

LIFESTYLES

Hawaii Marine C Section

March 15, 2002

Extreme bikers



Lance Cpl. Jason E. Miller

Joey Merindo, a manpower information system support office analyst for Headquarters Bn., and Chad Cremer, a flightline equipment technician for HMH-362, cruise through a scenic pass on the Maunawili trail.



Sgt. Joey Merindo

Nick Riddle, a combat photographer for CVIC at MCB Hawaii, recovers after falling off the edge of the Maunawili Trail, just off the Pali Highway.

Trails await around Oahu

Lance Cpl. Jason E. Miller
Combat Correspondent

Many people are content with participating in the same old sports they've been playing since grade school — football, basketball and soccer. However, a select few individuals in the world something more; they need a sense of adventure and have a need for speed, a need to commune with nature and reach places not accessible by the average Joe.

For many of these individuals, a bicycle is the chosen mode of transport, and a mountain is all that stands between them and euphoria.

Mountain biking is a sport in itself. Riding casually with friends or entering competitions to race are both well accepted means of enjoyment when it comes to hitting the trails for a day of adventure on two wheels.

It is a sport that can be practiced almost anywhere in the world. But for mountain bikers living on the island

of Oahu, the opportunity is everywhere. The lush, green mountains jutting into the sky beg anyone with a capable machine to attempt the ride of a lifetime.

The State of Hawaii has constructed and maintains a vast number of trails throughout the island. Skill levels range from that of beginning riders who want to spend a day in the forest, to the most extreme downhill racers ready to tear the dirt loose from the mountainside and catch as much air as possible when they get the chance. Many of the single-track paths cross difficult obstacles and run next to high cliffs. A sense of fear and danger is always part of the fun.

While mountain bikes can cost as much as a person is willing to spend, many machines are priced reasonably and don't require too much regular maintenance other than tightening loose bolts, lubricating the chain and changing the occasional flat tire.

Any local bike shop employee will be able to direct a customer to the right bike based on the terrain and the rider's style.

Another must when considering the purchase of a mountain bike is a helmet. A good helmet will prevent riders from having to get air-lifted off the side of a mountain for massive head trauma.

According to base regulations, all riders must wear a helmet. But, there are several helmet brands that not only protect, but look stylish.

Once a rider has all the needed gear, a well-planned trip is the next step in a dirt-crusted, knobby-tired adventure. Trails appear from near the southern tip of the island all the way to the North Shore. Maps to find them are sold in most local bike shops and stores here on base.

After a good trail matched to the rider's style, skill level and physical ability has been select-



Lance Cpl. Jason E. Miller

Chad Cremer, a flightline equipment technician for HMH-362, screams through one of many downhill sections of the Maunawili trail.

ed, all that awaits is a fun-filled day of terra-firma tearing action and exercise.

Traversing the sides of the mountains in Hawaii can lead a person to places one never would have seen from a conventional vehicle. From pristine waterfalls to lush tropical forests teeming with wildlife, a mountain bike can be the ticket into the heart of Hawaii.



Lance Cpl. Jason E. Miller

Justin Krcha, a clarinet player with the MarForPac Band, shows his skills on a downhill section of the Aiea Loop Trail.

MCCS

MARINE CORPS COMMUNITY SERVICES
www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Debbie Baker, MCCS Public Relations

MARCH

Today

Get Lucky — Even if you're not Irish, St. Patty's Day parties are happening at both the Officer's Club and at the Staff NCO Rocker Room.

During this pre-St. Patty's Day celebration, the clubs will boast plenty of green beverages, pupus, dancing & billiards.

For more of the sham-rock skinny, call the O'Club at 254-7650 or the Staff NCO Club at 254-5592.

19 / Tuesday

Spring Community Aloha Fair — All base residents are invited to the annual Spring Aloha Fair inside the Enlisted Club Ballroom from 5:30 – 7:30 p.m.

Inside this Information Expo, guests will have an

opportunity to meet their new neighbors, discover a variety of on and off base business services, win fabulous door prizes and enjoy free, delicious Aloha Fair pupus.

Be sure to watch for your mailed invitation. For more information, call 254-7653.

Resume Workshop — Get the employment inside track during the Personal Services' free Resume Workshop, in Bldg. 3096 Room 1 from 10:30 – 11:30 a.m.

All authorized military ID cardholders are welcome to attend.

For more information or to make a reservation, call 257-7790.

Batter Up — Camp Smith is getting into full swing, with softball that is.

Camp Smith will host an Intramural Softball League, beginning in May.

An organizational meeting is scheduled April 9 in Bldg. 9, Room 129, at noon.

All team rosters must be submitted to the Camp Smith Athletics Office no later than April 30. For more information regarding the league, call Angela Pittman at 477-0498.

More Softball — A Spring Fling Softball Tournament is also scheduled at Camp Smith, April 27 and 28 aboard Bordelon Field at 8 a.m.

The entry fee per 15-player team is \$150.

Awards will be present-

ed to 1st and 2nd place teams.

The Spring Fling Softball Tourney is open to all authorized military ID cardholders who are 18 years and older.

For more information regarding the tournament, call Angela Pittman at 477-0498.

All-Marine Athletics — Any Marine interested in trying out for the All-Marine Triathlon, the Armed Forces Cycling Team or the Armed Forces Skeet Championship should contact the Semper Fit Athletic Office.

For further details regarding command sponsorship and resume requirements, call the Semper Fitness Center Athletic Office at 254-7590.

20 / Wednesday

LINKS — The next LINKS day session is set for Wednesday – Thursday at the LINKS House, Bldg. 3074 from 9 a.m. – 12:30 p.m.

All spouses interested in "getting in the military know" are encouraged to attend.

For more information, call 257-2368.

Before You Say, "I Do," — All newlyweds are invited to the two-day "Marriage Skills



Debbie Baker

Children can also search for the Easter Bunny during their egg hunt March 30.

Workshop," March 20 and 21 from 8 a.m. – 4 p.m. in Bldg. 216.

Couples in this seminar will benefit as they focus on communication skills, budgeting techniques, and the secrets of a successful military family lifestyle.

Spaces are limited and reservations are required to attend.

For more information, call 257-7780.

Federal Employment Workshop — Discover all the benefits of a federal job and learn the application techniques and guidelines to get in the system and to get hired during this free workshop held in Bldg. 3096 Room 1 from 9 – 11

a.m. For more information, call 257-7790.

21 / Thursday

Spouses' Aloha Orientation — All military spouses are invited to the quarterly Spouses' Aloha Orientation in Bldg. 267 Room 2 from 8:30 – 11:30 a.m.

This seminar will provide spouses new to the island an opportunity to meet and interact with other spouses as well as discover the many base and MCCS resources available to them.

Reservations are required and childcare is available, if requested when making a reservation.

For more information, call Marie Jesus at 257-7788.

23 / Saturday

Makin' a Dash for the K-Bay Spring Splash — Grab your suit, suntan lotion and — oh, yeah — the keiki and head to the K-Bay base pool for an open house Spring Splash.

Jet down the giant water slide, cannon ball off the high dive or simply relax in the Olympic-size pool.

Water Safety will provide introductory swim, surf, and diving lessons and swim assessments.

Manana Housing will have a Spring Splash March 30 at the base pool.

For more information for either K-Bay's or Manana's Spring Splash, call 254-7655.

25 / Monday

Spring Adventure — Youth Activities is accepting applications for children in grades K – 6 for Spring Adventure March 25 – 29.

Keiki will enjoy supervised sports, arts & crafts and field trips. Spaces are limited.

For more information call Youth Activities at 254-7610.

26 / Tuesday

Key Volunteer Basic Training — All spouses who are interested in becoming a Key Volunteer are invited to attend this training March 26 – 28 at the Key Volunteer Center, Bldg. 3022 from 5:30 – 8:30 p.m.

For more information, call Toni Spofford at 257-2410.

30 / Saturday

Easter Egg Hunt — Peter Cottontail plans to hop down the Youth Activities bunny trail to hide Easter Eggs.

All keiki are invited to attend the Youth Activities' Easter Egg Hunt at the YA Bldg. 5082.

Toddlers through age four will begin egg hunting at 9 a.m. and children ages seven and up will start at 9:45 a.m.

Rumor has it that the Easter Bunny will make an appearance, so bring the camera to capture the moment. For more information, call Youth Activities at 254-7610.

SM&SP



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

Program Review

Saturdays: Oceanside Paintball lets your "inner-predator" come out to play on Saturdays from 9 a.m. – 4 p.m. and Sundays, noon – 5 p.m.

Call for equipment rental fees.

April 13: The Spring Flag Football Classic will take place from 9 a.m. – 5 p.m. at Pop Warner Field. Teams will be 10-person with two subs, and cost is \$15 per team. Registration forms are available at SM&SP.

April 20: Interservice Paintball Tournament at the M C B H a w a i i Oceanside Paintball Field. Cost is \$175 per five man team, each team may have two substitutes. Registration fee includes prizes and all-day air. Awards will be given to the top three teams. Teams must register by April 18.

April 26: Shank & Slice Tournament at the Klipper Golf Course. Awards will be given out by a blind draw.

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

Spring splashes off at base pool

Debbie Baker
MCCS Public Relations

Grab the shades and the suntan lotion. Get out the swimming trunks and head to the pool to create a spring splash.

Marine Corps Community Services' Water Safety will host Spring Splash to kick off its Summer Swim Program Saturday, March 23 at the K-Bay main pool and Saturday, March 30 at the Manana base pool from noon – 4 p.m.

The Spring Splash is free and children of all ages are invited to try out a variety of water lessons.

Along with surfing, scuba and spring board diving lessons, children may also receive a free swim evaluation from the Water Safety's certified lifeguards to determine which swim program level is appropriate for their age and water skill.

In addition to this aquatic arena, Spring Splash will also feature free introductory tennis lessons.

More than great music, entertainment and demonstrations, Spring Splash is the surest venue to a safe, active summer. Go ahead — make a dash for the Spring Splash.

For more information on either the K-Bay or the Manana Spring Splash, call 254-7655.



Debbie Baker

Besides fun in the sun at the base pool, kids also get to learn swimming safety tips and receive free tennis lessons at the Spring Splash.

MOVIE TIME

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

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

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

Please show your ID at the box office.

Phone 254-7642 for recorded info.

Black Hawk Down (R)
Brotherhood of the Wolf (PG13)
Mothman Prophecies (R)
The Royal Tenenbaums (R)
Snow Dogs (PG)

Catch a free Sneak Preview of the:
20th Anniversary Reissue of E.T (PG)
Black Hawk Down (R)
Count of Monte Cristo (PG13)
Mothman Prophecies (R)
Black Hawk Down (R)
Brotherhood of the Wolf (R)

Today 7:15 p.m.
Today 10:30 p.m.
Saturday 7:15 p.m.
Saturday 10:30 p.m.
Sunday 3:30 p.m.

Sunday 7:15 p.m.
Wednesday 7:15 p.m.
March 22, 7:15 p.m.
March 22, 10:30 p.m.
March 23, 7:15 p.m.
March 23, 10:30 p.m.

Hawaii MARINE SPORTS

C-3, Hawaii Marine Sports Page

March 15, 2002

K-Bay sponsors slice it up at Klipper

Sgt. Alexis R. Mulero
Combat Correspondent

Marine Corps Base Hawaii gave thanks to private businesses that contributed to the Hawaii Marines' moral and welfare throughout the year by hosting the 8th Annual Mahalo Golf Tournament, at the Klipper Golf Course March 6.

More than 115 guests came to enjoy 18 holes of golf and a dinner buffet courtesy of MCB Hawaii and Marine Corps Community Services.

"This is our way of saying thank you for sponsors providing cash and products to different events on base," explained Debbie Bookatz, sponsorship and advertising coordinator, MCCS.

Local community sponsors provided more than \$300,000 in cash and products to different events such as Bayfest, races and tournaments, children's programs

on base, and Single Marine and Sailor Program activities.

"These groups' generosity and contributions help us make MCB Hawaii a better place to live, work and raise a family," said Brig. Gen. Jerry C. McAbee, commanding general, MCB Hawaii.

Besides the golfing experience, visitors received an unexpected visit from the base mascot, Cpl. Dano, who greeted them before they sliced it up on the beachfront course.

After completing the course, guests were treated to dinner inside the Fairways Ball Room and a presentation by base leaders, and were entertained with patriotic sounds by the Marine Forces Pacific Band.

For their gratitude, base officials awarded Certificates of Appreciation and plaques to the sponsors.

Dick Beaton, a tournament guest, said the event was a great way to thank all of the sponsors. "Thanks for the opportunity to come enjoy this great golf course."



Sgt. Alexis R. Mulero

Mahalo golfers enjoyed 18 holes of Kaneohe Klipper golf, as a show of appreciation for their support.



Gunnery Sgt. Rhys A. Evans

Golfers look downrange and contemplate the best way to maneuver along the fairway.

Equal opportunity conference sparks ideas

Cpl. Jacques-René Hébert
MarForPac Public Affairs Office

PEARL HARBOR — Equal opportunity advisors and representatives from the Marine Forces Pacific's subordinate commands gathered outside of the USS Arizona Memorial Feb. 26-28 to discuss the past, present and future of the Marine Corps' equal opportunity field.

Organized by Gunnery Sgt. Jessie Duff, equal opportunity advisor for Camp H.M. Smith, the conference delved into some of the problems with the field and the different approaches to making positive changes.

"Over all, the conference was very well-organized," commented Master Sgt. Duane Keys, equal opportunity advisor for MCB Hawaii, Kaneohe Bay. "The list of speakers was impressive. I believe it was a learning experience for all of us."

The scheduled presenters included such distinguished guests as the Anita K. Blair, deputy assistant secretary of the Navy; William E. Leftwich III, former assistant secretary of



Cpl. Jacques-Rene Hebert

Maria Mercedes Olivieri, assistant director for diversity, U.S. Office of Personnel Management, delivers a presentation on women and minorities in the federal workplace at Marine Forces Pacific's Equal Opportunity conference.

defense; Brig. Gen. John G. Castellaw, deputy commander of MarForPac; Maria Mercedes

Olivieri, assistant director for diversity for the U.S. Office of Personnel Management; and a

plethora of professors and other experts in the field.

"I'm quite excited at the

turnout and participation of the attendees," commented Lionel Rawlins, professor of criminology, physics and chemistry at California State University Sacramento and the University of Phoenix.

"With events such as this one, this field is only getting bigger, not only because of the increase of interest the (equal opportunity) advisors have in it, but the increase of awareness in people in general who we have to celebrate diversity rather than discriminate against it," explained Rawlins.

Rawlins, a former Marine Corps staff sergeant, gave an

eye-opening presentation on perceptions of the criminal justice system by different ethnic groups.

His presentation pointed toward a lack of equality and a need for improvement.

"We need to get more culturally sensitive and aware," expressed Rawlins. "We need to realize there are problems - and there are solutions."

The audience was receptive to the presentations and had plenty to say in the intermissions.

"The presentations like Mr. Rawlins gave are bringing forth a lot of issues that aren't normally spoken about and that people feel are too sensitive to be discussed in the open forum," explained Gunnery Sgt. Annette Taylor, equal opportunity advisor for MCB Camp Pendleton.

"The advisors have gotten this training already, but the ones who are really benefiting here are the

representatives who haven't taken the amount of courses we have," she added.

Ideas were discussed, myths were broken, and the participants walked away sure of the future of the equal opportunity field.

"The military is going to realize the value of having an advisor both at the commanding general level and at the battalion level," said Taylor. "Troop leaders need to be receptive and proactive, and come to the advisor and ask, 'Where are we now?' or, 'How can we improve?'"

In the end, the participants agreed that actions, not words, would be the future of the equal opportunity field.

"We need to step away from theories and concepts — those 'touchy-feely' things — and address cold, hard facts," stated Duff. "Now, it's an imperative that everyone take an active role in equal opportunities, not just for the betterment of the Marine Corps, but for the treatment of people in general."

And the band plays on



Sgt. Roman Yurek

Members of the Marine Forces Pacific Band's Brass Quintette performed for the Aikahi Elementary School Children's Fun Fair March 2. The band helps this school as part of the Adopt-a-School program.

MCB Hawaii retreat focuses on daily life, work

Cmdr. Jeff Rhodes
MCB Hawaii Base Chaplain

One of the most visible marks of a vital and growing Christian community is its ability and desire to fellowship together. At MCB Hawaii, we periodically celebrate our spirit of ecumenism through joint fellowship ventures between the Roman Catholic St. Michael's parish and the Protestant worshipping communities.

Such was the case on March 9, when both communities came together for a day of retreat on base at the Hale Koa Beach.

The theme of the retreat, planned by newly reported Chaplain Winnie Walmsley; assisted by Navy Capt. Joseph Estabrook, MCB Hawaii command chaplain, and Cmdr. Jeff Rhodes, MCB Hawaii base chaplain; Sister Marlene Miller, director of religious education, was "Fingerprints of God."

The focus was on how we see God daily at work in our lives and in our families.

Close to 40 people attended this retreat facilitated by Petty Officer 1st Class Kelvin Nicholas, leading petty officer at the base chapel; Petty Officer 2nd Class Reilanda Anckle, an administrative assistant at the base chapel; and Lance Cpl. Isaac Lynn, an administration clerk for the base chapel.

All of us at the MCB Hawaii Chapel invite everyone in our community to get involved with our chapel. If you are of a different faith tradition (Islam, Buddhist, etc.), we are more than happy to assist you in finding a place of worship on the island.

If you are new to the island and are looking for a place of Christian worship, we cordially invite you to attend the base chapel.

Religious education is offered for both the Catholic and Protestant communities. For more information, please contact the chapel at 257-5996.

We are here to serve you and assist you in any way possible, especially as we prepare for Easter, which is right around the corner.



Photo courtesy of Cmdr. Jeff Rhodes

Guests at the retreat take advantage of the Hale Koa Beach during the weekend religious retreat.

Volunteers recognized



Sgt. Alexis R. Mulero

(Left to right) Stephen Adams, 16 years old, won the Red Cross Youth Volunteer of the Year Award; David Haight, lifeguard manager for pools and beaches at Hickam Air Force Base, received the Red Cross Volunteer of the Year Award; and 3-year-old Ellie Havenstrite, who was recognized during the ceremony for donating her piggy bank which had a total of more than \$20 to help aid Sept. 11 victims. All three were recognized at a ceremony held at the Fairways March 1.

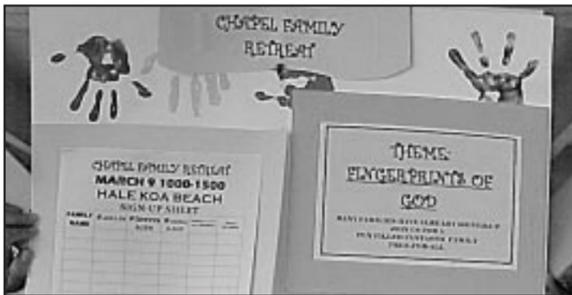


Photo courtesy of Cmdr. Jeff Rhodes

A sign up sheet was posted for the Chapel's families to show the support from the base for the Finger Prints of God retreat.

JARHEADS and SQUIDS by: J.R. WILLIAMS



WORD TO PASS

Mokapu Elementary Book Fair

Mokapu Elementary is holding a Book Fair Saturday through Friday.

Clifford, the big, red dog, will be visiting the "Book Fair Splash-off," from 10 a.m. to 2 p.m. Saturday.

A special Family Night will be held from 6 to 8 p.m. The Book Fair will also be open 8 a.m. to 3 p.m. on school days.

All are welcome to come join the fun and see all of the new titles that Scholastic Books has to offer.

New Thrift Shop Hours

The All Enlisted Spouses' Club Thrift Shop now has new hours.

The shop will be open Monday through Friday from 5:30 to 8:30 p.m.

For more information contact the Thrift Shop at 254-0841 or Christy Knight, the All Enlisted Spouses' Club president, at 253-0126.

USAA Financial Planning

While thousands of U.S.

troops have been called into action, thousands more stand ready to deploy, leaving their families to handle the daily routine.

The spouse must tackle everything from taking care of the children to paying the bills; yet, USAA is able to make things easier for deployed military personnel — ensuring families aren't fighting their own financial and legal battles back home.

Get your copy of the Deployment Guide, which offers members of the military help in arranging their personal finances before they leave home for military commitments abroad.

The guide contains helpful tips on preparing financially, legally, and emotionally for separation from loved ones.

Also in this booklet is a two-page checklist for important arrangements that are best made before a servicemember leaves for duty, and a list of important business and emergency contacts to complete and leave with loved ones.

Servicemembers can call toll-free 877-2DEPLOY or 877-233-7569 to get your free publication.

A member-owned association, USAA has served the insurance and financial services needs of U.S. military personnel since 1922.

Hawaii Maritime Center Welcomes Reenlistments

Will you be reenlisting soon? Are you looking for a special place to hold the ceremony? Consider the historic "Falls of Clyde" ship, the first, four-masted ship ever to fly the Hawaiian flag, now docked at Pier 7, next to the Aloha Tower Market Place.

The \$50 fee includes 10 free, same day-admissions (a \$60-\$75 value). Fees are used to help promote Hawaii's rich ocean heritage. For more details, call 523-6151.

