Hawaii Marines. Marine in the state of the s

Neller chosen as 37th commandant

News Release

Compiled by Hawaii Marine staff

Lt. Gen. Robert Neller has been confirmed by the U.S. Senate as the 37th commandant of the Marine Corps.

"I want to congratulate Gen. Mark Milley, Adm. John Richardson and Lt. Gen. Robert Neller on their respective confirmations to be chief of staff of the Army, chief of naval operations, and commandant of the Marine Corps," said Secretary of Defense Ash Carter in a official statement Aug. 6. "Each is a proven leader with decades of operational experience. Our nation is stronger for their service, and the president and I will continue to benefit from their extensive expertise and strategic counsel in their new roles."

Neller, an East Lansing, Mich., native, previously served as commander of U.S. Marine Corps Forces Command.

"Today, on behalf of the men and women of the Department of Defense, I also want to thank Gen. Ray Odierno, Adm. Jonathan Greenert and their families, for their decades of service and commitment to defending our coun-



NELLER

try," Carter added. "I want to thank Gen. Joe Dunford, and his family, for his leadership as commandant and his commitment to continue his service in his next role as chairman of the Joint Chiefs of Staff."

Neller graduated from the University of Virginia and was commissioned via

the Platoon Leaders Class program in May 1975.

assignments in operating forces include: Rifle and Weapons Platoon leader and company commander with Lima Company, 3rd Battalion, 4th Marine Regiment, 3rd Marine Division, Commanding Officer, Alpha Company, 1st Battalion, 1st Marines, 3rd Light Armored Infantry Battalion and 6th Marines. While with 3rd LAI he participated in Operation "Restore Hope" in Somalia. As commanding officer of Marine Corps Security Force Company, Panama, Neller participated in Operations "Just Cause" and "Promote Liberty."

He has also served as executive officer of 7th Marine Regiment, G-3, II Marine Expeditionary Force and G-3, 2nd Marine Division.

His other assignments include recruit series officer, aide-de-camp and director of Special Training Division Marine Corps Recruit Depot San Diego, Calif. Neller served as student company executive officer and Tactics Instructor at The Basic School, Quantico, Va., and in Special Projects Directorate Head-

quarters Marine Corps. Additionally, he served as a staff officer in the Policy Division of the Supreme Headquarters Allied Powers Europe in Casteau, Belgium.

As a general officer, he was the assistant division commander of 2nd Marine Division; the director of Operations Division, Plans, Policies at Headquarters Marine Corps; as the deputy commanding general of Operations for I Marine Expeditionary Force Forward during Operation Iraqi Freedom from 2005 to 2007, and as the assistant division commander for 1st Marine Division. Neller commanded 3rd Marine Division and served as the president of Marine Corps University. From January 2011 to July 2012, he served as director of Operations, J3 and The Joint Staff, in Washington, D.C.

Neller is a graduate of The Basic School, Advanced Armor Officer Course, Marine Command and Staff College, NATO Defense College and the Armed Forces Staff College. He holds a bachelor's degree in History and Speech Communication from the University of Virginia and a master's degree in human resource management from Pepperdine University.



A Marine with 1st Battalion, 3rd Marine Regiment, sights in during a maneuver exercise in support of Large Scale Exercise 15 in the vicinity of the Blacktop Training Area aboard the Combat Center, Saturday. The ground maneuver element, consisting of fire support teams transported by Amphibious Assault Vehicles, was tasked with assaulting two objectives.

'Lava Dogs' bring the heat

Pfc. Levi Schultz

Marine Corps Air Ground Combat Center Twentynine Palms

MARINE CORPS AIR GROUND COMBAT CENTER, TWENTYNINE PALMS, Calif. — One hundred twenty-degrees of heat bore down on the 'Lava Dogs' as they coordinated with artillery, mortars and close-air support, maneuvering across approximately 50 kilometers of desert to reach their objective as part of Large Scale Exercise 15.

Marines with 1st Battalion, 3rd Marine Regiment participated in a live-fire and maneuver exercise in the vicinity of the Blacktop Training Area aboard the Combat Center, Saturday.

"We performed live-fire and maneuver, supporting the large scale exercise for (2nd Marine Expeditionary Brigade)," said Capt. Mariano Alvarado, company commander, 1st Bn., 3rd Marines. "We have to coordinate with artillery and mortars, while simulating the maneuver element that is attacking



Amphibious assault vehicle operators with 1st Battalion, 3rd Marine Regiment, coordinate with mortars, artillery and close-air support during a live-fire and maneuver exercise in support of Large Scale Exercise 15 in the vicinity of the Blacktop Training Area aboard the Combat Center, Saturday.

Women's Equality Day next week

News Release

Compiled by Hawaii Marine staff

Monday marks a historic day in the United States. On Aug. 26, 1920, the 19th Amendment was passed, allowing women to vote.

Women's Equality Day was first officially recognized in 1971, after a bill from Rep. Bella Abzug had passed, according to the National Women's History Museum's website.

"It is a day to remember those iron-jawed angels, who marched and stood vigil, who fasted and were imprisoned for that basic right — the right to vote," wrote Christina M. Tchen, the director of the White House Office of Public Engagement. "It is a time to recommit ourselves to continuing the struggle for full equality for women — for our mothers, grandmothers, daughters and for ourselves."

Though founded in 1775, the Marine Corps did not let in its first official female, Opha Mae Johnson, enlist until 1918. Women were able to be active-duty Marines in both peacetime and war in 1948 with the Women's Armed Services Integration Act.

In more recent years, the military has taken strides toward offering women new opportunities in combat, including the ending of the Direct Ground Combat Exclusion Rule by then-Secretary of Defense Leon Panetta in 2013.

"The successful integration of women into currently closed positions requires the department to be thoughtful and deliberate in determining the next steps," states a Department of Defense news release. "The department will proceed in a measured and responsible way to open positions to women. In all cases, notification to Congress is required prior to opening these positions. Full implementation by the services should occur by Jan. 1, 2016."

In October 2014, Marine Corps Base Camp Lejeune activated a Ground Combat Element Integrated Task Force. According to Marine Administrative Message 252/14, approximately 500 male and female Marine volunteers were sought to join the GCEITF.

Through the GCEITF, female Marines were trained in military occupational specialties previously exclusive to males. A research team observed the unit conducting operations. According to an article by GCEITF Public Affairs, the unit, which eventually had more than 600 service members, earned a Navy meritorious unit commendation and was formally deactivated July 14.

For more information about Women's Equality Day, visit the National Women's History Museum website at http://www.nwhm.org/blog/celebrate-womens-equality-day-august-26/.



Bring the painMarines conduct OC Spray training at PMO, **A-6**



Summertime funMCB Hawaii enjoys music,
golf, games at Klipper
Summer Bash 7, **B-1**





Directly benefit your children: Turn in federal survey cards

Don't miss your opportunity to help your children. Five minutes of your time will ensure the financial support for your child's education.

On Sept. 2, all public schools in the state of Hawaii will distribute Federal Impact Aid Program survey cards.

The amount of Federal Impact Aid Hawaii receives is determined by the number of eligible cards parents complete and return to the school. Your participation is the only way to ensure Hawaii's Department of Education receives the proper amount of federal aid dollars.

I encourage you to complete the survey card as soon as it is received and return it to your child's school promptly. We are striving for 100 percent completion. Your participation is critical in calculating the federal funds Hawaii receives to offset the cost of educating our students. Failure to return the survey card could result in the significant loss of federal funds that directly benefit your children.

If you are unsure of the Address of Federal Property, please refer to the listing of Marine Corps Base Hawaii addresses below. If you have any questions regarding this survey card, please contact Amy Solomon, the MCB Hawaii school liaison at 257-2019.

I thank you in advance for your support.

Col. Sean C. Killeen **Commanding Officer Marine Corps Base Hawaii**



MARINE CORPS BASE HAWAII LIST OF ELIGIBLE FEDERAL PROPERTIES								
EMPLOYEE	NAME OF FEDERAL PROPERTY	ADDRESS OF FEDERAL PROPERTY						
MILITARY	Marine Corps Base Hawaii-Kaneohe Marine Corps Barracks-Pearl Harbor Marine Corps-Camp H.M. Smith-Aiea & Puuloa	COMMANDING OFFICER MARINE CORPS BASE HAWAII BOX 63002 MCBH KANEOHE BAY HI 96863-3002						
NAF	Marine Corps Base Hawaii-Kaneohe Marine Corps Barracks-Pearl Harbor Marine Corps-Camp H.M. Smith-Aiea & Puuloa	MARINE CORPS COMMUNITY SERVICES BOX 63073 MCBH KANEOHE BAY HI 96868						
CONTRACTOR	Marine Corps Base Hawaii-Kaneohe Marine Corps Barracks-Pearl Harbor Marine Corps-Camp H.M. Smith-Aiea & Puuloa	COMMANDING OFFICER BOX 63063 MCBH KANEOHE BAY HI 96863-3063						





Photographer: Cpl. Brittney Vito

Behind the shot: The Marine in the photo was almost finished with Oleoresin Capsicum spray training. He was exhausted, in pain and his sight was hindered from the non-lethal eye irritant. Despite how badly he was hurting, he didn't back down and he continued moving towards his opponent with speed and intensity.

Cpl. Cort Saviers, a rifleman with Lima Company, 3rd Battalion, 3rd Marine Regiment, conducts Oleoresin Capsicum Spray training at the Provost Marshal's Office aboard Marine Corps Base Hawaii, Aug. 13. By experiencing the effects of this non-lethal eye irritant, the Marine has firsthand knowledge to use it with discretion, and only when necessary. The Juneau, Alaska, native, will temporarily be assigned to PMO while he is in the Fleet Assistance Program.



Cpl. Brittney Vito | Marine Corps Base Hawaii

www.mcbhawaii.marines.mil

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

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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

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 next week

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.

eligible service members

Rentals available for

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 bans texting while driving

A new Texting and Driving Campaign is now in effect to curb the danger of texting while driving. According to distracted.gov, 3,154 people were killed in motor vehicle accidents in 2013 due to distracted driving. Additionally, a study by the Virginia Tech Transportation Institute found that text messaging takes a person's eyes off the road for an average of 23 seconds and increases the risk of crashes or near-

crashes twofold. For drivers caught texting and driving aboard Marine Corps Base Hawaii or neighboring Marine Corps facilities, the following penalties 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.

Register for intramural tackle football

Registration is now open for the Intramural Tackle Football season which starts Sept. 21. A coaches meeting is scheduled for Sept. 11 at 1 p.m. in the Semper Fit Center. The league is open to active duty and Department of Defense civilians assigned to Marine Corps Base Hawaii and family members 18 years and older. (Identification card is required). Signup at the Semper Fit Center. For more information, call 254-7591.

Important Phone Numbers

On-Base Emergencies	911
On-Base Emergencies (Non-medical)2	
Child Protective Services	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Base Information	449-7110
MCB Hawaii Chaplain	257-3552
DEERS	257-2077

AROUNDECORPS

Your weekly guide to what's happening around the Corps

West Coast



Lance Cpl. Chris Garcia | II Marine Expeditionary Force

MARINE CORPS AIR GROUND COMBAT CENTER TWENTYNINE PALMS, Calif. — Capt. Francisco Vega, a company commander with 1st Battalion, 3rd Marine Regiment, communicates with Marines during a movement to contact exercise as part of Large Scale Exercise 15 aboard Marine Corps Air Ground Combat Center, Twentynine Palms, Calif., Aug. 14 and 15. The LSE-15 is a combined U.S. Marine Corps, Canadian and British exercise conducted at the brigade level, designed to enable live, virtual and constructive training for participating forces.

East Coast



Sat Taranca Brady | Defense Media Activity - Marine

CHATTANOOGA, Tenn. — U.S. Vice President Joseph R. Biden speaks at the McKenzie Arena during the Chattanooga memorial service at the University of Tennessee in Chattanooga, Tenn., Saturday. Four Marines and one Sailor died during a shooting in Chattanooga, July 1. During the service, special guests including the vice president, Secretary of Defense Ashton Carter, Secretary of the Navy Ray Mabus, 36th Commandant of the Marine Corps Joseph F. Dunford, Chief of Naval Operations Adm. Jonathan W. Greenert and family members of the deceased service members, came to pay their last respects to the fallen service members.

Overseas

MIHAIL KOGALNICEANU AIR BASE, Romania — Lt. Gen. Robert B. Neller, commander of U.S. Marine Forces Command and U.S. Marine Forces Europe and confirmed 37th Commandant of the Marine Corps, speaks with Marines and Sailors with the Black Sea Rotational Force during his visit at Mihail Kogalniceanu Air Base, Romania, Sunday. Marines with 3rd Battalion, 8th Marine Regiment, 2nd Marine Division assumed responsibility for the current rotation of BSRF and will spend the next several months training with partner nations to forge stronger bonds and strengthen regional security.



Lance Cpl. Melanye E. Martinez | U.S. Marine Corps Forces Europe

Taking it back: Help prevent prescription abuse

Christine Cabalo

Hawaii Marine

Participants nationwide are taking a stand together, Sept. 26, from 10 a.m. to 2 p.m., to help stop prescription drug

Marine Corps Base Hawaii will be among the thousands of locations for National Take-Back Initiative Day, when communities can drop off their old medicines for safe disposal. Prescription pills, liquids and all forms of expired medicine will be collected at a drop-off point near the Marine Corps Exchange at Mokapu Mall.

"We want to take all the drugs back," said Alton Arakaki, a manager for the MCB Hawaii Substance Abuse Counseling Center. "In particular, we want to take back opiates and ones that can cause dizziness or drowsiness. Even pain relief medicines, including over-the-counter aspirin, can cause liver damage if someone takes too many tablets or takes too many expired."

Arakaki and other representatives from Naval Health Clinic Hawaii and the Drug Enforcement Agency will be at the drop-off point to collect the medicines, including expired over-thecounter drugs.

"It's all done anonymously," said Robin Dinlocker, assistant special agent in charge of the Honolulu District Office of the DEA. "We put (what's collected) in the box, weigh it and then take it to be incinerated."

Arakaki and Dinlocker said because of the secured incineration off-base, people can drop off their medicines in the original prescription bottle or separately in another container, such as a sandwich bag.

Last year more than 35 pounds of old prescription medication were gathered at the Kaneohe Bay drop-off point, with a DEA agent sealing collection boxes and safely disposing the items. The DEA has nationally conducted the take-back initiative since 2005, according to the 2015 news release about the event from the DEA's website.

"The DEA saw an increase in prescription drug abuse, from police and emergency reports," Dinlocker said. "We wanted to do an initiative option to give people a way to properly dispose their medicines.'

Both Arakaki and Dinlocker said



Volunteers with the Drug Enforcement Agency, Naval Health Clinic Hawaii and Marine Corps Base Hawaii's Substance Abuse Counseling Center will be collecting old prescription medication and expired over-the-counter drugs at a drop-off collection site near the Marine Corps Exchange in Mokapu Mall during the National Take-Back Initiative day scheduled Sept. 26. People with drop-offs can go to the collection site between 10 a.m. to 2 p.m. to safely dispose their old medicines.

conventional disposal methods are potentially hazardous. Old medicines that go down the sink or are flushed down the toilet risk contaminating local water sources, Dinlocker said. Arakaki said throwing away medicines in the trash is challenging as the old prescriptions may be dug out. Arakaki said if someone is trying to dispose of medicine in the trash, it should be mixed with other unappetizing waste like coffee grinds or cat litter.

Outside of the collection days, the DEA is investigating other methods of gathering expired medication. New regulations that were implemented in October 2014 by the DEA allow the agency to nationally work with hospitals and pharmacies for voluntary collection of old prescriptions.

"Here in Hawaii, the Narcotics Enforcement Division is working on establishing drop boxes, possibly in hospitals and pharmacies, and regularly servicing them for safe disposal," Dinlocker said.

Arakaki said he's encouraging Marines and Sailors living in the barracks to participate, since they are among the more likely to have prescriptions but few

Fighting

drug abuse

For details about the

Drug Enforcement

Agency's national

campaign, see http://

www.deadiversion.

usdoj.gov/drug_

disposal/takeback/.

have participated in the Kaneohe Bay take back. It is risky to leave expired prescription medication at home, Arakaki said, especially a bathroom medicine cabinet.

"The bathroom is where people are most likely to be left alone," he said. "Some people don't count their medicine pills, so might not realize things

gone at first." If people can't

head to the K-Bay drop-off point, there are several other confirmed Oahu dropoff locations including Honolulu Hale, the Navy Exchange at Joint Base Pearl Harbor-Hickam and Schofield Barracks.

Arakaki said after illegal drugs like marijuana and cocaine, prescription medicines are the third type of drug most

commonly abused in the Marine Corps. Service members who take controlled

substances without a prescription or who give it to someone else can be

investigated by the Naval Criminal Investigative Service or the U.S. Army Criminal Investigation Command. "We have robust drug testing on base," Arakaki said. "We get results in as little as two to three days from Tripler. The testing

is all computerized and get results pretty quickly. If someone tries to mask (illicit drug use), it's very difficult to do."

Dinlocker said her office has joined forces successfully with their military colleagues and hopes this year's take back efforts run just as well.

"Everyone has to join together to combat the problem, on and off base," Dinlocker said. "We can all do our part to assist in this."

Bring the pain: Marines undergo OC spray training





Photos by Cpl. Brittney Vito | Marine Corps Base Hawaii

Lance Cpl. Justin Hudson, an assaultman with India Company, 3rd Battalion, 3rd Marine Regiment, participated in Oleoresin Capsicum Spray training at the Provost Marshal's Office aboard Marine Corps Base Hawaii, Aug. 13. By experiencing the effects of the non-lethal eye irritant, they have the firsthand knowledge to use it with discretion, and only when necessary. Hudson, a Franklin, Tenn., pative, will temporarily be assigned to PMO. native, will temporarily be assigned to PMO while he is in the Fleet Assistance Program.



Hudson attempts to block an opponent while completing OC Spray training.

MAKING A CLEAN GET





Photos by Christine Cabalo | Hawaii Marine

George Balancio, an aircraft attendant with Marine Corps Air Station Kaneohe Bay, and a Kailua, Hawaii resident, prevents foreign object damage by sweeping with a FOD Boss attachment to clear runway debris, Tuesday.



UPPER LEFT, ABOVE: George Balancio, an aircraft attendant with Marine Corps Air Station Kaneohe Bay, reveals dirt, gravel and other debris collected that could potentially cause foreign object damage to aircraft, Tuesday. Balancio, a Kailua, Hawaii resident, and other air station personnel daily sweep the area using the FOD Boss, an airport sweeper attachment.

Building the backbone of the Corps

Marine Corps Base Hawaii

A wounded man lies in a vast open field while a cool breeze plays over the grass and flowers. One Marine enters the field, followed by a second, then a third. The Marines walk heel to toe creating the illusion of gliding. Even with rifles and gear they hardly make a sound. As the Marines enter the field their heads swivel to and fro, always watching, scanning the area. Gunshots ring through the air and the Marines drop to their knees, each of them focused on where the sound is coming from. "Bang, Bang!" they yell, advancing on the targets while some provide cover to the wounded man.

This is one of the many scenarios that were played out Wednesday during a Sergeants Course 7-15 Small Unit Leadership Evaluation aboard Marine Corps Base Hawaii.

During SULE, 11 Marines participated in patrols around the base as well as random confrontations and scenarios to test the Marines' ability to lead their squad.

"This basically was incorporating all the warfighting functions and small unit leadership principles that a lot of the students have learned throughout this course," said Sgt. Timothy D. Barton, an infantry assaultman with 3rd Battalion, Marine Regiment. "We lead troops in uncertain scenarios, sustained casualties, dealt with improvised explosive devices and called in nine lines."

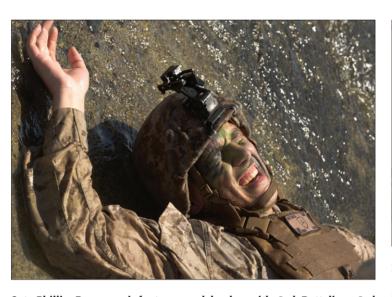
The entire exercise consisted of war functions condensed into a six to seven hour evaluation, according to the Minneapolis native.

Because SULE evaluates leadership skills, Barton said the Marines need to focus on their ability to effectively manage the Marines in their charge, directing their every movement and position on the battlefield.

"Every sergeant should know this because at our core, every Marine is a rifleman and anyone can be thrown into a



Sgt. Joshua Flores, the training noncommissioned officer of Combat Logistics Battalion 3, sloshes his way through the crashing surf towards an ammo can crawling along Fort Hase beach aboard Marine Corps Base Hawaii during a training scenario in Sergeants Course, Wednesday. Flores, along with other sergeants in the course, low crawled in a tricky scenario where they were outnumbered 4 to 1, and needed to repair a stalled vehicle. Sergeants Course is a vital part of professional military education for any Marine and helps to maintain the standards amongst the NCOs of the Marine Corps.



Sgt. Phillip Baca, an infantry squad leader with 3rd Battalion, 3rd Marine Regiment and a Barstow, Calif., native, writhes in agony as a cramp grips his leg and he works to straighten it out while low crawling along Fort Hase Beach.

situation at any time," Barton said. "The need to properly employ Marines on the battlefield is something we all need to know."

Warfighting isn't the only

thing the sergeants had to learn about. They also learned counseling, mentoring, closeorder drill and joint operations.

"The biggest thing for me was the administrative side of



the house and gaining more cohesion between myself and

tive and opinions vary greatly across the Marine Corps." Barton added that through Sergeants Course, he was able to network with other sergeants and make new contacts to better support his

the other sergeants," Barton

said. "Coming from the infan-

try, I only get that one perspec-

junior Marines in the future. Staff Sgt. LaVon Peterson, the chief faculty advisor of the Staff Noncommissioned Officer Academy, emphasized Marines in Sergeants Course, should remember leadership fundamentals above all else. They can tailor those skills to meet their individual needs. However, Sergeants Course is not where they are taught how to be leaders. Here, rather, they are given the tools to expound

Sgt. Mark Berger, a cyber network operator with Headquarters Company, 3rd Marine Regiment, and a Sulligent, Ala., native, fireman carries a simulated casualty.

on the leadership traits and

principles they already possess. "The students are not only evaluated on tactical decisions but also on leadership decisions as well," the New York native said. "They need to have the ability to move their Marines in their squad. The hardest part is they are with their peers and it's hard to motivate (those of equal rank). It takes a special kind of leader to move your peers from point A to point B."

Sergeants Course is a professional military education requirement but it also helps create a well-rounded Marine, Barton said.

"Bring your 'A' game and be prepared to learn and learn fast cause it's a condensed course," he said. "Take from it everything you can and drink plenty of water — you'll need it."

The students are scheduled to graduate Wednesday. There is a one-week grace period after a class graduates before the next course begins. Sergeants Course is a smattering of Marine Corps knowledge that every NCO should know.



ITX, from A-1

the objective."

The ground maneuver element, consisting of fire support teams transported by Amphibious Assault Vehicles, was tasked with assaulting two objectives with support from artillery with 1st Battalion, 10th Marine Regiment, 2nd Tank Battalion, 1st Bn., 3rd Marines mortars, and closeair support from Marine Aircraft Group 29.

"It challenges our ability to synchronize our fire support teams and controlling fire as we move in on our objectives," Alvarado said. "It's pretty realistic training because we are using live artillery and mortars, so they have to be sure to cut off artillery at 800 meters and mortars at 400 meters to adjust to our troops as they would in a combat scenario."

Communication served a vital role in the execution of the exercise as the ground element had to coordinate movement with fire support.

"There are a lot of moving pieces, with all the supporting agencies: Fixed wing aircraft, rotary aircraft, artillery, mortars and tanks," said Sgt. John B. Black, joint terminal attack controller, 1st Bn., 3rd Marines. "It was difficult battle-checking friendly forces, especially with the room for error with so many moving parts."

The LSE, held aboard the Combat Center annually, provides units with the physical dimensions required to train as a Marine Air Ground Task Force.

"The LSE allows a Marine Air Ground Task Force commander the ability to take everyone out to the field and give the friction of a live fight," said Maj. Joshua E. Cavan, exercise design branch head, MAGTF Staff Training Program. "It's an opportunity to deal with the



Cpl. Charles Santamaria | Marine Corps Air Ground Combat Center Twentynine Palms Calif.

Marines with 1st Battalion, 3rd Marine Regiment, provide mortar fire in support of Large Scale Exercise 15 in the vicinity of the Blacktop Training Area, Saturday. During the exercise, 1st Battalion, 7th Marine Regiment, provided live artillery supporting fire for a ground combat ele-ment as they assaulted two objectives.



PFc. Levi Schultz | Marine Corps Air Ground Combat Center Twentynine Palms Calif.

the headquarters set up and getting the Marines out in the field supplied with chow, water, fuel and everything they need to fight." Upon the elimination of

challenges such as getting

the objectives, the raising of a white flag from the command vehicle marked the end of the exercise.

"The Marines have been performing outstanding out here throughout ITX and today was just another repetition," Alvarado said.

High Mobility Multipurpose Wheeled Vehicle operators with 1st Battalion, 3rd Marine Regiment, form a convoy during a live-fire and maneuver exercise in support of Large Scale Exercise 15 in the vicinity of the Blacktop **Training Area, Saturday.**

Sports & Lifestyle





Klipper Bash 7

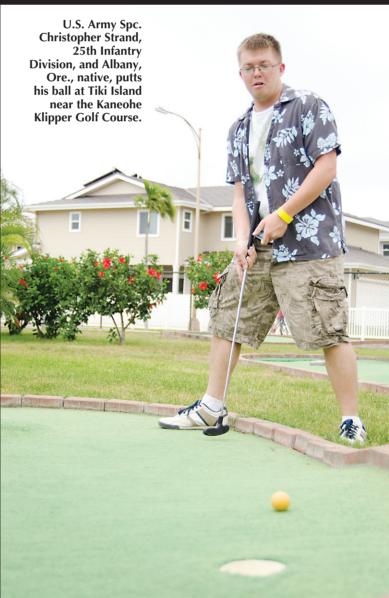
keeps

weet have alive

U.S. Army Spc.
Christopher Strand,
25th Infantry
Division, and Albany,
Ore., native, putts
his ball at Tik Island

Marine Corps Community Services Hawaii hosted Klipper Summer Bash 7 at the Kaneohe Klipper Golf Course, Saturday. The day was full of activities, a putting and long drive contest, food and entertainment for active duty service members and their families. There were balloon makers, bounce houses, bumper boat rides, mini golf and mini amusement park rides for the children. Live music included Ikena & The Pocket Band, Crimson Apple and The Green. The annual event began in 2009 when the golf course celebrated the completion of its \$3 million renovation project. Renovations were done to the pro shop, restaurant, ballroom and driving range. The former Fairways Sports Bar and Grill was renamed Sam Adams Sports Bar and Grill, opening July 29, 2009.









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.

Slippery summer

Lisa Smith Molinari

Contributing Writer

Back in June, I thought summer was an all-you-can-eat buffet of leisure splayed out before me like a picnic at the park.

My mind raced with all that could be done in three whole months.

"I'll spend afternoons lounging at the beach to get that cool surfer look with a peely nose and streaks of blonde in my hair," I thought. "I'll strip, sand, stain and refinish that old dresser my husband has been threatening to drop off at Goodwill. I'll plant hydrangeas, and lovely cascading window boxes, while wearing a sundress and straw hat. I'll take a trip to see my mother, and we'll sit on the porch in rocking chairs telling stories and drinking coffee. I'll host backyard barbecues with tangy grilled meats, snappy local corn and fresh peach pies for all our friends." I was wrong.

Here it is mid-August, and all I have to show for myself is a few new age spots and a couple of scraggly tomato plants. As fast as a wet kid on a Slip 'N Slide, but not nearly as much fun, summer simply slid right by me.

What the heck happened?

Summer has been a blur. We spent so many hours packed into our minivan touring colleges and visiting family, that our vehicle now has the permanent aroma of dirty socks and submarine sandwiches. Whenever I was home, my days were spent shuttling my kids to jobs and get-togethers with their friends; picking up after them; and nagging them to help walk the dog, empty the dishwasher, take SAT practice tests, write college essays and fold laundry.

Apparently, summertime has ceased to be the extended break from reality that it was when I was a kid.

Our parents never had to say it, but we were expected to get up each summer day and, basically, beat it. Go somewhere, do something, get out of the house. I don't care how hot it is, that's what garden hoses, creeks and community pools are for. And don't ask for money, other than maybe a bit of

pocket change for a snow cone.

On boring summer days when I was a kid, I'd get on my bike and ride several miles on rural roads to a local airplane hangar so I could buy a grape soda from the vending machine. I'd arrive home three hours later with a purple mustache and no one gave it a second thought. When it got really hot, my friends and I would stick our feet in the "creek" down in the ravine near our houses, and belt songs like Captain and Tennille's "Love Will Keep Us Together" into the massive drainage tunnel that ran under the highway. Our parents were happy we were occupying ourselves, and expressed no concern that we might get hepatitis or parasites from the suspicious water.

On some lucky days, my mom would drop me off at the town pool, where I was expected to spend the entire day making friends, feeding myself with a buck fifty in change, and avoiding spinal injuries on the high dive. When it rained, my friends and I were banished to basement rumpus rooms, where we would get into arguments while playing

hours of Monopoly, Sorry and Clue.

Back then, it was the kids' solemn obligation to entertain themselves with minimal parental assistance. Now that I'm a parent, I must say ... those were the good old days.

But I'm not going to let summer slip on by. Before we find ourselves knee deep in school physical forms and summer reading reports, I'm determined to slow down and take a good old-fashioned break.

Next week, my family of five is headed to Maine. We're renting a rustic cabin on Great Pond — a remote military recreation facility about an hour north of Bangor — with no Internet access, no phone service, and no cable television. Just a clear lake, canoes, picnic tables, fire pits, Adirondack chairs and a lodge with ping pong and stacks of board games.

It may not be a drainage tunnel under the highway, and I'm not sure if they'll have grape sodas, but I'm pretty sure we'll entertain ourselves just fine.

www.themeatandpotatoesoflife.com

Fun By The

mind-bendina

square off, so sharpen your

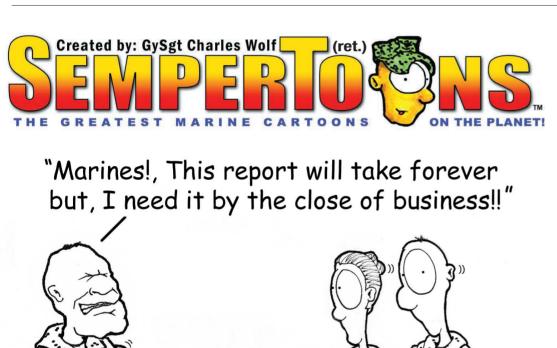
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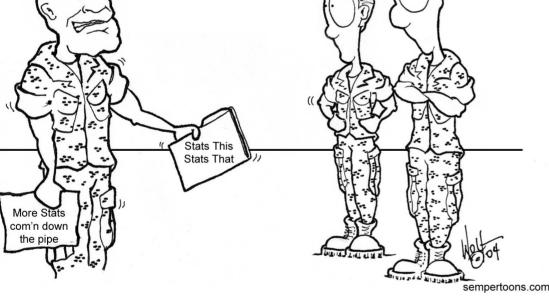
savvy to the test!

puzzle will have

you hooked from the moment you

Numbers
Like puzzles?
Then you'll love sudoku. This





 $\Box\Box$

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!

5 | 6

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Movie Movie

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

"Ant-Man" PG-13 Today | 9:15 p.m.

"Paper Towns" PG-13 Saturday | 6:30 p.m.

"Southpaw" R Saturday | 9:15 p.m.

"Minions" (in 3-D) PG-13 Sunday | 2 p.m.

"Pixels" PG-13 Sunday | 6:30 p.m.

"Southpaw" 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.

CORNER

Simple rules to minimize household hazardous waste

1) BUY only what you need and use it all up.

2) GIVE AWAY reusable products to friends, neighbors, or

3) **REPLACE** chemicals with less hazardous materials.

- 4) **LOOK** for environmentally friendly alternatives such as: Latex paint instead of oil-based paint as it requires only water for cleanup.
 - Vinegar and baking soda to clean drains, sinks and

Leftover household products (such as paints, cleaners, oils, batteries and pesticides) that contain corrosive, toxic, ignitable or reactive ingredients are household hazardous waste that requires special care when you dispose of them.

As an alternative, on-base residents (Forest City Housing) may turn in reusable household products to the Base Reuse Room. Instead of disposing of these reusable household products, the Base Reuse Room reissues them

Families transferring off island are able to leave common products, such as household cleaners for re-issue to families who are just arriving. It's a great way to share what you do not need, save money and protect the environment.

The Base Reuse Room provides for the:

- Re-use of household products that reduces the amount of waste and disposal costs.
- Opportunity for all base personnel to obtain household products at no cost.

The Base Reuse Room is located at building 6409 on Marine Corps Base Hawaii. We will gladly accept reusable household products from on-base residents (Forest City

Housing) meeting the following requirements:

- Household products are in their original containers
- Containers are at least half full
 - Containers are in good condition with labels intact
 - Household products are not mixed

Off-base residents can utilize the services offered by the City & County of Honolulu by visiting www.opala.org for information and procedures for disposal of household hazardous waste.

The following is a list of common household products that the Base Reuse Room will accept:

- Antifreeze
- Bathroom cleaners
- Kitchen cleaners
- Drain cleaners Floor wax
- Lamp oil
- Motor oil
- Paint
- Propane
- Shoe polish
- Varnish

On-base residents (Forest City Housing) bringing in household products must complete a turn-in log including their address. All household products will be checked to ensure that the containers are in good condition and not severely rusted, dented or leaking. Only products suitable for reuse will be accepted.

101 Days of Summer Program stats

Large Unit:

MALS-24: 2,280

HQBN: 2,250

CLB-3: 2,065

3rd Marines: 1,405

1st Bn., 12th Marines: 985

3rd Radio Battalion: 775

HQSVCBN/MARFORPAC: 310



21st Dental Co.: 3,375

VR-51: 1,795

VPU-2: 995

MCAS: 800

MAG-24: 495 VP-4: 420

VP-9: 330

CPRW-2: 295

HMLA-367: 280

HSM-37: 190

VMU-3: 180

SOI-West Det. Hawaii: 125

HMH-463: 120









B-4 • August 21, 2015

Searching for some missing L.I.N.K.S.

Hawaii Marine

The Lifestyles, Insights, Networking, Knowledge Skills class aboard Marine Corps Base Hawaii is currently recruiting volunteer mentors to help teach various topics about military life and Marine Corps culture.

Corps Family Marine Building, Team which is part of Marine Corps Community Services Hawaii, offers L.I.N.K.S. classes to service members, spouses, teens and children, giving overview them an military information, from deployments to permanent changes of station, as well as information about the Corps.

Susan Gadd, the L.I.N.K.S. trainer at MCB Hawaii, said the majority of her mentors have PCSd, and she is seeking more. Military spouses are primarily encouraged to be mentors, said Gadd, of San Antonio, because the foundation of L.I.N.K.S. is based on spouses teaching spouses.

gain) "(Mentors the satisfaction of knowing that they're supporting the military community, that they're giving back, (and) being a good role model for the younger spouses (who) are just coming into this environment," Gadd said.

Mentors can be flexible with their commitment to L.I.N.K.S., volunteering as often as they wish. In addition, Gadd said being a volunteer mentor is a good way for spouses to keep their resume active, as sometimes, finding a job at every duty station can be a challenge. Mentors receive two certificates: one completing L.I.N.K.S. training and the other listing their total recorded volunteer hours, the latter of which is presented at the base's annual volunteer ceremony.

Those interested becoming mentors are strongly encouraged to first attend a L.I.N.K.S. class. Volunteer mentors undergo one day of training, which includes material from Headquarters Marine Corps. From there, they work with Gadd to decide which topic they feel best suits them.

meetings Mentor



Photos by Kristen Wong | Hawaii Marine

Ellen Brady (center), a Belton, S.C. native, and Monette Murdock, of Abilene, Kan., participate in an ice breaker activity during a Lifestyles, Insights, Networking, Knowledge & Skills class in building 244 near the base theater, Tuesday. Chantal Labrie (left), is a volunteer mentor for the L.I.N.K.S. class on base, and helps teach portions of the class. "Right after I took my first class I knew it was something that I would love to get involved with." Labrie said. Volunteer mentors are needed to teach portions of the L.I.N.K.S. class. No teaching experience is necessary.

generally held every two months, in which Gadd will work with the mentors on perfecting their teaching skills or knowledge of a specific topic. However, teaching a L.I.N.K.S. class does not mean mentors must lecture students.

"Most of the time if you're trying to force someone into a mold they're not going to come across well to their audience," Gadd said. "However they're comfortable teaching, whether it's facilitating a game or acting out a skit or showing a movie clip, is how I try to work with them. Headquarters Marine Corps gives us a certain criteria that they want conveyed during the class but then we also take the latitude to kind of mold it to where it fits that mentor's needs (and) abilities."

Gadd recalled one of her volunteer mentors being so nervous about teaching that she memorized her material and felt very uncomfortable in front of the class. Gadd said she worked with the



Susan Gadd (left), a Lifestyles, Insights, Networking, Knowledge & Skills trainer and Labrie prepare materials prior to the L.I.N.K.S. class.

mentor and found that by incorporating a "Jeopardy" game into the class, and the mentor was able to convey her message, the class learned and both enjoyed themselves.

Audience plays a big role in teaching for Chantal Labrie, a current L.I.N.K.S. mentor at MCB Hawaii, who primarily teaches "The Maze" portion. During "The Maze," attendees learn what resources are available to families on base by matching their names with their

Rebecca Cragholm, a Roseville, Calif., native, participates in "The Maze" during a Lifestyles, Insights, Networking, Knowledge & Skills class in building 244 aboard Marine Corps Base Hawaii, Tuesday.

definitions on orange and yellow cards.

Labrie, an Ottawa, Canada native, and Marine Corps about learned spouse. L.I.N.K.S. through the 2013 hosted on base. Having previously lived on an Army base, Labrie said she took a class that was the Armv's version of L.I.N.K.S.

"Right after I took my first class I knew it was something that I would love to get involved with," Labrie said. "I was looking for a way of giving back to the community and to me L.I.N.K.S. was a way of not only learning and continuing to learn but also helping others to adjust and learn more about (the base), Hawaii

and the Marine Corps."

She described the mentor training as "hands on," which helped her feel confident enough to teach the classes. She said she has made friends participation Empowered Spouses Event being a volunteer mentor and learned a great deal.

> "Every day I am learning new," something said. "I am able to tell my husband and other friends about services when they have had a need. (Being a mentor is) definitely something you won't regret."

> The next L.I.N.K.S. for Spouses class is scheduled for Sept. 15 from 9 a.m. to 1 p.m. For more information about L.I.N.K.S., call 257-2657.





Lance Cpl. Harley Thomas | Marine Corps Base Hawaii

Sgt. Yalmar Guzman, a Marine recovering with the Wounded Warrior Battalion West-Detachment Hawaii and native of Frederick, Md., rests before performing an overhead press at the High Intensity Tactical Training gym in building 1034 aboard Marine Corps Base Hawaii, Wednesday. For the Marines with the detachment, physical training is crucial as it helps them stay mentally and physically fit as they go through treatment and recovery.

A Day in the Life: Sgt. Yalmar Guzman

Lance Cpl. Harley Thomas

Marine Corps Base Hawaii

An alarm goes off once with no response. The alarm rings out a second time, still no response. A third alarm goes off and this time it is followed by a nudge and the words, "Yalmar, Yalmar, wake up already!"

After his wife manages to wake him up, Sgt. Yalmar Guzman, a Marine recovering with the Wounded Warrior Battalion West-Detachment Hawaii, drowsily sits up and readies himself for the day ahead.

"Because I have problems sleeping, I finally start falling asleep when 6 or 7 a.m. rolls around," said Guzman, a Frederick, Md., native. "My wife has to encourage me to get up and get out of bed and when I do, I typically just sit on the edge of my bed. I have to breathe and realize it's time to get up. So I get ready and clean myself up, like most people do, but I also go around and make sure

everyone is safe at home."

Once he leaves the house, Guzman heads to the detachment for their morning formation and physical training. Guzman said Marines with the detachment typically do circuit workouts in the High Intensity Tactical Training gym nearby on Mondays and Wednesdays; participate in the Warrior Athletic Reconditioning Program on Tuesdays and Thursdays; and have group PT such as sit-down volleyball or wheelchair basketball on Fridays.

"I'm pretty limited when it comes to what I can do for exercise, but I still go with the other Marines to PT — I just have to switch it up so it fits my needs," Guzman said. "For me, the most important thing about PT is that it helps me keep a healthy mind and helps me focus on what I'm here for."

He said physical training helps the service members stay mentally and physically active through friendly competition and that it helps build camaraderie within the detachment. After PT, Guzman heads home to shower, change over and prepare for whatever appointments he has that day. Walking into his home, Guzman is greeted by signs with the message, "Hugs and Kisses," reminders meant to aid Guzman in his recovery from his post-traumatic stress disorder.

"I have a little trouble with a combatrelated illness and it has affected my priorities, meaning what was important to my family didn't necessarily seem important to me at the time," said Guzman, an infantry assaultman. "For example, I might be too busy questioning what someone could do to harm me, or whether or not I could trust that person instead of thinking about hugs and kisses, which, as a family, is much more important. Those signs remind me of my duty as a father and husband. It's a work-in-progress, but I think it's doing a lot for my family and me."

Guzman said he is going through

appointments to meet the requirements for the conditions he has, seeing people he has never seen before, from neurologists to orthopedists, and by the end of the day, he is completely worn out. He said that between those appointments and runs to the pharmacy or exams, it takes every ounce of energy he has.

"People think going to all these appointments must be easy, but taking care of your own well-being is exhausting," Guzman said. "In the Marine Corps, we're always told that we must always look out for the guys to our left or right, but when you find yourself in trouble and think, 'Oh, I need to take care of me and my health,' it's a hard concept to grasp. Going to those appointments and explaining what's wrong is the hardest part. It hits you the hardest when you're being honest with yourself. At the end of the day, I'm ready to just shut everything down and start planning for the next day."

COMMUNITY, BASE BRIEFS/VOLUNTEER OPPORTUNITIES

Duke's OceanFest kicks off this weekend

Duke's OceanFest is scheduled to run from Aug. 22 through 30. Unless noted otherwise, the competitions and events are taking place at Queen's Surf in Waikiki near the Duke's OceanFest surf stand and exhibit booths fronting Duke Kahanamoku's statue. The schedule is subject to change. Visit www.dukesoceanfest.com for updated information.

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: Project Almanac (PG)

Wednesday: 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 Veteran 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 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, contact Kelvin Bradford at 257-9922 or kelvin.bradford@ calibresys.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 old, 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 activeduty 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 bishopmuseum.org for more.

Hawaii Audubon Society seeks volunteers

The Hawaii Audubon Society is looking for 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. 30. The opportunity is open to all single/unaccompanied Marines

and Sailors. Assist with the dog running program, as well as other necessary duties. Transportation will be provided. Sign up by Tuesday.

Hui o Koolaupoko seeks volunteers

Hui o Koʻolaupoko seeks volunteers for the Popoiʻa Storm Water Project, scheduled for Sept. 9 from 9 to 11 a.m. This low-impact development project retrofitted 12,000 square feet of an existing parking lot to improve the quality of storm water runoff. The lot, which is adjacent to Ka'elepulu Stream in Kailua, Hawaii, is owned by City and County of Honolulu Parks Department.

Volunteer to help maintain this project in urban Kailua while learning about native Hawaiian plants and local watershed issues. Volunteers are asked to wear shoes and work clothes that they don't mind getting dirty, bring a water bottle, snack and work gloves if you would like them. All tools will be provided. Email nalani@huihawaii.org, visit www.huihawaii.org call 381-7202 for more information.