

Hawaii Marine



'EASYSRIDERS' TAKE FLIGHT OVER BAY

Petty Officer 3rd Class Amber Porter | Patrol Squadron 9

An MH-60R Seahawk helicopter, the replacement for the fleet's legacy SH-60B aircraft belonging to the "Easyriders" of Helicopter Maritime Strike Squadron 37, conducts flight training operations over Kaneohe Bay. As the only HSM squadron in the Middle Pacific region, the "Easyriders" provide a variety of helicopter services to MIDPAC-based ships in addition to deploying detachments.



Kristen Wong | Hawaii Marine

Capt. Donald P. Kelly, an aviation safety officer with Unmanned Aerial Vehicle Squadron 3, is greeted after receiving the Bronze Star Medal in a ceremony at the Pacific War Memorial, Wednesday. Kelly received the Bronze Star Medal with a combat distinguishing device for his service in support of Operation Enduring Freedom. Among other accomplishments, Kelly was recognized for his actions as a forward air controller in a clearing operation over Helmand province, March 29, 2014.

'Phantoms' officer receives Bronze Star Medal

Ellise Kakazu
Hawaii Marine

Marine Corps Capt. Donald Kelly, an aviation safety officer with Marine Unmanned Aerial Vehicle Squadron 3's "Phantoms" was awarded the Bronze Star Medal with combat distinguishing device, Wednesday at the Pacific War Memorial aboard Marine Corps Base Hawaii.

Kelly, a Cape Carteret, N.C. native, coordinated and planned air support in three Afghan provinces for six special operations teams from October 2013 through June 2014. In February 2014, Kelly planned a brigade-sized clearance of an insurgent controlled valley, utilized 80 fixed rotary and unmanned aircraft in order to support 600 American and Afghan special operations troops. During an attack on March 29, 2014, he controlled multiple fixed, rotary, unmanned air sections in strikes against the enemy and returned fire with his own weapon while under fire. Ultimately, his actions saved the lives of multiple Afghan and Americans, according to the citation presented with his medal.

"Kelly is a Marine that you want to be next to," said Lt. Col. Kenneth Phelps, executive officer for VMU-3. "If you are in a situation like that, he is going to do everything he can

to make sure that you and your fellow Marines get out of there alive."

Before the honor was presented to Kelly, a brief history and explanation of the Bronze Star Medal was given to those who attended the ceremony.

President Franklin D. Roosevelt approved the Bronze Star Medal in 1944 during World War II, according to Lt. Col. Brynn Schreiner, commanding officer for VMU-3.

Phelps noted before the ceremony that there have been nine Bronze Star Medal recipients this year. Since the Sept. 11, 2001 attacks, 1,599 service members have been recipients of the Bronze Star Medal.

"The Bronze Star is for individuals who distinguish themselves in heroic or meritorious achievement involving participation not in aerial flight," Schreiner explained.

Once the ceremony concluded, Kelly humbly noted that he would like to receive the Bronze Star Medal for those who he serves next to, for his fellow Marines. He also had advice for any Marine who wants to excel.

"You have to have something in your heart that you truly believe in to get through the tough times," he said. "Whatever that is, do it for the guy next to you, so the both of you,

See KELLY, A-7

Families of 1/3 tackle Jane Wayne Day

Christine Cabalo
Hawaii Marine

Family members slipped on the uniforms of their loved ones to learn about their jobs during Jane Wayne Day hosted by 1st Battalion, 3rd Marine Regiment, Wednesday.

A total of 43 family members signed up for the event to experience firsthand what the "Lava Dogs" do as infantry Marines. Boarding the same bus the unit uses for transport when the unit deploys, the group toured Kaneohe Bay Range Training Facility and Boondocker Training Area.

"The unique experience today is a small glimpse of the capability of our infantry battalion," said Lt. Col. Quintin Jones, the battalion's commanding officer and a native of Memphis, Tenn. "When we go to (Marine Corps Air Ground Combat Center Twentynine Palms) in a few weeks, we'll do things like this and it will be our report card to make sure we

can deploy (later)."

Marines demonstrated how they prepare weapons before firing and how they use each of their weapons systems for different mission goals. The group saw, in a step-by-step presentation, how the Marines break into smaller squads to coordinate their attacks using the weapons introduced earlier. The participants later had an opportunity to fire a few of the handheld weapons the battalion regularly uses when in the field.

"The range was the most exiting (station) for me," said Brittany Estrada, one of the participating spouses in the event.

Family members also spent time learning how the infantry battalion partners with other sections of the Marine Corps, including air support. Members of Marine Light Attack Helicopter Squadron 367's "Scarface" spent time with the group answering

See JANE, A-7



Christine Cabalo | Hawaii Marine

Family members of 1st Battalion, 3rd Marine Regiment walk out of an amphibious assault vehicle after a ride around Boondocker Training Area Wednesday. The group toured the AAV, tested flight simulators and learned about other infantry training during Jane Wayne Day. Jane Wayne Day is a Marine Corps tradition where spouses and family members learn what it's like to be a Marine for a day.



Song and dance
1st Battalion, 3rd Marine Regiment and the Armed Services YMCA host Father Daughter Dance, A-5



Mind games
Brain-training program offered for active duty service members and spouses, B-5

Saturday
High 84°
Low 73°

Sunday
High 84°
Low 74°

NEWS BRIEFS

Click-N-Ship pamphlets available at post office

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 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.

Participants wanted for school survey

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 www.surveymonkey.com/s/K12MarinePCS.

Rentals available for eligible service members

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

TRICARE health information goes online

Many of the TRICARE enrollment-related letters that used to be physically mailed are now available at www.dmdc.osd.mil/milconnect. Instead of receiving them in the mail, any beneficiary whose email address is on file will receive an email directing them to the milConnect website where they can view or download their documents. For more information, call Heidi Vazquez at 473-1880.

FUTURE EVENTS

The PCS and Moving Workshop is scheduled for Wednesday from 8 a.m. to noon in classroom 7 of building 1090. The program offers 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 go to <http://mccshawaii.com/trpworkshops> to register. The next PCS and Moving Workshop is scheduled for July 22. For more information, call the Family Member Employment Assistance Program & Relocation Services at 257-8354.

The Teen Open Mic event is scheduled for Thursday from 3 to 4 p.m. at the base library. Teens can come and share their talent. Open to ages 13 to 18. Registration is preferred, but not required. For more information, call the base library at 254-7624.

The Personal Financial Mangement Program's college budgeting class is scheduled for July 13 from 2:30 to 4 p.m. in classroom G of building 220.

Visit the website: www.mccshawaii.com/pfmpworkshops to register. For more information, call PFMP at 257-7783/1232.

Important Phone Numbers

On-Base Emergencies	911
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Base Information	449-7110
MCB Hawaii Chaplain	257-3552

Hawaii Marine

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

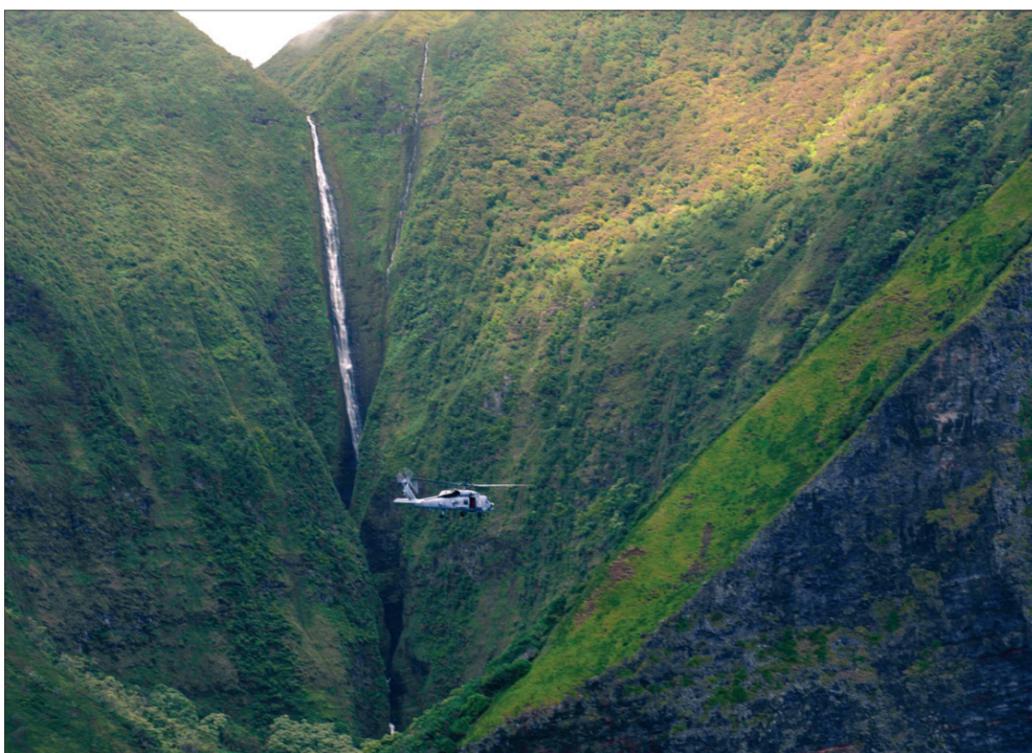
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 Base Sergeant Major Sgt. Maj. Gregory L. Hall
 Public Affairs Chief Staff Sgt. Matthew Orr
 Combat Correspondent..... Cpl. Brittney Vito
 Combat Correspondent..... Cpl. Khalil Ross
 Combat Correspondent..... Cpl. Adam O. Korolev
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 Photojournalist..... Ellise Kakazu
 Graphic Artist..... Kristin Herrick

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TOP SHOT



Mass Communication Specialist 3rd Class Amber Porter | U.S. Navy

An MH-60R Seahawk helicopter, the replacement for the fleet's legacy SH-60B aircraft, belonging to the "Easyriders" of Helicopter Maritime Strike Squadron 37, conducts flight training operations over Oahu. As the only HSM squadron in the Middle Pacific region, the Easyriders provide a variety of helicopter services to MIDPAC based ships in addition to deploying detachments.

MALS-24 WELCOMES NEW COMMANDING OFFICER



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

U.S. Marine Corps Lt. Col. James B. Cooksey (right), outgoing Marine Aviation Logistics Squadron 24 commanding officer, symbolically relinquishes command of the squadron to Lt. Col. Robert E. Flannery (left) during the MALS-24 change of command ceremony aboard Marine Corps Base Hawaii, June 25th.

MARFORPAC BAND TRAVELS TO TONGA



Sgt. William Holdaway | U.S. Marine Corps Forces, Pacific

U.S. Marines with the Marine Corps Forces, Pacific Band rehearse with soldiers from the Royal Corps of Musicians, His Majesty's Armed Forces of Tonga in Nuku'alofa, Tonga, Monday. The MARFORPAC band travels throughout the Pacific region to promote community relations between the U.S. and other countries.

This week in Corps history: July 4, 1801: President Thomas Jefferson reviewed the Marines, led by the commandant of the Marine Corps, Lt. Col William W. Burrows and the Marine Band, on the White House grounds. The smartly uniformed Marines performed drills and fired various salutes in observance of the new nation's 25th anniversary.

- Marine Corps University

AROUND THE CORPS

Your weekly guide to what's happening around the Corps

East Coast



Lance Cpl. Chris Garcia | II Marine Expeditionary Force

CAMP LEJEUNE, N.C. — Twenty recon Marines with 2nd Reconnaissance Battalion, 2nd Marine Division, conducted an intentional water jump exercise during wet silk training aboard Camp Lejeune, North Carolina, June 24. Wet silk training is a bi-annual requirement to better prepare them for future operations requiring them to dive. The training was designed to test the Marines' ability to jump out of aircraft while wearing tactical flotation support systems, parachutes and swimming fins.

See www.dvidshub.net/news/168287/recon-marines-conduct-intentional-water-jumps#.VZG2Qu1VhHw for full story.

Overseas



Lance Cpl. Christopher Mendoza | U.S. Marine Corps Forces Europe

LIBREVILLE, Gabon — U.S. Marine Corps Lance Cpl. Logan English (right) a rifleman with Special-Purpose Marine Air-Ground Task Force Crisis Response-Africa, practices non-lethal techniques with a Gabonese Gendarmerie service member at the Marines' Cooperative Security Location in Libreville, Gabon, June 24. The Marines partnered with the Gabonese Gendarmerie unit to hone their riot and crowd control tactics and procedures. The Marines, who are based out of Morón Air Base, Spain, are currently validating their forward-staging capabilities aboard the CSL while building partnerships with their Gabonese counterparts.

See www.dvidshub.net/news/168305/no-limits-us-marines-gabonese-train-cooperative-security-location#.VZG2ze1VhHw for full story.

MARINE CORPS AIR STATION MIRAMAR, Calif. — Twenty-four Marines with Marine Medium Tiltrotor Squadron (VMM)166, VMM-268 and VMM-364 received awards for their part in successfully returning an MV-22B Osprey to flight status aboard Marine Corps Air Station Miramar, California, June 25. The participating Marines received Navy and Marine Corps Commendation Medals, Navy and Marine Corps Achievement Medals or Certificates of Commendation from Maj. Gen. Michael Rocco, commanding general of the 3rd Marine Aircraft Wing.

See www.dvidshub.net/news/168323/marines-awarded-returning-mv-22-osprey-flight-status#.VZG2Ke1VhHw for full story.

West Coast



Courtesy photo | Marine Corps Air Station Miramar

At Sea

ABOARD USS IWO JIMA — Marines with the 24th Marine Expeditionary Unit, watch the sunset as the amphibious assault ship USS Iwo Jima sails through the Suez Canal, June 21, 2015. The 24th MEU and Iwo Jima Amphibious Ready Group transited through the canal, a 120-mile long waterway connecting the Red Sea to the Mediterranean, and entered the U.S. 6th Fleet area of operations. The 24th MEU is deployed on the ships of the Iwo Jima ARG in support of U.S. national security interests in the U.S. 6th Fleet area of operations.



Lance Cpl. Austin A. Lewis | U.S. Naval Forces Europe-Africa

Seek ocean thrills with safety in mind

Lance Cpl. Harley Thomas

Marine Corps Base Hawaii

On the mainland, temperatures will begin to fall as the summer months draw to an end. Fall will pass and winter will bring snow and rainfall; short, cold days and long, even cooler nights. Men and women everywhere will dream of their vacation, saving each paycheck in hopes of escaping to paradise. Somewhere warm. Somewhere with beautiful mountains, surrounded by equally beautiful water.

For members of the community around and aboard Marine Corps Base Hawaii, they have just that. Throughout the year, people are able to enjoy all that Hawaii has to offer. From the base pool to the beaches of Turtle Bay, there is no shortage of scenic spots for people to visit.

Christopher Sereno, the general manager of the Out-

door Recreation & Marina and Auto Skills Center, said members of the MCB Hawaii community are blessed to be stationed in such a beautiful place with the number of activities available to them.

“For a lot of our service members, it’s a great experience for them to be out in Hawaii, but it’s made even better by their ability to enjoy the bay,” said the Kailua, Hawaii, native.

Available to all active duty service members and their families, retirees and Department of Defense civilians, the Marina offers boat, jet ski, surfboard, stand-up paddle board, boogie board and kayak rentals. They also rent out camping and fishing equipment.

“Most of my patrons are from the base,” Sereno said. “These activities are great for everyone, not just the young, single Marines and Sailors. These are also great for families, helping to bring them together through fun outdoor activities. For example, a majority of our pontoon rentals are taken out for family get-togethers, celebrating birthdays or holidays, or just going out and enjoying the day with each other.”

Samuel Mench, the head beach lifeguard trainer aboard MCB Hawaii, said all outdoor activities, whether on or off base, are beneficial by providing peace of mind, ways to stay physically fit and life skills, such as the ability to swim or mitigate risks.

“The waters around Oahu are great for surfing, snorkeling, scuba-diving, kite-boarding, stand-up paddle boarding, skiing, boating and kayaking,” said the Kahaluu, Hawaii, native. “However, most of these require a lot of practice and a trained, quality partner, as there are always hazards when dealing with the ocean.”

Mench said with these hazards,

and without awareness, it could become a problem. He said it’s important that people are educated, whether it’s through research or by talking to others who have been around the water a long time and have experienced those hazards, so they are able to gain the proper awareness and prepare themselves.

“People need to know what they are getting themselves into, especially when dealing with the ocean,” Mench said. “The beaches are beautiful and the waves, especially around Hawaii, are great for water sports and activities. The reefs are beautiful and good for snorkeling, but you have to remember that these things can also take your life or hurt you if you are inexperienced or don’t know what you’re dealing with.”

Mench said people can never assume every place is good for surfing or snorkeling, and just because it might have been safe one time, it doesn’t mean it will be the next time. He said every beach is different, with its own form, waves and hazards. Some may have a lot of sand, whereas other areas might have coral or rock, and he said those are things the people should definitely know before heading out into the water.

“I want people to learn how to S.O.A.K. — study, observe, ask a lifeguard or local, and know your limits,” Mench said. “You can’t just assume all beaches are the same. Do your research, slowly expose yourself to the various risks and work your way up instead of diving into something headfirst.”

Sereno said it’s crucial for members of the MCB Hawaii community to take advantage of the island, enjoying its scenery and water. He said it would be a shame if service members left the island without experiencing everything the island had to offer.

“Typically, folks save almost their entire life just to come on vacation here,” Sereno said. “People may like to get pizza, drink beer and game online with their friends, but it’s an incredible experience to go out and do something you’ve never done before. Will you be good at the first thing you try? Absolutely not. But will you have fun? I can guarantee, if you go out with an open mind, you will. You’ve got to go out there and explore, and, once you try something new, I think you’ll be hooked.”



Jay Parco | Marine Corps Base Hawaii

Surfing is one of many ways service members and their families can enjoy Hawaii’s beaches. Always remember to study the water and surroundings before entering and know your limits.

EFMP form completion charges to be reimbursed

Press Release

Marine Corps Exceptional Family Member Program

The Marine Corps Exceptional Family Member Program is a mandatory enrollment program designed to coordinate permanent change of station assignments for active duty sponsors who have a family member with special needs. When Marines are assigned to locations where their family members have access to required care, it allows the Marine to focus on the mission, enhancing the individual and family readiness.

Marines and families often contact EFMP with recommendations about how the program can better support families and we value this communication. Several months ago, families began notifying EFMP that some TRICARE authorized providers were charging for completion of the DD Form 2792. This form is used across the Department of Defense to identify the medical requirements of family members for the purpose of EFMP enrollment. Enrolled families must also submit an updated form every three years to ensure that the most current information is available for EFMP assignment review.

As we investigated, we learned that net-

work providers cannot receive TRICARE reimbursement for the time associated with completion of this form and therefore passed the cost to the individual family. Additionally, we have learned that absent regulation, authorized provider charges to families are inconsistent, and in some cases, cost prohibitive for families.

The Marine Corps believes that families should not bear the cost of form completion to comply with a DoD-mandated program, and we have instituted a reimbursement process, retroactive to October 1, 2014. We have authorized reimbursement at actual cost, up to a maximum of \$200/package, whichever is less. We recognize that some providers are charging more than the \$200/package, however with education, may reduce their charges to align with our reimbursement.

In some cases, providers have been charging less than the maximum amount authorized by the Marine Corps; we commend them and encourage them to keep their rates consistent. EFMP-enrolled Marines who are interested in pursuing a reimbursement, should contact their assigned EFMP office for assistance.

Marine Corps EFMP POCs and additional information about the reimbursement process can be found at: www.manpower.usmc.mil/portal/page/portal/M_RA_HOME/MF/Family%20Care/Exceptional%20Family%20Member%20Program.

1ST BATTALION, 3RD MARINE REGIMENT HOSTS FATHER DAUGHTER DANCE

1



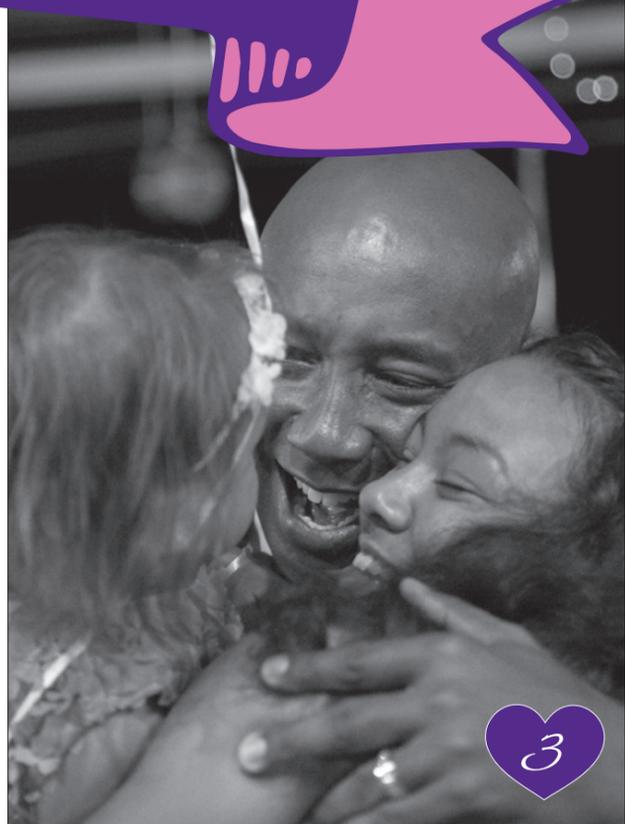
Dancing the night away

Photos by
Cpl. Brittney Vito

2



3



4



5



1. Gunnery Sgt. Carlos Hernandez and his daughter dance to the Cha Cha Slide during the Father Daughter Dance hosted by 1st Battalion, 3rd Marine Regiment and the Armed Services YMCA, at the Officer's Club, Saturday.
2. Lt. Col. Quintin D. Jones, commanding officer 1st Battalion, 3rd Marine Regiment, spins his daughter during the Father Daughter Dance held at the Officer's Club.
3. Sgt. Maj. Christopher House, MALS-24, shares a moment with his daughters.
4. A father and daughter enjoy the view at the Father Daughter Dance. The event stressed the importance of a father-daughter relationship and gave the duos an opportunity to spend quality time together.
5. Gunnery Sgt. Dustin Peterson, 3rd Marine Regiment, and his daughter dance during the Father Daughter Dance.

LOVE

Ramadan teaches control and commitment

Cpl. Adam O. Korolev

Marine Corps Base Hawaii

Service members, their families and civilians attended a Ramadan service on June 26 at the Hickam Chapel aboard Joint Base Pearl Harbor-Hickam.

The Islamic holiday of Ramadan is when Muslims partake in a monthlong fast, to demonstrate they are disciplined enough to respect Islam's ideologies. The ceremony offered Muslims and non-Muslims a chance to commemorate Ramadan, one of the five pillars of Islam.

Gunnery Sgt. Jimi Khamisi, the staff non-commissioned officer in charge of Marine Wing Support Detachment 24, led the ceremony, which began with prayers in Arabic. He then explained to the audience the conduct of the monthlong holiday. Other service members also spoke of the lunar cycle, and how Ramadan's place on the calendar changes every year.

Navy Chief Petty Officer Abdulhalim Jones, a chief radioman stationed at Joint Base Pearl Harbor-Hickam, said the practice of fasting is a form of repentance during Ramadan.

"Fasting is what we do during the month of Ramadan," said the San Francisco native. "In the Quran, (it) says to fast during this month so we can gain self control, (with) a closer (connection) to God and consciousness. We fast (to be) mindful of necessities and desires, such as food, thirst and our relations with our spouses. Most importantly, though, the focus is on the spiritual connection between us and our Lord."

Before sunrise, and their first of five prayers throughout the day, Muslims may eat whatever they feel will sustain them until they break their fast. They are encouraged to eat dates and drink water. The fast is then broken as the sun sets, where they are urged to eat just enough to be satisfied until the following morning. After prayers, non-Muslims with questions could speak to Sheik Ismail Elshikh, a guest speaker



Brandon Bosworth | Courtesy photo

Muslim women pray after breaking their fast on June 26 at the Hickam Chapel aboard Joint Base Pearl Harbor-Hickam. Ramadan is one of the five pillars of Islam. Muslims who observe Ramadan take in a monthlong fast, where their only meals are before sunrise, and during sunset.

at the ceremony, the fast was broken at 7:18 p.m. and attendees helped themselves to a buffet.

Along with fasting, other forms of self-restraint are practiced throughout Ramadan. According to Khamisi, hunger and thirst lead to irritability, and controlling one's temper is an important practice among Muslims.

"When you fast, you are not supposed to show anger because anger yields bad decisions," the Oxnard, Calif., native said. "The Prophet advised Muslims to

always control their anger."

Khamisi credits his faith in Allah and his religion's practices to his success at Marine recruit training. Marines are required to partake in a three-day event, known as the crucible. During the crucible, Marines engage in various individual and team-building exercises, and are given little food and sleep for a total of six hours.

"When I was becoming a Marine during the crucible, I realized I was able to adapt more quickly, due to the

fact I had already been in that type of situation due to Ramadan," Khamisi said. "As far as being a Marine goes, I think Ramadan humbles me. I am a gunnery sergeant in the Marine Corps. But at any time, if I am not in control of my own actions, I could end up as a lance corporal, or even get kicked out. It isn't just (the consumption of) food and water you have to control, but your character. Like the Marine Corps, Ramadan also requires honor, courage and commitment."

KELLY, from A-1

together get through things. The good times and the bad.”

Pat Kelly, a retired veteran and Donald Kelly's father, felt very proud of his son after the awards ceremony.

“He has always gone above and beyond,” his father said. “He started as a pitcher in Little League and from that day forward he has always taken the measure to do the best and be the best he possibly could, so I am not surprised, but I am very proud of him.”



Kristen Wong | Hawaii Marine

Capt. Donald P. Kelly, a Marine with Unmanned Aerial Vehicle Squadron 3, stands at attention as the citation is read for his Bronze Star Medal in a ceremony at the Pacific War Memorial, Wednesday. Kelly received the Bronze Star Medal with a combat distinguishing device for his service in support of Operation Enduring Freedom. Kelly was the air fires officer with Combined Joint Special Operations Task Force-Afghanistan, from October 2013 through June 2014.



Christine Cabalo | Hawaii Marine

Petty Officer 3rd Class Marqintae Smith goes over the basics of adult and infant CPR to spouses participating in Jane Wayne Day Wednesday. Smith, a hospital corpsman for Charlie Co., 1st Battalion, 3rd Marine Regiment and a native of Pine Bluff, Ark., was one of several service members who spoke to spouses about infantry training.

JANE, from A-1

questions about how their helicopters are used in connection with ground forces. Then the “Scarface” pilots had family members take the wheel inside the simulators for their UH-1 Y Venom and AH-1W Huey helicopters.

“What they’re getting in one day is a quick snapshot of the Marine Air-Ground Task Force,” said Capt. Vincent Young, assistant operations officer for 1st Bn., 3rd Marines. “This is how we fight and train. Unlike any other components, the Marine Corps has organic ground, amphibious and air assets.”

At the end of the day the Jane Wayne Day participants headed over to the Boondocker Training Area to test their teamwork skills in the field. Breaking up into smaller sections, each team tried out some of the battalion’s routine training. The battalion personnel showed the family members how Marines and Sailors perform field medicine, took them for a ride in an amphibious assault vehicle and showed them how to problem solve in the Leadership Reaction Course.

“(The LRC) was harder than I thought it would be,” said “Lava Dogs” spouse Andi Fuglsang. “It was tough to get people to agree to a plan.”

Young said the Jane Wayne Day coordinators also

wanted to give participants invaluable skills to take home in addition to a better understanding of their unit. The group also learned some CPR skills with simulated figures.

“(The participants) won’t be certified with a combat lifesaver qualification or by the American Red Cross, but they will have some hands-on training for first aid,” he said. “Some have not had any CPR training. This is only one type of training we do, but it’s great because it gives (the family members) something they can use for life.”

Several participating spouses said having the opportunity to see the wide range of training the battalion takes on was already invaluable. Estrada said although the event was her second Jane Wayne Day, she still learned so much about what her husband goes through.

Estrada said she appreciated everyone taking the time to describe their jobs and how coordinators planned a memorable experience just for family members. Young said the ultimate goal of the event was to give family members a better idea of what the members of the battalion do on a daily basis.

“It can be really tough for spouses or girlfriends to conceptualize what goes on in a unit,” Young said. “My wife always asks questions about what I do, and some may not fully understand how the unit runs. Their only reference might be the movies.”

Sports & Lifestyle

Fire department urges safe celebration

America's Independence Day is celebrated annually July 4. For many Americans, it's a holiday and an opportunity for family get-togethers, barbecues and firework displays.

Marine Corps Base Hawaii residents should be aware that base regulations prohibit fireworks and pyrotechnics.

Possession or discharge of fireworks and pyrotechnics of all types is prohibited aboard the base, regardless of size or configuration, including government-issued items except as part of officially-sanctioned training, operations or special events.

Fireworks include toy cannons, firecrackers, torpedoes, skyrockets, Roman candles, sparklers or similar items capable of producing a visual or audible effect by combustion or detonation.

For those planning their Fourth of July celebrations

off base, there are rules and safety issues that should be taken into consideration before striking a match.

As of Jan. 2, 2011, a partial fireworks ban was put in place for the entire island of Oahu.

A \$25 fireworks permit is available at Satellite City Halls. At any time other than the designated holidays, a fireworks permit may be obtained from the Honolulu Fire Department at 636 South St. in Honolulu.



Permits will not be issued at any fire station, according to the City and County of Honolulu website.

This permit allows residents 18 years of age and older to set off up to 5,000 firecrackers (the permit must be displayed where firecrackers are used) and a combination of up to 160 permitted sparklers or fountains. Possession and use of non-permitted fountains, sparklers, aerial fireworks and other consumer fireworks are illegal.

Enjoy the Fourth of July celebration, have fun and be safe!

The City and County of Honolulu Fire Department asks everyone to do their part to prevent fires and injuries caused by fireworks:

- Purchase fireworks from a legitimately-licensed vendor.
- Supervise children playing with fireworks at all times. Even the smallest of fireworks can cause serious and sometimes fatal injuries.
- Set off fireworks in a safe area away from dry grass, buildings, vehicles, and flammable materials.
- Soak used fireworks in water prior to disposal.
- If a firework does not work the first time, soak it in water and dispose of it.
- Use eye protection when lighting fireworks.
- Do not carry fireworks in pockets.
- Do not attempt to light homemade fireworks.
- Store fireworks in a cool and dry location.
- Have a water hose connected to a water source or a fire extinguisher available and close by. Wet down surrounding brush prior to setting off fireworks if need be.

Oahu celebrates 4th of July

Lance Cpl. Harley Thomas
Marine Corps Base Hawaii

It's almost that time of year where men, woman and children all across the country enjoy food, festivities and fireworks in celebration of a holiday as patriotic as baseball, hot dogs and apple pie. That's right, folks, Independence Day is almost here.

Commonly referred to as the Fourth of July, Independence Day is a federal holiday celebrated in the United States that commemorates the adoption of the Declaration of Independence on July 4, 1776. July Fourth is commonly associated with fireworks, baseball games, parades, barbecues and family reunions, and many of these activities can be found around the island.

Aboard Marine Corps Base Hawaii, members of the community can kick-off the holiday with a scenic 5k run around the airfield. Part of the Commanding Officer's Fitness Series, the Runway Run 5k is scheduled to begin at 6:30 a.m. at Hangar 104. The run will start and finish across from the hangar, and will consist of one lap around the runway, offering views of the Ko'olau Mountains and Kaneohe Bay. Open to the general public, for those who have not already registered, the entry fee will be \$35 on race day.

Across the island, Department of Defense identification cardholders and their sponsored guests are invited to a Fourth of July celebration at Ward Field aboard Joint Base Pearl Harbor-Hickam. Slated to begin at 3 p.m., guests are encouraged to enjoy a multitude of free activities, including a batting cage, car show and

petting zoo, as well as performances by O.A.R., Dishwalla, and the street bike stunt rider, Aaron Colton. The celebration's fireworks display is scheduled to begin at 9 p.m. Attendees may bring blankets and folding chairs, however, outside food and beverages, pets, backpacks, umbrellas, tents and video-audio recorders are not permitted. The gates will have 100 percent gate check and visitors should plan to allow time for security checks at the entrances.

The 44th Annual Schofield Barracks 4th of July Spectacular will be open to DoD ID cardholders and their guests, including military members and their families, military retirees and DoD civilian employees. From events such as mechanical bull riding and wall climbing, to game booths and mini golf, there is no shortage of activities to keep families busy. There will also be military working dog demonstrations and live performances before 7:30 p.m., when guests are invited to observe the 50 state salute and "1812 Overture" with cannons before kicking off the fireworks display at 8:30. Coolers, backpacks and bags may be subject to inspection, but are still allowed on base. Pets, open flame or charcoal cooking, and personal fireworks are prohibited.

For those celebrating America's day of independence, enjoy time spent with friends and family, all while remembering to stay safe. Safety does not only apply to fireworks during this particular holiday, however. While it is important that people don't point fireworks at one another and follow the given instructions, it is equally as important to make sure to stay hydrated and drink responsibly.



Aaron Bernard | Courtesy Photo

The U.S. Marine Corps Forces, Pacific Band performs during the Independence Day Parade in Kailua, July 4, 2014.

JULY 4th Fireworks & FUN

Ward Field Joint Base Pearl Harbor-Hickam

Family activities and car show – 3 p.m.
Dishwalla – 5 p.m.
O.A.R. – 7:30 p.m.
Fireworks – 9 p.m.
Open to Department of Defense identification cardholders and their sponsored guests.

44th Annual Schofield Barracks 4th of July Spectacular

Activities and live music – 10 a.m.
Military Working Dog Demonstration – 11:30 a.m.
Michelle Branch – 3 p.m.
Collective Soul – 5:05 p.m.
Fireworks – 8:30 p.m.
Open to DoD ID cardholders and their guests, including military members and their families, military retirees and DoD civilian employees.

Kailua

Parade featuring 3rd Marine Regiment – 10 a.m.
Air show – 6 p.m.
Marine Corps Forces, Pacific band – 6:30 p.m.
Fireworks – 8 p.m.
Event is free and open to the public.

Turtle Bay

Beach party with live music – 2 p.m.
Fireworks – 8:30 p.m.
Food will be available for purchase and a parking fee of \$5 per car may apply.
Event is free and open to the public.

Pier Foxtrot 5 on Ford Island Battleship Missouri Memorial

Picnic on the Pier with live music – 6 p.m.
Fireworks – 9:05 p.m.
Guests are invited to bring a picnic to enjoy. Pre-sale tickets cost \$10 for adults and \$5 for children, but if purchased at the door, tickets are \$5 more.

Ala Moana Center

Fireworks – 8:30 p.m.
Event is free and open to the public.

AT EASE



Your weekly dose of non-mandatory fun in Hawaii Marine

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

A blast from the past: Remembering July 4th

Lisa Smith Molinari

Contributing Writer

What is it about the 4th of July?

I think of Thanksgiving and smell the aroma of roasting turkey as the jets under my tongue fire off tiny squirts of saliva. I think of New Year's Eve, and hear a paper horn blast and see a sparkle of foil confetti. Who doesn't think of St. Patrick's Day and imagine green, while tasting the vaguely minty flavor of a Shamrock Shake or feeling the bubbly tickle of tinted beer?

And so it goes, that when July 4th rolls around, I tap into a unique set of associative sights, sounds, scents, flavors and emotions stored in the 1970s backyard shed of my mind.

Hot sunshine is the first recollection to surface, shedding light on other nostalgic summertime sensations — the steamy aroma of freshly cut grass, the cacophony of kids' laughter at the community pool, the slippery coolness of a red-white-and-blue Astro Pop. As the full scope of Independence Day memories are revived, I recall flags flying from porches and posts. The tang of barbecue sauce. The sweetness of hot buttered corn on the cob. The thwap of watermelon seeds blown through pursed lips.

As the smoldering charcoal of festive family barbecues dissipate, excitement grows. We grab flashlights, blankets, and ozone depleting aerosol cans of bug repellent (toxic by today's standards) and jump into the family station wagon.

Since everyone in town is headed to the fairgrounds for the fireworks show, we have to park several blocks away and take a shortcut through the old cemetery. I know it's just my brother jumping out from behind gravestones to scare me, but I'm petrified nonetheless.

At the fairgrounds, we claim our spot on the grass sloping toward the grandstands where the Annual Demolition Derby was held earlier that day. The banged up cars are gone from the dirt arena, but in the dim dusk we can see the platform from which fireworks will soon be launched.

Lying on the blanket, I hear the crackerjack rat-a-tat of a brass band belting out patriotic tunes, and wait for the first thunk of the fireworks launcher. I smell the faint scent of chlorine in my hair and feel corn-on-the-cob remnants stuck between my teeth.

Boom!

The sky erupts in a massive starburst of radiating white-hot combustion. Oooh! I look around to see the crowd of faces turned upward, eyes communally

reflecting the fresh flash of light. Dying embers fizzle, sparkle, then fall toward the earth.

Ahhh!

Pow! My brother doesn't sit on the blanket, but stands in silhouette before us as vivid color ignites the night sky. With every backfire blast, he jerks theatrically as if hit by a bullet. In the shoulder, then the leg. The gut. The chest. Each shot temporarily weakens him, and he is knocked off balance. Just as it looks as if he may fight back, another invisible bullet takes its toll. His gruesome display continues until, during the rapid-fire finale, he convulses dramatically, collapsing to the ground. He looks like a goner, but his shaking hand reaches upward

with the sheer human will to survive...

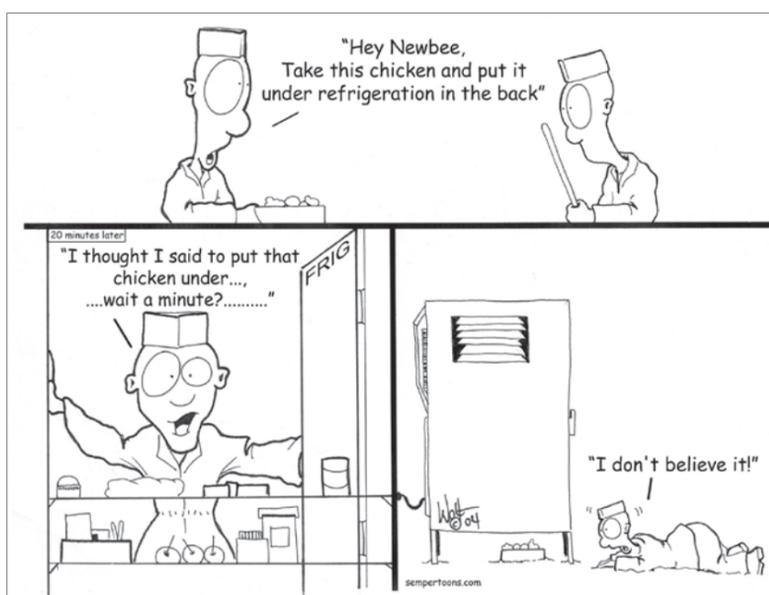
Pow, pow! Pow! ... POW! And with that, my brother fakes his final heroic demise ... until Mom tells him he'd better c'mon if he wants to get home in time to eat ice cream and light sparklers before bedtime.

This week, on the anniversary of our nation's independence, let's put aside negative rhetoric that threatens patriotism. Let's celebrate the revolutionaries who risked life and limb for freedom. Let's remember the founders who created a new concept of government by the people. And let's tap into the nostalgia of July 4th to remind us that our American way of life is truly exceptional.

www.themeatandpotatoesoflife.com



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.



SUDOKU

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

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!

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

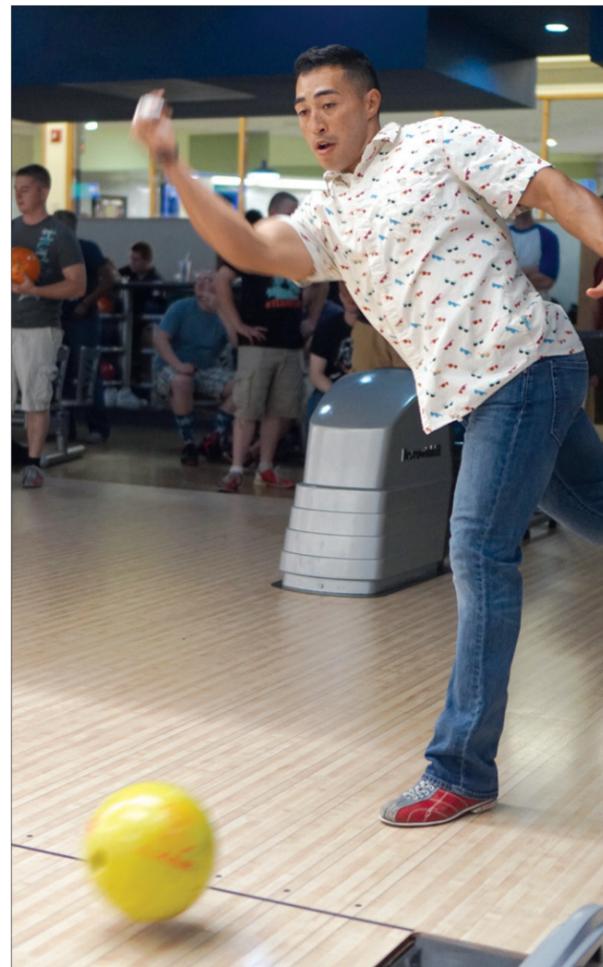
ANSWER:



- "Poltergeist" PG-13 Today | 6:30 p.m.
- "Entourage" R Today | 9:15 p.m.
- "San Andreas" (in 3-D) PG-13 Saturday | 6:30 p.m.
- "Spy" R Saturday | 9:15 p.m.
- "Tomorrowland" PG Sunday | 2 p.m.
- "Aloha" PG-13 Sunday | 6:30 p.m.
- "Entourage" 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.

RIGHT UP THEIR ALLEY: BOWLERS TAKE AIM FOR 101 DAYS OF SUMMER



Photos by Christine Cabalo | Marine Corps Base Hawaii

ABOVE: Participants take their shots at making strikes during the 101 Days of Summer bowling tournament at K-Bay Lanes June 25. Bowlers at Marine Corps Base Hawaii can also join in regular league play at K-Bay Lanes throughout the year. **RIGHT:** Justin Longoria, a sailor with Marine Aviation Logistics Squadron 24, bowls during the 101 Days of Summer bowling tournament. Several members of MALS-24 participated in addition to other Marine Corps Base Hawaii units to earn points for the 101 Days of Summer program. The 101 Days of Summer events are held to encourage safety and prevent substance abuse.



COMEDY SHOW TOUCHES ON SERIOUS ISSUES



Photos by Christine Cabalo | Hawaii Marine

LEFT: Bernie McGrenahan shows a picture of his younger brother to Marines after his comedy show at the base theater held Tuesday. McGrenahan spoke about alcoholism, substance abuse and sexual assault prevention in his stand-up comedy show. The event was organized by the Substance Abuse Counseling Center to remind service members to safely and responsibly enjoy their upcoming Independence Day holiday weekend. **RIGHT:** Petty Officer 3rd Class Ricardo Nazaire, a personnel specialist with Patrol Squadron 9, asks comedian Bernie McGrenahan to sign a copy of the book "I Killed" after McGrenahan's comedy show. Nazaire, a native of Old Bridge, N.J., was in the audience for McGrenahan's free show, which mixed comedy with his experiences with alcoholism.



Grueler 5K to go off road

Press Release
Marine Corps Community Services

The Marine Corps Community Services challenges runners across the island to the Grueler 5K happening July 18 at 8:00 a.m. aboard the Camp H.M. Smith, Bordelon Field.

This exciting 5K takes runners on a challenging course atop Halawa, around Camp Smith, partially through off-road trails offering a panoramic view from Diamond Head to Ewa Beach.

Online registration for the Grueler is available through July 14 at www.mccshawaii.com/races. Entry fee is \$25 per person and includes a T-shirt for all registrations received before



Cpl. Isis M. Ramirez | U.S. Marine Corps Forces, Pacific

Runners attack challenging trails on Camp Smith during the 2013 Grueler 5K. The race is part of the Commanding Officer's Semper Fit Series. This year's run will be held July 18.

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 under to 55 years and above. The top three male and female finishers of the overall run will also be recognized.

Registered civilians can pick up their race packets and special event passes Thursday, July 16 from 11 a.m. - 4 p.m. at the MCBH main gate pass house parking lot. Military members can pick up their race packets Thursday, July 16, at the front gate or Friday, July 17 at the Semper Fit Center, from 10 a.m. - 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 Semper Fit Series, the Grueler is open to the public and is a great opportunity for runners around the island to come out and challenge Hawaii's Marine and Sailors in a fun race.

For more information, contact the Semper Fit Varsity Sports Coordinator at (808) 254-7590. Register and learn more at www.mccshawaii.com/races.

Brain class helps keep fitness IN MIND

Kristen Wong
Hawaii Marine

JOINT BASE PEARL HARBOR-HICKAM — Active duty service members may be used to the grueling pull-ups, sit-ups, mile runs and hikes with loads of gear attached to their backs and sweat soaking into their skivvies. But this week, for two consecutive days, special strength training was dedicated to the frontal lobe.

The Armed Services YMCA of Honolulu offered a brain-training program for active duty service members and spouses at the Navy College Office aboard Joint Base Pearl Harbor-Hickam, Wednesday and Thursday.

For three hours each day, participants engaged in both group and individual activities meant to improve brain function. Enlisted service members ranked E-8 and above and their spouses were eligible for this training.

“Using strategies that maximize brain performance, minimize stress and improve productivity, service members see improvements in their professional and personal lives,” said Laurie Moore, the executive director of the ASYMCA of Honolulu. “This has positive implications for their families, their professions, their branches of service and ultimately our great nation.”

Participants from several branches came to the sessions, which were taught by three instructors from the Brain Performance Institute at the Center for BrainHealth at the University of Texas at Dallas.

Moore said that many service members are interested in taking the training and there is currently a waiting list for the next available training session, which they hope to offer in the winter.

“It’s pretty impressive,” said Chief Warrant Officer Stephanie Zarate, the deputy finance officer for Headquarters Battalion. “Learning how to slow down and focus (is) going to help me



Kristen Wong | Hawaii Marine

Chief Warrant Officer Stephanie Zarate (left), the deputy finance officer with Headquarters Battalion, counts the number of times 1st Sgt. William Conner, a 3rd Radio Battalion Marine, can do Rock-paper-scissors game motions with his right hand while performing other specified tasks with his left during a brain training session at the Navy College Office aboard Joint Base Pearl Harbor-Hickam, Wednesday. The Armed Services YMCA of Honolulu hosted three instructors from the Brain Performance Institute of the Center for BrainHealth at the University of Texas, Dallas, to teach a free class to service members and their spouses.

out and (I’ll) be able to take it back and encourage my Marines to do the same thing.”

Zarate said she found it surprising when the instructors talked about focusing exclusively on each daily task.

1st Sgt. William Conner, a Marine with 3rd Radio Battalion, said he signed up for the class to see if it would help him increase his brain capacity and also help him in his daily work.

“It’s pretty good so far,” he said. “(I’m) looking forward to the rest of today and tomorrow.”

According to the institute’s website, the training helps improve multiple

brain functions such as decision-making and problem solving. The website also stated that the training helps with life skills, from organization to productivity. The institute has also conducted training with other military organizations such as Veterans Affairs facilities, the Navy SEALs and several military installations.

Jennifer Zientz, the head of clinical services at the Center for BrainHealth, was one of the instructors at this week’s sessions. She said the relationship with the ASYMCA began in the spring of this year, and the team will be teaching sessions in San Diego, Altus, Okla., and Fort Sill, Okla. Eventually,

she said there will be sessions held at all ASYMCA locations. The ASYMCA of Honolulu was the first location.

“The mission of the Armed Services YMCA of Honolulu is to enhance the lives of military members and their families in spirit, mind and body through programs relevant to the unique challenges of military life,” Moore said. “The Brain Performance Training really helps meet some of these challenges head on by providing effective ways to keep our brains healthy.”

For more information, visit brainperformanceinstitute.com/warrior-training.

MARINES PROVE THEMSELVES AT 2015 WARRIOR GAMES



Cpl. Owen Kimbrel | Marine Corps Wounded Warrior Regiment

U.S. Marine Corps veteran Ray Hennagir receives a swimming bronze medal during the 2015 Department of Defense Warrior Games at Marine Corps Base Quantico, Va., Sunday. Hennagir is a member of the 2015 DoD Warrior Games All-Marine Team. The 2015 DoD Warrior Games, held at MCB Quantico June 19-28, is an adaptive sports competition for wounded, ill, and injured Service members and veterans from the U.S. Army, Marine Corps, Navy, Air Force, Special Operations Command, and the British Armed Forces.



Cpl. Mark Watola | Marine Corps Wounded Warrior Regiment

U.S. Marine Corps veteran Gabriel Beltres prepares to serve the ball during a seated volleyball game at Marine Corps Base Quantico, Va., June 25, 2015. Beltres is a member of the 2015 Department of Defense Warrior Games All-Marine Team. The team went on to win the silver medal at the games, falling to the Army team.

Save money with gently used items at MCB Hawaii thrift store

WHY SHOP?

- save money
- stretch budget
- score deals on clothing, toys, household items and more
- inspected for quality

WHY SUPPORT?

- All proceeds support Marine Corps Base Hawaii units
- Recycling old items, reduce clutter, supporting fellow service members
- Volunteering service members can earn money for their unit. Every unit that reaches 10 hours of volunteering within one quarter every three months is qualified for the quarterly distribution of the store. Spouses are welcome to volunteer for their active-duty spouse's unit. There is also a "grab out" bin for our volunteers, and 10 percent of all purchases from the sales floor after two hours volunteering on that day. For questions regarding volunteering, visit the store and inquire with the staff or manager.

BAG SALES

Bag sales are the first and third Saturdays of every month, provided it does not fall on a national holiday. The hours are from 9 a.m. to 2 p.m. Bag sale prices are \$5 and \$8 plus tax. Bag sales do not include: uniforms items, DVDs and seasonal items unless otherwise announced.

DONATIONS

Donations are accepted only inside the store. The thrift store does not accept:

- Mattresses
- Food items
- Undergarments
- Flammable products
- Broken, soiled or damaged items
- Chemical or liquid products
- Surge protectors
- Recall items
- Tube TVs
- Paint
- Cosmetics
- Helmets
- Picture frames, mirrors with unsecured glass
- Cribs, baby safety items, baby gates, used bottles, car seats.

The thrift store does not have the resources to have these items removed from the premises.



LOCATION AND HOURS OF OPERATION

MCB Hawaii Thrift Shop
building 212

Monday, Tuesday,
Thursday, Friday from 10
a.m. to 4 p.m.

Saturday 9 a.m. to 2 p.m.
Closed on Wednesdays,
Sundays and all national
holidays.

The thrift store accepts
only cash. All sales are
final. No refunds or
exchanges.



COMMUNITY BRIEFS/VOLUNTEER OPPORTUNITIES

Start Independence Day right with a fun run

Celebrate freedom with a running start on Independence Day at the Runway Run 5K. Runners, walkers and strollers are invited to take part in the race at 6:30 a.m. Saturday, beginning and finishing at Hangar 104.

Register at the Semper Fit Center or online at www.mccshawaii.com/races. Registration will be accepted onsite before the start of the race. For more details, visit the MCCA website or call the race coordinator at 254-7590.

Flip over 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. There are games, rides, entertainment and more. For details, visit www.ekfernandez.com/events/50th.asp.

Plan for future at Transition and Hiring Fair

Joint Base Pearl Harbor Hickam will host a Transition and Hiring Fair from 9 a.m. to 5 p.m. on Wednesday at the Club Pearl and new gym. Meet with top companies and discuss career opportunities. There will be roundtables, panel events, workshops and facilitated discussions focused on improving competitive employment for service members. Register free at www.HiringOurHeroes.org to guarantee a spot. Walk-ins are welcome but space is not guaranteed.

The fair is open to active duty and their spouses. For more information, call 202-463-5807 or see the website: www.HiringOurHeroes.org.

Earn 101 Days of Summer points at MMA clinic

The Leathernecks IV Tour returns to Kaneohe Bay with a mixed martial arts clinic featuring special guests Gray Maynard, Tom Lawlor and Mark Munoz participating with Hawaii's



Marines and Sailors.

The clinic takes place July 10 in the Semper Fit Center Basketball Court from 11 a.m. to 1 p.m.

Units have an opportunity to earn 101 Days of Summer points by participating in this MMA clinic. Earn 20 points per clinic participant, 20 points per volunteer and 5 points per clinic attendee. Maximum of 200 points per category. For more information, call the Single Marine & Sailor Program coordinator at 254-7593.

Help the Sierra Club beautify Manoa Falls Trail

Join Sierra Club's Oahu Chapter for trail maintenance work. Volunteers will be assisting with trail improvements such as building water diversions and steps. Bring plenty of water, a lunch, gloves and sun protection. State Trails Division staff will provide the tools and materials. Meet up at 8:30 a.m. at the parking lot near the end of Manoa Road for an orientation from the State Trails Division staff. Upcoming work dates are July 11, July 19, Aug. 9, Aug. 22, Sept. 6 and Sept. 19. To sign up or for more information, contact Jamie at jamietanino@gmail.com. Letters of appreciation from the Sierra Club will be provided to all military service members that participate.

Plan a family night in Honolulu

The Hawaii Convention Center will kick off its new monthly entertainment series, "Sunset Mele on the Rooftop," featuring a full evening of free performances.

The series will launch July 11 from 5 to 9:30 p.m., with a performance by singer-musician Josh Tatofi and a keiki hula halau (group), followed by a moonlight screening of a popular Disney feature film on a large outdoor movie screen. Special characters from the movie will be on hand for photo opportunities and autographs. Artisans, crafters and food vendors will be on site. For more information, call 943-3025 or visit Facebook.com/HawaiiConventionCenter.

Rock out with Marine Forces Pacific band

The Marine Forces Pacific Rock Band will be performing a concert for the public in Mololani Neighborhood Park on July 17 at 6 pm. This is a free event.

Get a reduced rate microchip in July

Every year, veterinarians from Waianae to Hawaii Kai offer low cost microchipping of pets for a flat rate of \$10 thanks to a partnership with the Hawaiian Humane Society. Through July 31, you can make an appointment at a participating clinic near you to microchip your furry friend. See list of participating clinics and learn more at www.hawaiianhumane.org/microchip-madness.html.

Show off your drive at Commander's Cup

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 254-1745.

Volunteer to coach varsity soccer team

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 older. Season does not have a specific start date as team needs to be formed first. Coaches should have previous experience playing and coaching. Certifications are not required since they will not be coaching children. Commitment time is 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.