

Hawaii MARINE SPORTS

Hawaii Marine C Section

May 10, 2002

Team Bruno takes K-Bay by storm, literally

**MCB Hawaii Public Affairs Staff
and Steve Kalnasy**
Varsity Sports Coordinator, MCCS

Bruce Willis and cast from the upcoming film "Hostile Rescue" took K-Bay by storm, literally, Sunday in what turned out to be a softball slug-fest, at times in the driving rain.

Willis and fellow stars from the movie, currently being filmed here in Hawaii, took time out of their busy production schedule to visit Marines, Soldiers, Sailors and their families aboard Marine Corps Base Hawaii, to play some softball and to eat some fabulous chow provided courtesy of Planet Hollywood.

The skies opened-up as Willis arrived at the softball diamond early Sunday afternoon, and the games appeared in jeopardy.

After signing autographs and taking dozens of photos with star-struck service members and their families, Willis was the first to say "Let's play some ball," when the rain let up.

The Hollywood A-list actor, his co-

stars, and service men and women, hit the soggy field.

Early action on the diamond was intense, and Willis set the tone, frequently sacrificing his body in the muck and mud for his team, which consisted of fellow actors, Soldiers and Sailors. They took on the host Marine team.

Former Marine Charles "Silk" Ingram served notice "Team Bruno" was serious about playing ball when he went deep over the center field fence in his first at bat.

Willis himself hit a "seeing-eye" single hard to the feet of the Marines' shortstop and beat the throw to first base.

After three more hits, a score by Willis, and the Marines realized they were in for a game.

The Marines would battle back in a classical Marine Corps counter-offensive and eventually seal the win, 10-8, but no one really paid attention to the score.

One of the world's most famous celebrities and his fellow actors had taken one of their few afternoons off and spent it with service members and their families, just playing ball, eating and having a good time.

One Marine who played on the team opposite Willis was Gunnery Sgt. Julian Wynn of 1st Radio Bn., who explained "We thought the game would be more of a cakewalk. We were surprised at how well they played."

He continued "It wasn't your average neighborhood pick-up game either; these guys came to play."

After a short break consisting of lunch, more autographs and pictures, Willis and team hit the field again for more softball action, leaving it all on the field.

The tournament was actually Bruce Willis' idea as a way to show his appreciation to the military here in Hawaii for all they do and for their support in making his upcoming movie "Hostile Rescue."

"We wanted to have fun, play some ball, and say thanks," said Willis



Sgt. Robert Carlson

No Hollywood perks here. Willis left it all on the field during Sunday's game.



Sgt. Robert Carlson

Bruce Willis races to third base during early action.



Sgt. Robert Carlson

Bruce Willis and the other players enjoyed a meal provided by Planet Hollywood between the action on Sunday.

in an understatement.

His visit left some people emotionally exhausted after meeting their favorite star, some physically exhausted after playing serious softball and some just plain full after eating the generous hamburgers, hot dogs and side dishes provided by Planet Hollywood.

After the final out, more autographs and photos, Willis and crew waved farewell and departed, having accomplished their mission.

They played some pretty good softball and spent a special afternoon with service members and their families, a long way from home.

Young fishermen 'reel it in' at Day on the Docks tournament

Lance Cpl. Jessica Mills
Sports Editor

The MCB Hawaii, Kaneohe Bay, Outdoor Recreation Center and Marine Corps Community Services hosted the 4th Annual Day on the Docks, a family fishing tournament at the K-Bay Marina Docks, Sunday.

Fifty-four participants registered for the fishing tournament, which was open to all military families, Department of Defense civilians and their guests. The registration fee included a free Day on the Docks T-shirt, a bamboo pole, bait and lunch.

At the beginning of the tournament, the Marina staff demonstrated water safety tips and steps that their lifeguards take to save a drowning victim.

Marine Corps Community Services set up five booths for children and their parents, each one promoting a different program offered.

Families enjoyed games and activities throughout the day such as fish and face-

painting, a bouncy house, a shark-toss game, information about the environment and free gifts.

"This was a great outing for the kids. It was a chance to expose them to their first adventure in fishing in a controlled area," said Jeff Stuart, a cardiologist at Tripler Army Medical Center. "Everything was set up for the kids ahead of time, so it was easy to just come out and enjoy ourselves," he added.

Each time children caught a fish, they brought it to the official's booth to be measured and weighed.

The children were competing for the biggest fish, the smallest fish, and the most fish by weight.

First, second and third place winners in each age group received awards, as did the youngest girl and boy who caught fish.

Participants received prizes through a blind draw, including books on tape provided by the K-Bay library, and free lunch vouchers from Woody's Hot Dogs.

Tournament sponsors, Marine Corps



Lance Cpl. Jessica Mills

Shannon Roberts, 7, and her dad, Charles Roberts, a wire chief for CSSG-3, brave the storm together in an effort to win a prize at the tournament.

Exchange, Izuo Brothers and the United Benefit Financial Services, donated the prizes.

Many of the participants and their families left early before the awards ceremony.

See FISHING, C-4

SPORTS BRIEFS

3rd Marines Holds 10K and 10-Mile Race, Saturday

The running event of the year, the 9th Annual 3rd Marine Regiment 10K and 10-mile runs, will be held Saturday at 7 a.m. on Pop Warner Field aboard MCB Hawaii, Kaneohe Bay.

The race is open to the general public with registration fees of \$15 for individuals and \$100 for 10-person formations.

Come run for yourself, or represent your unit as a formation.

The event is part of the Commanding General's Semper Fit series.

For more information, contact Steve Kalnasy, varsity sports coordinator at 254-7590 or 254-7591.

Register now at the Semper Fit Center.

Splash to Fitness

Make a splash today and get ready for summer with Water Safety's water aerobics class offered at the base pool Tuesdays through Saturdays.

Classes are \$2 per session, or purchase a \$15 coupon book (for 10 sessions, averaging \$1.50 per class), available at the pool.

Water Aerobics classes are free for active duty military.

Water Safety is also accepting applications for ongoing children's swimming lessons.

For details on the Water Aerobics classes, including class times and starting dates, contact Water Safety at 254-7655.

Share the Aloha of Health

The military community is invited to the 2002 Aloha Muscle and Fitness Extravaganza May 25-27 at the

Hawaiian Convention Center.

Scheduled for the main stage is the "Slay the Dragan" event.

Dragan Radovich is a man who is world-renown for his physical and mental endurance.

He is 53-years old, stands at 6'3" and weighs 175 pounds.

His exhibition is extremely physical, exciting, fun and challenging.

Dragan will challenge "teams" of up to eight people in a unique test of strength and endurance.

The total combined number of repetitions with a 35-pound dumbbell in each hand at the finishing time is the final count. If any team completes a combined number of reps greater than Dragan's, that team will be awarded \$10,000 in cash.

Each service can supply two teams each day to compete against the other services, with teams competing for the most repetitions. The winning team will be awarded \$1,000 in cash to be donated to the winning branches' athletic facility.

There is no entry fee for any of the events, but teams must have a roster in by today.

The two mentioned events take place May 26 and May 27 at 2 p.m. in Exhibition Hall I at the convention center.

For more information or any further questions, call Keith Jones, promoter of the extravaganza, at 306-6321.

Age 30 + Needed for Basketball

Anyone interested in playing age 30 + basketball

should attend a meeting May 21 at 2 p.m. in the Semper Fit Center Gymnasium.

Volleyball Players Wanted

The Intramural Sports Division of Marine Corps Community Services is trying to start a base Volleyball league.

Players needed to create teams.

For more information on the league, contact Joe Au, intramural sports coordinator, at 254-7590.

Windward Marathon Scheduled May 19

Fifteen to 20 volunteer course marshals are needed for the Windward Marathon in Kailua, May 19, from 5:30 until 9:30 a.m.

Free T-shirts will be supplied to volunteers.

Deadline for volunteer sign up is Sunday.

For more information, contact SM&SP Coordinator, Leslie Graham at 254-7593.

Bayfest Arrives Soon

The ever-popular BayFest is coming around the corner soon, and MCCS is looking for volunteers to help operate events.

New attractions such as the Sumo wrestling event and the inflatable boxing arena are in the works.

For more information, please contact SM&SP Coordinator, Leslie Graham at 254-7593.

Sports Ticker

Day on the Docks Fishing Tournament Winners:

0 to 4 years old

1st place - Justin Gutierrez, 2
2nd place - Ellie Havenstrite, 3

5 to 8 years old

1st place - Brooke Stewart, 6
2nd place - Shastine Barton, 7
3rd place - Shannon Roberts, 7

9 to 12 years old

1st place - Samantha Windham, 10
2nd place - Wyatt Barton, 12
3rd place - Bryce Kuhn, 10

MAG-24 Triathlon Winners :

Male overall -

1st place - Chad Seymour 58:58
2nd place - Christopher Larson 59:14
3rd place - Sean Maroney 59:45

Female overall -

1st place - Susan Burr 1:03:01
2nd place - Tina Eakin 1:06:38
3rd place - Samantha Khoo 1:07:50



Sgt. Robert Carlson

Base All Stars

NAME: Pfc. John Romero

BILLET: AAV Crewman

UNIT: Combat Support Co., 3rd Marine Regiment

POSITION: Bicyclist

SPORT: Triathlon

HEIGHT: 6'

WEIGHT: 180 pounds

• This was his first triathlon, and he entered the team category with two other CSC Marines.

• He was covering for another Marine who couldn't do the race, and he had to borrow a bike to ride.

• The bike broke at the 5-mile mark, and he ran, with the bike, the last 6.1 miles to the changeover point.

"I had to borrow someone's bike, and I guess it wasn't such a great bike."

Oahu runs, bikes, swims at MAG-24 triathlon

Story and Photos by
Sgt. Robert Carlson
Press Chief

Marine Corps Base Hawaii, in conjunction with Marine Corps Community Services and Marine Aircraft Group 24, hosted the 6th Annual MAG-24 Sprint Triathlon Saturday.

The race, part of the MCB Hawaii Commanding General's Semper Fit

Series, took racers out into the bay for a 500-meter swim, down the flightline and around the hills for an 11.1-mile bike ride, and then across the golf course and through the MAG-24 area for a 3.5-mile run.

Waikiki resident Chad Seymour, 20, crossed the line first with a time of 58:58, and took the overall win. The first female finisher was Susan Burr with a time of 1:03:01.

The race included athletes from all age groups, both male and female, and in the team competition, one member swam, one biked, and the other ran.

"This is the best-organized sprint triathlon on the island, and that's one of the only reasons I compete in it," said Kevin McCoyd, 1st Radio Bn.'s S-4 officer.

McCoyd, who races in dozens of triathlons each year, and usually does not do sprint triathlons, finished first in his age group with a time of 1:03:50.

The sky was overcast as the sun came up over the bay, and the race was finished before the Hawaii sun broke through the clouds.

"It was perfect weather for a triathlon," McCoyd said.

The weather wasn't the only thing that made the race a success. More than 170 Marines and Sailors from MAG-24 volunteered to support their command.

"Without the support of MAG-24, we wouldn't be able to do this



Racers round the final corner of the 11.1-mile bike portion of the event.

type of event on base," said Steve Kalnasy, MCCA varsity sports coordinator. "They provide all of the logistical support, and they're really the ones who give this race the reputation it has."

"There's a race nearly every weekend on Oahu, so for these racers to pick our triathlon really says a lot," he added. "This race is considered the safest and best supported triathlon because of the Marines and Sailors who help before, during and after the event."

Marine Aircraft Group 24 will receive a percentage of the race's earnings for its unit fund.

"It's a direct benefit the troops see immediately," Kalnasy said.

Some MAG-24 Marines and Sailors also had the opportunity to race.

"We had some of our Marines and Sailors participate in their first triathlon," said Maj. Robert Krekel, MAG-24 operations officer. "If we weren't putting the event on, many of them wouldn't have been able to participate because of their mission requirements."

"This really helped increase the overall fitness of a lot of MAG-24 Marines and Sailors."



Chad Seymour crosses the finish line with a time of 58:58, taking the overall win.



Racers pound through crowded waters toward the shore at the end of the first leg of the triathlon, the 500-meter swim.

2/3 Marines pull their weight for Special Olympics

Lance Cpl. Jessica Mills
Sports Editor

Twenty-one Marines from Golf Co., 2nd Bn., 3rd Marine Regiment, volunteered their time at the Special Olympics Strongest Da Kine Contest at Kapiolani Park April 21.

Special Olympics held the contest as a fundraiser for upcoming events. All par-

ticipants paid a registration fee and volunteers sold food and refreshments to help raise money.

Early in the morning, before the contest began, Marines set up roadblocks and tents. Once complete, they stayed throughout the day to fill positions as contest officials, by timing and measuring different events and keeping them running smoothly.

Golf Co. supplied volunteer medical assistance for both the participants and the spectators.

"We were the only medical personnel out here today, so we were prepared to assist anyone who needed emergency care," said Nick Day, corpsman for Golf Co.

A total of 16 teams with 10 people each participated in two team events: the fire engine pull and the Tesoro truck pull. Team members also registered separately for two individual events: the fireman's walk and the Saturn pull.

The fire engine pull was scored based on the fastest time a team pulled a fire engine down the course, while the Tesoro truck pull was scored by the lowest combined weight of each team as they pulled a 12-ton Tesoro truck.

During both events, a Marine stood as the whistle blower, two more Marines served as timekeepers, and two other Marines stood behind each team to keep the slack of

their rope from interfering.

"Basically, we came here to help with all the manual labor, but the Marines seemed to be having a good time," said Jim Lanham, company gunnery sergeant, Golf Co., and whistle blower during the competitions. "It's a volunteer, but it's really not bad at all.

"We try to do this often. We volunteered twice when we were in Okinawa, and we are volunteering at the Special Olympics' Summer Games in about a month and a half."

Marines also assisted in the individual events. During the fireman's walk and the Saturn pull, they prepared the weight and stood as timekeepers.

"This was a chance to get out and do something as a platoon. It brings us a lot closer together, and it's for a good cause," said Michael Pokemblo, a rifleman for Golf Co. "Not to mention, we have been in the field for a while, so this was a nice change of pace."

Marines gave the participants plenty of support. As contestants came up to test their endurance, a group of Marines stood off to the side and cheered them on for motivation.

"They helped set up and conduct all the events; it really helped us out a lot to have them here. Plus, I think it helped motivate the contestants to have Marines cheer them on," said Melissa Blake, spe-



Lance Cpl. Jessica Mills

The Marines stood off to the side cheering on the participants during the Fireman's walk, while keeping time.

cial events manager for Hawaii Special Olympics.

The Marines' morale seemed to stay high all day long, and toward the end of the competition, one group competed in the Tesoro truck pull, although they did not compete for score.

"We were the only volunteers here, so we assisted in any positions needed. We're here to give something back to the community, since we are fortunate to be here in Hawaii," said Mike Wilonsky, commanding officer of Golf Co. "We also want to show the Marines the bigger picture of what they are capable of doing outside of military functions."

For more information on Special Olympics events, visit www.specialolympicshawaii.org.



Lance Cpl. Jessica Mills

Michael Pokemblo, a rifleman with Golf Co., 2/3, holds the rope up during the Saturn pull.

FISHING, From C-1

emony, due to rain, although some of the young fishermen braved the storm and finished the tournament to claim their prizes.

During the storm, some children ran up and down the docks, playing games and enjoying the refreshing downpour, while others huddled up against their parents hoping for a bite on their line.

Samantha Windham, 10, caught a 5-pound, 8-ounce puffer fish and took the grand prize, a bike donated by United

Benefit Financial Services. She also won the Most Fish weight category.

Six-year-old Tristan Baldwin, with a 1-ounce fish that was of unknown species, won the award for the smallest fish caught during the tournament.

The youngest girl and boy to catch a fish during the day were 3-year-old Ellie Havenstrite (who caught a 14-ounce Lae) and 2-year-old Justin Gutierrez (who caught a 1-pound, 6-ounce puffer fish).

"We wanted to make sure everyone had a good time and went home with something,"

said Neil Morgan, K-Bay Marina and Outdoor Recreational Services manager.

During the awards ceremony, the officials tried to ensure that all the kids who stayed during the storm left with some type of prize.

"This is really a great program. Not only does it give back to the community, but it offers parents and kids a chance to do something together during the weekend that they normally might not do," said Linda Read, program coordinator for Personal Services.



Lance Cpl. Jessica Mills

Hayden Kerzie, 3, lays back in his chair and waits for a bite.

Marines storm NASCAR scene in California

Staff Sgt. Steven Williams
Recruiting Station San Diego

Former NASCAR driver Darrell Waltrip probably said it best when he recently broadcasted that the Marines were all over the place at the California Speedway in Fontana, Calif.

Race fans were on their feet to cheer the Marines appearing in the opening ceremonies at the Auto Club 300 race April 27.

"Makes me wish I was still in," said Albert Fonnell, a former Marine from Palmdale, Calif. "Seeing something like this makes the pride well up inside of you."

Several Marines were honored in the ceremony for their recent participation in Operation Enduring Freedom. A Marine formation from Marine Expeditionary Unit Service Support Group 15, Camp Pendleton, Calif., stood tall on the infield flanked by a color guard from Marine Corps Air Ground Combat Center, Twentynine Palms, Calif.

Buzzing the stadium were a UH-1N Huey and an AH-1 Cobra helicopter from Marine Light Attack Helicopter Squadron 169, and two CH-53E Super Stallion helicopters from Marine Heavy Helicopter Squadron 465, all from 3rd Marine Aircraft Wing, Marine Corps Air Station Miramar, Calif.

"So many people woke up with September 11," said Fonnell. "That helicopter thunder is music to everyone's ears now."

For the race, the rotor-wing squadrons' stuck decals on both quarter panels of the Team Marines Racing car driven by Bobby Hamilton Jr.

Above the car's right quarter panel was a decal with a hometown hero's name: Corporal David Howard, a Marine with MSSG-15 and a 1987 graduate from Del Mar High School in San Jose, Calif.

Since March, when Team Marines entered racing action at Darlington

International Raceway, the Team has adopted a "hometown hero" program to honor individual Marines and their efforts.

Howard greeted the drivers during introductions in opening ceremonies, and then he climbed to the box above the start line and waved the green flag as an honorary starter.

When his command told him he would be waving the flag and having his name on Team Marines' NASCAR, Howard thought they were playing a joke. "I wouldn't believe them. It took them a while to convince me it was true."

Howard humbly said he was proud to accept the honor of representing all Marines who have been or are still deployed defending the country.

Howard and the rest of MSSG-15 stayed to watch the race as pilots from the flyover shuttled back to watch the race from VIP terrace suites, and Marines in Dress Blue "D" uniforms filled the Team Marines pit.

Included in the pit were Maj. Gen. Jan C. Huly, Marine Corps Recruit Depot, San Diego, and Western Recruiting Region commanding general, and Col. Angela Salinas, 12th Marine Corps Recruiting District commanding officer.

Recruiters from Recruiting Substation Riverside hosted a Chin-up Challenge in the vending area during the Busch and Winston Cup racing days.

"We got a lot of exposure out of it," said Miguel Flores, a RSS Riverside recruiter. "There were people from all over the place out there."

Marshall K. Day, assistant training officer for Marine Corps Communication Electronics School, MCAGCC Twentynine Palms, brought more than 300 Marines from the school. They weren't decked out in Marine Corps uniforms, but they presented the Marine appearance as they con-



Staff Sgt. Steven Williams

David Howard, the Marine from MSSG-15 chosen to be honorary starter, waves the green flag to start the Auto Club 300.

trolled traffic, gates and pedestrian activity.

They donned PT greens after the Auto Club 300 race and ran one lap around the speedway and through more than 10,000 fans camping on the infield.

Many fans were packed into a Joan Jett concert at the infield's edge, but that didn't stop the Marines from adding their cadence to Jett's rock and roll.

Jett leaned back when she noticed them, grinned ear to ear and jammed even harder on her electric guitar.

The Marines in the NASCAR weekend events at California Speedway stamped an undying image of the United States Marine Corps on celebrities and sports fans alike.

Whether they already had their American flags flying high or not, everyone got a chance to really remember why they are able to live their lives in freedom.

They had the United States Marines to thank.



Staff Sgt. Steven Williams

A UH-1N Huey and an AH-1 Cobra helicopters from HM-LA-169, and two CH-53E Super Stallion helicopters from HMH-465, fly over the cheering California Speedway crowd.

HEALTH & FITNESS

Celebrate mental well-being

Tips available for parents and caregivers during Mental Health Month

Naps
Featurettes

You may not realize it, but chances are a child or adolescent you know has a serious mental health need. In fact, mental health problems affect one in five young people.

Mental health problems are painful-emotionally, spiritually and socially-especially for children and adolescents. Words that make fun of mental health create a sense of shame, guilt and loss of self esteem. Children and adolescents exposed to such a negative view of themselves feel rejected, lonely and isolated. For a child with a mental health problem, this "stigma" is often the greatest barrier to a complete and satisfying life.

You can help. There are many things that parents and caregivers can do to support children's emotional health and well-being.

May, officially recognized as "Mental Health Month", is a perfect time for parents and caregivers to focus on this issue. You can demonstrate your support for Mental Health Month by doing the following:

- Learn more about mental well-being in children
- Celebrate the accomplishments and strengths of children
- Foster self-worth and independence in children
- Help children express

their feelings

- Promote mutual respect and trust
- Recognize the strengths in all children
- Appreciate each child's uniqueness
- Encourage individual talents
- Help children set goals based on their abili-

ties and interests

- Show confidence in their ability to handle problems and tackle new experiences
- The Caring for Every Child's Mental Health Campaign is part of the Comprehensive Community Mental Health Services for

Children and Their Families Program of the federal Center for Mental Health Services.

Parents and caregivers who wish to learn more about mental well-being in children can call 1-800-789-2647 (toll-free) or visit www.mentalhealth.org/child



NAPS



MHA accepts donated vehicles

Donate any vehicle (running or not, licensed or not) to the Mental Health Association in Hawaii.

Donors can receive tax deductions for donated cars, vans, trucks, motorcycles, and boats.

Vehicle donations support its efforts to improve mental health services for all.

Contact 521-1846 for more information.