

WEARE MCBH NEWSLETTER

Keeping our Marines and Neighbors Informed...

Vol. 3, Issue 2, February 2025

<https://www.mcbhawaii.marines.mil/>

<https://linktr.ee/mcbh/>



MARINE CORPS BASE HAWAII

The Path Forward: HQBN Hosts Junior Marine/Sailor Development Day

Story by Lance Cpl. Carlos ChavezFlores

MARINE CORPS BASE HAWAII – Headquarters Battalion hosted the first junior enlisted development day, engaging junior Marines and Sailors in physical fitness, leadership skills, camaraderie, and valuable insights from noncommissioned officers on professional development.

"We wanted to be able to train our Marines and Sailors as a cohesive team," said Sgt. Kaitlyn Dosenberg, platoon sergeant for the HQBN's

communications section. "When we get out there and engage with our juniors, not only in discussion, but in physical training, we are setting the example and instilling leadership traits and principles to ensure every Marine and Sailor is ready to overcome adversity."

Sixty-seven HQBN Marines and Sailors gathered at the Anderson Chow Hall for lunch, where they were given opening remarks by the HQBN's commanding officer and sergeant major on their experiences in leadership positions, before meeting at Dewey Square for guided

discussions. These discussions benefited the junior enlisted by giving them the chance to engage directly with senior leaders and NCOs and gain valuable insight into leadership development. Afterward, they conducted physical training at Waterfront Operations. [Read More](#)



Accuracy and Aloha: Pacific Marines compete in the Marine Corps Marksmanship Competition Pacific

Story by Lance Cpl. Blake Gonter

MARINE CORPS BASE HAWAII - The Marine Corps Shooting Team hosted the Marine Corps Marksmanship Competition Pacific at Marine Corps Base Hawaii, from January 23 to January 31, 2025.

Throughout the competition Pacific Marines, Sailors and officers with the Honolulu Police Department trained and competed for a week for the opportunity to be invited to the Marine Corps Marksmanship Championship at Marine Corps Base Quantico, Virginia.

While the event is a competition, the true goal of MCMC-PAC is to advance the lethality of the Corps and build camaraderie across a multitude of experience and backgrounds.

"My favorite part is getting to see the shooters grow and develop as marksmen, as well as Marines," said Sgt. Dylan Kelley, an instructor and competitor with the Marine Corps Shooting Team, "We're giving the Marines an opportunity to come out here, compete against their peers, compete against fellow Marines and give them a chance to see where they are at."



Kelley instructed approximately 72 shooters throughout the competition. Those shooters ranged from first time competitors to veteran shooters, all with various capabilities with their weapon system. [Read More](#)

Anderson Chow Hall Launches Fitness Bar

Story by Cpl. Dezmond Browning

MARINE CORPS BASE HAWAII – On 6 Jan. 2025, Anderson Chow Hall launched a new fitness bar as part of its lunch offerings, aimed at promoting healthier dietary choices for service members at MCBH. This initiative aligns with the base's commitment to enhance and modernize its facilities.

Through conversations with Marines and observations of their dining habits, it became evident that many were choosing grab-and-go processed foods from nearby convenience stores. The



convenience of grab-and-go food has fostered a culture of opting for quick, readily available processed food items over meals that nourish the body. Recognizing this convenient eating culture heightened the importance of creating a way for Marines to get the convenience of grab-and-go eating but with nourishing food. To remedy this culture, the fitness bar was conceived. [Read More](#)

COMMUNITY SPOTLIGHT

Andrew Siepka



Hometown:

Wakefield, MA

Role at MCBH:

Coach at MCBH Human Performance Center

Accomplishments:

Recognized as the Guest speaker for HQBN Corporal's Course Class 1-25 and Civilian of the Year

As a strength and conditioning coach with the MCBH Human Performance Center, and Coast Guard veteran, Andrew Siepka continues his service on the civilian side through ensuring Marines' readiness in any climate and place.

Siepka volunteered his assistance in teaching Headquarters Battalion Corporal's Course the importance of physical fitness and nutrition. He was recognized by the course and served as a guest speaker for the class.

For his dedication to preparing Marines, both physically and mentally, Andrew Siepka was nominated as February's community member of the month!

MCBH DIGITAL MEDIA SPOTLIGHT



A community volunteer removes invasive plants from the Marina Cove during a Weed Warriors volunteer event, Marine Corps Base Hawaii, Feb. 8, 2025. Members of MCBH's Weed Warriors hold regular volunteer events to remove invasive plants from endangered species habitats. (U.S. Marine Corps photo by Staff Sgt. Marcos A. Alvarado) [More Imagery](#)



Andrei Iosivas, professional football player for the Cincinnati Bengals, tosses a football to a child during a youth football clinic at Marine Corps Base Hawaii, Feb. 6, 2025. The visit was prompted through the partnership of MCBH and Armed Forces Entertainment to give service members and their families the opportunity to meet retired and current NFL Hall of Fame honorees and cheerleaders. (U.S. Marine Corps photo by Lance Cpl. Taylor Von Sanders-Frazier) [More Imagery](#)

To view the digital version and use the clickable links or to sign up for the newsletter mailing list, visit <https://linktr.ee/mcbh/> or scan the QR code.

3d MARINE LITTORAL REGIMENT

<https://www.3rdmardiv.marines.mil/Units/3d-mlr/>



3d Marine Littoral Regiment Fires the Marine Air Defense Integrated System (MADIS)

Story By 1st. Lt. Emily Zito

MARINE CORPS TRAINING AREA BELLOWS, HAWAII – Various U.S. Army and Marine Corps units put 3d Marine Littoral Regiment to the test during the Marine Corps Combat Readiness Evaluation, February 10-14, 2025. The evaluation exercise was the first of its kind with U.S. Marine Corps Training and Education Command, Marine Corps Tactics and Operations Group, and Marine Air Ground Task Force Training Command providing support while 3d Marine Division and 12th Marine Littoral Regiment conducted the evaluation across

multiple locations around the Hawaiian archipelago.

A MCCRE is a formal evaluation of a unit based on Marine Corps Training and Readiness (T&R) standards derived from assigned Mission Essential Tasks to ensure standardization and readiness in preparation for operational deployments. For 3d MLR, a unit designed to enable the Combined and Joint Force, the MCCRE is also an opportunity to showcase the regiment's capabilities in a realistic, scenario-based combat rehearsal.

"This MCCRE was unique given the very exquisite

capabilities of the MLR to work across domains, and with commands multiple echelons higher than other Colonel-led formations," said Col. John G. Lehane, commanding officer, 3d MLR. "That uniqueness required supporting organizations including Training & Education Command (TECOM), Marine Aviation Weapons & Tactics Squadron (MAWTS), Marine Corps Tactics and Operations Group (MCTOG), Tactical Training Exercise Control Ground (TTECG), Marine Corps Logistics Operations Group (MCLOG), and the 3d Marine Division." [Read More](#)

3d MLR DIGITAL MEDIA SPOTLIGHT



U.S. Marines with 3d Littoral Combat Team, 3d Marine Littoral Regiment, 3d Marine Division, occupy a landing zone for a notional casualty's medical evacuation during a training exercise at Pohakuloa Training Area, Hawaii, Feb. 12, 2025. For the exercise's culminating event, 3d LCT conducted a force-on-force operation against U.S. Army soldiers with the 25th Infantry Division. (U.S. Marine Corps photo by Sgt. Jacqueline C. Parsons)

MARINE AIRCRAFT GROUP 24

<https://www.1stmaw.marines.mil/Subordinate-Units/Marine-Aircraft-Group-24/>



U.S. Marine Corps photos by Lance Cpl. Chandler Evans

U.S. Marines with Marine Wing Support Squadron (MWSS) 174, Marine Aircraft Group 24, 1st Marine Aircraft Wing perform a medical evacuation into a U.S. Army CH-47 Chinook attached to 3rd Battalion, 25th Aviation Regiment during a field training exercise at Marine Corps Training Area Bellows, Waimānalo, Hawaii, Feb. 13, 2025. The exercise aimed to increase proficiency in airfield surfacing and strengthen collaboration with joint forces. Marines practiced operating small, mobile units from temporary positions, simulating real-world expeditionary warfare scenarios. The U.S. Air

Force National Guard assisted in building a helicopter landing zone using prefabricated aluminum flat top matting and setting up a forward arming and refueling point. The exercise also focused on training personnel in medical evacuation procedures, ensuring that Marines and Sailors are better prepared for such situations. This field training enhanced their ability to operate in various environments, improve combat readiness, and refine their skills in setting up key infrastructure like landing zones and refueling sites in austere conditions.