

THE WINDWARD MARINE

Vol. 20, No. 29

MCAS, Kaneohe Bay, Oahu, Hawaii

Aug. 6, 1971

17,000 situps

ATG 12 1971

Captain Rollings breaks world record

REFERENCE BRANCH

SSgt William N. Goff, Jr.

Marine Captain Wayne E. Rollings broke the world's situp record July 31 when he completed 17,000 situps, non-stop, in seven hours and 27 minutes.

The previous record, set in 1966 by FBI agent John Greenshield, was 15,011. After passing the 15,100 mark, Rollings kept going saying he just wanted to put it out of sight.

Rollings is 30-years-old, stands 5 feet 9 and weighs 168 pounds. This is the second time he has tried for the world's situp record. On June 19, Rollings completed 11,100 situps to surpass a record held by a Russian for 11,000 situps. Shortly afterwards, a local newspaper found the FBI agent's more recent record in an edition of the GUINNESS BOOK OF

WORLD RECORDS.

Said Rollings, "I was a little let down. I set myself a 30-day schedule. I started working out harder. I set rigid standards for myself, and I stuck to them."

For 30 days, he started his daily routine at 5 a.m. He ran six miles and completed 500 push-ups before his breakfast of four to six hard-boiled eggs, a slice of baked ham, three to four pieces of dry toast, a glass of fruit juice and a glass of skim milk.

His workday as assistant operations and training officer and physical training officer for the 1st Battalion, Third Marines, began at 7 a.m. At noon each day, he pushed off again for another six to eight mile run and 500 more pushups. Afterwards he would only allow himself one

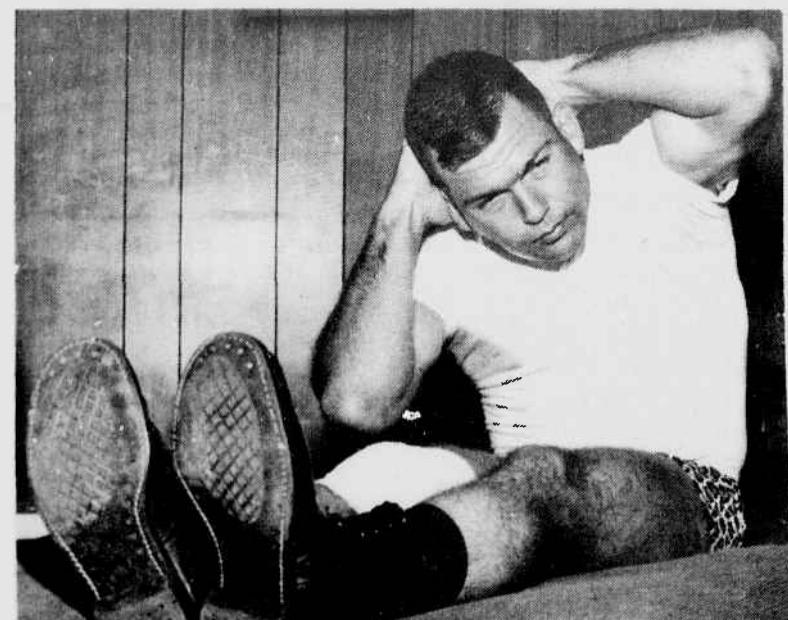
sandwich for noon chow.

Workdays ended normally at 5:30 p.m. He headed home to a diet of steak or other energy-packed meats, baked potato, vegetables, rye bread, and fruit juice or skim milk. (He drank nothing except fruit juice and skim milk at meals for the entire 30 days.)

After an hour or so, Rollings began his evening routine of sitting up and down and up and down. He completed three to four thousand non-stop situps nightly. According

to Rollings, "I pushed myself to do 40 to 50 situps every minute. This, of course, was faster than the pace I set Saturday when I did the 17,000." (Rollings averaged 38 to 49 situps per minute during the entire seven hours and 27 minutes that he was doing his record-breaking situps.)

See Situps, page 3



CAPTAIN Wayne E. Rollings shows the form he used for his record-breaking 17,000 situps Saturday. Rollings serves as the assistant operations and training officer and the physical fitness officer for 1/3. (photo by Sgt. Dave Koteles)

1,145 to E-8

Promotion forecast good

★★ ★★ ★
Cpl. cutting scores are in

The first enlisted promotion period of the new fiscal year will advance 4,974 lance corporals to corporal this month.

Eligible are fully qualified lance corporals with a date of rank of Feb. 28, 1971 or earlier, whose composite score equals that for their occupational field. The scores are forthcoming shortly.

Headquarters officials have not released any specifics on the number of Marines to be promoted to corporal and sergeant this fiscal year. They have said their chances are "definitely improving."

The August promotions to corporal are a big improvement over the May advancements

The composite scores for promotion to corporal according to MOS structure are as follows: 01/121, 02/100, 03/124, 04/124, 08/126, 11/131, 13/126, 14/121, 15/109, 18/119, 21/119, 23/125, 25/130, 28/135, 30/100, 31/132, 32/135, 33/100, 34/127, 35/128, 40/125, 41/100, 43/125, 44/100, 46/100, 55/115, 57/100, 58/100, 59/128, 60/133, 61/100, 62/135, 65/130, 67/100, 68/100, 70/134 and 71/100.

which found 600 making E-4. The next promotions to sergeant will be in September and the number to be advanced has not been released.

An accurate number of promotions to E-4 and E-5 cannot be forecast because any manpower changes hit the lower ranks the most due to the large numbers involved.

There has been one development. Time in grade requirements for promotion have been lengthened and will

30, 1971 (USMC) - The number of Marines to be selected for promotion to E-9 and E-8 have been released by Headquarters officials, and the actual number exceeds the tentative forecast figures issued earlier.

The board, which convenes October 26, will be authorized to select 453 to E-9 and 1,145 to E-8. A further breakdown on selection allocations by occupational field and names of eligible personnel will be published later, probably about four weeks before the board convenes.

When the promotion forecast was issued, Headquarters predicted more promotions this year than last into every NCO grade except

E-9. The actual figures make the forecast look good.

They predicted 400 to E-9, and while an additional 53 will be selected, the 453 total falls short of the 579 made last year.

The predicted 1,000 selections to E-8 have been exceeded by 145, and will be a whopping increase over the 189 promoted last year.

As previously announced, the E-6 board will be authorized to select 2,794 sergeants to staff sergeant. Last year 1,613 were promoted.

The gunnery sergeant selection board will not convene until Jan. 11 1972 and the actual number of authorized selections is not available. The forecast predicted 1,800 would be selected for E-7. There were 962 last year.

1/3 starts training on Molokai

Approximately 600 Marines from the First Marine Brigade will begin leaving for Molokai Monday for a week's training.

The Marines, representing the 1st Bn., Third Marines and supporting units, will start deploying early Monday utilizing CH-46 and CH-53 helicopters from HMM-262 and HMH-463 respectively.

While on Molokai they will conduct a communication exercise, command post exercise and conclude the training with a full field exercise. The operation will be under the command of LtCol. J.M. Roe, commanding officer, 1st Bn., Third Marines.

Supporting units participating are platoons from the 3rd Engineer Bn., 3rd Shore

Party Bn.; and a detachment from the 1st Bn., Twelfth Marines.

The units will return here August 16.

31st MAU gets hostile fire pay

WASHINGTON, D. C. July 30, 1971 (USMC) - Besides "Looking for a few good men," the Marine Corps is also looking for personnel who participated in Operation CUU LONG during the period Jan 6-25, 1971. They have some extra money coming.

It seems personnel of the 31st MAU embarked on the USS Iwo Jima and USS Cleveland during the operation qualify for hostile fire pay.

If you were there, and haven't been paid, see your admin people. ALMAR 74 is the authority to pay.

Approximately 500 Marines are now serving in the Republic of Vietnam.

The Station Dump has extended their operation hours opening at 7:45 a.m. and closing at 3:45 p.m., excepting holidays.

Station Order 4400.15 contains all the pertinent information, and along with the new hours, a few new regulations will govern the operation.

Scrap which has a salvage or sales value will not be disposed of at the dump. The privilege of disposal of material is extended to all personnel aboard the station.

The dump is open daily during daylight hours Saturdays, Sundays and Holidays for the convenience of personnel who are unable to utilize the dump during regular operation hours.

Persons disposing of material during regular hours of operation are required to follow the dump master's instructions.

Personnel disposing of rubbish after regular hours when a dump master is not present, are requested to dump in the area indicated by a staff mounted red flag. There will be no loitering or scavenging at the dump site. Materials may be removed for official use only. Requests to remove materials shall be submitted to the Director, Transportation Division, Public Works Department, for approval.

Salami gone bad

Hormel Dilusso Genoa Salami packaged in 4 oz. Flex-Vac packages has been recalled by the U.S. Department of Agriculture.

Staphylococcus Toxins were found in some samples.

In other words, this type of salami is thought to be poisonous, so much so that the Department of Agriculture deemed it necessary to recall all of it.

The K-Bay Commissary had none. This was not the case with the 7-Day Store. It was removed from the 7-Day Store by the Station Veterinary Services Tuesday.

If you are a salami lover and bought some of the Hormel Dilusso Genoa Salami, don't eat it. According to the Veterinary Services, take it back to the store where you bought it. Ask for a refund or credit. The store will return it to the U.S. Department of Agriculture.

Bulletin Board

Chapel Teens car wash

The Chapel Teens will stage a car wash tomorrow from 1 to 5 p.m. The charge is \$1 per car, with the proceeds going to support Chapel Teen activities and projects. Tickets will be sold in advance.

No Power Sunday

Due to the power outage on Sunday certain facilities will be closed and others on a limited services basis. The following activities will be open with limited service: COM (open), COM (closed), golf course snack bar and pro shop, Staff NCO club, hobby shop. The following activities will be closed all day: Station Swimming pool, Enlisted Club and K-Bay Inn.

Photo Club meets

The Station Photo Club will meet Wednesday at 7:30 p.m. in bldg. 301, MAG-24 training room. Plans for a club picnic and how to make your own Christmas cards will be the topic. Anyone wishing to use the club darkroom please come to this meeting.

Your help needed

Volunteers are needed to assist the patients at the Kahanaola Convalescent Center. The patients need your help in entertainment, sewing, visitation, occupational and physical therapy. Clerks and secretaries are also needed on a volunteer basis. The address is Namoku St. off Kaneohe Bay Drive.

If you are interested in assisting this program, please call the American Red Cross office at 536-9621 and leave your name and phone number.

Optical Shop closes

The MCX Optical Shop, located in the Main Exchange will be closed during the period August 23-31. The Optical Shop will reopen for business at 9:30 September 1.

Learn about Tsunami

It is recommended that all personnel become acquainted with the procedures to be followed in the event of a Tsunami as prescribed by Station Order 3140.2H. It is mandatory that all dependents are aware of the location of the high-water safety area nearest their homes.

K-Bay sponsors Shell

Because of a newly negotiated contract with the Shell Oil Co. effective Sept. 1, patrons of the MCX Service Station who wish to use credit cards should acquire the applications at the service station.

Cont. from page 1

Promos

become longer.

Until recently it took a minimum of three months in grade to make both corporal and sergeant. For June promotions the requirement for E-5 was raised to six months and it remains the same for the September advancements. The August promotions to corporal require five months in grade.

By the end of next June it is expected the requirement to make sergeant will be 12 months in grade and about nine months to make corporal. The increase will be gradual, adding a few months each promotion quarter.

Although Marines will be in grade longer, it isn't

inconsistent with Headquarters hopes for more promotions to E-4 and E-5. It will cut down on the number eligible which is usually a much larger figure than the number to be selected.

Looking ahead to next June, Headquarters expects the average Marine to make lance corporal during his second year of service, corporal by the end of the third year and sergeant in about four years.

That will be a considerable improvement over 1964-65 when the Marine Corps was close to the size it expects to be at the end of this fiscal year. It took an average of 5.3 years to make sergeant then.

THE WINDWARD MARINE

CG, 1ST MARINE BRIGADE BGEN. V.A. ARMSTRONG
CO, MCAS, KANEOHE BAY COL. W.J. WHITE
JOINT PUBLIC AFFAIRS OFFICER CWO-2 M.H. HANDELMAN
EDITOR GYSGT. C.B. SIMMONS
ASSISTANT EDITOR SSGT. W.N. GOFF
SPORTS EDITOR CPL. R.J. BURNSIDE

THE WINDWARD MARINE IS PUBLISHED EVERY FRIDAY FOR MARINES, NAVAL PERSONNEL, DEPENDENTS AND CIVILIAN EMPLOYEES AT MARINE CORPS AIR STATION, KANEOHE BAY. IT IS PRINTED BY THE WINDWARD PUBLISHING CO., INC., KAILUA, HAWAII AND PUBLISHED WITH NON-APPROPRIATED FUNDS. THE WINDWARD MARINE CONFORMS WITH THE PROVISIONS OF MCO PS600.31. VIEWS AND OPINIONS EXPRESSED ARE NOT NECESSARILY THOSE OF THE MARINE CORPS. THE WINDWARD MARINE, A MEMBER OF THE ARMED SERVICES NEWS BUREAU, IS PROMULGATED FOR INFORMATIONAL PURPOSES ONLY AND IS IN NO WAY DIRECTIVE IN NATURE. NO PAID ADVERTISING MAY BE ACCEPTED. THE JOINT PUBLIC AFFAIRS OFFICE AND STAFF OF THE WINDWARD MARINE ARE LOCATED IN BLDG. 930. ALL COPY SUBMITTED FOR PUBLICATION WILL BE SCREENED AND MUST BE SUBMITTED BY NOON ON TUESDAY, UNLESS PREVIOUS ARRANGEMENTS HAVE BEEN MADE WITH THE STAFF. CALL 7-2141, 7-2142 or 7-2431 FOR ADDITIONAL INFORMATION.

no giveaway

Okinawa to Japan

WASHINGTON—On June 17, 1971, Japan and the United States signed a treaty which calls for the return of the Ryukyu Islands—including Okinawa—to Japanese rule.

The treaty, which must be confirmed by both the U.S. Senate and the Japanese Diet before it will go into effect, will bring to a close more than 25 years of U.S. occupation of the island group. While the World War II peace treaty between the U.S. and Japan signed in 1951 called for the retention of the Daito and Ryukyu Islands by the United States, our government has long been committed to the eventual return of the island group.

United States' policy recognized Japan's residual sovereignty over the islands in 1951.

Outlining the U.S. position on the return of the islands recently, the State Department pointed out that reversion of the area to Japanese rule is essential to keep the good relations we have developed with Japan. Japan, one of our most important Asian allies, has become the world's largest economic power since the end of the war and is now the largest overseas customer for U.S. goods. Japan's government and people are anxious to bring the island group's one million residents into their booming economy.

When the reversion treaty is finally approved, Japan will pay the U.S. \$320 million in compensation for stationary assets and reversion-related costs. Under the reversion treaty, the United States will retain all its essential bases in accordance with the terms of the U.S.-Japan Treaty of Mutual Cooperation and Security.

The reversion treaty provides that Japan will assume responsibility for the immediate defense of Okinawa, an action which will result in an annual savings of approximately \$35 million to the United States.

It was also agreed in the reversion treaty that Japan will permit the Voice of America to continue relay broadcasts from Okinawa for five years.

Financial experts estimate the return of the island area to Japan will relieve the United

States of on-going costs which could amount to as much as \$300 million in the first five years.

The treaty also contains an important clause covering American businesses established on Okinawa during the period of American occupation. No significant reduction in the activities of U.S. firms on the island is expected after the reversion.

American lawyers resident on Okinawa will be able to continue to practice, and American doctors can do so for five years or until they pass the Japanese medical board examination. American airlines will maintain their international routes through Okinawa without charge for five years after the return of the island.

In a policy statement the State Department emphasized that the return of Okinawa is not a giveaway of American territory and that the U.S. has long been committed to the return of Okinawa to Japanese rule.

The Windy Bag

Q. Does spilled garbage come from overflowing cans or is it the fault of the garbage collector?

A. The fault may be from both collector and tenant. Public Works' inspection of the route before and after collection indicates that the main source of spillage comes from lids not on containers and knocked over, cuttings not in containers or securely bundled, odd open type containers which allow items to be blown away, and odd shape containers stacked outside regular cans that tenant expects to be picked up but which collector is uncertain of. Also broken plastic bags have been noted.

Q. What can be done to prevent it from happening?

A. Public works will continue a periodic before-and-after inspection and enforcement of the collector. Tenants may assist and enforce themselves by following the guidance provided in the Housing Manual.

Cdr. H. A. Wells
Public Works Officer

NOTE: The Windy is including the information from the Housing Manual that relates to the above questions and answers.

GARBAGE AND REFUSE COLLECTION. Refuse is collected at least twice weekly by compaction-type trucks or from the Dempster-Dumpster cans. Except for Dumpsters, refuse containers shall not weigh more than 75 pounds when filled. Collection men may refuse to handle heavier containers. Occupants are responsible for the placing of containers and bundled refuse at curbside on collection days and for the prompt removal of empty containers to their proper locations.

G A R B A G E REGULATIONS. Refuse must be placed at curbside for collection on regular days of collection. All garbage cans must be leakproof, have tight fitting covers, must not be larger than 28 gallons nor weigh more than 75 pounds when full. Any material that might cause injury to the collectors (such as ashes, sawdust, corrosive liquids, broken bottles, glasses and dishes) must be securely wrapped or put in closed containers. All wet garbage and swill must be drained, securely wrapped and put in garbage can. All yard cuttings (branches, vines, hedges, etc.) must be cut in lengths of not more than 3 feet and tied in bundles of not more than 50 pounds and left beside garbage cans. With your cooperation, your refuse collectors can improve the service while working with greater safety. Those areas serviced by City and county of Honolulu Refuse Collections should call (phone) 262-7298 in cases of discrepancies. Should Dumpsters become filled before regular pickup time, or when conditions exist that may endanger health or property, call 72101, Public Works Department Transportation Dispatcher.



IF YOU WANT IT picked up, you got to bundle it. The contractor is not obligated to pick up your banana tree cuttings unless you bundle them.



A DISC JOCKEY at the board? No, that's PFC Randall D. Knutson operating one of three fuel pumps, each capable of pumping 350 gallons per minute. Those headphones are a safety device to prevent hearing injuries.

Cont. from page 1

Situps —

Rollings secured each night around 10 p.m. This allowed him seven hours of sleep, which, says Rollings, is all he needed since his body doesn't require much sleep.

In addition to the scheduled physical training, Rollings lifted weights each day for periods of 20 minutes. He did the routine lifts (i.e. curls, bench press, military press, etc), to help tone his muscles. As he puts it, "I don't work out to build bulging muscles, but just to stay physically fit."

Why does he demand so much of himself? Rollings says "I can't demand more out of my troops than I do out of myself."

During the 30 days that Captain Wayne E. Rollings trained to do his record-breaking 17,000 situps, he:

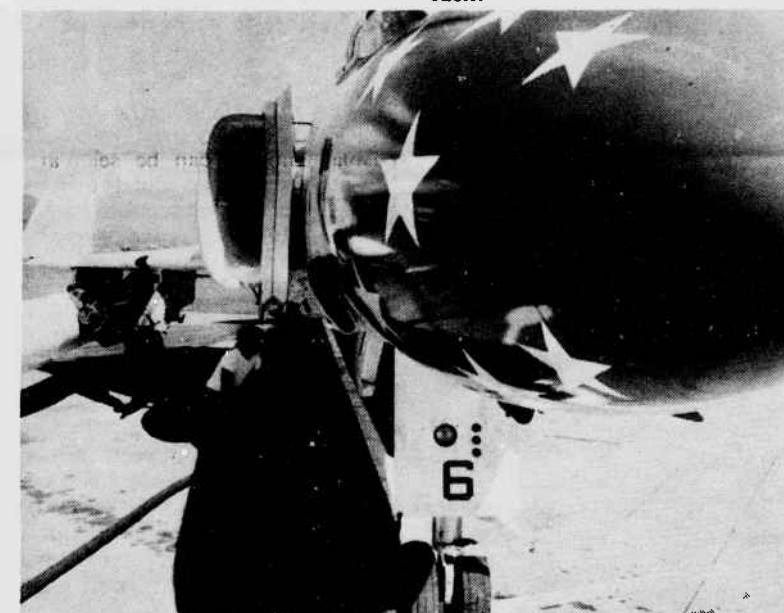
ran 347 miles, averaging more than 11 miles per day; completed 103,000 situps, averaging 3,400 per day; and

accomplished 31,000 pushups, averaging 1,000 per day.

If I can't pass the physical fitness test (PFT) with exceptional scores, then I can't expect the troops to do so."

Speaking of the PFT, Rollings smiled when he recalled that he had to run the PFT the Monday after he completed the 11,100 situps on Saturday, June 19. He says he was a little bit slow that morning. He could only do 200 pushups and ran the three miles in only 18 minutes and 50 seconds. He accumulated only 478 points out of a possible 500.

Captain Rollings is a native of Ellerbee, S.C., and holds the Naval services' second highest combat decoration, the Navy Cross.



CORPORAL CHARLES W. ROLLITZ tends the hose as it fills the tank of a VMFA-235 Phantom. The process takes between 13 to 18 minutes and is done with the aircraft engines running.

Selfhelp tool shop hours questioned

"The Housing Self Help Tool Shop should be open on weekends for availability of housing tenants. Most Marines cannot get off during the week, especially those who work on the other side of the Island."

This suggestion was given to the PSB Sergeant Major and sent up the chain of command until it reached Public Works.

Commander H.A. Wells, Public Works Officer has given this reply.

"The current hours of the housing Tool Room are 10 a.m. to 12 a.m. Monday thru Friday.

"There are 33 Marines living here that work on the other side of the Island. They could have their wives pick up the items or if that is not

possible, if they will call the housing office and make arrangements, we can have the tools they request set aside at the Public Works Transportation duty area for pick-up by them on the weekend.

"For those who do live here, I feel that the hours are adequate and that almost everyone can arrange to stop by the tool room as they are on their lunch period and it only takes a minute to check out the tool.

"We are in the process of setting up so that we can provide additional service in the way of tools, etc. for self-help in housing. Until we have the plan set up, I feel that the arrangements now available are satisfactory," he stated.

for planes

New gas station here

LCpl Tom Bone'

Imagine a water bed that is 40 feet long, 10 feet wide, holds 10,000 gallons, and stands 4½ feet tall when full.

Nine of these water beds, each made of four-ply quarter inch-thick rubber are now being used to store jet fuel for MAG-24's Phantoms.

The Tactical Airfield Fuel Dispensing System, (TAFDS) section of MABS-24 recently put these rubber tanks into operation.

Set up as a temporary means for re-fueling jets while the present permanent re-fueling system is inoperative due to runway renovations, they are in for some work.

"Once it's operational, we'll go through 90,000 gallons per day," says Chief Warrant Officer - 4 L.C. Hassen, the TAFDS OIC.

If that sounds like a lot of fuel, consider the fact that at a single re-fueling an F-4J Phantom jet with drop tanks can "suck up" approximately 2,400 gallons of fuel. That much gas could put a full tank on 120 Cadillacs.

Pumping the gas out of the nine tanks are three 35 horsepower engines that can pump 350 gallons per minute each.

In case you're thinking of holding a giant water bed party, using one of these 800 pound (when empty) tanks...good luck! They cost about \$2,400 each.

Although not new to the TAFDS personnel (it was first introduced into the Corps in the mid-fifties), the system will provide some improvements over the permanent re-fueling installation, which works on ground pipe lines.

The permanent system could only pump to two aircraft at a time whereas the temporary installation can service five birds at once.

The nine rubber tanks utilized by the MAG jets are not the only ones being utilized. The SATS (Short Airfield for Tactical Support) crew has a few to store water (to cool off areas

heated up by jets) and fuel (for the catapult engines).

A permanent installation is currently being worked on to service helicopters.

Whether it's underground pipe lines or huge rubber tanks, the work for the TAFDS personnel (21 enlisted, one officer) remains much the same.

Every morning, prior to issuing fuel to any aircraft, the fuel is tested for possible contamination.

Near each tank and re-fueling area there is a large fire-extinguishing unit to handle possible fire hazards. TAFDS personnel train consistently in fire-fighting, and prevention.

For the "hose humpers" of TAFDS the work stays the same. "Fill'er up?"

New green uniform wear is ironed out

Confused over regulations on the wearing of the green uniform since the new lightweight uniform was introduced? Well you are not alone judging by the number of calls being received at Headquarters Marine Corps.

As previously announced, male officers and SNCO's who elect to purchase the new lightweight green polyester and wool uniforms can wear them on a year-round basis. There is one exception— in formation with male enlisted Marines when summer service is prescribed you must break out the khaki colored uniform.

When winter service is the vogue, the new lightweight green uniform is authorized for formations. However, individuals cannot wear a mixed uniform of different materials or wear the quarter length sleeve shirt when winter service is prescribed.

Clear so far? Fine, let's go a little further. Most of the confusion stems from a paragraph in a recent directive (MCBul 1020 of 24 May 1971) which says, officers and SNCO's "May, during the period when summer service uniform is prescribed, wear green service trousers with the quarter length sleeve shirts and the khaki colored trousers."

It wasn't a misprint. Officers and SNCO's can now wear green trousers of any approved material with short sleeve shirts when summer service is authorized.

Where does this leave sergeants and below with the lightweight uniform about a year away from introduction to the supply system? Some relief might be coming with the availability in the post exchange of the lightweight wash and wear green trouser made of polyester and rayon. If it isn't already there, it will be soon, and Headquarters officials are considering its wear by all hands instead of just officers and SNCO's as originally planned.

The decision and regulations on wearing are expected soon.

As of yet, there is no

approved cover to accompany the wash and wear trousers, but Headquarters officials say that the wearing of either the lightweight green or winter service cover will be authorized.

Windy hopes this answers some of your questions.

Making of A Marine

It is said that the human mind is extremely ingenious in finding ways to escape from maturity and reality. Take the Marines and the salute for example. A Marine wants to do it right. The "Head up, alert look, the heel click and cheerful 'Good Morning, Sir'" shows his sincere desire. His palm and wrist is straight, fingers joined and extended, his forearm at a steady 45 degree angle, and his hand returns to normal position in one motion after touching his headdress. He is sharp.

Let's face it men. We're fast becoming a "New Breed" of 'A few good men'. We're spending more time in grade, working longer hours to improve our physique, and really competing for the chance to join the Marines in the next higher rank.

What has that got to do with salute? Get with it Marine! The salute is one of the main aspects of military courtesy. It's a gesture of respect and a sign of comradeship, for the most junior through the most senior on board.

And, it's maturity Marine, and expected reality for all hands.

Aug. 7, 1942-The first American land offensive of World War II began with the landing of elements of the 1st Marine Division in the Tulagi area and on Guadalcanal in the Solomons.

IM Playoffs end

Radio shuts-out three for "perfect" season

Radio dominated the 1971 Intramural Softball Playoff's last week, closing their season with three shut-out wins.

Final season's team totals (including the playoffs) find the Radiomen with a .399 team batting average. Leading the League Champs in batting was Hakala with a .490 average. Also in the 400's are Soebbing with a .463 and Evans with a .458.

Hakala also led in the home run department, slaming in three. Ridgeway and Jeter came up with two each.

Radio pitcher Slavens closed out his season with a perfect 15 wins against no losses. Harwick, who substituted during the only other game played, was credited with one win. Together, the Radio pitching twosome combined their efforts for a shattering season ERA of 0.29. (NOTE: Radio pitchers struck out a total of 199 opponents during the season. Conversely, only 30 Radiomen went down swinging during the same period).

RADIO vs VMFA-235

Radio compiled their first shut-out of the playoffs against 235, by a score of 5-0, last Wednesday night. (NOTE: All info is a week behind. Ed.).

Led by the pitching arm of Slavens, who struck out 10 and allowed only five hits, the Radiomen won their 14th straight game. Losing pitcher was 235's Bounds.

Leading Radio batters for the evening were: Crader with 2-4; Malek, 2-3 with one RBI; and Ridgeway, 1-4 with a double and two RBI's.

LINESCORES	R	H	E	LINESCORES	R	H	E
RADIO	5	10	0	RADIO	6	11	4
VMFA-235	0	5	4	H&MS-24	0	1	0

RADIO vs. MACS-2

The Radiomen came up with their second shut-out of the tourney, with a 6-0 victory over H&MS, last Thursday.

Radio batters put forth a good effort throughout the evening. Soebbing came up with 2-4; Evans, 2-4 with one RBI; Jeter, 1-3 with two RBI's; and pitcher Slavens with 3-3 and one RBI.

LINESCORES	R	H	E
RADIO	3	6	3
MACS-2	0	3	4

FINAL SOFTBALL STANDINGS Regular Season

1st	RADIO	13-0
2nd	MACS-2	10-3
2nd	VMFA-235	10-3
3rd	H&MS-24	8-5
4th	VMFA-212	7-6
4th	MABS-24	7-6
4th	1/3	7-6
5th	MCAS-2	6-7
6th	H&S Brigade	5-8
6th	AMTRACS	5-8
7th	StOps	4-9
7th	PSB	4-9
8th	VMFA-122	1-12

Island Surfer

By CPL. BOB BURNSIDE

Once you have mastered the basic surfing fundamentals (see last week's ISLAND SURFER) you are ready to practice on some calm waves. You will find that, to be successful in the board-riding world, it is necessary to master a number of riding techniques.

Many a surfer has avoided a serious "wipe-out" by getting off his board in time. The ability to stop a "ride" at will can save you a lot of pain and discomfort.

There are several ways to stop a "ride"; several safe ways, that is. The novice surfer, for example, who sees a surging white-crested wave preparing to break over his head can do one of two things. He can panic, as many do, and jump into the choppy surf hoping to get away from the wave by swimming under water. This seldom works. It seems that the novice surfer insists on diving forward, and as a result, finds his board coming at the speed of the wave toward his unprotected head. Many serious accidents, including death, has occurred due to panicking surfers who didn't know what to do.

If you ever find yourself in the path of a breaking wave, the safest thing to do is "prone out." This simply means to lay down on the board. If the wave is a straight-breaking one, it will propel you (and your board) toward the shoreline. If you are in any other position, when the wave broke, you would be instantly separated from the board. Remember if something like this happens, PRONE OUT AND HANG ON.

Say you have finished a ride and are still on your board. There is a correct way to go about dismounting. To get off, simply shift your weight to the rear of the board and bear down. This action will lift the nose completely out of the water and cause the board to sink slowly into the surf. This method, commonly referred to as the "stalling out" technique, is a good one to learn. Many good surfers find it to be advantageous.

Another way to quit your board, not quite as controllable as the "stalling out" method, is to jump to one side. Surfers call it "going overboard under controlled conditions" which simply means that you know what you are doing. To accomplish this dismounting technique, you jump to one side. At the same time, reach out with an arm, arranged in a hook-like position, and snag your board. There is a bit of risk involved in this move as many a surfer has learned. Occasionally the novice surfer will misjudge the distance between him and the board. One of two things will then occur: he will either miss it completely or jam his arm into one of the edges. If possible, don't use this method in anything but calm water. In choppy surf, anything can happen.

If you ever find yourself locked into a curl with the wave building too fast behind you, the "nose-pullout" commonly referred to as the "island pullout" is your key to survival. To perform this method, shift all your weight to the nose of your board in a modified "hang-tight" position. This action will lift the skeg completely from the water, and with luck, you will be able to slide out the back of the wave. Unless you feel sure you can accomplish this movement, it is better to use the "prone out" stance. At least then you will have a chance to stay with the board.



PERFECT SEASON!!!! The Radiomen closed out the 1971 Intramural Playoffs with three shut-outs (VMFA-235, 5-0; H&MS-24, 6-0; and MACS-2, 3-0) to end the season with a perfect 16-0 record. They will be competing in the All-Star game coming up shortly. Radiomen are: front row, l to r., Phil A. Soebbing; Steven E. Wright; Vincent G. Depierre; and Thomas J. Evans. SECOND ROW ON BENCH, l to r., Albert S. Harwick; Rod M. Jester; Johnny L. Ridgeway; Duane L. Crader; and James W. McNichols. BACK ROW, l to r., George C. Hamilton; Charles R. Slavens; W. Scott Hakala; Jay R. Bright; Jon A. Marshall; Michael L. Baldwin; and Larry L. Allen (scorekeeper). NOT SHOWN: Ron Malek. Photo by Cpl. Bob Lewis.

H&MS-24 golfers smash PSB, 16-2, to move into first place

The golfers of H&MS-24 smashed PSB by a score of 16-2 last week to move seven strokes ahead in the IM Golf league. Last week, the air-wingers were in the third slot with a 72½ total

pointage. With their recent win over PSB, that pointage has increased to 88½. The IM Golf season is now going into its ninth week of play.

H&S Brigade, last week's league leaders, dropped into the second position after losing to 1/3, 12½-5½. They currently have a season's total of 81½ points, seven strokes off the first slot. The Brigade golfers next play PSB, the 10th place team in the league, at the K-Bay course this week. (NOTE: WINDY GOLF REPORTS ARE ONE WEEK BEHIND DUE TO DEADLINE DATES. ED.).

Navy, showing a surprising surge of power, stroked their way into the third position. They beat MACS-2 last time, 12-6 to bring their last two-game total points to 27. Last week the Navymen were in the fifth slot with a 2-4 season record. The

third-place Navy team now has a total pointage of 78.

MCAS, last week's first place holder, dropped into the fourth position, without playing a game. They had a total pointage of 77 last week which, since they played no games, remains the same. As a result, three teams passed them. Their next game is against Station Operations.

Currently holding down the fifth position in the league is MACS-2. They dropped one slot since last week by losing to Navy, 12-6. The deucemen now have a season's pointage of 75. Their next game is scheduled to be played against Radio next week.

Station Operations is now in the sixth slot with a total point total of 74½, ½ stroke off the Deucemen. They shut-out the men from MABS-24 in their last game by a 18-0 score. Next, they play first place H&MS.

COMMANDING GENERAL'S CUP TROPHY points to date		
1st	H&S Brigade	131
2nd	PSB	130
3rd	MACS-2	119
4th	H&MS-24	115
4th	1/3	115
5th	VMFA-235	110
5th	St Ops	110
6th	Radio	100
7th	MABS-24	99
8th	MCAS	85
9th	VMFA-212	67
10th	AMTRACS	65
11th	VMFA-122	60
12th	Navy	55
13th	NUC	30
14th	3rd Engineers	20
15th	11th CIT	10

From sandlot football to Quantico Marines

by LCpl. S. R. Hoffman

He went from Sandlot football to the toughest team in the Marine Corps. As most dedicated Marines would tell you, "The toughest service team in existence."

21 year old Corporal Alex C. Bearfield has just gone this route.

"I was lucky enough to be a member of the Boy's Club, that started my interest in sports," he proudly stated.

Cpl. Bearfield received TAD orders for Quantico. There he will have 90 days to tryout for the Quantico Marines. If he makes it, he will receive permanent orders for Quantico until his term of enlistment ends.

He had a little experience playing high school football and when the next year rolled around, after high school ended, he coached a police Athletic Team in Newark, New Jersey.

He also organized a little league baseball team, and worked getting the sponsors. The next year he entered the Corps and his old team went on to win the all-star game in Newark.

He also played Semi Pro with the New York Yanks two years prior to his enlistment.

Here at K-Bay, Bearfield performed for the HawMar baseball team starting in the outfield. He had only one error all season.

He was then selected for the all star team representing K-Bay and then went on to win the Hawaiian Championship.

An all time champ, Bearfield also played football with Station Operations winning the league with a perfect season of 11 wins and 0 losses.

Crediting his fortune in getting to go to Quantico to Major Dickson, Larry Price, U of H football coach, and especially Force Special Services Officer, Major Frank D. Pacello and many others, Bearfield stated, "I've received so much support from these and others, I can't let

Bearfield's ambitions include playing pro football on the top of his list. College ranks second but with this colorful future, this Marine is bound to go places.

When asked about beginners in sports he advises, "I'd say, experience is the key in most cases. Get as much as possible. Don't believe in the old adage, 'Nice guys finish last,' sportsmanship is where it's at."



Alex Bearfield

Two K-Bay Marines in Mainland Tourney

Two K-Bay Marines, after scoring high in their respective Pacific Regional Championships

TENNIS-ALL-MARINE CHAMPIONSHIPS

Camp LeJeune, N.C. was the site for the 1971 All-Marine Tennis Championships. 1st Lt Ron Powell and 1st Lt Dave Beard who represented FMFPac in the All-Marine event, were chosen as representative members of the All-Marine.

1st Lt R. Cowen was seeded number one while 1st Lt Ron Powell was seeded number two.

A playoff elimination was needed to select the next four seedings. 1st Lt Dave Beard outclassed the remainder of the field to earn his number three ranking.

The All-Marine team will now advance to the Interservice competition at Washington, D.C.

last month, left for California to compete in the All-Marine Championships.



Ted Coia

GOLF-ALL-MARINE CHAMPIONSHIPS

K-Bay's 1st Lt Ted Coia failed in his bid to upset defending All-Marine champion, Cpl. Mike Mitchell of MCB Camp Pendleton.

Lt. Coia's second place finish enabled him to compete in the Interservice Championships at Cherry Point, N.C. The Marine Corps team found their home course a little bumpy as the Air Force team ran over the rest of the field fixing a team total of 10 under par. 10 strokes back was the Marine team, followed by the Navy and then the Army. NOTE: For a complete breakdown of Coia's scores throughout the tourney, last week's WINDY.



Dave Beard

Sports

Around the Island

OFFICERS MIXED BOWLING LEAGUE

Wednesday night proved to be a big night for 200 games for the league. Marcie Veigel had a 200 and a 510 series. Fumie Wiggs came up with a 209 for a 523 series. Ruth Castonguay had a 210 with a 495 series. For the men, Howard Helms had a 211 game; Bruce Vance a 201; Mac McCarthy a 200 with a 556 series. Bob Wiggs had a 222, 202 and ended up with a 602 series. Blair Gibson ended up with a good series of 550.

WINDWARD BOWMEN ARCHERY CLUB

DATE	EVENT	TIME
Aug. 16	PAA Indoor	7 p.m.
Aug. 12	Junior Olympic Special (Fleching Arrows)	7 p.m.
Aug. 13	Exhibition Shoot	7 p.m.
Aug. 19	Junior Olympic Special	
	String set up	7 p.m.
Aug. 20	PAA Indoor Special	
	String set	7 p.m.
Aug. 26	Junior Olympic	7 p.m.
Aug. 27	Business Meeting	7:30 p.m.

GREEN BARONS

There will be a meeting of the K-Bay GREEN BARONS tonight at 2448 F Cochran aboard Station. Members are reminded to attend.

SCUBA CLASSES TO COMMENCE

The next SCUBA classes will begin on Tuesday, Aug 17, at 5 p.m. at the station pool. Interested persons may sign up for the class at the special services office, bldg. 243, during working hours August 9-13. Cost to the student will be \$20.00 payable on Tuesday, the 17th. Prospective students need not bring any equipment to the first class.

KANEOHE WIVES GOLF CLUB

Last Thursday (29th) the K-Bay Wives staged an Ace day and "Ace and Ace" Tourney. Sally Clifford earned the title of Ace of Aces with an 83, 13-net 70. Low gross for the day also went to Sally with an 83. The Ace for July is Joan Roe, with a 93, 26-net 67. Adell Stewart came in second with a low net of 99 30-net 69. Leona Simpson, with a 33, had the low putt.

K-Bay Judo

Tamoenage . . . and . . . Hane Goeshi

Judo, which is practiced much as boxing and wrestling, is just what the name implies; A sport with rules and fair play, prescribed costume, and frequent contests and tournaments. For several years now, it has been sanctioned by the AAU in this country and similar amateur sports organizations throughout the world.

Judo has gained tremendous popularity and acclamation throughout the world, with world championship tournaments already having been held in countries like Japan, France, Brazil, and Salt Lake City, Utah.

In 1961 at the third World Judo Tournament at Paris, France, Anton Geesink of Holland won the championshi over Koji Sone of Japan. He was generally reported as defeat for Japanese Judo, however, in actuality victory because it was they had finally al dream of making international sport.

In all competitions, in a contest experience, but to sink out of the sport after losing true defeat. Accepting loss in contests is a necessary learning process which benefits one's mind and the development of one's sportsmanlike.

To maintain one's determination in defeat, and to take loss as a spur to try and

keep on trying, is a personal victory. This competitive spirit; the will to win, maintaining that determination, is acquired only through constant training.

One can be defeated in terms of competition, but in terms of the air and in terms of oneself, it is never necessary to lose.

The KMCAS Judo Club now meets at the Station theater No. 2 every Monday, Wednesday, and Friday from 7 to 9 p.m.



K-Bay Salutes

EDITOR'S NOTE: This column is a Windy feature in which we salute men and women at K-Bay who receive command recognition and awards. Unit Technical Information Officers are reminded that the majority of material for this column is taken from the Fleet Hometown News Release forms. Responsibility for having each individual fill out a FHNR form lies with the Unit TIO. Unit TIO's are also responsible for insuring that Windy is notified in advance of each unit event.



PFC M. Howell
"A" Co., 1/3
Let. of App.



GySgt T. Hunnicutt
1st Radio
Bronze Star



Cpl. T.R. McCarty
H&S, 1st MarBde
Cert. of Com.



SSgt R. Gist
1st Radio
Nav. Ach. Med.



SSgt H. Mayr
1st Radio
Nav. Ach. Med.



Cpl E. E. Moulton
H&S, 1/3
Merit Promo



Cpl R. N. Renner
H&S, 1/3
Merit Promo



Cpl J. C. Sablan
H&S, 1/3
Merit Promo



Cpl J.M. Flores
H&S, 1/3
Merit Promo



Sgt C. B. Styffe
1st Radio
Ship-over



Sgt D. Phillips
MACS-2
Ship-over

1st Radio Bn.

MSgt Harvey B. Love has been awarded the Navy Achievement Medal.

The following people received Good Conduct Medals: GySgt R.E. Stewart (6th award), Sgt. C.D. Manaold, Sgt. W. French, Sgt. J. Pfaff, Cpl D.E. Garside, Cpl J.E. Heaton, Cpl R.H. Hess, Cpl B.M. Smith and Sgt D.E. Post.

VMFA 212

1 Jan 1972 Deadline

The social security number will replace the serial number as the primary means of personnel identification on Jan. 1, 1972.

After the first of the year, when someone asks for your service number, don't give him the familiar serial number you've carried since boot camp. Give him your social security number.

It was in January 1967 that the Secretary of Defense directed that the military service number (MSN) be discontinued and replaced by the social security number. On Sept. 24, 1970, CMC implemented a plan for the conversion.

Locally, plans for the conversion have not been finalized yet.

One way to look at the situation is that on Jan. 1, you've got one less number to have to remember. Of course, another way to view it is that in the gas chamber when you've got to yell out your name, rank, service number and date of birth, you've got more numbers to voice.

Marine Corps procurement needs for Fiscal Year 1972 are 55,200 enlisted and 2,100 officers.

EDUCATION NEWS

Chaminade College will begin new adult education program at MCAS, Kaneohe in October. The Associate of General Studies degree program is designed to provide either a terminal degree for those who do not want a baccalaureate or a mark of achievement for students who wish to delay work

on a baccalaureate.

Specific degree requirements include the completion of sixty-five semester hours of college level credit with an average grade of "C" or better. The last thirty hours must be completed in residence (at day, evening, or off-campus sessions at

Chaminade). The area of concentration in the program at Kaneohe will be business management, with other areas of concentration in data processing, legal technology, and social work to be introduced later if there is sufficient interest.

Courses for the Associate degree will be built into existing class schedules in the regular 10-week terms beginning in October, January, April, and July.

A special 15 hour English Mastery class for anyone who hasn't passed the English portion of the High School GED test will begin August 16 at the Joint Education Office, Bldg. No. 267. The class is a free non-credit course. Books will be furnished. Class will meet for five weeks on Monday, Wednesday and Thursday from 5:30 to 6:30 p.m. To register for the class call 7-2061 or 7-3572.

Sunday

Power out

There will be a power outage of all facilities west of "G" Street and Lawrence Road Sunday from 7 a.m. to 6 p.m.

This outage is to permit contractors to perform necessary improvements to the main 12,000-volt primary distribution lines.

The areas affected are: all the hilltop and hillside, BOQ., "O" Club, Manning Court, Staff NCO Club, Enlisted Men's Club, Swimming Pool, Golf Course, K-Bay Inn, all hangars, Supply and all the facilities across the runway.

The areas not affected: Capehart, '63, '64 and '65 housing areas, Mokapu Court, Stables, Rifle Range Area, all RCT Buildings, Messhall 2, Bowling Alley, Main Gate Area and Mokapu School.

These buildings will receive emergency power: Messhall 1, Boathouse, 7-Day Store Complex, Guard House, Boiler Plant, Fire Station, Cold Storage

Plants, Kansas Tower, Commissary, Engine Test Cell, Communication Center and the NURDC Fish Reefer.

No special switching operations will be performed.

It is noted that this outage will last approximately 11 hours. Housing tenants and others are advised to minimize opening of refrigerators and freezers to maintain temperatures and reduce the possibilities of food spoilage.

During 1968 Marine Corps helicopters on medevac missions in Vietnam moved more than 79,000 Allied casualties from the battlefield.

Medical Services' Birthday

On the anniversary of the Navy Medical Service Corps, Brigadier General Victor A. Armstrong sent these words of appreciation.

"The Navy Medical Service Corps has been associated with our corps for 24 years. On the occasion of their anniversary August 4, 1971, I offer my

personal thanks and hopes that this association may continue.

Throughout its history, the Navy Medical Service Corps has been a valued addition to the Navy-Marine Corps team. Their skill and professionalism have not gone unnoticed. As Comrades in Arms, we salute you on your anniversary."

CLASSIFIED ADS

FOR SALE
1968 CHEV BISCAYNE, 6 cy, 4 dr, automatic, excellent shape, \$950 or best offer. Call 73185 DWH, 254-1171 AWH.

1969 AUSTIN AMERICA - 4 speed automatic/manual transmission, front wheel drive; recent repairs include total exhaust system replacement, new pads on front disc brakes, front end alignment, oil change/lube and tune up. Call 72589/73626 DWH, 72007 AWH.

1964 CHEVY IMPALA CONVERTIBLE, auto trans, radio and heater, good condition, \$595, also **1970 TOYOTA CORONA** delux auto trans, radio and bucket seats, \$1696. Call 73101 DWH, 254-4765 AWH.

GIANT CLAM SHELLS, 12-16 inches in dia. Hurry - very few left. Call 257-3597 DWH, 254-4597 anytime.

1966 BUICK SPECIAL STATION WAGON, 37,900 miles, some rust, excellent for family transportation, \$850. Can be seen at 755 N. Kainali Drive, Kailua. Call 262-8004 anytime.

Officers Club

TONIGHT: Happy Hour on the Lower Lanai from 4 to 7 p.m. with the beef stand at 5. The popular **STEAK-O-RAMA** will take off at 6:30 p.m. serving until 9. Then for dancing and entertainment **RICH HOHN** will be on the Lower Lanai stage from 9 to closing.

SATURDAY: The Package store will be open from 10 a.m. to 8 p.m. The Dining Room is open from 7 to 9 p.m. Dancing in the TAPA with the **ADAMS-5** from 9 to closing.

SUNDAY: Neither rain nor snow nor Power Failure will prevent your Club from its sovereign duties. We will be open as usual. This means Brunch and the Crab and Tenderloin buffet. So why settle for cold cereal, come to Brunch and enjoy our power failure specialties, Steak, Marine Creamed Beef on Toast, Sausages, and Pancakes, plus Bloody Marys and juices in abundance. Reservations will be appreciated. Times: Brunch 10:30 a.m. to 1 p.m. Buffet: 6:30 to 9 p.m. (due to power outage).

MONDAY: The Dining Room is closed but the TAPA Bar is open from 11:30 a.m. to 11:30 p.m. with hot grilled sandwiches available.

TUESDAY THRU FRIDAY: Lunch is served from 11:30 to 1 with daily specials.

E' Club

TONIGHT: Something new on the heavy rock scene. We welcome the **NEW BRIGHT ACE** this evening to set the stage for our weekend slate of entertainment. Club opens at 4 p.m. with Happy Hour and special prices in effect till six. While you're here, try our steak and Mexican dinners, priced to please your pocket-book and palate.

SATURDAY: Bloody Marys - Just the thing for the morning after the nite before. On special till 2 p.m. Be with us this evening when we present a new show band, **THE LAST MINUTE**, geared for a great nights entertainment.

SUNDAY: August 8 - Club will be closed all day due to a power outage.

WEDNESDAY: Our very popular Wednesday Nite Group back with us again. The **ADAMS FIVE** belting out their fantastic rock variety. Dig it!!

1963 CHEV IMPALA, automatic, V8, 327 Engine, sell for \$275 or offer. Runs perfect, needs minor work. Four door, color white. Call 257-2035 DWH.

CUSTOM TRAILER HITCH FOR 66-68 MUSTANG, \$20. **CHILDS large riding tractor**, \$10. **Long Red Velvet GOWN**, \$15. **MUTTON FUR JACKET**, \$20. Call 72848 DWH, 254-3297 anytime.

1966 VW SQUAREBACK, new brakes, tune up, good condition, \$1050/offer. **MISC. PLANTS**. Call 73149 DWH, 254-4542 anytime.

1966 HONDA 150 cc, good cond, new battery, and accel cable. First \$100 takes it. Contact LCpl Anderson 72513, 72515 DWH, 261-3689 anytime.

1969 VW BUG - excellent condition - new tires, new exhaust, under 30,000 miles - leaving island - must sell - \$1500. Call 261-4758 anytime.

1969 DATSUN, 4 dr., 4 speed, good condition, \$1250. Call 73674 DWH.

1961 CORVAIR STATION WAGON,

66 140 HP Eng (4 carbs), spyder dash (all gauges plus tach), spyder

suspension - sway bars, padded dash, bucket seats: 64 4 spd trans., chrome rims, good tires, wood steering wheel. Call 72634 DWH, 254-2434 anytime.

VW SUNROOF, 1965 - completely reconditioned - like new. Call 73692 DWH, 254-4741 anytime.

1969 COLOR ENTERTAINMENT CENTER, 23" TV, FM-AM radio; stereo record player, \$500. Call 72202 DWH, 254-1061 anytime.

1966 CORVETTE STING RAY, 300 HP 327 Cu In, auto trans, conv and removable top, exc cond. Call 867669 DWH, 861250 AWH.

1970 HONDA CB350, 4,000 miles, excl. cond, \$650. Call 72202 DWH, 254-1188 anytime.

1970 MAVERICK, excellent island car, 200 cu. in., 6 cyl engine, standard shift, radio, heater, excellent gas mileage, \$1450. Call 72563 DWH, 254-3341 AWH.

1963 DATSUN, 4 dr. sedan, ideal for local transportation. Call 73290 DWH, 254-2570 AWH.

1969 KARMANN GHIA, new tires and muffler, leaving, \$1550. Call 73193 DWH.

1968 REBEL SST, 343CID, automatic trans, power steering, low mileage, good condition body and mechanically. \$1050. Call 72973 DWH, 254-2109 AWH.

1965 CHEVROLET IMPALA SUPER SPORT, excellent running condition, minor rust, good rubber, small engine (283), power steering, bucket seats, radio, heater, low original mileage, \$850. Call 72141 DWH.

LOST AND FOUND

Many articles of clothing were left during the Summer Fun Program this year. This gear can be claimed during working hours at The Mokapu Elementary School.

Staff Club

FRIDAY: To start the weekend off we get in step with "TONY AND THE TRIPLE STAR PLAYBOYS" who will be supplying the music from 8:30 until 12:30 p.m.

SATURDAY: Club opens today at 11 a.m. and the Package Store at 11:30 to 7:30 p.m. This evening we have entertaining you the "SQUIRES" for "4" big hours. They have a really great sound so don't miss their great music.

SUNDAY: The Dining Room will be closed today due to a power outage. The Package Store is open today from 12 to 6 p.m.

MONDAY: Dining room is closed.

TUESDAY: For lunch we are now having a buffet for only \$1.25 per person from 11 to 1 p.m. (There will be no short orders.)

WEDNESDAY: Tonight you can enjoy Happy Hour from 4 to 6 p.m. The Staff Wives Aloha Coffee is at 9 a.m.

******NOTE:** The Marine Corps Birthday Ball tickets are now on sale at the Club.

CHOW TIME

LUNCH - Barbecued chicken, potatoes, baked beans, butterscotch brownies.

SUPPER - Corned beef, carrots, cabbage, cherry pie.

SATURDAY
BRUNCH - SUPPER - Pork chops, hominy, squash, peach shortcake.

SUNDAY
BRUNCH - SUPPER - Beef steak, mushrooms & onions, cauliflower, chocolate chip cookies.

MONDAY
LUNCH - Submarine sandwich, baked beans, beets, devils food cake.

SUPPER - Turkey, cornbread



ARE YOU HARD UP for wheels? Then take the advice of Windy's girl and check out the Marine Corps Exchange's new line of special order motorcycles. See the related story on Page 2.

SHOWTIME

Fri-Wed

7:15 p.m.

TICKET SALES GO ON 30 MINUTES PRIOR TO SHOW TIME AND WILL REMAIN OPEN 45 MINUTES AFTER SHOW TIME!

Movies

SHOWTIME

Thursday Only

8:15 p.m.

TODAY

DRACULA HAS RISEN FROM THE GRAVE - Christopher Lee, (G), horror, 92 min.

SATURDAY

MATINEE - 2 p.m. **CHANGE OF HABIT** - Elvis Presley, Mary Tyler Moore, (G), 93 min.

GREAT WHITE HOPE - James Earl Jones, Jane Alexander, (GP), drama, 103 min.

SUNDAY

VALLEY OF THE DOLLS - Patty Duke, Barbara Parkins, (GP), drama, 123 min.

MONDAY

THE LOST CONTINENT - Eric Porter, Suzanna Leigh, (GP), adventure, 89 min.

TUESDAY

MOSQUITO SQUADRON

O' Wives

Mahalo to the ladies that donated their time to help at the Windward Fair on Friday, Friday, July 30, from 10-2 a.m. the fair was open only for the patients and staff of the Hawaii State Hospital.

Did you know the OWC keeps a scrapbook on the activities of the club? The scrapbook will be at the Aloha Coffee. Take a minute and look through it.

Do you like to sing? Nancy Canaster would like to see the start of an OWC chorus. This will not be a sign-up class but Nancy will take names of the interested ladies August 10.

See you Tuesday on the lower lanai. ALOHA!

"If we stand idly by...if we shrink from the hard contests where men must win at hazard of their lives and at the risk of all they hold dear, then the bolder and stronger peoples will pass us by, and will win themselves the domination of the world." - Theodore Roosevelt.

for 2 Brigade Marines

Incentive program worth \$

LCpl Steve Hoffman

Inventive ideas can be turned into money. Sergeant David A. Meinecke and Gunnery Sergeant Lawrence S. Agres will attest to this fact.

These Marines, through the Incentive Awards Program, received money for beneficial suggestions.

Here is how to turn brain power into money power.

If the individual feels his idea has merit, he obtains the NAVSO 12450-8 form and fills it out and submits it to go up the chain of command until it reaches the Incentive Awards Committee.

It is reviewed and the committee makes the award if any.

The committee may or may not forward the idea but it is usually sent to the CMC. However, any level can grant the award.

There is a set chart for monetary awards.

For instance; if the idea



Sgt D.A. Meinecke



In a Change of Command Ceremony here, Lieutenant Colonel John K. Hyatt receives the Colors from the former commanding officer of 1st Radio Bn., Lieutenant Colonel Edward D. Resnick. The ceremony took place on Platt Field, Friday.

Staff NCO symposium Oct. 4-8

WASHINGTON, D. C. (USMC) — The Marine Corps-wide Staff Noncommissioned Officers Symposium will be held October 4-8 at the Marines Memorial Club, San Francisco.

Sergeant Major Joseph W. Dailey is chairman of a committee from various sections at Headquarters already planning

the symposium. Sergeant Major Clinton A. Puckett is the deputy chairman.

Other members are Sergeant Major Mabel A.R. Otten, Master Gunnery Sergeant James G. Kyser, First Sergeant Joseph Kelly, Gunnery Sergeants Dorothy M. Alderman, Herbert M. Amendt, and Oliver C. Pennington, Jr., and Staff

Sergeant David J. Bland.

Field commanders have been assigned quotas for the meeting totaling 65 Staff NCOs. Spouses of the attendees are invited and encouraged to attend.

A request for agenda items and full information on the symposium is contained in Marine Corps Bulletin 5050 of April 27, 1971.

saved the Marine Corps \$1,000 to \$10,000; \$100 would be awarded for the first thousand saved plus \$5 for each additional \$100 savings or a fraction thereof.

Here are the ideas submitted by Gunny Agres and Sgt. Meinecke.

Sgt. Meinecke received \$50 for suggesting a lifting tool be devised for use on a deck sheave at the Short Airfield for Tactical Support (SATS). The heavy deck sheave causes a hazard to fingers if it is dropped and can put excessive strain on the backs of the men lifting it.

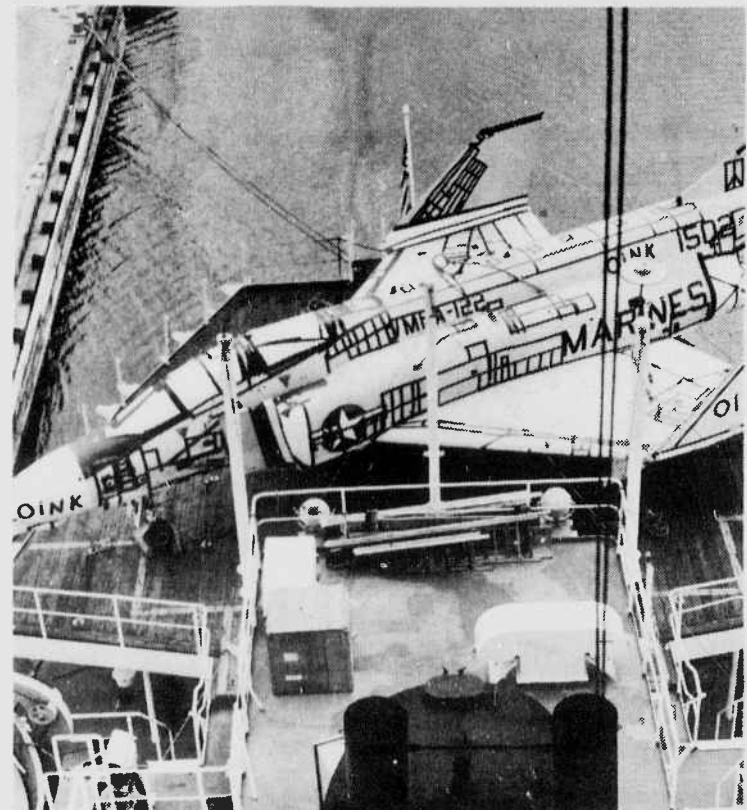
\$80 was awarded to GySgt. Agres for suggesting unusable nylon arresting rope at SATS be cut up and used for towing rope for Amtracs. He

saved the Marine Corps \$792.

All it takes is a creative mind and you can turn your ideas into money.



GySgt L.S. Agres



"SEA TALES" WILL FLY TONIGHT over that bottle of brew. Did you really land on the tail of that ship? Of course, the F-4 jockey can't pass up an opportunity to tell about all his harrowing experiences. The real answer is "no, he didn't land on the tail of the Navy tanker Alatna. The VMFA-122 phantom is being hauled to Pearl Harbor for repairs. (OFFICIAL MARINE CORPS PHOTOGRAPH BY Cpl John D. Tibbets)

School Physicals given

Navy Captain Donald W. Robinson, senior medical officer here announced that school physicals including athletic physicals will be conducted at the Dispensary, Bldg. 216, August 23-27.

Physical examinations are required for children entering the Hawaii School System for the first time and all students participating in athletic sports during the school year. Routine annual physical examinations will not be conducted.

Physical examination cards with the exception of the Athletic Physical Cards required by the school will be available at the Dispensary. A portion of this form must be filled in by the parent.

Children being examined should also bring shot cards with them if they are available. Also bring the children's first urine specimen of the morning in a clear container. Eye glasses are required for those who wear them.

Children will be examined on a first come, first serve basis from 7:30 a.m. to 11 a.m. in accordance with the following alphabetical schedule.

Monday 23 August	A-D
Tuesday 24 August	E-J
Wednesday 25 August	K-N
Thursday 26 August	O-S
Friday 27 August	T-Z

On your appointment date remember to bring identification card, sponsors' social security number, immunization record, eye glasses (if worn) and the urine sample.

Since over 1,000 physicals were given in 1970, all other functions except bonified emergencies will be closed during the scheduled physicals.

It is strongly urged that all children requiring school physicals or athletic physicals obtain them in accordance with the above schedule. This is necessary so that the Dispensary may maintain efficient medical care for the sick.

1/12 Change

Lieutenant Colonel Richard Joseph Coogan assumed command of 1st Bn., 12th Marines from Major L. E. Kolever here Friday.

Colonel Coogan was previously the G-2 officer for Brigade prior to assuming this command.

His predecessor, Major Kolever will be reporting to the First Marine Division in Camp Pendleton for further assignment.

No roadside parking in designated areas

During the dates of Aug. 9-12, do not park on Harris Ave. from Mokapu Blvd. to Selden St.; Selden St. from Theater No. 2 to the drainage ditch beside Brigade Schools; Third St. from the triangle at Selden St. to the bridge beside Pollock softball diamond; and Craig Ave. from Mokapu Blvd. to the deadend in front of the obstacle course.

The roads are going to be resurfaced. There will be limited access to the facilities along

to Big Island

Cdr. Henson retires

LCpl Tom Bone'

Navy Lieutenant Commander Frank N. Henson ended 24 years of active service in the Navy Medical Department during retirement ceremonies held Wednesday.

During the ceremony he was presented the Meritorious Service Medal for "a job well done" during his more than three year tour here at K-Bay.

The commander served as the Medical Administrative and Navy Personnel Officer at the base Dispensary since February 1968.

Born and raised in rural Alabama, LCdr. Henson joined the service in 1947 at the age of 17 and went on to serve as an

enlisted Hospital Corpsman until 1961.

During these years he put in a tour of combat duty with Marines in Korea, and later served as the senior corpsman aboard two nuclear submarines.

Commissioned a Navy Ensign in January 1961, he served in various capacities on the mainland's east coast for seven years.

In 1967, the commander began a one-year tour of duty with the 1st Marine Division's 1st Medical Battalion. Among other billets, he served as a Civil Affairs Officer, with the responsibility of aiding a village of approximately 8,000 Vietnamese civilians, in staying healthy.

After the Vietnam tour, LCdr. Henson was assigned to his post at the K-Bay Dispensary.

Along with his Meritorious Service Medal, the commander also wears the Korean Service Medal, United Nations Medal, Vietnam Service Medal, Vietnam Campaign Medal w/FMF Insignia, and four Good Conduct medals.

Lieutenant Commander Henson, and his wife, the former Miss Judie Tokie (a native of Hawaii), plan on living on the Big Island along with the four youngest of their seven children.



LtCdr Henson

