

# Hawaii Marine

## MCIPAC CG visits MCB HAWAII



Cpl. Brittney Vito | Marine Corps Base Hawaii

Brig. Gen. Joaquin F. Malavet, the commanding general of Marine Corps Installations Pacific, speaks with Kaneohe Bay Range Training Facility personnel during a range tour, Monday. Malavet took command of Marine Corps Installations Pacific June 12 and is traveling around various installations in the pacific to not only see the different bases but to personally meet Marines stationed on them. Malavet sat down with service members from Marine Corps Base Hawaii and Marine Corps Air Station Kaneohe Bay to listen, mentor and talk to them. See A-7 for additional photo

## Wounded warriors compete in annual regatta

**Army Sgt. Jon Heinrich**  
*Hawaii Army Weekly*

**HONOLULU** — Since 2009, the state of Hawaii has been home to an annual canoe race to honor wounded warriors and celebrate their resiliency throughout their recovery.

On Saturday, the Hawaii Chapter of the Association of the United States Army hosted the 6th Annual Na Koa Wounded Warrior Canoe Regatta at Fort DeRussy Beach Park.

“It’s a great event where our Soldiers get an opportunity and a lot of our leader’s come out here to spend time with wounded warriors, spend time with Gold Star Family members, spend time with our fellow comrades and people from the community,” said Army Col. Duane Miller, the 8th Military Police Brigade commander, 8th Theater Sustainment Command.

Wounded warriors from various branches competed in the event, including Wounded Warrior Battalion West-Detachment Hawaii.

“It’s to honor the families of our wounded warriors,” said Army Lt. Col. Todd Allison,



Photo courtesy of David C. Livingston

Members of the Wounded Warrior Battalion West-Detachment Hawaii team compete in the 6th Annual Na Koa Wounded Warrior Canoe Regatta at Fort DeRussy Beach Park, Saturday.

See REGATTA, A-7

## Tripler Fisher House to host 8K Hero & Remembrance Run, Walk or Roll 2015

**News Release**  
*Tripler Army Medical Center*

**FORD ISLAND** — The Tripler Army Medical Center’s Fisher House is scheduled to host the 4th Annual 8K Hero & Remembrance Run Sept. 5.

This event is held on historic Ford Island and honors more than 7000 fallen service members from all military branches who have given their lives since 9/11.

The run, which starts at the Pacific Aviation Museum on Ford Island, is open to the general public. It begins at 6 a.m. All participants should be on island no later than 5 a.m. All access to Ford Island will be accessible from 4 to 10 a.m. on Sept. 5.

Since this is a military installation everyone including all non-military ID card holders are subject to search per base regulations.

All parking will be on Ford Island as directed when you come across the bridge. Due to the amount of anticipated participants carpooling and buses are recommend. There is no cost

for parking. You should plan to arrive by 0500 to ensure access to base before the bridge closes. There will be an opening ceremony at 6:30 a.m.

The Fisher House is proud to announce that this is a “no cost” event in honor of fallen service members.

There will be numerous boots with pictures of Fallen Service Members on them and flags inside that will line the 8K running route. Once the event is over, the boots will be reassembled on the corner of Enterprise & O’Kane streets on Historic Ford Island and will stay on display until September 12, 2015 for those with base access. This will allow everyone an opportunity to look through the boots to find the names and pictures of loved ones. This visual representation of our nation’s commitment and the sacrifice of our service members all in one location is something that no one will want to miss seeing. Bring a camera to take photos of this memorial as the public will only see on Sept. 5.

Military and political leaders of the

See REMEMBRANCE, A-7



Petty Officer 2nd Class Diana Quinlan | Navy Public Affairs Support Element Detachment Hawaii

Participants of the 2014 Tripler Fisher House 8K Hero and Remembrance Run, Walk or Roll pass by one of the boots, representing a fallen service member, placed on a road of Ford Island.

## Be prepared in event of hurricane

**Press Release**  
*Compiled by Hawaii Marine staff*

According to an advisory from the National Oceanic and Atmospheric Administration’s website, Hurricane Ignacio is expected to approach the state late in the weekend and may threaten the islands during the first part of next week.

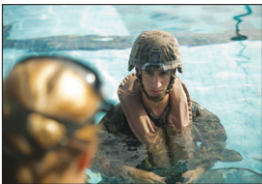
Hurricane season started June 1 and will continue until Nov. 30. Marine Corps Base Hawaii has the ability to contact you during an emergency with important information. For example, if a hurricane is headed towards the base, MCB Hawaii Installation Protection personnel can send an alert that will warn base residents and personnel. Alerts can also provide valuable information such as shelter locations and safety precautions.

To get connected, please complete the following steps:

1. Download the free AtHoc Notifier app from the Google Play or Apple App stores. There is no app for Blackberries at this time.
2. Register with the email address of the active duty service member or Department of Defense civilian employee. For example: junior.marine@usmc.mil. Dependents can enter in their sponsor’s base email account. Personal email accounts (gmail, Hotmail, aol, etc.) will not be accepted.
3. A verification will be sent to the email account provided. Active duty service member or DOD civilian employee must verify the request via their work email. Dependents will need to coordinate with their sponsor to verify the request in their email.
4. Open the AtHoc Notifier app from your smartphone. Enter your organizational code. For Kaneohe Bay personnel: kaneohebay.mil. For Camp Smith personnel: campsmith.mil

By utilizing this app, you will be given the most up-to-date information in an emergency. Contact Aleena O’Connor at 257-8460 or aleena.oconnor@usmc.mil with questions or concerns.

Information is available on the base website to help prepare your family for disaster. Visit [www.mcb-hawaii.marines.mil/UnitHome/FeaturedInformation/DisasterPreparedness.aspx](http://www.mcb-hawaii.marines.mil/UnitHome/FeaturedInformation/DisasterPreparedness.aspx).



**Don’t SWET it!**  
Marines conduct shallow water egress training at pool, A-6



**Meet me at the field**  
Service members compete in 101 Days of Summer Field Meet Unit Challenge, 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**



**For more information about Impact Aid, visit [www.hawaiipublicschools.org/ParentsAndStudents/MilitaryFamilies/Pages/About-Impact-Aid.aspx](http://www.hawaiipublicschools.org/ParentsAndStudents/MilitaryFamilies/Pages/About-Impact-Aid.aspx)**

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
	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. Khalil Ross

**Age:** 20

**Behind the shot:** I was sent out to The Big Island of Hawaii to capture imagery of 1st Battalion, 12th Marine Regiment, conducting live fire training with the M777 lightweight Howitzers, Saturday through Monday.

**POHAKULOA TRAINING AREA** — Sgt. Aijalon Langston, an artilleryman with 1st Bn., 12th Marines, pulls the lanyard to fire a Howitzer aboard Pohakuloa Training Area, Sunday.



Cpl. Khalil Ross | Marine Corps Base Hawaii

## NEWS BRIEFS

### Kailua to host Emergency preparedness fair

Kailua's annual Emergency Preparedness Town Fair is scheduled for Sept. 12, from 9 a.m. to 1 p.m. at the Kailua Town Center in the parking area near Macy's. Interact with the Marine Corps Base Hawaii Force Protection Office, local businesses, community organizations and other state, federal and local emergency agencies.

### IIF and UIF to close temporarily

The Individual Issue Facility and Unit Issue Facility will close Sept. 4 at noon due to fumigation by the Facilities Department. Both facilities will reopen Sept. 8 for regular business from 7 a.m. to 3 p.m. Call Edie Wong at 257-8758/1776 with questions.

### Legal Course coming soon

The Naval Justice School Senior Officer/Enlisted Legal Course is scheduled aboard Marine Corps Base Hawaii from Sept. 14 through 18 in the Staff Noncommissioned Officer Academy Corporals Course classroom in building 224 on the first deck. There are 60 seats available. The course is tailored toward commanders, executive officers, sergeants major, first sergeants, legal officers and adjutants, but others may attend as space permits. The course will cover a variety of legal topics. Contact Master Sgt. Tyron Francis with questions or to reserve a seat at 257-7801 or tyron.francis@usmc.mil.

### 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. Drivers caught texting and driving aboard Marine Corps Base Hawaii or neighboring Marine Corps facilities, will incur the following penalties:

- 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

### Important Phone Numbers

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



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

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## Ice Comments

**COMMENT:** On the morning of Aug. 3 at 8:30, I noticed a problem with my Outlook email. I called 257-5000, listened to the greeting and selected option 1 for the help desk. The phone kept ringing for two and a half hours. I finally got demoralized and hung up. I called again a few hours later, selected option 1 once more and still the phone kept ringing. What's the point of having a help desk when there is no one to answer the phone and provide help?

**RESPONSE:** Thank you for bringing this to our attention. I have investigated the time frame mentioned. Unfortunately the Communications & Information Systems Directorate experienced an unusually high call volume on that date. There was an issue with everyone receiving a common access card pop-up when using Microsoft Office applications and another issue of receiving an error when opening Adobe files. We have since sent out an "all users" email explaining the temporary fix for these issues and the call volume should be diminishing.

### 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 online 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

## EAST COAST



Sgt. Melissa Karnath | Defense Media Activity - Marines

In remembrance of Operation Starlite, Aug. 18, 1965, Arthur “Art” Orville Petty Jr., a Marine Vietnam veteran, looks at memorabilia in his Marine museum he created from a farm house on his property in Woodbury, Tenn., June 19. Petty enlisted into the Marine Corps March 13, 1941 and retired at the rank of sergeant major.

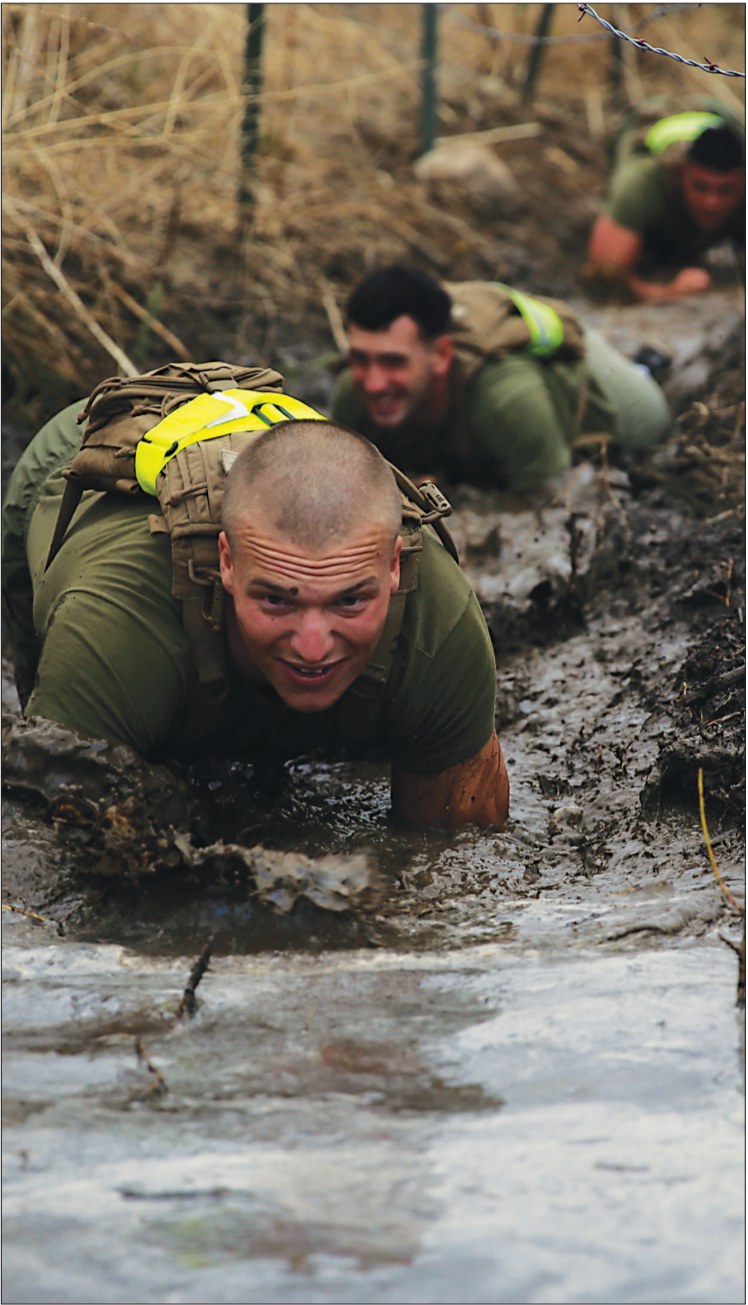
## O v e r s e a s

A railhead receives heavy equipment in Bremerhaven, Germany, in preparation for shipment to Novo Selo Training Area, Bulgaria, Aug. 20. The addition of the armor element provides the capability for U.S. Marines to train alongside partners’ and allies’ mechanized units, collectively improving combined arms skills and anti-armor tactics.



Cpl. Justin T. Updegraff | U.S. Marine Corps Forces Europe

## WEST COAST



Cpl. William Perkins | 1st Marine Division

Marines assigned to Company K, 3rd Battalion, 5th Marine Regiment, 1st Marine Division, low-crawl through a trench during the Dark Horse Ajax Challenge aboard Marine Corps Base Camp Pendleton, Calif., Aug. 20. The eight-mile course tested the Marines’ and Sailors’ endurance and leadership skills with trials spread across the San Mateo area.

# ‘TRINITY’ SUSTAINS COMBAT READINESS



Photos by Cpl. Brittney Vito | Marine Corps Base Hawaii

**ABOVE:** Mortarmen with 3rd Battalion, 3rd Marine Regiment fire a 60 mm mortar at Kaneohe Bay Range Training Facility, Monday. Marine Corps mortar teams locate targets by converting chart data to firing data, delivering mortar fire in timely response to the ground units they support. With a max range of 3,500 meters, the 60 mm mortar serves as a lightweight, portable artillery that provide constant and accurate high-angle suppressive fire on targets. The training was designed to help the Marines remain proficient with the weapon system.



**RIGHT:** Lance Cpl. Robert Ryan (right), a primary safety officer with 3rd Bn., 3rd Marines, corrects his Marines, Pfc. Matthew Scott (left) and Pvt. Zachary Maroney (center).

# INDIA Co. MARINES SIGNAL AND MANEUVER



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

**ABOVE:** U.S. Marine Corps 2nd Lt. William Thompson, the officer in charge with India Company, 3rd Battalion, 3rd Marine Regiment, and a Shelbyville, Ky., native, briefs Marines during signal, tactics and maneuver training at Boondocker Training Area aboard Marine Corps Base Hawaii, Monday. The purpose of the training was to prepare the company's Marines at the squad level, ensuring they are able to efficiently and effectively perform squad attacks and movements.



**RIGHT:** Marines with India Company, 3rd Battalion, 3rd Marine Regiment, practice various signals, tactics and maneuvers at Boondocker Training Area, Monday.

## JVEF highlights state partnerships with Hawaii's military community

**Press Release**  
*Hawaii State Department of Education*

**KAPOLEI, Hawaii** — The Joint Venture Education Forum, a cooperative partnership between Hawaii's military community, public schools and other community organizations, highlighted success stories of Hawaii's military students and their families at its 14th Annual Meeting in Kapolei, Aug. 20.

JVEF's mission is to facilitate the educational concerns and unique needs of military children and their families, such as transitioning to the islands, and to support Hawaii's public school students.

"Our military dependent children often need added support during relocations among military facilities and schools as their parents serve our country," said Kathryn Matayoshi, the superintendent of the Hawaii State Department of Education. "Our JVEF partnerships have improved support for military families and children, enriched our public schools and has built lasting bridges between our communities."

Awards were presented recognizing JVEF's outstanding civilian and military contributors whose efforts have had a significant impact on Hawaii's military and public school students. Hawaii State Sen. Jill

Tokuda received the JVEF Outstanding Civilian Contributor Commendation Award for her commitment and expert guidance as former Chair of the Senate Committee on Education. Her support to JVEF helped to bring Hawaii's military and education communities together and furthered education initiatives through the state budget process.

U.S. Coast Guard pilot Lt. Sam Pemberton received the JVEF Outstanding Military Contributor Commendation Award for his four years of service on the Hale Kula Elementary School Community Council. Recognizing the desire of many

military parents to participate in school community meetings, but also their difficulties in attending due to busy work and family schedules, Lt. Pemberton established virtual meetings via the school's Facebook community. Online meeting participation has increased substantially as a result along with engagement with parents.

Longtime supporter of Federal Impact Aid funding to Hawaii, Congressman Mark Takai gave the keynote address. Impact Aid partially reimburses HIDOE for the cost of educating children whose parents work or live on federal property.

Hawaii has the highest num-

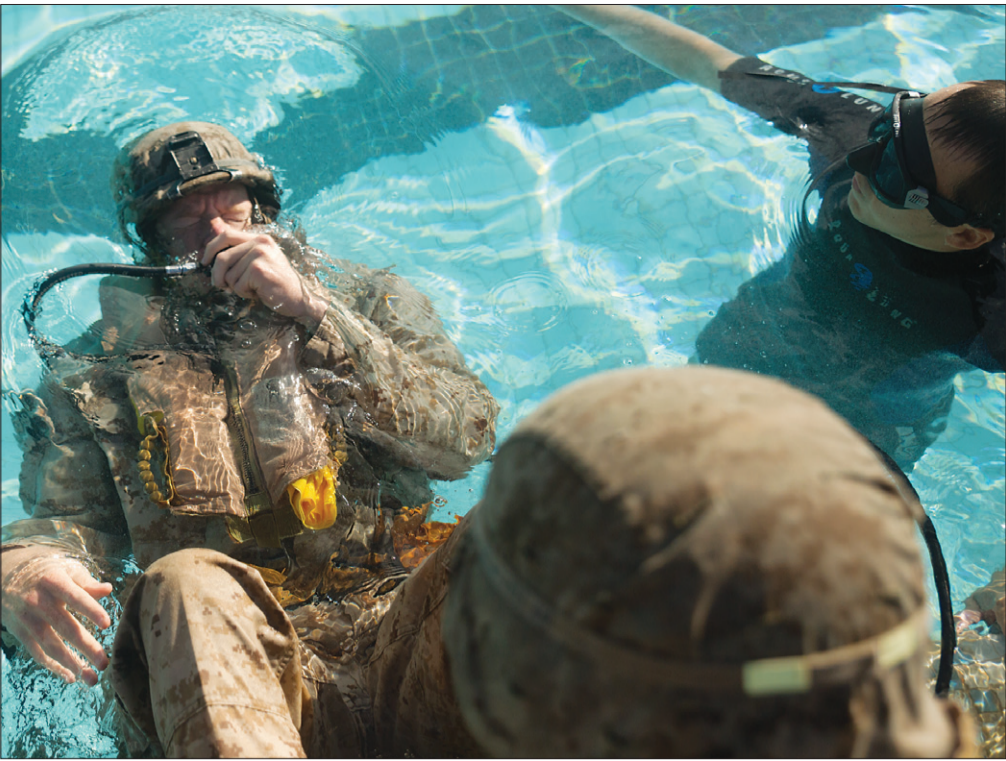
ber of military dependent children per capita in the nation, representing approximately eight percent of the total student enrollment. More than 40 schools on Oahu's Central, Leeward and Windward School districts have significant populations of military dependent students. For more information, visit HIDOE's Military Families website.

**Tyron Francis Jr. talks about his experiences being a military child and transferring to Hawaii during the Joint Venture Education Forum meeting in Kapolei, Aug. 20. Francis is an eighth grader and the son of a Marine.**



Photos by Brent Suyama | Hawaii State Department of Education

**Volunteers pose after being acknowledged by the military and HIDOE.**



Lance Cpl. Justin T. Brown, a rifleman with 3rd Bn., 3rd Marines, hangs down underwater to simulate an aircraft chair being flipped in an emergency water landing.



Photos by Lance Cpl. Zachary Orr | Marine Corps Base Hawaii

Lance Cpl. Anthony F. Coscarelli, an assaultman with 3rd Bn., 3rd Marines, listens to the water survival instructor as she explains the next step during training.



# MARINES SWET UNDER PRESSURE

Lance Cpl. Justin T. Brown, a rifleman with 3rd Battalion, 3rd Marine Regiment, hangs down underwater to simulate an aircraft chair being flipped in an emergency water landing during the Shallow Water Egress Training held at the base pool, Wednesday. Service members undergo SWET exercise to learn how to evacuate an aircraft prior to Modular Amphibious Egress Training, which is the next exercise.



Lance Cpl. Jeffrey J. Guevara, a rifleman with 3rd Bn., 3rd Marines, prepares himself for an exercise to learn how to use an underwater breathing device.



Cpl. Brittney Vito | Marine Corps Base Hawaii

Cpl. Brandon C. Howard, the defense service chief with Headquarters Battalion, Marine Corps Base Hawaii, shakes the hand of Brig. Gen. Joaquin F. Malavet, commanding general, Marine Corps Installations Pacific, after a noncommissioned officer breakfast at Anderson Hall Dining Facility, Tuesday.

REGATTA, from A-1

the 8th Special Troops Battalion commander, 8th TSC. “So many have gone out there and have both hidden wounds and visible wounds, and all of them are having a chance to show how they can fight back from those wounds.”

“Combat vets and veterans have also been encouraged out here to show their support for those wounded warriors and compete in the race today,” Allison added. “But it’s more about honoring the wounded warriors, having fun and coming together with some healthy competition.”

Teams from all over the state competed in one of four divisions: Youth Division, Wounded Warrior Families, Combat Veterans and Veterans.

“You’ve got a lot of teams competing hard against one another,” Miller said. “Other than it being a little bit warm, I think the participation out here has been phenomenal.”

Halfway through the competition, the race was halted for a youth awards ceremony and Gold Star Medallion presentations.

“What a great day,” Miller added. “And the opportunity to see the Gold Star Families, mothers, fathers, brothers and sisters get recognized earlier today, that’s what made it all worth it.”

Among the award presenters were Army Gen. Vincent K. Brooks and Army Command Sgt. Maj. Bryant C. Lambert, the commander and command sergeant major for U.S. Army Pacific; Army Maj. Gen. Edward F. Dorman III, commander of 8th TSC; Army Maj. Gen. Charles A. Flynn, commander of 25th Infantry Division; and the Honorable Mark Takai, congressman for the U.S. House of Representatives First District of Hawaii.

“It was an absolutely amazing experience,” Allison said. “Honestly, it was the experience of coming together that really made it special.”

REMEMBRANCE, from A-1

community will participate in the opening ceremonies and the run.

Everyone is highly encouraged to come out and support this event. The run is not a timed event; Spectators are welcome to wave flags and cheer folks on. Volunteers are needed for several locations. To volunteer, call 489-8261.

There will be a “Patriot Guard”-style escort and motorcycle riders leading the run. Motorcycle clubs are welcome, but all riders will have to have proper vehicle paperwork per base regulations without exceptions. Motorcycle riders have to comply with Department of Defense motorcycle guidance (helmet, long sleeves, sturdy over ankle footwear, long pants, etc).

Military units in formation will form on the inside of the field, once the motorcycle riders lead the run. Hand bikes, wheelchairs, Wounded Warriors and military units will follow. Remaining participants come next, with strollers and other wheels at the end.

All wheelchairs, hand bikes, strollers, roller skates, roller blades, wagons and small children’s bikes are welcome. Please do not bring adult bikes except for the rear follow-up riders. Friendly pets are welcome on a leash; be prepared to clean up after them. Bottled water will be available and no snacks are provided.

For more information, contact the Tripler Fisher House at [anita.f.clingerman.naf@mail.mil](mailto:anita.f.clingerman.naf@mail.mil), [theresa.m.johnson2.naf@mail.mil](mailto:theresa.m.johnson2.naf@mail.mil) or call the office at 433-1291. You may also contact TAMC Public Affairs at 433-2809.



Petty Officer 2nd Class Diana Quinlan | Navy Public Affairs Support Element Detachment Hawaii

Boots for more than 7,000 fallen service members, each containing a photo identification, line up a field during the 2014 Tripler Fisher House 8K Hero and Remembrance Run, Walk or Roll. The event honored every fallen service member since the Sept. 11, 2001 attacks.

# Sports & Lifestyle



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



## Service members compete ... in the big meet

**1.** Service members participate in a round of jousting during the 101 Days of Summer Field Meet Unit Challenge held at Riseley Field aboard Marine Corps Base Hawaii, Aug. 21. **2.** Cpl. Jonah Tappangorgita, a cyber security specialist with the Communications & Information Systems Directorate and Albany, Ore., native, races through cones on a tricycle while wearing drunk goggles. **3.** Lance Cpl. Tyler Norris, an armory Marine with Support Company, Combat Logistics Battalion 3, and a San Jose, Calif., native, races while participating in an obstacle course. **4.** Marines race while participating in an obstacle course. **5.** Service members gather and observe a game of tug of war. Hosted by Marine Corps Community Services Hawaii, the field meet was composed of a combat obstacle course, jousting, truck tire flip race, tug of war, 880-meter relay race and big trike relay. The field meet was held to promote health and wellness within the MCB Hawaii community, as well build camaraderie between various units around the base. Service members could earn points in the 101 Days of Summer Program by participating in this event.



AT EASE

Your weekly dose of non-mandatory fun in Hawaii Marine

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

# A word about cussing

**Lisa Smith Molinari**  
Contributing Writer

To my mother, a first grade teacher for 30 years, every day was an opportunity to make a difference in the life of some squirmy, rag tag, grubby little six-year-old. And cussing, therefore, was out of the question.

Other than an occasional cathartic “Damn!” (considered quite proper in her home state of Kentucky), my mother rarely uttered a legitimate swear word. When frustrated, she would sometimes begin to form the “sh” sound, but just as we thought she was about to emit a well-known expletive, the word would morph into “SHHugar!” or “SHHoot!” or a long string of biblical characters such as “SHHadrach, Meshach and Abednego!”

Although she flirted with minor cuss words, there was one word that would never, and I mean never, pass over my mother’s tangerine tinted lips: The “F-word.”

Nowadays the F-word has, like other formerly risqué endeavors such as tattoos and visible bra straps, become rather commonplace. It’s all over the

premium channels, movie screens, Internet, radios and workplaces. Modern society has become desensitized to swearing over the last couple of decades, but back in the 70s and 80s when I was a kid, the F-word was considered taboo.

As far as my mother was concerned, the F-word was not an appropriate form of verbal communication. Whatever emotional cleansing or free expression might be gleaned from blurting that particular cuss word was outweighed by one’s ethical obligation to civilization.

Having grown up under my mother’s influence, I never really took to cussing either.

“Pardon my French,” a woman in my writer’s group whispered to me last week after she’d told a particularly expressive story punctuated by the F-word. In my writers’ group, everyone but me swears regularly, but there was no need for her to apologize. I get it. To many people in our modern world, cuss words effectively communicate a particular level of anger, annoyance, surprise or frustration. These words flow naturally from their lips and pens

as a form of free expression.

However, when I swear, it comes out as immature as a 7th grader on the middle school bus, despite the fact that I’m 49 years old. It’s not that I’ve lived a sheltered life; I am the wife of a Navy man after all (many cuss words have nautical origins, you know) and have worked in offices where the F-word was casually batted about by both men and women like whiffle balls. I’ve often felt pressured to use the F-word to fit in, but I’ve never been able to make it work for me.

I must admit, there have been times when I’ve really wanted to blurt out something foul—on the highway, during arguments with my husband, or when trying to get the cap off of a bottle of ibuprofen when I’m particularly hormonal—and wished there was an effective alternative to blurting the F-word.

Even my mother once sought her own alternative to the F-word.

It was 1979, and I was watching my parents argue at our kitchen table. Nothing heated, just a garden-variety marital disagreement. While I sat spreading peanut butter on saltines,

my mother gave up arguing, expelled a heavy sigh and went back to silently scribbling in her sketchbook.

My father got the final word, but my mother didn’t seem bothered. She calmly finished her drawing, got up, and excused herself from the room, leaving her sketchpad propped on the napkin caddy.

Back then, we all knew my mother would never say the F-word, much less make the infamous symbolic hand gesture for it. But, on this particular day, she found a way to express her feelings without compromising her ethical standards. There on her sketchpad, for all the world to see, was a perfect replica of a human hand—skin, knuckles, fingernails and all—flipping my father “The Bird.”

That day, I learned a few things from my mother’s unique example. That there are always alternatives to swearing. That I should weigh my options before letting any expletives fly. And that, if there’s a way to swear with class, my mother had definitely put her finger on it.

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

Created by: GySgt Charles Wolf (ret.)

SEMPERTOONS

THE GREATEST MARINE CARTOONS ON THE PLANET!

“Wow!, Marine Bull dog..., I love animals! They say after awhile owners and their pets begin to look.....”

AAAAAAALike!”

“OOHH-RAHH!”

Wolf 2015  
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SUDOKU

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

Fun By The Numbers

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

Here's How It Works:

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

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

ANSWER:

Movie Times

“Paper Towns” PG-13 Today | 6:30 p.m.

“Pixels” PG-13 Today | 9:15 p.m.

“Minions” PG-13 Saturday | 6:30 p.m.

“Vacation” R Saturday | 9:15 p.m.

“Shaun The Sheep Movie” PG Sunday | 2 p.m.

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

“Vacation” 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.

# Cub Scout Pack 225 to begin new year

**Kristen Wong**  
*Hawaii Marine*

Prospective members came to play on the water slides, munch on snacks and meet the leaders of Cub Scout Pack 225 during the pack’s annual water roundup and membership drive at Riseley Field aboard Marine Corps Base Hawaii, Saturday.

This is the only recruitment event of the year for the pack, which consists of boys ages 7 to 10 years old and meets weekly. Because the pack is made up mostly of military children, many have left due to their parents making a permanent change of station move. In addition, others have moved on to be Boy Scouts. However, it seems recruitment went well this past weekend.

“I’m extremely excited,” said Irene Zaborowski, the pack’s committee chair. “It looks like we’re going to have a huge pack. We have a ton of events planned.”

Zaborowski, a Fairfax, Va., native, has been involved with the pack for four years, ever since her son joined the Cub Scouts as a Tiger.

“I was seeking an extracurricular program that offered volunteer service (and instilled) good morals in kids,” she said. “The scouts offered that.”

Among the events, there will be an overnight campout for multiple Cub Scout packs called the Cuboree. The Cub Scouts also incorporate service projects and fundraisers into their year, such as beach cleanups, bake sales and canned food drives.

In February, the pack celebrates the organization’s founding at its annual blue and gold banquet, promoting the boys who’ve earned their next rank. Another major event is the Pinewood Derby in March, which is held in conjunction with the annual Boy Scouts Aloha Council Makahiki event at Ala Moana Beach Park. The boys build and race their own cars at the derby.

“The most rewarding aspect for me is seeing them grow and develop life skills that they’re going to carry with them for the rest of their lives (such as) good self-esteem (and) being a helpful citizen,” she said.

Zaborowski commented that there are similarities between military and scout values. She said many scouts join the military, and many of the parents involved in the pack are former scouts themselves.

“These kids are resilient because (many of them) deal with deployed parents and the stresses of being a part of a military family,” she said. “We’re a very close group because we’re used to that in the military — a group approach



Photos by Kristen Wong | Hawaii Marine

**Kyle Lacoste enjoys some recreation time during the Cub Scouts Pack 225 annual water roundup and membership event at Riseley Field aboard Marine Corps Base Hawaii, Saturday. The cub scouts do many different activities throughout the year, learning new skills, visiting new places and eventually moving up in rank in the Boy Scouts of America. The pack, which meets weekly, has many military children as members. Volunteers from Marine Corps Base Hawaii support the pack and the scouts, which helps the overall mission of the base, to take care of the families aboard the installation.**

to raising kids.”

Ashley Wilson, of Dayton, Ohio, has been involved with the pack for little more than two years. She led the Bears and Tigers dens last year, and continues to support the pack before she leaves the island this year.

Wilson’s co-worker, who was a den leader, encouraged her to help volunteer with the pack. She started out as an assistant den leader, then underwent training and eventually became a den leader. She described her time with the pack as a learning experience.

“I love them like they are my own nephews,” Wilson said. “It’s amazing to teach them and see them grow as people ... especially because I don’t have kids of my own. I’ve always been ‘Aunty.’”

In one instance last year, Wilson remembered supervising the boys as they were earning their whittling chip. She said she was impressed by how the boys demonstrated responsible use of pocketknives, but could still enjoy themselves.

Wilson said she will miss the scouts. She said the most memorable moment during her time with the pack was



**Sean O’Loughlin, 8, competes in a relay race during the Cub Scouts Pack 225 annual water roundup and membership event at Riseley Field aboard Marine Corps Base Hawaii, Saturday.**

watching the Cub Scouts officially reach their highest level and transition into the Boy Scouts. She said she felt a sense of accomplishment in helping them achieve their goal.

“I hope the next pack in Virginia has the camaraderie and love that this pack has,” Wilson said.

Richard Galluzzi, the district executive for the Boy Scouts of America Aloha Council, calls Pack 225 a “high-quality unit.”

“I see all the good they do for both the kids (who) are involved and also the community,” he said. “It makes me happy to come here and see how it benefits the community and the base (to have a Cub Scout pack). I think it’s a big asset.”

Galluzzi does monthly visits and

**Ryan Tetreault finishes the last of his cotton candy during the Cub Scouts Pack 225 annual water roundup and membership event at Riseley Field aboard Marine Corps Base Hawaii, Saturday.**

supports the pack. He officiated relay races at the annual water round up.

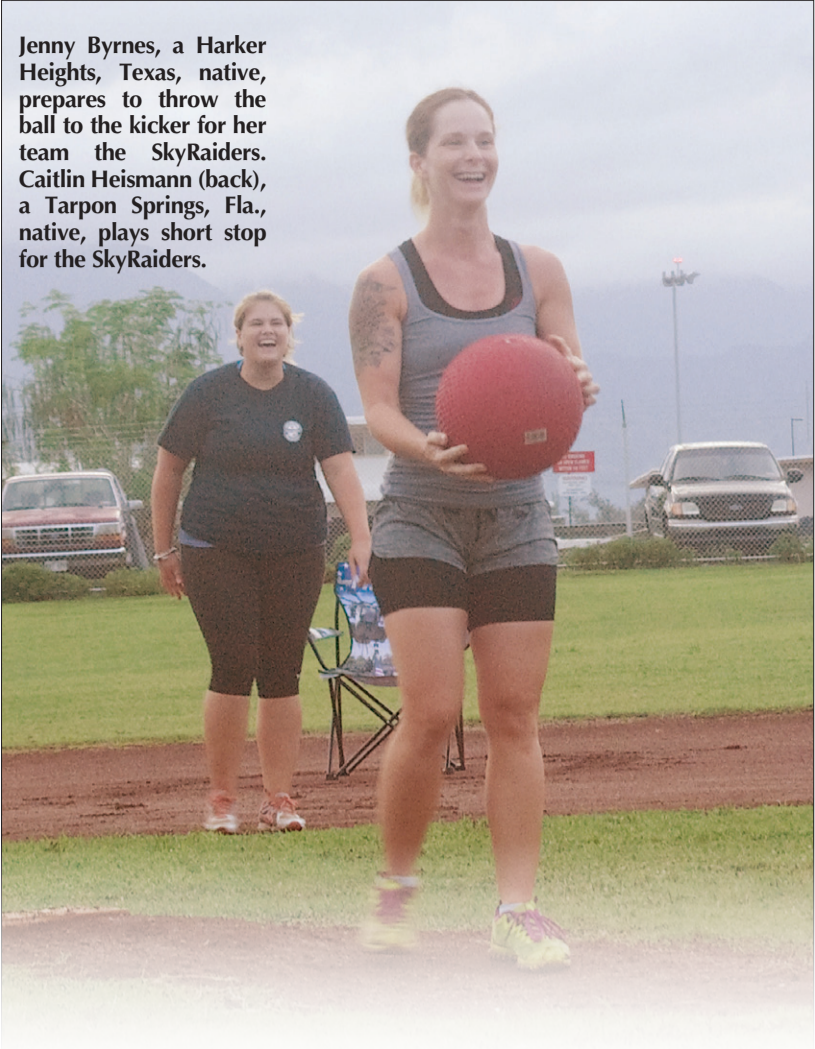
“(Cub Scouts is) a moral development program,” Galluzzi said. “We’re there to turn these young men into good people. There (are) not a lot of programs out there that teach the same quality of values that scouting does and I think that’s why it’s important that scouting is on this base.”

The Honolulu native has been at his current position for little more than two years, and is a former Eagle Scout.

“(Boy Scouts) allowed me to grow into an ethical adult,” Galluzzi said. “(The organization taught me the) importance of giving back to others, conducting myself and holding myself to a high moral standard (which is) very important for our society to have.”

Volunteers from MCB Hawaii support the pack and the scouts, which helps the overall mission of the base, to take care of the families aboard the installation. For more information about the pack, email pack225MCBH@gmail.com.





# MCB HAWAII SPOUSES KICK IT UP A NOTCH



Byrnes pitches the ball to the kicker during a Spouses' Kickball Corps league practice on Monday at C Street field. The league's next games are scheduled on Aug. 30 at 12:30 p.m. and 1:45 p.m. at C Street field aboard Marine Corps Base Hawaii.



Bryana Christianson, a Lacrosse, Wis., native, throws the ball back to home base. Christianson is a member of the Trinity Lava Lilies team.



Erin Dix, a Paradise, Calif., native, pauses during a practice game. Dix plays for the Trinity Lava Lilies.

Photos by Maria Kanai | Hawaii Marine



Photos by Kristen Wong | Hawaii Marine

Kinsey Negrón gives Tighe Eustace a piggyback ride during a concert in the U.S. Marine Corps Forces, Pacific Band Summer Concert Series at Mololani Community Park, Aug. 21. The band hosted three concerts on base at Kaneohe Bay and one at Manana Housing.

# MARFORPAC BAND KICKS OFF WEEKEND WITH MUSICAL EVENING

Sgt. Stephen Novak (left), an Abilene, Texas, native, and Sgt. Darnell Haynes, a Chicago native, both vocalists with the MARFORPAC Band, perform “There is Nothing Like a Dame” from the musical “South Pacific.” The band also played songs reminiscent of World War II, such as “Songs of Sailor and Sea Suite” by Robert W. Smith. Next week marks the anniversary of Japan’s officially signing the instrument of surrender Sept. 2, 1945, aboard the USS Missouri. The band hosted three concerts on base at Kaneohe Bay and one at Manana Housing.



# Outdoor Recreation Center launches new beach truck

**Maria Kanai**

*Hawaii Marine*

It's happened to the best of us: You're out at the beach with your family, and you've realized you've left sunscreen at home. Thankfully, if this happens to you at Pyramid Rock Beach on the weekend, you won't have to worry about turning lobster red.

Last Saturday, the base Marina and Outdoor Recreation Center launched a new mobile truck that will come to the beach every weekend from 10 a.m. to 4 p.m. The recreation center's most popular beach equipment will be available for rent, such as surf boards, boogie boards, stand-up paddle boards, snorkels and swim fins. Customers may also purchase food and beverage items such as sandwiches, chips, soda and power drinks.

Prices will match the recreation center's current list; Surfboards, for example, can be rented at \$6 an hour, boogie boards for \$7 and swim fins for \$4. Payment will only be through credit cards as there are no cash transactions. The truck will be at the beach on three-day holiday weekends as well, including the upcoming Labor Day weekend Sept. 5 through 7.

"Having the mobile truck at Pyramid Rock Beach will be similar to going to Waikiki and having our beach rental services there," said Christopher Sereno, the center's general manager. "It'll provide items that beachgoers may not have or have forgotten, and they won't have to go all the way back home or head to the



Maria Kanai | Hawaii Marine

**Chris Phillips, a Marine and Outdoor Recreation Center staff member, poses with the new mobile truck on Wednesday at the Marina. The truck will be available every weekend at Pyramid Rock Beach, offering beach equipment, snacks and beverages for beach goers, from 10 a.m. to 4 p.m.**

recreation center. I myself have forgotten to bring a towel or sunscreen so many times when I've been out with my family at the beach," he said. "Now, we have this program here for everyone."

The mobile truck made its first appearance last weekend on Aug. 22 and 23 at Pyramid Rock Beach. Milton Tsuneda, an Outdoor Recreation

Center assistant, said that the weather conditions were unfavorable, but he and the staff received many inquiries and passed out fliers, which helped generate interest in the mobile truck.

Sereno said that despite the poor weather conditions, there were many swimmers who wanted to get into the ocean. The strong waves made

it necessary for the swimmers to use swim fins, and the truck made it possible for them to rent the fins at their leisure.

The truck will be staffed every weekend by one or two rec center employees, and will be available for all patrons who have access to the beach. Sereno hopes the truck will become a permanent and successful part of the Outdoor

Recreation Center, and that the rental and purchase selections will eventually expand after further feedback from customers. The truck supports the mission of the Marine Corps Community Services, which is to provide fitness and recreation programs, Marine and family programs and business activities in garrison and deployed environments.

COMMUNITY, BASE BRIEFS/VOLUNTEER OPPORTUNITIES

Oahu artists to open spaces to public

The 2nd Annual Oahu Open Studios event is free and open to the public. The opening celebration and preview exhibition is scheduled for Nov. 6 from 6 to 9 p.m. in the lobby of Bishop Place in downtown Honolulu, at 1132 Bishop St. There, attendees can obtain a copy of the OOS Guidebook containing an artist directory and maps directing them to different studios and exhibition spaces around the island.

The OOS self-guided tours for Central, North Shore and Windward Oahu tours are scheduled for Nov. 7 and 8, from 11 a.m. to 6 p.m., and Leeward Oahu tours (from Makaha to Honolulu to Hawaii Kai) are scheduled for Nov. 14 and 15 from 11 a.m. to 6 p.m. Directional signs will be posted on roadways, at intersections and at artist studios and exhibition spaces to guide visitors to their locations. The artwork from the preview exhibition will be on display at Bishop Place, Monday through Friday, from 6:30 a.m. to 6:30 p.m. until Nov. 20. For more information, visit [www.OahuOpenStudios.com](http://www.OahuOpenStudios.com).

Convention Center to host Labor Day event

The Hawaii Convention Center’s “Sunset Mele on the Rooftop” is scheduled for Sept. 6. The event features live performances by Hawaii musicians Kuikahi and John Feary, a screening of “The Lego Movie,” and keiki activities in the center ballroom beginning at 5 p.m. Admission is free, but there is a parking fee at the Hawaii Convention Center for the event. Outside food, beverages and coolers are not allowed. For more information, call 943-3025.

VA launches new no-cost training programs

The Department of Veterans Affairs recently launched two new no-cost training programs, Accelerated Learning Programs and VA Learning Hubs, to help transitioning service members and veterans, from all eras, learn skills, earn credentials, and advance in civilian careers following separation from service.

VA is piloting ALPs this summer with seven courses focusing on building skills and certifications needed to advance in high-demand careers in information technology. Each ALP course is offered at no cost and includes free referral and support services. Visit the ALP website to learn more or apply. For more information, email [veteranemployment.vbaco@va.gov](mailto:veteranemployment.vbaco@va.gov).

Lunch and learn explores VA benefits

The Veteran Affairs Benefits Office on base is scheduled to host an upcoming Lunch and Learn information session Sept. 21 in classroom C of the Education Center. The topic will be “Education Benefits and Transfer of Entitlement.” Bring your own lunch and learn what benefits you may be eligible for and how to apply. These free sessions are open to all service members, veterans and spouses. 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](mailto: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 Saturday and Sunday 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](http://greekfestivalhawaii.com).

Windward Choral Society seeks singers

The Windward Choral Society plans to host an open house Tuesday at 6:30 p.m. for newcomers and 7 p.m. for returning singers at 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. Email [windwardchoral@icloud.com](mailto:windwardchoral@icloud.com) or call 254-5717 with questions.

Level III Motorcycle training event

The Base Safety Directorate is planning to host a Level III motorcycle event Wednesday and Thursday 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. Register at building 279. For more information, call 257-1830.

Join walkers for suicide prevention walk

The annual Out of the Darkness Community Walk is scheduled for Sept. 12 at 9 a.m. at Ala Moana Beach Park as part of Suicide Prevention Month activities planned in Hawaii. More than 350 Out of the Darkness Community Walks are being held nationwide this fall. The walk supports the American Foundation for Suicide Prevention’s local and national programs and its goal to reduce the annual rate of suicide 20 percent by 2025.

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 applicants must be at least 18 years old. Email [pyramidrockym@gmail.com](mailto:pyramidrockym@gmail.com) for more information.