

LIFESTYLES

Hawaii Marine B Section

April 5, 2001

1 / 3

Family Day



Pfc. Rapheal K. Palisoc, a rifleman for Charlie Co. 1/3, watches 4-year-old Kodii Church, to make sure she does the Dizzy Izzy correctly.



A quick daily seven stretching exercise was led by Cpl. Ramon M. Somoza, a rifleman with Charlie Co., 1/3.

1/3 gives families a peak at daily lives

Story and Photos by
Sgt. Richard W. Holtgraver Jr.
Combat Correspondent

More than 300 Marines, Sailors and their family members participated in 1st Bn, 3rd Marine Regiment's Family Day March 28 at 1/3's battalion field area behind their Headquarters building.

"The purpose of Family Day is to let the spouses and their children see what their Marine or Sailor does for a living," said Navy Lt. David D. Schilling, 1/3 chaplain.

Some of the events 1/3 provided for Family Day participants were static displays of equipment, a demonstration by the working dog unit of the Provost Marshals Office, relay races, and an appearance by McGruff the crime watch-dog.

"Today is just to have fun, enjoy being a family and let our loved ones know that we appreciate them and their support," said Schilling.

The variety of weapon displays ranged from the M2 .50 caliber machinegun to the MK153 83mm Shoulder-launched Multi-purpose Assault Weapon.

Vehicles were also staged to show the various types of transportation used by 1/3.

Even the base fire department displayed one of their fire trucks for Family Day participants.

A demonstration by the K-9 working dog unit of the Provost Marshals Office was a big hit with many of the spectators.

After the applause for the working dogs demonstration died down, a quick

daily seven stretching exercise was led by Cpl. Ramon M. Somoza, a rifleman with Charlie Co. 1/3, so the children could see what their father do for physical training.

Once Somoza finished the stretching exercises, a "Dizzy Izzy" race and a three-legged race were held for the children and spouses.

As the morning wore on and people started to get hungry, a barbecue with hamburgers, hot dogs and chips fed the large crowd before many of the family members were invited to see the work areas of their husbands and fathers.

"This showed the kids what their dads do, and it showed us what our husbands do at work all day," said Elizabeth Darby, a spouse. "I think this has been great. The kids really loved it and had a great time."



Onlookers at 1/3's Family Day observe a dog from the MPD K-9 unit demonstrate its skill on a dog handler.



Monica Washington, left, and Kumarra Church, right, are stuck with each other during the three-legged race.



It was a hot March 28 morning when Amy Brulja helped her friend Victoria, 2 1/2 years old, cool down with some spooned snow cone. Her father, Pfc. Robert A Livingston, a rifleman with Charlie Co. 1/3, holds her up.



Lance Cpl. John M. Compton, a .50 cal. Gunner with Weapons Co. 1/3, holds his little buddy, nine-month-old Syncere Palmer, during 1/3's Family Day



MCCS

MARINE CORPS COMMUNITY SERVICES
www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Debbie Aisoff, MCCS Public Affairs

Spring holidays are blossoming. One of the most anticipated is National "No Housework Day," April 7. On this day you don't have to make beds, do the dishes or take out the trash. With so much time on your hands, let's see what MCCS is offering for you...

Will They or Won't They...

Should the teachers of Hawaii go on strike, Youth Activities has a contingency plan ready for your keiki to include both K-Bay and Manana. For children in grades K-4th Youth Activities is working in conjunction with Kama'aina Kids and offers a full-day program for \$20 a day. Children ages 10-17 may take part in Youth Activities Drop-in-Center open from 8 a.m. - 6 p.m. This center is free to members (\$25 annual membership fee applies).

Don't be left in a state of panic. Make arrangements now. Call 254-7610 to find out how. Kama'aina Kids may be reached at 254-7931.

Cast Your Link

As part of the Marine Corps Family Team Building program, Lifestyles, Insights, Networking, Knowledge and Skills (L.I.N.K.S) is a path to assist military spouses to the many customs, traditions and resources available to your and your family while living the military lifestyle. You'll meet new friends and make contacts.

L.I.N.K.S. is hosting a special Saturday session April 7 from 8 a.m. - 5:30 p.m. at the L.I.N.K.S. House located next to the Armed Services YMCA, Bldg. 579 on Reed Road for all the busy spouses who are unable to attend regularly scheduled sessions during the week. For

more information, call 257-2368.

Mark Your Territory

It happens in nature everyday. Even human beings have subtle ways of marking their territories. But on the newly refurbished gymnasium floor at the Semper Fitness Center, Bldg. 3037 is not one of those events.

In order to maintain the floor's condition, only patrons with non-marking shoes will be permitted to enter the gymnasium. For more information call 254-7597.

Chillin' with the Children

A whole lot of celebration is planned for the MCCS Celebrates Children, Sat. April 14 at Mokapu Mall and we need your help. Anyone interested in "chillin' with the children," and help out during the Art-in-the-Park portion of the gala will assist

keiki as they dye eggs, dig for dinosaur bones, draw, arrange collages and more. All volunteers need to arrive at the Childhood Development Center by 9:45 a.m. To sign up or for more information, call 254-7430.

Bettin' the Farm

Most successful entrepreneurs share a few fundamental qualities. In order to gain a competitive edge in the market place, leaders must encompass an aspiration toward excellence, have a deeply rooted belief in a product or service and possess a high risk-taking threshold. Together, these elements strategically foster a healthy foundation to create a business.

But there's more. To help take the worry and mystery out of starting your business, Personal Services is hosting a free "Starting & Financing Your Own Business" course

on April 17 in Bldg. 267 room 2 from 9-11 a.m. This class welcomes all authorized military I.D. cardholders that make reservations.

During this two-hour business course, you'll gain the knowledge and insight to help detour the many start-up obstacles. The many great business leaders throughout history had to begin somewhere as do you. If you have a desire to work for yourself, make it happen. We can show you how. Call 257-7790.

Some "bunnies" Hungry...

Two delicious Easter buffets are hopping your way Sunday, April 15. Bring the family to the O'Club for relaxing ambiance and a scrumptious Sunday Easter Brunch.

You and your guests may make a reservation for the 10 a.m. or the 12:30 p.m. seating. Choose and sample

Croissants, salads, pancakes, Hawaiian Eggs Benedict, Cream of Beef, Apple Crepes and more. \$15.95 for members, \$17.95 for non-members, \$8.50 for kids 6-12, \$4.50 for kids 3-5, children under three are free. For more egg-citing information, call 254-7650.

Fairways wants to help fill your Easter Basket. Children of all ages will love to indulge in a bountiful Easter Breakfast, Sunday April 15 at Fairways from 9-11 a.m.

Enjoy fruit cocktail, chocolate chip pancake to scrambled eggs and baked ham. Mom and Dad can relax while the kids take part in the egg hunt. (Make sure to bring in baskets from home.)

Tickets are on sale now at Fairways, Bldg. 3038: \$9.95 for adults, \$5.95 for kids 5-11 years old and kids four and under are free. Get your tickets before they're egg-tinct! 254-5592.

Annual run slated for April 21

Debbie Aisoff
MCCS Public Affairs

How fast can you hang 10? Get a flying start and enter MCB Hawaii's 8th Annual 3rd Marines 10-Mile & 10k Run slated for April 21 at 7 a.m. aboard MCB Hawaii, Kaneohe Bay.

As part of the Commanding General's Semper Fitness Series, the 3rd Marines 10-Mile & 10k Run is sponsored by Island Demo, Gatorade and Menhune Water and is open to the public.

All participants registering on or before April 13 are guaranteed to receive an exclusive 3rd Marines 10-Mile & 10k Run T-shirt with their paid \$12 admission fee.

Marine Corps Base Hawaii unit formations wanting in on the competition may enter for

\$100. Formation competitors must encompass 10 runners.

Awards for the top three finishers overall and top finishers in various age groups as well as formation 1st, 2nd and 3rd place will be presented.



A free 1-mile Family Fun Run is also scheduled at the conclusion of the 3rd Marines 10-Mile & 10k Run. Information packets may be picked up at the Semper Fitness Center, Bldg. 3037 on April 19 and 20 between 8 a.m. - 4 p.m.

The 3rd Marines 10-Mile & 10k Run is organized by Marine Corps Community Services. All race proceeds benefit the quality of life for the Marines, Sailors and their stationed aboard MCB

family members Hawaii.

For more race information, contact Steve Kalnasy at 254-7590.

Talk to MCCS!

Do you have questions or comments about Marine Corps Community Services? What about suggestions?

Voice your opinion!

E-mail your questions, comments, concerns or suggestions to www.talktomccs@usmc-mccs.org.

For up-to-the minute news about MCB Hawaii's MCCS, logon to www.mccshawaii.com!

MCCS MISSION

Uplift the spirits of the Marine Corps and Navy families and support Marine Corps and Navy readiness and retention through customer-owned and driven MCCS programs, goods and services, in garrison and deployed environments.

SM&SP



Single, active duty military...

Deep-Sea Fishing Frenzy, \$60. Price includes all equipment & bait April 15 & May 13.

Shank & Slice II, Golf Tourney, Friday, April 27. Tee time 12:30 p.m. \$20 per person. Prizes awarded on blind-draw. Spaces limited. Register today.

Flag Football Tourney, April 28 - Any branch, any rank. \$12 per team. Pop Warner Field. Register now through April 27. Awards for top two teams.

Cinco De Mayo 5k Run, May 4, Pop Warner Field at 7 a.m. \$15 entry fee which includes T-shirt. Open to the Public.

Maui Memorial Weekend Trip, May 26 - 28, \$205, includes airfare, shared accommodations & rental car. Limited to the first 20 people.

Oceanside Paintball, Be your own action hero! Saturday 9 a.m. - 4 p.m. Sun. noon - 5 p.m. Call for equipment rental fees.

Youth Sport Volunteer Coaches Needed, contact Dawn Williams at 254-7610.

For more information, call the SM&SP Coordinator, Dawn Williams at 254-7636.

Shank and Slice again



Debbie Aisoff

Members of the Single Marine and Sailor Program prepare to tee off during SM&SP's last Shank and Slice Tournament. The program is scheduled to hold another Shank and Slice tourney April 27. For details, call Dawn Williams at 254-7636.

Annual Ford Island 10K competition scheduled for April 14

JoAnne Yow-Fairchild
NB Pearl Harbor MWR

PEARL HARBOR - All branches of services are invited to race across the harbor at the Ford Island Bridge 10K Run on April 14 at 7 a.m.

The 6.2-mile run will start at the entrance to Admiral Bernard "Chick" Clarey Bridge. Participants will race across the scenic bridge on-

to historic Ford Island, circle around some of the most beautiful parts of the Island, race back on the bridge and finish at Richardson Field across from Aloha Stadium.

Entry fee, which includes an official event T-shirt, is \$25 for all.

Last day to enter the event is on April 11.

No race-day entries will be taken.

Prizes will be awarded to the top three overall finishers in the male and female military and non-

military categories and the first and second place in each age category.

This event is part of MWR's continuing effort to provide enhanced quality of life programs to Sailors and family members.

Proceeds from this event will benefit the Navy's Morale, Welfare and Recreation programs.

For information, call the Pearl Harbor MWR Athletic Office at 473-2494 or 473-2437.

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 information.

Monkeybone (PG-13)
The Wedding Planner (PG-13)
Sweet November (PG-13)
Saving Silverman (PG-13)
Recess: School's Out (G)
The Wedding Planner (PG-13)
3000 Miles to Graceland (R)

Friday at 7:15 p.m.
Friday at 9:45 p.m.
Saturday at 7:15 p.m.
Saturday at 9:45 p.m.
Sunday at 3:30 p.m.
Sunday at 7:15 p.m.
Wednesday 7:15 p.m.



Pvt. Iain A. Schnaible

From left: Brig. Gen. R.E. Parker Jr., commanding general, MCB Hawaii; 5 year old Selena Garber, the oldest child at the MCB Hawaii, Kaneohe Bay Child Development Center; and 3 month old Malia Alcantar, the youngest child at the CDC, cut the cake at the Month of the Military Child cake cutting ceremony at the CDC Tuesday. The ceremony kicked off a series of events in celebration of Month of the Military Child and in recognition of Child Abuse Prevention Month.

MCCS Celebrates CHILDREN

Jennifer Sherman
MCCS Contracting Services

A cake cutting ceremony at the MCB Hawaii, Kaneohe Bay Child Development Center Tuesday, kicked off Month of the Military Child/Child Abuse Prevention Month observances for the base.

In observance of Child Abuse Prevention month, several Personal Services departments, to include the Family Advocacy Program, Counseling Services and Marine New Parent Support Program, will be available to share information and provide literature to our MCB Hawaii community. The Family Team Building Program will be available as well with information on the Key Volunteer and L.I.N.K.S. programs.

In addition, MCB Hawaii Base Safety in conjunction with the State of Hawaii certified safety technicians, will conduct

child car seat and seat belt safety checks.

McGruff and friends from the DARE program will be at the Mokapu Mall to provide crime prevention information and finger printing services. The Federal Fire Department will be at the Child Development Center parking area providing fire prevention and safety tips.

Art in the Park activities will take place at the Child Development Center along with the Easter Egg-stravaganza hunt. Kicking off the egg hunt will be music provided by the Marine Forces Pacific Band. Mokapu Mall will host Ronald McDonald's Imagination show, Dance Movement Academy and K-Bay Gymnastics performance, award the base Library bookmark contest winner, and much more. Games, food, prizes, entertainment and much more will be in store during MCCS Celebrates Children event!

For more information call 254-7417.

MCB HAWAII MILITARY CHILD EVENTS

Other MCB Hawaii Month of the Military Child / Child Abuse Prevention Month events include:

April 12 CDC

- 10 a.m. Spring Parade and Egg Hunt.

April 14 - MCCS Celebrates Children CDC

- 9:30 a.m. - 10 a.m. MarForPac Band Performance
- 10 a.m. Easter Egg Hunt- ages 2 and 3 and ages 6 and 7
- 10:15 a.m. Easter Egg Hunt- ages 4 and 5 and ages 8 and 9
- 10:15 a.m. - 11:45 a.m. Art in the Park Activities

CDC Parking Area:

- 10 a.m. to noon Federal Fire Department display
- 10:30 a.m.-12:30 p.m. -

Propella the Plane Interactive Bounce House
• 10:30 a.m. - 12:30 p.m. Train Ride to Mokapu Mall

Mokapu Mall:

- 10 a.m. - 2 p.m. Informational Booths from Personal Services, Military Police Crime Prevention, ITT Vendors, Single Marine and Sailor Program Cammie Face Painting, MCCS Sponsors and Base Programs
- 10:30 a.m. - 10:45 a.m. Presentation by Base Library at Mokapu Mall Center Stage, Winner of the Bookmark Contest
- 10:45 - 11 a.m. Children's Musical Chair
- 11 a.m. - 11:30 a.m. Ronald McDonald Imagination Show
- 11:30 a.m. - 11:45 a.m. Prize Drawings
- 11:45 a.m. - 12:30 p.m. Dance Movement

Academy and Kbay Gymnastics

- 12:30 p.m. - 12:45 p.m. Award presentation for winners of the "Me and My Military Family" coloring contest
- 12:45 p.m. - 1 p.m. Parent's Musical Chair fun

April 18 Family Gym (by 7-Day Store)

- 9:15 a.m. "Come and See the Peppermint Tree" Performed by Honolulu Theater for Youth

April 25 CDC

- 6:15 p.m. to 8:15 p.m. Presentation to parents of "Second Step" program for children

April 27 CDC

- 5:30 p.m. MarForPac Band performance

MARINE MAKEPONOS

HAWAIIAN FOR "MARINE BARGAINS"

The deadline for submitting Marine Makeponos ads is 10 a.m. Friday the week prior to publication. Makepono ad forms may be filled out Monday through Friday from 7 a.m. to 5 p.m. at the MCB Hawaii Public Affairs Office, located in Bldg. 216.

Ads must be submitted in person and will be accepted only 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. Marine Makeponos may be used only for non-commercial 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.

Ads are run on a first-come, first served, space-available basis.

Auto

1988 BMW 636 automatic, 2 door, sunroof, new tires, good condition. No stereo, no antenna. \$8,000. Call 254-1018.

1990 BMW 525, white w/ black leather, automatic, power seats, locks, windows. Sunroof, 95K miles. \$10,500 OBO. K-Bay lemon lot. 254-4968.

2000 Mazda 626 LX, chestnut 4 cyl, AM/FM/CD, power driver set, power windows/locks. Alloy wheels tinted glass. Call Ron or Juanita. 254-3006. \$17,000.

1999 Dodge Stratus, 17K miles, like new condition, power everything, C/C, A/C, 6

yr/80K miles bumper-to-bumper warranty, 24-hour roadside assistance. Only asking payoff of \$16,999. 254-1724.

1987 Ford Ranger STX, Super Cab, 6 cyl., auto, full power, bed liner, sport rack, new paint, cold A/C, great buy, \$2,900. 262-5922.

1989 Ford Ranger XLT, 91K miles, V-6 auto, A/C, cassette, AM/FM, heavy duty suspension. Excellent condition, \$4,000 OBO. Call 477-0888 or 778-4020.

1991 Mitsubishi Eclipse, turbo GS, 5 speed, air conditioning, AM/FM stereo and cassette, runs well. Blue Book retail, \$5,220, asking \$4,000 OBO. Call 2534-2134.

2000 Ford ZX2 fully loaded, asking payoff, only \$11,500. Six CD changer, sun roof, extras. Please call 254-8052 or 780-3982.

1996 Plymouth Breeze, low miles, new tire and brakes, January inspection. Great car! Call 254-0223 for details. \$8250 OBO.

1993 Nissan Sentra, \$3,900. Mint engine, no leaks, A/c, cruise, AM/FM cassette, automatic, always maintained. Reliable — never broken down. Call 254-5362.

1997 Honda Accord LX p/w, p/l, p/m, automatic, 4 door, CD player, AM/FM. 45K miles, A/C. Good condition, \$13,000 OBO. Must sell! Call 254-8014 or 256-7529.

1983 BMW 733i, body in excellent shape, needs some work, excellent project/island car. 124K miles. Asking \$1,400 OBO. Call 254-6545. Must sell.

1997 Jeep Wrangler. Excellent condition. Must see. 50K miles, cd changer, soft top, \$13,000. Call 263-2736.

1990 Chrysler Lebaron, convertible, 5 speed, new tires, runs great, well cared for, \$2,000. Call 257-2420 ext 226.

1994 Ford Ranger, green, new transmission, great condition. Runs smooth, asking \$8,500 OBO. Call Roman or Tricia at 254-8893.

1991 Ford Ranger XLT, 91K miles, V-6/auto/AC/cassette, heavy duty suspension. Good condition. \$3,800 OBO. Call 456-4020 or 778-4020.

1993 Honda Accord EX, \$7,000 OBO. Black, two-door coupe, 5-speed alloy wheels, available June 5. PCSing. For more information, call 263-6065.

Miscellaneous

Dresser, five drawer, wood grain, good condition, \$25. Futon bed (two singles or queen), comfortable, good condition, \$100. Call 262-5922.

Carpet for sale, burgundy, 13 1/2 x 21 1/2 living area plus hallway, padding included. 254-5175 — call ASAP, moving.

Surfboard, 9-foot longboard. Purchased for \$425, asking \$300. Call 254-2134.

Nursery Monitor (Gerry), \$20. Call 253-0090 for more information.

Two Roadmaster tricycles, \$15 each. Call 253-0090.

WebTV Plus with wireless keyboard and remote. Internet without a computer! Call 254-2114.

Sewing machine, Nelcor mdl #5102FSB \$150. Call 253-0090.

Two piece entertainment set, \$75, Bissell Big Green Machine, \$50. Wooden Korean hat box, TV/VCR stand and storage chest, antique dresser. Call 456-7557.

Sears ProForm 580SI spacesaver treadmill. Six preset programs, auto incline. Four years old. \$150. Call 282-2048.

Cannondale R300 road bike, yellow with black trim, Shimano Sora components, 54cm frame, comes with clip in pedals, AREO bars and bike shoes included size 43CM (size 9), 7 months, \$800 invested, asking \$725 OBO. Call 254-1724.

Gateway Computer System, 733MHz

PC, CDRom, DVD, Cambridge soundworks speakers, color printer, microphone, 17" monitor, lots of software. 8 months old — like new, must see! \$1,200 OBO. Call 254-8014 or 256-7529.

Three-piece sectional sofa, w/ottoman, \$500. Standing floor lamp, \$45. Recliner, \$150. Call Jodi at 253-0072.

Babysitter needed for two children, 2 1/2 years and 15 months. Hours are flexible. If interested, please call us at 254-2007.

Dog sitter needed to look after our two English cocker spaniels. Very friendly, well behaved dogs. If interested, call 254-2007.

Baby items, changing table, bassinet, breast pump, two swings, girl clothes (ages 0-12 months,) etc. Call 386-9407.

Furniture, Queen oak futon, glass table, solid wood table w/ four chairs, computer desk, metal desk, etc. Call 386-9407.

Garage Sale, Lt. Col., USMC PCSing. This Saturday, 971 Luna Ho'oko Pl. in Kailua. Left on Auloa Rd., just past Castle Hospital (Maunawili.) Call 263-6065 for more information.

New, unopened DVD movies, \$12 each. Gladiator, U-571, Meet the Parents. Twelve total. Call Earl at 247-6438 — will deliver.

Three separate light-colored carpets and padding. Fits Capehart housing bedrooms. Call 254-2114.

Sofa, pastel colors on off-white background. Great condition. Call 254-2114.

Light aqua carpet and pad, 20' x 12'. Great condition. Call 254-2114.

Country style white oak butcher table. Like new, call 254-2114.

Four mini blinds, two white and two alabaster in color. New condition. Used in Capehart housing. Call 254-2114.

Step 2 bunk bed set, new mattress included. Must see -- bottom bunk converts to desk and couch. Call 254-2114.

WORD TO PASS

Bake Sale

Kaneohe Bay teams in the Hawaii Youth Sports League will be having two bake sales in front of the MCB Hawaii Kaneohe Bay Commissary. The K-Bay Yankees Kid Pitch team will hold its Bake Sale Sunday from noon to 4 p.m. and the Dragons Coach Pitch Team will hold its sale on April 21 from noon to 4 p.m. also. Funds raised from these sales will benefit the K-Bay youth teams.

Scout Leadership Wanted

Boy Scout Troop 425, located aboard MCBH Kaneohe Bay, has openings for adult leadership. Scoutmaster positions are available as well as positions on the administrative committee.

The troop meets every Tuesday at 6:30 p.m., and conducts monthly outings (camping and hiking), as well as community service projects. Experience is not needed, only a desire to help form the future of America.

Interested adults should call Dave Runyon at 254-2696 (evenings/weekends), 257-1852 (workday), or e-mail at

runyonda@mcbh.usmc.mil.

Ft. Shafter Arts and Crafts Shop

The Ft. Shafter Arts and Crafts Shop is open to all active duty retired service-

SemperToons

By Staff Sgt. Charles Wolf



members, DoD civilians and their family members.

Facilities, instruction and supplies available at the shop are: wood working, ceramics, pottery, stained glass, polymer clay, lei making and children's classes.

The shop is open every Friday from 4 p.m. to 10 p.m., Saturday from 9 a.m. to 5 p.m. and Sundays from 11

a.m. to 5 p.m.

For more information, call the shop at 438-1071 during their hours of operation.

WAVES

Active, retired and reserve women in the sea services interested in joining or obtaining info on Na Nalu O'Hawaii, the local WAVES chapter, call Eugenia

Woodward at 623-4735. Meetings are held the second Saturday of every month and are open to women in the Navy, Navy Nurse Corps, Coast Guard, and Marine Corps.

Rod and Gun Club

The Kaneohe Rod and Gun Club meets on the first and third Tuesdays of each

month at the Bachelor Officers' Quarters conference room. For more information on joining, call Wally Heyer at 254-5739.

Third MarDiv Reunions

The Third Marine Division Association will hold its 47th Annual Family Reunion in Irving, Texas

Sept. 26-30. All Marines who have served with or been attached to the Third Marine Division are encouraged to attend.

For more info, logon to www.caltrap.com, or call Sgt. Maj. Bill Krueger at (703) 451-3844 or Bill Ervin at (303) 494-7752.

1/3 Reunion

Marines from 1/3 will hold their annual reunion in conjunction with the Third MarDiv Reunion in Irving, Texas.

For more information, logon to <http://members.aol.com/hatch101> or call Bill Ervin at (303) 494-7752.

Society of Military Widows

The Society of Military Widows meets the first Friday of the month at 6 p.m. at MCB Hawaii, Kaneohe Bay Officers' Club for an informal Mongolian Barbeque.

They also meet every third Saturday of the month at different locations. For more information, call 262-7953.

Heart Disease

Worried about heart disease and strokes? Call the American Heart Association at 1-800-242-8721 for information on your concerns.

Meals on Wheels

Meals on Wheels is seeking volunteers to deliver meals to elderly and home-bound people on the island. Call Patty at 988-6747, or Marilyn at 531-0555.