

# Hawaii Marine



Cpl. Brittney Vito | Marine Corps Base Hawaii

The U.S. Marine Corps Forces, Pacific Band performs alongside Tonga’s Royal Corps of Musicians, the Australian Army Band, the New Zealand Army Band and various Tonga high school bands in a military tattoo in Nuku’alofa, Tonga, July 8. The U.S. and Tonga have sustained strong partnerships that improve through participation in cultural events, such as the King’s coronation.

## Band harmonizes relations

**Cpl. Brittney Vito**  
*Marine Corps Base Hawaii*

**NUKU’ALOFA, Tonga** — The U.S. Marine Corps Forces, Pacific Band returned July 11 from a 16-day trip to

Tonga where they collaborated with Tonga’s Royal Corps of Musicians, the Australian Army Band and the New Zealand Army Band. Together they performed in the coronation events for King Tupuo VI, the king of Tonga.

The MARFORPAC Band did a lot of preparation before the trip and throughout their stay to ensure the band’s participation in the coronation events were successful.  
“We had to ship out all our

instruments and gear several weeks ago in order for them to get here on time,” said Chief Warrant Officer Bryan P. Sherlock, band officer, MARFORPAC

*See TONGA, A-7*

## Talisman Sabre 2015 storms ashore

**Staff Sgt. Alexander Martinez**  
*Defense Media Activity*

**FOG BAY, Australia** — U.S. and Australian forces stormed the beaches of Fog Bay Saturday, executing joint amphibious operations, the largest and most complex joint amphibious training of its kind, as part of Talisman Sabre 2015.  
To kick off the amphibious landing, a line of amphibious assault vehicles crashed ashore, releasing hundreds of joint forces to survey and secure the beach, and prepare the area for the landing of vehicles, cargo and personnel that would follow.  
Participating assets included U.S. Navy ships and aircraft as part of an offshore amphibious readiness group, forces from the 31st Marine Expeditionary Unit

*See TALISMAN, A-7*



Petty Officer 2nd Class Daniel Y | U.S. Navy

U.S. Marine 1st Lt. Carson Fletcher, assigned to Battalion Landing Team, 2nd Battalion, 5th Marines, speaks with an Australian Army Soldier, assigned to 2nd Battalion, Royal Australian Regiment, during an amphibious assault for Talisman Sabre 2015 at Fog Bay, Australia, Saturday.

## SecNav extends maternity leave

**Christine Cabalo**  
*Hawaii Marine*

Active-duty Marines and Sailors who are new mothers are now considering another addition to their lives: longer maternity leave.  
Earlier this month Secretary of the Navy Ray Mabus announced his authorization to increase maternity leave for Sailors and Marines. Female service members now have 18 weeks of maternity leave extended from the previous six-week limit. The new mothers are also allowed to use the additional leave at any time up to one year after their child is born. The new policy applies to any woman who has taken convalescent leave for giving birth since Jan. 1, according to the official announcement in a July 2 article written by the Office of the Chief of Information.  
“It’s helpful in every aspect,” said Sgt. Rita Bates, an embark chief for Marine Light Attack Helicopter Squadron 367 and a new mother who meets the criteria of the policy. “After having a newborn, it can be tough keeping up appointments for them and yourself. With the additional time we have, we can do medical follow-ups for ourselves now too. Without that time, it’s hard to take leave.”  
Bates, of Malaeloa, American Samoa, recently gave birth to her second child this year. During her first pregnancy, Bates recalls the pressure she felt to get back to work and into weight standards while recovering from a caesarian section. She said she appreciates how mothers can use the additional time for health concerns with less pressure from their workplace.  
“You’re worrying about work if

*See MATERNITY, A-7*

## TRACKING TRICKY TEMPERATURES



Christine Cabalo | Hawaii Marine

Lance Cpl. Conrad Marcoff, a forecaster for the Meteorology and Oceanography section of Marine Corps Air Station Kaneohe Bay, studies pressure systems to track the weather, Monday. Marcoff, a Cornelius, Ore. native, uses computer analysis in addition to taking manual observations to determine weather patterns. The METOC department takes hourly readings to compile reports for all units who rely on the information to craft flight plans, execute operations and conduct physical training.



**Train with the best**  
Warfighters learn techniques from ultimate fighters aboard MCB Hawaii, **B-1**



**Protection from the sun’s rays**  
July is UV Protection Month, **B-3**



# NEWS BRIEFS

## Electrical outages occurring July 25

There will be planned power outages from 7 a.m. to 5 p.m. for several buildings including the Marine Corps Exchange Annex. The annex will be closed all day July 25 and re-open to normal hours at 9 a.m., July 26. Check with unit commands for a full list of sites.

## RSVP to join “Reading to Dogs”

The Exceptional Family Member Program and the base library are teaming up to allow children to read to a therapy dog of their choice, July 22 from 11 a.m. to 1 p.m. at the library. The event is free but limited to the first 25 sign-ups. For details, call 257-0290.

## Sign up for the HITT Tactical Athlete Competition

Earn the title of “Ultimate Tactical Athlete” by joining in the preliminary event held at Riseley Field, July 22 and July 29 from 4 to 8 p.m. Winners will be invited to compete in a final event held Sept. 16 at Marine Corps Air Ground Combat Center Twentynine Palms, Calif. Events include kneeling medicine ball throw, standing broad jump and prone three-cone drill. For details go to Semper Fit Center or call 254-7597.

## ONGOING

## 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](http://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](http://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.

## Come to the 2015 Annual Hawaii Warrior Job Fair

The 2015 Annual Hawaii Warrior Job Fair, in conjunction with the Wounded Warrior Canoe Regatta, will take place on Aug. 21 at the Hale Koa Hotel. Resume writing and interview skills seminars will be available from 8 a.m. to 2 p.m. and the job fair portion will take place from 10 a.m. to 2 p.m. Interviews may be given on the spot so dress for success. Please pass the word along to other veterans, service members, or spouses looking for meaningful employment. For more information, call Hawaii Hires Heroes at 672-1246.

## Important Phone Numbers

On-Base Emergencies	911
Child Protective Services	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Base Information	449-7110
MCB Hawaii Chaplain	257-3552
DEERS	257-2077



# Hawaii Marine

[www.mcbhawaii.marines.mil](http://www.mcbhawaii.marines.mil)  
[www.hawaiimarine.com](http://www.hawaiimarine.com)

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# TOP SHOT



Cpl. Brittney Vito | Marine Corps Base Hawaii

Master Gunnery Sgt. Mark Gleason, bandmaster, U.S. Marine Corps Forces, Pacific Band, marches to his spot during a military tattoo in Nuku’alofa, Tonga July 8. The MARFORPAC Band travels throughout the Pacific region to promote community relations and interoperability between the U.S. and other countries.



Photographer: Cpl. Brittney Vito

Age: 20

Behind the shot: I was in Nuku’alofa, Tonga when I took this photo. I love it because it was taken at Gleason’s last performance in the Marine Corps after 28 years of service. It was a memorable moment that I’m happy I was able to capture.



## PMO Corner

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

### PMO contacts

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

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

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

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

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

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

For more information, visit the PMO website:  
**<http://www.mcbhawaii.marines.mil/Departments/ProvostMarshalsOffice.aspx>**

In an emergency, call 911

### Suspicious Activity

Military and civilian police officers do their best to enforce the base orders, Marine Corps orders and state law aboard Marine Corps Base Hawaii.

The MCB Hawaii community can help the Provost Marshal’s Office in its mission, to protect and serve, by reporting all suspicious activity immediately. Those that call PMO to report suspicious activity or to report a known violation can remain anonymous; No personal information is required from the caller.

When reporting suspicious activity, please provide PMO with the location, a description of person or people involved and the suspicious activity witnessed. To make a report, call the PMO Desk Sergeant at 257-2123.

Also, if you witness a traffic violation on base you can report the incident by way of a Third Party Citation. Please visit the MCB Hawaii website at [www.mcbhawaii.marines.mil/Departments/ProvostMarshalsOffice/3rdPartyTrafficViolationReporting.aspx](http://www.mcbhawaii.marines.mil/Departments/ProvostMarshalsOffice/3rdPartyTrafficViolationReporting.aspx) to utilize the Third Party Traffic Citation system.

For more information on the Third Party Citation system call the Traffic Bailiff at 257-6991. The PMO Crime Prevention Division can also assist MCB Hawaii residents with organizing and starting neighborhood watches. For more information on neighborhood watches, contact the Crime Prevention Division at 257-8312.

### Lost and Found

Lost and Found is located at the Provost Marshal’s Office in the Physical Security section of building 1095. If you are attempting to claim property, please provide any proof of ownership you may have available. A person claiming ownership of a found item will be required to provide a detailed description of the article prior to release. This month’s current items are: work badges, men’s wallets and U.S. passports. Call Sgt. Steven Mitre at 257-8557, for more information.

# JMSDF LANDS, VISITS MCBH



Lance Cpl. Harley Thomas | Marine Corps Base Hawaii

Visiting Japanese service members and civilian guests pose for a photo in front of a Kawasaki P-1 aircraft, July 10, on the flight line aboard Marine Corps Base Hawaii. Flying out of Naval Air Facility Atsugi, members of the two Kawasaki P-1 aircraft landed aboard MCB Hawaii for admin support during their global cruise. After taking off from K-Bay, they will fly out to the West Coast before heading east to the United Kingdom, Italy, Diego Garcia and Singapore before returning to Japan. The group features (from left to right) Lt. Cmdr. Naoki Shirasaka, a liaison officer for U.S. Pacific Fleet; Joseph Sampson, the director of strategic engagement for U.S. Marine Corps Forces, Pacific; Ikuko Tomita, a writer with Kyodo News, Los Angeles Bureau; Yoshimi Endo, a public affairs officer with the United Japanese Society of Hawaii; Japanese Cmdr. Kazutaka Sugimoto, a Kawasaki P-1 pilot with Patrol Aircraft P-1 Dispatch Squadron, Japan Maritime Self-Defense Force; Taro Yoshida, president of the Hawaii Hochi; Cmdr. Taijiro Omata, a PACFLT liaison officer; and Lt. Col. Yasuhiro Iwao, the Japan Ground Self-Defense Force liaison officer to MARFORPAC.

# AROUND THE CORPS

Your weekly guide to what’s happening around the Corps

## East Coast



Lance Cpl. Jason Jimenez | Marine Corps Air Station Cherry

**Piney Island, N.C.** — Fiberglass replicas of tactical vehicles are stored at Bombing Target 11, July 7. The new targets were installed to make it possible for all branches of service to practice their live-fire skills on visible targets. The more than 10,000 acre island is covered by different types of targets including: Barge targets, surface-to-air missile representations, tactical vehicle replicas and laser targets, which allow the pilots to train in various scenarios.

## Overseas



Staff Sgt. Steve Cushman | U.S. Marine Corps Forces Europe

**Baumholder, Germany** — A U.S. Marine with Special-Purpose Marine Air-Ground Task Force Crisis Response-Africa emplaces a machine gun on the roof of a notional American Embassy during a training exercise in the urban training facility, July 6. More than 78 Marines and Sailors conducted the full-mission rehearsal, which demonstrated the unit’s ability to rapidly deploy and conduct embassy reinforcement.

## West Coast



Lance Cpl. Kimberlyn Adams | Marine Corps Air Station Miramar

**Marine Corps Base Camp Pendleton, Calif.** — Marines with 1st Radio Battalion, I Marine Expeditionary Force, prepare to conduct a parachute drop out of a KC-130J Super Hercules, July 8. Marines with Marine Aerial Refueler Transport Squadron 352 assisted the battalion with the parachute drop.



‘LAVA DOGS’ PREPARE,  
DEPART FOR ITX 5-15

Marines with 1st Battalion, 3rd Marine Regiment, spend time with their families before departing from Marine Corps Base Hawaii, Sunday. The Marines are preparing to leave for Integrated Training Exercise 5-15 aboard Marine Corps Air Ground Combat Center Twentynine Palms, Calif.

Lance Cpl. Harley Thomas | Marine Corps Base Hawaii



First Sgt. Ryan Leighton, the first sergeant for Alpha Company, 1st Battalion, 3rd Marine Regiment, and a New Orleans native, holds his daughter while awaiting departure from Marine Corps Base Hawaii, Sunday. The Marines are preparing to leave for Integrated Training Exercise 5-15 aboard Marine Corps Air Ground Combat Center Twentynine Palms, Calif. The ITX is designed to prepare units for deployment, as the Marines must attend the exercise in order to demonstrate live-fire and maneuver while also integrating indirect fire. The “Lava Dogs” are dedicated to the proficiency of their profession of arms, attained through the training and honing of individual and collective skills. They are also committed to becoming a cohesive fighting unit by focusing on teamwork, leadership, discipline, fitness, motivation, communication, marksmanship and the use of common fundamentals.

# Carter calls for new ways to support military

**Jim Garamone**

*DoD News, Defense Media Activity*

**WASHINGTON** — As the nation’s military adapts new strategies and personnel policies, Defense Secretary Ash Carter asked counties and communities across America to consider new ways to provide service to troops and veterans, Saturday.

Carter told the National Association of Counties conference in Charlotte, N.C., that as strategies change to keep America safe, personnel policies will change, too. Counties, cities and towns across America will be affected, he said.

“Our men and women don’t come from the Pentagon,” the defense secretary said. “They come from your communities. We recruit from your communities. Our service members and their families live in your communities while they’re serving, including our Guardsmen and reservists. And when they leave military service, they are, once again, in your communities.”

This is happening at a time when fewer Americans have a personal connection to the military, Carter said. From World War II to the advent of the all-volunteer force in 1973, three out of four Americans had a personal connection to the military. That number is now one in three and is likely to go down. Put another way, at the end of World War II, 10 percent of Americans were in the military. Today it is around one percent.

## Department seeks talent

America’s military today is the “finest fighting force the world has ever seen,” he said. People are at the heart of that and attracting the right mix of people moving forward is key to military preeminence in the future.

Attracting and retaining men and women with high-

demand talents and high-level skills means moving away from an Industrial Age recruiting and retention model, the defense secretary said.

“To attract and compete for talent in these new generations, we’re trying to build what I call the Force of the Future. We’re pushing to be attractive to this new generation,” Carter said. The military needs to be more geographically diverse, he said. There has to be “more on-ramps and off-ramps to give our people more choices” as DOD brings the personnel system into the 21st century.

“We’re drilling tunnels through the walls that too often separate government and the private sector particularly in scientific and commercial technology areas,” he said. “Because we need America’s brightest minds to contribute to our mission.”

## DOD, community health tied to education

These changes will affect communities across the country, the defense secretary said. He noted that community schools are the wellsprings for future scientists and technology professionals and he urged members of the association to continue the recent emphasis on science, technology, engineering and math programs.

The bottom line is that counties and local communities “are the source of the American military’s enduring strength, because you provide our men and women in uniform the preparation, the care and the purpose they need to defend our country,” he said.

And when their military service is over, they will return to their communities. But even that will change, Carter said.

“Transition out of the military will look different than it did 70 years ago, or, for that matter, 10 years ago,” he said. “It’ll mean that in the future, some might only serve for a time, while others may spend 25 years

moving back and forth between national service and other opportunities.”

Service members and their families may spend more time in communities without having to move around as often as they do now, Carter said.

## Support troops by knowing them

Each community is different, as are the foundations of preparation, care and purpose, the defense secretary said.

“People from urban areas and rural areas may have different ideas of what their community should look like,” he said. “Still, in a future where each community’s foundation should be different ... there should be some elements that they have in common.

“For example, let’s make a future where more Americans nationwide strive not only to support our troops, but to know our troops. Let’s make a future where this is a two-way street where both military and civilian communities contribute to each other,” Carter said.

Embracing service members, veterans and their families also makes good sense for local jurisdictions, he said. When veterans come into communities, “empower them with opportunities to continue leading lives of meaning and purpose,” he told the conference-goers.

“To be clear, they aren’t looking for handouts,” Carter said.

Veterans are 20 percent more likely to give to charities, volunteer 30 percent more hours per year and are three times more likely to join a service or civic organization, the defense secretary said.

“The 9/11 generation volunteered to serve in a time of war, and they have a strong desire to continue making a difference in the world,” he said. “All it takes is finding the right opportunity.”

# ‘GOLDEN EAGLES’ SPREAD WINGS

Navy Lt. Christopher Malherek, assigned to the “Golden Eagles” of Patrol Squadron 9, pilots a P-3C Orion maritime patrol aircraft during a routine training flight for the squadron’s advanced readiness program, Tuesday. VP-9 is involved in preparations for their inter-deployment readiness cycle, conducting exercises and maintenance to maximize operational performance and efficiency.



Petty Officer 3rd Class Amber Porter | Patrol Squadron 9



Photos by Kristen Wong | Hawaii Marine

Mokapu Elementary School teacher Tricia Adams chats with cancer survivor Nahla Nepaulsingh during the Relay for Life event at Kailua High School, Saturday. Adams is an area coordinator for Relay For Life and also a cancer survivor. Many volunteers from Marine Corps Base Hawaii joined the windward Oahu community at the fundraiser event.

# MCB Hawaii joins Kailua at Relay For Life

Kristen Wong  
Hawaii Marine

**KAILUA, Hawaii** — With the track at Kailua High School slick with mud puddles, the air, hot and muggy, a crowd cheered cancer survivors in purple shirts as they took the traditional Survivor’s Victory Lap at the annual Relay For Life of windward Oahu, Saturday. At the very front of the group, just behind two members of Celtic Pipes and Drums of Hawaii, was the event’s youngest survivor, 4-year-old Nahla Nepaulsingh. Her father, Staff Sgt. Jonathan Nepaulsingh, followed the crowd, photographing each moment with his phone.

“It touched me,” said the 620 Work Center staff noncommissioned officer in charge with Marine Aviation Logistics Squadron 24. “(I felt a) warm, tender feeling seeing my baby out there. She’s strong. It gives me and (my) wife strength.”

Last September, Nahla had recurring fevers reaching as high as 106.4 degrees.

At the hospital, doctors performed a lumbar puncture on her spine and diagnosed her with acute lymphoblastic leukemia. She underwent surgery to place a port in her chest through which she began receiving chemotherapy. Nepaulsingh said the biggest challenge for the family was seeing his daughter upset.

“Just seeing her in the hospital, the pictures of her laid up, doctors poking her and her crying for us, that’s the biggest kind of heartache (I) know,” Nepaulsingh said. “You can’t really do anything about it. It definitely hit us hard.”

Today, her blood appears to be free of the leukemia, but she will continue to receive preventative chemotherapy until November 2016. The family put together a team for Relay For Life, “Nahla’s Journey,” raising money and volunteering for the event. Nepaulsingh called the experience volunteering with Relay for Life “awesome,” people who were going through the same experiences, and knew he was not alone. He said a lot of his co-workers and base personnel sup-

ported his daughter.

Nepaulsingh wasn’t the only one from Marine Corps Base Hawaii supporting the event. Volunteers from Marine Corps Community Services, 3rd Marine Regiment, Marine Light Attack Helicopter Squadron 367, Marine Unmanned Aerial Vehicle Squadron 3 and Marine Aviation Logistics Squadron 24 helped with various tasks, from setting up tables and tents to manning registration and check-in.

Crystal Brookover, the information and referral specialist with Marine and Family Programs, created her team, “Hawaii Cure-O,” and put out a call on base for volunteers. Brookover personally knew an Air Force veteran who succumbed to cancer just a month after retiring from active duty.

“Cancer is something that touches a lot of people,” Brookover said. “(The service members) really put in a lot of impressive work. They honor the uniform that they wear. It really makes me proud to work on the base.”

Staff members at the Education Center also created a team called “Loretta’s Legacy,” in honor of Loretta Cornett-Huff, who served as the base education services officer for many years before she passed away June 20, 2013.

In addition to the volunteers, even the event staff had a member of the base community in its midst. Mokapu Elementary School teacher Tricia Adams, an area coordinator for ACS, volunteers for the society and is a cancer survivor.

“(The) American Cancer Society is so blessed that you are here supporting the cause and the fight against cancer,” Ad-



Nahla Nepaulsingh waves to the crowd as she walks with fellow cancer survivors and her sister, Jada.

ams said. “I started when I was in high school (and) didn’t realize that I would be relaying for myself a dozen years later, and it’s just amazing to be here. Thank you so much. My heart is full to see all of you here. I just want you to look at our smallest and youngest hero today, Nahla, and know this is why we’re here.”

The windward Oahu community had a total of 39 teams who raised more than \$68,000 for ACS this year.

Relay For Life originated in Tacoma, Wash., by Dr. Gordon Klatt in 1985. Klatt, who had been fighting stomach cancer, passed away last year of heart failure. The first event raised \$27,000 in support of cancer treatment and research. For more information about Relay for Life, visit [acs.org](http://acs.org).



Crystal Brookover (right), an information and referral specialist with Marine and Family Programs, gives cancer survivor Mona Malani a ride during the Survivor’s Victory Lap.



Lance Cpl. Shawn Valosin | U.S. Marine Forces, Europe

**Secretary of the Navy Ray Mabus recently authorized Marines and Sailors to have 18 weeks of maternity leave. The female service members may take the leave any time within one year of their child’s birth. The policy applies to all-female Marines and Sailors who have given birth since Jan. 1.**

***MATERNITY, from A-1***

you’re out for a while, especially if it’s a high-paced operating tempo,” she said. “With that extended leave, not only do I have time for taking care of my child but I can use that time to take care of my health. It makes it easier to get back into shape for Marine Corps standards.” Although many U.S. workers have access to 12 weeks of job-protected leave through the Family and Medical Leave Act, the leave is unpaid. Several states have crafted their own laws to reform parental leave, but just 12 percent of surveyed workers have access to paid family leave, according to the March 2013 National Compensation Survey compiled by the Bureau of Labor Statistics.

For Sgt. Brandi Cain, who is due to give birth in three weeks and is an embark chief at Marine Aircraft Group 24, the new policy will help ensure her whole family’s health post birth.

“This provides some good flexibility,” said Cain, of Fayetteville, N.C. “A lot of times in the first year your child is more prone to get sick. If you are dual active-duty, like my husband and I am, it’s hard not to take them to daycare.” A total of 22 percent of employees who needed to use leave provided by the FML Act did so to care for a new child, according to a March 2014 report on paid parental leave by U.S. Department of Labor Women’s Bureau. Both Cain and Bates said the extended maternity leave will make the balance of serving in the Marine Corps and being with their families a little easier to manage. “You can use that time for looking at (your baby’s) overall health so they develop needed skills and really be there for them,” Bates said. “That’s critical. Getting back to work, there is pressure for getting your unit ready for deployment and having to work a certain number of hours. It can strain time for your family.”

The two new mothers also said they can see how the additional time would help active-duty mothers who are also enrolled in school, changing duty stations or undergoing other military-related life events requiring additional attention. Longer maternity leave is associated with healthier child development, better maternal mental health and increased breastfeeding duration, according to reports in Child Health USA 2013 published by the U.S. Department of Health and Human Services, Health Resources and Services Administration. Both Bates and Cain said they welcome the new policy but also hope the days of paternity leave for active-duty Marines would increase or be shared. However Cain said the maternity leave she’ll have access to is already a great benefit. “(I can use the time to) get my affairs in order,” Cain said. “It’s great because I can do whatever need to do, and then I can have peace of mind.”

***TALISMAN, from A-1***

and 2nd Brigade, Royal Australian Regiment soldiers. U.S. Navy Petty Officer 2nd Class Rafael Ruiz-Santos, an equipment operator and the senior ramp marshal for the beach landing operation, and his team ensured the beach was ready to receive Landing Craft Air Cushion vehicles. “My team prepped and secured the beach as we were preparing for the landing of our LCACs,” Ruiz-Santos said. “For this operation we have two LCACs that will be transporting personnel and equipment to the beach, and back to the ship at the conclusion of the operation.” The Marines and Australian soldiers made their way off the beach and into the tree line and worked their way to objective points and eventually combining with the 3rd Marine Expeditionary Brigade. U.S. Marine Cpl. Jose Arciniega and other 31st MEU members staged on the beach and set up 60mm lightweight mortar mount sites to provide offensive cover for the incoming forces. Arciniega was part of the first wave of Marines to storm the beach. “I think the landing went (smoothly),” Arciniega said. “Right now we’re waiting for the LCAC to land, and then we’re going to push up the beach to our objective inland at the airfield.” Overhead, AV-8B Harriers from USS Bonhomme Richard provided close air support for advancing ground teams. Other aviation support aircraft included MV-22 Ospreys, CH-53 Chinooks and AH-1 Cobras.

Royal Australian Navy Vice Adm. David Johnston, Chief of Joint Operations Australian Defence Force and Australian Joint Lead for Talisman Sabre 2015, who observed the beach landing and said joint training is critical to conducting real-world operations around the world. “What we get from Talisman Sabre is a highly complex training environment that includes field activities spread throughout the country, and is complemented by a command post activity where our senior staffs work through detail planning, looking at complex scenarios and how we would work with a range of international and intergovernmental partners in order to achieve our objectives,” Johnston said. U.S. Marine Lt. Gen. John Wissler, 3rd Marine Expeditionary Force commander, said this exercise gives all militaries involved the ability to “execute every one of our capabilities.” “This is a tremendous opportunity for us,” Wissler said. “The friendships, partnerships and relationships that we build here will be very helpful no matter where we need each other in the world. This integrated training and our ability to train together ... will prove very valuable in proving that we can interoperate and coordinate with our partners from Australia.” Talisman Sabre 2015 is the largest ever military exercise in Australia, and is being conducted in multiple locations both there and in the U.S. The exercise provides all participants the opportunity to conduct operations in a combined, joint and interagency environment.

***TONGA, from A-1***

Band. “The Tongans do speak English but it’s not their first language so there is always that obstacle. (The Tongan, New Zealand and Australian bands) operate similarly, under the British (ceremonial traditions). The U.S. system is completely different. We had to learn new signals, new commands and adapt to how they conduct things.” Despite a few obstacles the U.S. Marines had to overcome, working side-by-side with the other countries was a good learning experience for all the Marines on the trip. “The other countries do things very differently than us, both musically and culturally, and it was interesting to learn from them and also teach them our customs and traditions,” said Cpl. Sabrena Norris, a clarinet player with the MARFORPAC Band. “After rehearsals and during breaks we had time to get to know the other service members, where many of us became close. We made friendships personally while also (cultivating strong partnerships with Tonga, New Zealand and Australia).” The MARFORPAC Band performs in more than 400 events each year held in Hawaii or in various countries throughout the Pacific. “I’m astounded by the performances the Marines and other countries put on,” said Brig. Gen. Christopher Mahoney, deputy commander, MARFORPAC. “This isn’t something they could just put together over night. It was obviously their handwork (that made the event successful). They came together as a team and they looked fantastic.”

# Sports & Lifestyle

## MMA fighters visit MCB Hawaii, teach moves

Mixed martial arts fighter Tom Lawlor demonstrates a technique on Lance Cpl. Kyle Kurschner, a field artillery sensor support man with Headquarters Battery, 1st Battalion, 12th Marine Regiment, and native of Manitowoc, Wis., during the “For the Leathernecks IV” MMA clinic at the Semper Fit Center, July 10. Headquarters Marine Corps Single Marine Program and the Single Marine & Sailor Program at Marine Corps Base Hawaii hosted a clinic featuring professional fighters Lawlor, Gray Maynard and Mark Munoz.



Kristen Wong | Hawaii Marine

**Kristen Wong**  
*Hawaii Marine*

Marines and Sailors gathered at the Semper Fit Center gym for a friendly tussle with mixed martial artists during the “For the Leathernecks IV” event, July 10.

Coordinated through the Headquarters Marine Corps’ Single Marine Program and hosted by Marine Corps Base Hawaii’s Single Marine & Sailor Program, the event featured MMA fighters Tom “Filthy” Lawlor, Gray “The Bully” Maynard and Mark “The Filipino Wrecking Machine” Munoz, as well as Bonnie-Jill Laflin, a sportscaster for Fox Sports, and Amber Nichole Miller, a model and former octagon girl.

Laflin was the master of ceremonies at the event, introducing the group. The San Francisco native has participated in numerous military entertainment events worldwide. The former Dallas Cowboys cheerleader comes from a family with a military background. She said she enjoys interacting with the service members.

“Doing the meet and greets is what I like the most,” Laflin said. “I get to know (the service members) a little

bit, know their story and just let them know how thankful I am for their service and everything they sacrifice for our country.”

After introductions, Munoz began the clinic, leading attendees through a warm-up. The Marines and Sailors circled the gym, jogging and performing high knees and grapevines.

Munoz, who fought in the Middleweight division in the UFC, is currently a retired MMA fighter. Munoz said he can relate to the service members, since he is part of a military family. He was born on a military installation in Yokosuka, Japan, and eventually settled in Vallejo, Calif., where his father was also stationed.

“I just love the fact that they’re fans of the sport,” Munoz said. “I’m actually excited to motivate and inspire them to keep learning mixed martial arts and not just be content with (their current skill level).”

Service members gathered in a circle as Maynard demonstrated a specific technique, with Lawlor and Munoz supporting. Maynard, of Phoenix, started practicing MMA in 2006 and currently has an 11-5 record.

“(Service members) do a lot for us,” Maynard said. “This is our chance to give back.”

Students in the most recent three-week MCMAP course attended the event as a group. Cpl. Michael Cuneo, a Marine Corps Martial Arts Program instructor at School of Infantry-West, said the visit encourages service members to exercise, train and push themselves, while improving morale on the base.

“I think it’s really cool that these pro-fighters came out to spend time with the (service members),” said Cuneo, a native of Newcastle, Calif.

Lawlor, of Fall River, Mass., fights in the Middleweight and Light-Heavyweight divisions, and has been fighting professionally since 2007. He has been involved in events meeting the military for five years, and this is his second Leatherneck tour. Even though his next fight is scheduled within two weeks of this tour, and it normally takes a good 30 hours a week to prepare, Lawlor said it was a small sacrifice compared to the sacrifices service members make.

Lance Cpl. Josue Barber, of Erin, Tenn., said the clinic was technical in

nature, and it was an honor to learn from a professional. He and Lance Cpl. Kyle Kurschner, both artillery meteorological men with Headquarters Battery, 1st Battalion, 12th Marine Regiment, received individual coaching from Lawlor during the clinic.

“(Lawlor is) a really good teacher,” Kurschner said. “(I) learn a lot of good techniques from him.”

Brian Lee, the director of Pro Sports Marketing Ventures & Promotions, said the purpose of the event was to get the service members some exercise and a break from work with a rare opportunity to have individual attention from professionals they’ve only seen on TV.

“The feedback’s been outstanding,” Lee said. “It’s been very successful and very well received and we’re thrilled these guys are out here today.”

The fighters also met service members at a special “Ultimate Fighting Championship” viewing party at Kahuna’s Bar and Grill, Saturday.

The Leatherneck tour has visited other installations including Marine Barracks and Marine Air Ground Combat Center Twentynine Palms.

## MMA FIGHTERS, SERVICE MEMBERS MINGLE AT KAHUNA’S



Kristen Wong | Hawaii Marine

Mark Munoz (right), mixed martial arts fighter, signs an autograph for Cpl. Jesse Rodarte, a motor transport operator with Combat Logistics Battalion 3 and native of Los Angeles, during the “For the Leathernecks IV” viewing party at Kahuna’s Bar and Grill, Saturday. Personnel watched a televised fight at Kahuna’s with the MMA fighters Tom Lawlor, Gray Maynard and Munoz, along with Amber Nichole Miller, a model and former octagon girl, and Bonnie-Jill Laflin, a sportscaster for Fox Sports. Headquarters Marine Corps’ Single Marine Program and MCB Hawaii’s Single Marine & Sailor Program also hosted an MMA clinic at the Semper Fit Center featuring Lawlor, Maynard and Munoz, July 10.

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](mailto: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.

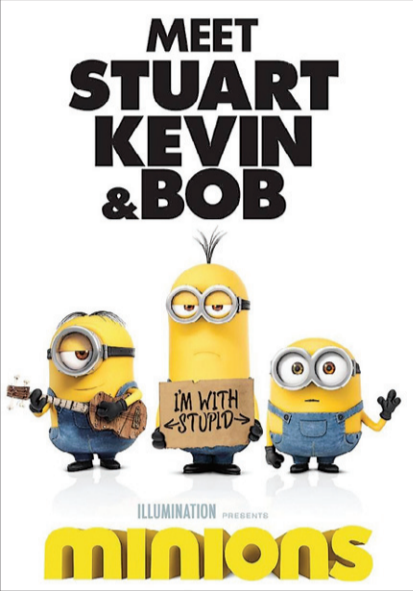
# Do-‘Minion’ated by randomness

**Kristen Wong**  
*Hawaii Marine*

“BEE-DO!”

If that one phrase makes you chuckle, or even want to repeat it over and over until people are annoyed, “Minions” may just be the movie for you.

“Minions” explores the origin of the diminutive servants of Gru from the movie “Despicable Me.” The story begins with a singular tribe of minions who evolved and emerged from the ocean during the prehistoric era. These little yellow beings exist solely to serve a master. As the world grows and changes over time, the minions seek out and serve numerous masters. However, for one reason or another, they cannot keep their master happy or, in some cases, alive. After the French



Revolution, the minions took refuge in an ice cave and thrived alone for decades. However, they began to grow depressed without a master and seemed to lose hope. But one day, a minion named Kevin (Pierre Coffin) decides to leave the cave to find his tribe a master. He takes fellow minions, Bob and Stuart, along for the journey.

What is nice about this film is the fact that it has the potential to appeal both to children and adults. The majority of the story takes place in 1968. The writers made numerous references to the ‘60s, including the Beatles, President Richard Nixon and the hippie culture. I wasn’t even alive in the ‘60s, but such iconic references were quite easy to spot and appreciate.

It was a chance for actress Sandra Bullock to play a villain. She did well

playing the vicious Scarlet Overkill. Children can appreciate the hilarious misadventures of these innocent little guys.

So what do the minions bring to the big screen that makes them worthy of their own movie?

I realize part of what makes them cute and appealing is the fact that even though they are supposed to be evil, they tend to act childish. You feel sympathy for Bob when he is starving or when he loses his teddy bear, and you want to give him a big hug. On the other hand, the minions make me laugh through their random acts of mayhem and nonsensical use of otherwise familiar terms. Who wouldn’t laugh at King Bob screaming “Yakitori!” and charging through Buckingham Palace on a corgi?

Their language, I read online, is made up of many languages, including Spanish and French, and includes references to food. It’s almost like watching a really funny foreign film. If you watch the movie, listen to how they speak, and the words they choose, and you’ll feel like you actually understand minionese. Plus, how funny is it that minions call Jimi Hendrix’s guitar a “super mega ukulele?”

If I have one complaint, it’s that minions are better enjoyed in small doses. I came out of this movie mentally exhausted as if I had just spent a day trying to control my dogs on a walk or as I imagine parents feel after dealing with toddlers. Just think of a movie in which you are thrown around in a whirlwind of random chaos, surprises and laughs — three quarters of which is in a language you can’t understand. However, I remain a minions fan and wouldn’t object to more films.

**THIS WEEK'S RATING:**  
**3/4**  
  
(On Target)

# Soundoff: Are military discounts fair?

**Lisa Smith Molinari**  
*Contributing Writer*

“Do you have a military discount?”

If I had a nickel for every time I’ve heard my husband say this — at the movie theater, pizza place, tire center, hardware store — I guess we wouldn’t need to ask for discounts.

Every little bit helps, right? But military folks aren’t the only ones having to budget these days — the entire country is feeling the pinch. So why should we get special treatment?

Although the phrase “military-civilian divide” has been around since the Vietnam War, it is seeing a lot more press lately. Journalists, scholars and commentators are analyzing the widening gap of understanding between the public and our shrinking military population. While the negative effects of such a gap are largely agreed upon, the causes of this divide are the subject of hot debate.

Who is to blame? What role do military members play in widening the gap? Do we expect benefits such as military discounts? What message does this send to our civilian neighbors? Do they resent us when we claim a discount while they pay full price?

Recently, I launched these questions into cyberspace via social media, and the viewpoints that came back were mainly in support of offering military discounts. Although, there were hints that the issue is complex:

“As a military family we are very much into making our dollars stretch as far as possible, so it would be silly for us to leave these discounts unused. We have saved hundreds of dollars (if not thousands) over the years.” — Nichole, 33, Air Force spouse.

“I do not feel any guilt enjoying this small benefit at a very limited number of businesses. I pay for my health insurance. I pay my taxes. I have lived in countries that lack the conveniences Americans enjoy on a daily basis. I have moved 12 times in 18 years and paid thousands of dollars out of pocket over the years to re-stock my pantry without being able to shop ‘sales’ or use coupons.” — Katie, 46, Marine spouse.

“But when does the notion change from appreciation to expectation? That is where I have concerns.” — Jackie, 35, civilian.

“I don’t ask. To me it feels greedy.” — Marisa, 29, Air Force spouse.

“I ask. It’s a way that business has decided to express its appreciation, and

I appreciate that business right back! I don’t feel entitled, I feel appreciated.” — Jill, 48, spouse of a retired member of the Air Force.

“I was shocked to discover some of the civilians in my community were using their similarly looking military ID for store discounts. Such abuse of an unearned discount in that form made me really upset.” — Ann Marie, 35, Army spouse.

“If students, teachers, AAA, AARP ... are all encouraged to ask for discounts then there is no difference in a military family asking.” — Amanda, military spouse.

“While I don’t wear the uniform, the same oath of office I take as a government civilian is exactly the same oath every officer takes. So why is it that we are perceived as not always a part of the team? ... A great deal of civilians are deploying to austere places. Why discriminate?” — Jacqueline, 35, Air Force government civilian.

“There is a movie theater chain that gives a military discount for the active duty member and not dependents ... not nice! If you’re going to give a discount, give it to the entire family. We serve too!” — Suzanne, 43, Navy spouse.

“I view that discount as an act of patriotism, a quality, I for one, still value. Funny thing is, I have no idea which companies offer these discounts. I guess these companies have all opted for quiet patriotism. Maybe not so surprising these days.” — Chris, 50, real estate agent.

“I think we’ve gotten spoiled by discounts in general. I have noticed that most military discounts are only given to the active duty member now and not the dependents, which makes sense to me.” — Angie, 47, retired Army spouse.

“With what our military personnel go through, that discount is well deserved. It is embarrassing what our troops make.” — Danny, 49, civilian.

“As a civilian, I feel the ‘pinch’ too, but I’m happy to be free thanks to the military. A discount is well worth our freedom.” — Joseph, 44, civilian butcher.

If variety is the spice of life, the topic of military benefits is the five-alarm chili of opinions these days. One way to cool this hot debate is for those of us who benefit from generous discounts to douse any feelings of entitlement with an ample dollop of genuine appreciation.

[www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com)

“Inside Out” PG	Today   6:30 p.m.
“Insidious Chapter 3” R	Today   9:15 p.m.
“Jurassic World”(3-D) PG-13	Saturday   6:30 p.m.
“Dope” R	Saturday   9:15 p.m.
“Jurassic World”(3-D) PG-13	Sunday   2 p.m.
“Insidious Chapter 3” R (Final Showing)	Sunday   6:30 p.m.
“Dope” (Final Showing) 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. Call 254-7642 for details.

Created by: GySgt Charles Wolf

# SEMPERTOONS

THE GREATEST MARINE CARTOONS ON THE PLANET!

And your final question is:  
“Why should you be selected as Marine of the Quarter?”

Because, I'm the....

# “Shizznit”

**Mental illness has warning signs, too.**

Withdrawal from social activities. Excessive anger. These could be the first warning signs of a mental illness. Unfortunately, most of us don't recognize the signs. Which is tragic. Because mental illness can be treated. In fact, 2 out of 3 people who get help, get better. For a free booklet about mental illness, call the National Mental Health Association:  
**1-800-969-NMHA.**

**Learn to see the warning signs.**

# SUDOKU

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

Level: Advanced

**Fun By The Numbers**

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

**Here's How It Works:**

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

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

ANSWER:

# 3rd Marines bid farewell, celebrate

**Lance Cpl. Harley Thomas**  
*Marine Corps Base Hawaii*

Members of 3rd Marine Regiment prepared for their unit’s change of command by celebrating their commanding officer, Col. Timothy E. Winand, with a golf tournament Wednesday at the Kaneohe Klipper Golf Course.

Hitting his two-year mark as the regimental commander, Winand will be relieved by Lt. Col. Earl E. Cooper Jr. Winand will be heading to Quantico, Va., where he will be serving as the director of the Marine Air Ground Task Force Staff Training Program. He said his time here has been great and he was lucky to have had the chance to lead 3rd Marines.



**Col. Timothy E. Winand, the commanding officer for 3rd Marine Regiment, polishes one of his golf clubs during a golf tournament Wednesday at the Kaneohe Klipper Golf Course aboard Marine Corps Base Hawaii.**

“Anytime you have a chance to command, it’s a special opportunity,” said Winand, a Baltimore native. “These opportunities are few and far between, and the fact that I’ve had this opportunity to command 3rd Marine Regiment is a great privilege. It has been, without a doubt, the greatest billet I’ve held in my career, and it’s all because of the people.”

Winand said that while the Marines may have great equipment, have done great training or have gone places, the Marine Corps is all about the people it is composed of. He said it is an absolute joy to work with people from all walks of life and, to him, it is the most memorable part of any command tour.

“The Marines of this regiment are fantastic,” Winand said. “I’ve seen them in all climes and places: sweating their rear-ends off on live-fire ranges at (Twentynine Palms) or hiking their gear at 2 a.m. in the Crow Valley in the Philippines. I have seen them on land and sea. They are professionals, they truly are. They are aggressive at training, they’re war-fighting ready and I would be proud to go anywhere with them at any time.”

Winand said leadership is all about the connection one makes with their Marines, plain and simple.

“It’s an easy concept to grasp,” he said. “In order to make those connections, put yourself where your Marines are. You have to be where they are and see what they do, and that applies to every leader. I’m not going to sit in my office and wonder what my Marines



**Lt. Col. Bruce Sotire, the executive officer of 3rd Marine Regiment, follows through with his swing and watches to see where his golf ball lands during a golf tournament Wednesday at the Kaneohe Klipper Golf Course. The tournament was held in celebration of the 3rd Marine Regiment’s upcoming change of command ceremony. Lt. Col. Earl E. Cooper Jr. is replacing Col. Timothy E. Winand, the commanding officer for 3rd Marines, today, during a change of command ceremony at Dewey Square.**

are doing — I’m going to go out and watch them. That’s the fun part, and I can’t imagine leading any other way.”

Lt. Col. Matthew W. Tracy, the commanding officer of 3rd Bn., 3rd Marines, said the CO had been intensely involved with the day-to-day operations of the regiment.

“Whether it’s his command philosophy or his outlook, his fingerprints are all over this regiment and its battalions,” said Tracy, a West Hartford, Conn., native. “We’ve had the blessing of having great commanding officers and Col. Winand continues that lineage, which is why the regiment continues to perform at such a high level. For example, I had a discussion with the CO of the Mountain Warfare Training Center, and he said, ‘Every 3rd Marine Regiment battalion that comes through here impresses me.’ That is a direct reflection of Col. Winand and the regiment.”

Tracy said having worked with Winand in 1998, he was able to see that Winand has always been a great leader and Marine, and has continued to lead by example.

“Even though I may be a battalion commander, I’ve still grown a tremendous amount,” Tracy said. “He has

really challenged me and taught me how to improve myself and step up my game. I am a better officer for working with him.”

Winand said the central focus of this command was always war-fighting readiness — being ready to go wherever one is called, when they’re called and being able to be victorious when it’s all said and done.

“Being ready to go wherever, whenever they’re called, remains the Marines’ ultimate, no-fail mission,” Winand said. “‘Are the 3rd Marines ready?’ should not be a question. It should be a statement, ‘Call (the) 3rd Marines, they’re ready to go.’ It’s our job to ensure that it is indeed the case.”

Wishing Cooper all the best while taking the helm of a tremendous military organization, Winand said he feels great about his time in command and is hopeful for the future of the regiment.

“I feel great about my time spent here,” Winand said. “I feel like I’ve given the 3rd Marines everything I’ve got. I haven’t short-stepped anything, and I’ve advocated this regiment endeavoring to make 3rd Marines a place where people want to come into work every single day. You may never be all things to all people, but I have put my heart and soul into this regiment.”

# Protect yourself: July is UV Protection Month

**Press Release**

*American Cancer Society*

People who get a lot of exposure to ultraviolet rays are at greater risk for skin cancer. Sunlight is the main source of UV rays, but you don’t have to avoid the sun completely. And it would be unwise to stay inside if it would keep you from being active, because physical activity is important for good health. But getting too much sun can be harmful. There are some steps you can take to limit your exposure to UV rays.

Some people think about sun protection only when they spend a day at the beach or pool. But sun exposure adds up day after day, and it happens every time you are in the sun.

Simply staying in the shade is one of the best ways to limit your UV exposure. If you are going to be in the sun, “Slip! Slop! Slap!® and Wrap” is a catchphrase that can help you remember some of the key steps you can take to protect yourself from UV rays:

- Slip on a shirt.
- Slop on sunscreen.
- Slap on a hat.
- Wrap on sunglasses to protect the eyes and skin around them.

**Seek shade**

An obvious but very important way to limit your exposure to UV light is to avoid being outdoors in direct sunlight for too long. This is particularly important between the hours of 10 a.m. and 4 p.m., when UV light is strongest. If you are unsure how strong the sun’s rays are, use the shadow test: If your shadow is shorter than you are, the sun’s rays are the strongest, and it’s important to protect yourself.

Some UV rays can also pass through windows. Typical car, home and office windows block most UVB rays but a smaller portion of UVA rays, so even if you don’t feel you’re getting burned your skin may still get some damage.

**Protect your skin with clothing**

When you are out in the sun, wear clothing to cover as much skin as possible. Clothes provide different levels of UV protection. Dark colors and tightly woven fabrics generally provide more protection than light-colored, loosely wo-



Courtesy photo

**Protect yourself from harmful ultraviolet rays with sunscreen. Adults should use about 1 ounce of sunscreen to fully cover exposed skin.**

ven clothing. Be aware that covering up doesn’t block out all UV rays. If you can see light through a fabric, UV rays can get through, too.

Some companies now make clothing that’s lightweight, comfortable, and protects against UV exposure even when wet. These sun-protective clothes may have a label listing the UV protection factor value.

Newer products, used like laundry detergents in a washing machine, can increase the UPF value of clothes you already own. This can be useful, but it’s not exactly clear how much it adds to protecting you from UV rays.

**Use sunscreen**

Sunscreen is a product that you put on your skin to protect it from the sun’s UV rays. But it’s important to know that sunscreen is just a filter — it does not block all UV rays. Sunscreen should not be used as a way to prolong your time in the sun. Even with proper sunscreen use, some UV rays get through, which is why using other forms of sun protection is also important.

Sunscreens are available in many forms: lotions, creams, ointments, gels, sprays, wipes and lip balms, to name a few.

**Read the labels**

When choosing a sunscreen product, be sure to read the label. Sunscreens with broad spectrum protection (against both UVA and UVB rays) and with sun protection factor values of 30 or higher are recommended. The SPF number is the level of protection the sunscreen provides against UVB rays, which are the main cause of sunburn. For example, when applying an SPF 30 sunscreen correctly, you get the equivalent of one minute of UVB rays for each 30 minutes you spend in the sun.

Sunscreens labeled with SPFs as high as 100+ are available. Higher numbers do mean more protection, but many people don’t understand the SPF scale. The SPF 15 sunscreens filter out about 93 percent of UVB rays, while SPF 30 sunscreens filter out about 97 percent, SPF 50 sunscreens about 98 percent, and SPF 100 about 99 percent. The

higher you go, the smaller the difference becomes. No sunscreen protects you completely.

Ideally, about 1 ounce of sunscreen (about a shot glass or palm full) should be used to cover the arms, legs, neck, and face of the average adult. Sunscreen needs to be reapplied at least every two hours to maintain protection. Sunscreens can wash off when you sweat or swim and then wipe off with a towel, so they might need to be reapplied more often. Be sure to read the label. And don’t forget your lips; lip balm with sunscreen is also available.

**Protect children from the sun**

Children need special attention. They tend to spend more time outdoors, can burn more easily and may not be aware of the dangers. Parents and other caregivers should protect children from excess sun exposure by using the steps above. It’s important, particularly in sunnier parts of the world, to cover your children as fully as is reasonable. You should develop the habit of using sunscreen on exposed skin for yourself and your children whenever you go outdoors and may be exposed to large amounts of sunlight. Children need to be taught about the dangers of too much sun exposure as they become more independent.

Babies younger than 6 months should be kept out of direct sunlight and protected from the sun using hats and protective clothing. Sunscreen may be used on small areas of exposed skin only if adequate clothing and shade are not available.

**About exposure and vitamin D**

Doctors are learning that vitamin D has many health benefits and might even help lower the risk for some cancers. Your skin makes vitamin D naturally when you are in the sun but how much vitamin D you make depends on many things, including how old you are, how dark your skin is, and how strong the sunlight is where you live.

Whenever possible, it’s better to get vitamin D from your diet or vitamin supplements rather than from sun exposure because dietary sources and vitamin supplements do not increase skin cancer risk.

COMMUNITY, BASE BRIEFS/VOLUNTEER OPPORTUNITIES

Rock out with MARFORPAC Band

The U.S. Marine Forces Pacific Rock Band will be performing its second summer concert in Mololani Neighborhood Park tonight at 6 p.m. This is a free event for those with base access.

Help 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 at 8:30 a.m. in the parking lot near the end of Manoa Road for an orientation from the State Trails Division staff. Letters of appreciation will be provided to all participating service members. Upcoming work dates are Sunday, Aug. 9, Aug. 22, Sept. 6 and Sept. 19. For inquiries, contact Jamie at jamietanino@gmail.com.

Families welcome at film fest

The University of Hawaii at Manoa “Kids First!” Film Festival is scheduled to show “The Legend of Longwood,” Sunday 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. For details, visit [www.summer.hawaii.edu/kidsfirst](http://www.summer.hawaii.edu/kidsfirst).

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.  
Monday: Project Almanac (PG)  
Wednesday: The SpongeBob Movie: Sponge Out of Water (PG)  
July 27: Strange Magic (PG)  
July 29: Jupiter Ascending (PG-13)  
For more information, call 259-4137.

Celebrate Amelia Earhart’s birthday at Pacific Aviation Museum

Pacific Aviation Museum is celebrating famous aviatrix Amelia Earhart’s 118th birthday with free admission to visitors dressed in period aviation costume, July 24, from 8 a.m. to 5 p.m. Free admission will also apply to accompanying family members, as well.  
View the museum’s unique “Amelia Earhart in Hawaii” photo exhibit, enjoy refreshments and meet members of the Aloha Chapter of the Ninety-Nines International Organization of Women Pilots, of which Earhart was the first president. There will also be an all-ages “Amelia Look Alike” costume contest with judging taking place at 1 p.m. for prizes.  
Born July 24, 1897, Earhart ground-looped her

plane on takeoff on the historic Ford Island Runway fronting the museum, in March 1937, preventing her initial round-the-world flight attempt.  
Pacific Aviation Museum Pearl Harbor is located at 319 Lexington Boulevard, on Ford Island. Hours of operation are 9 a.m. to 5 p.m. daily, with access by free shuttles from the USS Arizona Memorial Pearl Harbor Visitor Center. For details, visit [www.pacificaviation-museum.org](http://www.pacificaviation-museum.org) or call 441-1000.

Bellows AFS to conduct sand dune restoration

Guests are invited to join the Bellows Air Force Station community for sand dune restoration, July 25 from 8 a.m. to 1 p.m. in front of cabin 315 with native Hawaiian plants. For more information, call Celia at (773) 663-8325.

Take dogs for a run at Humane Society

All single/unaccompanied Marines and Sailors can take part in a volunteer opportunity at the Hawaiian Humane Society, July 26, to help with various shelter activities. Transportation will be provided. Sign up by Tuesday by calling 254-7593 or emailing [peterstonko@usmc-mccs.org](mailto:peterstonko@usmc-mccs.org).

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. aboard Marine Corps Base Hawaii. 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.

Celebrate annual Prince Lot Hula Festival

Experience Hawaiian hula with this free festival featuring dancers based in Hawaii. Watch 21 different hula groups, or halau, perform Saturday from 9 a.m. to 4 p.m. and Sunday from 10 a.m. to 3 p.m. at Moanalua Gardens in Honolulu. For details, see [moanaluangardensfoundation.org/](http://moanaluangardensfoundation.org/).

Byodo-In Temple to host Jazz Peace Concert

The Byodo-In Temple is hosting a Jazz Peace Concert, scheduled for July 25 from 12:30 to 3:30 p.m. The temple is located at 47-200 Kahekili Hwy, in Kaneohe, Hawaii. There is a small admission fee. For details, visit [byodo-in.com](http://byodo-in.com).

Byodo-In Temple to host O-Bon Festival

The Byodo-In Temple at Valley of the Temples Cemetery is hosting its 3rd Annual O-Bon Festival and Lantern Floating Ceremony, scheduled for Aug. 15 from 11 a.m. to 4 p.m. The temple is located at

47-200 Kahekili Hwy, in Kaneohe, Hawaii. For more information, visit [byodo-in.com](http://byodo-in.com).

2015 Greek Festival set for August

The 2015 Greek Festival is scheduled at McCoy Pavilion in Ala Moana Beach Park on Aug. 29 and 30 from noon to 9 p.m. Enjoy food, music and more. Admission is \$3. Children under 11 years and active duty service members and their families get in free. For details, visit [greekfestivalhawaii.com](http://greekfestivalhawaii.com).

Enjoy free admission to select museums

The National Endowment for the Arts, Blue Star Families, the Department of Defense and participating museums are offering free admission to the military, including National Guard and reservists, and their families from Memorial Day through Labor Day, Sept. 7. Some exhibits may not be included, in which case, contact the museum directly with questions. For details, visit [arts.gov/bluestarmuseums](http://arts.gov/bluestarmuseums).