

# Hawaii Marine

## HLA CADETS HONE LEADERSHIP SKILLS AT K-BAY



Cpl. Adam O. Korolev | Marine Corps Base Hawaii

Camron Smith, a Navy Junior Reserve Officers' Training Corps cadet with the Hawaii Leadership Academy, participates in an aquatic version of tug of war with another competitor Wednesday at the base pool aboard Marine Corps Base Hawaii. Cadets from 13 local schools in the NJROTC program visited MCB Hawaii for six days. Among other activities, the cadets participated in the Leadership Reaction Course at Boondocker Training Area, visited Waterfront Operations and did an activity at the base pool. The purpose of the HLA is to help students develop leadership traits and self-discipline.

## NOAA, UH explore sunken WWII-era PBY

Kristen Wong  
Hawaii Marine

Beneath the waters of Kaneohe Bay lay a large structure, covered in sea life. Ryan Harismendy, a 26-year-old graduate of the University of Hawaii, described the water as "murky," and the mound like a "giant rock."

"As your eyes adjust and you sort of go down you realize it's too well shaped to be a rock," Harismendy said. "Then you start identifying (parts like) a window and this is a straight edge running down. You can tell it's no longer nature anymore."

Harismendy was among students, staff and volunteers with the National Oceanic Atmospheric Administration Office of National Marine Sanctuaries and the UH Marine Option Program came aboard Marine Corps Base Hawaii June 8 through 19 to assess the current condition of a sunken aircraft approximately 30 feet underwater off the shore near Hangar 105.

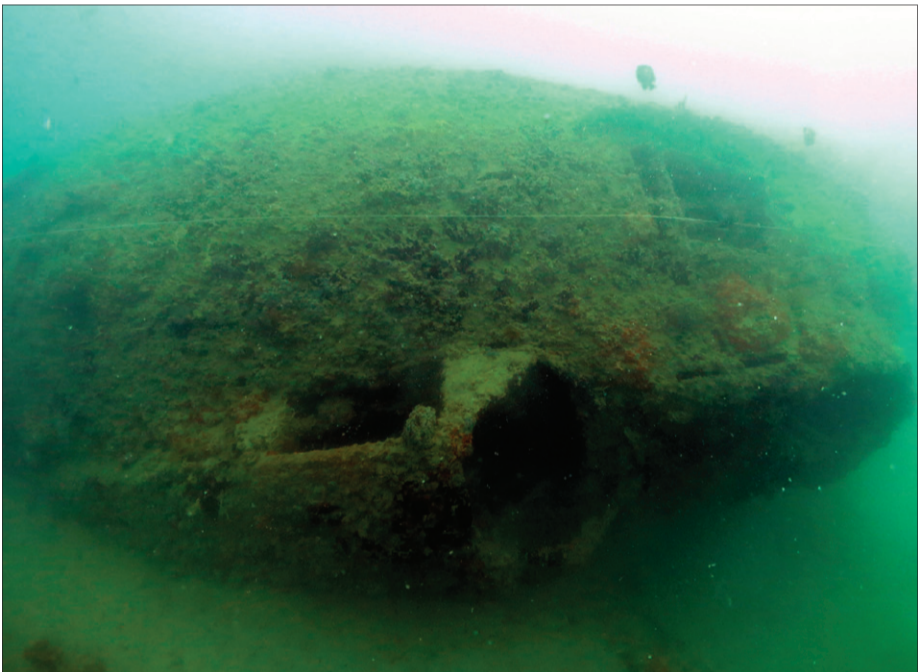


Photo courtesy of Hans Van Tilburg | Office of National Marine Sanctuaries, National Oceanic Atmospheric Administration

Shown here is an image of the forward fuselage of the Consolidated PB-5 Catalina flying boat. The cockpit of the aircraft is on the bottom, and the bow is to the right.

The group took pictures, video and drew a site plan, which is a detailed drawing of the site's current condition. A previous survey and site plan was completed in 1994 of this same site. However, this second group has better technology on their side.

"Back then we didn't have the types of cameras and lenses and photo processing software as we do now so we weren't able to get a lot of imagery from the bottom," said Hans Van Tilburg, the unit diving supervisor and maritime heritage coordinator for the Office of National Marine Sanctuaries with NOAA. "We're doing much better with that now and pictures are powerful, and so that will make a good outreach product for the base and for our understanding of the site."

Van Tilburg added that the drawing will help show the progression of the aircraft's condition over the years.

The aircraft is thought to be a Con-

See *PBY, A-7*

## WELCOME HOME HAWAII MARINES



Cpl. Brittney Vito | Marine Corps Base Hawaii

LEFT: A Marine and his wife embrace after he returned to Marine Corps Base Hawaii, Tuesday. ABOVE: Capt. David Bouchard, who was a fire support officer for 3rd Battalion, 3rd Marine Regiment, embraces his children at the Annex parking lot after returning from the Unit Deployment Program. The Marines and Sailors who were involved with the UDP visited and trained in several countries such as South Korea, Japan and the Philippines. The deployment is the last step in the Hawaii Marines' year-long work-up that is made up of exercises Island Viper, Lava Viper and Integrated Training Exercise.




**Moving forward**  
Are you PCSing? Learn about how lodging works at Marine Corps Base Hawaii, **A-6**



**Making a splash**  
101 Days of Summer swimmers earn cash, points and awards during swim meet, **B-1**





# Hawaii Marine

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**This week in Corps history:**  
June 20, 1993: The 24th Marine Expeditionary Unit returned to Mogadishu, Somalia, to stand ready to assist United Nations forces in maintaining peace in the war-torn country. Earlier that month, the 24th MEU had been ordered to cut short Exercise Eager Mace 93-2 in Kuwait to respond to possible contingency operations in Somalia.

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

# ICE COMMENTS

**COMMENT:** Forest City along with Family Housing needs to consider a lower rate of rent for the below standard housing in Nani Ulupua, Pa Honua and Hawaii Loa. Instead of trying to get people to move in by offering that \$500 use that money for upgrading the homes. Nobody cares about the light path, new outside paint, or the new park. You need to improve the standard of living inside of the homes by giving us better appliances and new floors. It is unfair that I live in Nani Ulupua and pay the same as another sergeant living in Mololani, and their house is a lot bigger and has newer features. I pay \$2,922 a month, and I don't even have a garage to keep my car from rusting. I want to stay in housing but when asked to get a better house, I am told that I cannot since I already have a home. I will be giving my 30-day notice very soon because I can't stand this place any longer.

**RESPONSE:** Forest City Community Manager, <name omitted> was unable to contact the resident due to no contact information. Forest City continuously reinvests into the property, the Pa Honua neighborhood has had two playground renovations, upgrades to the jogging path with solar lights, upgraded electrical panels were installed and repainting of 119 duplexes. Already this year, Forest City has completed a project to apply thermo stripping to crosswalks/road lines to increase safety and visibility driving at night in all housing neighborhoods. Projects to renovate Nani Ulupau and Hawaii Loa are in the planning stages for renovations.

**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://mcbhawaii.marines.mil), then click Departments, Business Performance, then ICE FAQs.

# MARINE CORPS BASE HAWAII EVENTS

## FUTURE EVENTS

The guest pass form has been revised since Nov. 19, 2014. Residents need to fill out this form and submit it to the PMO Service Center no later than 10 working days before the guest's scheduled arrival.

Residents wanting to request a guest stay in on-base housing 30 days or longer will also need to request their command provide a letter explaining and in support of their request. Requests for stays longer than 30 days will be reviewed and considered on a case-by-case basis. Please fill out the guest pass form completely before taking it to the PMO service center. For more information, call 257-2047

Semper Fit is looking for a volunteer to coach Marine Corps Base Hawaii's Varsity Soccer Team. Eligibility is open to anyone with base access, ages 18 and above. We do not have a specific date for the season to start, we need to form a team first.

Coaches should have previous experience with playing and coaching. No certifications are required since they will not be coaching kids. Commitment time would be two to three days per week to include practice time and tournaments on weekends. Interested applicants should contact Semper Fit's athletic director at 254-7590 or shipesk@usmc-mccs.org.

Homes are available for rent on Marine Corps Base Hawaii for basic housing allowance-eligible single and geo-bachelor service members. Active-duty Army, Navy, Air Force, Marines, Coast Guard, National Guardsmen and reservists. Visit [www.fcmarineshawaii.com](http://www.fcmarineshawaii.com) for information. Apply now by calling 1-866-340-0122. You may also come to the Forest City office at 1571 Lawrence Road for more information or to apply.

The Marine Corps wants to hear about your permanent change of station experiences with school-age children. Your voice will have an impact on the future K-12 education support services we offer.

Participate in a brief survey to provide input related to your children's school experiences. Find the survey at [surveymonkey.com/s/K12MarinePCS](http://surveymonkey.com/s/K12MarinePCS).

Many of the TRICARE enrollment-related letters that used to be physically mailed are now available at [www.dmdc.osd.mil/milconnect](http://www.dmdc.osd.mil/milconnect).

Instead of receiving them in the mail, beneficiaries whose email address is on file will receive an email directing them to the Mil Connect website where they can view or download their documents. For more information, call Heidi Vazquez at 473-1880.

The Anderson Hall Dining Facility's Independence Day holiday weekend schedule will be as follows:

July 3 through 6 Breakfast brunch: 8 to 11 a.m.

July 3 through 6 Dinner brunch: 3 to 5 p.m.

The flightline satellite facility will be closed from July 3 through 6 and will return to normal operating hours on July 7. For more information, call Master Sgt. A.J. Jones at 257-1621

All ranks are welcome to play in the Commander's Cup Golf Tournament, scheduled for Aug. 7, from noon to 5 p.m. The format is a four player scramble. Team registrations will be accepted at the Klipper Pro Shop until close of business, Aug. 5. For more information, call the Pro Shop at 254-1745.

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

## TODAY

The U.S. Marine Corps Forces, Pacific Band Summer Concert Series is scheduled for the third Friday of June, July and August at 6 p.m. Bring the family, blankets, chairs and coolers out to Mololani Park (across from the splash park) for the first performance of the summer.

During the concert, the band will also be saying "Aloha Oe" to Chief Warrant Officer 3 Michael Smith, as he passes the baton and welcomes the new band officer, Chief Warrant Officer 3 Bryan Sherlock back to Hawaii. During the summer concerts, the splash park stays open until 7 p.m.

## SATURDAY

The Surf and Turf 5K is scheduled for Saturday at 6:30 a.m. The race will start and finish at The Officers' Club and take runners through the Kaneohe Klipper Golf Course and along North Beach. The race is open to the public, and is \$35 per person. For more information, call the race coordinator at 254-7590.

## MONDAY

The next Transition Readiness Seminar runs from June 22 through 26 from 7:30 a.m. to 4 p.m. in classroom E of building 220.

A second class was added due to popularity of the class. TRS is open to all hands within 12-14 months of separating from service, but NLT than 180 days prior to separation. The primary point of contact for securing a slot is the Unit Transition Counselor. For more information, call the Transition Readiness Program, 257-7790.

## TUESDAY

The Personal Financial Management

Program is offering a class on budgeting, scheduled for Tuesday from 8:30 to 10 a.m. in classroom G of building 220.

Get control of your financial affairs, develop financial goals and develop a budget that will get you on the road to wealth. This workshop is open to all active duty, family members and Department of Defense civilians. Visit [www.mccshawaii.com/pfmpworkshops](http://www.mccshawaii.com/pfmpworkshops) to register for this class. For more information, call PFMP at 257-7783/1232.

## TUESDAY

The Single Marine & Sailor Program will be volunteering at the Hawaiian Humane Society June 28. Volunteers will meet at Kahuna's Recreation Center starting at 8 a.m.

Sign-up by Tuesday. This opportunity is open to all single, unaccompanied Marines and Sailors. For more information, call the SM&SP coordinator at 254-7593.

A Lego Club event is scheduled for Tuesday from 2 to 4 p.m. in the base library. Participate in a Lego challenge or just be creative.

This event is open to dependents ages 6 to 11 years old. For more information, call the base library at 254-7624.

The next Resume Writing Workshop is scheduled for Tuesday from 9 to 11 a.m. in building 579 on Reed Road.

Information on creating or developing a proper resume to aid in marketing a jobseeker for an interview. Registration is required.

Service members and spouses may call or go to [www.mccshawaii.com/trpworkshops](http://www.mccshawaii.com/trpworkshops) to register. The next workshop is scheduled for July 21.

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

## WEDNESDAY

The next PCS and Moving Workshop is scheduled for Wednesday from 8 a.m. to noon in classroom 7 of building 1090. This workshop is designed to give an outbound member and families the information, resources, and tools needed to plan their move.

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 go to [mccshawaii.com/trpworkshops](http://mccshawaii.com/trpworkshops) to register.

The next PCS and Moving Workshop is scheduled for July 24. For more information, call the Family Member Employment Assistance Program & Relocation Services at 257-8354.

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

In accordance with the letter of instruction for the Alcohol Screening Program, command leadership shall educate Marines and Sailors with a positive test result equal to or greater than .02 and up to .04 or underage positives results.

This course is offered in support of the ASP command leadership educational requirements or as a general educational strengthening for command personnel.

PFL class is offered monthly, next classes are scheduled for: July 12, Aug. 26, Sept. 23 and Oct. 21. For more information, call the Substance Abuse Counseling Center at 257-2464.

## THURSDAY

The 101 Days of Summer Bowling Tournament is scheduled for Thursday from 5 to 9 p.m. at K-Bay Lanes. Earn points and cash for your unit. Open to all active duty personnel. Register at Health Promotions Department. Advance registration before Wednesday is highly recommended. For more information, contact Health Promotions at 254-7636 or pagerl@usmc-mccs.org.

The next Teen Advisory Council meeting is scheduled for Thursday from 5 to 6 p.m. in the base library. The council is for teens in the community who are interested in contributing their ideas and opinions regarding the base library. This program is open to all teens (13 and older). For more information, call the base library at 254-7624.

Register before Thursday for the double elimination softball tournament starting June 27 at 8 a.m. This tournament is open to active duty Marine Corps and Navy units and dependents assigned or attached to Marine Corps Base Hawaii.

Sign-up is located in the lobby at the Semper Fit Center. A coach's meeting will be held at 1 p.m. on June 26. The tournament is free and participation points will be applied for the 101 Days of Summer Program. For more information, call the intramural sports coordinator at 254-7591 or Health Promotions at 254-7636.

Service members and their families are invited to a Ramadhan Iftar, scheduled for Thursday from 5:30 to 9 p.m. at Hickam Chapel. Children are welcome. Attire is semi-formal; business casual or aloha attire is acceptable. Service members are asked to wear the uniform of the day.

This event is done annually to encourage and boost inter faith relationships and discuss importance of Ramadhan holy month.

The event is open for all Muslims and non-Muslims. The Imam of Muslim Association of Hawaii and other VIPs will be present to answer any questions regarding the Islamic faith. For more information, call Gunnery Sgt. Jimi Khamisi at 760-586-9355.

# AROUND THE CORPS

Your weekly guide to what's happening around the Corps

## West Coast

## East Coast



Lance Cpl. Ian Ferro | Marine Forces Reserve



Cpl. Sullivan Laramie | II Marine Expeditionary Force

**ABOVE: MARINE CORPS BASE CAMP LEJEUNE, N.C.** — Cpl. Eric Crouser (right), a food service specialist with Food Service Company, Headquarters Regiment, 2nd Marine Logistics Group, rides a tricycle while wearing goggles that simulate the effects of alcohol impairment, during a competition at the regiment's annual field meet on Camp Lejeune, N.C., June 12. The field meet allowed members of the companies at every rank to work together and compete for first place.

See <https://www.dvidshub.net/news/166723/headquarters-regiment-hosts-annual-field-meet#.VYCOEVVVhHw> for full story

**LEFT: MARINE CORPS AIR GROUND COMBAT CENTER TWENTYNINE PALMS, Calif.** — Marines with third platoon, Lima Company, 3rd Battalion, 25th Marines Regiment, 4th Marine Division, Marine Forces Reserve, secure the perimeter and watch for enemy fire during the 2015 Integrated Training Exercise at Twentynine Palms, Calif., June 12. At ITX, Marines learn to work in environments that simulate combat in order to be prepared for future deployment.

See <https://www.dvidshub.net/news/165656/mcas-yuma-awarded-aviation-safety#.VXdetWRVhHw> for full story



Cpl. Alexander Mitchell | U.S. Marine Corps Forces Europe and Africa

## Overseas

**RAVLUNDA, Sweden** — Marines with 1st Battalion, 6th Marine Regiment honed skills during an amphibious assault rehearsal in Sweden during BALTOPS 2015 June 13. Marine Corps from Sweden, Finland, the U.K. and U.S. made up the amphibious assault force during BALTOPS 2015, an annual exercise with 17 NATO and partner nations.

See <https://www.dvidshub.net/news/165757/marforpac-band-helps-us-embassy-jakarta-celebrate-4th-july#.VXdFc2RVhHw> for full story

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# Women redefined: A Sailor’s perspective

**Petty Officer 3rd Class  
Amber Porter**  
*Patrol Squadron 9*

“The idea that certain jobs are better suited for men and men alone is redefined in the Navy,” reads the official U.S. Navy website. “Stereotypes are overridden by determination, by proven capabilities, and by a shared appreciation for work that’s driven by hands-on skills and adrenaline. Here, women are definitely in on the action. And women who seek to pursue what some may consider male-dominated roles are not only welcome, they’re wanted — in any of dozens of dynamic fields.”

For Seaman Danielle Weakley, an aviation machinist’s mate with Patrol Squadron 9, the website was a motivational recruitment tool in her decision to join the Navy.

“The allure to join an organization that promises challenges, excitement, rewards and liberation was irresistible,” she said. “(But) I think what really hooked me was being able to break a conventional role and earn respect for myself through my profession, equal to that of my male counterparts.”

In today’s military, as policies change and opportunities open up for women, the journey is



Petty Officer 3rd Class Amber Porter | Patrol Squadron 9

**Seaman Danielle Weakley, an aviation machinist’s mate with Patrol Squadron 9, inspects engine three from a P-3C Orion maritime patrol aircraft as part of the squadron’s advanced readiness program.**

still far from over.

Personnel kept the dialogue going at the recent 28th annual Joint Women’s Leadership Symposium in San Diego, which concluded June 12, addressing just a few of the issues that women face in the military, and strategies to overcome these difficulties.

For example, according to Adm. Michelle Howard, the vice chief of naval operations, in order to normalize workplace relations, move beyond tokenism and overcome stereotypes, the Navy needs a “critical mass” of at least 25 percent women. This includes the same proportion

aboard each ship and squadron.

The Navy is progressing steadily towards their target with new recruits, 25 percent of whom are female. At the Naval Academy, 22 percent of midshipmen are women. Currently about 18 percent of the total Navy is female, slightly higher than the average across the services.

“I am a part of the Facebook group called ‘Women Redefined.’” explains Chief Petty Officer Arlene Williams, an aviation maintenance administrationman with VP-9. “It’s monitored by the Women in the Navy initiatives and discusses

personal and professional-based issues in our working environment. I think that the redefining of women in the Navy is important as more females join and there are increasing roles that we shouldn’t be afraid to step into.”

The Navy is not alone in its quest for change. During a speech about lifting the ban on women in combat roles, President Barack Obama stated, “Valor knows no gender.”

Gender is not the sole issue for Navy Lt. Celesse Hidrovo-Guidry, a P3-C Orion maritime patrol aircraft pilot, either.

Hidrovo-Guidry said although she believes that it is important for women to have representation and opportunity, she emphasizes that success in the military is also dependent on the individual’s attitude and work ethic.

“This job really isn’t for everyone,” she said. “You have to want to serve your country, know what you’re getting into, and do the research. Both males and females have family issues and work issues. Both have goals, aspirations, responsibilities and positional roles to live up to. Women are important to the military and with the recent news around women in combat, it’s empowering to see us getting recognition for our same hard

work and perseverance.”

Everyone, regardless of gender, has different reasons for why they chose the Navy.

Petty Officer 1st Class Beatriz Campos, an aviation electrician’s mate with VP-9, said she joined the military to get out of New York City, be independent and to have financial support to complete college.

“I love the lifestyle and the job security,” Campos said. “I love knowing that I can go on vacation and still get paid and that my family will be taken care of in any case I am not present. I don’t have to worry about medical and dental coverage and I love the friends that I make everywhere I go.”

When all is said and done, a Sailor is a Sailor, regardless of gender, for Petty Officer 3rd Class Kishke Nelson.

“I am a naval aircrewman mechanical third class petty officer in the United States Navy,” said the VP-9 Sailor. “I have a job to do, and I perform my duties because I am a hard worker and take pride in my work. It doesn’t and shouldn’t matter that I am a woman. What does matter is that I am doing my job and doing it well.”

For more information about women in the Navy, visit [navy.com/navy-life/winr.html](http://navy.com/navy-life/winr.html).

## ‘SKINNY DRAGONS’ ENSURE READINESS, PERFORMANCE

Sailors assigned to the ‘Skinny Dragons’ of Patrol Squadron 4 perform a man-on-the-stand coordinated check on a P-3C Orion maritime patrol aircraft, June 9. Coordinated checks are done on a routine basis to ensure proper functioning of the aircraft and continued mission readiness and performance.



Petty Officer 3rd Class Amber Porter | Patrol Squadron 9

## MARINES COOK IN CULINARY SHOWDOWN AT ANDERSON



Photos by Kristen Wong | Hawaii Marine

The three competing food service specialists, Cpl. Moises Rodriguez (left), Pfc. Jeffrey Troyer and Pvt. Precious Felder receive recognition during the Chef of the Quarter competition at Anderson Hall Dining Facility, Wednesday. Each competitor took a written test, stood before a board of food service staff noncommissioned officers and, this quarter, prepared a Japanese-themed meal for three judges. The three competing food service specialists could earn up to a maximum of 300 points. Felder received first place with 265 points, Rodriguez took second place with 234 points and Troyer took third place with 233 points.



Pvt. Precious Felder’s meal included yakisoba, pineapple-coconut tapoca, a lettuce cup and spring rolls.

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Christine Cabalo | Hawaii Marine

Lifeguards at Pyramid Rock Beach post a sign warning about a shark sighting, Wednesday. All beach goers must stay out of the water for a 45-minute period after signs are posted. Signs remain up at the beach after the 45-minute period to warn future visitors of the earlier sighting.

# Living in a shark-eat-shark world

**Christine Cabalo**  
*Hawaii Marine*

Birds do it. Bees do it. Even hammerhead sharks in Kaneohe Bay do it.

Right now, the bay’s resident hammerhead sharks are in the birthing season. With the increase of hammerhead pups in the bay from May to possibly early July, lifeguards at Marine Corps Base Hawaii are warning beach users of the potential dangers.

“Lifeguards are seeing sharks a lot more (at MCB Hawaii beaches) in the summer months,” said Ian MacDonald, a senior ocean lifeguard at Marine Corps Community Services Aquatics. “If you go diving, use the buddy system for general safety, especially now. Be aware that fishing and blood from catches may attract sharks. Use your best judgment.”

When a shark is spotted at any of the base beaches, lifeguards will close the water for a 45-minute period and post shark sighting signs, MacDonald said. After the 45-minute period, if no sharks have been sighted, the lifeguard will re-open the beach. If a shark is spotted again, then lifeguards will close down the area for another 45-minutes. The signs will remain posted to warn water users of the earlier sighting.

MacDonald said only the beach where the shark was sighted is closed, and the remaining base beaches are open unless lifeguards spot other sharks or otherwise deem it unsafe. During days when there are high sightings or when a sighting occurs just before lifeguards are off-duty at 6 p.m., the beach will close overnight.

“It’s good to have a healthy fear of sharks,” MacDonald said. “It’s hard to say what a wild creature will do.”

Warm beach conditions are attracting more than just beach goers. The increase of hammerhead pups attract larger sharks that consider them prey, said Chris Cervantes, who is also a lifeguard at MCCS Aquatics. He said the MCCS Aquatics staff see sharks that range from 4 to 14-feet long. The majority of sharks near MCB Hawaii are hammerheads, but MacDonald said there are a variety of sharks that enter the area including aggressive tiger and Galapagos sharks. However, he added that beach patrons should also be aware that hammerhead sharks do bite.

In Hawaii there were six confirmed non-fatal shark attacks during 2014 and 12 confirmed non-fatal attacks in 2013, according to statistics from the Division of Aquatic Resources at the Hawaii Department of Land and Natural Resources.

This amount is much less than the 332 people who died due to drowning from 2008 to 2012, according to a 2013 report on visitor safety from the Injury Prevention and Control Section of the Hawaii Department of Health. However, the two MCB Hawaii lifeguards said being prepared helps reduce the risk for any ocean hazard.

“Getting in the water without safety information is one of the most deadly things to do,” Cervantes said. “More (non-residents) are killed by water activities.”

Both MacDonald and Cervantes recommend beach goers to talk to lifeguards about conditions and check the base regulations before heading in. MacDonald said he always suggests people should follow the acronym SOAK. The acronym stands for study the environment, observe conditions, ask a lifeguard and know your personal limits.

“The most important things to understand are our flag system and what the beach hazards and regulations are,” Cervantes said. “If you know ahead of time, you can prepare better.”

Increased shark activity is one of several hazards beach goers should be aware of. At Pyramid Rock Beach, regulations are posted on green signs

near the entrance of the main parking lot. Beaches are open if the white flag is flown from the lifeguard tower, Cervantes said. The beaches are closed if the red flag is up. A yellow flag means the beach is open, but there is high surf or strong currents so swimming fins should be used.

Shark fatalities are rare, according the International Shark Attack File website maintained by the University of Florida. The website lists nine fatalities statewide since 1828, five on Oahu. However, MacDonald and Cervantes said their job as lifeguards is prevention and ensuring safety by preventing people and sharks from getting that close to each other.

“If the shark is curious about something it thinks is a food source, they’ll swim up to it,” Cervantes said. “They don’t have hands, so they feel with their mouth or get really close to check it out. Any shark interacting with people is (potentially) dangerous, especially if people don’t realize that sharks are out there.”

For more information about MCB Hawaii beaches, see the MCCS Aquatics website at: [mccshawaii.com/aquatics/](http://mccshawaii.com/aquatics/). The Hawaii DLNR also hosts a website on shark attacks in Hawaii at: [dlnr.hawaii.gov/sharks/](http://dlnr.hawaii.gov/sharks/).

# Take on the Grueler 5K challenge

**Press Release**  
*Marine Corps Community Services*

Marine Corps Community Services Hawaii challenges runners across the island to the Grueler 5K happening July 18 at 8 a.m. aboard the Camp H.M. Smith, Bordelon Field.

This 5-kilometer run takes runners on a challenging course atop Halawa, around Camp H.M. Smith, partially through off-road trails offering

a panoramic view from Diamond Head to Ewa Beach.

Online registration for the Grueler is available now through July 14 at [mccshawaii.com/races](http://mccshawaii.com/races). Entry fee is \$25 per person and includes a race T-shirt for all registrations received before July 10. A \$10 late fee will be added to registrations received after July 10, and racers will not be guaranteed a T-shirt.

Awards will be given to the

top three male and female challengers in 10 age divisions. The age categories range from 14 years and younger to 55 years and older. The top three male and female finishers of the overall run will also be recognized with awards.

Registered civilians can pick up their race packets and special event passes July 16 from 11 a.m. to 4 p.m. at the H-3 gate pass house parking lot. Military members can pick

up their race packets July 16, at the front gate or July 17 at the Semper Fit Center, from 10 a.m. to 4 p.m. Packets will also be available for pick-up the day of the race at Bordelon Field.

As a part of the Commanding Officer’s Fitness Series, the Grueler is open to the public and is an opportunity for runners in the community to come out and challenge Hawaii’s Marines and Sailors in a fun race. For more information, call 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 Marine Corps Base Hawaii. For more information about MCCS, visit [mccshawaii.com](http://mccshawaii.com).



# 25¢

## PAPER

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BEFORE



AFTER

# Temporary lodging while PCSing



**Cpl. Khalil Ross**  
*Marine Corps Base Hawaii*

The process of making a permanent change of station is long and arduous. So far the overall PCS process, pets and moving property has been covered. In this installment, temporary lodging is going to be targeted.

If a service member is PCSing to the island they should contact the installations temporary lodging facility well in advance of arriving. This ensures a seamless transition from plane to rooms for the service member and family. For unaccompanied military personnel, a barracks room will be assigned upon arrival.

Marie Calvo, the manager at the Family Member Employment Assistance Program and Relocation Services, said she knows there is more than one base on the island.

"If service members are assigned to a joint command such as Puuloa Range Training Facility or H.M. Camp Smith then they should look for temporary lodging at the nearest military base," Calvo said. "If lodges can't accommodate them then they will be issued a ticket of non-availability which allows for lodging off base."

Non-availability tickets are only given if there are no rooms available on base, she said. The tickets allow service members and their families to stay in hotels around the island that are working with the base. Military lodges facility is the only place that can give a ticket of non-availability.

"(People) can make reservations 60

days out before they arrive on island," Calvo said. "We encourage all outbound personnel to make their reservations as early as possible."

Mia Ng, the general manager at The lodge at Kaneohe Bay, said they need to schedule have a consultation with the office to understand the situation.

No one's circumstances are the same so that's what the consultation is for, Ng said. Some may have pets, special needs or have multiple children to take care of.

There are 24 pet-friendly rooms families and spouses. can use at the Inns of the Corps. The main lodging for families on Marine Corps Base Hawaii is the Inn by the H-3 Gate.

"As long as pets have the proper vaccinations then they can be brought into the pet-friendly rooms," Ng said. "The inn has a mini-kitchen with a household-sized refrigerator as well as gas grills and a sink area."

There are also villas, cottages and cabanas along the Kaneohe Bay coast. These particular lodgings are recreational and will only be allowed if circumstances require their use. Service members are restricted to a time limit they can stay there.

Rates:

- Inns of the Corps - \$149
- Cabanas at Kaneohe Bay - \$71
- Cottages at Kaneohe Bay - \$133
- Villas at Kaneohe Bay - \$200+

*Editor's note: This is the sixth installment in the PCS series. Hawaii Marine staff is covering multiple topics about PCSing this month.*



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All classes are from 8 a.m. to noon in classroom 7 of building 1090.

Per Marine Corps Order 1320.11F, the Marine Corps Sponsorship Program requires all Marines making a permanent change of station to attend. Open to all active duty service members and their spouses. Adults only, children/pets not permitted at professional program. Orders are not required to attend. Registration is required. For more information, call the Family Member Employment Assistance Program and Relocation Services at 257-8354.



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PBY, from A-1

solidated PBY-5 Catalina flying boat belonging to either Patrol Squadron 14 or Patrol Squadron 12. On Dec. 7, 1941, when the Japanese Imperial Navy attacked what was then known as Naval Air Station Kaneohe Bay, both squadrons took losses.

Van Tilburg said the planes would have been high-priority targets for the Japanese because they could have been used to follow the enemy planes. These long-range patrol bombers were also used for search and rescue missions.

June Cleghorn, the senior cultural resources manager at the Environmental Department said the cultural resources program is required to conduct surveys and condition assessments for every historical property aboard MCB Hawaii. The fact that UH and NOAA have offered to do this assessment has enabled the base to save money they would have had to spend hiring a contractor to do the work.

“We are ecstatic that NOAA and UH wanted to work here and provide this,” Cleghorn said. “It’s a partnership.”

The students are part of the Maritime Archaeological Survey Techniques field school, supported by UH’s MOP and NOAA. Among the various requirements for the field school, students must be recreational scuba certified and earn a UH scientific diver authorization to participate.

However, not everyone in the field school is planning to be a marine archaeologist. Van Tilburg said for instance, the aircraft has become a habitat for sea life, which would interest biology students.

Before going underwater, the group spent the first two days learning how to take measurements in poor visibility situations. Van Tilburg and co-instructor Marine reserve Col. Donald Froning, had the students practice measuring picnic tables at the Cabanas.

Froning, who is a UH scientific diver and history instructor at Windward Community College, volunteered for the project. Froning first became interested in underwater archeology when he was stationed at MCB Hawaii. He has since earned a master’s degree in maritime studies and participated in six other similar projects. Froning calls this project a “special treat” because it is located at MCB Hawaii, his



U.S. Navy photo

Sailors at Naval Air Station Kaneohe Bay attempt to salvage a PBY aircraft Dec. 7, 1941. The Japanese Imperial Navy attacked NAS Kaneohe Bay before heading to Pearl Harbor. Today, a group from the National Oceanic Atmospheric Administration and University of Hawaii are surveying the wreckage of one of these planes.

first duty station.

“I can see the dive site from my house, so it makes it even more personal than all the others,” Froning said.

On June 10, the group began diving on the site each morning. In the afternoons, the students would either sit for an informative lecture about the aircraft or history of the local area, or they would work on their sketches for the site plan.

“We have seen progress, we’ve seen the students improve both their skill level, knowledge level and their comfort in low visibility diving conditions,” said Jeffrey Kuwabara, the coordinator for the UH MOP. “So it’s fun to watch them develop, gain more skills and become more proficient as scientific divers.”

Kuwabara was in charge of the logistical aspects of the trip, such as taking care of the camping and scuba equipment. He also photographed the group’s activities throughout the week. He said the trip benefits the students because they will get hands-on experience in surveying an underwater site, and it will better prepare them for future careers.

“It’s a humbling experience being down there and thinking ‘this was part of the history that the world knows,’” said Rebecca Ziegler. “It’s not some random shipwreck off of an ambiguous coast. This is Oahu, this is Kaneohe Bay, the first site to get hit by the Japanese attack.”

Ziegler, a recent UH graduate and one of the students in the field school, said

it was difficult for the divers to even see their own hand in front of their face. However, learning how to survey an underwater site that is challenging is an essential skill, in her opinion, and helps her prepare for future situations.

Van Tilburg also conducted a presentation at building 1359 Wednesday evening for base personnel. There, he shared details of the project and answered questions.

“I look forward to more projects of this type,” Van Tilburg said. “I think it’d be best to establish a memorandum of understanding between NOAA sanctuaries and the base here because you have more significant properties underwater, and if we can combine our talents and capacities, it’s a fantastic place to work, and I would love to come back.”



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# Sports & Lifestyle



Photos by Cpl. Adam O. Korolev | Marine Corps Base Hawaii

Swimmers dive into the pool for the 50-meter freestyle heat during the 101 Days of Summer swim meet on June 12 at the base pool aboard Marine Corps Base Hawaii. The purpose of 101 Days of Summer is to promote competition between units and responsible alcohol consumption and eliminating drug abuse.

## Swimmers compete for 101 Days of Summer glory

**Cpl. Adam O. Korolev**  
*Marine Corps Base Hawaii*

Marines, Sailors and Department of Defense civilians gathered at the pool aboard Marine Corps Base Hawaii for the 101 Days of Summer Swim Meet. Competitors from different units went head-to-head in the breaststroke, butterfly, backstroke and freestyle, and sprinted lengths from 50 meters to 200 meters. Swimmers gathered points for their units as a part of the 101 Days of Summer Program. For some of the swimmers, like Andrew Adams, a hospital corpsman with Combat Logistics Battalion 3, the

objective was to have a candid time with other recreational swimmers, while gathering points for their unit. "I have been in the Navy for four years, so I swim to stay in shape," said the Newcastle, Ind., native. "I have never been on a swim team in my life, but I am competing for my battalion. I am a swimmer recreationally, and I am here to have fun." Other swimmers, such as Roberto Escobar, came to the pool to earn points and dominate in the pool. "I gave it my best effort, and came out to win my events," said Escobar, a motor transport operator for CLB 3. "I did the freestyle relay and the med-

ley relay, and swam freestyle for the (relay). I came out first in both of my races, and first overall for the medley." A medley is a 200-meter swim which consists of a 50-meter sprint of each stroke, beginning with the butterfly, the backstroke, breaststroke and finally, freestyle. Other service members came to provide encouraging support. Joining them was 1st Sgt. Jennifer Armentrout, the company first sergeant. Escobar credits his unit's domination at the event because of strong swimming and overall unit camaraderie. "I believe we are in first place for the 101 Days of Summer, if I'm not

mistaken," Escobar said. (It was cool) we had (service members from our unit) out there providing support." According to Escobar, the 101 Days of Summer events are good to participate in for various reasons. "(Events like these) helps build camaraderie within units and between other units, and I think Marines enjoy competition," said the Los Angeles native." The next 101 Days of Summer Program event is the Surf & Turf 5K, beginning at 6:30 a.m. tomorrow at The Officers Club. For more information on the 101 Days of Summer, visit [mccshawaii.com/101days/](http://mccshawaii.com/101days/)



Greg Joseph, a Department of Defense civilian with Camp H.M. Smith, participates in the 50-meter backstroke. Service members and Department of Defense civilians were eligible for the meet. Upcoming events for the summer program include races, a field meet, sand volleyball and wellness fairs.

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# The Meat and Potatoes of Life: The look of fatherly love

**Lisa Smith Molinari**  
*Submission*

“Do you want a boy or girl?” I asked, lazing in bed, seven months pregnant on a Saturday morning. Francis, my husband of fifteen months, lay beside me while we both gazed through the lace sheers billowing over our bedroom window at the sun-soaked cypress tree in our little Fort Ord backyard.

Without the early morning responsibilities that a baby would soon bring to our weekends, we were free to lie around for hours, listening to the birds chirp and wondering what our life might bring.

On rainy days, we rolled from our bed to the living room couch, watching old movies late into the afternoon in sweatpants and slippers, only running out for popcorn and take out. On sunny weekends, we’d maybe get up and go on a hike in Big Sur, stopping at a local restaurant for fresh Monterey Bay squid steaks or at our friends’ house near Lover’s Point for cookouts.

We believed that working all week entitled us to self-indulgent weekends, and we had no idea that, after less than two years of marriage, having a baby would strip us of that luxury for good.

“Well,” Francis responded after a pause to imagine our future as parents, “I think I’d look good carrying a girl around.”

How odd, I thought. I had assumed that my question — a common one



between expectant parents — would prompt him to compare and contrast the experiences he might have raising a son or daughter. Would he want to fish with his son? Throw baseballs in the yard? Or would he prefer to be called into his daughter’s room for tea parties? But instead, Francis expressed his preference for a boy or a girl based solely upon which one might compliment his physical appearance.

“What do you mean, you’d look good carrying a girl around?” I hoped that this man I thought I knew, with his arm draped possessively over my swollen belly, was not a closet narcissist intent on using his offspring as wardrobe accessories.

“You know what I mean,” he plainly retorted, as if everyone who has answered that question thought first of

their appearance, “when I imagine being a father, I see myself walking around with a little girl wearing pink booties and a lace bonnet and all that.” He went on to describe how other people might see him in public, and think, “Oh, look how cute that Dad is over there carrying his sweet little baby girl.”

I listened, trying desperately to understand Francis’ point of view, but I was worried. Are we too selfish to be parents?

“It’s a boy!” the obstetrician yelled two months later. A nine-pounder, Hayden Clark Molinari entered our world on a rainy spring evening in 1995, and Francis quite suddenly became a father.

In an instant, our priorities were forever reordered. Like all parents, we lost ourselves in the blur of diapers, bottles, blankets, booties, rectal thermometers, teeny nail clippers, and 3 a.m. feedings. Francis didn’t notice that I looked like I’d been hit by a Mack Truck, and I was oblivious to the fact that he was wearing the same spit-up-stained sweatshirt for three days in a row. We were too caught up in the sheer wonder of the little bundle of ten toes and ten fingers we’d created to care.

The rest of the world simply melted away.

Francis got his baby girls a few years later, but he never mused about what his children made him look like again.

Now don’t get me wrong, Francis never completely gave up his interest in his physical appearance. He still checks

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.

himself out in shop windows, turning to the side to sneak a peek at his tush. He’s still demands to be photographed when he’s feeling particularly dapper. On the dance floor, he still plays to the crowd and forgets that he’s supposed to be dancing with me. But now that Francis is a Dad, his responsibility to our family is his top priority.

And I must admit, fatherhood looks pretty damned good on him.



FROM THE DIRECTOR OF THE INCREDIBLES & MISSION: IMPOSSIBLE - GHOST PROTOCOL

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“Poltergeist 2015” PG-13 Saturday | 6:30 p.m.

“Mad Max: Fury Road” (in 3D) PG-13 Saturday | 9:15 p.m.

“Tomorrowland” PG Sunday | 2 p.m.

“Hot Pursuit”(Final Showing) PG-13 Sunday | 6:30 p.m.

“Poltergeist 2015” (In 3D) 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 (USMC, retired)

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9								
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			3		9	8		
	3		7	6		1		2

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

ANSWER:

## A photograph showing two individuals engaged in manual labor in a field of dense, low-lying green vegetation. In the foreground, a person with long dark hair tied back, wearing a maroon t-shirt with an American flag patch on the sleeve and black shorts, is bent over, working with their hands in the plants. In the background, another person wearing a blue t-shirt and jeans is also bent over, working in the same vegetation. The scene is outdoors under bright, sunny conditions with a clear blue sky and some clouds visible in the upper portion of the frame. The ground is covered with dry grass and soil, interspersed with the green plants.

Sgt. Esther Muratalla, a Marine with Headquarters Company, Headquarters Battalion, pulls plants with other "Weed Warriors" Saturday. Volunteers from the base and the local community assisting the Environmental Compliance and Protection Department, worked for about three hours clearing invasive plant life. "Weed Warriors" are needed throughout the year.



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# HONORING MCB HAWAII'S FATHERS

## UPCOMING EVENTS

### Saturday

17th Annual Celebrating Fathers Event with the Hawaii Coalition is scheduled for Saturday. A family-friendly event for local families to recognize their fathers, grandfathers, and other father figures in their lives. The event is scheduled to be held at Windward Mall from 10 a.m. to 2 p.m.

The Third Annual Twilight Tribute to the Troops is scheduled from 3 to 8:15 p.m. at Sea Life Park. The event is hosted by the USO to show appreciation for Oahu service members and their families.

A Father's Day Dinner Buffet on the Star of Honolulu, located near the Aloha Tower, is scheduled from 5:30 to 7:30 p.m. The event costs \$86 adults, \$52 for keiki.

The 50th State Fair at Aloha Stadium admission costs \$5 and is held every weekend until June 28. There will be rides, games, food and more. Visit [ekfernandezshows.com](http://ekfernandezshows.com).

### Sunday

Pagoda Floating Restaurant Father's Day Buffet opens at 10 a.m. The event will include a comedy act and a variety of food will be presented buffet style. Admission is \$55 for adults and \$25 for keiki.

Enjoy Father's Day at Dinosaurs Unleashed at Bishop Museum. This interactive exhibit teaches patrons about the creatures that once inhabited the Earth. The museum is open from 9 a.m. to 5 p.m. Note: the exhibit may be frightening to small keiki.

The Willows is offering both a brunch and dinner buffet. Dinner costs \$47.95 for adults and \$23.95 keiki. The hours of operation are from 10 a.m to 3 p.m. and from 4 to 9 p.m.

### On base

The Father's Day Brunch is scheduled for Sunday at The Officers' Club from 10 a.m. to 1 p.m. Seatings are at 10 a.m., 10:30 a.m., noon and 12:30 p.m.

The meal price for adults is \$41.95. The meal price for children ages 6 to 12 is \$19.95. Children ages 5 and younger eat for free. The brunch is open to E-6 and above. Reservations are required. For more information, call The Officers' Club, 254-7650.

The Kaneohe Bay Armed Services YMCA and 1st Battalion, 3rd Marine Regiment are scheduled to host a Father Daughter Dance, June 27 from 5:30 to 9 p.m. at The Officers' Club.

Tickets are on sale now at \$60 per father and daughter pair, and \$20 for each additional daughter. and can be purchased from the "Lava Dogs" family readiness officer, Orin Lucas, in building 6720R across from McDonalds. Get your tickets early, as there is limited seating. There are no tickets available at the door.



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# Looking for PTSD help? Finding mental health care help now

**Christine Cabalo**  
*Hawaii Marine*

Approximately 8 million adults each year share the same medical condition.

They have terrifying nightmares, trouble concentrating, avoid crowds and are constantly watching for danger. These people are experiencing symptoms of Post-Traumatic Stress Disorder, according to the National Center for PTSD's website. Congress has declared June 27 as PTSD Awareness Day, and the center observes all of June as PTSD Awareness Month.

Although it may feel like a lone struggle for managing PTSD or needing overall mental health care, there are numerous organizations ready to help Marine Cops Base Hawaii personnel and residents.

"People can talk to their chain of command, unit chaplain or medical provider for help," said Lt. Cmdr. Brian Kleyensteuber, the mental health department head for Naval Health Clinic Hawaii. "Those are the three most immediate levels of care that people have easy direct access to."

Kleyensteuber said many of the symptoms for PTSD are also indicators of someone having trouble handling stress in general. This can include not only nightmares but also trouble falling and staying asleep.

In addition to individual treatment, Kleyensteuber said NHCH also now has several support groups that service members can join with a referral from their primary medical care provider.

"We've expanded services at Makalapa, open to service members from K-Bay, with several robust group psychotherapy programs," he said. "There are now several groups people can get referrals to join, including one for sleep hygiene."

The support groups at Makalapa branch clinic each have a different focus. There are groups for mind body wellness, ear acupuncture for help to quit tobacco and alcohol abuse and a warrior resiliency group.

People seeking help also aren't limited to finding help at Makalapa branch clinic. Kleyensteuber said the warrior resiliency group program has two groups, one at Makalapa and a new one that just started at Kaneohe Bay.

Service members with 3rd Marine Regiment can also find care at K-Bay by seeing the Operational Stress Control and Readiness doctors attached to the unit. The OSCAR medical specialists can see any member of the unit without a medical referral.

"We want to provide mental health services in a more convenient location so people are less likely to make the excuse about not wanting to drive to Pearl Harbor," he said. "And frankly, we see a lot of young Marines and Sailors who may not necessarily have a vehicle, or a unit may have difficulty getting them a duty driver."

Kleyensteuber said there are also other mental health resources for people to reach out to that are not necessarily part of Naval medicine. People can also speak to their Military Family Life Counselor, counselors at Marine Corps Community Services Hawaii and if they're in the Navy go through the Military Family Support Center.

The Community Counseling Program at MCCS Hawaii helps individual patients with mental health care concerns as well as couples or families together, said Carletta Vicain, the behavioral health programs manager at Marine Corps Base Hawaii.

"The symptoms of PTSD can significantly effect

## Who to call and see

**Naval Health Clinic Hawaii now has an office for the mental health department at the Kaneohe Bay branch clinic. For more information, call the branch quarterdeck at 257-3365, extension 97123.**

**The Community Counseling Program staff is available for scheduled and walk-in appointments at their office in building 216. Counselors are available weekdays and service members retirees and family members can make an appointment. For additional information, call 257-7780 or see their website at: [mccshawaii.com/ccp/](http://mccshawaii.com/ccp/).**

**Command chaplains can be reached to help for anyone in their unit. To find the contact information for a specific unit chaplain, call 257-3552 or 257-5138. The base chapel's website is at: [www.mcbhawaii.marines.mil/Departments/Chaplain.aspx](http://www.mcbhawaii.marines.mil/Departments/Chaplain.aspx)**

**The National Center for PTSD offers free mobile apps, videos and articles. Their website is at: [www.ptsd.va.gov/](http://www.ptsd.va.gov/)**

home life," Vicain said. "When service members are feeling distracted, withdrawn or have night terrors it impacts their families as well. It's important that family members understand what PTSD is about and to learn to support themselves as well as supporting their loved one. For couples, we can help them in counseling so they can combat PTSD."

Counselors are available for scheduled and walk-in appointments. The Community Counseling Program is open Mondays to Thursdays, from 7:30 a.m. to 5 p.m. During Fridays they are open 7:30 a.m. to 4:30 p.m. The counseling is free and open to service members, retirees, their immediate family members and intimate partners.

Vicain said even if someone isn't sure if what their dealing with is PTSD, they should visit or call the counseling office for help.

"In the worst case, you will get resources and anything else needed for your concern," she said. "Our job is to make sure they have what they need to be well so they can move forward in their career and life."

Vicain and Kleyensteuber's offices can also coordinate care with each professional, so full mental health care treatment is covered. Vicain said her office also offers diagnostic tools for PTSD and other mental

health concerns, as well as free resources people can seek out in addition to any specialized care.

Kleyensteuber said building up good mental resiliency tools can greatly help in overall health, as well as when combating PTSD.

"These tools for resiliency are simple but important," Kleyensteuber said. "We focus on the importance of a healthy diet, healthy sleep, getting to the outdoors for fresh air and being exposed to sunlight. There's also the importance of having good social support groups. This is all backed with scientific research telling us the need to have these."

He said lowered mental resiliency occurs when people, both civilian and military patients, take on too much. Good mental health reflects in the body. Kleyensteuber said when someone is at their best mentally, their relationships are better, job performance is better, physical well-being is better and life in general is better.

"We're trying to empower patients, so they're not looking to someone outside themselves to take care of them," he said. "They learn how and why to give themselves good self-care. Then they can say to themselves, 'I did this, I achieved this and I'm feeling better for it.'"



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# COMMUNITY BRIEFS/VOLUNTEER OPPORTUNITIES

## Enjoy rides, games, more at 50th State Fair

The annual 50th State Fair is scheduled to open its doors today starting at 6 p.m., Saturday at 4 p.m. and Sunday at noon, at the Aloha Stadium in Honolulu.

Remaining dates for the summer include June 26 through 28 and July 3 through 5. There are games, rides, entertainment and more. For more information about parking and admission fees, visit [www.ekfernandez.com/events/50th.asp](http://www.ekfernandez.com/events/50th.asp).

## Free concert at JBPHH

Alternative rock band Taking Back Sunday is performing a free concert on Saturday at Ward Field, Joint Base Pearl Harbor Hickam. Gates open at 7:30 p.m. and the show starts at 8:30 p.m.

The concert is open to Department of Defense identification cardholders and their sponsored guests. Food and beverage will be available for purchase. For a chance to win a pair of meet and greet passes, visit [www.facebook.com/mccshawaii](http://www.facebook.com/mccshawaii). For more information, visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

## Library to celebrate anniversary with guitar music

Slack key guitarist Danny Carvalho will entertain the audience with a selection of instrumental tunes at Kaimuki Public Library Sunday at 2 p.m. Danny Carvalho represents a new generation of Hawaiian music. A virtuosic slack key guitar player, Carvalho fuses technique with dynamic performances.

This 45-minute program is sponsored by the Friends of the Library of Hawai'i and is suitable for ages 5 and older. Children must be accompanied by a parent or adult caregiver. For more information, call 733-8422.

## Jazz program scheduled at library

Musician Dean Taba will offer a selection of songs from the greats throughout the age of jazz Saturday at 1 p.m. at the Salt Lake-Moanalua Public Library. Dean Taba is a highly regarded

studio and freelance musician. He began his musical studies on the piano at the age of 6 and played the French Horn in the Hawaii Youth Symphony. It was a desire to play in the high school jazz band that introduced him to the bass and improvised music.

This 45-minute program is suitable for ages 5 and older. Young children must be accompanied by a parent or adult caregiver. For more information, call 831-6831.

## Families welcome at UH Kids First Film Festival

The University of Hawaii "Kids First!" Film Festival is scheduled to show "The Seventh Dwarf" June 28 from 3 to 5 p.m. in the Art Auditorium building of the UH-Manoa campus in Honolulu. Admission is free, and on a first come, first serve basis.

Doors open at 2:30 p.m. The next movie in this film series is an animated film called "The Boxcar Children," scheduled for July 12. For more information, visit [www.summer.hawaii.edu/kidsfirst](http://www.summer.hawaii.edu/kidsfirst).

## Volunteer to assist with Heeia Estuary Restoration

Hui o Koolaupoko is looking for volunteers for the Heeia Estuary Restoration Project 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. Volunteers 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 about the project, visit [www.huihawaii.org/get-involved.html](http://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 dirty clothes

## Bellows AFS hosting movie nights

Bellows Air Force Station is hosting a free movie night to active duty service members and their families, Mondays and Wednesdays at Turtle Cove at 4 p.m. On Monday, there will be a showing of "The Imitation Game." On Wednesday, there will be a showing of "Strange Magic." On June 29, the showing scheduled is "Seventh Son." For more information, call 259-4137.

## USO to host twilight tribute at Sea Life Park

The Third Annual Twilight Tribute to the Troops is scheduled for Saturday from 3 to 9 p.m. at Sea Life Park. Free admission will be granted to all military and their dependents. The park will be closed to the public. Active-duty service members, reservists, retirees and dependents should bring their military identification cards.

Free off-site parking is available at Bellows Air Force Station beginning at 2:30 p.m. with continuous shuttle service to and from Sea Life Park. Dolphin encounters are available at special rates with advanced reservation. Reserve early due to limited space. For more information, call 259-2500. USO Hawaii has posted a flier on Facebook with frequently asked questions about the event.

## Find used books at book sale

The 68th annual Friends of the Library of Hawaii Book Sale is scheduled for June 20 through 27 in the cafeteria of McKinley High School. The times are as follows:

Saturday: 9 a.m. to 9 p.m.

Sunday: 9 a.m. to 6 p.m.

Monday through Thursday:  
11 a.m. to 7 p.m.

June 26: 11 a.m. to 8 p.m.

June 27: 9 a.m. to 8 p.m.

For more information about future book sales, visit [friendsofthelibraryofhawaii.org](http://friendsofthelibraryofhawaii.org), or call 536-4174.

## Celebrate Korean culture at festival in Honolulu

Come and experience Korean culture from the past and the present at the 14th Annual Korean Festival, one of the largest cultural festivals of the year in Hawaii. The festival is scheduled July 11 from 10 a.m. to 8 p.m. at Magic Island in Ala Moana Beach Park.

The Korean Festival presents a unique, authentic taste of Korean culture through food, dance, art, music and entertainment. The program of festival events includes performances such as taekwondo (Korean martial arts) demonstration, Korean fan and drum dances, and a Korean song contest.

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**Digital video camera for sale.** Selling Panasonic HDC-SD60. Features a flip LCD screen and takes an SD card. Call 277-8480.

**Boat for sale.** Selling 2000 Malibu Sunsetter with trailer. Equipped with a wedge to use for ski and wakeboard. Also includes storage boat cover. Engine recently rebuilt and all maintenance records available. \$16,500. For details, call 478-7581.

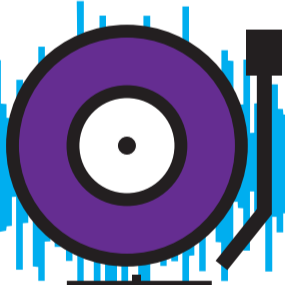
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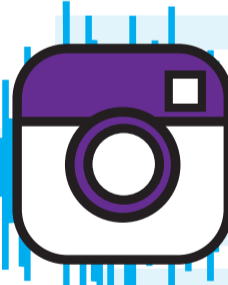
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