

# Hawaii Marine



Sgt. Terence Brady | Defense Media Activity

Gen. Joseph F. Dunford Jr., the 36th and former commandant of the Marine Corps, hands the Marine Corps battle colors to Gen. Robert B. Neller who became the 37th commandant of the Marine Corps during their passage of command ceremony at Marine Corps Barracks Washington, D.C., Sept. 24.

## Passage of command: Neller takes helm

**Sgt. Melissa Karnath**  
*Defense Media Activity*

**MARINE BARRACKS WASHINGTON** — Gen. Robert B. Neller received the battle colors of the Marine Corps from Gen. Joseph Dunford Jr. during a passage of command ceremony at Marine Barracks Washington, Sept. 24, signifying his new position as the 37th com-

mandant of the Marine Corps.  
Neller, an East Lansing, Mich., native and 40-year Marine infantry officer, assumes responsibility as the senior ranking officer of the Corps.  
“I am honored, proud and humbled to be here,” Neller said. “I appreciate your support. Now let’s go do this.”  
During the ceremony, Secretary of Defense Ashton

Carter spoke highly of Neller and his ability to lead the Marine Corps and spoke about his “greatest trait” — his love for the troops.  
“They light up when he’s talking to them, and he lights up too,” Carter said.  
Dunford, a Boston native, relinquished command of

*See NELLER, A-7*

## ‘COMANCHE TROOP’ HELOCASTS AT BELLOWS



Photos by Cpl. Brittney Vito | Marine Corps Base Hawaii

**MARINE CORPS TRAINING AREA BELLOWS** — Soldiers from 3rd Squadron, 4th Cavalry Regiment, 3rd Brigade Combat Team jump out the back of an Army CH-47 Chinook helicopter while conducting helocast operations at Marine Corps Training Area Bellows, Sept. 23.



Soldiers from 3rd Squadron, 4th Cavalry Regiment, 3rd Brigade Combat Team based out of Schofield Barracks, Hawaii, jump out the back of an Army CH-47 Chinook helicopter. The unit, also known as “Comanche Troop,” was refining their waterborne insertion tactics and re-qualifying their cast masters for future deployments and reconnaissance missions. For most helocast insertions, the aircraft assumes an altitude just above the water’s surface, with airspeed of 10 knots or less. Team members then exit the aircraft and enter the water. The unit certified three new cast masters, re-certified four cast masters and trained six reconnaissance teams.



Photos by Sgt. Matthew Bragg | U.S. Marine Corps Forces, Pacific

A dignified transfer ceremony honors 1st Lt. Alexander “Sandy” Bonnyman, Jr. at Borthwick Mortuary in Honolulu, Sept. 24. Bonnyman’s actions on Tarawa earned the nation’s highest award for valor, the Medal of Honor.

## Marine’s remains returns home from Tarawa

**Cpl. Sara Graham**  
*Marine Forces Reserve*

**KNOXVILLE, Tenn.** — A long procession of Marines leads an artillery caisson carrying a casket draped by an American flag. The procession marches up a steep hill to a gravesite with a large white headstone bearing the name Bonnyman.  
Atop the hill near the headstone six Marines take the casket, lay it down and prepare to render military honors to the Marine named Bonnyman who has finally returned home.  
1st Lt. Alexander Bonnyman Jr. returned home to be buried with military honors at BerryHighland Memorial Cemetery in Knoxville, Tenn., on Sunday. Bonnyman joined Marine



Pallbearers, all company grade officers with U.S. Marine Corps Forces, Pacific, lift the remains of 1st Lt. Alexander “Sandy” Bonnyman, Jr. into the back of a hearse. Bonnyman is being escorted home from Honolulu to Knoxville, Tenn.

*See RETURN, A-7*



**International Relations**  
HPU students learn from Marine’s MSG experience, A-6



**Crafting care**  
‘Trinity’ Marines learn new skills at exercise Island Viper, B-1

**Saturday**  
High 86°  
Low 77°

**Sunday**  
High 83°  
Low 77°

# NEWS BRIEFS

## Power outage scheduled for Saturday

The base's Communications and Information Systems department has scheduled a power outage to work on its telecommunications systems on Saturday. The outage is estimated to last 12 hours and will affect the following areas:

| Bldg No. | Facility Name                          |
|----------|--|
| 1304     | MALS-24 Ordnance assembly building     |
| 6183     | ACFT ENG Test Support Facility         |
| 6478     | MCCS storage area (Pole AF67)          |
| 6476     | Ready Magazine                         |
| 605      | Ordnance operations building           |
| 1385     | Food Storage & Prep building           |
| 1393     | BIO LACS - UH                          |
| 1394     | MWR rental cabins                      |
| 1395     | MWR rental cabins                      |
| 1397     | COMPATRECONFORPAC TSC                  |
| 1621     | MWR rental cabin                       |
| 1651     | MCCS Cabanas                           |
| 6478     | MCCS Storage (main trailer)            |
| 1181     | Underwater EQ RD&T - Nuc               |
| 1182     | Transf/Standby Gen Plt                 |
| 1368     | MWR Rental cabins                      |
| 1369     | MWR Rental cabins                      |
| 1371     | MWR Rental cabins                      |
| 1399     | 4th Force Recon building               |
| 1400     | 4th Force Recon building               |
| 1624     | MWR rental cabins                      |
| 1652     | 4th Recon/3rd Radio Battalion Paraloft |
| 3099     | MWD kennel                             |
| 4018     | Marine Corps Reserve training          |
| 4081     | Bomb buildup building                  |
| 1370     | MWR rental cabins                      |

Call the base telephone office at 257-1269 with questions.

## Anderson Hall to host 240th Navy birthday meal

All military, Department of Defense civilians, dependents, retired military and guests are welcome to a special lunch meal for the 240th Navy birthday at Anderson Hall Dining Facility Thursday from 10 a.m. to 1:30 p.m. The price per meal is \$9.05 and \$6.80 for dependents of E-4 and below. Meal cardholders must present military identification card.

Per Base Order 1020.5D, appropriate civilian attire applies: absolutely no sandals, open-toe shoes or exposed underarms are permitted. All meals will be consumed in the mess hall. Only service members who are sick in quarters may take out food. Seconds are not authorized. A ticket system will be in place (pay for your meal, receive a ticket and use the ticket at the line to receive lunch). Patrons can enter the mess hall from any of the three main entrances and the birthday meal will be available at each serving line. The flightline satellite feeding facility will be closed all day. Call 257-1002, 257-1621 or 257-3509 with questions. The following menu will be served:

|                          |                              |
|--------------------------|------------------------------|
| French onion soup        | Rice pilaf                   |
| Manhattan clam chowder   | Corn on the cob              |
| Grilled strip loin steak | Simmered broccoli            |
| Southern fried chicken   | Sautèed mushrooms and onions |
| Baked salmon             | Brown gravy                  |
| Baked lobster tail       | Apple pie                    |
| Shrimp cocktail          | Blueberry pie                |
| Baked potatoes           | Navy birthday cake           |
| Mashed potatoes          |                              |

## 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 ID Center                   | 257-2077      |

# Hawaii Marine

www.mcbhawaii.marines.mil  
www.hawaiimarine.com

|                         |                           |
|-------------------------|---------------------------|
| Commanding Officer      | Col. Sean C. Killeen      |
| Base Sergeant Major     | Sgt. Maj. Gregory L. Hall |
| Public Affairs Officer  | Capt. Timothy Irish       |
| Public Affairs Chief    | Gunnery Sgt. Matthew Orr  |
| Community Relations NCO | Cpl. Adam O. Korolev      |
| Social Media NCO        | Cpl. Brittney Vito        |
| Managing Editor         | Cpl. Khalil Ross          |
| Combat Correspondent    | Lance Cpl. Harley Thomas  |
| Combat Correspondent    | Lance Cpl. Zachary Orr    |
| Photojournalist         | Christine Cabalo          |
| Photojournalist         | Kristen Wong              |
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Fax: 257-2511, Phone: 257-8837

# BASE INSPECTOR'S CORNER

Providing alcohol to minors is a serious offense.

In accordance with Hawaii Revised Statutes Section 281-101.5, it is illegal for any adult to provide or purchase liquor for consumption or use by a person under 21 years of age. The same law states no minor shall consume or purchase liquor and no minor shall consume or have liquor in the minor's possession or custody in any public place, public gathering, or public amusement, at any public beach or public park, or in any motor vehicle on a public highway.

Any service member who provides alcohol to an underage service member shall be subject to administrative action by their respective command. Any adult who provides alcohol to a minor dependent may be subject to misdemeanor criminal charges and/or debarment from Marine Corps Base Hawaii. Anyone who



provides alcohol to an underage civilian, on or off base, is subject to misdemeanor criminal charges.

Please think about the possible penalties before you supply alcohol to a party, invite underage persons to drink at your home, buy a drink for an underage person at a club or accept an invitation from an underage person to socialize if you bring the alcohol.

It's not worth your career and a criminal record.

If you have a question for the inspector, email KBAB\_HQBN\_INSP@usmc.mil.

**Semper Fidelis.**  
**Lt. Col. D. H. Bohn**  
**Command Inspector**  
**Marine Corps Base Hawaii**  
**command inspector general hotline**  
**257-8852**  
**KBAB\_HQBN\_INSP@usmc.mil**

# TOP SHOT



Lance Cpl. Harley Thomas | Marine Corps Base Hawaii

Lance Cpl. Quinn Dupraw, a field radio operator with 3rd Battalion, 3rd Marine Regiment, and Westland, Mich., native, stands by to leave with the forward operating group at the Boondocker Training Area aboard Marine Corps Base Hawaii during training exercise Island Viper, Sept. 22. The purpose of Island Viper is to help companies within the battalion ensure their service members have been properly trained and have met all training requirements before deployment.



Hear the **BEEP** where you **SLEEP**



**EVERY BEDROOM NEEDS A WORKING SMOKE ALARM.**

**FIRE PREVENTION WEEK OCT 4-10, 2015**

firepreventionweek.org

Sparky is a trademark of NFPA.

# 'Hear the beep where you sleep'

## Fire Prevention Week promotes fire safety

**Angela Sanders**  
*Federal Fire Department*

Location matters when it comes to your smoke alarm. That's the message behind this year's Fire Prevention Week campaign, "Hear the beep where you sleep: Every bedroom needs a working smoke alarm!"

Along with firefighters and safety advocates nationwide, the Federal Fire Department is joining forces with the nonprofit National Fire Protection Association during Fire Prevention Week, Oct. 4 to 10, to remind local residents about the importance of having working smoke alarms in every bedroom, outside each sleeping area and on every level of the home, including the basement.

According to the latest NFPA research, working smoke alarms cut the chance of dying in a fire in half. Meanwhile, three out of five fire deaths resulted from fires in homes with no smoke alarms or no working smoke alarms.

The Federal Fire Department Prevention Chief Jeffrey Fernaays would like you to know according to NFPA statistics, "In a fire, seconds count. Roughly half of home fire deaths result from fires reported at night between 11 p.m. and 7 a.m. when most people are asleep. Home smoke alarms can alert people to a fire before it spreads, giving everyone enough time to get out."

This year's Fire Prevention Week campaign includes the following smoke alarm tips:

- Install smoke alarms in every bedroom, outside each separate sleeping area and on every level of the home, including the basement.
- Interconnect all smoke alarms throughout the home. This way, when one sounds, they all do.
- Test alarms at least monthly by pushing the test button.
- Replace all smoke alarms when they are

10 years old or sooner if they don't respond properly.

- Make sure everyone in the home knows the sound of the smoke alarm and understands what to do when they hear it.
- If the smoke alarm sounds, get outside and stay outside. Go to your outside meeting place.
- Call the fire department from outside the home.

The Federal Fire Department will be at the following locations during Fire Prevention Week to promote "Hear the beep where you sleep: Every bedroom needs a working smoke alarm!"

- Saturday - Honolulu Zoo 9 a.m. to 4 p.m.
- Monday - Schofield Barracks Exchange 9 a.m. to 1 p.m.
- Wednesday - Hale Koa Hotel's Kalia Room 3 to 5 p.m.
- Thursday - Tripler Army Medical Center 9 a.m. to 1 p.m.
- Oct. 9 - National Night Out at Aliamanu Military Reservation Community Center 4 to 6 p.m.
- Oct. 20 - Marine Corps Base Hawaii Molo-lani Community Center 3 to 7 p.m.
- Oct. 30 - Fall Festival at Hickam Makai Rec Center 4 to 6:30 p.m.
- Oct. 31 - UH Stadium Football Game UH vs. Air Force 4:30 to 6:30 p.m.

Through these educational, family-oriented activities, residents can learn more about the importance of having a working smoke alarm in every bedroom.

For more information, contact Angela Sanders, the fire inspector at the Federal Fire Department at 471-3303 x617 or angela.sanders1@navy.mil. To learn more about smoke alarms and "Hear the beep where you sleep: Every bedroom needs a working smoke alarm!" visit the NFPA's website at www.firepreventionweek.org and www.sparky.org/fpw.

# AROUND THE CORPS

Your weekly guide to what’s happening around the Corps



Cpl. Neysa Huertas Quinones | Marine Corps Air Station Cherry

## EAST COAST

**MARINE CORPS AIR STATION CHERRY POINT, N.C.** — A Marine fires an FIM-92 Stinger Missile at a target during a stinger simulation training range, Sept. 24. Marines with 2nd Low Altitude Air Defense Battalion sharpened their proficiency skills by simulating the weight transfer felt when firing the 34.2 pound missile. The weapon is a personal and portable infrared, homing, surface-to-air missile capable of tracking and engaging aircraft up to an altitude of 10,000 feet and covering distances up to eight kilometers. 2nd LAAD utilizes the stinger missile to provide ground-to-air defense to the 2nd Marine Aircraft Wing and Marine Air-Ground Task Force elements.

## OVERSEAS



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

**DAKAR, SENEGAL** — A Compagnie Fusilier de Marin Commando posts security on the beach during the final exercise with U.S. service members, Sept. 17. The Marines and Coast Guardsmen with Special-Purpose Marine Air-Ground Task Force Crisis Response-Africa spent four weeks training the COFUMACO on basic infantry tactics and mall-boat operations as a part of a Maritime Security Force Assistance mission to increase interoperability with Senegal’s and strengthen the bond between the partner nations.

## WEST COAST



Staff Sgt. Terika King | 13th Marine Expeditionary Unit

**ABOARD THE USS BOXER** — Gunnery Sgt. Lagarian Smith, cyber network chief with the 13th Marine Expeditionary Unit, guides Cpl. Justin Henderson, a 13th MEU cyber network specialist. The two discussed troubleshooting techniques as they set up network communications for PHIBRON-MEU Intergration exercise, Sept. 24. The exercise marks the first time 13th MEU Marines and Sailors with the Boxer Amphibious Ready Group get to work together at sea before their deploying to the Pacific and other areas

# Connecting warriors with the Hero Care Network

*American Red Cross launches new digital emergency services tool for military families*

**Press Release**  
*American Red Cross*

**WASHINGTON D.C.** — The American Red Cross is launching a new digital tool that gives military families the option to quickly communicate an emergency message from a computer, tablet or smartphone [atredcross.org/HeroCareNetwork](http://atredcross.org/HeroCareNetwork). This secure and free service will also let users track the progress of an emergency message from verification through delivery.

“On a consistent basis, more than 110,000 military families reach out to the American Red Cross for emergency assistance each year,” said Koby J. Langley, senior vice president of Service to the Armed Forces, American Red Cross. That’s approximately 300 military families per day. This new online tool, designed for today’s military family, offers a better and more efficient way to serve our military commu-



nity during their time of need.”

A military member or a member of their family needing to initiate an emergency message can go to [redcross.org/HeroCareNetwork](http://redcross.org/HeroCareNetwork) or call 877-272-7337. After a message is started online, a highly-trained emergency communication specialist will begin the emergency verification process required to deliver it to the military member’s command. During the verification process, the requester will receive status updates.

“It’s important to remember that people can al-

ways speak to a Red Cross worker at anytime during the process,” Langley said. “Regardless of how families initiate an emergency message, military members can depend on the Red Cross to relay urgent messages to service members serving anywhere in the world.”

For more information regarding Red Cross Service to the armed Forces visit [redcross.org/military](http://redcross.org/military).

The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission.

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation’s blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families.

For more information, visit [redcross.org](http://redcross.org) or follow the Red Cross Twitter feed at @RedCross.

## NMCRS Minute: Why build an emergency fund?

**Rebecca White**  
*Navy-Marine Corps Relief Society K-Bay Branch*

|                       |   |
|-----------------------|---|
| <b>E</b><br>NJOY      | <b><i>Not having to worry about money means you get to enjoy more Fun, flexibility and freedom!</i></b>   |
| <b>M</b><br>ORE       |   |
| <b>E</b><br>MPOWER    | <b><i>Empower your ability to re-adjust, react and realize your goals. Empower your readiness!</i></b>  |
| <b>R</b><br>E         |   |
| <b>G</b><br>IVE       | <b><i>Give everything to your family, your passions and your work. Don't be held back by financial stress or anxiety; by doubts or fears.</i></b>   |
| <b>E</b><br>VERYTHING |   |
| <b>N</b><br>O         | <b><i>Imagine a life with minimal debt, less stress and more options! Don't like your job? Take another one! Unexpected dental bill? No problem! Want to take a risk? Go for it!</i></b>  |
| <b>C</b><br>HAINS     |   |
| <b>Y</b><br>ES!       | <b><i>Say Yes!<br/>Yes, I can afford to _____!</i></b>  |
| <b>F</b><br>EAR       | <b><i>Don't let the dollar amount scare you. You don't have to have it today! Not even tomorrow, or next year. Saving the first \$1,000 is a sprint. Everything after is a marathon. Do what you can and piece by piece, put it together.</i></b>   |
| <b>U</b><br>NKNOWN    | <b><i>Three months? 12 months? What's an emergency anyway? Don't let these unknowns stop you from getting started. You can sort out the details along the way. Your goal is to protect your security, your fun, and all your other goals from life's surprises.</i></b>                           |
| <b>N</b><br>EEDS      | <b><i>Watch out for needs that morph into wants. You can make an argument for a cellphone and some entertainment, but if you spring for the full cable and big data packages, you've just morphed solidly into "want" territory. Food is a need. Eating out three times a week is a want.</i></b> |
| <b>D</b><br>EBT       | <b><i>If you have significant debt, you may have to focus on the first \$1,000 in emergency fund savings and then start digging out of debt. As a bonus, the less debt you have the smaller your emergency fund can be!</i></b>   |

## Help bring joy to a child this year!



***Toys For Tots is kicking off this year and we need volunteers and donations. Contact the coordinator for any inquiries at: [toysfortots2015.hawaii@gmail.com](mailto:toysfortots2015.hawaii@gmail.com).***

***No Toys for Tots campaign can succeed without the generosity of people volunteering their time, funds or toys.***



# ‘SKINNY DRAGONS’ WORK WITH JMSDF Det. 50



Petty Officer 2nd Class Devin Menhardt | Patrol Squadron 4

On Sept. 21, The Japanese Maritime Self-Defense Force Detachment 50 from Patrol Squadron 5 arrived at Marine Corps Base Hawaii. JMSDF Patrol Squadron 5 is based in Naha Air Base on the island of Okinawa and currently flies the P-3 Orion maritime patrol aircraft. Over a span of 4,500 miles, the squadron managed to bring two aircraft and full maintenance support. JMSDF will be working in conjunction with Patrol Squadron 4 for about three weeks aiming to foster international relations and cohesiveness between the JMSDF and U.S. Navy. On Sept. 25, the JMSDF conducted a local area familiarization flight with one of VP-4’s combat air crews. “I was impressed with their professionalism and crew cohesiveness. I was also fascinated by how well maintained and clean their aircraft was,” said Navy Lt. Jack Turner, a pilot assigned to VP-4. The detachment is projected to conduct a torpedo exercise and joint coordinated operations with U.S. Navy ships and aircraft. The exercises designed to continuously contribute to honorable international relations between the JMSDF and the U.S. Navy.

## Family housing news: Hana Like Neighborhood now managed by Forest City Residential Management

**Press Release**  
*Forest City Hawaii*

Hana Like is a 276-unit, two-bedroom neighborhood that was constructed in 1992 under the Military Housing Rental Guarantee Program. As of Thursday, Marine Corps Base Hawaii Kaneohe Bay’s rental guarantee leased housing at Hana Like

neighborhood was converted to Public-Private Venture housing and is now being managed by Forest City Residential Management.

A well-attended town hall meeting was held Sept. 10 at the base theater to share information with current Hana Like residents regarding relocation, the demolition and construction timeline, as well as answer resident’s con-

cerns or questions regarding the transition of the Hana Like neighborhood.

One hundred eighty-two new three and four-bedroom houses will be constructed at the Hana Like site, and 78 additional new homes will be constructed at various sites at Waikulu and Mololani areas. All 260 new houses are projected to be completed no later than April 2018 and the houses

will include improved amenities and a larger living area with modern conveniences. Current Hana Like residents, may stop by Forest City’s Resident Service Office at Mauka (Waikulu) or Makai (Mololani) with questions; or visit the Forest City Leasing Office at 1571 Lawrence Road for those families that may need to relocate or sign their new lease due to change in ownership.



Lance Cpl. Nathan Wicks | Marine Corps Air Station Iwakuni

Cpl. Tiffany Ackerman, an air freight clerk with Headquarters and Headquarters Squadron, plays a game with preschoolers at Kawashimo Preschool in Yamaguchi Prefecture, Japan, Tuesday. Service members from Marine Corps Air Station Iwakuni volunteered for the opportunity to develop a bond with the children of Japan.

## Marines, Sailors bond with Japanese preschoolers

**Lance Cpl. Nathan Wicks**  
*Marine Corps Air Station Iwakuni*

**IWAKUNI CITY, Japan** — Marines from Marine Corps Air Station Iwakuni, Japan, volunteered to play with preschoolers at Kawashimo Preschool in Yamaguchi Prefecture, Tuesday.

Preschoolers welcomed the volunteers with a dance performance. The children took turns in the center of the playground to show the volunteers their dances.

“Doing this is a lot of fun, I think, for both the Marines and the preschoolers,” said Petty Officer 2nd Class James Little, a logistics specialist with Headquarters and Headquarters Squadron. “Whenever we go out to the community and spend time with the kids, we help build a positive image for ourselves.”

After dancing, the children prepared a game using red and white balls scattered across the playground. Each team had to grab their team’s ball color and place it in the same color box strapped to the back of the guests as they ran across the playground.

Some of the volunteers hoped that their contribution would leave a lasting memory with the preschoolers.

“I hope this leaves a good impression on

the kids,” said Cpl. Tiffany Ackerman, an air freight clerk with H&HS. “That way, as they grow and stories come up, they don’t think of Americans as mean or rude and remember the good times we had with them.”

Next the children and volunteers split into three teams for a relay race. After passing the baton, it was the next persons’ turn to complete a lap around the playground as quickly as they could.

Most of the teachers agreed that having the service members come and visit the children is a good experience for both parties.

Saori Tamai, a teacher at Kawashimo Preschool, said that at this age visits like these are ideal because they peak the students interest and allow them to learn about different cultures and people.

At the end of the visit, the preschoolers had one more performance in store for the new friends. Each child received a wooden clapping instrument to use for their final performance for the service members.

Little said the preschool reaches out to him monthly, asking for more volunteers to participate in these visits. He added that the expressions on the children’s faces when the service members arrive are priceless and they can’t wait for them to return next month.

### Tripler Army Medical Center Tip of the Week

If you’re trying to drop weight start by dropping the sugary drinks. Sports drinks may provide electrolytes necessary for exercise but they also deliver a considerable dose of calories from sugar.

As a general rule of thumb, if you are exercising less than 60 minutes, eat regular meals, which provide electrolytes, and replace fluids with water. If exercising longer than 60 minutes and/or in very hot environments, consider using a low or no sugar sports drink. These provide electrolytes without providing an abundance of liquid calories that may hinder your weight loss efforts.

Other sugary drinks to replace or get rid of include sweet tea, lemonade, sugar sweetened energy drinks or soda, and even fruit juices (it takes 4-5 oranges to make a small 8 oz glass of orange juice; you don’t get the same fullness from drinking the juice as you do eating 4 to 5 oranges but you get all the sugar). Instead try low sugar or no sugar versions of your favorite drinks, eat the whole fruit instead of drinking the juice, or slice up some citrus fruits and infuse into your water or seltzer water.

**- Army Capt. William R. Conkright, MS, RD, CSCS**



Kristen Wong | Marine Corps Base Hawaii

Staff Sgt. Steven Smith, an explosive ordnance disposal team leader for the Headquarters Battalion, Marine Corps Base Hawaii EOD team and a Murray, Ky., native, talks about his experiences with the Marine Corps Embassy Security Group to students during a Hawaii Pacific University history class at the Education Center aboard MCB Hawaii, Sept. 21. Smith has previously served three one-year tours as a Marine security guard before his current billet. Having guest speakers like Smith supports the relationship between the local community and the military.

# HPU students taste history, Marine Corps style

**Kristen Wong**

*Marine Corps Base Hawaii*

On Sept. 21, Hawaii Pacific University students received their lesson from a living form of history, wearing a white cover adorned with the iconic Eagle, Globe and Anchor.

American diplomacy became more than mere words on a textbook page as Staff Sgt. Steven Smith literally laid his cover down for the evening to “wear a different hat” as a guest lecturer for HPU students in the “History of American Diplomacy” course at the Education Center.

The history course covers, among other related topics, the history of U.S. diplomacy since the American Revolution, foreign relations and isolationism. Currently the explosive ordnance disposal team leader for the Headquarters Battalion EOD team, Smith previously served with the Marine Corps Embassy Security Group, and was invited to talk about the program, and his personal experiences as a Marine security guard.

“The Marine security guard is the first American one encounters upon entering a U.S. embassy,” said Dr. Jim Corcoran, Ph.D., an assistant professor of History and Asian Studies with the Military Campus Program at HPU. “His or her presence, appearance and conduct represent the image and impression of the United States of America and this is just the beginning of the excellent role the MSG plays in American Diplomacy.”

Corcoran, of Kailua, Hawaii, is a retired Army colonel, who has served on embassy duty himself, and has personally worked with MSGs before. He has had MSGs speak to students in previous classes.

“His practical, on station, experience is what we are after,” Corcoran said of Smith. “Staff Sgt. Steven Smith represents the best of the professional U.S. Marine Security Guard from the Marine Corps Embassy Security Group.”

Though Smith is used to informal chats with fellow Marines about MSG duties, this is the first time the Murray, Ky., native has ever made a formal presentation to a class. He gave an overview about MSGs, MCESG’s mission and history, and interwove

the experiences of his own tours in Algiers, Algeria; Santiago, Chile and Manila, Philippines throughout. He said one of the most rewarding aspects of his time with this secondary billet was the ability to travel and learn a different culture.

“If you get the opportunity to travel the world, get to know other cultures and the way other people live,” Smith said. “It can be vastly different than you’re used to.”

While working in Algeria, for instance, Smith played a softball game for several hours with local orphans, learning that cultures can be different in some ways but universal in others.

“At the very root of it, kids are kids wherever you go,” Smith said. “That was a really good time and a really good experience of getting to know the local community and that’s kind of a big part that isn’t really the front of what the MSG program is, which is to protect the embassy and the material there, but also to kind of relate to the community and interact with them.”

At the end of his presentation, Smith answered various questions from the students. The discussion took many turns, from simply what type of uniform he wore while he stood guard at the embassy, to whether he was allowed to leave the embassy during his free time, what type of passport MSGs were entitled to receive, and more of the social aspects of his tours.

“They were very inviting, very friendly,” Smith said. “They asked a ton of questions, which is good. They were very engaged.”

Maxwell Higginbotham, a junior at HPU, said he was most surprised at the extent of training MSGs must go through prior to arriving at their first station.

“I thoroughly enjoyed hearing about Staff Sgt. Smith’s experiences in (as an MSG); particularly his experiences in the many places he went while part of (MCESG),” said the Okinawa, Japan, native. “Staff Sgt. Smith’s lecture supported our lessons on how much of diplomacy is based on personal interactions; such as when he played softball with orphans in Algeria.”

Smith expressed his gratitude for being able to share his experiences with the students.

“It was a great opportunity and I always enjoy sharing about my time on MSG duty,” he said. “It was

one of the most memorable experiences during my career so far.”

The Foreign Service Act of 1946 first gave rise to the MSG Program, and on Jan. 28, 1949, Marines went to Bangkok and Tangier, Morocco to become the first MSGs. Marines who join the MSG Program attend a three-month course in Quantico, Va. Marines currently serve as MSGs at more than 140 embassies worldwide.

Marines must meet numerous requirements to become an MSG. The requirements vary for those ranked sergeant and below, from having a first-class physical fitness test to being at least 64 inches tall. Marines ranked staff sergeant and above have slightly different requirements, such as serving a minimum of 24 months on installation vs. the lower-ranking requirement of 18.

For more information about MCESG, visit [www.mcesg.marines.mil](http://www.mcesg.marines.mil).

Having guest speakers like Smith supports the relationship between the local community and the military.

“Staff Sgt. Steven Smith performed outstandingly in his presentation, question and answer, and discussion period relating to the topic of the Marine Security Guards at our embassies overseas,” he said. “This was an extremely important portion of HPU’s (Military Campus Program) course, History 3676, ‘The History of American Diplomacy.’ His personal experiences as an MSG at various embassies reinforced his presentation and was very well received by our students.”

NELLER, from A-1

the Marine Corps after serving in the top post for less than a year.

“In his short but significant tenure, Gen. Dunford guided the Marine Corps during the final drawdown in Afghanistan, and maintained the Corps as the most formidable expeditionary fighting force that has ever existed,” said Secretary of the Navy Ray Mabus. “He kept it ready to respond to any crisis throughout the globe in spite of budget constraints, threat of sequestration and the impact of continuing resolutions.”

During his time as the 36th commandant of the Marine Corps, Dunford moved forward to meet challenges with his planning guidance stressing innovation, adaptation and winning America’s battles.

“I feel fortunate because a few minutes ago Gen. Neller became my commandant,” Dunford said. “Just like all the other Marines and Sailors, I have the good fortune to have a leader who’s passionate, has extraordinary operational capability, and he has extraordinary energy and vision to take us into the future. We couldn’t be in better hands.”

Dunford assumed his new position as the chairman of the Joint Chiefs of Staff, Friday.



Sgt. Terence Brady | Defense Media Activity

Sergeant Major of the Marine Corps Ronald L. Green (right), hands the Marine Corps Battle Colors to 36th commandant of the Marine Corps Gen. Joseph F. Dunford, Jr., during the passage of command ceremony at Marine Corps Barracks Washington, D.C., Sept. 24. Dunford relinquished the position to Gen. Robert B. Neller, the 37th and new commandant of the Marine Corps.

RETURN, from A-1

Forces Reserve in July 1942 and was killed 72 years ago in Tarawa Atoll in the Gilbert Islands. His remains, along with several other Marines and Sailors, were found earlier this year.

According to Bonnyman’s Medal of Honor citation, during an assault against enemy Japanese-held Tarawa from Nov. 20 to 22, 1943, he took the initiative and led his pinned down assault troops to the beach. Then he voluntarily obtained flame throwers and demolitions and organized the shore party to blow up several hostile instillations. Bonnyman was determined to make an opening in the enemy’s defense line. Under heavy casualties and hostile fire, he voluntarily placed demolitions in the entrance of a large Japanese emplacement and then led his men in the assault. After gaining his objective, he made a heroic stand on the edge of the structure, defending his position and killing three enemies before he was mortally wounded.

Following the battle, Bonnyman was buried in Tarawa where his burial site was lost. In March of 2015, History Flight, a Florida-based nonprofit tasked with recovering the remains of missing U.S. service members, discovered the remains of Bonnyman and his fellow Marines, giving families who never

expected to have their relatives come home a new hope and the ability to bury their fallen heroes on home ground.

The Marines leading Bonnyman’s procession were joined by his family, who have waited a lifetime to finally lay their hero to rest.

“My grandmother and grandfather, there was one thing that they wanted after they knew he had been killed. They wanted his remains brought home,” said Alexandra Bonnyman Prejean, daughter of Bonnyman.

The family gathered at the white headstone to offer their prayers and watch as the Marines from Marine Corps Barracks Washington rendered honors for the fallen Medal of Honor hero.

“We do this for the families and the Marine, no matter what, even afterwards you are a Marine, you are part of us,” said Sgt. Christopher Tryon, guide for Company A, 1st Marines, Marine Barracks 8th and I. “Even after you are gone, we will still take care of the Marine and their family.”

The Marine Corps puts great importance on helping families while they are serving or once they are out. They continue to provide military honors and funeral details for fallen veterans, a task both active duty and reserve Marines take very seriously. This funeral detail was unique and an opportunity to

honor a fallen hero who was fighting for his fellow Marines more than 70 years ago.

“His remains had been missing for 70 years and, amazingly and almost miraculously, his remains were recovered in recent weeks including 35 other Marines and Sailors,” said Maj. Gen. Burke Whitman, Headquarters Marine Corps director of Marine and family readiness. “He is one of the first to return home, and it is a huge honor and privilege for us to give him full military honors here in Knoxville and to be buried with the rest of his family.”

Not only was it an honor to return Bonnyman home to his family after so many years, but it was a unforgettable experience for the Marines who participated in the ceremony. They were able to bury a hero, one they heard stories of and one who they have seen as an example of what it means to go above and beyond the call of duty.

“Marines love to serve and every single Marine has made the decision to serve in the defense of this country,” Whitman said. “When someone like Lt. Bonnyman serves in such an extraordinary, exemplary way by going way above and beyond the call of duty and being recognized with the Medal of Honor, it is inspiring to us and this could not be a greater day to honor that service and the inspiration he gave to others.”

# Sports & Lifestyle

## ‘Trinity’ Marines

## sink teeth into Island Viper

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

Marines with 3rd Battalion, 3rd Marine Regiment, participated in their annual training exercise, Island Viper, at Boondocker Training Area aboard Marine Corps Base Hawaii, Sept. 22.

The purpose of Island Viper is to help companies within the battalion ensure their service members are properly trained and have met all training requirements before deployment. By conducting this training, “Trinity” ensures its Marines are combat ready and are prepared for future exercises such as Lava Viper or their Integrated Training Exercise.

“Right now, the battalion is focusing on its training and readiness tasks, which are intended to help the Marines by solidifying their standard operating procedures,” said Staff Sgt. Jason Sperry, the operations chief with 3rd Bn., 3rd Marines. “Island Viper is an exercise in which we run simultaneous training to perfect our combat operations.”

Sperry, a Hamilton, Mont., native, said the entirety of “Trinity” is involved in the training exercise, conducting various operations such as squad live-fire ranges to running logistics out of the combat operations center at the battalion level.

“This exercise focuses on small unit leadership, allowing the Marines to better work with their teams to build a more cohesive unit,” he said. “It’s important for these individual units to see the battalion function on a larger scale. Everything we’re doing out here is to help those ground Marines understand that they have our support and don’t have to bayonet their way through the enemy.”

Gunnery Sgt. Mike Fuller, the radio chief for 3rd Bn., 3rd Marines, said exercises such as Island Viper are important because it helps get the Marines in a “fight tonight” mentality and provides hands-on experience with their various equipment or weaponry.

“This improves communication within the battalion and gives the Marines the crawl, walk, run aspect of operating in a combat environment,” said Fuller, a Louisville, Ky., native. “This enables the battalion to maintain its combat readiness by providing the chance to improve communication amongst the companies and regiment.”

Fuller said this is the first time a lot of the Marines have worked with other companies in a simulated combat environment. He said the exercise is beneficial because it helps them get to know each other better while also improving their skills in the field.

“Island Viper allows the Marines to do training and readiness events, get their hands on the gear and maintain their skills with that gear, as well as the gear they might not get to use on an everyday basis,” he said.

Fuller said during the exercise, service members get a feel for different equipment such as radios and learn to set up COCs. He said they’re able to see how everything functions and get a taste for what they would experience in a combat environment.

“Hopefully, by going through this training, they will not hesitate to act when the time comes for them to use what they have learned,” Fuller said. “No matter their rank, these Marines will one day take positions like mine. Through this experience, they will be better at making quick decisions that will make all the difference if these guys are out on deployment.”

Fuller said he hopes the Marines take plenty of experience out of the training and they gain knowledge about their specific role while in that kind of environment.

“While I do want them to focus on learning all they can, I think it’s important for them to have some fun doing it,” he said. “I want these guys to build camaraderie and cohesion within the battalion, and this is one of the best ways to do that.”

Fuller said by building up the team mindset within the various companies, the “Trinity” Marines will be able to communicate the best and, in the event that they deploy together, everyone will know their role and trust each other to do their job or help out when it’s necessary.

“The Marines out here have been doing a great job and I want to thank them for all of the hard work they’ve put in to help accomplish the mission,” Fuller said. “They have been motivating both the other leadership and myself, and they have proven they really are the best warfighters we have to offer.”



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

Lance Cpl. Quinn Dupraw, a field radio operator with 3rd Battalion, 3rd Marine Regiment, and Westland, Mich., native, calls in to verify communication with the battalion’s combat operations center at Boondocker Training Area aboard Marine Corps Base Hawaii during training exercise Island Viper, Sept. 22. The purpose of Island Viper is to help companies within the battalion ensure their service members have been properly trained and have met all training requirements before deployment.



Cpl. Seth Dixon (left), a field radio operator with 3rd Battalion, 3rd Marine Regiment, and Blue Ridge, Ga., native, and Cpl. Andrew Koch, a field radio operator with 3rd Bn., 3rd Marines, and Cincinnati native, attempt to make contact with the combat operations center.



**LEFT:** Staff Sgt. Thomas Baker, the logistics chief with 3rd Bn., 3rd Marines, and Bowling Green, Ky., native, informs the “Trinity” Marines of the plan to move ahead to the forward operating base.

**RIGHT:** Cpl. Seth Dixon (left), a field radio operator with 3rd Battalion, 3rd Marines, and Blue Ridge, Ga., native, speaks to Cpl. Terry Summerfield (center), a technician with 3rd Bn., 3rd Marines, and San Diego native, and Cpl. John Boyd (right), a field radio operator with 3rd Bn., 3rd Marines, and Lagrange, Ga., native.



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.

# We can dance, if we want, too

**Lisa Smith Molinari**  
*Contributing Writer*

Every year about this time, I go on a half-hearted crash diet involving tuna fish, hard-boiled eggs and colon cleansing rabbit food. I dig frantically through the neglected stash of garments in the back of my closet in hopes of finding a dress that still fits and a pair of shoes that won’t make me walk like a Sleestak.

I stand in front of the mirror more than usual, twisting my hair into up-doo’s, then brushing it out, over and over. I turn to the side, suck in my stomach and rise up on my tippy toes. I inspect my toenails, fiddle through my jewelry stash and pray that I can find my most important accessory — my Spanx.

Why would I exhibit this odd behavior every year in October? Because it’s time for the Navy ball.

Just like the other military balls — the Army ball in June, the Marine Corps ball in November, the Air Force ball in September and the Coast Guard ball in August — the Navy ball happens every

year to celebrate our service’s birthday, Oct. 13, 1775.

Military balls are pretty much the same every year, with programs that include cocktail hour, the parading of colors, dinner, speeches, dancing and some service-specific traditions such as the Army’s elaborate “Grog Bowl” ceremony.

Although these formal events don’t change much year after year, there is an unspoken expectation that one’s behavior at military balls must change the older one gets.

When you’re new to the military, the annual ball is a time to enjoy yourself, let your hair down, live a little. But as the years of military service roll on, and you move up the ranks, you’re expected to “set a good example.”

What a drag.

I remember my first ball as a new Navy spouse in California in 1994. My husband and I were star-struck shaking hands with the guest speaker, a California senator, and other muckety-mucks in the receiving line.

After nervously negotiating the fancy dinner etiquette, we jumped from

our seats for the main event: dancing. I don’t remember my moves on the dance floor that night, but I do remember bumping awkwardly into the senator and his wife, and being really, really sweaty.

At every Navy ball since then, my husband and I hit the dance floor, ready to kick up our heels. My husband does the same funny little jig he’s been doing since our first dance at a cheesy Holiday Inn bar in Kitty Hawk, N.C., nearly 23 years ago: he skips in place to the beat, with his hands folded up near his chest like a T-Rex, and his quadruple-E feet whipping alternately to each side. He forgets I’m with him while he smiles to the crowd, occasionally stopping to point at someone for dramatic effect.

But somewhere along the way, we realized that we were the “old fogies” at the ball, and with that realization came a sort of obligation to throttle back and leave the dancing to the younger folks.

Those of us who already have a couple decades of formal events under our expanding belts should probably stick to the cake and coffee, perhaps

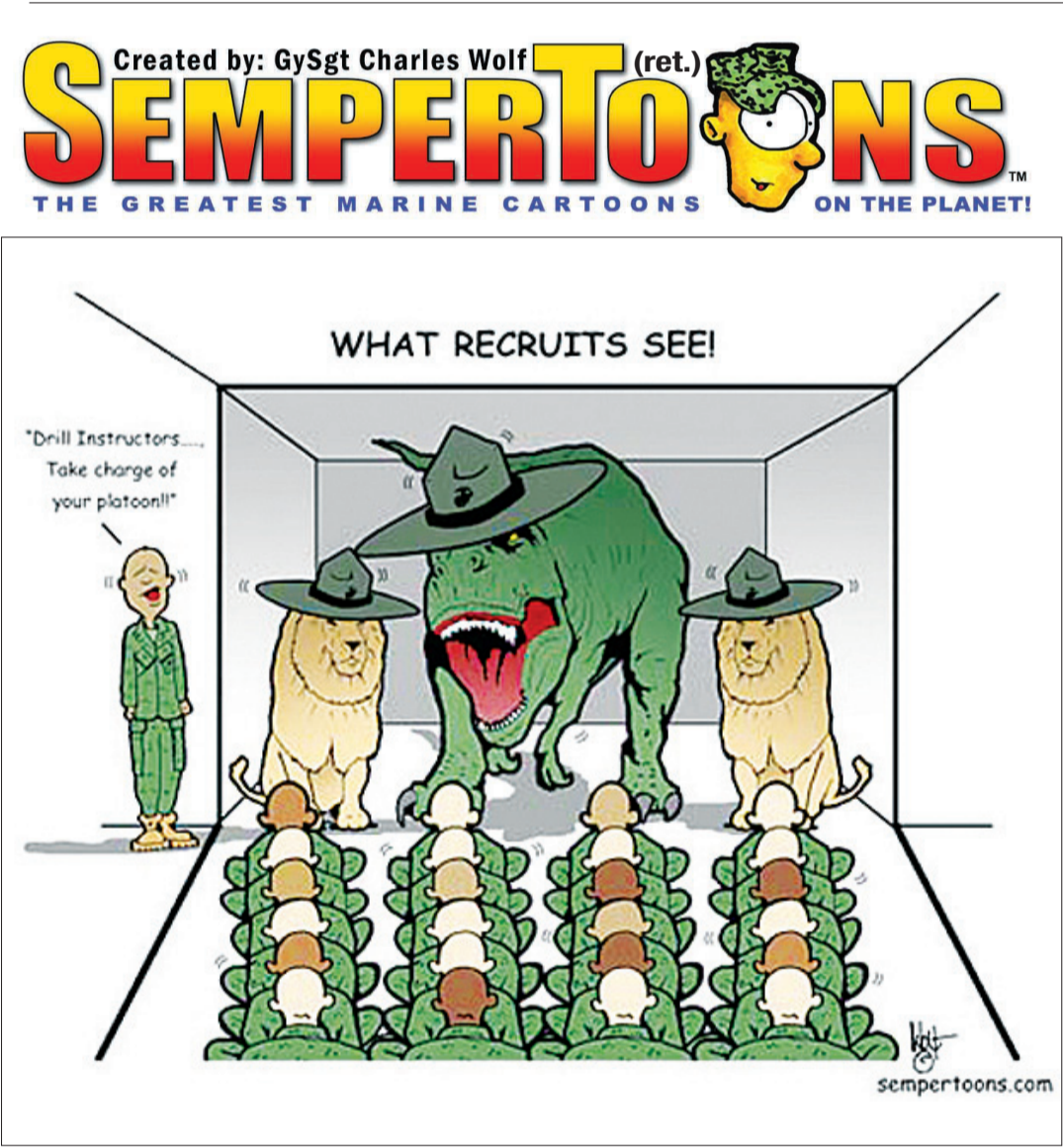
stepping out onto the dance floor for one or two obligatory conservative shuffles before heading home to take our ginkgo biloba.

Really?

It is true that career military types like us don’t have all the moves (our teenage daughters have tried in vain to teach us to “whip” and “nae nae”), and we have never heard many of the popular songs because we’re too busy listening to NPR news in our high-mileage minivans. And yes, we do sometimes wake up the next morning from a night of dancing with bulging disks and torn ligaments.

But the fact remains that we still like to dance, and now that we’re too old to hang out at nightclubs, military balls and weddings are our only opportunities. Besides, when my husband and I get out there on the dance floor to botch the moves to the “Cupid Shuffle,” we are setting an example. In our sweaty state of dancing bliss, we are showing the world that making a career of military service can be fun.

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



SUDOKU

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

Fun By The Numbers

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

Level: Advanced

Here's How It Works:

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

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

ANSWER:

Times

Movie

ROBERT D. NELSON  
NICK NOLTE  
When you push yourself to the edge, the real fun begins.

A WALK IN THE WOODS

Based on the Acclaimed Bestseller by Bill Bryson

“No Escape” R Today | 6:30 p.m.

“A Walk in the Woods” R Today | 9:15 p.m.

“A Walk in the Woods” R Saturday | 6:30 p.m.

“No Escape” R Saturday | 9:15 p.m.

“War Room” PG Sunday | 2 p.m.

“American Ultra” (Final Showing) R Sunday | 6:30 p.m.

“Hitman: Agent 47” (Final Showing) R Wednesday | 6:30 p.m.

**Prices:** All shows are \$5 for adults and \$3.25 for children. All 3-D shows are \$8 for adults and \$6 for children. For ticket pricing, the base theater box office defines an adult as a patron 12 years and older and defines a child as a patron from 6 to 11 years old. Children 5 and younger are admitted free of charge. Parents must purchase tickets for R-rated movies in person at the box office for children 16 and younger. Patrons must present their military identification card when purchasing tickets. Call 254-7642 for details.



Christine Cabalo | Marine Corps Base Hawaii

Shoreline fishers cast their lines along the fuel pier near the base marina at Marine Corps Base Hawaii, Sept. 25. The Night Shoreline Fishing Tournament was held Sept. 25 and 26, with those in the adult category weighing their catches on Saturday. Children could also participate in the tournament, winning prizes for catch-and-release fishing.

# Night tournament reels in MCB Hawaii’s fishers

**Christine Cabalo**  
*Marine Corps Base Hawaii*

Calm waters and prizes for a few hours of fishing fun lured fishers of all ages to the Night Shoreline Fishing Tournament, held Sept. 25 and 26.

Tournament contestants came in Saturday to weigh their catches on the fuel pier near the base marina aboard Marine Corps Base Hawaii.

“The tournament was great exposure for the marina,” said Milton Tsuneda, a recreation assistant with the base marina and a Honolulu resident. “It was a good reminder we have local fishermen out partnering with the military who are glad to answer any questions they have about fishing here.”

Adults were up against the clock, with a 24-hour time period to hook their heaviest catch and make it back to the base marina for the official Saturday weigh-in. Joe Guieb took first place in the adult category and brought in his catch of a young rudderfish, known in native Hawaiian as nenu. Guieb won the grand prize, a set of tiki-style bar furniture and a free full-day pontoon boat rental from the base marina.

In the children’s category, contestants who were 12 years old and younger tried their luck at catch-and-release fishing. Keegan Ross, a boat repair helper with the marina, crafted a special tank for each participant’s fish that kept the catches alive until they could be released back into the bay.

“With all of the fish in the special container, I think it sent an important message to the children,” Tsuneda said.



Photo courtesy of Marine Corps Base Hawaii’s Outdoor Recreation Center and Marina

**Participants in the children’s category of the Night Shoreline Fishing Tournament pose for a photo in between catch-and-release fishing at the base marina, Saturday. The Night Shoreline Fishing Tournament featured prizes in two categories: adults and children who were 12 years old and younger. Each child received a free fishing rod for participating. Appearing in order from left to right: Carter Gomez; Conner Gomez; Aria Guieb; Alex Lacalamito; Kaitlyn Morales and Ethan Rau.**

“If you don’t eat the fish, you need to let it go.”

The tournament encouraged children to practice responsible fishing, as marina staff and the base’s game wardens offered fishing tips. The game wardens brought in the official scale to measure the tournament catches and offered their knowledge to fishers who are new to the area.

“We were there to help monitor rules and regulations for fishing,” said

Mark Takekawa, the senior animal enforcement technician and game warden with the Provost Marshal’s Office. “We also identified what type fish each of the children caught.”

Takekawa said most of the fish the children caught were papio, the smaller version of the heavy full-sized fish found in the bay named ulua. He said the tournament helped the game wardens encourage other fishers to be mindful as they fish.

“As long as the population is sustained, the fish can be there for future fishing,” he said.

Everyone who registered for the event took home a tournament T-shirt. Christopher Sereno, general manager for the marina said his office has received positive feedback about the event through the Interactive Customer Evaluation system.

Sereno said one parent wrote to their office about their appreciation for getting youth-sized T-shirts for the tournament and hoped the event would continue next year.

For every catch they landed and released, the child participants received a raffle ticket that increased their odds for winning other prizes. Those raffle items included free tickets for K-Bay Lanes, the base theater and other Marine Corps Community Services facilities on base. Every child participant also received a free fishing rod.

Although the tournament is finished, those who want to fish aboard MCB Hawaii can still find information about fishing regulations at the marina.

“We have sheets that provide information on what size of and type of fish to catch along with a map of the area,” Tsuneda said. “There are people out there willing to help (educate) families about local fishing.”

For more information about fishing regulations, visit base marina staff in building 6800 on D Street or visit the MCB Hawaii website and do a search for the “Fishing Aboard Marine Corps Base Hawaii” page.

COMMUNITY, BASE BRIEFS/VOLUNTEER OPPORTUNITIES

Coffee Festival scheduled next week

The 2nd Annual Hawaii Coffee Festival is scheduled for Saturday, from 8 a.m. to noon at Ward Warehouse. Explore a variety of Hawaii-grown coffees, taste foods made with coffee and enjoy live music. Admission is free. Call Pamela at 388-9696 with questions.

WCC presents Windward Hoolaulea

Windward Community College is scheduled to host a Windward Hoolaulea Saturday from 10 a.m. to 8 p.m. on its campus. There will be musical groups, rides and games for children, arts and crafts, cultural demonstrations and food. For details, visit [windwardhoolaulea.com](http://windwardhoolaulea.com).

Experience Powwow at Thomas Square

The 41st Annual Honolulu Intertribal Powwow is scheduled for Saturday and Sunday at Thomas Square in Honolulu from 10 a.m. to 5 p.m. The public is invited to attend this free event, which will feature dancing, singing, stories, handmade arts, crafts and jewelry as well as traditional native foods. The event offers Oahu residents an opportunity to experience the spirit of Native America. There are also volunteer opportunities — no experience required. For details, email [honolulupowwow@gmail.com](mailto:honolulupowwow@gmail.com) or visit [www.honoluluintertribalpowwow.com](http://www.honoluluintertribalpowwow.com).

Join the Great Hawaii ShakeOut

Hawaii Emergency Management Agency, formerly State Civil Defense, is encouraging Hawaii’s families, schools and businesses to take part in the statewide Great Hawaii ShakeOut earthquake preparedness drill Oct. 15 at 10:15 a.m. The internationally recognized earthquake drill allows people to practice in their homes or at work what to do during earthquakes, and to improve preparedness by following three simple steps:

“Drop, Cover and Hold On.” Drills provide an opportunity to update emergency plans and supplies.

ShakeOut began in Southern California in 2008 as a drill designed to educate the public about how to protect themselves during a large earthquake and how to get prepared. This year, HI-EMA is spearheading efforts to expand the earthquake preparedness drill across the state. For details, visit [www.shakeout.org/hawaii/](http://www.shakeout.org/hawaii/).

Kaneohe Bay Air Show rehearsal open to military, DOD

The Kaneohe Bay Air Show is scheduled to open to the public on Oct. 17 and 18. However, there will be an Oct. 16 rehearsal open to service members, military families, retirees and Department of Defense civilians. Gates open at 9 a.m., and the air show will begin at 11 a.m. Authorized patrons are allowed to sponsor guests on base as long as they accompany their guests. For details, visit [www.kaneohebayairshow.com](http://www.kaneohebayairshow.com).

2015 Kaneohe Bay Air Show volunteers needed

The “Food & Beverage Crew” needs volunteers for the 2015 Kaneohe Bay Air Show. Volunteers will receive an air show T-shirt and water bottle, volunteer meal and letter of appreciation (or certificate of commendation within 24 hours). There are three shifts per day on Oct. 16, 17 and 18 from 8 a.m. to 4:30 p.m., 9 a.m. to 5:30 p.m. and 10 a.m. to 6:30 p.m. Call 254-7638 to sign up.

Celebrate Lights On Afterschool at Capitol

Celebrate the Lights On Afterschool in Hawaii Oct. 21, at 2:45 pm at the State Capitol. Invite your afterschool kids, families, school staff and community members to attend. Lights On Afterschool is a national celebration of the afterschool programs that keeps kids safe, inspire learning and help working families. Every year, Americans attend more than 7,500 Lights On Afterschool events in all 50 states

and the District of Columbia. For details, visit [www.hawaiiafterschoolalliance.org](http://www.hawaiiafterschoolalliance.org).

Castle Wellness Center to host cooking demo

An “Eat Well for Life: Perfect Pairings,” cooking demonstration is scheduled for Oct. 22 from 6 to 7:15 p.m. at Castle Wellness & Lifestyle Medicine Center. Samples and written recipes will be provided. All foods prepared and served in these demonstration classes are made with non-animal food products. Cost is \$10 per person. Class seating is limited, and payment and reservations are required two days in advance. Call 263-5400 or register online at [castlemed.org](http://castlemed.org).

Surf art festival coming in November

The Surfing The Nations 3rd Annual Surf Art and the Surfer Art Festival is scheduled for Nov. 20 and 21, from 6 to 10 p.m., on 39 Kamehameha Hwy. Artists and other community members will be displaying their work. The event will feature art galleries, live music, live art, food trucks and local vendors. Surfing The Nations is a non-profit organization run by volunteers committed to impacting local and international communities through surfing. For details, visit [www.surfingthenations.com](http://www.surfingthenations.com) or email [logan.jacobs@surfingthenations.com](mailto:logan.jacobs@surfingthenations.com).

# BALANCE CHECKS: AUTO SKILLS CENTER STAFF OFFERS SAFETY INSPECTIONS



Jay Chung, an automotive instructor at the Auto Skills Center, applies an official safety inspection decal to the bumper of an inspected truck, Monday. Chung, a Kaneohe resident, and the rest of the Auto Skills Center staff is temporarily operating out of building 1698 near the base marina.

Auto Skills Center staff conducts safety inspections daily from 9 to 11 a.m. and 1 to 3 p.m. out of their temporary offices in building 1698, near the base marina along D Street.

Staff can do minor auto repairs as well as inspections on cars and trailers. Inspections are made by appointment, and walk-ins are taken on a space available basis. To schedule an appointment, call 620-1701 daily between 9 a.m. to 5 p.m.

Only credit or debit cards accepted as payment for inspections.



An automotive instructor at the Auto Skills Center shows the light meters used when inspecting vehicles with tinted windows at their temporary offices in building 1698, Monday. All vehicle tinting must meet guidelines set in Federal Motor Vehicle Safety Standards 205 and Chapter 291, Section 21.5 of the Hawaii Revised Statutes.



Photos by Christine Cabalo | Marine Corps Base Hawaii

Jay Chung, (right) an automotive instructor at the Auto Skills Center, takes photos and inspects a trailer on D Street outside of building 1698 near the base marina, Monday. Staff can inspect cars and trailers, as well as vehicles with tinted windows.