

Hawaii Marine



Cpl. Brittney Vito | Marine Corps Base Hawaii

A CH-53E Super Stallion helicopter hovers over a simulated downed aircraft during a joint Downed Aircraft Recovery Team exercise, aboard Marine Corps Training Area Bellows, July 30, 2015. The three-day exercise was comprised of service members from all branches of the United States military.

Hawaii-based female Marine makes MCMAP history

Cpl. Brittney Vito
Marine Corps Base Hawaii

U.S. Marine 1st Sgt. Sigrid Rivera, Service Company first sergeant, Headquarters Battalion, Marine Corps Base Hawaii, gazed up after completing the course, her face soaked in sweat, her eyes stinging and every muscle in her body aching. Despite the pain, she could see Gunnery Sgt. William Callen, the operations chief of the Marine Corps Martial Arts Center of Excellence in Quantico, Va., approaching, carrying a new, black belt with four red tabs.

“You can put this on right now,” he said, as he presented her with her hard-fought achievement.

Rivera could not help but grin from ear to ear, and suddenly, the pain no longer mattered. After 14 years of dedicated training, she is now the first female in Marine Corps Martial Arts Program history to attain a fourth-degree black belt.

Rivera, a West Palm Beach, Fla., native, earned her fourth-degree black belt, at the Staff Noncommissioned Officer Academy aboard Marine Corps Base Hawaii, July 30. Achieving this rank puts her among the nine fourth-degree black belts currently in the Marine Corps. Her fortitude has been well noticed since she became an instructor trainer in 2009.

Callen, who is traveling to each Marine Corps installation to test out Marines on second through fourth-degree black belts, said Rivera immediately proved her commitment to the program by her determination, enthusiasm and esprit de corps.

“Every time I have trained with her, she walks in and leaves with a smile on her face,” said Callen, who was her instructor when she earned her first-degree black belt. “No matter how hard she gets hit or how bad she is hurting, her



Cpl. Brittney Vito | Marine Corps Base Hawaii

U.S. Marine 1st Sgt. Sigrid Rivera, Service Company first sergeant, Headquarters Battalion, applies a knife technique on 1st Sgt. Michael Childs, Charlie Battery first sergeant, 1st Battalion, 12th Marine Regiment, during their fourth-degree black belt testing held aboard Marine Corps Base Hawaii, July 30. Three Marines tested with Callen that day in hopes of earning their fourth red tab. Rivera and Childs were the only two Marines who succeeded during the testing period.

smile is always there.”

There are many requirements to advance to the fourth-degree level. A candidate must be a third-degree black belt for at least two years, accumulate a minimum of

300-hours of community service, conduct 480 training hours, write a 4,000-word martial arts culture

See MCMAP, A-7



Lance Cpl. Harley Thomas | Marine Corps Base Hawaii

Rep. Tulsi Gabbard, a congresswoman with the 2nd Congressional District of Hawaii, visited Marine Corps Base Hawaii, Tuesday. Gabbard, a Leloaloe, American Samoa, native, said the purpose of her visit was to spend time with the wounded warriors and base leadership, giving her the chance to extend her gratitude to them and, upon leaving, be able to better tell the Marines' story and advocate for the base.

Gabbard visits, meets Wounded Warrior Bn.

Lance Cpl. Harley Thomas
Marine Corps Base Hawaii

Rep. Tulsi Gabbard, a congresswoman with the 2nd Congressional District of Hawaii, visited members of the Wounded Warrior Battalion West-Detachment Hawaii aboard Marine Corps Base Hawaii, Aug. 4.

The purpose of the representative's visit was to spend time with the wounded warriors and base leadership, giving her the chance to extend her gratitude to them and, upon leaving, be able to better tell the Marines' story and advocate for the base. She said it was great to hear about the work the Marines have been doing as they go through the recovery process.

“Personally, it's very meaningful, both as a soldier and representative of this district,” said Gabbard, a Leloaloe, American Samoa, native. “It's unfortunate that the headlines no longer talk about those who are still paying the price for their service. When the headlines go away and people start to forget about who carries the burden of our conflict and the toll it takes,

See REP, A-7



Future Marines
Pyramid Rock Young Marines experience Corps culture, **A-4**

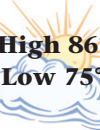


One love!
MCB Hawaii kids learn art of Tennis, **B-4**

Saturday



Sunday



NEWS BRIEFS

Youth cheerleading seeks participants

The Semper Fit Youth Sports program is seeking youths to join the cheerleading squad. The \$95 fee includes uniform. Open to family members of active duty military, DoD and MCCS ages 5 to 15 years. Sign-up at the Semper Fit Center. For more information, call the Youth Sports Coordinator at 254-7473.

Seeking teen players for youth volleyball

The Youth Sports program still has availability for teens in the Youth Volleyball program. Registration is \$55 and includes uniform and participation trophy. Open to male and female players. Children of active duty and DoD/MCCS civilians are welcome. Games start in October. For more information, call the Youth Sports Coordinator at 254-7473.

Volunteers needed for Biggest Little Air Show in Hawaii

The Pacific Aviation Museum on Ford Island is in need of volunteers for the “Biggest Little Air Show in Hawaii, scheduled for Aug. 15 and 16, from 10 a.m. to 4 p.m. Volunteers must be 18 years or older. Positions include road and parking guards, flight line security, section security, kid zone monitors, cashiers and tent attendants. Contact Lori Warnock, the volunteer coordinator at 445-9189 for an application. For more information about the museum, visit www.PacificAviationMuseum.org.

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 at www.fcmarineshawaii.com. Apply now by calling 1-866-340-0122. Come to the Forest City office at 1571 Lawrence Road with questions or to apply.

Weed Warriors needed for Saturday

Join the Sierra Club, community volunteers, and the staff of the Environmental Compliance and Protection Department, Saturday, from 8 to 11:30 a.m. to remove invasive trees and shrubs from the historic Nuupia Ponds and wildlife wetland habitats on base. This is a great opportunity to learn about native plants and birds.

Meet at the H-3 Gate pass house parking lot at 8 a.m., from there you will proceed with Environmental personnel to the work site. The base provides cotton gloves and tools. Wear old clothes, close-toed shoes; and sunscreen. Bring plenty of water. Expect to get dirty. Letters of appreciation will be issued to all military members. For questions contact Lance Bookless at lance.bookless1@usmc.mil or 257-7000.

FY16 MCB Hawaii Marksmanship Program Distribution Conference scheduled for Aug. 12

The Annual Marksmanship Quota Allocation Conference is scheduled Aug. 12 at 8 a.m. in Combat Camera Classroom 1. It is requested that a unit rep attend with the ability to discuss and assign your unit's rifle requal, pistol qual/requal, coaches course students and marksmanship trainer student quote needs as well as support personnel for each detail. Please address your questions to Chief Warrant Officer Jordan Kramp at 474-8057.

Important Phone Numbers

On-Base Emergencies	911
On-Base Emergencies (Non Medical)	257-2123/2124
Child Protective Services	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Base Information	449-7110
MCB Hawaii Chaplain	257-3552
DEERS	257-2077



www.mcbhawaii.marines.mil	
www.hawaiimarine.com	
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Base Sergeant Major	Sgt. Maj. Gregory L. Hall
Public Affairs Chief	Gunnery Sgt. Matthew Orr
Combat Correspondent.....	Cpl. Brittney Vito
Combat Correspondent.....	Cpl. Khalil Ross
Combat Correspondent.....	Cpl. Adam O. Korolev
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TOP SHOT



MARINE CORPS TRAINING AREA BELLOWS — Marines assigned to Combat Logistics Battalion 3 and Soldiers assigned to 209th Aviation Support Battalion exit a CH-53E during a joint Downed Aircraft Recovery Team exercise aboard Marine Corps Training Area Bellows, July 30. The Marines and Soldiers conducted the DART exercise to enhance their interoperability in preparation for potential real world missions.

Photographer: Lance Cpl. Julian Temblador

Age: 20

Behind the shot: Before the shoot, I wanted to capture Marines and Soldiers working together. When I exited the CH-53E, I turned around, saw this moment and I had to capture it.



Kristen Wong | Hawaii Marine

ABOVE: Lt. Col. Timothy S. Brady (left), the incoming commanding officer of 3rd Battalion, 3rd Marine Regiment, receives the unit colors from Lt. Col. Matthew W. Tracy (right), outgoing commanding officer, 3rd Bn., 3rd Marines, during a change of command ceremony at Dewey Square, July 31.

RIGHT: Lt. Col. Matthew W. Tracy kisses his daughter after the ceremony. Tracy, a West Hartford, Conn., native, relinquished command of “Trinity” to Brady, a Fairfax, Va., native.



Lance Cpl. Harley Thomas | Marine Corps Base Hawaii

ICE COMMENTS

COMMENT: To avoid sounding rude, I will get to the point. The music being played is very inappropriate. I wouldn't want to hear it as an adult and I definitely don't think its good for my children to hear. I'm not looking for kid sing alongs to be played but music that doesn't have terms that cause my kids to ask what it mean or even have them repeat it.

RESPONSE: Aloha <Name omitted>, Thank you very much for coming to K-Bay Lanes for your families bowling enjoyment. The music that we play is on Oceanic Cable 801 which plays only the popular American top hits. This station is censored by Oceanic Cable and rated for all listeners of any age. This is the only station that we are allowed to feature in our bowling facility. I really didn't mean to offend you and your family with any of the music that was featured from this station. Please let me assure you that you shouldn't hear any appropriate music and if you do, would you please bring this to my attention immediately so I can verify with Oceanic Cable the type music that is being play from their station. I appreciate your comments and I hope this won't deter you from patronization our facility in the near future. I also would like to let you know that I have a Kids Bowling Clinic session for all kids from 6 to 10 years of age <date omitted> if you are possibly interested. If you have any more comments, please contact me directly to rectify any problems that you may have. Special thanks again for your patronage of K-Bay Lanes and I really hope to see you and your family back here again in the very near future. Mahalo, <Name omitted>

Interactive Customer Evaluation (ICE)

ICE IS:

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

ICE is NOT:

- To be used as a sole source to report safety concerns. **Base Safety should be contacted directly at 257-1830.**
- Intended for use to submit complaints regarding fellow employees or management, to spread rumors, to threaten or to make public announcements. Visit the ICE site at <http://ice.disa.mil> for more information.

AROUND THE CORPS

Your weekly guide to what’s happening around the Corps
East Coast



Cpl. Austin Long | II Marine Expeditionary Force

MARINE CORPS BASE CAMP LEJEUNE — A Sailor with Amphibious Construction Battalion Two directs a Marine with Combat Logistics Regiment 25, based out of Marine Corps Base Camp Lejeune, onto the Improved Navy Lighterage System during training at Green Beach Two aboard Marine Corps Support Facility Blount Island and U.S. Coast Guard Sector Jacksonville, Tuesday. The Marines with CLR-25 practiced driving various vehicles on and off the INLS to prepare for loading and unloading material from the craft later in the week. This exercise, led by the 2nd Marine Expeditionary Brigade and Expeditionary Strike Group Two, is one part of BOLD ALLIGATOR, the year’s largest amphibious exercise on the East Coast, which will serve as a capstone event for the Marines’ Expeditionary Force 21 concept.

Overseas



Cpl. Olivia McDonald | U.S. Marine Corps Forces Europe

TROINA, Sicily — Navy Lt. Derrick Horne, the chaplain with Special-Purpose Marine Air-Ground Task Force Crisis Response-Africa, Detachment A, pays respect for the sacrifices made during the Battle of Troina in World War II during a wreath-laying ceremony in Troina, Sicily, Italy, Sunday. Horne later offered a prayer in honor of the civilian and military casualties during that battle in 1943.

West Coast



Sgt. Owen Kimbrel | I Marine Expeditionary Force

MARINE CORPS AIR GROUND COMBAT CENTER TWENTYNINE PALMS, Calif. — Lance Cpl. Tyler Henderson, a radio operator with Truck Company, 3rd Marine Division, III Marine Expeditionary Force, sets up a road block after discovering a possible simulated improvised explosive device during a motorized operations course aboard Marine Corps Air Ground Combat Center Twentynine Palms, Calif., July 30. The Marines set up road blocks and conducted a 360-degree area of security until explosive ordnance disposal arrived to neutralize the threat.

Pyramid Rock Young Marines

BUILD A FOUNDATION FOR FUTURE



The Pyramid Rock Young Marines prepare as 1st Lt. Carmella Shivers, a communications officer with Marine Unmanned Aerial Vehicle Squadron 3 and a Philadelphia native, performs an uniform inspection at building 333 Saturday. The uniform inspection was just one of the many activities the Pyramid Rock Young Marines underwent during recruit training on base last weekend.



Photos by Lance Cpl. Harley Thomas | Marine Corps Base Hawaii

The Young Marines program is open to all youth until their completion of high school, the only membership requirement is that the youth must be in good standing at school. Since the program's inception in 1958, the organization has grown to more than 300 units with 10,000 youth and 3,000 adult volunteers in 46 states, as well as Germany, Japan and affiliates in a host of other countries. The purpose of the Young Marines program is to teach and give children and young adults, ages 8 to 18, a better understanding of leadership, discipline and teamwork. By regularly hosting groups such as the Young Marines, MCB Hawaii helps to promote a foundation for future service members. The mission of the Young Marines is to positively impact America's future by providing quality youth development programs for boys and girls that nurture and develop its members into responsible citizens who enjoy and promote a healthy, drug-free lifestyle.



Young Marine Lance Cpl. James Sheridan, a Kapolei, Hawaii, native, prepares for the uniform inspection.



Young Marine Lance Cpl. Richie Xu, an Ewa Beach, Hawaii, native, leads incoming Young Marines in a physical training session.

BOWL ME OVER: MCB HAWAII YOUTHS GRADUATE BOWLING CLINIC



Photo courtesy of Elden Doi

The participants in the most recent Kids Summer Bowling Clinic pose with their certificates of completion, July 29. Front row: Ben and Nicolas Deslauriers. (Back row, left to right:) Ciara and Alexander Bohn, and Wyatt Peterson. The participants were given a final exam consisting of 20 questions pertaining to bowling. No bumpers were allowed during the four-week training sessions. The purpose of the clinic was to teach the basic fundamentals of bowling. Students attended the clinic every Wednesday from 1 to 3 p.m. during June and July.

Work out your money skills at NMCRS Financial Bootcamp

Maria Kanai

Hawaii Marine

Dry cleaning your uniform, buying a soda at the vending machine, going out for a movie – expenses have a way of sneaking up on you. How do you spend your money, and how can you do it responsibly? That’s where the Navy-Marine Corps Relief Society can help.

“It’s really about education,” said Cheryl Milca, director of NMCRS. “We see many Marines who are coming right out of high school or college with little life experience, so how can they make good financial choices unless we educate them from when they start getting that first paycheck?”

At NMCRS, service members can receive in-depth financial counseling, interest-free loans and grants, emergency assistance and much more. Volunteers make up 96 percent of NMCRS and they undergo extensive training to join the society.

“It’s the best job that I’ve ever had,” said volunteer Peggy Enquist. “I love working with the young Sailors and Marines who come in, and I wanted to do something that would give back to the Navy Marines. The staff here is also the best,” she added.

If you are interested in volunteering, call 257-1972 to make an appointment.

Milca and her team of 26 volunteers dedicate much of their time teaching Marines how to be financially responsible through interactive workshops like Financial Bootcamp and Budget for Baby.

Financial Bootcamp is a new, hourlong workshop that teaches Marines and Sailors financial skills such as how to read their leave and earnings statement, create a budget and reduce debt.

“It’s really an eye-opener class,” said Milca. “We get them to interact in the workshop, which makes them pay attention and think twice about the choices that they make.”

For example, attendees are given a spending plan worksheet broken down into daily living expenses so they can figure out where their money is going. During the class, they practice prioritizing expenses by sorting items on labeled cards as long-term and short-term spending goals and receive tips on where they might save extra money. One valuable tip: changing the ZIP code on your LES.

“The cost of living in Hawaii is higher than living in the mainland, so changing your ZIP code (if you live in



Photos by Maria Kanai | Hawaii Marine

Pfc. Karla Iannicelli, a personal property clerk with the base Distribution Management Office and a Fort Lauderdale, Fla. native, groups “new car” and “retirement” as two long-term saving goals at a Financial Bootcamp workshop held by the Navy-Marine Corps Relief Society at the base Regional Contracting Office, Tuesday.

Hawaii) might bring in more money,” said Julie Duszak, a volunteer caseworker who regularly teaches the class.

While the bootcamp is held by request from units and organizations, Budget for Baby is bi-monthly and is tailored toward couples who are expecting or thinking about having a baby.

According to volunteer caseworker Candice MacInnes, raising a child today can cost up to \$291,000 from ages 0 to 18 years old.

“We talk about budgeting for that cost and breaking down the expenses for baby items such as diapers, formula vs breastfeeding and more,” she said.

At the end of the free workshop, attendees receive hand-knitted blankets and a choice between a \$50 gift card or \$80 worth of baby products.

The next Budget for Baby will take place Aug. 12 from

9 a.m. to 11 a.m., and Aug. 27 from 1 p.m. to 3 p.m. Commands interested in holding a Financial Bootcamp can call 257-1972 to schedule a class.



Madeline Wahl, a procurement analyst for the base Regional Contracting Office, takes notes during a Navy-Marine Corps Relief Society Financial Bootcamp workshop.

MCMAP, from A-1

study and receive a referral from their command.

Three Marines tested with Callen that day in hopes of earning their fourth red tab. Rivera was one of two who succeeded during this testing period.

MCMAP is intended to enhance the transformation from civilian to Marine by developing a Marine’s ethos in a progressive manner throughout their career.

“The most difficult part about MCMAP is actually the easiest part in a way,” Rivera said. “We call it being an ‘eternal student,’ which means that it is our responsibility to continuously learn from everyone around us. (We must) sustain the transformation, be humble, receptive (and continue) learning every day.”

Rivera’s positive attitude, experience in the program and love for the Marine Corps has made her an ideal advocate for the program, Callen said. He added, that to a certain extent, Rivera is the type of person who sometimes has to be protected from herself. She has a strong desire to be the best and strives to excel at everything she does.



Cpl. Brittney Vito | Marine Corps Base Hawaii

U.S. Marine 1st Sgt. Sigrid Rivera, the first sergeant for Service Company, Headquarters Battalion, Marine Corps Base Hawaii, earned her fourth-degree black belt, at the Staff Noncommissioned Officer Academy aboard MCB Hawaii, July 30. Earning this rank puts her among the nine fourth-degree black belts currently in the Marine Corps.

“She’s everything we teach instructor trainers to be,” said Callen, who is also a fourth-degree black belt. “Plus, she shows us what (Marines) can do with determination and the right attitude.”

Callen, a firsthand witness to Rivera’s progression through the program, has become a big mentor to her.

REP, from A-1

it is not good for our country.”

Gabbard, also a captain in the Hawaii National Guard’s 29th Brigade Combat Team, said whether it was going through basic training, deployment, or Officer Candidates School, having a political career was never her goal. She said her reason for becoming an officer was to correct the issues she saw as an enlisted soldier.

“During training it was drilled into me: You are responsible,” Gabbard said. “Not just for the mission, but for everything that happens around you. There are a lot of challenges that no training could (prepare you for), but those challenges helped me become a better soldier, officer and leader. Having the experience I do, and coming home to train or drill with my unit, I see things at the base level, where many people don’t.”

Gabbard said the work she does with the military and community continues to serve as her motivation. She said that no matter what the problem may be, she thinks of how she can help be part of the solution.

“Coming out of my deployments, I felt it was important to take those experiences and do something constructive to change things for the better, not just for my unit or platoon, but for our community and

country as well,” she said. “I became more motivated to do so once I saw how few people in Congress have actually worn a uniform — how few people have any actual ability to relate to the experiences (our service members) have gone through.”

Sgt. Christopher Austria, a Marine reservist with the detachment, said he was glad Gabbard made it a point to visit the Marines. He said she plays a pivotal role in her position, and uses insight from her military and civilian experience to formulate her decisions.

“For me, the visit was very satisfying,” Austria said. “It’s great to know we have a strong person, such as Rep. Gabbard, in office, who actually wants to hear what’s wrong so she can try to fix the issue for the service members. She understands the issues of military life and has firsthand experience.”

Austria, a Hilo, Hawaii, native, said he’s happy knowing the congresswoman “embraced the suck” from the enlisted and commissioned officer side. He said because of this, Gabbard has been able to establish a good rapport with the service members.

“I think the visit was (crucial) for our Marines,” Austria said. “I believe the congresswoman is a very inspiring individual and her story is uplifting. Most of the Marines in the detachment are transitioning out and I truly believe she has given (them) the motivation to strive and do the best they possibly can

do. I hope the congresswoman is able to carry on and keep pushing for our military members.”

Gabbard said by working with MCB Hawaii, she is better able to represent service members while in Washington.

“For the people making the decisions, I think it’s important to have some personal experience and know the impact of those decisions,” the congresswoman said. “Coming here, I get to see things, ask questions and get (immediate) feedback.”

Gabbard said she is focused on her purpose, working for the service members and the state of Hawaii. She also said she feels right at home whenever she visits troops and any day she does is a good day.

“For those who welcomed me into their ohana, I just want to say ‘thank you,’” Gabbard said. “I want to thank them for the warm welcome and for all they are doing. There is significant hardship that comes with the job they signed up for, but there is also a great reward — a common bond that unites us all. I appreciate sharing that bond and I accept the responsibility that comes with it; I take my job very seriously because it is important for our (service members) to know they have advocates, people like me, (who support them). It is important our troops have a voice and I am proud to represent them in Congress.”

Sports & Lifestyle

Weed Warriors fight to preserve native species

Maria Kanai
Hawaii Marine

This Saturday, volunteers will be heading to the historic Nu‘upia Ponds to continue their fight against an ongoing battle.

Every even-numbered month, Weed Warriors gather at the pass house parking lot, armed with loppers, machetes and pruning tools. Their assignment: Push back invasive plants and protect endangered native species.

“What we do is important because we need good management of our land and we need to support the endangered species in the habitat,” said Lance Bookless, the senior natural resources manager at the Environmental Compliance and Protection Department, and an Ohio native.

Some of the endangered species the Weed Warriors fight to preserve are the waterbirds in the Wildlife Management Area, such as the a‘eo, or Hawaiian stilt; ‘alae ‘ula or Hawaiian moorhen; ‘alae ke‘oke‘o, or Hawaiian coot; and koloa maoli, Hawaiian duck.

The waterbirds are endangered in part because of non-native plants like sea grape, kiawe and pluchea, which alter the waterbirds’ habitat and are highly invasive. Sometimes,



Kristen Wong | Hawaii Marine

Volunteers of the Weed Warriors, an organization comprised of the Sierra Club, community volunteers and staff of the Environmental Compliance and Protection Department, work together to pull out invasive plants found at Nu‘upia Ponds, Wildlife Management Area. Weed Warriors meet on every even-numbered month to help preserve and protect Hawai‘i’s native animals and plant life.

the Weed Warriors will clear an area, only to return to find these plants have come back. Both the rain and seeds bring seeds, Bookless said, and it’s an ongoing battle.

However, he’s optimistic about the eventual outcome. “We’ve seen progress and we’re (eventually) hoping to only see native vegetation,” he said.

Bookless, who has always

enjoyed being outdoors, said he’s been interested in natural resources since he was a teenager.

“I grew up in the ‘70s, when all these environmental laws were being enacted, so I’ve always known I wanted to be a part of something like this,” Bookless said. “(With Weed Warriors), we go back to the areas we’ve cleared and can see

the natives coming back in. There’s (a lot of) satisfaction in that.”

Weed Warriors are dedicated fighters. They work for two and a half hours, whether it’s under the hot sun or in pouring rain. “There was a time we did this on Valentine’s Day this year,” said Bookless. “It was literally a monsoon, and we were all drenched!”

U.S. Marine 1st Lt. Carmella Shivers, a communications officer for the Marine Unmanned Aerial Vehicle Squadron 3 and Philadelphia native, is a regular volunteer for Weed Warriors.

“It’s back-breaking work, to be honest, but the physical challenge of volunteering helps me become a better Marine, and that’s part of the reason why I keep coming back,” Shivers said.

She also finds it rewarding to know that she and the other volunteers are making a difference.

“We’re visitors to this island and we have to preserve the local culture and the local plant life as best as we can,” she said.

Bookless added that volunteers can also receive access to areas which are normally restricted, and can work with shorelines, wildlife and plants they may be unfamiliar with.

Members of the Sierra Club and Environmental staff regularly volunteer, and community and base volunteers are welcome to join. For those interested in volunteering, call 257-7000 or 216-7135 to sign up and confirm the meeting location for this Saturday. Be sure to wear sunscreen and closed-toe shoes, and come prepared to work in muddy environments.

SOCCER SUPERSTARS

The soccer superstar is the player chosen by the coach as the one who really brought their “A” game to the field in a single match. This player exemplified sportsmanship, teamwork and showed their teammates the path to success.



Adrian Romero



Kole Davis

Photos by Cpl. Brittney Vito | Marine Corps Base Hawaii



Adrian Romero, 6, a member of the Jaguars youth soccer team, was chosen by his coach to be their team’s “Soccer Superstar” for being the most improved player on the team.



Kole Davis, 5, a member of the Sharks youth soccer team, was chosen by his coach to be their team’s “Soccer Superstar” for being the all-around best player on the team.

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.

The hair of the dog

Lisa Smith Molinari
Contributing Writer

I’ll admit it, I’ve got a problem.
I wake up each morning, brain sluggish and throat dry. I’m not thinking straight, but I know one thing for certain: I’ll need a drink to get through the day.
Although “the hair of the dog” is precisely my problem, booze has nothing to do with it. I need coffee every morning, and lots of it, to face the fact that the dog is shedding.
I didn’t believe those who warned us. “You’re getting a lab?” they said in disbelief. “You know labs shed, right?”
Yeah, yeah. Whatever.
Back in March, when I first set eyes on our then-8-week-old yellow lab puppy, people could’ve warned me that he would grow up to have poisonous tentacles, razor sharp claws and skunk-like scent sacs. I simply didn’t care. He looked just like one of those impossibly adorable LL Bean catalog puppies, and nothing, including common sense, was going to stop me from taking him home.
Throughout the spring, our new dog “Moby” shed a hair here and there, but

we were too busy dealing with other puppy-related issues such as potty training and needle teeth wound care to notice.
But then, summer came. Moby turned 6 months old a week ago, and to celebrate, his follicles have apparently de-



cided to take a vacation. Accordingly, his stiff little yellow hairs have been granted their freedom to explore every nook and cranny of our household.
It all happened quite suddenly. One day, to praise Moby for returning the pair of underwear he had stolen from my son’s room, I reached down to stroke his back. He gave me several licks to the face before I noticed that I had a veritable catcher’s mitt of dog hair covering my hand.
Since then, dog hair has permeated every aspect of our lives.
First thing in the morning, my scratchy throat is the sure sign that I’ve inhaled several hairs in the middle of the night, triggering sudden coughing fits. When I shake the covers to make our bed, puffs of hair become airborne, creating a cyclone of dog hair that glows visibly in the morning light, before gently drifting back down to settle on our bedspread, ready to be inhaled another night.
I often find a hair floating in my morning coffee and have to fish it out with a finger. If I miss, it ends up on my tongue. Strangely, I can feel it, but somehow can’t seem to find it. Eventually, I

swallow and hope that dog hair doesn’t have too many carbs.
The rest of the day, I find mats of hair in the lint trap, tumbleweeds of hair drifting down the hallway, tufts of hair on the upholstery, balls of hair on the bathroom rug, blankets of hair in the vacuum filter, tangles of hair on the fan blades and a generous sprinkling of hair on carpets, furniture and fixtures.
Also, thanks to my unfortunate mistake of allowing Moby to ride along in the minivan to drop my teenage daughter off at her summer job, anyone who enters our vehicle gets out looking like Chewbacca.
I didn’t think it was canine-ly possible for a dog to shed so much hair, much less for it to end up on top of our refrigerator, baked into the meatloaf, or woven into my toothbrush bristles. In a strange and incredibly annoying sort of way, dog shedding is quite miraculous.
In fact, it will be a miracle if I survive this process without hacking up a hairball myself. But in the meantime, I guess I have no choice but to love every hair on ... or off ... Moby’s adorable little head.
www.themeatandpotatoesoflife.com

Created by: GySgt Charles Wolf

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SUDOKU

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

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!

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!

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

ANSWER:

Movie Times

"Terminator: Genisys" (in 3-D) PG-13 Today | 6:30 p.m.

"The Gallows" R Today | 9:15 p.m.

"Self/Less" PG-13 Saturday | 6:30 p.m.

"Terminator: Genisys" (Final Showing) PG-13 Saturday | 9:15 p.m.

"Max" (Final Showing) PG Sunday | 2 p.m.

"Magic Mike XXL" R Sunday | 6:30 p.m.

"The Gallows" 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.

SM&SP volunteers at homeless shelter

Kristen Wong
Hawaii Marine

HONOLULU — More than a dozen Marines and Sailors came to assist in the kitchen at one of the homeless shelters belonging to the Institute for Human Services, Aug. 1, 2015.

Every first Saturday of the month, the Single Marine & Sailor Program recruits volunteers to provide assistance at one of the shelters at IHS. The Marines and Sailors have been coming to volunteer with IHS for about two years, according to Karley Peterson, the SM&SP coordinator.

The service members regularly help prepare ingredients or organize the pantry at the shelter. This time around, a number of service members from Combat Logistics Battalion 3 were part of the volunteer group.

“(By volunteering), we really come together as a unit, give back to the community (and) represent the Marine Corps in a positive way,” said Sgt. Chas Fornili, a welder with Support Company, CLB-3.

This is Fornili’s second time volunteering at IHS with SM&SP. The Pittsburgh native said he enjoys getting involved, and hearing the positive feedback he receives when he comes to volunteer. Fornili and Lance Cpl. Gloribel Flores began their morning slicing different types of bread.

For Flores, it’s seeing the smiles on people’s faces that makes her want to volunteer. The Los Angeles native said this was her third time volunteering at IHS.

While the kitchen was bustling with activity, Lance Cpl. Marquise Jones, an aircraft maintenance administration specialist with Marine Unmanned Aerial Vehicle Squadron 3, busied himself sweeping out the backroom of the kitchen. He has been volunteering regularly with SM&SP since last year. The Washington, D.C. native said he



Kristen Wong | Hawaii Marine

Marines and Sailors from Marine Corps Base Hawaii put on aprons before handling food at one of the Institute for Human Services’ shelters in Honolulu, Aug. 1. The Single Marine & Sailor Program regularly volunteers with IHS and other organizations throughout the year.

liked volunteering for soup kitchens because it gave him a good feeling to give back.

Volunteering is nothing new for Jones, who has also worked in soup kitchens through his church in his hometown. He said the most rewarding part about volunteering is the opportunity to be able to influence others, while also getting to meet other people and hearing their story.

The IHS was officially established

in 1982 as a private nonprofit organization. Episcopal pastor Father Du Teil, and volunteer counselors Peter Giberson and Rick Loyd originally opened a center that was open seven days a week, offering peanut butter sandwiches three times a day and hot meals on Friday and Saturday evenings. According to the website, the institute has two shelters, and serves anywhere from 600 to 700 meals each day to the homeless.

Other volunteer opportunities are available to single and unaccompanied Marines and Sailors throughout the year. Service members regularly run with shelter dogs at the Hawaiian Humane Society and conduct beach clean-ups. Transportation is generally provided, and volunteers meet in front of Kahuna’s Recreation Center.

For more information about SM&SP, visit www.mccshawaii.com/smsp, or call the coordinator at 254-7593.

ENDING THE WORKDAY ON A GOOD NOTE



Maria Kanai | Hawaii Marine

Guitar player Valdemar Vasquez, a materials handler at Marine Corps Community Services and frontman of his band Island Storm, plays a cover of John Cruz’s “Island Style,” July 29. The event “Pau Hana with Val” was the debut to a new quarterly series which will feature a different musician to perform live music four times a year at Mokapu Mall. Vasquez also covered Ehukai’s “Molokai Slide,” Van Morrison’s “Brown-Eyed Girl” and Florida Georgia Line’s “Cruise.”



Maria Kanai | Hawaii Marine



ABOVE: Bianca Krupa (left), 6, returns a tennis ball to her fellow Tennis Pups Junior Liam Walters, 5, at the first Red Ball class held for the third summer session at the tennis court, Monday. The classes are held every Monday from 3:30 to 4:30 p.m. until Sept. 11, for children ages 5 to 7. LEFT: (Left to right:) Liam Walters, 5, Darby D'Amico, 6, and Addison Nash, 6, practice hand-eye coordination and movement to the ball during their Red Ball class at the tennis courts aboard Marine Corps Base Hawaii. RIGHT: Omar Mauricio, 5, gathers tennis balls from the court onto his racket.



MARINES MOUNT UP



Photos by Cpl. Khalil Ross | Marine Corps Base Hawaii

ABOVE: Sgt. Austin Bedwell, an intelligence analyst with Combat Logistics Battalion 3, heads out with the motorcycle cruiser group during the CLB-3 motorcycle club group ride, July 30. The 126-mile ride satisfied the motorcycle riding time requirements and allowed the Motorcycle Mentorship Program president the opportunity to evaluate the battalion's motorcycle riders.

BELOW: A Marine with CLB-3 holds his helmet while waiting for the motorcycle club's safety brief to start.



COMMUNITY, BASE BRIEFS/VOLUNTEER OPPORTUNITIES

Feeding stray animals on base prohibited

As a reminder to all base personnel, per Base Order P5233.2 Base Pet and Wildlife Regulations, feeding of any feral/stray animals aboard Marine Corps Base Hawaii is prohibited. Feeding habituates feral animals to humans and encourages them to hunt for food in the urbanized environment. Feeding also artificially supports a larger population of animals; once feeding stops, they will search for food in areas where they used to be fed. Bringing feral animals into close contact with base personnel poses risk of injury to individuals and pets. Additionally, it is illegal to tamper with, damage or destroy any traps or bait stations, or to release animals captured in traps used in the control of wild, stray or feral animals aboard MCB Hawaii. Please report all wild-life related issues to the Environmental Compliance and Protection Department at 257-7000 or 216-7135.

Base library book club to meet

The base library’s book club is hosting its meeting Aug. 12 from 5:30 to 6:30 p.m. on the second floor of building 219. This month’s book will be “Wonder” by R.J. Palacio. The club is open to all adult members of the Marine Corps Base Hawaii community. For more information, call the base library at 254-7420.

Lunch and learn explores VA benefits

The Veterans Affairs benefits office at Marine Corps Base Hawaii is scheduled to host upcoming Lunch and Learn information sessions. Bring your own lunch and come learn what VA benefits you may be eligible for and how to apply. These free sessions are open to all service members, veterans and spouses.

All sessions will be in the Education Center. On Aug. 17, in classroom A, the topic will be “Home Loan Guarantee.” On Sept. 21, in classroom A, the topic will be “Education Benefits and Transfer of Entitlement.” On Oct. 14, in classroom C, the topic will be “Disability Claims and Compensation.” For more information, call Kelvin Bradford at 257-9922 or email kelvin.bradford@calibresys.com.

Hawaii Audubon Society seeks volunteers

The Hawaii Audubon Society is looking for one-time or long-term volunteers to assist with organizing outreach events, fundraisers, field trips, managing databases, website content, mailings and other nonprofit office tasks. Email Tess at hiaudsoc@pixi.com with your availability, interests and preferences, and volunteer experience, if any.

Commander’s Cup Bowling League begins soon

The Commander’s Cup Bowling League begins Aug. 10 at 6 p.m. at K-Bay Lanes. The 12-week league meets

every Monday until Nov 9. This league is open to all patrons, first 24 teams to sign up. For more information, call K-Bay Lanes at 254-7693.

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.

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.

2015 Annual Hawaii Warrior Job Fair scheduled soon

The 2015 Annual Hawaii Warrior Job Fair in conjunction with the Wounded Warrior Canoe Regatta will take place 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 pm. Interviews may be given on the spot so dress for success. For more information, call Hawaii Hires Heroes at 672-1246.

Windward Choral Society seeks singers

The Windward Choral Society welcomes all interested singers to an open house, Sept. 1. Newcomers are asked to arrive at 6:30 p.m., and returning singers are asked to arrive at 7 p.m. in Holman Hall of Kailua United Methodist Church, located on 1110 Kailua Road. No audition is required. Weekly rehearsals are on Tuesday evenings, from 7 to 9 p.m. Fall rehearsals will culminate in holiday-themed concerts in December. For more information email windwardchoral@icloud.com or call 254-5717.

Level III Motorcycle training event

The Base Safety Directorate is planning to host a Level III motorcycle event Sept. 2 and 3 at the airfield P-3 parking ramp. Riders who wish to participate must be active-duty or reserve personnel assigned to Marine Corps Base Hawaii, possess an up-to-date motorcycle endorsement, and must first complete either the Military SportBike Rider Course or the Experienced Rider Course.

Riders may register by visiting the BSD office in building 279. For more information, call 257-1830.

Adult volunteers needed for Young Marines

The Pyramid Rock Young Marines is a youth organization that drills and meets at Marine Corps Base Hawaii. The Pyramid Rock Young Marines are looking for adult staff volunteers for drill on most Saturdays, 8 a.m. to noon or 2 p.m., and for various community service projects. Full or part-time volunteer options are available. Adult staff applicants must be at least 18 years old. The next recruit training begins Saturday at 8 a.m. at building 333 on B St. Email pyramidrockym@gmail.com for more information.

Volunteers needed at Bishop Museum

Volunteers are a vital part of accomplishing the mission at the Bernice Pauahi Bishop Museum. To volunteer, submit a completed application, waiver and background check form. For more details or an application, email Patricia Floyd at patricia@bishopmuseum.org or call 848-4171. Volunteer Services is open Monday through Friday from 8:30 a.m. to 4:30 p.m. Visit bishopmuseum.org for more.