

# Legendary waterman teaches ocean safety class at PARC

**BILL MOSSMAN**

Staff Writer

WAIANAË – When it comes to water safety risk management, nobody's advice carries more weight than that of legendary waterman Brian Keaulana.

Over the years, people from around the world have sought his counsel on ocean-related activities – particularly his revolutionary techniques in rescuing surfers from big-wave competitions.

Even Hollywood has tapped into his expertise on occasion, using his talents as an instructor and stuntman in such films as "Waterworld," "In God's Hands" and "Blue Crush."

Now, the Hawaii Military Surfing Or-



Photo Courtesy of Hawaii Military Surfing Organization

A surfer with the Hawaii Military Surfing Organization (HMSO) rides a wave while keeping an eye on a fellow surfer to his right. "Right of way" and surfing etiquette will be one of many topics discussed during an Ocean Safety Day, Oct. 4, hosted by the HMSO at Piliilau Army Recreation Center at Pokai Bay.

For more information on HMSO or to register for the ocean safety class, call Dan Wilson at 471-1153 or e-mail at [dwilson27@hawaii.rr.com](mailto:dwilson27@hawaii.rr.com).

ganization (HMSO) is following suit, asking Keaulana to help lead an upcoming ocean safety class for service members and their families.

Billed as HMSO Ocean Safety Day, the inaugural event will take place, Oct. 4, from 9 a.m.-noon, at the Piliilau Army Recreation Center (PARC) at Pokai Bay. Aside from gleaning pearls of wisdom from Keaulana, those who register will also have an opportunity to try their feet at stand-up paddle surfing, with the aid of instructors from C4 Waterman. All paddling equipment will be offered free of charge, with a valid driver's license or military ID.

According to Keaulana, the class is a great way for fledgling surfers to get their feet wet in the sport, as well as learn about the dangers that exist in Hawaii's coastal waters. A former life-guard for the City and County of Hon-

olulu, Keaulana has personally witnessed many tourists, even newly arrived military families to the islands, get into trouble at beaches around Oahu.

It's one of the main reasons he routinely gives classes on water safety.

"The ocean is not a swimming pool. It does have hazards," said Keaulana, who introduced the practice of big-wave rescues by using a personal watercraft such as a Jet Ski and a modified bodyboard for towing purposes, nearly two decades ago. "But you can reduce the risks through education."

His advice? For the novice, don't be so eager to try your luck at such famous surf spots as Banzai Pipeline, Sunset Beach, Kaiser Bowls or Waimea Bay. Instead, he encourages beginners to match their abilities to a location. Beginning surfers often find ideal wave conditions at Barbers Point, inside Haleiwa, Waikiki Beach, Chun's Reef and Puena Point.

Once a spot has been found, Keaulana encourages beginners to learn about the

dos and don'ts of the sport before sharing the surf with others. Often, the novice will accidentally get caught paddling in a take-off zone, or, unknowingly, cut in front of another surfer for the next wave, and thus break the "right of way" rule. Such etiquette violations often lead to physical confrontations, Keaulana explained.

"In surfing, it's not like skiing, where everyone is on a lift and they take turns," he said. "Surfing is a lot more complex. Everyone is sitting in different lineups, and if you're drifting around, you can actually get in someone else's way."

"Reading the surf spot is one of the best things they can learn," Keaulana continued. "That's why, when we're teaching people about water safety, we tell them to find places where there aren't too many people. Or if there is a lot of people, then stick more to the shoulder

of the wave, and avoid the impact zones."

One such spot that is conducive to surf instruction is at PARC's Pokai Bay.

"We chose Pokai Bay because it is an area with a protective groin, and that gives us controllability," Keaulana explained. "There are no currents there, so it's a classroom where we can

teach people and provide baby steps for them to experience and learn more about surfing."

Above all, Keaulana wants his students to enjoy one of Hawaii's favorite outdoor activities.

"The main thing is, just have fun," he said. "And when you're having fun, you'll actually want to learn more."

Learning to enjoy surfing, of course, is one of the chief aims of event sponsor, HMSO. The club, which was originally formed in the 1960s, has been



Keaulana

making somewhat of a comeback in recent months, following a period of dormancy earlier this decade.

Made up of service members from all branches of the military, HMSO is a rather unique brotherhood between those who surf and those who serve their country, said Lt. Col. Dan Wilson, commander, Detachment 4, Joint POW/MIA Accounting Command (JPAC), and board member with the club.

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**Brian Keaulana,**  
Water Safety Expert

And because of the members' unique ties, he added, there's a sense of obligation in tutoring novice military surfers about the sport and local etiquette.

"One of the reasons we formed this club with a new group of guys was to increase the cooperation and the sense of ohana between Hawaiian surfers and military surfers," Wilson explained.

And while the club is helping to educate fledgling surfers with its upcoming ocean safety class, it's also reaching out to veterans through its Wounded Warrior Surf Program. The course allows returning service members the opportunity to, through small-group sessions, experience what program organizers call "the healing power of the ocean through surfing and being immersed in the water."

"For us, surfing is our therapy, our stress relief," Wilson said, "so we want to share that with other people who need help more than we do."

## TAMC heart device approved, deploys to Pacific areas

New device helps primary care physicians discern between innocent and serious conditions

**TRIPLER ARMY MEDICAL CENTER**

News Release

HONOLULU – A new, unique heart sound recording device, designed and tested at Tripler Army Medical Center (TAMC), received Food and Drug Administration (FDA) approval in August.

The "Signal" device system, used in conjunction with TAMC's telemedicine system, will bring advanced diagnostic capabilities to six Department of Defense medical facilities in the Pacific region.

With funding from the Telemedicine and Advanced Technology Research Center, and in collaboration with Zargis Medical, Inc., the device is the culmination of a six-year project to design a high-quality, user-friendly system for remote cardiology evaluation.

For more information, contact Lt. Col. C. Becket Mahnke at [Christopher.Mahnke@us.army.mil](mailto:Christopher.Mahnke@us.army.mil) or visit <http://www.2.tamc.amedd.army.mil/path>.

It is designed to record multiple heart sounds simultaneously, working seamlessly with TAMC's telemedicine system called PATH (Pacific Asynchronous TeleHealth).

"We see a lot of children with heart murmurs from remote sites like Guam or Korea," said Lt. Col. C. Becket Mahnke, chief of Pediatric Cardiology. "Most of these are innocent heart murmurs, but it is difficult for primary care providers to make that determination with confidence. These referrals of patients with normal findings generate unnecessary costs and significant parental stress."

Congenital heart disease affects approximately one percent of all children, but more than half of all pediatric patients will have an innocent heart murmur detected at some point in their life.

Research has shown that primary care providers have difficulty diagnosing the innocent heart murmur, making the evaluation of a new heart murmur the most frequent reason for pediatric cardiology consultation.

Pediatric cardiologists, in contrast, can often



Pediatric Cardiology Technician Jill Inafuku applies the six sensors to Brice Conniff, son of retired Staff Sgt. and Mrs. Michael Conniff for acquiring cardiac heart sounds.

accurately diagnose the innocent heart murmur by examination with a stethoscope alone, thereby eliminating the need for more costly imaging studies like cardiac ultrasound.

"The Signal device, used in conjunction with PATH's Heartsounds module, allows TAMC's pediatric cardiologists to listen to children's hearts without the need for travel. This improves access to pediatric cardiology care and reduces costs by eliminating the need for travel," said Mahnke. "Also, those with suspected abnormalities can be seen sooner, thereby improving the quality of care delivered."

Because children often have difficulty remaining still and quiet, the device's six sensors capture a complete set of sounds in as little as 20 seconds versus the five minutes it took in the past.

"We tried several digital stethoscopes before we helped design the Signal, and they were all very cumbersome and time consuming," said Jill Inafuku, pediatric cardiology technician. "The Signal

### Clinic hours at TAMC

#### Adult Medicine Clinic

Hours: Monday-Thursday, 7 a.m.-6 p.m.,  
Friday, 7 a.m.-4 p.m.

Sick Call: Monday-Friday, 7-8 a.m.

#### Family Medicine Clinic

Hours: Monday-Thursday, 8 a.m.-4 p.m.  
and evening clinic, 5-7 p.m.  
Friday, 8 a.m.-4 p.m.

Sick Call: Monday-Friday, 7:15-7:45 a.m.

#### Pediatrics/Adolescent Clinic

Hours: Monday-Friday, 8 a.m.-4 p.m.  
Saturday, 10 a.m.-4 p.m.  
(by appointment only)

### TAMC Pharmacy Hours

#### Family Medicine Clinic

Hours: Monday-Thursday, 8 a.m.-7:30 p.m.  
Saturday, 8 a.m.-4 p.m.  
Closed Sundays, federal holidays

### Clinic hours at SBHC

#### Family Medicine Clinic

Hours: Monday-Thursday, 7:30 a.m.-4 p.m. and evening clinic until 5:30 p.m. (by appointment only)  
Friday, 7:30 a.m.-4 p.m.  
Saturday, 8 a.m.-3:30 p.m.  
(by appointment only)

#### Pediatrics/Adolescent Clinic

Hours: Monday-Friday, 8 a.m.-4 p.m.  
(closed from noon-1 p.m.)

Walk-in hours for immunizations only,  
8-11 a.m. and 1-3 p.m.

#### Acute Care Clinic

Hours: Monday-Sunday, 6 a.m.-9 p.m.  
(Current operating hours as of 9/4/09.)

system allows for quick, patient-friendly recording, with easy transfer to PATH, so the doctor can review."

Beginning mid-September, Mahnke and his Heartsounds team will deploy six Signal devices throughout the Pacific region for routine clinic use at sites in Guam, Korea and Japan.



Send sports announcements to  
[community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

### 26 / Saturday

**Kuau Rockin' Surf Competition** – Due to last weekend's weather conditions, the Marine Corps Base Hawaii and Marine Corps Community Services Kuau Rockin' Surf Competition was rescheduled and will take place, Sept. 26 and 27, 7 a.m.-4 p.m., at Pyramid Rock Beach – surf conditions permitting.

Participants can enter in the men's or women's shortboard divisions and/or the longboard division. Cost to enter one division for civilians is \$25; active duty military, \$15. Add \$10 if entering a second division.

Entry fee also includes a commemorative T-shirt. Call 254-7655.

## October

### 3 / Saturday

**Volksmarching Club** – Join the Menehune Marchers Volkssport Club on a 5K or 10K volksmarch (walk), Oct. 3, in Moiliili starting at the Ala Wai Community Park (2015 Kapiolani Blvd.) Participants can start anytime between 7:30 a.m. and 11 a.m., and finish by 2 p.m.

For more information, contact Marsha at 395-9724, or visit <http://www.ava.org/clubs/menehunemarchers/>.

This event is free, and IVV credit, if desired, is available for a nominal fee.

### 4 / Sunday

**Ocean Safety Day** – The members of the Hawaii Military Surfing Organization (HMSO) will host an ocean safety class, Oct. 4, 9 a.m.-noon, at the Piliilau Army Recreation Center (PARC) at Pokai Bay. Learn how to read the surf spot, "right of way" and local etiquette from renowned Hawaiian ocean safety expert Brian Keaulana.

The event will be followed by the chance to try stand-up paddle surfing with a team of instructors from C4 Waterman. All paddling equipment will be provided free of charge, with a valid driver's license or military ID.

For more information or to register, e-mail Dan Wilson at [dwilson27@hawaii.rr.com](mailto:dwilson27@hawaii.rr.com). (For more details, see related story on this page.)