

# OKINAWA MARINE

SEPTEMBER 13, 2013

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## Japan Diet members tour Futenma, Ospreys

**Lance Cpl. Natalie M. Rostran**  
OKINAWA MARINE STAFF

MARINE CORPS AIR STATION FUTENMA — Members of the Liberal Democratic Party of Japan visited Marine Corps Air Station Futenma

Sept. 9 to discuss the role of the air station and the MV-22B Osprey tiltrotor aircraft.

Toshihisa Takata, the ambassador in charge of Okinawan Affairs with the Ministry of Foreign Affairs of Japan, also joined the LDP

members during the visit.

The LDP is one of the political parties of Japan and the ruling party of the National Diet of Japan.

The visit began with a command brief given by Lt. Col. Sean P. Patak to discuss the air station's

capabilities in support of 1st Marine Aircraft Wing, III Marine Expeditionary Force and Marine Corps Installations Pacific.

"It is important that the 1st MAW's rotary and tiltrotor assets see **LDP** pg 5

## Marines, Aussies continue partnership

SEE PAGES 6-7 FOR STORY & PHOTOS



Two Marines with Company L fire 60 mm mortars as part of a live-fire training event, ensuring they have accurate fire on the simulated enemy force during Exercise Koolondong Sept. 1 at Bradshaw Field Training Area, Northern Territory, Australia. Marines performed day and night live-fire during the exercise. Co. L is part of 3rd Battalion, 3rd Marine Regiment, Marine Rotational Force-Darwin, III Marine Expeditionary Force. Photo by Sgt. Sarah Fiocco



Marines and soldiers refuel an Army UH-60 Black Hawk helicopter Sept. 10 at Landing Zone Phoenix on Camp Schwab. The Marines are with Marine Wing Support Squadron 172, Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force. The soldiers are with 2nd Combat Aviation Brigade. Photo by Cpl. Terry Brady

## MWSS-172 refuels helicopters during Exercise Lejeune II

**Cpl. Terry Brady**  
OKINAWA MARINE STAFF

CAMP SCHWAB — Marines with Marine Wing Support Squadron 172 established forward arming and refueling points Sept. 10 at Landing Zone Phoenix at Camp Schwab to support operations conducted by

three Army UH-60 Black Hawk helicopters during Exercise Lejeune II.

MWSS-172 provided refueling support for Marine and Army units during the exercise, which is a joint aerial assault exercise involving 3rd Battalion, 3rd Marine Regiment; the Army's 2nd see **FARP** pg 5

## 3rd MEB initiates ACM drill

**1st Lt. Jeremy N. Alexander**  
OKINAWA MARINE STAFF

CAMP COURTNEY — Marines and sailors with the 3rd Marine Expeditionary Brigade conducted a "fly-away" drill Sept. 7 to maintain their readiness as III Marine Expeditionary Forces' Alert Contingency Marine Air-Ground Task Force in the Pacific.

III MEF's ACM is tasked to maintain the capability to rapidly deploy a scalable headquarters and contingency forces within the Pacific Command area of responsibility for small-scale, short-duration crisis response to save lives, mitigate human suffering, and see **DRILL** pg 5

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BECOME U.S. CITIZENS

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COMPETE IN TOURNAMENT

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RECYCLING CENTER REDUCES  
MCIPAC/III MEF WASTE OUTPUT

PG. 10

See **Source** inside for live bands in the MCCS clubs!





# Procedures to take after accidents

Capt. Christopher M. Williams

The congested roadways, adverse weather conditions and slick road surfaces of Okinawa can create ideal conditions for motor vehicle accidents to occur.

Attentive driving and obeying local traffic laws can prevent many of these incidents from happening. However, if you are involved in a motor vehicle accident, take the following steps:

- Stop your vehicle immediately and remain at the scene of the accident.
- If possible, you should record the license plate number and description of other vehicles involved in the accident in case they leave the accident scene.
- If the accident is minor and it is feasible to do so, move the vehicles off the road to avoid blocking traffic.
- Render reasonable assistance to anyone who is injured.
- Report the accident to the Provost Marshal's Office by calling 098-970-7441 from your cell phone.
- Follow the directions of military and Japanese police when they arrive on scene.
- After being released from the accident scene by law enforcement, report the accident to your insurance company as soon as possible.

If you injure another person in an accident, Japan police may cite you for "injury through negligent driving." The Japan Police Liaison Office can provide you with additional information on the legal consequences and condolence procedures. You can contact the JPL

Office by calling 645-2238 or 645-2259.

If you are injured in an automobile accident off base, Japan police will need a medical certificate from your doctor. You can obtain a template medical certificate from the accident investigator or the JPL Office at PMO headquarters located in Room 118 of Building 496 at Camp Foster.

If you would like to obtain a copy of the military police report of your accident, call the Accident Investigation Section first to determine if your report has been completed. Most reports are ready within one to two weeks.

Once the report is complete, command representatives can obtain a copy by submitting a request to the records section of PMO located in Room 121 of Building 496 at Camp Foster. Individual drivers can obtain a copy of the report by filing a Freedom of Information Act request with the Office of the Staff Judge Advocate, Marine Corps Installations Pacific, located in Room 107 of Building 1 at Camp Foster.

Leaving the scene of any motor vehicle accident, you're involved in, regardless of how insignificant the damage, is a crime in Japan and is punishable by up to a year in prison or a ¥100,000 fine. The penalties are more severe if individuals are injured with up to 10 years in prison and a ¥1,000,000 fine. However, in the event of an accident, complying with these procedures will ensure that you do not run afoul of local laws.

If you have any questions, contact PMO or the MCIPAC Office of the Staff Judge Advocate at 645-7461.

*Williams is the foreign criminal jurisdiction officer with SJA, MCIPAC.*

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AROUND THE CORPS

**Marines land in combat rubber raiding craft Aug. 30 on Pyramid Rock Beach, Marine Corps Base Hawaii. The Marines secured the beach, allowing follow-on forces to conduct an amphibious assault. The Marines are with Company A, Battalion Landing Team 1st Battalion, 4th Marine Regiment, 13th Marine Expeditionary Unit, I Marine Expeditionary Force. Photo by Cpl. Matthew Callahan**



**Marines provide cover fire as a simulated casualty is taken for medical aid Aug. 31 at Fort Pickett, Va., during urban tactics training as part of the 22nd Marine Expeditionary Unit's Realistic Urban Training exercise. More than 160 Marines practiced fire team and squad-level room and building clearing before progressing to platoon-sized raids. The Marines are with Battalion Landing Team 1st Battalion, 6th Marine Regiment, 22nd MEU, II Marine Expeditionary Force. Photo by Sgt. Austin Hazard**

OKINAWA MARINE

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# Service, community members take oath, become US citizens

Lance Cpl. Nicholas S. Ranum

OKINAWA MARINE STAFF

CAMP FOSTER — Fifty-nine service members and status of forces agreement personnel from 24 different countries gathered for a citizenship ceremony Sept. 6 at the Camp Foster Theater.

The ceremony signifies the completion of the process of gaining U.S. citizenship that lasts six to eight-months.

The ceremony marked the culmination of a dream for candidates from around the world, according to David Roy, a field officer with the U.S. Citizenship and Immigration Service, U.S. Embassy, Manila, Republic of the Philippines.

"Across the globe the applicants are screened for every aspect of U.S. citizenship," said Roy. They have been judged to have good moral character by USCIS agents during interviews (before being able to be granted citizenship).

The candidates swear an oath forsaking loyalty to their country of birth and pledge allegiance to the U.S. during the ceremony.

"The military members here have volunteered to put themselves in harm's way for a country that is not theirs," said Walter Haith, a field officer with USCIS, U.S. Embassy, Seoul, Republic of Korea. "That changes today with this ceremony. Today, they are American citizens."

Navy Capt. Catherine M. MacDonald, the guest speaker for the event, had previously gone through the citizenship process herself and shared words of wisdom with the new citizens.

"When I took the oath of citizenship I was 8 years old," said MacDonald, the director of mental health at U.S. Naval Hospital Okinawa. "As time has gone on, I have come to view that oath in a different light. I look at it now as allowing me to become something beyond myself. It allowed me to become an American



**Service members take the oath of citizenship during a ceremony Sept. 6 at the theater on Camp Foster. The service members are with units stationed across Okinawa.** Photo by Lance Cpl. Nicholas S. Ranum

citizen and a naval officer."

Serving the U.S. more fully was a goal of many of the service members taking part in the ceremony, according to Pfc. Elgene A. Cortez, an administrative specialist with the Installation Personnel Administration Center, Marine Corps Base Camp Smedley D. Butler, Marine Corps Installations Pacific.

"Being naturalized as a U.S. citizen is one of the greatest achievements in my life," said Cortez. "Being a part of this ceremony brought home what I chose to do. Even though I was not a citizen, I chose to become a Marine and I chose to become a citizen. I went through the process, so that I could serve my new country better than before."

Serving as a citizen involves working with a multitude of different aspects to include cultures, people and ideas, according to MacDonald.

"Now is the time to expand your horizons to include not only the individuals around you but also the culture and the community," said MacDonald. "The values that you bring strengthen the U.S. as a community and better our nation."

## Defense minister visits Okinawa



**Okinawa Defense Bureau officials brief Itsunori Onodera, center, about a planned land return at Camp Foster Sept. 7. The land return is part of the Okinawa consolidation program, part of the Defense Policy Review Initiative. Onodera is the defense minister, Japan Ministry of Defense.**

Photo by Lance Cpl. Nicholas S. Ranum

## BRIEFS

### CFC 5K FUN RUN

The Combined Federal Campaign will kick off with a 5K fun run at 8:30 a.m. Sept. 21 at the Marine Corps Air Station Futenma Semper Fit gym. Donations will be accepted at the event.

### MMOA TO VISIT OKINAWA

Manpower Management Officer Assignment monitors of Headquarters, U.S. Marine Corps will be on Okinawa Oct. 23-25 to meet with officers concerning the assignment process and future postings.

An MMOA briefing for all officers will be held at 8 a.m. Oct. 23 at the Camp Foster theater. Upon completion of the briefing, interviews with monitors will be conducted in the first floor classroom of Building 494 for ground officers and at the Marine Corps Air Station Futenma Mess Hall 423 in classroom 3 for air officers.

Officers desiring to meet with their respective monitor should send an email to [malcom.sellman@usmc.mil](mailto:malcom.sellman@usmc.mil) with grade, name, rotation date, unit, phone number, monitor they desire to meet with, and three preferences for appointment times.

For more information, please contact Malcolm Sellman at 622-7724.

### PLAZA POWER OUTAGE

Plaza Housing will experience a scheduled power outage Oct. 3 from 8 a.m. to 4 p.m.

If you have any questions or concerns, please contact Camp Services Facilities Specialist at 645-0883 or visit [www.facebook.com/CampFoster](http://www.facebook.com/CampFoster) or <http://www.mcipac.marines.mil/Installations/CampButler/BaseInformation/UtilitiesOutages.aspx>.

### DISTANCE EDUCATION PROGRAM COMMENCES

Expeditionary Warfare School and Command & Staff College academic year 14 Distance Education Programs commence Oct. 1.

To enroll, contact the College of Distance Education and Training at 645-2230.

### 24-HOUR POW/MIA VIGIL RUN

The 2013 POW/MIA Recognition Day ceremony is slated to begin with a 24-hour vigil run at Marek Park on Kadena Air Base starting at 6 a.m. Sept. 19.

Following the run, a ceremony will be held at the 18th Wing Headquarters building flagpole at 6:30 a.m. Sept. 20, followed by a recognition breakfast at 7:30 a.m. at the Rocker NCO Club ballroom.

**TO SUBMIT A BRIEF,** send an email to [okinawamarine.mccb.fct@usmc.mil](mailto:okinawamarine.mccb.fct@usmc.mil). The deadline for submitting a brief is noon Wednesday. Okinawa Marine reserves the right to edit all submitted material.



# Battery C Marines ready, aim, fire at ARTP

**Sgt. Anthony J. Kirby**

OKINAWA MARINE STAFF

OJOJIHARA MANEUVER AREA, Miyagi prefecture, Japan — Marines and sailors of Battery C, 3rd Battalion, 12th Marine Regiment, participated in live-fire artillery and small-arms training at the Ojojihara Maneuver Area in Miyagi prefecture, Japan, Sept. 2-7 in support of Artillery Relocation Training Program 13-2.

ARTP is a regularly scheduled training event that enhances the combat readiness of Marine artillerymen and supports the U.S.-Japan Treaty of Mutual Cooperation and Security.

Through this training, the battery was able to improve its proficiency in convoy operations, fire missions and communications.

"We were focusing on readiness, speed and stealth in setting up in the middle of the night to complete fire missions whenever they're (issued)," said Gunnery Sgt. Alejandro Alaniz, the battery gunnery sergeant of Btry. C, 1st Battalion, 12th Marine Regiment, currently assigned to 3rd Bn., 12th Marines, 3rd Marine Division, III Marine Expeditionary Force, under the unit deployment program.

The battery tested its ability to successfully complete fire missions issued by the fire direction center. The fire missions consisted of Marines

attempting to launch a certain type and number of rounds in a specified time limit both day and night.

The battery also practiced its ability to employ howitzers using a combination of modern and traditional techniques, according to 1st Lt. Victor H. Hernandezgaytan, the battalion executive officer. The variations require using the howitzers' optical sights and aiming posts coupled with digital calculations for correct emplacement direction.

Working and operating at night does not change any emplacement or firing procedures, but it forces everyone to be even more cautious, according to Alaniz. To be stealthier when moving through the night, the battery enforced noise and light discipline during the six firing days.

"We're not always going to be in an enemy-free area, so we have to do what we can to make sure we don't give away our position," said Alaniz. "We don't want to give the enemy a chance to use counter-battery (detection) before we can get some shots off."

The Marines improved their proficiency and instilled a renewed sense of confidence when displacing, emplacing and firing at night, according to Cpl. Cameron L. McAllister, a battery section chief.

"This training definitely got the Marines more proficient in their military occupational specialty,"



**Marines fire an M777A2 lightweight howitzer during live-fire training Sept. 4 at the Ojojihara Maneuver Area in Miyagi prefecture, Japan, as part of Artillery Relocation Training Program 13-2. The training was conducted both day and night for six days. The Marines are with Battery C, 1st Battalion, 12th Marine Regiment, currently assigned to 3rd Battalion, 12th Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force, under the unit deployment program.**

*Photo by Sgt. Anthony J. Kirby*

said McAllister. "The different climate and weather (from the often rocky terrain of Hawaii to the soft dirt and mud of the Ojojihara Maneuver Area) gave us a bit of a challenge, but we pushed through it which helped give us more experience to round us out."

The battery has proven itself able to function effectively at night through the success it had changing positions and being able

to rain fast and accurate artillery rounds down on targets, according to McAllister.

The challenges overcome by the battalion have made it stronger and more ready to fight, according to Hernandezgaytan.

"As a commander or leader, you always want to see your Marines grow in their abilities, and I was able to witness that during this training," said Hernandezgaytan.

## Marines, civilians enhance efficiency with Lean Six Sigma

**Lance Cpl. Nicholas S. Ranum**

OKINAWA MARINE STAFF

CAMP FOSTER — Marines and civilian employees of Marine Corps Base Camp Smedley D. Butler, Marine Corps Installations Pacific and Marine Corps Community Services Okinawa completed a Lean Six Sigma Yellow Belt course Aug. 21 on Camp Foster.

The course outlines methods to improve efficiency in the workplace by eliminating unneeded steps and creating a smoother workflow process.

"We focus on continuous process improvement, or CPI," said Rudy Gutierrez, a management analyst with the Business Performance Office at Camp Foster. "CPI involves elements from Lean Six Sigma and Theory of Constraints."

The Lean program focuses on removing waste from the manufacturing process, Theory of Constraints focuses on improving areas of the manufacturing process where bottlenecks exist, and Six Sigma focuses on removing defects from the process.

"Each of those is a process in which companies cut down on their excess or improve their work flow," said Gutierrez. "The purpose of CPI in the Marine Corps is to increase the combat readiness and support of the warfighter."

The students were introduced to the course with a quick overview of CPI and how each of the three methods can be applied.

"In Six Sigma we reduce variations, in Lean we remove waste, and in TOC we manage constraints," said Gutierrez. "The Navy and Marine Corps began organizing the CPI program in 2006 and through refinement pulled the best from each method and made it into their program."

The program adopted the belt system more commonly associated with martial arts to denote a user's level of training and proficiency.

"CPI is needed more and more as we go into the future," said Esme Allen, a program analyst with the Business Performance Office on

Camp Foster. "The yellow belts will have a more in-depth understanding of the Lean Six Sigma and Theory of Constraints programs than white belts to be able to help the green and black belts of the program should they need it."

A white belt is a beginner of the program, while a yellow belt knows more about how the program works and can help in projects. Green belts will lead projects, and black belts focus solely on the Lean Six Sigma program in their organization.

Marine units are already applying some of these principles to their workflow process, including the Installation Personnel Administration Center, MCB Camp Smedley D. Butler, that worked to make the common-access card application process easier, according to Allen.

"We went into IPAC and went step-by-step through the process and learned what we needed to improve," said Allen. "We eventually came up with the appointment system for them, so that those trying to get their cards would not have to wait for hours at a time. We try to achieve a better end-state each time we go to a workplace and conduct a project."

Even if the participants are not involved in a specific project led by a green or black belt of Lean Six Sigma, the skills can still be applied to the workplace.

"The information that I received from this class is good," said Master Sgt. Kevin E. Brown, the plans chief for G-6, communications, MCB Camp Smedley D. Butler. "Our goal is to cut the time from when someone places a work order to the completion of that order. With the information provided by this class, the process should be smoothed-out."

Changing the workplace to be more efficient not only helps those on Okinawa but can help the Marine Corps as a whole, according to Brown.

"Anyone that is in a position capable of changing their workflow should attend this course," said Brown. "Even those that are not can still learn from this and take it back to their unit, so that they can better improve their work areas."



**Marines secure a landing zone as an Army UH-60 Black Hawk helicopter takes flight Sept. 10 at Landing Zone Phoenix on Camp Schwab. Three helicopters with the Army's 2nd Combat Aviation Brigade were used for Marine Wing Support Squadron 172's forward-arming and refueling point training during Exercise Lejeune II. MWSS-172 is with Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force.**

*Photo by Cpl. Terry Brady*

#### **FARP** from pg 1

Combat Aviation Brigade; and 2nd Battalion, 6th Marine Regiment. Both 3rd Bn., 3rd Marines, and 2nd Bn., 6th Marines, are currently assigned to 3rd Marine Division, III Marine Expeditionary Force, under the unit deployment program.

The exercise is designed to enhance and increase the U.S. Marine and Army forces combat readiness and joint capabilities.

"During the exercise, we are working with the Army, so that the helicopters can transport Marines expediently to different parts of the training grounds," said Lance Cpl. Jose L. Valencia, a bulk fuel specialist with MWSS-172, Marine Aircraft Group 36, 1st Marine Aircraft Wing, III MEF. "Usually, we set up refueling stations at established landing zones, but for (FARP training) we go to terrain that has unusual features, so that it feels like a realistic scenario."

The purpose of the FARP is to expediently fuel aircraft at temporary landing zones in order to facilitate immediate takeoff, according to Staff Sgt. Mario A. Diazregalado, a company gunnery sergeant with MWSS-172.

"Fueling aircraft at FARPs is similar to refueling at professional car races in the sense that it is crucial

to maintain that steady and fast flow of liftoffs and refueling," said Diazregalado. "In a realistic scenario, we move to the landing zone with the fuel tank and prepare the refueling points while the helicopters are conducting their operations, so that the aircraft do not have to wait to be refueled."

The Marines also monitor fuel levels and evaluate fuel potency.

"We regularly test the fuel to make sure that contaminants are not going into the helicopters and that a steady flow of fuel goes from the helicopter-expedient refueling system to the hoses," said Sgt. Phillip D. Rial, the pit noncommissioned officer and bulk fuel specialist with MWSS-172. "We also make sure that the pilots are using safety precautions prior to refueling. If the aircraft isn't grounded yet or is not secured, we can't clear the aircraft to begin the refueling process."

The training left the Marines with a healthy appreciation and understanding of the importance of each component of the FARP and the role they play during operations.

"Once you've set up and worked with FARPs a few times, you understand that everything and everyone plays a vital part to successfully refueling the aircraft," said Valencia. "It helps the unit be prepared for combat deployments."

#### **DRILL** from pg 1

counter threats to U.S. national interests.

3rd MEB serves as the headquarters for this ACM, ready to deploy within 24 hours to any crisis or contingency in the region.

"This training is especially relevant since 3rd MEB has been called upon to assist in disaster relief as recently as Typhoon Bopha, December 2012 in the Republic of the Philippines," said Col. Mark Menotti, assistant chief of staff, G-4, supply and logistics, 3rd MEB. "3rd MEB has also been deployed to assist during Operation Tomodachi, the U.S. and Japan's response to the Great East Japan Earthquake and subsequent tsunami of 2011, and Thailand flood relief."

This drill began with a simulated disaster in Nepal, at which point III MEF activated a crisis action team to determine capabilities necessary to respond to the crisis. Marines from all subordinate commands of III MEF participated in the drill, initiating recall procedures, palletizing humanitarian assistance/disaster relief supplies, and evaluating operating procedures to ensure they are done quickly and effectively during an actual crisis.

In addition to real-world operations, members of the 3rd MEB are constantly training for their contingency mission. Recent examples include the Joint Humanitarian Operations Course, Humanitarian Assistance Response training and participation in exercises such as Ssang Yong in the Republic of Korea, Balikatan and PHIBLEX in the Republic of the Philippines, and Talisman Saber in Australia.

"Our primary mission is to maintain our ability and readiness to serve as PACOM's crisis response force headquarters for any crisis or contingency in the Asia-Pacific region," said Lt. Col. Rod Legowski, assistant chief of staff, G-3, operations and training, 3rd MEB. "Everything we do is executed with that goal in mind."

This "fly-away" drill has further significance in that members of the 3rd MEB flew to Nepal to participate in Pacific Resilience, a disaster response exercise and exchange field-training exercise Sept. 9-12. This event incorporates civilian and military subject-matter expertise from Nepal and the United States, focusing on disaster preparedness, risk mitigation, humanitarian assistance and best practices. It will incorporate academic presentations, command and control establishment, and interactive field exercises focused on medical response, urban search and rescue, engineering and logistics.

This exercise is not a singular event, but rather a culmination of security cooperation activities that lead to effective and efficient emergency preparedness, response and recovery. The 3rd MEB also participated in a tabletop exercise in February 2013 with the Nepalese Army designed as a coordinated approach to planning and simulated execution of an earthquake response involving the government of Nepal, U.S. Embassy Katmandu, III MEF, U.S. Army Pacific, U.S. Air Force Pacific, multinational contributing nations, and non-governmental and international organizations.

"Every exercise we do with the Nepalese Army continues to build our relationship and better prepare both our nations to save lives, protect property, and prepare for the next major disaster," said Col. John Peck, the chief of staff of 3rd MEB.

#### **LDP** from pg 1

are colocated with the ground-based components of the MEF in order to provide adequate response time for humanitarian assistance and disaster relief missions," said Patak, the MCAS executive officer. "This in addition to supporting real-world contingencies and operations, multinational exercises, and periodic training and exercises."

The LDP members also inquired about the Marines' living conditions on base and base community relations programs to bring greater unity between the local community and the Marines stationed on Okinawa.

"After visiting, we can see for ourselves how sincere and caring the Marines on Futenma are with their neighbors on Okinawa," said Toshihiro Nikai, an LDP member and former minister of Economy, Trade and Industry. "We hope to continue our good relationship with the U.S. forces."

During the visit, the delegation also observed a static display of the Osprey. The members were encouraged to ask questions and gain familiarity with the tiltrotor aircraft and learn more about the Osprey's capabilities; including speed, range and the pilots' training.

"It's one thing to read about something like the Osprey, but seeing it with your own eyes is best way to learn," said LDP member Arata Takebe.

Japan and the U.S. are scheduled to conduct joint military exercises with the Osprey in Shiga and Kochi prefectures in October. It will mark the first time the partner nations conduct joint training with the Osprey.

"By learning more about the Osprey and its pilots, I will be better able



**Lt. Col. Sean P. Patak, center left, speaks to a delegation of the Liberal Democratic Party of Japan Sept. 9 at Marine Corps Air Station Futenma. The delegation visited the air station to learn more about the air station's capabilities and the MV-22B Osprey. Patak is the executive officer of MCAS Futenma. Photo by Lance Cpl. Natalie M. Rostran**

to explain its safety to people," said Toshitaka Ooka, an LDP member and representative for Shiga prefecture. "If this training is successful, we look forward to having the Marines train (in Shiga again) next year."



# MRF-D, MEU Marines partner with Aussies during

**Story and photos by Sgt. Sarah Fiocco**  
MARINE ROTATIONAL FORCE-DARWIN PUBLIC AFFIARS

**M**arines moved through the extreme heat and arid terrain of the Australian outback to engage a

simulated militia group of rebels armed with 82 mm mortars, vehicles and other weaponry.

This movement-to-contact exercise was just one of three in which Australian soldiers and U.S. Marines worked together to eliminate

the “enemy” threat as part of Exercise Koolendong at Bradshaw Field Training Area, Northern Territory, Australia, Sept. 1-4.

The Australian soldiers are with Company B, 5th Battalion, Royal Australian Regiment, and the Marines are with Company L, 3rd Battalion, 3rd Marine Regiment, Marine Rotational Force-Darwin, along with elements of the 31st Marine Expeditionary Unit. 3rd Bn., 3rd Marines, and the 31st MEU are part of III Marine Expeditionary Force.

“Exercise Koolendong was about three days of live-fire activity, focusing on platoon-size attack ranges,” said Capt. Raymond F. L’Heureux, Jr., the Company L commanding officer. “The MEU did a movement-to-contact exercise where Co. L basically acted as one of the supporting efforts and conducted their range as if part of a larger operation.”

To prevent the advancement of the simulated force, MRF-D Ma-

rines executed a plan-of-attack.

“We had to use a platoon-sized reinforced attack to pin them down and eliminate the vehicles and threat of the mortar systems,” said 1st Lt. Wesley M. Nix, the platoon commander with Co. L. “We wanted to make sure the enemy couldn’t (escape).”

The MRF-D Marines accomplished this mission by employing the firepower of their riflemen, assaultmen, mortarmen and machine gunners.

“The goal was to have the mortarmen engage the enemy first, while the machine gunners set up their support by fire,” said Staff Sgt. Daniel P. Hubbert, platoon sergeant with Co. L. “As soon as the mortarmen had effective rounds, the machine gunners started their supporting by fire. At that point, the riflemen maneuvered to the objectives. The assaultmen embedded with the riflemen eliminated the two enemy vehicles with shoulder-fired, multi-purpose assault weapon rockets.”

Each day, MRF-D Marines



**Lance Cpl. Justin Oates engages a simulated enemy force with an M240B machine gun Sept. 2 at Bradshaw Field Training Area, Northern Territory, Australia. Oates is a machine gunner with 3rd Bn., 3rd Marines, MRF-D.**



**Marines embark an MV-22B Osprey from the 31st Marine Expeditionary Unit during Exercise Koolendong at Bradshaw Field Training Area, Northern Territory, Australia Sept. 3. Marine Rotational Force-Darwin Marines traveled to the range either by foot, vehicle or aircraft. The training evolution involved Marines with MRF-D and the 31st MEU working bilaterally with Australian soldiers to assess the capacity of the training ranges to support a battalion-sized live-fire event. The Marines are with Company L, 3rd Battalion, 3rd Marine Regiment, MRF-D. 3rd Bn., 3rd Marines, and the 31st MEU are part of III Marine Expeditionary Force. The Australian soldiers are with Co. B, 5th Bn., Royal Australian Regiment.**



# Koolendong

traveled to the ranges on foot, vehicle or aircraft.

“The range itself stayed the same through every execution, but the methods of insertion changed,” said L’Heureux. “For the movement-to-contact, we used 7-ton trucks and then executed an air assault via an MV-22B Osprey and two CH-53E Super Stallions. It just allowed us to practice different methods of travel to our objectives using the different capabilities we have as a unit.”

Overall, the exercise served as a proof of concept to assess the capacity of the ranges to support a battalion-sized, live-fire event.

“It’s a good training area where you can get a lot of things done,” said L’Heureux.

More than 1,000 Marines and Australian soldiers who trained at Bradshaw Field Training Area made their point loud and clear; they can successfully send rounds down range while sustaining themselves deep in the outback.



**Marines fire a shoulder-launched, multipurpose assault weapon as part of a movement-to-contact training evolution during Exercise Koolendong Sept. 3 at Bradshaw Field Training Area, Northern Territory, Australia. The Marines are with Company L, 3rd Battalion, 3rd Marine Regiment, Marine Rotational Force-Darwin, III Marine Expeditionary Force.**



**Lance Corporals. Justin K. Downing, left, and Michael F. Delorme prepare to fire a 60 mm mortar Sept. 3 at Bradshaw Field Training Area, Northern Territory, Australia, during Exercise Koolendong. Both are mortarmen with Weapons Platoon, Co. L, 3rd Bn., 3rd Marines, MRF-D.**



# Her-Ricanes dribble into O-League

**Lance Cpl. Lena Wakayama**  
OKINAWA MARINE STAFF

Two players waited with their muscles coiled, bodies still, eyes focused upward, while other players shuffled anxiously around them. A sharp whistle rang out, and the players suddenly came to life, springing up to meet the ball that flew into the air. The game had begun.

The Her-Ricanes basketball team competed against the reigning O-League champions, the Phoenix, Sept. 6 at Misato Jr. High School as part of the second series of the 2013 women's O-League tournament. This is the first time the Her-Ricanes have competed in the tournament. The first series of the tournament took place during April and May of this year.

"We normally play in the Marine Corps Community Services tournaments," said Bernard Dogan, the head coach of the team.

American teams make up a majority of the participants in the MCCS Okinawa tournaments, leaving little opportunity to compete against local teams, according to Dogan.

The Her-Ricanes' team is comprised of service members, civilians and dependents from bases across Okinawa. They dedicate approximately six hours a week to practice and compete in games and tournaments.

"They get an opportunity to intermingle and mix in with people who have a similar hobby with them," said Dogan, who coached a women's basketball team while stationed at Camp Pendleton, Calif.

Dogan founded the team to allow women stationed on Okinawa more opportunities to play.

Competing against the local teams proved to be a challenge, according to Tara L. Copeland, a forward on the team.

"They play very differently," said Copeland. "They like to run a lot, so that's been a big challenge for us."

The Phoenix proved hard to catch as the game progressed. After almost every turnover, the Phoenix players were instantly on the other side of the court, assaulting the opposing basket with their speed.

However, the Her-Ricanes refused to give up quietly, using their height and physicality to grab rebounds and impede the other team's tactics.

The style of basketball the Her-Ricanes played was unfamiliar, according to Lee Kamiya, a Phoenix player. It was new and presented a great challenge.

Both players agreed that despite their differences, competing against teams from another country was a great experience.

"We get to go out and see how different cultures play," said Copeland. "It was cool seeing something different and experiencing different styles of play."

The Phoenix proved victorious at the end of the evening, defeating the Her-Ricanes by a score of 56-41. Despite the loss, the Her-Ricanes are not out of the running. They won their previous game against Oki-Ice, another American team, and still have three more matches to go before the playoffs.

Dogan reminds his team of the remaining games and encourages them not to lose their enthusiasm.

"They may have beaten us today, but it's



**Sandra N. Adames grabs a rebound during a basketball game Sept. 6 at Misato Jr. High School in Okinawa as part of the O-League tournament. Adames is part of the Her-Ricanes, a women's basketball team consisting of service members, civilians and dependents from installations across Okinawa.** Photo by Lance Cpl. Lena Wakayama

good to play them now, so we can find their weaknesses," he tells his team. "We'll see them again in the playoffs."

## Armorers maintain weapons, aid Marine Corps readiness

**Lance Cpl. Elizabeth A. Case**  
OKINAWA MARINE STAFF

Most Marines never forget the memories of when they were issued their first rifle at recruit training, including how they learned basic rifle assembly, disassembly, cleaning and operation of the rifle.

The Marines behind the caged window of the armory that issued the rifle may have been forgotten, but throughout the Marine Corps small-arms repairers and technicians, or armorers, remain a key component to mission success.

Armorers further the Marine Corps' mission through maintenance and inspection, and by accounting for weapons used in exercises, deployments and military police operations.

A typical day at the armory begins as early as 2:30 a.m., when the technicians begin issuing weapons systems to support operations and training. The armorers ensure all firearms are functional, and in good condition and maintenance.

The armorers conduct a limited technical inspection and a pre-fire inspection prior to each range, according to Cpl. Jason D. Dospoy, a small-arms repairer and technician with Headquarters and Service Battalion, Marine Corps Base Camp Smedley D. Butler, Marine Corps Installations Pacific.

"We have (tools) that tell us if a weapon is serviceable or not," said

Dospoy. "If something is wrong, we investigate the issue and if we cannot figure out the problem, we mark it with a yellow tag, signifying the weapon is down."

Common issues with the rifles include cracked or worn parts and barrel obstructions, according to Dospoy. The technicians assess the issues and determine the necessary repair.

"There are different echelons of maintenance," said Dospoy. "We are a second echelon shop. In the technical manuals, there are certain parts we can order to fix it ourselves, but a lot of the issues are third echelon, so we have to transport the rifles to Camp Hansen for repairs."

In addition to supporting Marines at the ranges, small-arms repairers and technicians also perform inspections for various military police units, who may have their own weapon issue points.

Supporting separate units provides a unique opportunity for armorers to interact with the wide variety of firearms used throughout the Marine Corps, according to Cpl. Shields L. Woods, a small-arms repairer and technician with H&S Bn.

Maintaining weapons and working as an armorer is a satisfying specialty for most.

"I like the maintenance," said Woods. "When we get a weapon that's broken and figure out what is wrong with it, it is like solving

a mystery. There's a satisfaction that comes with accomplishing something (like that)."

For as long as the Marine Corps trains basic riflemen, small-arms repairers and technicians will continue to support unit readiness throughout the fleet by ensuring each weapon system meets the highest standards of performance, according to Woods.

"The Marine Corps' mission is to fight our nation's battles and win wars," said Woods. "We can't do that with the weapons systems if the systems are not properly maintained. We make sure they are always operational. Infantry Marines can't shoot without their weapons being (at their best)."

**"The Marine Corps' mission is to fight our nation's battles and win wars. We can't do that with the weapons systems if the systems are not properly maintained."**

**Cpl. Shields L. Woods**



# VMM-262's Phrogs conduct "sundown" flight

Story and photos by Lance Cpl. Donald T. Peterson  
OKINAWA MARINE STAFF

Since before the Vietnam War, the CH-46E Sea Knight helicopter has served the Marine Corps, facilitating combat, training and humanitarian-assistance around the world. The 50-year-old aircraft is set to be retired from squadrons throughout the Marine Corps, after a long and storied career.

Marines with Marine Medium Tiltrotor Squadron 262 conducted a retirement flight, known as a sundown flight, for its CH-46Es Sept. 6 as part of the unit's transition to the MV-22B Osprey tiltrotor aircraft.

"The CH-46E is like an old, reliable car," said Lt. Col. Joseph Lee, the executive officer of VMM-262, Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force. "You know everything about it and you know you can rely on it, and if anything breaks you know how to fix it with ease. In the past 14 years I have worked with this aircraft, and it's been a great honor to be part of the CH-46Es' history, as well as to have the opportunity to fly them."

VMM-262 has been using the CH-46 since February 1963, according to Capt. Michael S. Linhares, a CH-46E pilot with VMM-262. The squadron has operated the twin-rotor helicopter, known as "the Phrog," throughout the Asia-Pacific region. During this time, the unit participated in Operation Tomodachi, Operation Iraqi Freedom, as well as multiple exercises in the Kingdom of Thailand, the Republic of the Philippines, Australia and the Republic of Korea.

"This is the last multielement formation flight that will be held on Okinawa involving only CH-46Es," said Linhares.

The retirement of the CH-46E is sentimental for some of the Marines who have been working with the helicopter for most of their careers.

"I never thought the day would come in my



**CH-46E Sea Knight helicopters practice landing and taking off at a confined landing zone in the Central Training Area Sept. 6 as part of a sundown flight held to commemorate the aircraft. Sundown flights are conducted as a military tradition for retiring aircraft. The Marine Corps is phasing-out the CH-46E and replacing it with the MV-22B Osprey tiltrotor aircraft. The CH-46Es are a part of Marine Medium Tiltrotor Squadron 262, Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force.**

career where I would see the CH-46E retired," said Lee. "Though it's a bittersweet thought knowing that I get to participate in such a big part of Marine Corps' history, it's a sad feeling knowing that such a great aircraft won't be used anymore."

Along with phasing-out the helicopter, all military occupational specialties related to the CH-46E will be discontinued, such as CH-46E pilots, crew chiefs, mechanics and technicians, according to Staff Sgt. Jeremy R. Harris, a CH-46E crew chief with VMM-262. All affected Marines will be given an opportunity to go back to military occupational specialty school to learn a new job.

"I've flown in CH-46Es for 10 years," said Harris. "I now get the opportunity to learn a new platform and be able to fly with the Osprey. Although the Marine Corps is phasing-out the CH-46E and replacing them with

Ospreys, the legacy that the CH-46Es have created over the years will continue."

The Osprey will follow in the path paved by the CH-46Es and continue to help Marines throughout the world on various training evolutions, exercises and operations, added Harris. The Osprey has been designed to the most stringent safety, readiness and performance requirements of any rotary wing aircraft ever built.

"The CH-46E is just like a Marine," said Harris. "It's been to every clime and place that is out there and was a key asset to the Marine Corps throughout the years. I'm going to miss hearing the sweet sound of a division of CH-46Es flying in together because nothing sounds as amazing as that to me."

VMM-262 is slated to hold its final flight of CH-46Es Sept. 30, as they fly to Camp Kinser to be retired.



**CH-46E Sea Knight helicopters perform a sundown flight over Okinawa Sept. 6 to commemorate the retiring aircraft. Sundown flights are a tradition for retiring aircraft. VMM-262 is slated to hold their final flight of CH-46Es Sept. 30, as they fly down to Camp Kinser to be retired.**



# Recycling Center reduces tons of waste output

Story and photos by Lance Cpl. Natalie M. Rostran

OKINAWA MARINE STAFF

**T**wenty dedicated and environmentally conscious employees work tirelessly at the Recycling Center to sort through all recycling from Marine Corps installations on Okinawa.

They diligently sort through bottles, cans and glass, and separate colored paper, white paper and cardboard day in and day out.

The center's mission is to reduce the amount of solid waste deposited in landfills by Marine Corps Installations Pacific, as well as help service members meet the guidelines and orders set forth by the Marine Corps, according to Brittney E. Le Tran, Recycling Center supervisor with G-F, Facilities, Environmental Affairs Branch, Marine Corps Base Camp Smedley D. Butler, MCIPAC.

Marine Corps order requires Marines to respect and maintain the natural resources entrusted to them by following recycling and waste management guidelines, according to MCO P5090.2A.

In Fiscal Year 2010, approximately 4,150 tons of recyclables were collected. In FY 2012, that number had increased to approximately 11,000 tons and this number could continue to increase significantly if service members apply a few simple tips and are diligent in ensuring that recycling and refuse are separated.

"It's little things like using clear plastic to bag the recyclables, separating colored paper from white and plastic bottles from cans and glass, and not putting organic materials in recycle bins," said Le Tran. "There are signs posted on every base, in every building. If (a Marine) ever gets confused they can reference

the posted guidelines."

In FY 2012, the total percentage of waste sent to the recycling center as opposed to disposal as waste in landfills was over 54 percent, up from 46.97 percent in FY 2011.

"In accordance with the order, we work under a quality recycling program," said Kahoru Takushi, the Total Waste Management Section director, MCB Smedley D. Butler. "We (sell) the recycled commodities to the local market. The money we make goes back into the QRP process. It pays the workers' salaries, buys the supplies, and pays for the upkeep of the vehicles. It is a very unique, self-sustaining process."

The process helped generate approximately one million dollars in revenues in fiscal year 2012 and, as of June of FY 2013, approximately \$640,000.00 was generated in revenues.

While the revenue increase is good for the center, the true value is how much a positive impact it has on landfills on island.

When recycling gets mixed with waste, it goes to a landfill, according to Sean D. Cohen, the warehouse work leader, MCB Smedley D. Butler. As guests on Okinawa, we should not want to add to the local landfills and instead should take pride in making sure we don't create unnecessary waste.

The center encourages everyone to take care when separating their trash and recyclables.

"Marines can help out by simply staying aware," said Le Tran. "The Marines are excellent about separating the recycling and placing it in the proper containers at the offices, but they need to apply the same care at their barracks and homes."

The center has machines to complete the recycling processes, including one that takes cans and separates them by metal type, one



**Recycled aluminum cans are crushed and stored at the Recycling Center on Camp Foster. The cans are then sold to companies to be repurposed into other products. The Recycling Center can only recycle cans that are placed in the proper recycling bins.**

that sorts through spent shell casings from ranges throughout Japan, and the largest military-contracted paper shredder on the island.

The center's employees are advocates for individual environmental responsibility and firm believers in the importance of their work.

"It gives you a good feeling to know that you're helping keep your (base) clean," said Yoa Espinosa, a materials handler with the center. "All you need to do is care and be aware; care about where you live and be aware of how you can contribute."



**Above: Yoa Espinosa sorts recyclables at the Recycling Center on Camp Foster. Espinosa is one of 20 dedicated employees at the Recycling Center who sort through all the recyclables from the Marine installations on Okinawa. Unlike the cans that are separated by an industrial-sized sorter, the workers must sort plastics by hand. Espinosa is the materials handler with the Recycling Center, Environmental Affairs Branch, Marine Corps Base Camp Smedley D. Butler, Marine Corps Installations Pacific.**



**Bottles collected from Marine installations on Okinawa are placed in containers to be sold at the Recycling Center on Camp Foster. The profits made from the sale of these bottles go back in to the Quality Recycling Program, which is a self-sustaining program that pays for the workers' salaries, equipment and maintenance. Military members and civilians who actively recycle at the office, the barracks and in their homes aid the process.**



# In Theaters Now

**SEPT. 13 - 19**

## FOSTER

**TODAY** Riddick (R), 6 & 9 p.m.

**SATURDAY** Planes (PG), noon; R.I.P.D. (PG13), 3 p.m.; Riddick (R), 6 p.m.; The Wolverine (3-D) (PG13), 9 p.m.

**SUNDAY** Despicable Me 2 (3-D) (PG), 1 p.m.; Riddick (R), 4 & 7 p.m.

**MONDAY** The Conjuring (R), 7 p.m.

**TUESDAY** Riddick (R), 7 p.m.

**WEDNESDAY** Closed

**THURSDAY** Riddick (R), 7 p.m.

## KADENA

**TODAY** Paranoia (PG13), 6 p.m.; Riddick (R), 9 p.m.

**SATURDAY** Turbo (PG), noon; Paranoia (PG13), 3 p.m.; Riddick (R), 6 & 9 p.m.

**SUNDAY** Turbo (PG), 1 p.m.; Getaway (PG13), 4 p.m.; Riddick (R), 7 p.m.

**MONDAY** Riddick (R), 7 p.m.

**TUESDAY** The Conjuring (R), 7 p.m.

**WEDNESDAY** Riddick (R), 7 p.m.

**THURSDAY** Paranoia (PG13), 7 p.m.

## COURTNEY

**TODAY** Riddick (R), 6 & 9 p.m.

**SATURDAY** One Direction: This is Us (PG), 3 p.m.; The Wolverine (PG13), 6 p.m.

**SUNDAY** One Direction: This is Us (PG), 3 p.m.; Riddick (R), 6 p.m.

**MONDAY** 2 Guns (R), 7 p.m.

**TUESDAY** Closed

**WEDNESDAY** Riddick (R), 7 p.m.

**THURSDAY** Closed

## FUTENMA

**TODAY** Riddick (R), 6:30 p.m.

**SATURDAY** We're the Millers (R), 4 p.m.; Riddick (R), 7 p.m.

**SUNDAY** Elysium (R), 4 p.m.; Riddick (R), 7 p.m.

**MONDAY** The Wolverine (3-D) (PG), 6:30 p.m.

**TUESDAY-THURSDAY** Closed

## KINSER

**TODAY** Riddick (R), 6:30 p.m.

**SATURDAY** Percy Jackson: Sea of Monsters (PG), 3 p.m.; Riddick (R), 6:30 p.m.

**SUNDAY** Turbo (PG), 1 p.m.; Percy Jackson: Sea of Monsters (PG), 3:30 p.m.; Riddick (R), 6:30 p.m.

**MONDAY-TUESDAY** Closed

**WEDNESDAY** We're the Millers (R), 6:30 p.m.

**THURSDAY** Riddick (R), 6:30 p.m.

## SCHWAB

**TODAY** Riddick (R), 6 & 9 p.m.

**SATURDAY** Riddick (R), 6 p.m.; The Wolverine (3-D) (PG13), 9 p.m.

Getaway (PG13), 9 p.m.

**SUNDAY** Percy Jackson: Sea of Monsters (3-D) (PG), 3 p.m.; The Wolverine (PG13), 6 p.m.

**MONDAY** Riddick (R), 6 p.m.

**TUESDAY-WEDNESDAY** Closed

**THURSDAY** 2 Guns (R), 6 p.m.

## HANSEN

**TODAY** Riddick (R), 6:30 & 10 p.m.

**SATURDAY** Elysium (R), 3 p.m.; Riddick (R), 6 & 9:30 p.m.

**SUNDAY** The World's End (R), 2:30 p.m.; Riddick (R), 6 p.m.

**MONDAY** The Mortal Instruments: City of Bones (PG13), 7 p.m.

**TUESDAY** Getaway (PG13), 7 p.m.

**WEDNESDAY** Percy Jackson: Sea of Monsters (3-D) (PG), 7 p.m.

**THURSDAY** Riddick (R), 7 p.m.

## THEATER DIRECTORY

**CAMP FOSTER** 645-3465

**KADENA AIR BASE** 634-1869

**(USO NIGHT)** 632-8781

**MCAS FUTENMA** 636-3890

**(USO NIGHT)** 636-2113

**CAMP COURTNEY** 622-9616

**CAMP HANSEN** 623-4564

**(USO NIGHT)** 623-5011

**CAMP KINSER** 637-2177

**CAMP SCHWAB** 625-2333

**(USO NIGHT)** 625-3834

Movie schedule is subject to change without notice. Call in advance to confirm show times. For a complete listing and 3-D availability visit [www.shopmyexchange.com](http://www.shopmyexchange.com).



# SINGLE MARINE PROGRAM EVENTS

For more information or to sign up, contact the Single Marine Program at 645-3681.

## EXPO PARK

• Join the SMP on a trip to the Ocean Expo Park Sept. 28. Transportation will be provided from Camps Courtney, Hansen and Schwab. Sign up with the SMP office by Sept. 20. Contact the SMP office via the number above for more information.

## PAINTBALL

• Join the SMP for a paintball adventure 9 a.m. to 2 p.m. Sept. 27. Sign up with the SMP office by Sept. 20. For more information, contact your SMP representative or the office number above.

Mention of any company in this notice does not imply endorsement by the Marine Corps.

# TEST YOUR CORPS KNOWLEDGE:

What Marine went on to become an astronaut and eventually a U.S. senator?

See answer in next week's issue

## LAST WEEK'S QUESTION:

When was the noncommissioned officer sword adopted?

## ANSWER:

1859 - The sword has been in continuous service ever since and is restricted by regulation for use only in ceremonial occasions by an NCO or staff NCO in command of troops while under arms.



## Japanese numbers of the week:

1 *ichi* (ee-chi)

2 *ne* (nee)

3 *san* (sahn)

4 *yon* (yohn)

5 *go* (goh)

6 *roku* (roh-ku)

7 *nana* (nah-nah)

8 *hachi* (hah-chi)

9 *que* (ku)

10 *jū* (ju)

# CHAPLAINS'

CORNER

*"Much of what we measure ourselves by is what we see on TV ... but that doesn't show real life."*



## Your perception may not be reality

**Lt. Flournoy C. Phelps**

4TH MARINE REGIMENT CHAPLAIN

One morning a man looked out his window and saw his neighbor hanging laundry to dry.

"That laundry's dirty!" he laughed.

"They don't know how to wash clothes!"

Every time the neighbor hung clothes, he would say the same thing.

A few weeks later, he was surprised to see bright, clean laundry hanging on the line. "They finally cleaned their clothes!" he said to his wife. "I wonder how they learned."

She replied, "Well, dear, I got up this morning and washed our windows."

It is amazing to me the difference a piece of glass can make when it is clean, not just in terms of how nice it looks, but in ways that really matter.

In life today, there seem to be two pieces of glass that matter the most. The first is our mirror. There are things that

can get in the way of how we look at ourselves. Such as spots of doubt about our abilities, streaks that make us question our choices, and smudges that blur our sense of worth.

With a dirty mirror, we are going to spend a lot of time trying to change things that are just fine the way they are. And we still might miss what we really need to change.

The second piece of glass is our screen. Much of what we measure ourselves by is what we see on computers, tablets, movies and TV screens. But these don't show real life. They advertise and entertain. When reality shows are directed and edited, it's pretty clear that what we see on a screen is only going to confuse what we look for in a mirror.

Let's take some time to filter our screens, clean our mirrors, and then we can really reflect on who we are and want to be.

FOR UPCOMING SPECIAL WORSHIP SERVICES AND EVENTS FOR ALL MARINE CORPS BASE CHAPELS, CALL 645-2501 OR VISIT [WWW.MCIPAC.MARINES.MIL](http://WWW.MCIPAC.MARINES.MIL) AND LOOK UNDER "AROUND MCIPAC"