

Base Chapel activities and programs provide spiritual food for the soul

## Traditional, social roles performed by chaplains

**Aiko Brum**  
Managing Editor

After a long day on the job, many people simply look forward to a relaxing, stress-free remainder to their day. For some, that's found merely kicking back in front of the television set or curling up to a good book. For others, relaxation comes with family activities, friends or sports competition.

Some, however, find the balance that they're seeking to be elusive. Yet, they can get on the fast track and begin to get grounded, despite seemingly overwhelming responsibilities. The key, according to chaplains, is faith-based activity.

"I believe stress management is a spiritual issue," said Navy Chaplain (Cmdr) Jeffrey Rhodes.

Not just spiritual worship leaders, chaplains spend the bulk of their time providing varied services to the military community.

"We spend a great deal of time teaching classes such as pre-suicide awareness and stress management. We're also at SACC [the Substance Abuse Counseling Center], LINKS (Lifestyles, Insights, Network, Knowledge and Skills) — because getting along with your neighbor is a key Biblical issue — and at the Key Volunteer Network," said Rhodes. Also, chaplains participate in numerous ceremonial functions like changes of command and retirements — at occasions where prayer is desired.

"We're visible during marriage enrichment classes sponsored by Marine Corps Community Services, and we're really putting lots of focus on religious education," explained Rhodes, who provides both ethics and suicide awareness training to young Marines attending the Corporals Course.

A chaplain is assigned to every military unit aboard MCB Hawaii, and is often times compared to social workers, said Rhodes. "We're different from social workers in that we bring a faith perspective. Hopefully, we bring the presence of God into any particular topic."

Navy religious program specialists, administrative staff and volunteers also support chapel activities.

"Sometimes parents have a hard time dealing with what's in the news today, from abductions to child slavery," explained Sister Marlene, director of religious education. "The many programs we offer here, both after-school and ecumenical, give children a safe haven and a good Christian atmosphere."



Sgt. Roman Yurek

Brigadier Gen. Jerry C. McAbee cuts the ribbon during the REF opening ceremony.

## REF opens at K-Bay

**Sgt. Roman Yurek**  
Sports Editor

After several years of planning and contract negotiation, the MCB Hawaii Base Chapel officially opened its Religious Education Facility, March 23.

The spacious, new facility is located adjacent the base chapel, in the old Wiki Wiki building.

Marine Corps Base Hawaii Commanding General, Brig. Gen. Jerry C. McAbee, cut the ribbon during the ceremony.

Planning for this facility has been going on for a few years, according to Navy Capt. Joseph Estabrook, MCB Hawaii command chaplain.

In September 2001, planning finally moved into action when former Commanding General, Brig. Gen. R.E. Parker Jr., joined base chaplains and broke ground for the new facility.

Prior to the opening, the Protestant

Sunday School, Bible studies and other religious education was often held at Mokapu Elementary School or at the Armed Services YMCA building, both, especially the ASYMCA, some distance from the main chapel.

Sometimes, chapel meetings, had to be scheduled at the Base Theater or other large meeting rooms. With the new REF, now instead of walking children to the elementary school or searching for a place to hold meeting, the Religious Education Facility will handle both.

"This is a tremendous benefit to the base," said Estabrook.

The facility is open to all religious faiths and can be used by people of all ages.

Estabrook added that the facility will also be available for other community events.

For more information on reserving the facility for a meeting or event, contact the Chapel at 257-3552.



Sgt. Roman Yurek



Courtesy of RP1 Kelvin Nicholas

Above Left & Right — The chapel regularly schedules various activities for children, and plans outings that take advantage of Hawaii's unique tropical environment.

"Parents don't have to worry," she explained.

"The chapel's Single Marines and Sailors Ministry also seeks to provide wholesome activities," said Ray

Sailors Ministry ensures all activities illustrate transferable, Biblical concepts, added Hauser — so that all at MCB Hawaii have opportunity to live balanced lives.

## Worship Services

At Kaneohe Bay, Bldg. 1090

### Catholic Mass

Sundays 9:30 a.m.  
HolyDays 11:45 a.m. & 6 p.m.  
Daily 11:45 a.m. (Tue-Fri)  
Saturdays 5 p.m.

### Protestant Services

Sundays:  
Liturgical 8 a.m.  
Contemporary 11 a.m.

Sunday School:  
Children's 9:30 a.m.  
Adults' 9:30 a.m.  
Adult Bible Study 9:30 a.m.

Tuesdays:  
Choir Rehearsal 6:30 p.m.

At the Camp H.M. Smith Chapel Conference Room, Bldg. 15B:

### Spiritual Opportunities

Daily (Monday-Friday):  
Prayer & Devotions 7 a.m.

Tuesdays:  
Women's Bible Study 11:30 a.m.

Kaneohe Bay religious education is held in the new Religious Education Facility; call 257-3552 for more. At Camp Smith, call 477-8532 for more details. Call Ray Hauser at 263-3141, for details on upcoming single Marines and Sailors activities.

Hauser, director of the Windward Hospitality House in Kailua, which has supported the military community and chapel programs several years.

Activities such as "spiritual warfare" paintball challenges, navigation competitions, kayak football, home-cooked meals and just fun activities are all designed to not only foster healthy Christian relationships but also to help the single person mature in their faith walk, said Hauser.

In partnership with the Windward Hospitality House, the chapel's Single Marines and Sailors Ministry ensures all activities illustrate transferable, Biblical concepts, added Hauser — so that all at MCB Hawaii have opportunity to live balanced lives.

## Easter Sunrise Service inspires community

**Sgt. Richard W. Holtgraver Jr.**  
Combat Correspondent

Colored eggs and chocolate have become as synonymous with Easter as decorated pine trees are with Christmas, but on Kaneohe Bay another tradition is to start Easter Sunday by attending the sunrise ceremony at the Ulupa'u Crater.

Once a year, people congregate to witness this breathtaking sight where bright yellow invades bright blue and the hues compete on the horizon to begin the day.

On March 31, more than 400 Marines, Sailors, family members and civilians witnessed this battle as they attended the annual Easter sunrise service at the Range Training Facility, Kaneohe Bay, which marked the end of Lent.

The 45-minute ceremony began at 6 a.m. and lasted long enough for those in attendance to see the inspirational sun-

rise just 25 minutes later.

The Easter Sunrise Ceremony marks the religious day Christians believe that Jesus Christ rose from the dead and ascended into heaven.

Commander Jackson L. Harris, chaplain for 3rd Marine Regiment, gave his Easter Message entitled "Resurrection Man" and took time in his sermon to remember the victims of the Sept. 11, 2001, terrorist attacks.

Guests and their families focused on the sunrise as the sky began to warm with the bright, yellow light.

"It gave me a sense of tranquility," said Chief Warrant Officer Richard J.

McDougall, MCB Hawaii staff secretary.

"It was beautiful to just listen to the chaplain's words while looking at the ocean."

Inspirational music for the sunrise service was provided by the Marine Forces Pacific Band Brass Quintet and pianist Diane Chun.

1st Lt. Justin Stodghill, the flightline officer in charge for Marine Helicopter Training Squadron 301, gave additional inspiration to the ceremony by playing Amazing Grace and a Psalm 23 medley on his bagpipes.

"This was our tenth year attending the ceremony," said Diane Lierman, a counselor for the Hawaii Counselor Education Center. "We love coming here."

"This is one of the most beautiful sites on this island."



Sgt. Richard W. Holtgraver Jr.

As the sun comes over the horizon, 1st Lt. Justin Stodghill of HMT-301, plays a Psalm 23 medley.



Sgt. Richard W. Holtgraver Jr.

The cross holds powerful meaning for parishioners at the Easter Sunrise Ceremony.

# MCCS

MARINE CORPS COMMUNITY SERVICES  
www.mccshawaii.com

## POSSIBILITIES IN PARADISE

By Debbie Baker, MCCS Public Relations

### APRIL

#### 14 / Sunday

**Artists Sought** — How creative are you? If you harbor any artistic ambitions, the Base Library and Dunkin' Donuts invite you to enter their annual, "Design a Bookmark Contest," now through April 20.

Entry forms may be picked-up at the Base Library, Bldg. 219.

This artistic contest is

open to all ages and is held to honor National Library Week.

A winner will be selected in various age categories. Design a Bookmark Contest winners will be notified by April 25. The award ceremony will be held at the Base Library, April 27 at 10:30 a.m.

For more information call 254-7624.

#### 15 / Monday

**We Beg Your Pardon** — To all Staff NCO Club members, Marine Corps Community Services "begs your pardon, please."

Monday — May 20, the club facility will undergo mild renovations. All previous Rocker Room activity will be temporarily located in the Fairways Sports Grill.

Modified hours of operation are as follows:

• Wednesday, 7 p.m. — midnight; and

• Friday and Saturday, 7 p.m. — 2 a.m.

Every Friday night, Fairways promises patrons free pupus and delivers DJ Brian to keep the party going.

Call 254-5592, for more information.

#### 16 / Tuesday

**Resume Workshop** — Are you seeking a part-time or full-time job? How about a career?

When was the last time you updated your resume? Do you know the latest resume buzzwords, tips and techniques?

Don't take a chance, make a positive first impression with your resume.

All authorized military I.D. cardholders are invited to attend the free Resume Workshop, Tuesday in Bldg. 3096, Room 1 from 9 — 11 a.m.

Call 257-7790 for further information and reservations.

#### 17 / Wednesday

##### Federal Employment

**Workshop** — Discover what steps are needed to become a federal employee during this free workshop held in Bldg. 220, Room D from 9 — 11 a.m.

Reservations are required, and spaces are limited.

Call 257-7790, for more details.

**I Do Prerequisite** —

Before you take "the big step," or if you are newly married, it's wise to learn communication techniques and budgeting skills.

All authorized military I.D. cardholders are invited to attend this free, two-day marriage skills workshop, held in Bldg. 216, Room 57 from 8 a.m. — 4 p.m.

Reservations are required. Call 257-7780, to sign up.

#### 19 / Friday

**Right Hand Man Night at the O'Club** — All O'Club members, treat your Top Dog to a pau

hana Friday, and enjoy pupus at the O'Club's Grunge Bar starting at 4:30 p.m.

Your right hand person deserves a little recognition.

For more information, call the Kaneohe Bay Officers' Club at 254-7650.

#### 21 / Sunday

**National Volunteer Appreciation Week** — April 21 — 27, Marine Corps Community Services' Personal Services Department says, "Mahalo," to the numerous volunteers in its many programs who give selflessly of themselves to help so many.

For more information about National Volunteer Appreciation week, call 257-7790.

#### 22 / Monday

**Double Coupon Day** — It's Money Monday.

Get out the coupon collection, and let the savings begin.

For the entire business day, patrons may redeem coupons and receive twice the savings at both the Marine Corps Exchange Annex Wiki Wiki Market (254-7587) and at the MCX Plantation Store, (254-3890).

Some restrictions may apply. Call stores for details.

### MAY

#### 1 / Wednesday

**Gettin' Crafty** — Camp H.M. Smith will host a Mothers' Day Craft Fair in Bldg. 4 (opposite of the Marine Corps Exchange) from 7:30 a.m. — 2 p.m.

Interested sellers may book a space, table and chair for \$25, now through April 19. No private tables will be admitted, and spaces are limited.

The Camp Smith Mothers' Day Craft Fair will feature homemade crafts and baked goods.

Call 477-5143 for more or to book a table.

### SM&SP



All events are open to single, active duty military. The SM&SP Office is located in Bldg. 219. Call 254-7593, for more about events.

#### Program Review

**Saturdays:** Oceanside Paintball lets your "inner-predator" come out to play on Saturdays from 9 a.m. — 4 p.m. and Sundays, noon — 5 p.m. Call for equipment rental fees.

**Saturday:** The Spring Flag Football Classic will take place from 9 a.m. — 5 p.m. at Pop Warner Field. Teams will be 10-person with two subs, and cost is \$15 per team. Registration forms are available at SM&SP.

**April 20:** The Interservice Paintball Tournament will take place at the MCB Hawaii Oceanside Paintball Field. Cost is \$175 per five man team; each team may have two substitutes (for seven people total).

The registration fee includes prizes and all-day air. Awards will be given to the top three teams.

Teams must register by Thursday.

**April 26:** Participate in the Shank & Slice Tournament at the Klipper Golf Course. Awards will be given by a blind draw. You don't have to be a pro to win big.

**May 25-27:** Start making plans to jet set to Molokai during Labor Day weekend. Spaces are limited.

#### SM&SP Benefits

Enjoy several benefits at the Klipper Golf Course, K-Bay Lanes, the Base Theater, and online at the Base Library. Call SM&SP for details.

# Military children take center stage

Month of the Military Child activities will provide fun, honor the importance of kids

Debbie Baker  
MCCS Public Relations

President Bush has declared April as the "Month of the Military Child," and in honor of this month-long celebration, the Personal Services Division of Marine Corps Community Services has organized several special events for all base patrons.

The official kick-off event began with the Youth Activities Easter Egg Hunt on March 30.

On April 1, the Child Development Center hosted a cake cutting ceremony.

Mirroring much of the Marine Corps' birthday cake-cutting tradition, Brig. Gen. Jerry C. McAbee, MCB Hawaii commanding general, sliced and served the first two pieces of cake to the CDC's oldest child, five-year and eight-month-old Briana Brander, and to the youngest CDC guest, four-month-old Matthew Stephens.

Other base dignitaries to include Base Sergeant Major and Mrs. Filipino Ilaoa; Assistant Chief of Staff, MCCS, Lt. Col. Michael Williams; Deputy Assistant Chief of Staff, MCCS, Mr. Bill Lindsey; and MCCS Personal Services Director, Capt. Doug Kuhn also attended the ceremony.

During Brig. Gen. McAbee's address, he conveyed the essence of why military children are so valued. Not only does the military ask much from its military



members, but also much weight is left for the children to uphold.

Brigadier Gen. McAbee noted that deployments lend long periods of time without a parent. Moving becomes a hobby. And sometimes, added Brig. Gen. McAbee, "We ask that you move to places where there is no McDonalds!"

Brigadier Gen. McAbee, who grew up as a Marine's son, continued to thank the children and commented that during this Month of the Military Child, each of us aboard MCB Hawaii appreciates that military children "rep-

resent the hopes and dreams of the military."

The CDC's cake cutting ceremony is an annual event and continues to thrive because, according to CDC Training and Curriculum Specialist Kristen Darling, this event allows kids to enjoy cake and smear frosting on their clothes.

More importantly, it lends an opportunity for the children to have ownership, and instills an awareness that they are a valuable element to military life.

Upcoming Month of the Military Child special events in-



Debbie Baker

Left & Above — Guests watch as Brig. Gen. Jerry C. McAbee cuts the cake during the Youth Activities Easter Egg Hunt March 3 at the MCB Hawaii, Kaneohe Bay, Child Development Center.

clude the following:

- A CDC Band Concert and Family Picnic is scheduled from 5 — 6:30 p.m., tonight.

- An Open House at both the K-Bay and the Manana Teen Centers, tonight at 6:30 p.m.

- April 27, the CDC will host, "Art in the Park," at the Center from 10 a.m. — noon.

Art in the Park will feature arts and crafts for keiki.

A free safety seat inspection will also be conducted in the adjacent Marine Corps Exchange parking lot.

For more, call 254-7430.

## MOVIE TIME

Prices: Adults (12 and older) \$3, Children (6 to 11) \$1.50, Children (5 and younger) free.

Matinee prices are \$2 for adults and \$1 for children. Parents must purchase tickets for "R" rated movies in person at the box office for children 16 years old and younger.

For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons.

Please show your ID at the box office.

Phone 254-7642 for recorded info.

Return to Neverland (G)  
Brotherhood of the Wolf (R)  
Rollerball (PG13)  
A Walk to Remember (PG)  
Mulan (G)  
Return to Neverland (G)  
Big Fat Liar (PG)  
John Q (PG13)  
Rollerball (PG13)

Today 7:15 p.m.  
Today 9:45 p.m.  
Saturday 7:15 p.m.  
Saturday 10 p.m.  
Sunday 3:30 p.m.  
Sunday 7:15 p.m.  
Wednesday 7:15 p.m.  
April 19, 7:15 p.m.  
April 19, 10 p.m.

For up-to-the-minute news about MCCS, log onto [www.mccshawaii.com](http://www.mccshawaii.com).

# MCCS greets arrivals Hawaiian style

Base, local businesses set up shop to provide information on the opportunities aboard MCB Hawaii

**Sgt. Alexis R. Mulero**  
*Combat Correspondent*

When service members and their families arrive aboard MCB Hawaii, they often don't know about the many opportunities available to them on or outside the installation.

Twice a year, Marine Corps Community Services provides a free-of-charge Aloha Fair showcasing resources and information on recreational and business opportunities base residents may enjoy through MCCS and the local business community.

The MCCS Aloha Fair brought together more than 100 information-hungry families and vendors inside the Enlisted Club ballroom March 19.

"Events such as this one are wonderful," said Susan G. Smith, family member. "It provides newcomers information and resources that would have taken months to collect otherwise."

Furthermore, representatives from the Marine Corps Exchange, Family Services Center, Semper Fit, the base library and more, filled the room with tables decorated with literature and free goodies for



Cpl. Jason E. Miller

**Newcomers to MCB Hawaii, Kaneohe Bay, peruse information pamphlets at the MCCS Spring Aloha Fair.**

the fair-goers.

Besides the abundance of information patrons and guests received, many outside businesses provided door prizes such as an island getaway and gift certificates.

"MCCS understands that it can be tax-

ing on military families who move so often," said Debbie Baker, MCCS public relations coordinator. "The Aloha Fair is one event that attempts to ease this tran-

sition by familiarizing and welcoming families."

The next MCCS Aloha Fair will be celebrated in the fall.

# Marine Makeponos

"HAWAIIAN FOR "MARINE BARGAINS"

## Vehicles

**1997 Eddie Bauer Ford Expedition**, 55,000 miles, loaded with new tires, have maintenance records and shop manuals, \$19,500. Call 254-6884 or email: fosnaughiii@aol.com.

coiled mattress, and box springs, \$600. All are in great condition. Call 254-9179.

**Aeolian Upright Piano**, oak with bench, great sound, concert pitch, \$800. Call Karen at 254-6884 or email: kmfbsrt@aol.com.

## Furniture

**Solid Wood, King-Size Bed**, dresser, mirror, chest, night stand, water-

**Vintage 1920s Sofa**, heavy mahogany frame with feather cushions, R/W/B upholstery, has sage slipcover, \$200. Call Karen at 254-6884 or email: kmfbsrt@aol.com.

Free Ads--Free Ads--Free Ads--Free Ads--Free Ads--Free Ads

Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service workers. Ads are free and will appear in two issues of the Hawaii Marine, or as applicable.

The deadline for submitting ads to the Hawaii Marine is at 4 p.m. the Friday of the week prior to publication. Forms may be filled out Monday through Friday from 7:30 a.m. to 4:30 p.m. at the MCB Hawaii Public Affairs Office, located in Bldg. 216, the general's building by the base flagpole.

Marine Makeponos may be used only for noncommercial classified ads containing items of personal property offered by and for individuals authorized to use this service. Such ads must represent incidental exchanges, not of a sustained business nature, which are run on a first-come, first served, space-available basis.

Call 257-8840 for more information.

## 'You're feeling sleepy, very sleepy...'



Photo courtesy MCAS Yuma Public Affairs Office

**Master Sgt. Bryan A. McDaniel**, a certified hypnotist from MCAS Mirimar, Calif., coaxes a group of Marines into complete relaxation during a recent safety standdown at MCAS Yuma. McDaniel uses hypnosis to show how an altered state of consciousness affects decisions about drinking and driving. McDaniel, who is scheduled to give presentations at MCB Hawaii before Memorial Day, said that in nearly every group, there's someone who agrees to drive even though he or she is completely intoxicated.

# The Fleet Reserve Association unveils a 'new look' at website

**Matt Schafer**

FRA Public Relations

WASHINGTON — The federally-chartered Fleet Reserve Association, which is the oldest and largest military association representing concerns of enlisted Sea Service personnel, recently gave its website a complete makeover.

The public can view the new FRA at [www.fra.org](http://www.fra.org). "The website's content

has expanded, and it now sports a more contemporary appearance, which allows us to post more information while simultaneously making that information more easily accessible," explained Chuck Calkins, FRA's national executive secretary. "Frankly, FRA's national headquarters' team has been making more news than we could post on the site, and the new format offers more flexibility."

In addition to presenting the association's news in a contemporary fashion, the site now offers a sense of uniformity in all departments and also includes a new feature entitled, "FRA Spotlight," which focuses on a different aspect of the association each week.

"FRA encourages all ... to visit the website regularly." There is updated information on pay, health care and other benefits

which affect sea service members, retirees, reservists and their families."

The Fleet Reserve Association has represented U.S. Marine Corps, Navy and Coast Guard personnel for 78 years. It works to present the enlisted perspective on issues which affect all members of the military community.

For more call toll free 1-800-372-1924.

**Worth Repeating:** "Sometimes a person's mind is stretched by a new idea and never does go back to its old dimensions." — Oliver Wendell Holmes

## Did You Know?



NAPS

When humans interact over computer networks, their interaction is said to take place in cyberspace. The phrase was coined by William Gibson in the book *Neuromancer*.

# WORD TO PASS

## HPU Hosts Intercultural Day, Today

Everyone is invited to experience a unique mix of diversity, firsthand, at Hawaii Pacific University's 18th Annual Intercultural Day 2002, scheduled today from 9 a.m. to 4 p.m. at Fort Street Mall in downtown Honolulu, just right of the Pali Highway and Beretania Street intersection.

The event spotlights HPU students' diversity and customs through cultural exhibits, a parade (at 10:30 a.m.) and live stage performances (beginning at 1 p.m.) of traditional dance and music from around the world.

Educational exhibits will also highlight HPU's 50-plus undergraduate and graduate degree programs, accredited by the Western Association of Schools and Colleges and the National League of Nursing.

For more details, call Ann Newton at 544-0265, or visit [www.hpu.edu](http://www.hpu.edu).

## Hawaii Business College Hosts Workshops

The public is invited to attend any Hawaii Business College Career Workshop, Saturdays through April 27 at 10:30 a.m. to 12 p.m.

The seminar is an ideal opportunity for high school seniors and job seekers to find out what career opportunities match their talents and goals. Attendees will also receive tips on writing effective resumes and employment trends.

Attend at the Learning Resource Center, 3rd floor, 33 South King Street. For more details, call Admissions at 524-4014.

## FBI Seeks Agents

If you're interested in a career with the FBI, attend the career seminar April 19 at the Pearl Harbor Family Services Center, Bldg. 193, Room 205 from 10:30 - 11:30 a.m.

Entry-level salary is \$39,204 with additional compensation of \$9,801 for overtime (plus locality pay).

Call Special Agent Kal Wong at 566-4488 for more details, or the Pearl Harbor FSC at 473-4222.

## Get Tax Assistance

All active duty and retired military members and their families may receive free electronic tax filing at the MCB Hawaii Tax Center.

Just a few days remain: today and Monday from 7:30 a.m. to 4:30 p.m., as

the filing deadline is Monday.

Bring your tax package and label with you, all pertinent forms, a copy of last year's federal and state returns, your bank's routing transit number (RTN), your account number, any necessary powers of attorney and your military I.D.

The Tax Center is located in Bldg. 455, next to the 7-Day Store, on Lawrence Rd aboard MCB Hawaii, Kaneohe Bay.

## Hale Koa Hosts Brunch, Magic Shows, Giveaways

• April is the Month of the Military Child, and the Hale Koa Hotel in Waikiki invites all keiki to special Magic in Paradise Shows Tuesday and April 23.

The Hale Koa will offer discounted admission, door prize drawings and free gifts to each child under 12 years old. The ticket price includes its all-you-can-eat buffet, the show and gratuity.

• Always a sell-out, treat mom to a special Mother's Day meal at Hale Koa's Mother's Day Brunch, Sunday, May 12.

The hotel's Activities Desk will begin taking reservations Monday. Call 955-0555, ext. 546.

Call the Activities Desk at 955-0555 for more details.

• In honor of Hawaii Military Appreciation Week (in May), the Hale Koa Hotel will host a Salute to the Military Luau offering both a grand prize giveaway and discounted ticket prices.

Your ticket to the luau includes an exciting show, a sit-down dinner, gratuity and one exotic cocktail or two standard drinks.

A trip for two to the Big Island, including airfare and two nights in a deluxe cabin at Kilauea Military Camp — located in the heart of Hawaii Volcanoes National Park — will be the grand prize at the Monday, May 20 luau.

Ticket sales begin April 16. Call the Activities Desk at 955-0555 to make reservations.

(The Hale Koa luau is one of many events held during the annual Military Appreciation Week in Hawaii, May 17-25, which features special recognition of those who serve America through military service.)

## Waikiki Aquarium Presents Series

• The Waikiki Aquarium features Hawaii-based scientists and its new, groundbreaking natural history videos in its 2002 Natural History Lecture Series titled "Celebrating Biodiversity & The

Shape of Life."

Tuesday, see "Rise of the Vertebrates: Fish First & Foremost." Doors open at 7 p.m. and the presentation begins at 7:30 p.m. Reservations are not required, but seating is limited. A \$4 donation is requested.

• Explore shallow reef and tidepool areas with Aquarium naturalists, Saturday or April 27. On these shoreline expeditions, you will wade up to your knees, experience the natural history of Hawaii's shores, and chat about reef conservation and reef walk safety.

Minimum age for this adventure is five years old, and youngsters must be accompanied by an adult.

Preregistration is required. Adults cost \$10; children cost \$8.

• April 19 from 7 - 9 p.m., tour the Aquarium at night to find out if fish snooze or lobsters sleep. You'll also discover how coral reefs change as day turns to night.

Youngsters must be accompanied by an adult.

Pre-registration is \$7 for adults, \$6 for children, and class size is limited.

• Learn how to take care of your home aquarium, April 27 from 1 - 4 p.m. Designed for adults and teenagers, the Aquarium's marine pathologist will discuss disease detection and prevention.

Minimum age for this class is 12 years old, and pre-registration is required. Cost is \$12 per person.

• Call 923-9741, for more information about Waikiki Aquarium programs or visit [www.waquarium.org](http://www.waquarium.org).

## Windward Mall Posts Schedule

Catch one of the following free events Center Stage at Windward Mall in April.

• Thursday from 9:30 a.m. to 1 p.m.: Learn Hawaiian lei making methods such as hili, haku, wili, humupapa, kui and kipu'u, courtesy of Hawaii's Department of Parks and Recreation, City and County of Honolulu. Bring clippers or scissors with you, and flowers with three-inch long stems, leaves, ferns and raffia.

This free event takes place at the lower level of the Macy's Wing.

• April 19 at 6:30 p.m.:

The Ohana Concert begins at Center Stage.

• April 20 from 12 - 3 p.m.: Catch the Hawaii State Weightlifting Championships presented by Team Hawaii Olympic Weightlifting. For more details, call 973-9889.

April 20 from 11 a.m. to 5 p.m. and April 21 from 12 - 5 p.m.: Oahu Civil Defense will provide information displays and materials to prepare the public for Tsunami Awareness Month. Call 527-5490 for more.

## Hunter Education Classes Offered

Hawaii's Dept. of Land & Natural Resources will next host its series of Hunter Education Classes Thursday (from 5:45 - 10:15 p.m.) and April 19 (from 7:45 a.m. - 4 p.m.) at 1130 N. Nimitz Highway, Suite #A-152 on the ground floor.

Learn about archery safety, wildlife identification, conservation and more.

This free class is open to anyone 10 years old and above who enjoys outdoors, and attendance is required both days for certification.

Pre-register by calling 587-0200.

## Veterans' Benefits Booth Available

The Vietnam Veterans of America, Chapter 858, will be sponsoring a Veterans' Benefits Information Booth from 9 a.m. to 5 p.m., April 20 at the Ala Moana Center mall in Waikiki.

The Info Booth will be located on the Mall Level above Center Stage and is designed to inform all veterans in the community about their entitlements by distributing printed materials from the State Office of Veterans Services, the Veterans

See **WORD TO PASS, B-6**

## SemperToons By Staff Sgt. Charles Wolf



"LOOK KIDS, BACK IN MY DAY, THE STEAKS WERE 8 INCHES THICK AND THIS IS A PICTURE OF ME PICKING MY TEETH WITH A GUIDON STICK!!"

### WORD TO PASS, From B-5

Administration and the Vietnam Veterans of America, Inc.

Veterans will be informed of the importance of registering with the V.A. and encouraged to keep informed of veterans' legislative issues by joining a veterans organization of their choice.

For details, call 1-800-882-1316 or visit [www.vva.org](http://www.vva.org). On Oahu, email the VVA at [vvaoahu@yahoo.com](mailto:vvaoahu@yahoo.com) or call 566-0236.

The VVA is a Congressionally-chartered veterans service organization, which is dedicated to promoting and supporting the full range of issues important to Vietnam veterans and their families through legislation, employment, education and benefits programs.

### Beach Cleanups Planned

Participate in Earth Day 2002 by providing kokua at either the He'eia State Park coastal restoration, Saturday, April 20 from 8:30 - 11:30 a.m. or at Kailua Beach, Sunday, April 21 from 9 - 11 a.m.

Simply meet at the location to kokua.

### Foodbank Needs Goods

Hawaii Foodbank will hold

its 13th Annual Food Drive, Saturday, April 27 from 8 a.m. to 5 p.m., at various locations such as Windward City Shopping Center, Restaurant Row, Pearl City Shopping Center, Kahala Mall and at some military sites.

Kokua by donating food or monies to support operations and programs, or volunteer to man collection sites.

For more information, call 836-3600, or visit the Foodbank website at [www.Hawaii-Foodbank.org](http://www.Hawaii-Foodbank.org).

### Windward Mall Sponsors Recreation

Catch any one of these ongoing activities at Windward Mall.

- Wednesdays at 6 - 9 p.m. enjoy free chess lessons and tournaments at Center Court, sponsored by the Hawaii Chess Federation and America's Promise. All ages are welcome. Call 586-6151 for details.

- Wednesdays through Fridays at 7:30 a.m. get fit with Luk Tung Association Exercise at Center Court. Participate for free in stretching, aerobic and flexibility programs.

- Thursdays from 6:30 - 8 p.m. learn the latest steps with country line dance lessons, free at Center Court. Call 247-4769 for more information.

### All Enlisted Spouses' Club

### Changes Hours

The All Enlisted Spouses' Club Thrift Shop is now open Monday through Friday from 5:30 to 8:30 p.m.

For more information, contact AESC President Christy Knight at the Thrift Shop, 254-0841.

### Navy-Marine Corps Relief Needs Volunteers

Do you want to make a difference? Do you enjoy helping others? Do you have a few free hours each week? If you

answered "yes" to any of these questions, then the Navy-Marine Corps Relief Society is where you need to be.

Volunteer positions are now available for almost any area of interest. Some of the current openings are for caseworkers, receptionists, layette workers, computer and thrift shop personnel.

Caseworkers listen to requests, make decisions and disburse funds to meet clients' needs; receptionists answer the phone, greet clients and process initial paperwork; layette workers prepare "junior seabags" for expecting parents; computer personnel provide a range of services to include data entry; and thrift shop personnel help run the store by pricing items, setting up displays or helping shoppers make their purchases.

Consider donating your time to NMCRS. Not only will you be providing an invaluable service to Marines, Sailors and family members, but also you will meet interesting people, increase your self-confidence, build your resume and learn new job skills.

Volunteers set their own hours, and the Society reimburses for mileage and childcare. Contact NMCRS' Kaneohe Bay office (in Bldg. 216, the "general's building") at 254-1327 or the Pearl Harbor office

(1514 Makalapa Drive, across from the Makalapa Branch Medical Clinic) at 423-1314.

### Discover Kilauea Military Camp

Experience the Big Island's rest and recreational activities at Kilauea Military Camp, located in Hawaii Volcanoes National Park.

Explore Kilauea Crater on foot or motor coach with KMC's professionally narrated tours at the most reasonable prices. Let knowledgeable guides show you the rest of the island with the Circle Island or Hilo tour — all without the worry of driving.

For the sports enthusiasts, KMC offers tennis, bowling, basketball, biking, hiking and golf packages. To keep the youngsters entertained, the Recreation Lodge features miniature golf, ping pong, billiards, video games and movies at nominal prices.

Kilauea Military Camp's renovated cottages are comfortably furnished, including a unique feature that's rarely found in any Hawaii home: a fireplace. At 4,000 feet above sea level, you can delight in the warmth of a fire, toast marshmallows and unwind.

Your stay is made even more enjoyable with a well-stocked General Store, an entertaining Friday Night Hula Show, a cozy lounge, a convenient snack bar, weight room, shuttle service, theater, chapel and gas station.

Book a reservation today. A joint services recreation center, KMC is open to all active duty and retired military, Reserve and National Guard members, current and retired DoD civilian employees, all family members and sponsored guests.

Ask about KMC's special inter-island air coupons and airline packages and the KMC airport shuttle service. Call 438-6707 for reservations. Visit the KMC website at [www.kmc-volcano.com](http://www.kmc-volcano.com).

### Local Theaters Post Plays

If you want to be entertained, catch any of the following theatrical performances.

- At Castle High

School's Ron Bright Theater: "Fame." Remaining performances are today, April 13, 19 and 20 at 8 p.m. and April 14 and 21 at 2 p.m. Adult admission is \$15; students, \$10.

- At Diamond Head Theater: "Mame," a musical about a life-loving, strong-willed aunt who ministers to her orphaned nephew. Remaining performances are Friday and Saturday at 8 p.m.; Sunday at 4 p.m. Tickets are priced at \$10 to \$40 and may be charged by phone at 733-0274. Call Elissa Josephsohn at 732-7733 for more.

- At Hawaii Theater: "Joseph and the Amazing Technicolor Dreamcoat." Performances end April 21; Shows are Fridays and Saturdays at 7:30 p.m., Sundays at 2 p.m. Tickets are \$15 - \$40. Call 528-0506 for more.

- At Kumu Kahua Theater: "A Ricepaper Airplane," an epic tale about a dying man drifting in and out of consciousness, that stretches from the Hawaii sugar plantation to his Korean homeland. Call 536-4222 for more.

- At the University of Hawaii Kennedy Theater: "Eco Circus," about three children who travel to a magical land where a circus is performed by animals who have one thing in common — they are all on the list of endangered species. Remaining performances are April 26 - 27 and May 4 at 7:30 p.m., May 5 at 2 p.m.

Tickets cost \$10 adults, \$9 seniors and military, \$7 children, and \$4 University of Hawaii students.

Call Kristy Miller at 956-2598 for more.

- At the University of Hawaii Earle Ernst Lab Theater: "The Yellow Wallpaper," about a Victorian woman with post-partum depression. Remaining performances are April 27 and May 3 at 10:30 p.m. and April 28 at 8 p.m.

Tickets cost \$7 adults, \$6 seniors and military, and \$3 UH students. Call Kristy Miller at 956-2598 for more information.

(Editor's Note: Fax "Word to Pass" items to the *Hawaii Marine* at 257-2511.)

## HEALTHY SNACKING

# Guacamole is easy to prepare at any time

**NAPS**  
Featurettes

Making guacamole is easier than most people think. Just mash ripe Mexican avocados, add a few tasty ingredients, and you have a super snack or party food to scoop up with tortilla chips or cut-up vegetables. But why stop there? The same zesty dip can add sunny Mexican flavor to other everyday foods.

Spread guacamole on a burger or sandwich. Top a bowl of chili or soup with a spoonful. Make a quick salad by spooning guacamole into a lettuce leaf "cup." Or, spritz grilled chicken or fish with lime juice and garnish with guacamole.

Mexican Hass avocados—the black, pebbly-skinned kind have the luscious flavor needed for guacamole. When an avocado yields to gentle pressure, it's ready for mashing.

## Classic Mexican-Style Guacamole

- 1 fully ripened Mexican avocado, halved, pitted and peeled
- 1 plum tomato, seeded and chopped (about 1/2 cup)
- 1 tablespoon minced onion

- 1 teaspoon minced jalapeño pepper
- 1/4 teaspoon salt

In a small bowl, mash avocado with a fork or potato masher until it's still slightly chunky. Stir in tomato, onion, jalapeño and salt.

If desired, add 1 tablespoon each chopped cilantro and lime juice, or 1/2 teaspoon minced garlic.

Yield: about 3/4 cup

## Speedy Guacamole

- 1 fully ripened Mexican avocado, halved, pitted and peeled
- 1/4 cup prepared salsa
- 1 tablespoon lime juice

In a small bowl, mash avocado with a fork or potato masher until it's still slightly chunky. Stir in salsa and lime juice. If desired, add 2 tablespoons bacon bits or 1/4 cup chopped black olives.

Yield: about 1 cup

For more recipes send a stamped, self-addressed, business-sized envelope to: Mexican Avocado Recipes, Lewis & Neale, 49 East 21st Street, New York, NY 10010.



At party or snack time, gather around the guacamole bowl.

# Commissaries improve readiness, quality of life

**Bonnie Powell**  
Defense Commissary Agency

You're ready to serve your country. Your commissary is ready to serve you.

"That's our most important mission," says Defense Commissary Agency Director Air Force Maj. Gen. Robert J. Courter Jr. "Commissaries are an essential part of the worldwide military community, and that's just one of the messages we want to deliver to our service members during Commissary Awareness Month in May."

Actually, every month is commissary awareness month at DeCA.

"Commissaries are a military benefit offering grocery savings of more than 30 percent," said Maj. Gen. Courter. "Our store directors have been working hard to deliver the good news to the entire military community, from single service members to families, from retirees to Guard and Reserve members."

Savings for a family of four shopping regularly in the commissary can amount to over \$2,400 per year.

"We also want to communicate the message that we are a part of readiness and a core element of military family support," said Maj. Gen. Courter. "We enable military families to be assigned worldwide with active duty members, and we impact quality of life, retention, and a sense of community. Consistent delivery of U.S. grocery products and great prices worldwide are what we are all about."

Commissaries continue to be a focal point of the military community in 2002, just as they have been for over 135 years.

Also, the biannual Commissary Customer Satisfaction Survey rates customer satisfaction is higher than ever.

The Defense Commissary Agency, formed in 1991 from the separate commissary systems, is celebrating its 10th year of existence as an agency, but it's



still changing, evolving, and striving for improvements. "Yes, we have a long tradition behind us, but we haven't stopped seeking a higher standard," said Maj. Gen. Courter. "Our stores now offer the freshest produce at great prices, unbeatable deals on fresh meats and we've developed the Best Value Item and Manager's Specials programs to offer even lower prices. We've also streamlined our operations to control costs, while increasing savings and improving customer service."

Commissaries have been listening and responding to customer feedback through focus groups and the "Your Action Line" program.

As a result, conveniences such as short-term parking, more express lanes, Grab and Go and quick meal sections,

express lunches and more have been added to stores.

Many commissaries will strut their stuff by planning outreach activities and tours during Commissary Awareness Month.

"Serving Up Savings," a brand new outreach video about commissary shopping, will make its debut along with "Click n Save", a video that helps increase awareness of the commissary Web site and how authorized shoppers can use it to save money.

The Defense Commissary Agency will also be announcing recipients in the 2002 "Scholarships for Military Children" program in May. "The scholarship program is just one more way we have become more essential in the lives of military families," said Maj. Gen. Courter. "Nearly 400 scholarships were awarded in 2001 and that number will grow this year."

Find out more about Commissary Awareness Month by checking DeCA's Website [www.commissaries.com](http://www.commissaries.com) in May for online shopping sprees.