

OKINAWA MARINE

JANUARY 18, 2013

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Oshima youth exchange strengthens ties

Lance Cpl. Adam B. Miller

OKINAWA MARINE STAFF

CAMP FOSTER — After a fun-filled four-day visit to Okinawa, 24 children and their six chaperones bid farewell to their host families Jan. 14 and made their journey back to Oshima Island, Kesennuma City, Miyagi prefecture.

The Oshima visitors came to Okinawa as part of the youth cultural exchange program hosted by Marine Corps Community Services.

Oshima Island and other parts of northern Japan were devastated by the Great East Japan Earthquake and subsequent tsunami of March 11, 2011, leaving the Oshima community in shambles. The idea to host the children in Okinawa was conceived as part of the relief effort extended to the people of Oshima in their time of need.

“We were invited by the Marine Corps to come to Okinawa the year of the disaster,” said Hironobu Sugawara, a chaperone and Oshima City Assembly member. “We want to keep the ties between our community and the Marines strong.”

see **OSHIMA** pg 5

Yoshihito Sakurada smiles while playing a basketball game with Columbus Wilson III Jan. 11 at the Camp Foster youth center. Sakurada, along with 23 other students from Oshima Island elementary and middle schools, visited Okinawa as part of a four-day youth cultural exchange program. Sakurada is an 11-year-old fifth-grade student from Oshima, and Wilson is a program assistant at the Camp Foster youth center. Photo by Lance Cpl. Daniel E. Valle

III MEF Band entertains ROK Marines

Lance Cpl. Pete Sanders

OKINAWA MARINE STAFF



Lance Cpl. Zachary T. Jones sings for Republic of Korea Marines as part of the III Marine Expeditionary Force pop and rock band's performance Jan. 13 at the ROKMC 1st Marine Division headquarters in Pohang, Republic of Korea. The III MEF's ceremonial and party bands also played for the Korean Marines, who appreciated the high-quality performances. Jones is a vocalist for the III MEF rock band. Photo by Lance Cpl. Pete Sanders

CAMP MUJUK, Republic of Korea — The III Marine Expeditionary Force Band performed for the Republic of Korea Marine Corps' 1st Marine Division Jan. 13 at the division's headquarters in Pohang, Republic of Korea.

The III MEF Band performs annually for ROK service member, and this year's event included III MEF's ceremonial, party and rock bands.

“I was very surprised with (the performance) and appreciated it,” said Maj. Sang-Ho Son, a public affairs officer with the ROKMC 1st Marine Division. “It was not only the sound, but the stage presence as well. I was very impressed.”

The band rehearses extensively to put on high-quality performances its audiences will remember.

“Events like this one aren't easy,” said Lance Cpl. Michael B. Barnett, a member of the III MEF Band.

see **BAND** pg 5

Medical officer of Marine Corps visits Okinawa

Lance Cpl. Alyssa N. Hoffacker

OKINAWA MARINE STAFF

CAMP FOSTER — The medical officer of the Marine Corps, Rear Adm. Michael H. Anderson, and deputy medical officer of the Marine Corps, Rear Adm. Charles Harr, visited medical personnel and conducted briefings Jan. 14-17 throughout Okinawa.

Anderson and Harr toured medical clinics and met with service members to see the work III Marine Expeditionary Force does on a daily basis. Navy

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CORPS' KEY ISSUES

HQMC visit addresses key issues, priorities and goals of the commandant.

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TRAVERSING TRENCHES

Marines learn to build one-rope bridges to cross trenches during rope suspension techniques course.

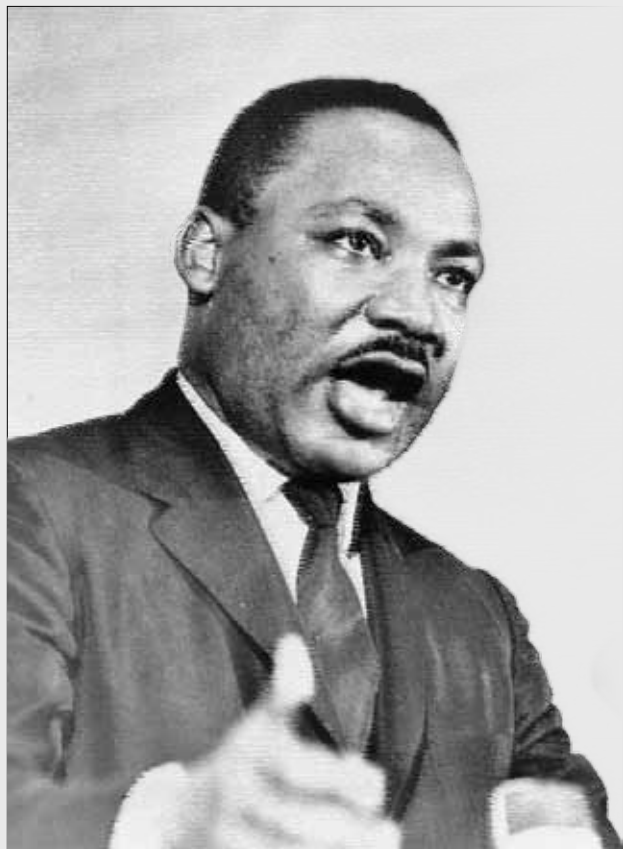
PGS. 6-7

SOUND PLANNING = SAFETY

Squadron recognized for meticulous safety awareness and risk management.

PG. 9

Holiday honors sacrifices for equality



Every third Monday in January, we honor a man who dedicated his life to fighting for freedom and equality for all American citizens. Martin Luther King Jr. was a civil rights activist who, through his self-sacrificing dedication to the pursuit of equality, changed the social and political landscape of our nation. Despite adversity, he demonstrated the highest levels of moral courage and commitment to his principles.

As we observe this holiday, take time to reflect on those who have made significant sacrifices for causes greater than themselves. Our country and military are comprised of members from a multitude of races, religions and ethnic backgrounds. We must follow the example of Martin Luther King Jr. and remain vigilant in the fight for freedom and equality both home and abroad.

Liberty commences as follows:

For III Marine Expeditionary Force and Marine Corps Installations Pacific military personnel, to include those stationed on Hawaii: 4:30 p.m. Jan. 18 to 7:30 a.m. Jan. 23.

For civilian employees: supervisors of U.S. civilian appropriated fund employees may permit liberal leave procedures for their employees if mission and workload permit. The observed holiday for all civilian employees, U.S. and Japanese, is Jan. 21. A liberal leave policy will be in effect on Jan. 22.

During this time of liberty, enjoy yourself and the community to which you belong. Be sure to emulate the example of respect for your neighbor set by Martin Luther King Jr. For those forward-deployed to Okinawa and mainland Japan, as you interact with our Japanese hosts, remember that you are an ambassador, representing not only the Marine Corps, but the best of our entire nation. Conduct yourselves with honor, courage and commitment. Be smart and safe while on liberty and take care of each other.

Semper Fidelis,
Lt. Gen. Kenneth J. Glueck Jr.
Maj. Gen. Peter J. Talleri

National Blood Donor Month



Donate blood, save 3 lives

For information on blood drive events, contact the
Armed Services Blood Bank Center

at 643-7737 or 643-7710 or visit
the ASBBC Facebook page or
www.militaryblood.dod.mil

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twitter



www.twitter.com/okinawamarines

YouTube



www.youtube.com/3mefcpao

AROUND
THE
CORPS



A Marine fires an M27 infantry automatic rifle downrange from a supported position Jan. 9 at Marine Corps Base Camp Lejeune, N.C. Marines conducted live-fire training with the IAR, which is replacing some M249 squad automatic weapons in infantry units throughout the Marine Corps. The Marine is a student with Company D, Infantry Training Battalion-East, School of Infantry-East.

Photo by Lance Cpl. Scott Whiting



Marines conduct an abandon-ship drill Jan. 9 at a training pool on Marine Corps Base Camp Pendleton, Calif. The Marines completed their basic swim qualification to build confidence and increase survivability in the water. The Marines are with 7th Engineer Support Battalion, 1st Marine Logistics Group, I Marine Expeditionary Force.

Photo by Cpl. Kenneth Jasik

OKINAWA MARINE

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

CENTRAL BUREAU

Camp Foster

DSN 645-9335

NORTHERN BUREAU

Camp Hansen

DSN 623-7229

SOUTHERN BUREAU

Camp Kinser

DSN 637-1092

Sailors, Marines depart for Cambodia MEDEX 13-1

Lance Cpl. Alyssa N. Hoffacker
OKINAWA MARINE STAFF

CAMP FOSTER — Marines and sailors with 3rd Medical Battalion departed Okinawa for Phnom Penh, Cambodia, Jan. 17 to conduct Cambodia Medical Exercise 13-1.

The service members will work alongside Royal Cambodian Armed Forces medical personnel at the Phnom Penh Preah Ket Meleah Hospital during subject-matter expert exchanges to increase Cambodian and U.S. medical capability, capacity and interoperability.

The U.S. and Cambodian armed forces have conducted medical exercises together since 2007, and the purpose of this year's exercise is to exchange expertise and ideas to further develop both militaries' medical capabilities.

"We will observe our medical counterparts, so we can understand how they utilize equipment and handle

the daily challenges they face," said Lt. Cmdr. Lawrence Decker, the officer in charge of the exercise and the subject-matter expert in emergency medicine with the battalion, part of Combat Logistics Regiment 35, 3rd Marine Logistics Group, III Marine Expeditionary Force.

Surgeon, nurse and emergency room doctor subject-matter expert exchanges will take place during the exercise. Both the RCAF and U.S. military medical personnel will develop a relevant presentation to share with each other. The U.S. service members will also share their medical experiences and medical record-keeping skills.

Exercises, training and exchanges like Cambodia MEDEX 13-1 are valuable opportunities for all involved, according to Chief Petty Officer Chris Guckeyson, the operations officer with the battalion.

"A benefit of this is not

only increased interoperability between the two nations, but increased medical capability, which fosters greater stability in the region," said Guckeyson. "It also helps the subject-matter experts because the cultural differences provide an opportunity to see their medical priorities as opposed to ours."

During last year's Cambodia MEDEX, both Cambodian and U.S. military medical personnel benefitted from working together and gaining knowledge.

"(The most important thing I saw was) the desire the Cambodian physicians showed to improve their medical care — it was extremely heartening to see that," said Decker. "This year, we will continue developing those personal relations so in the future, we are able to coordinate better and improve our (interoperability).

"My overall goal is that our 14-day (exercise) provides a lasting effect."

JGSDF officers discuss amphibious logistics during Camp Kinser tour



Lance Cpl. Gregory A. Crisler discusses distribution tracking systems with Japan Ground Self-Defense Force officers during a tour of Combat Logistics Regiment 35's facilities Jan. 8 at Camp Kinser. During the tour, JGSDF officers visited and discussed operations with CLR-35 Marines, with a focus on amphibious logistics operations. "We are always excited to participate in these exchanges," said JGSDF Col. Yoshiaki Adachi, chief of logistics operations and plans with the JGSDF's Logistics Management Division. "Working today with CLR-35 provided us with an experience we can learn from and use in the future." Crisler is a warehouse clerk with Combat Logistics Battalion 3, CLR-35, 3rd Marine Logistics Group, III Marine Expeditionary Force. Photo by Lance Cpl. Anne K. Henry

BRIEFS

MARINE CORPS POST OFFICE HOURS OF OPERATION IN OBSERVANCE OF HOLIDAY WEEKEND

All Marine Corps post offices will observe the following schedule in observance of Martin Luther King Jr. Day:

Jan. 20 - Closed.

Jan. 21 - Closed.

Jan. 22 - Normal working hours resume. Parcel pickup will be available from 8 a.m. to 5:30 p.m., and retail services will be available from 10 a.m. to 5 p.m.

For more details, call 637-0124.

FEDERAL POST CARD APPLICATION FOR VOTING RELATED MATERIALS

The Federal Voting Assistance Office and state election officials recommend that the Federal Post Card Application Form be completed annually in January. Completing and submitting this form ensures that any election-related materials are sent to an individual's current mailing address.

The Federal Voting Assistance Program provides step-by-step online assistance to ensure the form is submitted to the proper election office. Visit www.FVAP.gov for more information.

ENLISTED RETENTION SURVEY

The Marine Corps is currently conducting a survey of enlisted Marines with an end of active service date between Oct. 1, 2013, and Sept. 30, 2014. The purpose of this survey is to communicate to senior Marine leaders what factors and incentives have the greatest influence on remaining in the Corps or leaving active service. It also affords the opportunity to express levels of satisfaction with certain aspects of the Corps and military lifestyle.

Participation is voluntary. Responses are confidential and must be completed before Feb. 28 to have an impact on retention incentives and policies.

The survey can be found at www.manpower.usmc.mil/application.

WELCOME TO THE USA WORKSHOP

The welcome to the USA workshop designed for foreign-born spouses relocating to the U.S. for the first time is scheduled for Feb. 4 from 8 a.m. to noon at building 445 on Camp Foster. Attendees will learn about customs, cultural differences, housing and living arrangements, the education system and more.

For more details, call 645-8395

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.

Screening teams offer opportunities

Lance Cpl. Terence G. Brady

OKINAWA MARINE STAFF

CAMP FOSTER — Headquarters Marine Corps Special Operations Command and Special Duty Assignment screening teams visited Marine Corps installations throughout Okinawa Jan. 14-18.

As part of their annual visit, the teams delivered presentations detailing the screening process and potential future duty assignments and were available to screen eligible Marines.

“Essentially, any Marine can be screened during our visit, as long as they submit re-enlistment and lateral move packages to their career planner,” said Staff Sgt. Ryan K. Strickland, a recruiter for Marine Corps Special Operations Command. “Going to the screenings gives them an opportunity to be recognized by Headquarters Marine Corps and possibly secure themselves a seat at the schoolhouse of whatever special duty assignment they are aspiring to go after, provided they meet the requirements.”

Marines must meet certain qualification standards in order to be considered for selection. These include physical fitness requirements, number of dependents, record of service, financial status and general technical scores on the Armed Services Vocational Aptitude Battery test.

“During the screening, we ask many questions about the Marine’s background and examine background checks and education records,” said Gunnery Sgt. Jesse E. Lang, the Marine security guard screening chief. “We have to be absolutely sure that the Marine is fit for the job, as we will be entrusting them with an opportunity and responsibilities and information not afforded to every Marine.”

The screening teams will make final decisions on assignments at HQMC with the concurrence of occupational field sponsors.

Marines who were screened during the visit applied to fill slots for special duty assignments during fiscal year 2014. Marines should begin planning early if they desire to be a part of future screenings.

“Marines can ask about screening at any point in their career,” said Master Sgt. Marcus L. Cook, the career planner for Marine Corps Base Camp Butler and Marine Corps Installations Pacific. “Some programs only take volunteers, so those who want to get involved need to go to their career planner on their own accord to start the process.”

Although there are many who have the opportunity to apply, not everyone will make it past the screening process, and some of the options offered, such as those through Marine Corps Special Operations Command and Marine security guard, have very limited openings.

“If the Marines have negative marks such as a court martial within one year of screening, they are automatically disqualified,” said Lang. “Injuries and low proficiency and conduct marks are also disqualifiers.”

Through visits to Marine Corps installations around the world, the screening teams make every effort to select the right Marines for special opportunities.

“The screening process and visits allow Marines to show us their dependability and gain our trust,” said Lang. “We want to ensure that we are picking the right individuals to represent the Marine Corps.”



Sgt. Maj. Irene Z. O'Neal speaks with Marines and sailors with 1st Marine Aircraft Wing during the commandant's special interest brief Jan. 9 at the Camp Foster Theater. The brief addressed Marines and sailors of all ranks, as all ranks are responsible for making sure these important issues are taken care of, according to O'Neal, who serves as the sergeant major of the Office of the Inspector General, Headquarters Marine Corps. Photo by Cpl. Erik S. Brooks Jr.

Brief addresses Corps' key issues

Cpl. Erik S. Brooks Jr.

OKINAWA MARINE STAFF

CAMP FOSTER — Sgt. Maj. Irene Z. O'Neal, sergeant major of the Office of the Inspector General, Headquarters Marine Corps, presented the commandant of the Marine Corps' special interest brief to Marines and sailors with 1st Marine Aircraft Wing Jan. 9 at the Camp Foster Theater.

The brief educated the Marines and sailors of 1st MAW, III Marine Expeditionary Force, on the commandant's key issues, priorities and goals.

“Every two years, each unit in the Marine Corps is inspected by the inspector general, and it just so happens it's 1st MAW's turn to be inspected,” said O'Neal. “As part of the inspection, I came out and gave the special interest brief and conducted focus groups with Marines and sailors.”

O'Neal discussed topics such as combat operational stress, suicide, sexual assault, hazing, and alcohol and drug use during the brief.

The presentation was for all ranks, as it is everyone's responsibility to make sure these important topics that affect all Marines and sailors are properly handled.

“This brief is beneficial because it reinforces what I've been telling my Marines,” said Sgt. Randolph M. Shephardbrown, the logistics chief

with S-4, supply and logistics, Marine Wing Headquarters Squadron 1, 1st MAW. “I feel it is important for the Marines because they get to hear it from someone from Headquarters Marine Corps and see how important the issues are.”

In addition to those topics, O'Neal talked about two new Marine administrative messages, MARADMIN 683/12 and MARADMIN 709/12.

MARADMIN 683/12 addresses the change in urinalysis testing for synthetic chemical compounds such as spice, according to O'Neal.

The purpose of MARADMIN 709/12 is to provide commanders with an additional tool to identify Marines and sailors within their commands who are at risk of alcohol abuse or misuse. The commanders will be issued Breathalyzers to randomly test their Marines and sailors during duty hours and identify those individuals in need of alcohol abuse or misuse training, counseling and treatment.

“It is important the Marines hear these messages as if they are coming from the commandant or the sergeant major themselves,” said O'Neal. “It is (the commandant and sergeant major) saying ‘this is what's going on here and we need your help, this is what the Marine Corps is about and we want to uphold our

standards and ethos.”

The brief gave the Marines a chance to re-examine their commanders' guidance from a new perspective, according to Cpl. Devin M. Stokes, an administrative clerk with S-1, manpower, personnel and administration, MWHS-1.

“This class gave us an opportunity to dig deeper into those issues and see what new issues the commandant feels need to be addressed,” said Stokes.

The commandant entrusts the Office of the Inspector General to make presentations and discuss key topics with Marines around the world, so they can better understand the operational culture at all levels of command in regards to these topics, according to O'Neal. The Office of the Inspector General is able to interact with junior enlisted Marines and get a better understanding of their opinions and understanding of the issues.

“Marines are losing their lives and jeopardizing their careers over these preventable issues,” said Shephardbrown. “This reinforced that we need to make sure we keep eyes on fellow Marines and take care of each other.”

“I plan to hit on every topic from this brief with my Marines and continuously talk to them about these topics, and with constant attention and leadership, these issues can be avoided.”

BAND from pg 1

"It takes months of preparation, but it's worth it. The way the ROK Marines responded was incredible."

The III MEF Band performs concerts to foster goodwill and strengthen the relationships between the U.S. and other countries.

"We call it 'friendship through music,' " said Gunnery Sgt. Shannon L. Farquhar, the enlisted conductor for the band. "We do it to broaden our horizons and strengthen our ties."

Son agrees the concert is part of a bigger picture that includes building friendships.

"It can make the ROK and U.S. Marine Corps relationship better and encourage ROK Marines to do more to improve their relationship with the U.S.," said Son.

Both the ROK Marines and members of the III MEF Band enjoyed the concert.

"Our Marines enjoyed coming out here and playing for the ROK Marines, and the ROK Marines told us they enjoyed

the show," said Farquhar.

The performance will have an effect on the ROK Marines long after the last note sounded, according to Son.

"It builds our Marines' morale and gives them the courage to keep moving forward," said Son.

Following the performance, Maj. Gen. Byung-Hun Jun, commanding general of the ROKMC 1st Marine Division, presented Master Gunnery Sgt. Michael R. Montoya, the bandmaster for the III MEF band, with a plaque of appreciation. Jun also awarded each band member in attendance with a challenge coin as a symbol of his appreciation.

The band eagerly awaits its next trip to a foreign country to continue mastering its mission outside of music.

"One of our main goals is to be foreign ambassadors," said Barnett. "Performing for and interacting with other countries' militaries and citizens is an important part of what we do, and I look forward to the next opportunity."

OSHIMA from pg 1

It was important to get the kids away from that stressful scene of devastation during their summer break and to give them a chance to enjoy themselves before returning to school, according to Robert D. Eldridge, the deputy assistant chief of staff for G-7, government and external affairs, Marine Corps Installations Pacific, speaking of the children's 2011 visit to Okinawa.

This year, volunteer military host families shared their lives with the visiting children by opening their homes, giving them a tour of Okinawa, and participating in various activities such as visiting local attractions, participating in arts and crafts projects, playing sports and board games, and attending a Sunday brunch hosted in their honor.

"It was fun being here," said Mizuki Oyama, a 12-year-old sixth-grade student from Oshima. "The families we stayed with were kind to us, and the part of the trip I enjoyed the most was visiting the aquarium."

On the fourth day of their visit, the children received the opportunity to go to different classes at E.C. Killin Elementary School with their host family counterparts, where they got

a glimpse of what school is like for American children.

"I hope this experience will broaden their horizons and show them that we care about them," said Eldridge. "Both Maj. Gen. Peter J. Talleri and Lt. Gen. Kenneth J. Glueck Jr. are extremely supportive of this program, and I am happy to work with leaders that are so open to ideas such as this."

Talleri is the commanding general of MCIPAC. Glueck is the commanding general of III Marine Expeditionary Force.

"The youth cultural exchange program represents our continued commitment to maintaining this special friendship," said Talleri. "The exchange began in 2011 with a homestay that brought 25 students from Oshima elementary and middle schools to visit host families here on Okinawa."

"The Marine Corps supported the Japanese people following the earthquake and tsunami that devastated Japan March 11, 2011, and since that day, the Marine Corps has maintained a very special friendship with the community and families of Oshima."

The youth cultural exchange program is intended to be a recurring event and is scheduled to happen again in August, according to Eldridge.

MEDICAL from pg 1

Capt. Russell C. Gilbert, the Marine Corps Forces Pacific surgeon, and Navy Capt. John P. LaBanc, the III MEF surgeon, accompanied the admirals during their visit.

The distinguished guests visited 3rd Medical Battalion's simulated trauma and advanced training center. The battalion is part of Combat Logistics Regiment 35, 3rd Marine Logistics Group, III MEF.

The center is III MEF's first medical predeployment training facility of its kind, according to Lt. Eva Reed, the officer in charge of the center, which was designed to provide corpsmen realistic combat care training. Corpsmen with combat experience were handpicked to serve as instructors at the center.

"This is going to be immensely beneficial to corpsmen and providers because it's an integration of our experience from combat," said Petty Officer 3rd Class Brendan D. Tran, an instructor at the center and corpsman with the battalion. "This visit is great because it gives (Rear Adm. Anderson the chance) to observe the effective training we conduct here."

Anderson and Harr also briefed medical personnel and sailors throughout the island during their visit.

"You all do a phenomenal job," said Anderson. "I'm here to recognize the good work you're doing. You have all earned your reputations due to the work that you do every day."

Anderson spoke about the crucial role of corpsmen for III MEF and throughout the Asia-Pacific region.

"I often talk about the good things that you're doing to (ensure) you have the resources (needed) to continue to be the tip of spear, deliver care to Marines and sailors, and be part of the fighting machine that's known as America's 911 force in readiness," said Anderson. "The commandant talks on a regular basis about the expeditionary nature of the Marine Corps. As I stand here and look out at this crowd, I know he's talking about



Cmdr. Joe T. Patterson, right, explains how 3rd Medical Battalion aids III Marine Expeditionary Force with its mission to, from left, Rear Adm. Michael H. Anderson, Rear Adm. Charles Harr and Navy Capt. John P. LaBanc, Jan. 15 at Camp Foster. The battalion designed III MEF's first medical predeployment training facility, according to Lt. Eva Reed, the officer in charge of the battalion's simulated trauma and advanced training center. Patterson is the commanding officer of the battalion, which is part of Combat Logistics Regiment 35, 3rd Marine Logistics Group, III Marine Expeditionary Force. Anderson is the medical officer of the Marine Corps, Harr is the deputy medical officer of the Marine Corps, and LaBanc is the III MEF surgeon. Photo by Lance Cpl. Alyssa N. Hoffacker

you, III MEF, being prepared to go execute any mission that may be tasked."

Harr spoke about how caring for service members is vital to more than just the Marine Corps' and Navy's missions.

"What's important is my son. These Marines and sailors you look after are someone's sons and daughters," Harr continued. "You all have been given the gift of looking after them. Not only can you fight and defend yourself, but you can restore life – you can bring it back. We do it better than anyone else. You guys can provide care on the ground, put them on a helicopter, whether it is in the dark or in the cold. That's really important."

Anderson and Harr agreed that the work of medical personnel is necessary for III MEF to accomplish its mission.

"What you do on a daily basis is appreciated and recognized at every level of our military and government," said Anderson. "When the president says 'turn your eyes toward the Pacific,' it means your countrymen are turning their eyes to you and what you do in an extremely busy (environment) through exercises and partnership building."

"Keep up the good work. I thank you for what you do. We appreciate the sacrifices that you make wearing your uniform, whether it's blue or green."

Marine

Story and photos by
Lance Cpl. Donald T. Peterson

OKINAWA MARINE STAFF

Cpl. Joshua D. Houck secures a rope to a tree to start building a one-rope bridge during a tactical rope suspension techniques course Jan. 10 at the Central Training Area near Camp Hansen. The same rope is secured to a tree across the gap needing to be crossed. Houck is a rifleman with 1st Battalion, 3rd Marine Regiment.



As Marines traverse through the dense jungle, they stumble upon a 70-foot-wide trench approximately 50-feet-deep. Without hesitation, the Marines pull out a 100-foot rope and lower a Marine down to cross the trench and start building a one-rope bridge.

Marines with 3rd Marine Division, III Marine Expeditionary Force, practiced building one-rope bridges Jan. 10 at the Central Training Area near Camp Hansen during a tactical rope suspension techniques course taught by Special Operations Training Group, III MEF Headquarters Group, III MEF.

Lance Cpl. Rian M. Lusk crosses a one-rope bridge during a tactical rope suspension techniques course Jan. 10 at the Central Training Area near Camp Hansen. Building a one-rope bridge is one of several events Marines in the course had to accomplish to pass. A one-rope bridge is a complex rope system that stretches across a gap and is tied to a tree on both sides, to which the Marines attach and pull themselves across. Lusk is a rifleman with 1st Battalion, 3rd Marine Regiment.



es master bridge building

“A one-rope bridge is an expedient and convenient way to get a team and its gear across a wide gorge or trench,” said Staff Sgt. Timothy M. Fleming, an instructor with SOTG. “The Marines have to construct a bridge in less than 20 minutes to be able to pass the course.”

A one-rope bridge is a complex rope system that stretches across a gap while tied to a tree or solid anchor on both sides of the gap. Marines attach themselves to the bridge and pull themselves across, according to Fleming.

The Marines began the training with a practical application of all the knots they had previously learned. Each Marine was blindfolded and timed while tying each knot, which were

checked to ensure they were tied properly and securely.

“You have to be able to properly tie a knot under pressure to ensure that if you need to do it in a moment’s notice to save a life, you can,” said Lance Cpl. Gage L. Theriot, a rifleman with 1st Battalion, 3rd Marine Regiment, which is currently assigned to 4th Marine Regiment, 3rd Marine Division under the unit deployment program.

Once they were proficient in knot-tying techniques, the Marines started learning the basics of creating a one-rope bridge.

“To start building the bridge, you anchor a rope to a live tree that is at least five inches wide and five feet tall,” said Cpl. Trenton A. Douglass, a reconnaissance man with 3rd Reconnaissance Battalion, 3rd Marine Division. “This rope acts as a safety line, which is then carried across the gap by one Marine who secures it to another tree meeting the same requirements at a 45-degree angle across the gap.”

After both ropes are properly secured, Marines attach a carabiner to their rope harness and the one-rope bridge and pull themselves across, according to Theriot.

After several hours of practicing building a one-rope bridge, the Marines held a friendly competition to see who



Cpl. Trenton A. Douglass ties a butterfly knot while blindfolded during a tactical rope suspension techniques course Jan. 10 at the Central Training Area near Camp Hansen. Marines had to practice tying basic knots prior to building a one-rope bridge. “You have to be able to properly tie a knot under pressure to ensure that if you need to do it in a moment’s notice to save a life, you can,” said Lance Cpl. Gage L. Theriot. Douglass is a reconnaissance man with 3rd Reconnaissance Battalion, 3rd Marine Division, III MEF. Theriot is a rifleman with 1st Battalion, 3rd Marine Regiment.

could construct the bridge the fastest.

“We were split into two teams of eight and taken to a gorge in the jungle to have the competition,” said Theriot. “The teams were taken individually and timed to complete the objective on the same trees.”

With good teamwork and support,

both teams were able to accomplish the mission and were separated by just under 60 seconds, according to Fleming.

With new skills acquired, the Marines completed the course better prepared to meet challenges throughout Okinawa and the Asia-Pacific region, according to Fleming.



Sgt. Frank V. Lopez III is lowered with a safety rope into a deep ravine during a tactical rope suspension techniques course Jan. 10 at the Central Training Area near Camp Hansen. Marines practiced building a one-rope bridge, which is a complex rope system that stretches across a gap. Lopez is a rifleman with 1st Battalion, 3rd Marine Regiment, which is currently assigned to 4th Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force, under the unit deployment program.

Commitment to fitness creates healthy lifestyle



Seaman Derek B. Hahn conducts strength training Jan. 7 at Camp Foster's Gunners Fitness Center. After the holiday season, many people have new goals to stay in shape and improve their nutrition. Gunners Fitness Center is one of many facilities that provides fitness and nutrition opportunities and information for those stationed on Okinawa. Hahn is a corpsman with U.S. Naval Hospital Okinawa. Photo by Lance Cpl. Elizabeth Case

Lance Cpl. Elizabeth A. Case
OKINAWA MARINE STAFF

After enjoying the holiday season, it is common to gain a little weight, and New Year's resolutions of new fitness and nutrition goals are a popular way to offset those gains and get back into shape.

Formulating a plan on how to achieve personal fitness goals and becoming comfortable executing that plan are two of the major challenges people encounter when trying to get in shape, according to Earl H. Strong, the fitness coordinator at Camp Foster's Gunners Fitness Center.

"It's personal. We all have different motivations, and every person who comes through that door has a different goal," said Strong. "There are differences in the way we eat and the way we sleep. This is where having a plan comes into play."

Anyone who wants to get in better shape or improve their nutrition needs to make a plan. It is important to be consistent by setting aside workout times every day to allow the body to get used to a routine, according to Strong.

There are a variety of opportunities available at Marine Corps fitness centers for anyone

looking to get involved in a workout program and create a routine. Some opportunities include participating in adult athletic teams, aerobics classes, swimming programs and the Marine Corps martial arts program.

"MCMAP has a lot of training and weight-loss value for people to meet their goals," said Sgt. Luis R. Vela, a martial arts instructor with Headquarters and Service Battalion, Marine Corps Base Camp Butler, Marine Corps Installations Pacific. "Making goals sets people up for success. You hit your milestones and feel good about it. It's something to look forward to, and the end result will be worth it."

An effective workout can be anywhere from 20 to 90 minutes and depends on training goals, such as weight loss or strength training.

"As a personal trainer, I recommend workouts to people," said Yoji Odagawa, a personal trainer and certified massage therapist for Marine Corps Community Services' Semper Fit program. "When people come into the gym knowing their own goals and understanding the benefits of working out, it is easier for them to find motivation."

Workouts should be broken down into different segments to incorporate a wide variety of training and focus on what people want to achieve at the end of their workouts, according to Strong.

"Progress will be slow and steady, which is what you want," Strong says. "Whether it is weight gain, weight loss, or strength and power, the slower and steadier the progress, the more likely you are to maintain those attributes."

Many people find it difficult to create healthier eating habits, but keeping it simple can help overcome initial challenges.

Basic dietary guidelines include keeping a wide variety of healthy foods in one's diet, according to Strong.

No matter what goals a person may have for getting in shape this year, whether they are improving personal nutritional needs or preparing for the physical fitness test, it is important to remain consistent.

"When you make a pattern of proper nutrition and workouts and check your body weight and progress, you begin to see the changes," said Odagawa. "It doesn't have to be difficult. You take it step by step, and that change you see in yourself becomes your motivation."

Marine dedicates himself to instructing martial arts

Lance Cpl. Brianna Turner
OKINAWA MARINE STAFF

Leg sweeps and hip and shoulder throws are not the first things to come to mind when one hears the job title logistics chief, but Master Sgt. Kenneth A. Roberts dedicates much of his time to teaching those techniques.

When Roberts is not working as the logistics chief for G-4, supply and logistics, Marine Corps Base Camp Butler, Marine Corps Installations Pacific, he is committed to teaching Marine Corps martial arts.

"I have been a Marine Corps martial arts program instructor since 2003," said Roberts.

Roberts' face lights up as he reminisces about his past and the beginning of his time as a MCMAP instructor.

"When I was a sergeant, I asked my gunnery sergeant to train me to be a tan belt because I did not want to go to the sergeants course with a web belt," Roberts said. "That gunnery sergeant had just come back from the drill field, and he inspired me. While he was training me, I realized that I wanted to be like him, and that is what I aspire to do."

After earning his gray belt, Roberts continued on his path to be an instructor and then to become an instructor-trainer.

"The requirements to become an instructor are to be trained to gray belt, achieve a 1st class



Master Sgt. Kenneth A. Roberts discusses heroic Marines' actions during a martial arts instructor course Jan. 11 at Camp Foster. Roberts is a MCMAP instructor and logistics chief for G-4, supply and logistics, Marine Corps Base Camp Butler, Marine Corps Installations Pacific. Photo by Lance Cpl. Brianna Turner

physical fitness test, and have the rank of at least corporal," said Roberts. "Once you meet those requirements, you attend a three-week course, that covers MCMAP techniques, teaching styles and combat conditioning."

Roberts is a great instructor because of his dedication, motivation and pure love of the program, according to Master Sgt. Fernando Llanos, the operations chief for Combat Logistics Regiment 37, 3rd Marine Logistics Group, III Marine Expeditionary Force.

"I have known (Roberts) since 2010," said Llanos. "We worked together at the MEF and did martial arts together. His courses are outstanding. They are well planned and coordinated, and

he is knowledgeable about what he does. As a martial arts instructor-trainer myself, it is great to be able to take things away from him to teach in my own courses."

Giving back to his Marines is the best part of being an instructor, according to Roberts.

"When I was younger, I wanted to do it because it meant that I could do more than just normal physical training," said Roberts. "Now that I am older, I know that it is much more than that. In my eyes, MCMAP keeps the warrior ethos alive, is a way to maintain and earn your eagle globe and anchor every day and, if you train them correctly, you can keep the fire in your Marines alive."

The most important thing Marines can take away from MCMAP courses is to think outside the box, according to Roberts. MCMAP is not just about fighting techniques, but also growing as a person. MCMAP is a synergy of mind, character and physical discipline.

"The best advice I can give someone who wishes to become an instructor is not to work for yourself," said Roberts. "You work for your commander, and you work for the Marines you are training. The Marine Corps sends you to a course for three weeks, but you are committing to a three-year obligation to teach what you learn to others. Remember not to focus on what you are given during the course, but on what you can give back."



Marines push a UH-1Y Venom helicopter into a hangar Jan. 14 at Marine Corps Air Station Futenma. Every day, Marines move aircraft into hangars to conduct routine maintenance. The Marines and UH-1Y are part of Marine Medium Helicopter Squadron 262, Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force. Photo by Lance Cpl. Ian M. McMahon

Safety first

Squadron consistently recognized for safety

Lance Cpl. Terence G. Brady

OKINAWA MARINE STAFF

“Safety isn’t something that just happens, nor can it be considered separately from mission planning,” said Capt. David M. Garcia, an aviation safety officer with Marine Medium Helicopter Squadron 262. “A tactically sound plan is also an inherently safe plan by nature.”

The squadron, part of Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force, was recognized for its safe planning and operational record during a ceremony Jan. 3 at Marine Corps Air Station Futenma. Maj. Gen. Christopher S. Owens, commanding general of 1st MAW, presented the unit with the 2011 Chief of Naval Aviation Operations Safety Award.

“The factors that are considered for the Chief of Naval Operations Safety Award are number of hours flown, missions assigned, squadron tasking, training accomplished and any sort of adverse conditions and environment (the squadron faced) that could impact the squadron’s ability to conduct and accomplish its mission,” said Maj. Brian D. Maurer, the director of safety and standardization for HMM-262. “The squadron’s nomination is submitted through our higher commands, who then forward it up to the Chief of Naval Operations for consideration.”

Although the award acknowledged the unit’s efforts and performance during calendar year 2011, HMM-262 was also recognized for its outstanding performance in a May 2012 ceremony, where the unit was presented the 2011 Edward C. Dyer Award for Marine Medium Helicopter Squadron of the Year and the 2011 Pete Ross Safety Award by the Marine Corps Aviation Association.

“We don’t cut corners, we do it the right way each and every time,” said Maurer. “We are professionals and are required to conduct ourselves as such, and every member of

HMM-262 has taken this to heart. The results speak for themselves.”

Since the squadron conducts operations with inherent risks and dangers, it must minimize and control risks as effectively as possible.

“We have to identify and mitigate risks as best we can in order to not only accomplish a mission, but be ready to continue to accomplish any follow-on missions,” said Garcia. “Most of that risk management comes in the planning phase, but it is also a continuous effort during execution by every member of a team.”

By taking these steps, the unit achieved its safety record by cultivating a unified stance and command climate of safety awareness and risk management.

“These prestigious awards recognize and reinforce what the squadron believes in,” said Maurer. “HMM-262 is doing business correctly and accomplishing the mission consistently, on time and on task.”

“It is a great honor for the Marines and sailors of the unit to be recognized by the Chief of Naval Operations, as it tells the members of the squadron that everyone outside of our unit recognizes that we are conducting our business the right way.”

“We don’t cut corners, we do it the right way each and every time.”

Maj. Brian D. Maurer



Cpl. Nicholas P. Brazil marks a rotor blade for maintenance Jan. 14 at MCAS Futenma. Marines conduct continuous maintenance to keep aircraft ready to support exercises and operations. Brazil is a UH-1Y Venom helicopter crew chief with HMM-262.

Photo by Lance Cpl. Ian M. McMahon



Cpl. Andrew T. Myatt removes a rotor blade from a CH-46E Sea Knight helicopter Jan. 14 for maintenance in a hangar at MCAS Futenma. Removing rotor blades must be done carefully, as any damage incurred during removal could keep the aircraft grounded longer than necessary. Myatt is a flight line mechanic with HMM-262. Photo by Lance Cpl. Ian M. McMahon

Scouting serves as stepping stone

Story and photos by Cpl. Jonathan G. Wright

OKINAWA MARINE STAFF

The path to reach adulthood can be an arduous, grueling battle or a mundane, gradual transition. Somewhere between those two extremes lies a route that, if chosen, propels young men toward a life of leadership and honor – the life of a Boy Scout.

The Boy Scouts of America's Japan District, Far East Council, recently lauded the accomplishments of one of their young members, bestowing on him the highest rank attainable in the organization Jan. 12 during a ceremony in front of family, friends and fellow scouts at the Butler Officers' Club on Camp Foster.

Gabriel Vasquez, a Boy Scout with Troop 112 and Lester Middle School student, earned the rank of Eagle Scout for his years of service and work on Okinawa.

In his five years with the Boy Scouts, Vasquez has held various leadership billets, won multiple awards, and earned more than 35 merit badges.

For scouts to be considered for promotion to the rank of Eagle Scout, they must undertake a project that selflessly benefits their local community. Vasquez' project, executed July 29, was the renovation of the Tomari International Cemetery in Naha, first established by U.S. Commodore Matthew Perry in 1853 to bury crew members who fell ill during his voyage across the Pacific to Japan.

Vasquez organized the service project and with the help of nearly 50 volunteers, consisting of Troop 112 and American Legion Post 28 members, and sailors, airmen and Marines, cut overgrown grass, repaired a storage shed, and repainted veterans' memorials at the cemetery.

By the end of the day, the group's efforts drastically improved the cemetery's appearance, and Vasquez' devotion to helping

"The Boy Scouts open young men's eyes to new opportunities and helps them hone leadership and life skills that will stay with them forever, acting as a stepping stone into adulthood"

Gabriel Vasquez

his community had advanced him on his path to the rank of Eagle Scout.

"The Boy Scouts open young men's eyes to new opportunities and helps them hone leadership and life skills that will stay with them forever, acting as a stepping stone into adulthood," said Vasquez. "I am the person I am today because of scouting."

Recent Boy Scouts of America statistics indicate that only three out of every 100 Boy Scouts become Eagle Scouts.

Many scouts choose to enter the military

later in life, continuing to live by the parallel values of service and aiding others. The Marine Corps recognizes the value of scouting experience and promotes Eagle Scouts to the rank of private first class upon completion of recruit training. Vasquez is now one of the select few eligible for the privilege.

"What sets Gabriel apart from the rest? I believe it's his clarity of understanding and knowing himself and what he stands for," said M. Marti, vice principal of Lester Middle School. "Most young people spend their childhood and early adult years figuring out who they are. Gabriel doesn't have to. He possesses an uncanny ability to see beyond himself to the needs of others."

As Vasquez lit the ceremonial candles and received his Eagle Scout medal, he solidified his attributes as a young man able to lead and inspire those around him. The past five years have prepared him to step into adulthood to grow further, both as a leader and as an individual.



Gabriel Vasquez recites the Boy Scout oath with members of his troop during the Eagle Scout Court of Honor ceremony Jan. 12 at the Butler Officers' Club on Camp Foster.



A member of Boy Scouts of America Troop 112 recites the BSA oath during the Eagle Scout Court of Honor ceremony Jan. 12 at the Butler Officers' Club on Camp Foster. During the ceremony, Gabriel Vasquez, a Troop 112 member and student at Lester Middle School, was promoted to the rank of Eagle Scout for his hard work and selfless dedication to scouting and the local community for the past five years.

In Theaters Now

JANUARY 18-24

FOSTER

TODAY Jack Reacher (PG13), 6 and 9:30 p.m.

SATURDAY Wreck-It Ralph (PG), noon; Jack Reacher (PG13), 3 p.m.; This is 40 (R), 6:30 p.m.; The Man With the Iron Fists (R), 10 p.m.

SUNDAY Wreck-It Ralph (PG), 1 p.m.; Gangster Squad (R), 4 and 7 p.m.

MONDAY Wreck-It Ralph (PG), 1 p.m.; Jack Reacher (PG13), 4 p.m.; This is 40 (R), 7 p.m.

TUESDAY Jack Reacher (PG13), 7 p.m.

WEDNESDAY Jack Reacher (PG13), 7 p.m.

THURSDAY Gangster Squad (R), 7 p.m.

KADENA

TODAY Wreck-It Ralph (PG), 6 p.m.; Zero Dark Thirty (R), 9 p.m.

SATURDAY Wreck-It Ralph (PG), 1 and 4 p.m.; Zero Dark Thirty (R), 7 p.m.

SUNDAY Wreck-It Ralph (PG), 1 and 4 p.m.; Zero Dark Thirty (R), 7 p.m.

MONDAY Wreck-It Ralph (PG), 7 p.m.

TUESDAY Parental Guidance (PG), 7 p.m.

WEDNESDAY Parental Guidance (PG), 7 p.m.

THURSDAY Wreck-It Ralph (PG), 7 p.m.

COURTNEY

TODAY Gangster Squad (R), 6 and 9 p.m.

SATURDAY Wreck-It Ralph (PG), 2 p.m.; Paranormal Activity 4 (R), 6 p.m.

SUNDAY Parental Guidance (PG), 2 and 6 p.m.

MONDAY Zero Dark Thirty (R), 7 p.m.

TUESDAY Closed

WEDNESDAY Wreck-It Ralph (PG), 7 p.m.

THURSDAY Closed

FUTENMA

TODAY Alex Cross (PG13), 6:30 p.m.

SATURDAY Gangster Squad (R), 4 and 7 p.m.

SUNDAY Jack Reacher (PG13), 4 p.m.; Alex Cross (PG13), 7 p.m.

MONDAY Parental Guidance (PG), 6:30 p.m.

TUESDAY Closed

WEDNESDAY Closed

THURSDAY Closed

KINSER

TODAY Red Dawn (PG13), 6:30 p.m.

SATURDAY Wreck-It Ralph (PG), 3 p.m.; The Hobbit: An Unexpected Journey (PG13), 6:30 p.m.

SUNDAY Wreck-It Ralph (PG), 3 p.m.; The Hobbit: An Unexpected Journey (PG13), 6:30 p.m.

MONDAY-TUESDAY Closed

WEDNESDAY Gangster Squad (R), 3 and 6:30 p.m.

THURSDAY Parental Guidance (PG), 6:30 p.m.

SCHWAB

TODAY Parental Guidance (PG), 6 and 9 p.m.

SATURDAY End of Watch (R), 6 and 9 p.m.

SUNDAY Alex Cross (PG13), 6 and 9 p.m.

MONDAY-THURSDAY Closed

HANSEN

TODAY Red Dawn (PG13), 7 and 10 p.m.

SATURDAY Parental Guidance (PG), 6 and 9 p.m.

SUNDAY The Twilight Saga: Breaking Dawn Part 2 (PG13), 5 p.m.

MONDAY Gangster Squad (R), 6 and 9 p.m.

TUESDAY Gangster Squad (R), 6 and 9 p.m.

WEDNESDAY Zero Dark Thirty (R), 6 and 9:30 p.m.

THURSDAY Zero Dark Thirty (R), 7 p.m.

THEATER DIRECTORY

CAMP FOSTER 645-3465

KADENA AIR BASE 634-1869

(USO NIGHT) 632-8781

MCAS FUTENMA 636-3890

(USO NIGHT) 636-2113

CAMP COURTNEY 622-9616

CAMP HANSEN 623-4564

(USO NIGHT) 623-5011

CAMP KINSER 637-2177

CAMP SCHWAB 625-2333

(USO NIGHT) 625-3834

Movie schedule is subject to change without notice. Call in advance to confirm show times. For a complete listing, visit www.shopmyexchange.com.



SINGLE MARINE PROGRAM EVENTS

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

NAGO CHERRY BLOSSOM FESTIVAL - JAN. 26

• Enjoy Okinawa food, cultural dances, a parade and a beautiful view of the cherry blossoms in Nago. Sign up by Jan. 23. Bus leaves the Camp Foster Field House at noon, Marine Corps Air Station Futenma Semper Fit Gym at 12:20 p.m. and Camp Kinser Gym at 12:50 p.m.

NAGO CHERRY BLOSSOM FESTIVAL (NORTHERN CAMPS) - JAN. 27

• Enjoy Okinawa food, cultural dances, a parade and a beautiful view of the cherry blossoms in Nago. Sign up by Jan. 23. Bus leaves the Camp Courtney Gym at 1 p.m., Camp Hansen House of Pain at 1:30 p.m., and Camp Schwab Gym at 2 p.m.

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

TEST YOUR CORPS KNOWLEDGE:

This uniform earned Marines the nickname "leatherneck," and is the oldest in continuous use. Which is it?

See answer in next week's issue

LAST WEEK'S TRIVIA:

With an MOS number of 0326, these have their jump wings and diver's bubble. What are they?

ANSWER: Reconnaissance Man, Parachute and Combatant Diver Qualified

日本語

Japanese phrase of the week:

“Moichido onegaishimasu.”

(pronounced: moh-ee-chee-doh on-neh-gah-ee-shee-mahs)

It means, “One more time please?”

CHAPLAINS' CORNER

“We carry on King's legacy by turning his dream into reality.”



Re-remembering Martin Luther King Jr.

Lt. Yonatan Warren

CHAPLAIN, 9TH ENGINEER SUPPORT BATTALION, 3RD MARINE LOGISTICS GROUP

In one of my favorite scenes from the 1988 movie classic, “Coming to America,” Eddie Murphy as Clarence the barber, describes a supposed chance encounter with Martin Luther King Jr.

“You know, Sweets, I met Dr. Martin Luther King once. Yeah, I met Dr. Martin Luther King in 1962 in Memphis, Tennessee. I was walkin’ down the street mindin’ my own business, just walking on. Feelin’ good. I walk around the corner, a man walk up, hit me in my chest, right. I fall on the ground, right. And I look up and it’s Dr. Martin Luther King. I said ‘Dr. King?’ and he said ‘Ooops, I thought you were somebody else.’”

What is your memory of Martin Luther King? How do you remember him? Unfortunately, very few of us have actual memories of him. The majority of us weren’t born when he was assassinated. We have history books, old videos and passed-down stories. With

these tools, we teach, but we hardly install his memory. The fact is, for most of us, the memory of King garners little recognition in our lives – except another long weekend.

As members of the military community, we should remember King for his commitment to the causes of freedom and democracy, and be inspired by his courage to speak out and to push forward in the face of innumerable threats. We should remember the modern day activist who dreamed of a better tomorrow, a life of dignity and a hopeful future for all Americans. As service members, by our very creeds, we are committed to preserving his legacy.

We strive to remember through action. We carry on King's legacy by turning his dream into reality and by answering the call to grant dignity to all people.

Rabbi Abraham Joshua Heschel marched with King in Selma, Ala. He said of his experience in the march, “I was praying with my feet.”

May we turn this weekend into a weekend of service. Pray with your actions, your hands and your feet!

FOR UPCOMING SPECIAL WORSHIP SERVICES AND EVENTS FOR ALL MARINE CORPS BASE CHAPELS, CALL 645-2501 OR VISIT WWW.MARINES.MIL/UNIT/MCBJAPAN/PAGES/AROUNDMCBJ/CHAPEL.ASPX