

Hawaii Marine



Lance Cpl. Suzanna Lapi | Hawaii Marine

Marines with 3rd Reconnaissance Battalion and members of the Singapore Armed Forces prepare for special purpose insertion and extraction rigging during Exercise Sandfisher 2013 on Marine Corps Base Hawaii, Tuesday. The purpose of the operation was to strengthen tactics in amphibious procedures and combat diving for both nations while building their military partnership. Unit members performed surface swims, small craft maneuvers, and SPIE rigging.

Recon Marines, Singaporean Special Forces conduct training in Hawaii

Lance Cpl. Suzanna Lapi
Marine Corps Base Hawaii

Reconnaissance Marines from 3rd Reconnaissance Battalion, based in Okinawa, Japan, dove in and took flight with members of the Singapore Armed Forces Naval Diving Unit during Exercise Sandfisher 2013, a bilateral training exercise held at Marine Corps Base Hawaii from Jan. 7 to 18.

According to the recon leadership, the purpose of the operation was to build their military partnership by strengthening both nations' tactics in

amphibious procedures and combat diving. Unit members performed surface swims, small craft maneuvers, and special purpose insertion and extraction rigging.

Every year, the Singaporean divers and recon Marines train together for three weeks. Over the past eight years, they have trained in both Singapore and Hawaii.

Staff Sgt. King Ritchie, a reconnaissance team leader with 3rd Recon Bn. and native of Kirkland, Wash., said they exchanged tactics, techniques and procedures with the highly trained Singa-

porean divers. "The operation is a good opportunity to work with other units that have a lot of experience," he said.

The two nations worked together to carry out SPIE rigging and helocasting rehearsals, helping one another prepare for the exercises by fitting and checking their gear. They used SPIE rigging to prepare for a situation in which a helicopter can't safely land and patrol units need to quickly move into or out of an area. Groups of approximately eight troops, clad in harnesses, were attached to a rope that dangled from a CH-53E Super

Stallion helicopter. The aircraft hovered as the unit attached and disconnected from the rope onto the ground.

Shortly after, they conducted helocasting for the same reason, but the team now exited from the rear of the aircraft by jumping into the water. The boat, which they also pushed out, was partially inflated before exiting. They completely filled it with air once the team hit the water, a process known as 'soft ducking.'

Cpl. Jeff Sanders, a reconnaissance

See RECON, A-8



Lance Cpl. Jose Lujano | Marine Corps Installations Pacific

Lt. Gen. Kenneth J. Glueck Jr., commanding general of III Marine Expeditionary Force, addresses Marines, sailors and civilians, Oct. 25, during an all hands reflection brief at Camp Foster. Glueck visited all Marine installations on Okinawa to emphasize service members' roles as ambassadors on Okinawa, reinforce the Marine Corps' core values and highlight the positive relationship between the Okinawa community and the Marine Corps.

III MEF commander provides guidance for 2013

Cpl. Mark W. Stroud
Marine Corps Installations Pacific

CAMP BUTLER, Okinawa, Japan — Lt. Gen. Kenneth J. Glueck Jr., the commanding general of III Marine Expeditionary Force, provided guidance to his command, Jan. 4, that explained his intent and vision for III MEF during 2013.

The commanding general's message reinforced and expanded upon guidance provided in 2011 and 2012, and praised the performance of his command during the past two years.

"The MEF has excelled in meeting my

operational intent; being the most ready force in United States Pacific Command," said Glueck. "We have proven time and again to be the force of choice; responding to today's crisis, with today's force, today."

III MEF's involvement in humanitarian assistance and disaster relief operations around the Asia-Pacific region in 2012, highlighted by flood relief efforts in the Republic of the Philippines, demonstrated the necessity of an expeditionary force in readiness in the region, reinforcing the need for continual preparation and training by III

See MEF, A-8

SERGEANT MAJOR OF THE MARINE CORPS VISITS MARINE CORPS BASE HAWAII



Lance Cpl. Nathan Knapke | Hawaii Marine

Sergeant Major of the Marine Corps Micheal Barrett spoke with Marines at Anderson Hall Dining Facility during lunch, Jan. 7, about living quarters on Marine Corps Base Hawaii. Barrett toured MCB Hawaii analyzing the on base facilities, ensuring Marines had proficient living standards.



Out of the park! Wounded Warrior amputees win community softball game, B-1



Kailua Grub! Dining out in Kailua? Try Kalapawai Cafe and Deli, C-1

Saturday
High 76
Low 67

Sunday
High 75
Low 68

NEWS BRIEFS

Base Tax Center opening soon

The Base Tax Center is opening soon to all Marine Corps Base Hawaii Department of Defense military and civilian employees. Hours of operation, and appointment scheduling information to be announced. Please bring all W-2's (including spouse's), bank account and routing numbers, copy of last year's tax return, all other tax forms (1099s, etc.) and Social Security cards for all family members. The tax center is located at building 455 on the first deck. Building 455 is across the street from Forest City and adjacent to the Youth Activities Center. For more information, call Gunnery Sgt. Shawn Forde at 257-1187.

CLEP and DSST testing

The Marine Corps Base Hawaii Education Center, located in building 220, offers free College Level Examination Program and DANTES Subject Standardized Tests every Monday from 7:30 a.m. to 4:30 p.m. and Thursdays from 7:30 a.m. to 7:30 p.m. in building 219, classroom five. Testers must arrive two hours before closing time to provide ample time to complete the tests. Study guides are available at the JEC. For more information, call 257-2158.

Cultural Heritage Day Luncheon

Marine Corps Base Hawaii will host its first Combined Cultural Awareness Observance, called Cultural Heritage Day, March 1 from 10 a.m. to 4 p.m. at Kahuna's Ballroom. The event will acknowledge and honor the diverse ethnic and cultural heritage of the U.S., and feature cultural display booths and entertainment. For information or to be a part of this event, contact the base Equal Opportunity Advisor, Gunnery Sgt. Curtis Bradley, at 257-7720 or curtis.bradley@usmc.mil.

2013 Pacific Division Matches

The MCB Hawaii 2013 Pacific Division Matches are scheduled from Feb. 1 to 15 at the Puuloa Range Training Facility.

It will consist of two weeks of classroom instruction and CIAP individual and team matches. Unit teams and individuals will compete for unit awards and shooting medals. Every Marine who participates will receive their annual rifle training qualification and will also have the opportunity to qualify with the service pistol.

Additionally, units will have the option to send their Marines who have participated in the PACDIVs to an additional week of follow-on training that will fulfill the combat marksmanship coach program of instruction (Feb. 18 to 22). For more information, email Gunnery Sgt. Saeung at narong.saeung@usmc.mil, Gunnery Sgt. Hudson at tommie.hudson@usmc.mil, or Staff Sgt. Anderson at kelly.anderson@usmc.mil, or call 474-8058

DSTRESS Line available 24/ 7/365

The DSTRESS Line is a pilot program for active duty, Reserve, veterans and retirees, as well as their families, in the western U.S., Hawaii, and Alaska. Callers will speak with veteran Marines, former corpsmen, and other licensed behavioral health counselors who have been specifically trained in Marine Corps culture and ethos.

The DSTRESS Line is anonymous. The 24/7/365 call center and resource directory helps increase resilience and develop the skills necessary to deal with the challenges of life in the Corps.

Visit online at <http://www.DStressLine.com>. Call the DSTRESS Line at 1-877-476-7734. Share the number with your fellow Marines or family members.

Important phone numbers

On-Base Emergencies	911
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Base Information	449-7110
MCB Hawaii Chaplain	257-3552
DEERS	257-2077

Hawaii Marine

www.mcbhawaii.marines.mil

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Combat Correspondent	Cpl. James A. Sauter
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Combat Correspondent	Lance Cpl. Nathan Knapke
Combat Correspondent	Lance Cpl. Suzanna Lapi
Photojournalist	Kristine Cabalo
Photojournalist	Kristen Wong
Graphic Artist	Jay Parco

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Hawaii Marine, Box 63062, Building 216,
MCB Hawaii, Kaneohe Bay, Hawaii 96863
Email: HawaiiMarineEditor@gmail.com
Fax: 257-2511, Phone: 257-8837



Courtesy Photo

Frank Duran, the U.S. Marine Corps Forces, Pacific Experimentation Center water purification project lead, uses flashlights to provide training on the Aspen 2000 water purification system in the Republic of the Philippines, Dec. 8, in order to provide relief to devastated areas struck by Typhoon Bopha and meet U.S. Pacific Command Science and Technology Program requirements. The MEC was able to gather operational feedback on the water purification systems while providing much-needed water to local communities in the Philippines.

MEC conducts helpful experiment in Philippines

Cpl. Isis M. Ramirez

U.S. Marine Corps Forces, Pacific

CAMP H.M. SMITH, Hawaii — Typhoon Bopha hit the Republic of the Philippines in early December, claiming the lives of more than 1,000 people. Weeks after the devastating event, those who survived the super typhoon are still suffering the effects Bopha left in its path.

Homes were destroyed and electricity was interrupted, leaving many communities in the Philippines without a clean water supply. But the U.S. Marine Corps Forces, Pacific Experimentation Center was able to provide relief to the area.

"This is an experiment with a purpose," said Shujie Chang, professional engineer and director of the MEC, referring to water purification systems currently providing relief to devastated areas in the Philippines. "The primary purpose is gathering feedback, but at the same time, it's helping humanity because it's producing water, which is actually very much in need after a disaster. Saving lives, alleviating human suffering and maintaining human dignity — those are all the things that humanitarians want to do."

The MEC experiments with technologies that are applicable to the Marine Corps and U.S. Pacific Command in order to gather operational feedback. They are also the executive agent for science and technology collaboration between the Armed Forces of the Philippines and PACOM.

"We have an agreement to

experiment with technologies that we bring to the Philippines to gather operational feedback," Chang said. "The venues are usually in exercises such as Balikatan and PHIBLEX. We've identified that a good venue is also putting technologies in a real-world mission to gather feedback."

While they were in the Philippines at a planning conference solidifying just how they would continue their experiments during Exercise Balikatan 2013, that real-world mission arrived.

After receiving the warning order concerning Typhoon Bopha, known as Typhoon Pablo by the Philippine Atmospheric Geophysical and Astronomical Services Administration, Dec. 5, Frank Duran, a MEC project manager who specializes in water, prepared to train the AFP soldiers in using the water purification systems left behind after Exercise Balikatan 2012. The systems were provided to the MEC by the Office of Naval Research, Naval Facilities Engineering and Expeditionary Warfare Center and Office of Secretary of Defense. The AFP deployed the water purification systems to Davao two days later. From Davao, they were transported to other nearby communities heavily impacted by Bopha.

"We went around and around and we finally found (a water source) in the school," Duran said. "The school was damaged completely, but we found a place where people were taking showers. The water was coming from the mountains. They put a pipe from the mountains coming down, so it was (relatively) clean water."

Duran's team used the water the

local community was funneling down from the mountains as a more clean water source to purify. He said his team was out in the dark, using flashlights to assemble and learn the operations of the system.

By Dec. 10, there were three teams producing potable water in Baganga, New Bataan and Bry Laak, Tagum City. Inaccessible roads, fallen bridges and lack of phone coverage kept the team in Baganga from providing feedback to the MEC. Finally, Dec. 14, MEC received news that the Aspen 2000 water purifier was having operating issues. The water team in Bry Laak was sent to aid in Baganga.

Today, two systems are still producing potable water for the victims of the super typhoon. It is unknown how long the local communities will need the purification systems, but as they continue to use them, the MEC will continue gathering feedback.

"It's a good opportunity for us to gather long-term feedback," Chang said. "We know the purification units work up to a couple of weeks. The question is do they work for a whole month and beyond without maintenance associated. Right now, we don't have a field service support representative, just the AFP soldiers out their running the machines, so this is a good indication of whether they can do it on their own or not. "By having a science and technology experimentation program, it allows us to gather the operational feedback, it also allows us to build regional partners with our Philippine allies and it helps humanitarian efforts."

'Lava Dogs' shift focus to jungle training

Lance Cpl. Daniel Valle

Marine Corps Installations Pacific

CAMP GONSALVES, Okinawa, Japan — Marines with 1st Battalion, 3rd Marine Regiment, which is currently assigned to 4th Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force, under the unit deployment program, conducted hasty rappel training at the Jungle Warfare Training Center on Camp Gonsalves, Jan. 8, as part of a nine-day course, Jan. 7 to 15.

"This training is for us to work on our jungle tactics and our patrolling," said 1st Lt. Jefferson M. Dowdy, a platoon commander with the battalion. "It gets us accustomed to working in this type of environment and out of our comfort zone. The training also helps us maintain mission readiness."

Although the Marines are normally stationed in Hawaii, they only receive this type of training at a basic level, according to Dowdy.

"We do a pretty good deal of this training being stationed on Hawaii," Dowdy said. "We go out in the jungle there and brush-up on the basic skills, but nothing like the level of training we are receiving here."

The JWTC is the only jungle warfare training facility in the Department of Defense. It offers an

unparalleled training experience for any Marine operating in the Asia-Pacific region.

"It benefits the Marines due to the fact that we are going back to what the Marine Corps has done before the wars in Iraq and Afghanistan by training for every environment," said Sgt. Garrett A. Sanders, the chief instructor at JWTC. "We are going back to jungle tactics and training. It gives them the skills to navigate in this type of terrain, which is important in (the Asia-Pacific region)."

Throughout the course, the Marines receive classes on techniques that help them in the jungle, such as fast-roping, hasty rappelling, crossing valleys via rope bridges, land navigation, and casualty evacuations.

"I think the overall training experience out here is good for all of us," said Sgt. Nathaniel G. McGinness, a squad leader with the battalion. "We are learning techniques to ensure we are effective in this terrain."

The Marines have been able to take what they learned during their classes and apply it to various practical application scenarios, according to Sanders.

"Not only has it built their confidence, but it shows them exactly what they need to do to operate (in an environment they haven't trained in)," Sanders said.



Lance Cpl. Daniel Valle | Marine Corps Installations Pacific

Marines conduct hasty rappel training at the Jungle Warfare Training Center on Camp Gonsalves Jan. 8. The training conducted increases proficiency in the jungle environment and enhances mission readiness. The hasty rappelling class is one of many conducted during the nine-day course which runs Jan. 7-15. The Marines are with 1st Battalion, 3rd Marine Regiment, currently assigned to 4th Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force, under the unit deployment program.

AROUND THE CORPS



Lance Cpl. Austin Long | 2nd Marine Division

Marines prepare a ditching shot, Jan. 10, at Engineer Training Area 3, under the supervision of an instructor to ensure safety for the Marines and that the charge is properly put together. Marines practiced the basics before moving on to other portions of the range.

‘Breacher, you have control!’

Lance Cpl. Austin Long

2nd Marine Division

MARINE CORPS BASE CAMP LEJEUNE, N.C. —

A line of eight Marines sprints toward a house with closed doors and windows, one carries explosives and the others carry various tools used to gain entrance into a building. One holds the blast blanket, a flexible shield used by Marines to protect them from the initial blast and flying debris, others provide security, and two Marines plant the explosives on the door. After an instructor checks the placement and safety of everyone, he hands over control to the lead man in the group yelling out, “Breach, you have control!”

Immediately, a Marine replies, “Roger, I have control! Stand by, five, four, three, two, one!” With an ear-shattering roar, the door and windows erupted into a shower of debris and dirt, which rained down onto the Marines waiting to rush the building.

Jan. 10 was the day Marines waited for. After three days of classes and one day of rehearsals, junior

Marines were able to get hands-on training with live explosives at Engineer Training Area 3. The engineers work diligently in preparation to support infantry units for future deployments.

“The combat engineers could be doing this in country, so I felt it was important for them to get the training,” said Sgt. Richard Hill, a native of Mill, Ind., and an acting platoon sergeant with 2nd Combat Engineer Battalion. “The training went well. These guys put in a lot of class time and rehearsal time. They learned the materials and were able to put that knowledge to work.”

Marines started with the basics; manufactured explosives, and then they moved on to expedient explosives, and urban breaching.

The main focus for Marines after getting down all the basics was learning how to use what’s around them for explosive charges, said Cpl. Rollie Lemons, of Austin, Texas, and a sapper instructor with 2nd CEB.

“These Marines get out what they put in,” said Lemons. “We’re here to teach and provide safety

and guidelines. Your own imagination is your own limitation.”

The expedient portion of the range consisted of makeshift explosives made from material that could be found in a combat environment.

Two of the charges used during the expedient portion were the “Grape Shot,” a directional charge made with an ammo can containing C-4 explosive on the bottom and shrapnel on the top and a “Frankenstein,” which is a multi-directional shot made up of a roll of barbed wire with TNT in the middle of it on a timer blasting cap.

After, Marines went on to the urban breaching portion, where they were able to learn the basics for blasting an entrance through doors, windows and even walls.

“Training today went well for all areas of training,” said 1st Lt. Patrick Mayne, the officer in charge of ETA-3 with 2nd CEB. “These Marines have been training all week, starting with classes, rehearsals and then today with the live fire.”

Santa Barbara Marine overcomes injury, deploys to Afghanistan

Cpl. Anthony Ward Jr.

Regional Command Southwest

COMBAT OUTPOST SHUKVANI, Afghanistan — Marines are instilled from day one to learn to adapt and overcome, and in a deployed environment they must take this to heart.

Lance Cpl. Nicholas C. Jansen is one such Marine who has adapted to the demands of the battalion and wears the many hats needed to get the job done.

Hailing from a small town, Hartland, Conn., Jansen found his way to the Marine Corps later than most Marines.

“I was 22 at the time, working a job, and I really wanted to do something different with my life,” said Jansen, a generator mechanic by trade. “I always wanted to join the military, so I looked into it, and here I am.”

With a military influence in his family, he had always leaned toward enlisting. Jansen finally made his decision and walked into a recruiter’s office and joined the Marine Corps during April 2011.

“My father was in the Navy, and



Cpl. Anthony Ward Jr. | Regional Command Southwest

Lance Cpl. Nicholas C. Jansen, generator mechanic with Georgian Liaison Team for Regimental Combat Team 7, Regional Command Southwest, has the duties of a Marine above his grade.

my grandfather was in the Air Force,” said Jansen. “I chose the Marine Corps because I wanted to be the best. I wanted to go all out.”

Currently attached to the Georgian Liaison Team for Regimental Combat Team 7, Regional Command Southwest,

Jansen has been going “all out” for them. The normal duties of a lance corporal who is a generator mechanic would consist of primarily fixing a generator when it breaks and providing preventative maintenance.

Traditionally, he would have an entire shop of Marines who work alongside him and some senior Marines to help him when things get rough.

Jansen doesn’t have the traditional shop at Combat Outpost Shukvani. He is the lone man who takes care of many problems by himself, assuming responsibility and duties far beyond his pay grade.

“I’m the utilities chief, so if any gear out here breaks, I either have to fix it or find a replacement,” said Jansen,

25. “I work with a staff sergeant on the (consolidated memorandum receipts), I work with diesel motors, heaters and air conditioners.

“I joined the Marine Corps for experience,” added Jansen. “I’m definitely getting that out here.”

Jansen has expanded his reach beyond just fixing generators, to keeping air conditioning units up and running, dealing with electrical issues and answering midnight wake-up calls, and his efforts have not gone unseen by his superiors.

“He took the mission on himself,” said 2nd Lt. Robert E. Dzvonick, supply officer for the GLT. “One guy, a whole battalion. He’s even working through a language barrier, what more can you say. He’s the unit’s sole generator mechanic and he repairs everything from air conditioners to refrigerators. He even covers down on the (Ground Based Operational Surveillance System).”

Jansen goes above and beyond in his duties, taking on the role of numerous Marines and fulfilling the needs of an entire battalion.

Oshima children visit Camp Foster Youth Center for cultural exchange

Lance Cpl. Daniel Valle

III Marine Expeditionary Force

CAMP FOSTER, OKINAWA, Japan — Twenty-four children and six chaperones from Oshima District, Kesennuma City, Miyagi prefecture, arrived Jan. 11 at the Camp Foster Youth Center to take part in the second annual youth cultural exchange and homestay program.

The program was created following the devastating earthquake and tsunami that occurred in March 2011 and was designed to allow the children of Oshima to enjoy their summer holiday in a stress-free environment.

“Today is the first of a

four-day homestay youth cultural exchange program,” said Robert D. Eldridge, the deputy assistant chief of staff, G-7, government and external affairs, Marine Corps Installations Pacific. “It’s the second annual homestay that we have conducted for the children of the island of Oshima to spend a few days with the Marines and their families in Okinawa.”

The children are fourth-through eighth-grade students at Oshima elementary and middle schools.

“We were invited by the Marine Corps to come to Okinawa the year after the disaster,” said Hironobu Sugawara, homestay program

manager and Oshima City Assembly member. “Last time, we had 25 children visit, and we want to keep the ties between us and the Marines strong. This year, the children will have the opportunity to attend school with the American children to learn from each other.”

The children of Oshima are excited to be on Okinawa and look forward to their stay, according to Daisuke Chiba, a 13-year-old seventh-grader participating in the exchange program.

“This is my first time coming to Okinawa,” said Chiba. “I look forward to seeing Okinawa and spending time with the (Marine) family



Lance Cpl. Daniel E. Valle | III Marine Expeditionary Force

Yoshihito Sakurada watches and smiles while Columbus Wilson III scores a basket Jan. 11 at the Camp Foster Youth Center.

I will be staying with.”

Throughout the children’s stay, they will participate in various events such as arts

and crafts, playing games, a Sunday brunch, and visiting an American school before leaving, Jan. 14.

Recon Marines dive Hawaiian depths, return to amphibious roots

Cpl. James Sauter
Marine Corps Base Hawaii

The water of Kaneohe Bay remained calm as the sun broke through thick, grey clouds. The wind whistled gently and light sparkled off of the ocean's surface while boaters cruised around the bay, enjoying the sunny, serene day.

Far from the observation of curious eyes, reconnaissance Marines of 3rd Reconnaissance Battalion from Okinawa and members of the Singapore Armed Forces Naval Diving Unit sharpened their diving capabilities and amphibious skills during Exercise Sandfisher, Jan. 9.

"It's a tremendous experience to be working with the Singaporeans because their team leader has more than 12 years of experience as a diver," said Staff Sgt. King Ritchie, 3rd Recon Bn. dive team leader and native of Kirkland, Wash. "He's been more than willing to share his experience and knowledge and that has been very helpful to our dive training."

They arrived, Jan. 7, and conducted bilateral dive training on Marine Corps Base Hawaii, Jan. 9. The training focused on diving techniques to gain a better grasp on how two different military cultures accomplish the same mission.

"This exercise is really to help build interoperability and techniques between the two of us," said Capt. Brian Luszcynski, a platoon commander with Bravo Company, 3rd Recon Bn., and native of Bremerton, Wash. "Our skill sets shifted toward the demands of Operations Iraqi and Enduring Freedom; namely, deserts. Because we've deployed there so much, we've had to limit our training in amphibious reconnaissance skills."

During the initial briefing, the Marines and Singaporean sailors discussed the scope of the training evolution. The objective was for teams of two divers to navigate through the water toward a buoy 500 yards from shore and back.

Toward the buoy, the teams swam along the surface on their backs. On the return swim, they navigated underwater. After the brief, the Marines and Singaporean sailors donned their gear and headed out toward the water ramp for insertion.

"When it comes to diving, everything we do as divers is practical," Ritchie said. "We're wearing so much gear and it's all very cumbersome. It turns out, our training and tactics for accomplishing



Lance Cpls. Cody Wurdelman and Andrew Maltz, natives of Chicago and Pearl River, Calif., and reconnaissance men with Bravo Company, 3rd Reconnaissance Battalion, don their full face masks before entering the water for a dive training evolution at the 4th Force Reconnaissance Company compound on Marine Corps Base Hawaii, Jan. 9. The training was part of Exercise Sandfisher 2013, which was held on Marine Corps Base Hawaii from Jan. 7 to 18 to strengthen all participants' tactics in amphibious procedures and combat diving.

these missions are almost identical to the Singaporeans."

Once in the water, divers paired together. One diver from each team was responsible for navigating toward the buoy and back. After each team made it along the surface, the next team signaled to the instructor on a safety boat they were ready to dive.

Using nothing but an underwater compass and depth gauge to find their way, each team dove to depths from a few to 10 feet and ventured back to shore. The only obvious sign that showed where the teams were was their inflatable buoy marker, bobbing across the water surface to the ramp.

"I always wanted to dive and jump out of planes, so it's really cool to be able to do all of this stuff for my job," said Lance Cpl. Cody Wurdelman, a native from Chicago and reconnaissance man for 3rd Recon Bn. "It was really good to get input

from the Singaporeans because this is their naval dive unit. What I learned from them helped when I veered off course a little bit and ended up in some coral and only a foot of water."

After the training evolution concluded, the Marines and Singaporean sailors returned to the briefing room to discuss the successes and lessons learned from the training. They continued with another evolution the following afternoon to improve on techniques and tactics that would be used in a later special patrol insertion and extraction and night direct action training evolutions.

"In our work-up for deployment with the 31st Marine Expeditionary Unit later this year, we have to train and understand how to dive and operate our equipment," Luszcynski said. "These amphibious techniques are things we train to do and we're honing those techniques now to support the overall mission of the MEU."



Reconnaissance Marines of Bravo Company, 3rd Reconnaissance Battalion, enter knee-deep into ocean water to start a dive training evolution with Republic of Singapore sailors at the 4th Force Reconnaissance Company compound on Marine Corps Base Hawaii, Jan. 9.

Photos by Cpl. James Sauter | Hawaii Marine



Reconnaissance Marines with Bravo Company, 3rd Reconnaissance Battalion, relax after completing a dive training evolution near the 4th Force Reconnaissance Company compound on Marine Corps Base Hawaii, Jan. 9.



Reconnaissance Marines with Bravo Company, 3rd Reconnaissance Battalion, don their amphibious diving gear before conducting a dive training evolution with Republic of Singapore sailors at a water ramp at the 4th Force Reconnaissance Company compound on Marine Corps Base Hawaii, Jan. 9.



Reconnaissance Marines with Bravo Company, 3rd Reconnaissance Battalion, signal to the instructor on a safety boat they're ready to begin the underwater dive portion of a training evolution with Singaporean sailors near the 4th Force Reconnaissance Company compound on Marine Corps Base Hawaii, Jan. 9.

'Kings of Battle' Marines teach, learn, new firing system

Lance Cpl. Jacob D. Barber

Marine Corps Base Hawaii

Marines with Bravo Battery, 1st Battalion, 12th Marine Regiment, employed the new Expeditionary Fire Support System M327 120-mm mortar weapon system at Landing Zone 216, Wednesday.

The new system, used for the first time by the battalion's Charlie Battery during Operation Spartan Fury at Pohakuloa Training Area, was designed to improve the capabilities of artillery units throughout the Marine Corps.

"We don't always have to go to the Island of Hawaii to sharpen our skills as cannoneers," said Cpl. Robert Parente, a field artillery cannoneer with Charlie Battery and a New Rochelle, N.Y. native, who employed the EFSS while training at Pohakuloa Training Area in August. "It's small training evolutions like this that really keep us on top of our game and everyone is able to benefit — from our crew chiefs to our new privates first class."

Parente was one of a few Marines chosen to be present during the training, so he could pass on his knowledge to his brothers-in-arms.

"We're out here today to teach," Parente said. "We have some Marines from Bravo and Alpha Batteries who have not yet learned about this system. We are taking them through classes to better understand the functions, while also implementing practical application on weapon placement loading, and reloading."

According to Parente, the weapon system is lightweight, extremely mobile and centered toward short operations. It can be transported by MV-22 Osprey, CH-53E Super Stallion and CH-47 Chinook helicopters, amphibious assault vehicles and transportable vehicles, similar to small Humvees. The system also uses two types of 120 mm ammunition known as smooth bored and rifled rounds. The rifled round has ten charges and several grooves that allow it to reach a further distance than the smooth bored. Unlike the M777 Howitzer weapons system regularly employed by artillery battalions, the EFSS is fired by using sights instead of computers.

"I like the EFSS because it's like a mini



Lance Cpl. Jacob D. Barber | Hawaii Marine

Marines with Charlie and Bravo Batteries, 1st Battalion, 12th Marine Regiment, undergo a practical application exercise after learning misfire procedures for the Expeditionary Fire Support System M327 120 mm mortar weapons system, at Landing Zone 216, Wednesday. The new system, used for the first time by the battalion's Charlie Battery during Operation Spartan Fury at Pohakuloa Training Area, was designed to improve the capability of artillery units throughout the Marine Corps.

Howitzer but takes less work and fewer people to operate," said Pfc. Randy Covington, a field artillery cannoneer with Bravo Battery and a Chicago native. "This firing system allows us to send more rounds downrange at a quicker rate and is a lot more maneuverable than our Howitzers. It also takes us back to the basics of not relying on a computer to target in and shoot. This system is all manual."

Sgt. Albert Camacho, a section chief with Charlie Battery and a Lancaster, Calif. native, believes the new system brings a strong emphasis on maneuverability and fire support, and also strengthens small unit leadership within the batteries.

"Leadership is vital to our job and being able to practice it at all different levels makes us stronger as a whole," Camacho said. "We have corporals

teaching sergeants and lance corporals taking charge of their section and teaching their peers. With the EFSS, you don't need a nine-man team; it only takes five Marines. As a result, we have a lot more Marines fulfilling leadership roles who might have not had a chance before."

The "Kings of Battle" will soon be gearing up to send Charlie Battery to Okinawa as a part of the unit deployment program.

Playground takes time-out for updates

Christine Cabalo

Hawaii Marine

Construction crews are working to put the zing back into the swings and other recreational equipment at the Riseley Field Super Playground.

The playground is temporarily closed while the worn swings and slides are replaced with \$160,000 worth of new materials. The area is scheduled to re-open to patrons by Jan. 30.

"It's a one-for-one replacement," said Chere Brown-Rexroat, the MCCA project manager for Marine Corps Base Hawaii. "Playground users are getting back exactly what they had before, but newer."

In February 2011, the playground temporarily closed for three months to install wheelchair accessible monkey bars and other play equipment, meeting standards of the Americans with Disabilities Act.

Construction crews are currently installing identical but new equipment in the play area, Brown-Rexroat said. The equipment is warranted to last for approximately five years and is made with materials suited for Hawaii's outdoor climate.

Felisha Latham, a Marine Corps Base Hawaii resident, took her son to play there at least once a week before the temporary closure. As construction work is underway at the playground,



Christine Cabalo | Hawaii Marine

Construction workers assemble one of several play structures at the Riseley Field Super Playground, Thursday. The playground is scheduled to re-open, Jan. 30, with new identical equipment to replace the older equipment.

Latham has found activities at home to do with her son. She said she's looking forward to seeing him enjoy all of the playground's features when it re-opens.

"I felt great taking my son so he can get in some physical activity and play with others," Latham said. "He can socialize, which is good, because he isn't in day care where can he easily socialize with other children."

Many super playground users are visiting the smaller neighborhood

playgrounds as they wait for the re-opening. Abigail Brinker, who is also a MCB Hawaii spouse and resident, said she generally prefers the super playground because the other play areas don't always have swings or other features found at the Riseley Field location.

"The super playground is very convenient," Brinker said. "I can feed my children breakfast, send my older one to school and then take the rest of my children to the park."

Monique Visocky, who also used the playground before renovation, said she misses meeting other moms at the Riseley Field location. She and other regular playground users said they are glad the playground will soon re-open with the same features, including different areas for younger and older children.

"I'm looking forward to my son using the toddler area when he gets older," Visocky said. "I've seen the toddlers playing there, and they look like they're having a lot of fun."

Updates to the play area were possible with funding from the Overseas Contingency Operations fund, which pays for other MCB Hawaii assets including the Semper Fit Center.

"We wouldn't have gotten it done without the funding," Brown-Rexroat said. "There's usually saved money for operational items, but not always for recreational areas."

Replacing the equipment now will ensure the continued safety of children using the playground, Brown-Rexroat said. She said the decision to temporarily close down the entire area was made to reduce the impact to the neighborhood and assist construction crews in making a quick replacement.

Once construction crews finish, both parents and children will have the chance to hang out together at the monkey bars once again.

ENVIRONMENTAL CORNER



PROTECTING HAWAII

Sign up today for L.E.A., Local Environmental Awareness, Jan. 23. Discover the predators and protected wildlife here and the historic cultural significance of this Mokapu Peninsula.

Taking care of our environment enables our Marines and sailors to continue training in a healthy place.

The Hawaiians have a word, 'pono' which embodies being respectful and in balance with all areas of life. This includes caring for the land.

Leave it as good as or better than when we found it. Success of our mission at MCBH re-

lies on the quality of this environment. You and I play a vital role in caring for it. Let's live 'pono'.

Sign up for LEA today! Everyone is welcome. The class will run from 7:30 a.m. to noon and is held on base. Individual letters of completion are issued for your records after the class.

Participants will also learn about volunteer opportunities, recycling, conserving energy, protecting our ocean, and how to prevent pollution while saving money.

Contact Base Environmental at 257-9974 or Michele.chang@usmc.mil.

RECON, from A-1

man with 3rd Recon Bn. and native of Arvada, Wyo., said it was exciting to learn new techniques with the close-knit group. Their focus was on international cooperation and refining standard operating procedures.

Ritchie said there were risks anytime they worked in the water, including dive related accidents and injuries, and challenges brought on by hazardous marine life like sharks and coral. Safety personnel were present with emergency equipment and divers were instructed to avoid sea life.

"We take every precaution we can to mitigate injuries," he said.

Cpl. Kaleb Roberts, a reconnaissance man with 3rd Recon Bn. and native of Round Rock, Texas, said the operation was thrilling and it was beneficial to learn new diving techniques and tactics.

"The main importance was building the relationship between our countries," he said.

The bond between unit members of these two nations was reinforced as strong as the rope they collectively dangled from during the joint training exercise. After completing the training, they returned to their individual home stations, where the recon Marines continued to prepare for a deployment with the 31st Marine Expeditionary Unit in the spring.

Marines with 3rd Reconnaissance Battalion and Singapore Armed Forces members dangle from a CH-53E Super Stallion helicopter while conducting special patrol insertion and extraction rigging during Exercise Sandfisher 2013 on Marine Corps Base Hawaii, Tuesday.



Lance Cpl. Suzanna Lapi | Hawaii Marine

MEF, from A-1

MEF's subordinate commands.

"As we start the new year, we must be prepared for the unexpected," said Glueck. "We will be tested, and not at the time and place of our choosing."

The introduction of the MV-22B Osprey to 1st Marine Aircraft Wing will help III MEF respond to these tests by increasing operational flexibility and improving response times to crises and natural disasters in the region, according to Glueck. The Osprey has approximately four times the operational range and twice the speed of the CH-46E Sea Knight helicopter it is replacing.

The operational capabilities of III MEF have also been bolstered by the re-institution of the unit deployment program, including the reintroduction of multiple infantry battalions to the island for the first time in several years, according to Glueck.

The commanding general called on his Marines to rededicate themselves to realistic training, building interoperability with partner nations, and improving command and control in order to fully realize the benefits of III MEF's increased capabilities.

Efficiency will also be a focus of the new year, with Glueck asking his Marines to maximize their effectiveness with available resources and, as necessary, adapt to overcome any challenges that would impede mission accomplishment.

One challenge III MEF must address in the coming year is the very small percentage of Marines who fail to meet the standards, unduly altering the perception of the U.S. military among parts of our host nation's populace, according to Glueck.

"The vast majority of Marines and sailors continue to conduct themselves as upstanding members of the Okinawa community," said Glueck. "It falls upon every member of III MEF to maintain their focus and leadership on maintaining zero-tolerance for liberty incidents."

Glueck concluded his guidance by reinforcing the importance of each Marine and sailor understanding their commander's intent, a principal that the general had stressed in guidance from previous years. He charged each service member with seizing the initiative and maintaining accountability for their actions in 2013.

Sports & Health



Photos by Lance Cpl. Nathan Knapke | Hawaii Marine

Retired Lance Cpl. Tim Horton, a member of the Wounded Warrior Amputee Softball Team and native of Sulphur Springs, Texas, who lost the lower part of his left leg while supporting combat operations in Iraq, prepares to hit a softball during a game against the Honolulu Veterans Affairs team at the Central Oahu Softball Complex in Waipahu, Hawaii, Jan. 9.

Wounded Warrior Amputee Softball Team dominates competition in Hawaii

Lance Cpl. Nathan Knapke
Marine Corps Base Hawaii

WAIPAHU, Hawaii — As the sun set behind the Waianae Range on Oahu, bright stadium lights covered the Central Oahu Softball Complex as players prepared for their game against Honolulu Veterans Affairs, Jan. 9.

Like any other game, grounders, fly balls from batting practice encompassed the softball field before the game started.

But these weren't ordinary softball players. Members of the Wounded Warrior Amputee Softball Team, who lost limbs while supporting combat operations in Afghanistan and Iraq, donned their prosthetic limbs and prepared to play softball.

While playing softball, their goal was to show other amputees and the general population they are still able to play the sport they love, even after losing limbs.

"It's a great program and has a great message," said retired Lance Cpl. Joshua Wege, a native of Campbellsport, Wis., who lost parts of his legs while supporting combat operations in Afghanistan. "I strive to live my life with no limits and if I tell myself that I can do anything I set my mind to, then nothing will stop me from accomplishing my goal."

The WWAST travels to different cities all over the U.S. playing softball games against a variety of teams. The team will travel to Viera, Fla., from Jan. 20 to 24 to spend time with the Washington Nationals during their spring training.

At the game, competitive, athletic veterans showed their ability to push the limits of modern prosthetic technology. As a team, a brotherhood was formed as they worked together to push through challenges faced while playing softball.

"I love playing softball with these guys ... it's good to be competitive again and play all over the United States, showing I can do everything I used to be able to do before my injury," said retired Lance Cpl. Bobby McCardle, a native of Hales Corners, Wis., who lost part of his right leg while supporting combat operations in Iraq. "The bond we share is very strong. As we've traveled, we've formed a close brotherhood."

Friends and family cheered for the wounded warriors as they swung for both the fences and the win. In the first inning, retired Army Sgt. 1st Class Todd Reed hit a home run. Reed, a Phoenix native, lost his right foot while supporting combat operations during the Gulf War. The home run set the tone for the remainder of the inning. The WWAST scored five runs in the first inning with the help of Reed's longball.

Scoring more runs than the other team was a common trend throughout the game. The wounded warriors outscored their opponent every inning except one. Their defense also proved strong, preventing more than four runs from being scored in one inning and turning ground balls into double plays.

The final score was 20-8, with the WWAST finishing on top.

"We want to show other amputees and everyone who sees or hears about us that life without a limb is limitless," Wege said.

The teams shook hands, exchanging hugs with smiles and laughter. After they posed for pictures, they picked up their gear and started preparing for their next game.

The WWAST continued to play games in Hawaii through Jan. 13, and will make their way to New Orleans, La., Jan. 29, for games against NFL Alumni.



Wounded Warrior Amputee Softball Team members render respect during the opening ceremonies before a softball game against the Honolulu Veterans Affairs team at the Central Oahu Softball Complex, Jan. 9.



Retired Lance Cpl. Tim Horton, a native of Sulphur Springs, Texas, who lost the lower part of his left leg while serving in Iraq, prepares to run toward second base during a softball game at the Central Oahu Softball Complex, Jan. 9. The team, comprised of 14 active duty and retired Marines and soldiers, play despite amputations they sustained while supporting combat operations in Afghanistan and Iraq. They bombarded their opponents, Honolulu Veterans Affairs, with line drives and home runs to finish on top, 20-8.



VS is a recurring column tackling debatable issues in the sports and entertainment world. Hawaii Marine readers can submit a subject for future columns by emailing their ideas to HawaiiMarineEditor@gmail.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, featured below. Suit up ladies ... it's game time.

Who will win the NFL Conference championships?

Lance Cpl. Jacob Barber VS. Cpl. James A. Sauter

SAUTER: Well, here it is, the division finals of the playoffs are over. This Sunday, the whole world will see who will win the American and National Football conferences. I'm not an avid football fan and never have been. My only tie to football is being a Washington Redskins fan by birth because I was born the year (1992) the 'Skins won Super Bowl XXVI against the Buffalo Bills. And every year since, I have had to endure the poor Skins failing again every season to make it to the top. But I'm happy to announce my woes are over and my other home state team, the Baltimore Ravens, will crush the super pansy known as Tom Brady and his New England Patriot pom pom squad of Brady wannabes. I would love nothing more than to see a football bigshot lose to a rising star like Joe Flacco.

BARBER: It was more than five years ago when the Atlanta Falcons crumbled after their franchise quarterback, Michael Vick, was sent to prison for his illegal hobby. Since then, this team has gradually improved every year, dominating their regular season schedule and finding their guardian angel in quarterback Matt Ryan. Re-

gardless of their losing history during playoff games, this year, the Falcons will surely play their last game of the season for the Lombardi Trophy in the Mercedes-Benz Superdome.

SAUTER: If that's the stance you're taking, then I'll match you by pointing out that the San Francisco 49ers have the most dynamic offense and defense, forged from the smoldering furnace of their defeat during last year's NFC championship. The 49ers have a burning passion to win this year and, sadly, the lame duck Falcons are in their way of the golden prize. The sound of San Francisco facing off against Baltimore, or the less attractive New England, is a whole lot better ESPN headline than the 49ers versus the Falcons. This is how presidents are elected. You can always tell who's going to win by how well President (insert last name here) sounds on the front page of the Wall Street Journal.

BARBER: Cpl. Sauter, you're in the wrong section of the newspaper. Can you please move a few pages forward to the sports section please, since that's what we are talking about? Consider this year's Falcons squad,



BARBER



SAUTER

and then look back and analyze previous Super Bowl champions such as the 2009 New Orleans Saints, the 2010 Green Bay Packers and the 2011 New York Giants. There are a lot of similarities. None of the teams listed above had a strong run defense or running game. However, they had an elite quarterback with great receivers and were ranked either fifth or sixth in forced turnovers in their respective years. They didn't make it to the Super Bowl because their name sounded good on a headline. That's an argument only you would make. By the way, Baltimore will be lucky if they can squeeze past New England. The crows don't stand a chance.

SAUTER: Based on what, Lance Cpl. Barber? Why won't the Ravens squeeze past New England, huh? Reading your last few arguments, I haven't seen reason why New England would beat Baltimore. I can speak intellectually for the majority of football fans, with my monocle, pocket watch and cigar at the ready, and the Patriots are as washed up as Bill Belichick's hoodie after a losing game in the rain. Despite my intellectual sarcasm, I'm hoping these Sun-

day games are actually good and clean. That's what will separate the Ravens and the 49ers from the other riff-raff in their way of facing off in Super Bowl XLVII.

BARBER: Ok, I'll make it simple for you. The Patriots will beat Baltimore because of the almighty, courageous AFC god known as Tom Brady. You mentioned him earlier but I don't think you know who he is, considering you claimed Joe Flacco to be a better quarterback. Half of our readers probably put this article down after reading that chaotic, ignorant claim. Regardless of your "intellectual sarcasm," it won't help the 49ers beat the Falcons, and it definitely won't stop your Ravens from losing. On the contrary, Atlanta has many strengths as they enter the NFC title game against San Francisco. I believe, with the experience of their coaching staff, the dominant offensive play of their "fabulous" four receivers, the strong arm of Matt Ryan, and their defense's ability to cause and recover turnovers, that this year's Falcons team will soar into Louisiana to play in the 2013 Super Bowl against the almighty, courageous AFC god known as Tom Brady.

SPOTLIGHT ON SPORTS

King of the Hill

Kick off the new year with the first running race of the 2013 Commanding Officer's Semper Fit Race Series, King of the Hill, Jan. 26 at 7 a.m. This challenging 5K run will begin and finish at Dewey Square. The run goes up to the Officers' Club and housing, providing a scenic view of Kailua Bay and Pyramid Rock. Its main challenge is the steep uphill run that goes up to Kansas Tower. The race is open to the public. Online registration closes Jan. 22 at 4 p.m. Visit <http://www.mccshawaii.com> to register.

Combat Logistics Battalion 3 Swamp Romp

The dirtiest race of the year is scheduled Feb. 16 at 7 a.m. at Boondocker Training Area. Get ready for an exciting five-mile run through Nuupia Ponds and down Fort Hase Beach, over and under obstacles that challenge the strongest of competitors. The event is open to the public. Visit <http://www.mccshawaii.com> to register.

SM&SP Surf and Turf 5K

Come out for a challenging run that takes you from the Officers' Club through the Kaneohe Klipper Golf Course, and along North Beach. This event is open to the public. Visit <http://www.mccshawaii.com>.

3rd Marine Regiment The Beast 10K

Take a running tour of MCB Hawaii with our first 10K of the season, The Beast, March 9 at 7 a.m. at Dewey Square. The race will begin and end at Dewey Square. This race is open to the public. Online registration closes March 5 at 4:30 p.m. Visit <http://www.mccshawaii.com> to register.

Klipper Junior Golf Program

All authorized patrons aged 6-17 are eligible for the Klipper Junior Golf Program, a year-round program to bring children and teens to the game of golf. Certified PGA Professionals will teach basic playing skills, rules and golf etiquette.

Each session is five weeks long. Classes are held Wednesdays and Saturdays from 4 to 5 p.m. for the younger beginning golfers and 5 to 6 p.m. for the more experienced golfers. Juniors can bring their own clubs or the staff can provide them. Collared shirts are mandatory. Tennis shoes or golf shoes are acceptable dress. For more information, visit <http://www.golfacademyhawaii.com> or call 386-3500.

Semper Fit Try-Athlon

Did you ever think you could complete a triathlon? If not, here's your chance. Complete the distances of

a triathlon (an Ironman) in our TRYathlon over the course of one month. Participants have from Feb. 1 to 28 to complete a 2.4-mile swim, 112-mile bike ride and a 26.2-mile run. It's a great way to kick-start your fitness goals for 2013. Stop by the Semper Fit Center or base pool, call 254-7597, or visit <http://www.mccshawaii.com> to register.

Cosmic Bowling at K-Bay Lanes

Glow-in-the-dark games at K-Bay Lanes are available Fridays from 9 p.m. to midnight, Saturdays from noon to midnight and Sundays from 11 a.m. to 8 p.m. For more information about K-Bay Lanes, their hours and upcoming events, visit <http://www.mccshawaii.com> or call 254-7693.

Outdoor Recreation and Equipment Center open

Designed for campers, beach-goers and outdoor enthusiasts, the OREC offers tents, coolers, stoves, lanterns, surfboards, boogie boards, rods and reels, horse-shoes, picnic canopies, tables and chairs, and other outdoor needs, all available at low daily rates.

Make reservations for the Hale Koa Beach Campsite at the Outdoor Recreation and Equipment Center. OREC is located at the Base Marina. For more information, call 254-7666.



Christine Cabalo | Hawaii Marine

Jason Cutitta (right), a personal trainer with the Semper Fit Center, practices hip swings with his kettlebell class at the High Intensity Tactical Training Center in building 1034, Jan. 10. The class is held each Thursday for one hour and includes warm-up drills and a cool-down routine.

HITT 'em hard: New, free kettlebell class opens

Christine Cabalo

Marine Corps Base Hawaii

Marines and sailors based on Marine Corps Base Hawaii are ringing in 2013 with a new free kettlebell class at the High Intensity Tactical Training Center in building 1034 near the Satellite Gym.

The class is one of several new weekday workouts focused on functional fitness for service members. The sessions are offered exclusively at the HITT Center since kettlebells cannot be used inside the Semper Fit Center. Jason Cutitta, a Semper Fit Center personal trainer, said regularly exercising with kettlebells benefits the user both in combat and on the sports field.

"Hip drives are one of the fundamental components to using kettlebells," he said. "This movement translates to building up actions for other athletic abilities, like sprinting, jumping or throwing a punch."

Each week, Cutitta leads the class in a four-part workout. Participants begin

with a warm-up of short drills without weights. Cutitta demonstrates the skill of the day, showing the proper form of a kettlebell exercise. After practicing, the class uses the weights for metabolic conditioning to stimulate the heart and ends with a cool-down routine.

The structured arrangement impressed Staff Sgt. Alex Imlah, with Combat Logistics Battalion 3, who recently took the class. Imlah said the one-hour format is convenient because he can complete the efficient, balanced workout during his lunch break.

"Having someone formally teach me and coach me through it was the most important thing," he said. "You learn good form, make the most out of the workout time and ensure injury prevention."

When Imlah attended, the skill of the day was an exercise called windmills and required lifting two kettlebells. Cutitta guides participants in perfecting a different pose each week. Capt. Yonic

Medina, with 3rd Radio Battalion, attended the class and said the move exercised his upper body and abdominal muscles.

"The class is different from the kind of workout you get at other gyms," Medina said. "You work out different muscle groups, and you get a total workout using kettlebells."

Cutitta said there are more than 15 fundamental training poses with kettlebells, but many more variations for those who want to challenge themselves. He also explains basic maneuvers in class, including the proper hip swing form for beginners.

"Your arms are like ropes, just going along for the ride," he said, keeping his



Christine Cabalo | Hawaii Marine

Staff Sgt. Alex Imlah practices a windmill exercise with two kettlebells during the new kettlebell class held at the High Intensity Tactical Training Center in building 1034, Jan. 10. Participants practice a different exercise each week in addition to a heart-stimulating metabolic conditioning workout.

arms straight during a swing. "My hips are driving the kettlebell up."

Both Medina and Imlah said they were motivated to do their best because of Cutitta's coaching and trying to compete with others in the class. Imlah said he would pass on tips from the kettlebell class to others in his unit and help them with their form. Cutitta said service members at any fitness level are welcomed.

"The class is a good way to hone skills for beginners or for someone who is experienced and has been working with it a long time,"

Cutitta said. "This is free, and it never hurts to join in."

Whether they lift kettlebells weighing 12 pounds or 100 pounds, participants are encouraged to HITT it with their best shot.



Kettlebell class
Thursdays from 11:30
a.m. to 12:30 p.m.

**The free class is for
service members and
held in building 1034
near the Satellite Gym.**



Cpl. James A. Sauter | Hawaii Marine

Justin Young, 9, Kaneohe Bay Thunder center, listens to advice from his head coach during a timeout in the middle of the second quarter of a youth activities basketball game at the Semper Fit Center, Saturday.

K-Bay Thunder rattles Joint Base Bobcats

Cpl. James A. Sauter

Marine Corps Base Hawaii

With the start of the new year, the Marine Corps Base Hawaii intramural sports leagues are preparing for an end of January kickoff for baseball and basketball. But service members and their families don't need to wait until then to watch their favorite pastime. Equally competitive youngsters are dribbling a basketball, forming layups and shooting hoops.

Members of the Kaneohe Bay Thunder and Joint Base Pearl Harbor-Hickam Bobcats, teams in the youth basketball Ter-Mite division, ages 9-10, competed in a weekend basketball faceoff at the Semper Fit Center, Saturday.

The first quarter of the game started with players on both teams fighting for the basketball and getting a chance to score. Quickly, the players morphed into cohesive teams instead of individuals prying for control. The ball traveled from each side of the court to another before Thunder took the lead with a basket. The score stood 2-0 by the time the quarter ended.

"My favorite part about playing basketball is the competition," said Justin Young, 9, the Thunder's center. "I started playing basketball because I wanted to try something I have never done before. It also gives me time to have fun with my friends."

During the second quarter, it seemed for a short time the Bobcats would make a comeback and take the lead away from the Thunder. Stephen Miller and Sean Hasenberg, Thunder coaches, shouted encouraging words from the sidelines to their players to remember what they were taught during practice.

A few players on the Thunder team, including Young, encouraged their teammates to play better and shoot more often. As a result, Thunder's lead climbed, 6-2. Before the first half ended, the Bobcats only scored one more basket and Thunder matched it with another basket and one foul shot. The second quarter ended, 9-4.

"I remember when I was teaching these kids about playing the game, they were a bit selfish," Miller said. "After a little bit, they worked it out on the court, started passing to one another, shot the ball and scored points. The main key so far has been teamwork."



Cpl. James A. Sauter | Hawaii Marine

Justin Young, 9, Kaneohe Bay Thunder center, races and dribbles around a Joint Base Pearl Harbor-Hickam Bobcat defender during a Ter-Mite division youth activities basketball game at the Semper Fit Center, Saturday. Thunder defeated the Bobcats 26-18.

As the third quarter wore on, Thunder steadily racked up more points on the board. The Bobcats' defense fractured under pressure from a handful of Thunder offensive players, who constantly pushed back the Bobcats onto their side of the court. The Bobcats still trailed behind, 14-8, at the beginning of the fourth quarter.

As the clock counted down, the points climbed higher and the shouts of parents and friends got louder. Claps and cheers for Thunder intensified as their score increased. The buzzer sounded and Thunder beat the Bobcats, 26-18.

"Despite the loss, my team did really well since the start of our first practices," said Nick Knowles, the Bobcats' head coach. "I saw a lot of passing, shooting and dribbling and I'm pleased about how much they learned and progressed in their gameplay."



Crime Prevention Tip of the Month

It is important that all weapons and canines aboard MCB Hawaii are registered with both the State of Hawaii and Marine Corps Base Hawaii.

PMO Contact Numbers and Locations

To report suspicious activity/behavior or for non-emergency calls, contact the desk sergeant:

257-1018/2123 (building 1096)

For information regarding check in/out, fingerprinting, or weapon registration, contact:

257-6994 (building 1095)

For information regarding pet registration, fishing regulations, or lost/found animals, contact the PMO Game Warden:

257-1821 (building 3099)

For information regarding vehicle decals, base passes, and vehicle registration, contact:

**257-2047/0183 (building 1637/1095 for MCB Hawaii)
477-8734/8735 (building 601 for Camp H.M. Smith)**

For information regarding traffic regulations, citations, or traffic court, contact the Traffic Court bailiff:

257-6991/6992 (building 1095)

For all other numbers not listed, contact base information:

449-7110

For more information, visit the PMO website:

<http://www.mcbhawaii.marines.mil/Departments/ProvostMarshalsOffice.aspx>

Topic of the Month

All weapons must be registered with the base and the State of Hawaii. Owners of rifles and shotguns purchased outside the state, and owners of all handguns, must apply for state of Hawaii registration in person with firearm(s) at the Honolulu Police Department, 801 South Beretania St., Honolulu. After you must register the firearm(s) with the Provost Marshal's Office on the second floor of building 1095.

All pets/animals must be:

- Registered with the base housing office, base veterinarian and the State of Hawaii
- On a leash to prevent roaming; owners are required to fence, chain, or keep pets in quarters
- Owners are responsible for picking up all feces deposited by their pets
- Canines must possess a State of Hawaii microchip.
- Prohibited areas: All beaches between 10 a.m. and 3 p.m. and all MCCA facilities (softball fields, etc...)
- Staffordshire terriers (Pit Bull) of any kind are strictly prohibited aboard MCB Hawaii

IN CASE OF EMERGENCY, DIAL 911!

Lifestyles

Kalapawai Cafe & Deli

conquers hunger in Kailua

Honolulu Magazine readers voted Kalapawai Café and Deli best little neighborhood restaurant for the 2012 Hale Aina Awards. The Café has been located at the base of the Ko'olau Mountains in Kailua, since 2006.

**Story and photos by
Lance Cpl. Nathan Knapke**
Marine Corps Base Hawaii

KAILUA, Hawaii — Searching for somewhere in Kailua to eat a great tasting breakfast, lunch, dinner or dessert can be a grueling task. Look no further, Kalapawai Café and Deli has great food anyone can enjoy, not to mention a wide variety of desserts that can really send diners over the top.

The manager, servers and cooks take pride in knowing their customers on a more personal level, and accomplish this by providing a comfortable atmosphere. Looking out the window, the Koolau Mountains are visible, adding Hawaiian character to the café and deli.

"We try to make the restaurant personable and relaxing," said Rolo Bright, a line cook who has worked at Kalapawai for the past four and a half years. Bright graduated from the culinary program at Kapiolani Community College in May. "We try to know all our regular customers by name, and always treat them like a longtime friend."

Pricing for each meal is reasonable and reflective of the quality of food one receives. After tasting the food, thoughts of five star quality undoubtedly surface. The caliber of taste, combined with the price, will certainly give diners the best bang for their buck.

Breakfast starts at 6:30 a.m., Monday through Friday, serving numerous meals for champions. Their breakfast special on Saturday is local kine biscuits and gravy. It consists of two warm biscuits smothered in country gravy with house-made breakfast sausage and bacon.

"Many of our customers come back just for the local kine and biscuits," said Paula Morath, the day manager for the café since it opened six years ago.

Lunch consists of soups, salads, sandwiches and



The Kalapawai Café and Deli's dining room, wine and coffee bars have provided excellent cuisine since 2006. Although their menu has changed over the years, it still consistently provides a quality product.

daily specials. Local kine au poor boy carries any stomach through the afternoon. Made with locally caught walu (butterfish) blackened in their special creole spices, it's served on a garlic toasted baguette topped with vine-ripe Hauula tomatoes and an island slaw with papaya seed vinaigrette.

These meals are available with an array of sides including macaroni and cheese, crab cakes, baked polenta and brussel sprouts.

The business runs smoothly, starting with great management and trickling down to cooks and servers. This carries over into the food and the minimal time waiting for the meal to arrive.

There isn't a better place to end the day. Fresh fish are caught locally and brought to the restaurant every morning. The chef makes dishes according to what comes from the ocean into the kitchen. It's hard to leave without a satisfied stomach.

"I come here every Thursday and sit on the back patio with my high school friends," said Charles Pearson, who has lived in Kailua for two years and visits the café frequently. "If I had to choose my favorite dish, it would be either the double cut pork chops or the fish of the day special. Overall, it's a great place to come and relax."



The local kine au poor boy sandwich carries any stomach through the afternoon. It's made with locally caught walu (butterfish) blackened in their special creole spices, served on a garlic toasted baguette topped with vine-ripe Hauula tomatoes and an island slaw with papaya seed vinaigrette.



One of the many offerings on the menu at Kalapawai is the raw vegan salad with kale and cauliflower.



A customer pays for his order before he and his wife sit on the back porch and relax while soaking in the wonderful view of the Koolau Mountains.

PASS IN REVIEW

Your weekly guide to the best aspects of entertainment

Welcome to the Pass In Review, your number one source for cinema, music, video game, 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.

Better Know A Critic



WONG

Kristen Wong admits she sometimes has to be dragged to movies that she later finds outstanding. She enjoys action, comedy and occasionally horror. She is a fan of Lord of the Rings, the Harry Potter films, and The Matrix Trilogy. She has more movie posters than wall space loves to summarize movies to unsuspecting folks.



LAPI

Lance Cpl. Suzanna Lapi loves movies with well-developed characters and intriguing storylines. If a movie is like a good book, she will most likely be hooked. She also enjoys thought-provoking films that occasionally need a second watch to fully grasp. Slapstick comedy, bombs and blood are also in her repertoire, depending on her mood.

'A Haunted House' needs shorter, funnier jokes

Kristen Wong

Marine Corps Base Hawaii

also similar, incorporating jokes about sex, sexual orientation, drugs

and toilet humor.

Overall, there were several successfully executed jokes. When Malcolm went berserk after his dog died, I laughed. A dead dog isn't funny, but watching a desperate Wayans melodramatically sobbing and howling while attempting CPR and turning jumper cables into a makeshift defibrillator is hilarious.

But other jokes dragged on and quickly lost their appeal like a gum loses flavor after lengthy chewing. The timing needs to be perfect for a joke to be completely successful. Many of the jokes were so redundant, I was rolling my eyes, waiting impatiently for the next one because I was no longer amused. Oh joy, sex, more sex, much more sex, drugs, more drugs, much more drugs and, good grief, defecation again?

I'm a little annoyed at Chip the "gay psychic," played by Nick Swardson. He's gay, I got it. Let it go, or cut out a few jokes before your audience nods off from boredom. Also, as a fan of

paranormal shows, I'm already semi-offended as they seem to be taking cheap shots at real-life clairvoyant Chip Coffey.

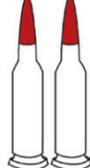
But not all is negative. Each actor brought to the table a comical, believable performance, and did the best they could in spite of the tired, repetitive jokes.

If you are bored STIFF this weekend, have money to burn and want to kick back and laugh at something idiotic once and never again, go see this movie.

Better yet, wait till it's on video and rent it on Netflix. It'll be cheaper and you won't have to leave the house.

In the meantime, I just saw the movie trailer for "Scary Movie 5." I'm already making plans to go because I keep hoping to be pleasantly surprised and amused, but apparently I never learn.

2/4



(High and to the Right)



Love, blood and gore: 'Django Unchained' provides it all

Lance Cpl. Suzanna Lapi

Marine Corps Base Hawaii

Candie is quick to their game with the help of Stephen the slave butler (Samuel L. Jackson). He finds out they are really after Django's wife Broomhilda (Kerry Washington of "The Last King of Scotland").

More blood spills, but to say who shed crimson would give away too much. Let's just say I was sad to see him go. Again man and wife are separated, though a reunion ensues after more blood, gore and added explosions.

Waltz's performance as Dr. Schultz is a shining jewel among the gore. He is witty, wry and wasted with blood lust. At the same time he is caring and considerate of Django's goal to be

reunited with Broomhilda. I thoroughly enjoyed how well he played the part. He was by far my favorite character of the film.

If blood is not your thing, then this movie also won't be. If you are less than thrilled by derogatory words, be prepared for 180 minutes of slurs.

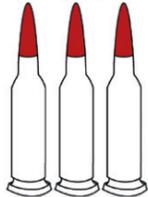
However, like previous Tarantino films "Kill Bill" and "Pulp Fiction," blood and obscenities are the common threads that weave his directorial style together like a well-knit quilt.

My complaints about this film are few considering how much of the film I enjoyed. There were some awkward moments I felt didn't lend anything to the film beside confusion. I hate feeling like I have been sitting in the theater for too long because the plot slows, which is what happened toward the end.

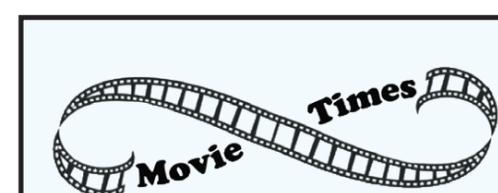
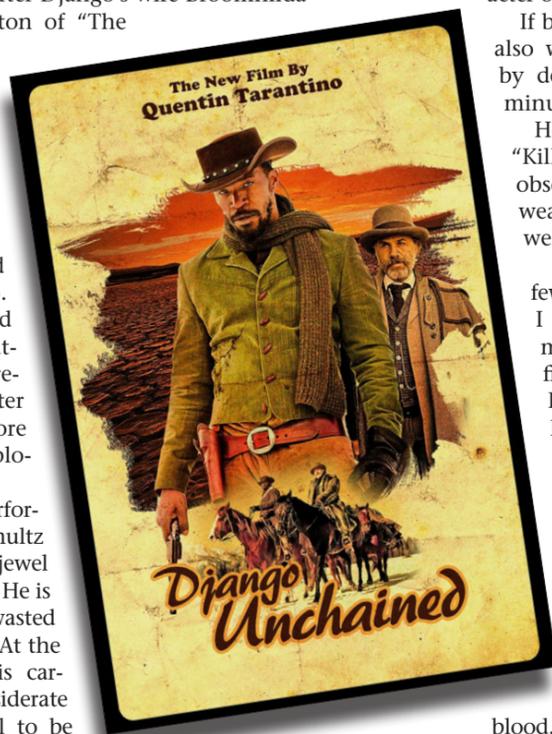
However, the finale wrapped up the film quite nicely. "Django Unchained" is a finely-woven film soaked in

blood, Tarantino style.

3/4



(On Target)



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.

"The Hobbit: An Unexpected Journey" PG-13 Today | 6:30 p.m.

"Playing for Keeps" PG-13 Today | 9:45 p.m.

"The Hobbit: An Unexpected Journey" PG-13 Saturday | 6:30 p.m.

"Twilight Saga: Breaking Dawn Part 2" PG-13 Saturday | 9:45 p.m.

"Cirque du Soleil: Worlds Away" PG Sunday | 2 p.m.

"Monsters, Inc." G Sunday | 6:30 p.m.

"Playing for Keeps" PG-13 Wednesday | 6:30 p.m.

Scoring goals: Aim for success with LifeSkills

Christine Cabalo

Marine Corps Base Hawaii

Anyone in need of a playbook to tackle life goals can seek out Marine Corps Family Team Building for help. The organization recently hosted the first of two sessions in January entitled "LifeSkills Training: Achieving Personal Goals for 2013." The training is part of the many personal development activities offered at Marine Corps Base Hawaii and led by Kimm Teruya, a LifeSkills trainer.

"We demystify the process of making a resolution," Teruya said. "What habits do we need to change? We don't want 2013 to go by and not have accomplished anything. I really wanted the group to look at what they're doing in their everyday life."

The two-hour session guides participants into picturing their goal for the year and taking active steps to achieve it. After participants chose a single goal to focus on, Teruya directed the group to analyze what is needed to make their goal a reality.

The group then made individual vision boards, a collage of words and images cut from magazines that remind participants of their goal. Teruya said many may be familiar with vision boarding techniques emphasizing only positive thoughts, but she wanted to include additional tools to ensure goals are met.

"I wanted them to envision a process along with envisioning the outcome," Teruya said. "We started off with identifying goals, looking at what strengths we can bring to the table. Then we looked at our own weaknesses that detract from goals."

The different approach caught the attention of Michelle Fesler, who attended the Jan. 10 training session. Fesler had previously created vision boards to assist in reaching her education ambitions and motivating her to have a healthy pregnancy. The recent training offered Fesler new insights about her current aim of quitting smoking.

"In the past I never broke down how to present the goal to myself so I could be actively motivated," said Fesler, a Marine spouse. "We thought about the terms



Kristen Wong | Hawaii Marine

Participants at the "LifeSkills: Achieving Personal Goals" class browse through magazines to find suitable elements for their vision board Jan. 10, in the Marine Corps Family Team Building conference room. Participants created a "vision board," which is a collage that provides a visual representation of their future goals.

of our goal and how we planned to stick by the goal."

The two-hour session helped Chief Warrant Officer 4 Al Crespo, the ordnance officer for Marine Corps Base Hawaii, as he targets his goal of smoothly transitioning to retirement. He said the vision board is a constant reminder of the needed steps and solutions to roadblocks in the way of his ambitions. He keeps the completed board in his living room as an inspiring reminder.

"If you've done them already, put the vision board up," Crespo said. "Otherwise, it will wrinkle, tear and end up under the bed. Put the board up like a to-do-list or motivational photo."

Teruya said an essential concept to understand is that there are some factors, like the Marine Corps operational tempo, that are beyond individual control. These uncontrollable factors have an impact on everyone, Teruya said, so having a concrete plan to move beyond any resulting obstacle is important.

For Crespo, Fesler and others who took the training, the game plan to cut out bad habits and be glued to their goals is clear.

The next class is open to Marine Corps Base Hawaii residents and workers, Jan. 24 at 5:30 to 7:30 p.m., in building 216 at the Marine Corps Family Team Building conference room. To register, call 257-2653.



Christine Cabalo | Hawaii Marine

STEPPING FORWARD FOR EXCEPTIONAL FAMILY MEMBERS

Exceptional Family Member Program staff walk down Lawrence Road, Monday, during their new weekly walking group available for Marine Corps Base Hawaii workers and residents. Participants meet at 8:15 a.m. at the corner of Mokapu and Lawrence roads to walk around the base. The group meets weekly through February, except for federal holidays. The program offers support and hosts outings for families who have special medical and educational needs.

MCB HAWAII GETS A “WEE” BIT OF A VISIT



Kristen Wong | Hawaii Marine

Service members meet Jason “Wee Man” Acuna at Kahuna’s Bar and Grill, Jan. 11.



Kristen Wong | Hawaii Marine

Justin Clay, 8, shakes hands with Jason “Wee Man” Acuna at Kahuna’s Bar and Grill, Jan. 11. Acuna signed autographs and posed for photos with Kahuna’s patrons as part of the “Wee Man Salutes the Service Tour.” Acuna, known for his role on MTV’s “Jackass,” recently starred in the 2012 movie “Elf Man.”

COMMUNITY EVENTS AND VOLUNTEER LISTINGS

Interpersonal Communication Skills Class

The next Interpersonal Communications Skills class is scheduled for Thursday, Jan. 31, 5:30 pm to 7:30 pm, Marine Corps Family Team Building conference room building 216.

Only seven percent of communication is achieved through the actual words we speak. Come to this training and learn how to get your message across more efficiently. This workshop is designed for active duty service members and their family members. Skills can be used at home, in the shop or in the field.

Kalakaua Block Party volunteers needed

The 2013 NFL Pro Bowl is seeking volunteers to assist with the Kalakaua Avenue Block Party in Waikiki Saturday, Jan. 26, from 1 to 11 p.m. Each volunteer will receive a meal, a shirt and one ticket to the Pro Bowl game. Volunteers will be assisting with the staging and taking down of the event.

Marines should make arrangements for transportation. All volunteers are reminded to bring plenty of drinking water and wear khaki shorts, closed-toe sneakers and sunblock. For more information, email Johanna Marizan-Ho at johanna.marizanho@usmc.mil or call 257-8876.

Volunteer to learn the lay of the land

Help keep Native Hawaiian traditions and culture alive by caring for taro patches in Heeia. Volunteers can plant, harvest and dig for taro in the outdoors. Other duties also include removing invasive pest plants, clearing nearby streams and additional farm duties. For details, visit <http://www.kakooiwi.org>.

Volunteer at Marine Thrift Store Kaneohe Bay

The thrift store is on the lookout for volunteers to help sort donations and work at the store. Call ahead at 636-9074.

Volunteer for the Hawaiian Humane Society

The society needs volunteers to work with animals and keep the shelter going. Volunteers can do a variety of tasks: dog walking, foster care, grooming and assisting with pet adoption. For more information, visit <http://www.hawaiianhumane.org> or call 356-2216.

Volunteer for the Institute for Human Services

The Institute for Human Services is the perfect place for organizations and groups to cultivate team building and give back to the community. Volunteer opportunities range from providing, preparing and serving meals for the homeless, cleaning shelters on a daily basis, painting, landscaping in garden areas or sorting donations. Volunteer groups should contact IHS to schedule a volunteer date by emailing volunteer@ihs-hawaii.org or by calling 447-2842.

Hanauma Bay Education Program

Are you looking for an excuse to hang out on the beach? Do you care about protecting Hawaii's marine environment?

If so, please consider volunteering at Hanauma Bay. The most important qualities needed to be a successful volunteer with HBEP are enthusiasm, an open mind, and an interest in sharing information with park visitors. Currently, more than 100 volunteers share their time, knowledge, and passion for marine conservation with nearly one million visitors who travel to Hanauma Bay annually.

All volunteers must be able to attend volunteer training, commit to a period of six months, and be at least 16 years of age. Younger volunteers may be considered if they volunteer as a team with an adult.

If you are interested in becoming a volunteer at Hanauma Bay, please review the different volunteer positions and benefits. Applications are available online or by mail. For more information, visit <http://hbep.seagrant.soest.hawaii.edu/>.

MCCS customer satisfaction survey

Help Marine Corps Community Services improve services and programs by completing a short, online customer satisfaction survey. The survey takes less than five minutes and can be accessed at <http://www.mccshawaii.com> and at <http://www.surveymonkey.com/s/January2013CSI>. For questions, call 254-7679.

Baby Boot Camp

The next Baby Boot Camp is scheduled for Feb. 6, from 8 a.m. to 4 p.m. in building 216. Baby Boot Camp is a childbirth education and infant care class for all parents. Parents learn about labor and delivery, infant care, understanding their newborn, safety and much more. For more information, call 257-8803, or visit <http://www.mccshawaii.com>.

Parenting Proudly

The next Parenting Proudly class is scheduled from Jan. 28 to March 11. This six-week parenting class will help parents explore issues such as roles and relationships in the home, communication, balancing work and family, self-esteem, discipline, child development, building a support network, and other parenting issues of interest. For questions, call 257-8803, or visit <http://www.mccshawaii.com>.

Prenatal Education and Support Group

The next Prenatal Education and Support Group is scheduled for Feb. 11. This class supports and educates women and families to promote a healthy pregnancy. The class meets from 1:30 to 3:30 p.m. in building 216. For more information, call 257-8803.

MARINE MAKEPONO

Means 'Marine Bargains' in Hawaiian

Camera for sale. Used Fujifilm FinePix Z100 eight-megapixel camera. Small indentation in the front, otherwise works fine. Comes with memory card, battery and charger. \$40 obo. Email kristenw80@gmail.com for more information.

Cosmetic hard cases for sale. Selling two lockable cases featuring multiple trays for storing small items. Offering one large silver case and one small metallic pink case. \$15 or best offer, willing to sell one or both. Call 257-8837 for more information.

If you would like to sell, buy or trade something in the Marine Makepono section of the Hawaii Marine, fill out a form at the Marine Corps Base Hawaii Public Affairs Office in building 216, room 19. Please have your military ID and a short write-up of what you'd like to run. You can fill out the form on the spot or return it to the office later. Emails, faxes and telephone calls are not accepted for Makepono classified ads. Marine Makepono may only be used by active duty, reserve, retirees or their immediate families.