

May is Military ★ Appreciation month in Hawaii



Chamber of Commerce
of Hawaii
Press Release

HONOLULU — Hawaii can be thankful for the successful efforts of the U.S. military in deterring enemy aggression and terrorist attacks in the Asia-Pacific region and maintaining peace and stability among nations.

Since the turn of the century, our all-volunteer armed forces have engaged in an unending cycle of combat missions against terrorist forces in Iraq and Afghanistan, and throughout Southeast Asia. Hawaii's U.S. naval and coast guard forces, air and ground combat units, and military reserve and national guard troops have deployed to all parts of the world to deter conflicts, assist our allies, and fight the war against terrorism.

Today, nearly 10,000 troops



Cpl. Jason E. Miller

Brig. Gen. Jerry C. McAbee, commanding general of MCB Hawaii (left), hosted a tour of the installation for Governor Linda Lingle during her last visit. Lingle will host a family-style picnic at Schofield Barracks to show appreciation of Hawaii's military, May 29.

from Hawaii are deployed to the Middle East and other areas, more than double the number that deployed during the Vietnam War. Still thousands of their comrades and friends remain in Hawaii and provide

vital support and care for their families.

In typical Hawaii fashion, local community groups have responded with generous offers of support and assistance. Never a day goes by without

someone or some group making sacrifices in time and resources so our troops can rest assured that their loved ones are being cared for by the ohana.

This same community spirit of caring holds true for supporting our deployed troops. Never a day goes by without some Hawaii-based group joining the Adopt-a-Platoon program to establish a lifeline linking Hawaii to 25th Infantry Division platoons in Iraq and Afghanistan, or sending "We Care" packages in the mail. This includes the military community that has an extraordinary family support system in place for deployed troops. But there is room for more of us to lend a caring hand.

All this is what Hawaii Military Appreciation Month is all about.

The Military Affairs Council of The Chamber of Commerce of Hawaii recognizes the many

contributions of the military and has designated the month of May as "Hawaii Military Appreciation Month 2004." The program is designed to enable our business community to sponsor and host a variety of activities and events to show our appreciation and lift the spirits of our military ohana.

You may have noticed ads in newspapers and magazines offering special discounts and rates for military. Our local airlines and world-class hotels, restaurants, visitor attractions, entertainment centers, retailers and service providers are invited to join in to make the month-long celebration really special for the families of our deployed troops.

This year's festivities will honor Hawaii's troops deployed to fight the war against terrorism and pay special tribute to their spouses and children.

Hawaii Military Appreciation Month Activities

Wednesday and Thursday: The Honolulu Academy of Arts will host the spouses of military troops with a tour of the Academy's superb collection of art and cultural artifacts from 8:30 to 11 a.m. Guests will be greeted with lei and served a continental breakfast before the Academy's docents lead them through instructive tours.



Thursday: The opening ceremonies for Hawaii Military Appreciation Month will be held at the Battleship Missouri Memorial to officially kick off this year's festivities. The ceremony will honor Hawaii's military commands and military spouses of deployed troops.

State, and City and County of Honolulu, proclamations will be presented to the Commander of the U.S. Pacific Command. A military discount book will also be presented to service members and their families.



May 1: The Commanding General, 25th Infantry Division (L), will host the traditional military "Twilight Tattoo" at Fort DeRussy from 4 to 6 p.m. The Tattoo will feature ceremonial performances by military bands from the Army, Navy, Air Force and Marine Corps, as well as the Royal Hawaiian Band, Celtic Pipes and Drums of Hawaii, and performances by Hawaii's top ROTC drill teams. The public is invited to attend this free event.

May 1 - 8: Paradise Cove will host "Military Appreciation Nights" from 5 to 8:30 p.m. The event will feature a buffet dinner, games and a Polynesian show. Discounted tickets for military will be available only through on-base military Morale, Welfare and Recreation (MWR); Information, Tickets and Tours (ITT); and Information, Tickets and Registration (ITR) offices.



May 2: The Bishop Museum will host its annual "Military Family Day Sunday" from 9 a.m. to 5 p.m. This event will feature food booths, military displays, demonstrations, exhibitions, entertainment, crafts, a petting zoo, pony rides, games and much more.

This is an excellent opportunity to take the family to enjoy the many Hawaiian treasures on display at the museum. Admission is free for all service members with valid ID cards and their families, and \$3 for civilians.



May 14 and 15: The Polynesian Cultural Center will feature its annual "Military Days" program. Enjoy a fun-filled day at the center's island shows, IMAX theater, buffet dinner and evening show. The annual Fire Knife Dance championship will be held during the evening show. Discounted tickets will only be available through on-base military MWR, IIT and ITR offices.



May 15:

•AT&T sponsors the annual Combined Military Band Concert at the Hawaii Theatre from 7 to 8:30 p.m. The best musicians from Hawaii's military will combine their talents and provide an evening of song and dance ranging from Broadway musicals to patriotic themes.

The concert is open to the public, and free tickets are available on a first-come, first-served basis at the Hawaii Theatre and at The Chamber of Commerce of Hawaii, with a limit of four tickets per person. For more details, call 545-4300, ext. 391.

•"Living History Day" at the Hawaii Army Museum Society at Fort DeRussy, commemorates the military units that have served in Hawaii since 1898. Admission to the museum will be free from 10 a.m. to 3:30 p.m.

The museum features hands-on exhibits of military weapons, equipment and insignia used in different periods of history from the Civil War to the Vietnam conflict, as well as restored military vehicles and field artillery pieces. Also featured will be the newly opened exhibit honoring Hawaii's own Gen. Eric Shinseki, the recently retired chief of staff for the U.S. Army.



May 19: The annual Military Recognition Luncheon will be held at the Sheraton Waikiki Hotel from noon to 1:15 p.m. Everyone is invited to this special occasion that will recognize Hawaii's troops deployed to combat zones, and their spouses and families. More than 400 uniformed members and spouses of Hawaii's troops deployed to Iraq and Afghanistan are expected to attend. Awards will be presented to the soldier, Sailor, airman, Marine and guardsman selected for outstanding community service over the past year.

Lieutenant Gov. Duke Aiona and Lt. Gen. James Campbell, commanding general of the U.S. Army Pacific, will address the luncheon guests on behalf of the people of Hawaii and members of the U.S. military.

Call Bryna at 545-4300, ext. 391, or e-mail her at bryna@cochawaii.org, for table and individual reservations.



May 22:

•Marine Aircraft Group 24 will hold its 8th Annual MAG-24 Sprint Marathon at MCB Hawaii starting at 7 a.m. The event will feature a 500-meter swim, an 11.1-mile bike ride, and a 3.5-mile run. There will be 10 individual age group categories from 19 and under, to 60 and over, with individual and relay team competitions for men and women.

The event is open to all military personnel and the public. Call MCCA Athletics at 254-7590 or 254-7591 to register, and for costs and other details.

•Borders stores will salute the military with special discounts on most regularly priced items, to include 15-percent off DVDs and 10-percent off electronic and video games.



May 29: Governor Linda Lingle will host "Support Operation Ohana" at Sills Field on Schofield Barracks from 10 a.m. to 2 p.m. This will be a good old-fashioned ohana, or family, picnic filled with games, entertainment, hot dogs, hamburgers, shaved ice, and lots and lots of fun.

Governor Lingle will be on hand to talk story, take photos and share her admiration and deep appreciation for the military. Community members will join her in paying special tribute to the spouses of all deployed troops.



May 31:

•The public is invited to join Governor Lingle and Hawaii's military and veterans in honoring our lost veterans during the Memorial Day Ceremony at the Memorial Plaza of the Hawaii State Veteran's Cemetery in Kaneohe starting at 1 p.m. Ms. Cynthia Stine, commander of the American Legion, will speak on the tradition of the Blue Star banner.

•Enjoy "Military Appreciation Day" at the 50th State Fair from noon to midnight, with lots of foods, games, rides and entertainment. Admission is free for all active and retired military and their families. A valid military ID is required.

Ride wristbands cost \$15 and are good for six hours of unlimited rides, either between noon and 6 p.m. or between 6 p.m. and midnight.



Throughout May:

•The Battleship Missouri Memorial on Ford Island will offer a 50-percent discount on admission and all tours for active military members with valid ID cards.

•Atlantis Adventures is offering special discounted fares throughout the month of May for Atlantis Submarines (at Waikiki, Maui and Kona sites), Atlantis Cruises for the Sunset Buffet Dinner Cruise and Royal Sunset Dinner Cruise, and at Sea Life Park. Tickets must be purchased through on-base military MWR, IIT and ITR offices.

•JN Chevrolet is the corporate sponsor for this year's HMAM Special Discount Book that is filled with special offerings from participating Hawaii businesses. The books will be distributed to all military bases at the exchanges and commissaries.

•The Hawaiian Humane Society offers free pet microchipping throughout the month to all military personnel with valid ID cards.

•The Honolulu Academy of Arts will offer a special rate of \$10 for active and retired military ID card holders for the landmark exhibition of paintings by European and Japanese modernists from May 11 - 16.

The exhibits will showcase masterpieces by Claude Monet, Pierre-Auguste Renoir, Jean-Baptiste Camille Corot, Pablo Picasso, Henri Matisse, and Paul Cezanne.

Advance ticket reservations are recommended and may be made by calling the Japan and Paris hotline at 532-8719.

Military members also gain free admission to visit the Academy's regular exhibits on May 1 and 15.



MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

April

23 / Today

LINKS Opening — Are you committed? Do you want to serve your community? If you'd like to be a LINKS team leader, submit your résumé by today to Capt. Zachary Rogers, Marine Corps Family Team Building director, via fax at 257-1808, or e-mail at rogersz@mcbh.usmc.mil.

For more information, call 257-7774.

Pet Quarantine — The Morale, Welfare and Recreation Boarding Kennel, which is located at the Halawa State

Quarantine site in Halawa Valley, will be open for cats and dogs.



The cost to board a dog is \$12 and a cat is \$10 per day.

Limited spaces are available for eligible patrons who include active duty service people and reserve personnel who may be deploying, awaiting housing or just going on vacation, and DoD civilians and retirees.

Call the MWR Boarding Kennel at 368-3456 for more information or for reservations.

Celebrating Children — April is the Month of the Military Child and Child Abuse Prevention Month.

Call Marine and Family Services at 257-7787 about activities highlighting children's issues throughout the month of April.

Auto Auction — The Auto Skills Center holds an auto auction on cars that it acquires and fixes up to working condition. Interested parties can inspect the vehicles and place their bids in the ballot box inside the Auto Skills Center.

If you're in the market for a new vehicle and don't want to pay high prices, visit the Auto Skills Center as it may just have what you are looking for.

For more information, call the shop at 254-7675.

24 / Saturday

Kahuna's Recreation Center — Enjoy a free viewing of the "Rocky Horror Picture Show" at 10 p.m., and dress up as your favorite character for a chance to win prizes for best costume.

First place will take home a new DVD player and a copy of the "Rocky Horror Picture Show." Bring your own props.

For more information, call 254-7661.

MCCS One Source — The MCCS One Source Web site provides active duty, their families, reservists, sister services and service delivery staff with information and resources that can help improve many areas of their lives. From relocation to education needs, family support to health and wellness, financial matters to everyday issues, MCCS One Source is your one-stop resource to finding information, guidance, and answers.

By using credentialed consultants, patrons have confidential access to prepaid educational materials and other reference resources 24-hours a day, seven days a week. Registration is easy too; create your own personal profile, by logging onto the MCCSOneSource.com Web site, then enter "Marines" as your user name and "semper fi" as your password.

Got Coffee? — Get your morning started on the right track with a tasty brew from the new Starbucks location next to the base theater. A variety of your favorite espresso drinks, coffee and pastries are served Monday through Friday, from 6 a.m. until 11:30 a.m.

Right Hand Man — Calling all officers to the Officers' Club from Mondays through Thursdays for the Corps, camaraderie and chow from 11 a.m. to 1:30 p.m. Invite up to three of your E-6 and above staff noncommissioned officers, and show them your appreciation with selections from the club's extensive lunch menu.

Base Library — In recognition of National Library Week and the Month of the Military Child, the base library is holding a "Design a Bookmark Contest" for children of all ages, through Saturday, April 24.

Designs should be based on the National Library Week theme, "@Your Library." Prizes will be awarded to the winner of each age category, winners will be notified by Wednesday, and prizes will be awarded at the library on May 1 at 1 p.m.

Pick up entry forms at the base library, or call 254-7624.

27 / Tuesday

Kahuna's Bosses' Day — Drag the top dog to Kahuna's for chow from 11 a.m. to 1 p.m.

and for a few libations from 6 p.m. to 12 a.m.

Youth Activities — The Home School Network is an excellent opportunity for home schooled preteens and teens, ages 10 to 14, to meet other people. Educational and recreational excursions are scheduled every Tuesday. Destinations include Kualoa Ranch, a hike up Diamond Head and Hawaiian Waters Adventure Park.

For more information, call the Youth/Teen Club at 254-7648.

28 / Wednesday

Mongolian Barbecue — Don't feel like cooking dinner? Then head out to the Officers' Club for Mongolian Barbecue and leave the work to the professionals.

Buffet style, select your favorite veggies and meat, then pile your bowl high, and kick it up a notch with a sauce of your choice. Watch the grill masters flip, sauté and grill your dinner to perfection.

Mongolian Barbecue is served every Wednesday and Friday.

29 / Thursday

Storytime — Children and parents are invited to a fun-filled hour of stories, activities and special events, every Thursday at 10 a.m. at the base library in Bldg. 219.

SM&SP



All events are open to single, active duty military, E-5 and below.

The SM&SP Office is located in Bldg. 1629, inside the Kahuna's Recreation Center. Get more details on activities at www.MCCSHawaii.com under the "Semper Fitness" icon, or call 254-7593.

Upcoming Events

May 29-31: Meet new people and visit Maui without breaking the bank this Memorial Day weekend. Cost is \$350, and includes airfare and shared accommodations for all unaccompanied Marines and Sailors E-5 and below. A \$100 deposit, to be paid no later than May 1, is required to secure your spot. The balance of \$250 is due on May 15. This trip is limited to the first 15 people who pay a deposit, so register today.

Let Your Word be Heard

The SM&SP is looking for interested participants in a North Shore Shark Cage adventure as well as a scuba diving certification course. If these sound like your kind of events, call the office and let them know!

Volunteer Opportunities

Looking for a Letter of Appreciation? Contact the SM&SP to see how you can help. Volunteer to assist in various activities such as the below:

Day on the Docks — May 2 from 9 a.m. to 1 p.m. Help with face painting, setting up and taking down the bouncy house.

Windward Marathon — May 16 from 5:30 – 9:30 a.m. Course marshals are needed, as well as help with the water station and marathon set up.

BayFest 2004 — Help is needed with all SM&SP events.

New babies create quandary

Nancy Tahara, RN

New Parent Support Program

"What is happening to us?"

"Before the birth of our child, my husband and I had a wonderful relationship. We spent many hours together telling each other our hopes and our dreams. But since the arrival of our planned infant, all we seem to do is argue."

Many couples that become parents find themselves in this situation. They thought parenthood would bring them closer together as a family, but in reality, the birth of a child is one of the greatest challenges to a couple's marriage — financially, emotionally, sexually and physically. The workload at home doubles, communication between husband and wife decreases, and the sex drive may all but disappear.

Parents have a difficult time because of our ever-changing society. We no longer have clear-cut roles and values.

In the 1950s, couples knew what to expect from each other. The men were the breadwinners; the women were the homemakers and nurturers. Today, men and women often tread on unfamiliar territory by

reversing and/or sharing these traditional roles.

Because of this, new parents often have a difficult time understanding who is supposed to do what. They fight about who changes the baby's diapers, who does the dishes, and who cleans the house. The list goes on and on.

According to one study, one out of every two marriages goes into a downward spin after a baby's arrival. Both men and women have much to adjust to.

Studies show that several weeks after the infant's birth, many mothers suffer from fatigue, exhaustion, anxiety, depression and low self-esteem. In addition, many new mothers find their feelings toward their infant so powerful that they become all consuming; they cannot think of anything else but the baby.

In these cases, mothers find it difficult to leave their baby, even for a short period of time. New fathers tend to worry more about money, work, fatigue, in-laws, chores and what their wives are enduring.

Parents should take comfort in knowing they are not alone in feeling lost and confused dur-



Having a new baby can drastically change a couple's relationship, but by learning to better communicate and fostering greater patience and understanding for one another, the new family will soon become stronger and flourish.

ing a time they expect to feel pure enjoyment. There are a number of things they can do to make the road less rocky.

Communication

Maintaining the ability to communicate with each other will help the relationship. In communicating, discoveries the couple makes about themselves will have lasting, positive effects on their marriage and new family.

Patience and understanding

Patience and understanding are critical at this time. New parents should do their best to be patient with each other as they adjust to their new, untraditional roles.

Even though having a new baby is quite demanding, a new dad still needs to feel the familiar closeness he used to have with his wife.

New dads need to do their best to understand and be patient of their wives' physical and mental states, whether they have chronic fatigue or depression.

Marriage changes because life changes so dramatically after a new baby. However, if husbands and wives work together — if they commit to the many small acts of understanding, empathy and self-sacrifice — their marriage and their beautiful new family will flourish and become a stronger, happier union.

MOVIE TIME

Prices: Adults (12 and older) are \$3, children 6 to 11, \$1.50 and children 5 and younger, free. Matinee prices are \$2 for adults, \$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. Show your ID card at the box office. Call 254-7642 for recorded information.

Sneak Preview Policy: One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

Hidalgo (PG-13)	Today at 7:15 p.m.
Welcome to Mooseport (PG-13)	Today at 9:45 p.m.
Twisted (R)	Saturday at 7:15 p.m.
The Cooler (R)	Saturday at 9:45 p.m.
Confessions of a Teenage Drama Queen (PG-13)	Sunday at 3:30 p.m.
Welcome to Mooseport (PG-13)	Sunday at 7:15 p.m.
The Cooler (R)	Wednesday at 7:15 p.m.
Twisted (R)	Thursday at 7:15 p.m.
Starsky and Hutch (PG-13)	April 30 at 7:15 p.m.
Calendar Girls (PG-13)	April 30 at 9:45 p.m.

Shock and Awe festival to rock Kahuna's



The Shock and Awe concert, to be held in appreciation of Hawaii's military, will be free for all active duty personnel, May 1.

Bobbie Brock
MCCS Public Relations

Finally, eight of the most intense and aggressive bands since the Van's Warped Tour will assemble at one huge event in Hawaii. The "Shock and Awe International Music Festival" will be hosted at Kahuna's Main Showcase Ballroom aboard MCB Hawaii, Kaneohe Bay, May 1 at 5 p.m.

The term "Shock & Awe" conjures up visions of the intense firepower used by the United States during Operation Iraqi Freedom. It also symbolizes the heroism and patriotism of U.S. military. Whether you agree or disagree with the politics involved, you cannot deny that these service members risked their lives on a daily basis while performing their duties. And, while they do not ask for acknowledgement, they do deserve it.

The Shock & Awe International Music Festival was created for exactly that purpose — to acknowledge and thank military personnel in Hawaii for their service to our country. Therefore, in appreciation of these hard working men and women, admission to the event will be

free for all active duty military personnel.

Shock and Awe will feature bands from California, Japan and three of the Hawaiian Islands. Headlining the event, for their first-ever visit to the islands, will be "Ill Repute" from Oxnard, Calif. Ill Repute is one of the original bands that helped develop the California punk/hardcore scene. As one of the founding members of the scene, Ill Repute remains a major influence. Throughout the last two decades, the band has played regularly with an endless list of other industry heavyweights including Rancid, Social Distortion, NOFX, Minor Threat, Suicidal Tendencies and Bad Religion.

Fans can also look forward to "8mm Overdose" as well as Japan's "Nevercore" and "Grim Force," Maui's "Khrinj" and "Zero Tolerance," the Big Island's "Sideline Heroes" and the local "Jägermeister Battle of the Bands" winner.

Those in attendance can expect massive amounts of free giveaways from the sponsors, as well as the most intense concert to be held in Hawaii. A full bar

will be available within the ballroom and food and drinks will be available at Kahuna's Sports Bar & Grill, next to the ballroom.

The event is free to active duty military personnel (ID needed). The cost for civilians is \$10 for advanced tickets or \$12 at the door. Civilians must check in with a valid ID and current vehicle registration. You must be at least 18 to attend. Tickets and more information can be found at Hungry Ear Records (262-2175), Sugarbox LLC (945-0670), Surf-N-Sea (637-9887), Exclusive Music Studios (488-7534), Hot Licks Guitars (485-8586) and online at www.jagerhawaii.com.

Sponsors for the event include Jägermeister and Budweiser, both known for their involvement and support in the national music scene. Local sponsors Hot Licks Guitars, Local Motion, Oasis Skateboards and Exclusives Music Studios will join national sponsors Rock Star Energy Drink, Coffin Case, Ernie Ball, Jim Dunlop, Pintech, Nady Systems, and Wrecking Crew Studios. Booths for vendors, sponsors and tattoo artists are also being planned.

K-Bay extends a warm welcome to veteran Marines

Sgt. Joe Lindsay
Community Relations Chief

A group of 12 former Marines, many with combat action experience, visited Marine Corps Base Hawaii April 13 – 15 for a chance to rekindle some of that old Marine Corps spirit. The veterans all retired to Kauai after their military careers ended. They now make up the core of Kauai's Marine Corps League, and keep the spirit of the Marine Corps alive by holding meetings, volunteering in the community and sponsoring Toys for Tots drives.

The group got a shot of nostalgia when they visited MCB Hawaii.

"This visit marks the first time I have been back on a base since I was discharged from the Corps back in 1946," said former Sgt. Harris Smith, a World War II veteran of Guadalcanal, Cape Gloucester and Peleliu. "It was a won-

derful experience to be around these fine young Marines the Corps has today."

The group stayed in an open squadbay reminiscent of their active duty days while taking their meals at the chow hall during the visit. But some things were definitely not quite the same, specifically at the rifle range, where the Indoor Simulated Marksmanship Trainer (ISMT) and the Location of Misses and Hits (LOMAH) computerized scoring systems are in use today.

"It is amazing the technology the Corps has today," said former Sgt. Maj. Bud White, who served combat tours in Korea and Vietnam. "Other than that though, Marines are still Marines."

"Except that the Marines today are in a lot better shape," added former Cpl. Frank Kleckner, a Vietnam veteran. "They are a lot bigger and stronger than we were."

"Speak for yourself," chimed back White jokingly. "Back in my day we got our PT [physical training] in on 25-mile humps with full packs on. You might have been a wet spaghetti noodle, but I wasn't."

White then set out to prove his point, joining members of the Corporal's Course for their morning physical training regiment by doing a mile around the track at Pop Warner Field with them.

White wasn't the



Sgt. Joe Lindsay

Ted Dawson (forefront), a former Marine staff sergeant and veteran of Grenada, concentrates before squeezing off a "round" at the Indoor Simulated Marksmanship Trainer (ISMT) during the Kauai Marine Corps League's tour of the rifle range, April 14.

only one who seemed comfortable in his own shoes aboard the base.

"When I came back on the base I felt like I was home again," said former Pfc. Angelo Batin. "The Marine Corps always makes me feel like I have a home."

"The hospitality extended by Marine Corps Base Hawaii to some of her old veterans made us feel like we were still part of the Corps," added former Sgt. George Farmer. "We were all impressed by the base and most of all, by the young Marines themselves."

After two days spent touring the rifle range, Explosive Ordnance Division and Marine Corps Air Facility; viewing Military Working Dog and martial arts demonstrations; and meeting with active duty Marines from around the base, the

veterans were treated to trips at their request to the Enlisted Club and the Staff NCO Club.

"It is always a pleasure to have our veterans back on base," said Sgt. Maj. Anthony Franks, MCB Hawaii base sergeant major, as he shook hands and mingled with the Kauai Marine Corps League members. "They are always welcome here."

After meeting with Franks, Kleckner commented that, "The sergeant major's acknowledgements to us and warm reception of us was something that only other Marines can truly understand. 'Once a Marine, always a Marine' is not just some phrase that we Marines throw around. It is who we are. We are brothers."



Sgt. Joe Lindsay

Lance Cpl. Amanda Bates, a military working dog handler at the MCB Hawaii kennels, barks commands during a demonstration for visiting former Marines, while Sgt. Adam Black, another handler, tries to get his arm out of a gripping situation.

Thriving club celebrates 50th anniversary

AESC benefits service members and their families

All Enlisted Spouses' Club Press Release

The All Enlisted Spouses' Club at MCB Hawaii is celebrating its 50th anniversary this month. Formed in 1954, the club has benefited the Marines and Sailors of Mokapu Peninsula for half a century, and the club's still going strong.

The purpose of the AESC is to encourage friendship, unity and community service among enlisted spouses, to provide social and recreational activities for its members, and to give both financial and moral support to MCB Hawaii, and authorized civic and civilian activities that provide direct support to the installation's active duty personnel, retired military personnel and their families.

Members attend regular meetings and cast their votes to shape club efforts and activities. They are expected to pay their

club dues promptly, volunteer at the Thrift Shop and for other club activities, attend social events sponsored by the club and take part in all functions and fundraisers. All members are also encouraged to accept positions as chairpersons and to run for elected offices to help further the goals of the AESC, and be willing to serve in any capacity, as a team member.

Further, members are expected to seek out and encourage other enlisted spouses to join the AESC and to accept the majority vote with cooperation and acceptance.

"We have terrific membership benefits," said Mary Pratt, president of the AESC. "After our annual elections [which are happening this month], we install our new officers in a ceremony at a local restaurant. The meal is free for all our members, and we have a great time.

"We ask AESC members to do at least 10 hours of volunteer time each month, and our volunteers at the Thrift Shop get 50 percent discounts. Nonmember volunteers get the same deal, so it's a win-win situation."

Thrift Shop encourages donations of excess items

All Enlisted Spouses' Club Press Release

The rains are letting up and spring cleaning has begun. Many service families are preparing to move to a new duty station this summer, and have accumulated more "stuff" than they want to take with them when they go. Other families are just arriving and looking for good deals to help meet the needs of growing families and frequent moves.

The All Enlisted Spouses' Club (AESC) is devoted to helping meet those needs. Its thriving Thrift Shop provides the perfect solution, both to those departing and those just arriving at MCB Hawaii, Kaneohe Bay.

"We get donations every day that must be carried into the building and sorted into categories," said Mary Pratt, AESC president. "Our merchandise includes everything from uniforms and clothing for all ages, to sports equipment, books, household items, linens, baby gear, small appliances and furniture. We welcome donations, but we do not take stained, torn or broken items, and we cannot accept mattresses and box springs.

"Excess items that we cannot accommodate here we donate to Big Brothers/Big Sisters or to the base chaplain's office for other local charities."

The biggest benefit of the Thrift Shop, Pratt said, is its low prices.

"Where else can you buy a set of camouflage utilities for \$10 or



Lance Cpl. Megan L. Stiner

Teddy Kelly, a member of the All-Enlisted Spouses' Club, displays items that have been donated by the base community.

a set of digitized desert cammies for \$14?" she asked.

The biggest need of the AESC Thrift Shop is for volunteers.

"We are in constant need of more volunteers at the Thrift Shop," Pratt explained. "Brigadier

See *THRIFT SHOP*, B-9

Day on the Docks seeks to educate and entertain

Edward Hanlon V
MCCS Public Relations

For some, nothing comes close to a relaxing weekend whiling about the shoreline and reeling in big catches of puffers, papio and manini. Thus, Marine Corps Community Services has planned its 6th Annual Day on the Docks Fishing Tournament, so that the entire family can participate, Sunday, May 2 beginning at 9:30 a.m. at the base marina aboard MCB Hawaii, Kaneohe Bay.

Bring everyone for the fishing, plus enjoy loads of other free activities. For children, there will be face painting (compliments of the Single Marine & Sailor Program) and the bouncy house; for kids and adults, there will be fish displays and prize giveaways. All will complement the theme of this year's Day on the Docks, "Protecting our Fragile Marine Environment" and provide all of the excitement that you and

the family can possibly handle in just one Sunday.

The Environmental Protection and Compliance Department will provide several opportunities to learn a little bit more about the beautiful and pristine ocean ecosystem that surrounds MCB Hawaii's Kaneohe Bay. Further, all can watch demonstrations from numerous organizations such as Base Water Safety, review vendor booths and demos to be provided by the U.S. Fish & Wildlife Service, and appreciate still other activities that are planned.

Keiki should be sure to compete for the grand prize, a child's bicycle, compliments of United Benefit Financial Service. Prizes will also be awarded from Izuo Bros., the Marine Corps Exchange, Ocean Concepts and other sponsors.

Day on the Docks is open to military families, DoD civilians and guests. Call 254-7667 for more details.

Kids prepare their fishing poles for the fishing tournament held during last year's annual Day on the Docks. This year, be sure to bring the keiki down to learn about Hawaii's ocean ecosystem, compete to win a prize, and enjoy the other activities geared toward kids.



Randy Lee



Randy Lee

Keiki and grownups alike can enjoy a fun-filled day out at the docks by participating in the many activities planned.

ON THE MENU

AT ANDERSON HALL

**(Note: Marine Corps Base Hawaii families are cordially invited to enjoy "Family Night," to be celebrated from 3:30 - 7 p.m. at the Anderson Hall dining facility. The attire is aloha casual and meal prices are as follows: \$2.85 (discounted meal) for families of authorized E-4s and below, and \$3.30 (full rate) for all others, including retirees and DoD civilians.)*

Today
Lunch
Pepper Steak
Southern Fried Catfish
Rice Pilaf
Potatoes Au Gratin
Simmered Black-Eyed Peas
Sugar Cookies
Asst. Fruit Pies

Dinner
Beef Pot Pie
Roast Turkey
Paprika Butter Potatoes
Steamed Rice
Sugar Cookies
Asst. Fruit Pies

Specialty Bar
(Lunch and Dinner)
Pasta Bar

Saturday
Brunch/Dinner
Baked Lasagna
Chicken Parmesan
Pizza Slices
Garlic Bread
Marble Cake w/
Chocolate Icing
Asst. Fruit Pies

Sunday
Brunch/Dinner
Barbecue Beef Cubes
Baked Turkey & Noodles
Steamed Rice
Ginger Molasses Cookies
Spice Cake w/
Butter Cream Frosting

Monday
Lunch
Meat Loaf
Pork Ham Roast
Steamed Rice
Mashed Potatoes
Chocolate Chip
Cookies
Asst. Fruit Pies

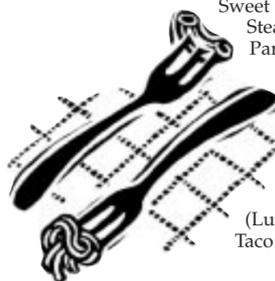
Dinner
Beef Brogul
Baked Cajun Fish
Mashed Potatoes

Steamed Rice
Chocolate Chip Cookies
Asst. Fruit Pies
Specialty Bar
(Lunch and Dinner)
Pasta Bar

Tuesday
Lunch
Simmered Corned Beef
w/Mustard Sauce
Honey Glazed Cornish Hens
Parsley Buttered Potatoes
Egg Noodles
Peanut Butter Cake w/
Peanut Butter Frosting
Asst. Fruit Pies

Dinner
Turkey Pot Pie
Sweet & Sour Pork
Steamed Rice
Parsley Buttered Potatoes
Peanut Butter Cake
w/
Peanut Butter
Frosting
Asst. Fruit Pies

Specialty Bar
(Lunch and Dinner)
Taco Bar



Wednesday
Lunch
Pork Adobo
Beef Yakisoba
Steamed Rice
Pork Fried Rice
Oatmeal Cookies
Strawberry Shortcake
Asst. Fruit Pies

Dinner
Steak Smothered
w/Onions
Southern Fried Catfish
Mashed Potatoes
Steamed Rice
Oatmeal Cookies
Strawberry Shortcake
Asst. Fruit Pies

Specialty Bar
(Lunch and Dinner)
Country Bar

Thursday
Lunch
Turkey À La King
Beef Porcupines
Mashed Potatoes
Boiled Egg Noodles
Marble Cake w/
Chocolate Cream Frosting
Pineapple Upside-Down Cake
Asst. Fruit Pies



"Family Night"
Mongolian Barbecue
Assorted Sauces
Sukiyaki
Yakisoba
Fried Rice
Steamed Rice
Asst. Pastries
Asst. Desserts
Asst. Beverages

Specialty Bar
(Lunch and Dinner)
Country Bar

Kid's Bar
(*"Family Night"* Dinner)
Burgers
Hot Dogs
Chicken Nuggets
French Fries



Dessert pizza is a fun and tasty way to bring the family together

NAPS Featurettes

Any way you slice it, family pizza night is great fun and can be a terrific tradition.

One thing that makes pizza night even more delicious is topping the evening off by making dessert pizza with the family. The best part is, it's not only easy, it's fun too!

Dessert Pizza Recipe

- 1 roll refrigerated sugar cookie dough
- 1 can cherry pie filling
- 1 package (8 ounces) cream cheese, softened
- ½ cup sugar
- ¼ teaspoon vanilla extract

Preheat oven to 350 degrees. Grease 12-inch pizza pan or large baking sheet, and press cookie dough onto prepared pizza pan to measure an 8-inch circle.

Bake until golden brown, about 15 minutes, then remove from oven and let cool.

In mixing bowl, beat cream cheese, sugar and vanilla until smooth; spread mixture over cooled cookie crust and top with cherry pie filling.

Cut into wedges and serve immediately, or cover and chill until ready to serve.

Makes eight servings.

There are many variations to the recipe. Here are a few:

- Instead of cream cheese mixture, use 3 tablespoons Apple Butter.



These simple recipes are fun for families to make together.

- Instead of sugar cookie dough, use chocolate chip, oatmeal or peanut butter cookie dough.

- Separate cookie dough into quarters, roll out to make "personal pizzas," bake and let each family member put their own toppings on.

More Family Fun

These are quick, easy cookies

you can make with your kids:

Apple Butter Nut Cookies

- ½ cup butter
- ½ cup shortening
- ½ cup brown sugar
- ¼ cup granulated sugar
- ¾ cup apple butter
- 1 egg
- 2 ¼ cups flour
- ½ teaspoon salt
- ¼ teaspoon baking soda
- 2 teaspoons baking powder
- ½ cup chopped peanuts or walnuts
- ½ cup raisins

Preheat oven to 400 degrees. Cream butter, shortening and sugars; add apple butter and egg.

Stir dry ingredients together and combine with apple butter mixture, then add chopped nuts and raisins. Drop by teaspoonfuls onto greased cookie sheet, and press lightly with fork that has been dipped in sugar.

Bake for 10-11 minutes. Makes four dozen cookies.

Newsletter keeps customers connected

Bonnie Powell
Defense Commissary
Agency

FORT LEE, Va. — Staying connected to your commissary benefit is now just a click away. "Commissary Connection," a customer newsletter delivered via e-mail, is launching in late April, but shoppers can sign up now at www.commissaries.com.

Commissaries may carry "Spam" on store shelves, but DeCA officials have no intention of delivering it through e-mail.

"Commissary Connection will be a fairly informal newsletter," said Kaye Kennedy, chief of corporate communications for the Defense Commissary Agency. "We're planning to send it out only when we have

significant news to communicate to customers. We already work with military newspapers, television, radio and various military news services to get the word out to customers.

"Commissary news is also available on our Web site, and many commissaries have a store newsletter they send out locally. Commissary Connection is simply another tool to proactively communicate with customers and keep them informed of 'what's happening' in commissaries," Kennedy added.

Commissary Connection will keep customers abreast of news about promotions and sales, even offering links to manufacturer and vendor sites where they can

See DECA, B-9

Corps teaches sea cadets life skills

Sea Cadet Corps teaches K-Bay kids skills, responsibility

Story and Photos by Lance
Cpl. Michelle M. Dickson
Combat Correspondent

PEARL HARBOR — Established in 1958, the U.S. Naval Sea Cadet Corps was designed to help young Americans become more patriotic and responsible citizens, and also to help youngsters to understand the role of the maritime services in national defense as well as in maintaining the economic viability of the nation.

Members of the U.S. Naval Sea Cadet Corps gathered at the USS Missouri on Saturday morning, to learn everything from naval history to naval customs. They even geared up in a firefighter's suit during a fire safety class to get the full feeling of what fire fighters go through to ensure the safety of others.

The cadets began their day by swabbing the deck of the battleship. The whole time, leaders

talked about sea service history and traditions, then afterwards informally quizzed the cadets on their knowledge.

After lunch, cadets learned first aid from a Navy corpsman. Everything from deep wounds to broken bones was covered, as well as how to take immediate care for each.

"I was in the cadet corps before I ever joined the military," said Sgt. Clinton Schwarz, nuclear biological and chemical specialist, Engineer Company, Combat Service Support Group 3, who has been volunteering with the cadet corps since June of 1999. "I think I can greatly attribute my good time in the Marine Corps, partially to being prepared by the cadet corps. I just want to give that back now."

The cadet corps meets every first and third Saturday of each month, and tries to take part in many different activities to include field trips.

"We like to take them aboard different ships and submarines," said Schwarz. "We even organized a two-week boot camp right on MCB Hawaii, Kaneohe Bay."



Seaman Sean M. Moaratty, corpsman for Medical Company, CSSG-3, shows Angela Hurd (center), 14, and Richard Nam, 11, how to properly place a splint on someone's arm.

Angela Hurd, 14, has been in the cadet corps for more than a year and her goal is to be a Marine Corps drill instructor.

"Before doing this, I didn't even think about the military,"

said Hurd. "It has taught me so much discipline and respect, now I can't wait to join."

Hurd's father is in the Navy, but Hurd says she wants to join the Marine Corps because she's

always liked the Corps.

"It's so disciplined in the Marine Corps," said Hurd. "Plus, I like to yell at people, so I think a drill instructor would be perfect."

Hurd said she teaches her little sister everything she learns in the cadet corps so her sister can think about the military as a possible career option when she gets older.

Children who are 13 to 18 years old can join the cadet corps, but 11 to 12 year olds can join the league cadets, which is another organization similar to the cadet corps.

"I think it's a really great program, especially for military kids to meet and relate to each other," said Schwarz. "There are about 100,000 military out here on Oahu. Kids should learn and know about what is around them."

Right — Ian Sanchez, 12, helps Chaz Pierick, 17, wrap his leg with a bandage during the corpsman's class.



Far right — Chaz Pierick, 17, listens as a fellow cadet describes what he would do if placed in a medical situation needing attention.



K-Bay's 'Future Admirals' visit COMPACFLT

Lt. Cmdr. Craig Shauppner
Assistant Officer in Charge,
Executive Transportation
Detachment

The Executive Transport Detachment (ETD) for Commander, U.S. Pacific Fleet (COMPACFLT) hosted 19 young "future Admirals" from the Child Development Center aboard MCB Hawaii, Kaneohe Bay, April 15. The children learned the importance of airborne command and control (from a child's perspective), and they were encouraged to study hard in school so they too could grow up to serve their country.

Activities included a tour of the primary transport aircraft for Adm. Walt Doran, who is the current COMPACFLT. However, possibly, the kids were most interested in the Sponge Bob Cheez-Its and bug juice offered after the tour provided of aircraft "149675": a plane that has been in service

fully 10 times longer than most of the keiki have been alive. Still, the kids said they "learned a lot."

In-flight communicator and father of "Admiral" Austin Castro, Petty Officer 1st Class Steven Q. Castro, an aviation electronics technician with ETD, planned and executed the successful outing for the CDC field trip.

Executive Transport Detachment

The ETD mission is to provide primary airborne command, control and VIP transportation services for the Commander, U.S. Pacific Fleet. To accomplish its mission, ETD maintains and operates two P-3A aircraft that have been in service since the 1960s.

Organized like a small patrol squadron, ETD is manned with 50 personnel, including 25 aircrew and 25 maintainers. To maintain the highest possible



StoreKeeper 2nd Class SK2 Chatchai Leelaphisut
Noah Bowers (left) and Kaelon Ortiz, both 4, test out Admiral Walt Doran's seat on board aircraft 675.

standards for the transport mission it performs, ETD is manned with some of the most experienced and talented Sailors in the fleet.

The officer in charge, Cmdr. William H. "Hamp" All, has been flying the P-3 for more than 20 years, while the senior flight engineer and leading chief petty officer for ETD, Senior Chief Frank Clifton, has been flying the Orion for most

of his Navy career and has amassed more than 6,000 flight hours.

On a typical VIP mission, ETD flies with three pilots, two flight engineers, two radio operators and two culinary specialists. The aircraft and crew are dedicated to keeping the admiral and his staff in constant communication with their headquarters through an advanced International Maritime Satellite Communication System. As well, ETD provides both working and rest facilities that allow the admiral and his staff to arrive at destination rested and ready for an intense schedule.

Since "9-11," ETD has flown COMPACFLT into every operational theater in support of the global war on terrorism, most recently to Australia, Diego Garcia, Japan, Korea and Washington, D.C.

ETD's maintenance department keeps the aircraft in top

shape, and recently received praise for an exceptional Aviation Maintenance Inspection. All of the unit's 38 maintenance programs were graded "On Track"; 25 were graded with "No Discrepancies."

Maintainers have helped ETD achieve a 98 percent mission completion rate for the last several years.

When asked about the challenges associated with maintaining two 40-year-old aircraft, Navy Lt. Jon Voigtlander, ETD's maintenance officer, said, "It is definitely a challenge, but there is a great sense of accomplishment every time we see one of our planes take to the air."

The venerable P-3As operated by ETD are scheduled for replacement in 2007 by a single C-37 (Gulfstream V) aircraft. Until then, the base community will see the Sailors of ETD and their well-maintained P-3s continuing to do what they do best — accomplish the mission.

WORD TO PASS

Waikiki 'Spam Jam' Returns to Royal Hawaiian

Kamaaina and tourists alike will get two big helpings of Hawaii's unique culinary tastes when the 2nd Annual Waikiki Spam Jam, presented by Times Supermarkets and the Waikiki Improvement Association, returns to the Royal Hawaiian Shopping Center, today from noon till 1 p.m. and Saturday from 4 to 10 p.m.



Today, passersby are invited to assist with making, unveiling and eating the world's longest Spam musubi to

kick off the street festival, about 1 p.m. Organizers hope to break the record of 300 feet. Also, crowds can try their luck at guessing the number of cans in the giant wall of Spam nearby and win prizes.

Saturday, Hawaii's most talented chefs will staff food booths and serve up unique creations with Spam, and revelers are invited to live entertainment on two stages, craft tents and various hula performances.

Be sure to enter for a chance to win a trip for two to Austin, Minn., home of the Spam museum, compliments of Hormel Foods and Times Supermarkets. Other specials are available. Surf www.waikikiimprovement.org.

Admission is free to both days of the festival with a can of Spam, which will benefit the Hawaii Food Bank.

Food Bank Launches

'Sea of Tuna' Collection, Saturday

Restaurant Row at 500 Ala Moana Blvd. will be the major drop-off site for the 2004 Food Bank Drive, currently underway and seeking canned goods, especially cans of tuna, and nonperishable items to feed the islands' needy. Your help is needed to net a giant catch, so drop off your



donations and monetary contributions now at the Waterfront Plaza Security Office.

On Saturday, make plans to attend the 2004 Food Bank Drive festivities, including a live broadcast by Perry & Price on KSSK, a visit by the cast of "Rock Legends" and other continuous entertainment.

Each week, the Hawaii Food Bank provides assistance through member agencies to 118,000 needy individuals — 43,000 of whom are children; 9,000 homeless; and 17,000 over the age of 65.

K-Bay Advisory Council to Hold Watershed Workshop

Those interested in seeing some of the current methods for teaching our keiki about the windward environment are invited to participate in a "community workshop" on Saturday from 9 – 11:15 a.m. at the Kaneohe YWCA. Sponsored by the Kailua Bay Advisory Council, this workshop will highlight some of the work done by two of its contractors: Learning Education Technology Academy will highlight a new Web site built by Windward students (koolau.poko.com) and the Healthy Hawaii Coalition will showcase some of the methods it has been using with Windward students during educational workshops.

This community event is free and open to the public. RSVP to Mike McMahon, KBAC's community coordinator, at 342-4548, or e-mail him at mcmahon1@hawaii.rr.com.

Windward Arts Council Salutes Teenage Artisans

The Windward Arts Council will honor the achievement of eight teen artists at a concert and exhibition Sunday at 4 p.m. at the Ruth Orcutt Bacon Auditorium at Pohai Nani Retirement Community. The musical and arts event is open to the public.

Achievers in the fields of instrumental music, ballet, hula, theatre, creative writing and visual arts will be recognized at the event and presented with cash awards. The competition is the 16th annual sponsored by Windward Arts Council.

The Harold K. L. Castle Foundation underwrites five awards, and others are

made possible by the Persis Corporation, the WAC Irmgard Aluli Fund and a private donor.

The Windward Arts Council is a non-profit organization supporting and advocating for the arts in Windward Oahu. For more information, contact chair Anne McKay at 254-1147.

Local Theatres Post Shows

If plays are the thing for you, catch any one of the following performances:

- At the Blaisdell Concert Hall: "Rock Legends," a live concert celebrating The Beatles, ABBA and Queen, today and Saturday at 8 p.m.; Sunday at 2 and 7:30 p.m.; tickets from \$35 to \$65. Surf www.ticketmaster.com or call toll free (877) 750-4400 for more details.

- At the Hawaii Theatre: "Na Palapalai," today at 8 p.m.; \$30 regular, but ask for your military discount; surf www.hawaiitheatre.com or call 528-0506 for more information.



- At the University of Hawaii Kennedy Theatre: "Nozaki Village," a Kabuki comedy-drama, today and Saturday, Wednesday through April 30 and May 1 at 8 p.m.; May 2 at 2 p.m.; \$15 military. Call 956-7655 for more information.

- At the Richardson Theatre, Fort Shafter: "Camelot" from May 13-29 (cost is \$8 - \$17); "The Children's Hour," from May 16-30 (cost is \$6); and season tickets for "West Side Story," "The King and I," "Miss Saigon," and "The Secret Garden." Call 438-4480 for more details.

- At Kumu Kahua Theatre: "Gone Feeshing," a local play about fishing, cooking, fathers and sons, May 13 – June 13. Tickets range from \$5 to \$16, and go on sale beginning Monday. Call 536-4441 for more info.

Hilton Hawaiian Village to Celebrate the Arts

Artists and crafters will mingle with poets, actors, dancers and musicians

over the April 30 weekend to transform Waikiki's only destination resort into the Hilton Hawaiian Village Arts Celebration.

Hilton Hawaiian Village Beach Resort & Spa will celebrate Hawaii Arts Season April 30 through May 2 with an array of free public performances including poetry readings and storytelling, ballet and modern dance, and jazz and classical music, as well as an art fair with more than 40 local artisans selling their works.

The art fair will run all three days of the celebration on the Village's Lagoon Green, and will feature artisans from the Pacific Handcrafters Guild, whose wares range from original paintings and sculptures to carvings and Hawaiian crafts.

Visitors can take a self-guided tour of the Village's extensive art collection, which includes original works by some of Hawaii's most renowned artists, including Roy Tabora and Hiroshi Tagami. Also, cultural performances are scheduled throughout the weekend as well as diverse entertainment including the Hawaii Slam Team, X-Music, the Hawaii Opera Theater, the Galliard String Quartet, the Honolulu Theater for Youth, Ballet Hawaii, the University of Hawaii Dance Ensemble and many more.

For more information, visit www.hiltonhawaii.com/artsseason.

Even 'Real Men' Invited to Square Dance

Registration is underway through May 5 for new dancers — whether singles, couples, teenagers, men or women — to come out and hoe down to a few square dance steps in weekly classes to be held from 8 to 9:30 p.m.

For more information, call David Lemon, president of Square Wheelers, at 456-8465.

OU-Hickam Offers Econ Degrees

The University of Oklahoma offers a Master of Arts in Managerial Economics and a Master of Public Administration. Non-thesis programs can be completed in about 18 months, and the once-a-week classes are very friendly to deployed service members and their families.

To get more information, contact OU at 449-6364, e-mail aphickam@ou.edu, or visit the Web site www.gou.ou.edu.



MARINE MAKEPONO

HAWAIIAN FOR "MARINE BARGAINS"

Automobiles

'00 Ford Mustang convertible, A/C, CD, automatic, with 54k miles. Asking \$11,000 OBO. Leaving island. Must sell. Call 236-3825.

'98 Dodge Grand Caravan SE, loaded, dual sliding doors, new tires, clean, 61k miles. Asking \$9,500 OBO. Call 224-2172.

'95 Nissan Pickup XE, red, CD, A/C, bed lining, truck cover, all new tires, 69k miles, in excellent condition.

Asking \$5,995 OBO. Call 778-0720.

Motorcycles

'90 Harley Davidson Sportster, 12,500 original miles, chrome extras, runs great. No mechanical problems. Asking \$4,500. Call Gunnery Sgt. Baughman at 261-1425.

'95 Suzuki Intruder VS 1400 cruiser, after-market seat, windshield, exhaust, saddlebags, new tires and brakes. Asking \$4,000. Call 224-2172.

'99 Yamaha YZF-R1, red, powerful,

matching full Yoshimura exhaust kit, jet kit, Toby dampener. Asking \$6,500 OBO. Leaving isle. Call 561-0877.

Pets

AKC Shih Tzu puppies, two males, one female. Asking \$1,000 each. Call 282-7378.

Miscellaneous

12 x 16 feet Stainmaster carpet, light beige, in good condition. Asking \$100 OBO. Call 254-0094.

Free Makepono Ads

Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service employees. Ads are free and will appear in two issues of the *Hawaii Marine*, if space is available.

The ad submission deadline to the *Hawaii Marine* is at 4 p.m. the Friday of the week prior to publication.

Forms may be filled out at the MCB Hawaii Public Affairs Office, located in Bldg. 216 aboard Kaneohe Bay. Makepono may be used only for noncommercial classified ads containing items of personal property.

Call 257-8836 or 257-8837 for more info.



Lance Cpl. Megan L. Stiner

Teddy Kelly, a volunteer at the base thrift store, stacks donated dishes.

THRIFT SHOP: Volunteers are sought

From B-4

General McAbee has been very supportive of our program. He allowed us to expand our operations, in order to better accommodate our customers. The thing is, we have grown so fast, we need to recruit extra manpower."

It would also help, Pratt explained, if people making donations would read the signs posted outside the Thrift Shop that define what items are not accepted for donation.

"The sign says, no mattresses and box springs, for example," Pratt said, "but frequently someone decides to ignore the sign, and we're left with items we can't use, without a way to dispose of them.

"Getting larger donated items into the building is a challenge, when we're short-handed. One volunteer, working here alone, cannot lift a couch, for example. We do have a shed, but if it's full and we don't have the manpower

on hand to do the lifting, those items may be left outside. That can be unfortunate, as it might rain overnight, or the item might just disappear, as has happened a few times."

Volunteers may sign up at the Thrift Store during open hours, or contact Pratt at 282-7894 (e-mail AESC@hawaii.rr.com).

"All we ask of our volunteers is that they show up when they say they will and work hard while they are here," Pratt said.

The AESC Thrift Shop is located in Bldg. 212 on 3rd Street.

Hours of operation

Mon. & Fri., 10 a.m. - 4 p.m.
Tues. & Thurs., 1 - 7 p.m.
Wed., Sun. & Holidays, closed
Payday Saturdays, 10 a.m. - 2 p.m.

Call 254-0841 for more information.

Base seeks to reduce energy use

John Dunbar

Resource Efficiency Manager
Base Energy, Facilities Department

The Utility Conservation Monitor (UCM) program is being re-energized to increase awareness of wasteful habits and help reduce energy and water consumption at Marine Corps Base Hawaii.

Last week monitors from base commands and units received energy conservation training from base energy and resource efficiency managers. Along with the deputy director of G-4 (Installations and Logistics) Facilities,

they hope to fund more quality of life projects by saving more energy dollars.

The UCMs and their appointed building energy monitors promote day-to-day energy awareness and conservation practices within their occupied facilities to ensure energy and water are used wisely.

Currently, the total cost of electricity amounts to about \$12.7 million annually and \$1.4 million annually for water at MCB Hawaii, Kaneohe Bay. The goal of the UCM program is to reduce energy and water consumption, and cost, by at least 10 percent annually.

DECA, From B-6

enter shopping sprees and contests, or sign up for commercial newsletters.

The newsletter will be delivered from a mailbox at CommissaryConnection@deca.mil and signup is through a link on the front page of www.commissaries.com. Shoppers are not required to give any personal information when they sign up.

"All people have to do to subscribe is give us an e-mail address," said Kennedy. "We take privacy issues very seriously and we don't collect information on our customers."

Subscribers will receive a welcoming e-mail when they sign up. The first edition of Commissary Connection won't go out until the end of April, giving shoppers time to sign up and catch the first issue.





BIKES BELONG.

Please share the road with us.



(800) 446-9227
www.msf-usa.org