

# Hawaii MARINE SPORTS

Hawaii Marine C Section

June 27, 2003

## Aussies show Americans how rugby is played



Lance Cpl. Monroe F. Seigle

Australian defenders were tough and proved to be quite powerful during the rugby game June 21 with U.S. Marines. The Australian Royal Army team allowed no holes in their defense and eventually won the game 27-14.

**Lance Cpl. Monroe F. Seigle**  
Combat Correspondent

The Americans made several attempts to defeat the Australians, but did not succeed. At least the U.S. Marines went out fighting like true warriors.

This was the case when the Australian Soldiers from the 1st Royal Australian Regiment challenged Marines from MCB Hawaii, Kaneohe Bay, to a game of rugby Saturday at Pop Warner Field.

Rugby is a traditional sport that is often played in Australia, which is similar to football, but without the use of helmets and other protective gear.

The object of the full-contact sport is to score a "try" by reaching the end zone that is being protected by the opposing team. The athlete running the ball

must break the end zone and place the ball on the ground without being tackled. If tackled in the end zone with the football, it is not considered a score.

The game started in the same way it finished — with both teams trying to destroy the other.

The first period of the game proved to be brutal, as neither team scored, both witnessed three players from their teams laying on the ground in pain.

The Australians knocked on the American doors at the end of the first period, but came up empty, missing a try by inches.

The second period was even more intense than the first. With adrenaline pumping and fans going wild, the Americans stormed the field and tried to break the tough Australian defense. Once again, U.S. Marines

came up empty handed. The Australian defense was solid a brick wall.

The Australians dominated the second half of the game, gaining possession of the ball for more than half the period. The second period came to a close with more bruised players and a tied zero score.

It appeared both teams were tired of playing nice in the final period. The Australians scored first when Jamie Williams moved smoothly around the American defense and into the end zone, with a huge smile on his face, to make the score 5-0, followed by a conversion to add another two points to the lead.

To add insult to injury, Williams pulled the same trick twice in a row to make the score

See RUGBY, C-3

## Bayfest to host mega challenges



Courtesy of MCCC

Two participants duke it out in a boxing match during BayFest 2002. Boxing is just one of the many sporting events that spectators and participants will enjoy.

## Events going on throughout Fourth of July weekend

**Marine Corps Community Services**  
Press Release

Put your physical skills to the test at McKenna Motors' BayFest. From sumo to Strongman, bull riding to boxing, and the Hooter's dunk tank and the Striker, BayFest will have it all.

Compete in or watch the Strongman Competition where 5-person teams will tough it out in a three-event competition. Check them out on July 4 at 3:30 p.m.

In the spirit of the country's theme, riders will compete on the mechanical bull from 1 to 5 p.m., July 4.

The Hooter's dunk tank has always been a favorite attraction at BayFest, and this year you'll get the chance to dunk some of your commanders or sergeants major. You get three balls for a buck; yet, the therapeutic feeling is priceless.

Test your personal strength at the Striker by

striking a prize or just showing off your skills.

It's going to be survival of the fittest and the finest at the Nutri-Fit BodySearch Challenge. Watch slim, trim and muscle-brimmed men and women strut their stuff, then vote with your applause for the crème de la crop.

Or, if you think you have the brawn and beauty of a BodySearch contender, enter and compete for cash, prizes, and the prestigious title of the Nutri-Fit BodySearch Challenge king or queen.

The Bodysearch contest begins at 4:30 p.m. on Saturday, July 5. Entry is free, before the day of the event. Day-of-event registration is \$10. All Nutri-Fit BodySearch Challenge participants must be at least 18 years old.

The Nutri-Fit BodySearch Challenge includes modeling fitness and one-or two-piece, full-cut swimsuit attire, (no thongs allowed). Contestants will be judged on personality, physique and interviewing skills. First through third place male and female winners will win cash and prizes.

## Marines, Sailors witness the true spirit of Australian soccer

**Cpl. Jessica M. Mills**  
Combat Correspondent

When the Marines and Sailors of the MCB Hawaii Varsity Soccer Team were challenged by the Australians of Bravo Co., 1st Bn., Royal Australian Army, to a friendly soccer game June 20, they had no idea that they would be competing against not only the players, but also their fans.

Before the game even began, Australian fans were screaming "Aussie, Aussie, Aussie! Oy, Oy, Oy!" over and over, while their American counterparts looked on with surprise and wonder.

The MCB Hawaii team tried to rile up the crowd and gain some support, as it felt the sting of jealousy. Aussie fans continued to scream and shout for their comrades.

Once the game started, all the rules went out the window.

"Aussies have different rules when it comes to soccer. It's like the NFL without the pads," said Brian Friestman, ground safety officer for Marine Helicopter Training Squadron 301. "It will be fun; many of us have never seen them play. And it's a nice opportunity to get some "face time" with the Aussies and put our team to the test."

The game began like any other soccer game. The whistle blew and the players ran down the field. But once the Aussies got into their groove, the environment changed entirely.

Although the players were banned from playing by Australian soccer rules, some of

See SOCCER, C-5



Cpl. Jessica M. Mills

Javier Garcia, a supply clerk with Headquarters Bn., MCB Hawaii, tries to maneuver away from Australian soccer players during an unofficial game June 20 at Pop Warner Field. The MCB Hawaii team defeated the Australians, 3-0.



Cpl. Jessica M. Mills

John Weis, first sergeant for Headquarters Bn., slams the ball across the net during the intramural volleyball championship June 20.

## CSSG-3 spikes HQBN to win championship

**Cpl. Jessica M. Mills**  
Combat Correspondent

Fierce competition reflected in their eyes and aggression rose with every movement as the Combat Service Support Group 3 volleyball team guarded it's net and took the Headquarters Bn., MCB Hawaii, team off guard, defeating them 25-22 and winning the volleyball championship.

The game began with the odds against CSSG-3. Headquarters Bn. was full of spit and fire, and the battalion made the first 4 points within 3 minutes.

It did not take long for CSSG-3 to catch up by blocking many of

Headquarters Bn.'s shots. By 8 minutes into the game, Headquarters Bn. was called on a mishandled ball, and CSSG-3 was awarded the point, tying the score, 4-4.

The teams continued to volley the ball, smashing it out of bounds with the power of their returns and serves. The points continued to rack up on both sides. By 15 minutes into the game, the score was tied, 10-10.

Headquarters Bn. took control of the serve but knocked it out of bounds. Points continued to be awarded for out-of-bounds shots. Finally, Craig Hewitt, a Navy den-

See VOLLEYBALL, C-5

# BASE SPORTS

## Edward Hanlon V MCCS Marketing

swim meet, call 254-7665.

Clinic, call 254-3220.

may be faxed to the attention of Marine Corps Sports at (703) 784-9822.

cers interested in PT Adventure Training should call 254-7667 for more information.

## MCCS Sponsors the '101 Days of Summer' Campaign

Marine Corps Community Service and MCB Hawaii are sponsoring the "101 Days of Summer," a drug and alcohol prevention campaign, from now until Sept. 21.

This campaign is designed to create a summer-long program to reduce illegal drug use and to promote responsible use of alcohol, while encouraging participation in healthy alternatives.

Contact Mr. Quentin Redmon, Substance Abuse Counseling Center drug demand coordinator, Bldg. 579, or call 254-7636.

## Base Pool Hosts Swim Meet

The base pool is hosting a swim meet today, as the first event during the "101 days of Summer" campaign.

To enter, contact Harry Sprague, the water safety advisor at the base pool.

For more information, on the

A softball tournament will be held at Riseley Field as the second event of the "101 Days of Summer" campaign.

The entry fee is \$100 per team. Bring entries to the Athletic Office at the Semper Fit Center. For more information on the softball tournament, call 254-7591.

## Klipper Hosts Adult Golf Clinic

Need to work on the game a little? Join Leland Lindsay, a member of the Professional Golfers' Association, at the Kaneohe Klipper for a four-week golf clinic, today and following Fridays from 5 to 6 p.m. Learn more about your swing, from long and short game, pitching, putting, golf etiquette and even the rules.

The class is limited to 25, and costs \$80.

To take part or for more information on the Adult Golf

## 'All-Marine Volleyball' Selection to Go in August

The All-Marine Men's Volleyball Trial Camp will be held Aug. 3 - 24 at Marine Air Ground Combat Center, 29 Palms, Calif.

The Armed Forces Men's Volleyball Championship will be held Aug. 25 - 31 at Schriever Air Force Base.

The Armed Forces Championship will be used to select the Armed Forces team that will compete at the World Games in Catania, Italy, Sept. 13 - 23.

Interested Marines must submit resumes no later than July 19. Resumes must contain command endorsement stating you will be made available to attend all events if selected.

Resumes can be found at [www.usmc-mccs.org/semperfit/sports/athletic%20summary.doc](http://www.usmc-mccs.org/semperfit/sports/athletic%20summary.doc).

Resumes must be sent through local MCCS Semper Fit athletic directors.

If there is no local MCCS Semper Fit director, resumes

## Intramural Leagues Battle

Intramural sports teams are still battling every week to decide who's best.

Softball goes every Monday, Tuesday and Wednesday at 6, 7, and 8 p.m. at the Annex or Riseley field.

Intramural volleyball goes every Thursday and Friday starting at 6 and 7 p.m.

Intramural 30 and over basketball goes every Monday and Thursday at 6 and 7 p.m.

For more information on either softball, basketball or volleyball, call 254-7591, or 447-0498 at Camp H.M. Smith.

## Water Aerobics Makes Waves at Base Pool

For a change of pace, enjoy exercise with Water Aerobics offered at the base pool. At only \$2 per class, it's a cost-effective exercise program. Or, buy a book of 10 class coupons for only \$15.

Classes are offered on Tuesdays and Thursdays from 11:30 a.m. to 12:30 p.m., Tuesday evenings from 5 to 6 p.m. or Saturdays from 10 to 11 a.m.

To get more information or to ask questions on aqua aerobics, call the Kaneohe Bay base pool at 254-7655.

## Marina Offers Equipment and Rentals

Spring into water sports at the base marina. Enjoy a day of sailing and sightseeing in one of its sailboats, powerboats — or for larger parties — one of the pontoon boats.

Rentals are available for sailing, water skiing, fishing, kayaking and windsurfing.

Sailing classes are taught year-round for every skill level and for boat owners.

Two boat launch ramps are provided, as well as boat storage at the marina pier.

For more, call 254-7667.

## Base All Stars

NAME: Navy Lt. Craig Hewitt

BILLET: Dentist

UNIT: 21st Dental Co.

SPORT: Volleyball

• He has played for three years.

• He started playing while he was in college on the Whittenberg University Men's Club Team.

• This is the first time he has played at MCB Hawaii. He scored six points during the intramural championship against Headquarters Bn., MCB Hawaii.

• His team, CSSG-3, won the volleyball intramural championships.



Cpl. Jessica M. Mills

*"Volleyball is good exercise and a great team sport. The strongest thing you can have is your teammates."*

## Intramural Standings

	Soccer			
	WINS	LOSSES	TIES	PTS
MAG-24	1	0	0	2
HQBN	1	0	0	2
VP-47	0	0	1	1
Rad. Bn.	0	0	1	1
Pegasus	0	1	0	0
CSSG-3	0	1	0	0

\*Standings current as of June 16.

	30 and Over Basketball	
	WINS	LOSSES
Ole School	5	1
CPRFP	4	1
Facilities	2	3
Alka Seltzers	2	4
Rad. Bn.	1	2
2/3	0	1

\*Standings current as of June 18.

	Volleyball	
	WINS	LOSSES
MALS-24 SHAW	8	3
HQBN	9	2
MALS-24 AV-1	3	8
CSSG-3	7	3

\*Standings current as of June 13.

## COMMUNITY SPORTS

### HTMC Hosts Hikes and Climbs

Sunday at 8 a.m., the Hawaii Trail and Mountain Club is planning a five-mile trip, and you're invited.

The "Tantalus Ramble" is a time-honored conglomeration of paths, first surveyed by Dick Booth. This path is guaranteed to get you lost, so be sure to stay with the coordinator and pay close attention to the ribbons.

For more information, call 488-1161.

### State Offers Free Recreation Classes

Education classes are being offered by the Hawaii Department of Land & Natural Resources. Subjects covered include firearms and archery safety, survival and first aid, wildlife identification and conservation, regulations, game care, and outdoor responsibility.

Attendance at two sessions is required for certification, and classes are open to anyone 10 years or older who enjoys the outdoors — not just hunters.

The next two-day session is today, from 5:45 - 10:15 p.m. and Saturday, from 7:45 a.m. - 4 p.m. at the Nimitz Business Center, Rm. A-212A. (The classroom is the first room on the right.)

All participants are required to pro-

vide picture identification at the door.

For more information on the class, call 587-0200.

### Bellows Hosts Outdoor Recreation

This spring, you can be awash in outdoor activities at Bellows.

You can learn how to choose the best waves to shoot the curl, as Bellows offers bodyboarding lessons Fridays at 1 p.m. The cost is \$12 per person and includes the use of a bodyboard.

Also, learn ocean kayak skills, including deep water recovery, navigation, water safety and efficient paddling techniques. Classes are every Wednesday and Thursday at 1 p.m. The cost is \$14 for adults and includes kayak rental.

For more details, call 259-8080.

### City Presents Program

Interested community groups, local businesses, schools and churches are invited to become part of the "solution to pollution" by becoming community stewards through the City and County of Honolulu's "Adopt-A-Stream" program.

The program is intended to promote environmental awareness and under-

standing about non-point source pollution.

Under the guidance of the Department of Facility Maintenance, interested groups that want to help make a difference in improving the water quality in the Ko'olaupoko area can receive certification to adopt their own section of stream and keep it free from litter and other pollutants.

Each approved group will get a sign displaying the organization's name, for posting by its section of the stream.

For more information on Adopt-A-Stream, call 527-5669.

### Marines and Sailors Invited to Shape Up

Yes, you can win the war on body fat. You may think the way to lose weight is by deprivation or taking a fat-burning pill or some other quick technique, but it's not.

Whether you are just starting a fitness program, or need to improve your physical fitness standard, the new 2003 Ship Shape program can help you meet your goal.

This eight-week, action-oriented program focuses on combining balanced nutrition, exercise and behavior modification techniques to ensure win-

ning results that will meet your military health and weight standards.

For more information, or to register for the next orientation, call the Naval Medical Clinic at 471-9355.

### Bellows Sponsors Camping

Bellows offers a great climate for year-round camping. You can pitch your tent at one of 60 wooded and oceanfront campsites, all within a close walk to what many consider the best beach on the island of Oahu.

Bellows offers a full line of camping gear rentals to meet all of your camping needs. Camping kits include one six-man tent, a lantern, a Coleman stove, a cooking kit, two camping cots, two sleeping bags, an extra large ice chest, and a five-gallon water jug — all for just \$30 a day or \$154 a week (a \$56 savings).

### Recreation Gets Advertised

Individuals and organizations may advertise upcoming sports and recreational activities of general interest to the military or Department of Defense community in the "Base Sports" or "Community Sports" columns.

For more details, call 257-8836.

**RUGBY, From C-1**

14-0.

Bruised and battered, the Americans regrouped. Imitating the Australians, the Americans scored two tries in a row, followed by two successful conversions to tie the score 14-14.

The guys from "down under" were not going to allow the Americans to beat them at their

favorite pastime.

Raicebe Tevita moved faster than lightning and put three American defenders in the dirt and danced into the end zone to take the lead once again.

After a successful conversion, the Aussies were on top, 21-14.

Going out like true warriors, the Australians decided to add insult to injury and broke down the walls of the American defense

once again. Inside center Ronald Nakata broke into the end zone untouched, and the Australians managed another two-point conversion, ending the game with a 27-14 win over the Americans.

"It was a tough game," said Australian defender Mark Ryan. "They played better than we thought. We have to give them merit for that. We all had a good time playing rugby with them, and we thank them for hosting us."



Lance Cpl. Monroe F. Seigle

**Rugby is a full-contact sport that requires players to constantly tackle one another. The majority of the rugby game between the Royal Australian Army and the Americans was spent with several players fighting for possession of the ball.**



# spotlight on health

## Arthritis plagues one-in-three Americans, some kids too



NAPS

Lifestyle changes can help alleviate and prevent some of the symptoms of arthritis.

### NAPS

#### *Featurettes*

Arthritis and other rheumatic conditions are the leading cause of disability among adults in the U.S.

In fact, one in three American adults has pain and chronic joint swelling or stiffness associated with arthritis.

The combined costs of related health care and lost productivity for arthritis currently totals more than \$85 billion each year, and the cost is expected to increase.

The most common form of arthritis — osteoarthritis — usually develops as an individual ages, but there are more than 100 different kinds of arthritis, including some that may develop in childhood.

Symptoms include recurring or continuous pain, stiffness, or swelling in or

around a joint.

These symptoms can develop suddenly or slowly and may be constant or sporadic.

According to Chronic Disease Directors a Washington, D.C.-based public health association, an early, accurate diagnosis from a health care professional is crucial, since early treatment can often mean less joint damage and less pain.

There are several ways to treat arthritis that can both alleviate existing pain, minimize potential pain and prevent joint damage.

Treatments for arthritis, which vary depending on the type you have, include a combination of exercise and weight management to reduce joint stiffness and prevent damage, and prescription medicines to help alleviate stiffness and pain.

Regular, moderate physical activity

can help maintain joint health, relieve symptoms and improve functions and energy levels. Regular exercise can also help delay the development of disability.

Weight management is also critical and even moderate weight loss can reduce the risk of arthritis.

No matter what the management plan, it is crucial to follow the treatment regimen prescribed by your doctor.

The CDD is comprised of chronic disease program directors of each state and U.S. territory. The organization works to reduce the impact of chronic diseases in the American population.

Since its founding in 1988, CDD has made impressive strides in mobilizing national efforts to reduce chronic diseases and their associated risk factors.

To learn more log onto [www.ChronicDisease.org](http://www.ChronicDisease.org).

**Soccer, From C-1**

the "down-under" aggression still seeped through. The MCB Hawaii team was up to the challenge and put up an equal amount of fight and aggression.

"We are not supposed to play our way," said Pvt. Norm McNeilly, a rifleman from Bravo Co., 1st Bn., Royal Australian Army. "But it's good to have a contest, a good healthy game."

For the first 15 minutes of the game, neither of the teams could get past each other's defense and score.

Partway through the half, Friestman barreled down the field with the

speed of a bull and beamed the ball into the left corner of the goal, scoring the first point of the game. The crowd broke out in a roar.

Minutes before halftime, Pfc. Ramon Aldana, a service record book clerk with G-PAC, Marine Aircraft Group 24, broke through the Aussie defense and slipped a shot past the goalie.

By halftime, the Marines were ahead, 2-0.

An MCB Hawaii player flew up the right sideline and drilled a shot past the defense starting the last half, but it was too wide and to the left of the goal.

The Aussies broke through the MCB Hawaii

defense and got right up on the goal, but just as the ball sailed towards the net, the MCB Hawaii goalie, Cpl. Adriana Norris, a linguist for 1st Radio Bn., leapt high and caught the ball mid-air, stopping the play.

The MCB Hawaii team took control of the field and slammed another shot past the Australian goalie. That brought the final score to 3-0, a Marine victory.

**Volleyball, From C-1**

tist with 21st Dental Co., made the first spike of the evening and raised the score, 14-12.

After another bout of volleys and saves, Hewitt landed another hard spike across the net. He spiked two powerful shots, which Headquarters missed, bringing the score to 20-18.

The Headquarters team continued to volley the ball, picking up points as it went, but to no avail. The group made the winning point 25-22 of the first set.

A second set was played to determine the winner of the championship.

Both teams were poised and ready, but CSSG-3 bonded together and within 5 minutes was ahead, 9-4.

Nine minutes into the game, Headquarters had gained some steam and raised its score to 14-11.

The CSSG-3 team was not going to give up the title easily, and it jumped ahead with the help of mistakes by Headquarters. The score was 20-16.

The game was down to the wire, Headquarters Bn. was desperately trying to raise its score, but Hewitt drowned hopes by sending the battalion one last spike and clinching the match.