothers to do with

their children. Mokapu is the only chapter of the All Pro Dad program in Hawaii, and Ryan said she’s glad to see a good turnout for each breakfast.

“Life is so busy, (and is) especially (hard) with what families are emotionally going through,” Ryan said. “Having (a day) where dads are focused on their children is important. They can understand what their children are going through and cement their bond.”

As the last All Pro Dad Breakfast of the school year, every child who attended received a free prize. However, both fathers and children left with prized memories and anticipation for planned activities.

For more information about Mokapu PTA activities or to RSVP for their next All Pro Dad breakfast next fall, check the Mokapu PTA Facebook page or email PTAMokapu@gmail.com.

JOHNSON, from A-1

and reminisce with friends you’ve made those relationships with.

Lance Cpl. Samuel Coyle, a driver with CLB-15, also gave his personal reflection of Johnson.

“Johnson’s love for his platoon and wife will remain an inspiration for how all Marines should be,” he said.

Coyle said Johnson was always able to make jokes about and take even the hardest times in life with a smile.

“Even though you are no longer with us, you will always live in our hearts and we will always have those great memories,” Coyle said. “We know you’re going to be watching over us while we are in this journey. We love you brother.”

Marines from the 15th Marine Expeditionary Unit salute while the national anthem is played at Lance Cpl. Jared Johnson’s memorial service at Marine Corps Training Area Bellows Tuesday.



Cpl. Khalil Ross | Marine Corps Base Hawaii

PALS-15, from A-1

an important role in this symposium because this is something we specialize in.”

Henry said the intent behind PALS-15 is to bring amphibious leaders together to discuss each nation’s goals while working with one another to strengthen bilateral and multilateral relationships through future engagements and training.

“The purpose is to build bridges and fill gaps between big nations,” she said. “We want to bring (them) together to make an amphibious network, creating opportunities to speak out about different challenges we may face or to discuss the future, whether it’s about PALS-15 or our nations’ future together. Through this, we can come together to further understand one another’s capabilities and provide or accept support from the other nations.”

Indonesian Navy Col. Halili, naval attaché to the United States, said PALS-15 is a great way to enhance partnership with neighboring nations and secure each country’s position in the Pacific.

“The symposium is very important because it allows us the chance to overcome challenges together,” Halili said. “This provides (us with) good experience and, hopefully, we are able to continue



Cpl. Brittney Vella | Marine Corps Base Hawaii

A Landing Craft Air Cushion, launched from the USS Rushmore, demonstrated amphibious landings as part of the U.S. Pacific Fleet’s joint sea-basing exercise, Culebra Koa 15.

building our cooperation because of operations like this. We all need friends, and our relationships can really grow through this training.”

Halili said by working together, each country is able to benefit from PALS-15.

“We have become closer and this exercise has only enhanced our partnership,” Halili said. “By working with one another, we are able to make peace and create a sense of security within the region. It is our obligation to make our fu-

ture secure and to overcome challenges as they (arise).”

Henry said as a whole, the Marine Corps has been very supportive and it has been a great experience. She also said that having transparency between countries helps to foster greater stability within the region.

“The atmosphere has been very collegial,” she said. “It’s an environment where we are all learning from each other. This gives us a chance to better understand their (skills) and helps (other nations) to further understand our amphibious capabilities.”

Some PALS-15’s focuses were to improve maritime domain awareness and interoperability, and to further develop each nation’s amphibious capabilities, Henry said.

“There is always learning to occur, especially when dealing with foreign nations,” she said. “We (were able) to learn from them and see how they typically deal with the challenges they are faced with. We would like to see PALS-15 become a recurring event so that we may continue to learn from each other and help sustain our interest in amphibious training. Through this, we can continue to share our thoughts and ideas so we may keep building relationships in order to sustain peace.”

Sports & Lifestyle

NEWEST PYRAMID ROCK YOUNG MARINES GRADUATE



Troy Dinh's mother and father pin his private first class chevrons during the ceremony. Dinh was the distinguished honor graduate for his class.



Col. Sean C. Killeen, the commanding officer of Marine Corps Base Hawaii, offers words of advice and admiration to Pyramid Rock Young Marines.



Cpl. Khalil Ross | Marine Corps Base Hawaii

Members of the newest Pyramid Rock Young Marines recruit platoon 2-15 remain seated and attentive during their graduation ceremony, Saturday at Hangar 101. Eleven Pyramid Rock Young Marines graduated from a 12-week boot camp Saturday. The Pyramid Rock Young Marines is a youth education and service program that promotes a healthy, drug-free lifestyle. Among the 11 graduates, there were four distinguished graduates. Killeen congratulated all the graduates and presented them with the awards they achieved.

OCS of Hawaii hosts inaugural recognition ceremony honoring enlisting high school students

Kristen Wong
Hawaii Marine

FORD ISLAND, Hawaii — More than 100 Hawaii high school seniors and their families were honored in a ceremony aboard the USS Battleship Missouri Memorial, Sunday.

Our Community Salutes is a nationwide nonprofit organization dedicated to recognizing graduating high school students who are enlisting in the military. Students enlisting in the Army, Navy, Marine Corps, Air Force and Air National Guard attended. OCS of Hawaii hosted its inaugural ceremony for Oahu students aboard the historical landmark. Each service branch was called as a group. Branch representatives handed out certificates and challenge coins to each student as their name was called.

"I really appreciate (OCS for hosting the ceremony)," said Staff Sgt. Carlito Pigao, the assistant staff noncommissioned officer of Recruiting Substation Honolulu. "It feels good to have the community back us up in what we do and having this ceremony proves to the parents that it's not just the recruiters that care, but the community as well."

Pigao knew each and every one of the Marine Corps recruits, having spoken to each of them at least once a week.

"I'm very proud," Pigao said. "When I was coming through and I joined, I never had this opportunity. Nobody knew I joined until I came back in uniform."

Lise Childers was among more than a dozen students joining the Marine Corps. Childers, of Honolulu, will be graduating from McKinley High School soon. She said she is interested in learning another language and wants to be a linguist in the Corps. Childers said she isn't sure if she'll stay enlisted, but her father has encouraged her to consider becoming a commissioned officer.

Army Sgt. Maj. Finis A. Dodson, the command sergeant major of the 94th Army Air Missile Defense Command, was the guest speaker. The native of Olive Branch, Miss., said looking at the students' faces reminded him of himself as a young recruit. He encouraged the students to take advantage of the educational benefits that come with joining the military. He also gave some advice to the new warriors based on his experience serving in the Army.

"We have much more service



Photos by Kristen Wong | Hawaii Marine

The local high school seniors who will be enlisting in the Marine Corps hear remarks during the inaugural recognition ceremony for Our Community Salutes of Hawaii, aboard the USS Battleship Missouri Memorial, Sunday. During the ceremony, OCS, the nonprofit organization hosting the event, presented each student with a challenge coin and certificate.

men and women today than we've ever had," Dodson said. "I believe that you are ready for the challenge. Don't become overly focused on the moment. Take the entire situation into account and be willing to sacrifice individual needs for the greater good of the organization. Remember, it's about the team: Together, everyone achieves more."

Also speaking at the event was Fred Hemmings, a former Hawaii state senator, who shared words of wisdom with the students. He shared a story about the battle in which former Sen. Daniel Inouye lost his arm, whom he considered "one of the greatest leaders Hawaii's ever had," and encouraged the students to emulate his bravery.

"I want you to leave here optimistic, knowing that you have the full support of this nation," Hemmings said. "You have great men and women who have gone before you who will reach (out) and help you along. Your officers, your sergeants major and all those in the military are eager to have you become part of their band of brothers and sisters. When given a task, never say to yourself, 'I can't.' Always say you can and don't be afraid to make mistakes. I've made my fair share and they've been my greatest teachers in life. May you stand tall against the winds of tyranny and may the angels watch over you, (guiding) you wherever you may go."



Nolan Ayson, a high school senior, receives a certificate and challenge coin from Navy Capt. Ashley Evans, fleet oceanographer, U.S. Pacific Fleet, during the ceremony. Ayson will be joining the Marine Corps when he graduates from high school.

PASS REVIEW

Your weekly guide to the best aspects of entertainment

Using our breakthrough four-point scale system, you can quickly decipher what is worth your time and what isn't, or read the full review for an in-depth analysis and explanation of the rating. The rating system uses ammunition and range terminology, so if you're not familiar, here's a quick breakdown of the ratings ...

1/4 — No Impact, No Idea

Horrendous. Among the worst of the worst in its genre. Dedication to this is not only wasteful, but unforgivable. Avoid at all costs.

2/4 — High And To The Right

Mediocrity at its best. Lacks a few things that might have made it really good. A decent time waster, partake only if there's nothing better to do.

3/4 — On Target

Praiseworthy. A great endeavor, not quite an instant classic but still very entertaining. This is a sound investment of your time.

4/4 — Confirmed Kill

Genius. In the top 10 percent of its genre. This is the stuff legends are made of. Missing out on it would be a disservice to yourself.



Better Know A Critic

Kristen Wong admits she sometimes has to be dragged to movies that she later finds to be outstanding. She loves movies that make her care about the characters and sympathize with their plight. She enjoys action, fantasy, comedy and dabbles in horror.

THIS WEEK'S RATING:



'Poltergeist' needs 21st Century makeover

Kristen Wong
Hawaii Marine

I'm somewhat of a casual horror enthusiast. Occasionally, a horror movie will come out and I'll give it a try. So when I found out a couple of weeks ago that a remake of "Poltergeist" is coming out in theaters today, I was intrigued. The original movie came out when I was 1, and I haven't really had the desire to see it, until now. Before attempting to see the new one, however, I figured I should do my homework and try to see the original. Other than evoking nostalgia for my 1980s childhood, the movie was pretty lousy.

Real estate agent Steve Freeling (Craig T. Nelson), his wife, Diane (JoBeth Williams), their three children Dana, Robbie and Carol Anne, live an average life in a regular suburban home. One night, Carol Anne leaves her room and sits in front of the TV, staring at a screen full of static. She seems to be talking to someone. It isn't long before the family must face an evil presence.

To begin, "Poltergeist" was extremely slow at setting up the scene. Around

10 minutes in, I thought to myself, I am watching a horror

movie, right? I haven't seen anything horrifying yet — just a happy 80s family going about their business.

Robbie goes to sleep with his baseball cap on, is afraid of the tree outside, and insists on throwing a blanket over the scary toy clown at the foot of his bed. I realize his age; I, too, was afraid of silly things as a child. But for Pete's sake, kid, close the curtain and put away the clown instead of torturing yourself. Diane Freeling tells Carol Anne she'll hurt her eyes watching the static on TV and absentmindedly flips it to a violent western movie — because that's better for a little girl to watch. This same mother ignores the fact that her youngest daughter is overfeeding her goldfish and that creepy construction workers are cat calling her eldest daughter outside. I have all the time in the world to notice this because, as I said, nothing is happening.

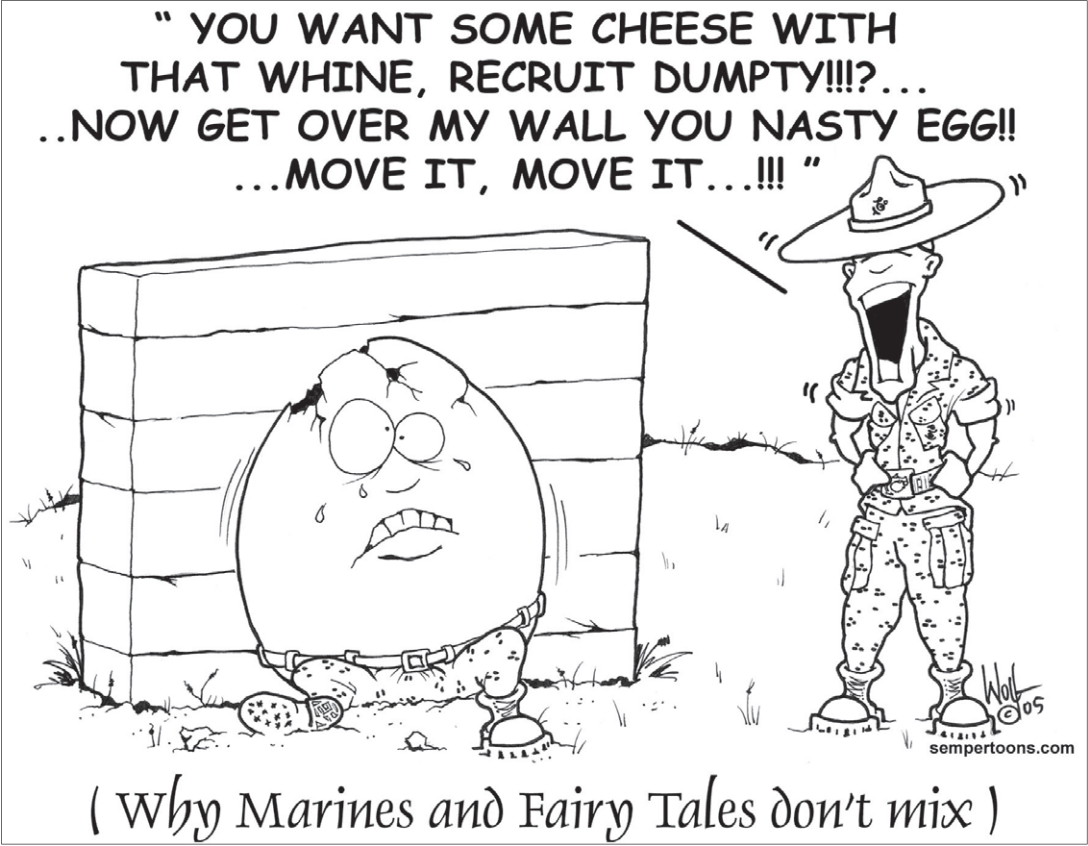
Sure, the pet bird died, Carol Anne started talking to the TV people, chairs were rearranged and there's a "hotspot" in the kitchen where objects are pulled across the floor. It would be scary if it was in my house and there was no logical explanation, but it

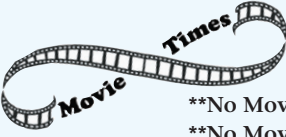
was boring to watch in a movie.

The movie continues with face palm-worthy action sequences. Just to name a few: How do you expect to document a light turning on every two minutes using a still-photography camera? Why do the Feelings bother asking their neighbors for help twice when they clearly don't care? Your best real estate agent takes off weeks of work, looks extremely ill and worried, and his children are no longer at home. What gave you the idea he found something better and you need to promote him?

Finally, when I thought the climax had come and gone, and the movie was about over, it kept going. Before I knew it, I was thrust into a scene of utter chaos. For a short time, I actually sensed the urgency and started to care. However, convenient entrances, strange character choices and stiff, Halloween-decoration variety ghouls popping up all over the house quickly helped usher in disillusionment.

The end was good for a chuckle, and I went back to watch the preview of the 2015 remake to compare. I can't say it's going to be a winner, but I can already tell it's going to be better.





"The Longest Ride" PG-13 Today | 6:30 p.m.
"It Follows" R Today | 9:15 p.m.
No Movie Showings Due to Scheduled Power Outage Saturday | 6:30 p.m.
No Movie Showings Due to Scheduled Power Outage Saturday | 9:15 p.m.
"Home" PG Sunday | 2 p.m.
"Woman in Gold" PG-13 Sunday | 6:30 p.m.
"It Follows" R 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.



SUDOKU

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

Level: Advanced

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!

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

ANSWER:



A DAY TO REMEMBER

Cpl. Khalil Ross

Marine Corps Base Hawaii

Each year, Memorial Day, the last Monday in May, is a day of remembrance for those who have fallen in battle.

According to usmemorialday.org, Memorial Day was formerly called Decoration Day, a day when people would visit graves and adorn them with flowers and ribbons. The site went on to state that Decoration Day was founded May 5, 1868, when Gen. John Logan, the commanding officer of the Grand Army of the Republic, made a proclamation that May 30 would be a day to honor those who have died in defense of the country.

On May 22, 1967, then-President Lyndon B. Johnson changed the name from Decoration Day to Memorial Day.

“In this observance, no form or ceremony is prescribed, but posts and comrades will, in their own way, arrange such fitting services

and testimonials of respect as circumstances may permit,” Logan said in his Decoration Day order. “Let us then, at the time appointed, gather around their sacred remains and garland the passionless mounds above them with choicest flowers of springtime; let us raise above them the dear old flag they saved from dishonor; let us, in this solemn presence, renew our pledges to aid and assist those whom they have left among us as sacred charges upon the nation’s gratitude — the soldier’s and sailor’s widow and orphan.”

But the question that begs to be answered is what about those that have not died in war? As of April 27, President Barack Obama made April 28 Workers’ Memorial Day.

“On Memorial Day, I don’t want to only remember the combatants,” said Eric Burdon, a musician, songwriter and actor. “There (are) also those who came out of the trenches as writers and poets; (those) who started preaching peace; men

and women who have made this world a kinder place to live.”

Johnson urged everyone in 1967 to make Memorial Day a day to pray for permanent peace.

There are many events that join the community to promote good relations during Memorial Day weekend such as:

- The Mayor’s Memorial Day ceremony is scheduled for Monday at 8:30 a.m. at the National Cemetery of the Pacific
- The Lantern Floating Hawaii 2015 Ceremony is scheduled for Monday at Magic Island in Ala Moana Beach Park, from 6:15 to 7:30 p.m.
- Free admission will be offered at any Blue Star Museum from Memorial Day to Labor Day to military personnel and their families. For more information, visit arts.gov/national/blue-star-museums.



Semper Fit 5k training kicks off

Cpl. Khalil Ross

Marine Corps Base Hawaii

A workout session for anyone interested in bettering their 5-kilometer time began Monday evening at Pop Warner Field.

Active-duty service members and their dependents are eligible for this class, taught by two fitness specialists at the Semper Fit Center.

The class is held every Monday, Wednesday and Friday at Pop Warner Field from 5:30 to 6:30 p.m. At the end of the seven-week training class, participants will be able to test their progress in the upcoming Runway Run 5K, scheduled for July 4.

Wayne Halbert, a fitness specialist at Semper Fit, has run multiple races, ranging from 5 to 12 kilometers.

“We will be doing different types of training that is fun and keeps (attendees) engaged,” Halbert said. “(The goal is) to improve and strengthen (the attendee’s) mobility.”

Halbert said the first day was just an assessment.

“(We wanted to assess them) and see where they are because no one starts at the same level,” the Arlington, S.D., native said. “(We) also wanted to give them a taste of what kind of training we will be doing.”

Many Marines, Sailors and their spouses may not be able to fit the sessions into their busy schedules. Halbert said a good workout that anyone can do alone is interval training. According to him, this type of training involves working for a set amount of time and resting for a certain amount of time.

Monday’s workout ended with interval training, as participants ran, skipped or lunged for 30 seconds and walked 60 seconds over the course of a 10-minute period.

“As time goes on and people improve, they can shorten or lengthen the time as they need to,” Halbert said.

Sgt. Casey Horton, an aviation technician with Marine Aviation Logistics Squadron 24, who came to the class with a friend, said the workouts are good for other types of races as well.

“We’re training for a Spartan Race and were trying to find something that had a lot of cardio and running,” Horton said referring to he and his buddy. “It was a



Photos by Cpl. Khalil Ross | Marine Corps Base Hawaii

Petty Officer 3rd Class Lawrence Montoya, an aviation electronics technician with Marine Aviation Logistics Squadron 24, soars through the air as he conducts a standing long jump for distance at Pop Warner Field Monday evening. Lawrence attempted the jump three times and used the longest as his assessment score.

good workout (and) everyone was able to go their own pace.”

Horton said his main focus is to enhance his endurance but running is a boring way to do so.

“No one really likes to run,” the Avon, Ind., native, said. “If you get a couple of buddies and go into it with a positive attitude, (however), you can enjoy it.”

Horton said that running is a very important aspect of the Marine Corps. Having to run the physical fitness test and combat fitness test is a big reason, but those are just to maintain fitness levels for the rigors of combat, he said.

“Our job is to, basically, endure,” Horton said. “We need to be ready for the longest fight and outlast everyone else.”

Anyone with base access interested can register at Semper Fit along with paying a nominal fee. For more information, call the center at 254-7597.



Master Gunnery Sgt. Klever Novillo, the surface chief at U.S. Marine Corps Forces, Pacific, runs a pacing test with his son Monday evening at Pop Warner Field. The pacing test is meant to rate your ability to pace yourself by running back and forth between lines before a buzzer goes off.

COMMUNITY, VOLUNTEER BRIEFS

SM&SP to volunteer at humane society

The Single Maine & Sailor Program seeks volunteers to run with shelter dogs at the Hawaiian Humane Society, May 31, at 8 a.m.

This opportunity is open to all single and unaccompanied Marines and Sailors. Assist with dog running program, as well as other duties necessary. Transportation will be provided. Sign up by Tuesday. Call Karley Peterson at 254-7593 for more information.

Release a lantern in remembrance

The Lantern Floating Hawaii 2015 ceremony is scheduled for Monday 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 www.lanternfloatinghawaii.com.

WCS to host spring concert

The Windward Choral Society is performing its 7th annual spring concert, “I Am in Need of Music,” June 5 from 7 to 8:30 p.m. with a repeat performance June 7 from 4 to 5:30 p.m. at St. John Vianney Parish in Kailua. The concert also features Kaanohiwaianuenu Hula Studio. Admission is free and no tickets are required. Find out more at www.thewindwardchoralsociety.org.

Catch a wave with All-Military Surf Classic

The All-Military Surf Classic is scheduled for June 6 from 7 a.m. to 5 p.m. at White Plains Beach in Ewa Beach, Hawaii. The competition is open to active duty, retirees, reservists, Department of Defense civilians and dependents. Entry deadline is May 30. For more information and entry forms, visit www.greatlifehawaii.com.

Help commemorate Battle of Midway

The Pacific Aviation Museum is commemorating the Battle of Midway June 6 from 1:30 to 3:30 p.m.

The museum marks the 73rd anniversary of the turning point of World War II with a special Midway program. U.S. Naval Academy Professor Emeritus Craig. L. Symonds, author of “Battle of Midway,” will speak and lead a discussion on the significance of this battle, followed by a book signing. The event is free with museum admission. For more information, visit pacificaviationmuseum.org.

UH Kids First Film Festival scheduled

The University of Hawaii Kids First! Film Festival is scheduled for June 7 from 3 to 5 p.m. in the Art Auditorium building of the UH-Manoa campus in Honolulu. The film is entitled “Maya the Bee.” Admission is free, and on a first come, first serve basis. Doors open at 2:30 p.m.

The next movie, a French live-action film called “Belle and Sebastian,” is scheduled for June 12. For more information, visit www.summer.hawaii.edu/kidsfirst.

Volunteer with Heeia Estuary Restoration

Hui o Koolaupoko is looking for volunteers for the Heeia Estuary Restoration Project June 13 from 9 a.m. to noon at Heeia State Park on 46-465 Kamehameha Highway.

The project is aimed at improving water quality and increasing habitat for native aquatic animal species by removing invasive plants and replanting native Hawaiian species along a portion of the Heeia Stream estuary. This year’s workdays are also the second Saturday of August, September, October and December.

Participants under age 16 must have

adult supervision. Participants under the age of 18 attending without their parent or legal guardian must bring a signed waiver. All others will sign the waiver upon arrival.

For more information, visit www.huihawaii.org/get-involved.html.

What to bring:

- closed-toe shoes (required)
- attire to get wet and muddy
- water bottle
- sun/rain protection
- towel
- change of clothes, bag for the dirty clothes

ESPN 1420 5th Annual Sports Festival set for June 27

The fifth ESPN 1420 Sports Festival is scheduled for June 27 at the Neal Blaisdell Center Exhibition Hall.

This family-oriented festival will run from 9 a.m. to 4 p.m., offering free admission to attendees of all ages.

The event will feature 100 exhibitor booths showcasing the latest in sports, health and fitness industry products and services. There will be activities and demonstrations from local sports clubs and athletic organizations.

For more information, visit www.espn1420am.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 cafeteria and lawn. Admission is free. There will be crafts for sale and performances by various organizations including the Windward Choral Society and the Shriners Potentate Band. For more informaiton, visit <http://hawaiiwag.com>.

Come out to Hawaii State Farm Fair

The 53rd annual Hawaii State Farm Fair is scheduled for July 11 from 9 a.m. to 7 p.m. and July 12 from 9 a.m. to 5 p.m. The event is free for children and students with a valid student identification card. There is a small fee for general admission. Free parking is available. There will be food, exhibits, rides and more. For more information, visit hawaiiistatefarmfair.org.

Build basketball skills for free

The Kailua Basketball Player Development Program offers free youth basketball coaching with tips to improve game performance. Girls and boys in 7th through 11th grade are welcome to play. Participants play in four-on-four teams at half court. Practice runs from 9 to 11 a.m. every Saturday at the Saint Anthony School basketball courts in Kailua. For details, call 282-6949.