Veterans urged to wear military medals on Veterans Day

**Domena Mills**

WASHINGTON — With National Veterans Awareness Week under way and the national Veterans Day observance Saturday, the Veterans Affairs secretary is urging all veterans to show their pride by wearing their military medals.

The Department of Veterans Affairs’ Veterans Pride initiative encourages all veterans to wear their military decorations the American Patriot Day. James Nicholson’s “Veterans Pride” initiative calls on veterans to wear the medals they earned while in uniform this Veterans Day to let America know who you are and what you did for freedom,” he said.

The campaign is modeled after a tradition in Australia and New Zealand, countries that honor the Australian and New Zealand Army Corps, or ANZAC, every April 25. The campaign originally commemorated more than 8,000 Australians killed during the battles of Gallipoli during World War I, but now honors all Australians and New Zealand veterans.

Last year, while attending ANZAC ceremonies in Sydney, Nicholson said he was struck to see all the veterans and serving family members wearing their military medals and campaign ribbons.

“It focused public pride and attention on those veterans as individuals with personal histories of service and sacrifice for the common good,” he noted in a message to veterans. “That is why I am calling on America’s veterans to wear their military medals this Veterans Day, Nov. 11, 2006.”

Nicholson and leaders of major veterans groups announced the

See VETERANS, A-3

### 3rd Marine Regiment honored

**Press Release**

Marine Corps Base Hawaii

The Honolulu Council Navy League bestowed its 2006 American Patriot Award to 3rd Marine Regiment Nov. 4 aboard Marine Corps Base Hawaii, Kaneohe Bay. Marines from Headquarters Battalion dressed in period uniforms representing the different eras of Marine Corps history.

Marines re-enact the flag raising on Mount Suribachi at the Marine Corps’ Birthday Pageant at Dewey Square, Marine Corps Base Hawaii, Kaneohe Bay. Marines from Headquarters Battalion dressed in period uniforms representing the different eras of Marine Corps history.

The Regiment was first activated in 1942 and has been stationed at Kaneohe Bay since 1971. They fought in several World War II campaigns that included the infamous Iwo Jima campaign. Following assignments in Japan and Okinawa, the Regiment participated in the war in Vietnam, operations Desert Shield and Desert Storm, and operations Enduring Freedom and Iraqi Freedom in Afghanistan and Iraq, respectively.

“Serving on the leading edge of the war on terror, from the opening days of Afghanistan to the toughest battles in Iraq, our unit has seen more combat or made greater sacrifices than Hawaii’s own 3rd Marines,” said Dewitz. “They are true American patriots.”

The American Patriot Award is an annual award that recognizes individuals and organizations who exemplify American patriotism. The award is presented at a black-tie dinner and ceremony to those whose actions demonstrate courage, loyalty and patriotism.

The Honolulu Council Navy League bestowed its 2006 American Patriot Award Dinner.

The Regiment was first activated in 1942 and has been stationed at Kaneohe Bay since 1971. They fought in several World War II campaigns that included the infamous Iwo Jima campaign. Following assignments in Japan and Okinawa, the Regiment participated in the war in Vietnam, operations Desert Shield and Desert Storm, and operations Enduring Freedom and Iraqi Freedom in Afghanistan and Iraq, respectively.

“Serving on the leading edge of the war on terror, from the opening days of Afghanistan to the toughest battles in Iraq, our unit has seen more combat or made greater sacrifices than Hawaii’s own 3rd Marines,” said Dewitz. “They are true American patriots.”

The American Patriot Award is an annual award that recognizes individuals and organizations who exemplify American patriotism. The award is presented at a black-tie dinner and ceremony to those whose actions demonstrate courage, loyalty and patriotism.

The Honolulu Council Navy League bestowed its 2006 American Patriot Award Dinner.

The Regiment was first activated in 1942 and has been stationed at Kaneohe Bay since 1971. They fought in several World War II campaigns that included the infamous Iwo Jima campaign. Following assignments in Japan and Okinawa, the Regiment participated in the war in Vietnam, operations Desert Shield and Desert Storm, and operations Enduring Freedom and Iraqi Freedom in Afghanistan and Iraq, respectively.

“Serving on the leading edge of the war on terror, from the opening days of Afghanistan to the toughest battles in Iraq, our unit has seen more combat or made greater sacrifices than Hawaii’s own 3rd Marines,” said Dewitz. “They are true American patriots.”

The American Patriot Award is an annual award that recognizes individuals and organizations who exemplify American patriotism. The award is presented at a black-tie dinner and ceremony to those whose actions demonstrate courage, loyalty and patriotism.

The Honolulu Council Navy League bestowed its 2006 American Patriot Award Dinner.

The Regiment was first activated in 1942 and has been stationed at Kaneohe Bay since 1971. They fought in several World War II campaigns that included the infamous Iwo Jima campaign. Following assignments in Japan and Okinawa, the Regiment participated in the war in Vietnam, operations Desert Shield and Desert Storm, and operations Enduring Freedom and Iraqi Freedom in Afghanistan and Iraq, respectively.

“Serving on the leading edge of the war on terror, from the opening days of Afghanistan to the toughest battles in Iraq, our unit has seen more combat or made greater sacrifices than Hawaii’s own 3rd Marines,” said Dewitz. “They are true American patriots.”

The American Patriot Award is an annual award that recognizes individuals and organizations who exemplify American patriotism. The award is presented at a black-tie dinner and ceremony to those whose actions demonstrate courage, loyalty and patriotism.

The Honolulu Council Navy League bestowed its 2006 American Patriot Award Dinner.

The Regiment was first activated in 1942 and has been stationed at Kaneohe Bay since 1971. They fought in several World War II campaigns that included the infamous Iwo Jima campaign. Following assignments in Japan and Okinawa, the Regiment participated in the war in Vietnam, operations Desert Shield and Desert Storm, and operations Enduring Freedom and Iraqi Freedom in Afghanistan and Iraq, respectively.

“Serving on the leading edge of the war on terror, from the opening days of Afghanistan to the toughest battles in Iraq, our unit has seen more combat or made greater sacrifices than Hawaii’s own 3rd Marines,” said Dewitz. “They are true American patriots.”

The American Patriot Award is an annual award that recognizes individuals and organizations who exemplify American patriotism. The award is presented at a black-tie dinner and ceremony to those whose actions demonstrate courage, loyalty and patriotism.

The Honolulu Council Navy League bestowed its 2006 American Patriot Award Dinner.

The Regiment was first activated in 1942 and has been stationed at Kaneohe Bay since 1971. They fought in several World War II campaigns that included the infamous Iwo Jima campaign. Following assignments in Japan and Okinawa, the Regiment participated in the war in Vietnam, operations Desert Shield and Desert Storm, and operations Enduring Freedom and Iraqi Freedom in Afghanistan and Iraq, respectively.

“Serving on the leading edge of the war on terror, from the opening days of Afghanistan to the toughest battles in Iraq, our unit has seen more combat or made greater sacrifices than Hawaii’s own 3rd Marines,” said Dewitz. “They are true American patriots.”

The American Patriot Award is an annual award that recognizes individuals and organizations who exemplify American patriotism. The award is presented at a black-tie dinner and ceremony to those whose actions demonstrate courage, loyalty and patriotism.

The Honolulu Council Navy League bestowed its 2006 American Patriot Award Dinner.
$70 million to be paid back to 70,000 service members

Pic: Ethan Holdridge
U.S. Marine Corps, Force

UNITED STATES MILITARY ACADEMY

RECRUITING ACTIVITY

High School Students:

Experienced Rider Course. The Group Rider Course will continue to be offered.

Hawaii riders until the range is operational.

For more information or to register, call the Center for updates and class scheduling.

Hawaii Marine, is an authorized publication for members of the U.S. Marine Corps, under exclusive contract to the U.S. Marine Corps. It is published by the U.S. Marine Corps, with headquarters in Washington, D.C. All editorial and classified advertising is subject to prior approval. The views expressed herein do not necessarily reflect the opinions of the Marine Corps, U.S. Government, or any other public or private organization. The appearance of advertisements in this publication does not constitute endorsement by the Marine Corps, U.S. Government, or any other public or private organization of the products or services advertised. This publication is available in accessible format on request. The Marine Corps, U.S. Government, or any other public or private organization shall not be liable for any loss, damage, or expense arising from the publication or distribution of the information contained herein.

Soliciting not allowed on Base

Sgt. Sara C. Carter

Walking into most local stores can sometimes be intimidating—especially on base. This weekend, New York Times bestselling author and retired military wife and mother, Sara C. Carter, will be offering free book signings for her new book, "Military With Free Admission to Kick Off Veterans Day Weekend"

At the National Museum of the Marine Corps, Hawaii, because admit-free to kick off Veterans Day weekend, 11 a.m. to 3 p.m., Nov. 10.

For more information, call 257-2995.

Hawaii Marine

Soliciting not allowed on Base

Sgt. Sara C. Carter

Walking into most local stores can sometimes be intimidating—especially on base. This weekend, New York Times bestselling author and retired military wife and mother, Sara C. Carter, will be offering free book signings for her new book, "Military With Free Admission to Kick Off Veterans Day Weekend"

At the National Museum of the Marine Corps, Hawaii, because admit-free to kick off Veterans Day weekend, 11 a.m. to 3 p.m., Nov. 10.

For more information, call 257-2995.

Hawaii Marine

Soliciting not allowed on Base

Sgt. Sara C. Carter

Walking into most local stores can sometimes be intimidating—especially on base. This weekend, New York Times bestselling author and retired military wife and mother, Sara C. Carter, will be offering free book signings for her new book, "Military With Free Admission to Kick Off Veterans Day Weekend"

At the National Museum of the Marine Corps, Hawaii, because admit-free to kick off Veterans Day weekend, 11 a.m. to 3 p.m., Nov. 10.

For more information, call 257-2995.

Soliciting not allowed on Base

Sgt. Sara C. Carter

Walking into most local stores can sometimes be intimidating—especially on base. This weekend, New York Times bestselling author and retired military wife and mother, Sara C. Carter, will be offering free book signings for her new book, "Military With Free Admission to Kick Off Veterans Day Weekend"

At the National Museum of the Marine Corps, Hawaii, because admit-free to kick off Veterans Day weekend, 11 a.m. to 3 p.m., Nov. 10.

For more information, call 257-2995.
The list provided contains the names of American soldiers who were killed in action during the wars in Afghanistan and Iraq. Each entry includes the soldier's name, rank, date of birth, and place and date of death. The list is long and includes a variety of names, indicating the diversity of soldiers who have fallen in these conflicts.
Hawaii Marines prepare for Iraq on the Big Island

HAWAII — Knowing that there are people back home in the fight. It boosts morale just to hear from us going to Iraq not as fully trained as we need to be to set up for success."

The Mail of Hawaii

The U.S. Postal Service has a saying — "Rain or shine." Marines taking this mantra to new heights.

The mail clerks of the Hawaii-based 1st Marine Division have been working harder than ever as the 1st Battalion, 3rd Marine Regiment, flew to the Big Island of Hawaii. According to Marine leaders, it is essential in ensuring we can accomplish the mission and the kind of things that will pay huge dividends when we do get to Iraq. "I hope all the families continue to support them on the front lines," said Sirvio. "They get to hear from their family and friends much faster." While hearing from family and friends back home may not solve all the problems, the Marines of 2/3 said hearing from their families on a regular basis helps them focus on their task at hand instead of worrying about what’s happening on the home front. "You get that package, letter or email, you know what’s going on back home. And when you go out in patrol, you’re not thinking about that stuff as much. Your mind is more in the game — which makes everybody perform better," said Sirvio.

"I keep all the families in touch to send us so much stuff, Brown said. Because it really does make a difference to everyone out there."
Major tactical weapons exercise held recently

Commander, Navy Region Hawaii, oversaw more than 30 local Navy commands, 14 ships, 16 submarines and four aircraft squadrons, as well as 15,000 active duty personnel and 10,000 civilian employees.

MISSOURI, from A-1

Commander, Navy Region Hawaii, oversaw more than 30 local Navy commands, 14 ships, 16 submarines and four aircraft squadrons, as well as 15,000 active duty personnel and 10,000 civilian employees.

MISSOURI, from A-1

Commander, Navy Region Hawaii, oversaw more than 30 local Navy commands, 14 ships, 16 submarines and four aircraft squadrons, as well as 15,000 active duty personnel and 10,000 civilian employees.

MISSOURI, from A-1

Commander, Navy Region Hawaii, oversaw more than 30 local Navy commands, 14 ships, 16 submarines and four aircraft squadrons, as well as 15,000 active duty personnel and 10,000 civilian employees.

MISSOURI, from A-1

Commander, Navy Region Hawaii, oversaw more than 30 local Navy commands, 14 ships, 16 submarines and four aircraft squadrons, as well as 15,000 active duty personnel and 10,000 civilian employees.

MISSOURI, from A-1

Commander, Navy Region Hawaii, oversaw more than 30 local Navy commands, 14 ships, 16 submarines and four aircraft squadrons, as well as 15,000 active duty personnel and 10,000 civilian employees.

MISSOURI, from A-1

Commander, Navy Region Hawaii, oversaw more than 30 local Navy commands, 14 ships, 16 submarines and four aircraft squadrons, as well as 15,000 active duty personnel and 10,000 civilian employees.

MISSOURI, from A-1

Commander, Navy Region Hawaii, oversaw more than 30 local Navy commands, 14 ships, 16 submarines and four aircraft squadrons, as well as 15,000 active duty personnel and 10,000 civilian employees.

MISSOURI, from A-1

Commander, Navy Region Hawaii, oversaw more than 30 local Navy commands, 14 ships, 16 submarines and four aircraft squadrons, as well as 15,000 active duty personnel and 10,000 civilian employees.

MISSOURI, from A-1

Commander, Navy Region Hawaii, oversaw more than 30 local Navy commands, 14 ships, 16 submarines and four aircraft squadrons, as well as 15,000 active duty personnel and 10,000 civilian employees.
Surgical care saves lives at Al Asad

Col. James R. Bixler
3rd Marine Aircraft Wing

AL ASAD, Iraq — During the month of warfare, most people are more concerned with the clash of the bombs and guns in the conflicts that rage rather than with the sealed, secure nature that resembles what the former team was.

For the Sailors and Marines with Charlie Surgical Company at Al Asad, Iraq, the latter is their only concern, as it is their job to revitalize the men and women who have fallen on this battlefield.

“Our main mission here at Al Asad Surgical is to provide level-two care for all patients who are brought to us,” said Navy Cmdr. Richard F. Lyons, chief of Professional Services officer-in-charge, Combat Logistics Regiment 15, 1st Marine Logistics Group (Forward). “We want to bring them back together, but they play well together. We're a group not only works well together, but we work through them as best we can. I think it's the people that make this hospital run as well as it does.”

For some, the fact that they are in Iraq using the profession they've trained for, while saving lives, is an honor.

“It's very nice that you have what you have been training for and went to school for it is useful,” said Navy Lt. Alecia M. Gende,缠绕外科护士, Charlie Surgical Company. “It's nice to know that you can contribute to the war effort. It's a prestige to be here and to be able to see the things we do. It's a prestige to work with the Iraq civilians that maybe would not have gotten the quality of care had we not been here. That helps to give them a bigger impression of Americans.”

Since the hospital treats everyone from U.S. service members to Iraqi enemy and police to local nationals for care, friendships are formed between the medical personnel and some of their patients.

“We have a couple [local nationals] here for at least a week and a half,” said Gende, a 29-year-old native of Princeton, Wis. “They know our names, and we know theirs. You form a relationship for me, would be promoting a U.S. service member's death,” said Sharp. “The toughest part of my job is to realize when any other care for the patient is futile.”

Through the despair when those deadly darts occur, the Sailors and Marines manage to keep their spirits high enough to continue their jobs and save the next person who arrives in need of their care.

“Our main mission here at Al Asad Surgical is to provide level-two care for all patients who are brought to us,” said Lyons.

“Everyone who arrives here, we really try to help them,” added Lyons. “Everyone who arrives here, we really try to help them.”

The toughest part of my job is to realize when any other care for the patient is futile.”

Through the despair when those deadly darts occur, the Sailors and Marines manage to keep their spirits high enough to continue their jobs and save the next person who arrives in need of their care.

“When I think about it, we essentially make the war fighter invincible,” said Gende, a graduate of the University of Wisconsin, Eau Claire.

“Cheaters of Death,” the Marines and Sailors with Charlie Surgical Company, Combat Logistics Regiment 15, 1st Marine Logistics Group (Forward), strive to do just that every day, as it is their job to save people's lives.

“It's really a routine for me, would be pronouncing a U.S. service member's death,” said Sharp. “The toughest part of my job is to realize when any other care for the patient is futile.”

Through the despair when those deadly darts occur, the Sailors and Marines manage to keep their spirits high enough to continue their jobs and save the next person who arrives in need of their care.

“When I think about it, we essentially make the war fighter invincible,” said Gende, a graduate of the University of Wisconsin, Eau Claire.

“Cheaters of Death,” the Marines and Sailors with Charlie Surgical Company, Combat Logistics Regiment 15, 1st Marine Logistics Group (Forward), strive to do just that every day, as it is their job to save people's lives.

“Cheaters of Death,” the Marines and Sailors with Charlie Surgical Company, Combat Logistics Regiment 15, 1st Marine Logistics Group (Forward), strive to do just that every day, as it is their job to save people's lives.

“When I think about it, we essentially make the war fighter invincible,” said Gende, a graduate of the University of Wisconsin, Eau Claire.

“Cheaters of Death,” the Marines and Sailors with Charlie Surgical Company, Combat Logistics Regiment 15, 1st Marine Logistics Group (Forward), strive to do just that every day, as it is their job to save people's lives.

“When I think about it, we essentially make the war fighter invincible,” said Gende, a graduate of the University of Wisconsin, Eau Claire.

“Cheaters of Death,” the Marines and Sailors with Charlie Surgical Company, Combat Logistics Regiment 15, 1st Marine Logistics Group (Forward), strive to do just that every day, as it is their job to save people's lives.

“When I think about it, we essentially make the war fighter invincible,” said Gende, a graduate of the University of Wisconsin, Eau Claire.

“Cheaters of Death,” the Marines and Sailors with Charlie Surgical Company, Combat Logistics Regiment 15, 1st Marine Logistics Group (Forward), strive to do just that every day, as it is their job to save people's lives.

“When I think about it, we essentially make the war fighter invincible,” said Gende, a graduate of the University of Wisconsin, Eau Claire.

“Cheaters of Death,” the Marines and Sailors with Charlie Surgical Company, Combat Logistics Regiment 15, 1st Marine Logistics Group (Forward), strive to do just that every day, as it is their job to save people's lives.

“When I think about it, we essentially make the war fighter invincible,” said Gende, a graduate of the University of Wisconsin, Eau Claire.

“Cheaters of Death,” the Marines and Sailors with Charlie Surgical Company, Combat Logistics Regiment 15, 1st Marine Logistics Group (Forward), strive to do just that every day, as it is their job to save people's lives.

“When I think about it, we essentially make the war fighter invincible,” said Gende, a graduate of the University of Wisconsin, Eau Claire.

“Cheaters of Death,” the Marines and Sailors with Charlie Surgical Company, Combat Logistics Regiment 15, 1st Marine Logistics Group (Forward), strive to do just that every day, as it is their job to save people's lives.

“When I think about it, we essentially make the war fighter invincible,” said Gende, a graduate of the University of Wisconsin, Eau Claire.

“Cheaters of Death,” the Marines and Sailors with Charlie Surgical Company, Combat Logistics Regiment 15, 1st Marine Logistics Group (Forward), strive to do just that every day, as it is their job to save people's lives.

“When I think about it, we essentially make the war fighter invincible,” said Gende, a graduate of the University of Wisconsin, Eau Claire.

“Cheaters of Death,” the Marines and Sailors with Charlie Surgical Company, Combat Logistics Regiment 15, 1st Marine Logistics Group (Forward), strive to do just that every day, as it is their job to save people's lives.

“When I think about it, we essentially make the war fighter invincible,” said Gende, a graduate of the University of Wisconsin, Eau Claire.

“Cheaters of Death,” the Marines and Sailors with Charlie Surgical Company, Combat Logistics Regiment 15, 1st Marine Logistics Group (Forward), strive to do just that every day, as it is their job to save people's lives.

“When I think about it, we essentially make the war fighter invincible,” said Gende, a graduate of the University of Wisconsin, Eau Claire.
The History

The 3rd Marine Regiment first came into existence during the period of international turmoil in the early 20th century. The regiment was formed Dec. 20, 1916, by consolidating Marine detachments from the various ships in the Atlantic Fleet then at anchor in Guantanamo Bay, Cuba. The early days of the regiment were marked by heavy involvement in the occupation and pacification of Mexico and the Dominican Republic.

Since October 2004, 3rd Marines has redeployed to Afghanistan during Operation Enduring Freedom in the Philippines.

During World War II, the regiment was heavily involved in the invasion and pacification of the Solomon Islands. As the Dominican Republic, the 3rd Marine Regiment Lineage: 1916-1922

16 June 1942: Reactivated at New River, N.C., as the 3rd Marines and assigned to the Fleet Marine Force.

1942-1946

15 June 1942: Reactivated at New River, N.C., as the 3rd Marines and assigned to the Fleet Marine Force.

August 1943: Deployed to New Guinea with the 2nd Marine Division.

March 1944: Reactivated in Fleet Marine Force.

May 1945: Reemployed at Auckland, New Zealand.

June 1946: Reactivated as 3rd Marine Division.

July-Aug. 1948: Deployed to Guadalcanal. Took part in several World War II campaigns: Guadalcanal, Northern Solomon, Guan and Iwo Jima.

December 1965: Reactivated to Camp Pendleton, Calif.


May 1949: Reactivated to Camp Pendleton, Calif., reactivated to the 1st Marine Division.

Oct. 1, 1949: Disestablished 1951-1964


January 1953: Reactivated as 3rd Marine Division.

July 1953: Deployed to Marine Corps Air Station, Kaneohe Bay, Territory of Hawaii.

August 1953: Deployed to Camp Fujii-Nikai, Japan.

March 1957: Redeployed to Camp Sukiran, Okinawa.

1965-1969


1970-1996

April 1971: Reactivated to 1st Marine Division, Fleet Marine Forces.

June 1975: Deployed to Marine Corps Air Station, Kaneohe Bay, Hawaii, and reassigned to the 1st Marine Brigade, Fleet Marine Force.

April 1977: Elements participated in the Southeast Asia evacuations.

1979-1980: Participated in numerous training exercises and operations in the Western Pacific.


Feb. 1, 1985: 1st Marine Amphibious Brigade redesignated as the 1st Marine Expeditionary Brigade.

September-December 1991: Participated in operations Desert Shield and Desert Storm, Southwest Asia.

2003-present


October 2004-present: 3rd Marines has deployed to battalions and other elements multiple times in support of operations Enduring Freedom and Iraq Freedom.
Community event:

Hawaii Waters Adventure Park offers military free admission to kick off Veterans Day weekend.

Hawaii Waters Adventure Park, 400 Farrington Highway, honours the military during Veterans Weekend by offering free admission and a special r

1. “A Message to Garcia” by Elbert Hubbard
2. “Fortune favors the Brave” by Bruce Meyers
3. “Black Hawk Don’t” by Mark Bowden
4. “What Women Want” and “Young” by Howard Moore
5. “The Few and the Proud” by John Sue Tan
6. “Band of Brothers” by Stephen Ambrose


Movie review:

“The Few and the Proud” gives military history from the men and women who are the few and the proud.

With the Marine Corps birthday upon us, it only seemed fit to write a review of a book that gives the history of one thing all Marines sought out – boot camp.

In “The Few and the Proud” Larry Smith, Marine Corps drill instructors give insight into recruit training “From the sands of Iwo Jima to the deserts of Iraq.”

The book starts out with Chuck Taliaferro, who many know from the famous recruiting poster entitled “We don’t prom

The rating system requires some explanation before you get started. If the film has home video options available for rent or purchase it will receive a “Microwave” on a scale of one to four microwave ovens. If the film being reviewed is in wide release this means the number of service stripes is on a scale from one to four. If the quality is mediocre or service stripe stripes for films of little interest and something to cringe at.

In “The Prestige” brothers Christopher and Jean Nolan team up for the first time since their breakaway movie “Brezinski” whenever you sit down to watch a movie you should always keep in the back of your mind that ordinary.

This book is a good book to read about firsthand accounts of what it was and is like to be a drill instructor. But, if you’re more interested in reading about the movie experience you won’t find it here.

From the trailer, via such a movie as “Batman Begins,” you see the old school versus the new school. Where does this all lead? You could say that ordinary something do something.

The last part, the prestige, is the audience can’t go both ways. They are called the “Old Flyboys” from McKeon’s lawyer, and McKeon himself. McKeon are from McKeon’s lawyer, and McKeon himself. McKeon and Red Handed.

These aren’t just war stories, these are the history of the Marine Corps, and as a drill instructor you should know and be able to tell a more in-depth story in ordinary.

In the first portion of the book, Taliaferro introduces the Veterans Day Weekend with free admission to all military.

The final section of the book, which is an interview from the most famous Marine drill instruc
tor, R. Lee Emery. During this interview, Emery recounts his days as a drill instructor at MCAD San Diego, contrary to the film. However, Christopher Nolan, who directed the film, is the real star behind the scenes.

Come off such films as “Batman Begins” and “The Prestige,” this is one of its few directors in Hollywood today that can create commercially successful films without first stripping it of its artistic virtues and individuality.

After the war, Nolan is considered to be one of the truly a master storyteller of our generation, and has a successful

For those who aren’t familiar with their work, the Nolan brothers and their family have a knack for evoking a power

Next, the turn – when the audience gets all excited about the trials and the turn of that tumult.

We learn from the trailer, via Nolan’s company, that ordinary something do something.

Nolan defies the magician’s code with the most unique film business of today. For those not familiar with their work, the Nolan brothers and their family have a knack for evoking a power.

“Refusing to take a back seat to the tricks of the trade, but part of the world. If you’re in the middle of the biggest magic trick of all.

There is no such trick to say without spoiling the fun for those who haven’t seen it.

“Only a true magician is able to pass on the secret of the others from generation to generation.”

“The Prestige” is a truly a master storyteller of our generation, and has a successful film business of today. For those not familiar with their work, the Nolan brothers and their family have a knack for evoking a power.

“The Prestige” is designed as cinematic magic trick, itself misdirection and stealth of hand as key as any elements to keep the audience intrigued. But, if you’re more interested in reading about the movie experience you won’t find it here. From the trailer, via such a movie as “Batman Begins,” you see the old school versus the new school. Where does this all lead? You could say that ordinary something do something.

In the first portion of the book, Taliaferro introduces the Veterans Day Weekend with free admission to all military.

The final section of the book, which is an interview from the most famous Marine drill instruc
tor, R. Lee Emery. During this interview, Emery recounts his days as a drill instructor at MCAD San Diego, contrary to the film. However, Christopher Nolan, who directed the film, is the real star behind the scenes.

Come off such films as “Batman Begins” and “The Prestige,” this is one of its few directors in Hollywood today that can create commercially successful films without first stripping it of its artistic virtues and individuality.

After the war, Nolan is considered to be one of the truly a master storyteller of our generation, and has a successful

For those who aren’t familiar with their work, the Nolan brothers and their family have a knack for evoking a power.

“The Prestige” is a truly a master storyteller of our generation, and has a successful film business of today. For those not familiar with their work, the Nolan brothers and their family have a knack for evoking a power.

“The Prestige” is designed as cinematic magic trick, itself misdirection and stealth of hand as key as any elements to keep the audience intrigued. But, if you’re more interested in reading about the movie experience you won’t find it here. From the trailer, via such a movie as “Batman Begins,” you see the old school versus the new school. Where does this all lead? You could say that ordinary something do something.

In the first portion of the book, Taliaferro introduces the Veterans Day Weekend with free admission to all military.

The final section of the book, which is an interview from the most famous Marine drill instruc
tor, R. Lee Emery. During this interview, Emery recounts his days as a drill instructor at MCAD San Diego, contrary to the film. However, Christopher Nolan, who directed the film, is the real star behind the scenes.

Come off such films as “Batman Begins” and “The Prestige,” this is one of its few directors in Hollywood today that can create commercially successful films without first stripping it of its artistic virtues and individuality.

After the war, Nolan is considered to be one of the truly a master storyteller of our generation, and has a successful

For those who aren’t familiar with their work, the Nolan brothers and their family have a knack for evoking a power.

“The Prestige” is a truly a master storyteller of our generation, and has a successful film business of today. For those not familiar with their work, the Nolan brothers and their family have a knack for evoking a power.

“The Prestige” is designed as cinematic magic trick, itself misdirection and stealth of hand as key as any elements to keep the audience intrigued. But, if you’re more interested in reading about the movie experience you won’t find it here. From the trailer, via such a movie as “Batman Begins,” you see the old school versus the new school. Where does this all lead? You could say that ordinary something do something.

In the first portion of the book, Taliaferro introduces the Veterans Day Weekend with free admission to all military.

The final section of the book, which is an interview from the most famous Marine drill instruc
tor, R. Lee Emery. During this interview, Emery recounts his days as a drill instructor at MCAD San Diego, contrary to the film. However, Christopher Nolan, who directed the film, is the real star behind the scenes.

Come off such films as “Batman Begins” and “The Prestige,” this is one of its few directors in Hollywood today that can create commercially successful films without first stripping it of its artistic virtues and individuality.

After the war, Nolan is considered to be one of the truly a master storyteller of our generation, and has a successful

For those who aren’t familiar with their work, the Nolan brothers and their family have a knack for evoking a power.

“The Prestige” is a truly a master storyteller of our generation, and has a successful film business of today. For those not familiar with their work, the Nolan brothers and their family have a knack for evoking a power.

“The Prestige” is designed as cinematic magic trick, itself misdirection and stealth of hand as key as any elements to keep the audience intrigued. But, if you’re more interested in reading about the movie experience you won’t find it here. From the trailer, via such a movie as “Batman Begins,” you see the old school versus the new school. Where does this all lead? You could say that ordinary something do something.

In the first portion of the book, Taliaferro introduces the Veterans Day Weekend with free admission to all military.

The final section of the book, which is an interview from the most famous Marine drill instruc
tor, R. Lee Emery. During this interview, Emery recounts his days as a drill instructor at MCAD San Diego, contrary to the film. However, Christopher Nolan, who directed the film, is the real star behind the scenes.

Come off such films as “Batman Begins” and “The Prestige,” this is one of its few directors in Hollywood today that can create commercially successful films without first stripping it of its artistic virtues and individuality.

After the war, Nolan is considered to be one of the truly a master storyteller of our generation, and has a successful

For those who aren’t familiar with their work, the Nolan brothers and their family have a knack for evoking a power.

“The Prestige” is a truly a master storyteller of our generation, and has a successful film business of today. For those not familiar with their work, the Nolan brothers and their family have a knack for evoking a power.
## On the Menu

### Friday
- Dinner brunch
- Roast turkey
- Lemon baked fish fillets
- Baked macaroni & cheese
- Garlic roasted potato wedges
- Mixed vegetables
- Lyonnaise carrots
- Cream gravy
- Peach pie
- Chocolate chip cookies
- Spice cake w/lemon butter cream frosting
- Lemon/orange gelatin

### Saturday
- Dinner
- Pork roast
- Chicken cordon bleu
- Mashed potatoes
- Roasted egg noodles
- Simmered broccoli Polonaise
- Simmered succotash
- Chicken gravy
- Boston cream pie
- Shortbread cookies
- Yellow cake w/butter cream frosting
- Lemon/raspberry gelatin

### Sunday
- Dinner
- Oven roast Cornish hens
- Rice pilaf
- Savory bread dressing
- Asparagus w/hollandaise sauce
- Simmered sqash Creole
- Brown gravy
- Pumpkin pie
- Oatmeal cookies
- Devil's food cake
- Strawberry lime gelatin

### Monday
- Dinner brunch
- Vidal Parmesan
- Braised pork chops, bone-in
- O'Brien potatoes
- Pear with cream
- Spaghetti
- Marrons sauce
- Mixed vegetables
- Mushroom gravy
- Ocean pie
- Cherry nut bars
- Spice cake w/butter cream frosting
- Lemon/raspberry gelatin
- Specialty bar: Hot dog & sausage

### Tuesday
- Lunch
- Barbeque chicken
- Battered fish portions
- Steak fries
- Simmered corn
- Simmered asparagus
- Chicken gravy
- Sweet potato pie
- Double chocolate chip cookies
- Yellow cake w/chocolate chip frosting
- Vanilla/chocolate cream pudding
- Cherry/orange gelatin
- Specialty bar: Taco & Deli

### Wednesday
- Lunch
- Swiss steak w/brown gravy
- Chicken Parmesan
- Rice pilaf
- Oven browned potatoes
- Corn on the cob
- Simmered peas & carrots
- Brown gravy
- Blueberry pie
- Double chocolate chip cookies
- Yellow cake w/chocolate chip frosting
- Lemon/raspberry gelatin

### Thursday
- Lunch
- Chicken leg w/rice
- Rice pilaf
- Bloomin' onion
- Corn on the cob
- Simmered peas & carrots
- Brown gravy
- Peach pie
- Peanut butter cookies
- Peanut butter cake

### Sounding the Conch Shell

Laurence Camvell sounds the horn to kick off this year’s Makahiki Season, the Native Hawaiian season for harvest that runs through March. Approximately 35 native Hawaiians gathered at the Calamus and Pyramidal Rock here to hold ancient rituals and ceremonies to celebrate.
JOINING THE MILITARY

Friends remember fallen corpsman

are one of life's most precious gifts. They enrich our lives and the lives of those around us. Their impact is immeasurable, and their loss is profoundly felt. In this particular instance, we mourn the passing of a brave and dedicated corpsman who served our country with honor and distinction. His legacy continues to inspire and guide those who knew him, and his memory will live on in the hearts of all who had the privilege of knowing him.

Field's memory is cherished by his brothers in arms, his family, and the community. His sacrifice is a testament to his courage, selflessness, and commitment to duty. His story reminds us of the sacrifices made by countless others who have given their all to protect our freedoms. It serves as a reminder that the work they do is not in vain, and that their contributions will not be forgotten.

When he gave shots, Woods would often say, "I'm just another soldier doing his job." But to those who knew him, Woods was so much more. He was a leader, a mentor, and a friend. He was a man of principle and integrity, who lived his life with purpose and passion. He was a true soldier, who gave his life for his country.

To his family, friends, and loved ones, may this story serve as a reminder of the sacrifices made and the lives lost in service to our country. May his memory inspire us all to live our lives with honor, courage, and conviction.

Coral Reef Science

Friends remember fallen corpsman

When he gave shots, Woods would often say, "I'm just another soldier doing his job." But to those who knew him, Woods was so much more. He was a leader, a mentor, and a friend. He was a man of principle and integrity, who lived his life with purpose and passion. He was a true soldier, who gave his life for his country.

To his family, friends, and loved ones, may this story serve as a reminder of the sacrifices made and the lives lost in service to our country. May his memory inspire us all to live our lives with honor, courage, and conviction.

Coral Reef Science
In the early days of World War I, Marine Corps aviation played a vital role in providing reconnaissance and finding enemy submarines. Today, aircraft provide ground support to the ground troops in Iraq.

Arrived March 1, 1942, at what was then Marine Corps Air Station Jax, on the island of Oahu, Marine Aircraft Group 24 (1st Marine Aircraft Wing), III Marine Expeditionary Force, was established to participate in several campaigns during World War II, including the liberation of the Northern Solomon Islands and the Philippines. After the end of the World War II, MAG-24 relocated to places such as China and Guam.

In 1949, MAG-24 was relocated to Marine Corps Air Station Cherry Point, N.C., where it was assigned to the 2nd Marine Aircraft Wing. Twenty years later, in 1968, MAG-24 again relocated to Hawaii at MACAS Kaneohe Bay where it is to this day. Marine Aircraft Group 24 was again called up to support its country in the early 1990s in operations Desert Shield and Desert Storm.

As the Marine Corps celebrates its birthday, Marines assigned to MAG-24 reflect on the MAG of yesterday.

"It was different back then," said Lt. Col. Robert A. Krekel, commanding officer, Marine Aviation Logistics Squadron 24, who worked here with Marine Aviation Wing 212 in the early 1990s. "There was a (Marine Expeditionary Brigade) here when I checked in back in 1991. The MAG was the largest permanent composite MAG in the Marine Corps."

In the late 1980s and early 1990s, MAG-24 was comprised of F-4 Phantoms, F/A-18 Hornets, A-4 Sky Hawks, UH-1N Hueys, and CH-53D Sea Stallions. "It was different back then," said Lt. Col. Robert A. Krekel, commanding officer, Marine Aviation Logistics Squadron 24, who worked here with Marine Aviation Wing 212 in the early 1990s. "There was a (Marine Expeditionary Brigade) here when I checked in back in 1991. The MAG was the largest permanent composite MAG in the Marine Corps."

In the late 1980s and early 1990s, MAG-24 was comprised of F-4 Phantoms, F/A-18 Hornets, A-4 Sky Hawks, UH-1N Hueys, CH-53A Sea Stallions, and CH-53D Sea Stallions.

The pace was a lot faster back then," said Marine Sgt. Vinnie Haggard, fiscal chief, who was stationed here from 1985 to 1990. "We had a lot more squadron back then. Now we just have three CH-3D squadrons and five Navy squadrons. Back then it was all Marines. Once all the other aircraft squadrons pulled out of here, the Navy aircraft started to come over."

In the mid-1990s, other aircraft were reassigned to our stations in Cherry Point; Miramar, Calif.; and Okinawa, Japan, and all Sea Stallions were consolidated to MCB Hawai'i, making MAG-24 the only unit to have CH-3DIs to support the Marine Corps.

It might seem like it would be easier to maintain and control one aircraft as opposed to six, but it was easier back then, because there was a set routine and deployments that made it easier, according to Col. Edward Yarrow, commanding officer, MAG-24.

"One thing that makes it a little difficult today is that we..."
Behind the scenes: The making of a Marine Corps birthday cake

Lance Cpl. Edward C. DelRico
Combat Correspondent

Husbanded down in the corner of the back of Anderson Hall Dining Facility, three people work vigorously to complete one of the many cakes that they are tasked to make for this year’s Marine Corps birthday celebrations.

“This is the second year that I have done this,” said Staff Sgt. John Hyatt, fund administrator, Anderson Hall Dining Facility. Marine Corps Base Hawaii, Kaneohe Bay. “The first cake I made was a fully edible cake for a retirement eight years ago. Last year was the first year that I made a mock cake.”

Most Marine Corps ceremonial birthday cakes are made of 95 percent wood with a small piece of real cake that is made for the actual cake cutting. The wood is decorated as cake in order to save time and maneuver on baking and decorating an edible cake, said Hyatt.

The process of decorating the wood and cake takes about four hours for one cake, Hyatt said. “It’s something that I’ve been doing for a long time, so I can transfer it onto a PowerPoint to show the civilians what it is,” he said.

When Hyatt makes these cakes, he is going to use the ingredients that are best for the cake he is making. “Other places use whipped cream frostings,” said Hyatt, “I can take a picture of every cake I complete, so I can transfer it onto a PowerPoint to show the civilians what it is.”

Hyatt decorates the cakes with the help of his wife Emi and Vikki Konopka, a baker who also helps Hyatt with his cake decorating. “I take a picture of every cake I complete, so I can transfer it onto a PowerPoint to show the civilians what it is.”

Each cake is worth approximately $300, so Hyatt hopes to attract more business next year. “I take a picture of every cake I complete, so I can transfer it onto a PowerPoint to show the civilians what it is.”

When Hyatt makes these cakes, he is going to use the ingredients that are best for the cake he is making. “Other places use whipped cream frostings,” said Hyatt, “I can take a picture of every cake I complete, so I can transfer it onto a PowerPoint to show the civilians what it is.”

In their disregard of personal danger and their virtue of what product they produce, these Marines and Sailors are good candidates to be awarded the decoration of the month.

MOKAPU, from B-4

Base. Starting with 444 acres in 1939, the Navy created Kaneohe Naval Air Station, which eventually increased to all of Mokapu Peninsula except Fort Hill.

Kaneohe Naval Air Station was one of the first military resources Japanese aircraft targeted during the Dec. 7, 1941, bombings of Oahu.

The attack occurred nine minutes before their bombings of Pearl Harbor, launching 18 Sailors and one civilian contractor dead.

Commander Harold M. Martin was commanding officer of Naval Air Station at Kaneohe Bay during the attacks. A day after the incident, he wrote to the commandant, 14th Naval District.

“The greatest pride cannot be extended to the civil service and the contractor’s employees,” said Martin in his narrative which was recorded in “The Forgotten Warriors of Kaneohe,” a book compiled by retired Navy officer, John S. Kennedy. “The Navy has been hurt, contractor, was one of the first people to realize this was a real attack and had the intelligence to telephone Hickam Field and Bellows Field but was not believed. All of the civilians displayed extreme gallantry in their disregard of personal danger and their attempts to help salvage aircraft and put out fires was commendable... I would also like to express my admiration for the behavior of both the officers and enlisted men. Although the station has a high percentage of non-residents, they, without exception, lived up to the best traditions of the service.”

The area was expanded during World War II by President Franklin D. Roosevelt to include a Naval Defense Sea Area and a Naval Air Space Reservation. In 1949, the Navy decommissioned the area, and all property was transferred to Barber’s Point.

The Marine Corps took over Mokapu Peninsula in 1952, creating an air-ground train- ing site. In 1953, the Navy SH-60B “Sea Hawk” helicopter and F-14 “Dennis” squadrons moved to the base.

By 1994, the base had begun to take the familiar shape it is today when the Marine Corps consolidated all of its holdings under the title of MCB Hawaii.

Mokapu Peninsula’s history as a gathering site continues with more than 16,000 person- nel and family members on base, according to figures from “Your Military in Hawaii 2006.”

oused and not miss a beat. That’s why we are able to slip right on in and accomplish the mission.”

Now that MAG-24 is starting to pump Marines and Sailors into Iraq to support Operation Iraqi Freedom, it’s one more thing that they are able to do on their own time and without the benefit of their commanding officer.

“Things are really well over here,” said Hyatt. “When we’ve done them, they integrate with other MAGs and they are able to slip right on in and not miss a beat. That’s why I’m very proud of them.”

Airfield about to receive its first and only runway, the Navy ran the base under the name of Kaneohe Naval Air Station.

While they are the first stationed here from 1981 to 1990 with, what was then Marine Heavy Helicopter Squadron 463. “The (CH-53s) continue to fly today, we’re producing better Marines. The caliber of workman- ship of today’s Marines and Sailors and the leadership we’re applying today, we’re producing better Marines. One accomplishment that I’m very proud of our Marines and Sailors.”

The Corps birthday cake

Corps birthday cake is fully customizable to meet with specific unit’s criteria. This is the second year that I have done this service. "Other places use whipped cream frostings," said Hyatt, "I can take a picture of every cake I complete, so I can transfer it onto a PowerPoint to show the civilians what it is."
Another year, another marathon

Kris Connor
Staff Sgt. R.J. Swenson

MARINE CORPS BASE QUANTICO, Va. — To many, running the Marine Corps Marathon just once in their lifetime is an accomplishment enough. Some run it twice and a rare few run it several times.

For a group of five gentlemen known as the “Groundpounders,” they have run the marathon since it began in 1976 when the race only had 2,000 runners.

Groundpounders: Willie Brown, 55, of Raleigh, N.C.; Roger Burkhardt, 66, of Gaithersburg, Md.; Alfred Richmond, 66, of Richmond, Va.; and Mel Williams, 66, of Norfolk, Va., had no knowledge of each other before the first marathon, but it was the term given to the group by the race directors.

“We fist got some attention around the 20th marathon, and then it came to light at the 25th marathon,” said Richmond. “I thought to myself, if that old workout and this colonel came in all excited because he had run the first marathon,” said Brown. “I was working and headquarters, and they were already in the process of organizing the first (marathon),” said Richmond. “I had met Mel, Al and Roger separately at press conferences, and the four of us met together, for the first time before the 25th race. All of us met for the first time at a dinner before last year’s race.”

“I had just come back on active duty in 1976 at reserve headquarters, and they were already in the process of organizing the first marathon,” said Richmond. “I was working and not planning to run. But in August, I was getting ready to workout and this colonel came in all excited because he had just finished his first 10-miler. I thought to myself, if that old workout and this colonel came in all excited because he had run the first marathon,” said Richmond. “I thought the Washington newspapers picked up on the information and that we were already in the process of organizing the first marathon,” said Richmond. “I had met Mel, Al and Roger separately at press conferences, and the four of us met together, for the first time before the 25th race. All of us met for the first time at a dinner before last year’s race.”

For the novice marathoners, the marathon brought them together.

“I think the Washington newspapers picked up on the information and that we were already in the process of organizing the first marathon,” said Richmond. “I had met Mel, Al and Roger separately at press conferences, and the four of us met together, for the first time before the 25th race. All of us met for the first time at a dinner before last year’s race.”

“The cold air blew head-on as we crossed the finish line with a new personal best of 2:21:20, beating his previous best and 2005 marathon time by nearly one minute. Garcia, 35, broke the tape at the finish line with a new personal best of 2:21:20, beating his previous best and 2003 marathon time by nearly one minute.

For the novice marathoners, the marathon brought them together.

“I think this event is awesome!” said Juan Miller, a border patrol corpsman, Marine Wing Support Squadron 273, Marine Wing Support Group 37 (Forward), 3rd MWD. “Something like this helps everyone come together and build camaraderie.”

Upon the start of the race, the runners took off at a grueling pace, pushing themselves through the isolation of running a course that had nothing more than sandy backgrounds to look at.

“The out and back twice (style course) made it hard not to have different scenery,” said Brown, a ground pounders’ translator after winning back-to-back Marine Corps Marathons. “I think this event is awesome!” said Juan Miller, a border patrol corpsman, Marine Wing Support Squadron 273, Marine Wing Support Group 37 (Forward), 3rd MWD. “Something like this helps everyone come together and build camaraderie.”

Upon the start of the race, the runners took off at a grueling pace, pushing themselves through the isolation of running a course that had nothing more than sandy backgrounds to look at.

“The out and back twice (style course) made it hard not to have different scenery,” said Brown, a ground pounders’ translator after winning back-to-back Marine Corps Marathons. “I think this event is awesome!” said Juan Miller, a border patrol corpsman, Marine Wing Support Squadron 273, Marine Wing Support Group 37 (Forward), 3rd MWD. “Something like this helps everyone come together and build camaraderie.”

Upon the start of the race, the runners took off at a grueling pace, pushing themselves through the isolation of running a course that had nothing more than sandy backgrounds to look at.

“The out and back twice (style course) made it hard not to have different scenery,” said Brown, a ground pounders’ translator after winning back-to-back Marine Corps Marathons. “I think this event is awesome!” said Juan Miller, a border patrol corpsman, Marine Wing Support Squadron 273, Marine Wing Support Group 37 (Forward), 3rd MWD. “Something like this helps everyone come together and build camaraderie.”

Upon the start of the race, the runners took off at a grueling pace, pushing themselves through the isolation of running a course that had nothing more than sandy backgrounds to look at.

“The out and back twice (style course) made it hard not to have different scenery,” said Brown, a ground pounders’ translator after winning back-to-back Marine Corps Marathons. “I think this event is awesome!” said Juan Miller, a border patrol corpsman, Marine Wing Support Squadron 273, Marine Wing Support Group 37 (Forward), 3rd MWD. “Something like this helps everyone come together and build camaraderie.”
Athlete of the Year

Marine Corps Community Services is looking for the best of the best to represent Marine Corps Base Hawaii as male and female athlete of the year. In order to be selected, a package that includes a completed Athlete of the Year application and a recommendation letter completed by a senior noncommissioned officer or officer must be submitted to MCCS Varsity Sports by close of business Dec. 15. Only complete packages will be accepted.

Contact the Athletics Office, Building 215, at 254-759 for application forms and further information.

Armed Forces Bowling Championships

Marines and Sailors stationed aboard MCB Hawaii and Camp Smith, who are interested in competing in the Armed Forces Bowling Championships, should submit an application by Nov. 12. All bowlers must have proof of current hand-icap: 210 for men and 160 for women. Applications are available at the Athletics Office. Call 254-7590 for more information.

Golf

Marines and Sailors are invited to participate in the MCCS Varsity Golf Championships, which will be held Nov. 27. A senior noncommissioned officer or higher administration is not required. Applications are available at the Athletics Office. Call 254-7590 for more information.

Deep-Sea Fishing Charters Offered at Base Marina

Fishermen searching for convenient access to deep-sea charters need look no further than the MCB Hawaii Base Marina. Bill Collector fishing charters offers numerous charter packages accommodating up to six passengers.

Avoiding the traffic and crowd of Oahu’s crowded waters of Windward Oahu, South Shore, Bill Collector’s charters fish off the uncrewed waters of Windward Oahu. Call the Base Marina to charter the Bill Collector at 257-7677 or 254-7666.

Base Marina

Camp H.M. Smith for more information.

Koa Beach may be reserved for overnight camping. Reservations are required. Call Semper Fit Center at 257-759 for an appointment.

Campground and Picnic Sites

For picnic and campsites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island.

Three of those beaches, Pyramids Rock, Hale Koa and Fort Hanai are available by reservation from dawn to dusk for picnics and parties. Hale Koa Beach may be reserved for overnight camping. Reservations are required.

Call 254-7666 for Kaneohe or 477-5143 for Camp H.P. Smith for more information.

Ongoing

Personal Trainers

For those looking to get into a tailored exercise regimen, or for those just looking for some good advice on weight management and weight control, Semper Fi Center offers free personal training consultation.

Trainers will do all this and tailor a fitness program, based on your physical needs and ambitions. For only $5 per workout, a professional trainer will actually work with you to control, Semper Fit Center offers free personal training consultation.

Applications are available at the Athletics Office. Call 254-7590 for more information.

Group Exercise Programs

Kaneohe Bay Semper Fit Center at 254-7597.

Group Exercise Programs are scheduled for Nov. 7.

Bike 11:45 a.m. to 12:15 p.m.

Cycling 5:45 to 6:45 p.m.

Pilates 7 to 9 p.m.

Aikido 7 to 9 p.m.

Okinawa Kenpo Karate

Okinawa Kenpo Karate is available at the Semper Fit Center.

Contact the Semper Fit Center for more information.

Ongoing

Personal Trainers

For those looking to get into a tailored exercise regimen, or for those just looking for some good advice on weight management and weight control, Semper Fi Center offers free personal training consultation.

Trainers will do all this and tailor a fitness program, based on your physical needs and ambitions. For only $5 per workout, a professional trainer will actually work with you to control, Semper Fit Center offers free personal training consultation.

Applications are available at the Athletics Office. Call 254-7590 for more information.

Group Exercise Programs

Kaneohe Bay Semper Fit Center at 254-7597.

Group Exercise Programs are scheduled for Nov. 7.

Bike 11:45 a.m. to 12:15 p.m.

Cycling 5:45 to 6:45 p.m.

Pilates 7 to 9 p.m.

Aikido 7 to 9 p.m.

Okinawa Kenpo Karate

Okinawa Kenpo Karate is available at the Semper Fit Center.

Contact the Semper Fit Center for more information.

Ongoing

Personal Trainers

For those looking to get into a tailored exercise regimen, or for those just looking for some good advice on weight management and weight control, Semper Fi Center offers free personal training consultation.

Trainers will do all this and tailor a fitness program, based on your physical needs and ambitions. For only $5 per workout, a professional trainer will actually work with you to control, Semper Fit Center offers free personal training consultation.

Applications are available at the Athletics Office. Call 254-7590 for more information.

Group Exercise Programs

Kaneohe Bay Semper Fit Center at 254-7597.

Group Exercise Programs are scheduled for Nov. 7.

Bike 11:45 a.m. to 12:15 p.m.

Cycling 5:45 to 6:45 p.m.

Pilates 7 to 9 p.m.

Aikido 7 to 9 p.m.

Okinawa Kenpo Karate

Okinawa Kenpo Karate is available at the Semper Fit Center.

Contact the Semper Fit Center for more information.

Ongoing

Personal Trainers

For those looking to get into a tailored exercise regimen, or for those just looking for some good advice on weight management and weight control, Semper Fi Center offers free personal training consultation.

Trainers will do all this and tailor a fitness program, based on your physical needs and ambitions. For only $5 per workout, a professional trainer will actually work with you to control, Semper Fit Center offers free personal training consultation.

Applications are available at the Athletics Office. Call 254-7590 for more information.

Group Exercise Programs

Kaneohe Bay Semper Fit Center at 254-7597.

Group Exercise Programs are scheduled for Nov. 7.

Bike 11:45 a.m. to 12:15 p.m.

Cycling 5:45 to 6:45 p.m.

Pilates 7 to 9 p.m.

Aikido 7 to 9 p.m.

Okinawa Kenpo Karate

Okinawa Kenpo Karate is available at the Semper Fit Center.

Contact the Semper Fit Center for more information.

Annual Turkey Trot

Sign up for the Nov. 18, 9th Annual 5K Radio Battalion Turkey Trot and Family Fun Run today.

Adults can run the four-mile course while the children can participate in the one-mile Family Fun Run around Pop Warner Football Field.

Entry fees for the Turkey Trot are $18 per person or $108 for a six-person formation.

To register, visit http://www.mccshawaii.com/turkey.htm or bring a registration form to the Semper Fit Center.

The Family Fun Run is free and advance registration is not required.

Tackle football standings as of Nov. 7

Team Win Losses

Camp H.M. Smith 5 1

CSSG-3 4 1

HQBN 2 3

MAG-24 3 4

1/12 0 4

2006 tackle football schedule

All games will be played at 6 p.m.

at Pop Warner Field. Unless otherwise noted.

Final Standings for the Commanders Cup Bowling League

1. Band-itos
2. Flaming Hookers
3. Golden Eagles
4. Efhin’ H
5. WOW
6. Wiggle Town Mafia
7. O Club
8. Da Jammers
9. Illegal Affairs
10. Rude Dogs
11. Knuckle Heads
12. Team Ramrod
13. Santa’s Lil’ Helpers
14. Goldbricks

Playoffs are scheduled for Nov. 13, 15 and 20. Championship playoffs are scheduled for Nov. 27.
FALLS CHURCH, Va. — Section 715 of the National Defense Authorization Act for Fiscal Year 2006 provided transitional survivor status at the active duty family member payment rate for surviving children of service members who died while serving on active duty for more than 30 days.

The law also enhanced TRICARE benefits for surviving children and spouses of deceased active duty service members.

The enhancements are retroactive for dates of death on or after Oct. 7, 2001, and apply only to medical benefits and payments:

- The Department of Defense and TRICARE Management Activity implemented these changes Nov. 1.
- Under the new law, minor children and unremitted and dependent children remain in transitional survivor status at the active duty pay rate, until they reach age 21, or up to age 23 if they are enrolled full-time in a secondary school or institute of higher learning (and if, at the time of death, they relied on their sponsor for more than 50 percent of their financial support).

These children remain transitional survivors until they reach the eligibility age limit, marry, or otherwise become ineligible for TRICARE.

- Children and unremitted dependent children incapable of self-sufficiency because of a mental or physical disability (incapacitated) remain in transitional survivor status for the longer of: three years from the sponsor’s death, age 21, or up to age 23 if they are enrolled full-time in a secondary school or institute of higher learning (and if, at the time of death, they relied on their sponsor for more than 50 percent of their financial support).

- During the transitional survivor time period, eligible children and surviving spouses are eligible to enroll in TRICARE Prime, the TRICARE Prime Remote for Active Duty Family Members program, Overseas Prime, and Global Remote. Normal TRICARE Prime enrollment rules apply.

- Transitional survivors are also eligible for active duty-specific programs such as the Extended Care Health Option and hearing aids. Eligibility for these additional programs and benefits is retroactive to Oct. 7, 2001, or the day TRICARE implemented the program, whichever is later.

- TRICARE will reprocess medical claims originally processed and paid at the retiree pay rate for affected surviving family members and refund the difference in enrollment fees, cost shares or copayments paid at that rate and the transitional survivor active duty family member payment rate that now applies.

- TRICARE also mailed letters, beginning Oct. 21, to the homes of all active duty survivors, children, and former active duty survivors listed in the Defense Enrollment Eligibility System whose active duty sponsor died between Oct. 7, 2001, and Oct. 31.

- The letter notifies family members of their retroactive eligibility for transitional survivor benefits. It also asks them to contact their TRICARE regional contractor for guidance on reprocessing medical claims and any potential refunds due.

End of Transitional Survivor Status and Active Duty Benefits:

- Transitional survivor status at the active duty family member pay rate for surviving spouses ends three years from the date of death of their active duty sponsor. At that time, DEERS will reflect their status as active duty survivors at the retiree pay rate.

- As retired family members, survivors are not eligible for TRICARE benefits under the TRICARE Prime Remote for Active Duty Family Members program, Overseas Prime. They remain, however, eligible for TRICARE Prime, Extra and Standard benefits at the retiree family member pay rate.

- Survivors (retirees) are also not eligible for active duty-specific programs and benefits such as ECHO and hearing aids as these programs are not available to retirees.

- After the transitional survivor period ends, surviving spouses and incapacitated dependent children who become entitled to Medicare Part A due to age (65), disability or end stage renal disease, must purchase Medicare Part B in order to remain TRICARE eligible.

- To avoid the Medicare surcharge for late enrollment, surviving active duty family members must purchase Medicare part B coverage when they first become eligible.

- Additional TRICARE information for active duty transitional survivors and survivors is available on the TRICARE Survivor Web page at www.tricare.mil/survivor/default.cfm.

About TRICARE Management Activity:

TRICARE Management Activity, the Department of Defense agency that administers the healthcare plan for the uniformed services, retirees and their families, serves more than 9.2 million eligible beneficiaries worldwide.

Go cold turkey for a day, a chance to win a turkey

Stephanie Onano, RN
 Naval Health Clinic Hawaii

Nov 6 is the day of the Great American Smokout. And every day, NHCLH’s Health Promotion Department challenges smokers to put down their cigarettes for one day and try to get one step closer to a smoke-free life.

Rules for Entering:

1. If you are a tobacco user, turn in your tobacco products (at least half a pack of cigarettes, cigar, dip, chew, pipe tobacco, or clove cigarettes).
2. If you are a non-tobacco user, but would like to participate, bring in a tobacco advertisement you have seen in a magazine or newspaper.

Turn in by Deadline:

- Turn in all tobacco products or advertisements to the Health Promotion Department, Room 103 or 103A, Makalapa Branch Health Clinic, and receive an opportunity ticket.
- By Nov. 6, turn in all tobacco products or advertisements to Clinic’s booths at the Navy Exchange and Navy and Marine Corps Commissaries from 9 a.m. to noon.

You may also turn in products at the Hickam Commissary from 1 to 3 p.m.

- Be sure to stop by our Great American Smokout ‘Fledge Wall’ at the Health Promotion Department at the Makalapa Branch Health Clinic and commit to quit.
- Whatever better way to reward yourself for kicking tobacco that day. Be a winner and become (or stay) tobacco free now! Quit to win!

- All active duty members and beneficiaries, as well as DoD civilian employees, are eligible. Call the the Clinic’s Health Promotion at ext. 283/282 for more information.

MOTO-vational run


Go cold turkey for a day, a chance to win a turkey

Stephanie Onano, RN
 Naval Health Clinic Hawaii

Nov 6 is the day of the Great American Smokout. And every day, NHCLH’s Health Promotion Department challenges smokers to put down their cigarettes for one day and try to get one step closer to a smoke-free life.

Rules for Entering:

1. If you are a tobacco user, turn in your tobacco products (at least half a pack of cigarettes, cigar, dip, chew, pipe tobacco, or clove cigarettes).
2. If you are a non-tobacco user, but would like to participate, bring in a tobacco advertisement you have seen in a magazine or newspaper.

Turn in by Deadline:

- Turn in all tobacco products or advertisements to the Health Promotion Department, Room 103 or 103A, Makalapa Branch Health Clinic, and receive an opportunity ticket.
- By Nov. 6, turn in all tobacco products or advertisements to Clinic’s booths at the Navy Exchange and Navy and Marine Corps Commissaries from 9 a.m. to noon.

You may also turn in products at the Hickam Commissary from 1 to 3 p.m.

- Be sure to stop by our Great American Smokout ‘Fledge Wall’ at the Health Promotion Department at the Makalapa Branch Health Clinic and commit to quit.
- Whatever better way to reward yourself for kicking tobacco that day. Be a winner and become (or stay) tobacco free now! Quit to win!

- All active duty members and beneficiaries, as well as DoD civilian employees, are eligible. Call the the Clinic’s Health Promotion at ext. 283/282 for more information.

MOTO-vational run

Recuperating in Russia

Staff Sgt. Paul N. Whelan poses for a photo in front of St. Basil’s Cathedral during his two weeks of rest and recuperation leave in Moscow. Whelan is the adjutant for Marine Air Control Group 38 (Reinforced), 3rd Marine Aircraft Wing. He is a native of Manchester, Mich., and a 1988 graduate of Huron High School. See story on page C6.
to the finish line with a time of 3:06:03. He said his service, "I have the utmost respect for those who served in the military in some capacity and felt a connection to the marathon through their service."

"I was a paratrooper in the Army, and we had to run three to four miles in boots every day," said Williams. "The (Iwo Jima Memorial) never fails to give me goose bumps even after all these years. My father fought and was wounded on Iwo, and I always felt respect for his service," said Brown: "I always felt that I was the first one to drop out from the group," said Richmond. None of them have any plans of missing next year's marathon, but only time will tell as it is a year away and each man will be a year older.

"It does not get harder year to year, because of our age," said Richmond. "I think it's great that even though we are over here in Iraq, we still have the ability to do this type of an event," said Robert Paloschik, first sergeant, Headquarters Company, Combat Logistics Battalion 1, 1st Marine Logistics Group (Forward). "I know there are a lot of individuals who go on deployments and want to improve their (physical training) and run marathons. This is a great way of testing that."
Cpl. James B. Hoke
3rd Marine Aircraft Wing

AL ASAD, Iraq —
A year is a long time. In the middle of the desert of a war-torn environment, it can seem like an eternity.

Luckily, service members have the opportunity to take a short, but much-needed break during their year-long deployment to Iraq.

“The rest and recuperation leave program is basically designed to give service members, serving 365 days in the area of operations, a break,” said Staff Sgt. Paul N. Whelan, adjutant, Marine Air Control Group 38 (Reinforced), 3rd Marine Aircraft Wing (Forward).

They are authorized 15 days leave with the benefit of the military paying for travel to and from their leave address.”

While most service members choose to take their two-week vacation back in the United States with their families and friends, the program also allows them to travel abroad.

“I want to go to Europe, because I’d never been there before,” said Gunnery Sgt. Russell J. Murzyn, information assurance chief, 3rd MAW. “I knew that I would eventually be going back to San Diego, so I went to Europe instead.

“The leave program is great,” said the 36-year-old Minneapolis native. “I recommend it for anyone, especially since we are out here for a year and they give you the opportunity to travel anywhere.”

Apart from the travel expenses, this program also grants service members the opportunity to completely relax with their families and friends for a couple of weeks.

“It gives the service members some downtime and allows them to go home and see their families,” said Whelan, “A lot of the junior Marines have never been away from home for more than a year in a foreign country. It helps to kind of fall back and regroup a little bit for those who are married or have families.

“It helps the family, too. Then, it gives those of us who are single an opportunity to travel throughout the world wherever we want to go and experience the diversity of culture,” said Whelan.

Although this is the first year for the Marines to take advantage of this opportunity, leave programs like this one have been around since before Vietnam, according to Whelan, a Huron High School graduate.

“Generally speaking, with the Marine Corps, we only deploy for six months at a time, so it’s been a while since Marines have deployed overseas for more than 365 days,” said Whelan, who spent his two weeks of leave experiencing the post-soviet era of Moscow and St. Petersburg, Russia.

However, there are a few requirements for the service members to meet if they choose to travel abroad rather than go home to see their families.

“Leave participants traveling to locations other than Germany or the United States and its territories or commonwealths must have a civilian passport and visa, if needed, in their possession before departing the Multi-National Forces West area of operations, according to the Rest and Recuperation Leave Policy letter.

“I didn’t have a current passport, as I’d turned it in several years ago,” said Murzyn, a Columbia Heights Senior High graduate. “When I arrived out here, I hadn’t planned on doing the two weeks anywhere other than San Diego and Minnesota, but the opportunity presented itself.

“I started the whole process to get a new passport issued to me,” he added. “I flew to Baghdad to do my paperwork, combat camera took my photo for me, and the legal office verified that all of my paperwork was correct for my passport. After about a week and a half went by, I was going back to Baghdad to pick up my passport. It was a simple process.”

While there are a few things service members must do to enjoy two weeks in foreign travel destinations, the requirements compare very little to the benefits.

“This is probably the best thing you can do while you are out here,” Murzyn concluded. “Why not take the opportunity to do something you may never get the opportunity to do again? Why not travel to Europe, travel to Russia or enjoy some new place?”

Rest, recuperation leave program: Deployed Marines, Sailors offered opportunity for foreign travel
For those who made...