

Hawaii Marine

Happy Birthday U.S. Marine Corps



When the Continental Congress raised up two battalions of Marines in 1775, it launched the greatest fighting force the world has ever known — a force revered globally for its uncommon valor, unparalleled adaptability, and ferocious tenacity.

Over the past 240 years, the battlefields and equipment have changed, but the spirit of the United States Marine Corps has prevailed in every clime and place.

One hundred years ago, Marine Corps Recruit Depot Parris Island opened its doors as the first base dedicated solely to making Marines. Since then, hundreds of thousands of men and women have been forged into elite warriors at Parris Island, Marine Corps Recruit Depot San Diego, and the Basic School in Quantico. Each recruit had a different reason for stepping onto the yellow footprints, but all are unified by the intangible traits that characterize United States Marines and the remarkable legacy that has carried on across generations.

Whether you served on the hallowed grounds of Belleau Wood, fought on the iconic island battlefields of World War II, navigated the harsh terrain and climate of the Chosin Reservoir or Vietnam, conducted assaults during Desert Storm, marched on Baghdad, fought in close combat in Fallujah, or conducted combat operations in Afghanistan, everyone who wears the Eagle, Globe and Anchor is a member of that storied legacy.

As we celebrate the 240th birthday of our Corps, we pay tribute to all who served and we remember our fallen heroes. We take great pride in our legacy and in the fine men and women who carry our colors into the future. And we extend heartfelt thanks to our families for their steadfast support.

Our 26th Commandant, Gen. Louis Wilson, once said, "In the last analysis, what the Marine Corps

becomes is what we make of it during our respective watches. And that watch of each Marine is not confined to the time he spends on active duty, it lasts as long as he is proud to bear the title of "United States Marine." Thank you for guarding the legacy of our Corps during your watch.

Happy Birthday Marines!

Semper Fidelis,
Robert B. Neller
General, U.S. Marine Corps
Commandant of the Marine Corps



Petty Officer 3rd Class Khaiyl Bourque | Helicopter Maritime Strike Squadron 37

The two MH-60Rs carrying the crew of Helicopter Maritime Strike Squadron 37 Detachment 5 land at Marine Corps Base Hawaii, Oct. 22. The "Expendables" of HSM-37 Detachment 5 returned home to Kaneohe Bay culminating a seven-month deployment onboard the USS Preble.

'Expendables' return to K-Bay from deployment

Lt. j.g. McKenzie Brannon
Helicopter Maritime Strike Squadron 37

On Oct. 22, the "Expendables" of Helicopter Maritime Strike Squadron 37 Detachment 5 returned home to Kaneohe Bay culminating a seven-month deployment onboard the USS Preble. Officers in Charge, Lt. Cmdr.

Ken Sheffield and Meagan Barnett led Det 5's 29 officers and sailors in superlative fashion completing 946 operational flight hours in support of Commander, U.S. Seventh Fleet objectives.

USS Preble and Det. 5 participated in multiple exercises prior to their Pacific Theater deployment. In February, both units participated in Initial Ship

Aviation Team Training, Independent Deployers Certification Exercise, and Submarine Commanders Course along with the USS Chafee and USS Chosin. These exercises provided Det. 5 and USS Preble training on the integration of surface, subsurface, and aviation

EXPENDABLES, A-7

Naval vessels push Marine amphibious capabilities during Blue Chromite

Lance Cpl. Steven Tran
III Marine Expeditionary Force

Not every day can a Sailor say he's taken a ride in a hovercraft. Not long ago, the hovercraft was close cousin of the Starship Enterprise, Millennium Falcon, and other vehicles of fictional lore. But during a logistics training exercise Tuesday, Sailors with Shock Trauma Platoon, 3rd Medical Battalion, 3rd Marine Logistics Group discovered that the landing craft air cushion-class hovercraft is very much a reality.

Two hovercrafts ferried the platoon, 10 tactical vehicles and all equipment for a shock trauma treatment site, from White Beach to Kin Blue, Okinawa. The hovercrafts facilitated a logistics training event during Blue Chromite 2016, a large-scale amphibious exercise led by 4th Marine Regiment, 3rd

HOVER, A-7



Pfc. Jorge A. Rosales | III Marine Expeditionary Force

A landing craft air cushion-class hovercraft approaches Kin Blue, Okinawa, Japan, for a beach landing exercise, Tuesday, during Blue Chromite 2016. Blue Chromite is a large-scale, cost effective on-island training event led by 4th Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force.

NHCH holds change of command, retirement

Susan Schultz
Naval Health Clinic Hawaii

JOINT BASE PEARL HARBOR-HICKAM—Naval Health Clinic Hawaii held a change of command and retirement ceremony at Kilo Pier 8 on Joint Base Pearl Harbor-Hickam, Oct. 23. Navy Capt. Lynn Wheeler, Medical Service Corps assumed command of Naval Health Clinic Hawaii from Navy Capt. Andrew L. Findley, Jr., Medical Corps with more than 400 staff, colleagues and friends in attendance.

"Today is a day to honor excellence, the excellence of a departing skipper who has truly raised the bar for Naval Health Clinic Hawaii and the excellence of an outstanding team that has realized his vision with their hard work and their own commitment to excellence," said Commander, Navy Medicine West, Rear Adm. Bruce L. Gillingham, the guest speaker. "Today we celebrate Capt. Findley's dedication and the realization of his vision to establish Naval Health Clinic Hawaii as a model of health care excellence providing unsurpassed service to the Fleet and Fleet Marine Force. Today is also about welcoming a new leader, one with fresh ideas and the energy required to drive Naval Health Clinic Hawaii and its staff to even higher levels of achievement and to meet the unknowable challenges ahead, welcome aboard Capt. Wheeler."

Findley is retiring from the U.S. Navy after 34 years of service. Findley served as NHC Hawaii's commanding officer since July 2014. Before assuming command, Findley served as Tripler Army Medical Center's deputy commander for two years. During his remarks, Findley thanked Naval Health Clinic Hawaii for the support, caring and friendship and asked them to always remember why Naval Health Clinic Hawaii is here, "readiness — Job 1, patient care, and quality and safety — the foundations for a high-reliability organization."

Wheeler served as USNS Mercy's executive officer before assuming command of Naval Health Clinic Hawaii. Wheeler is no stranger to Hawaii as she served as the deputy surgeon, U.S. Pacific Fleet from 2010 to 2013.

"During my three years at U.S. Pacific Fleet, I learned that the people of Hawaii demonstrate a special kind of devotion to family and friends," Wheeler said. "Ohana' translates into English as 'family,' but it is so much more than being related. It implies a deep dedication and commitment to the welfare of the members of the ohana. I am truly honored to be part of the Naval Health Clinic Hawaii ohana, and I am committed to do my best to ensure the welfare of the command."



Kick it
Spouses assist the Navy-Marine Corps Relief Society with kickball tournament, A-6



Thanks for the memories
Look back at Marines in Hawaii through history, B-1

Saturday

High 84°
Low 69°

Sunday

High 84°
Low 69°

NEWS BRIEFS

Historic sites to celebrate Corps birthday

To celebrate the Marine Corps Birthday on Nov. 10, all Pearl Harbor historic sites will offer free pass days for active-duty Marines, retired Marines and Marine dependents Nov. 7 and 8. For more information, call the Pearl Harbor historic sites at 455-1600.

Marine Corps birthday pageant happening soon

The annual Marine Corps birthday pageant is scheduled for Nov. 10 at 10 a.m. at Dewey Square. Personnel with base access are welcome to attend.

Naval Health Clinic Hawaii closed Nov. 6

All Naval Health Hawaii operations will be closed Nov. 6. This includes all medical and dental facilities at Branch Health Clinics Makalapa, Camp H.M. Smith, Wahiawa, Marine Corps Base Hawaii Kaneohe Bay and Shipyard. Our providers will be attending required training to ensure delivery of the best and most current patient care. Beneficiaries are asked to take this into consideration when scheduling care. All routine care should be planned prior to or after Nov. 6. This includes appointment scheduling, prescription refills, laboratory draws, etc. All clinics will re-open for regular business hours Nov. 9. For NHCH hours of operation, visit www.med.navy.mil/sites/nhch. Beneficiaries can speak to a health care provider at any time the clinics are closed by calling the toll-free "Nurse Advice Line" at 1-800-874-2273, option 1. For emergencies, dial 911 or go to Tripler Army Medical Center. For active-duty dental emergencies, dial 864-4705.

Transition Readiness Seminar coming soon

The next Transition Readiness Seminar is scheduled from Nov. 2 through 6 on the second deck of building 279 from 7:30 a.m. to 4 p.m. The seminar is open to all hands within 12 to 14 months of separating from service, but no later than 180 days prior to separation. The primary point of contact for securing a slot is the unit transition counselor. For more information, call 257-7790.

Leading Marines EPME3000AA course updated

The College of Distance Education and Training enlisted professional military education distance education program has updated the Leading Marines EPME3000AA course on MarineNet. This update was developed to enhance the individual Marine's knowledge and to set the stage to attend the Lance Corporal Leadership and Ethics Seminar. The lessons to be added are The U.S. Constitution, Organizational Structure of the Department of Defense and Marine Corps core values.

The U.S. Constitution was added to the Administration and Communication sub-course, describing the basic structure of the Constitution, the basic organization of the U.S. government, and the purpose of the oath of enlistment. Organizational Structure of the DoD was added to the Military Organization sub-course, describing the basic organizational structure of the president of the United States, secretary of defense, and the joint chiefs of staff. Marine Corps Core Values was added to the Developing Leaders sub-course, tying the Constitution into our Marine Corps oath and core values. As of Oct. 1, the promotion requirement for lance corporal to be promoted to corporal is to complete the Leading Marines course on MarineNet and the command sponsored Lance Corporal Leadership and Ethics seminar. For more information, visit the CDET website or look us up on Facebook.

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.hawaiiimarine.com

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Photo courtesy of the Kapolei MCJROTC website

The Kapolei High was selected Naval Honor School for the 2014/15 school year and also received the Marine Corps Reserve Association Award for JROTC excellence. In addition, Kapolei USMC JROTC cadet Joshua D'Andrea was also the recipient of the Legion of Valor Bronze Cross for Achievement.

Kapolei High School USMC JROTC receives awards

Press Release

Kapolei High School MCJROTC

KAPOLEI, Hawaii — The United States Marine Corps Junior Reserve Officer Training Corps program at Kapolei High School was honored with several awards, Thursday.

The Kapolei High was selected Naval Honor School for the 2014/15 school year and also received the Marine Corps Reserve Association Award for JROTC excellence. In addition, Kapolei USMC JROTC cadet Joshua D'Andrea was also the recipient of the Legion of Valor Bronze Cross for Achievement.

"I'm very humbled by it," said Jason Seal, a retired Marine officer and the senior Marine instructor for the Kapolei MCJROTC program. "The cadets deserve the recognition. They work very hard. Their academics and their grades should be commended."

Naval Honor School designation is bestowed annually to the top 20 percent of all Marine Corps and Navy JROTC units (throughout the country and overseas there are 262 Marine Corps JROTC units and 604 Navy JROTC units).

Selection is based on several criteria, such as cadet citizenship, the percentage of cadets involved in student clubs and organizations, cadets active in school activities, community service hours for the unit as a whole and per cadet, organizations assisted by the unit, as well as scholastic achievements. Scholastic achievements include the number of academic

awards and scholarships awarded to graduating cadets.

Selected units are also measured by participation in public affairs events, drill team competitions, rifle team competitions, physical fitness team competitions, and field trips. To be selected as a Naval Honor School is a goal for any JROTC unit and is considered a significant and noteworthy achievement.

The MCRA trophy is the most prestigious award a Marine Corps JROTC unit can receive and only five of these awards are bestowed annually. To be considered for this award, a Marine Corps JROTC program must meet the threshold standards of a Naval Honor School program and then go on to perform in a superior manner.

Vincil Hazelbaker, a retired Marine colonel and Navy Cross recipient from the Vietnam War, presented the award to D'Andrea. The Legion of Valor is the highest honor a Marine Corps JROTC cadet can receive.

This medal is awarded annually and D'Andrea is one of only five cadets within the entire Marine Corps JROTC program to receive this recognition (out of a total population of approximately 32,000 cadets). Selection for the LOV is extremely rigorous and is based on exemplary academic credentials, a superlative class standing and noteworthy community service.

Kapolei High School has the only Marine Corps JROTC unit in the state of Hawaii, with 150 cadets.

ICE COMMENTS

COMMENT: My overall experience with the Marine Corps Base Hawaii Education Center is very poor. I have been trying to apply and enroll in classes with Hawaii Pacific University since the beginning of July 2015. I submitted all of the paperwork needed to get accepted, but I've had problems with them since day one. I had to call or email the school directly regarding any problems because the HPU advisors at MCB Hawaii are frequently unable to assist me. However, as soon as I call the school itself, my issues are usually fixed within a day. The advisors are also hard to reach, do not respond to my emails and can never fully answer my questions. By the middle of August, I had yet to be able to enroll in a class. It seems as though they are putting my issues on the back burner and are preventing me from being able to enroll in college for the upcoming fall semester. They should provide different advisors because it seems as though the ones they have now on MCB Hawaii do not care about their future students trying to apply there.

FOLLOW-UP NOTES: I met with the Hawaii Pacific University coordinator at MCB Hawaii, regarding this ICE Comment. First of all, she sincerely apologized for this anonymous student's frustration. She assured me that HPU is committed to ensuring that every student leaves the HPU office satisfied with their questions and concerns fully addressed. Based on my nine years here, I can honestly confirm HPU's dedication to world-class customer service. Second, she explained that the school is currently experiencing some difficulties with a new (Downtown Honolulu Campus) admissions process, but that the issue is now rectified. Third, she explained that the MCB Hawaii HPU team goes through all emails and voicemails on a daily basis; Therefore, if any student contacts them, they consistently respond as quickly as possible in the order that the messages were received. Finally, she emphasized to me that HPU's core mission is to provide the highest quality post-secondary education to all students who wish to attend the university — especially our service members and their family members. After the coordinator discussed this ICE Comment with her staff, they think they might know who this person is. I asked her to follow up with that student to see if they can provide any additional support or guidance. In my opinion, this comment below is an outlier to the normally great service our clients receive upstairs at HPU. To that end, I have a large collection of positive comments and feedback regarding HPU's customer service and can provide those to anyone who'd like to read them. - Respectfully, the education services officer of MCB Hawaii's Education Center

**note: Comments may have been edited for anonymity, clarity and space.*

Interactive Customer Evaluation

ICE IS:

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

- Allows customers to submit on-line comment cards to rate the service providers that they have encountered at military bases and related facilities around the world.

- Allows service providers to collect customer satisfaction data in a standardized format which is stored in the ICE database.

- Provides customers with a convenient and efficient method to express their opinions to service providers and receive feedback.

ICE is NOT:

- To be used as a sole source to report safety concerns.

****The Base Safety Directorate should be contacted directly at 257-1830.****

- Intended for use to submit complaints regarding fellow employees or management, to spread rumors, to threaten or to make public announcements.

Visit the ICE site at <http://ice.disa.mil>.

AROUND THE CORPS

WEST COAST

MARINE CORPS AIR GROUND COMBAT CENTER TWENTYNINE PALMS, Calif. — A Marine with 1st Battalion, 8th Marine Regiment fires at a target at an unknown distance drill during the sniper marksmanship assessment as part of Integrated Training Exercise 1-16 aboard Marine Air Ground Combat Center, Twentynine Palms, Calif., Saturday. During ITX, Marines demonstrate core infantry mission essential tasks while conducting offensive and defensive stability operations.

Cpl. Immanuel M. Johnson | II Marine Expeditionary Force

EAST COAST

MARINE CORPS BASE CAMP LEJEUNE, N.C. — A Marine student with the Expeditionary Operations Training Group conducts a fast-rope descent out of an UH-1Y Venom helicopter as part of the Helicopter Rope Suspension Techniques Master Course at Marine Corps Base Camp Lejeune, N.C., Oct. 21. The Marines conducted their descent at approximately 50 feet from the helicopter, which was operated pilots with by Marine Light Attack Helicopter Squadron 167.



Cpl. Paul S. Martinez | II Marine Expeditionary Force

OVERSEAS

PINHEIRO DA CRUZ Praia Da Rapos, Portugal — U.S. Marines with the Helicopter Support Team, Landing Support Detachment with the 26th Marine Expeditionary Unit, embarked aboard the amphibious transport dock ship USS Arlington prepare to attach a sling connected to a M105 trailer to a lifting hook from a CH-53E Super Stallion with Marine Medium Tiltrotor Squadron 162 (Reinforced), 26th MEU, hovering overhead during an external lift training exercise at Pinheiro Da Cruz, Praia Da Raposa Beach, Portugal, Oct. 22, during Trident Juncture 15. Trident Juncture is a NATO-led exercise designed to certify NATO response forces and develop interoperability among participating NATO and partner nations.

Sgt. Austin Long | 26th Marine Expeditionary Unit

Remember: Have a spooky, but safe Halloween!

Press Release

Base Safety Directorate

HAPPY HALLOWEEN!!! The hours for trick-or-treating aboard Marine Corps Base Hawaii are 5:30 to 8 p.m.

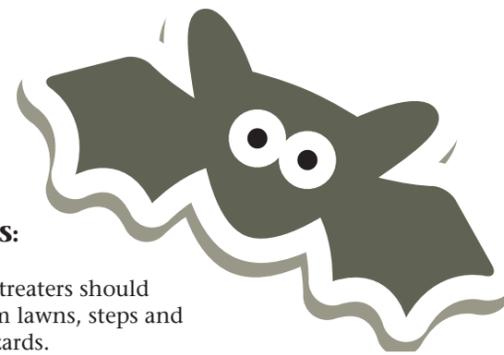
TRICK-OR-TREATING:

1. Parents, make sure you have a flashlight that works. Children should walk, not run, from house to house.
2. Use sidewalks; do not cut through yards or alleys. If there is no sidewalk, walk facing traffic and stay with a group.
3. When crossing streets, obey all the signals.
4. Stay near your home.
5. Do not cross yards and lawns where unseen objects or uneven terrain can present tripping/fall hazards.
6. Make sure children can walk easily in their costumes. Watch out for parts of costumes or clothing that drag on the ground.
7. Wear your regular shoes.
8. Do not allow children to eat any candy or snacks until inspected by an adult.

DRIVERS:

1. Stay alert, especially in neighborhoods. Halloween is "children's night-out."

2. Drive slowly and be alert, especially in areas of vehicles parked curbside, anticipating children may "pop out" from between vehicles.



TRICK-OR-TREATER HOSTS:

1. People expecting trick-or-treaters should remove any obstacles from lawns, steps and porches that pose trip hazards.
2. If your pets exhibit aggressive behavior to strangers or crowds, keep them inside the house.

PARENTS:

1. If you are NOT accompanying your children (12 years or older), make sure they wear a watch to meet their curfew. Have them walk with friends.
2. Remind your children not to trust people they do not know or recognize.
3. Share these recommended Trick-or-Treater's Safety Tips provided above.

ADULT HALLOWEEN ENTHUSIASTS:

1. DON'T DRINK AND FLY!
2. DON'T DRINK AND DRIVE!

Have a spooky time and make it mishap free for everyone!



CFC pledge drive in full swing; Have you given yet?

Coast Guard Lt. Scott Carr

Coast Guard District Fourteen

HONOLULU — The Combined Federal Campaign is in full swing and pledges are tallying up as federal employees donate to their favorite charity during the annual giving campaign which runs through Nov. 20.

Federal employees from 125 agencies have already committed more than 5,300 individual pledges and as the CFC Hawaii-Pacific slogan states "Giving Together, Making a Difference."

The Hawaii Pacific Area campaign is traditionally one of the nation's largest and most successful campaigns. But in recent years participation has dropped to 24 percent. "Our goal this year is to ensure 100 percent contact with all federal employees," said Lt. Cmdr. Nicolas Jarboe, Hawaii Pacific Area CFC project officer. "Everyone should have the opportunity to donate."

The CFC is a great opportunity to put your contribution directly toward something meaningful to you, whether that recipient organization is national, regional or local. Every year federal employees throughout the Hawaii-Pacific area make a difference.

"I donate to CFC because I want to contribute to charities that go out and make a difference in the world," said Sgt. Kristen May, Marine Corps Base Hawaii, G6 Server Chief. "When I was 12, my mother was diagnosed with lung cancer and she was six months pregnant with twin girls. Due to the quick progression of the cancer my mother had to undergo an emergency caesarean section, luckily my sisters were delivered successfully. Over the next few weeks, thanks to people like you and I who donate, my mother was able to receive the best care possible before she passed away. This experience in my life has motivated me to get involved and donate to the CFC."

Making a contribution to CFC is simple. You can give online at www.cfc-hawaii.org/ or speak to your agency's coordinator for more information.

ASYMCA celebrates military families with breakfast event

Press Release

Armed Services YMCA

HONOLULU — On Nov. 5, the Armed Services YMCA is scheduled to host its “Celebrating the Military Family” breakfast at the Hilton Hawaiian Village’s Coral Ballrooms from 7:30 to 9 a.m.

This unique event provides community and military leaders the opportunity to honor one family from each of the six service branches (U.S. Army, Marine Corps, Navy, Air Force, Coast Guard and Hawaii National Guard) and recognize their service and sacrifice.

The event coincides with Military Family Month, which was established in 1993 by the Armed Services YMCA, with the U.S. government recognizing the occasion every year since.

Each November, the ASYMCA celebrates Military Family Month to



ARMED SERVICES YMCA

demonstrate the nation’s support and commitment to the families of military personnel. With service members continuing to be deployed overseas, recognizing the daily sacrifices made by military families has never been more important.

“We understand that military spouses and children serve too and this special morning acknowledges and honors them,” said Laurie Moore, ASYMCA executive director. “It also

helps support the programs that make a difference in their lives. Proceeds from the breakfast provide the means for us to expand our programs and services for military families at Marine Corps Base Hawaii, Wheeler Army Airfield, Schofield Barracks, Joint Base Pearl Harbor-Hickam and U.S. Coast Guard Base Honolulu.

This year’s program will include hula, musical entertainment, a video presentation of each family, presentation of awards and guest speaker, Lt. Gen. John A. Toolan, the commanding general of U.S. Marine Corps Forces, Pacific. Corporate and individual sponsors will donate seats at their table so that the military can attend.

The ASYMCA provides programs that help meet the challenges associated with military life that often stem from being far away from home while dealing with the stress of frequent spousal deployments and

financial burdens.

“In order to meet these concerns head on, Armed Services YMCA focuses programs and services in three key areas: education and childcare; financial support and assistance; and services that reduce military members and families’ feelings of isolation and loneliness,” said Sarah Fargo, the chairperson of the Board of Directors. “(The) Celebrating the Military Family breakfast is just another avenue to support our military families in Hawaii.”

As a private nonprofit organization serving Hawaii’s military community since 1917, the ASYMCA has touched more military lives than any other organization in Hawaii.

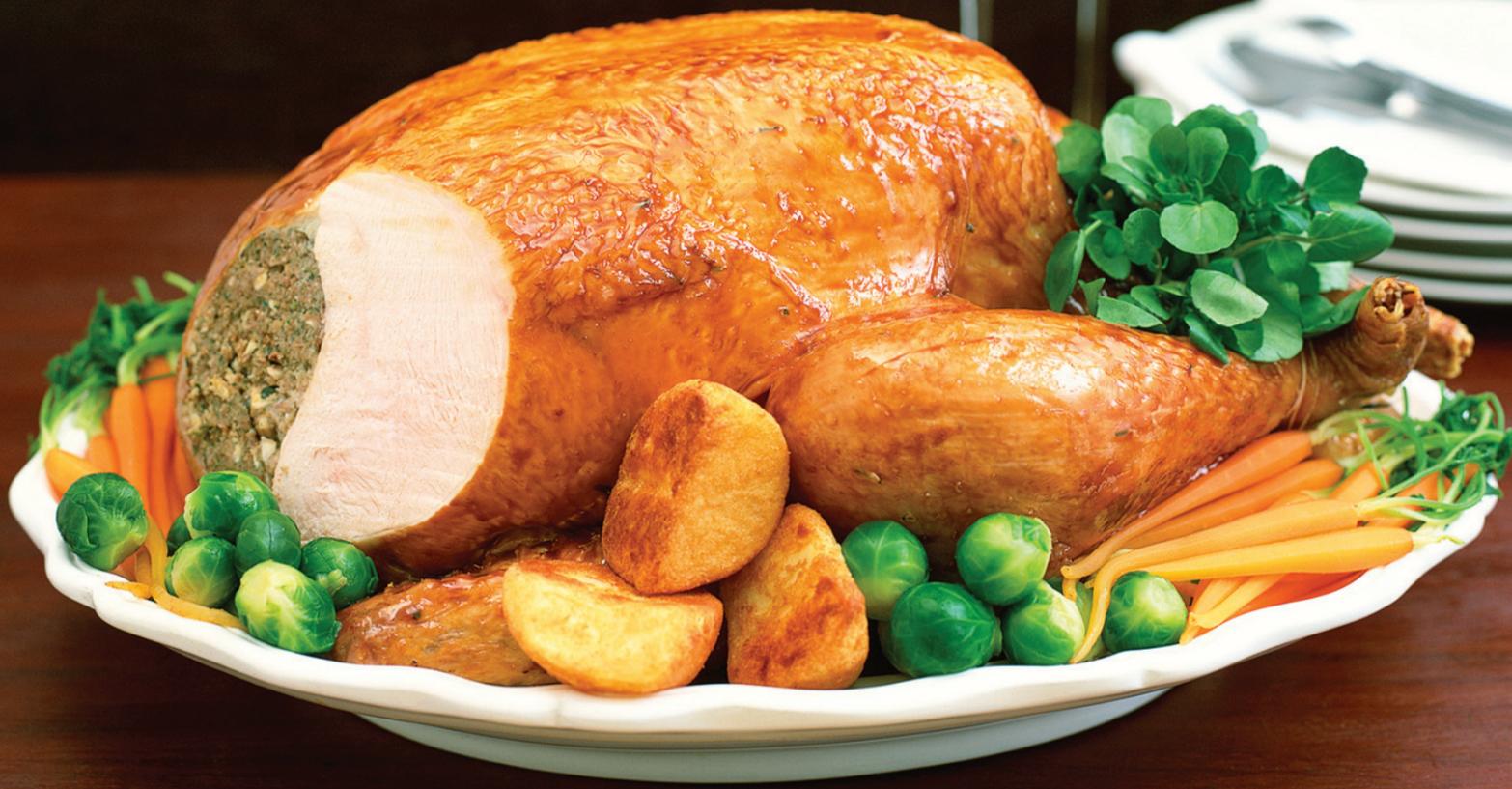
Sponsorship opportunities are still available. Contact the ASYMCA for more information about the event at 473-3398 or visit their website at www.asymcahi.org.

Hungry to help? Donate to ASYMCA!

The Kaneohe Bay branch of the Armed Services YMCA is collecting food so Marine Corps Base Hawaii families have a full Thanksgiving. Drop off your canned goods and other non-perishable items to drop-off boxes at several locations: The Officers’ Club, Kahuna’s Bar and Grill, Semper Fit Center, Laulima and Kupulau Child Development Centers, the base library, Kulia Youth Center and the K-Bay branch’s headquarters in building 455 on Lawrence Road. Thanksgiving collections end Nov. 16, but the drive continues for the winter holidays.

Suggested items include:

- canned/dry gravy mixes
- canned cranberry sauce
- canned corn
- canned green beans
- canned yams
- cream of mushroom soup
- canned evaporated milk
- boxed stuffing/dressing mix
- boxed mashed potatoes
- onion strings
- instant gelatin or pudding mixes
- fruit/pumpkin pie filling
- packaged pie crust
- mini marshmallows
- cake/cookie mixes
- commissary gift cards (\$25)



Protect lost, injured shearwater birds during fallout season

The annual shearwater fallout season occurs during November and December islandwide. Juvenile wedge-tailed shearwater birds that are still learning to fly often get disoriented by city lights. They fly inland and fall, becoming injured and vulnerable.

What to do if a shearwater is found

Contact the Provost Marshal’s Office at 257-2123. During working hours the bird will be picked up. During after hours the response may be delayed until next day. The bird may need to be secured.

How and when to handle shearwaters

If the bird is in a safe location, and will be picked up soon, then leave it there. However, if after hours and/or seabird is in harm’s way (e.g. road kill, predation), secure it in a cardboard box. Cusp the bird “firmly without squeezing.” Keep the bird’s wings close to its body. Birds have strong muscles, but fragile bones. Gloves are desirable. Although their bite is not hard, their fish-catching beak is very sharp. A towel or T-shirt may be used to cover the bird prior to handling. Keep the box in a quiet location until it is picked up.

SHAKA HOSTS KICKBALL TOURNEY FOR NMCRS



Photos courtesy of Candice MacInnes

Lady Phantoms player Stephanie Muckey (right), attempts to tag out Triple Threat player Nichole Rostetter, during a Spouses Hawaii Area Kickball Association Tournament at the C Street Field across from the Combat Camera building aboard Marine Corps Base Hawaii, Sunday. The SHAKA Tournament was held Saturday and Sunday, with nine teams competing. The proceeds from the tournament went toward the Navy-Marine Corps Relief Society. The Triple Threat team, made up of spouses of active duty service members from 3rd Marine Regiment, 3rd Radio Battalion and Combat Logistics Battalion 3 took first place. The Trinity Lavalillies, made up of spouses from 1st, 2nd and 3rd Battalions, 3rd Marine Regiment, took second place.



ABOVE AND BELOW: Odete Almeida preps and kicks the ball during her turn at bat for the tournament.



Shari Cruz punts the ball during the Spouses Hawaii Area Kickball Association Tournament held Sunday.

EXPENDABLES, from A-1

assets operating in a simulated combat environment, ultimately proving Det. 5's and USS Preble's ability to project naval power at sea in dense threat environments.

The "Expendables" participated in several multinational exercises over the course of their Seventh Fleet deployment, including ship anti-submarine warfare readiness and evaluation measurement 180, Talisman Sabre 2015, and CARAT Indonesia. These exercises served to strengthen ties with partner nations and increase the capability for coordinated anti-submarine warfare, anti-surface warfare, ship-handling, cross-deck landings, and visit, board, search, and seizure operations.

Det 5 further supported operational objectives in the form of escort duties for the USS George Washington, USS Bonhomme Richard, and USS Ronald Reagan.

They contributed to numerous intelligence products reaching the highest levels of the U.S. naval intelligence infrastructure. Arguably the most valuable aspect of their deployment was Det. 5's completion of Pacific presence operations in the East and South China Seas.

This evolution continues to be a vital tool in protecting freedom of navigation in international waters, and to contesting invalid sovereignty claims in the region. Det. 5's deployment is a prime example of the importance of the helicopter maritime strike community to the United States Navy's core objectives of presence, deterrence, power projection, and freedom of the seas.

Active-duty volunteers needed for Pearl Harbor commemorations

Press Release

Joint Base Pearl Harbor-Hickam

JOINT BASE PEARL HARBOR-HICKAM — The Navy and National Park Service are looking for more than 700 active-duty military personnel from all services to volunteer in various events commemorating the 74th anniversary of the attack on Pearl Harbor.

The joint National Park Service and U.S. Navy 74th Anniversary Pearl Harbor Day Commemoration will be held Dec. 7 at 7:45 a.m. at Kilo Pier, Joint Base Pearl Harbor-Hickam. Vol-

unteers are needed to help with the Navy and National Park Service 74th Anniversary Pearl Harbor Day commemoration, USS Utah Memorial sunset ceremony, USS Oklahoma Memorial ceremony, USS Arizona interment ceremony, and the FOX Sports Pearl Harbor Invitational.

Volunteer tasks include the following:

- Nov. 24 through Dec. 3: Grounds preparation, ceremony setup, staging
- Dec. 1 through 7: Site preparations and event day support for the Fox Sports Pearl

Harbor Invitational at Bloch Arena

- Dec. 6: USS Utah Memorial sunset ceremony setup and breakdown
 - Dec. 7: Navy & National Park Service Pearl Harbor Day commemoration ushers, escorts, parking attendants, and crowd control
 - Dec. 7: USS Oklahoma Memorial ceremony setup/breakdown and ushers
 - Dec. 7: USS Arizona interment ceremony sideboys and setup/breakdown
- Volunteering provides an opportunity for active duty

members to personally contribute to the Pearl Harbor Day commemoration, preserving the memory and honoring those who made the ultimate sacrifice 74 years ago.

To volunteer, contact Chief Ken Bohan at Kenneth.p.bohan@navy.mil or (904) 434-9485, or Lt. Cmdr. Michael Genta at michael.genta@navy.mil, or 473-5752. Sign up by Nov. 24.

For more information on Pearl Harbor Day events, call the JBPHH Public Affairs Office at 473-2926 or 473-2880, or visit www.pearlharborevents.com.

TRICARE young adult premiums to increase Jan. 1, 2016

Press Release

TRICARE

Premiums for the Military Health System's benefit plan for adult children between 23 and 26 years old have been announced. The premiums for the TRICARE Young Adult program will increase on Jan. 1, 2016 to \$306 per month for TYA Prime, and \$228 per month for TYA Standard.

"Offering the option to have young adults covered under these plans falls in line with what all Americans are able to do with their adult children under the Affordable Care Act," said Mary Kaye Justis, director of the TRICARE Health Plan. "We want to make sure those wanting this coverage know all the facts as they go into the open enrollment season for health care plans in this country."

Justis explained the increase is due to the requirement in the National Defense Authorization Act of 2011 that TRICARE set TYA premiums to cover the full cost of health care received by the program's beneficiaries.

"We are required by law to be cost-neutral to the government, so the premiums had to be raised to cover the actual cost of care," Justis said.

TYA offers very generous, competitive coverage for young adults, Justis said. Although the premiums do not go into effect until Jan. 1, 2016, TRICARE leaders want to make sure TYA beneficiaries have all the facts now to make the best decision possible, based on their needs and circumstances, during the open enrollment season from Nov. 1, 2015 through Jan. 31, 2016.

"We like having young adults in our sys-

tem and welcome them to stay on," said Justis. "But they do have options."

Other health care options for young adult beneficiaries include:

- Purchasing TYA Standard – lower premiums, higher cost shares – instead of TYA Prime
- Enrolling in a parent's civilian health insurance plan, if available
- Purchasing coverage through the college or university, if enrolled
- Purchasing a plan offered through the Health Insurance Marketplace at www.healthcare.gov.

Lower-cost plans may be available depending on income and residence, and assistance paying premiums may be available if beneficiaries qualify for government subsidies through commercial plans. Visit www.tricare.mil/TYA for more information.

HOVER, from A-1

Marine Division, III Marine Expeditionary Force.

Navy Chief Petty Officer Philip E. Phillips, an LCAC pilot with Naval Beach Unit 7, said driving the hovercraft is like controlling an air hockey puck.

However, unlike an air hockey puck, a LCAC hovers by generating powerful air displacement. The LCAC can carry up to sixty tons and travel as fast as forty knots, said Phillips, who is originally from Riverside, Calif.

Sgt. Russell S. Thompson, a landing support specialist with Combat Logistics Battalion 4, 3rd Marine Logistics Group, had never seen the hovercraft in operation before today.

"For me personally and a lot of my Marines, this is our first time getting firsthand experience with the LCACs and doing this specific type of operation," said Thompson, who is originally from Pullman, Washington. "I think the LCAC exponentially increases our capabilities."

Thompson, whose primary responsibility is to help organize troops and equipment

arriving at expeditionary locations, said the presence of hovercraft helped his Marines understand the importance of their role in the grander scheme of amphibious operations.

"Having 7th Fleet nearby with their multitude of resources, including LCACs, absolutely increases the capability of our training and the amount of experience we're able to achieve," said Thompson.

Until the U.S. military patents teleportation, Thompson can expect more help from his Navy brethren during amphibious operations around the world.

Sports & Lifestyle

Remembering Hawaii Marines in time



Christine Cabalo
Marine Corps Base Hawaii

Cracking open the "Hawaii Marine" archives, a birthday present from the past emerges with stories of what times were like at Marine Corps Base Hawaii in 1959.

Fifty-six years ago, the 184th Marine Corps birthday base celebrations looked slightly different from today. It was a busy time for newspaper staff, said Jack Paxton, executive director, United States Marine Corps Combat Correspondents Association. When the base newspaper was called the Windward Marine, Paxton was a gunnery sergeant serving as editor. The base was also known as Marine Corps Air Station Kaneohe Bay.

"At that time the 4th Marine Regiment was also based at Kaneohe and, as I recall, there were three Marine Corps birthday balls celebrated each year: one at the Officers' Club, Staff NCO Club and the Enlisted Club," Paxton said in a Hawaii Marine interview in 2009. "Our newspaper staff, as well as other Marines in the Informational Service Office, was tasked with birthday ball coverage."

In the Nov. 6 issue of the paper, the staff describes how cooks pulled out all the stops for the event. Instead of incredible showpieces, the large birthday cakes were made from scratch for service members and guests. A total of 2,476 pounds of decorated cake was prepared, which included 574 pounds of icing. Everything for the cakes was measured in pounds: 6 pounds of vanilla, 510 pounds of sugar and 255 pounds of eggs.

"Last year the cake decorating was done by a civilian pastry artist," wrote the Windward Marine staff in 1959.

"Since that time, a number of K-Bay cooks and bakers have been taking cake decorating classes during their off-duty hours at the YWCA and Waikiki hotels."

The cooking process took four days, as bakers spent each day baking, icing or adding the final decorations. The first of the cakes was served at the base's dining facility and the rest enjoyed at each of the birthday balls. Paxton recalls how some parts of the ceremony are still celebrated in the form they were in 1959.

"Then, as now, the tradition of celebrating the oldest and youngest Marine present took place; each receiving the first pieces of the traditional birthday cakes," he said. "As I also participated in birthday balls in 1960 through 1962 while at Kaneohe, I cannot remember much difference from year to year. I do know that each was a great remembrance of our heritage as belonging to the nation's finest military fighting force."

Additional articles reported the Marine Corps birthday pageant was performed at each evening ball, after cake cutting. Just seven re-enactors were in the 1959 production, all volunteers from 4th Marines. Their uniforms ranged from the 1812 era to the 1950s modern-day aviator Marine. The 1st Marine Brigade Band along with the Drum and Bugle Corps provided live music for each scene.

The birthday balls were one of many events Paxton followed during his time on the base newspaper staff, with help from Marines he still keeps in contact with today. The former editor said he celebrated his 59th birthday ball in Tampa, Fla., and is honored to have served.

"I can assure you, I will still stand proudly as the 'Marines' Hymn' is played — as I did in 1959," he said. "I will still be filled with the same feeling of esprit de corps as I was at my first ball at Parris Island, South Carolina in 1950. As a Marine, this never leaves you."

Lance Cpl. Ezra Atencio, dressed as a Barbary War-era Marine, fires a vintage rifle in rehearsal for the 2014 Birthday Pageant held Nov. 5, 2014, at Marine Corps Base Hawaii.

2015

Marine Corps Base Hawaii hosts the 2015 Kaneohe Bay Air Show, Oct. 17 and 18. The theme of the air show is "Joining Forces with the Community," and each branch of service showcase their equipment and capabilities. Guests have the opportunity to enjoy a number of activities and demonstrations, from military and civilian aircraft displays, to carnival rides, merchandise booths and Taste of Oahu food booths.



2010

Marine Corps Base Hawaii launches its own Facebook page, featuring news from Hawaii Marines and other Corps units.



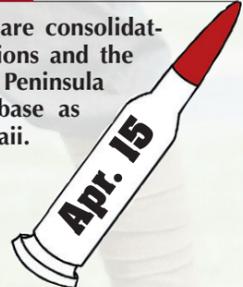
2001

The nation mourns as terrorists cause airplanes to crash into the World Trade Center towers, the Pentagon, and a field in Pennsylvania, Sept. 11, 2001. Marine Corps Base Hawaii soon joins the fight by sending its Marines and Sailors in support of Operations Iraqi Freedom and Enduring Freedom.



1994

Marine Corps facilities are consolidated on all their installations and the Marines on Mokapu Peninsula officially refer to the base as Marine Corps Base Hawaii.



1952

Marines took over the facilities and redesignated it Marine Corps Air Station Kaneohe Bay. Newspaper staff began to publish the Windward Marine in 1953, later becoming the modern-day newspaper known as Hawaii Marine.



1941

In 1939, the Navy started construction on Mokapu Peninsula, and on Feb. 15, 1941, the facility became officially known as Kaneohe Bay Naval Air Station. On Dec. 7, 1941, the station was one of the first military installations to be attacked by the Japanese Imperial Navy before Naval Station Pearl Harbor, suffering the loss of 18 service members and two civilians.



Nov. 10

1775

The Second Continental Congress for what would become the United States agrees to raise two Marine battalions. These battalions would be in service for a joint amphibious expedition to Nova Scotia but also remain in service as future projects came up for the nation.

AT EASE



Your weekly dose of non-mandatory fun in Hawaii Marine

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

The extraction of the Tell-Tale Tooth

Lisa Smith Molinari
Contributing Writer

my battered nerves.

"Unghhh!" I groaned, giving him the confirmation he needed to begin the lethal procedure.

The doctor administered the first shots of novocaine into my gums with such an angel's touch, I was wholly unprepared for the poisoned pitchfork he thrust mercilessly into the roof of my mouth.

While the injected anesthetic seeped into my cells, the assistant - is her back slightly hunched? - scurried around the chamber, preparing me for the wretched task at hand. She lassoed Tooth Number Three with a "rubber dam" that covered the rest of my mouth like a miniature tarp. I feared I might suffocate if the Rubber of the Damned suctioned against my nervously heaving nostrils.

Finally, Assistant Hunchback jammed a doorstop between my back molars to make it impossible for me to scream.

With Tooth Number Three sufficiently numbed, the doctor extended a monstrous mechanical arm from the wall, lowering the Hubble Space Telescope over my face. With his evil blue eye peering into the complex series of magnifying lenses, I wondered if I'd be burned alive like a helpless insect on a sidewalk.

As much as it had abused me over the last several weeks, I was not entirely convinced that Tooth Number Three should be sentenced to death. It had served me faithfully since my youth -



through braces, fillings, unpoped kernels, Sugar Daddies, pistachio shells, and night grinding. Is it really necessary to strip the thing of its life-giving innards in such a barbaric way?

My eyes darted from Assistant Hunchback to Dr. Evil Eye, trying in vain to communicate my reluctance. But, alas, it was of no use. All I could do was lie back as they committed the dastardly deed, listening to the quickening flamenco melody oozing from the chamber's sound system.

Assistant Hunchback passed Dr. Evil Eye a series of hideous instruments - probes, forceps, clamps, excavators. A switch was flipped, and through the whirl and grind of the drill, I could hear the frantic strumming of a rosewood guitar.

A puff of putrid dust rose from my hollowed molar, exposing its inflamed pulp. With the Hubble Space Telescope in my face, I could only smell the odor of household bleach and burnt flesh, and see the glint of metal probes.

The Andulusians stamped their feet to the ricocheting guitar strings, while Dr. Evil Eye reamed bits of meat from the bloody canals. Tooth Number Three would not surrender easily. The clapping dancer whirled to a frenzied crescendo as the doctor made one last stabbing probe deep into the root.

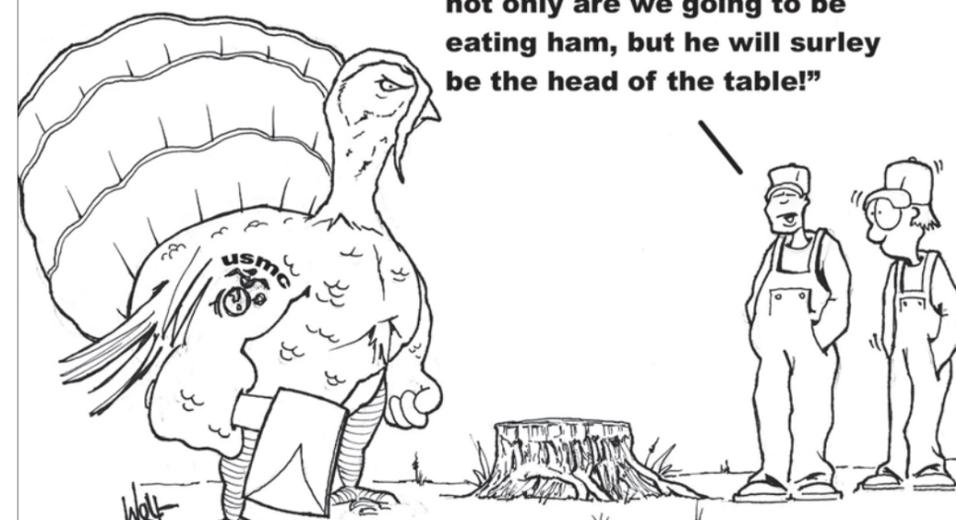
"Ole!" spurted from the speakers just as the last nerve ending was plucked, and the deed was done.

Nevermore will I open a bottle with my molars!
www.themeatandpotatoesoflife.com

Created by: GySgt Charles Wolf (ret.)
SEMPERTOONS
THE GREATEST MARINE CARTOONS ON THE PLANET!



"DANG IT! I told you not to get the turkey from the Marine Base..., not only are we going to be eating ham, but he will surley be the head of the table!"



"HAPPY THANKSGIVING"

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SUDOKU

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

Fun By The Numbers

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

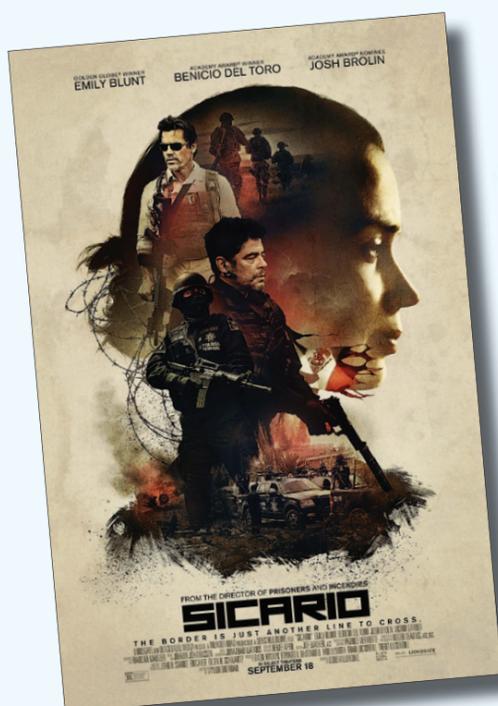
Level: Advanced

Here's How It Works:

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

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

ANSWER:



- "Pan" PG Today | 6:30 p.m.
- "The Intern" PG-13 Today | 9:15 p.m.
- "Hotel Transylvania 2" PG Saturday | 6:30 p.m.
- "Sicario" R Saturday | 9:15 p.m.
- "Pan" PG (in 3-D) PG Sunday | 2 p.m.
- "Everest" PG-13 Sunday | 6:30 p.m.
- "Sicario" 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.

COMMUNITY BRIEFS/VOLUNTEER OPPORTUNITIES

Fall Fellowship is Saturday

The Chaplain Joseph W. Estabrook Chapel is scheduled to host a Fall Fellowship on Saturday from 5 to 8 p.m. All families are welcome to stop by the chapel for free hot dogs, drinks, and snow cones. Plus, there will be some fun games and activities for all children and families to enjoy.

Base library to host writer's workshop Nov. 4

The base library is scheduled to host a writer's workshop Nov. 4 at 6 p.m. Published authors give advice to aspiring writers in honor of National Novel Writing Month. The workshop will feature author Thomas Gammarino. The event is open to all hands. For more information, call the base library at 254-7624.

Volunteer with SM&SP, AccesSurf

Single and unaccompanied Marines and Sailors are encouraged to volunteer with the Single Marine & Sailor Program and AccesSurf Nov. 7. Volunteers assist with wheelchair and surfboard transfers, equipment hand-out, and cheering on participants. Sign-up by Nov. 2. Meet at Kahuna's Recreation Center at 6:45 a.m. For more information, call the SM&SP coordinator at 254-759.

Military invited to Eid Festival

On Nov. 7 from 10:30 a.m. to 4:30 p.m. at the McCoy Pavilion in Honolulu. All military members are invited to celebrate Eid Festival for Honolulu led by the Muslim Association of Hawaii. Spread the word to all who can attend with their families too. For more information, call Gunnery Sgt. Jimi Khamisi at 257-2788.

PCS and Moving Workshop coming soon

The next PCS and Moving Workshop is scheduled for Nov. 18 from 8 a.m. to noon in classroom seven of building 1090. This workshop is designed to give an outbound member and families the information, resources, and tools needed to plan their move.

The workshop is open to all active duty service members and their spouses; three to four months prior to departing island is highly recommended.

Registration is required. Service members and spouses may call or go to mccshawaii.com/trpworkshops to register. The next PCS and Moving Workshop is Dec. 9. For more information, call Family Member Employment Assistance Program & Relocation Services at 257-8354.

Base library book club to meet

The base library's book club is scheduled to meet Nov. 18 on the second floor of building 219 from 5:30 to 6:30 p.m. This month's book is "The Martian" by Anthony Weir. The club is open to adults in the MCB Hawaii community. For more information, call the base library, 254-7624.

Surfing The Nations to host festival

Surfing The Nations, a nonprofit, is hosting its 3rd Annual Surf Art and the Surfer Art Festival Nov. 20 and 21, from 6 to 10 p.m. on 39 Kam Hwy, Wahiawa, Hawaii. Artists from around the island will be displaying their work alongside art from community members. The event will consist of art galleries, live music, live art, food trucks and more. For details, call 622-6234 or email logan.jacobs@surfingthenations.com.

Volunteer with SM&SP at Hawaiian Humane Society

Single or unaccompanied Marines and Sailors are encouraged to volunteer with the Single Marine & Sailor Program Nov. 15 and Nov. 22 from 8 a.m. to noon at the Hawaiian Humane Society. Volunteers will assist with dog-running and other duties. Sign-up by Nov. 10 for the first date, and Nov. 17 for the second. For more details, call 254-7593.

Join the Great American Smokeout

The Great American Smokeout Day is Nov. 19. Pledge to commit to quit or refrain from tobacco use for 24 hours.

There will be a free blood pressure check at Mokapu Mall and the Camp H.M. Smith and K-Bay Semper Fit Centers from noon to 2 p.m. Free Quit Kits (while supplies last) and support will also be available. For details, call 254-7636.

Kapolei Commons to host holiday fair

Kapolei Commons kicks off the holiday season Nov. 28 from 10 a.m. to 12:30 p.m. There will be free photos with Santa and Snowy the Snowman, games, crafts, face painting and balloons. Kapolei Commons is located at 4450 Kapolei Parkway, in Kapolei, Hawaii. Visit thekapoleicommons.com for details.

HPU offering poetry contest

Enter Hawaii Pacific University's annual James A. Vaughan Award for Poetry for a chance at a \$250 cash

prize and publication in HPU's literary magazine Hawai'i Pacific Review.

To participate, send three poems — hardcopy only — with a 60-line limit each, along with name, address, phone number, email address, names of the poems on a cover page, and a five-line biography to: Adele NeJame/James A. Vaughan Award for Poetry, 1188 Fort Street, MP 201-E, Honolulu, HI 96813.

No author identification on the poems, please. Poems must be typed and in standard format (left justified margin and no unorthodox spacing) to be considered. Participants must have resided in Hawaii for at least one year. No previously published work may be submitted. Submissions must be postmarked by Dec. 30. For details, email anejame@hpu.edu.

Base library to host writer's workshop Nov. 12

The base library is scheduled to host a writer's workshop Nov. 12 on the second floor of building 219 at 6 p.m. The workshop will feature author Kate Elliot. Published authors give advice to aspiring writers in honor of National Novel Writing Month. The event is open to all hands. For more information, call the base library at 254-7624.

Local high school students invited to compete in poetry recitation

Honolulu Theatre for Youth and the Hawaii State Foundation on Culture and the Arts invite high school students statewide to compete in the 2015-16 Poetry Out Loud National Recitation Contest. To get involved, high school teachers should contact HTY at 839-9885 ext. 704 or email edadmin@htyweb.org. Deadline to register is Dec. 19.

Schools are invited to participate in classroom and school-wide contests, advancing to a Hawaii state competition on Feb. 21, 2016 in Honolulu. The state champion will receive \$200 and an all-expenses-paid trip to the National Finals May 2 through 4, 2016 in Washington, DC, where \$50,000 in awards and school stipends will be distributed. The NEA and the Poetry Foundation will provide state arts agencies with free, standards-based curriculum materials for use by participating schools. Program materials are also available at www.poetryoutloud.org and www.htyweb.org.

Toys for Tots campaign seeks volunteers

Toys for Tots is kicking off this year

and we need volunteers and donations. No Toys for Tots campaign can succeed without the generosity of people volunteering their time, funds or toys. Email toysfortots2015.hawaii@gmail.com with questions.

Nominations for foundation awards program open

The Marine Corps Heritage Foundation is now accepting nominations for its 2016 Annual Awards program. Each year the foundation presents awards for outstanding, creative work preserving or highlighting an aspect of Marine Corps history, traditions, culture or service.

Marines and civilians are eligible to submit their own entries or the distinguished work of others for consideration. Awards will be presented at the foundation's annual award ceremony, April 23, 2016 at the National Museum of the Marine Corps. The deadline for submissions is Jan. 8, 2016.

The annual awards are presented in 15 categories, including journalism, documentary, literature, screenplay, photography and poetry. Submitting a nomination is free. All winners receive a \$1,000 cash prize, a medallion and a commemorative brick along the Semper Fidelis Memorial Park pathway at the Marine Corps Heritage Center, adjacent to the National Museum of the Marine Corps. For details, visit www.marineheritage.org/awards.asp.

Fifth Annual Makahiki Challenge scheduled for January

On Jan. 16, 2016, the 5th Annual Makahiki Challenge will take place at Kualoa Ranch. Hawaii's first 5K-obstacle mudrun consists of 12 obstacles that in the past have included a mud pit, a 12-foot wall climb and an ice bath.

The Makahiki Challenge is open to anyone age 14 (will need a parent/guardian signature) and older, and of all fitness levels. Participants can enter as individuals or join a team. The first heat starts at 8:30 a.m. with various heat times to follow. Parking is \$10. To register, visit makahikichallenge.com.

Pricing schedule is below:

- Oct. 1 through Nov. 30: \$65
- Dec. 1 through 19: \$80
- Dec. 20 through Jan. 9 (last day of online registration): \$95
- Jan. 16: \$100 (in-person registration)

MOKAPU BEAT

Reflections entries due

Entries are due Nov. 6 for the National PTA Reflections Program Art Contest. The theme for the contest this year is "Let your imagination fly." Only new pieces of artwork inspired by the theme may be submitted. Each entry must be the original work of one student only. Entry must not exceed 2,000 words. Handwritten and typed entries are accepted on 8.5x11 paper (one sided only). Number each page. Include student name, entry title, arts category and division on back of the entry. Submit literature and student entry form according to your PTA's instructions. Contact Estella Euclide at ptamokapu@gmail.com with questions.

Regal Bread Fundraiser pick-up reminder

This is a reminder that the Regal Bread fundraiser pick-up is scheduled for Nov. 6 from 2:30 to 5:30 p.m. in the Mokapu school cafeteria.

PTA meeting scheduled soon

The next Mokapu Parent-Teacher Association general meeting is scheduled for Nov. 19 at 6 p.m. in the cafeteria.

Have questions about the school?

Email ptamokapu@gmail.com or follow @Mokapu Elementary PTA on Facebook for updates about the school.

Turkey Trot 10K closes out K-Bay's race series

Press Release

Marine Corps Community Services

The Commanding Officer's Fitness Series comes to a close with this last race of the year — the 18th annual Turkey Trot 10K, Nov. 7. Open to the general public, the race kicks off at 7 a.m. from Dewey Square and takes competitors along a paved course across the base to the Mokapu Gate, and back again to Dewey Square.

Registration is open at www.mccshawaii.com/races and at the Semper Fit Center. Entry is \$30 for individuals and \$90 for six-person formations and includes commemorative race T-shirts. An additional \$10 late fee will be assessed for individual entries received after today, and \$30 additional late fee will be assessed for six-person formations. T-shirts are not guaranteed for those registering late. Online registration closes Nov. 3. Registration is also ac-



cepted by mail to:

MCCS Athletics
Box 63073
MCBH
Kaneohe Bay, HI
96863-3073

Runners may pick-up race packets on Nov. 5 from 1 to 6 p.m. at the Windward Mall

Sports Authority. Military may also pick-up race packets at the Semper Fit Center Nov. 6 from 10 a.m. to 4 p.m. Packet pick-up will also be available onsite the morning of the race.

Awards will be presented to the top three overall finishers and the top three finishers

in each of 10 age categories, as well as the first formation to finish. Drawings for various gift cards will also be held at the conclusion of the race.

Free Family Fun Run

Family members seeking a lit-

tle morning exercise are invited to participate in a free Family Fun Run after the Turkey Trot. The fun run consists of a 1-mile course and will begin at approximately 8 a.m. at Dewey Square. There are no fees, T-shirts, or advance registration for the fun run. All children participating in the Family Fun Run will receive a participation ribbon.

The Turkey Trot and all races within the Commanding Officer's Fitness Series are organized by Marine Corps Community Services.

The MCCS staff provides morale, welfare and recreation programs and services that attribute to the readiness and retention of Marines, Sailors, and family members stationed aboard MCB Hawaii.

For more information about MCCS races, call the Semper Fit Varsity Sports coordinator at 254-7590.

Swamp Romp returns February 2016

Press Release

Marine Corps Community Services

It's time to get down and dirty as Marine Corps Community Services presents the 22nd Annual Swamp Romp, Feb. 6, 2016 at Marine Corps Base Hawaii, Kaneohe Bay. This 5K obstacle course is Hawaii's original mud run and the sloppy fun begins at 7 a.m. at Landing Zone Boondocker.

Open to the general public, this race provides the local community an opportunity to compete with Hawaii's Marines and Sailors through the muddiest, swamp-soaked areas K-Bay has to offer. A slew of obstacles is scattered throughout the 5K course creating a fun and challenging foray with mud crawls, climbs and mud pits.

The 2016 Swamp Romp is open to individual competitors, as well as teams of five to six people. Minimum age for participation is 10 years, and teams containing youths ages 10 to 13 years must also include one adult ages 18 years or older on the team. No pets or strollers are allowed.



Registration is now open at www.mccshawaii.com/swampromp.com. Regular entry price is \$50 for individuals and \$150 per team with T-shirts included. Beginning Jan. 30, 2016 — entrants must pay an additional \$10 late fee for individuals and \$15 for teams. Online registration closes Feb. 3 and walk-in or mail-in registrations must be received no later than Feb. 4. There will be no onsite registration on race day and no event day packet pick-ups.

Race packets will be available for pick-up at the Health & Fitness Expo, Feb. 5 from 4 to 7 p.m. at Kahuna's Ballroom aboard MCB Hawaii. Packets will include

timing chip and gate access passes. Packets will not be available for pick up on race day. Waivers signed by each participant must be turned in to receive packets.

There will be no check-in on race day. All participants are requested to enter the base from the H-3 entrance and to be onsite no later than 6 a.m. on Feb. 6. Long pants and boots or shoes that go over the ankle are highly encouraged.

All competitors will receive a participation medal. Random drawings and giveaways will also be provided during the race. Refreshments and a public rinse-off area will also be available to all participants after the race.

Have you got what it takes to compete with Hawaii's Marines? Register now and get in on all the squishy, sloshy, muddy muck. For more information, contact the athletic director at 254-7590.

MCCS provides morale, welfare and recreation programs and services that attribute to the readiness and retention of Marines, Sailors and family members stationed aboard MCB Hawaii. For more information about MCCS, visit www.mccshawaii.com.

Reach for the STARS! Course supports transitioning families

Kristen Wong

Marine Corps Base Hawaii

When an active-duty service member returns to the civilian sector, there are many things they must do in preparation for their transition.

Many may be preparing to do so as the Marine Corps is currently downsizing its force by about 27,000, according to a March 12, 2014 report by Gen. James F. Amos, thencommandant of the Marine Corps to Congress. Fortunately for spouses, there is a special seminar dedicated to helping them find all the resources they need for a future outside the Corps.

The Spouses Transition and Readiness Seminar is scheduled to take place Dec. 1 from 5:30 to 8:30 p.m. in the classroom at the Family Member Employment Assistance Program and Relocation Services building on Reed Road.

Subject matter experts will be speaking for the first three hours of the seminar on various topics. The last hour of the event will be dedicated to a question-and-answer session with a panel of base program representatives. Though registration was required prior to the event, the seminar will be outdoors, and attendees will be able to visit with representatives at various resource tables.

There will be numerous representatives from multiple organizations including TRS, Military OneSource, Marine Corps Family Team Building, Veterans Affairs, Families OverComing Under Stress, Education Center and Disabled American Veterans.

A Corpwide program estab-

STARS
SPOUSE TRANSITION & READINESS SEMINAR

Where to next?

Benefits? VA?

Money?

Career? Education?

Health insurance? TRICARE?

**Is your spouse separating or retiring?
Prepare for your future after the military**

lished by Headquarters Marine Corps, STARS provides military spouses with information and answer questions as they prepare to separate from the military. When families separate from the military, they may have a lot of questions, ranging

from how long their military identification cards will remain valid to what kind of education benefits they have.

"It's an opportunity for spouses to come together and get the very basic (resources for transitioning)," said Jocelyn

Pratt, personal and professional development advisor with the Education Center. "They really want to plan ahead because the planning is what's going to take off more of the pressure."

Although active-duty Marines already receive a lot information

in the mandatory five-day Transition Readiness Seminar, not many spouses may have the time to attend, either due to work or child care commitments.

Christina Gill, a family readiness advisor for Lima Company, 3rd Battalion, 3rd Marine Regiment, previously attended STARS.

Her husband has been active-duty military for 20 years, and is about a year and a half away from retirement. For her, the amount of information she needed to know about leaving the military life was upsetting, particularly healthcare. Gill then saw the flier for STARS and felt that it would be beneficial to go.

"I was very happy that I was able to learn a lot in that class (about) what's out there for (spouses) as far as education and employment," Gill said. "The programs are there to help us when we transition out." Gill said attending STARS was actually overwhelming, because there was a lot of information to take in.

She planned to attend STARS again, to get more questions answered. She was grateful for the class, knowing she was not alone in the transition and there were other spouses with her in the seminar who were "in the same boat," also asking questions.

"I just hope that the (spouses) know that (STARS is) out there for them," Gill said. "It was very helpful."

Pratt said each of the dates and times of the seminars differ to accommodate various schedules. She added that units may also request seminars. For more information, call Pratt at 257-7097.