

# OKINAWA MARINE

SEPTEMBER 20, 2013

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## 3rd Marine Division celebrates 71 years

**Lance Cpl. Stephen D. Himes**

OKINAWA MARINE STAFF

CAMP COURTNEY — The 3rd Marine Division celebrated its 71st birthday Sept. 16 at a ceremony on Camp Courtney.

“The history of this division is

rich and amazing,” said Sgt. Maj. Paul McKenna, the 3rd Marine Division sergeant major. “By reserving a few moments once a year to honor the service and sacrifice of those who came before us, reminds us that what you do today will not be forgotten.”

Officially activated Sept. 16, 1942, the 3rd Marine Division was stationed at Camp Elliott, San Diego, Calif.

The division was soon ordered to Guadalcanal where its training intensified as it prepared for the Battle of Bougainville. This train-

ing helped the division during the two months it spent battling for ground against heavy enemy resistance.

The battle-tested 3rd Marine Division went on to participate in other crucial World War II Pacific see **BIRTHDAY** pg 5

## Pacific Resilience concludes in Nepal

**1st Lt. Jeremy Alexander**

OKINAWA MARINE STAFF

KATMANDU, Nepal — Marines and sailors of III Marine Expeditionary Force participated in the closing ceremony of Pacific Resilience Disaster Response Exercise and Exchange Sept. 12 in Katmandu, Nepal.

During the exercise, which took place Sept. 9-12, participants were able to further common emergency preparedness, response and recovery goals through academic sessions and field-training activities at the Nepal Army Headquarters and various sites throughout Katmandu to put these goals into practice.

In the exercise, the U.S. military, acting as Joint Task Force 505, at the request of the government of Nepal and as see **NEPAL** pg 5



**U.S. Marine Brig. Gen. Paul Kennedy, left, greets Nepalese Army Lt. Gen. Netra Behadur Thapa at the closing ceremony of the Pacific Resilience Disaster Response Exercise and Exchange Sept. 12. Thapa is the acting chief of Army staff. Kennedy is the deputy commanding general of III Marine Expeditionary Force and commanding general of the 3rd Marine Expeditionary Brigade. Photo by 1st Lt. Jeremy Alexander**

## Doctors, medical students visit USNH Okinawa



**Lt. Cmdr. Gene Sherrod, far left, gives visiting students and physicians from the University of the Ryukyus a tour of the intensive care unit Sept. 12 at U.S. Naval Hospital Okinawa on Camp Foster. Sherrod is the ICU department head at USNH Okinawa.**

Photo by Lance Cpl. Natalie M. Rostran

**Lance Cpl. Natalie M. Rostran**

OKINAWA MARINE STAFF

CAMP FOSTER — Physicians and medical students from the University of the Ryukyus University Hospital visited U.S. Naval Hospital Okinawa Sept. 12 at Camp Foster.

The purpose of the visit was to familiarize the members of the university with the medical practices of the hospital and provided tour the facility.

The day began with a presentation that introduced the visitors to the Marine Corps' operational structure. The brief also discussed the role of III Marine Expeditionary Force during humanitarian assistance and disaster relief operations along with the volunteer work and community relations of III MEF and Marine Corps Installations Pacific personnel.

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**STUDENTS HONOR THOSE  
AFFECTED BY SEPT. 11**

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See **Source** inside for weekly buffets at MCCS clubs!



# Fruits, veggies vital to optimum health

Kim Beard

Each September, the Centers for Disease Control and Prevention vigilantly promote "Fruits & Veggies — More Matters" month to stress the importance of eating a wide variety of fruits and vegetables daily.

They urge consumers to use color as a guide because each color offers unique combinations of vitamins, minerals and disease-fighting phytochemicals that work together to protect your health. When shopping, include fruits and vegetables that are green, yellow, orange, red, blue, purple and white; let nature do its work to keep you healthy.

Indeed, fruits and vegetables are "nature's original fast-food," and should serve as the foundation of your breakfast, lunch, dinner and snacks. A diet built around fruits and vegetables will provide optimal energy levels, weight maintenance and protection against the effects of aging and disease.

Cancer, heart disease and stroke, the three leading causes of death in the U.S., are all related to diets high in fats and low in fruits and vegetables. Research has proven that people who eat at least five servings of fruits and vegetables a day are at half the risk of developing cancer compared to those who eat only one to two servings a day. In fact, one-third of cancer deaths each

year could be prevented by a diet rich in fruits and vegetables.

Numerous studies have also displayed the protective benefits that a diet high in fruits and vegetables can have against birth defects, cataracts, diabetes, chronic obstructive pulmonary disease and obesity.

As a society, we fail miserably in fitting in the bare minimum requirement each day. We also fail to make eating healthy a priority for our children, as shown in a study performed by Citizens for Healthy Options in Children's Education. It found that less than 17 percent of children consume the minimum daily recommended servings of vegetables, and 20 percent eat no vegetables on a given day. The same study found that only 15 percent of children eat the minimum daily recommended servings of fruit, and 35 percent eat no fruit at all on a given day.

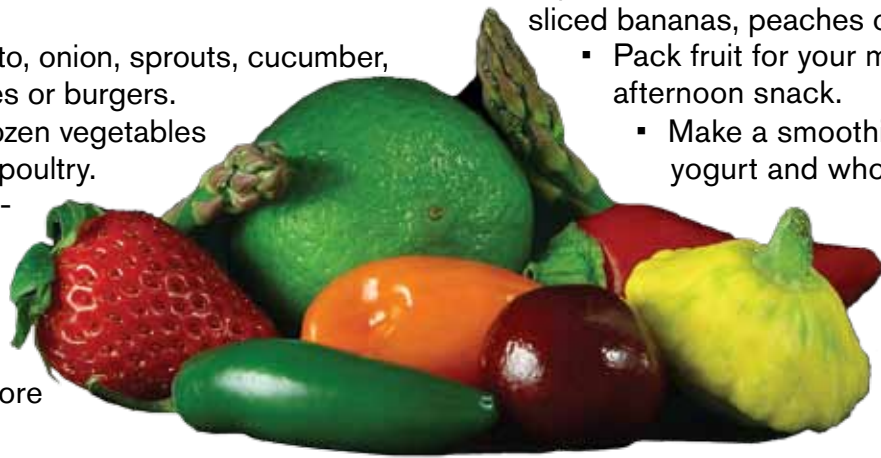
Much of this can be blamed on the "meat and potatoes" culture of the U.S. and further accentuated by the fast-food environment. Many people do not know how to properly prepare vegetables, while others incorrectly assume that fruits and vegetables are more expensive than other types of foods.

By following the steps below you can increase your fruit and vegetable intake and eat healthier!

*Beard is the health promotion program manager for Marine Corps Community Services Okinawa.*

## FITTING-IN MORE VEGGIES IS EASY IF YOU ...

- Lighten up on the cheese and load your pizza with veggies.
- Add lettuce, tomato, onion, sprouts, cucumber, etc., to sandwiches or burgers.
- Stir-fry fresh or frozen vegetables with lean meat or poultry.
- Put chopped veggies in pasta sauce, lasagna and casseroles.
- Enjoy vegetable soup or salad before lunch and dinner.



## FITTING-IN MORE FRUIT IS EASY TOO ...

- Top cereal, oatmeal, waffles and pancakes with sliced bananas, peaches or berries.
- Pack fruit for your morning and afternoon snack.
- Make a smoothie with skim milk, plain yogurt and whole fruits.
- Replace soda with a cup of 100 percent juice.
- Keep a bowl of fruit on your desk or counter to turn to when hunger strikes.

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AROUND THE CORPS

Cpl. Joseph J. Sanders patrols the beach on Marine Corps Base Camp Pendleton, Calif., Sept. 11 during a field operation. Marines performed guard duties, maintaining a combat hunter mind-set. Sanders is a Marine Air-Ground Task Force planner with the 11th Marine Expeditionary Unit, I Marine Expeditionary Force.

Photo by Lance Cpl. Demetrius Morgan



Lance Cpl. Jason K. Hallett receives the game ball from Brig. Gen. John W. Bullard Jr., right, and Col. Willard A. Buhl during the Honor Bowl Sept. 7 at Oceanside, Calif. Hallett, one of the guests of honor during the event, was wounded on Oct. 23, 2010, while deployed to Sangin, Afghanistan. Bullard is the commanding general of Marine Corps Installations West and Marine Corps Base Camp Pendleton, Calif. Buhl is the commanding officer of the Wounded Warrior Regiment. Photo by Cpl. Timothy Lenzo

OKINAWA MARINE

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# America needs robust crisis response force

Gen. James F. Amos

Our nation requires a Marine Corps that is ready, forward-deployed and able to respond to crisis on a moment's notice. This will not change for the foreseeable future, no matter the budgetary woes our country faces.

Three years ago, the Marine Corps initiated a Force Structure Review with the mission of reshaping the Marine Corps for the post-Afghanistan environment. This review sought to find ways to meet our national security responsibilities in a resource-efficient manner. Our goal was to provide the most ready, capable and cost-effective Marine Corps our nation could afford. Balancing the president's Defense Strategic Guidance with our internal review, we designed a force of 186,800 people, which is the optimal-sized Marine Corps, fully ready to meet the ever-increasing demands of the global security environment.

Four months ago, Defense Secretary Chuck Hagel directed the Strategic Choices and Management Review effort to better inform the Defense Department's preparation for the Quadrennial Defense Review. Anticipating that sequestration would be signed into law, in February the Corps stood up a working group focused solely on designing a future force optimized to live within our likely resource constraints. This effort was informed by the realization that, if faced with a continued sequester, the Marine Corps would have to live with severe budget shortfalls that might well threaten its ability to maintain its edge as the nation's hedge force. Ultimately, we would build the best force America was willing to afford. As such, the force we have designed is supportable within a reduced fiscal framework, but assumes greater risk to our national security strategy.

What was our methodology behind the process? Our working group set out with the premise to design a range of possible force structures and subject them to both internal and external risk analysis. Aligned with the Defense Strategic Guidance, we wanted a force that was fiscally realistic. Great care was taken to ensure that both the strategic landscape and emerging threats were properly accounted for and balanced against force design risks. We had to make sure our method avoided simple linear reductions of numbers from our current planned end-state, in order to achieve an optimum force design that kept the Marine Corps ready and relevant to the security challenges of today and tomorrow. At the end of the day, we needed to be modernized, ready and biased for action, integrated into the joint force structure, expeditionary, and right-sized, while retaining our core combined arms and amphibious structure and competencies.

What force design optimizes this need, balances risk, and is fiscally responsible? Based on the detailed planning of our working group, and in conjunction with independent analysis, we have determined that with sequestered budgets a force design of 174,000 is right-sized to allow the Marine Corps to remain America's crisis response force (note: this does not account for the 1,000 Marine plus-up that Congress has directed to our Marine Security Guard Program). This allows us to achieve a high state of readiness, while maintaining forward-presence as a part of the Navy-Marine Corps team.

Analysis shows that further reductions will incur heightened and, in some scenarios, prohibitive risk to our national security strategy, and unacceptable risk to the internal health of our Corps and its families.

How did we get there? We began by first looking at what Marines are doing today and then widened our look to include those emerging trends that would ultimately frame the future operating environment. Today, Marines are still fighting in Afghanistan, providing crisis response in the Middle East, the African littorals and the Pacific, and standing ready to respond to Humanitarian Assistance/Disaster Relief efforts around the globe. Today's Marine Corps also has the capability and capacity to conduct special operations and cyber warfare. We see no shortage of demand for these capabilities

**“The bottom line is we are asking more from our Marines today than at almost any other point in our history ... a trend that will likely continue and further bound our future.”**



Gen. James F. Amos addresses an audience of Marines July 18 at Camp Hansen. Amos is the commandant of the Marine Corps and a member of the Joint Chiefs of Staff. Photo by Cpl. Alyssa N. Gunton

in the future operating environment. The bottom line is we are asking more from our Marines today than at almost any other point in our history ... a trend that will likely continue and further bound our future.

Tomorrow's Marines will see challenges such as violent extremism, battles for influence, disruptive societal transitions, natural disaster, extremist messages and manipulative politics. We will likely see criminal enterprises wield combat power once associated only with states, as well as separatism, extremism and intolerance that lead to terrorism, protests and violence. We will see new technologies place modern weapons into the hands of developing states and non-state actors while the development and proliferation of advanced conventional weapons challenges our ability to project power or gain access.

In this security convergence it will be the forward influence, strategic mobility, effective power projection and rapid response capabilities Marines are known for today that will define those minimum attributes that must endure and frame our future force design. We must maintain a force that can balance an increasing focus in the Asia-Pacific region, while sustaining an ever-watchful eye on the Middle East and African littoral areas. America's Marines must be positioned forward to counter

violent extremists operating across multiple domains.

The Marine Corps has faced this challenge before. As was the case in the past, our manpower and investments fluctuated with the onset and conclusion of wars. We are heading down a similar path today. As our nation reduces its overseas forces, there remains a heightened requirement for a very capable crisis response force, one that can deploy anywhere quickly, provide a variety of response options, a force that can buy time for national decision-makers when the need arises. The Marine Corps is, and will continue to be, the answer to this need. This is what we do ... this is who we are!

*Amos is commandant of the Marine Corps and a member of the Joint Chiefs of Staff.*



## BRIEFS

### SESAME STREET VISITS OKINAWA

The Sesame Street muppets are visiting Okinawa to perform free shows.

- Sept. 25 at 5:30 p.m. in the Camp Courtney gym
- Sept. 27 at 5:30 p.m. in the Camp Kinser gym
- Sept. 29-30 at 2:30 and 5:30 p.m. in the Foster Community Center
- Oct. 1-2 at 4 and 6:30 p.m. in the Keystone Theater

Shows at Camps Kinser, Foster and Courtney will be first-come, first-seated. Attendance of shows at Kadena Air Base will be via advanced tickets, which can be picked up at the Schilling Community Center.

For tour information, visit:  
[www.sesamestreet.org/TLC](http://www.sesamestreet.org/TLC) or  
[www.facebook.com/theUSO](http://www.facebook.com/theUSO)

### RESERVE OPPORTUNITIES

The Marine Corps direct affiliation program, per MARDMIN 419/13, affords highly qualified active component Marines the opportunity to affiliate with a Selective Marine Corps Reserves unit following their end of active service.

The program provides Marines with a no-cost six-month extension of their existing health care benefits.

Eligible Marines may apply for relevant incentives to include affiliation bonus, composite score bonus points or the retraining program in conjunction with the request.

Marines requesting the 12-month early release per MARDMIN 366/13 for officers and MARADMIN 330/13 for enlisted are eligible to participate in the direct affiliation program.

For more details, call Staff Sgt. Brian Joseph at 622-6004 or email at [brian.joseph@usmc.mil](mailto:brian.joseph@usmc.mil).

### MMOA TO VISIT OKINAWA

Manpower Management Officer Assignment monitors 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 Oct. 23 at 8 a.m. in the Camp Foster Theater. Interviews will take place 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.

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

### MEN'S HEALTH SEMINAR

U.S. Naval Hospital Okinawa will host a men's health seminar Sept. 26 from 2-4:30 p.m. in Classrooms 1 and 2 of Medical Suite 3C on the 3rd floor.

For more information, contact Health Promotions at 646-7912.

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

# Monitors visit installations



Master Sgt. Daniel G. Peterson, far left, discusses career options with a Marine Sept. 16 at the community center on Camp Foster. Even with the drawdown, there are still opportunities such as bonuses, special duty assignments and many other options for Marines to remain in the Marine Corps. Peterson is an enlisted assignments monitor with MMEA, Headquarters Marine Corps, Personnel Management Division. Photo by Lance Cpl. Nicholas S. Ranum

## Alcohol screening program in effect

Lance Cpl. John S. Gargano

OKINAWA MARINE STAFF

CAMP FOSTER — Since Sept. 1, commands throughout III Marine Expeditionary Force and Marine Corps Installations Pacific have received breathalyzers as part of the alcohol screening program.

The purpose of the program is to provide commanders an additional tool to identify their Marines and sailors who are at risk to the adverse effects of alcohol abuse or misuse, according to Marine Administrative Message 709/12. The ASP accomplishes this through deterring service members from reporting to duty under the influence of alcohol. More importantly, the program provides commanders the opportunity to identify individuals who may be abusing or misusing alcohol and provide them with training, counseling and/or treatment.

"The ASP is a tool to identify alcohol misuse, so that commanders can direct appropriate intervention before life-altering or career (affecting) incidents occur," said Raul E. Barsallo, a drug and alcohol prevention specialist with the Substance Abuse Counseling Center, which is operated jointly by Marine Corps Community Services and U.S. Naval Hospital Okinawa. "The ASP supports commanders' efforts to ensure our Marines arrive to work safe and are fit for duty."

To accomplish this, commanders will identify ASP coordinators who will be responsible for administering breathalyzer tests and ensuring all Marines are randomly screened, according to Barsallo.

Since 2010, the Marine Corps has revamped its focus on addressing the misuse and abuse of alcohol, according to Barsallo. High-risk and underage drinking are some of the most prevalent forms of alcohol abuse in the Marine Corps.

"The program is an experiment because the



The purpose of the alcohol screening program is to provide commanders an additional tool to identify their Marines and sailors who are at risk to the adverse effects of alcohol abuse or misuse, according to Marine Administrative Message 709/12. Courtesy photo

Marine Corps has not instituted something like this before," said Staff Sgt. Raymond J. Burton II, the substance abuse control officer with 7th Communication Battalion, III Marine Expeditionary Force Headquarters Group, III MEF. "It is a different concept because alcohol abuse prevention is going to be implemented at a lower level of command, produce results in a timely manner, and recognize alcohol abuse early, so that assistance can be provided to the Marine."

Early identification is the main goal, and early intervention is the primary factor in ensuring that the program is a success, according to Barsallo.

"The program is still in its early development, so it may take time to gauge the results," said Barsallo. "One of the major aspects of being a Marine is taking care of our own, and this program aims to help affected Marines, so they can get back into the fight."



**NEPAL** from pg 1

directed by the U.S. Agency for International Development and Office of U.S. Foreign Disaster Assistance, responded to a catastrophic earthquake in Nepal with unique capabilities in support of humanitarian assistance and disaster relief efforts to save lives and mitigate human suffering. This allowed participants to practice with actual response procedures and requests for assistance.

"This exercise is instrumental in cultivating civil-military cooperation, emergency preparedness and enhanced response capabilities," said U.S. Marine Maj. Jude Shell, III MEF exercise planner. "It builds upon the table-top exercise we conducted in February, and from this we adapted procedures, developed a common understanding of certain problems, and refined best practices that directly impacted this field-training exercise."

Participants included the Nepalese Army, the government of Nepal, U.S. Army Pacific, III MEF, and representatives from international organizations, non-governmental organizations and multinational observers.

"I am confident that this practical exercise conducted during Pacific Resilience, along with the relationships that (we) have all cemented this week, will have a lasting impact on disaster response mechanisms in Nepal," said Peter Bodde, U.S. ambassador to Nepal. "The success of (our) work this week and (our) future collaboration will be manifested in expeditious relief, coordinated response, and ultimately the number of lives saved when a disaster strikes."

During the exercise, participants established coordination and operations centers, and worked through various complex exercise injections. The field environment prompted a much greater understanding of the various civil and military organizations involved. This facilitated a better appreciation for the coordination required between these organizations to respond to such an event.

"Seamless interface between the concerned stakeholders is very important for success of the government of Nepal's effort in the field of disaster management," said Nepalese Army Lt. Gen. Netra Thapa, the acting chief of Army staff. "Be it civil-military collaboration or international parties rendering assistance during the disaster, there is a need to understand each other's capabilities, define clear roles, and establish procedures for greater cooperation."

"The government of Nepal and the Nepalese Army have made great strides in developing capacity to rapidly respond to a potential disaster of the largest proportions," said Brig. Gen. Paul Kennedy, the deputy commanding general of III MEF. "I applaud your efforts and assure you that JTF-505 will respond immediately as part of the larger effort to provide assistance in Nepal's time of need."

**BIRTHDAY** from pg 1

campaign battles to include the Northern Solomon Islands, Guam and Iwo Jima.

Following lessons learned during the Korean War, the 3rd Marine Division started participating in innovative training to included helicopter-borne and airborne operations.

The new skill-sets paid-off during the division's operations in the Vietnam War. The division was heavily involved in key operations across South Vietnam in areas such as Danang, Phu Bai and Dong Ha.

"In 1965, the 3rd Marine Division's first major fight was Operation Starlite and the Battle of Chu Lai in the Quang Ngai province, Aug. 18-21," said McKenna. "The heavy fighting resulted in 700 enemy dead. The operation demonstrated what the U.S. Marines could do when the enemy met them in a stand-up fight."

The division is currently comprised of the 3rd Marine Regiment, 4th Marine Regiment, 12th Marine Regiment, Headquarters Battalion, 3rd Reconnaissance Battalion and the Combat Assault Battalion.

The representatives of each of these units stood at attention as a ceremonial detail guided the birthday cake into position in front of the commanding general.



**A detail of Marines wheels a birthday cake to be presented at the 71st birthday of the 3rd Marine Division Sept. 16 at Camp Courtney. The Marines are part of 3rd Marine Division, III Marine Expeditionary Force.**

*Photo by Lance Cpl. Stephen D. Himes*

Maj. Gen. H. Stacy Clardy III, commanding general of the 3rd Marine Division, cut a piece of cake and presented it to Master Sgt. David J. Doten, the longest-tenured Marine in the division. The piece of cake was shared with Pfc. Avery Estrada, the newest member of the division. The passing of the cake symbolizes the passing of knowledge, tradition

and experience from old to new.

"It's a big deal to bear the weight of the future of this division on my shoulders," said Estrada, an intelligence specialist with G-2, intelligence, Headquarters Bn., 3rd Marine Division, III Marine Expeditionary Force. "I'm extremely honored to have been allowed to be a part of this tradition."

**RYUKYUS** from pg 1

"I didn't know the Marines were doing so many good services," said Asuka Shiomi, a fifth-year medical student with the University of the Ryukyus. "They really are trying to build a good relationship with the Japanese people."

The lecture was followed by a tour of USNH Okinawa that included the multiservice ward, which specializes in treating patients of all ages, the intensive care unit and the operating rooms.

"It's great to show off our new building, and share and exchange knowledge with cultural (experiences) like these," said Lt. Cmdr. Gene Sherrod, the department head for the intensive

care unit at USNH Okinawa.

During the tour, the hospital staff answered the visitors' questions about equipment and practices.

"The tour was very interesting," said Shiomi. "Not only did I learn about the services and equipment, I learned about how the location and structure of the hospital were built."

The hospital, which opened in March 2013, was constructed to withstand earthquakes and located on high ground outside of tsunami flood zones.

The students were also introduced to the hospital's Japanese National Physician Graduate Medical Education program. The yearlong program takes six Japanese interns and introduces them to Western-style medical practices. The interns also serve as translators and liaisons between the hospital staff and the people of Okinawa.

"I'm enjoying myself very much," said Reiichi Obata, an intern with the program. "We can use what we learn here and apply it when we return to Japanese hospitals. The standards between (Japanese) techniques and Western styles are different enough that this has been very helpful and diverse."

The visiting medical students expressed interest in the program and the options it opens to interns.

"It's a very good opportunity for Japanese interns," said Shiomi. "Many Japanese medical doctors who would want to practice in America can get the training they would need to work in the U.S. (here at USNH Okinawa). I'm very interested in applying for the program."

The students ended their day with a question-and-answer session with the Japanese interns.

"I did not know what the (U.S. Forces) offered here," said Shiomi. "Today's tour of the hospital and the lecture on the Marine Corps this morning gave me more insight."



**Lt. Cmdr. Christina L. Telez, second from right, leads a tour through operating rooms for the visiting physicians and students from the University of the Ryukyus Sept. 12 at U.S. Naval Hospital on Camp Foster. Telez escorted the visitors through a vacant operating room to introduce them to the various equipment used in surgery. Telez is the department head of the main operating room at USNH Okinawa. Photo by Lance Cpl. Natalie M. Rostran**



Chief Warrant Officer Joshua A. Stone, standing right, conducts a combined band comprised of the Japan Ground Self-Defense Force 15th Band and the III Marine Expeditionary Force Band Sept. 14 during the 18th Annual Combined Band Concert at Okinawa Civic Hall in Okinawa City. The event brought both bands together in front of a standing-room-only crowd. Stone is the officer in charge of the III MEF Band.



# Bands orchestrate community friendship

Story and photos by Lance Cpl. Pete Sanders  
OKINAWA MARINE STAFF

The low hum of conversations in a concert hall filled to capacity suddenly quiets as overhead lights dim and announcers introduce the conductors, marking the beginning of a unique concert.

The Japan Ground Self-Defense Force 15th Band joined efforts with the III Marine Expeditionary Force Band to perform at the

18th Annual Combined Band Concert Sept. 14 at the Okinawa Civic Hall, Okinawa City.

During the event, each band performed three musical pieces separately, followed by two pieces and the encore as a combined band.

“Combining the bands helps us connect with the whole audience and with each other,” said U.S. Marine Cpl. Heather H. Song, a musician with the III MEF Band. “We can bring people together as we get closer ourselves because we have something amazing

in common; the universal language known as music.”

Seeking to realize the full potential of the concert, both bands prepared tirelessly to prepare and perform to the best of their abilities, according to Song.

“Going into it, I was a little nervous because we were having rehearsals day and night,” said Song. “It turned out to be a lot of fun though, and it was very rewarding interacting with the Japanese band.”



JGSDF Sgt. Takanori Ikariyama hits a high note Sept. 14 at Okinawa Civic Hall in Okinawa City during the 18th Annual Combined Band Concert. Organizers of the popular concert ran-out of free tickets four days before the event, but additional audience members were allowed to attend in standing-room-only areas.



Musicians with the Japan Ground Self-Defense Force 15th Band and the III Marine Expeditionary Force Band stand during applause from a full-capacity crowd Sept. 14 at the Okinawa Civic Hall in Okinawa City during the 18th Annual Combined Band Concert. The bands intend to continue their tradition of hosting combined concerts.



Members of both bands also used the concert as an opportunity to grow personally and professionally, according to JGSDF Sgt. Makoto Nakazawa, a musician with the JGSDF 15th Band.

"Besides talking about our playing, we shared stories about our bands and cultures," said Nakazawa. "The stories of the III MEF Band and their travels to other countries remind us that music is a universal language."

Organizers of the popular concert ran-out of free tickets four days before the event, but concert organizers allowed additional guests to attend in standing-room-only areas, according to U.S. Marine Staff Sgt. Justin A. Billingsley, a musician with the III MEF Band.

The event served as an opportunity to further one of the III MEF Band's mission statements; friendship through music.

The performance brought members of the community, the Marines and the JGSDF together, building a bridge between the three communities, according to Nakazawa.

After taking their final bow, the band members now look forward to the next time the two bands can perform together, according to Song.

"The concert was definitely a fantastic experience, and I pray that I get to be a part of more combined concerts," said Song. "I think one of the most precious things we can have is a relationship with our counterparts (from Japan)."



The JGSDF 15th Band and the III MEF Band combine their efforts Sept. 14 for the 18th Annual Combined Band Concert at Okinawa Civic Hall in Okinawa City. The concert continued the efforts of both bands to enhance the partnerships' friendship through music.



# Service members perfect helo-ops during Lejeune II

Story and photos by Cpl. Adam B. Miller

OKINAWA MARINE STAFF

When Marines go behind enemy lines, precise planning, execution and withdrawal from the objective are essential to the success of the mission and the safety of the Marines. The 2011 Marine Corps rescue of a downed U.S. Air Force pilot in Libya and the daring U.S. Navy SEAL raid on Osama Bin Laden's compound in Pakistan were prime examples of the dangers and benefits of real-world helicopter-borne operations and the value they add to the U.S. military.

Marine Corps Warfighting Publication 3-11.4, Helicopter-borne Operations, explains that a successful raid requires swift penetration into hostile territory for a specific purpose other than seizing or holding terrain, ending with a planned withdrawal when the mission is accomplished. Key to that success is the element of surprise, which ensures the integrity of the mission is not compromised.

Service members executed a helicopter-borne night raid Sept. 13 during Exercise Lejeune II. Exercise Lejeune II is a joint exercise taking place at Camp Schwab and surrounding training areas with an emphasis on aerial assault training.

During the exercise, six U.S. Army UH-60 Black Hawk helicopters from the U.S. Army's 2nd Combat Aviation Brigade assisted Marines with 3rd Battalion, 3rd Marine Regiment, and 2nd Battalion, 6th Marine Regiment, currently assigned to 4th Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force, under the unit deployment program.

"The purpose of the exercise is to ensure the unit's combat readiness," said 1st Lt. Tyler A. Kistner, a platoon commander with 3rd Bn., 3rd Marines. "Specifically, for this portion of the exercise, it is to get the Marines familiar and proficient with helicopter-borne operations."

Training for night raids is important because to properly insert behind enemy lines takes immense planning and precision to ensure success, according to Kistner.

"The training is geared toward landing zone operations: inserting Marines, providing security at the landing zone, stealth-disciplined advancement toward the objective, and then extraction from the landing zone after successfully completing the mission," said Kistner.

The evolution consisted of multiple elements to make the training as realistic as possible.

"My platoon was tasked-out as the assault element for the raid, and internally my squad was the security element once the Black



Marines strap into a U.S. Army UH-60 Black Hawk helicopter Sept. 12 at Camp Schwab during a portion of Exercise Lejeune II, a joint aerial assault training evolution. The Marines are with 3rd Battalion, 3rd Marine Regiment, currently assigned to 4th Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force, under the unit deployment program.

Hawks dropped us off," said Cpl. Eric S. Eastman, an infantryman with 3rd Bn., 3rd Marines. "Our initial responsibility after touch-down at the LZ was to establish security, so that the assault and support elements could push forward toward the objective."

It is especially important for junior Marines to experience what it is like to train and operate in the Asia-Pacific region since many of them have yet to deploy and because the U.S. military's focus has shifted to this area of operation, according to Eastman.

While many missions in Afghanistan are in retrograde, it is important to maintain a high

state of readiness as the U.S. military's focus shifts toward the Asia-Pacific region.

Establishing a good relationship with other branches of the U.S. military helps mitigate risk and confusion in the event of a real-life situation requiring military intervention and assistance, according to Lance Cpl. Joseph A. Josleyn, a mortarman with 3rd Bn., 3rd Marines.

"By learning how to communicate effectively and establish common ground with other branches of the military we will be able to respond to a natural disaster or other crisis at a moment's notice together," said Josleyn.

Marines make their way to a U.S. Army UH-60 Black Hawk helicopter Sept. 12 at Camp Schwab as part of the Exercise Lejeune II joint aerial assault training. The purpose of the training was to familiarize the Marines with helicopter-borne and landing zone security operations before conducting nighttime raids on an objective. The Marines are with 3rd Bn., 3rd Marines, currently assigned to 4th Marines, 3rd Marine Division, III MEF, under the UDP.





# Lottery changes Marine's life forever

Story and photo Lance Cpl. Stephen D. Himes

OKINAWA MARINE STAFF

Sitting on a crate in a warehouse that could double as a sauna in the summer heat, Cpl. Mangamana Patchassi recalls the day he won the lottery; a lottery that would have far-reaching implications on Patchassi's life.

The journey started in 2008, in the West-African nation of Togo where Patchassi grew up. There, he came across a group of people registering entries for the American Visa Lottery as part of a business promotion.

The lottery, a part of the Department of State's Diversity Visa Program, raffled-off American entry visas to qualifying citizens of Togo as part of an effort to ensure national diversity among new immigrants to America.

Patchassi, a student at the time, took the chance to register for the lottery, which promised not only a chance to win an entry visa, but to pay for all associated fees and the plane ticket, along with assisting the winner through the administrative process.

"One day, I came across a team doing entries for the visa lottery for free, they took a picture of me, filled out some forms and that was it," said Patchassi, who served as a supply warehouse clerk with III Marine Expeditionary Force Headquarters Group, III MEF, until he executed a permanent change of duty station Aug. 24, assuming duties at II Marine Headquarters Group, II Marine Expeditionary Force.

Patchassi went about his business in Togo without giving much additional thought to the lottery until one fateful day, a year later, when he received a call notifying him that he won. Believing the call was a prank or a scam, Patchassi immediately hung up the phone.

"(The lottery official) knew how serious the visa lottery was and kept calling," said Patchassi, "he kept calling until I picked up."

It would be another year before Patchassi would complete the administrative process to receive his visa, including interviewing with Patricia McMahon Hawkins, the American ambassador to Togo at the time.

Patchassi arrived in Washington, D.C., Feb. 5, 2009. He enrolled in school at Prince George Community College in Kettering, Md., where, unbeknownst to him, he took the next steps in his journey toward earning the title Marine.

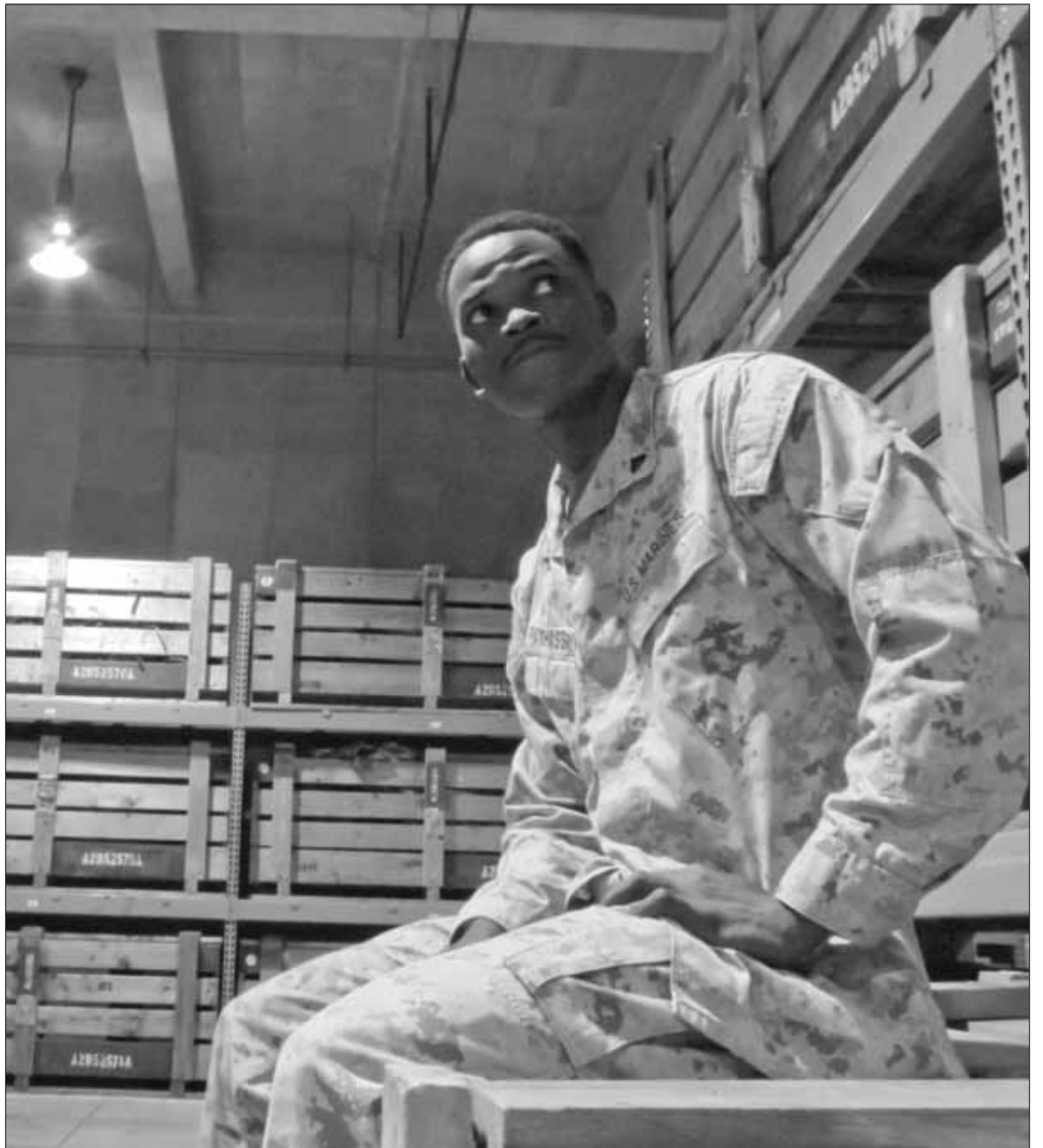
"It was 2010, and I was walking on campus when I saw four Marine recruiters in their dress blues," said Patchassi. "I was looking for a family, for brotherhood ... and since America was willing to give me so much, I wanted to give something back."

Convinced that he had found the brotherhood and challenge he was looking for, along with a chance to give back to his new country, Patchassi left for recruit training at the end of the college semester.

**"My goal is helping support my family They supported me while I was going to school, and now I want to help support them. Even though I am the youngest, my family looks at me as though I am the oldest."**

Cpl. Mangamana Patchassi

living up to his desire to give something back to his new country, has proven a hard worker and a valuable asset to the III MHG supply warehouse.



Cpl. Mangamana Patchassi takes a break Aug. 19 while working at the III Marine Expeditionary Force Headquarters Group supply warehouse on Camp Hansen. Patchassi, a native of Togo, won an American Visa Lottery in 2008, which started him on an improbable journey that resulted in joining the U.S. Marine Corps. Patchassi served as a supply warehouse clerk with III MHG, III MEF, until he executed a permanent change of duty station Aug. 24, assuming duties at II Marine Headquarters Group, II Marine Expeditionary Force.

"My recruiter didn't (promise me a rose garden)," said Patchassi. "He told me about how hard the training was going to be and how it was harder than all the other branches."

Following his training, Patchassi received orders to Okinawa, another world away from his birthplace. Despite the great geographical distance, Patchassi has not forgotten his family that still resides in Togo.

"My goal now is helping support my family," said Patchassi. "They supported me while I was going to school, and now I want to help support them. Even though I am the youngest, my family looks at me as though I am the oldest."

Patchassi,

"Things that (some senior Marines) may struggle with, he seems to handle pretty easily," said Capt. Andrew Heiple, a supply officer with III MHG. "He does that on a regular basis and has been that way for the entirety of his tenure here."

The III MHG recognized Patchassi's contribution to the unit and his exemplary conduct as a Marine, awarding him a Navy and Marine Corps Achievement Medal at the conclusion of his tour.

"When I took over this warehouse, (then) Lance Cpl. Patchassi was already running the personal effects cage, as well as the Defense Reutilization Management Office cage," said Staff Sgt. Mark K. McCue, a staff noncommissioned officer with the III MHG supply warehouse. "He was executing two billets that were full-time jobs and running offices far beyond the rank he was wearing on his collar."

Patchassi's unlikely journey started as a matter of luck, first in a chance encounter with the lottery and then again when he emerged as the lottery winner. It was hard work and dedication, however, which continued the improbable journey that resulted in Patchassi joining the small percentage of Americans serving their country as an active-duty Marine.



# Students remember 9/11 attacks, sacrifices made in War on Terror

Story by Lance Cpl. Nicholas S. Ranum

OKINAWA MARINE STAFF

Certain events throughout U.S. history have left their marks on the fabric of the nation and forever altered the American mind-set. The Dec. 7, 1941, attacks on Pearl Harbor brought the U.S. into World War II. The Sept. 11, 2001, terrorist attacks plunged the nation into a Global War on Terrorism.

Students and staff of Kadena High School held the 12th annual Patriot Day Remembrance Ceremony Sept. 11 at Kadena Air Base in remembrance of the victims of the horrendous attacks and the sacrifices made during the years of conflict that have followed.

The ceremony's theme "Because of the Brave," featured several patriotic songs performed by the school choir and remarks from a guest speaker.

"It is important to recognize the importance of this day in our history and its importance to our country," said retired Marine Lt. Col. Kevin Taylor, the guest speaker for the event and Kadena H.S. history teacher. "Throughout our history and in the subsequent years following the 9/11 terror attacks, it was because of the brave, and their willingness to risk life and limb to do what is right for others, that we have been able to enjoy the freedoms that we hold so dear."

The Sept. 11, 2001, terrorist attacks in New York City; Washington, D.C.; and Pennsylvania killed 2,977 people and injured more than 6,000.

"My first year in Okinawa teaching at Kadena H.S. was in 2002," said Timothy M. Black, the director of choral music, Kadena H.S. "I personally felt that there needed to be

some sort of remembrance ceremony to remember those that lost their lives.

"At the time the country was still in mourning and still reeling from the attack," added Black. "We did not know what was going to happen on that first anniversary, and I did not know how my idea was going to be received."

The high school held a remembrance ceremony that year, and it became a tradition for the students and staff, according to Black.

"Out of 80 students that are participating in this concert, 20 students have been through another (Patriot Day) concert prior to this one," said Black. "They knew what was required of them, and they looked forward to it."

Many of the students began their preparation for the ceremony before the beginning of the school year.

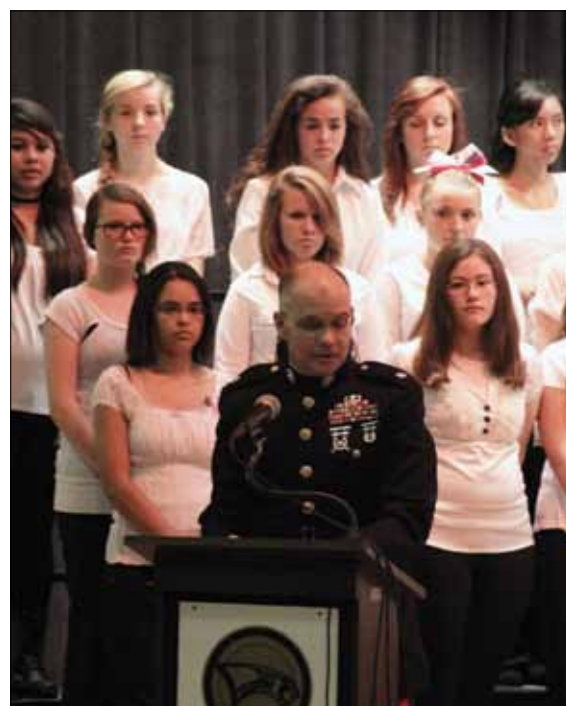
"Most of the choir in the performance gave up about two weeks of their summer to come together, practice and get to know the songs better," said Victoria Jones, a Kadena H.S. choir member.

Mastering the songs allowed the audience to become more involved, according to Caitlynn Dalton, a Kadena H.S. choir member. The audience's reaction made the choir members' effort worth it.

"Watching those reactions (lets us see) that we are giving the audience a chance to remember and pay respect in a way that they may not normally have," said Dalton. "That really struck home two years ago, after the guest speaker finished speaking. We were watching the audience and most had tears in their eyes or were crying. It was a beautiful and moving experience."

Most of the students attending the school are children of active-duty service members in the U.S. military.

"When I think about when my father



Retired Marine Lt. Col. Kevin Taylor addresses the audience during the 12th annual Patriot Day Remembrance Ceremony Sept. 11 at the Kadena High School auditorium on Kadena Air Base. Taylor discussed the topic of sacrifice and the importance of paying respect to those lost. Taylor is a history teacher at the school. Photo by Lance Cpl. Donald T. Peterson

leaves for a deployment it is sad," said Jones. "I know it is worth it though because when he gets home I know that we are safe in part due to his efforts."

The sacrifices made by those who have served allowed the students to give back in their own way, according to Black.

"The overarching theme for all years is to never forget," said Black. "The seniors started their schooling the first year that the global war on terrorism started, and now they are graduating. They have been reminded constantly throughout their schooling that America is the land of the free. I want not only the students, but also the audience to remember that it is because of the brave."



Timothy M. Black directs Kadena High School students during the 12th annual Patriot Day Remembrance Ceremony Sept. 11 at the school auditorium on Kadena Air Base. The ceremony's theme was "Because of the Brave" and featured modern patriotic songs, as well as remarks by retired Marine Lt. Col. Kevin Taylor as the guest speaker. Black is the director of choral music, and Taylor is a history teacher at the school. Photo by Lance Cpl. Donald T. Peterson



# In Theaters Now

**SEPT. 20 - 26**

## FOSTER

**TODAY** Insidious Chapter 2 (PG13), 6 p.m.; The Family (R), 9 p.m.

**SATURDAY** The Smurfs 2 (PG), noon; Insidious Chapter 2 (PG13), 3 & 6 p.m.; The Family (R), 9 p.m.

**SUNDAY** Turbo (PG), 1 p.m.; Insidious Chapter 2 (PG13), 4 p.m.; The Family (R), 7 p.m.

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

**TUESDAY** Insidious Chapter 2 (PG13), 7 p.m.

**WEDNESDAY** Insidious Chapter 2 (PG13), 7 p.m.

**THURSDAY** The Family (R), 7 p.m.

## KADENA

**TODAY** One Direction: This is Us (PG), 3 p.m.; Insidious Chapter 2 (PG13), 6 p.m.; The Family (R), 9 p.m.

**SATURDAY** The Smurfs 2 (PG), noon; Insidious Chapter 2 (PG13), 3 p.m.; The Family (R), 6 & 9 p.m.

**SUNDAY** Red 2 (PG13), 1 p.m.; Insidious Chapter 2 (PG13), 4 p.m.; The Family (R), 7 p.m.

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

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

**WEDNESDAY** The Family (R), 7 p.m.

**THURSDAY** Insidious Chapter 2 (PG13), 7 p.m.

## COURTNEY

**TODAY** Insidious Chapter 2 (PG13), 6 & 9 p.m.

**SATURDAY** Turbo (PG), 3 p.m.; The Family (R), 6 p.m.

**SUNDAY** R.I.P.D. (PG13), 3 p.m.; The Family (R), 6 p.m.

**MONDAY** Grown Ups 2 (PG13), 7 p.m.

**TUESDAY** Closed

**WEDNESDAY** The Family (R), 7 p.m.

**THURSDAY** Closed

## FUTENMA

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

**SATURDAY** The Family (R), 4 p.m.; Insidious Chapter 2 (PG13), 7:30 p.m.

**SUNDAY** The Family (R), 4 p.m.; Insidious Chapter 2 (PG13), 7:30 p.m.

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

**TUESDAY-THURSDAY** Closed

## KINSER

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

**SATURDAY** Insidious Chapter 2 (PG13), 3 p.m.; The Family (R), 6:30 p.m.

**SUNDAY** Planes (PG), 1 p.m.; Insidious Chapter 2 (PG13), 3:30 p.m.; The Family (R), 6:30 p.m.

**MONDAY-TUESDAY** Closed

**WEDNESDAY** Insidious Chapter 2 (PG13), 6:30 p.m.

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

## SCHWAB

**TODAY** Insidious Chapter 2 (PG13), 6 p.m.; The Family (R), 9 p.m.

**SATURDAY** Insidious Chapter 2 (PG13), 6 p.m.; The Family (R), 9 p.m.

**SUNDAY** We're the Millers (R), 3 p.m.; The Family (R), 6 p.m.

**MONDAY** Insidious Chapter 2 (PG13), 6 p.m.

**TUESDAY-WEDNESDAY** Closed

**THURSDAY** The Family (R), 6 p.m.

## HANSEN

**TODAY** Insidious Chapter 2 (PG13), 6:30; The Family (R), 10 p.m.

**SATURDAY** Insidious Chapter 2 (PG13), 3 p.m.; The Family (R), 6 & 9:30 p.m.

**SUNDAY** Insidious Chapter 2 (PG13), 2:30 p.m.; The Family (R), 6 p.m.

**MONDAY** The World's End (R), 7 p.m.

**TUESDAY** Insidious Chapter 2 (PG13), 7 p.m.

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

**THURSDAY** The Family (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. Registrations conclude today. 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. Registrations conclude today. 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:

When in the carry position, the tip of a Marine's sword should fall within what distance of the height of the eye?

See answer in next week's issue

### LAST WEEK'S QUESTION:

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

### ANSWER:

John Glenn, who flew 59 combat missions as a pilot in the South Pacific during World War II and 63 during the Korean War. Glenn received the Distinguished Flying Cross six times.



## Japanese phrase of the week:

“Daijobu.”

(pronounced: dah-ee jo-boo)

It means “It’s okay or I’m okay.”

## CHAPLAINS'

OPINION

*“We can influence others, change our situations, and generate success by remaining enthusiastic.”*



## Enthusiasm generates success

**Lt. Steven G. Hervey**

HEADQUARTERS BATTALION, 3RD MARINE DIVISION, CHAPLAIN

**W**e define enthusiasm as “sincere interest and exuberance in the performance of your duties.” Are we truly enthusiastic about what we do?

If we are honest, we all experience times when our enthusiasm is lower than it could or should be. Regardless of the cause, we are each responsible to keep our enthusiasm high. Enthusiasm is contagious. We can influence others, change our situations, and generate success by remaining enthusiastic. Here are three things to remember to help you remain enthusiastic.

Remember the “why.” Focus on the big picture behind what you are doing and know that even the most insignificant and mundane tasks are necessary for accomplishing your

goals. When we forget the “why” our enthusiasm can falter. Take a few moments to remember what inspired you to enlist, take the job, or stay at home with your children.

Remember to celebrate. As I was writing, a man walked in to tell me how one of my sermons impacted him. That’s cause for celebration (you know it’s true if you’ve heard me preach)! Rather than focusing on problems, keep a file so you remember to celebrate the good things that do happen. Trust me, your enthusiasm will increase.

Remember to relax. Prolonged or overwhelming stress kills enthusiasm. Try taking a short break or vacation, doing something you enjoy, or breaking from your normal routine. Remembering to relax keeps us mentally, physically, and emotionally resilient and contributes to regaining and maintaining enthusiasm.

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”