

# OKINAWA MARINE

july 20, 2012

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FOLLOW US ON MARINES.MIL



Staff Sgt. Bryan Robbins calls for mortar support during a live-fire exercise at the Shoalwater Bay Training Area in Queensland, Australia, July 13. Following the conclusion of Exercise Hamel 2012, the Marines of Company G engaged in movement-to-contact drills, using what they learned from living in a woodland environment for the past three weeks. Robbins is the platoon sergeant for 3rd platoon, Company G, Battalion Landing Team 2nd Battalion, 1st Marine Regiment, 31st Marine Expeditionary Unit. Photo by Cpl. Jonathan Wright

## 31st MEU continues training in Australia

Cpl. Jonathan Wright  
31st marine expeditionary unit

SHOALWATER BAY, Australia—The Marines of Company G, Battalion Landing Team 2nd Battalion, 1st Marine Regiment, 31st Marine Expeditionary Unit, executed multiple live-fire assaults in the Australian wilderness July 13, where they previously honed their skills alongside the Australian Army during Exercise Hamel 2012.

For the past three weeks, the Marines fought with and against the Australian soldiers during the deployment certification of the Australian Army's 1st Brigade. Now, with the bilateral training complete, the Marines conducted a fire-and-maneuver exercise in the forest environment. For many of the Marines this marks their first experience in a densely wooded, live-fire range.

"There's a lot of vegetation as

opposed to what we're used to in California, so to go out in a more exotic place to practice platoon and squad-level tactics is a great benefit," said Cpl. Tanner Clark, a fire direction controlman with Weapons platoon, BLT 2/1, 31st MEU. "It was a long field operation, but definitely one that prepares us for any future scenarios down the road."

In the rain-drenched terrain of the see **HAMEL** pg 5

## Marine Corps drawdown increases competition

Lance Cpl. Mike Ganahan  
okinawa marine

CAMP FOSTER — Marine Administrative Messages 357/12 and 358/12, which outline current and revised re-enlistment incentives for fiscal year 2013, were signed July 2.

Competition for boatspaces will increase as the military decreases numbers to create a more modernized and efficient force. Marines will retain the capacity and capability to support current and crisis response operations through rotational deployments.

"The increased competitive nature inspired by the drawdown will give the Marine Corps a more streamlined posture in the future with the most highly qualified individuals filling our ranks," said Sgt. Kyle T. Katchka, the regimental career planner for Combat Logistics Regiment 37, 3rd Marine Logistics Group, III Marine Expeditionary Force.

The Marine Corps is no longer offering composite score points see **MARADMIN** pg 5

## Absentee ballots speak for citizens

Lance Cpl. Brianna Turner  
okinawa marine staff

CAMP FOSTER — The voting assistance officers on Kadena Air Base promoted voting awareness recently to encourage service members to register to vote and request absentee ballots.

The military offers voting assistance officers to service members in an attempt to help their voices be heard.

"Voting is one of the rights we defend as members of the military," said Navy Lt. Michael J. Buyske, the voting assistance officer for the U.S. Naval Hospital Okinawa. "It gives us the opportunity to determine the future leaders of our state and country, many of whom

see **VOTING** pg 5

# MCCS offers transition programs

Lori Cleymans

Whether you are a service member leaving the military, a spouse looking for a job, or a teen seeking career coaching, the Marine Corps Community Services' transition assistance management program and family member employment assistance program can help.

For transitioning military members, preparing for any major change can seem over-

whelming. Friends and family give advice, websites inundate you with information, and you don't know what questions to ask. Often, you are still working in your demanding

military career, which may not afford you much time to focus on yourself. When the time comes to leave the military, only you can make your transition a success.

If you are separating from the military, we recommend attending the transition readiness seminar at least one year prior to your anticipated end of active service date. The seminar has a new format, which includes different pathways from which to choose. This workshop starts with a two-day brief on all the benefits you receive after you leave the military. After this brief, you will attend classes for the path you have chosen, either employment or education.

For those retiring from the service, we recommend you attend the pre-retirement seminar at your 18-year mark. Even if you are not yet considering retirement,

it is best to plan early. We offer eight pre-retirement seminars throughout the year. Please call our office for additional details on how to attend this valuable seminar.

In addition to our transition programs, we are here for all status of forces agreement personnel to assist in your job search. For military spouses in particular, each duty station has challenges when it comes to finding a job. Most jobs open to service member

families are federal positions, a system many are not familiar with, and there is a limited selection of employers. To help you get started in your job search, we offer several workshops monthly throughout the island to assist you in areas such as career assessment, interviewing skills, résumé writing,

social networking, the federal government employment process and more.

In addition to our monthly workshops, our knowledgeable team can coach you through the interview process and help you formulate answers to some of the toughest interview questions.

If you would like someone to review your résumé, we can do that too. We are experienced with all resume formats, can ensure your skills are clearly represented, and help you tailor your resume to the job announcement.

Give us a call today and start your journey to a successful career. You can call any Marine and family program office on your camp or our main office at 645-3151. Visit us at [www.mccsokinawa.com](http://www.mccsokinawa.com), click on Marine & Family.

*Cleymans is the lead transition specialist for TAMP/FMEAP with MCCS.*

**“When the time comes to leave the military, only you can make your transition a success.”**

## AROUND THE CORPS



Lance Cpl. Jeffrey Cole (center) was awarded the nation's third-highest medal, the Silver Star, for valor July 10 following his selfless actions when his patrol came under heavy enemy fire in Marjah, Afghanistan, in August 2010. Despite being shot three times, Cole exposed himself to enemy fire and provided suppressing fire to ensure his fellow Marines could reach safety. *Courtesy photo*



U.S. Marines simulate a riot for Burkina Faso service members in Thies, Senegal, July 11, as a part of Exercise Western Accord 2012. During the exercise, the Marines and African partner-nation troops exchanged crowd-control training techniques. The Marines are assistant crowd control instructors with 25th Marine Regiment, 4th Marine Division, Marine Forces Reserve. *Photo by Sgt. Tatum Vayavananda*



Arnold Schwarzenegger shakes hands with Marines at Marine Corps Air Station Camp Pendleton, Calif., July 13. Schwarzenegger, Terry Crews, Randy Couture and Dolph Lundgren signed autographs for fans before going to a sneak peek of the movie "Expendables 2."

*Photo by Pfc. Melissa Eschenbrenner*

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The Okinawa Marine is published by Marine Corps Community Services under exclusive written contract with Marine Corps Base Camp Smedley D. Butler, Okinawa, Japan.

The editorial content of this newspaper is edited and approved by the Consolidated Public Affairs Office of Marine Corps Base Camp Smedley D. Butler.

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OKINAWA MARINE NEWSPAPER

H&S Battalion MCB PAO

Unit 35002

FPO AP 96373-5002

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# Energy drinks mistaken for healthy, helpful

**Lance Cpl. Kasey Peacock**  
okinawa marine staff

CAMP FOSTER — For many service members, the traditional morning cup of coffee is no longer the first choice for an energy boost.

As energy drinks become more popular, service members must educate themselves on the health risks associated with overconsumption of these products.

“Energy drinks are loaded with caffeine and sugar,” said Samantha D. Conley, a Marine Corps Community Service fitness coordinator at Camp Hansen. “Excess caffeine consumption has been linked to conditions ranging from insomnia and restlessness to rapid

heartbeat and dehydration. These should be of major concern to active-duty members who are exercising multiple times each day, especially those here on Okinawa.”

Getting seven or eight hours of sleep and proper nutrition is a much healthier alternative in the long run than energy drinks for those trying to compensate for a lack of energy, according to Conley.

Each branch of the military has weight requirements, which service members must meet. This puts the responsibility on the service members to watch their diets.

“Energy drinks tend to be pretty calorically dense and packed with sugar,” said Conley. “If (you) aren’t paying atten-

tion, you can very quickly consume over 200 calories and almost 60 grams of sugar with one drink. For those who are trying to lose weight, this is not a wise choice.”

One 16-ounce energy drink can contain 160 milligrams of caffeine alone. On average, an adult should only consume 200 to 300 milligrams of caffeine, or about two to four cups of brewed coffee, each day, according to the Mayo Clinic.

“If service members need something to drink, I recommend water throughout the day with healthy balanced foods,” said Terumi Nagai-Luebbers, an MCCS fitness coordinator at Camp Courtney. “If they tend to drink energy drinks as a replacement for meals, try grabbing a fruit and fat free milk, a bowl of cereal and fat free milk, or a cup of yogurt.”

It is important for service members to remember caffeine is a drug, and it should only be consumed in moderation.

For more information, contact the MCCS health promotion office at 645-3910.

Supplement Facts		
Serving Size 8.0 fl oz (240 mL)		
Serving Per Container: About 3		
Amount Per Serving		% Daily Value
<b>Calories</b>	100	
<b>Total Carb</b>	27g	9%*
Sugars	27g	†
Vitamin B2	1.7mg	100%
Vitamin B3	20mg	100%
Vitamin B6	2mg	100%
Vitamin B12	6mcg	100%
Sodium	180mg	8%
Taurine	1000mg	†
Panax Ginseng	200mg	†
Energy Blend	2500mg	†
L-Carnitine, Glucose, Caffeine, Guarana, Inositol, Glucuronolactone, Maltodextrin		
*Percent Daily Values are based on a 2000 calorie diet. † Daily Value not established.		
INGREDIENTS: CARBONATED WATER, SUCROSE, GLUCOSE, CITRIC ACID, NATURAL FLAVORS, TAURINE, SODIUM CITRATE, COLOR ADDED, PANAX GINSENG ROOT EXTRACT, L-CARNITINE, CAFFEINE, BENZOIC ACID, BENZOIC ACID, NIACINAMIDE, SODIUM CHLORIDE, GLUCURONOLACTONE, INOSITOL, GUARANA SEED EXTRACT, PYRIDOXINE HYDROCHLORIDE, SUCRALOSE, RIBOFLAVIN, MALTODEXTRIN, CYANOCOBALAMINE.		

Excessive sugar, which is found in many energy drinks, spikes insulin levels for a brief amount of time giving the body energy. When the sugar is used up, insulin levels drop drastically, causing fatigue, which is also known as an energy ‘crash,’ according to Petty Officer 2nd Class Jennifer L. Bell, a corpsman at Evans Branch Medical Clinic at Camp Foster. Photo illustration by Lance Cpl. Kasey Peacock

**Critical Days of Summer**  
Safety ... look beyond the horizon

## JGSDF tour facilities, observe AAV capabilities

**Lance Cpl. Nicholas S. Ranum**  
okinawa marine staff

CAMP SCHWAB — Members of the Japan Ground Self-Defense Force visited Combat Assault Battalion to learn about assault amphibious vehicles at Camp Schwab July 10.

CAB, which is part of 3rd Marine Division, III Marine Expeditionary Force, demonstrated some of the capabilities of the AAV to members of the Logistics Department, Ground Staff Office, JGSDF.

The JGSDF came here to learn about the maintenance requirements of the AAV, according to Capt. Jonathan D. Morris, company commander for the battalion’s AAV Company. The demonstration and tour was designed to give the JGSDF a thorough look at the vehicle.

“The JGSDF is interested in learning more about the AAV,” said Lt. Col. Terry M. Pautenbaugh, commanding officer of CAB. “We wanted to show them the AAV’s capabilities both in and out of water before we started talking to them about maintenance.”

The demonstration of AAVs included a 40-minute ride, during which the vehicles performed both sea and land-based operations. Included in the demonstration was a tour of the maintenance facilities.

“They have shown interest in learning about the AAV for about a year,” said Pautenbaugh. “This trip focused on the maintenance management aspect of the vehicle.”

The Marines with CAB showed the JGSDF different facilities for maintaining the vehicles, which included the machine shop, welding area, optics area, communication area and maintenance bays.

“We provided an overview of what is required to support a company of AAVs,” said Capt. Ryan D. Burns, the maintenance officer for the battalion.



Assault amphibious vehicles of Combat Assault Battalion show their cross-country capabilities during a demonstration at Camp Schwab July 10. The AAV crewmen demonstrated the capabilities to members of the Japan Ground Self-Defense Force who took part in the Japan Observer Exchange Program. CAB is part of 3rd Marine Division, III Marine Expeditionary Force.

Photo by Lance Cpl. Nicholas S. Ranum

During the tour, the JGSDF learned about the mechanical history of the AAV and its product upgrades.

The AAV has its roots in an amphibious tractor designed in the 1930s, according to Pautenbaugh. That tractor was used in the Florida Everglades to help hurricane victims. The current AAV is a direct link to that early humanitarian assistance tractor.

“Since 1973, the AAV has participated in many humanitarian (assistance),” said Pautenbaugh. “We used them during the earthquake last year, and the JGSDF are looking to implement their assets similarly. They want to be able to go where the AAV can during times of crisis.”

## BRIEFS

## Off Limits Establishments

The following off-limits establishments are identified for all status of forces agreement personnel attached to or accompanying III Marine Expeditionary Force/Marine Corps Installations Pacific on Okinawa. This includes all military members, civilian personnel (including contractors) and all family members in accordance with III MEF/MCIPACO 1620.

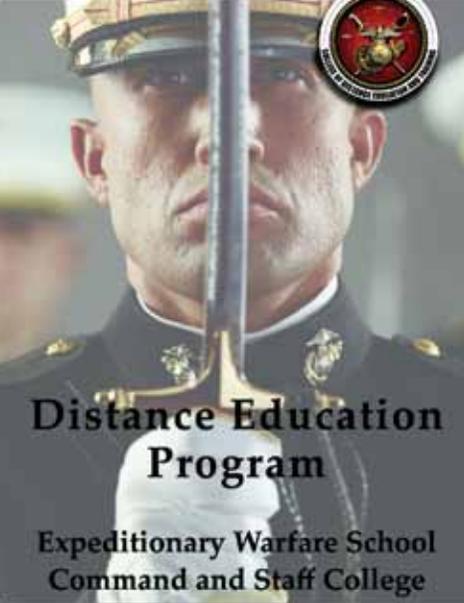
- Stoner's Den
- Tokyo Syoten Bookstores
- Samurai King
- Hotel Takahara
- Ground Tobacco Shop
- Yoshihara Red Light District
- Bernard's Garage
- Events hosted by Parties International
- Shuffle Resort
- Hamby Bistro
- Liza's Bar

### RECREATIONAL WATER SAFETY

A reminder to all personnel: III Marine Expeditionary Force/Marine Corps Installations Pacific Order 5101.1 stipulates all regulations and policies personnel must follow when engaging in recreational water activities anywhere on Okinawa, including beaches and marinas operated by the U.S. military. Personnel are not permitted to enter open water during "Sea Condition Danger," periods of heavy rains and reduced visibility, in the presence of thunder and lightning, or when local conditions result in the closure of a beach or coastal area.

For more information, contact the Marine Corps Base Camp Butler Installation Safety Office at 645-2651.

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## 4th Marines welcomes Hall



HALL



NEARY

Col Richard D. Hall assumed command of 4th Marine Regiment, 3rd Marine Division, from Col. Stephen M. Neary during a ceremony at Camp Schwab July 13. Neary commanded 4th Marines since June 2010 and will become the chief of staff for Programs and Resources at the Pentagon. Hall's previous assignment was at Suffolk, Va. where he served as the deployment training team chief for Joint Forces Command.

## CLR-35 sailors build brick pizza oven

**Petty Officer 2nd Class Steve White**

fleet activities okinawa

URUMA CITY, Okinawa — Fresh dough, check! Pizza sauce, check! Shredded cheese, check! Brand new pizza oven, check! 27 Sailors with Charlie Surgical Company, 3rd Medical Battalion cooked up new friendships at Okinawa AMICUS International school in Uruma City throughout June.

The sailors, currently assigned to Combat Logistics Regiment 35, 3rd Marine Logistics Group, III Marine Expeditionary Force, visited the school on weekends to work with students, staff and Master Builder Jun Uehara to build a brick pizza oven from the ground up.

Afterward, they interacted with students in the classrooms by playing games and participating in English-exchange activities.

The adults weren't the only ones who contributed to the project, said Petty Officer 1st Class Alan Badel, who led the team in building the oven.

"The children played a large part in applying the mortar between the bricks," said Badel. "They also designed the dome of the oven with marbles," added Badel.

Once the project was completed, it only seemed fitting to celebrate the hard work and success of the project with a pizza party. Members of the battalion visited the school and put the new oven to good use by baking pizzas while building lasting friendships July 7.

"I'm really pleased with how well the oven turned out," said Badel. "It works as well as anything we could have bought from the store. The (oven-baked) taste gives an authentic Italian flavor to the pizza."

Crowded around a variety



Sailors with 3rd Medical Battalion enjoy pizza with children of the Okinawa AMICUS International school July 7. Throughout June, the sailors, currently assigned to Combat Logistics Regiment 37, 3rd Marine Logistics Group, III Marine Expeditionary Force, visited the school on weekends to work with students, staff and Master Builder Jun Uehara to build a brick pizza oven from the ground up. Photo by Petty Officer 2nd Class Steve White

of ingredients and toppings, everyone prepared their own work of pizza art. With masterpieces ranging from a triple-thick crust to a star-shaped pizza, it was a chance for everyone to express themselves through their food.

The sailors found that establishing friendships with the students was similar to building the oven.

"When we are working with the future leaders of Japan, brick by brick, little by little, we are laying the foundation of a strong relationship," said Badel.

The students were reserved when the sailors first came to the school, although they warmed up as the project got under way, according to Petty Officer 3rd Class Demetrio Pineda, a fire team leader with the battalion.

"When we first got here, the students were really timid and shy when we tried to approach

them," said Pineda. "Now, they're hanging around us, trying to learn English from us, and picking our brains, which is really cool."

School officials plan to use the oven on a regular basis for pizza parties with the students, and they hope to work with the sailors again.

"The children are very happy with the new pizza oven," said Aika Zukerman, a member of the preschool staff at the school. "We look forward to seeing the sailors in the future and working together on some of the projects we have planned."

For the service members, the project was a recipe for a strong working relationship, topped off with great memories and pizza.

"It's seeing the smiles of joy on their faces that really matters," said Badel. "The (benefits of) interaction with them lasts."

## JGSDF, Marines share procedures



**CAMP KINSER**—Staff Sgt. Antwan L. Macon explains the capabilities of a field kitchen to officers with the Japan Ground Self-Defense Force at Camp Kinser July 12. During the visit, personnel with Combat Logistics Regiment 35 shared their supply and support procedures with the JGSDF officers. The officers also viewed a command operations center, consolidated issue facility, field kitchen system and tactical water purification system. Macon is a food service specialist with CLR-35, 3rd Marine Logistics Group, III Marine Expeditionary Force. Photo by Pfc. Terence G. Brady

### VOTING from pg 1

make decisions which directly impact our pay, deployment schedules and quality of life.”

While it is important service members vote, some feel they cannot while stationed overseas, according to Buyske.

“There is the the misconception that absentee ballots don’t count, people saying they don’t have the time to register for an absentee ballot, or simply being unaware of how to register and receive a ballot.”

Absentee ballots take about five minutes and count just as much as ballots at direct polling sites, according to Buyske.

“If we fail to vote, we actively erode our hard-earned freedoms,” said Capt. Brad L. Hull, the battalion adjutant, legal officer, and voting assistance officer for Headquarters and Service Battalion, Marine Corps Base Camp Butler. “As former President Franklin D. Roosevelt once said, ‘Nobody will ever deprive the American people of the right to vote except the American people themselves, and the only way they could do this is by not voting.’”

Online resources and voting assistance officers make it easy for service members to register and vote.

“Service members may register and request an absentee ballot with the federal postcard application,” said Air Force Master Sgt. Travis Smalls, the alternate voting assistance officer for 18th Civil Engineer Group, Expeditionary Engineering. “This application form can be picked up from any unit’s voting assistance officer. It is accepted by all states and territories and is free of charge from any post office on base.”

If service members do not have a federal postcard application, they can register from their computer.

“An online version of the voter registration or absentee ballot request form is also available at [www.fvap.gov](http://www.fvap.gov),” said Buyske. “A voter registration or absentee ballot request form must be completed, printed, signed, dated and mailed directly to your local election official.”

Voting assistance officers strive to show service members the ease of registering and voting.

“June 28 through July 7 was voting awareness week,” said Smalls. “In order to increase voting exposure we stood outside the Base Exchange and the post office. We spoke on American Forces Network radio, and we posted statuses on social media sites, encouraging members to register. We got numerous people to register; it was a huge success.”

Voting may seem like a small issue for many, especially those stationed far from home, but it is a quick process that can have a major influence on everyone’s future.

“Voting shapes the control of the U.S.,” said Smalls. “As service members, it is vital to vote because the leadership of our country directly affects our future.”

### MARADMIN from pg 1

as a re-enlistment incentive effective July 1, according to MARADMIN 358/12.

“These incentives were put in place to meet the needs of the Marine Corps,” said Sgt. Maj. Michael R. Saucedo, the sergeant major of Headquarters Battalion, 3rd Marine Division, III MEF. “When there is no longer a need, they go away.”

During the drawdown the selection process will become more scrutinized, possibly disqualifying Marines with only a single blemish on their record, said Katchka.

“I think the Marine Corps wants to keep our combat-tested (noncommissioned officers), and you can’t put a price on the experience they have,” said Saucedo.

Although the drawdown has eliminated some incentives, re-enlistment bonuses have remained relatively the same for fiscal year 2013, as compared to last year. Some numbers have even increased.

For example, lance corporals who occupy the intelligence field will see an increase to \$55,000 for FY13 compared to last year’s \$46,750. However, these bonuses will no longer apply once boatspaces are full.

Marines with prior service planning on returning to active duty will not be able to do so until Jan. 1, 2013, according to MARADMIN 357/12. The changes will affect Marines with end of current contract dates ranging from Oct. 1, 2012 to Sept. 30, 2013.

“Marines wanting to re-enlist need to stay competitive by performing at a level above their peers and staying out of trouble,” said Katchka.

According to Headquarters Marine Corps, Marines will continue to provide the nation with the most ready, capable and cost-effective force.

### HAMEL from pg 1

Australian outback, Marines practiced enemy engagement drills reinforced with heavy weapons. This type of training is common for the Marines of Company G, but the terrain offered different types of obstacles.

“Navigating through brush that is waist-high and finding firing positions behind the trees while staying on line is tricky,” said Pfc. Dylan Dedman, rifleman with 3rd plt, BLT 2/1, 31st MEU. “That’s why we do these exercises, though; we refresh skills already learned while adapting to new situations. We’ll leave Australia that much more combat-ready.”

Each platoon was reinforced with additional assets, including mortar support, M240G machine guns and a shoulder-launched multipurpose assault weapon.

“One of the biggest changes in engaging the enemy in this type of setting is not being able to lie prone, as the high grass makes you unable to see the targets,” said Lance Cpl. Erik Brasile, fire team leader with 3rd plt., BLT 2/1, 31st MEU. “This is a major learning experience for us.”

The day’s-worth of training was invaluable to the Marines after spending nearly three weeks in the wilderness.

“We’re getting back to the roots of patrolling and patrol base operations,” said Capt. John Zaal, commanding officer of Company G, BLT 2/1, 31st MEU. “It is an outstanding opportunity for them to get back into their combat patrol fundamentals and to reaffirm what they’ve learned out here in the past weeks.”

This live-fire exercise marks the end of the Marines’ training here in Australia.

The Marines used their time to seamlessly integrate with their Australian counterparts and strengthen the ties that brought the Marines to Australia.

“It has been an absolute honor to work with the Marines,” said Lt. Col. Eamon Lenaghan, commanding officer of 1st Battalion, Royal Australian Regiment, 3rd Brigade. “Their nickname is ‘The Professionals’; I couldn’t agree more with what I saw during the past month.”

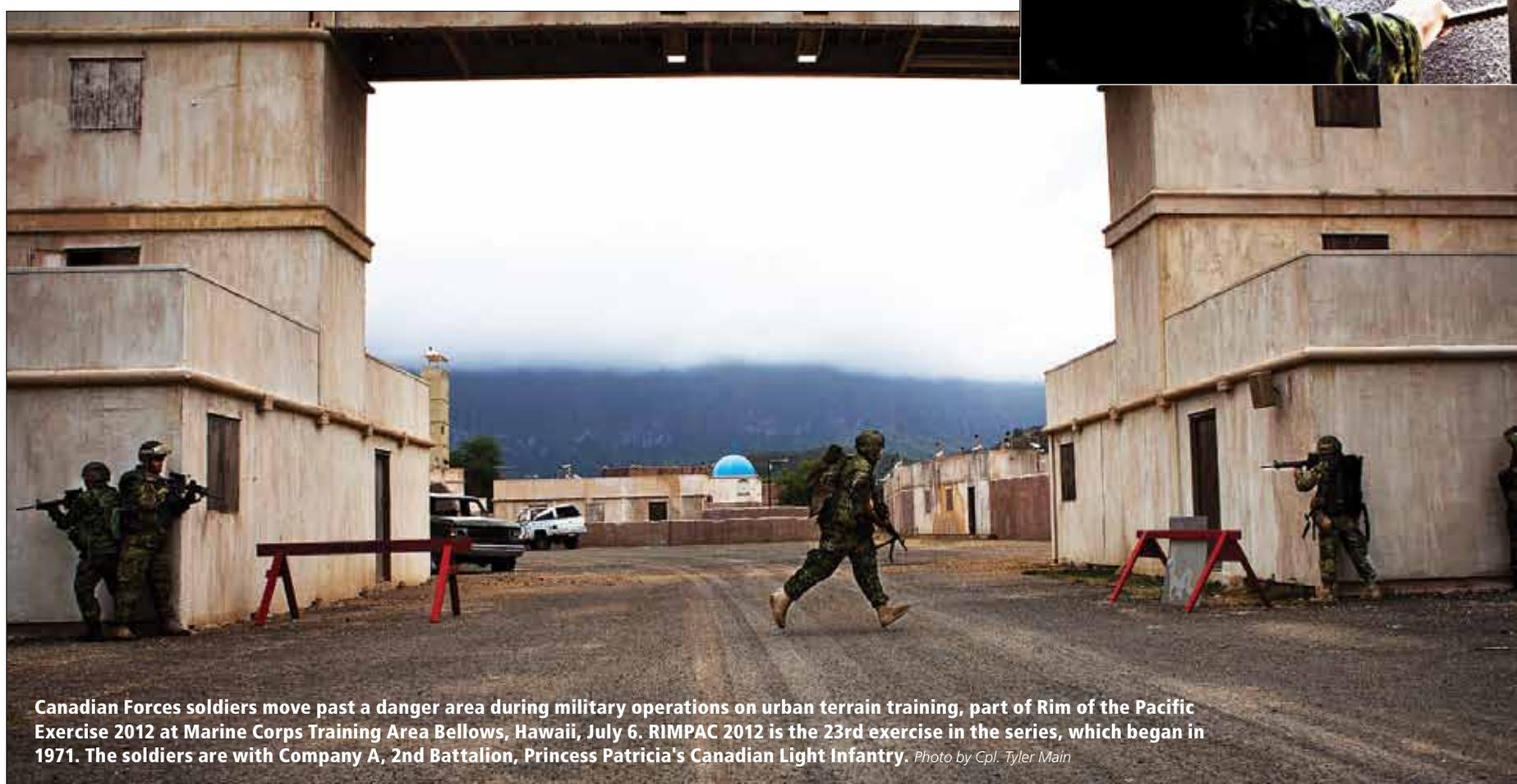
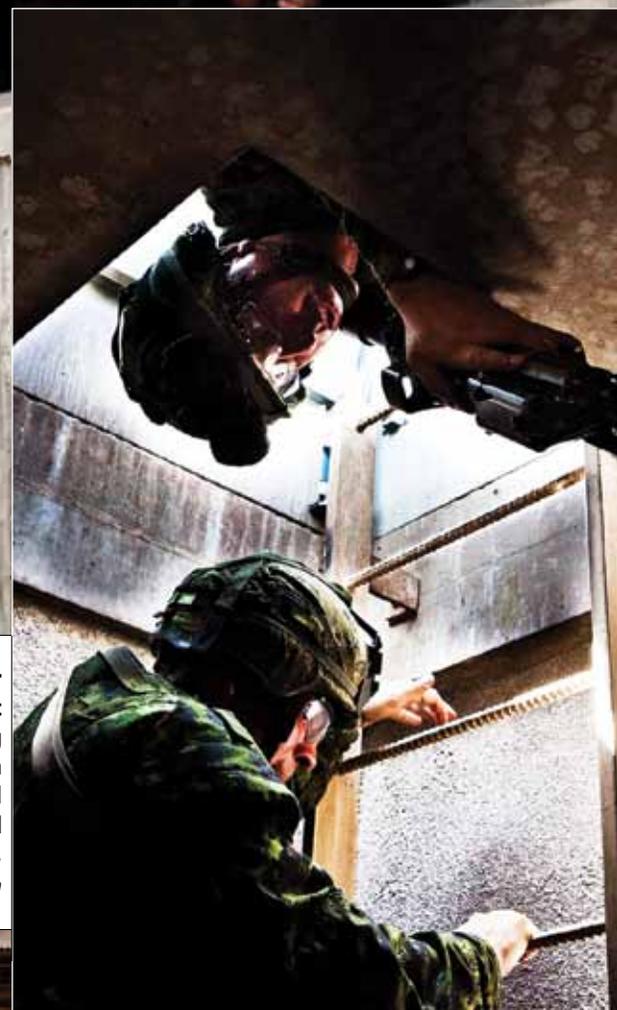


**Marines launch a volley of mortars during a live-fire exercise at Shoalwater Bay, Queensland, Australia, July 13. The Marines are with Company G, Battalion Landing Team 2nd Battalion, 1st Marine Regiment, 31st Marine Expeditionary Unit.** Photo by Cpl. Jonathan Wright

A U.S. Marine and Canadian Forces soldier provide security on a rooftop during military operations on urban terrain training as a part of Rim of the Pacific Exercise 2012 at Marine Corps Training Area Bellows, Hawaii, July 6. More than 2,200 personnel from Canada, the U.S. and seven other countries took part in the exercise as part of the combined force land component command. The command is conducting amphibious and land-based operations throughout the exercise to enhance multinational and joint interoperability between participating nations. The Marine is with 1st Battalion, 3rd Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force and the soldier is with Company A, 2nd Battalion, Princess Patricia's Canadian Light Infantry. *Photo by Cpl. Tyler Main*



Right: Canadian Forces Pvt. Shilo Francis-Arduh provides security down a ladder during military operations on urban terrain training, part of Rim of the Pacific Exercise 2012 at Marine Corps Training Area Bellows, Hawaii, July 6. Since the visiting Canadian forces were unfamiliar with the mock village, the training progressed with a "crawl, walk, run" approach, becoming more elaborate each day. By the last full day of the evolution, the entire company of Canadian soldiers successfully exercised the scenario. Francis-Arduh is a platoon signaler with Company A, 2nd Battalion, Princess Patricia's Canadian Light Infantry. *Photo by Cpl. Tyler Main*



Canadian Forces soldiers move past a danger area during military operations on urban terrain training, part of Rim of the Pacific Exercise 2012 at Marine Corps Training Area Bellows, Hawaii, July 6. RIMPAC 2012 is the 23rd exercise in the series, which began in 1971. The soldiers are with Company A, 2nd Battalion, Princess Patricia's Canadian Light Infantry. *Photo by Cpl. Tyler Main*

# URBAN TERRAIN TRAINING

## Canadians, 3rd Marines train side by side

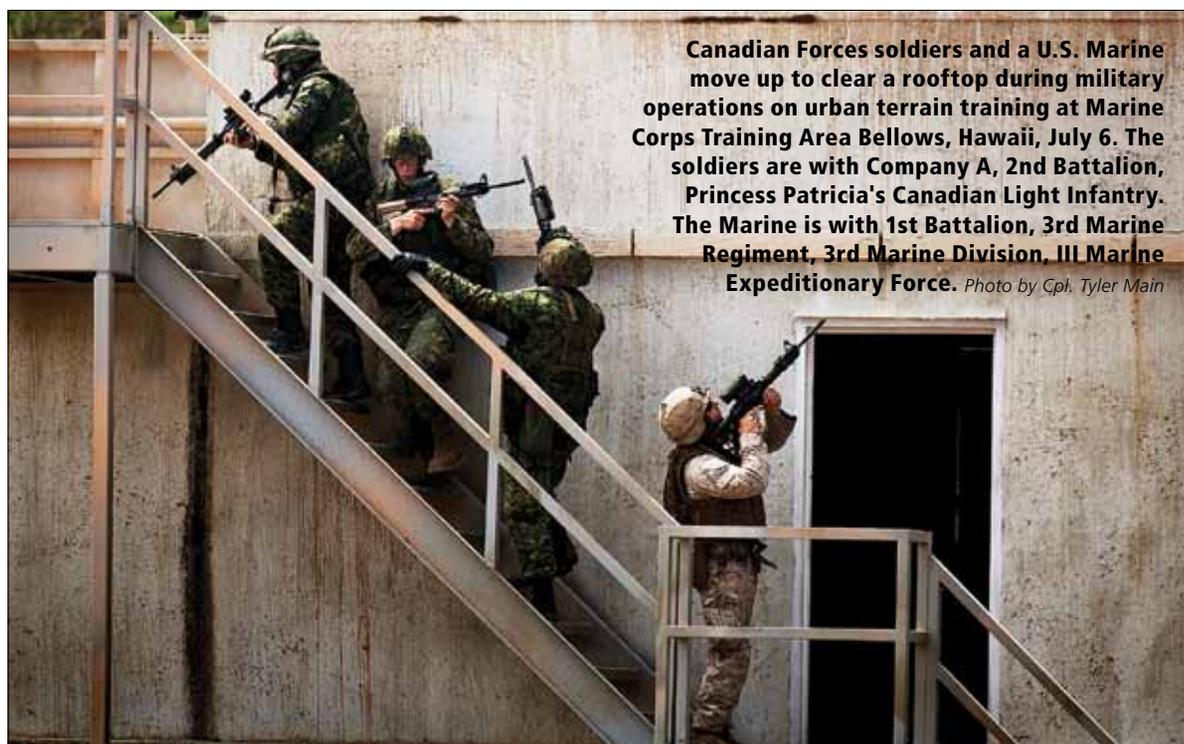
By Cpl. Ben Eberle  
u.s. marine corps forces, pacific

The Canadian Forces were nearly 4,000 miles from their home station in Shilo, Manitoba during a three-day training event; their American hosts did everything they could to keep them from feeling at home.

U.S. Marines served as an opposition force to more than 120 Canadian soldiers during military operations on urban terrain training, also known as MOUT, at Marine Corps Training Area Bellows, Hawaii, part of Rim of the Pacific Exercise 2012, July 6-8. RIMPAC is the world's largest naval exercise, consisting of 25,000 personnel from 22 different countries.

More than 2,200 personnel from Canada, the U.S. and seven other countries took part in the three-day exercise as part of the combined force land component command. The command is conducting amphibious and land-based operations throughout the exercise to enhance multinational and joint interoperability between participating nations.

"We've done urban operations training (in Canada), so here we're just enhancing our (standard operating procedures) by working with the Marines," said Canadian Forces Sgt. Victor Law, a section commander with Company A,



Canadian Forces soldiers and a U.S. Marine move up to clear a rooftop during military operations on urban terrain training at Marine Corps Training Area Bellows, Hawaii, July 6. The soldiers are with Company A, 2nd Battalion, Princess Patricia's Canadian Light Infantry. The Marine is with 1st Battalion, 3rd Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force. Photo by Cpl. Tyler Main

2nd Battalion, Princess Patricia's Canadian Light Infantry.

Experience, along with the realism of the training facility's mock village, would prove valuable to the soldiers, according to Law, who is in charge of an eight-man team.

"(This training has) allowed our troops to break through plateaus and gain a better threshold on their soldiering abilities," said Law.

The soldiers focused on tactics used during noncombatant evacuation operations, or NEOs, which in a real-world situation, would involve the evacuation of civilians from a

hostile area.

"It's important training because if we do operate with them again, we know exactly how they work, and we can better ourselves (as a team)," said U.S. Marine Cpl. Noel Desantiago, a rifleman with 1st Battalion, 3rd Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force. "They operate very well – just as well as Marines do."

Since the visiting Canadian Forces were unfamiliar with the mock village, the training progressed with a "crawl, walk, run" approach, becoming more elaborate each day.

By the last full day of the evolution, the entire company of Canadian soldiers had successfully exercised the scenario.

Canadian forces will continue training with U.S. and other foreign militaries, until RIMPAC concludes Aug. 3.

"(The exercise is) a fantastic opportunity for our soldiers, our leadership and our coalition partners," said Canadian Forces Capt. Benjamin Wong, an operations captain for Company A. "It gives us an opportunity to cross-train and a good chance to measure ourselves to see where we stand in the world."

A Canadian Forces soldier explains his procedures for room-clearing to U.S. Marines during military operations on urban terrain training, part of Rim of the Pacific Exercise 2012 at Marine Corps Training Area Bellows, Hawaii, July 6. "We've done urban operations training (in Canada), so here we're just enhancing our (standard operating procedures) by working with the Marines," said Canadian Forces Sgt. Victor Law, a section commander with Company A, 2nd Battalion, Princess Patricia's Canadian Light Infantry. The Marines are with 1st Battalion, 3rd Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force.

Photo by Cpl. Isis Ramirez



# 7th Comm Bn volunteers landscape nursing home

Story and photos by Lance Cpl. Matthew J. Manning  
okinawa marine staff

Sweat ran down the faces of Marines and sailors of 7th Communication Battalion in the humid Okinawa air as they groomed the landscape at Hikarigaoka Nursing Home July 12.

This outreach event was part of a long-standing relationship the battalion, a part of III Marine Expeditionary Force Headquarters Group, III MEF, has had with the nursing

home, located in the central region of the island.

"The Marines of (the battalion) gathered together and volunteered to landscape at the Hikarigaoka nursing home," said Navy Lt. Stephen F. Brown, the battalion chaplain. "We come by here once or twice a month to do to (this) for them. The Marines did a good job taking care of the grounds at the nursing home."

Through the landscaping work they provide for the nursing home, the

Marines are able to accomplish more than just trimming the lawn.

"Each time I have been here, it has been a different experience," said Lance Cpl. Jason A. Johnson, a tropospheric scatter radio multichannel equipment operator with the battalion. "I have been to four other events here at the nursing home. Getting to meet new people and learn about their culture is the most enjoyable part of volunteering."

The Marines were able to enjoy the hospitality of their hosts despite the



Seaman Apprentice Jacob R. Birtola trims grass at the Hikarigaoka Nursing Home July 12. Birtola, along with Marines from 7th Communication Battalion, performed landscaping work as part of a bimonthly outreach to the nursing home. Birtola is the religious program specialist for the battalion.



Lance Cpl. Michael Lee, left, and Lance Cpl. Josue I. Lazo, right, cut grass at the Hikarigaoka Nursing Home July 12. Lee is a field radio operator, and Lazo is an embarkation specialist with 7th Communication Battalion, III Marine Expeditionary Force Headquarters Group, III MEF.

heat of the day.

"This was my first time coming out here, and I enjoyed it very much," said Lance Cpl. Gary L. Blaylock Jr., a tropospheric scatter radio multichannel equipment operator with the battalion. "They are very hospitable here. When we finished working, they brought us cold tea and sponge cake."

The interaction between the Marines, nursing home staff and residents is beneficial to all, according to Brown.

"The greatest benefit for the Marines to volunteer at events like this is the chance to get out and ex-

perience the community," said Brown. "It also helps the community see we are not just here to do military-related things, but we are also here to help support the community in any way we can."

The efforts of the Marines were appreciated by passers-by while they worked.

"We had people honking their horns and waving to us as they drove by," said Brown. "It really gives a good face to the Marine Corps when the community members can see us out here on the side of the street helping keep things looking nice."

## Marine inspires, sets example for others to follow

Lance Cpl. Mike Granahan  
okinawa marine

Master Sgt. Tammy A. Belleville is a strong Marine who has overcome adversity and hardship to get to where she is today. Now she is back on Okinawa where it all started.

Belleville reported here for the first time 16 years ago.

"Okinawa was my first duty station, I came here in 1996 and was meritoriously promoted to corporal before I left the island," said Belleville, a paraloft chief with Landing Support Company, Combat Logistics Regiment 37, 3rd Marine Logistics Group, III Marine Expeditionary Force. "To be here 16 years later and be promoted to master sergeant in the same place I was a lance corporal is pretty amazing."

Belleville's co-workers speak highly of her and her high level of professionalism. She is the first female in her job field to be promoted to master sergeant.

"From day one, she welcomed me with open arms into the platoon and showed me the ropes," said Staff Sgt. Crystal M. Salinas, a platoon sergeant with the company, who worked with Belleville as a corporal and now as a staff sergeant. "She is very passionate about our job, and I am as well, so we share that enthusiasm."

During the first four years of Belleville's career, there were only two female Marines in her military occupational specialty of airborne and air delivery specialist.

"To females coming up in this job, I would say never let adversities or judgments of others dictate your path," said Belleville.

When deciding to join the Corps, Belleville knew it was an extremely male-dominated organization, but she did not know her chosen field was even more male dominated than the Marine Corps norm as a whole.

"There was a level of professional respect that I had to work to get," said Belleville. "I had to prove that I could do my job just as well as they could do theirs and that it didn't matter that I'm a female."

Belleville prides herself on being able to make her own way and not letting anyone's previous actions decide her fate.

"Let me make my own legacy, let me make my own mistakes, and then judge me based upon my own merit," said Belleville.

Belleville's challenges were not limited to those brought on by the Marine Corps.

"I was a single mom for seven and a half years, plus in the Marine Corps, plus going to school, and trying to excel in all the different areas to make me a better Marine," said Belleville.

Through it all, Belleville has overcome



Master Sgt. Tammy A. Belleville swears her oath of enlistment during her promotion ceremony May 1. Belleville is the first female in her job field to be promoted to master sergeant. Photo by Nicholas Ranum

obstacles and brings that experience and determination to the units' junior Marines.

"She is a hard worker, and she is so dedicated sometimes it's hard to get her out of the office," said Salinas. "That's a great quality to have in a leader because she honestly, from the bottom of her heart, cares about the Marines."

Belleville has come full circle in her career and now inspires young Marines to strive for greatness and to never give up.

"It's a pleasure to work with her, we are always on the same sheet of music, and it's really hard to find that kind of leader, that kind of work relationship," said Salinas. "I have always told her that I wouldn't want to work for anyone else."



**Pfc. Christopher J. Frigon high-fives a child from Itoman City's Tai Chu En orphanage while at Camp Kinser July 16. Frigon is a data network specialist with Combat Logistics Regiment 35, 3rd Marine Logistics Group, III Marine Expeditionary Force.**

## Volunteers build lasting friendships, memories

### Marine Corps community, orphanage share cultures

Story and photos by Lance  
Cpl. Kasey Peacock  
okinawa.marine.mil/staff

**M**arines on Okinawa are often afforded the opportunity to volunteer with the local community, and on special occasions, put smiles on the faces of those less fortunate.

Marines with Combat Logistics Regiment 35, 3rd Marine Logistics Group, III Marine Expeditionary Force, teamed up with 15 members of the Kinser Chapel to host a sports day and cookout at Camp Kinser for 17 staff members and 30 children from Itoman City's Tai Chu En orphanage July 16.

"We were extremely excited to be invited to spend time with the Marines and enjoy the sports day," said Makio Yamamoto, the director of the orphanage. "While we are regularly invited to Christmas and beach parties, this extra effort to spend time with the children was much appreciated by the staff and especially the children."



**A child from the Tai Chu En orphanage lines up to catch a baseball during a sports day and cookout at Camp Kinser July 16. Children from the orphanage engaged in different sports, enjoyed hamburgers and hot dogs, and swam at the Kinser Aquatic Center. "The goal was simple. Join our communities, rally around sports, barbeque, enjoy the pool, and bring a smile to the children's faces," said Lt. j.g. Kristian L. Carlson, the Camp Kinser base chaplain. "We hoped to leave an indelible memory on them, as we know it certainly left one on us."**

Marines with CLR-35 have been building this relationship with the staff and children from the orphanage for almost 29 consecutive years, according to Lt. j.g. Kristian L. Carlson, the Camp Kinser base chaplain.

The event began with sporting activities for the children, including softball, soccer and volleyball.

"This (sort of interaction) lets the children see something different," said Gunnery Sgt. Kevin J. Compondu, a motor transport

maintenance chief with the regiment. "It's important for the young children to see a different side of service members."

After the sporting events ended, volunteers from the chapel gave out drinks and grilled

hamburgers and hot dogs while staff from the orphanage fried yakisoba noodles and vegetables.

The menu options gave the children an opportunity to choose from the best of both cultures, according to Compondu.

"It's the little things like drinking a soda with a hamburger that the children don't get to experience very often," said Yamamoto.

The day concluded at the Kinser Aquatic Center, where the children and volunteers cooled off in the pool.

"The goal was simple," said Carlson. "Join our communities, rally around sports, barbeque, enjoy the pool, and bring a smile to the children's faces. We hoped to leave an indelible memory on them, as we know it certainly left one on us."

For more information on volunteering for community relations projects, contact the chaplain's office, single Marine program or Marine Corps Community Services.



Marines with the 31st Marine Expeditionary Unit perform mass-casualty decontamination training at Kin Blue Beach training area July 11. The training was conducted to ensure the 31st MEU is ready to respond to potential chemical, biological, radiological and nuclear threats in the Asia-Pacific region. The Marines taking part in the training are with Combat Logistics Regiment 31 and the command element of the 31st MEU, III Marine Expeditionary Force.

## 31st MEU practices decontamination skills

Story and photos by Lance Cpl. Matthew Manning  
okinawa marine staff

Marines with the 31st Marine Expeditionary Unit conducted a mass-casualty decontamination training exercise at Kin Blue Beach training area July 11.

The training was conducted to ensure the 31st Marine Expeditionary Unit, III Marine Expeditionary Force, is prepared to respond to potential chemical, biological, radiological and nuclear threats in the Asia-Pacific region.

“Having the capability to provide mass-casualty decontamination increases the capabilities of the 31st MEU in regards to humanitarian assistance and disaster relief missions,” said Cpl. Carlos S. Sahagun, a chemical, biological, radiological and nuclear defense specialist with Combat Logistics Battalion 31, 31st MEU. “A recent example of this was during Operation Tomadachi where there was a radiation threat.”

Marines with the 31st MEU used this decontamination process on themselves during Operation Tomadachi, according to Chief Warrant Officer Jonathan B. Davis, CBRN defense officer with the 31st MEU.

During the training exercise, the Marines of CLB-31 cross-trained with CBRN defense specialist Marines from the command element of the 31st MEU.

“The Marines from CLB-31 were fast learners,” said Lance Cpl. Marci L. Strickler, CBRN defense specialist with the command element. “This is an easy process to learn, and it increases the abilities of the 31st MEU.”

Marines of both CLB-31 and the command element acted as victims in a contaminated area during the training.

“Once we set up the decontamination lane, we sent out our triage team to find those inside the infected area and brought them back to be decontaminated,” said Sahagun. “The role players were classified as either ambulatory or non-ambulatory by the triage team. Those who are ambulatory walked through the different stations in the lane while the triage team carried the non-ambulatory (victims) back to be decontaminated.”

The first step in the decontamination process is to have those who are contaminated remove their valuables and clothing, according to Davis.

“Once they remove their valuables and clothes, the valuables will be placed inside a plastic bag,” said Davis. “Their clothing will then be destroyed because of the contamination on them.”

Upon removal of valuables and clothing, the victims proceed to a shower station.

“We have a shower system set up for the ambulatory patients to clean themselves off,” said Davis. “Marines will clean off the non-ambulatory by using sponges and buckets of solution to remove the contamination. After the patient has been cleaned, we will scan them for contaminants. If the scanner detects contaminants they will be required to wash again until the scanner says they are clean.”



Marines work to cut off Cpl. Eric E. Kruger's boots during mass-casualty decontamination training at Kin Blue July 11. Kruger was a non-ambulatory role player during the training. Kruger serves as a landing support specialist with Combat Logistics Battalion 31, 31st Marine Expeditionary Unit, III Marine Expeditionary Force.

Those going through the decontamination lane are either taken to medical facilities or released once the scanners say they are clean, according to Davis.

“Overall the exercise was beneficial for these Marines,” said Davis. “We were able to get Marines trained on how to properly set up and use a decontamination lane. We also learned it would be better to have multiple lanes for non-ambulatory victims since they take longer to decontaminate.”

# In Theaters Now

**JULY 20-26**

## FOSTER

**TODAY** The Amazing Spider-Man (PG13), 6 and 9:30 p.m.  
**SATURDAY** What to Expect When You're Expecting (PG13), noon; Battleship (PG13), 3 p.m.; Marvel's The Avengers (PG13), 6 p.m.; Savages (R), 9:30 p.m.  
**SUNDAY** Ice Age: Continental Drift (PG), 1, 4 and 7 p.m.  
**MONDAY** Ice Age: Continental Drift (PG), 3 p.m.; Savages (R), 7 p.m.  
**TUESDAY** Ice Age: Continental Drift (PG), 7 p.m.  
**WEDNESDAY** Brave (PG), 7 p.m.  
**THURSDAY** Brave (PG), 7 p.m.

## KADENA

**TODAY** Battleship (PG13), 6 p.m.; The Dictator (R), 9:30 p.m.  
**SATURDAY** Ice Age: Continental Drift (PG), noon, 3 and 6 p.m.; The Amazing Spider-Man (PG13), 9 p.m.  
**SUNDAY** The Amazing Spider-Man (PG13), noon, 4 and 8 p.m.  
**MONDAY** The Amazing Spider-Man (PG13), 3 and 7 p.m.  
**TUESDAY** Madea's Witness Protection (PG13), 7 p.m.  
**WEDNESDAY** Madea's Witness Protection (PG13), 7 p.m.  
**THURSDAY** Battleship (PG13), 7 p.m.

## COURTNEY

**TODAY** Ice Age: Continental Drift (PG), 6 and 9 p.m.  
**SATURDAY** What to Expect When You're Expecting (PG13), 2 p.m.; Marvel's The Avengers (PG13), 6 p.m.  
**SUNDAY** What to Expect When You're Expecting (PG13), 2 p.m.; Madea's Witness Protection (PG13), 6 p.m.  
**MONDAY** Marvel's The Avengers (PG13), 7 p.m.  
**TUESDAY** Closed  
**WEDNESDAY** The Amazing Spider-Man (PG13), 7 p.m.  
**THURSDAY** Closed

## FUTENMA

**TODAY** Savages (R), 6:30 p.m.  
**SATURDAY** Savages (R), 4 p.m.; Marvel's The Avenger's (PG13), 7 p.m.  
**SUNDAY** What to Expect When You're Expecting (PG13), 4 p.m.; Think Like a Man (PG13), 7 p.m.  
**MONDAY** Madea's Witness Protection (PG13), 6:30 p.m.  
**TUESDAY-THURSDAY** Closed

## KINSER

**TODAY** Brave (PG), 6:30 p.m.  
**SATURDAY** Brave (PG), 3 p.m.; The Dictator (R), 6:30 p.m.  
**SUNDAY** Brave (PG), 3 p.m.; Battleship (PG13), 6:30 p.m.  
**MONDAY** Closed  
**TUESDAY** Closed  
**WEDNESDAY** Ice Age: Continental Drift (PG), 3 and 6:30 p.m.  
**THURSDAY** Savages (R), 6:30 p.m.

## HANSEN

**TODAY** The Dictator (R), 7 p.m.  
**SATURDAY** Madea's Witness Protection (PG13), 6 and 9 p.m.  
**SUNDAY** Battleship (PG13), 2 p.m.; The Dictator (R), 5:30 p.m.  
**MONDAY** That's My Boy (R), 7 p.m.  
**TUESDAY** The Amazing Spider-Man (PG13), 6 and 9 p.m.  
**WEDNESDAY** Battleship (PG13), 7 p.m.  
**THURSDAY** The Amazing Spider-Man (PG13), 7 p.m.

## SCHWAB

**TODAY** Madea's Witness Protection (PG13), 7 p.m.  
**SATURDAY** Think Like a Man (PG13), 5 p.m.  
**SUNDAY** What to Expect When You're Expecting (PG13), 5 p.m.  
**MONDAY-THURSDAY** Closed

## 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, 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.

### SHURI CASTLE AND KOKUSAI STREET TRIP - JULY 28

- Tour one of the last standing castles on Okinawa and enjoy the shopping and entertainment of Kokusai Street in Naha July 28. Register with the northern SMP office by July 26.

### VOLUNTEER OPPORTUNITIES

- The Thrift Shop needs volunteers every Tuesday, Wednesday and Thursday from 10 a.m. to 2 p.m. Volunteers can sign in at the SMP office a few minutes prior. Lunch will be provided.

### DISCOVER GOLF - FREE GOLF LESSONS

- Taiyo Golf Course is hosting free golf lessons for single Marines and sailors the first and third Friday of every month from 9-11 a.m. Participants meet at the SMP office on Camp Foster by 8 a.m.

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

Japanese phrase  
of the week:  
"Tanjobi  
omedeto!"  
(pronounced:  
Tahn-joh-bee  
oh-meh-deh-toh)  
It means,  
"Happy birthday!"



**July 9 - 13**

**RIFLE RANGE**

Capt. Brian Lusczynki,  
3rd Marine Division, 336

**July 9 - 13**

**PISTOL RANGE**

Capt. John Labit,  
1st MAW, 380



# CHAPLAINS' CORNER

*"We all need others who can encourage us, hold us accountable, and guide us."*

## Chaplain suggests new normal

**Lt. j.g. Steven G. Hervey**  
headquarters battalion, 3rd marine division chaplain

**D**o you need a change? If we are honest, I believe most of us would admit we need to change something. I've found no matter what it is, change is not easy. Even if it's minor, change is not easy. Even if it's positive, change is not easy. It is much easier to stick with what feels normal. As I work toward change in my life, I've found three actions that have helped me arrive at a "new normal."

First, I have to remind myself that a "new normal" takes time. I want instant results. However, lasting change is not instantaneous. Habits or mindsets developed over years will not change overnight. Change occurs through a long-term effort. The "new normal" only comes through patience.

Second, I set realistic short-term goals, which lead to the "new normal." Short-term goals are important because long-term change is built upon them. Short-

term goals help you establish a plan of attack and guide you toward your ultimate goal. Take a moment and think about the change you want to make. Then set five or six smaller goals, which will lead you toward the larger goal. Work on them one at a time and you will arrive at the "new normal" before you know it!

Finally, I'll share my vision of the "new normal." We all need others who can encourage us, hold us accountable, and guide us. Joining others with the same goal, confiding in a friend, and finding a mentor are all great ways to share your vision with others. Whatever you do, don't keep your desire to change a secret. While you can go it alone, arriving at the "new normal" will be much easier with a companion or two.

I tell people all the time, I wish I had a magic wand that would change their situation. I've found change only comes as the result of a person's decision to make his or her situation better. Hopefully, these actions will help you with your decision to create a "new normal."