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Hawaii Marine

Marine earns Bronze Star



Lance Cpl. Nathan Knapke | Hawaii Marine

First Sgt. William Pinkerton IV, the Headquarters Battery first sergeant of 1st Battalion, 12th Marine Regiment, shakes hands with Lt. Col. Michael Roach, commanding officer of 1st Bn., 12th Marines during Pinkerton's Bronze Star Medal with Combat V ceremony, Monday. Pinkerton received a Bronze Star Medal with Combat V for his efforts supporting Operation Enduring Freedom in Afghanistan in 2010.

Lance Cpl. Nathan Knapke
Marine Corps Base Hawaii

First Sgt. William Pinkerton IV, Headquarters Battery first sergeant, 1st Battalion, 12th Marine Regiment was awarded the Bronze Star with Combat Valor during a ceremony at 1st Battalion, 12th Marines motor pool, Monday.

"I'm humbled that I got to receive the Bronze Star," said Pinkerton, 39, and a native of Marion, N.Y. "I wouldn't have been able to accomplish anything without the Marines I served with."

The Bronze Star Medal is an individual military award of the U.S. Armed Forces. It may be awarded for acts of heroism, merit or meritorious service in a combat zone. When awarded for acts of heroism, the medal is awarded with a V distinguishing device on the medal. The Bronze Star is the fifth-highest combat decoration and the 10th-highest U.S. military award.

Pinkerton was recognized for his efforts supporting combat operations as the company first sergeant for India Company, 3rd Battalion, 3rd Marine Regiment from May 1 to Nov. 30, 2010, in support of Operation Enduring Freedom. In light of his own accomplishments, he wanted to recognize his Marines.

"Marines stood an average of 1000 hours of post throughout the deployment," Pinkerton said. "Our company had the largest area of operation during that time. We never lost any gear or compromised safety for the duration of the deployment. Our Marines really understood what it meant to be disciplined in every aspect of the deployment."

Pinkerton provided battlefield discipline during five operations against enemy forces in Afghanistan's Helmand province. He led several patrols on foot, which covered more than 300 kilometers throughout the deployment.

See BRONZE, A-8

MCAS breaks new ground

Base ushers in construction of new ARFF station, air terminal



Courtesy illustration by Rim Architects and Bogza Studios

ABOVE: This is an artist's rendering of the new Marine Corps Air Station Operations Complex air terminal, created by Rim Architects.

Kristen Wong
Marine Corps Base Hawaii

Key personnel and distinguished guests attended a special groundbreaking ceremony for the new Marine Corps Air Station Operations Complex, just outside of the Aircraft Rescue and Firefighting building, March 15.

Various types of aircraft surrounded a red and white tent as if to join the guests for the occasion, as the U.S. Marine Corps Forces, Pacific Band provided music for the ceremony. After guests took their seats, Lt. Col. D.R. Lingman, commanding officer of MCAS, emceed the formal program of the ceremony.

"This marks a historic day for us," Lingman said. "It's been many years in the planning to bring this from a 1930s, 40s construction air station to a world-class facility that will take us into the 21st century."

The $46.6 million complex, scheduled for completion in September 2014, will include a 30,709-square-foot air terminal dedicated to passenger and cargo travel and a 17,104-square-foot station for MCAS operations and the ARFF Marines.

Swede Olson, the airfield operations manager for MCAS, said the complex is necessary because the older buildings currently being used for operations were designed in the 1940s and 1950s.

"Once (the complex is) finished it's going to vastly improve the mission capability of this air station and providing a great asset in the future for the defense of the nation," Olson said.

The terminal, which includes a new ramp, will be similar to an airport, with security measures in place, arrival and departure areas, and an eatery called The Flying Leatherneck, which will be run by Marine Corps Community Services. In addition, the new air terminal will be much larger than the current terminal.

Jeff Telling, an airfield operations officer at MCAS, said the complex will unite the MCAS offices in a more central area, instead of their current state, in separate places across the base.

The complex includes 2,884 energy-efficient photovoltaic panels. The terminal is certified silver in Leadership in Energy and Environmental Design, while the ARFF building will be LEED gold certified. The U.S. Green Building Council awards LEED certification to buildings that uphold specific standards in terms of energy efficiency.

The new ARFF building will include office spaces for the MCAS Marines, 12 dormitory rooms for the ARFF Marines, who cannot leave their post when on duty, a kitchen space and gym. The building will also have new truck bays.

Master Sgt. Daniel Sable, the staff noncommissioned

See MCAS, A-8

1/3 Marines save life in Pohang

1st Lt. Jeanscott Dodd
Marine Corps Installations Pacific

POHANG, Republic of Korea — Four Marines rescued a Korean from a burning building after a fire broke out March 8 in Pohang, Republic of Korea.

Lance Cpls. James T. Simon, Jace A. Pido, Zachary W. Regan and Tyler J. Vermillion, all members of Bravo Company, 1st Battalion, 3rd Marine Regiment, were on liberty in Pohang when the fire started.

"There were several people panicking in the streets and on the balconies of some of the buildings, and we realized there weren't any emergency personnel in the area yet," said Simon, a mortarman with the company, which is deployed to the Republic of Korea for Korean Marine Exchange Program 13-3, a routine training exercise between U.S. and ROK Marines. "When we saw how big the fire was, we knew we had to help out however possible."

The Marines began going door to door, asking people if they needed any assistance. They came across an elderly woman who was clearly in distress but could not speak English, so they found a local resident who spoke English and had him translate, according to Regan, an infantry assaultman with the company.

"The translator relayed to us that the woman's husband was stuck in a building that was on fire nearby and that he could not walk," said Regan. "We could see from the outside that the building's roof was on fire, so we went inside with the man who translated for us to go find the woman's husband."

When the Marines entered the man's residence, they found him on the ground and in shock, unable to move, according to Pido, an infantry assaultman with the company.

"He appeared to be very frail, but we knew we had to get him out of there before the fire spread downstairs," said Pido. "So, we carefully got him out and reunited him with his wife."

Once the couple was back together and safe, the Marines continued to canvass the area for anyone else in need of assistance as emergency personnel arrived, according to Vermillion, also an infantry assaultman with the company.

"Eventually, everyone was told to clear the area because the fire and smoke were too great," said Vermillion. "We helped make sure everyone got away all right."

The Marines' actions reflected greatly on their character, according to Capt. Christopher M. Frey, the commanding officer of Bravo Company which is currently assigned to 4th Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force, under the unit deployment program.

"This is just a reminder of how truly blessed we are to work with such high-caliber individuals when it comes to doing the right thing for the right reasons," said Frey. "It's an honor to serve with these Marines, and their selfless actions are typical of what everyone expects of Marines around the world every day."



Windward sails
Hawaii youth sailling association sets sail for regatta, **B-1**



Rockin' shamrock
Marines join community in Waikiki St. Paddy's Day parade, **C-1**

Saturday	Sunday
High 77° Low 67°	High 77° Low 67°

NEWS BRIEFS

Easter Services aboard MCB Hawaii

Below are the scheduled Easter worship services on base. For more information call the Chaplain Joseph W. Estabrook Chapel at 257-3552/5138.

Catholic Services

Stations of the Cross-	March 29 at 6 p.m. (followed by a light meal)
Palm Sunday-	Sunday at 9:30 a.m. and 5 p.m.
Holy Thursday-	March 28 at 6 p.m.
Holy Saturday-	March 30 at 8 p.m. (Easter Vigil Mass)
Easter Sunday-	March 31 at 9:30 a.m. and 5 p.m.

Protestant Services

Palm Sunday Service-	Sunday, Liturgical at 8 a.m. Contemporary at 11 a.m.
Good Friday-	March 29 at 5 p.m.
Easter Sunrise-	March 31, 6 a.m. at Ft. Hase Beach/LZ Eagle
Easter Worship-	March 31, Liturgical at 8 a.m. Contemporary at 11 a.m.

Upcoming closure of Legal Services Center

The Legal Services Center, located in building 215, will close early March 29 at 11:30 a.m. For more information, call 257-6738.

Base tax center open for tax season

The base tax center is currently open to all Marine Corps Base Hawaii service members, retirees and reservists. Hours of operation are from 8 a.m. to 4:30 p.m. Please bring all W-2s (including spouse's), bank account and routing numbers, a 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 details, call 257-1187.

Naval Health Clinics closure

All Naval Health Clinics will be closed at noon on Friday, April 5. All Naval Health Clinic Hawaii treatment facilities will have limited health care services on Friday, April 5. Beneficiaries are asked to take this into consideration when scheduling health care. Medical and dental services will be provided from 7:30 a.m. to noon.

Starting at noon, all health care services are secured for the day. This includes appointment scheduling, prescription refills, laboratory draws, etc. All clinics will re-open on Monday, April 8. The urgent care walk-in clinic at Makalapa Clinic will be open on Saturday, April 6, from 8 a.m. to noon and 1 p.m. to 3 p.m. for acute care needs.

To speak to a medical care provider at anytime the clinics are closed, please call the "Provider After-Hours Advice Line" at 473-0247, ext. 3. For emergencies, dial 911 or go to Tripler Army Medical Center. For active duty dental emergencies, dial 864-4705.

Base Safety class offerings

There will be an OSHA 3010: Trenching and Shoring, which is a 3-day training class, from April 1 to 3, Monday through Wednesday from 8 a.m. to 4 p.m. in building 279. The classroom is limited to 25 persons for both classes. Base Safety is also offering OSHA 7200: Blood-Bourne Pathogens, a training class scheduled for April 4, from 8 a.m. to 4 p.m., in building 279.

For more information about these classes, call Base Safety at 257-1830.

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

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Mural featured on North Beach changing station



Lance Cpl. Suzanna Lapi | Hawaii Marine

A helicopter and surfboard painting by Sarah Mathos decorates the sides of the newly-built changing station located at North Beach, Marine Corps Base Hawaii, March 13. The changing station was constructed to provide surfers and beachgoers a place to shower and change after spending the day on the beautiful stretch of North Beach.

Lance Cpl. Suzanna Lapi
Marine Corps Base Hawaii

A new mural for the North Beach changing station was recently completed to reflect the mission and available recreation at Marine Corps Base Hawaii.

The changing station was constructed to provide surfers and beachgoers a place to shower and change after spending the day at North Beach.

The Facilities Department, Forest City Hawaii, Base Inspector's Office, Environmental Compliance and Protection Department, and the Navy Seabees of Facilities Self Help coordinated on the project.

Families on base visit North Beach and Pyramid Rock in the hope of seeing green sea turtles and the migrating humpback whales.

Lt. Col. Heidi McKenna Schmitt, the base inspector for MCB Hawaii and a native of Albany, N.Y., said the major concern for building the changing station was the surrounding environment.

"Because of the protected area like the dunes surrounding North Beach, our main focus was ensuring the land or history would not be greatly disturbed," Schmitt said. "We wanted to involve the community by conducting a contest to paint a mural on the changing station. The idea was to give it a nice, unique aloha touch to the base."

Schmitt said the Navy Seabees built the station in approximately eight months, and Facilities donated the paint for the mural project. She said the collaborators on the project wanted to give artists a chance to show off their work.

Lance Bookless, the senior natural resources management specialist for Base Environmental and a native of Zanesville, Ohio, said the area is protected because of the rare native vegetation and endangered species like the Hawaiian Monk seal that are special to the beach. He said North Beach is also protected since it is a burial land.

"Houses were not built here and the park was created to keep this area intact, as well as respect Hawaiian history," Bookless said.

Painters Zoey Johnson and Sarah Mathos colorfully highlighted the surrounding environment with oceanic and Marine Corps themes like surfboards and helicopters. Both entered the contest and were chosen to paint the station.

Mathos, a native of Jenison, Mich., said she thought the project would be a great opportunity to be involved with after moving to Hawaii.

"The contest requirement was to capture the essence of Hawaii and the base," Mathos said. "I worked in Michigan as an art teacher. After submitting a few sketches, I was honored to be one of the painters selected to participate. I enjoyed getting to know people while I painted, as they stopped to say hello. This project has been fun to work on and I hope people enjoy the collaborated piece."

Base Inspector's Office scours shoreline



Lance Cpl. Nathan Knapke | Hawaii Marine

Seaman Sean Soppe (left), a sailor with the Base Inspector's Office working party, and John Pampalone, community manager, Forest City Hawaii, pick up trash at North Beach, March 13. Marines and civilians from the Base Inspector's Office, and base volunteers, conducted a clean sweep of the beach. Lance Bookless, the senior natural resources management specialist at the Environmental Compliance and Protection Department, said they targeted plastic debris because it can suffocate and injure birds and sea life.

'Island Warriors' go the extra miles



Lance Cpl. Suzanna Lapi | Hawaii Marine

Marines from 2nd Battalion, 3rd Marine Regiment participate in a 13-mile hike on base, Monday. They hiked to prepare for a training deployment in Bridgeport, Calif., where they will engage in mountain warfare training exercises.

AROUND THE CORPS



A Marine with 2nd Light Armored Reconnaissance Battalion, 2nd Marine Division, cleans an M240B machine gun in preparation for the Top Gun qualification aboard Marine Corps Base Camp Lejeune, N.C., March 14.

Top shooters aim for Top Gun honors

Lance Cpl. Scott Whiting | 2nd Marine Division

Lance Cpl. Scott Whiting
2nd Marine Division

CAMP LEJEUNE, N.C. — The sound of light armored vehicle fire could be heard all over the ranges as 2nd Light Armored Reconnaissance Battalion, 2nd Marine Division, participated in some friendly competition aboard Marine Corps Base Camp Lejeune, N.C., March 11.

The training began in the morning as LAV crewmen prepared their vehicles – loading rounds and testing engine diagnostics in the hopes of winning the contest.

"(March 11) was our Top Gun qualification," said Sgt. Ryan Accornero, an LAV crewman with Bravo Company, 2nd LAR. "All the companies go out to compete. This year, we had a lot of superior crews."

Bravo and Charlie Companies each had two LAV crews participating in the Top Gun competition, and the stakes were high. Accornero explained that the winning crew received a Navy and Marine Corps Achievement Medal, along with a 96-hour liberty period. Each team was eager to take home such a reward.

The competition consisted of various battle stations where the crews were required to execute specific techniques. At the first battle station, a crew drove up to elevated ground and fire the main 25mm Bushmaster chain-gun and the coaxial-mounted M240B machine gun on simulated enemy vehicles and troops. The teams were graded on their accuracy while firing and on their speed of execution. They also fired on targets while the LAV was in motion. A portion of the competition required the turret to turn around backwards on the vehicle and drive.

Each LAV had a score and time keeper to let the Marines know how they were doing during the exercise.

"The hardest part was not having too much fun," said Accornero. "We love what we do. Actually, I would say the hardest part is just getting the mindset. As much fun as it is, we need to take it seriously. A lot of things can go wrong, so we need to make sure we maintain our precautions."

Accornero said it is rewarding to see his gunner's development from a new Marine to someone who knows what they're doing.

"My favorite part is shooting the gun," he said. "I absolutely love it. Going as a gunner, and now as a (vehicle) commander, the best part is shooting my engagements and watching my gunner grow."

When it was all said and done, Accornero's crew was able to squeak out the victory. They shot the best out of the four teams, and were all smiles when they dismounted their LAV.

Texas Marine awarded posthumous Silver Star

Cpl. Timothy Lenzo
1st Marine Division

MARINE CORPS BASE CAMP PENDLETON, Calif. — Family and close friends of Sgt. Wade D. Wilson gathered at Camp San Mateo, March 14, to honor him for giving the ultimate sacrifice in Afghanistan. Wilson, a platoon sergeant with Weapons Company, 2nd Battalion, 5th Marine Regiment, was awarded the Silver Star Medal posthumously for his actions in support of Operation Enduring Freedom.

Following an improvised explosive device strike in Helmand province, May 11, 2012, an insurgent opened fire on Wilson's platoon at close range with an AK47 assault rifle. Without any regard for his own safety, the native of Centerville, Texas, left his vehicle and put himself between his Marines and the enemy.

"I'm extremely proud of Wade," said Capt. John D. Black, the aide de camp for the commanding general of 1st Marine Division. "He is a national hero and he did phenomenal things in Afghanistan. He's one of the greatest Marines I've ever worked with."

Wilson suffered multiple bullet wounds but continued to close in on the enemy, forcing them to withdraw. The insurgent was quickly killed by other members of Wilson's platoon. His decisive actions saved the lives of several Marines that day.

"He would give the shirt off his back for you," said Sgt. Anthony Crosby, a close friend of Wilson's and the best man at Wilson's wedding. "He's the kind of guy who would give his life for a friend, and he did just that."

Wilson was meritoriously promoted to private first class, lance corporal, and corporal. At the time of his death he was being recommended for meritorious selection to staff sergeant.



Sgt. Jacob Harrer | 1st Marine Division

Cindy Easterling, the mother of Sgt. Wade Wilson, accepts the Silver Star Medal on behalf of her son from Col. Roger B. Turner Jr., the 5th Marine Regiment commanding officer at Camp San Mateo, March 14.

"Sgt. Wilson was probably the most proficient (non-commissioned officer) I have ever worked with," said Black, who was Wilson's platoon commander in Afghanistan. "He definitely cared about his Marines, and he showed it. He put in a lot of hard work and would talk to them on the side."

Wilson's actions came as little surprise to the Marines who knew him, and while filled with sorrow, they agreed if he had to go out this is how he would have wanted it.

"I wouldn't expect any less from him," said Crosby, from Kanab, Utah. "I was immensely proud of him, but like I said, I wasn't surprised by his actions. That's just who he was."

Wilson's family, including his mother, honored his sacrifice by receiving the medal on his behalf. In addition to his own family and his 2nd Bn., 5th Marines brethren, Marines from various units who knew Wilson came to show their support. His ability to relate to Marines of every rank and befriend people in general, showed through the presence of Marines, sailors and family members who filled the parade deck.

"He had an uncanny ability to relate to junior Marines, Marines at his own level and with officers as well," said Black, a native of Spokane, Wash. "He was phenomenal at being able to communicate across the whole spectrum of the Marine Corps."

Crosby added that everyone loved Wilson, and his ability to connect with people was evidenced by more than 20 Marines from across the country coming to Texas to show their support after hearing the news of his death. As service members of all ranks offered condolences to the Wilson family, Crosby summarized the somber moment.

"If he was here today, he would probably say he didn't deserve the award," said Crosby. "He would say he was just doing his job. For me, I'll always remember to never give up. I know when he was shot he was hurting and he pushed through that. There is no excuse to give up when he didn't."

2/7 Marines use unmanned aerial surveillance in Afghanistan

Sgt. Bobby Yarbrough
Regional Command Southwest

PATROL BASE BOLDAK, Afghanistan — Marines of 2nd Battalion, 7th Marine Regiment had been taking sporadic enemy fire for most of the morning March 2 while conducting their daily patrol through Boldak, a small town interlaced with green fields and large mud compounds about eight kilometers southeast of Camp Leatherneck. Due to their position and the unforgiving terrain of the city, they couldn't locate the shooter.

The Marines radioed their combat operations center at Patrol Base Boldak, a small base just two kilometers away, and asked for aerial surveillance to help locate where the shots were coming from.

Within minutes, Marines with Weapons Company, 2nd Bn., 7th Marines, had launched an RQ-LOA Puma AE, a small, unarmed aerial vehicle, to search for potential suspects.

As the Puma positioned over the patrol's location, a man on a motorcycle was spotted speeding north away from their position. An object was tossed across the man's lap. The aerial vehicle followed the man as he drove through the city and across fields, weaving in and out of narrow dirt roads and washed out wadies. The man pulled up to a large compound and parked his motorcycle underneath trees that padded the right side of the road. Multiple men flooded out from inside of the compound to meet the motorcyclist.

The Marines at PB Boldak watched on a television screen as the motorcyclist and the men gathered under the trees. For the next few minutes, people moved back and forth from under the tree line to the inside of the compound.

After about 10 minutes, the motorcyclist and a female passenger left the compound, but without the object. Although the Marines couldn't positively identify the object as a weapon, through the use of the aerial surveillance they were able to identify a possible insurgent compound they would now monitor.

The use of unarmed aerial surveillance in Helmand's unconventional warfare has defined Afghanistan for the last 12 years. With an enemy who hides amongst the population and uses improvised explosive devices, the U.S. military has reinvented and transformed its strategies for defeating insurgency.

Weapons Company, 2/7, is one of the few Marine Corps units in Helmand province still operating independently of the Afghan National Army and remains focused on counterinsurgency operations. Aerial surveillance systems are ideal for them as an infantry unit because UAVs allow them to conduct intelligence, surveillance, and reconnaissance flights over their battlespace.

Since 2012, the Marine Corps has fielded the Puma surveillance system to units in Afghanistan. And for the last five months, the Puma systems have become a fundamental part of battlefield planning for 2nd Bn., 7th Marines.

"Aerial surveillance has become indispensable to our unit," said Capt. John Dalby, the company commander of Weapons 2/7. "The Puma system has become a lifeline for our unit, allowing us to observe, detect, and monitor a transparent enemy while operating in a counterinsurgency environment."

The Puma is a hand-launched unarmed aerial vehicle with a range greater than 15 kilometers. It weighs 13 pounds, has a two-hour time of flight and can be operated from a static position or a mobile platform. The Puma's small size and its ease of use are positives for infantry units because it allows them to operate the systems organically.

"The Puma system is very important, especially for the infantry," said Lance Cpl. Scott Chase, the Puma flight chief for 2/7. "When it comes to fighting insurgency, we are attempting to fight an enemy who isn't directly attacking us. With the Puma system, we can independently observe our battlespace day or night, which allows us to find the enemy before he has the chance to find us."

Currently, the unit has four Puma systems and four flight operators. The operators, who are all infantryman, fly for approximately eight hours each day and have logged over 1,000 flight hours during their deployment.

According to Lance Cpl. Josh Miller, a Puma flight operator, the system has helped them to locate 12 improvised explosive device emplacements and numerous enemy firing positions, as well as track multiple insurgents across the battlefield.

The use of unarmed aerial vehicles has become commonplace on the battlefield and is poised to define the future of combat. However, Dalby believes the real future of aerial surveillance in the Marine Corps lies within its use in amphibious operations. Dalby was a former small boat commander with the 31st Marine Expeditionary Unit and he believes the Puma systems have unlimited potential in support of ship-to-shore movements.

"Moving into the future, the use of aerial surveillance will become more important," said Dalby. "As we return to our amphibious roots, we will adapt the technology into a valuable tool for MEU commanders to use in their decision making process for beach landings."

BREAKING BARRIERS

Women's role in Marine Corps expanded from WWI to today



To pay tribute to America's women Marines during this Women's History Month, Marine Corps Base Hawaii asked six women from the base to participate in a re-enactment of the raising of the flag at the Battle of Iwo Jima in WWII. Five Marines and one Navy corpsman support the flag in front of the Pacific War Memorial at MCB Hawaii.



LEARNING ESPRIT DE CORPS AT WOMEN MARINES' BOOT CAMP AT CAMP LEJEUNE, N.C., JANUARY 1944

"We soon realized that if any one of us faltered, the whole unit would be made to pay for the mistake of one person. A spirit of cooperation and unity prevailed and became the guiding force. It was to each person's advantage to lend a hand to any mate who fell behind in any chore to avoid the restriction that would be meted out to the whole group. Each one had become her sister's keeper."

From "Woman Marine: A Memoir of a Woman Who Joined the United States Marine Corps in World War II 'to Free a Marine to Fight' " by Theresa Karas Yianilos, 1994.

Cpl. Andrea Johnson, reports clerk at the military finance office, native of Springfield, Ohio: "I joined the Marine Corps so that I know that I can always take care of myself. I was in a really hard place in my life and I thought about joining the Air Force, but I wanted a challenge so I joined the Marine Corps." Her greatest satisfaction as a Marine is "my family being proud of me and being able to wear my dad's name on this uniform. " Her father, who was in the Air Force, died when she was 12. "It makes me proud to know that my dad would be proud of me."

Petty Officer 2nd Class Althea Matteson, Combat Logistics Battalion 3, a Navy corpsman from Marietta, Ga.: "I joined the Navy because it was a great opportunity to advance my medical experience. I've done sutures, I've worked in the operating room, worked on the ward, the hospital clinic. My greatest satisfaction is being able to do my job correctly and having the patients satisfied with their medical care. I love making sure that they're happy with how they're being taken care of. Our core values – honor, courage, commitment – are basically what I live by every day. I think it's made me a better person, as far as abiding by morals, values."

Cpl. Alecia Walker, a travel clerk with the military finance office, native of Machias, N.Y.: "My grandfather, my great-grandfather, my uncle, my cousin were all in the Marine Corps. I know a bunch of people that joined the Army. I wanted to join because of my grandfather and to deploy, actually, which I haven't gotten the chance to do yet. It's not a walk in the park (to be a Marine), like a lot of people think it is." Her grandfather "was there for me throughout my entire life." She said the way he did things encouraged her to do better and "always do what I have to do and get it done as soon as possible."

Lt. Col. Heidi McKenna Schmitt, Marine Corps Base Hawaii base inspector, native of Albany, N.Y.: "When I came in as a young officer 20 years ago, to see a female major or lieutenant colonel was rare. To see a senior officer, you're just like 'wow, she's a major.' You just want to talk to her, ask questions. Nowadays, most of the females are used to seeing females integrated into everything, from training to being right beside their male counterparts, and it's fantastic. So to see that change after 20 years has been pretty amazing. Currently, when I attend meetings, it's mostly attended by women in key leadership billets. Now we're even talking about the combat military occupational specialties (being opened to women)."

Lance Cpl. Martha Artiga, a Staff Judge Advocate clerk with the Legal Services Center and native of Temple, Texas: "I joined the Marine Corps not only to change myself, but to change the people around me. I wanted to become more independent from my parents since I'd been living under their rules, and I feel like I needed some higher rules to live under, which is the Marine Corps. It's helped me become a better person and just a more disciplined individual in general. I joined when I was 19 years old, turned 20 in boot camp. I've been in for about eight months, and I'm lovin' it so far."

Sgt. Jasmine Matos, administrative separations support noncommissioned officer in charge at the Legal Services Center, from Danville, Va.: "I joined the Marine Corps for a challenge. What I enjoy the most about being in the Marine Corps is the different challenges within the Marine Corps. There's something different every day. You have to always adapt and overcome. The Marine Corps has helped me help myself as far as family-wise, as far as overcoming fear of heights. Overall the Marine Corps has done great things for me."

Photos by Kristen Wong | Hawaii Marine

From left: Cpl. Andrea Johnson, reports clerk with the military finance office; Petty Officer 2nd Class Althea Matteson, a Navy corpsman with Combat Logistics Battalion 3; Cpl. Alecia Walker, travel clerk, the military finance office; Sgt. Jasmine Matos, administrative separations support noncommissioned officer in charge, Legal Services Center; Lance Cpl. Martha Artiga, Staff Judge Advocate clerk, Legal Services Center; and Lt. Col. Heidi McKenna Schmitt, Marine Corps Base Hawaii base inspector. They participated in the Iwo Jima flag re-enactment pictured in the upper left corner.

Carolyn Lee
Contributing Writer

From the very first woman Marine to her modern-day sisters, each has contributed to the Marine Corps' readiness to be "first to fight." The Corps recruited its earliest female members in response to wartime needs to deploy men overseas from their clerical positions at military headquarters and offices.

"Be a Marine ... free a Marine to fight," trumpeted posters during World War II, a recruiting strategy that echoed the Corps' first campaign for women, launched in the summer of 1918 when the Corps faced ever-mounting demands to dispatch more Marines to the front lines in France during World War I.

Opha Mae Johnson, who had been working as a civilian employee at the Corps' headquarters in Washington, D.C., became the first woman Marine on Aug. 13, 1918, the first day of sign-ups for women.

From among thousands of applicants, the Corps searched for exceptional clerical and office skills, outstanding character and a neat appearance. "The few and the proud," to allude to the Marines' current marketing slogan, numbered just 305 women, who were enrolled as reserve Marines.

"Something kept sticking in my throat all the time" as newly minted Pvt. Martha L. Wilchinski was being sworn in, she wrote in a letter to her boyfriend, who was fighting in France. "I don't know whether it was my heart or my liver. I had to swallow it several times before I could say, 'I do.'"

"I can't sign myself as affectionately as I used to, Bill," she said in closing. "You understand, I'm a soldier now and you wouldn't want me doing anything that wasn't in the (Marine Corps) Manual. Yours till the cows come home."

Difficult situations sometimes arose in interactions with male Marines. "The other day the lieutenant and I were waiting to go down in the elevator," Wilchinski said in another letter to Bill. "Now here's the question. If I am a lady and he's a gentleman, I go in first. If he's an officer and I'm a corporal, he goes in first. It all depends on how you look at it. I didn't know how he'd take it, so I thought I'd wait and see what he'd do ... Then he stepped forward and I stepped back. Then he stepped back and I stepped forward. Then we both stepped back. I was getting pretty dizzy by that time. I guess he was too. Then we both squeezed in at the same time. I guess that's what they mean by military tactics."

Johnson, America's first woman Marine, served as a clerk in the Quartermaster General's Office, rising to sergeant in three months by the time the war ended Nov. 11, 1918.

She and the other women reserve Marines were ordered to inactive status. They got the same benefits as male veterans of the war, including a $60 bonus upon discharge and the right to a military burial in Arlington National Cemetery in Virginia. In the decades since Johnson became the first woman Marine, the Corps has opened up more and more jobs to females. Once limited to clerical work, women can now serve in the Corps as air crew and in armory, artillery and infantry.

On Jan. 24, Defense Secretary Leon E. Panetta announced that women in the military would no longer be banned from roles in direct ground combat. All branches are evaluating performance standards and developing plans to carry out this decision.

"I fundamentally believe that our military is more effective when success is based solely on ability, qualifications and on performance," Panetta said. "Not everyone is going to be able to be a combat soldier. But everyone is entitled to a chance. By committing ourselves to that principle, we are renewing our commitment to American values our service members fight and die to defend."

MarineNet releases family team building classes online

Christine Cabalo
Marine Corps Base Hawaii



Christine Cabalo | Hawaii Marine

Several Family Team Building classes are now available to take online through MarineNet. Some family team building classes at Marine Corps Base Hawaii are only available to take in person, including "7 Habits for Highly Effective Military Families" and "Couples Relationship Fitness Training."

Managing stress, strengthening family bonds and expanding Marine Corps knowledge is now possible in every clime and place with an Internet connection.

The Marine Corps College of Distance Education and Training unveiled free new classes this year for Marines and their families to encourage tight family ties and learn about Corps policies. The online courses are available through MarineNet and will not replace traditional family team building classes, said Troy Euclide, the director of Marine Corps Family Team Building at Marine Corps Base Hawaii.

"(The online courses) are highly encouraged for those who are geographically separated," he said. "Another benefit from online courses is if there's a class that is mandatory for a service member or volunteer to take, and their schedule doesn't permit attending a scheduled class or training, they can utilize the online option."

The new online offerings include training for family readiness officers, command team training and several Lifestyles Insights, Networking, Knowledge, and Skills classes.

MarineNet provides short descriptions for each class and includes the total recommended study hours to complete the subject. MarineNet released an activation announcement listing all the study sections in a class.

Those who enroll set their personal pace for learning. Participants in some of the new courses can review sections in any order they wish. The online courses are interactive, with a variety of tools to guide online course takers. Additional online resources and a troubleshooting hotline phone number are also listed for users.

Learn now, log in:

For more details about new MarineNet classes see:

https://www.tecom.usmc.mil/cdet/SitePages/activation_announcements.aspx

Civilians who want to register for an account can check the MarineNet Account Requests section:

https://www.tecom.usmc.mil/cdet/SitePages/home.aspx

However, several family team building classes are still only available in person at MCB Hawaii.

The facilitators regularly offer "7 Habits of Highly Effective Military Families," "LifeSkills: 4 Lenses," "Advanced LINKS," and "Couples Relationship Fitness Training."

Euclide said attending the classes in person could be especially helpful, so families and service members could meet others who face similar challenges. There are also several upcoming large-scale efforts for in-person learning, including today's "Operation Ooh-Rah KIDS" and the "Empowered Spouses Event" scheduled for May 10.

"The biggest difference between online and classroom training is the lack of interacting with other participants and the ability to share experiences and ask questions," Euclide said.

Jasmine Locklear, a spouse of a Marine with Marine Light Attack Helicopter Squadron 367, took several classes offered in person at MCB Hawaii with her husband.

Locklear said she appreciates having classes available online, but will probably only enroll online for certain subjects like Marine Corps history.

"Online courses require being self-disciplined," she said. "(The new courses) are good if you want to do the classes on your own. I prefer the traditional classroom setting because I like the interaction."

She said traditional classes are also easier for her to attend, providing quality time she spends with her husband.

"(The in-person class) was something we could do together and it forces you to be more committed to that appointment or class," she said. "If you do something online, you can sometimes lose focus and not be fully engaged."

Locklear said she also felt a better connection to her class facilitator and with other attending couples when physically attending a session. She appreciated listening to stories shared during the class and class facilitators' approaches to unique Hawaii challenges.

Whatever participants choose, the new online courses ensure family team building can occur at any hour, from dawn to setting sun.

Marine environment benefits wounded warriors

Lance Cpl. Jacob D. Barber
Marine Corps Base Hawaii

HONOLULU — Marines with Wounded Warrior Battalion West — Detachment Hawaii submerged in Marine fashion during a day of scuba diving at Hawaii Kai, March 17. Families and friends showed up in support of the event, as certified divers from Island Divers and Adaptive Heroes guided the Marines through scuba diving classes for a day of fun under the sea and as a means of physical and mental rehabilitation.

"This is my first group of Marines that I've had the opportunity to come out and work with," said Thomas Boyles, president of Adaptive Heroes, a nonprofit organization that uses scuba diving as a therapy tool. "This really all started when we used diving as the first step in the rehabilitation process for soldiers and civilians with spinal injuries. We saw a positive impact in doing this and the results were amazing. Because of this, I wanted to work with other services and share this tool."

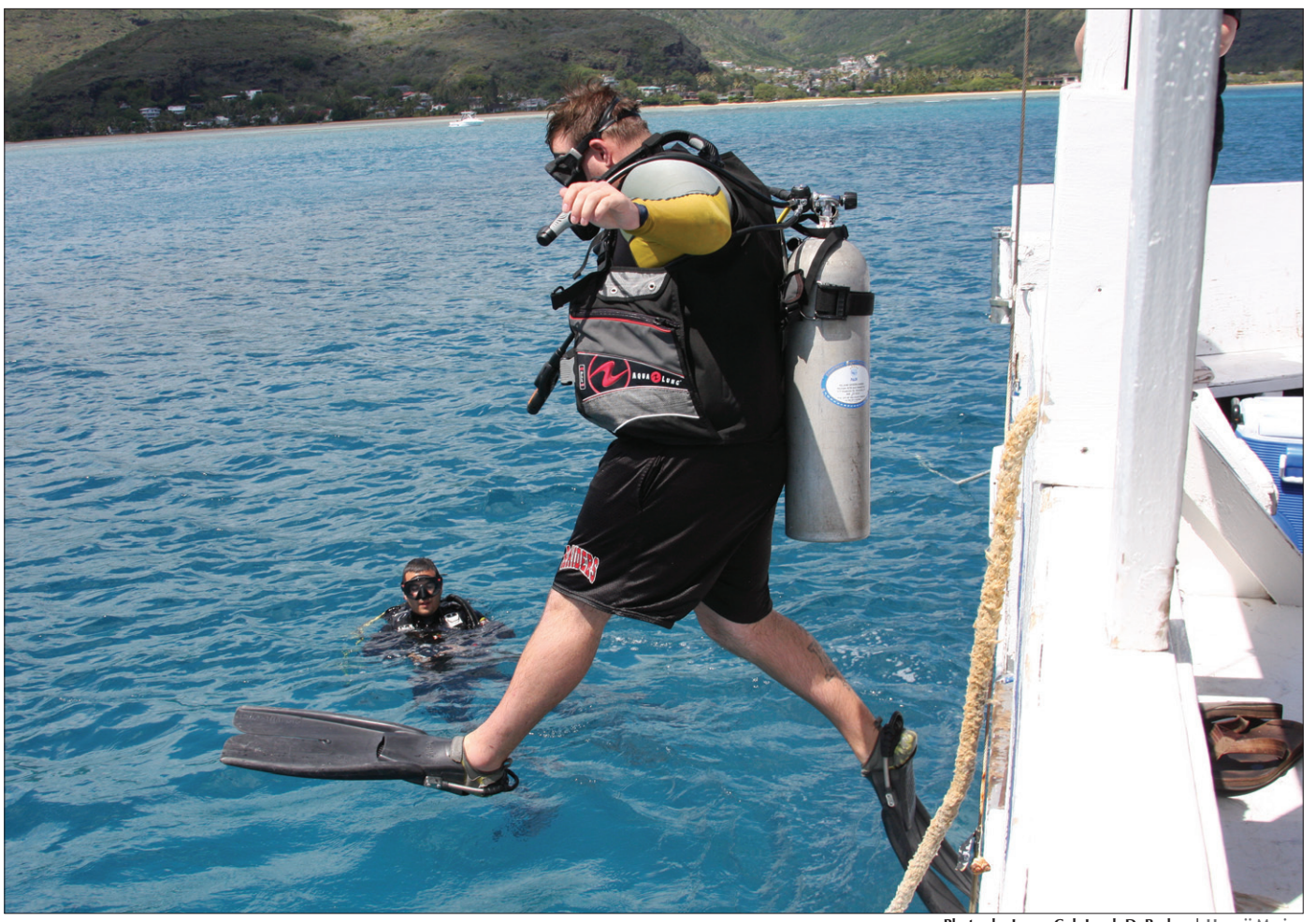
According to Boyles, being in the water does two things for those who suffer from or are recovering from serious injuries. The first is zero gravity, only found in space and water, which gives the diver confidence in abilities he or she might not have on land and subsequently empowers men and women to take their mind off their injury while weightless in water.

"It really helps you actively enjoy your day and allows you to do strenuous activities that you have no confidence doing on land," said Sgt. Steve A. Haberkorn, a wounded warrior with Detachment Hawaii. "You learn a lot about yourself as well as scuba diving in general from a staff of professionals who are very knowledgeable about being in the water, and some specialize in injury rehabilitation."

Researchers at Johns Hopkins University began a study in 2011 about the effects of scuba diving on patients with spinal injuries. By taking a small group of veterans with spinal injuries and putting them through a four-day scuba certification course, researchers noted "dramatic" results in several areas, including improved muscle movements, reduction in post-traumatic stress disorder symptoms, and increased sensitivity to light.

"Johns Hopkins is still doing many tests to answer all the whys and hows, but I believe in this, and many others do as well," said Boyles. "We're trying to get as many wounded warriors certified in scuba diving as we can with no charge. All they have to do is show interest in the hobby, and Adaptive Heroes will pay for 100 percent of the fees."

When asked if he encouraged other wounded warriors to try scuba diving, Haberkorn said, "Definitely. It's fun and the benefits go beyond just a certification. You're helping your body and building it back up through a process that has been proven to work. My day out here went excellent, and I was able to learn all the things I can do in the water, instead of hearing what I can't. It was a painless day with great results."



Photos by Lance Cpl. Jacob D. Barber | Hawaii Marine

Sgt. Steve A. Haberkorn, a Marine with Wounded Warrior Battalion West — Detachment Hawaii, jumps off a boat while being watched by a scuba instructor during a day of scuba diving at Hawaii Kai, March 17. Researchers at Johns Hopkins University began a study in 2011 about the effects of scuba diving on patients with spinal injuries.



Sgt. Steve A. Haberkorn (left), a Marine with Wounded Warrior Battalion West — Detachment Hawaii, talks with an instructor after arriving at the first dive site at Hawaii Kai, March 17. Families and friends showed up in support of the event, as certified divers from Island Divers and Adaptive Heroes took the Marines through scuba diving classes for a day of fun under the sea and as a means of physical and mental rehabilitation.



Kristen Wong | Hawaii Marine

Kahu Likeke Papa (left) and Nalani Olds perform a Hawaiian blessing during the groundbreaking ceremony for the Marine Corps Air Station Operations Complex, near the Aircraft Rescue and Firefighting building, March 15. The new complex will feature historically significant artifacts and design, which pay homage to the history of Mokapu Peninsula and Marine Corps Base Hawaii.

MCAS, from A-1

officer in charge of ARFF at MCAS, said the new truck bays will help prevent the trucks from corroding, as they are currently out in the open and exposed to the elements.

"For (those of) us who have been to other duty stations, it's much needed here," Sable said of the new complex. "The building we're in now is so outdated by anyone's standard."

Chief Warrant Officer 3 Joseph White Bear, the ARFF chief at MCAS, said the new facility will "definitely improve (the Marines') quality of life."

For example, White Bear said, the ARFF Marines currently use old gym equipment acquired from the Semper Fit Center. When the complex is complete, the Marines will have a brand-new gym. He said the Marines will have their own rooms, instead of the current setup, which has four Marines sharing each room.

The complex will also carry the history of Marine Corps Base Hawaii and Mokapu Peninsula. Duane Hamada, a principal with Design Partners Inc. said the company worked with MCAS's airfield operations and the Environmental Compliance and Protection Department to design a building that also showcases history. The environmental department is still deciding on the final historic pieces that will be featured.

Col. Brian P. Annichiarico, commanding officer of Marine Corps Base Hawaii, said this complex will support the Marine Corps Aviation Campaign Plan, which aims to increase military presence in the Pacific.

"With the shift toward the Pacific, you can't overlook Hawaii for obvious reasons," Annichiarico said. "It is one of the most strategic places for U.S. interests in the Pacific and rightfully so, we have a beautiful base, but a lot of the structures are from the 1940s and 1950s."

Representatives from the companies contracted to build and design the complex were also present at the groundbreaking to make a few remarks.

"DCK-ECC Pacific Guam is currently excited and very pleased and proud to be here today at this long-awaited ground blessing for a significant project such as the MCAS operations complex at Marine Corps Base Hawaii Kaneohe," said Eric Tessem, the senior vice president and general manager of DCK Pacific Construction, LLC.

After speeches were made, key personnel and guests each put on a hard hat and picked up a shovel. The guests stood before a large, ceremonial pile of dirt and gravel. Kahu Likeke Papa and Nalani Olds performed a Hawaiian blessing, and together, the group dug into the mound, each individual scooping up a symbolic piece of the complex's construction.

"Bottom line, it's an exciting time for me with the operations complex coming in and exciting times for Marine Corps Base Hawaii with a lot of military construction coming in and a lot of modernization," Annichiarico said.

BRONZE, from A-1

"We need to have more Marines like 1st Sgt. Pinkerton," said Maj. Francisco Zavala, operations officer for 4th Force Reconnaissance Company. Zavala was the commanding officer of India Company while Pinkerton was the company first sergeant. "He instilled discipline in every Marine which helped make the whole deployment run smoothly."

He frequently exposed himself to enemy fire in order to successfully lead the Marines under his charge. He wanted to show his Marines what it meant to be a leader.

"I want Marines to understand that just because you may be in a leadership position doesn't mean sit back and relax," Pinkerton said. "I made it a point to be out with my Marines, always leading the fight from the front."

While partnered with Afghan soldiers on July 22, 2010, Pinkerton led the company in an immediate response to a downed AH-1W Cobra helicopter. The partnered forces sprinted three kilometers in full combat equipment and secured the site.

"We reached the crash site first and it was complete chaos — we started receiving rounds immediately after arriving," Zavala said. "The chaos didn't affect Pinkerton, and he remained composed throughout the fight, making sure everyone was in the correct position to keep everyone alive."

Pinkerton's combat leadership was paramount to the company's success during several hostile encounters, and he successfully targeted eight improvised explosive device emplacements using supporting arms. He led the company's Marines from the front during 16 IED, 19 device and 14 cache finds. He captured six detainees and executed six friendly medical evacuations.

Every engagement had extremely high chances for civilian collateral damage. He ensured and personally exhibited a high degree of military restraint and tactical patience during the seven-month deployment.

Today, nearly three years after his deployment, Pinkerton still strives to make a difference as he continues his journey in the Corps.

"I don't plan on retiring from the Marine Corps anytime soon," Pinkerton said. "I love being around young Marines. Young Marines join the Marine Corps to better themselves. Helping those who want to grow as Marines and human beings is what I love."

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Sports & Health



Photos by Lance Cpl. Nathan Knapke | Hawaii Marine

Nolan Laramore, 15, from Honolulu, counterbalances the force of the wind on the sail by hiking his body out over the water during the Hawaii Youth Sailing Association's No. 2 regatta in Kaneohe Bay, Saturday. He placed in second in the El Toro C division.

Hawaii Youth Sailing Association beats to windward at base marina

Lance Cpl. Nathan Knapke
Marine Corps Base Hawaii

A consistent brisk wind out of the west to northwest blew over Kaneohe Bay as the base marina hosted a Hawaii Youth Sailing Association No. 2 regatta, Saturday.

The race allowed sailors ranging from ages eight to 20 to compete. El Toro, Open Bic and Laser boats gathered in Kaneohe Bay.

Sailors were separated into divisions based on their experience, allowing each a fair chance to place high in the race.

The eight-foot fiberglass, single-mainsail boats glided through the bay, turning at each of the three buoys that created a triangular course for the sailors to navigate.

A pontoon boat on the starting line sounded a horn signaling to the sailors when to begin the race.

The Laser boats raced first. The six Laser sailors kept their boats behind the starting line, awaiting the horn to signal the start of the race. When the horn blasted, they turned their sails into the wind hoping for maximum speed.

The wind was so strong at times, sailors leaned a large portion of their body over the side of the boat.

Sailors occasionally needed to hike their bodies far over the side of the boat to counterbalance the force of the wind on the sail. When competitors came to a buoy, they had to turn left to continue toward the next buoy.



A Laser sailboat competitor blows off the starting line during the Hawaii Youth Sailing Association No. 2 regatta in Kaneohe Bay, Saturday. Sailors navigated a triangular course defined by three buoys. Competitors ranged from ages eight to 20 on a windy day.

Sailors had to remember during the turn, a pole along the bottom of the sail, the boom, would blow past the sailors' body, nearly hitting their head.

Every sailor performed these boat operations skillfully, making it look easy.

"The races were really fun — we had some consistent wind which helped us move real quick," said Lars Von Sydow, 13 from Hawaii Kai, who sailed an Open Bic and placed second in the competition.

"I really like coming here to Marine Corps Base Hawaii," Von Sydow said. "People here are a lot nicer than in other places we race at."

The next boats to race were the 28 El Toros, followed by the group of 12 Open Bics.

Every group of sailboats — Laser, El Toro and Open Bic — waited on the other side of the pontoon boat for their turn to race.

Each group completed the triangular course five different times on Saturday.

Association officials on the pontoon boat recorded everyone's finishing positions for each of the five races.

"Last year was the first time we hosted the race, and it continues to run smoothly," said Ken Bwy, lead sailing instructor at the base marina.

"The community doesn't get to come on the base often," Bwy said. "It's good to have the public come on base and interact with Marines."



Kiana Heitzman, 14, from Honolulu, dodges the boom of the sail during the Hawaii Youth Sailing Association's No. 2 regatta in the Kaneohe Bay, Saturday. She placed second in El Toro B division.



Dylan DiMarchi, 15, from Honolulu, paces along the starting line during the Hawaii Youth Sailing Association No. 2 regatta in Kaneohe Bay, Saturday. He placed second in the Laser B division.

VS

Versus 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.

Does social media make you antisocial?



Lance Cpl. Matthew Bragg VS. Lance Cpl. Nathan Knapke

BRAGG: Social media have no doubt become one of the greatest inventions of our generation. For a lot of people, they may actually be considered the death of social interaction. Social media are changing the way we interact with each other, from conversing with one another at a coffee shop to texting the person sitting next to us on a bench in the park. Elevators filled with people going up to their work cubicles for the day are no longer filled with small talk and witty banter, but filled with complaining status updates on Facebook and Twitter about how much they hate their job. What happened to the days when strangers talked to each other for no other reason than to simply pass the time?

KNAPKE: Social media gives users the opportunity to find other people with the same interests instead of wasting time trying to figure out what some random person likes or dislikes. Specific pages offer social media users content they are interested in, instead of the useless everyday banter that doesn't mean anything to anyone. Someone can follow their favorite reporter or movie star on Twitter and get up-to-date opinions and comments on the spot, not to mention friends and family one hasn't seen or talked to in years. Just because people aren't making small talk on elevators doesn't make them antisocial. People would rather discuss topics which interest them in other ways

BRAGG: Friends and family members are finding it harder to directly communicate with each other anymore. Instead of sitting down at a dinner table and conversing face-to-face, families find themselves browsing social media outlets rather than asking their loved ones about their day. People would rather send a family member a message through Facebook than call them via telephone, eliminating the need to speak. There is no emotion shown in social media messages between users other than emoticons and smiley faces. Getting sports updates on your phone isn't something that makes you antisocial. But going to a sporting event with your friends and then perusing social media outlets throughout the game is what shows signs of being antisocial. It's becoming more evident people are slowly creating a world that communicates only through Facebooking, tweeting, texting, etc.

KNAPKE: So what you're saying is just stop using social media? That isn't the solution. Maybe parents should take their kids' phones away at the dinner table. People are more interested in Facebook because it's more interesting than what they are doing during that specific time. People post about parties, birthdays and high school reunions on Facebook. People see post, go to the event posted, and socially interact there. People use Facebook to see what's going on because they are bored and want to find something that actually interests them. Maybe sitting at the dinner table isn't what teenagers love to do. Kids are on Facebook because they are making plans for what they are going to do with their friends after dinner. Once they are with their friends, they are nothing but social. You keep talking about small talk. Did you ever think that small talk is for the antisocial? Be more socially interactive, and use every social outlet available.

BRAGG: I'm not saying we should stop using social media. In today's world, we couldn't live without it. What I am saying is some people are using it to the extent it takes away from their social interaction with others. What you said about kids planning to hang out with friends after dinner or people going to events posted for their high school reunions is exactly what social media was made for. The people that I am referring to are the ones who are so hooked on social media they don't know when to put the phone down and socially interact with those around them. For example, you're on Facebook and get an event invite to attend your friend's party. You invite some of your buddies to come to the party with you, and they all accept. But when you get there some of them choose to not socially interact with everyone around them. They prefer to sit at a table and just browse through their phone as if they've got better things to do, but they accepted your invite to your friend's party. Those kinds of situations are turning replies from, "Hey, how are you?" "Pretty good, yourself?" to, "Hey how are you?" "Meh…" I'm all for social media; I love it. But I would never let myself become a zombie, and I don't think the rest of the world should let themselves become that way either.

KNAPKE: People can't live without social media because they are so hooked on the idea they can reach a wide group of friends from anywhere in the world. Always being tapped into a network makes you more social than antisocial. People who are at parties and continue to stare at their phone are just looking for the next big event or continuing to remotely connect with people. If anything, users are multi-tasking wherever they go, making people more social then ever. Instead of partaking in a conversation with no value, people can interact and get involved in a larger audience with interesting topics, instead of meaningless drama. Social media allows people to know what's going on anywhere at anytime. Why wouldn't you want to stay connected to something so powerful? Everything social media provide makes people more social and connected with events and news happening all around the world.

SPOTLIGHT ON SPORTS

Volunteers needed for Surf and Turf 5K

The Single Marine & Sailor Program seeks volunteers for the Surf and Turf 5K, April 6 at 6:30 a.m. Meet at the Officers' Club at 5 p.m. For more information or to sign up call Karley Peterson at 254-7593 or email petersonko@usmc-mccs.org.

Swing into the Klipper Junior Golf Program

All authorized patrons ages 6 through 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.

Give up using tobacco with cessation classes

Free tobacco cessation classes are held every Tuesday from 10 a.m. to noon. The classes are conducted by a registered nurse and take place on the second deck of the branch medical clinic. There are four classes in a session and each monthly session begins on the first Tuesday of the month. The classes are open to active duty, retired military and their dependents. For more information, contact health promotions at 254-7636.

21st annual Haleiwa Metric Century bike

The 21st annual Haleiwa Metric Century Ride April 28 at 7:30 a.m. For more information call 735-5766 or visit http://www.hbl.org. Forms are also available at the Semper Fit Center.

Roll down for 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 call 254-7693.

CLB-3 engineers bring Highland games to Hawaii

Christine Cabalo
Marine Corps Base Hawaii

Irish bagpipes blared through loudspeakers to announce the start of Engineer's Day, hosted by Combat Logistics Battalion 3 at the green field of Landing Zone Boondocker, March 15.

The event honored the battalion's Engineers Services Company, which recently formed in June 2012, and brought together dozens of combat engineers for the unit competition. Engineer's Day featured Highland-style games with a combat engineering twist, a tradition maintained by Marine Corps engineers to celebrate an unlikely patron saint.

"St. Patrick is the patron saint of engineers because according to legend, he built churches with lime mortar instead of clay and showed the Irish how to build arches for churches," said Master Sgt. Joe Gillard, Engineers Services Company operations chief, CLB-3. "We've adopted it for our Engineer's Day and for the game theme."

After dividing into several teams, the combat engineers challenged each other in 10 games. Some events used traditional Highland rules, like the open stone and Braemer stone put challenges.

Marines chose one of several stones, weighing 16 to 22 pounds, and tried to throw the longest distance as straight as possible without crossing the start line. Two Marines from each team competed in the stationary toss for the Braemer stone put and were allowed a short run before throwing in the open stone put.

"Trying to keep your aim straight is the hardest thing," said Cpl. Kenneth Walker, a combat engineer with the company's Engineer and Construction Platoon. "It's awkward trying to lift the rock because there is no place you can grab onto when you throw."

Some events uniquely featured Marine Corps-style twists in celebration of combat engineers. In the sheaf toss, traditionally using a pitchfork and a sheaf of bundled straw, the Marines used engineer's tools instead: a shovel and a bag of rope.

For these games with a twist, participants used equipment most readily available to Marine combat engineers. In the caber toss, traditionally featuring competitors tossing logs or poles, the Marines tossed planks of wood instead. Kettlebells replaced the chain and handled-weights used in a standard Highlands weight throw.

The rest of the Engineer's Day challenges were more familiar Marine Corps activities: a weapons relay, a team push of a High Mobility Multi-purpose Wheeled Vehicle and team tire flip relay.

Those events posed an unusual challenge for several combat engineers who wore green kilts over workout shorts in celebration of the event. Some, lost the green garments while running in the weapons relay, but carried on to finish their leg.

"There's more pressure to do it fast with everyone watching you," said Lance Cpl. Jonathan Paulino, combat engineer, Combat Engineer Platoon. "It was harder to do because (the rifle) was very slippery with extra (cleaner, lubricant and preservative)."

Gillard and other CLB-3 leaders said they plan to host Engineer's Day next year. He encourages other Marine Corps combat engineers on Oahu including those from other base units, U.S. Marine Corps Forces, Pacific and U.S. Pacific Command to participate.

"These games are a long-standing tradition in the Marine Corps and even among civilian engineers," Gillard said. "Across the Marine Corps engineers do this on St. Patrick's Day, and traditionally the games change every year."

With the popularity of this year's games, CLB-3 laid the foundation for a fun tradition at MCB Hawaii.



Photos by Christine Cabalo | Hawaii Marine

Lance Cpl. Harley Matthews, a combat engineer with Combat Logistics Battalion 3 hurls a rock during the open stone put challenge, March 15. The combat engineers participated in several Highland events as well as traditional games using combat engineer's equipment.



Teams of combat engineers work together to flip a heavy tire in Combat Logistics Battalion 3's inaugural Engineer's Day at Landing Zone Boondocker, March 15. In addition to traditional Highland games, members of CLB-3's Engineers Services Company participated in Marine Corps challenges including a weapons relay and fireman's carry.

Energy Corner

Maintain correct tire pressure for safety, fuel energy savings





More than one-fourth of automobiles and about one-third of light trucks (including sport utility vehicles, vans, and pickup trucks) on the roadways of the United States have one or more tires underinflated 8 pounds per square inch or more below the level recommended by the vehicle manufacturer, according to a report by the Department of Transportation's National Highway Traffic Safety Administration.

A decrease in tire pressure can be caused by poor maintenance, driving habits, punctures, road conditions, and the quality of material used in tire construction. According to tire experts, under normal driving conditions, air-filled tires can lose from 1 to 2 pounds per square inch per month as air permeates through the tires. Vehicles with underinflated tires have had handling problems that caused crashes resulting in fatalities and injuries.

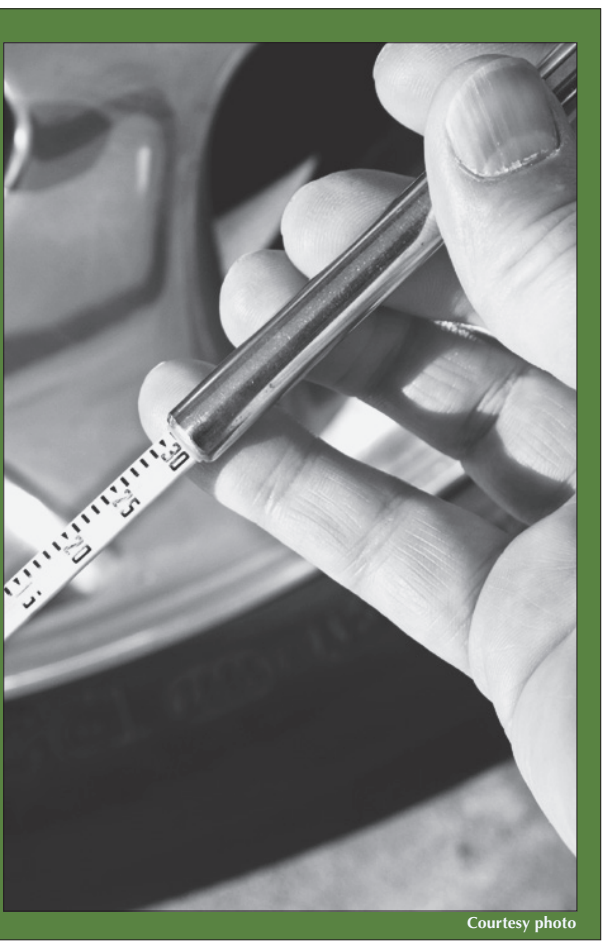
Underinflation also shortens the life of a tire and decreases gas mileage. For every pound per square inch below the proper level, there is an average increase in fuel consumption of 0.4 percent. Make sure to check tire pressure regularly to maintain the manufacturer's recommended pressure.

You can usually find your vehicle's recommended tire pressure on a sticker located inside the driver's side door jamb, the glove box or owner's manual. Do not use the maximum pressure printed on the tire's sidewall.

SOURCE: Navy/Marine Corps Energy Efficiency Program –2013 Energy Management Toolkit – Articles for Publication.

http://www.gao.gov/products/GAO-07-246R.

http://www.fueleconomy.gov/feg/maintain.shtml.



Courtesy photo

VOLUNTEER OPPORTUNITIES, ON AND OFF BASE EVENTS

Pouhala Marsh wetland restoration volunteers needed

Help the Hawaii Nature Center preserve the Pouhala Marsh in Waipahu. The area is a wildlife sanctuary and site of historical fish pond. For details, call the volunteer program manager at 955-0100 ext. 118.

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 details, visit http://www.hawaiianhumane.org or call 356-2216.

Monthly recycling for HI 5 cent redemption

HI 5 cent redemption service will be changed to once a month. The first Friday of every month starting in March will be the only day the recycling contractor RRR will be on base across from the MCX Annex from 11 a.m. to 4 p.m. For more information, call Jim Sibert at 257-4300 or 216-4368.

26th annual Great Hawaii Rubber Duckie Race

The United Cerebral Palsy Association of Hawaii is hosting its 26th annual Great Hawaii Rubber Duckie Race, March 30. For a fee, participants in the race adopt one or multiple rubber duckies which will be poured into the Ala Wai Canal. The first 50 ducks to float to the finish line will have a chance to win one of various prizes. There will be pre-race festivities at McCully Shopping Center from 9 a.m. to 12:30 p.m. The race will begin at the Kalakaua Avenue Bridge at 1:16 p.m.

The association also seeks 20 strong Marines and sailors to volunteer from 1 to 2:30 p.m. The volunteers will tip over five large crates of rubber ducks into the Ala Wai Canal and retrieve them out of the water after the race. Those interested in volunteering should contact Jarvis Graham at jarvis@rpjhawaii.com, and sign up by March 27. To adopt a duck, visit http://www.ucpahi.org.

Juvenile Diabetes Research Foundation's Hawaii Chapter seeks volunteers

Dedicated and active volunteers are the backbone of the Juvenile Diabetes Research Foundation, founded in 1970 to improve the lives of every person affected by type 1 diabetes by accelerating progress on the most promising opportunities for curing, better treating and preventing T1D. JDRF collaborates with a wide spectrum of partners and is the only organization with the scientific resources, regulatory influence, and a working plan to better treat, prevent, and eventually cure T1D. There are many ways you can make a difference, including helping out at the main office, working at an event or serving on a committee. Email Hawaii@jdrf.org for more information.

Federal employment workshop

Learn valuable information about the federal employment process and creating the right application to stand out from the pack by attending this federal employment workshop Friday at building 267, classroom 2 from 9 to 11 a.m. This event is open to all ID card holders with base access. Reservations are required. The next federal employment workshop will be held April 18. For more information about this and other workshops, contact Marine and Family Programs at 257-7787/7790.

Keiki Aloha Expo

Join Marine and Family Programs for the Keiki Aloha Expo, April 12 at the Klipper Fairways Ballroom from 3 to 6 p.m. Call 257-8803 for more information about the expo and its available workshops.

Hawaii Marine
Lifestyles

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HONOLULU — A performer dressed in a leprechaun costume greets attendees during the 45th annual St. Patrick's Day parade, Sunday.



Photos by Cpl. James A. Sauter | Hawaii Marine

HONOLULU — Vintage muscle cars roll down the Waikiki shopping strip during the 45th annual St. Patrick's Day parade, Sunday.

Waikiki celebrates St. Patrick's Day Hawaiian style

Cpl. James A. Sauter
Marine Corps Base Hawaii

HONOLULU — The Waikiki shopping district was lined with green trees, green shirts, green painted faces, green shamrocks and green everything when people celebrated St. Patrick's Day during the 45th annual Waikiki St. Patrick's Day parade, Sunday.

A sea of different shades of green consumed the strip from its start to its finish. Thousands of tourists, local residents and spectators crowded the street to see the parade's entertainment for the afternoon. The parade kicked off with a traditional bagpipe band with three flag bearers, carrying the American national flag, the Hawaiian state flag and the Republic of Ireland national flag.

Not far behind the opening act, the U.S. Marine Corps Forces, Pacific Band gave the crowd a spectacle by playing classical military music such as the "Marines' Hymn." Toward the end of the parade, the band played "The Battle Hymn of the Republic" in front of the final viewing stand. Sgt. Hector Munoz, a saxophone player and native of El Paso, Texas, thought the parade was a wonderful experience to see so many people celebrating in one place.

"We represent the Marine Corps by making our presence known and participating in events," Munoz said. "Being in parades like this gives us the chance to show another side of the Marine Corps. We practice hours a day and rehearse for several weeks to put on a good show that people will remember."

St. Patrick's Day can trace its origin to St. Patrick of Ireland during the 5th century. According to legend, Patrick brought Roman Catholicism to Ireland by using the three-clover shamrock to explain the religious concept of the Holy Trinity to the Irish pagans.

Over time, green replaced blue as the color associated with the holiday for unknown reasons. During the mid-20th century, the government of the Republic of Ireland campaigned to use St. Patrick's Day as a showcase for Ireland and Irish culture.

While not a legal holiday in the U.S., St. Patrick's Day is popularly celebrated across the country and other parts of the world. Chicago, with its dense population of Irish families and immigrants, has one of the most recognized St. Patrick's Day traditions by dyeing the Chicago River green during the holiday.

The Waikiki parade went on to showcase restored vintage muscle cars, promotion walks for roller derby, and local bands playing at different venues. Along the way, performers in the parade threw green necklaces as the crowd cheered. Paul Barzu visited from Vancouver, B.C., with his wife and in-laws from Japan and came to Hawaii for vacation. Barzu wanted to show them a parade unlike anything they saw at home.

"This was quite a new experience for them, and I'm really glad we came," Barzu said. "My father-in-law's favorite part was seeing the Marine band march in their uniforms and playing songs. He was proud to see the Marines at their finest."



HONOLULU — Marines of the U.S. Marine Corps Forces, Pacific Band play the "Marines' Hymn" while marching during the 45th annual St. Patrick's Day parade in Waikiki, Sunday. Thousands of tourists, local residents and spectators crowded the street to see the parade's entertainment for the afternoon. While not a legal holiday in the U.S., St. Patrick's Day is popularly celebrated across the country and other parts of the world.

Pass In Review

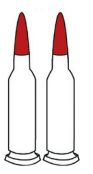
Your weekly guide to the best aspects of entertainment

Welcome to the Pass In Review, your No. 1 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 …

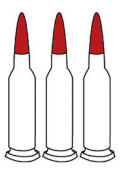
1/4 — No Impact, No Idea
Horrendous. Among the worst of the worst in its genre. Dedicating time to this is not only wasteful, but unforgivable. Avoid at all costs.



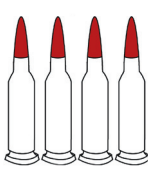
2/4 — High And To The Right
Mediocrity at its best. Lacks a few things that might have made it really good. A decent time waster, partake only if there's nothing better to do.



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.

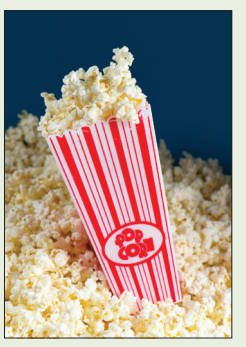


4/4 — Confirmed Kill
Genius. In the top 10 percent of its genre. This is the stuff legends are made of. Missing out on it would be a disservice to yourself.

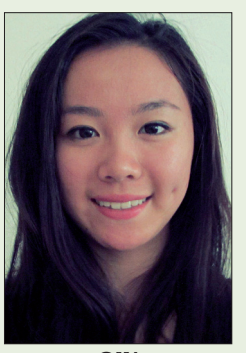


So, there you have it. We hope you enjoy our weekly reviews. Don't forget, the Hawaii Marine accepts submissions from its readers so if you consider yourself a film buff, music aficionado, gaming geek or bookworm, feel free to submit your own reviews.

Better Know A Critic



Carolyn Lee believes in the power of storytelling to inform, inspire and entertain, dating from ancient times when mankind huddled around a fire as darkness fell. At our modern-day campfire she wishes to be thrilled, terrified and enchanted, while enjoying popcorn.



QIU

Grace Qiu is addicted to apocalypses and dystopias, she has a love for superheroes and flying cars. She believes the best movies trap you in the story even after you dazedly exit the theater, and the best books leave your perspective on life slightly shaken.

Where the wild things are: 'Grimm' season 2 back on track

Carolyn Lee
Contributing Writer

One of NBC-TV's hottest shows, "Grimm" returned to the small screen in March after a hiatus of nearly four months. It's a genre-bending hybrid of "Law and Order" and "The X-Files," a cop drama where the villains ooze from the disturbing twilight of the grimmest of "Grimms' Fairy Tales."

Suspenseful, unpredictable and creepy, "Grimm" firmly seizes your attention as the show nonchalantly makes the unbelievable seem almost ordinary. The series follows the homicide-solving adventures of Detective Nick Burkhardt (David Giuntoli) of the Portland Police Bureau, who is among the last descendants of a family that protects humans from the Wesen, powerful mythological creatures who have shared this planet with us for centuries. The Wesen, pronounced VESS-sin, camouflage their fangs and claws by assuming human form, but Burkhardt can detect them.

"It's one thing to lie to a cop," Burkhardt says during an investigation. "It's another thing to lie to someone like me."

Burkhardt is a Grimm, whose predecessors include Jakob and Wilhelm Grimm of "Grimms' Fairy Tales." He has inherited a trailer packed with handwritten volumes of Wesen lore compiled by his family. There's also a cabinet stuffed to the brim with medieval weaponry, with which Burkhardt challenges the Wesen.

Beyond the heart-pounding, plenteous fight scenes, and the spooktacular special effects of human faces morphing into the hideous, at its core "Grimm" is about the emotional ties that bind friend to friend, colleague to colleague. What draws me to "Grimm" each week is getting to know Burkhardt and the intrepid team that has got his back: his partner, Lt. Hank Griffin; colleague, Sgt. Wu; their enigmatic boss, Capt. Sean Renard; Burkhardt's girlfriend, Juliette; and pals Monroe and Rosalee.



What I also find cool is that in "Grimm," the ladies get their share of screen time in battling the Wesen.

"I know it's not equal trade for my life," Monroe tells Rosalee as he presents her with flowers, "but I just wanted to say I'm glad you know how to clock a dude with a brick."

What's also fascinating about "Grimm" is that the multilayered narrative stands up well to repeat viewings. You'll notice aspects you missed the first time around. "The will to conquer is the first condition of victory" was the opening quote for the March 8 episode "Face Off." It didn't seem like a line from a fairy tale, which typically opens an episode. It turns out those words were penned by a French military strategist, Ferdinand Foch, who served as the supreme commander of Allied forces in World War I.

"Grimm," which airs at 9 p.m. Fridays, is rated TV-14 V. This program contains violence and some material that many parents would find unsuitable for children.

You can view free episodes online. If you really want to get into all things Grimm, fans, known as Grimmsters, have set up a wiki, or community website, at http://grimm.wikia.com/wiki/Grimm_Wiki.



(Confirmed Kill)

Shedding orange jumpsuits, donning 'White Collar'

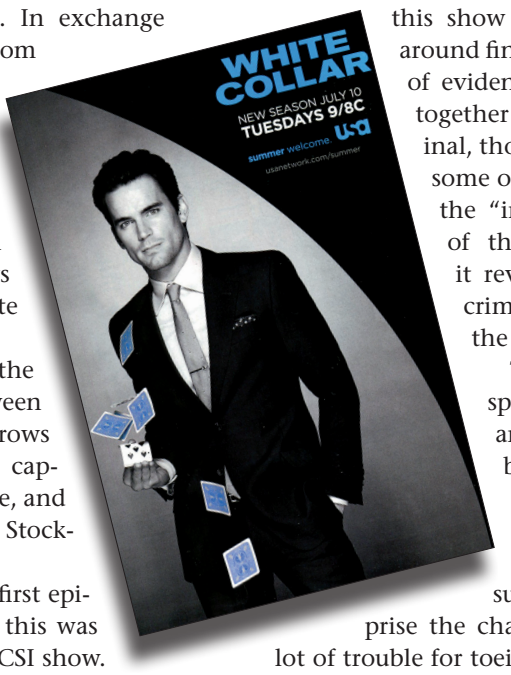
Grace Qiu
Contributing Writer

An FBI agent and a notorious criminal (who would be adamant in tacking on the adverb "alleged" to the aforementioned noun): what do they have in common? Besides being tied with the law, most wouldn't think there was much else. But in "White Collar," there is a special relationship between this particular cat and mouse.

Neal Caffrey, played by Matt Bomer, is a legend among white-collar criminals. He is one of the best forgers in the world, and an all too charming con man. With an affinity for antiquities and art, he is the epitome of a high-class criminal, complete with suave suits and retro "rat pack" hats.

While he is an artist of evasion, FBI agent Peter Burke, played by Tim DeKay, is ready to match his moves. After being caught by Peter not once, but twice (a fact Peter will never let Neal forget,) Neal slickly escapes from prison with only months left of a four-year sentence, only to be caught again by Peter.

Seizing this opportunity, Neal strikes a deal with him. In exchange for limited freedom (ensured by a tracking anklet attached to his leg at all times,) he is willing to help the FBI in a field he knows best: the white collar division.



From here, the relationship between Neal and Peter grows beyond that of a captor and his capture, and it's not due to Stockholm syndrome.

From the very first episode, I could tell this was not your average CSI show. While it still has guns and suits, it adds a couple of key ingredients that convinced me this was worth watching.

The first factor, and most important for me, is the fact that this show does not revolve around finding scanty pieces of evidence and putting it together to catch the criminal, though it has to have some of that to adhere to the "investigation" part of the genre. Instead, it revolves around the criminal's mind, not the hero's.

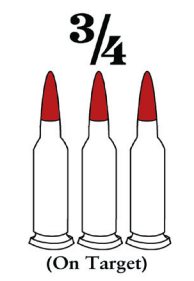
The characters spin elaborate plots and showcase their best acts to cause the criminals to incriminate themselves. As such, it's not a surprise the characters get into a lot of trouble for toeing this blurry line of bringing criminals to justice through devious methods, but it definitely makes for better television.

The second factor is the incredibly witty dialogue that keeps the audience's mind chugging, complete with enigmatic quotes from Thoreau and St. Augustine (courtesy of Mozzie, Neal's best friend and genius accomplice.)

I am always amazed at how the writers can think as acrobats move, gracefully bringing together all the different components of a greater masterpiece into one successful sting.

The only reason this is not a four-bullet review is that it can be mentally taxing to keep up with the characters' fast paced logic, and there are quite a number of allusions you might miss that the characters use as reference.

However, these minor confusions do not take away from understanding the overall plot.



(On Target)

Movie Times

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.*



"Beautiful Creatures" PG-13	Today | 7:15 p.m.
"Side Effects" R	Today | 9:45 p.m.
"Safe Haven" PG-13	Saturday | 7:15 p.m.
"Good Day to Die Hard" R	Saturday | 9:45 p.m.
"Escape from Planet Earth" PG	Sunday | 2 p.m.
"Warm Bodies" PG-13	Sunday | 6:30 p.m.
"Good Day to Die Hard" R	Wednesday 6:30 | p.m.

PMO

Crime Prevention Tip of the Month

Operation Over Watch is back! The operation is an effort to minimize larcenies targeting vehicles, homes and personal property in the residential areas throughout the base. Personal or government property should never be left unsecured and unattended. When you are finished using your items, remember to put them away. Operation I.D. offers personnel residing in housing or in the barracks the opportunity to check out electronic engravers. The engraver can be used to engrave any personal property deemed valuable to the owner. Burglars want to resell your property, so marked property is easier to identify and harder to sell.

Topic of the Month

There is a new program for base residents called Eagle Eyes, which is a web-based system designed to allow the community to report suspicious activities or behaviors. Eagle Eyes is a community-driven program and requires proactive engagement. Effective immediately, you may browse http://www.usmceagleeyes.org to submit tips, leads, incidents and suspicious activities. In addition to allowing you to enter detailed descriptions into the system, the capability exists to upload or attach any digital photography. In the first quarter of fiscal year 2013, the Provost Marshal's Office received 31 anonymous tips involving crimes against property. The program has the potential to assist in solving more crimes with the community's help, and its ultimate goal is to help create a safe environment for the community. Eagle Eyes is not designed to report emergencies. To report an emergency, call 911. Every report is an important piece of the puzzle and will be reviewed by trained personnel. Law enforcement and mission assurance personnel on base encourage good faith reporting and reserve the right to contact you to verify or clarify the information you provided. For more information, please contact the Crime Prevention Office at 257-8312, the Force Protection/Mission Assurance Department at 257-8460/56/57 and refer to MARADMIN 641/11.

IN CASE OF EMERGENCY, DIAL 911!



Kristen Wong | Hawaii Marine

MCB Hawaii hosts 2nd annual career and education fair

Sgt. Jesse Ash (left), a career planner with Marine Corps Air Station Kaneohe Bay, and his wife visit the Marine Corps Base Hawaii Career and Education Fair at Kahuna's Community Ballroom, March 15. More than 200 service members and civilians attended the second annual fair, which featured more than 40 employers and more than a dozen schools.

Volunteer Opportunities with NMCRS K-Bay

The Navy-Marine Corps Relief Society is a nonprofit organization run by volunteers that aids and supports Marines, sailors and their families. We offer financial counseling, Budget for Baby workshops, education tuition scholarships/assistance and interest-free loans and grants. As a predominately volunteer-run organization we are constantly looking for individuals who would be interested in helping with our various programs.

- Build your resume
- Develop new skill sets with free training
- Child care and mileage reimbursement available to all volunteers
- Broad range of volunteer opportunities available

NMCRS offers a variety of ways you can contribute as a volunteer. Do you have a background in finance? Or maybe you're interested in learning more about financial counseling and helping others out of debt. If so, we would love to have you as a caseworker.

Perhaps you're more interested in helping new and expecting parents prepare for a new baby. You would make a perfect instructor for our Budget for Baby class.

Do you enjoy public speaking and meeting new people? We would love to have you aboard as part of our Publicity and Marketing team and an ambassador for NMCRS. No matter where your interests lay, if you have the time and want to give back to Marines, sailors and their families, we have a place for you at NMCRS K-Bay. Call 257-1972 or email lauren.giblin@nmcrs.org, for more information.