

Hawaii Marine

Aloha to the new Hawaii Marine

Chris Aguinaldo
Editor

This week, readers should notice the newer, sharper look of the Hawaii Marine. Beginning this issue, your base newspaper is being printed at the Honolulu Star-Advertiser's printing plant in Kapolei in this new format.

The newer press — formerly the Honolulu Advertiser's — will print higher-quality text, photos and graphics. There will be more color on inside pages, allowing us to showcase our award-winning coverage in a brighter and crisper fashion.

According to the publisher, a percentage of all newsprint which the company uses contains recycled fibers. All newspaper waste is recycled: ink, office paper and printing plates.

The entire process was designed to use energy more efficiently and recycle materials used in manufacturing the newspaper. The ink itself is soy-based. The slight reduction in size also means more paper saved during our weekly press runs.

To take advantage of the new format, we will also phase in newer designs and layouts.

What hasn't changed is our commitment to tell the Marine Corps Base Hawaii story. In addition to this newspaper, the Public Affairs staff has embraced new media — including the "Marine Corps Base Hawaii" pages on both Facebook and Twitter. Just do a search and find the pages maintained by the Hawaii Marine newspaper staff.

Please let us know what you think. E-mail HMeditor@hawaiimarine.com.

Thank you for reading the Hawaii Marine!

Never forgotten: 3rd Marine Regiment pays tribute to 114 men

Honoring the fallen

Christine Cabalo
Photojournalist

A bell tolled on an otherwise quiet morning at Fort Hase Beach. It solemnly rang at 3rd Marine Regiment's memorial observance last Friday.

Standing together in the sand, more than 1,200 Marines gathered to honor 108 Marines and six sailors who died in combat for the overseas contingency operations.

"Together these 114 men are the most powerful and the purest representation of what it means to be part of our great regiment," said Col. James Bierman, commander, 3rd Marines.

The name of every fallen Marine and sailor was read then accompanied with the ring of the bell by Sgt. Terry Hafen, communication technician, 3rd Marines.

Hafen recalled his own memories about one of the fallen, Cpl. Matthew Lembke. He and Lembke were among several students training for higher belts in the Marine Corps Martial Arts Program. Hafen remembered sparring with him.

"We had a good time doing that course," said Hafen, from Mapleton, Utah. "He was a good Marine, from what I could see."

Lembke was with 2nd Battalion, 3rd Marine Regiment when he was killed in action July 10, 2009.

Sgt. Christian Jones, career retention specialist, 3rd Marines, felt a bond with the 114 Marines and sailors, as he narrated the ceremony, even though he didn't personally know them.

"You remember why you joined the Marines," said Jones, from Dallas. "It was so you could protect and serve next to the person standing next to you."

Jones said the ceremony gave him the

See HONOR, A-6



Photos by Lance Cpl. Vanessa M. American Horse | Hawaii Marine

Navy Petty Officer Second Class Mitch T. Embry, corpsman, 1st Battalion, 3rd Marines, greets his wife, who won the first kiss, after returning from a seven-month deployment to Afghanistan in support of Operation Enduring Freedom Wednesday.

Return of Lava Dogs

1/3 main body returns home from Afghanistan

Lance Cpl. Vanessa M. American Horse
Combat Correspondent

More than 400 Marines and sailors from 1st Battalion, 3rd Marines returned to Marine Corps Base Hawaii this week from a seven-month deployment to Afghanistan in support of Operation Enduring Freedom. Seven hundred more service members total will return to here throughout next week.

"It's great to be back to nice weather," said Cpl. Joseph P. Robinson, rifleman, 1/3, from Shellsburg, Iowa Wednesday night. "I can't wait to hang out with my family, and it feels good to actually do what I came in the Corps for."

Families of the deployed were overjoyed when their loved ones arrived back to MCB Hawaii. Banners, balloons and leis were in their hands as the plane pulled up to the hangar.

"I'm so excited to see my husband come down off the plane," said Raleigh, N.C. native Amanda Edwards, 1/3 spouse. "We are moving tomorrow so this whole thing is a drastic change for our family."

The service members spent their deployment holding positions in and around forward operating base Geronimo near the town of Nawa in Helmand Province.

One of the unit's crowning achievements was their participation in Operation Moshtarak, the seizure of the Taliban stronghold of Marjah earlier this year.

"Security was a big issue for us to tackle," said Maj. Roberto J. Martinez, executive officer, 1/3. "We worked closely with the Afghanistan National Army to fully



Families and friends welcome home more than 200 Marines and sailors from 1st Battalion, 3rd Marines returning to Marine Corps Base Hawaii from a seven-month deployment to Afghanistan in support of Operation Enduring Freedom Wednesday.

man their new police precincts and train new recruits to take ownership and charge of the area."

The Lava Dogs also assisted in opening a new government center. With help from a Marine Corps Civil Affairs attachment, higher levels of Afghanistan government started paying more attention to the region.

"Nawa's government reformed with the help of 1st Battalion, 5th Marines, and we took over and launched over 500 civil affairs projects for the locals," Martinez, of Toms River, N.J., said.

See RETURN, A-7

A Brave Choice In Nawa

A step toward peace: Nawa leaders, Marines reintegrate former Taliban commander back into community

Sgt. Mark Fayloga
Regimental Combat Team 7

FORWARD OPERATING BASE GERONIMO, Helmand Province, Islamic Republic of Afghanistan — A main goal in the overseas contingency operations has been to hunt down leaders of enemy forces, but during an Afghanistan National Army-led reintegration shura, a former Taliban commander was released from custody and welcomed back into Nawa, June 1.

The Taliban leader (whose name is withheld for security

See BRAVE, A-7



Sgt. Mark Fayloga | Regimental Combat Team 7

A former Taliban commander is greeted by members of 3rd Battalion, 3rd Marine Regiment, as he gets off an MV-22 Osprey at Forward Operating Base Geronimo to participate in a reintegration shura June 1. After determining he was no longer a threat, the former Taliban commander in the Nawa area, was released by an Afghanistan National Army general. At the shura, the former Taliban commander vowed to participate in the peace and prosperity of Nawa.

Inside today's Hawaii Marine



MAG-24's new leader
Col. Richard Caputo Jr. takes command from Col. Joaquin Malavet on Friday, A-6



Shark attack
Local companies offer a chance at an up close and personal encounter with sharks, C-1

Weekend Forecast

Saturday

Scattered Showers
High — 83
Low — 72

Sunday

Scattered Showers
High — 83
Low — 72

NEWS BRIEFS

Satisfaction Survey

Since last fall, the base has been taking various actions to improve the quality of service and base culture. To measure progress on these "Wildly Important Goals," the commanding officer of MCB Hawaii requests all base personnel (active duty/civil service/contractor) and customers take a short survey to determine levels of satisfaction within these two areas. Survey is available until June 11 and will be used to measure progress from the baseline measurement survey conducted six months ago.

Survey link: <http://www.surveymonkey.com/s/NBLWPFDF>

UVA and SARC Training

Training will be conducted for Command appointed Uniformed Victim Advocate (UVA) and Sexual Assault Response Coordinator (SARC) Training positions on the following dates: UVA Training will be held on June 22-24 from 7:30 a.m. to 4:30 p.m. at the Base Chapel, Room 30. SARC Training is conducted in addition to the UVA training and will take place on June 25 from 7:30 a.m. to 4:30 p.m. at Combat Camera, Bldg 267, Classroom 1.

Commands must ensure the UVA Selection Criteria for Commanders located in MCO 1752.5A, Appendix M is followed in selecting individuals to attend this class. Please include name, rank, unit, contact phone number, and e-mail address when registering an individual. POC is Brenda Huntsinger at 257-7777 or e-mail brenda.huntsinger@usmc.mil

Environmental Service Project

Join community volunteers and Base Environmental staff to remove weeds from native fish and wildlife wetland habitats on base. See up-close and learn about native plants and birds and help make a difference. The project is scheduled Saturday, June 12, from 8:30 to 11:30 a.m. Meet at H-3 Gate Visitor Parking Lot at 8:30 a.m. sharp. Proceed with Environmental Escort to the work site from there. MCB Hawaii provides gloves and tools. Wear old clothes, close-toed shoes, sunscreen. Bring plenty of water. Letters of Appreciation will be issued.

POC is Todd Russell at 216-7135 or e-mail todd.russell@usmc.mil.

Interactive Customer Evaluation (ICE)

ICE provides customers with a convenient and efficient online method to express opinions to service providers with the option to receive feedback. You can share a comment, recommend an improvement or just say "good job" or "thanks." You may also use it to obtain information on services of interest (i.e. hours of operation, location, frequently asked questions, and special events). We want to hear from you about how MCB Hawaii services are doing at: <http://ice.disa.mil>. Just click on "Marine Corps-Pacific," which will lead you to Marine Corps Base Kaneohe Bay. Choose your service category to go to over 250 service providers. Although it's not mandatory, we recommend that you provide your contact information so that the service providers are able to contact you to address your concerns and issues, if necessary.

Questions: contact the MCBH ICE Site Manager at 257-1283 or e-mail: therese.foster@usmc.mil.

Important Phone Numbers:

On-Base Emergencies	911
Military Police	257-7114
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Pothole & Streetlight Repair	257-2380
Base Information	449-7110
MCB Hawaii Duty Chaplain	257-7700
DEERS	257-2077

Hawaii Marine

www.mcbh.usmc.mil

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Hawaii Marine is a free publication available at stands on Marine Corps Base Hawaii and neighboring businesses. If you are interested in obtaining copies by mail, please contact MidWeek Printing, Inc. at 235-5881.

Submit items for Hawaii Marine to the managing editor no later than noon on the Friday prior to publication, using the following address:

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WWII Japanese pilots tour crash site



Christine Cabalo | Hawaii Marine

Former Japanese Imperial Navy Lt. j.g. Kaname Harada (blue cap) places a carnation lei on a memorial to fallen Japanese pilot Lt. Fusata Iida during his visit to Marine Corps Base Hawaii June 3. Harada and several members of the Unabarakai Association of Tokyo, comprised of surviving Japanese Zero fighter pilots.

Former Japanese zero aviator visits memorial of crashed pilot

Christine Cabalo

Photojournalist

Bowing his head, former Japanese Imperial Navy Zero pilot Lt. j.g. Kaname Harada led a moment of silence for a fallen colleague while touring Marine Corps Base Hawaii June 3.

Harada stood along Reed Road near the Olina Child Development Center, visiting the believed crash site of Japanese Imperial Navy Lt. Fusata Iida, commander, 3rd Aircraft Group.

"I didn't see Lt. Iida crash," said Harada through translator Dan King. "But according to the men who returned, the engine aircraft fire was intense, and Iida's [plane] suffered damaged."

Harada is one of several surviving Zero pilots who flew for the Japanese Imperial Navy during several World War II historic events, including the Battle of Midway. He visited the crash site and other base landmarks with several members of Unabarakai Association of Tokyo, the Japanese Zero Fighter Pilot Association.

The former pilots were on Oahu last week as guests to speak at the Pacific Aviation Museum's 68th anniversary commemoration of the Battle of Midway.

"I was surprised to learn Harada and Iida had served together earlier in another unit, the Saeki Kokutai," said Daniel King, a volunteer Japanese translator and historian. "They were in the same unit for three years, and he knew him quite well."

Harada is credited with nine solo kills during World War II, but during the Dec. 7, 1941 attacks on Oahu, Harada was flying combat patrol to guard the Japanese fleet and bombers.

Iida was part of the invading Japanese fighter group during the Dec. 7, 1941 attacks on then Naval Air Station Kaneohe Bay and Naval Station Pearl

Harbor. Harada noted attackers flew in teams of three, and neither of the pilots in Iida's squadron survived. Japanese Imperial Navy Petty Officer 1st Class Shunichi Atsumi, who was Iida's wingman, was shot down in aerial combat. The third pilot, Saburo Ishii, never returned.

Some of the Japanese Navy pilots who did survive were trained to fly but never able to takeoff because there were not enough aircraft to go around, said Shiro Wakita, an association member. Wakita said he entered the Naval Flying Corps in December 1943 and was excited to be a part of the Battle of Midway commemoration events on Oahu. The June 3 trip was his first time visiting Iida's memorial at Kaneohe Bay.

"He's our pilot," he said. "It was very good to have his memorial here and for us to be allowed to visit, honoring his memory."

Of the artifacts surviving from pilot's crash site, a helmet believed to be Iida's was returned to his relatives at a ceremony at MCB Hawaii in 1999. Both Wakita and Harada said they were touched to see the respect American officials showed to the remains of an enemy fighter by building a memorial.

"I greatly appreciate the Americans who built the memorial and how being a former enemy, I can still pay respects here," Harada said. "I greatly appreciate what the Americans have done for us."

He was also impressed at visiting memorials to other crashed pilots, including one at the Battleship Missouri Memorial. But seeing Iida's memorial reminded Harada not just how good an aviator Iida was, but how intelligent and intuitive he was as a leader.

"I wished that man would have survived and helped Japan post-war," Harada said. "As a human being, he was a wonderful person. It was really a loss. He could have been a leader of post-war Japan and made Japan a better place."

Thrift store changes hours, new features

Kristen Wong

Photojournalist

Need some cheap clothes? Looking for a bargain? Marine Corps Base Hawaii's Marine Thrift Shop Kaneohe Bay has a few new things up its sleeve.

As of May 1, the Enlisted Spouses Club, now disbanded, turned management of the thrift store over to a board of directors, which include representatives from various charities that benefit from the shop.

The store, which celebrated its grand re-opening June 5, is open Monday, Tuesday, Thursday and Friday from 10 a.m. to 4 p.m., and Saturday from 9 a.m. to 3 p.m. for patrons with base access.

The store continues to have a bag sale every first Saturday of the month. During the bag sale days, patrons pay \$5 for everything they can fit in a paper bag provided by the store. There has been no shortage of customers.

"On a bag sale day there are people lined up at the door, waiting for you to open," said Michela McKenna, of Woodbridge, Va., manager of MTSKB. "It's like a madhouse."

McKenna said the thrift store will also be featuring consignment items made by several military spouses. Dawn Dowdell, of Amarillo, Texas, for example, will be making stationery. Dowdell has been making stationery for four years, since she made her first baby announcement when her son was born. Dowdell is unique

in that she also makes stationery tailored for the military, including change of command invitations.

"It's been a great traveling business," Dowdell said.

Navy Petty Officer 2nd Class Donna Hill, parachute rigger, Marine Aviation Logistics Squadron 24, visits the thrift store once a week. Hill, of Clarion, Penn., likes to find toys for her children at the store.

"I think it's great [to have a thrift store]," Hill said. "Kids outgrow things, people get tired of things."

When she first moved here, Hill said she bought inexpensive cups and plates for her house, "anything to make it more like home."

But while the thrift store continues to thrive under new management, volunteers are still requested to help sort and process donations, and clean at the 5,400 square foot store. Volunteers come from a number of charities who receive funding from the thrift store each year. Other organizations such as the Boy Scouts or the Wounded Warriors can also request funding from the store, and bring in their own volunteers on certain days. McKenna said units looking for funding can volunteer on a certain bag sale day to raise money.

"I love it," said Treat Harris, of Jacksonville, N.C., saying Michela has "got a lot of energy, so I think she'll do well here."

Harris recently started

volunteering at the thrift store to help others. Recently, she has started decorating furniture at the thrift store, such as putting new covers on the benches in the back.

But organizations are not the only ones that can send volunteers. McKenna said patrons with base access are eligible to volunteer at the thrift store.

With Marine Corps balls starting in the fall, the thrift store will also have an event starting in September. Members of the base community are encouraged to donate their old ball gowns during the entire month of September. Oct. 6 will be designated for dependents of service members with a rank of E-5 and below to have first pick at purchasing donated ball gowns. On Oct. 7, the store will then open the selection to everyone else. On Oct. 9, the store will also feature a fashion show, with items from the store.

The thrift store takes multiple types of items as long as they're in good, resellable condition. Items include clothes, books, toys and even appliances. The store accepts car seats but doesn't sell them. Occasionally there may be some available to people who need car seats. The store does accept furniture in good condition. Clothes hangers are requested. Mattresses are not accepted.

For more information about volunteering at or donating to the thrift store, call 254-0841.

AROUND THE CORPS

Your weekly guide to what's happening around the Corps

This week's top story

East Coast



Lance Cpl. Santiago G. Colon Jr. | 26th MEU

26th MEU prepares for urban warfare

FORT A.P. HILL, Va. — Marines and sailors with 26th Marine Expeditionary Unit initiated their last major land-based pre-deployment exercise, Realistic Urban Training, aboard Fort AP Hill, Va., June 2.

During the 18-day training evolution, the three elements of the MEU will conduct several urban training exercises in a realistic environment. Some of the exercises include vehicle control point procedures, tactical site exploitation, key leader engagement, language training, interaction with host-nation forces, Improvised Explosive Device recognition, riot control, detentions, and platoon-sized urban assault.

See <http://www.marines.mil>

West Coast



Lance Cpl. Mike Atchue | Marine Corps Base Camp Pendleton

Annual run gives thousands an excuse to play in the mud

MARINE CORPS BASE CAMP PENDLETON, Calif. — Athletes from all over Southern California trudged along for 10 kilometers, covered in mud and sweat during the 2010 Camp Pendleton Mud Run at Lake O'Neil, Saturday and Sunday, with one more run scheduled for tomorrow.

More than 3,000 participants donned their best mud-friendly attire and ran in the annual event, sponsored by Marine Corps Community Services that is part of Marine Special Operations Command's Hard Corps Race Series. Competitors participated as individuals or in 5-man teams.

See <http://www.marines.mil>

Overseas



Sgt. Rocco DeFilippis | Marine Forces Europe

BALTOPS 10 MPF operations kick off in Latvia

VENTSPILS, Latvia — The first phase of the multinational maritime exercise BALTIC OPERATIONS 2010 began here Tuesday with Marines, sailors and their Latvian counterparts beginning the maritime reposition offload portion of the exercise. The Marines of Charlie Company, 4th Landing Support Battalion, 4th Marine Logistics Group and the sailors of Naval Beach Group 2 worked together to offload the first wave of equipment from the USNS PFC Eugene Obregon, a maritime reposition vessel. They join maritime forces from 12 different countries participating in the largest multinational naval exercise in the Baltic Sea region.

See <http://www.marines.mil>



Lance Cpl. Antwain J. Graham | Marine Corps Bases Japan

Capt. Parima In traveled with service members from 3rd Medical Battalion, Combat Logistics Group 35, 3rd Marine Division, III Marine Expeditionary Force, to assist with Cambodia Interoperability Program 2010.

Marine, former refugee returns to assist MEDCAP

Lance Cpl. Antwain J. Graham
Marine Corps Bases Japan

KAMPONG CHNNANG PROVINCE, Cambodia — Parima In was very young when he was taken from his home in Battanbang, Cambodia, and forced into a life of oppression.

Thirty-five years later, In, now a Marine Corps captain, finally had the chance to return home and help the people of his nation.

In traveled with service members from 3rd Medical Battalion, Combat Logistics Group 35, 3rd Marine Logistic Group, III Marine Expeditionary Force, to assist with the Cambodia Interoperability Program 2010, an annual joint service medical and dental

civic action project to provide help to Cambodians.

He contributed as a translator and guide for the service members.

"Capt. In was an integral part of this mission," said Petty Officer 1st Class Kevin Foster, lead petty officer with 3rd Medical Bn.

"He worked closely with the Cambodian military, built a strong rapport with the local population and was able to communicate to the masses which helped crowd control. This mission wouldn't have functioned as smoothly without him."

He first got word about CIP 2010 from Petty Officer 2nd Class Bunthoeun Ham personnel specialist with the Personnel Support Detachment, Combat Logistics Regiment 37, 3rd MLG, who also served as a translator for the mission.

See <http://www.marines.mil>

Top story from the front



Lance Cpl. Khoa Pelczar | 1st Marine Logistics Group (FWD)

Petty Officer 2nd Class Beatriz M. Salinas, surgical technician with Surgical Company B, 1st Medical Battalion, 1st Marine Logistics Group (Forward), prepares a work station for an operation at the United Kingdom Bastion Hospital.

Corpsmen save lives at British Hospital in Afghanistan

Lance Cpl. Khoa Pelczar
1st Marine Logistics Group (FWD)

CAMP BASTION, Afghanistan — Once patients are medically evacuated from a forward operating base to receive more treatment on their injuries, they are brought to a facility like the United Kingdom Bastion Hospital, one of the largest medical facilities in Afghanistan.

Doctors, nurses and corpsmen with Surgical Company B, 1st Medical Battalion, 1st Marine Logistics Group (Forward) help the joint-services medical staff provide medical care to patients at Bastion Hospital here.

"It's a British hospital. The British have the lead

role in the hospital, and we're just merely a small American contingent in the hospital, but we take care of everybody," said Senior Chief Petty Officer Jason M. Foree, the senior enlisted leader for the American contingent of the Bastion Hospital.

There are three levels of medical care in theater, the first being immediate life-saving care on the battlefield for trauma patients.

Level two consists of medical facilities on FOBs.

Level three facilities are hospitals with more capabilities to provide a higher level of care.

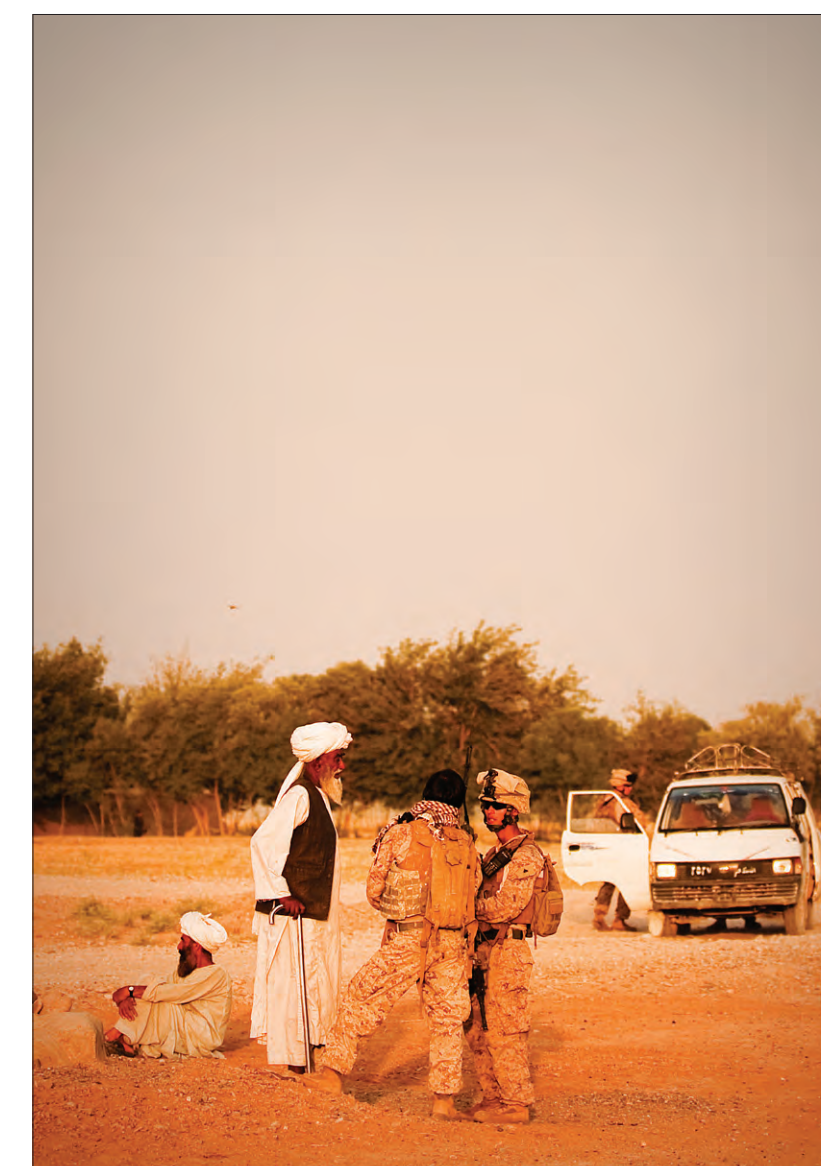
Bastion Hospital is a level three facility that can treat more patients than a lower-level facility, and medical personnel here have the ability to conduct medical procedures that smaller medical facilities at FOBs can't, explained Foree, 39, from Pensacola, Fla.

See <http://www.marines.mil>

Birth of a *Motto*



Afghan girls watch as Lance Cpl. Karl Schmidt, squad automatic weapon gunner, guard force, Headquarters Company, 3rd Battalion, 3rd Marine Regiment, makes his way to set up a vehicle checkpoint near Forward Operating Base Geronimo May 30. (Center) Cpl. Eric Ramirez, squad leader, Headquarters Co., 3/3, talks with farmers and a local elder at a vehicle checkpoint near Forward Operating Base Geronimo May 30. (Top) A local farmer explains why he has 12 bags of fertilizer in his van to Cpl. Eric Ramirez, squad leader, Headquarters Company, 3rd Battalion, 3rd Marine Regiment, at a vehicle checkpoint near Forward Operating Base Geronimo May 30.



Cpl. Eric Ramirez, squad leader, Headquarters Company, speaks with a local elder about the 12 bags of fertilizer found in a farmer's van at a vehicle checkpoint near Forward Operating Base Geronimo May 30. Enemy forces use fertilizer in the production of improvised explosive devices.

Sgt. Mark Fayloga
Regimental Combat Team 7

FORWARD OPERATING BASE GERONIMO, Helmand province, Islamic Republic of Afghanistan — The phrase, "every Marine a rifleman" is so overused it's gone from motto to cliché, but if Cpl. Eric Ramirez has his way, a new battle cry will emerge — every Marine an infantryman.

Ramirez is no stranger to the life of a grunt. His boots have seen more than 600 dismounted patrols in Iraq, but for his current deployment, the third in just as many years, the 21-year-old infantryman wanted something different.

Instead, Ramirez ended up in the same scene, but with new characters.

He still patrols. He still stands post and sets up vehicle checkpoints. He still denies the enemy movement, only now it's with the 3rd Battalion, 3rd Marine Regiment, Headquarters Company Guard Force, a group of mostly non-infantrymen who perform infantry duties in the H&S battle space.

"The deployments I've been on before, H&S has never had its own battle space," Ramirez said. "When they decided to give H&S its own space they needed infantrymen to step up to the challenge and help lead the guard force."

An H&S battle space isn't new. The current area of operations 3/3 occupies was inherited from their sister battalion 1st Battalion, 3rd Marine Regiment, who also had a guard force. The 1/3 guard force didn't take over its own battle space until near the very end of the deployment.

Of the 12 men in Ramirez's squad, only three, counting him, are infantrymen by trade. The rest hold billets like truck driver, administrative clerk, radio operator ... all grunt support. But for Ramirez their military specialty doesn't matter as much as another title — Marine.

"A lot of grunts would put these guys down," Ramirez said. "They'd say, 'they've never patrolled, they've never done this or that, blah, blah, blah ...' Yeah, they've never patrolled but we're still all Marines. You can train a Marine to be an infantryman. If they haven't had the same training as you of course they won't be on the same level, but I guarantee by the end of the deployment they will be. It's just how much time and how much effort do you want to put into these Marines, and I'm teaching them everything I know."

At first Ramirez worried the Marines under his charge wouldn't be enthusiastic about their new positions. They already had jobs they'd been trained to do. Who would want to be dropped into an unfamiliar role? But the men surprised him with their motivation and eagerness to head outside of the wire, a term used to describe the uncertainty outside of a forward operating base. His squad completed their first patrol without being accompanied by a platoon sergeant or commander May 30 near Forward Operating Base Geronimo, and Ramirez was pleased by how quickly they had absorbed his training.

For some in Ramirez's squad, like with many Marines, there's always been grunt envy.

Pfc. Aramis C. Sandoval went to his local recruiting office in Bronx, N.Y., just a little more than a year ago hoping to enlist as an infantryman. When his recruiter told him he'd have to pick a new military occupational specialty, Sandoval settled on administrative clerk. He hopes to be a lawyer one day and figured a chance to work as a clerk in a base legal office would help him build experience.

With less than a year in the Marine Corps, Sandoval, the trained office worker, is a rifleman in Afghanistan — a white-collar warrior.

"I give all the respect to the grunts," Sandoval said with a tired sigh. "This work is not easy at all. It's physically and mentally demanding. The pressure is the biggest challenge. I don't ever want to look back and think I got a Marine hurt because I wasn't doing something right."

The work is as fulfilling as it is demanding. Sandoval's face may usually be covered in sweat, dirt and awkward tan lines from constant, post, patrol and training, but it's got a smile on it as well.

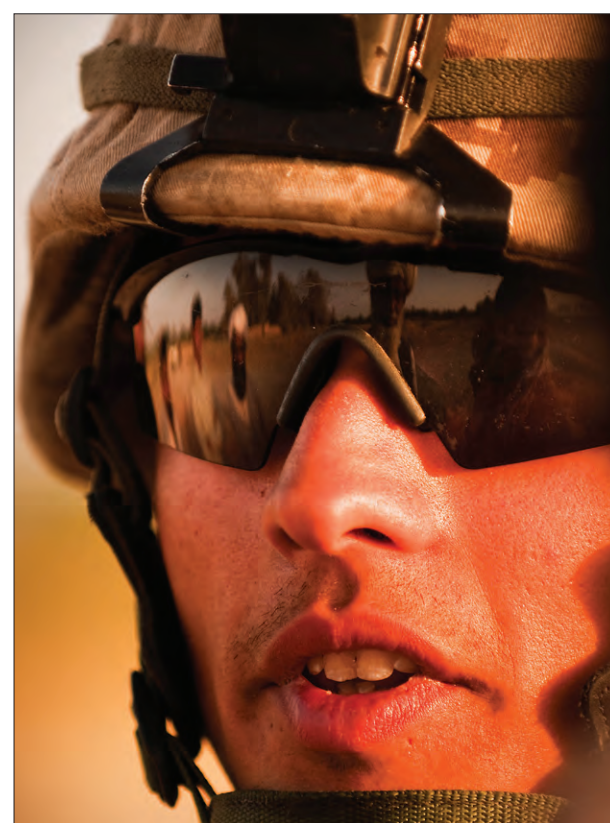
As for Ramirez, when he's out on patrol he doesn't see the difference between leading a squad of infantrymen and a squad of clerks.

"Just because you're not a grunt doesn't mean you're not a Marine," Ramirez said. "Everyone knows a Marine is a rifleman. If they wanted to do just one job they would have probably joined (another service) or something. The Marine Corps is a combat-arms service. We're all expected to be combative."

For more articles, photos and multimedia pieces on America's Battalion, visit their Facebook page.



Marines assigned to Headquarters Co., 3/3, depart a vehicle checkpoint and patrol back to Forward Operating Base Geronimo May 30. (Center) Cpl. Eric Ramirez, squad leader, Headquarters Co., 3/3, talks with farmers and a local elder at a vehicle checkpoint near Forward Operating Base Geronimo May 30.



Lance Cpl. Karl Schmidt and Pfc. Aramis C. Sandoval, a squad automatic weapon gunner and administrative clerk, guard force, Headquarters Co., 3/3, patrol through farmland on their way to set up a vehicle checkpoint near Forward Operating Base Geronimo May 30.

Wounded Warrior barracks undergoes life-changing improvements

Lance Cpl. Tyler L. Main
Combat Correspondent

Being laid up in a hospital bed unable to move or perform like you used to seems hard enough, but having to do that and be kept away from friends and family sounds like a nightmare.

Fortunately, the Marine Corps Base Hawaii's Wounded Warrior Battalion West Detachment Hawaii is adding two new American Disabilities Act compliant rooms to their facilities. This means Marines will be able to do more for themselves.

Previously, Marines may have had to stay at a hospital, separated from their everyday lives.

Now, with the new ADA rooms available, Marines will be a shorter distance from any base housing and right across the street from the commissary, chapel and post office.

"These new rooms will feature totally remodeled bathrooms, so that the Marine restricted by a wheelchair or other disabilities will be able to do his daily living with less or even no help," said Lt. Col. Gregory D. Price, the commanding officer for WWBW Det HI.

"Additionally, automatic door openers and specialized hospital beds will also be available to Marines

in the new rooms."

The new hospital beds are the most important addition to the rooms, say many patients and leaders. The specialized bed automatically inclines and declines using buttons on the side and has side rails patients can use to push themselves up.

According to patient Lance Cpl. Travis L. Tarun, he wouldn't be able to sit up, or get out of bed on his own without the specialized bed.

These beds would normally cost almost \$4,700 each, according to the Government Service Agency. But because of a program called "GSA Xcess" the Marine Corps was given the beds for free and saved more than \$13,900.

"Without this bed, I would have had to stack up a bunch of pillows to keep me upright like my post-surgery rehabilitation requires," he said. "It probably would have ended up causing more damage because I'm not supposed to use any abdominal muscles.

"I'm stubborn and like doing things on my own so [now] I don't have to have anyone help me with this bed."

Another feature of the new rooms is the maid service. With the two extra rooms, the maids will help wounded Marines if they need it.

According to Price, the battalion and the Hawaii wounded warriors are in great need of these rooms and more like it. The battalion only has three rooms now, but will have five total after construction is completed for an additional two rooms.

"We let other units not a part of the Wounded Warrior Battalion, use our ADA rooms, too, so it's common to have at least one or two Marines occupying our facilities at all times, he said. "There have been times where we needed more beds to accommodate more Marines and we always want to be prepared for a worst case scenario."

The battalion hasn't stopped the additions to just these two rooms though.

"We've submitted the initial paper work to eventually get our own barracks where every room will be ADA compliant," he said. "We have a lot of support behind us for that."

Regardless, Price and the battalion will continue to give warriors the best they can.

"We have to make sure that our Hawaii wounded warriors have the best accommodations available to them while they're here," Price said.

The new rooms are slated to finish July 1.

MAG-24 lands new leader

New commander leads Kaneohe Bay's MAG-24

Christine Cabalo
Photojournalist

Marine Aircraft Group 24 had a smooth takeoff as they welcomed incoming commander Col. Richard Caputo Jr. during the Friday change of command ceremony.

With the passing of the unit's colors and leadership to Caputo, Col. Joaquin Malavet stepped down to take on his new position as the aviation expeditionary enabler branch head in Washington, D.C.

"I'm going to continue our combat training and get ready for our next deployment," said Caputo, of Providence, R.I.

Backed by fanfare from the Marine Forces Pacific Band, Maj. Gen. Raymond Fox, commanding general, 1st Marine Aircraft Wing, wished both colonels good luck in their new jobs.

He noted the two leaders share many characteristics including tours with K-Bay's Marine Heavy Helicopter 463. Both have worked with the CH-53 Sea Stallion helicopters while a part of "Pegasus" squadron.

"It's the same thing — [Caputo] has had success with squadrons in combat," said Fox, from Spokane, Wa. "He can lead the Marines in tough, challenging missions."

The incoming MAG-24 leader returns to K-Bay, since he was last here in 2002 as the HMH-363 "Red Lions" as the Aircraft Maintenance Officer.

"[He] can produce combat-ready squadrons and it's as real as it gets," the 1st MAW commander said. "Marines in MAG-24 know combat."

In one of his more recent combat tours, Caputo assumed command of Marine Heavy Helicopter Squadron 361 in 2005. Leading the "Flying Tigers," Caputo guided the squadron in combat assault operations out of al Asad Airbase, Iraq.

Before assuming command Friday, Caputo was Deputy Plans Chief at United States Special Operations Command in Tampa, Fla. He oversaw operational planning and assisted in campaign design.

Caputo said he was proud to be back in Hawaii and look forward to serving with the Marines who were once in the same position he was. Since his return, the new MAG-24 leader said he was glad to see the helicopters in fighting form.

"I've never in my career seen [the helicopters] in such great shape," Caputo said. "It makes me even more motivated."

Both Fox and Caputo saluted the former MAG-24 leader's efforts to keep the squadrons of Sea Stallions ready for any mission. Fox reminded audiences each squadron has received awards for multiple hours of safe flying time. It's a standard Fox said he's confident the new MAG-24 leader can succeed in.

"MAG-24, I'm so very proud of you," said Malavet, of Denville, N.J. "You are magnificent warriors. I thank you for your tenacity, unselfish spirit and unconquerable will to win. You will excel under the leadership of Col. Caputo."

He praised the Marines and sailors for their dedication as well as reminded them of the unique connection MAG-24 has with ground units. His unit just as keenly felt losses K-Bay's infantry units faced on the ground, Malavet said.

The former MAG-24 leader noted no matter who's in charge, the unit's continuing goal is always being combat ready for any situation, in any place.

"Last year HMH-362 Ugly Angels deployed to Iraq then redeployed to Afghanistan within 45 days," he said.

"[They] led the initial assault across the Helmund River Valley. Our Corps hasn't witnessed that kind of squadron expeditionary capacity since the Korean War."

HONOR, from A-1

chance to learn about the fallen service members.

He and Sgt. Dustin Ramirez, tech controller, 3rd Marines, agreed the morning memorial was a needed moment to reflect on the lives of those who made the ultimate sacrifice.

Ramirez, who held the unit's colors in front of a battlefield cross, listened to his commander speak about Sgt. Rafael Peralta who posthumously received the Navy Cross — and about how the fallen 1st Battalion, 3rd Marine Regiment infantryman touched many lives.

"The most inspiring story for me was how we still had a Marine leading a squad here who was with Peralta," said Ramirez, of Fairfield, Calif. "Through [Peralta's] sacrifice, we still have someone here leading other Marines, and he'll take away those memories and do a good job."

Standing with fellow 3rd Marines members during the memorial, Lance Cpl. Shane McGee, field radio operator, 3rd Marines, said participating was especially important for him.

"If we don't honor those who died, who will be around to remember them?" said McGee from Denham Springs, La. "We have to remember how hard they fought and to honor the lives of those who've fallen."

The Friday morning memorial was scheduled so that as many people as possible from the regiment could be there, said 1st Sgt. Sean Walker, Headquarters Company first sergeant, 3rd Marines. Attendees also included several returning members of 1st Battalion, 3rd Marine Regiment who were deployed to Afghanistan.

"Third Marine Regiment is one of the most deployed units," said Walker, of Syracuse, N.Y. "And we've had one of the highest death rates since 2005. The memorial is both a reset and reminder."



Christine Cabalo | Hawaii Marine
Sgt. Dustin Ramirez, tech controller, 3rd Marine Regiment, stands with the colors of the unit and a battlefield cross during a morning memorial ceremony Friday. Ramirez was one of more than 1,200 of the regiment who stood in formation and as the names of 114 fallen service members were read aloud at Fort Hase Beach.

Walker and Bierman agreed everyone in the regiment needed to remember and celebrate the memory of the 114 fallen in their own personal actions. The commander said in any setting, it is critical for every Marine to act in ways that would make the fallen proud.

"We cherish the memories of our

fellow Marines and sailors," said Bierman, of Fairfax, Va. "We honor their memories — not just through our words, but through our actions."

In the upcoming weeks, Walker noted the regiment continues deployment training and will participate in the Rim of the Pacific Exercise beginning this month.



Sgt. Mark Fayloga | Regimental Combat Team 7

Using an interpreter, Lt. Col. Matt Baker, commanding officer, 1st Battalion, 3rd Marine Regiment, talks with a former Taliban commander after a reintegration shura at Forward Operating Base Geronimo June 1. An Afghanistan National Army general released the former Taliban commander after deeming he was no longer a threat. At the shura, the former Taliban commander vowed to participate in the peace and prosperity of Nawa.

BRAVE, from A-1

concerns) in the Nawa area responsible for the production of improvised explosive devices and recruiting fighters, was released by an ANA general after months in detainment when it was determined he was no longer a threat.

Both government and tribal leaders vouched for the former Taliban leader's intent to reintegrate into the area as a peaceful citizen during the brief meeting. His reintegration is only the fourth in Afghanistan.

"In any counterinsurgency, eventually this has to be a part of the peace process," Lt. Col. Jeffrey C. Holt, commanding officer, 3rd Battalion, 3rd Marine Regiment, said.

After the shura the former leader spoke with Lt. Col. Matt Baker, commanding officer, 1st Battalion, 3rd Marine Regiment, and Holt, whose battalion is set to take over 1/3's area of operations in the coming days.

"He vowed to participate in the peace and prosperity that the people of Nawa enjoy," Holt, from Dallas, said. "The greatest challenge is how do you reintegrate the Taliban into the peace process? We're brave enough to do it in Nawa. The question is, how do you spread that? We know this guy believes that we're here to help people prosper and make them more self-sufficient."

The U.S. deemed the former enemy commander was no longer a threat, but ultimately it was the decision of Afghan leaders to allow him to reintegrate.

"An Afghan general released him

today," Holt said. "This was an Afghan-led shura. The only Marine who spoke at it, for a few words, was Lt. Col. Baker. It's great to see that the Afghans are taking so much of a role in all of our lines of operation: leading patrols, leading governance. Instead of doing or enabling, we find ourselves watching — with pride."

For many, the question remains: how can you trust him and other enemy leaders won't return to old ways after reintegrating? Holt has an answer.

"Don't give him a choice," he said. "Give him a job. He needs work just like any other guy. Give him whatever he needs: security, success, anything possible to make a better life."

Holt believes it's possible for the Taliban to move away from extremism and become a legitimate political party, one that supports the Government of the Islamic Republic of Afghanistan, and cited the Sunnis in Western Iraq as an example of how reintegration can be successful.

"I hope the Taliban understands that we're here to help the people and that includes them — that includes the Taliban as long as they want to reintegrate," Holt said.

The 3/3 commander understands there is risk in integration, but said you have to make peace. He said he isn't ready to call the reintegration of one member of the Taliban a tipping point in the war, but he is hopeful.

"Without hope we have no future," Holt said. "It is our hope they choose peace."

"I think they're tired of war."



Lance Cpl. Vanessa M. American Horse | Hawaii Marine

Sgt. Nicholas C. "Katfish" Kastilahn, platoon sergeant, Jump Platoon, 1st Battalion, 3rd Marine Regiment, greets his son, amazed with his rifle, after returning from a seven-month deployment to Afghanistan in support of Operation Enduring Freedom Wednesday.

RETURN, from A-1

Some of the projects included reconstruction and repair of medical buildings, schools, roads and businesses.

To boost the economy, an improved irrigation canal was built and micro-grants were distributed to help locals sustain businesses.

"The majority of our focus remained on the people of Afghanistan because they're ultimately why we're there," said Sgt. Maj. Dwight D. Jones. "I relayed to the men upon our arrival in November that it was our obligation to make it better than when we got it. I feel good to report that it is better than when we got it

from 1/5 and 3/3 will make it better for the unit that relieves them, too."

As 3rd Battalion, 3rd Marines takes over, they can take advantage of the progress 1/3 made on updating the living conditions at Geronimo.

Wells and running water for showers have been constructed to ease the stress on incoming service members.

According to Martinez, 1/3 went from living in tents under the stars to sturdy South West Asia huts carried over from the Pacific theater.

The Lava Dogs will continue to prepare for a Pohakuloa Training Area exercise, Mojave Viper and, ultimately, their deployment back to Afghanistan in 2011.

Home improvement: Klipper Villas win design competition

Christine Cabalo

Photojournalist

Klipper Villas nailed it as a grand award winner in the Building Industry Association of Hawaii's 25th Annual BIA Renaissance Building and Remodeling Awards held last month.

Located near Klipper Golf Course here, the former standard homes no longer needed by the Base Housing Department have been renovated as luxury rentals.

"Moving families, larger families in particular, can have difficulty in ensuring lodging for a month or two months it takes to get regular housing," said Honolulu resident Bruce Arai, facilities manager, The Lodge at Kaneohe Bay. "We saw this as an opportunity to provide long-term temporary housing."

Renovations took several months to complete before the first renters moved in November 2009.

The project cost approximately \$2.5 million, as crews completely gutted the structure. Shaded outdoor spaces and architectural features like trellises were built to offer renters more options for living space.

From the old structure, builders crafted five separated units with two bedrooms each. Every unit is set up like a house or an apartment, with connected but sectioned off bedrooms.

"At The Lodge we do have connecting rooms, but they're not separated bedrooms," said Mia Ng, manager, The Lodge at Kaneohe Bay. "It's a different setup at Klipper Villas. It's more like a house versus a hotel."

New amenities including a full kitchen, dining spaces and separate laundry areas for each unit were also included.

The overall goal was to make the villas feel more like homes rather than transient hotel rooms, she said.

Renovating the building on budget and meeting approval from several government organizations was an irresistible challenge, said Louis Fung, principal and president, Fung Associates



Christine Cabalo | Hawaii Marine

Newly renovated Klipper Villas won the grand award for residential remodeling costing more than \$500,000 from the Building Industry Association of Hawaii last month. Previously standard base housing, the villas were updated in November 2009.

Inc. His firm has designed several local residences and commercial structures including Japanese restaurant Goma Tei locations in Ala Moana Center and Ward Centre in Honolulu.

Fung, originally from Hong Kong, said the project was a perfect example of how teamwork is needed to create the best quality building.

"The other challenge was being so close to the ocean, nothing survives well," he said. "Anything that durable could also look very ugly. So we have chosen materials that are beautiful and durable. And the contractor was willing to accommodate in many other ways without changes in cost."

Fung brought in his company's hotel

design team to work on the Klipper Villas to echo their previous work in commercial hotels. Warm neutrals with pops of color were used rather than white or beige features.

"We really wanted to make it a comfortable, relaxing place to stay for anyone," Ng said.

Four more structures, also previously used as base housing, are on the slate for a transformation into family-style rentals. All the buildings are in the same area near the golf course and could sport a similar golf cottage style. However, Ng and Arai said renovations for those buildings would be scheduled in the future once their department has enough funds.

Until then, active-duty personnel and their families have priority in booking time at villas. Although Department of Defense employees and retirees can also schedule time there, Ng said one of the main functions of the villas is to offer comfort to families moving into or out of the state.

Ng noted the villas have 90 to 98 percent occupancy rate. Families permanently changing stations have first priority in booking reservations.

"We want people to have a good first experience," Ng said. "Our mission is to make sure people who come here have a good experience in Hawaii."

For more information, contact The Lodge at Kaneohe Bay at 254-2806.

Sports & Health



Lance Cpl. Ronald W. Stauffer | Hawaii Marine

Anthony Patrick, Headquarters Battalion Hecklers right fielder, waits patiently at home plate for his chance to swing during an Intramural Softball League game at Annex Field Tuesday.

Hecklers bring down Jokers, 20-8

Lance Cpl. Ronald W. Stauffer
Combat Correspondent

Coming back from a shutout loss Monday, the Headquarters Battalion Hecklers defeated the Jokers 20-8 during an Intramural Softball League game at Annex Field Tuesday.

In an epic loss, 17-0, the night before, the Hecklers took the field with their heads held high for a new day and a new game.

"We're expecting kind of a both way game, because the team we're playing is tough," said Rodolfo Gutierrez, Hecklers coach. "But we're also tough, so it's going to be a good game."

Gutierrez said he planned on using a rover in the outfield because he knows the Jokers like to place hit the ball. He said his players are good base hitters, but they can get tempted to go for the fence resulting in pop flies.

The Hecklers led off in the first inning putting runners on. But a big hit, deep into left field, from their third baseman Thomas Soeurt, marked the first home run of the game. The hits kept coming.

The Jokers' offense finally brought the Hecklers to a stop with quick double play on an infield grounder, but not before giving up four runs.

Jokers went to bat, put a runner on first, but a light hit back to Heckler's pitcher Michael Howell resulted in an out at first base.

As the hits kept coming, John R. Barajas Jr., Jokers first baseman, was the first to cross home plate.

Howell pitched a strike out for the second out, but a second runner was able to come home on the next hit. And a short pop fly to Hecklers rover, J.P. Sanchez ended the inning.

The Hecklers' superb reign of batting continued straight through the top of the second inning.

A triple from Anthony Patrick, Hecklers right fielder, brought two runners home, and continued giving the Hecklers a hefty lead, 7-2, before their three outs.

Attempting to fight back, the Jokers put runners on, but weren't able to bring any runs in before the close of the inning.

Back in the box, Howell led off in the third inning with a base hit. Short after, his teammates followed in suit. With the bases loaded, the Hecklers batters kept the short hits over the infield coming, slowly advancing runners around the bases.

As the Jokers' defense fought to snag their three outs, the Hecklers were relentless at the plate. By the bottom of the inning, the Hecklers still led, 14-2.

The Jokers went to bat, and needed to put runs on the board if they were going to get back into the game.

As the hits slowly came around, runners moved around the bases, until a deep hit to the outfield from third baseman Jonathan Brettmann brought in three runners.

More runners came across home plate for a total of six runs, but it wasn't enough to even the score before the fourth inning.

The Hecklers continued cracking balls through the gaps and over the infield to continue their lead.

As the top of the inning continued, the Jokers pulled the three outs and were up for one last chance to bat.

Despite getting runners on base they weren't able to score and were brought down by a pop fly.

"It feels good to get the win," Gutierrez said. "We know we have the wins, but sometimes you come into the game hitting good and sometimes you don't. But tonight we played together as a team and we had good base hits."

Dragons, Black Widows fight to the finish



Lance Cpl. Tyler L. Main | Hawaii Marine

Black Widows forward Miguel Sandoval steals the ball then evades an opponent while trying to get into his opponents' territory last Friday during a regular season Intramural Soccer game. Only five minutes into the game, Sandoval put up the Black Widows' first point.

Lance Cpl. Tyler L. Main
Combat Correspondent

Of three regular season Intramural Soccer games played on Pop Warner Field last Friday, perhaps the most intense was the battle between the Marine Aviation Logistics Squadron-24 Black Widows and Navy Patrol Squadron Four Skinny Dragons, due to an aggressive tempo set by both teams, calling in a 2-2 tie.

The ball rarely stayed in midfield for long as both teams consistently stayed in scoring range, sending shots from all directions.

Black Widows forward Miguel Sandoval scored the first goal within the first five minutes, setting their sideline on fire. The hecklers stayed loud until the Skinny Dragons evened the score soon after.

Skinny Dragons forward John Wilson tied the game with a low shot to the corner of the goal, out of the reach of the Black Widows' goalie.

After the redeeming goal, the Dragons unsuccessfully tried a series of shots from deep inside the Black Widows' territory.

Throughout much of the first half, the ball went back and forth between both goals without getting in the net.

At the end of the first half, Black Widows forward David J. Mata delivered a smoking shot right past the Dragons' goalie into the bottom right corner of the net, putting the Widows up 2-1.

At the opening of the second half, Wilson came through to tie the score, 2-2, with a successful shot into the Black Widows' goal.

The Dragons kept their rivals working by keeping the ball near the Black Widows' goal while taking multiple shots. The Black Widows' defense held together and eventually took the ball downfield after enduring more than five minutes of the Dragons aggression.

Once in Dragons territory, four Black Widows players strategically set up a shot against one defender, but missed. The Black Widows returned the favor and kept the ball in their zone. The Widows shot five times but missed all.

With the score still tied 2-2, nearing the end of play, the Dragons went for the win. The teams battled back and forth at midfield until the Dragons' offense took the ball into scoring range. The team attempted two shots, missed and time expired leaving both teams with a tie on their records.

"One thing we have going for us is our forwards," said the Dragons' team captain. "We can trust them to get the job done if we get the ball in scoring range."

The Black Widows' Tyler McCreight suggested that "spreading the field" be more of a priority.

"Spreading the field is simple but very effective and something we need to take advantage of," he said. "The thinner you keep the defense will [help] open up more places the ball can go and eventually create more scoring opportunities."

Both teams continue to try to find their stride as they look forward to their sixth game with records of 2-3-1.

Surf's up, single service members!

Kristen Wong
Photojournalist

KALAELOA — The sun shone on the scores of White Plains Beach visitors. Small waves crashed across the shore, while children and adults alike grabbed their boards and headed for the cool water. Traversing across the hot sand in bare feet walked visitors from Marine Corps Base Hawaii, ready to dip in to their surfing lessons on Sunday.

The Single Marine and Sailor Program offers trips to White Plains Beach for surfing lessons in Kalaheo. For the past few months, single service members E-5 and below have been learning how to surf from instructors at Morale, Welfare and Recreation. Surfing lessons have been offered by the program as far back as 2008, according to Marcella T. Cisneros, coordinator, SMSP. Due

to popular demand, the number of surfing lessons has been doubled this year just in time for summer.

"I think it's a really fun experience," said Cisneros, of Casper, Wyo. "[It's] a really good beginner class ... it's enough to get you excited and want to continue it."

Chaperones take up to 15 people at a time to ride the waves for up to two and a half hours. The fee includes transportation, equipment rental and a meal. Cisneros recommends that patrons bring a towel, sunscreen and a change of clothes.

Beginners are encouraged to learn how to surf on longboards, which are bigger and better for flotation, according to Kyle Candilasa, outdoor recreation specialist, MWR.

See *SURE*, B-6



Kristen Wong | Hawaii Marine

Cpl. Andrew Lahey, bandsman, MarForPac Band, of Sycamore, Ill., and Lance Cpl. Said Castelan, rifleman, 3rd Marine Regiment, of Houston, practice surfing at White Plains Beach June 6.

CPRW-2 puts their bodies in motion



Photos by Lance Cpl. Ronald W. Stauffer | Hawaii Marine

Fitness expert and TV icon Gilad Janklowicz leads members of Commander Patrol and Reconnaissance Wing Two in a stretching exercise during a physical training session at the Semper Fit Center gymnasium, Tuesday.



Petty Officer 1st Class Katherine Warner, Navy counselor, rests and stretches in child's pose during a physical training session with fitness expert Gilad Janklowicz at the Semper Fit Center gymnasium, Tuesday.



Gilad Janklowicz motivates members of Commander Patrol and Reconnaissance Wing Two during a physical training session at the Semper Fit Center gymnasium, Tuesday.

Sailors from MCB Hawaii get their day started with a motivated PT session with TV fitness celebrity, Gilad Janklowicz

Lance Cpl. Ronald W. Stauffer
Combat Correspondent

Commander Patrol and Reconnaissance Wing Two members got a morning of full body circuit training hosted courtesy of TV fitness expert Gilad Janklowicz, at the Semper Fit Center gymnasium Tuesday.

Rocking out to a techno beat and with beads of sweat shining like a disco ball, sailors reached, bent and stretched to a new form of physical fitness.

"It's redefined plyometrics," Janklowicz said. "I think it gives them something different, and it's a pleasure to work with the military."

According to Janklowicz, the routine was an improvised workout, which included cardiovascular exercises, stretching and strength training. He said he's a stickler for form and keeping his workouts safe.

"If you really stay strict to it, it's a total body workout," said Navy Capt. Rodney M. Urbano, CPRW-2 Commodore. "It was enjoyable to do something different, and I think everyone enjoyed it. And having a celebrity added extra motivation."

Urbano said he's been watching Janklowicz on TV since the mid 80s, when his shows were one of the few broadcast on ESPN. He pointed out extreme exercises aren't needed to get a challenging workout, as demonstrated by Janklowicz.

Lt. Chris Denton, Broad Area Maritime Demonstrations-Operations officer, said the workout is something you don't see very often, and it felt like he used every major muscle group. He also enjoyed the tempo and the high level of the training.

"It's something I'm not used to, but it was a lot of fun and I'd do it again," Denton said. "It's the perfect low impact aspect of training."

Petty Officer 1st Class Katherine Warner, Navy counselor, said she found the music to be inspiring.

"It was awesome, and I love working out with music," Warner said. "It was intense, and I was giving it my all, but the music made a big difference."

Warner said she's a cardio kickboxing enthusiast and prefers group workouts. She believed Tuesday's workout built camaraderie within the wing's members. She also said the workout might have taken some people out of their comfort zone, challenging them and showing them a totally different side of some people.

Janklowicz expressed that he tries to incorporate rhythm and music because people have fun while they're exercising.

"The [sailors] don't want to see the same people up on the stage," said Chief Petty Officer Jason E. Vaught, lead petty officer of weapons and tactics unit and the command fitness leader. "We want variety, and I think everyone did well. There was a good response."

Vaught said he plans on implementing Janklowicz's techniques into their own physical training because he enjoyed the way he conducts circuit training.

"It's versatile, and everyone was upbeat," Vaught said. "Circuit training is for all levels."

Janklowicz has recorded more than 20 fitness shows on the base and hopes to continue working with the military.

“ I think it gives them something different, and it's a pleasure to work with the military. ”

— Gilad Janklowicz

Commander's FITNESS SERIES

To register for events in the Commander's Fitness Series visit the Semper Fit Center or go to the MCCS website at <http://www.mccshawaii.com/cgfit.htm>.

For more information about the events, call Tina Lui at 254-7590.

VP-47 5K Runway Run
Sunday, July 4

All of Oahu is invited to get physical and enter the VP-47 5k Runway Run at 7 a.m. The race starts and finishes at Hangar 104, and takes runners along the MCB Hawaii flightline, catching glimpses of historic Pyramid Rock. MCCS will present awards to the top three finishers in various age groups, as well as the top three overall men and women finishers.

MCAS Tradewind Triathlon
Sunday, Aug. 15

The MCAS Tradewind Triathlon is a challenging triathlon offered in Hawaii this year, so get registered early. It includes a 500-meter swim followed by an 11.1-mile bike course, and ending with a 5-kilometer run. This event is ideal for amateur or experienced triathletes, and even serves as the official Hawaii Senior Olympic Triathlon for 2010.

HSL-37 Splash & Dash Biathlon
Saturday, Oct. 16

Enter the HSL-37 "Easyriders" Splash & Dash Biathlon. The race begins with a 500-meter open water swim, then grab your running shoes and head around the flightline for the five-kilometer foot race.

Running by the flightline enhances the race by giving participants a military feel during their run. The scenery is beautiful and runners get a chance to run on an active taxiway and see military aircraft.

Jingle Bell Jog
Tentatively December

Jog off that Thanksgiving feast! This 8K run will help you stay fit throughout the holiday season.

In the spirit of the season, a one-mile Family Fun Run will take place after the race.

Spotlight On Sports

Sports Briefs

Criterion Bike Race Series

MCCS and others will conduct a series of Criterion bike races as part of the Commanding Officer's Semper Fit Series Sunday. Participants may sign up online for a fee at <http://www.mccshawaii.com/cgfit.htm>. The deadline for registration online for the June 13 race is today. You can register in person the day of the race by 2:30 p.m., 30 minutes prior to kick-off. Race participants may also turn in registration forms aboard MCB Hawaii at the Semper Fitness Center (Building 3037), and the Fit Center (Building 2C) aboard Camp Smith. Points of contact for these events are Staff Sgt. Salgado at 257-1113/8576 or Karlo. Salgado@usmc.mil, and MCCS Varsity Sports Coordinator Tina Lui at 254-7590 or luicm@usmc-mccs.org.

Personal Trainers Available at Semper Fit

For those looking to get into a tailored exercise regimen, or just looking for good advice on weight management and weight control, the Semper Fit Center offers free personal training consultation. You can schedule an appointment with a trainer who will take body fat measurements, blood pressure and heart rate readings. For a small fee per workout, a professional trainer will actually work with you to ensure maximum efficiency. Patrons may sign up for an initial assessment and one session a week up to three weeks. Because of a high demand for personal trainer appointments, patrons must wait four weeks between sessions following the initial three visits. For more information, contact Semper Fit at 254-7597.

Adventure Training Program

Designed to promote unit cohesiveness and enhance confidence in the water, Adventure Training is a fun alternative to regular unit workouts. Learn different water sports and do P.T. at the same time. Classes are offered in scuba, kayaking, power-boating and water skiing. Adventure Training is offered at no charge to all Marine Corps Base Hawaii units. Training NCOs and SNCOs should call the Base Marina at 254-7667 for more information.

Satellite Fitness Centers

A Satellite Fitness Center is located in Building 1033 and the Flightline Mini-Gym, Building 301. Free weights and weight machines are available for use at these locations. Hours vary due to operational commitments. Call 254-7594 for more information.

The Health Promotion Program

The Health Promotion Program at MCB Hawaii is a branch of the Semper Fitness Division of MCCS and is under the direction of HP Coordinator, Dan Dufrene. The Health Promotion Program umbrella embodies nine key elements, which guide patrons to live a healthy lifestyle.

Education sessions on the material are available to active duty service members, family members, retired military, civilian employees, units and organizations. Informational displays and literature are also available.

To find out more, please call the Health Promotion Program at 254-7636. E-mail dufrened@usmc-mccs.org.

Semper Fit Group classes

Boot Camp

This class is an extremely intense cardio workout with a tough strengthening portion that is sometimes held in the basketball court for a more intense workout.

Cardio Kick

If you're trying to get rid of pent up frustration or just looking for an awesome workout, this is the class for you! This high-energy class incorporates punches and kick combos to improve endurance, speed and agility, while burning calories and increasing muscle tone.

Cycling

Tired of those boring three-mile runs? Well, come for a ride with us. This class uses specialized stationary bikes to help you burn a large amount of calories and tone up while improving your core strength. Set to specialized music as you pedal off the pounds.

Gut Cut

You've heard the stories. Come experience it for yourself — or are you scared? This 30-minute abdominal class is designed to strengthen your core muscles.

High Intensity Circuit Training

Put the "fun" back into functional training! This is a great workout for people on the go. This hour-long class will incorporate a series of circuits designed to challenge your muscular endurance and will strengthen your cardiovascular system.

Lower Body Blast

Want to tone up your legs? This class targets all the major muscle groups in your legs, including your core muscles. Strengthening these muscles will not only help firm up those areas but also maintain a healthy posture.

Muscle Conditioning

Not coordinated for a traditional aerobics class? This class has minimal choreography so this is safe. A muscular endurance workout using hand weights and bands to work all muscle groups.

Pilates

This amazing class uses a powerful series of non-impact exercises for total body sculpting. This class will help develop strength, flexibility, balance, and weight loss to sculpt lean, long muscles and reshape your body from head to toe.

PiYo

If pilates and yoga were mixed together, this is what you would get. This class will help develop strength, flexibility and balance to sculpt long, lean muscles. With pilates, yoga and a combo of upbeat moves, this mat class will get your blood flowing while reshaping you from head to toe.

Power Yoga

If you're looking for a class to increase strength, stamina and flexibility, this class is for you. They use yoga postures that are an excellent cross-training routine for athletes, along with poses to calm the mind and body.

Speed and Agility

Swifter, Higher, Stronger ... Train like an athlete. This class focuses on developing strength, power, balance and agility while maintaining flexibility. Dynamics of this class include plyometric type exercises designed to produce fast, powerful movements and improve functions of the nervous system while increasing foot speed.

Step

This is a tried and true classic. Fads come and go, but step endures all. This fundamental class focuses on getting a great workout on the steps with basic choreography — nothing fancy — just hard work and a ton of sweat.

Step and Tone

The best of both worlds in one class! A great step class and some resistance training in an hour and 15 minutes. Get your heart pumping with an upbeat step session that will tone your muscles.

Step Challenge

To step it up even more. This class is for the seasoned stepper or for those just looking for a challenge. This class is a full hour of fun and challenging choreography.

Water Aerobics

This non-impact workout is excellent for cardiovascular conditioning, flexibility and strengthening. Aqua training is a terrific way to gain fitness without the stresses of gravity experienced in land-based training.

Zumba

This is a Latin inspired, dance-fitness class incorporating international music and dance movements. It includes a combination of fast and slow rhythms, that tone and sculpt. The class integrates aerobic, interval and resistance training. Dancers and non-dancers will have a blast while getting an incredible workout!

Normal hours of operation:

Monday-Friday, 4:30 a.m. - 10:30 p.m.
Saturday, 7 a.m. - 10 p.m.
Sunday and holidays, 7 a.m. - 6 p.m.

2010

INTRAMURAL

S

Spring
softball
chedule

TONIGHT

ANNEX FIELD

6 P.M. HQBN vs. COULSON

7 P.M. JOKERS vs. HMMH-463

8 P.M. 1/12 vs. HQBN

RISELEY FIELD

6 P.M. CLB-3 #2 vs. CPRW-2

7 P.M. CLB-3 #2 vs. BREWER

8 P.M. VP-47 vs. DRAGONS

MONDAY

ANNEX FIELD

6 P.M. VP-4 vs. BLACK KNIGHT

7 P.M. 2/3 vs. HSL-37

8 P.M. 2/3 vs. 3D MAR REG

RISELEY FIELD

6 P.M. CLB-3 #2 vs. HMMH-463

7 P.M. COULSON vs. MALS-24

8 P.M. CPRW-2 vs. CLB-3 #1

TUESDAY

ANNEX FIELD

6 P.M. JOKERS vs. HSL-37

7 P.M. BLACK KNIGHT BN vs. BREWER

8 P.M. VP-4 vs. MARFORPAC

RISELEY FIELD

6 P.M. CPRW-2 vs. HQBN

7 P.M. 3rd RADIO BN vs. VP-47

8 P.M. 1/12 BN vs. CLB-3 #1

Real sports don't have to pose

Sgt. Scott Wittington
Combat Correspondent

If bodybuilding is a sport, so should washing dishes or tying shoes. This is the point where everyone with no neck and ILS (Invisible Lat Syndrome) gets all huffy. We're talking about sports, not posing.

Let's break down what happens at the most intense moment of the competitions. A guy walks out to center stage with some energetic music, he shakes his leg, and ... wait for it, wait for it ... he grits his teeth and performs his best Hulk Hogan impression, showing off his shoulder and arm muscles. The crowd of dozens goes crazy. Whoa, that was intense.

Give me a break. He's posing and I might add some of those poses are a little dainty. I will concede that it's a competition but in no way a sport.

To be a sport, an activity has to have participants with a certain skill to perform and usually pits one person or team against another or multiple people or teams. What skill is displayed in bodybuilding?

An average person can work out so much that they get huge and would be considered a bodybuilder. They can eat right so they're lean. That doesn't take

skill — only discipline.

My buddy played basketball all his life and he schools everyone down at the beach courts, but you won't see him making Right Guard commercials. When was the last time a bodybuilding competition sold out a major stadium? Which moment is more historic — Arnold Schwarzenegger winning Mr. Universe in 1968 or Mark McGuire breaking the single-season homerun record? I'm sure you will make a crack about Mark's alleged juicing. Well, at least he was playing a sport with his muscles.

If the huffy people are still reading, they're probably thinking, it's hard work to train to have this body. "I'm a body builder," is a manly way to say you're a model with gross muscles. If body building is a sport then Miss Jay is like Vince Lombardi. Trust me, I just caught a glimpse of that show while I was channel flipping. I didn't watch it ... too much.

Big strong people have sports though like The Strongest Man, but I think that ended in the 80s. I only know about that because I saw a couple of them on ESPN 9 or something like that. I thought it was funny to watch them lift tires or European cars. Oh well, at least you bodybuilders have Arnold to look up to as a role model. I'm not knocking him at all, but there hasn't been any stand outs since. We know Arnold because he made movies and runs California now, but if I dropped the names Jay Cutler or Alexey Netesanov, would you be able to tell me who they are or pick them out in a crowd? You'll probably Google them later. I had to.

It may be semantics or word choice, but there is a strong difference in sports and competitions. You don't have friends over to watch the 65-inch, flat screen to watch men and women flex. If I had a choice between body building and a hot dog-eating contest, I think I'd choose food. Someone might vomit and that's entertaining.



Bodybuilding

VS is a recurring column tackling debatable issues in the sports world. Hawaii Marine readers can submit a subject for future columns by e-mailing their ideas to hmeditor@hawaiimarine.com. If there's a topic you would like to discuss/defend or if you think we missed the mark, let us know and you could see your "opinion," regardless of how wrong it is, below. Suit up ladies ... it's game time.



WHITTINGTON



STAUFFER

Only the strong survive

Lance Cpl. Ronald W. Stauffer
Combat Correspondent

It's 4 a.m., your eyes are still squinting because you're not awake yet and the musky smell of sweat fills your nose. You look around the gym and see everyone else grunting and pushing. Disgust fills your head and when you look in the mirror a fuel of rage and determination consumes your body. It's time to go to work.

The sport of bodybuilding has consumed the world since the 19th century, pitting you against everyone. But in the end only one man will prosper, and he shall be called Mr. Olympia.

In this new modern age, the game has changed due to dietary supplements and body enhancing chemicals, but the weights will always stay the same.

The human body is a piece of clay that can be sculpted and molded into almost anything desired, but unlike ball-wielding delinquents or those who try and hit things, it takes time and discipline to create the perfect physique.

Anyschmuck can pick up a ball and learn how to throw it, catch it or hit it. But the sheer amazement of a person perfecting their

body is a force to be reckoned with. It comes with maturity and the will to be better.

What people fail to realize are the factors that go into accomplishing such a feat. Skeptics may think it's a matter of lifting heavy weights. And although this may play a large role in getting to where one wants to be, it's not enough.

Eating is a huge part of bodybuilding because it's what fuels the body. According to bodybuilding.com, a bodybuilder will consume more than 3,000 calories a day. That's 1,000 more than the daily value of the average person. The difference is this is healthy eating.

And believe it or not, bodybuilders perform cardiovascular exercise. They might not be track stars, but they make good use of cardio equipment. I'm sure no one has really seen a bodybuilder run because in all actuality they waddle at a very fast pace.

Some might say that all bodybuilders are needle-injecting, pill-popping steroid junkies and that's the only way they can do what they do. And to that I say stick another Twinkie in your mouth before you get off the couch.

It's not for everyone, but everyone can attempt it. Just like basketball players are tall, bodybuilders are bred from genetics. They're almost like a super

race of muscular structured beings. It's funny how people like to judge others on appearance, so what can you say about a bodybuilder? Would you call them ugly and vain? How about the coined phrase "meat head," which almost every jock in the world has been called?

I would call them perfect or striving to be. Look at Arnold Schwarzenegger. He was awarded the title of Mr. Universe at age 22 and went on to win the Mr. Olympia contest a total of seven times.

He's gained worldwide fame as a Hollywood action film icon and is now the serving as the 38th governor of California. Somebody, tell me where he went wrong in his strife for perfection.



...unlike ball-wielding delinquents or those who try and hit things, it takes time and discipline to create the perfect physique."

“I'm a body builder," is a manly way to say you're a model with gross muscles. If body building is a sport then Miss Jay is like Vince Lombardi.”

READY FOR RUGBY



Christine Cabalo | Hawaii Marine

Hanno O'Neill, landscaper, The Lodge, begins to kick a rugby ball during a practice drill June 3 near Building 216. O'Neill is one of several regular players who team up to play weekly games. O'Neill said he's looking for more players at Marine Corps Base Hawaii.



Kristen Wong | Hawaii Marine

Lance Cpl. Said Castelan, rifleman, 3rd Marine Regiment, of Houston, returns from the water at White Plains Beach June 6.

SURE, from B-1

Candilasa, of Pearl City, instructed participants on surfing on June 6. Shortboards are often used for doing tricks.

While White Plains Beach has better conditions for beginning surfers, Candilasa said more advanced surfers usually go for North Shore waves. Although everyone is different, he estimates the average person practicing every weekend could learn basic wave catching in about a month. He recommends a lot of practice.

"It's hard just to get up one day, go out surfing and be able to catch a lot of waves," Candilasa said.

Candilasa, who has been surfing for about 10 years, has been an instructor for four years. He said one of the common mistakes people make is attempting to stand on the board as soon as a wave hits.

"You know you're on the wave when you stop paddling and you're going at a pretty good speed," Candilasa said. "From there that's when you know you want to stand up."

He recommended that people wear rash guards, which are essentially surfing shirts, because surfing without a top can cause skin rashes.

Sgt. Thomas Howard, motor

transport mechanic, Combat Logistics Battalion 3, of Tifton, Ga., is the vice president of SMSP. He remembered his first time surfing as being "cool" but "painful," because he forgot to wear a rash guard.

"That was awesome," said Lance Cpl. Said Castelan, rifleman, 3rd Marine Regiment, soaking wet from head to toe, board in hand. "It felt good out there standing on the board ... I've been here for three years and I finally decided to try out the island."

Castelan, of Houston, said this was his fifth time coming to White Plains Beach. Until June 6, he'd called previous times surfing as "attempts."

"I can finally say I went surfing," Castelan said.

For others, June 6 was the first time surfing, like Cpl. Andrew Lahey, bandsman, U.S. Marine Corps Forces Pacific, Band. Lahey, a volunteer for SMSP, said the hardest part about surfing was "reading the wave."

"I got up [on the board] twice and spent the rest of the time making a ginormous fool of myself," said Lahey, of Sycamore, Ill.

"It's an all in all good time," Howard said. "We get to meet new people and have a lovely little meal."

For more information on SMSP, call Cisneros at 254-7593.

Hawaii Marine Lifestyles

North Shore Shark Adventures provides up close and personal shark encounters

Haleiwa native and shark tour guide Capt. Dave F. Cunningham helps vacationers Rebecca Hynam of East Grinstead, England, Sarah Carber of Bournemouth, England and Ellie Bunze of Gilford, England out of the shark cage following their tour off the coast of Haleiwa April 8. "We are headed to the mainland United States and doing this tour puts a check in the box for accomplishing something most people never get to do," Bunze said.

Lance Cpl. Reece E. Lodder | Hawaii Marine



Scared Sharkless

Lance Cpl.
Reece E. Lodder
Combat Correspondent

HALEIWA — Hidden on the edge of historic Haleiwa, North Shore Shark Adventures brings patrons up close and personal with awe-inspiring sharks.

During a recent adventure, sailing three miles toward the sunrise off Oahu's beautiful North Shore, the company's custom 32-foot Anderson boat, Kailolo II, rumbles to a halt amidst shallow waves.

At the boat's stern, Haleiwa native and experienced Capt. Dave F. Cunningham lowers the metal cage into the water. Within moments, sandbar sharks have swarmed around it, leaving patrons of the tour standing with jaws agape.

He demonstrates how to safely enter and remain in the cage while preparing the first three adventurous patrons for the experience of a lifetime.

As her friends step into the cage, Ellie Bunze stands dumbfounded. "There's like 12 to 15 sharks in the water — they're everywhere!" said the vacationing Gilford, England native.

She turns around and grabs the rail. Before stepping into the water, she asks the captain, "Are they going to bite me?"

Cunningham assures her of her safety and she reluctantly dons her mask and steps into the cage. The water is frigid and combined with her nervousness, it seems to chill right to her soul. Though safely entombed in metal and thick plexiglass, she's still unsure. But now isn't the time to be scared.

The boat slowly inches away from the cage. Using a rope, Cunningham begins slapping the water. Curious of the commotion, sharks circle closer.

"I'm smacking the water with the boat ropes to attract the sharks," Cunningham said. "They think it's bait."

Together, Cunningham and his fellow guide, Capt. Tim F. Schumacher, quickly toss bait to the sharks before low-flying seagulls are able to snatch it up. At this time of the day, Schumacher explains, the sharks stay close to the ocean's surface.

"It's better to go on the tour at night or early in the morning," Schumacher said. "The fish [relax] then and the sharks stay up to hunt them."

Clearly visible through the crisp, cobalt blue water, a swarm of medium- and large-sized sandbar sharks gracefully glide inches from the cage, coming close enough to where one could see their eyes.

After enjoying a vacation stint on Maui, this was one of the last adventures for Bunze and her two friends on Oahu.

"We are headed to the mainland United States and doing this tour puts a check in the box for accomplishing something most people never get to do," she said.

Experiencing this tour helps erase many people's phobias, preconceived notions and negative thoughts about sharks, Schumacher said.

"We get a lot of flak from the anti-shark tour coalition," Schumacher said. "But as you can see, we're no different from that fishing boat over there, throwing bait and fish heads off the side of the boat."

ruthless killers they're made out to be.

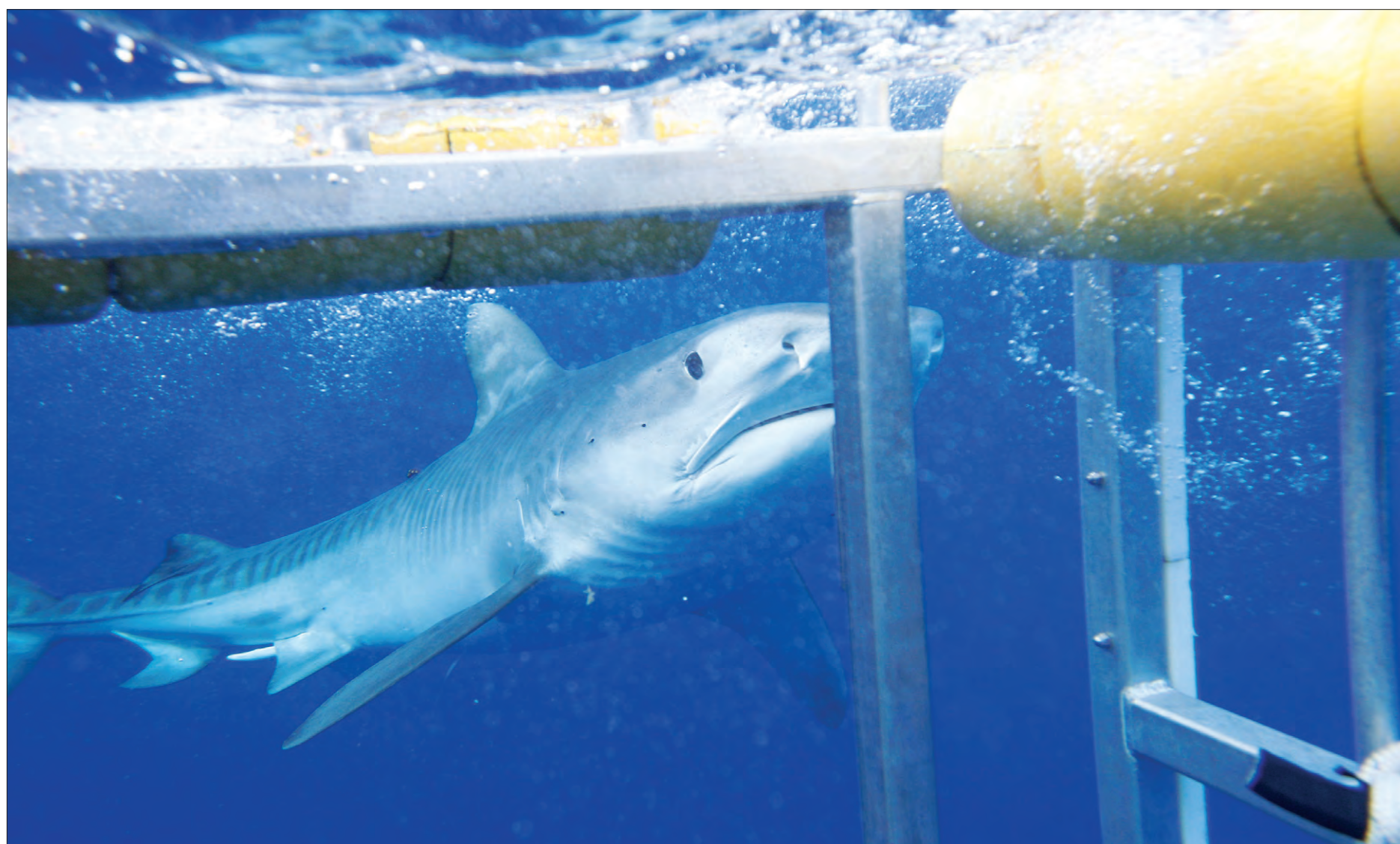
"Sharks spend 80 percent of their time on the ocean floor," Schumacher said. "We only see Galapagos and sandbar sharks on these tours since they stay around the islands. Of the thousands of trips I've been on, I've never seen an oceanic shark like a great white, or mako, out here like many movies suggest."

Dependent on the season, patrons of the tour are able to see green sea turtles, dolphins and humpback whales.

Discounted tour rates for military adults are available. Contact North Shore Shark Adventures at 228-5900.

Lance Cpl. Reece E. Lodder | Hawaii Marine

Two sandbar sharks swim near the shark cage and guide boat during a North Shore Shark Adventure tour off the coast of Haleiwa April 8.



Cpl. Alesha R. Guard | Hawaii Marine

A 13-foot Tiger Shark swims near the shark cage and guide boat during a North Shore Shark Adventure tour off the coast of Haleiwa. Depending on the season, patrons of the tour are able to see green sea turtles, dolphins or humpback whales.

PASS IN REVIEW



MacGruber explodes with laughter

Lance Cpl. Tyler L. Main
Combat Correspondent

Have you ever met anyone who was a Navy SEAL, an Army Ranger and a Green Beret, received 17 Purple Hearts, three Medals of Honor and seven Presidential Medals? Well prepare to meet MacGruber (Will Forte), America's super idiotic hero.

"MacGruber" is a Saturday Night Live sketch-turned-movie and is also the name of the film's protagonist.

As an avid SNL viewer, it was easy to appreciate the humor in this movie. But have no fear, if you appreciate any type of sketch or parody comedy, you'll enjoy "MacGruber" as well.

If you're familiar with and appreciate Will Forte's style, then you won't be denied your entertainment from "MacGruber." Forte, as always, plays MacGruber to perfection and even adds many new aspects to the character.

We're first introduced to MacGruber in a monastery-like setting. He has retreated there after faking his own death due to losing his wife on their wedding day. Sworn never to fight again and to live a life of seclusion and celibacy, MacGruber hasn't seen the real world in more than 10 years.

That is until he's approached by a Pentagon colonel looking to hire MacGruber as America's last defense against a mad man who plans to fire a thermonuclear warhead at Washington D.C. The culprit is Dieter Van Cunth (Val Kilmer), MacGruber's

arch nemesis and wife's murderer.

Somewhere between the crazy and explicit dialogue, crazy stunts and unorthodox strategies, "MacGruber" concocts a laugh out of almost anything.

The dialogue is vulgar, to say the least. Maybe it's not your family-friendly movie as this film made sure to earn its R rating.

Having originated from a very popular SNL skit, I thought a lot of the skits' repetitive plot would be incorporated in the movie, but is not. In SNL's skit version, MacGruber is a parody of the 1980s TV show "MacGyver."

MacGruber is flanked by Vicki St. Elmo (Kristin Wiig) and another character more often his father. Faced with a certain death situations MacGruber has to figure out a way to save the characters' lives using simple household products like paperclips, dental floss and chewing gum. In the skit, he never succeeds. An explosive usually blows up his team because something ridiculous sidetracks MacGruber.

The movie only portrays this side of MacGruber once. Being a lover of SNL and other skit comedy teams I enjoyed "MacGruber" long before there was a movie. But, as with most SNL pieces, the film was so one dimensional and only catered to certain audiences, it can only be considered a "good film" at best. Additionally, the crude dialogue could make even a salty Marine blush.

Your weekly guide to all aspects of entertainment

Welcome to the Pass In Review, your number one source for cinema, music, videogame, book and product reviews. The Pass In Review crew consists of more than 10 critics, each with their own idea of what makes a movie, album, game, product or book great. So be sure to take advantage of the Better Know A Critic section, which spotlights this week's critics to better help you choose the critic with opinions most like your own. Using our breakthrough four-point scale system you can quickly decipher what is worth your time and what isn't, or read the full review for an in-depth analysis and explanation of the rating. The rating system uses ammunition and range terminology, so if you're not familiar, here's a quick breakdown of the ratings ...

1/4 — No Impact, No Idea

Horrendous. Among the worst of the worst in its genre. Dedicating time to this is not only wasteful, but unforgivable. Avoid at all costs.



2/4 — High And To The Right

Mediocrity at its best. Lacks a few things that might have made it really good. A decent time waster, partake only if you have nothing better to do.



3/4 — On Target

Praiseworthy. A great endeavor, not quite an instant classic but still very entertaining. This is a sound investment of your time.



4/4 — Confirmed Kill

Genius. In the top 10 percent of its genre. This is the stuff legends are made of. Missing out on it would be a disservice to yourself.



So, there you have it and we hope you enjoy our weekly reviews. Don't forget, The Hawaii Marine accepts submissions from its readers so if you consider yourself a film buff, music aficionado, gaming geek or bookworm feel free to submit your own reviews. Or, if you disagree with a review published and want fellow readers to know the real scoop, send in a condensed review and we'll run it as a second opinion.



Electronic cigarette doesn't light path to quitting

Sgt. Scott W. Whittington
Combat Correspondent

I tried to quit smoking recently, but the method I chose wasn't the right one. I walked by a salesperson at a kiosk in the mall selling electronic cigarettes. There was a video of a man inhaling the product under a "No Smoking" sign and a waitress coming over to tell him to put it out. The man explains it's not a cigarette. She chuckles, he smiles. Everyone is happy. Could it be a fantasy world?

If you haven't seen this thing, it uses liquid nicotine, an atomizer and a battery. It's shaped like a real cigarette and even has a red LED light, simulating the cherry. After inhaling, the user exhales vapor, not smoke. No bad smell, no second-hand danger, according to the salesman. He forgot to mention the Food and Drug Administration takes the view point that these are considered drug-delivery devices and are detained or refused at the port of entry if discovered.

According to Action on Smoking and Health's website, the FDA had found that samples it tested contained detectable levels of known carcinogens and toxic chemicals.

I've been smoking for 18 years, and I'm ready to quit. So taking advice from the salesman, I bought one of the high-end devices that allow the users to control the amount of nicotine which helps wean them off cigarettes. This is what he said anyway. The cost is a bit high at \$150 plus any extra accessories, but that's less than a month's smoking for me. (A pack a day/\$6-\$7 a pack.) For those keeping score, that's

roughly \$2,000-\$2,500 a year.

Now it did keep me from smoking cigarettes while I was home but now I'm not sure that's a plus considering the chemicals the FDA mentioned. Note to self, do more research before buying something.

I've quit a few times before for three or six months, but it's never stuck. With a new motivation to quit — losing my dad to cancer because of smoking

— I decided to cut out all tobacco once and for all.

It's been a month since I quit cold turkey — the device and cigarettes — but this has been the hardest quit yet. The withdrawal symptoms are worse this time around. If I were handwriting this instead of typing it, you'd see the difference. My hands are still shaky, the cravings are intense and I recently went to sick call because my skin felt itchy everywhere. Doc said it's withdrawal symptoms. I'm not saying the E-Cig's pure, liquid nicotine and these symptoms are related, but I feel it's a little too coincidental.

Bottom line, smoking can lead to coronary disease, the number one cause of death in our country and lung cancer. I can tell you from watching and listening to my father die, I never want my family to see me wither away like that. It's not comfortable or a peaceful way to go.

No matter how invincible some people believe they are, smoking will bring them down. Choose to quit today, tomorrow may be one day too late.

No matter how invincible some people believe they are, smoking will bring them down. Choose to quit today, tomorrow may be one day too late.



(On Target)



(No Impact, No Idea)

Better Know A Critic



MAIN

Lance Cpl. Tyler L. Main believes a good movie stays in the back of your head even years after seeing it.

The dorky nature of Main makes it obvious he's into comedy. You might hear him quoting Will Ferrell and Jack Black films back and forth with friends. He loves to make fun and be made fun of, he said. Action is another favorite of his. If you can combine action and comedy you have the perfect film in Main's eyes.



WHITTINGTON

Sgt. Scott W. Whittington says being cautious of a naked man who is trying to sell you his shirt. He strongly suggests doing research before you buy any product from color-safe bleach to vehicles. Salesmen are not your friends; they want only your money.

Quick Hit

"A Few Good Men"
4 out of 4 (Confirmed Kill)

A lot of people ask me why I buy older movies on Blu-ray format. This movie is a prime example of why. First of all, it's a classic. Col. Nathan R. Jessup (Jack Nicholson) plays a barbaric Marine whose orders were followed and consequently a young enlisted Marine loses his life in a bout of hazing. He is challenged by a young group of Navy lawyers, Lt. Daniel Caffee (Tom Cruise) and Lt. Cmdr. JoAnne Galloway (Demi Moore), who want justice to prevail for the two Marines charged in the case. The vivid uniforms and otherwise silent whispers of commentary are enhanced in this version and give even more reason to watch it again.

— Lance Cpl. Vanessa M. American Horse

What's On Your Music Player?

"Taylor Dayne's Greatest Hits"
3 out of 4 (On Target)

There was a time when this diva — and her hair — was as big as Taylor Swift. Think of her dance floor-ready hits ("Every Beat of My Heart," "Tell It to My Heart") and they're here. So are slow jams to dance at your 80s prom or wedding ("I'll Always Love You," "Love Will Lead You Back"). A couple of pointless remixes are included and you just got to question why she covered "Can't Get Enough of Your Love," immortalized waxed by Barry White.

The sound is glossy, state-of-the-art '80s/early '90s dance pop. In other words, dated but mostly inoffensive. But you know what, Taylor Dayne sang with enthusiasm and had a catchy beat.

— Chris Aguinaldo

Children 'deploy' in support of Operation Purple

Kristen Wong

Photojournalist

WAIALUA — YMCA Camp H.R. Erdman was filled with screams of delight, laughter and fun as military children met service members from all branches of the military on "Military Experience Day." It was part of the Operation Purple Summer Camp Program June 2.

A total of 500 military children aged six to 15 enrolled in Operation Purple at Camp Erdman for two sessions this year.

"They meet a lot of friends, and they really enjoy working with our counseling staff," said Josh Heimowitz of past experiences with Operation Purple. Heimowitz, of Waialua, is the executive director of Camp Erdman.

Through demonstrations and displays — including those from Marines — campers got a taste of military operations. While the U.S. Coast Guard Auxillary taught campers about heaving lines and knot tying, the U.S. Army brought specially trained dogs. The Mobile Diving Salvage Unit One from Joint Base Pearl Harbor-Hickam let campers try on a KM-37 diving hard hat helmet. The U.S. Coast Guard also led a search and rescue demonstration.

Marine Corps Base Hawaii personnel called their participation worthwhile.

"I think it's important because it shows that we're trying to help the community," said Tucson, Ariz. native Lance Cpl. Patrick Aldrich, military working dog handler, Military Police Department.

Aldrich, two other military police officers from MCB Hawaii, and Mako, a narcotics/patrol dog, demonstrated to children how specially trained dogs work. Lance Cpl. Adam Cook, military working dog handler, MPD, played the "bad guy," wearing a padded long sleeved shirt.

"They're all real interested," said Cook, of Centerville, Ind. "When they see it they're just like 'wow.'"

Cpl. Yamashita, military working dog handler, MPD, said they tailor the demonstration to specific audiences.

"[We] keep it informative but also entertaining," Yamashita, of Denver, said.

For some of the children, the day was even more exciting because their own parents were part of it.

Kyla Gaskins, 7, said she was happy because her father, a military policeman in the Army, came for the demonstration.

Gaskins also finished second in a mini race to put on a life jacket, put on by the Coast Guard Auxillary. On the camping side, she enjoyed swimming.

Some campers had parents in the Marine Corps, like Kristiana Wolfgeher, 6, whose mother and father are both service members. Wolfgeher, a base resident, said she enjoyed rock climbing at camp. She also enjoyed the military dog demonstration.

"They were pretty cool," she said.

Marines from Combat Assault Company and Third Marine Regiment brought a military all terrain vehicle and a multipurpose vehicle for children to explore.

Sitting within the MATV, donning a helmet and visor was Connor McCormack, 9. When asked what his favorite part of camp was, McCormack, a base resident,



Kristen Wong | Hawaii Marine

Colby Paul, 7, Schofield Barracks resident, tries on a helmet in a CH-53D Sea Stallion helicopter June 2. Marine Heavy Helicopter Squadron 362 brought the helicopter for "Military Experience Day" at YMCA Camp H.R. Erdman.

responded he liked being able to get into the military vehicles.

"It's better than a plane ride," McCormack said.

Campers tried on helmets and sat in the cockpit of a CH-53D Sea Stallion, provided by Heavy Marine Helicopter Squadron 362.

"It gives these guys an idea of what we do," said Capt. Buddy Ellis, aircraft commander, HMH-362. "They get to touch and see [the aircraft] and have a good time ... when I was little I used to love going to air shows and getting to climb in the aircraft."

Ellis, of Lynden, Wash., has said one of the common questions asked is how many people the helicopter can hold.

"It's just fun to interact with them," said Sgt. Todd Bauer, crew chief, HMH-362. "We're just as impressed with them as they are with us."

Bauer, of Mandan, N.D., said he was surprised how much the campers already knew about operating a helicopter.

Created by the National Military Family Association in 2004, Operation Purple provides camping opportunities for military families. There are a number of Operation Purple summer camps in the nation. On Oahu, Camp Erdman has hosted the Operation Purple

Summer Camp Program for the last two years. Each year the number of applicants increases and there are even people on a waiting list to enroll. Operation Purple Summer Camp Program is a week long, with an overnight stay. This year for the first time, however, Camp Erdman hosted two weeklong sessions for the growing amount of participants. Participants have a variety of activities to engage in, such as arts and crafts, archery and a ropes course.

"Operation Purple helps others to understand the pressures and responsibilities [military children] have or feel," said Julie Moncrief, camp counselor, Camp Erdman.

Although priority is given to children whose parents are currently deployed, they are eligible if their parents are active duty service members, reservists, National Guard, Commissioned Corps of the Public Health Service or National Oceanic Atmospheric Administration.

In December, Camp Erdman will also host an Operation Purple family retreat, for families of service members returning from deployment.

For more information about the Operation Purple program, call Camp Erdman at 637-4615, or visit <http://www.militaryfamily.org>.

TALK* STORY

Ford Motor Company was founded on June 16, 1903. What is your dream car and why?



"A 2009 Bentley. It would be pretty sweet. It's classy, modern, elegant."

— Officer Sabrina Vigil-Rodriguez [Civilian MP]



"A Porsche 911GT2. It's a newer car. It's sporty. It's more my age. It's kind of expensive but it's a popular brand."

— Lance Cpl. Jeremy Reichert

"A motorcycle. Because they go fast."

— Ricky Helman



*[tōk stōreɪ] Hawaiian slang for an informal, lengthy conversation. Often used as a method to bond, or a good way to kill time.

MCB Hawaii Presents the

KANEHOE BAY AIRSHOW

Featuring the
BLUE ANGELS

Free Admission and Parking
SEPTEMBER 25-26, 2010

www.mcbh.usmc.mil/AIRSHOW

Air show planned from the ground up

Kristen Wong
Photojournalist

Marine Corps Reserve Chief Warrant Officer 5 Pete "Wheeler" O'Hare is constantly on the run, night and day, planning September's air show here, but he doesn't consider any minute of it "work."

"I'm the luckiest guy on the planet," said the air show director of the Marine Corps Base Hawaii Presents the Kaneohe Bay Air Show on Sept. 25 and 26. "Do what you love, and you'll never work a day in your life."

O'Hare, a native of Brooklyn, N.Y., follows in the footsteps of his great uncle Navy Lt. Cmdr. Edward "Butch" O'Hare, a famous pilot from World War II, of whom the Chicago O'Hare International Airport is named. He remembers his very first air show, in 1963 at Brooklyn Navy Yard. Accompanied by his parents, O'Hare recalls having his picture taken in a jet.

"It is an assault on all the senses," O'Hare said of the thrill of air shows.

Since then, O'Hare has attended more air shows than he can count, and for 112 of them, he has been a coordinator, performer, announcer, director, or a combination of the four. From 1994 to 2001, O'Hare performed in air shows. O'Hare joined the Marine Corps Reserve in 1978 as a pilot. He is a qualified multi-engine instrument commercial pilot.

He said he enjoys giving other people an exciting experience flying, especially children who watch air shows.

In addition to the Marine Corps Reserve, O'Hare spent 25 years working as an engineer at Hewlett Packard. By 2007, he retired and took on a position as an air show director for MCB Hawaii's "Blues on the Bay" event, with a performance by the Flying Blue Angels.

O'Hare takes the helm once again for this year's air show at K-Bay. The free event, coming up in conjunction with



Photo courtesy Chief Warrant Officer 5 Pete "Wheeler" O'Hare

This 1981 Navajo Chieftain, from George's Aviation in Honolulu, is used to fly "key influencers" throughout the state of Hawaii. Marine Corps Base Hawaii Presents the Kaneohe Bay Air Show is scheduled for Sept. 25 and 26 and those behind the show have already taken to the skies including (from left) Maj. Andrew "Bel" Belovarac, air show historian; Chief Warrant Officer 5 Pete "Wheeler" O'Hare, air show director; and Master Gunnery Sgt. Allen Benjamin, air show director chief.

this year's BayFest aboard MCB Hawaii, will start at 9 a.m. both days. There will be free parking on base and on Ford Island, with shuttles transporting people to base.

"It's a great opportunity to really bring something special to the people of Hawaii," O'Hare said. "I've been around the block and this is the best venue you can have for an air show."

Until then, O'Hare has his hands full.

Planning an air show takes a lot of people and a lot of time. O'Hare is in the office every day from 6:30 a.m. to as late as 10 p.m. When he isn't taking

key personnel around the island in a small plane or making community presentations, O'Hare is fielding phone calls and constantly attending meetings.

Different concerns for the air show may come up, from weather conditions to the order of events. Some shows generally even have acts booked as early as a year in advance. Because this air show is in Hawaii, O'Hare said there's a need for several backup plans as well as a diverse array of performances. By contrast, air shows on the mainland are easier to manage because of the proximity of last minute backup acts and the ability

to transport equipment by ground.

"It is an incredible logistic challenge, very fulfilling, very rewarding to get it done," O'Hare said.

"He's very dedicated, very passionate about his job," said Lt. Col. Mark Arboreaux, air show coordinator. "He just lives and breathes the air show."

In the future, O'Hare hopes the air show will become established as a consistently occurring event in Hawaii, and to be able to incorporate more local acts.

Visit the website at <http://www.mcbh.usmc.mil/airshow/>.



Photos courtesy of Lt. Cmdr Ike Stutts | U.S. Navy

EasyRider 50 returns to the tropical splendor of Hangar 103 at Marine Corps Base Hawaii Kaneohe Bay on June 3.

Detachment Three returns to K-Bay

Lt. Jared Patton
HSL-37

Detachment Three of Helicopter Anti-Submarine Squadron Light 37 tasted the sweet flavor of a reunion and pizza during a ceremony and celebration in Hangar 103 last week Thursday.

Deployed to the Western Pacific and Seventh Fleet Area of Responsibility for five months, Detachment Three, nicknamed the "Most Interesting Detachment in the World," visited the various nations and ports and assisted with naval operations and foreign relations throughout the region.

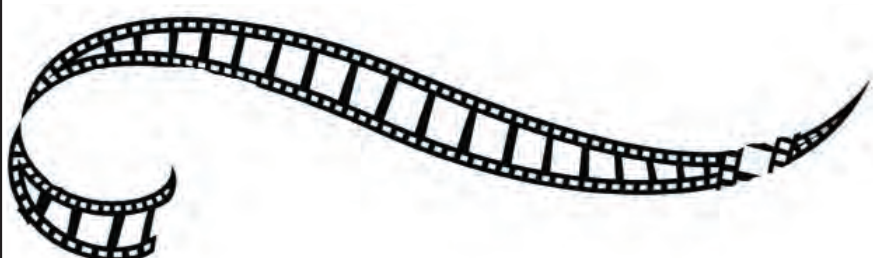
Cmdr. Brian A. Gebo, commanding officer of HSL-37, commended all members of the detachment in front of a large turnout of spouses, children and friends and gave warm words of welcome.

Lt. Cmdr. Matthew Ort, officer in charge of Detachment Three, stated, "When we named the detachment the 'Most Interesting Detachment in the World,' we didn't know it would be the most interesting deployment in the world."

To close the ceremony, Ort detailed the trials and successes of the detachment and thanked all hands for their hard work over the deployment.



Lt. Cmdr. Matthew Ort, officer in charge of Detachment Three of Helicopter Anti-Submarine Squadron Light 37, reunites with family after returning to Kaneohe Bay June 3



Movie Times

"Date Night" PG-13
"Death at a Funeral" R
"The Back Up Plan" PG-13
"The Losers" PG-13
"Furry Vengeance" - PG
"Death at a Funeral" - R
"Kick-Ass" - R

Today | 7:15 p.m.
Today | 9:45 p.m.
Saturday | 7:15 p.m.
Saturday | 9:45 p.m.
Sunday | 2 p.m.
Sunday | 6:30 p.m.
Wednesday | 6:30 p.m.

Prices: All shows are \$3.25 for adults and \$2.25 for children. For ticket pricing, the Base Theater Box Office defines an adult as a patron 12 and older and defines a child as a patron from 6 to 11. 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 recorded information.

WORD TO PASS

On Base

Troops to Teachers

Today

Attend the "Teaching as a Second Career Seminar" to learn about the requirements to obtain a teacher's license and the benefits available through Troops To Teachers. One session is scheduled from 11:30 a.m. to 1 p.m. at the Officers' Club, Lanai Ballroom at K-Bay. Lunch will be provided and RSVP is required. Call the JEC at 257-2158.

College 101 Education Brief

June 14

This is scheduled at Camp Smith, MarForPac Bldg., Wing 3a from noon to 1 p.m. This weekly brief explains Tuition Assistance policies and procedures, JEC services, available testing and education/career opportunities. It is mandatory for all active duty planning to use TA benefit. It is open to active duty, reserves, family members, DoD civilians. POC is Craig Lockwood, 257-2158.

7 Habits Of Highly Effective Military Families

June 17

This is scheduled at MCFTB, Bldg. 244 Conference Room from 8:30 a.m. to 4:30 p.m. It's open to all active duty and families. This is the highly successful Franklin Covey program geared to the needs of military families. Learn creative cooperating techniques, create family mission statements, learn speaker-listener techniques. Workbook, calendar and 7 Habits book included. Reservations required and childcare is reimbursable. POC is Jocelyn Pratt, LifeSkills Trainer, at 257-2653 or Jocelyn.pratt@usmc.mil.

Free Car Wash

June 19

Free car washes are scheduled from 10 a.m. to 1 p.m. at the Forest City Resident Services Office, Bldg. 455, for Forest City Residents of MCB Hawaii. Call 839-8700 for more information.

In the Community

Island Tour

Today

This is scheduled to begin at Marine and Family Services Bldg. 216, Room 59. Tour is from 7:30 a.m. to 4:30 p.m.

Visit the North Shore, Downtown Honolulu, and other places of interest. Open to all active duty and their family members 5 years old or older. It is free and reservation is required. POC is Marine and Family Services at 257-7790/87.

Windward Choral Society Spring Concert

Saturday

The Windward Choral Society presents a free concert at Windward United Church of Christ, (across from Aikahi Park Shopping Center, Kailua), from 7 to 8:30 p.m. The program will feature folk songs from around the world, including a full orchestral version of Sesame Street's tune "Rubber Ducky."

For more information, call Susan M. Duprey, director, at 254-5717.

Military Women of America

Second Saturday of month

Military Women of America Hawaii Chapter meets the second Saturday of each month at 11 a.m. at the Oahu Veterans Center in Foster Village.

They provide information and support to women currently serving and women who have served in the military. This is an opportunity to meet other women veterans and support the community. Call the OVC at 422-4000 for more information.

Military Appreciation Day

June 27

Liberty Christian Center is scheduling a worship service and family activities at Kailua Beach Park starting at 11 a.m. There will be food, music, games and more.

For more information, call 393-5791.

Serve the Community VOLUNTEER

Aviation Museum looking for support

The Pacific Aviation Museum on Ford Island needs volunteers. Positions include docents/tour guides, education program docents, aircraft restoration, exhibit construction and setup, curatorial support, special event support (including the upcoming Biggest Little Airshow in August 2010), flight simulator operators, greeters, historical and technical researchers, and clerical support. Training is provided for all volunteers. Special discounts and rewards are among the benefits of volunteering here. Call the volunteer coordinator at 441-1008.

Feed the Homeless

Program volunteers are needed to help feed the homeless. The Base Chapel is looking for volunteers to serve and prepare hot meals to the homeless through the Institute of Human Services in Honolulu. Volunteers do not need be attendants of chapel services. Call 257-5138 for more information.

Help make wishes come true for families and children

Whether they help create the magic that surrounds each wish, work behind the scenes at fundraisers or explain the role that Make-A-Wish plays in our island communities, it is the volunteers who carry the torch. A wish can teach a sick child that anything is possible, even the future. In Hawaii, between 40 and 50 wishes are granted each year. At any given time, there are between 15 and 20 wishes pending. To sign up as a volunteer for the Make-A-Wish Foundation of Hawaii, call 537-3118 or visit online at <http://www.makeawishhawaii.org/>

Guides needed at Coconut Island

Join the Hawaii Institute of Marine Biology's Community Education Program as a volunteer interpretative guide. All training provided to lead tours of this famed island and research facility. Call 235-9302 for more information.

Inspire today's youth

Boys & Girls Club of Hawaii (BGCH) is a non-profit organization dedicated to inspiring Hawaii's youth to become responsible citizens. BGCH currently operates 12 sites on Oahu and Kauai — including Windward Oahu — where BGCH members can access a multitude of programs and services. Whatever your skill, talent or interest, your support can make a difference. Call 949-4203 for more information.

Sign up for a free DoD youth program

DEFY orientation scheduled June 26

Press Release

Drug Education for Youth

Drug Education for Youth (DEFY) is a self-esteem building program developed by the Department of Defense (DoD) that provides kids with the tools they need to resist drugs, gangs, and alcohol. The structured curriculum offers education, skill development and physical fitness facilitated by military and DoD civilian personnel. DEFY produces kids with strong character, delivers leadership and life skills training for youth and gives them the confidence to engage in positive, healthy lifestyles. They also participate in team building activities and attend fun excursions — all at no cost to

the parents.

U.S. Pacific Command hosts the DEFY program for the Pearl Harbor Region offering all of our multi-service military and DoD families a chance to enroll their children between the ages 9-12 years old in the DEFY Program for the upcoming year, starting with a free Non-residential Summer Leadership Camp beginning July 6 and ending July 16 at the Hokenani Navy Housing Community Center, 298 Main St., Honolulu, HI 96818.

Breakfast, lunch and snacks are provided. Drop-off time will be 6:45-7:30 a.m. Pick-up time will be 4-5 p.m. All services are welcomed to enroll.

After the completion of the DEFY summer leadership camp, the youth are required to meet one Saturday

a month in the Phase II Mentoring Program and participate in even more educational excursions and physical training. Registration is on a first come/first served basis. Contact YN1 Damion Montgomery, USPACOM Program Coordinator at 477-7709 or e-mail damion.montgomery@pacom.mil.

Send applications to 477-1408 or to the Program Coordinator. Receipt must be confirmed by calling 477-7709.

Parent Orientation is Saturday, June 26 at the Doris Miller Navy Housing Community Center, 5104 Nimitz Road Bldg. 13, Honolulu.

See the DEFY website at [http:// www. donhq. navy. mil/ defy/](http://www.donhq.navy.mil/defy/).

Residents invited to join housing advisory board

John Pampalone

Resident Services Manager

Forest City would like to invite residents to get involved in the community by representing the community on the Resident Advisory Board (RAB).

We are establishing the RAB to provide a forum where we can meet with community representatives regularly to listen to community concerns, answer questions, and to solicit ideas and suggestions for improving our services.

As a RAB representative, you would act as a liaison by communicating information between your neighbors and the board. You will attend monthly board meetings, along with representatives from other neighborhoods, Forest City, the Marine Corps Family Housing Office, and other organizations such as the Base Inspector's Office and security police.

The RAB representative will also work with our Resident Services Office in creating and planning neighborhood events, programs, and communications. In other PPV projects we have also setup and helped RAB members manage an online bulletin board that allows their residents to easily communicate information of interest.

If you have at least 12 months remaining on your tour, are a current resident of the community for which you are applying (active duty or spouse), and can attend meetings every month, you are eligible to apply.

Please send us a letter of introduction, explaining how you feel you could make a difference. Please include all contact information with current phone numbers and an e-mail address if available.

Submit your letter in person at Building 455, Pancoast Place, MCB Hawaii; e-mail johnpampalone@forestcity.net; or mail Box 63041 Kaneohe Bay, HI, 96863.