

Hawaii Marine



Petty Officer 3rd Class David A. Cox | Amphibious Squadron 11 Public Affairs

Vehicles from the 31st Marine Expeditionary Unit are unloaded from the well deck of USS Ashland Saturday in support of Typhoon Soudelor relief efforts in Saipan.

31st MEU, Ashland support Saipan

Petty Officer 3rd Class David A. Cox

Amphibious Squadron 11 Public Affairs

SAIPAN HARBOR, Saipan — The 31st Marine Expeditionary Unit aboard the amphibious dock landing ship USS Ashland arrived in Saipan, Saturday, and is providing disaster relief in the wake of Typhoon Soudelor.

When the ship was tasked to go to Saipan earlier in the week, Ashland's Sailors and Marines quickly reconfigured the ship's well deck and flight deck to support equipment and supplies that needed to be transported.

Master Sgt. Hugh Weise, the MEU's motor transport operations chief, said no task is too tough for the MEU's vehicles.

"We can move anything, (whether) it's palletized, containerized or loose bulk-type cargo, we can dress trucks to make sure it happens," Weise said. "Any type of fluid (or) solid — (if) you need it moved, we can move it."

One of the top concerns in Saipan is a lack of clean drinking water in many of the affected areas, which is a large part of the cargo Ashland took to the island. The Federal Emergency Management Agency loaded onto Ashland 89 pallets of drinking water, with each pallet being equivalent to 900 liters and two pallets of water jugs to help with the effort.

Weise said his Marines from Combat Logistics Battalion 31 will be using several vehicles during distribution.

"The water trucks that we have right now can carry 1,800 gallons on top of

each truck," Weise said. "We have one water trailer that holds 400 gallons, we also have water purification equipment Tactical Water Purification System and Lightweight Purification System that produce about 30,000 gallons of purified water a day. Once they get started, we start pushing out as much fresh water as people can handle."

Cpl. Jartavious Gunter, a motor transportation operator, said during his trips delivering water he got the chance to see how much the typhoon affected the community.

"When we first (arrived), there were a few kids playing basketball, all without shirts, there were trees everywhere (and) we had just enough space to get vehicles

See SAIPAN, A-7

Back-to-school tools for military families

Rosemary Freitas Williams
Department of Defense

Summer vacation should never end, says every kid, and it's hard to blame them. But telling your child it's time to get ready for school doesn't have to be bad news. There are two things I'd like to share as you begin to plan for the new school year.

First, if you are one of many families who recently moved to a new school district, please know that school liaison officers can be a huge help. They work with relocating families and local schools to assist with the transfer of a student's credits to their new school district for courses already completed. School liaison officers serve all relocating families, regardless of the member's branch of service, ensuring a smooth transition to their new civilian schools.

For a military family, back to school is not just about the annual gathering of school supplies. It can also include a host of other challenges, such as deployment or learning how to register your child in school in a new community. Military OneSource offers information and resources to help during the back-to-school season. Here's a short list, of what's available to you:

Digital library resources are available on Military OneSource after you log in. Children, youth and teens will find TumbleBooks, the Student Resource Center, tutoring services, CultureGrams for Kids, resources for geography, current events, the arts, science, sports, government, history and more. You can also visit your local installation library for additional learning resources.

Tutor.com connects eligible students in military families to a live tutor online at any time 24 hours a day, seven days a week for one-on-one expert help with homework, test prep, proofreading and more in more than 40 academic subjects.

See SCHOOL, A-7

Fundraiser held for MCBH wounded warriors

Lance Cpl. Harley Thomas

Marine Corps Base Hawaii

Military and community members gathered for a Friends of Windward Wounded Warriors fundraiser and reception with retired Marine Lt. Col. Oliver L. North at The Officers' Club aboard Marine Corps Base Hawaii, Saturday.

The reception, sponsored by the Honolulu Navy League, raised money for Wounded Warrior Battalion West-Detachment Hawaii and doubled as a professional military education opportunity about an important figure in the Marine Corps.

"In the past 14 years, across all branches of the armed forces, we've had nearly 40,000 service members who have been grievously wounded," said North, a San Antonio native. "Through the Wounded Warrior Regiment, the care they get in our military hospitals is second to none — I know because I have both visited and been a patient in them — and they are given the opportunity to keep company with those whom they were wounded with."

North, now a military historian and television host with Fox News, said it's important for the wounded warriors to spend time with each other because those whom one keeps company with often defines who they are.

"One of the greatest privileges we have is that, for the rest of our lives, we can say, 'I am a United States Marine,'" North said. "There is no such thing as a 'former Marine,' and everything you learn from or endure through will serve you well in life. We all say 'Semper Fidelis' to one another, but it is more than a slogan. 'Always faithful' becomes a way of life and that phrase is important in everything we do. When I was young, that lesson had been pressed into me by great Marines and I have been blessed to be able to keep company with guys like that all my life."

North said despite their injuries, Marines are able to connect with one another because of their past experiences and what the program had done for them. He also said he hopes his message is one of encouragement to those who have been injured and to the families who are trying to be strong through transition or therapy, which can, and often does, last



Lance Cpl. Harley Thomas | Marine Corps Base Hawaii

Retired Marine Lt. Col. Oliver L. North, now a military historian, television host with Fox News and San Antonio native, speaks with Maj. James Burke, the executive officer for Charlie Company, Wounded Warrior Battalion West-Detachment Hawaii, after a reception at The Officers' Club aboard Marine Corps Base Hawaii, Saturday.

for years.

"It's always great seeing service members recover," North said. "I remember when my Navy corpsman saved my life in Vietnam, he himself being grievously wounded. He came back to the states, recovered, became a college student, went back into the Navy as a medical officer and he is still treating wounded warriors. Getting over a serious injury is never easy, and to see the way people work at it in hospitals, going through rehab and treatments, is very encouraging."

Chaplain Steven Jensen, a Navy veteran and Navy League liaison for the detachment, said nobody ever dreams of becoming a wounded warrior.

"For most people, it's the end of a dream or career," said Jensen, of Kailua, Hawaii. "For some, with some help and a lot of hard work, there's a chance of returning to active duty, but that percentage is small. By having people such as Lt. Col. North or

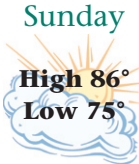
See NORTH, A-7



Fore!
SM&SP hosts Shank & Slice Golf Tourney, **A-6**



Fun in the sand
101 Days of Summer hits the courts for volleyball, **B-4**



NEWS BRIEFS

Youth cheerleading seeks participants

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

Seeking teen players for youth volleyball

The Youth Sports program still has availability for male and female teens in the Youth Volleyball program. Registration is \$55 and includes uniform and participation trophy. Children of active duty, Department of Defense and Marine Corps Community Services civilians are welcome. Games start in October. For more information, call 254-7473.

Men’s softball tournament scheduled for Aug. 29

Semper Fit is hosting a Men’s Softball Tournament, Aug. 29, at Riseley and Annex Fields. The tournament is open to active duty, Department of Defense, spouses and dependents from all military branches. The entry fee is \$250 per team. Contact the athletic director at 254-7590 to register.

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 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.

NMCRS offering Financial Boot Camp

Could your Command’s junior Sailors and Marines use help understanding their personal finances? Let the Navy-Marine Corps Relief Society come to you at your convenience and in a location of your choice. The 60-minute interactive course includes budgeting, saving and eliminating debt. For details or to schedule a workshop, call 257-1972.

MCB Hawaii Texting While Driving Campaign

A new Texting and Driving Campaign went into effect Aug. 1. Drivers caught texting and driving aboard Marine Corps Base Hawaii or neighboring Marine Corps facilities, the following fines will be incurred:

- First offense: 3 points; 30-day base driving suspension; U.S. District Court Violation notice 1805; and a maximum fine of \$347
- Second offense: 3 points; 120-day base driving suspension; U.S. District Court Violation notice 1805; and a maximum fine of \$347
- Third offense: Installation debarment

Anderson Hall repairing boiler

Due to required repairs at Anderson Hall Dining Facility, patrons may recognize modified menus, or the occasional use of paper/plasticware without advanced notice. Key personnel are working diligently to ensure the estimated repair time of 90 days is met. Operating days and hours will remain unchanged. For more information, call Master Gunnery Sgt. A.R. Gonzales or Master Sgt. A.J. Jones at 257-1621.

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



Hawaii Marine

www.mcbhawaii.marines.milwww.hawaiimarine.com

Commanding Officer Col. Sean C. Killeen
Base Sergeant Major Sgt. Maj. Gregory L. Hall
Public Affairs Chief Gunnery Sgt. Matthew Orr
Community Relations Officer.....Elizabeth Feeney
Managing EditorCpl. Khalil Ross
Combat Correspondent..... Cpl. Brittney Vito
Combat Correspondent..... Cpl. Adam O. Korolev
Combat Correspondent.....Lance Cpl. Harley Thomas
Photojournalist.....Christine Cabalo
Photojournalist..... Kristen Wong
Graphic Artist.....Jay Parco
Contributing Writer.....Maria Kanai

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*Hawaii Marine, Box 63062, Building 216,
MCB Hawaii, Kaneohe Bay, Hawaii 96863
Email: HawaiiMarineEditor@gmail.com
Fax: 257-2511, Phone: 257-8837*

TOP SHOT



Cpl. Khalil A. Ross | Marine Corps Base Hawaii

Cpl. Gabriel Tennis (left) and Cpl. Curtis Cebula (right) with Weapons Company, 2nd Battalion, 3rd Marine Regiment, fire both the M40 sniper rifle and M110 Semi-Automatic Sniper System at Ulupa’u Crater April 8. The Marines hiked up to the range with all their gear where they got set up and started sighting in on the targets.



Photographer: Cpl. Khalil A. Ross

Age: 20

Behind the shot: Snipers are elusive subjects that are rarely seen, but always there. When most people think of them, they are in the trees or in tall grass. With this photo, I hoped to capture the true distance, range and height that Scout snipers are willing to go in order to get into position.

Ice Comments

Interactive Customer Evaluation

ICE IS:

- A web-based tool for collecting feedback about the services provided by various organizations throughout the Department of Defense.
- 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. The Base Safety Directorate 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>.

AROUND THE CORPS

Your weekly guide to what’s happening around the Corps

West Coast



Lance Cpl. Kimberlyn Adams | Marine Corps Air Station Miramar

MARINE CORPS AIR GROUND COMBAT CENTER TWENTYNINE PALMS, Calif. — Marines with 3rd Low Altitude Air Defense Battalion return from firing a stinger in Fort Irwin, Calif., Monday. Marines fired stinger missiles, a 50 Caliber sniper rifle and an M240B machine gun during the five-day annual training.

East Coast



Cpl. Krista James | II Marine Expeditionary Force

MARINE CORPS BASE CAMP LEJEUNE, N.C. — Lance Cpl. Dale Dibble, a mortarman with 1st Battalion, 8th Marine Regiment adjusts the sight on the M224 60 mm Mortar Lightweight Company Mortar System during a 10-day long 60 mm Mortar Lightweight Company Mortar System course under the direction of the Division Combat Skills Center aboard Marine Corps Base Camp Lejeune, N.C., Monday. The course began with classroom instruction over the weapons system in which they learned how to boresight, conduct misfire procedures and deflect changes for elevation before the unit moved into live fire.



Lance Cpl. Melanye E. Martinez | II Marine Division

Overseas

MIHAIL KOGALNICEANU, Romania — Lt. Col. Reginald McClam, commanding officer of 3rd Battalion, 8th Marine Regiment, and Sgt. Maj. Paul Costa, sergeant major of 3rd Bn., 8th Marines, uncased their unit colors during a transfer of authority ceremony aboard Mihail Kogalniceanu Air Base, Romania, Aug. 6. During the ceremony, 3rd Bn., 8th Marines assumed authority of the Black Sea Rotational Force, a biannual rotation of Marines and Sailors that acts as a Security Cooperation Marine Air-Ground Task Force through conducting military-to-military engagements and enabling the continuation of regional stability, increasing interoperability and building and maintaining relationships with allied and partner nations.



MCCS HAWAII CELEBRATES FOOD, HOSPITALITY AWARDS

LEFT: Col. Sean C. Killeen (left), commanding officer of Marine Corps Base Hawaii, shares a laugh with Jim Hamachek , the manager of Kahuna’s Sports Bar and Grill, during a small awards presentation at the bar and grill, Aug. 6. BELOW: Marine Corps Community Services Hawaii staff pose for a photo with Killeen. (From left to right:) Ashley Erck, an assistant manager with Kahuna’s, Killeen; Jim Hamachek, the manager of Kahuna’s; Melvin Rodenhurst III, the lead cook at Kahuna’s and Shaun Chijimatsu, an assistant manager at Kahuna’s. Killeen presented 2014 Food and Hospitality Excellence Awards to representatives from 13 MCCS Hawaii services. More than 60 facilities across the Corps sent nominations to Headquarters Marine Corps for the excellence awards. MCB Hawaii was nominated and awarded for all 13 services. In addition, Kahuna’s was named Club of the Year for 2014, and Camp H.M. Smith’s Aloha Kitchen was given “Honorable Mention” as the runner up for Food and Beverage Facility of the Year.



Special guests and Marine Corps Community Services Hawaii staff pose for a photo after the awards presentation.

Photos by Kristen Wong | Hawaii Marine



Photos by Cpl. Khalil Ross | Marine Corps Base Hawaii

David Daniels, a paramedic with Medic 8 aboard Marine Corps Base Hawaii, straps an attendee into the ambulance seat during the National Night Out event Aug. 4, at Mokapu Mall aboard Marine Corps Base Hawaii. National Night Out is a crime prevention event that takes place nationwide as well as in Canada and U.S. military bases around the world.

MCBH enjoys National Night Out

Cpl. Khalil Ross
Marine Corps Base Hawaii

Since 1984, National Night Out has united the community with safety awareness and understanding civil and military emergency services. To this day, the event has not lost its luster, nor dwindled in participation. This year alone, an estimated 37.8 million people from more than 16,000 communities worldwide spurred on the movement.

Marine Corps Base Hawaii was no exception when service members and their families converged at Mokapu Mall, Aug. 4, during the NNO event.

Cpl. Marc Rivera, a civilian military police officer with the Provost Marshal's Office, said the event gives people a chance to view new technology, get safety tips and learn about those working day and night for the community's safety.

"National Night Out is the nation's premier crime prevention and police community event, held annually on the first Tuesday of August," he said. "It's an opportunity for all parts of our community to come together around the shared goal of a safe, healthy community and reinforces the partnership of citizens and police to combat crime."

There were many activities during the event including prize giveaways, musical entertainment and military working dog demonstrations. There were also 20 departments from the base and eight civilian agencies representing law enforcement, security first responders, emergency management and victim resources.

Delia Quintanilla, a military spouse, said she didn't know about the event



McGruff the crime dog greets children.

until the day before.

"I didn't know (the fire trucks and ambulances) were going to be here," she said. "We were driving by and I saw all of this and (my son and I were ecstatic)."

Quintanilla's son was excited about the activities and stations at the event.

"(My son) liked the ambulances and the fire trucks that were there," Quintanilla said. "He wants to be a firefighter and even though he is very (young) he can see how important



Lance Cpl. Sarah King a traffic court bailiff with the Provost Marshal's Office, Marine Corps Base Hawaii, paints the face of a child at Mokapu Mall during the National Night Out event Aug. 4.

this job is and why he wants to be like them. (Meeting them in person) you realize they are people just like us," Quintanilla said.

She added the event is great exposure for law enforcement and the participating departments while they encourage more safety awareness in the community.

"While the one night is certainly not an answer to crime, drugs and violence,

National Night Out does represent the kind of energy and determination to help make neighborhoods a safer place year round," Rivera said.

Rivera said building the relationship between the civilian and military services will help the base.

For more information about the NNO and how to assist your own community, visit the National Association of Town Watch's homepage at <https://natw.org/>.



Photos by Kristen Wong | Hawaii Marine



SM&SP HOSTS SHANK & SLICE

ABOVE: Members of the Headquarters Battalion Ordnance Team finish one of their holes and return to their golf carts during the Shank & Slice Golf Tournament at the Kaneohe Klipper Golf Course, Aug. 7. Coordinated by the Single Marine & Sailor Program, the four-man scramble competition was open to all hands, and Marine Corps Base Hawaii service members could earn points toward the 101 Days of Summer Program by participating. The 101 Days of Summer Program serves to provide activities for the service members of Marine Corps Base Hawaii and discourage drug and alcohol abuse. Service members could also take classes offered by the Health Promotion Office for points.

LEFT: Petty Officer 3rd Class Tyler Zak (in blue shirt), and a Doylestown, Pa., native, putts his ball while Petty Officer Tyler Dias (in yellow shorts), an Attleboro, Mass., native, observes. Zak and Dias, both fire control technicians with the USS Louisville, competed in the tournament.

HAWAII-BASED MARINES COMPETE IN CULINARY COMPETITION

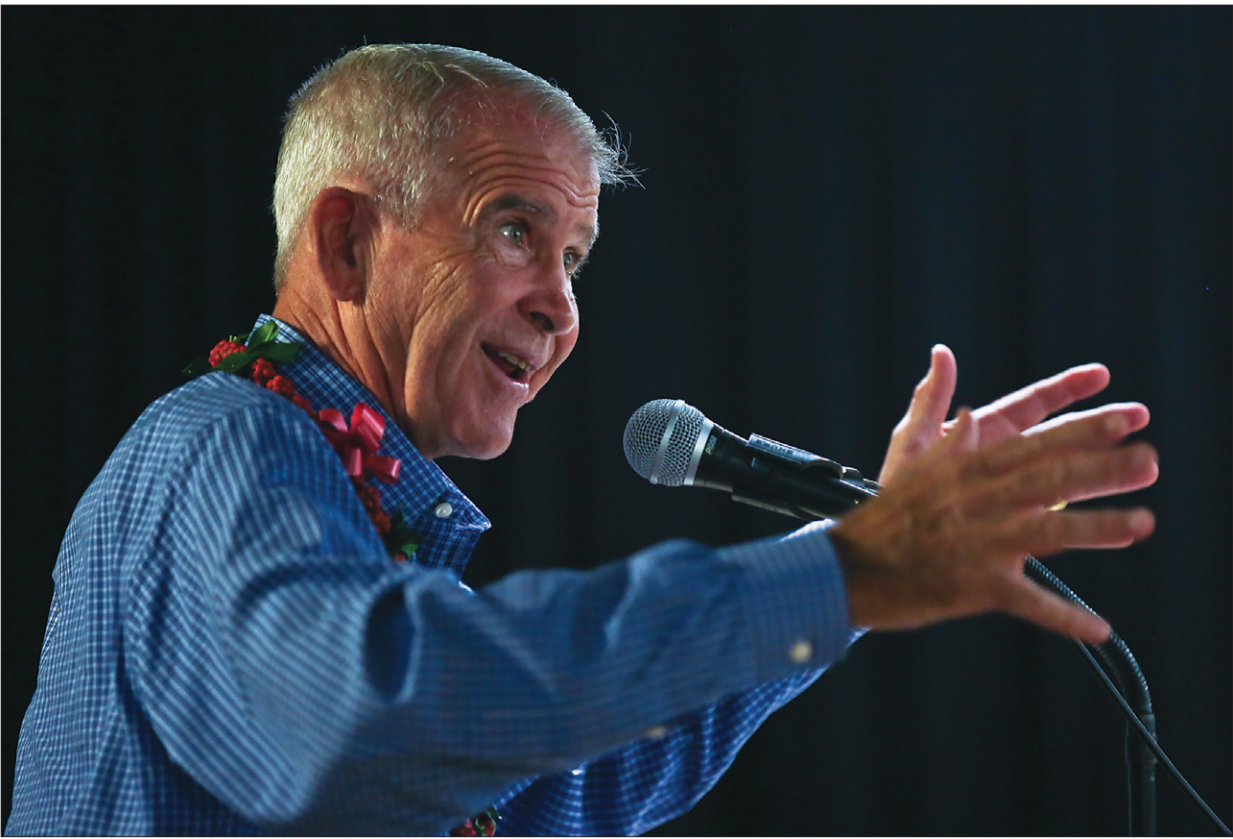


The three competing food service specialists in the Chef of the Quarter competition stand at parade rest in front of their meal presentations. (From left to right:) Cpl. Derrick Goodman, of Philadelphia, Lance Cpl. Alejandro Cruz, of Northridge, Calif., and Munguia.



Photos by Kristen Wong | Hawaii Marine

Lance Cpl. Hector Munguia, a food service specialist with Anderson Hall Dining Facility and a Mesa, Ariz., native, rolls dough for his canela bunuelos before the Chef of the Quarter competition at Anderson Hall aboard Marine Corps Base Hawaii, Wednesday. With assistance from sous chef Pvt. Chase Hageman, a food service specialist with Anderson Hall and a St. Joseph, Mo., native, Munguia prepared stuffed Anaheim peppers with an avocado salsa, tinga poblana served over rice and canela bunuelos. Munguia took first place with 251 points out of a total of 300, receiving a certificate of commendation and assorted gifts. The competitors were required to pass a written examination, stand before a board of food service staff noncommissioned officers and each prepare a meal, following an armed forces recipe with the chosen theme of the quarter: Latin American cuisine.



Lance Cpl. Harley Thomas | Marine Corps Base Hawaii

Retired Marine Lt. Col. Oliver L. North, now a military historian, television host with Fox News and San Antonio native, addresses the audience during a reception at The Officers’ Club aboard Marine Corps Base Hawaii, Saturday.

NORTH, from A-1

our non-governmental organizations, we are able to provide our wounded warriors with many different

resources.” Jensen said North often works with the Wounded Warrior Regiment in Quantico, Va., and uses his own nonprofit organization to provide hunting trips, job

SCHOOL, from A-1

As of Aug. 1, traditional drilling/part-time Reserve and National Guard families are once again eligible to use the Tutor.com through the Yellow Ribbon Reintegration Program. The Military Installations website is the DOD’s global directory where you can search for programs and services at a particular installation, or you can search for resources within a state or ZIP code. The Education Directory for Children With Special Needs provides detailed information about schools throughout the country to help you make informed decisions and ease the transition. Military OneSource specialty consultants also provide information and resources to help you become familiar with educational rights and ease those first-day-of-school jitters for you and your kids. Are you homeschooling? At Military OneSource, you’ll find a variety of resources, from youth programs and military support services to virtual classes offered by the DOD Education Activity and non-DOD schools.

Child and youth behavioral military and family life counselors are available to speak with a child who may need help adjusting to a new environment or handling grief, fear, loss or separation issues. These counselors understand the issues military children face. With your permission, they can help your child to address these issues in a healthy way. Military OneSource offers confidential help at no cost for parents who need help balancing the challenges of military life. Confidential non-medical counseling gives you the tools you need to effectively manage parenting challenges, stress, grief and loss, deployment and relationships at home and work. Military OneSource has the tools you can use to help you get started with the back-to-school season, whether it’s practical information about a Sure Start, special education or available scholarships or perhaps your child’s first bus ride already makes you teary. School is a great place to learn new things and make friends. For everything else you need, Military OneSource stands ready to help make this the best school year yet.

interviews and more for the wounded warriors. “North certainly loves his Marines and, being a Purple Heart recipient himself, fully understands many of the challenges they face,” Jensen said. “He want to talk with them individually to motivate and encourage them. I appreciate North’s willingness to do this despite his busy schedule and to be so accommodating and forthright with everyone.” Jensen said the stories North told of his own experiences were insightful and everyone who approached North got his full attention. “North is certainly still a leader of Marines, even after his retirement, and he will do anything to support them,” he said. “He has life experience, dealing with difficult and dangerous circumstances, and he has physically fought to defend the country against enemies. He continues to put himself in harm’s way, going to Iraq and Afghanistan to see our service members and let them know someone cares about them. He is living proof that you can’t surround yourself with those kinds of people if you aren’t willing to do the difficult and sometimes heroic things they have done.” Jensen said he hopes his Marines know there is very little he wouldn’t do for them. He said once they become civilians, they will still be his Marines and they will always have the full support of him and the community. “Wherever there are wounded warrior (facilities), there are people in the community who continue to go out of their way to do what they can for our troops,” Jensen said. “While places like Pendleton, Lejeune or Quantico have many more (opportunities) available to them, the people of Hawaii continue to show their sense of aloha in ways that really do make a difference, and (this) reception was just a taste of that.”

SAIPAN, from A-1

through,” Gunter said. The water is being taken to 14 community centers which will distribute it to neighboring areas over the next few days. Willard Brungel, a safety officer for the pier, said Ashland’s presence on his home island is beyond appreciated. “We really needed you guys,” he said. “(All the supplies) you’ve brought us has made us so happy; (more than) 500 pallets of blankets, water, generators and (more). We are very happy to have you guys here and I don’t know how to express everybody’s gratitude. I can tell you from the people of Saipan and myself, we want to thank you guys.” Ashland departed from its homeport of Sasebo, Japan, for patrol June 3. Ashland is assigned to the Bonhomme Richard Amphibious Ready Group, which supports maritime security operations, provides crisis response capabilities, and increases theater security co-operation and forward deployed naval presence in the U.S. Navy’s 7th Fleet area of operations.

Sports & Lifestyle

Marines, Sailors conduct amphibious assault on underwater debris

Service members with the Single Marine & Sailor Program helped remove garbage and debris in the ocean and on land with 808 Cleanup, Saturday.

Photos by Cpl. Brittney Vito | Marine Corps Base Hawaii



Cpl. Brittney Vito
Marine Corps Base Hawaii

WAIMANALO, Hawaii — With threats of high wind, rough surf and a looming storm, the weather remained calm for the service members with the Single Marine & Sailor Program who helped 808 Cleanups remove garbage and underwater debris from the water and beach at the Makai Research Pier, Saturday.

The local nonprofit organization's mission is to empower communities in restoring Hawaii's natural environments through beach cleanups, graffiti removal, hiking trail and underwater debris cleanups. The Marine Corps Base Hawaii SM&SP helped them accomplish their mission while also allowing MCB Hawaii's service members give back to the community.

Armed with nets and scissors, Marines and Sailors snorkeled around the pier searching for debris such as: fishing line, hooks, plastic, glass and lead weights. Since fishing is a common outdoor activity in Hawaii, monofilament fishing lines become caught in the reefs and harms sea creatures, plants and their habitats. Sea creatures such as sea turtles can get entangled in the fish-

ing line and drown.

"Underwater debris is one of the most pervasive, yet solvable problems impacting our environment," said Fawn D. Liebengood, the assistant director of 808 Cleanups. "Fishing line(s) take 600 years to degrade in our environment. During that time, many animals entangle themselves in it and (die). (MCB Hawaii's) SM&SP volunteers helped save many animals' lives by removing the fishing line."

By the end of the cleanup, the service members collected 136 pounds of marine debris that was comprised of things such as fishing line(s), metal, plastic and glass. Although it takes hard work and dedication to successfully clean the environment, Liebengood said volunteer work is a fun way for service members to meet new people, help the environment and exercise at the same time.

The Portland, Ore., native said 808 Cleanups is always looking for volunteers and has jobs suitable for people of all ages and abilities.

"Volunteering with 808 Cleanups was a great experience and I'm looking forward to doing it more often," said Sgt. Esther Muratalla, a finance Marine with Headquarters Battalion, Marine Corps Base Ha-



Service members collected 136 pounds of underwater debris that was comprised of things such as fishing lines, metal, plastic and glass from the waters surrounding the pier and on the beach.

waii and Cicero, Ill., native. "Although service members are only stationed here for a short amount of time, this is our home and we all should work together to keep it clean."

The cleanup's website and social media pages have more information for those who want to get involved, but can't attend group cleanup events. Cleanup materials are provided through the Adopt-a-Site Program that allow interested

people to clean up whenever and wherever they choose.

Liebengood remarked that the service members' hard work and desire to better their community does not go unnoticed.

"We have a wonderful relationship with Marine Corps Base Hawaii," Liebengood said. "We have had Marines and Sailors from Marine Aviation Logistics Squadron 24 volunteer with us, and had

families adopt Fort Hase Beach and Pyramid Rock Beach with our Adopt-a-Site program. We love our MCB Hawaii volunteers. They are willing to help, learn and make a difference in their community and our environment."

The next 808 Cleanup is today at Ka Iwi Beach from 5:30 to 7:30 p.m. For those looking for volunteer opportunities, go to www.808cleanups.org for more upcoming events.



Cpl. Daniel Johnson, Lance Cpl. Casey Cha and Petty Officer 1st Class Yancy Zuniga, from Marine Aviation Logistics Squadron 24, pose for a photo after volunteering with 808 Cleanups at the Makai Research Pier, Saturday.

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.

Trash, treasure and timing

Lisa Smith Molinari
Contributing Writer

Like most hoarders, I’m in complete and utter denial. I see myself as a “collector” of valuable, interesting and sentimental things. It all started during childhood, when I felt compelled to stash away objects in an old antique chifferobe my mother saved from a junk pile and made into a girly bookcase for my room, complete with white paint and happy daisy contact paper. The upper shelves were stacked with stuffed animals, some of which I still vividly recall: the sawdust-filled donkey, the seersucker camel, a walrus and an ancient Teddy bear with a tiny wind-up music box. Lower shelves held various books such as the entire Laura Ingalls Wilder series that my mother hoped I’d read but never did, and my collection of comic books



— “Little Dot,” “Casper,” “Richie Rich,” “Wendy,” “Archie” — all of which were well worn. But the bottom drawer of my chifferobe contained the real treasure trove. Squirreled away, under a layer of groovy acrylic sweaters and bell-bottomed jeans, was a cherished collection of random objects. Having a particular affinity for miniatures, I had an impressive assortment of bubble gum machine and Cracker Jack prizes, special rocks, acorns, a toy compass, junk jewelry, macramé key chains, Mexican jumping beans, abandoned crochet projects, old keys and bottle caps. Thirty years ago, those treasures meant a lot to me, but somewhere along the way I threw them all out. Their time had ended. Today, I’m still collecting —

saltboxes, sea glass, vintage furniture. But thanks to the military, we must get rid of stuff every few years when it’s time to move, and rest assured, I’ll never be one of those people you see on TV living in a house packed to the ceiling with garbage and 17 cats. Frequent purging is part and parcel of military life, and this often happens during the summer when most military families move. Although some cart their excess household goods off to charity thrift stores for the tax deductions, many find it easier to just give their stuff to neighbors and friends, and be done with it. The most common items given away? Houseplants; candles; light bulbs; televisions; exercise equipment; bicycles; strollers; play kitchens, houses, sandboxes, cars and grills. Food is also a popular give away item, but there are mixed reviews from recipients. While everyone loves getting frozen steaks and unopened boxes of brownie mix, nobody wants that dusty can of hearts of palm that never got used. (Rumor has it, there’s a jar of capers that has been passed among so many military families, its origins are now unknown).

Sometimes there are regrets. We once gave away an expensive leather recliner to a Florida base neighbor, because, at the time, it was too big for our living room. After we moved to our base house in Rhode Island, we realized that the chair would have fit perfectly into our new quarters. I recently found out that the Navy surface warfare officer family that acquired our leather chair later got orders to Nevada, so they gave the chair to a Navy judge advocate general family who took it with them to their new assignment in Washington, DC. But life has a way of closing circles when the time is right. Last week, we traveled to Maryland to help my 82-year-old mother-in-law clear out the house that my husband and his four siblings grew up in. Eight truckloads of musty old junk were carted off to the dump, but somewhere in the heap, my husband unearthed a gem: his deceased father’s favorite leather armchair. We now realize that giving away our trash years ago enabled us to receive an unexpected treasure. www.themeatandpotatoesoflife.com

Created by: GySgt Charles Wolf (ret.)

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SUDOKU

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

Level: Advanced

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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!

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

ANSWER:

Movie Times

“Minions” (in 3-D) PG-13 Today | 6:30 p.m.

“Self/Less” PG-13 Today | 9:15 p.m.

“Ant-Man” (in 3-D) PG-13 Saturday | 6:30 p.m.

“Trainwreck” R Saturday | 9:15 p.m.

“Minions” PG-13 Sunday | 2 p.m.

“Ant-Man” PG-13 Sunday | 6:30 p.m.

“Trainwreck” 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.

Keiki take on MCB Hawaii triathlon

Kristen Wong
Hawaii Marine

The waters of Kaneohe Bay eagerly rose toward the feet of more than 60 boys and girls in multicolored bathing suits, rash guards and swim trunks, standing obediently in single file behind Dino Leonard, the assistant manager of water safety for Marine Corps Community Services Hawaii Aquatics, Saturday.

Steven Foster, the race coordinator, depressed the blue air horn, its loud squawk ushering the beginning of the Keiki Tradewind Triathlon in front of Hangar 101 aboard Marine Corps Base Hawaii. Keiki, or “children,” in the Hawaiian language, ages 7 to 10 years old completed a 100-meter swim in Kaneohe Bay, biked 3 miles and ran 0.8 miles. The 11 to 14-year-old children swam 200 meters, biked 6 miles and ran 1.2 miles.

“It is a great way to keep our keiki active and goal oriented,” said Krista Shipes, the athletic director of Semper Fit.

Shipes said the triathlon gave the children an opportunity to challenge themselves with a variety of events.

Foster commented that this year yielded the best weather for the triathlon. During one of the previous triathlons, Foster said there was a monsoon, and coordinators were forced to cancel the bike portion.

“This is what the sport of triathlons is about — getting the little kids started (competing in triathlons),” Foster said. “They’ll eventually grow into the sport, so the guys (who) are out racing here today in the future will be racing (during the Tradewind Triathlon).”

The Keiki Tradewind Triathlon was an initiative by the commanding officer of Marine Corps Air Station K-Bay four years ago. Since the Tradewind Triathlon was first established, MCAS K-Bay has been the supporting unit for the race.

More than 70 volunteers with MCAS Kaneohe Bay supported the triathlon, working since 2 a.m., setting up the course and assisting the racers. The volunteers, which included Marines, Sailors and spouses, helped both with the child and adult triathlons over the weekend.

“Everything was very organized and it (looked) like everyone had fun,” said Gunnery Sgt. Enrique Ramos, the airfield operations chief for MCAS



Photos by Kristen Wong | Hawaii Marine

Triathlon participant Matthew Conner walks his bike down the flightline during the Keiki Tradewind Triathlon in front of Hangar 101, Saturday.

Kaneohe Bay, and a San Antonio native.

As each child headed for the finish line, cheers erupted, and MCCS staff members were on hand to present commemorative medals for them to remember the day.

Andrew Bachl, of Kailua, Hawaii, was the first finisher in the 7-to-10 age division. This was the second Keiki Tradewind Triathlon for the 8 year old, who enjoys running. Bachl’s sister, Lily, came in first for the 11-to-14 age division. To prepare for the triathlon, Bachl rode his bike a few days a week between 30 minutes to an hour each week, and participated in the Running Club every morning at school. He also swims with the Aulea Swim Team, and additionally bikes to swim practice. Bachl said the most challenging portion of the race for him was swimming in Kaneohe Bay, as he usually swims in a pool.

Also among the racers were base

residents Elliot and Leyne Davis. Leyne, 8, who described the race as fun and even easy, prepared by swimming each day and riding her bike nearly every day. Elliot Davis, 7, said the run was the hardest part of the triathlon because running gave her painful cramps.

However, she said other children should participate in the triathlon because it’s good exercise.

For more information about the Commanding Officer’s Fitness Series, visit www.mccshawaii.com/races, or call the coordinator at 254-7590.



Steven Foster, the race coordinator for the Keiki Tradewind Triathlon, instructs participants on the race course.

WATER, WHEELS, LEGS: TRADEWIND TRIATHLETES DO IT ALL



Lance Cpl. Harley Thomas | Marine Corps Base Hawaii

(From left to right:) Natalie, Michael and Alannah Collat approach the finish line at Dewey Square aboard Marine Corps Base Hawaii, completing the Tradewind Triathlon, Sunday. Open to the public, the race was part of the Commanding Officer’s Semper Fit Series and consisted of a 500-meter swim, 11-mile bike ride and a 5-kilometer run. Service members could earn points in the 101 Days of Summer Program by participating in this event.



Photos by Maria Kanai | Hawaii Marine

READY, SET ...SPIKE!

ABOVE: Two teams strive to gain the upper hand during a sand volleyball game at Riseley Field aboard Marine Corps Base Hawaii, Tuesday. **LEFT:** Petty Officer 1st Class Daniel Coggins, an aviation ordnanceman at the Marine Aviation Logistics Squadron 24 and a Monte Rio, Calif. native, sends the volleyball over the net for the “Smokin’ Aces,” in a sand volleyball game at Riseley Field, Tuesday. The last day of the 101 Days of Summer Sand Volleyball Tournament took place Wednesday, between the “Stepdads” and the “V-Ballers.” The “Stepdads” won the final match at 25 points, making them champions of the tournament, which was part of the 101 Days of Summer Program to provide various events throughout the summer for service members at MCB Hawaii, promote competition between units and responsible alcohol consumption and eliminate drug abuse. Service members could earn points for their unit by participating in this and the other program activities. The three highest-earning large and small units at the end of the summer will receive prize money toward their unit’s discretionary fund.





Lost and Found

Items found

- CA drivers license
 - Hard black wallet with contents
 - Two scooters and bike helmets
 - Orange medic bag
 - USAA credit card
 - Navy Federal Credit Union debit card
 - Social Security cards
 - Blue folder containing documents
 - Radar sunglasses
 - Black Chevrolet key
 - Meal card
 - Garmin watch
 - BMX bike
 - Blue bike with helmet
 - Pair of dog tags
 - Navy Federal Credit Union credit card
 - iPod Nano
 - Toyota keys
- Makeup bag with contents
 - Nissan key
 - Dog tag
 - Dog tag with chain
 - Black wallet with contents
 - Mazda key
 - Brass key on key chain
 - Wells Fargo credit card
 - Toyota key with keychain
 - GoPro
 - Silver keys
 - Silver keys with zip tie
 - VA drivers license, Common access card and credit card
 - Black wallet with contents
 - Pair of diamond earrings
 - Chevy key
- For Lost and Found inquiries, call Sgt. John Leech at 257-8557.

IN CASE OF EMERGENCY, DIAL 911!

PMO contact numbers and locations

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

For information regarding check in/out, fingerprinting, or weapon registration, contact:
257-6994 (building 1095)

For information regarding pet registration, fishing regulations, or lost/found animals, contact the PMO Game Warden:
257-1821 (building 3099)

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

For information regarding 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>

Upcoming competition pushes young gymnasts to new heights

Grace Ritz, 12, practices a beam routine during a K-Bay Gymnastics class, Aug. 10, held four times a week at the gymnastics court.

Maria Kanai | Hawaii Marine

Maria Kanai
Hawaii Marine

For three hours a day, four days a week, the K-Bay Gymnastics team meets at their gym aboard Marine Corps Base Hawaii for class. The all-girls team, ages 7 to 17, start practice doing bodyweight exercises such as push-ups, split stretches and walking handstands across the floor of the gym. The warm-ups continue for about an hour before they begin practicing what’s called “events” in gymnastics: the floor exercise, uneven bars, balance beam and vault.

K-Bay Gymnastics trains all year for the USA Gymnastics Competitions in Hawaii. The competitions will begin with the upcoming Kick-Off Meet, held with the Rainbow Gymnastics Academy in Aiea, Hawaii, for gymnasts levels 3 and 4, who are categorized as “compulsories.” Pam Zak and Gail Godenzi, two junior Olympics judges who reside in Hawaii, will score and award trophies to the top three gymnasts who place the highest in the floor exercise, uneven bars, balance beam and vault events, and to the gymnast who scores the highest all round. The meet is open to the public and is scheduled to take place at 5 p.m. on Aug. 31, 2015 at the gymnastics court, Building 1583 aboard Marine Corps Base Hawaii.

According to Di Rodin, lead instructor for K-Bay Gymnastics, if an athlete scores a minimum of 31 points at the Kick-Off Meet, then she qualifies to compete in the State Meet in November. If she passes the State Meet at 36 points, she can move up to a higher level. Athletes who are levels 5 to 10 are categorized as “optionals,” and can undergo more advanced training and complex routines. Often times, additional private lessons are required.

“Gymnastics requires a lot of work, and is very mature and physical,” Rodin said. “I love teaching these girls and helping them grow. (We’re) really like a family.”

Rodin hails from Sao Paulo, Brazil, where she said she first fell in love with ballet. She trained with Russian instructors and then was accepted into Juilliard School in New York City, which she said was a “fascinating” time in her life. She said she credits her transition from ballet to gymnastics to her daughter, who became interested in gymnastics at the age of 11 and inspired Rodin to begin teaching. Rodin now teaches gymnastics with fellow coaches Jorilyn Gorgonio and Bryce Kirkley.

“My favorite part of teaching is how I am able to help the girls push past their limits and achieve their goals,” said Gorgonio, a Kailua, Hawaii native. “Gymnastics is (very) tough and there are a lot of

mental blocks they (must) overcome.”

Aimee Grant, 13, has been with the team for two years and said that coaches like Gorgonio, Kirkley and Rodin provide positive support to them. Even though she has been injured several times in the past, Grant said she is in love with the sport, and especially loves doing routines on the beam with her fellow gymnasts. “It’s very challenging, but I love being with everyone,” said Grant.

“It’s a lot of hard work, but it’s so much fun,” said Ashley Cruz, 11 and a K-Bay Gymnastics athlete. “We had to go to a conditioning camp for three hours a week to help us get more muscles!”

Cruz said her favorite event is the floor exercise because it is the most challenging.

Rodin said for local gymnasts, organizing meets can be a challenge because there are only seven clubs in Hawaii and that includes her own. These meets, however, whether for serious competition or just for fun, is something she said she is passionate about.

“Competing helps the girls try to be better because if you want to compete, you have to have a sense of respect (for the sport),” Rodin said. “It is a labor of love.”

For more information about the Kick-Off Meet on Aug. 31, 5 p.m. at the gymnastics court, email Rodin at dirodin@hawaii.rr.com.

COMMUNITY, BASE BRIEFS/VOLUNTEER OPPORTUNITIES

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 Saturday from 11 a.m. to 4 p.m. The temple is located at 47-200 Kahekili Hwy, in Kaneohe, Hawaii. For details, visit byodo-in.com.

Bellows AFS hosting free movie nights

Bellows Air Force Station offers free movie nights Mondays and Wednesdays at 4 p.m. at Turtle Cove. The August schedule is as follows:
Monday Home (PG)
Wednesday Jupiter Ascending (PG-13)
Aug. 24 Project Almanac (PG)
Aug. 26 The SpongeBob Movie: Sponge Out of Water (PG)
Aug. 31 Strange Magic (PG)

Bellows AFS to host Keiki Bodyboard Contest

Bellows Air Force Station is hosting a Keiki Bodyboard Contest scheduled Aug. 29 at 9 a.m. at Lifeguard Tower 2, via Beachwalk Lane. The Entry fee is \$10. Contestants must pre-register. Visit Turtle Cove or www.bellowsafs.com for rules or entry form. For more information, call 259-4137.

Lunch and learn explores VA benefits

The Veterans Affairs Benefits Office aboard 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 Monday 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 details, call Kelvin Bradford at 257-9922 or email kelvin.bradford@calibresys.com.

Sign up for 101 Days of Summer Field Meet

The 101 Days of Summer Field Meet unit challenge is scheduled for Aug. 21 at Riseley Field from 8 a.m. to noon. The event is open to all active duty personnel. Registration deadline is Tuesday. Register by emailing pagerl@usmc-mccs.org. For details, call 254-7636.

2015 Annual Hawaii Warrior Job Fair scheduled soon

The 2015 Annual Hawaii Warrior Job Fair in con-

junction 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 details, call 672-1246.

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.

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 Sport Bike 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. 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 [bish-opmuseum.org](http://bishopmuseum.org) for more.

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.

Volunteer with SM&SP

The Single Marine & Sailor Program is volunteering with the Hawaiian Humane Society Aug. 23. The opportunity is open to all single/unaccompanied Marines & Sailors. Assist with the dog running program, as well as other necessary duties. Transportation will be provided. Sign up by Tuesday.