

OKINAWA MARINE

OCTOBER 5, 2012

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An MV-22B Osprey arrives at Marine Corps Air Station Futenma Oct. 1. Ospreys flew to Okinawa after conducting functional check flights at MCAS Iwakuni in late September. The Osprey combines the capability of a helicopter with the speed and range of a fixed-wing aircraft. The Ospreys are with Marine Medium Tiltrotor Squadron 265, a part of Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force. Photo by Lance Cpl. Mike Granahan

MCIPAC reaches full operational capability

1st Lt. Jeanscott Dodd

OKINAWA MARINE STAFF

CAMP FOSTER — After a year of transition during its initial operating capability period, Marine Corps Installations Pacific achieved full operational capability Oct. 1.

After its establishment, MCIPAC possessed an initial operating capability to perform its essential regional missions and functions. Full operational capability means MCIPAC possesses a fully developed capability to oversee, direct, and coordinate installation core functions, including training and operations support, command and staff support, and community services, according to Darren Jump, a member of the MCIPAC transition executive steering committee.

Upon establishment, MCIPAC assumed oversight and management of Marine Corps installation see **MCIPAC** pg 5

Ospreys arrive on Okinawa

Lance Cpl. Erik S. Brooks Jr.

OKINAWA MARINE STAFF

MARINE CORPS AIR STATION FUTENMA — The first MV-22B Ospreys to be based on Okinawa landed at Marine Corps Air Station Futenma Oct. 1.

The Ospreys are with Marine Medium Tiltrotor Squadron 265, Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force.

The arrival of the Osprey marks the beginning of the phasing out of the CH-46E Sea Knight helicopters

currently stationed on Okinawa.

“We are moving forward and saying goodbye to the CH-46E helicopter and bringing in an aircraft with extended range that can support an entire Marine Air-Ground Task Force,” said Lt. Col. William L. DePue Jr.,

see **OSPREY** pg 5

Cleanup continues after Typhoon Jelawat slams Okinawa

Lance Cpl. Brianna Turner

OKINAWA MARINE STAFF

CAMP FOSTER — Typhoon Jelawat made landfall on Okinawa Sept. 29, bringing destructive winds and rain that toppled trees, overturned cars, and flooded streets.

Jelawat was the sixth typhoon to hit Okinawa this year and in less than ten hours, caused the most destruction of the 2012 typhoon season.

“The strongest winds from Naha were reported at 78 mph with gusts at 137 mph,” said Air Force Staff Sgt. Anthony Wilson, a weather see **JELAWAT** pg 5



Bad parking job? No, this parking nightmare is the result of Typhoon Jelawat, which brought with it destructive winds of up to 137 mph. Jelawat was the sixth and most destructive typhoon to affect Okinawa this year. Photo by Staff Sgt. Kenneth Lewis

IN THIS ISSUE

ENERGY CONSERVATION

Marine Corps Base Camp Butler strives to reduce energy footprint on Okinawa.

PG. 3

WRAPPING UP WITH CONFIDENCE

Marines conclude Artillery Relocation Training Program 12-2 with show of strength and compassion.

PGS. 6-7

USNH OKINAWA STRESSES PREVENTATIVE CARE FOR OVERLOOKED MEN'S HEALTH ISSUES

PG. 10

Brushing up on dental hygiene

Lt. Patrick Driver, DDS

A trip to the dentist practically guarantees that you are going to get the brushing and flossing speech, but what is so bad about that? As a dentist, I feel I provide dental care to the finest and most deserving Marines, sailors and family members in the world. It truly is an honor for me to go to my clinic and treat my patients.

October is recognized as national dental hygiene month by the American Dental Hygienists' Association. It is important to take this opportunity to acknowledge the importance of good dental hygiene and consider the problems poor hygiene can cause.

Gingivitis and cavities are two of the largest concerns that dentists encounter daily. Gingivitis is a fancy word for inflamed gums. At their annual exam, many patients mention that their gums bleed when they floss and cite that as their primary reason for not flossing. An example I use for my patients is that they would be concerned if they touched their skin and it started to bleed, and gum tissue is the same – healthy gums don't bleed. It can be difficult to start flossing. I'll be the first to admit I did not floss regularly until dental school.

The source of the problem is plaque, which is just a biofilm of bacteria and food debris. Plaque is an extremely soft material and it doesn't take much effort to remove plaque from your teeth. Once you control the plaque, your gums become healthy again and stop bleeding. This same plaque layer contains the bacteria that cause cavities. Essentially, the bacteria use sugars available in the food you eat and give off an acidic waste product. This acid erodes the enamel off of the teeth and creates a hole,

or cavity. So the end result of good oral hygiene is healthy gums and no cavities.

Did you know when you brush your teeth you are only cleaning about 60 percent of the surface area? That is why flossing once a day is so important – to get that other 40 percent. Ideally, you should brush after every meal, but realistically, after breakfast and before bedtime should be your goal. I always recommend chewing gum with xylitol after lunch because patients are more likely to chew gum than brush their teeth. Xylitol is a special type of sugar that bacteria cannot process into cavity-forming acid.

There are other benefits to brushing and flossing, including prevention of halitosis, or bad breath. Using a good, soft toothbrush and fluoride toothpaste helps prevent cavities, increases blood circulation in the gums, and gets rid of plaque. Many of the fillings we place are between your teeth.

How do you clean those areas? That's right, by flossing. Brushing

“When you brush your teeth you are only cleaning about 60 percent of the surface area.”



and flossing can also prevent gum disease, or periodontitis, which is when the bone around the teeth becomes inflamed and infected. Periodontitis is a progression of gingivitis, so gingivitis can be an early-warning sign. Gum disease occurs when you start losing bone around your teeth because your gums have been inflamed for such a long time. There is also a growing body of evidence that indicates that a healthy mouth contributes to a healthy heart.

For more information, visit the American Dental Association's new website at www.mouthhealthy.org for lots of good information. Remember, don't miss your appointments, and take care of those teeth!

Driver is a general dentist at the Marine Corps Air Station Futenma Dental Clinic.



AROUND THE CORPS



An MV-22B Osprey connects to the refueling hose of a KC-130J Hercules during aerial refueling training Sept. 23. The aircraft conducted aerial refueling training to practice skills needed for long-range flight operations. Both aircraft are with Marine Medium Tiltrotor Squadron 261 (Reinforced), 24th Marine Expeditionary Unit. Photo by Gunnery Sgt. Chad R. Kiehl



An M1A1 Abrams tank fires its main gun Sept. 26 at Camp Lejeune during practice for the 2012 Tiger Competition. The crew, consisting of Sgt. Linh Ngo, tank commander; Cpl. Ryan Hanna, gunner; Lance Cpl. Delio Linares, loader; and Lance Cpl. Domenic Kalaski, driver; defeated crews from 1st Tank Battalion and 4th Tank Battalion to win the competition, which was a battle for the title of best tank crew in the Marine Corps. The crew is with 2nd Tank Battalion, 2nd Marine Division, II Marine Expeditionary Force. Photo by Cpl. Tommy Bellegarde



Lance Cpl. Harrison A. York salutes Capt. Stephen W. White as he taxis an AV-8B Harrier onto the flight line at Camp Bastion, Afghanistan, Sept. 26. The aircraft bears the name of Lt. Col. Christopher Raible, the commanding officer of Marine Attack Squadron 211, 3rd Marine Aircraft Wing (Forward), who was killed during an attack on the Camp Bastion airfield Sept. 14. York is a fixed-wing aircraft mechanic, and White is a pilot with the squadron. Photo by Sgt. James Mercure

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OKINAWA MARINE

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NORTHERN BUREAU

Camp Hansen

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SOUTHERN BUREAU

Camp Kinser

DSN 637-1092

Environmental, fiscal responsibility

Energy awareness month promotes energy conservation

ENERGY CONSERVATION TIPS TO REMEMBER

- Schedule energy use to avoid peak hours (which are between 1-4 p.m.)
- Ensure windows and doors are closed properly
- Use natural lighting during daylight hours when possible
- Frequently clean filters on washers, dryers and air conditioners



Lance Cpl. Donald T. Peterson
OKINAWA MARINE STAFF

CAMP FOSTER — Marine Corps Base Camp Butler is stepping up efforts to promote energy awareness on its installations across Okinawa during October as part of energy awareness month.

October was declared energy awareness month by presidential proclamation in 1991 on behalf of the U.S. Department of Energy. The proclamation promotes energy conservation and awareness to help reach economic and environmental goals.

“Across the nation, federal agencies continue to zero-in on energy targets to stimulate the economy, lower operating expenses, reduce greenhouse gas emissions, and achieve long-term energy and economic security,” said Lubka Robertson, energy manager, G-F, facilities, MCB Camp Butler.

The goal for the Marine Corps on Okinawa is to reduce the overall consumption of energy 30 percent by 2015, according to Charles Chen, the resource

efficiency manager with G-F facilities, MCB Camp Butler. The plan also aims to reduce the potable water consumption intensity 26 percent by the end of fiscal year 2020.

“Marine Corps Base Camp Butler pays different amounts for electricity depending on what time of the day it is,” said Robertson. “During the summer season, between the hours of 1 and 4 p.m., MCB Camp Butler pays 15 percent more for electricity because everybody on the island is using electricity at the same time.”

MCB Camp Butler reduced electrical consumption by 1 percent and water consumption by 9 percent during fiscal year 2012 thanks in part to awareness efforts, such as energy awareness month, according to Chen.

MCB Camp Butler continues to work toward meeting all energy and water conservation goals. Water usage reduction is on pace to exceed the targeted goals for fiscal year 2013, according to Chen.

Though improvements have

been made in the past, there are many actions service members and their families can still take to help reduce the daily consumption of electricity and water.

Scheduling energy use for non-peak hours such as the morning or evening is one easy method to reduce a household’s energy footprint. Ensuring windows and doors are closed properly, using natural light, and cleaning the filters on washers, dryers and air conditioners can all make a difference, according to Robertson.

The cumulative impact of energy-saving measures taken by MCB Camp Butler is an important step toward financial and environmental responsibility.

“Here at MCB Camp Butler, we may not get the electric bill directly, but our tax dollars do pay the bill,” said Robertson. “Everyone should treat the camp like they would treat their homes in the U.S. and not waste electricity, especially from 1 to 4 p.m. Remember – it takes everyone’s help to save energy!”

Amphibious Landing Exercise 2013 begins Oct 8

U.S. Embassy Manila

PUBLIC AFFAIRS SECTION

MANILA, Republic of the Philippines — Members of the armed forces of the Philippines will participate in Amphibious Landing Exercise 2013 with U.S. armed forces with U.S. Pacific Command from Oct. 8-18.

PHIBLEX 13 is a regularly scheduled exercise hosted annually by the Republic of the Philippines. PHIBLEX 13 is the 29th iteration in a series of exercises designed to promote regional peace and security by ensuring interoperability and readiness of Philippine and U.S. forces.

This year’s exercise will focus on improving interoperability for humanitarian assistance and disaster response missions. Training will consist of a staff planning exercise, multiple field training exercises, humanitarian and civic assistance projects to include medical, dental, and engineering projects, and a static aircraft display. The majority of the activities this year will take place in Zambales province. The staff planning exercise focusing on humanitarian assistance and disaster response and two HCA projects will occur in Palawan.

More than 1,200 armed forces of the Philippines personnel and approximately 2,600 U.S. personnel of all services will participate in PHIBLEX 13.

“Every year, this exercise allows us to strengthen and deepen the relationships not only between our militaries, but also our communities,” said Harry K. Thomas, Jr., the U.S. ambassador to the Republic of the Philippines. “This year’s exercise provides an opportunity for our military service members and their Filipino counterparts to train side by side on many capabilities, particularly humanitarian assistance and disaster response.”



Philippine Marine Staff Sgt. R. B. Barsenas, middle, instructs U.S. Marine combat engineers on building materials during renovations at Ranzang National High School, Palawan, Republic of the Philippines, Oct. 22, 2011. U.S. and Philippine Marines installed a new ceiling, gutters, doors, windows and a water-catching tank to the school during Amphibious Landing Exercise 2012. Similar projects will be conducted as part of PHIBLEX 13 from Oct. 8-18. Barsenas is part of Marine Battalion Landing Team 12, Naval Forces West, armed forces of the Philippines. The U.S. Marine combat engineers are assigned to Combat Logistics Battalion 31, 31st Marine Expeditionary Unit, III Marine Expeditionary Force. Photo by Cpl. Patricia D. Lockhart

BRIEFS

REGULATIONS FOR HEADPHONE USE

For safety compliance with regulations, wearing headphones, earphones or other listening devices while operating a vehicle, jogging, running, walking, skateboarding, roller-skating, or bicycling on or along streets and roadways on Marine Corps installations or out in town is prohibited, except for on specifically approved locations.

For more information, see MCBJ/IIIMEFO 1050.7A or contact the Marine Corps Installations Pacific safety office at 645-2651.

MMOA VISIT

Military occupational specialty monitors with Headquarters Marine Corps will visit Okinawa Oct. 8-10 to meet with officers about the assignment process and future postings.

An MMOA brief for all officers will be held at 8 a.m. Oct. 8 at the Camp Foster theater. Upon completion of the brief, interviews with monitors will be conducted at the Joint Reception Center classroom, building 494, Camp Foster, for ground officers and at the Marine Corps Air Station Futenma dining facility for air officers.

For more details, call 622-7724.

USNH OKINAWA MAMMOGRAM MONDAYS

October is women's health month at U.S. Naval Hospital Okinawa. In an effort to raise the awareness and importance of screening and early detection, the hospital's breast health center is hosting "Mammogram Mondays" during the month of October. Throughout the month, women eligible for care at military medical facilities on Okinawa can schedule a mammogram without a physician referral.

To schedule an appointment, call 643-7033 or email RADAppointments@med.navy.mil.

The center will also host an open house Oct. 25 from 11 a.m. to 1 p.m.

For more information, call 643-7365.

FOSTER IPAC CLOSURE AND RELOCATION

The main Installation Personnel Administration Center at Camp Foster will be closed Oct. 18-19 and will move to a temporary location due to a renovation project taking place Oct. 22 through July 15, 2013.

The temporary location will be down the street from the main IPAC, in building 5717 at Camp Foster, the barracks directly above the 25-meter pool. This location will open for regular business Oct. 22.

For assistance Oct. 18-19 that cannot wait until the opening of the temporary location, contact one of IPAC's administrative satellite centers:

- Camp Courtney at 622-3001
- Camp Hansen at 623-7073
- Camp Schwab at 625-1100
- Camp Kinser at 637-1087
- MCAS Futenma at 636-6614

IPAC's ID cards, passport, TAD and deployments sections in building 5692 will remain open for business as usual.

TO SUBMIT A BRIEF, send an email to okinawamarine.mcbb.fct@usmc.mil, or fax your request to 645-3803. The deadline for submitting a brief is noon Friday. Okinawa Marine reserves the right to edit all submitted material.



Japan Ground Self-Defense Force military policemen explain their accident response procedures to Marine MPs during a bilateral training event at Camp Foster Oct. 2. The training included both a classroom session and live demonstrations of investigation procedures at a staged accident scene by the JGSDF and Marine MPs. The JGSDF MPs are with the 136th Western District Military Police, Western Army Military Police, MP Headquarters. The Marine MPs are with the Provost Marshal's Office, Headquarters and Service Battalion, Marine Corps Base Camp Butler. Photo by Cpl. Mark W. Stroud

JGSDF, Marines train for vehicle accident response

Cpl. Mark W. Stroud

OKINAWA MARINE STAFF

CAMP FOSTER — Japan Ground Self-Defense Force military policemen trained with Marine MPs during an evolution at Camp Foster Oct. 2

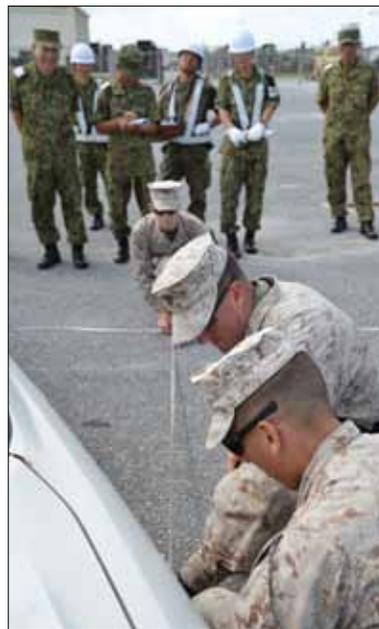
The training focused on strengthening bilateral relationships and responding to vehicle accidents. The Marine MPs are with the Provost Marshal's Office, Headquarters and Service Battalion, Marine Corps Base Camp Butler.

"I am glad to see that we are making good, and I mean collectively, on our promise to strengthen our partnership," said Maj. Mark E. Burrell, PMO deputy provost marshal. "This training is a testament to our focus on keeping that relationship strong."

Thirteen JGSDF MPs with the 136th Western District Military Police, Western Army Military Police, MP Headquarters, participated in the training evolution, which began with classroom instruction before transitioning to practical application, where both Marine and JGSDF MPs responded to and investigated a staged vehicle accident.

The classroom session included periods of instruction from both JGSDF and Marine MPs, ensuring that all parties were familiar with each other's accident response procedures in the event a bilateral response is required.

"(Working together will be improved) because we now know the people that we are sharing



Military policemen demonstrate accident investigation procedures during bilateral training at Camp Foster Oct. 2. JGSDF MPs observed the demonstration before switching with the Marines and investigating the staged accident scene. Photo by Cpl. Mark W. Stroud

jurisdiction with better," said 1st Lt. Daniel C. Franzen, officer in charge of the special enforcement section, PMO. "Every time, I've seen our units work together, everything has gone smoothly because we both know each other and what is in the U.S. Forces Japan agreement."

In addition to discussing jurisdiction, the classroom session addressed both forces' response procedures ranging from securing the accident scene and collecting evidence to using tread marks and vehicle damage to piece together what happened during the accident.

"They have been to different schools than us, so we can learn from them in regards to different ways to conduct an investigation," said Franzen. "It is always good to work with the JGSDF and learn how they do business."

The JGSDF and Marine MPs practiced what they discussed in the classroom session at a staged two-car accident, providing demonstrations of their response procedures to each other.

"We want to familiarize ourselves with hands-on investigation," said Lt. Col. Hisanori Umemura, provost marshal, 136th Western District Military Police. "Lectures and training are important but doing the hands-on training at the scene will deepen our understanding of the procedures and expand the effectiveness of the training."

This was the second bilateral accident response training event held between PMO and 136th Western District Military Police, according to Franzen.

"The training happened because we both want to build a relationship between our military police units," said Franzen. "We hope to branch out to other training areas in the future."

Working together, side by side, is the key to continuing to build on the current JGSDF and U.S. MP relationship, according to Burrell.

"I can't emphasize enough that good, constant dialogue will keep the relationship strong and moving forward," said Burrell. "As with every other relationship, this kind of face-to-face interaction plays a large part in that."

OSPREY from pg 1

commanding officer of VMM-265. "As a former CH-46 pilot, it is sad to see the CH-46E go, but the increase in capability the MV-22B Osprey brings is a critical improvement for the Marine Corps."

The MV-22B represents a large increase in capability, operational reach and flexibility and basing the aircraft on Okinawa is critical to III MEF operations in the Asia-Pacific region, according to DePue.

"The Osprey will change the way we operate during humanitarian assistance and disaster relief operations," said Maj. Joshua T. Fraser, the operations officer

for VMM-265 who landed the first MV-22B on Okinawa. "This aircraft will really show what we are capable of out here with the extended range and speed."

In addition to its extended operational capability, the Osprey allows for greater volumes of troop and cargo transport.

"The Osprey can land anywhere and in any terrain, giving it a much better mission capability," said DePue.

The Osprey's capabilities will allow the Marine Corps to safely respond to any crisis, according to DePue.

"I have been flying the Osprey for a decade now, and it is one

of the safest aircraft I have ever flown," said DePue. "It is a very self-aware aircraft. The monitoring system on board is unlike any other. It will let us know if anything is wrong well before it becomes a problem."

This day will be remembered as a leap forward for the Marine Corps in the Asia-Pacific region, according to Fraser.

Basing the Osprey on Okinawa significantly strengthens the United States' ability to provide for the defense of Japan, perform humanitarian assistance and disaster relief operations, and fulfill other U.S.-Japan alliance roles.

MCIPAC from pg 1

commands in the Pacific, including Marine Corps Base Camp Butler and MCB Hawaii, Combined Arms Training Center Camp Fuji, Marine Corps Air Stations Futenma and Iwakuni and Camp Mujuk in the Republic of Korea.

"Over the past year, MCIPAC has streamlined getting all our Pacific installations' consolidated requirements and feedback to Marine Corps Installations Command, our higher headquarters," said Maj. Gen. Peter J. Talleri, commanding general of MCIPAC. "That direct link has allowed MCIPAC to support our Marines, sailors, civilians and family members in the Pacific in a most efficient and effective manner."

The activation of MCIPAC was part of a Corpwide reorganization to improve oversight and management of installation support services to operating forces with the ultimate goal of enhancing readiness. MCIPAC frees the commanding general of III Marine Expeditionary Force from installation functions and concerns, enabling a focus on primary expeditionary missions in the Asia-Pacific region, according to Harry Farmer Jr., deputy assistant to the chief of staff, G-3/5, training, operations and plans, MCIPAC.

"One major accomplishment for MCIPAC has been the consolidation of all installation protection services," said Farmer. "This includes law enforcement, fire and emergency services, explosive ordnance disposal, mission assurance and emergency management. This enables a unity of effort for the MCIPAC commanding general and provides better support to all personnel aboard our installations."

Reaching full operational capability is an important landmark for MCIPAC, but it is important to note that it is a continuation of support that has been provided to its personnel, family members and the local community from day one, according to Talleri.

By increasing installation support to tenant III MEF units, MCIPAC has been able to link operational force requirements to installation services and regional missions and functions.

"Our installations have continuously supported III MEF operations during the transition," said Jump. "All of our strategies and plans prioritize resources and provide direction and oversight with the principal aim of supporting our warfighters and their families."

Many of the initiatives MCIPAC has undertaken as a regional command are enduring in nature and will continue to evolve over time as it receives feedback.

"MCIPAC remains committed to implementing policies, developing regional strategies and plans, prioritizing resources, and providing services, direction and oversight to support the operating forces and other tenant commands and activities," said Jump.

The transition to MCIPAC has involved a great deal of hard work from its staff on the way to reaching full operational capability with one desired end state, according to Talleri.

"We have certainly taken on greater responsibility as MCIPAC, but with that increased responsibility comes benefits for the entire MCIPAC community," said Talleri.



Typhoon Jelawat, which made landfall on Okinawa Sept. 29, left the island littered with debris, uprooted trees, overturned vehicles and caused other destruction. Cleanup crews began working immediately upon declaration of Tropical Cyclone Condition of Readiness-Recovery to repair the damage and restore full capabilities. Photos compiled by Okinawa Marine staff

JELAWAT from pg 1

technician with 18th Operations Support Squadron, 18th Operations Group, 18th Wing. "The strongest winds on Kadena Air Base were (91 mph) with gusts up to (115 mph)."

The typhoon caused temporary disruption in the power grid on the island, affecting both residential and commercial buildings including the commissary on Camp Foster, which lost power for almost 21 hours.

"At the store, we activated our normal typhoon contingency plan," said John Zaher, the Camp Foster Commissary store director. "All chill and frozen cases were covered, and the facility was secured."

While the store suffered losses, the precautions taken by the staff ensured damages were minimized, according to Zaher.

"It took the better part of Sunday and Monday to restock our inventory," said Zaher. "We have been busy, but with the help of the entire commissary and warehouse staff, our shelves are now back to normal."

The wrath of Jelawat had significant effects elsewhere, as many residents on Okinawa suffered damage to their homes, vehicles and work places.

"This typhoon caused a lot of damage," said

Gunnery Sgt. Ricardo Valdes, the staff noncommissioned officer in charge of the District South Provost Marshal's Office, Headquarters and Service Battalion, Marine Corps Base Camp Butler. "Multiple buildings were damaged, garage doors were ripped off, cars were flipped, and signs were blown down, but luckily there was nothing major. Most of the damage was only cosmetic."

Military policemen patrolled base housing before the storm, stopping at any house with outdoor items that could become dangerous projectiles and ensuring they were secured.

"You can never predict what a storm is going to do," said Valdes. "This typhoon was not forecast to be as bad as the last typhoon, but it brought heavier winds and much more damage. It is important to always take the same precautions before a storm because you never know what could happen."

To receive updates and monitor storm progress on Okinawa, visit <http://weather.kadenaservices.com/> or www.usno.navy.mil/jtwc, tune into American Forces Network television and radio programming, or call 634-4081.

For more information regarding emergency planning, visit www.ready.gov, www.fema.org, www.redcross.org or <http://72hours.org>.

Marines wrap up artillery exercise with confidence

Story and photos by Pfc. Terence G. Brady
OKINAWA MARINE STAFF

COMBINED ARMS TRAINING CENTER CAMP FUJI, Japan — Artillery Relocation Training Program 12-2 came to a close Sept. 22.

Marines with 3rd Battalion, 12th Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force, conducted ARTP 12-2 to improve operational readiness in realistic, combat-oriented scenarios using small-arms and M777A2 155 mm howitzers at the nearby East Fuji Maneuver Area.

To wrap up ARTP 12-2, the battalion participated in a warrior day consisting of physically demanding events such as the obstacle course and confidence course to culminate the successful completion of their training at Fuji.

“The event was an absolute success,” said Sgt. Maj. Delvin R. Smythe, sergeant major, 3rd Bn., 12th Marines. “The Marines exhibited their motivation and competitiveness today.”

The Marines displayed their strengths, according to Lance Cpl.

Sergio A. Yanez, a motor vehicle operator with Oscar Battery, 3rd Bn., 12th Marines.

“Our teamwork was great,” said Yanez. “It was a great morale boost and a fun way to compete with the other batteries.”

In addition to the obstacle and confidence courses, Marines with each battery competed in a weapons assembly scramble, endurance run and tug-of-war in order to take home the battalion trophy. At the end of the day, the prize went to the battalion’s Headquarters Battery.

The Marines also participated in a community relations project at Seishin Orphanage near the East Fuji Maneuver Area to familiarize the Marines with the local culture and interact with the surrounding community.

“Visiting the orphanage allowed the Marines and sailors to communicate and build relationships with the children,” said Navy Lt. Matthew C. Fore, chaplain, 3rd Bn., 12th Marines. “It’s a good gesture of selflessness and camaraderie between the Marines and the community.”

The participants played various



Marines cheer and support their team for the tire-flip challenge during warrior day at Combined Arms Training Center Camp Fuji Sept. 20. Marines marked the end of Artillery Relocation Training Program 12-2 with the obstacle course, confidence course and a weapons assembly scramble during the

games and sports with the children in an attempt to spread good will and enhance bonds between the community and the Marine Corps.

“Involving ourselves with the kids shows what Marines are all about,” said Cpl. Wise E. Myers,

a motor vehicle operator with the battalion. “We’re representing our nation, and we’re showing that we care about them.”

The warrior day and community relations project were successes and embodied the Marines’ dedication



Lance Cpl. Sergio A. Yanez navigates the monkey bars on the confidence course during warrior day at Combined Arms Training Center Camp Fuji Sept. 20. The competitors and spectators showed great sportsmanship and morale during the events, said Yanez. Yanez is a motor vehicle operator with Oscar Battery, 5th Battalion, 14th Marine Regiment, 4th Marine Division, assigned to 3rd Bn., 12th Marines, under the unit deployment program.



Staff Sgt. Octavius L. Stone jumps rope with children from Seishin Orphanage near the East Fuji Maneuver Area Sept. 20. Stone is a field artillery cannoneer with 3rd Battalion, 12th Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force.

... during warrior day, orphanage visit



... at Combined Arms Training Center Camp ... by competing in multiple events, including ... warrior day.

during ARTP 12-2.

“The Marines put everything out there, during both the competition and throughout the training,” said Smythe. “Being Marines means we work hard, play hard, and look to give back when we can.”



Marines participate in a tug-of-war competition during warrior day at Combined Arms Training Center Camp Fuji Sept. 20. Marines exhibited their physical fitness and teamwork in multiple events, including the tug-of-war competition, which served as the final event for warrior day.



... area Sept. 22. The Marines and sailors participated in the volunteer event to learn more about the local culture while strengthening relations with the local community. Expeditionary Force.

MCCS workshop helps attendees determine skills, job preferences

Lance Cpl. Donald T. Peterson

OKINAWA MARINE STAFF

Marine Corps Community Services Marine and Family Programs Branch held an employment assistance workshop at Camp Foster Sept. 18.

"The purpose of the workshop is to help the people attending the course realize what they are looking for in a job," said Lorra M. Baldes, a transition advisor with MCCS.

The workshop was also designed to help people realize what skills and values they can market to potential employers.

"The course is taught with the help of three decks of cards," said Baldes. "The first deck is motivated skills, which help people realize what skills they have or would like to have for work. Motivated skills can be anything from being able to adapt to changes, following orders, or generating ideas and delegating."

Some participants in the workshop made some surprising discoveries during the card exercise.

"As I went through the cards, I realized that some of the skills that I use all the time I really do not enjoy using," said Jennie Hucko, a participant in the workshop. "It's not that they are not good skills to have, but when you do something over and over, it almost becomes muscle memory. You just do not enjoy doing it anymore."

The second deck of cards, career values, was designed to help people realize what they value in a job, according to Baldes. Career values can be anything including adventure, creativity or knowledge.

"I never realized, until I went through this workshop, that one thing I really value about every job I have had is being able to help people," said Rowena Untalasco, a participant in the workshop. "I am attending this course to help me find what job I want to do now. I've been out of the career field for a couple of years because I had a child, but I am ready to get back to work."

The third deck served as a visual aid to sort occupational interests. The deck was a collection of approximately 100 different job types from artist to zoologist.

Workshop participants had to separate the jobs into five sections: definitely interested, probably interested, indifferent, probably not interested and definitely not interested.

The purpose of this portion of the course was to show the participants what jobs are commonly available and for them to know what type of education is needed for those job fields, according to Baldes.

"Each of these cards also identifies occupational personality types," said Baldes. "The six occupational personalities are realistic, investigative, artistic, social, enterprising and conventional."

By the end of the course, some students were surprised by what they learned about themselves regarding employment.

"I attended the course to help figure out what I want to do in the near future," said Hucko. "I realized I have so many options, and for that reason I plan on attending all the other courses given for employment to help me find out exactly what I want to do."

Workshops are offered at all bases on Okinawa. For more information, contact MCCS Marine and Family Programs Branch at 645-3151.



Cpl. Brian R. Carter repairs a tactical vehicle at Camp Kinser Oct. 1. Carter helps maintain III Marine Expeditionary Force's mission readiness by conducting intermediate maintenance on III MEF vehicles. Carter is an automotive maintenance technician with 3rd Maintenance Battalion, Combat Logistics Regiment 35, 3rd Marine Logistics Group, III MEF. Photo by Lance Cpl. Matthew Manning

Maintainers keep Corps prepared

Lance Cpl. Matthew Manning

OKINAWA MARINE STAFF

"If it is Marine Corps equipment, and it doesn't fly, we can fix it!" said Lt. Col. Jason A. Beaudoin, commanding officer of 3rd Maintenance Battalion. "Whether that is maintenance of radios, generators, vehicles, engines, ordnance or engineer equipment, we have the capabilities and expertise."

Optimizing the operational readiness of III Marine Expeditionary Force by maintaining its units' equipment is the mission of 3rd Maintenance Battalion, Combat Logistics Regiment 35, 3rd Marine Logistics Group, III MEF.

"We are the only unit on Okinawa that provides intermediate maintenance for all of III MEF," said Maj. Keith G. Nunn, executive officer of the battalion. "The maintenance capabilities we have are far beyond that of what any unit is able to perform on its own equipment."

The Marines of the battalion display their importance through hard work and dedication to duty, according to Cpl. Matthew L. Minor, an

"Maintainers are vital to the Marine Corps because they fix all the equipment other Marines use on a daily basis to accomplish their jobs."

Cpl. Matthew L. Minor

automotive maintenance technician with the battalion.

"Maintainers are vital to the Marine Corps because they fix all the equipment other Marines use on a daily basis to accomplish their jobs," said Minor. "Right now, we are especially busy because of the Operation Enduring Freedom reset."

The equipment coming out of Afghanistan is going to be evaluated, fixed if needed, and redistributed throughout the Marine Corps, according to Nunn.

"At the end of September, our battalion will have either evaluated or fixed approximately 3,000 principle-end items for the reset," said Nunn.

There are progressing tiers of maintenance and responsibility for the battalion, according to Beaudoin.

"There is a certain echelon of maintenance that the unit (that owns the equipment) is responsible for providing," said Beaudoin. "We fix the equipment at the third and fourth echelons, which make up intermediate maintenance. We have more capabilities and responsibilities than (other units have) in the maintenance process. However, if we are unable to fix some equipment, the equipment is sent to the 'depot' level of maintenance."

Depot-level maintenance is the most extensive and is conducted at either Marine Corps Logistics Base Barstow, Calif., or MCLB Albany, Ga.

Within this high-tempo working environment, 3rd Maintenance Battalion Marines receive a unique opportunity in their job field, according to Beaudoin.

"With the importance of equipment returning from Afghanistan and the importance of the Asia-Pacific region, I cannot think of a better place for a young maintainer to start his or her career than right here in 3rd Maintenance Battalion," said Beaudoin.

Technicians provide critical communication



Lance Cpl. Tony J. Keys-Fairclough connects an RF-390 multiband vehicular whip antenna to an AN/MRQ 12(V) 4 communication interface system at Marine Corps Air Station Futenma Oct. 2. Keys-Fairclough is an aviation communications system technician with Marine Tactical Air Command Squadron 18, Marine Air Control Group 18, 1st Marine Aircraft Wing, III Marine Expeditionary Force.

Photo by Lance Cpl. Brianna Turner

Lance Cpl. Brianna Turner
OKINAWA MARINE STAFF

Attaching antennas to communication interface systems, plugging in cables, and configuring systems may not make it into the movies, but military units working behind the scenes play just as big a role in operations as those fighting on the front lines.

Marine Tactical Air Command Squadron 18 fills a critical supporting role by providing communications to fellow service members engaged on the battlefield and in the skies above.

MTACS-18, which is a part of Marine Air Control Group 18, 1st Marine Aircraft Wing, III Marine Expeditionary Force, is the tactical air command center for the commanding general of 1st MAW, according to Staff Sgt. Raynaldo Villarreal Jr., the information management chief with the squadron.

"We are in charge of approving and, if necessary, denying very important air support requests; such as receiving calls for medical evacuations," said Villarreal.

The squadron, which celebrated its 45th birthday Sept. 1, plays a very important role in communication between ground and air units, according to Staff Sgt. Arthur A. Schneider, a tactical air command data systems technician with the squadron.

"We provide the infrastructure necessary for the commanding general to maintain the situational awareness on the ground and in the air needed to take the fight to the enemy," said Schneider.

The squadron spends a lot of time training in various locations to hone its skills in preparation

for real emergencies.

"Being in Okinawa is unique because we have the opportunity to participate in exercises throughout the year," said Villarreal.

The squadron participates in numerous exercises, including Key Resolve, Ulchi Freedom Guardian, Marine Air Command and Control System Integrated Simulated Training Exercise and Ryukyu Warrior, according to Sgt. Victor M. Garcia, an aviation communication systems technician with the squadron.

Key Resolve is its biggest exercise, according to Garcia. It is important because the unit temporarily moves to the Korean peninsula and shows it not only can do its job here on island, but can also move its equipment safely and operate away from the air station.

When the squadron is not participating in an exercise, it uses its time in garrison to prepare for the next exercise, according to Lance Cpl. Tony J. Keys-Fairclough, an aviation communications system technician with the squadron.

"Our job has recently gone through a transformation," said Keys-Fairclough. "We have a lot of new data-associated equipment, and we are learning new and improved ways to use our radios. We have to ensure everyone is trained properly so when we do get deployed, we are all prepared."

The Marines of MTACS-18 work hard year-round during exercises and in garrison to ensure they are ready to provide critical communications in the event of a real crisis on short notice, regardless of location, according to Schneider.

New MARADMIN aims to never leave a Marine behind

Lance Cpl. Ian McMahon
OKINAWA MARINE STAFF

Marines are always on the alert as America's force in readiness. Often, this can bring about an increased stress level. Stress impacts everyone differently and, unfortunately, can absolutely overwhelm some. When it does, one's peers are the first line of defense.

Marine administrative message 524/12 was implemented Sept. 20 to enhance the capabilities of the never leave a Marine behind program. The program, created in 2009, promotes suicide prevention and awareness to Marines, sailors and their leaders.

"In response to the growing concern for preservation of our force, the Marine Corps (created) this program to prevent unnecessary loss of life," said Lt. Cmdr. Aaron C. Carlton,

chaplain, Headquarters and Service Battalion, Marine Corps Base Camp Butler. "For the Marines, the job is hard enough as is. We want to provide as much support as we can."

Never leave a Marine behind is designed to teach Marines and unit leaders the proper action to take if a Marine exhibits signs of suicide, according to MARADMIN 524/12.

"The program extends support to Marines and serves as a platform to get the message out," said Carlton. "We have the responsibility to watch for the warning signs that lead to suicide. It also teaches these abilities to young leaders and gives them the resources to treat Marines at their level."

The MARADMIN enhances never leave a Marine behind by creating classes to train personnel as instructors for the program.

"Everyone needs to be trained," said Carlton. "I can only be one place at one

time to help, but when I have lance corporals calling me and saying they have a Marine that needs help, I know the program is working."

Suicide is a very serious issue and its effects are not limited to just the individual, but everyone who knows them. With the implementation of the MARADMIN and the help of dedicated Marines, needless loss of life from suicide can be prevented.

"Suicide is a permanent solution to a temporary problem," said Carlton. "It affects so many people, but through using the resources around us, we can make our problems (more manageable)."

Marines can learn more about the never leave a Marine behind program by visiting marines.mil or by contacting their section leadership, chaplains or suicide prevention officers.

Squadron emphasizes female mentorship

Pfc. Anne K. Henry
OKINAWA MARINE STAFF

Even though Marines spend countless hours together during physical training sessions and their official duties, building camaraderie and getting Marines to really know and understand each other sometimes takes a change of scenery and getting out of the normal, everyday routine.

Female Marines with Marine Wing Communications Squadron 18 held a mentorship trip at Forest Adventure Park Sept. 28 to bring the Marines closer together and give them an opportunity to discuss topics pertaining specifically to females in the Marine Corps.

The squadron is part of Marine Air Control Group 18, 1st Marine Aircraft Wing, III Marine Expeditionary Force. Forest Adventure Park is an outdoor recreational park that offers a zip-line course along with other physically challenging activities.

"Events like today allow us to build unit camaraderie," said Staff Sgt. Natalie M. Peet, an administrative chief with MWCS-18. "It also allows the junior Marines to get to know each other outside of the shop."

The day began with a guided discussion focusing on topics affecting female Marines, which also provided an opportunity for female leaders to provide advice to junior Marines based off their experiences.

"It is important for senior enlisted (Marines) to provide mentorship because you need to mold your Marines to your expectations," said Master Gunnery Sgt. Isabel Z. Lira, the staff noncommissioned officer in charge of the material readiness branch, G-4, supply and logistics, 1st MAW. "When you have staff noncommissioned officers showing respect to and teaching junior Marines, then you are going to receive respect in return."

The day continued with a rough and rugged trip to Forest Adventure Park, where the Marines were able to socialize and build unit cohesion.

"Because of today, we have all come much closer together," said Lance Cpl. Vanessa C. Beckmann, an embarkation specialist with MWCS-18. "We really conquered whatever fears (we had concerning the zip-line) and were able to put trust into our fellow Marines."

Mentorship in the squadron is not exclusive to events like the trip, as female Marines hold guided discussions and activities monthly within MWCS-18.

In addition to building unit camaraderie, Marines have the opportunity to receive mentorship from their female staff noncommissioned officers in a less formal environment than the workplace during these events, according to Peet. This is especially important if the Marine is new to the unit. For many females, training and guided discussions are critical, as discussing issues and challenges they all face allows them to build trust in each other and their leaders.

"Today, we gave the junior Marines an opportunity to see another side of us," said Peet. "It allows them to be comfortable with us, whether we are in uniform or not."

Seminar stresses importance of preventative care

Lance Cpl. Ian McMahon
OKINAWA MARINE STAFF

Service members pride themselves on physical fitness. However, maintaining a healthy body and staying mission ready requires more than just hitting the gym or pavement.

U.S. Naval Hospital Okinawa hosted a men's health seminar at the Camp Lester Chapel Sept. 17, addressing health issues male service members sometimes overlook. The seminar was open to all and discussed many topics and concerns related to men's health.

"Men generally tend to neglect their health," said Navy Lt. Erik D. Brink, a guest speaker at the seminar and general surgeon at USNH Okinawa. "It's important to know that there are certain stages in life when we can prevent problems from accruing and better our health."

The seminar provided valuable insight which can help men identify problems early. Early detection can prevent minor health complications from becoming life-changing or even life-threatening problems, according to Brink.

The seminar focused on problems that can be controlled with proper knowledge and precautions, as certain health issues are out of an individual's hands.

"Genetics can't be controlled," said Brink. "But there are actions we can take to reduce the chances of certain illnesses developing. For example, smoking can increase your chances of developing cancer, so it is important to be informed on the dangers associated with such habits."

Physical ailments are frequently thought of first when discussing health issues. However, it is just as important to maintain a healthy mental mindset. The seminar also educated attendees on how to identify and improve their mental health.

"Mental health is formed during the early years of life and affects you all the time," said Capt. Catherine M. MacDonald, a guest speaker at the seminar and director of mental health services at USNH Okinawa. "By identifying your state of mind, it allows you to properly cope with stress and make corrective actions."

The seminar also addressed sensitive subjects like cancer, mental health and sexually transmitted diseases in an open forum, which helped to inform participants who otherwise might be hesitant to ask questions related to these topics.

"I learned about the symptoms of different illnesses and what to do to treat them," said Lt. Cmdr. Martin F. Shell, a seminar attendee. "I would recommend this class to anyone."

Seminars are held annually at Camp Lester for both men's health awareness month and women's health awareness month. Additional courses are available upon request for interested units on Okinawa.

Lance Cpl. Stephanie Martinez zip-lines over trees at the rough and rugged Forest Adventure Park Sept. 28 as part of a mentorship trip. Martinez is a field wireman with Marine Wing Communications Squadron 18, Marine Air Control Group 18, 1st Marine Aircraft Wing, III Marine Expeditionary Force.

Photo by Pfc. Anne K. Henry

In Theaters Now

OCTOBER 5-11

FOSTER

TODAY Trouble with the Curve (PG13), 6 p.m.; Dredd (R), 9 p.m.
SATURDAY Ice Age: Continental Drift (PG), noon; Trouble with the Curve (PG13), 3 p.m.; The Cold Light of Day (PG13), 6 p.m.; The Bourne Legacy (PG13), 9 p.m.
SUNDAY Ice Age: Continental Drift (PG), 1 p.m.; Trouble with the Curve (PG13), 4 p.m.; Looper (R), 7 p.m.
MONDAY Ice Age: Continental Drift (PG), 1 p.m.; The Cold Light of Day (PG13), 4 p.m.; Trouble with the Curve (PG13), 7 p.m.
TUESDAY The Bourne Legacy (PG13), 7 p.m.
WEDNESDAY Total Recall (PG13), 7 p.m.
THURSDAY Looper (R), 7 p.m.

KADENA

TODAY Ice Age: Continental Drift (PG), 6 p.m.; The Possession (PG13), 9 p.m.
SATURDAY Won't Back Down (PG), noon; The Possession (PG13), 3 p.m.; Dredd (R), 6 and 9 p.m.
SUNDAY Won't Back Down (PG), 1 p.m.; The Possession (PG13), 3 p.m.; Dredd (R), 7 p.m.
MONDAY Closed
TUESDAY Dredd (R), 7 p.m.
WEDNESDAY Resident Evil: Retribution (R), 7 p.m.
THURSDAY Resident Evil: Retribution (R), 7 p.m.

COURTNEY

TODAY Looper (R), 6 and 9 p.m.
SATURDAY Diary Of A Wimpy Kid: Dog Days (PG), 2 p.m.; Total Recall (PG13), 6 p.m.
SUNDAY Diary of a Wimpy Kid: Dog Days (PG), 2 p.m.; Resident Evil: Retribution (R), 6 p.m.
MONDAY Total Recall (PG13), 7 p.m.
TUESDAY Closed
WEDNESDAY Dredd (R), 7 p.m.
THURSDAY Closed

FUTENMA

TODAY Total Recall (PG13), 6:30 p.m.
SATURDAY Looper (R), 4 and 7 p.m.
SUNDAY End of Watch (R), 4 p.m.; Total Recall (PG13), 7 p.m.
MONDAY Resident Evil: Retribution (R), 6:30 p.m.
TUESDAY-THURSDAY Closed

KINSER

TODAY The Bourne Legacy (PG13), 6:30 p.m.
SATURDAY Ice Age: Continental Drift (PG), 3 p.m.; End of Watch (R), 6:30 p.m.
SUNDAY Ice Age: Continental Drift (PG), 3 p.m.; The Bourne Legacy (PG13), 6:30 p.m.
MONDAY-TUESDAY Closed
WEDNESDAY Looper (R), 3 and 6:30 p.m.
THURSDAY Trouble with the Curve (PG13), 6:30 p.m.

HANSEN

TODAY End of Watch (R), 7 p.m.
SATURDAY Resident Evil: Retribution (R), 6 and 9 p.m.
SUNDAY The Bourne Legacy (PG13), 2 and 5:30 p.m.
MONDAY End of Watch (R), 6 and 9 p.m.
TUESDAY Looper (R), 7 p.m.
WEDNESDAY Won't Back Down (PG), 7 p.m.
THURSDAY Dredd (R), 7 p.m.

SCHWAB

TODAY Resident Evil: Retribution (R), 5 and 8 p.m.
SATURDAY Total Recall (PG13), 5 and 8 p.m.
SUNDAY Diary of a Wimpy Kid: Dog Days (PG), 5 and 8 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.



SINGLE MARINE PROGRAM EVENTS

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

ASHIBINA OUTLET MALL

• Join the SMP for a day of fun and shopping at the Ashibina Outlet Mall. A bus will leave Camp Foster Field House at 8:50 a.m., Marine Corps Air Station Futenma Semper Fit Gym at 9:20 a.m., and the Camp Kinser Gym at 9:40 a.m. Bring yen for shopping and lunch. Sign up by Oct. 25 to join the trip.

VOLUNTEER OPPORTUNITIES

- Volunteers are needed for Fall swim meet #1 Oct. 20 from 5-11:30 a.m. at the Camp Foster 25-meter pool. Volunteers will help with set up, keeping time, cheering and break down of the event.
- Volunteers are needed Oct. 20 for Zombie Run 2012 starting at 7 a.m. at the Camp Foster parade field. Those interested will role-play as zombies during the event. To take part, contact 645-5639 or 645-1991.
- Volunteers are needed to assist with the Camp Kinser Half Marathon Oct. 21 from 5:30 a.m. to noon at the Camp Kinser Fitness Center. Volunteers will assist as road guards, with water points, and set up and break down the event.

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

Japanese phrase of the week:

“America-jin desu”

(pronounced:

Ah-meh-ri-ka-jin dehs) means,

“I am an American”

RANGE HIGH SCORES

Sept. 24-28

RIFLE RANGE

Staff Sgt. Matthew Funk, MHG, 336



CHAPLAINS' CORNER

“Being far from ‘home’ doesn’t have to feel as lonely as we sometimes let it.”

Maintaining relations keeps us close

Lt. Cmdr. Mark Tanis
 MARINE CORPS BASE CAMP BUTLER, STAFF CHAPLAIN

Do you sometimes feel like you are too far from home? Do you feel that, even with social media, it’s still too hard to stay connected with those who are closest to you, yet farthest away? Are you feeling all alone, even in a crowd?

If you answered yes to any of these questions, Elizabeth Skoglund has some very insightful things to say in a little book she wrote titled “Loneliness.”

In it she acknowledges that building relationships in our society is hard. The mobility that many of us experience, not to mention the diverse geography and cultural differences we encounter, make relationships difficult to sustain. Skoglund quotes John Barth who also states the problem well:

“Our friends float past; we become involved with them; they float on, and we must rely on hearsay, or lose track of them completely; they float back again, and we must either renew our friendships – and catch up to date – or, find that they and we

don’t comprehend each other anymore.”

Even in a world where we value our connectedness so highly, this still happens. We can’t do much about our mobility other than accept it and try to understand it. Nevertheless, long-distance friendships can still have great psychological value.

I have friends scattered throughout many states from California to North Carolina. I can call them anytime, even at 2 a.m., if necessary. I don’t see them much, but just keeping those connections alive makes me feel less alone. I intentionally stay connected with them beyond electronic means. I make real phone calls and use actual snail mail.

There are many things we can do to keep ourselves connected. All of these things enable us to feel our relationships even though we are separated by long distances. Being far from “home” doesn’t have to feel as lonely as we sometimes let it. We do have options for feeling more connected ... for feeling less lonely. Need some ideas to keep your relationships afloat? Call your chaplain or family readiness officer, we are here for you!

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”