

OKINAWA MARINE

OCTOBER 4, 2013

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Phrogs finish final flight

Lance Cpl. Natalie M. Rostran

OKINAWA MARINE STAFF

CAMP KINSER — CH-46E Sea Knight helicopters with Marine Medium Tiltrotor Squadron 262 made their final flight from Marine Corps Air Station Futenma Sept. 30 to await final disposition at Camp Kinser.

The CH-46Es, affectionately nicknamed “Phrogs,” were retired to make way for the MV-22B Osprey as part of a one-for-one replacement. The Phrog has been a part of the Marine Corps’ aviation

arsenal since the Vietnam War.

“What you’re seeing here today is the last (U.S. Marine Corps) CH-46E flight in Okinawa and in the Pacific,” said Brig. Gen. Steven R. Rudder, commanding general of the 1st Marine Aircraft Wing, III Marine Expeditionary Force. “The historic flight marks the finalization of the transition to the MV-22B for VMM-262.”

The VMM-262 “Flying Tigers” have employed the CH-46E throughout much of the world, including in support of Operation see **PHROGS** pg 5



Lance Cpl. Ranieri A. Rotelli inspects a CH-46E Sea Knight helicopter after it lands on Camp Kinser Sept. 30 following its last U.S. Marine Corps flight in the Asia-Pacific. Rotelli is an aircrew chief with Marine Medium Tiltrotor Squadron 262, Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force. Photo by Lance Cpl. Natalie M. Rostran



Philippine Air Force Airman 1st Class Villegas Ramwyl carries U.S. Marine Cpl. Abraham Bernado during aircraft rescue and firefighting training at Clark Air Field, Pampanga, Republic of the Philippines, Sept. 26 as part of Amphibious Landing Exercise 2014. Bernado is a power line mechanic with Marine Wing Support Squadron 172, Marine Wing Support Group 17, 1st Marine Aircraft Wing, III Marine Expeditionary Force.

Photo by Lance Cpl. Anne K. Henry

Philippine Armed Forces members, Marines train for emergencies

Lance Cpl. Anne K. Henry

OKINAWA MARINE STAFF

PAMPANGA, Republic of the Philippines — Armed Forces of the Philippines members and U.S. Marines conducted bilateral aircraft rescue and firefighting training during Amphibious Landing Exercise 2014 Sept. 26 at Clark Air Field, Pampanga, Republic of the Philippines.

PHIBLEX 14 is an annual, bilateral training

exercise focused on enhancing security and stability within the region.

The day of training involved U.S. Marines with Marine Wing Support Squadron 172, Marine Wing Support Group 17, 1st Marine Aircraft Wing, III Marine Expeditionary Force.

The training was designed to increase the already high level of interoperability between Philippine and U.S. forces.

see **PHIBLEX** pg 5

Course strengthens disaster response

Lance Cpl. Jose D. Lujano

OKINAWA MARINE STAFF

CAMP COURTNEY — Marines with III Marine Expeditionary Force participated in the joint humanitarian operations course Sept. 23-24 at Camp Courtney.

The course was designed and taught by members of the U.S. Agency for International Development’s Office of U.S. Foreign Disaster Assistance, that is responsible for leading and organizing the U.S. government’s response and assistance to countries affected by disasters.

“The course familiarizes service members with international disaster response systems, including the role of the host nation, international and non-governmental organizations, and United Nations agencies,” said Thomas Frey, a JHOC instructor with USAID/OFDA.

The course heightens service members’ preparedness when collaborating with USAID and defines the U.S. military’s role when supporting foreign disaster recovery operations, according to Frey.

see **JHOC** pg 5

IN THIS
ISSUE

FOX BATTERY PREPARES
FOR LIVE-FIRE

PG. 3

SEABEES LEARN JUNGLE
SURVIVAL SKILLS

PG. 6-7

MARINES PARTICIPATE IN
DIVISION SQUAD COMPETITION

PG. 8

See **Source** inside for the MCCS Kinser Fest!



Safer driving means safer lives



Lance Cpl. Pete Sanders

Driving has become an essential part of most of our daily lives. It connects us to our places of work, leisure and residency and, if taken for granted, can also pose a serious risk.

Motor vehicle crashes accounted for more than 32,300 deaths on U.S. highways in 2011, according to the U.S. National Highway Traffic Safety Administration.

Driving under the influence of drugs or alcohol, exceeding the posted speed limit, and texting while driving are some of the most common causes of traffic collisions.

"Each of these issues has a solution," said James A. Cox, the operations supervisor with the Installation Safety Office, Marine Corps Base Camp Smedley D. Butler, Marine Corps Installations Pacific. "DUI (and driving while intoxicated) can be avoided either through the Arrive Alive program, daiko services or simply having a designated driver before you drink."

Arrive Alive provides drivers with informational material about many aspects of safe-driving habits, including alternatives to drinking and driving.

Daiko services provide a driver to return a customer's car to their place of residence, as well as a traditional taxi service for the customer.

Besides maintaining sobriety, staying alert and aware of posted speed limits and road conditions can help you maintain control of your vehicle and further reduce the risk of an incident.

Using hands-free technology or safely pulling over to stop before talking or texting on your cellphone are effective ways to communicate if absolutely necessary.

Ignoring or overlooking these basic safety guidelines can, and often will, catch the attention of law enforcement personnel, according to Cox.

"It doesn't matter what rank or position, anyone ticketed by military or security police may be required to attend a mandatory remedial driver's improvement course hosted by the Installation Safety Office," said Cox. "Depending on the severity of the violation, you may lose your status of forces agreement (driving) permit for the



Sending and receiving text messages while operating a vehicle is considered distracted driving and can lead to serious collisions. In 2011, 3,331 people were killed in crashes involving a distracted driver, compared to 3,267 in 2010, according to the U.S. Center for Disease Control and Prevention. Photo illustration by Lance Cpl. Pete Sanders

rest of your tour on Okinawa."

In addition to the legal ramifications, unsafe driving can cause serious harm to other drivers, passengers and pedestrians, according to Cox.

"The easiest way to keep out of trouble and from harming someone is to obey all of the traffic laws," said Cox. "The laws are there for a reason."

Drivers, passengers and pedestrians should use situational awareness to further ensure their safe transit of the roadways.

"Just because you're playing it safe, doesn't mean everyone else is," said Cox. "Stay alert for other drivers, and be especially alert for those driving smaller vehicles that can evade our peripherals, such as mo-peds and motorcycles."

Contact the Installation Safety Office, MCB Camp Butler, MCIPAC, at 645-7219 or 645-3183 with additional questions or concerns.

Sanders is a combat correspondent with the Okinawa Marine staff.

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AROUND
THE
CORPS

Students with Infantry Training Battalion practice basic marksmanship techniques Sept. 26 at Camp Geiger, N.C. The students are part of the first ITB company to include female Marines as part of ongoing research into opening combat-related job fields to women. Photo by Sgt. Tyler L. Main



Marines pack their parachutes after conducting static line parachute operations over Djibouti, Africa, Sept. 23. The 26th MEU is a Marine Air Ground Task Force forward-deployed to the U.S. 5th and 6th Fleet areas of responsibility aboard the Kearsarge Amphibious Ready Group. It serves as a sea-based, expeditionary crisis response force capable of conducting amphibious operations across the full range of military operations. The Marines are with Reconnaissance Platoon, Battalion Landing Team 3rd Battalion, 2nd Marine Regiment, 26th Marine Expeditionary Unit. Photo by Cpl. Kyle N. Runnels

OKINAWA MARINE

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DSN 645-9335

NORTHERN BUREAU

Camp Hansen

DSN 623-7229

SOUTHERN BUREAU

Camp Kinser

DSN 637-1092



Winner, 2012 DoD Thomas Jefferson Award
Best Tabloid Format Newspaper



Marines with Battery F position an M777A2 155 mm lightweight howitzer Sept. 30 at Combined Arms Training Center Camp Fuji, Japan, in support of Artillery Relocation Training Program 13-3. The Marines are with 2nd Battalion, 10th Marine Regiment, currently assigned to 3rd Bn., 12th Marines, 3rd Marine Division, III Marine Expeditionary Force, under the unit deployment program. Photo by Lance Cpl. Henry J. Antenor

Fox Battery prepares for live-fire

Lance Cpl. Henry J. Antenor

OKINAWA MARINE STAFF

COMBINED ARMS TRAINING CENTER CAMP FUJI, Japan — Okinawa-based artillerymen are currently deployed to the Combined Arms Training Center Camp Fuji, Japan, from Sept. 25 - Oct. 18 in support of Artillery Relocation Training Program 13-3.

Battery F is with 2nd Battalion, 10th Marine Regiment, currently assigned to 3rd Bn., 12th Marines, 3rd Marine Division, III Marine Expeditionary Force, under the unit deployment program.

The artillery personnel are scheduled to execute artillery live-fire, small-arms and crew-served weapons evolutions, along with various types of sustainment training throughout the exercise.

The overall objective of ARTP 13-3 is to conduct standards-based artillery live-fire and basic field training to enhance combat readiness and support the U.S.-Japan Treaty of Mutual Cooperation and Security, according to Lt. Col. Jason P. Brown, the commanding officer of 3rd Bn., 12th Marines.

This training ensures combat readiness of Marine artillery units, improving their ability to support combat operations.

Within III MEF, artillery is a vital long-range support asset for increasing the effectiveness of the ground combat elements stationed in the Asia-Pacific region should a contingency operation arise.

"We have been (training in) reconnaissance, selection and occupation of (gun) positions; a basic practice for artillery units to stay mobile and continue to support infantry units through long-

range firepower," said Cpl. Ioan V. Cardos, a field artillery cannoneer.

Battery F is slated for 10 days of artillery live-fire training while at CATC Camp Fuji.

"We are conducting this training to maintain our proficiency, evaluate where we are weak, and to improve on our accuracy," said Cardos. "Also evaluated will be the time it takes to shoot rounds down range and our ability to maneuver to and establish a new gun line in an expedient manner. This (training) helps increase our reaction for real-life scenarios that could occur anywhere in the Pacific, since we are a deployable asset of III MEF."

By following the standards of operations and executing each phase of the training correctly, the battery will achieve the time standards and accomplish what is required of it as an artillery unit in III MEF, according to Brown.

"My intent is for this battery to get better," said Brown. "We have room for improvement, and in order to do that, we have to do the simple things exceptionally well and build upon working as a team."

Marine Corps artillery live-fire training has taken place on mainland Japan since 1997, and its current sites at CATC Camp Fuji have supported such training in accordance with Special Action Committee on Okinawa's Final Report and agreements between the U.S. government and the government of Japan.

"We've done this before, but the environment is new and if we can conquer it here, we might see it later and conquer it again when the time comes to support operations in the Asia-Pacific region," said Cardos.

BRIEFS

FLU SHOTS FOR FAMILY MEMBERS

The 2013-2014 flu vaccines are now at the U.S. Naval Hospital Okinawa, which will remain fully operational during the government shutdown, and can be received at the below walk-in clinics:

- Oct. 10: 4:30-7 p.m. at the USNH Okinawa pediatrics clinic
- Oct. 17: 4:30-7 p.m. at the USNH Okinawa pediatrics clinic
- Oct. 19: 9 a.m. to 2 p.m. at the Camp Foster Education Center, Building 5679

The vaccine is available to anyone 6 months or older and eligible for care at military medical facilities.

For more information, contact the USNH Okinawa Preventive Medicine Department at 643-7606/7615.

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.

FOSTER ROAD CONSTRUCTION

The T-shaped intersection at Stilwell Drive and Saipan Road, the intersection in front of the Ocean Breeze, will undergo construction and lanes will be restricted 7:30 a.m. to 5 p.m. until Oct. 30.

Please follow posted signs and the flagmen, and use extra caution when driving through the area. For more information, contact camp services at 645-7317.

ANNUAL FOSTER FRIGHT NIGHT

Camps Foster and Lester will host Foster Fright Night 6-10 p.m. Oct. 25-26 at Building 5965, near Gunner's Gym, on Camp Foster.

Trunk-or-treat will be held Oct. 26, which is open to all members of the community. To enter the trunk competition, call 645-5722 or 098-970-5722.

Alcohol and pets are not authorized on either days. For more information, contact camp services at 645-7317 or 098-970-7317.

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

CFC season off to a running start



Marines finish as a team during a 5 km run kick-off event for the 2013 Combined Federal Campaign Sept. 28 at Marine Corps Air Station Futenma. The CFC is an annual charity campaign to support over 200 nonprofit charities that provide health and human service benefits around the world. The event marked the beginning of the 2013 campaign season, which runs from Sept. 16 through Nov. 15. Interested persons can speak to unit representatives about donating to a CFC charity.

Photo by Lance Cpl. Natalie M. Rostran

Sesame Street visits Okinawa military installations

Lance Cpl. Donald T. Peterson

OKINAWA MARINE STAFF

CAMPFOSTER — As Elmo took the stage, children of all ages stood up to join him in a dance as the Sesame Street party began.

The Sesame Street/USO Experience for Military Families visited Okinawa Sept. 25 - Oct. 2 to host a series of performances for military families.

The touring group performed at Kadena Air Base and Camps Foster, Kinser and Courtney during the visit, focusing on connecting its message with the children in the audience.

“When a parent is called to serve in the military, the entire family serves,” said first lady Michelle Obama in a prerecorded video shown to the audience. “It can be especially hard on the children to sort through the changes and emotions involved.”

The Sesame Street/USO Experience was designed to bring military families together and show children that they have nothing to fear when they change duty stations, according to Nicole McClendon, an entertainment tour producer with the USO.

“This Sesame Street show has a special character that is only in this performance, named Katie,” said McClendon. “Katie plays the role of a military child whose parents are getting ready to change duty stations. Throughout the performance, her friends from Sesame Street are trying to show Katie that she has nothing to worry about, and teach her ways to overcome her fear of moving.”

This is the USO’s longest-running entertainment tour, having hosted more than 700 performances in 11 different countries, according to Jeff Mensch, the company manager for the Sesame Street/USO Experience for Military Families.

“In the past five years that this performance has been going, it has been performed in Germany, Japan, the Republic of Korea, Italy, the U.S. and many other places,” said Mensch. “We try to go and visit wherever a base full of military families is (located) to perform for them.”

“No matter what country we are in though, it’s



Elmo steps off stage to interact with military families who attended the Sesame Street/USO Experience for Military Families Sept. 29 at the Camp Foster Community Center. The show is the USO’s longest-running entertainment tour, having hosted more than 700 performances in 11 different countries. Photo by Lance Cpl. Donald T. Peterson

always a great joy to see the (children) smiling, dancing and interacting with the Sesame Street characters,” added Mensch.

During the show, the Sesame Street crew performs multiple song and dance routines to help Katie understand that moving is not a bad thing, and that she is not losing any of her friends, according to McClendon.

“There are several opportunities during the 30-minute performance where the performers come off stage and interact with the children, whether it’s shaking hands or high-fiving them,” said McClendon. “What seems to be the children’s favorite part, and mine to watch, is when the cones are removed and the children are right next to the stage, reaching out and interacting with all the performers as they perform their final song.”

The performers used the opportunity to get the families involved and make sure they not only understood the message but enjoyed the show.

“I think it is important for my daughters to know that they will always be able to make new

friends, wherever we may be stationed,” said Rhian E. Moore, an attendee and Marine spouse. “I was surprised at how much fun I had singing and dancing along, and the look on my daughter’s face when Elmo came on stage was priceless.”

Also, the multiple venues and show dates allowed for a large number of families throughout Okinawa to attend the event, according to Moore.

“I would recommend the show to every military family with elementary school kids,” said Moore. “There was a lot of singing and dancing, and I think it is great when these events happen.”

After the completion of the show, families were given gifts and afforded opportunities to take photos in front of the Sesame Street sign and with the characters.

“Our goal is to ensure that the children have a fantastic time while they are at the show,” said McClendon. “It’s always a terrific sight to watch the children leaving with smiles on their faces and gifts in their hands. That is what makes traveling around the world worth it.”

Marine volunteers ensure safety of Kin Town children

Cpl. Adam B. Miller

OKINAWA MARINE STAFF

KIN TOWN — Marines, community volunteers and police officers with the Ishikawa Police Department came together for the department’s traffic safety campaign to assist with crosswalk duties Sept. 23-30 near the Kin Elementary School in Kin Town, Okinawa.

Local police departments throughout Okinawa implement traffic safety campaigns in order to promote safe-driving and heighten awareness of pedestrians and motorists alike, especially in school zones.

Marines and sailors volunteered their mornings to serve as crossing guards near the elementary school in support of the safety campaign.

“I hope that the local (residents of Okinawa) realize that we genuinely care about the safety and well-being of young children walking to school, and that Marines are willing to donate time to reinforce our commitment to Ishikawa’s safety campaign,” said Col. Stephen B. Lewallen, the commanding officer of III Marine Expeditionary Force Headquarters Group, III MEF. “Having Camp Hansen Marines assist children at road crossings helps to highlight the fact that we care about the safety of both (the residents of Okinawa) and Department of Defense children who are walking to school, and should highlight the need for all drivers to be especially careful during the morning and afternoons when children are

present going to and from their local schools.”

The Okinawa Prefectural Police personnel and Marines made an effective team working together to ensure safe-driving.

“We are very happy to have the support of the (Marines and sailors) from Camp Hansen because it shows that their leadership cares about the community,” said Yasuo Arakaki, an assistant police inspector with the Ishikawa Police Department. “I think having volunteers from Camp Hansen get involved with our traffic safety campaign will help remind the people who drive through town that the (Marine Corps’) leadership and the police authorities here take traffic safety very seriously.”

The Ishikawa Police Department holds the traffic safety campaign quarterly and often invites the nearby Marine Corps installations to participate in the campaign.

“We have a responsibility to assist our neighbors and (must) realize that we have an obligation as Marines to observe local laws and reinforce common themes such as traffic safety because it is in our mutual interest,” said Lewallen.

The campaign is designed to give the Marines and sailors an enhanced appreciation for the local community and law enforcement, coupled with a sense of community pride that extends beyond the fence line of Camp Hansen, according to Lewallen.

“For me, it is an opportunity to give back to the community and is just another way I can show my appreciation for the residents of Okinawa,” said Pfc. Micah M. Jewell, a field radio operator with 3rd Law Enforcement Battalion, III MHG. “If we were back in the U.S., I think we would expect the same from visitors of another country. They care about their children’s safety just as much as we do, so it is important that we do what we can to show that (we care too).”

PHROGS from pg 1

Iraqi Freedom, Operation Unified Assistance and Operation Tomodachi in response to the Great East Japan Earthquake and subsequent tsunami of March 2011.

"The CH-46E has been all over our area of operations," said Capt. Luke A. Williamson, a CH-46E pilot with VMM-262, Marine Aircraft Group 36, 1st MAW. "It is a very capable aircraft, very maneuverable. It can get into small landing zones and tight spaces, and it has the ability to do a quick side-flare to stop on a dime – it was a great machine."

This end of an era for Marine Corps aviation was a nostalgic event for the Marines who operated and

maintained the CH-46Es.

"As we come to the close, Marines from all over Okinawa are coming to say their last goodbyes," said Lance Cpl. Ranieri A. Rotelli, a CH-46E aircrew chief with VMM-262. "The former CH-46E guys have been coming out to get one last touch on it before it's laid to rest."

From the pilots to the aircrew, the Marines were feeling sentimental.

"It is a privilege to fly the last of the Phrogs and a great honor," said Williamson. "The CH-46E has a long, proud history, and I'm grateful to be a part of that history and that legacy, especially here on Okinawa. I love the Phrog, and I hate to leave it behind. She's had a good run, but her time is up. We're on to a newer, faster and

higher-flying aircraft."

The Osprey can fly twice as fast, carry three times the weight, and travel four times the distance of the CH-46E.

These capabilities strengthen the Marine Corps' ability to support various missions in the Asia-Pacific region to include supporting partner nations during training, humanitarian assistance and disaster relief operations, and contingencies.

While the squadron replaces its aircraft, the most valuable asset will remain, according to Williamson.

"I've been flying (the CH-46E) for a few years now and loving it, but it is a piece of machinery and it's really about the people and the Marines, not the machines they work on,"

said Williamson. "You have to keep that in perspective; even though the Phrog is going away, the Marines don't change."

The Marines of VMM-262 stand ready for the Osprey to assume the responsibilities that the CH-46E will leave behind.

"It's a significant point in aviation history for those who have flown this faithful aircraft, (the CH-46E), in Vietnam, Iraq and all over the world," said Rudder. "The CH-46E has saved a lot of lives, and it has made a big difference for Marine Corps aviation. Like all of our squadrons, VMM-262 has done a great job of capturing its heritage, ensuring that the memories of the CH-46E remain for years to come."

JHOC from pg 1

"In the Marine Corps, we have a tendency to (take) charge of everything," said Capt. Paul E. Brashier, a training officer with 3rd Marine Logistics Group, III MEF. "Having an understanding of USAID and knowing what their and our roles are gives us the ability to hit the ground running, so we can work more effectively and efficiently."

USAID developed the JHOC training in response to requests from the Department of Defense, according to Frey. The two-day course utilizes interactive presentations, participant discussion groups and case-study methodology.

"During the course, service members learn the (response) process from when a disaster strikes to when service members provide military capabilities to a disaster," said Daniel Dieckhaus, a JHOC instructor.

Ninety percent of the time, the host nation's response is sufficient, according to Dieckhaus. However, if the disaster is of an unmanageable scale, the host nation may request international assistance.

"After the request is issued, the U.S. ambassador will determine if the disaster is beyond the capacity of the host nation to handle and if the host nation is asking for, or willing to accept, U.S. assistance," said Dieckhaus.

If these criteria are met, the ambassador declares a disaster, and USAID responds, according to Dieckhaus.

"If USAID determines there is a requirement and need for a unique capability of the DOD, then we will send a request to the secretary of defense for DOD support," said Dieckhaus.

If that request is approved, the geographic combatant command of that region will provide the requested and appropriate response. Should a disaster occur in the Asia-Pacific region, U.S. Pacific Command would task a subordinate unit to respond.

The responding unit will then deploy in support of USAID and link-up with OFDA personnel on the ground to determine specific needs.

Military personnel need to maintain a high-level of readiness because humanitarian action can mean the difference between life and death, especially when 70 percent of all disasters throughout the year occur in the Asia-Pacific region, according to Brashier.

"In this part of the world we have wide number of disasters, such as typhoons, floods, volcanoes, earthquakes and tsunamis," said Brashier.

With most of the world's population residing within the Asia-Pacific and a great deal of those people living near disaster prone coastlines, III MEF has an obligation to understand the processes for HADR response and be prepared to carry them out, according to Brashier.

"In the event of an (HADR) response, we can be used to deliver our unique capabilities and support," said Brashier.



U.S. Marine Sgt. Devon McIntyre explains Marine Corps standard operating procedures for aircraft rescue and firefighting training at Clark Air Field, Pampanga, Republic of the Philippines, Sept. 26 during Amphibious Landing Exercise 2014. The day of training familiarized the Armed Forces of the Philippine members with U.S. egress procedures should an aircraft mishap incident occur. PHIBLEX 14 is an annual, bilateral training exercise focused on enhancing security and stability within the region. McIntyre is the ARFF training noncommissioned officer in charge with Marine Wing Support Squadron 172, Marine Wing Support Group 17, 1st Marine Aircraft Wing. Photo by Lance Cpl. Anne K. Henry

PHIBLEX from pg 1

"We are going to be conducting some bilateral training with our Filipino counterparts involving the F/A-18 Hornet," said Sgt. Devon McIntyre, the aircraft rescue and firefighting training noncommissioned officer in charge with MWSS-172. "We will be covering all the major areas of emergencies, so (we all) understand the complexity of this should it really happen."

The training started out with a familiarization class consisting of emergency procedures on how to extract a pilot and shut a plane down, according to McIntyre.

"The whole point of today is to ensure that our Filipino counterparts fully understand the rescue procedures that we have," said U.S. Marine Cpl. Heriberto Alonso, an aircraft rescue firefighter with the unit. "Therefore, if there is an emergency situation, we can effectively help each other to overcome the problem in order for no miscommunication to take place along the way."

Upon completion of the instruction, the participants conducted a pilot extraction drill, consisting of a pilot's mock evacuation from an F/A-18. The members of both forces evacuated the pilot and conducted a mental evaluation,

creating a realistic training experience.

"Upon extraction, we want to test the pilot's mental psyche in order to ensure he has no serious head trauma caused by the mishap," said McIntyre. "The entire assessment process could take up to 30 minutes."

The evolution left the participants of both nations confident in the training they received, according to Philippine Air Force Airman 2nd Class Kennard I. Gomez, an air rescue firefighter with the 600th Air Base Wing.

"This training is highly beneficial for the Philippine forces and gives us a huge advantage should a mishap take place," said Gomez. "I feel that both of our countries can benefit from what we are doing here."

Working cooperatively and ensuring interoperability with the Armed Forces of the Philippines is highly important, according to McIntyre.

"I feel that because of this training, the Philippine forces will be fully confident and capable of carrying out the extraction of a pilot who is in an emergency situation," said McIntyre. "It is important for us to spread the knowledge we have, as well as to pick up new things from them. We are always very happy to train with the Armed Forces of the Philippines."



Seabees increase jungle readiness, s

Story and photos by Petty Officer 1st Class Chris Fahey
NAVAL MOBILE CONSTRUCTION BATTALION 3 PUBLIC AFFAIRS LEAD

Deep in the Northern Training Area – 17,500 acres of dense jungle occupied by poisonous spiders and three species of venomous snakes – 63 Seabees with Naval Mobile Construction Battalion 3 woke to barking Marine Corps instructors Sept. 22, motivating them through the final stage of their eight-day training at the Jungle Warfare Training Center.

The 3.8-mile jungle endurance course cemented each block of prior practical instruction by splitting the group into 12-person squads to see which team could defeat the course's 31 obstacles in the shortest time.

"They did a really great job," said Cpl. Dustin Davis, an instructor at the JWTC, Camp Gonsalves, Marine Corps Installations Pacific. "The endurance course requires a lot of ground work, tons of running and communication. They worked together well and none of them got heated, which was impressive. They all kept a level head."

During the previous seven days, students learned combat tactics, first aid, jungle survival, rappelling, overcoming booby traps and land navigation. All 63 Seabees slept in tents through turbulent rain and stifling humidity, further

strengthening the group as a team.

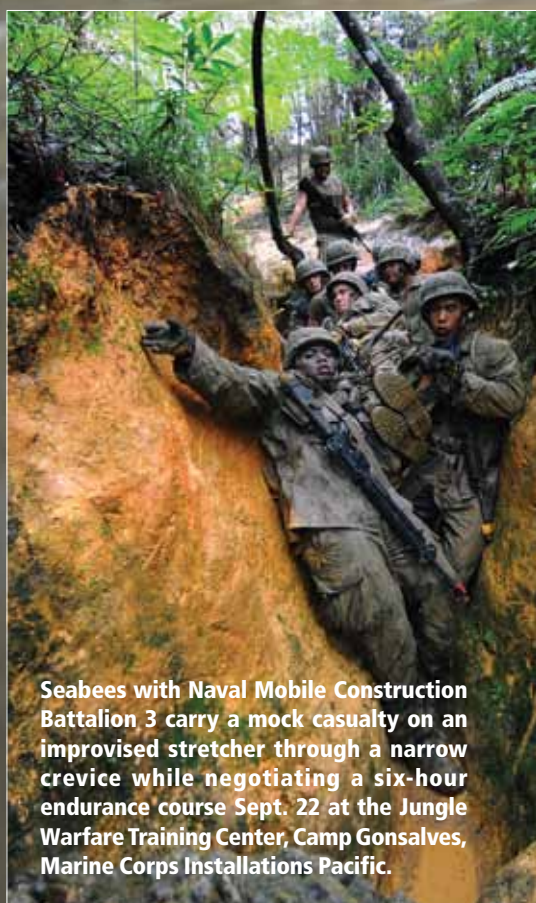
"Being in the elements the whole time gave me some real perspective on how our forefathers fought during past wars," said Petty Officer 3rd Class Cale Vandertuin, a hospital corpsman with NMCB 3. "That's all I could think about. I curled up with my legs crossed and ate my meals in the rain for only a few days – they did it for months in real combat. It made me very appreciative of their service."

Applying these lessons directly impacted how well the teams performed. With each person representing a pressure point, victory equated to no one breaking under the jungle stress. When challenges bore down, the team shared the weight.

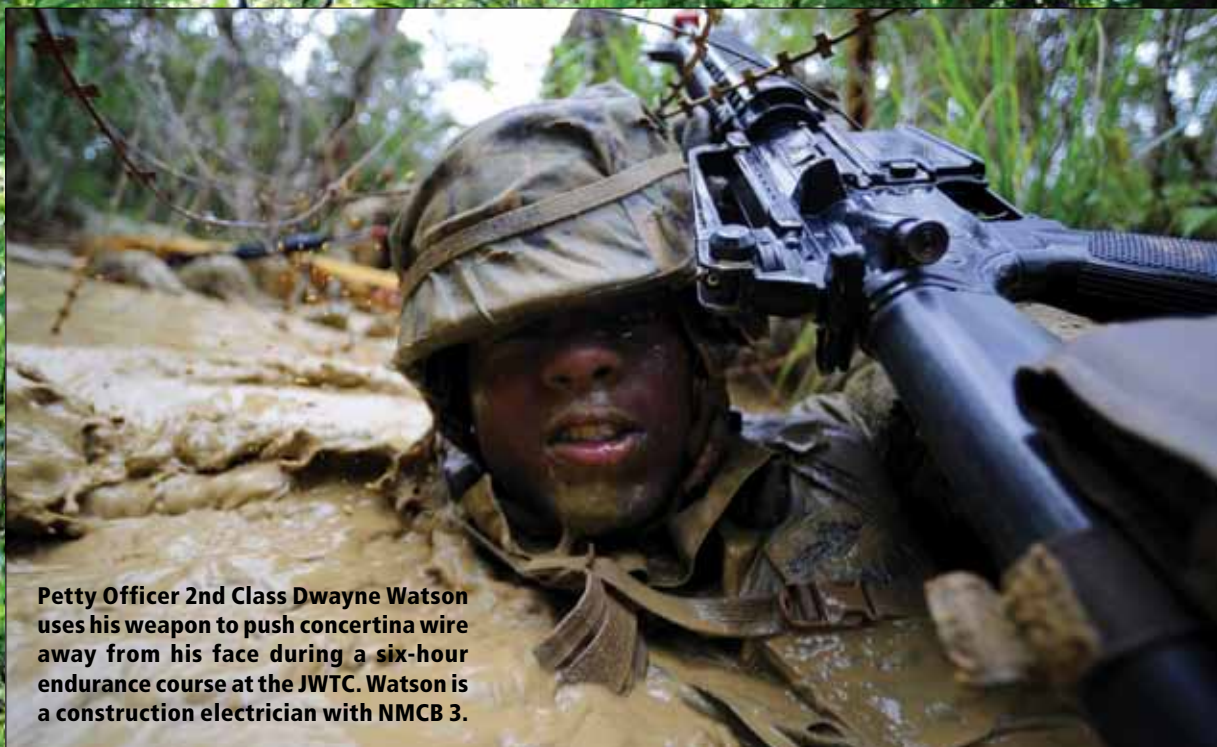
"The stretcher hauling was the most difficult," said Petty Officer 3rd Class Jorge Reyes, a religious program specialist with NMCB 3. "It tested all of our patience because each step was teamwork – when one moved, we all moved."

During the obstacle, squads built improvised stretchers using uniform tops, sticks and belts. The teams strapped a member on the makeshift stretcher and carried them through neck-high muddy water and ravines that pinned them on top of each other, all while dodging the very real aspects of a living jungle.

"The snakes were no joke," said Reyes. "The (Marine) instructors would see them, shout them out and help us, but we still got a guy on our backs



Seabees with Naval Mobile Construction Battalion 3 carry a mock casualty on an improvised stretcher through a narrow crevice while negotiating a six-hour endurance course Sept. 22 at the Jungle Warfare Training Center, Camp Gonsalves, Marine Corps Installations Pacific.



Petty Officer 2nd Class Dwayne Watson uses his weapon to push concertina wire away from his face during a six-hour endurance course at the JWTC. Watson is a construction electrician with NMCB 3.



Seabees carry a mock casualty on an improvised stretcher through shoulder-high muddy water while negotiating a six-hour endurance course Sept. 22 at the Jungle Warfare Training Center, Camp Gonsalves, Marine Corps Installations Pacific. The Seabees are with Naval Mobile Construction Battalion 3.

survivability

relying on us to keep him safe. Big spiders the size of my hand ... there was nothing simulated during this training. It was amazing, and the instructors were the real deal.”

The JWTC is the only U.S. Department of Defense jungle training facility in existence. The Marines provide expert instruction that builds upon small-unit leadership, imparting a tactical mind-set and confidence.

The training environment is realistic and matches that found across the Pacific region, helping sustain NMCB 3’s overall readiness as the only forward-deployed Pacific construction battalion ready to provide conventional combat, counterinsurgency and irregular warfare capabilities.

Thanks, in part, to the Marine Corps-led JWTC training, NMCB 3 is able to perform critical construction projects in remote island areas such as Timor-Leste, Tonga, Cambodia and the Republic of the Philippines. NMCB 3 detachments are also conducting operations in Atsugi, Yokosuka and Okinawa, Japan; Chinhae, Republic of Korea and China Lake, Calif.

NMCB 3 is part of the Naval Construction Force – a vital component of the U.S. maritime strategy that provides deployable battalions capable of providing disaster preparation and recovery support, humanitarian assistance and combat operations support.



Seabees position a mock casualty on an improvised stretcher during a six-hour endurance course at the JWTC.

Marines, sailors compete for division title

Story and photos by Cpl. Terry Brady
OKINAWA MARINE STAFF

Rifle squads serve as the cornerstone of Marine combat operations, providing one of the basic foundations that influence mission accomplishment. The tactics that dictate the success of rifle-squad operations are among the most fundamental skill-sets a Marine possesses.

Six Marine rifle squads from throughout 3rd Marine Division, III Marine Expeditionary Force, demonstrated their mastery of squad operations during the 3rd Marine Division Rifle Squad Competition Sept. 23-27 at Camp Hansen and the Central Training Area.

The event was used to evaluate and improve the division's standards-based infantry training, spark a competitive spirit, and crown the best squad in the division.

The competition hosted division Marines stationed across the Asia-Pacific region to include squads with 1st Battalion, 3rd Marine Regiment, and 3rd Bn., 3rd Marines, both based out of Marine Corps Base Hawaii; 3rd Bn., 12th Marines; Headquarters Bn.; Combat Assault Bn.; and 3rd Reconnaissance Bn., all stationed on Okinawa.

In the past, the squad competitions were held Marine Corps-wide with the winners from each division ultimately competing for the high honor of knowing they were the best squad in the Corps.

"This is the first time that we have held something like this since (before) the wars in Iraq and Afghanistan," said Master Sgt. Harry G. Taylor Jr., the acting training officer for G-3, operations and training, 3rd Marine Division.

The squads were constantly



Col. Jay E. Johnson addresses participants and observers during the closing ceremony of the 3rd Marine Division Rifle Squad Competition Sept. 27 at Camp Hansen. A rifle squad with 3rd Reconnaissance Battalion demonstrated the greatest proficiency in infantry skills and tactics during the competition, and its members were awarded Navy and Marine Corps Achievement Medals in recognition. Johnson is the assistant division commander of 3rd Marine Division, III MEF. 3rd Recon Bn. is a part of 3rd Marine Division.

evaluated throughout the evolutions based on the standards set in the infantry training and readiness manual.

"Everything that the squads are doing during this competition is evaluated by the book, from proficiency with equipment to small-unit leadership within the squads," said Taylor. "They are all giving maximum effort during this competition and are handling the events very professionally."

Some of the more than 15 events included sweeping for improvised explosive devices, reacting to enemy contact, urban patrolling and convoy operations.

"There are a lot of factors to consider at each evolution, such as accurate suppression and sweeping for command wires to IEDs," said Sgt. Jared J. Maxwell, an anti-tank missileman with CAB. "Overall, they were able to (accomplish the mission), but they also exposed what they have to work on and what other squads will have to consider in the future."

The culminating event was a

fire-and-maneuver course where the squads were evaluated on communication and rifle accuracy.

"At the end of the evolution, the Marines represented themselves well," said Capt. Eric V. Kiono, the operations officer, S-3, training and operations, 4th Marines. "The events were a rigorous experience for the Marines, but they did not give up and showed determination and competitive spirit."

The squad representing 3rd Recon Bn. came in first place, led by Cpl. Joseph P. Davis, a reconnaissance man with the battalion. At the end of the competition, his squad of Marines earned Navy and Marine Corps Achievement Medals as recognition for their outstanding proficiency.

"There's always going to be a winner in a competition, but none of the Marines were losers coming out of this," said Kiono. "I hope the event will set an appropriate foundation for (future competitions) as well as set the bar for future squads to make the event more rigorous and demanding."



Pfc. Nicholas T. Bower aims in with his M4 service rifle during the reaction to sniper and improvised explosive device evolution of the 3rd Marine Division Rifle Squad Competition Sept. 25 at the Central Training Area. Bower is an anti-tank missileman with Combat Assault Bn., 3rd Marine Division, III MEF.



Lance Cpl. Logan S. Gray (prone) and Cpl. James M. Horton (kneeling, right) fire on simulated enemy targets during the rifle marksmanship portion of the 3rd Marine Division Rifle Squad Competition Sept. 27 at Camp Hansen. Rifle squads from the major subordinate elements of the division were selected to compete against each other to promote proficiency in infantry skills. Gray and Horton are riflemen with Company I, 3rd Battalion, 3rd Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force.

3rd MLG spouses spend day in combat boots

Lance Cpl. Stephen D. Himes

OKINAWA MARINE STAFF

Standing in formation, covered and aligned, spouses of Marines and sailors listened intently to the opening remarks of the 4th annual Spouses Warrior Day Sept. 27 at Camp Hansen. Following the remarks and the issuing of orders, the spouses were dismissed to carry out the plan of the day.

However, this day was filled with typical training events that Marines and sailors throughout the Marine Corps would complete on a routine basis.

"This experience has been amazing so far," said Kimberly Reid, the wife of Lt. j.g. Kevin Reid, a Military Sealift Command plans, operations and medical intelligence officer with 3rd Medical Battalion. "After going through these events, I understand why (my husband) comes home exhausted. I was tired after the first one."

The day included a combat fitness test with modified movement to contact and maneuver-under-fire portions, along with full 30-pound ammunition can lifts. Practicing Marine Corps martial arts program techniques along with training in the Humvee egress assistance trainer and combat convoy simulator were also highlights of the day.

"This event was designed to bring the spouses out to experience a day in their Marine's or sailor's boots," said Kara Walton, the family readiness officer with 9th Engineer Support Battalion, 3rd Marine Logistics Group, III Marine Expedi-

tionary Force. "We wanted to have fun events like MCMAP and the HEAT, but we also wanted something challenging like the CFT."

Family readiness officers of various units in the 3rd MLG, including 9th ESB, 3rd Medical Bn. and Combat Logistics Regiments 3, 35 and 37, came together to organize the event to give spouses of service members a better understanding of the Marine Corps and unique challenges faced by Marines and sailors with III MEF.

"Because we have all of these different units out here, we wanted to encourage inter-unit cohesion," said Walton. "This event allows spouses living on different camps and from different units to get to know each other and bring the 3rd MLG closer together."

The spouses worked hard throughout the morning, and for lunch they were served a staple of any deployment or exercise — a Meal, Ready-to-Eat.

During the MRE lunch, the spouses observed a demonstration by the 3rd Law Enforcement Battalion's K-9 Unit on the dogs' ability to subdue and apprehend a suspect via simple commands.

The 3rd Explosives Ordnance Disposal Company was also on hand to allow spouses a chance to operate some of its equipment and try on an EOD bomb suit.

"Seeing my wife out here doing things I do really made me happy," said Lance Cpl. Carlos E. Caldera, a field wireman for CLR-3. "She told me she doesn't know how I do this every day and still walk."



Kathya Grant, wife of Lt. Col. Craig A. Grant, lifts a 30-pound ammunition can during a portion of the modified combat fitness test during the Spouses Warrior Day Sept. 27 at Camp Hansen. Spouses participated in different types of military training, which is commonplace among service members. Grant's husband is the executive officer of Combat Logistics Regiment 37, 3rd Marine Logistics Group, III Marine Expeditionary Force. Photo by Lance Cpl. Stephen D. Himes

The event closed with short remarks from Col. Edward W. Bligh, commanding officer of CLR-3, thanking the spouses for their support of the Marines, sailors and the unit.

Each participant received a certificate of completion and a specially made dog tag to commemorate the sweat, hard work and increased understanding achieved by all the spouses.

Couples find communication "key" to marital bliss at workshop

Lance Cpl. Lena Wakayama

OKINAWA MARINE STAFF

Service members and status of forces agreement personnel with Marine Corps Installations Pacific and III Marine Expeditionary Force gathered at the Education Center on Camp Foster recently for the "Keys to a Healthy Marriage" workshop.

The workshop, sponsored by Marine Corps Community Services Okinawa, was designed to help married and engaged couples start their marriage successfully and focused on communication and problem-solving skills, along with encouraging interaction and feedback from the couples.

"This class is preventative maintenance (for relationships), kind of like oil changes for a car," said Lt. Cmdr. Aaron C. Carlton, the Headquarters and Service Battalion chaplain with Marine Corps Base Camp Smedley D. Butler, MCIPAC. "You do the tune-up stuff, so your car keeps running smoothly and doesn't break down."

The workshop has helped couples learn how to communicate and enrich their relationships

for over thirty years, and Carlton hopes to have the workshop be more readily available to Marines, sailors and status of forces agreement personnel on Okinawa.

"We want to make sure we reach as broad a spectrum of people as possible," said Carlton.

The couples practiced their communication skills by discussing subjects, such as relationship expectations and recognizing danger signs.

"Instead of shutting down, getting quiet and not talking for the rest of the night, you take a time-out, catch your thoughts, and go about it in a more approachable way," said Cpl. Travis R. Newman, a class attendee and supply administration and operations specialist with H&S Bn.

The workshop taught the attendees various skills and techniques to better their relationships, such as how to recognize danger signs and effectively discuss expectations in their relationship.

"Even if you think you know about relationships, it's still a good workshop to take," said Lance Cpl. Cecilia Nuñez-Figueroa, a class attendee and supply administration and

operations specialist with H&S Bn. "I already knew some of this, but the workshop still taught me things I didn't know."

Communication can be especially hard for service members because the lifestyle has inherent risk factors such as high stress, long working hours, prolonged physical separation and frequent changes in location, which are difficult to change, according to Carlton.

"There are certain things we can't change about our situation, and there are things that we can," said Carlton. "And the things that we can change — how we communicate with each other, how we approach problems, how we work together — if we work on those things amid all the risk factors we can't change, we're going to do well."

The workshop occurs once a month at different Marine Corps installations across Okinawa, and the goal is that the workshop will continue to grow and be available on every installation once a month simultaneously to reach everyone, according to Carlton.

"Any time you devote to your marriage, it's time well-spent," said Carlton.

Endurance course built into jungle at Camp Hansen

Lance Cpl. Donald T. Peterson
OKINAWA MARINE STAFF

Winding through dense jungle, twisting ravines and traversing near-vertical hills, a jungle endurance course is an invaluable training tool for service members in the Asia-Pacific region.

Marines and sailors with 9th Engineer Support Battalion are scheduled to complete the first of two loops of an endurance course at Camp Hansen in November, allowing service members across Okinawa to begin incorporating the challenges of the course into their daily training.

The Camp Hansen Camp Guard began construction on the route in July, turning over work to 9th ESB, 3rd Marine Logistics Group, III Marine Expeditionary Force.

This allowed the battalion to finish clearing the route and installing safety infrastructure to aid in crossing trail hazards.

"The two loops, which we call the north and south loops, will be opened at separate times," said Maj. Andrew A. Merz, the coordinator for the construction of the endurance course and the officer in charge of Camp Hansen Camp Operations. "The southern loop is a mile-long portion of the course and is slated to be opened in November to the Marines. It includes several hills and creeks that Marines will have to conquer to complete the course."

The two-mile northern loop is slated to open Jan. 1, 2014.

"The two courses are connected together in the center, creating a figure eight," said Merz. "Both portions of the course are a good workout and have fantastic scenery for people to enjoy as they go through."

The route was cleared exclusively through the use of hand tools, requiring exhaustive work to remove stumps and other obstacles in the dense undergrowth.

"This course has taken a lot of manpower just to get this far," said Merz. "This land used to be part of the Central Training Area but was turned over to Camp Hansen."

The Marines are focusing their full efforts on finishing the construction and expanding the training opportunities on the camp.

"We plan on working (hard) to get this course completed as soon as possible, so the Marines



Lance Cpl. Tyler G. Dearman swings an axe while removing a tree stump to clear a route for an endurance course Oct. 1 at Camp Hansen. The three-mile course is intended to challenge Marines' physical and mental fitness, and offer a new venue for training. Dearman is a combat engineer with 9th Engineer Support Battalion, 3rd Marine Logistics Group, III Marine Expeditionary Force. Photo by Cpl. Adam B. Miller

can start enjoying it," said Staff Sgt. Joshua J. Evans, a platoon sergeant with Company A, 9th ESB. "This course will be an excellent addition to Camp Hansen that I'm sure people will enjoy."

The battalion is also investigating the possibility of adding a land-navigation course and patrolling routes to the training area to further challenge participating units.

Camp operations is planning to publish an order explaining requirements and restrictions related to use of the training area following completion of construction.

For now, the course is expected to be open during daylight hours to groups of four or larger with no reservation required. This will allow commands to utilize the course for unit physical training and core-competency-skills training.

"This course may be short, but after going through just the north loop without all of the extra features, which will make it safer and more challenging, it was a good workout," said Evans. "I can't wait until we complete it, so I can have another opportunity to enjoy the challenges it brings."

A section of the course is currently opened for patrol training and can be reserved for use by contacting Camp Hansen Camp Operations at 623-4649.



Pfc. Marshall T. Cox removes dirt to form a stairway during construction of an endurance course Oct. 1 at Camp Hansen. The three-mile course is made up of steep hills, deep ravines and narrow pathways through the jungle. Cox is a combat engineer with 9th ESB, 3rd MLG, III MEF. Photo by Cpl. Adam B. Miller

In Theaters Now

OCT. 4 - 10

FOSTER

TODAY Cloudy with a Chance of Meatballs 2 (3-D) (PG), 6 p.m.; Battle of the Year (PG13), 9 p.m.
SATURDAY Cloudy with a Chance of Meatballs 2 (3-D) (PG), noon; Cloudy with a Chance of Meatballs 2 (PG), 3 p.m.; Insidious Chapter 2 (PG13), 6 & 9 p.m.
SUNDAY Cloudy with a Chance of Meatballs 2 (PG), 1 p.m.; Cloudy with a Chance of Meatballs 2 (3-D) (PG), 4 p.m.; The Family (R), 7 p.m.
MONDAY Cloudy with a Chance of Meatballs 2 (3-D) (PG), 7 p.m.
TUESDAY Kick-Ass 2 (R), 7 p.m.
WEDNESDAY Kick-Ass 2 (R), 7 p.m.
THURSDAY Cloudy with a Chance of Meatballs 2 (PG), 7 p.m.

KADENA

TODAY Cloudy with a Chance of Meatballs 2 (3-D) (PG), 3 p.m.; Cloudy with a Chance of Meatballs 2 (PG) 6 p.m.; We're the Millers (R), 9 p.m.
SATURDAY Planes (PG), noon; Cloudy with a Chance of Meatballs 2 (3-D) (PG), 3 p.m.; Cloudy with a Chance of Meatballs 2 (PG), 6 p.m.; Riddick (R), 9 p.m.
SUNDAY Cloudy with a Chance of Meatballs 2 (3-D) (PG), 1 p.m.; Cloudy with a Chance of Meatballs 2 (PG), 4 p.m.; Insidious Chapter 2 (PG13), 7 p.m.
MONDAY Cloudy with a Chance of Meatballs 2 (PG), 4 p.m.; Insidious Chapter 2 (PG13), 7 p.m.
TUESDAY Cloudy with a Chance of Meatballs 2 (PG), 4 p.m.; Riddick (R), 7 p.m.
WEDNESDAY Cloudy with a Chance of Meatballs 2 (PG), 4 p.m.; Battle of the Year (PG13), 7 p.m.
THURSDAY The Family (R), 7 p.m.

COURTNEY

TODAY Cloudy with a Chance of Meatballs 2 (3-D) (PG), 6 & 9 p.m.
SATURDAY Cloudy with a Chance of Meatballs 2 (PG), 3 p.m.; We're the Millers (R), 6 p.m.
SUNDAY Cloudy with a Chance of Meatballs 2 (PG), 3 p.m.; We're the Millers (R), 6 p.m.
MONDAY Percy Jackson: Sea of Monsters (PG), 7 p.m.
TUESDAY Closed
WEDNESDAY Cloudy with a Chance of Meatballs 2 (PG), 7 p.m.
THURSDAY Closed

FUTENMA

TODAY Getaway (PG13), 6:30 p.m.
SATURDAY Paranoia (PG13), 4 p.m.; Riddick (R), 7 p.m.
SUNDAY Battle of the Year (3-D) (PG13), 4 p.m.; Insidious Chapter 2 (PG13), 7 p.m.
MONDAY Prisoners (R), 6:30 p.m.
TUESDAY-THURSDAY Closed

KINSER

TODAY Cloudy with a Chance of Meatballs 2 (PG), 6:30 p.m.
SATURDAY Cloudy with a Chance of Meatballs 2 (3-D) (PG), 3:30 p.m.; Kick-Ass 2 (R), 6:30 p.m.
SUNDAY Cloudy with a Chance of Meatballs 2 (PG), 1 p.m.; Cloudy with a Chance of Meatballs 2 (3-D) (PG), 3:30 p.m.; Paranoia (PG13), 6:30 p.m.
MONDAY-TUESDAY Closed
WEDNESDAY Elysium (R), 6:30 p.m.
THURSDAY Kick-Ass 2 (R), 6:30 p.m.

SCHWAB

TODAY Riddick (R), 6 p.m.; The Wolverine (3-D) (PG13), 9 p.m.
SATURDAY The World's End (PG13), 6 p.m.; The Mortal Instruments: City of Bones (PG13), 9 p.m.
SUNDAY Insidious Chapter 2 (PG13), 3 p.m.; Kick-Ass 2 (R), 6 p.m.
MONDAY Prisoners (R), 7 p.m.
TUESDAY-WEDNESDAY Closed
THURSDAY Battle of the Year (3-D) (PG13), 7 p.m.

HANSEN

TODAY The Wolverine (PG13), 6:30 p.m.; Riddick (R), 10 p.m.
SATURDAY Insidious Chapter 2 (PG13), 3 p.m.; Prisoners (R), 6 p.m.; The Family (R), 9:30 p.m.
SUNDAY Cloudy with a Chance of Meatballs 2 (3-D) (PG), 2:30 p.m.; Insidious Chapter 2 (PG13), 6 p.m.
MONDAY Paranoia (PG13), 7 p.m.
TUESDAY Riddick (R), 7 p.m.
WEDNESDAY Getaway (PG13), 7 p.m.
THURSDAY Insidious Chapter 2 (PG13), 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.shopmexchange.com.



SINGLE MARINE PROGRAM EVENTS

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

VOLUNTEER OPPORTUNITIES

- 10 volunteers are needed for security at the Smash Mouth concert from 7-10 p.m. Oct. 19 on Camp Kinser.
- 10 volunteers are needed to help from 11 a.m. to 6 p.m. Oct. 19-20 at the Promise Keepers Homeless Shelter.
- 50 zombie-dressed volunteers are needed to assist with the Haunted Highway 5K Fun Run at 7 p.m. Nov. 2 on Camp Kinser.

*If interested in volunteering, contact the SMP office at the above number.

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

TEST YOUR CORPS KNOWLEDGE:

What Marine facility was used in the training of the first African-American Marine recruits?

See answer in next week's issue

LAST WEEK'S QUESTION:

Which Marine parachuted twice into France during World War II to aid French resistance?

ANSWER:

Col. Peter J. Ortiz, who began his service in the French Foreign Legion and was wounded in action and escaped the German Army.



Japanese phrase of the week:

“Tanjobi omedeto!”

(pronounced: tahn-jo-bee oh-meh-deh-toh)

It means “Happy Birthday!”

CHAPLAINS'

ORNER

“No matter which type of pain you may be experiencing, I pray that you won't go it alone.”



Defeat pain through peer guidance

Lt. Cmdr. Matthew S. Weems

MCAS FUTENMA CHAPLAIN

You have probably heard someone say, “what doesn't kill you only makes you stronger.” Well ... I don't know about all that, but I do believe that each of us is capable of achieving more than we ever push ourselves to do. The question becomes, how much pain am I willing to endure?

I remember one of my martial arts instructor's words, “pain retains fellas,” as he stood over me while I was trying to keep my opponent from choking me out. He was pushing us beyond the limits of what we would have ever done without his encouragement. He taught us to push ourselves beyond our comfort zones.

Most of us do not like to be uncomfortable. In fact we love our comfort. But as you and I know, comfort is a slippery slope that can lead to complacency. We must not allow our desire for comfort to

cause us to avoid pain. Fear of pain or discomfort can stifle our growth. Some of life's greatest lessons are born out of our greatest pains. One of my favorite passages in the Bible says, “we rejoice in our sufferings, know that suffering produces endurance, and endurance produces character, and character produces hope.”

Unfortunately some of the painful things we experience in life don't actually make us stronger, but instead traumatize us. If some circumstance or person has traumatized you, and you haven't talked to someone about it, I encourage you to seek help. Some people go on living with chronic pain. The pain is very real and does not stop; and there may be people around you that don't understand.

No matter which type of pain you may be experiencing, I pray that you won't go it alone. Sometimes we need someone to tell us to “suck it up.” And sometimes we just need someone to listen to us and hold us when the pain becomes unbearable.

FOR UPCOMING SPECIAL WORSHIP SERVICES AND EVENTS FOR ALL MARINE CORPS BASE CHAPELS, CALL 645-2501 OR VISIT WWW.MCIPAC.MARINES.MIL AND LOOK UNDER “AROUND MCIPAC”