

FLIGHT JACKET

3RD MARINE AIRCRAFT WING MCAS MIRAMAR



MARINE CORPS AIR STATION MIRAMAR, CALIF.

JUNE 2013



NOT ON
THEIR
FLIGHT
LINE

3rd MAW Marines awarded for heroic actions



U.S. Marine Corps Capt. Christopher Prout with Marine Fighter Attack Squadron (VMFA) 232, Marine Aircraft Group 11, 3rd Marine Aircraft Wing shoots an AIM-7 Sparrow missile from an F/A-18C Hornet while participating in a deployment for training (DFT) near Tyndall Air Force Base, Fla., May 16. (Photo by Capt. Christopher Prout)

ON THE COVER:

An MV-22B Osprey cools down after Maj. Gen. Gregg Sturdevant, 3rd Marine Aircraft Wing assistant wing commander, piloted one last time with 3rd MAW aboard Marine Corps Air Station Miramar, Calif., May 14. (Photo by Lance Cpl. Christopher Johns.)

COMMANDERS:



Maj. Gen. Steven W. Busby
Commanding General
3rd Marine Aircraft Wing

Col. John P. Farnam
Commanding Officer
MCAS Miramar

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Memorial Day will mark the beginning of an on-going, station-wide initiative to educate Marines, sailors, civilians and families about conserving resources aboard Marine Corps Air Station Miramar, Calif.

FOLLOW US ON:



Stay up-to-date with the latest news happening at MCAS Miramar and with 3rd MAW.

A campaign cover sits in a decorated campaign cover press, which was painted by recruits who Sgt. Maj. Chuong Nguyen, sergeant major of Marine Wing Support Squadron 373, trained as a drill instructor at Marine Corps Recruit Depot San Diego, Calif. Nguyen, a Westminster, Calif., native, has been in the Marine Corps for nearly 20 years. (Photo by Lance Cpl. Melissa Eschenbrenner.)



MARINES with Marine Wing Support Squadron 373, 3rd Marine Aircraft Wing, earned awards for combat actions during a ceremony aboard Marine Corps Air Station Miramar, Calif., May 3.

The squadron was one of several that came under attack by insurgents in September 2012 aboard Camp Bastion, Afghanistan.

Marines with the support squadron immediately fired upon the attacking insurgents, while setting up a hasty defense. They held the enemy at bay while equipment from the fuel station began burning uncontrollably less than 100 feet from their post.

Three of the awardees, Sgt. Jammie Hawkins, a Memphis, Tenn., native, Cpl. Michael Klapperich, a Fond du Lac, Wis., native, and Lance Cpl. Cody Wallace, a Star, Miss., native, all semi-trailer refueling operators with the squadron, recounted their tale as though it were only the day before.

"We were just doing our jobs, no one expected to get attacked," said Hawkins, who was



These heroic Marines came home to tell their tale to their friends and peers, only to be received in surprise.

"Not a lot of people expect a fuel Marine to get into a fire fight, but we were the only thing between [the enemy] and our aircraft," said Klapperich. "Those aircraft are someone's

◀ A Navy and Marine Corps Achievement Medal with Combat "V" hangs from a Marine's pocket after a Marine Wing Support Squadron 373 award ceremony aboard Marine Corps Air Station Miramar, Calif., May 3. The award is presented for acts of heroism or meritorious service, and the Combat "V" denotes valorous actions in combat. Marines with MWSS-373 held insurgents at bay during an attack on Camp Bastion, Afghanistan in September 2012.

▶ A Meritorious Service Medal hangs from a Marine's pocket after a Marine Wing Support Squadron 373 award ceremony aboard Marine Corps Air Station Miramar, Calif., May 3. Marines with MWSS-373 held insurgents at bay during an attack on Camp Bastion, Afghanistan in September 2012.



▼ Marine Wing Support Squadron 373 Marines were awarded during a ceremony aboard Marine Corps Air Station Miramar, Calif., May 3. The awards were presented for acts of heroism or meritorious service, and the Combat "V" denotes valorous actions in combat. These Marines held insurgents at bay during an attack on Camp Bastion, Afghanistan in September 2012.

NOT ON THEIR FLIGHTLINE

REFUELERS FOIL INSURGENT ATTACK

STORY AND PHOTOS BY LANCE CPL CHRISTOPHER JOHNS

awarded a Navy and Marine Corps Commendation Medal with a Combat "V" for his actions during the attack. "At first you're scared, then training just kicks in and you get a hold of yourself and start [doing what you're supposed to do]. When a mortar round goes over your head, into a fuel farm, it kind of pumps you up a little."

At that point the Marines knew that they had to defend more than each other.

"We put ourselves between the insurgents and those aircraft," said Hawkins. "Without those

aircraft and our fueling equipment, Marines on the ground would have suffered immensely. You do what you have to, to keep your fellow Marines and contractors safe."

Not only did these Marines save millions of dollars worth of equipment, they also greatly reflected their squadron as a whole, explained Lt. Col. Seth Ocloo, commanding officer of MWSS-373.

"We sent a great group of Marines to deploy, of that I have no doubt," said Ocloo. "They've made their squadron proud and we're glad no one was hurt."

lifeline, without them, Marines would have suffered more than they had to."

A common feeling all shared about the night was a simple one.

"I was just glad for it all to be over," said Wallace, awarded a Navy and Marine Corps Achievement Medal with a Combat "V". "Doing what we did was a huge adrenaline rush, but I'm glad to be home."

These Marines are only a few of the Marines who fought off the

"NOT A LOT OF PEOPLE EXPECT A FUEL MARINE TO GET INTO A FIRE FIGHT BUT WE WERE THE ONLY THING BETWEEN THE ENEMY AND OUR AIRCRAFT"

insurgents that night in September 2012, saving millions of dollars worth of aircraft, equipment and more importantly – the lives of the coalition forces serving aboard the flight line.





Petty Officer 2nd Class Wilmer Ramos, an aviation boatswain's mate (handling) assigned to the amphibious transport dock ship USS San Diego (LPD 22), turns to check the departure airspace as he directs the launch of an MV-22 Osprey on the flight deck of the amphibious transport dock ship Pre-Commissioning Unit (PCU) Anchorage (LPD 23). Air department sailors from San Diego are aboard Anchorage earning qualifications and maintaining proficiency while the ship is underway. (Photo by Mass Communication Specialist 1st Class James R. Evans)



The Last Frontier



Osprey Supports Navy in Alaska

Story by Sgt. Frances Johnson

For the first time, the Corps' Osprey and the Navy's newest ship met just off the Alaskan shore April 30.

An MV-22B Osprey from Marine Medium Tiltrotor Squadron 161, the first west coast squadron of MV-22B's, flew out to meet the USS Anchoarge before it cruised into its Alaskan namesake port.

Since its arrival, the Osprey's technology transformed the military's combat-

assault support capabilities.

The versatility of the Osprey surpasses the capabilities of the CH-46 it replaced, being able to fly safely at faster speeds and higher altitudes with less fuel. It has proven itself highly equipped for combat and non-combat operations, but its new mission in Alaska is a little different.

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The Marine Corps sent a few aircraft as static displays for the public tours on the USS Anchorage, which served as an opportunity to teach people about the Osprey and display its capabilities.

"We got a lot of questions [during public tours] about how safe the aircraft is," said Capt. Dustin Kerlin, MV-22B Osprey Pilot, VMM-161. "It's a good aircraft, [the squadron] can be counted on."

The flight from Marine Corps Air Station Miramar, Calif., to Anchorage, Alaska was a record setting 2,330 miles for the west coast squadron and the first time MV-22Bs were ever in Alaska.

"We're the first Ospreys to come up to Alaska," said Staff Sgt. John Vansant, Maintenance Control, VMM-161. "Bringing our aircraft up here is good training and we got to show it off and let [the public] get on the aircraft."

"It brings so many capabilities and gives the Marine Corps a larger flexibility in what we can do," said Vansant. "It's still a phenomenal asset during peacetime, we can tailor the aircraft to different missions as needed; cargo, auxiliary fuel, disaster relief. In my opinion, it represents the future of Marine Corps aviation."



A. Aviation boatswain's mates (handling) direct an MV-22 Osprey assigned to Marine Medium Tiltrotor Squadron 161 as it launches from the flight deck of the the San Antonio-class amphibious transport dock ship Pre-Commissioning Unit (PCU) Anchorage (LPD 23). (Photo by Petty Officer 1st Class James R. Evans.)

D. An MV-22B Osprey assigned to Marine Medium Tiltrotor Squadron 161 lifts off from the flight deck of the San Antonio-class amphibious transport dock ship Pre-Commissioning Unit (PCU) Anchorage (LPD 23). (Photo by Petty Officer 1st Class James R. Evans.)

B. An MV-22B Osprey from Marine Medium Tiltrotor Squadron 161 takes flight en route to the USS Anchorage April 30. VMM-161 was in Alaska to support the the USS Anchorage and be a static display on the ship during public tours before it's commissioning ceremony on May 4. VMM-161 flew out to meet the ship before they pulled into port May 1. (Photo by Sgt. Frances Johnson.)

E. An MV-22B Osprey from Marine Medium Tiltrotor Squadron 161 sets sight on its landing pad aboard the USS Anchorage April 30. (Photo by Sgt. Frances Johnson.)

C. An MV-22B Osprey assigned to Marine Medium Tiltrotor Squadron 161 lifts off from the flight deck of the San Antonio-class amphibious transport dock ship Pre-Commissioning Unit (PCU) Anchorage (LPD 23). (Photo by Petty Officer 1st Class James R. Evans.)

F. An MV-22B Osprey assigned to Marine Medium Tiltrotor Squadron 161 lifts off from the flight deck of the San Antonio-class amphibious transport dock ship Pre-Commissioning Unit (PCU) Anchorage (LPD 23). (Photo by Petty Officer 1st Class James R. Evans.)

Junior Leader Steps UP

3rd MAW command recognizes Marines' anti-DUI initiative

Story and photos by
Cpl. Lisa Tourtelot

◀ Cpl. Jamie Rinehart, a field wireman with Marine Wing Support Squadron 371 and Canyon Lake, Calif., native, can't stop smiling as Gunnery Sgt. Elba Montalvo, company first sergeant with the squadron and Roselle, N.J., native, pins corporal chevrons on the newly promoted Marine aboard Marine Corps Air Station Yuma, Ariz., May 6. Rinehart and Montalvo were both recognized for putting together an emotionally intense drinking and driving presentation.

Yuma Marines earned recognition from the 3rd Marine Aircraft Wing Commanding General and Sergeant Major in a ceremony aboard Marine Corps Air Station Yuma, Ariz., May 6.

Maj. Gen. Steven Busby, the 3rd MAW commanding general, promoted Lance Cpl. Jamie Rinehart for her outstanding leadership initiative, and also presented a Navy and Marine Corps Achievement Medal to Gunnery Sgt. Elba Montalvo. With Montalvo's help, Rinehart orchestrated a large drinking and driving presentation for the Marines of Marine Aircraft Group 13.

Montalvo, a company first sergeant with Marine Wing Support Squadron 371 and Roselle, N.J., native, and Rinehart worked together to organize the emergency response personnel, wrecked vehicles, character actors,

makeup, costumes and even a memorial service at the station chapel. The presentation demonstrated what a DUI accident can look like, including Marines dressed to appear deceased and injured, police arresting the driver and emergency medical technicians attempting to save the injured Marines.

"I just assisted and supervised," said Montalvo. "Most of the work was all [Rinehart]."

Although the effort to orchestrate the training was monumental, neither Marine knew they would be awarded at the formation.

"You're out of uniform, you know that don't you?" asked Busby, who then turned to the squadron. "This is not a lance corporal; this is a corporal of Marines."

Rinehart, a field wireman with MWSS-371 and a Canyon



Maj. Gen. Steven Busby, the commanding general of 3rd Marine Aircraft Wing, addresses Marines with Marine Aircraft Group 13 aboard Marine Corps Air Station Yuma, Ariz., May 6. Busby came to the air station to recognize two Marines for their leadership as part of his committed and engaged leadership initiative.



Gunnery Sgt. Elba Montalvo, company first sergeant with Marine Wing Support Squadron 371 and Roselle, N.J., native, shakes hands with Maj. Gen. Steven Busby, the 3rd Marine Aircraft Wing commanding general, after receiving a Navy and Marine Corps Achievement Medal aboard Marine Corps Air Station Yuma, Ariz., May 6. Busby recognized Montalvo for her efforts in assisting the creation of a large-scale drinking and driving presentation.

**"This is not a lance corporal; this is a corporal of Marines"
-Busby**

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Lake, Calif., native, furrowed her brow in confusion when the general announced that she wasn't in the appropriate uniform, but was all smiles when she realized she was about to become a noncommissioned officer.

Having seen a similar presentation in high school, Rinehart decided to pitch the idea to her command.

"I went into it thinking I was like an ant to a giant, but I was a voice for people who don't have a voice," said Rinehart. "When [Maj. Gen. Busby] was talking and said he wanted a different approach, I thought that this is what af-

ected me in high school." Busby explained that Rinehart's initiative was indicative of a committed and engaged leader. "Keep doing what you're doing," said Busby. "What you did last week was extraordinary, but what you do every day is even more extraordinary than that." The committed and engaged leadership initiative is an effort to empower noncommissioned officers to take a more involved role in the leadership process. Busby hopes that increased involvement by the noncommissioned officer corps will help stem the most serious issues facing the Marine Corps today.



Maj. Gen. Steven Busby, the commanding general of 3rd Marine Aircraft Wing, prepares to promote Lance Cpl. Jamie Rinehart, a field wireman with Marine Wing Support Squadron 371 and Canyon Lake, Calif., native, during a ceremony aboard Marine Corps Air Station Yuma, Ariz., May 6.



Gunnery Sgt. Elba Montalvo, company first sergeant with Marine Wing Support Squadron 371 and Roselle, N.J., native, wears her new Navy and Marine Corps Achievement Medal aboard Marine Corps Air Station Yuma, Ariz., May 6. Montalvo earned recognition for her efforts in assisting the creation of a large-scale drinking and driving presentation.

**"I was a voice for people who don't have a voice"
-Rinehart**

"We Control the skies"

Story and photos by
Cpl. Melissa Wenger



▲ Pfc. Andrew Patterson, air traffic controller and a Pittsburgh native, records the weather sequence in the Automated Terminal Information System at the Air Traffic Control facility aboard Marine Corps Air Station Miramar, Calif. April 15. The A.T.I.S. updates pilots and other towers of the weather conditions specific to an airfield.

Anyone living near Marine Corps Air Station Miramar, Calif., knows the sound. Whether they are F/A-18 Hornets or MV-22 Ospreys, they're flying overhead looking for a place to rest their weary wings and rotors. Air traffic controllers make sure they can do so safely and expeditiously.

The tower facility coordinates the movement of any and all aircraft that enters or departs MCAS Miramar's airspace. These Marines are entrusted with keeping millions of military dollars and the Corps' most import asset, Marines, from being lost in collisions or mishaps.

"Everyone thinks we're the ones on the flight line with the glow sticks," said Lance Cpl. Hollie Mulvihill, air traffic controller and a Woodbridge, Va., native. "That's not us; we control the aircraft. We're able to get them safely to the ground, but we're definitely not the people on the flight line with the glow sticks telling everyone where to go."

Thomas Raynor, air traffic controller, tower examiner for the Federal Aviation Administration, and a Milford, Conn. native, has more than 23 years of experience with air traffic control, and one thing has remained the same over the years. A big part of completing the mission is abiding by all the guidelines of the FAA, the Department of the Navy, and those specific to that tower facility.

"It keeps you on your toes," he said. "You have to be quick-witted and make quick decisions with all those rules and regulations at the front of your forehead so when you're talking to the aircraft, you're able to spit out what they need to know and make sure it's safe and expeditious."

It takes more than a great memory for all those regulations, spatial awareness and a knack for staying focused to succeed in air

traffic control. These Marines also need to be able to operate together like a well-oiled machine.

"You may be on the other side of the tower, but if one position makes a mistake, it could potentially affect your position and ruin the way you want to manage your traffic," said Sgt. Steven Belske, control tower operator, radar watch supervisor, and a Chicago native. "[This] is why the training process is so rigorous. We want to avoid mistakes at all costs."

The Marines up in the tower also coordinate with a group closer to the ground.

"Well down here [in the radar room], we don't have eyes on the actual aircraft," said Mulvihill. "We have little green dots on the scope, so when it's peak air time... you have just a ton of these little green dots and we're able to highlight the ones that are coming into our airspace and control them, but it's pretty busy."

Whether up in the tower or down in the radar room, ATC Marines exhibit key qualities: knowledge, accountability, and the capacity to adapt and overcome.

"It's an extremely stressful job because you have different situations every time you have different aircraft," said Mulvihill. "There are different wind variables, you have different pilots that are newer or they're further into training and are set in their ways, and you also have different controlling techniques."

To be able to keep afloat of any situation, Belske said they are perpetually in training mode.

"Training is continuous at Miramar and even after you earn a qualification, there are always new techniques to learn," he explained. "The workflow itself isn't really affected by the training process because everything is pre-coordinated by the supervisors, so everyone knows ahead of time where and when they have to be."


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Air traffic controllers also need to be able to cipher through the din of a busy approach to get their piece of the puzzle in place.

"We're talking nonstop and coordinating, so it's just words, words, words and that's when the tower team concept comes into play," said Cpl. Philip Ivey, control tower operator and a Greenville, S.C. native. "Everyone's working together. It's like a bunch of bees in a hive, just all working really fast. It's really loud and bustling."

While the ATC Marines work really well together as a team, sometimes, it helps Mulvihill to know that someone else is looking after them too.

"I always say a prayer before I do an approach," she said. "I pray, 'God, please bless me with the wisdom to get this aircraft safely on the ground.'" 

► Cpl. Michael Porcelli, air traffic controller and a New York City native, explains the operational display system at the Air Traffic Control facility aboard Marine Corps Air Station Miramar, Calif. April 15.



▲ Lance Cpl. William Dickens, air traffic controller and a Sylvester, W.Va., native, learns the cab coordinator position at the Air Traffic Control facility aboard Marine Corps Air Station Miramar, Calif. April 15.

BUMP - SET SPIKE!

MARINES, SAILORS RALLY FOR VOLLEYBALL TOURNEY

STORY AND PHOTOS BY CPL MELLISSA WENGER

Marines and sailors tore up the volleyball courts during a 12-day-long training camp aboard Marine Corps Air Station Miramar, Calif., in preparation for the 2013 Armed Forces Men's and Women's Beach and Indoor Volleyball Championship. With trials and tryouts behind them, the combined-service teams went on to compete against Army and Air Force teams from May 2 through 13 at Hill Air Force Base, Utah.

This year, instead of having All-Navy and All-Marine volleyball teams, the two services joined forces for the indoor competition. There are still two men's and women's teams of two players from each service for the beach competition.

The teams practiced twice a day on weekdays and Saturday mornings, with the beach teams conducting additional practice sessions.

"It's a little bit more [physical training] than I was used to, and plus volleyball is a different kind of work-

ing out than going running or doing stuff at the gym," said Navy Lt. j.g. Abbie Merkl, team captain, All-Navy beach team player and an Upper Marlboro, Md., native. "It works muscles that you're not used to. I was pretty sore, but it's been fun. Volleyball is way more fun than doing the stuff we normally do for the [physical readiness test]."

The teams practiced jumping, serving, setting and spiking skills often to ensure that they're ready to do battle with the other branches.

"Just like everything else in life, you can always improve on it," said Marine Corps Capt. Michelle Augustine, team member and a Vista, Calif. native. "A large percentage of us have played in college and so you think that's the pinnacle of your career, but you still come into the gym and there's always a coach or another player who's going to teach you something that you haven't learned to make you better. I think that's

part of being in the military; always striving to do more than what you think you can physically and mentally."

With years of experience in competitive volleyball behind her, Coast Guard Lt. Commander Kerry Karwan, assistant coach and an Oakland, Ore., native knows that cooperation is key when going for the gold.

"As the armed forces, we perform as a team in what we do to defend the country," said Karwan. "This is a sports version of our camaraderie and teamwork that we have to display, just on a smaller level."

According to Merkl, she has great confidence in her team because strong core values help them best represent the naval services.

"Being a part of a team, along with honor, courage, and commitment all sort of set in," said Merkl. "[We have] commitment to being there for your teammates and on the court and trusting each other ... and it takes a lot of courage to come out here and put your-

self out there and try out for a team, especially as an adult when your 'team days' are over."

With the gold in their sights, the players are going on to the competition knowing that they'll leave with a unique experience under their belts. Augustine says that the experience has been rewarding so far, and it's one that other Marines should have the chance to partake in.

"It's a good break from the operational tempo. We're still with Marines and sailors and we're still creating that bond of professionalism between the services, but then we go back to the unit refreshed with a new perspective on things. If there are Marines out there who are interested and have the skills and capability to perform in an athletic environment like this, I think it's something commanders should encourage Marines to do," Augustine said.



NAVY LT. J.G. JESSELYN LAVALLEY AND HER TEAMMATES ON THE ALL-NAVY AND MARINE WOMEN'S VOLLEYBALL TEAM PREPARE FOR A BIG COMPETITION ABOARD MARINE CORPS AIR STATION MIRAMAR, CALIF., APRIL 30. EACH TEAM COMPRISES 12 MARINES AND SAILORS WHO MADE THE CUT AFTER 12 DAYS OF TRIALS AND PRACTICES IN PREPARATION FOR THE 2013 ARMED FORCES MEN'S AND WOMEN'S BEACH AND INDOOR VOLLEYBALL CHAMPIONSHIP.



NAVY LT. KATHRYN MURPHY RETURNS THE VOLLEYBALL DURING PRACTICE DRILLS ABOARD MARINE CORPS AIR STATION MIRAMAR, CALIF., APRIL 30. MURPHY AND HER TEAMMATES ON THE ALL-NAVY AND MARINE VOLLEYBALL TEAM HAVE PRACTICED FOR MORE THAN 50 HOURS TO COMPETE MAY 2 TO 13 AT HILL AIR FORCE BASE, UTAH, DURING THE 2013 ARMED FORCES MEN'S AND WOMEN'S BEACH AND INDOOR VOLLEYBALL CHAMPIONSHIP.



STAFF SGT. GEORGE MOLENI, HEAD COACH AND A VAINI, TONGA, NATIVE OFFERS ADVICE TO THE ALL-NAVY AND MARINE VOLLEYBALL TEAM AFTER THEIR FINAL PRACTICE SESSION ABOARD MARINE CORPS AIR STATION MIRAMAR, CALIF., APRIL 30. THEY PRACTICED AT LEAST TWO TIMES A DAY AND ON SATURDAY MORNINGS IN PREPARATION FOR THE 2013 ARMED FORCES MEN'S AND WOMEN'S BEACH AND INDOOR VOLLEYBALL CHAMPIONSHIP.

Wives grease the skids for Marine children headed to college

Officers' Wives' Club awards scholarships

Story and Photos by LCpl. Raquel Barraza

Maj. Gen. Steven Busby, commanding general of the 3rd Marine Aircraft Wing, and Cindy Busby, his wife and member of the Officers' Wives' Club, hosted the Miramar OWC's Scholarship reception at their home aboard Marine Corps Air Station Miramar, Calif., May 7.

During the reception, recipients of the scholarship were recognized.

This year, all three of the recipients were children of military members stationed aboard MCAS Miramar. The recipients were awarded more than \$5,000 in scholarships.

"To apply for the scholarship you need to have a parent who's an active duty Marine currently stationed at Miramar or a retiree who at one point was stationed at Miramar and resides in the San Diego community," said Kallie Pitcock, president of the OWC. "That's why this scholarship is unique because it focuses on helping the Miramar community."

Mitchell January, scholarship recipient and son of Lt. Col. Jan January attended the reception to receive his certificate presented by the 3rd MAW commanding general and Col. John Farnam, commanding officer of MCAS Miramar.

Mitchell expressed his gratitude for the OWC Scholarship.

"A lot of the times you are discouraged by the cost of college and I think having these scholarship opportunities are a good way to give back and give the opportunities to people who might not be able to [afford] it," said



Mitchell P. January, right, recipient of the Officers' Wives' Club's scholarship, shakes hands with Maj. Gen. Steven Busby, left, commanding general of 3rd Marine Aircraft Wing, at the 2013 Year-End Reception at the commanding general's house aboard MCAS Miramar, Calif., May 7. January was one of three recipients of the OWC Scholarship.

January, a member of the Cathedral Catholic High School, San Diego, Calif., 2013 graduating class. "I'm really excited [for college]."

The other two recipients were Benjamin Anderson-Parks and Alexa Frederick. Frederick's mother, Jeannette Frederick, received her certificate in her place and Anderson-Parks will receive his at a ceremony held at Ramona High School, Riverside, Calif.

At the end of the night, the commanding officer of MCAS Miramar applauded members of the OWC for their work throughout the year.

"It's great to see organizations like the OWC making a difference in our community," said Farnam.

The OWC begins taking applications for the scholarship in February and encourages all eligible to apply. For more information and applications go to www.miramarowc.org.



The Marine Corps Air Station Miramar Falcons competed at the Camp Pendleton Football League Championships for the past two years and this year they intend to do it again.

Marines gathered for the start of the season at the 2013 MCAS Miramar Falcons Football Player Orientation aboard MCAS Miramar, Calif., May 14.

The defending "Best of the West" champion Falcons lost their title last season, but intend to win it back.

"We're getting ready to take back what we lost last year," said Master Gunnery Sgt. Carlice Moffett, Falcons' new head coach and a Muskegon, Mich., native.

During the orientation, Marines were not only told the expectations for the upcoming season, but also the benefits of joining the program.

"We will be physically fit, we will build a brotherhood among Marines, and if you want it bad enough, we will be playing for a championship," explained Moffett.

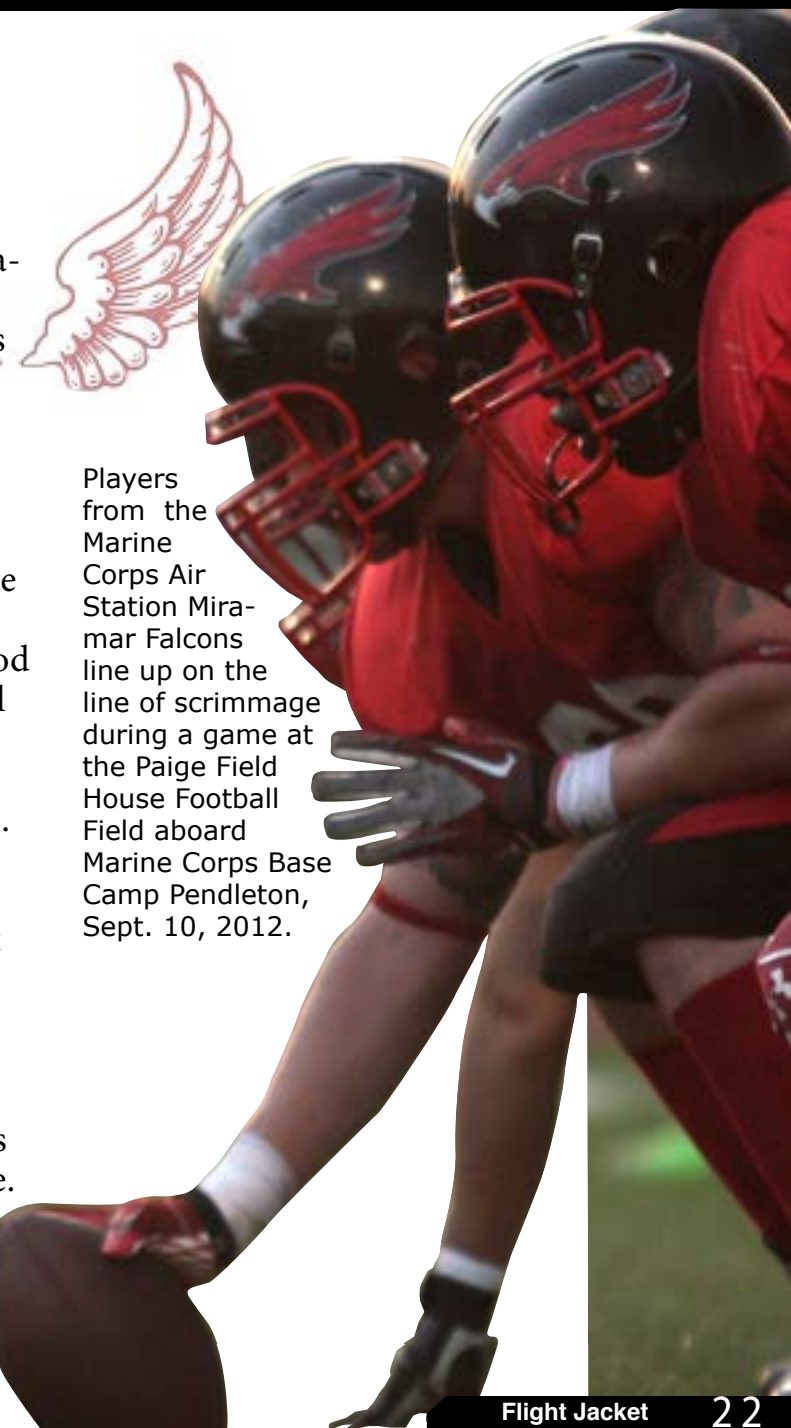
The team began conditioning May 21 and coaches encourage any Marine interested in playing to try out.

"We don't care about what you don't know," said Moffett. "We care if you're committed and willing to put forth the effort to work and be a part of this great team."

To close out, former coaches expressed how this program is one of the best in the Marine Corps.

"When the Falcons walk on the field you can feel the pride they bring with them," said Master Sgt. Ross Blain, former Falcons' head coach and a Miami native. "Miramar is one of the most spirited and proud teams in the Marine [football] league."

For more information on the team look for the MCAS Miramar Falcons Football Program page on Facebook.



Players from the Marine Corps Air Station Miramar Falcons line up on the line of scrimmage during a game at the Paige Field House Football Field aboard Marine Corps Base Camp Pendleton, Sept. 10, 2012.

INSTRUCTOR LEADS FIGHT WITH MCMAP

STORY AND PHOTOS BY LANCE CPL. MELISSA ESCHENBRENNER

In the world's strongest fighting force, there are only a select few who can say they have earned a second degree black belt in the Marine Corps Martial Arts Program. Staff Sgt. Jeremy Meadows is one of the few who proudly wear two red tabs aboard Marine Corps Air Station Miramar, Calif.

Before enlisting in the Marine Corps, Meadows, a MCMAP instructor trainer with Marine Heavy Helicopter Squadron 462 and a Lubbock, Texas, native, was a black belt in taekwondo. When he joined, MCMAP was still very new and unknown to many Marines.

During the grey belt training, the challenging physical training and combat conditioning was something that made MCMAP fun, explained Meadows.

"I got my green belt instructor tab in 2006," said Meadows. "From that

point, I got back to my command and started training Marines and I fell in love with it. I like being in the dirt with the Marines, I would do that any day of the week."

The course is designed to not only prepare Marines for hand-to-hand combat, but to better the Corps as a whole. MCMAP is based on a synergy of three elements: physical fit-

ness, mental strength and soundness of character.

"I try to style my life around the three synergies," said Meadows. "I just keep that in my mindset and try to better myself that way."

Meadows constantly sustains and passes his knowledge to other Marines. It is pointless to have knowledge and skills if it is not shared with others, added Meadows.

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MARINE CORPS MARTIAL ARTS PROGRAM STUDENTS ABOARD MARINE CORPS AIR STATION MIRAMAR, CALIF., USE MOCK WEAPONS, LIKE FAKE PISTOLS AND KNIVES, FOR THEIR TRAINING. SOME TECHNIQUES TEACH MARINES TO DEFEND THEMSELVES WITH THE USE OF WEAPONS.





STAFF SGT. JEREMY MEADOWS, A MARINE CORPS MARTIAL ARTS PROGRAM INSTRUCTOR TRAINER WITH MARINE HEAVY HELICOPTER SQUADRON 462 AND A LUBBOCK, TEXAS, NATIVE, GRAPPLES WITH CPL. JAMES VANDLING, A GREEN BELT MCMAP INSTRUCTOR, CO-WORKER OF MEADOWS AND A RANDOLPH, N.J., NATIVE DURING A MCMAP COURSE, APRIL 22. VANDLING AND MEADOWS WORK TOGETHER, BOUNCING IDEAS OFF EACH OTHER TO BETTER TRAIN MARINES IN MCMAP.

"The humility of a martial arts instructor understands that, yes, you do know a few things, but, what do you have to prove," said Meadows. "You should use those techniques to help other people."

Meadows wouldn't expect anything out of his Marines that he could not do himself, explained Cpl. James Vandling, a green belt MCMAP instructor and co-worker of Meadows and a Randolph, N.J., native.

Meadows affects Marines all around him with his level of motivation and professionalism, whether he is training for MCMAP or working in his shop. Meadows is the type of Marine his subordinates should strive to be, added Cpl. Daitoine Austin, an operations noncommissioned officer with HMH-462.

"I take a lot from his leadership style," said Austin, a Cleveland, native. "You don't have many Marines that will go the distance to better Marines. He's not afraid of a challenge and he's definitely not afraid of change."

Meadows uses what he knows as a martial arts instructor trainer and as a staff noncommissioned officer to better the upcoming generation and ensure the legacy of greatness continues.

"I hope they take bits and pieces of my leadership style and apply it to theirs and strive everyday to lead by example," said Meadows. "You have to step in front and show your Marines that you're willing to do everything they do."



TWO RED TABS ARE WORN ON A BLACK BELT SIGNIFYING THE MARINE IS A SECOND DEGREE BLACK BELT IN THE MARINE CORPS MARTIAL ARTS PROGRAM. STAFF SGT. JEREMY MEADOWS, A MCMAP INSTRUCTOR TRAINER WITH MARINE HEAVY HELICOPTER SQUADRON 462 AND A LUBBOCK, TEXAS, NATIVE, IS ONE OF ONLY A FEW MCMAP INSTRUCTOR TRAINERS ABOARD MARINE CORPS AIR STATION MIRAMAR, CALIF.



STAFF SGT. JEREMY MEADOWS, A MARINE CORPS MARTIAL ARTS PROGRAM INSTRUCTOR TRAINER WITH MARINE HEAVY HELICOPTER SQUADRON 462 AND A LUBBOCK, TEXAS, NATIVE, WATCHES TWO MARINES GRAPPLE DURING A JANE WAYNE DAY EVENT ABOARD MARINE CORPS AIR STATION MIRAMAR, CALIF., APRIL 13. MCMAP INSTRUCTORS SUPERVISE GROUND FIGHTS TO ENSURE THAT THE PARTICIPATING MARINES ARE SAFE.



From Sea Knights to Ospreys: Sturdevant flies for last time with White Knights

Story and photos by LCpl. Christopher Johns

Maj. Gen. Gregg "Sweet Pea" Sturdevant, 3rd Marine Aircraft Wing assistant wing commander, flew one last time with 3rd MAW over San Diego, May 14.

Sturdevant flew with Marine Medium Tiltrotor Squadron 165, an MV-22B Osprey squadron aboard Marine Corps Air Station Miramar, Calif.

During the flight, Sturdevant, his co-pilot and crew worked together to make this final flight over southern California and back to the air station as memorable as they could.

"As the former commanding officer of Marine Medium Helicopter Squadron 165, now VMM-165, it was nice having what may be the last flight I ever have in the Marine Corps with this squadron," said Sturdevant. "When I'm sitting down in my office, I don't really miss flying. That all changes once I'm over in the squadrons. I really start to miss it once I'm over here."

Sturdevant commanded the squadron in 2001 when they were still flying CH-46E Sea Knight helicopters. It seemed only fitting that his final flight be with his first squadron and they were thrilled to have him.

"Being able to fly with a Marine who has had so much to do with the heritage of this squadron was a fantastic experience," said Capt. Ryan Stevens, an Osprey pilot with VMM-165 and a Brunswick, Ga., native. "He commanded our squadron, commanded the Marine Expeditionary Unit our squadron was a part of and now he's flying his final flight with us. A Marine with a phenomenal amount of history with this squadron was sitting next me; flying next to me, it was a really awesome experience."

Like the squadron, Sturdevant also started his flying career with the Sea Knight, or Battle Phrog as some know them, and

then later transitioned to the Osprey. He flew both aircraft in combat environments.

The transition didn't stop Sturdevant from doing what he loves – flying Marine Corps aircraft.

"He still has those good old Phrog habits," said Stevens. "It's amazing how you can come back to it and all the intricacies of flying just come flooding back to you. He flew amazingly well."

As Sturdevant transitions to his next command, United States Pacific Command in Hawaii, he takes with him a certain sense of pride when it comes to his first squadron.

"I see this squadron doing great things," said Sturdevant. "They're going to have some exciting times ahead of them. Squadron life really is where the rubber meets the road on the aviation side of the house."



Purple Foxes

Return to the Den

Friends, Family Welcome Home Marines

Family members, friends and loved ones eagerly await Marines and sailors with Marine Medium Helicopter Squadron 364 "Purple Foxes," during a homecoming ceremony aboard Marine Corps Air Station Camp Pendleton, Calif., May 13. The Marines and sailors returned from an eight-month-long deployment as the aircraft element with the 15th Marine Expeditionary Unit, providing aerial support to the MEU and its missions.



MARINE CORPS AIR STATION CAMP PENDLETON, Calif. – Marines, families, spouses, friends and loved ones gathered for the return of Marine Medium Helicopter Squadron 364 "Purple Foxes" during a homecoming ceremony aboard Marine Corps Air Station Camp Pendleton, Calif., May 13.

The squadron's return from an eight-month deployment signaled an end of an era. The CH-46 Sea Knight will no longer deploy as part of the Marine Corps' air combat element.

"I've been flying these aircraft since 1993," said Lt. Col. John Field, the aviation combat element commander for the 15th Marine Expeditionary Unit. "It's sad to see it go."

Although the Sea Knight is transitioning out of the Marine Corps, the 15th MEU still relied on the aircraft for support.

"We performed several theater security cooperation missions in the Persian Gulf, humanitarian missions and were awaiting mission orders near the horn of Africa," said Field. "We were fully prepared to act as America's force in readiness."

The unit's aircraft needed to be ready for deployment at a moment's notice, requiring constant maintenance and round-the-clock hours for most of the crew and maintainers with the Purple Foxes.

"I couldn't be more proud of my Marines and sailors," said Field. "It was an honor to see that, day in and day out, the missions that they did under the harsh conditions of being deployed at sea were nothing short of incredible. It's very reward-

ing to see them all come home and very humbling to see the support of all the friends, families and loved ones gathered here."

Hundreds of Marines and sailors returned home – greeted by loved ones who supported them while deployed.

One such family was that of Staff Sgt. Natividad Herrera, a Sea Knight mechanic with the squadron. His wife, Rosie Herrera, brought their daughters Precious, 9, and Marilyn, 6, to witness their father's return.

Rosie also felt emotional about the Sea Knight being retired from the front lines after this deployment.

The aircraft her husband maintains are important and provide a great deal of support to every mission, explained Rosie. They were also her favorite

kind of aircraft and she will be sad to see them go.

The retirement of the Sea Knight did not overshadow the excitement and joy of Precious and Marilyn getting to see their father, however.

"When I see him, I'm going to squeeze him!" said Precious, her little sister nodding in agreement. "I'm happy that he's coming home, and I worried about him, but I know he was safe because he was doing his job."

After tearful greetings, the Marines and sailors collected their gear, then left to spend quality time together with friends, families and loved ones for the first time in eight months.



Staff Sgt. Natividad Herrera, a helicopter mechanic with Marine Medium Helicopter Squadron 364 "Purple Foxes," holds his daughter Precious for the first time in eight months during a homecoming ceremony aboard Marine Corps Air Station Camp Pendleton, Calif., May 13. While deployed with the 15th Marine Expeditionary Unit, his squadron provided round-the-clock aerial support to multiple missions all over the world.



Story and photos by LCpl. Christopher Johns

2 years, 3 deployments:

Sergeant salutes spouses at colors ceremony



The 3rd Marine Aircraft Wing band plays "Ishmael" during an evening colors ceremony aboard Marine Corps Air Station Miramar, Calif., May 21. "Ishmael" was written about the perils and discovery of a sailor's first time at sea, much like the adventure of a military marriage.



Sgt. Christopher Prior, a field wireman with Marine Wing Communications Squadron 38 and Cedar Rapids, Iowa, native, gives his remarks during an evening colors ceremony aboard Marine Corps Air Station Miramar, Calif., May 21. Prior explained that he salutes military spouses for their dedication and loyalty throughout the trials of a military marriage.



Guests at an evening colors ceremony aboard Marine Corps Air Station Miramar, Calif., May 21, applaud the sacrifices of military spouses in honor of National Military Spouse Appreciation Month. Sgt. Christopher Prior, a field wireman with Marine Wing Communications Squadron 38 and Cedar Rapids, Iowa, native, organized and led the event as part of the committed and engaged leadership initiative.

"The initial sight was the best feeling I've ever had," said Sgt. Christopher Prior, a field wireman with Marine Wing Communications Squadron 38. "It felt like I [had been away] two years instead of seven months."

The Cedar Rapids, Iowa, native, returned from his second deployment, this time from Marjah, Afghanistan, to the arms of his wife, Paige.

"It was an overwhelming feeling," explained Prior. "I didn't have a lot of contact with her while I was there. It was a bittersweet moment when I came home."

Paige's dedication through multiple deployments led her husband to compete for the opportunity to honor her and all spouses at the Marine Corps Air Station Miramar, Calif., and 3rd Marine Aircraft Wing's evening colors ceremony aboard the station May 21.

As part of the 3rd MAW committed and engaged leadership initiative, each month sergeants compete to be the reviewing officer of a morning or evening colors ceremony. The reviewing officer, typically a higher ranking and more experienced officer, is in charge of coordinating the event, including the band, color guard, guest of honor, a speech and all logistical concerns.

As National Military Spouse Appreciation month, the May 21 ceremony honored the sacrifices of military spouses.

"I can count on her no matter what," said Prior, who explained that it was important to him to be part of a ceremony to salute women like Paige. "Perseverance and loyalty are the leadership traits of the military spouse."

The intricacies of organizing such a large event proved to be a unique leadership challenge for the sergeant.

"It's definitely harder than I thought it was going to be," said Prior. "It's a lot of moving parts and I'm trying to be in four places at once."

The experience showed him that there are more leadership opportunities available to young Marines than they might assume.

"It's all about taking the initiative and understanding where you fit in the big picture," he explained.

Prior's leadership lessons don't end on the battlefield or air station.

"The biggest lesson I've learned from my wife is patience," he said with a smile.

Sgt. Prior's story is part of an ongoing series highlighting the committed and engaged leaders of 3rd MAW.



Sgt. Christopher Prior, a field wireman with Marine Wing Communications Squadron 38 and Cedar Rapids, Iowa, native, greets his wife, Paige, following an evening colors ceremony aboard Marine Corps Air Station Miramar, Calif., May 21. Prior competed for and won the opportunity to organize the event and serve as the reviewing officer as part of the committed and engaged leadership initiative.

3rd MAW sergeant leads evening colors ceremony dedicated to spouses



Story by LCpl Christopher Johns
Photos By Cpl Lisa Tourtelot

Marines with 3rd Marine Aircraft Wing and Marine Corps Air Station Miramar, Calif., honored military spouses during an evening colors ceremony, May 21.

As part of a committed and engaged leadership initiative, which empowers small unit leaders to carry out complex command priorities, Sgt. Christopher Prior, a 3rd MAW noncommissioned officer and a Cedar Rapids, Iowa, native, acted as the reviewing officer during the ceremony, a job typically held by senior officers. Prior coordinated all the logistical support, sent invitations and ran the ceremony, doing everything an officer would do for events of this nature.

During the event, he spoke to Marines, sailors, spouses and families about what military spouses do for the Marine Corps and what it means to lead the ceremony.

"It's truly an honor to have this opportunity, not many NCOs get the chance to represent their peers for an occasion such as this," said Prior. "My wife has always been by my side no matter what, and everything she does for me is special. She understands that I might not be home at a set time every night, but she supports me regardless."

Prior explained that anyone who takes on the challenges of becoming a military spouse is a hero.

Guests listened to his experiences before hearing remarks from Vicky Steele, the guest of honor and wife of Col. Wayne Steele, the logistics officer-in-charge for 3rd MAW, who spoke about her own experiences as a military spouse for 41 years.

"I love being the wife of a Marine and supporting

the service that I am so proud of," said Vicky. "I'm excited to be the guest of honor, and I hope I really am worthy to be called that."

While doing everything she could to support her own family, Vicky also offered advice to other spouses who might need it.

"[As a spouse,] just be there to support your service member, because they are what hold this country together," said Vicky. "There will be times when you will be apart from each other due to a deployment, but having that service member know that you are holding things down at home allows them to carry on doing their job to the best of their ability."

Col. Steele also understands the importance of having a supportive spouse.

"Spouses do a great deal for Marines, other service members and the community - mainly keeping us grounded," said Steele. "My wife, for example, works with families, at the [Lifestyles Insights Networking Knowledge and Skills] center with other spouses, in the community with the Boy Scouts; she's just always doing what she can to help those around her."

Mrs. Steele is as valuable an asset to the community as she is to her family.

"My wife is kind of like my backbone; she keeps me going and fighting," said Steele. "We've raised four sons together, and when I say 'we,' I mean she raised four sons. The reason being, I've been deployed multiple times, leaving her to take care of our family while I've been gone. People call her 'Momma Vicky' because it isn't just our kids she takes care of, it's other

kids with deployed parents as well. She is as much a part of the Marine Corps as I am, in my opinion."

With the sun setting in the distance, Prior ended the ceremony with closing remarks, having given the crowd of Marines, sailors and families a renewed appreciation for what it means to support the military as a spouse.

▶ 3rd Marine Aircraft Wing Marines stand ready to receive the colors after lowering the national ensign in front the 3rd MAW commanding general's building during an evening colors ceremony aboard Marine Corps Air Station Miramar May 21. The ceremony was dedicated to military spouses in recognition for their sacrifices, support and dedication to service members.

◀ Sgt. Christopher Prior, a 3rd MAW noncommissioned officer and a Cedar Rapids, Iowa, native, acted as the reviewing officer during the ceremony, a job typically held by senior officers. The ceremony was dedicated to military spouses in recognition for their sacrifices, support and dedication to service members.



Evening colors ceremony-Video



Video by MCAS Miramar Video Section

▶ [Click to watch](#)



Gulf Coast gets 'Red Devils' visit

Story by Cpl Lisa Tourtelot, photos by Sgt. Gregory Moore

The "Red Devils" of Marine Fighter Attack Squadron 232 returned to Marine Corps Air Station Miramar, Calif., from a large evaluation and training exercise aboard Tyndall Air Force Base, Fla., May 18.

The F/A-18 Hornet squadron took on a grueling schedule of 18 flights a day for two weeks to successfully fire 14 missiles and perform numerous air-to-air gunfights against a moving target.

"Almost everybody got to shoot a missile and almost everybody got to do air-to-air [gun

shoots] against a towed target," said Maj. Robert Dickinson, the Red Devils executive officer and Woodinville, Wash., native. "It's undeniably made the squadron more lethal, and that's what it comes down to when you're an F/A-18 squadron."

In addition to the live-fire exercises, the squadron also participated in training against F-22 Raptors, F-15 Eagles and F-35 Joint Strike Fighters.

"We were the first squadron to fight the F-35," said Lt. Col. Byron Sullivan, the Red

Devils commanding officer and Havelock, N.C., native. "I'm glad they're on our side."

While conducting the training, the Navy Weapon System Evaluation Program, with the 53rd Weapons Evaluation Group aboard Tyndall, monitored each exercise and each aspect of squadron mission readiness.

"The support they gave us was tremendous," said Sullivan. "To have that kind of expertise is pretty amazing."

Sullivan credited the success of the operation to the Marines of his squadron.

"The hardest thing about flying these jets is getting it to the end of the runway, and that's what these Marines do," said Sullivan. "Every single piece of the chain – the airframes, the engine maintenance, the [heads-up display], the administration and the logistics to get us there – made this detachment a success."

The Red Devils are scheduled to deploy later this year to Iwakuni, Japan, to support operations across the Pacific.



Sergeant Major embraces past to recognize Asian American Pacific Islander Heritage Month

Story and photos by LCpl. Melissa Eschenbrenner

The Marine Corps is made up of people of many ethnicities and different walks of life, and by celebrating each one and their contributions, Marines stay ready and able to defend the freedoms their culture helped create.

One of these celebrations happens in May for Asian American Pacific Islander Heritage Month.

One Marine who is thankful for this month is Sgt. Maj. Chuong Nguyen, sergeant major of Marine Wing Support Squadron 373 and a Westminster, Calif., native.

Asian Americans have contributed to the growth of the nation and to the military. Asian American Pacific Islander Heritage Month is a way to pay respects to those who serve, explained Nguyen.

As a child growing up in Vietnam and the oldest of four siblings, Nguyen's parents always wanted more for him. He attempted to escape the country for the first time at age 9 with his aunt and uncle.

"I had to do three attempts to escape Vietnam," said Nguyen. "The first time, I got caught. It's not like you can just get on a boat and leave. If the police saw you, they'd tell

you to go home but when I got caught, they took us to jail where I was stuck for three months. When they let me go, I had to try to find my way home."

Nguyen was the oldest boy in the family and his parents worried about his future in Saigon, Vietnam.

"My parents didn't want me to fall under the regime of the Vietnamese government," said Nguyen. "When you turn 18, you have to serve in the military; it's a mandatory service. From what I've seen and what my parents taught me, unless you have a lot of money for bribery to the government, when you go into military service they go and clear mine fields from what's left from the war. People come back missing limbs for no reason."

His parents wanted him to keep trying to get out. During his second attempt, Nguyen and his family heard that the police were coming so they left the boat before they could be thwarted again. Lucky for them, the third time was the charm.

"I escaped by boat with my aunt and my uncle and my family stayed behind," said Nguyen. "When we escaped, a [Naval destroyer] picked us up. She was patrolling the Philippine Sea and they dropped us off there, where we lived in

Sgt. Maj. Chuong Nguyen's ribbons are mounted on his service "C" uniform in his office aboard Marine Corps Air Station Miramar, Calif., May 22. Nguyen, sergeant major of Marine Wing Support Squadron 373 and a Westminster, Calif., native, escaped from Vietnam as a child to seek a better life for himself and his family.

ica just a short time before he left for boot camp.

"My family came over in late 1993," said Nguyen. "I went to boot camp in 1994. My parents didn't want me to go because they thought I was going to get blown up like in Vietnam. Once I explained to them what the Marine



Sgt. Maj. Chuong Nguyen, sergeant major of Marine Wing Support Squadron 373, and a Westminster, Calif., native, stands with a picture of one of his Marines who was killed in action in Iraq. Nguyen says he takes pride in being a Marine and celebrates the Marines as a family.

a refugee camp for a year."

From the refugee camp, he and his family traveled to the United States. There, then 12-year-old Nguyen had the challenge of adapting to his new environment in California.

"I think the hardest part for me was just being separated from my parents and brothers at a young age," said Nguyen. "I was without them for five years and I was brought up in a tight family. Everything my parents taught me helped me to be successful, even in the Marine Corps."

As a teenager and a refugee in America, Nguyen sponsored his family to come to Amer-

Corps was, they understood the military was different in America."

In many Asian cultures, family is the most important thing in life and they tend to be very close with one another, explained Nguyen.

"The Marine Corps is a big family and I treat all Marines like they are my family," said Nguyen. "I serve because America gave me those freedoms that my parents envisioned for me and now it's my turn to give back to America."



Dialing back the utility bill:

Air station educates Marines on conservation

Story and photos by LCpl Christpopher Johns

Memorial Day will mark the beginning of an on-going, station-wide initiative to educate Marines, sailors, civilians and families about conserving resources aboard Marine Corps Air Station Miramar, Calif., May 27.

Every dollar made by cutting back on wasteful consumption of resources goes back into the missions squadrons perform aboard the air station.

Col. John Farnam, MCAS Miramar commanding officer, has adopted a more aggressive stance with conserving resources aboard his installation.

"Being a member of the San Diego community, it's very important for us to manage our [resources]," said Farnam. "There's really two pieces to conservation: the hardware we buy to help make us more efficient, then there's the education we provide, which is what [the 101 Days of Conservation and Awareness] is aimed at. It's really people's behavior that will make the biggest difference for us, so we need to change our habits when it comes to power and water. We can really make a difference for the air station."

Farnam has a team of specialists working to help distribute this education to the installation. Among them are Mick Wasco, the energy program manager for the air station, and Emilio Rovira, the installation planner for sustainability and energy, who have ideas of how to make Marines less conservative about conserving

energy.

"We always think energy when we think of conservation," said Rovira. "What conservation really means is conserving energy, water, fuel and recycling as well. The goal of the program is to bring 45 buildings to light, putting posters out with monthly themes on how to conserve a specific resource and have them compete to see who has the best score at the end of the trial period."

To help with the scoring process for energy and water, the ENERGY STAR R Portfolio Manager benchmarking tool will be utilized to determine which buildings save the most.

Turning off lights, computers, reducing water consumption and having an overall awareness of the resources used is the kind of end result that will keep the installation heading the proper direction, explained Rovira.

"Every penny we save while taking charge of this conservation effort goes back to the mission," said Rovira. "The more money we save the installation, the more money that comes back to us in various ways, and it's all for the better."

As Marines, sailors, family members and those who work for the base, it is everyone's responsibility to take charge and aid in the conservation of resources aboard the installation – the 101 Days of Conservation and Awareness begins.



Lance Cpl. Bryan Bonham, a member of recycling personnel with the Recycling Center and a Pittsburgh native, throws cardboard into a compactor at the recycling center aboard Marine Corps Air Station Miramar, Calif., May 23. As part of the 101 Days of Conservation and Awareness, all forms of resources, new and used will be collected and either re-used or repurposed for the installation. If the items cannot be re-used or repurposed, they will be recycled.



101 Days of Conservation & Awareness Reduce and Save with Miramar!

We're working to achieve a 20% energy reduction by 2015 – and we need your help!

We're saving energy, reducing water use, and cutting waste on base to lower costs and ensure mission readiness. Play your part to improve your building's performance by taking action this summer. This September, we'll honor your hard work and give special recognition to the buildings that save the most energy and water!

Small changes add up to big savings, so every little bit counts. Here are just a few ways you can pitch in: Turn off lights when there's enough daylight to light your workspace, when you're away from your desk, and at the end of the day.

Enable the ENERGY STAR power management features on your computer and monitor so they go into power save mode when not in use.

Unplug electronics such as cell phones and laptops once they are charged.

Keep air vents clear of paper, files, and office supplies.

Report water leaks in restrooms or irrigation systems throughout the facility.

Learn how you can save energy at work right now in [HYPERLINK "http://www.energystar.gov/index.cfm?c=bygtw.view_showOffice"](http://www.energystar.gov/index.cfm?c=bygtw.view_showOffice) this interactive online tool.

Take our energy-saving pledge [HYPERLINK "http://www.energystar.gov/index.cfm?fuseaction=global-warming.showPledge&cpd_id=24392"](http://www.energystar.gov/index.cfm?fuseaction=global-warming.showPledge&cpd_id=24392) here.

We have 45 buildings competing in our first challenge this year! Check to see if your building is competing at [HYPERLINK "http://www.miramar.usmc.mil/cap.html"](http://www.miramar.usmc.mil/cap.html) www.miramar.usmc.mil/cap.html. We'll recognize individuals, units, BEQs and facilities in September for outstanding performance in categories like most energy saved and best conservation management practice.

Don't see your building on the competitor's list? You can still participate! Keep an eye out this summer for tips on how to save energy, water, and waste in community centers like the gym and house of worship.

And saving resources won't stop this fall - we'll also hold three more competitions through March 2015 to help you save so we can all reach our goal of reducing energy use by 20%. Each cycle, we'll include more buildings in the competition, which means more opportunities to be recognized for your hard work.

Each one of us doing our part helps meet the cost-saving resource conservation goals established by federal policy and DoD directive. Meeting our goals helps to ensure mission readiness and support now and the future, and helps us protect the environment.

For more information about the 101 Days of Conservation and Awareness Campaign visit [HYPERLINK "http://www.miramar.usmc.mil/cap.html"](http://www.miramar.usmc.mil/cap.html) www.miramar.usmc.mil/cap.html or contact [HYPERLINK "mailto:mcasmiramarcap@gmail.com"](mailto:mcasmiramarcap@gmail.com) mcasmiramarcap@gmail.com

Conserving our resources cuts costs to ensure mission support and readiness – thanks for your support!

Pilot Reaches Historic Milestone Clocking 2,000 Flight Hours



Story and Photos by Melissa Echenbrenner

Very few pilots have flown more than 2,000 hours in the MV-22B Osprey, but Lt. Col. Eric Garcia, commanding officer of Marine Medium Tiltrotor Squadron 163, became the third Marine to reach this milestone aboard Marine Corps Air Station Miramar, Calif., May 23.

"I never really thought anything of it until this week," said Garcia, a Las Cruces, N.M., native. "But, without all the Marines working on the birds to keep them flying, I wouldn't have been able to do it."

Garcia transitioned from the CH-46E Sea Knight to the Osprey in 2003.

He began flying the MV-22 with Marine Tiltrotor Operational Test and Evaluation Squadron 22, then moved to VMM-263 and VMM-261 before arriving at VMM-163. While with VMM-263, Garcia worked to transition the unit to an Osprey squadron and served as the Marine Aircraft Group 16 MV-22B transition officer.

His time as a test pilot and experience with the tiltrotor platform contributed to his ability accumulate enough hours to accomplish such a milestone.

Most pilots in the Osprey community are impressed when pilots have more than 200 flight hours because aircraft are still relatively new in the Marine Corps, explained Maj. Matthew Baldwin, the operations officer with VMM-163.

It is almost unheard of for an Osprey pilot to have more than 2,000 flight hours.

Garcia has personally accumulated more flight hours than the squadron's oldest aircraft, which has about 1,500 hours logged, added Baldwin.

During his entire time flying, Garcia has flown more than 3,200 mishap-free flight hours and acknowledges his Marines efforts are the reason for his success.

"For every hour I fly, the maintainers have to do [more than 20 hours] worth of maintenance on the aircraft," said Garcia. "They kept them going so the other pilots and I could fly."

Marines are constantly trying to move forward and keep improving. Garcia has dedicated his career to helping the Marine Corps transition and become more ready to fight for freedom.



Aircraft maintainers with Marine Medium Tiltrotor Squadron 163 greeted Lt. Col. Eric Garcia, the commanding officer of VMM-163, after his return from a flight that marked more than 2,000 flight hours flown in the MV-22 Osprey aboard Marine Corps Air Station Miramar, Calif., May 23. Garcia began flying the MV-22 Osprey in 2003 and played a role in the Marine Corps' transition to the Osprey from the CH-46E Sea Knight.