

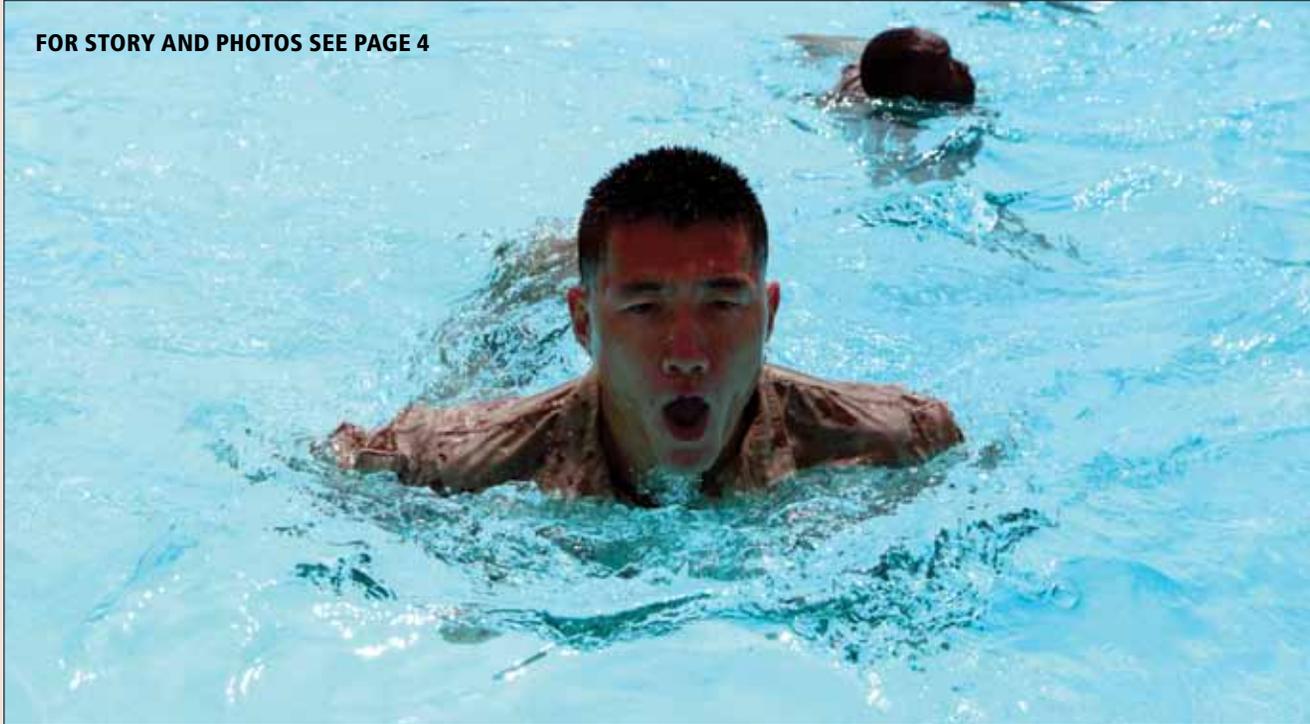
OKINAWA MARINE

MAY 31, 2013

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3rd MLG focuses on combat skills during exercise

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1st Lt. Stephen C. Horn participates in a basic swim qualification course May 20 at Camp Hansen during a three-day field training exercise. The basic course tests Marines' skills in the water to include treading water for four minutes, swimming 25 meters with and without a pack, and removing all equipment while under water within 10 seconds. Approximately 60 staff noncommissioned officers and officers with 3rd Marine Logistics Group completed a variety of annual training requirements during the exercise that also included gas chamber and small-arms weapons qualifications. Horn is the motor transport platoon commander with 9th Engineer Support Battalion, 3rd MLG, III Marine Expeditionary Force.

Photo by Lance Cpl. Jose D. Lujano

Japanese business, government leaders visit US installations on Okinawa

Lance Cpl. Elizabeth A. Case

OKINAWA MARINE STAFF

CAMP FOSTER, OKINAWA, Japan — Members of Forum 21 met with leadership from Marine Corps Installations Pacific and III Marine Expeditionary Force May 24 at Camp Foster and Marine Corps Air Station Futenma as part of the forum's 2013 leadership development program.

Forum 21 is comprised of prospective government and business executives of Japan, and the visit serves as a way for the members to learn more about U.S. facilities on Okinawa and to enhance their understanding of the Japan-U.S. relationship.

"The U.S. and Japan have collectively addressed mutual security concerns for over 60 years, securing our common interests and contributing significantly to regional stability," said Col. Daniel J. Haas, the III Marine Expeditionary Force chief of staff. "U.S. facilities on Okinawa have played a prominent role during that time due to their strategic location. Current events indicate the need for a cooperative, stabilizing partnership is likely to continue, if

not increase in the years ahead."

During their visit, the Forum 21 members learned about the capabilities that MCIPAC and III MEF commands provide throughout Japan.

"It is important for leaders and policymakers to understand both the capabilities and limitations of U.S. forces and facilities on Okinawa to make informed decisions when developing policies," said Haas.

Forum 21 was established in 1987 to foster leadership skills in government and business executive candidates, develop a wide range of human networking, and make proposals and recommendations on national policies and issues.

This year's theme is to revive Japan as a tier-one nation and its focus includes the constitution of Japan, the Japan-U.S. relationship, energy and food issues, and education reform, according to Aya Urasaki, a community relations specialist, G-7, government and external affairs, MCIPAC.

"Myself and the 39 other Forum 21 participants are all studying together the importance of national security, so this is one of the most crucial

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Semper Fit health program awarded

Lance Cpl. Natalie M. Rostran

OKINAWA MARINE STAFF

CAMP FOSTER, OKINAWA, Japan—Marine Corps Base Camp Smedley D. Butler's Semper Fit health promotion program was recently awarded the 2012 Blue H-Navy Surgeon General's Health Promotion and Wellness Award gold star.

The award encourages and rewards the promotion of health in Navy and Marine Corps organizations. Navy and Marine Corps Public Health Center directs the annual award that has three separate categories: Fleet, Medical and Semper Fit.

The Fleet and Medical categories are geared toward Navy commands and medical facilities, respectively. While the Semper Fit category recognizes programs that have portrayed excellence in conducting community-level health and wellness education and awareness within the Marine Corps.

MCB Camp Butler's Semper Fit health

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Understanding cultures

Asian-American, Pacific Islander Heritage Month

Master Gunnery Sgt. Rafika O. Vann

As we prepare for the summer months and the busiest time of year, when service members transfer to and from Okinawa, it is important that we keep in mind the significance of the last cultural observance for the first half of the calendar year.

May is Asian-American and Pacific Islander Heritage Month. This is the time that we collectively come together to celebrate and recognize the contributions of Asian-Americans and Pacific Islanders to the nation. Paying tribute to this observance month is an important step in honoring a law that was signed by former President George H.W. Bush in 1992, that officially designated May as Asian-American Pacific Islander Heritage Month.

Equally important is to have a basic understanding of the geographic location of which this month represents. The Asian-Pacific title refers to the entire Asian continent and the Pacific islands of Melanesia (New Guinea, New Caledonia, Vanuatu, Fiji and the Solomon Islands), Micronesia (Marianas, Guam, Wake Island, Palau, Marshall Islands, Kiribati, Nauru and the Federated States of Micronesia) and Polynesia (New Zealand, Hawaii, Rotuma, the Midway Islands, Samoa, American Samoa, Tonga, Tuvalu, Cook Islands, French Polynesia and Easter Island).

One of our commandant's priorities right now is the visibility and success of diversity initiatives. This effort plays a significant

role in sustaining the health and longevity of our Marines and sailors, families and civilian counterparts. Recognizing and learning more about cultural groups such as Asian-Americans and Pacific Islanders, requires that you do more than simply know which month signifies a remembrance of their heritage. I challenge you all to facilitate open dialogue and small-group discussions within your sections about what these observances mean to us as we continue to serve in defense of our nation. It gives true value to all of

us, young and old, experienced and inexperienced, to possess a deeper understanding of what and who we are defending.

Education is invaluable, nonperishable, and pays off in significantly high dividends for everyone involved. I ask that you pause and reflect on the contributions made by Asian-Americans and Pacific islanders and the impact they have made on us right here in our daily lives in Okinawa, Japan.

Get out of your comfort zone and inquire about the history of every cultural observance group; the expansion of the mind is an integral component of developing more effective leaders, warfighters, civilian Marines,

contractors and family members. Attend the cultural observances that are facilitated by your subordinate command equal opportunity representatives or your major command equal opportunity advisors. Go to your respective EORs and EOAs to obtain more information.

Vann is the III Marine Expeditionary Force Equal Opportunity Advisor.

"It gives true value to all of us, young and old, experienced and inexperienced, to possess a deeper understanding of what and who we are defending."



AROUND THE
CORPS



American and French flags fly side-by-side May 26 at Aisne-Marne American Cemetery. To celebrate Memorial Day and mark the 95th anniversary of the historic Battle of Belleau Wood, U.S. Marines and their French counterparts gathered at the cemetery to commemorate their fallen heroes. The event was held in the memorial cemetery that lies outside of the historic grounds of Belleau Wood and featured the laying of wreaths, firing of volleys, playing of Taps, raising of the American and French national ensigns, and a concert by the French military band. *Photo by Sgt. Tatum Vayavananda*



An Afghan National Army soldier assigned to Mobile Strike Force Kandak fires an RPG-7 rocket-propelled grenade launcher during a live-fire exercise May 20. The Marines with the Mobile Strike Force Advisor Team on Camp Shorabak, Helmand province, Afghanistan, supervised the exercise and instructed and mentored their ANA counterparts on how to employ the weapon system. MSFAT is with II Marine Expeditionary Force (Forward). *Photo by Staff Sgt. Ezekiel R. Kitandwe*

OKINAWA MARINE

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CENTRAL BUREAU
Camp Foster
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NORTHERN BUREAU
Camp Hansen
DSN 623-7229

SOUTHERN BUREAU
Camp Kinser
DSN 637-1092



Recognized by HQMC as
Best Tabloid Format
Newspaper, 2012

Caregivers learn to cope with stress

Lance Cpl. David N. Hersey

OKINAWA MARINE STAFF

CAMPFOSTER—Although a hospital offers medical aid to those in need, sometimes the personnel who help others need some assistance of their own.

The occupational demands of a medical professional require the ability to cope with and thrive in a stressful environment. To better equip its personnel to handle stress, the U.S. Naval Hospital Okinawa hosted its caregiver occupational stress control fair May 23 at the hospital on Camp Foster.

The fair was an opportunity for the hospital staff to relax and learn how to manage stress in a positive way, according to Capt. Pius A. Aiyelawo, the commanding officer of USNH Okinawa.

“Stress is a common part of everyday life and at times can even serve to be an excellent motivator to get the job done,” said Aiyelawo. “It only becomes a problem when it becomes unmanageable. There is going to be some element of stress in whatever you do. What is important is having the ability to develop a coping mechanism to manage that stress.”

Due to the fast-paced environment, stress can build quickly for hospital personnel, and they can forget how much it affects them, according to Lt. Megan E. Soldano, a staff member with the outpatient mental health section of USNH Okinawa.

“Too often we spend our days giving, and we don’t take a second to take a step back and remember that we need to take care of ourselves as well,” said Soldano.

The normal amount of stress for the hospital personnel has increased with the transition from Camp Lester to Camp Foster, according to Lt. Jason M. Duff, a manager of the caregiver program and a clinical psychologist with the outpatient mental health section.

“Our staff has been working really hard and performing exceptionally well,” said Duff. “They’ve been working nonstop, and the idea was to give them a break throughout the day and let them know that we care about them. It reminds them they need to take care of



Rewa Giroux-Dumas teaches hospital personnel yoga techniques during the caregiver occupational stress control fair May 23 at U.S. Naval Hospital Okinawa on Camp Foster. Yoga is a common way to exercise stress control through deep breathing and stretching. Giroux-Dumas is a yoga instructor with Marine Corps Community Services and a volunteer for the caregiver occupational stress control fair.

Photo by Lance Cpl. David N. Hersey

themselves and not just their patients.”

In addition to informational pamphlets being distributed, there were also stress-relieving activities like hand massages, yoga lessons and games available for the attendees.

As the fair came to an end, the personnel returned to their work relaxed, refreshed and ready to face the day with renewed vigor, according to Duff.

“I’m definitely hoping we can do this again in a few months,” said Duff. “This was a complete success, and I’m glad that everyone could have such a great time.”

BRIEFS

III MEF BAND SUMMER CONCERT

The III Marine Expeditionary Force Band is hosting a concert June 1 at the Camp Foster Theater.

The first performance will be at 2 p.m. The second performance will be at 7 p.m. Admission is free.

Japanese citizens without base access who would like to attend the concert must contact Masaaki Ishiki or another staff member with the G-7, government and external affairs office, Marine Corps Installations Pacific at 645-4220.

CHRO OFFICE LIMITED SERVICES

The civilian human resources office is closed from 1-4:30 p.m. every Friday for training.

Personnel will be available for emergency purposes.

The CHRO resumes normal business hours at 7:30 a.m. Monday.

For more information, contact Mr. Katsushi Miyagi at 645-7544 or email at katsushi.miyagi@usmc.mil.

US NAVAL HOSPITAL OKINAWA FOCUS GROUPS

Join the staff of USNH Okinawa during its monthly patient focus group June 19 at the hospital.

The meeting allows patrons to submit ideas and have their opinions heard in order to improve patient services.

For details, please contact Lt. Cmdr. Anne Hollis at 646-7897 or anne.hollis@med.navy.mil.

NEWCOMERS ORIENTATION WELCOME ABOARD

All accompanied Marines and sailors, civilian employees, family members age 10 and up, and all unaccompanied Marines and sailors E-6 and above are required to attend the Newcomers Orientation Welcome Aboard briefing within two weeks of arrival on Okinawa.

NOWA is offered every Wednesday from 7:20 a.m. to 2 p.m.

Sponsors can call 645-8395/9626/7494 to register both active-duty service members, family members and civilians who are required to attend.

Glueck visits Marines in Australia



Lt. Gen. Kenneth Glueck Jr., left, speaks with Sgt. Donald F. Bowley during lunch May 28 at the Northern Other Rank’s Mess, Royal Australian Air Force’s Base Darwin, Australia. Glueck visited MRF-D Marines and toured surrounding military facilities. Glueck is the commanding general of III Marine Expeditionary Force. Bowley is an assistant section leader, weapons platoon, Company L, 3rd Battalion, 3rd Marine Regiment, Marine Rotational Force – Darwin. Photo by Sgt. Sarah Fiocco

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.

3rd MLG leaders get back to basics during FTX

Story and photos by
Lance Cpl. Jose D. Lujano
OKINAWA MARINE STAFF

CAMP FOSTER — Staff noncommissioned officers and officers with 3rd Marine Logistics Group completed a three-day field training exercise at Camps Hansen and Schwab May 20-22.

The FTX provided a variety of training opportunities for Marines and sailors to focus on the basic skills to be an effective and efficient combat leader.

“It was Brig. Gen. (Niel E.) Nelson’s intent to set a time and space carved out for the principle and general staff to conduct their annual sustainment training,” said Maj. Randall L. Parker, the tactical readiness and training officer in charge of 3rd MLG, III Marine Expeditionary Force.

The training offered the Marines another opportunity to lead from the front by completing their training, maintaining a high level of proficiency in their military art through practical application, and build camaraderie among the staff members, according to Parker.

During the FTX, the unit conducted nine annual training requirements. Three were range specific, and six were completed in a classroom environment.

The training events are more than just mandatory annual sustainment because it gives staff the opportunity to hone necessary warfighting skills, according to Master Gunnery Sgt. Robert C. Herbert Jr., an operations chief with 3rd MLG.

“One of the training events completed during the FTX is one practiced since recruit training: chemical, biological, radiological and nuclear training,” said Herbert. “Enhancing and sustaining a Marine’s skills is an essential part of the individual and unit’s deployment readiness.”

Another valuable training evolution for Marines is to complete the basic swim qualification course, a fundamental skill needed to build self-confidence and aid in an aquatic survival situation.

“By conducting swim qualification, Marines can be comfortable in the water and maintain basic water survival skills,” said Herbert. “We should always trace this back to our amphibious roots and strive to become that elite amphibious warfighter.”

Along with training in water survival techniques, the event also gave the Marines a chance to become more proficient in their marksmanship skills.

“Even though we’re a non-



Staff Sgt. Casey Wojtkowski fires an M9 service pistol May 21 during a pistol qualification course of fire at Camp Hansen. “This was my first time shooting the pistol, and I have high expectations of shooting expert,” said Wojtkowski, a landing support specialist with 3rd Marine Logistics Group, III Marine Expeditionary Force.

infantry unit, it is vital that all Marines refine the infantry skills and be ready to fight tonight,” said Herbert.

The FTX afforded the Marines a chance to step outside of their normal routine and get back to the basics.

“The good thing about this exercise is that now we, as leaders, are trained and ready,” said Gunnery Sgt. Quiana L. Scott, an administrative chief with 3rd MLG. “So, we can focus on getting our Marines’ training completed, so as a unit we are ready.”

The Marines took time out of the field to cover classroom topics such as operational risk management, heat casualty and injury prevention, suicide prevention training, hazing prevention, sexual assault prevention and response, and an equal opportunity and sexual harassment prevention course.

The aggressive approach to training adopted by 3rd MLG has been the linchpin for its high level of operational readiness, according to Scott.

“This training provided the opportunity to get with our senior leadership, pick their brains, and take what we learn back to our Marines,” said Scott. “Simply through executing the FTX, we boosted camaraderie and can continue working on the same page.”



Staff Sgt. Bradley A. Mowrey breaks o-chlorobenzylidene malononitrile capsules to create CS gas May 20 at Camp Schwab during a three-day field training exercise. The FTX allowed staff noncommissioned officers and officers with 3rd Marine Logistics Group, III Marine Expeditionary Force, to complete a variety of annual training requirements. Mowrey is a chemical, biological, radiological, nuclear defense specialist with 3rd MLG.

MACG-18 receives new commander



Stebbins



Patterson

Col. Scott F. Stebbins assumed command of Marine Air Control Group 18, 1st Marine Aircraft Wing, III Marine Expeditionary Force, from Col. Dean Patterson Jr. during a ceremony on Marine Corps Air Station Futenma May 23. Patterson commanded MACG-18 since May 2011 and will become the branch head for the Pacific division of the plans, policies and operations division for Headquarters Marine Corps. Stebbins' previous assignment was at Camp Foster where he served as the assistant chief of staff for G-6, communications, 1st MAW, III MEF.

MAG-36 welcomes Cavanaugh



Cavanaugh



Arruda

Col. Brian W. Cavanaugh assumed command of Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force, from Col. Jeffrey K. Arruda during a ceremony on Marine Corps Air Station Futenma May 24. Arruda commanded MAG-36 since May 2011 and will become the chief of staff of the 3rd Marine Expeditionary Brigade, III MEF. Cavanaugh's previous assignment was as the director of the Commandant of the Marine Corps' safety division, Headquarters Marine Corps in Arlington, Va.

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parts of the visit," said Jun Miyama, a Forum 21 member and general manager of 4th Sales Division, Packaging Operations, Dai Nippon Printing Co. Ltd. "Our time visiting Okinawa is limited, but it is very valuable to us."

The visit provided the members of Forum 21 with an opportunity to ask questions directly to U.S. service members.

"During other parts of this program we visited Misawa Air Base, but we haven't talked with service members like we did during this visit," said Miyama. "To hear directly from members of the Marine Corps is very meaningful. As leaders, we need to think about how to disseminate the information we learned."

Participants of the program and leaders of III MEF and MCIPAC feel this visit was a significant way to strengthen relations between Japan and the U.S., according to Haas.

"Forum 21's visit provides us an opportunity to speak candidly and directly with the participants about III MEF and MCIPAC's presence in Japan and our broader presence in the Pacific—why we are here, what we do, and how we support our mutual security," said Haas. "This type of dialogue enhances our ability to understand one another and builds trust."

The Forum 21 members finished their visit with a positive outlook on the U.S. presence in Okinawa and Japan as a whole, according to Miyama.

"We are very appreciative of the contributions the Marine Corps makes to the peace and stability of this region," said Miyama. "With looking to the future of East Asia, I believe the importance of III MEF is going to increase."

HEALTH from pg 1

promotion program earned the gold star by properly representing important health and wellness topics, according to Bert Griffith, the Semper Fit chief, Marine Corps Community Services Okinawa.

The award was based on specific topics to include alcohol and drug abuse prevention, injury prevention, nutrition, physical fitness, sexual health, psychological health, tobacco cessation and weight management.

"One of the biggest challenges is the fact that the criteria to win the award changes annually, and with each passing year, the standards become more stringent," said Kimberly D. Beard, the Semper Fit health promotion program manager, Marine Corps Community Services Okinawa. "Each year, we have to improve our practices to stay in the running for the gold star award."

The health promotion team worked tirelessly throughout 2012 to provide the military community on Okinawa with the best programs, said Beard.

"Health promotion is a small team, yet we are always ready and willing to adapt and overcome in order to deliver the best product to our customers," said Beard. "In addition, the quick-paced tempo, high demand and use of our programs and services, and the constant change always provide plenty of excitement and opportunity to improve. We continually strive to stay current with health and fitness trends and understand the needs and wants of our patrons."

Griffith attributes two promotions, "Community Outreach" and



Kimberly D. Beard, center, leads an indoor cycling class May 24 at Camp Foster's Gunnery Fitness Center. The group fitness classes are one example of Semper Fit health promotion's commitment to the health and wellness of the community that helped earn it the 2012 Blue H—Navy Surgeon General's Health Promotion and Wellness Award gold star. Beard is the Semper Fit health promotions manager for Marine Corps Community Services, Okinawa.

Photo by Lance Cpl. Natalie M. Rostran

"Nutrition and Weight Management," along with the team's dedication to the good health of the local Marine Corps community to the program's success.

"The fundamental reasons for our Semper Fit folks winning this award are Beard's commitment to supporting the Marine Corps' mission and mentoring her team to believe in the mission," said Griffith. "Beyond that, Beard is fortunate to have a team of stellar wellness and fitness professionals who are passionate about what they do for a living."

The Marines, sailors, families and Department of Defense civilian employees are the driving force for the program to succeed, according to Beard.

"We are extremely proud to be the recipients of this honor," said Beard. "Our team works

hard to ensure that our military community on Okinawa receives the best health, fitness and wellness programs possible, and we strive to deliver innovative and effective programs and services that truly make a difference in the lives of our customers."

Beard and her health promotion team are already working toward another successful year for 2013.

"Our emphasis for 2013 is functional fitness and overall morale and well-being, as well as promoting key areas such as nutrition, injury prevention and tobacco cessation," said Beard. "We continue to look for innovative ways to connect our fitness, group fitness and wellness programs together to achieve a comprehensive program that meets the needs of our clientele."



Lance Cpl. Kierston T. Broussard, left, and Pfc. Marcel O. Murray, compete in a pugil-stick bout May 24 during the 3rd Marine Logistics Group 55th anniversary celebration at Camp Kinser. "The celebration provides the opportunity to unite each regiment and battalion of 3rd MLG and rejoice in the exemplary performance of the group," said Brig. Gen. Niel E. Nelson, the commanding general of 3rd MLG, III Marine Expeditionary Force. Broussard is a radio repairman with 3rd Maintenance Battalion, 3rd MLG. Murray is a warehouse clerk with 3rd Supply Battalion, 3rd MLG.

Photo by Lance Cpl. Jose D. Lujano

Marines, sailors compete during 3rd MLG's 55th anniversary

Lance Cpl. Jose D. Lujano
OKINAWA MARINE STAFF

Activated in 1958 as 3rd Force Service Regiment, 3rd Marine Logistics Group has seen many changes throughout its history. However, one thing remains unchanged; the Marines have always been committed to delivering exemplary combat service support to service members deployed and in garrison.

Marines and sailors with 3rd MLG, III Marine Expeditionary Force, celebrated the unit's 55th anniversary with a unit run and a field meet May 24 at Camp Kinser.

"The 3rd MLG has just finished a very successful and operationally packed year," said Brig. Gen. Niel E. Nelson, the 3rd MLG commanding general. "Supporting 44 exercises and operations in 11 countries with over 3,000 Marines and sailors deployed in support of III MEF and Operation Enduring Freedom has really shown the value of 3rd MLG."

The Marines, sailors and families of 3rd MLG have built upon the accomplishments of those who came before, creating a great atmosphere of camaraderie, trust and fun, according to Nelson.

"Our Marines and sailors are the heartbeat of 3rd MLG," said Nelson. "They are true professionals, and it feels great to be in 3rd MLG."

The Marines and sailors showed their pride by displaying their guidons as they ran in formation around the base.

"There is no way to describe the feeling you get when you carry the 3rd MLG guidon high in the air," said Cpl. Leo M. Murray, a motor vehicle operator with CLR 37, 3rd MLG, III MEF. "I could only think about how honored we are to serve with this stupendous group. It opened my eyes that we will be part of 3rd MLG's illustrious history."

The logistics capacity, expertise

and can-do spirit Marines and sailors embody in the regiments and battalions within 3rd MLG is unmatched, according to Nelson.

"The resident expertise, whether it is transportation, engineering, supply, medical, dental or maintenance, is outstanding," said Nelson. "3rd MLG has made a reputation for building junior leaders by putting them out on independent support missions around the Asia-Pacific region. They have honed their skills, increased their supported units readiness, and maintained and proven their worth on many occasions."

The event offered an opportunity for all of 3rd MLG's subordinate units to take a break from their usual duties and build camaraderie by competing in various events at the field meet, such as pugil stick bouts, obstacle course relays, a tug-of-war, volleyball tournament and a chariot race.

"Being out here with my fellow Marines has been a great experience," said Murray. "I look forward to more events like this with the group."

As partners to many Pacific nations, 3rd MLG Marines and sailors have made friends with armed forces across the region and developed partner capacity, according to Nelson.

"Additionally, Okinawa provides a historical and strategic context that doesn't exist if you are U.S.-based," said Nelson. "So when commemorating this occasion, I would like to acknowledge, recognize and thank our host nation and its community members. 3rd MLG Marines and sailors continue to be good U.S. ambassadors and maintain the highest levels of professionalism, both on and off duty."

Whether it was 3rd Force Service Regiment or 3rd Force Service Support Group or now 3rd Marine Logistics Group, the mission of operational logistics

support to the Marine Air-Ground Task Force remains the same, according to Nelson.

"3rd MLG has supported deployments to every conflict the U.S. has been involved in over the past 55 years," said Nelson. "This past year, I saw two battalions, 9th Engineer Support Battalion and Combat Logistics Battalion 4, return from a seven-month deployment to OEF, and both units received accolades for their performance."

Without the Marines and sailors' hard work and dedication through selfless acts to achieve the mission, the history of 3rd MLG would be carved differently, according to Gunnery Sgt. Santo Rivera, the motor transportation operations chief with General Support Motor Transport Company, CLR 3, 3rd MLG, III MEF.

"Triumph is won through logistics, but without the Marines' constant sacrifice for mission success victory would not be achievable," said Rivera. "The hard work that these Marines put in is similar to the work of our predecessors, who have left us a proud legacy to maintain."

As service members look into the future, it is imperative to look back to their shared history, according to Rivera.

"Overall, the Corps knows that 3rd MLG can ensure our warfighters are properly equipped and supplied to execute their mission," said Rivera. "We are part of something spectacular. Therefore, we must remember to commemorate our group lineage by striving every day to train harder than the day before."

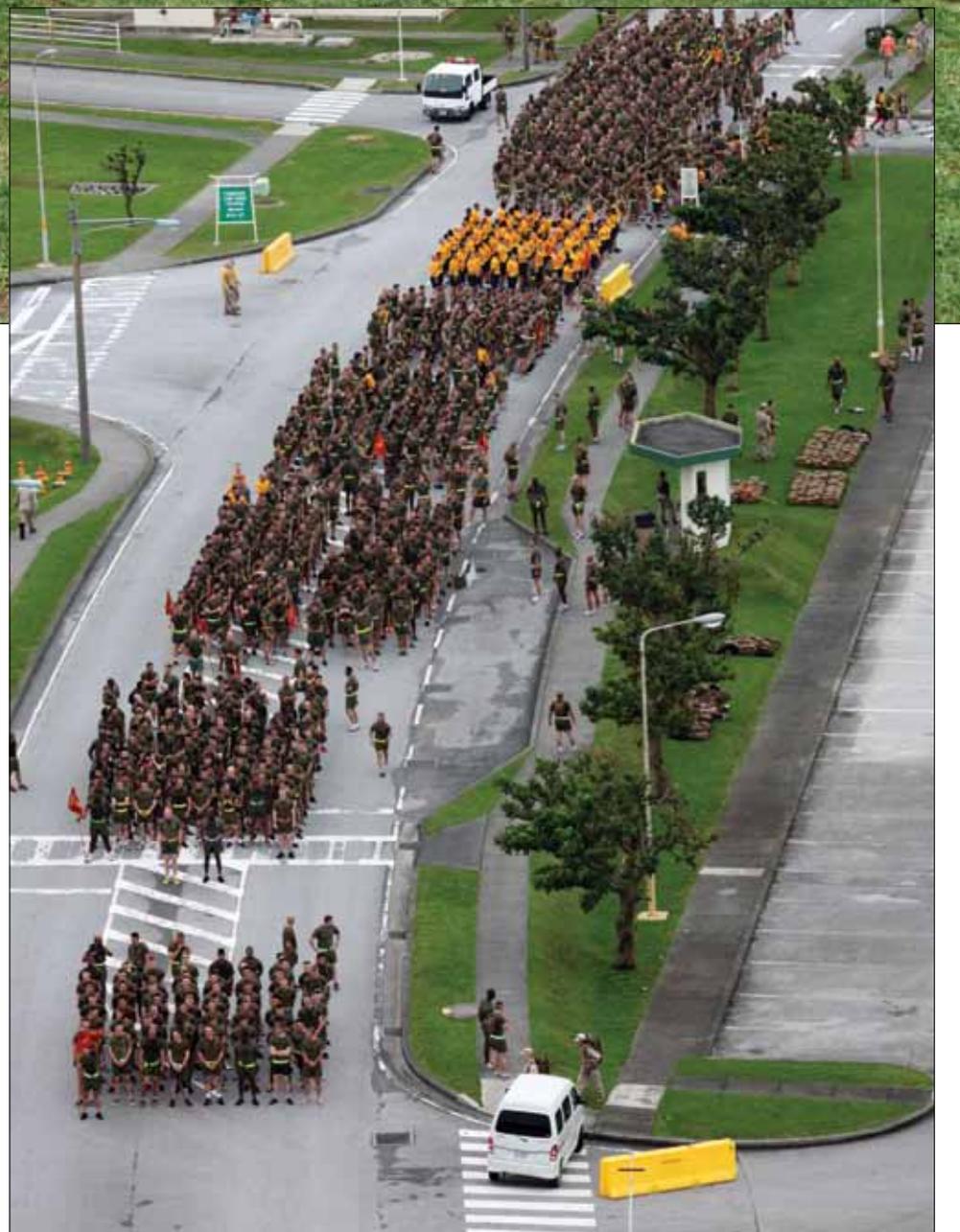
Nelson closed the celebration addressing the Marines and sailors of 3rd MLG.

"The celebration provides the opportunity to unite each regiment and battalion of 3rd MLG and rejoice in the exemplary performance of the group," said Nelson.



Brig. Gen. Niel E. Nelson, left, Sgt. Maj. Tamara L. Fode, and Sgt. Maj. Tamara L. Fode run May 24 during the 3rd Marine Logistics Group 55th anniversary celebration. "The celebration provides the opportunity to unite each regiment and battalion of 3rd MLG and rejoice in the exemplary performance of the group," said Nelson.

Marines and sailors compete in a chariot race May 24 during the 3rd Marine Logistics Group 55th anniversary celebration at Camp Kinser. Marines and sailors competed in various events at the field meet, such as pugil stick bouts, obstacle course relays, a tug-of-war challenge and volleyball tournament. The Marines and sailors are with 3rd MLG, III Marine Expeditionary Force. Photo by Lance Cpl. Jose D. Lujano



...Fode, center, and Master Chief Petty Officer Donald C. Schrader, lead a unit up 55th anniversary celebration at Camp Kinser. "3rd MLG has just finished a ... said Nelson, the commanding general of 3rd MLG, III Marine Expeditionary ... Anderson is the 3rd MLG command master chief. Photo by Lance Cpl. Jose D. Lujano

Marines and sailors form for a motivational run in celebration of the 55th anniversary of the 3rd Marine Logistics Group, III Marine Expeditionary Force, May 24 at Camp Kinser. Photo by Cpl. Matthew Manning



Marines and sailors participate in a flag football tournament on Camp Hansen May 24 in honor of Sgt. Julian C. Chase. The Marines are with 2nd Battalion, 4th Marine Regiment, 1st Marine Division, I Marine Expeditionary Force, currently assigned to the 31st Marine Expeditionary Unit, III Marine Expeditionary Force, and 5th Air Naval Gunfire Liaison Company, III MEF Headquarters Group, III MEF.

Marines reflect on fallen comrade's leadership, legacy

Story and photos by Pfc. Kasey Peacock

OKINAWA MARINE STAFF

As people grow, they often reflect on how their character is developed. While new events may replace others, some remain etched in their memories forever.

May 28, 2012 is one of those unforgettable days for Marines and sailors with 5th Air Naval Gunfire Liaison Company and Company F, 2nd Battalion, 4th Marine Regiment. On that day, their beloved brother-in-arms, Sgt. Julian C. Chase, paid the ultimate price for his country during combat operations in Helmand province, Afghanistan.

Almost a year later, Marines and sailors with the companies honored the Edgewater, Md., native's memory by hosting a barbecue and flag football tournament at Camp Hansen May 24.

"I remember when they told me he didn't make it," said Capt. Adam P. Bracchi, a team leader with 5th ANGLICO, III Marine Expeditionary Force Headquarters Group, III MEF. "I felt like I had been hit in the stomach with a sledgehammer.

"So much time is spent telling stories and remembering how great he was as a Marine and a man," said Bracchi. "Throughout the last year, I have pondered who he really was and why people have nothing but good things to say about him. What I narrowed it down to is that he was the kind of person who wanted to better himself at everything he did, no matter what it was.

"Qualities like that do not go unnoticed, and the impression he left on our guys are unmatched."

Also in attendance for the gathering were Marines with Company F, 2nd Bn., 4th Marines, 1st Marine Division, I Marine Expeditionary Force, currently assigned to the 31st Marine Expeditionary Unit, III MEF, who served with Chase in Afghanistan.

"A lot of us visited Chase's parents on post-deployment leave. It doesn't take the pain away, but it makes his death easier to cope with by having those relationships."

Capt. Adam P. Bracchi

For the Marines who knew Chase personally, they have their good and bad days. One of the ways they cope is by staying in contact with Chase's parents, according to Bracchi.

"A lot of us visited Chase's parents on post-deployment leave," said Bracchi. "It doesn't take the pain away, but it makes his death easier to cope with by having those relationships. I know his parents are extremely proud of Chase and are grateful his memory lives on through our unit."

"Sometimes when his dad is having a hard time, he will contact me, and we will talk for hours," added Snide. "Essentially, Chase is with me in everything I do. The kind of person he was really made me take a step back and want to better myself."

For the junior Marines in the company who never met Chase, his name is well known throughout conversations and activities, according to Snide.

"I want our junior Marines to know about the kind of Marine he was," said Snide. "I have noticed that whenever we talk about him, everyone listens. I have even overheard Marines who never met him talking about him. This really goes to show you that while our unit is changing, his legacy lives on."

While this was the first official gathering since Chase's memorial service, he is remembered every day in the Marines' hearts and minds, according to Thomas.

"Chase was a prime example of who you want to be as a Marine and as a person," said Thomas.



Marines display bracelets honoring the memory of Sgt. Julian C. Chase, who was killed in action during combat operations while deployed to Afghanistan in support of Operation Enduring Freedom. Marines and sailors gathered for a barbecue and flag football tournament on Camp Hansen May 24 in honor of their fallen comrade. The Marines and sailors are with 2nd Battalion, 4th Marine Regiment, 1st Marine Division, I Marine Expeditionary Force, currently assigned to the 31st Marine Expeditionary Unit, III Marine Expeditionary Force, and 5th Air Naval Gunfire Liaison Company, III MEF Headquarters Group, III MEF.

"When the ANGLICO guys attached to us in Afghanistan, we immediately knew they were going to fit in," said Cpl. Corey J. Thomas, a squad leader with the battalion. "I remember Chase was one of the most selfless people I knew. He was the kind of leader who put others before himself. Chase will never be forgotten, and his memory will live on through Fox Company and 5th ANGLICO."

With many of the Marines who served with Chase from 5th ANGLICO now with other units, his legacy is carried on today through those he influenced, according to Cpl. Jacob M. Snide, a field radio operator with the company who served on Chase's fire team in Afghanistan.

"He was my team leader, my mentor and someone I will always look up to," said Snide. "He was the true embodiment of a Marine non-

commissioned officer. I remember during the workup before our deployment to Afghanistan, he would be in my room every night helping me and teaching me things he knew. He truly wanted me to succeed, and I'll always remember how much he genuinely cared about me and his fellow Marines."

For the Marines who knew Chase personally,

University students, Marines tear down language barrier

Lance Cpl. Nicholas S. Ranum

OKINAWA MARINE STAFF

When traveling and living abroad, there are certain items on everyone's to-do lists. Visiting historical monuments, cultural landmarks, shopping districts, and experiencing a different natural environment are just a few examples.

Marines stationed at Camp Schwab decided to forego the sight-seeing for a day and instead participated in a cultural exchange with students of the Meio University English club May 21 in Nago.

The university was founded April 1994, and the club formed shortly after its opening when two students wanted to improve their English-speaking skills and asked for help, according to Catherine C. Latham, an English professor at the university.

To facilitate a fruitful experience and to increase the students' proficiency, Marines assigned to Camp Schwab began volunteering to help teach English. The tradition has continued for nearly two decades.

"Marines and sailors from any unit are free to participate, and we usually have four to eight individuals volunteering every week," said Lance Cpl. Ricardo Gonzalez, a Marine Air-Ground Task Force



Catherine C. Latham relates personal experiences during an English club meeting at Meio University May 21 in Nago. Latham started the club in 1994 after two students came to her wishing to improve their English-speaking skills. Latham is an English professor at the university. Photo by Lance Cpl. Nicholas S. Ranum

planning specialist with 4th Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force. "I started volunteering for the English classes when the school year resumed for the university."

The visits allow the students and volunteers to learn about the similarities between their cultures, according to Gonzalez. This week's exchange involved the students and Marines talking about their hometowns, favorite music, foods, books and video games.

"I think it's a great opportunity," said Gonzalez. "The service members demonstrate to the students that they are individuals who have families, friends and hobbies. Students see them not just as Marines and volunteer

teachers but also as friends."

The students were not the only ones to gain an understanding of their peers from across the Pacific.

"The exchange is also a great activity for the Marines in the sense that many of their friends are in the U.S.," said Gonzalez. "They are able to meet a group of people who are the same age and have similar interests."

Learning about Japanese customs is one way for the Marines to increase their knowledge of their host nation, according to Gonzalez.

"There are many reasons that this cultural exchange is beneficial for both the students and the Marines," said Gonzalez. "The best part of the exchange is that the students and service members see

it as something to look forward to every week."

The club has grown since its inception from six to 70 students and now includes participants from numerous countries.

"We have students in the club from different places in South America in addition to Japan," said Latham. "Some want to be English teachers and others either want to learn English for their jobs or for themselves."

For some students this is not only an education in English but also the U.S. military.

Some of the students are from Niigata, which is on mainland Japan, according to Kanae Miyouta, a university student. There are fewer opportunities to interact with the U.S. military in Niigata, but while studying at the university, they can learn about U.S. service members and their unique culture, she added.

Exchanging information allows for learning to be enhanced across both spectrums of participants and increases the understanding of two different groups, according to Latham.

"The students enjoy it and find it very motivating," said Latham. "I know that the Marines also enjoy coming out to volunteer. Overall it is an excellent experience for everyone involved."

Executive leadership program develops civilian Marines

Cpl. Brianna Turner

OKINAWA MARINE STAFF

Along with the core values of honor, courage and commitment, leadership is a key trait instilled in Marines from inception and developed throughout their career.

The Department of Defense takes a similar approach for its civilian employees.

The executive leadership program, which is provided by the Graduate School USA, is a nine-month leadership development program for federal civil service employees in the grades of general schedule 11-13.

Two employees with Marine Corps Base Camp Smedley D. Butler recently graduated from the course.

About every two months, participants travel from their respective commands to attend four, one-week residential training sessions within the nine-month course, according to Jason M. Wright, a recent graduate of the course and the installations operations officer for G-6, communications and information systems division, MCB Camp Butler, Marine Corps Installations Pacific.

"Competencies such as external awareness, strategic thinking, conflict management, team building, customer service, problem solving and human capital management are developed through the residential training sessions," said Wright.

The curriculum also requires students to

work on assignments while away from the residential training sessions, during which they complete developmental assignments, such as designing a leadership development plan, obtaining a mentor to help define leadership goals, completing a community service project, and other assignments.

"Three of the biggest things I learned during this program were to dream big, reach out to others, and how the program benefits others more than myself," said Melanie M. Hernandez, the environmental review program manager for G-F, Facilities, MCB Camp Butler.

Much like Hernandez, Wright believes the program identifies ways to help others.

"My biggest take-away from this program is that leadership is about the people," said Wright. "All too often, we develop ourselves as leaders only to lose sight of the fundamental purpose and our motivation for continued development. As leaders, we must resolve to continually focus on implementing the 'pay it forward' mantra. Ultimately, this will synergize the organization and will become a force enabler, amplifying our service to mission and enabling organizational success at all levels."

A key element put into every aspect of the course was teamwork, according to Hernandez.

"We are required to work on projects as a team for the entire nine months and ultimately make a team presentation," said Hernandez. "I learned so much more from my teammates and all of

my classmates than I ever thought I could. We accomplished great things by just being open to everyone's ideas."

Another portion of the class was to complete a community service project.

"We brainstormed about how we could do a community service project that included our entire class and raise as much money as possible," said Hernandez. "We did a silent auction and had everyone bring items from their location. I brought Japanese dolls, and my teammates from Seattle and Hawaii brought things from their areas. We raised more than \$1,000 for St. Jude Children's Research Hospital."

The program not only benefited the graduates, but it also helped them advance the Marine Corps, according to Wright.

"This program develops well-rounded, civilian Marines, capable of serving in a flexible and agile environment," said Wright.

This type of leadership development fosters expertise that cultivate a remarkably capable workforce, allowing federal civil service employees to remain an integral component of mission accomplishment, according to Wright.

"With a passionate commitment, a skillful application of time and task management, and a hunger for what may seem beyond your reach, the opportunities for successful personal and professional development are endless, which will pay dividends back to the respective units and the Marine Corps," said Wright.

Typhoon readiness

Preparation paramount during typhoon season

Lance Cpl. Pete Sanders

OKINAWA MARINE STAFF

Different areas of the globe experience a wide variety of extreme weather conditions ranging from sand storms in the deserts to blinding blizzards in northern regions. No matter what the weather may be, preparation is the key for safely enduring these dangerous conditions.

Okinawa is not known for blizzards or sand storms but rather for the devastation caused by typhoons during the designated season from June 1 - Nov. 30.

A typhoon is a storm system characterized by a large low-pressure center and deep moisture that produces strong winds and heavy rain. Okinawa experiences most typhoons during the summer months, according to the U.S. National Oceanic and Atmospheric Administration.

Military installations on Okinawa use a system of nine typhoon readiness levels called tropical cyclone conditions of readiness to inform personnel of the current typhoon threat and actions that need to be taken.

It is important to prepare an emergency care kit with items such as flashlights, food and water in the event of power and water outages, according to Glen U. Andrews, current operations and training officer with G-3/5, operations and training, Marine Corps Installations Pacific.

During a typhoon, medical care will still be available at U.S. Naval Hospital Okinawa and emergency personnel will still be available through the 911 system, according to Andrews.

There are also a number of household preparations one can execute to minimize damage during a typhoon.

"First and foremost, everyone can take responsibility for the safety and security of their personal property," said 1st Lt. Sean P. Raymond, an installation law attorney with the staff judge advocate's office, Marine Corps Installations Pacific. "There are measures we can take to avoid loss or damage to our property from typhoons."

Once a typhoon is forecast, residents should ensure they secure all outside items, such as sheds, trampolines, swing sets, lawn mowers and barbecue grills, according to Raymond. During a storm these objects could become projectiles.

After the storm, it is important not to throw away damaged property immediately, Raymond added. There is a two-year window to claim storm damage, and residents should take pictures of property beforehand to prove the proper steps were taken in case damage claims are necessary.

TCCOR 4 is continuously in effect as a minimum condition of readiness throughout the typhoon season.

During TCCOR 1 Caution, all personnel are advised to stay inside. However, during

TCCOR 1 Emergency, all personnel are required to stay indoors until TCCOR 1 Recovery is announced.

The Air Force 18th Wing commander is the TCCOR authority for all military installations and SOFA personnel on Okinawa, according to U.S. Forces Japan instruction 15-4001. Although a camp commander can increase readiness levels or take other precautionary measures, only the wing commander can reduce readiness levels or give the all-clear following a typhoon.

To receive updates and monitor storm progress on Okinawa, visit www.usno.navy.mil/jtwc, tune-in to American Forces Network television and radio programming, or call 634-4081.

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

EMERGENCY NUMBERS

Military Police (from on-base) 911
 Military Police (from off-base) 098-970-3423/3887
 Ambulance and Fire Department (from on-base) 911
 (from off-base) 098-83-7911
 U.S. Naval Hospital Emergency Room (from on-base) 646-7311
 Camp Foster base access operator 098-892-5111
 Kadena AB Access Operator 098-938-1111
 Base officer of the day 645-7218
 MCB HQSVCBN command duty officer 645-7315

READINESS LEVELS

Military installations use a system of nine typhoon readiness levels, referred to as TCCOR, to inform residents of the current typhoon threat and actions that need to be taken.

TCCOR 4

Destructive winds of 50 knots or greater are possible within 72 hours. TCCOR 4 will be continuously in effect as a minimum condition of readiness annually June 1 - Nov. 30.

- Stock up on food, bottled water, flashlights, candles and other typhoon supplies.
- Secure items inside before going on leave or temporary duty.

TCCOR 3

Destructive winds of 50 knots or greater are possible within 48 hours.

- Inventory all supplies.
- Prepare and fill water containers.
- Select the most centralized room in the house for a living area during the storm.
- Fill privately owned vehicles with fuel.
- Pre-position emergency supplies.
- Initiate a general clean-up around residence and office. Remove all loose items outside and secure those left outside. Civil engineers usually travel throughout the base to ensure items such as playground equipment are put away or secured, but this requires cooperation from base residents.

TCCOR 2

Destructive winds of 50 knots or greater are anticipated within 24 hours.

- Continue to monitor storm progress.
- Locate all utility shut-off points and prepare for immediate shut off if necessary.
- Re-check outside areas for loose items. Housing residents are responsible for securing their quarters

and all items outside the home including outdoor toys, bicycles, barbecue grills, trash cans, tables and chairs. Residents in towers also need to bring items from the balconies inside.

TCCOR 1

Destructive winds of 50 knots or greater are anticipated within 12 hours. All military installations will take preventative action in preparation of an imminent typhoon.

- Fill bathtub with water for sanitation needs.
- Move high-value items to a central point in quarters to prevent damage.
- Check emergency lights and flashlights.
- Limit outside activities.
- Continue to monitor storm progress.
- If a fire hazard exists or power fails, turn off electricity, water and gas until power returns.
- No school for Department of Defense Dependent Schools. Children return or remain at home.
- Refuse collection services stop. Occupants must secure garbage, cans and bulk items.
- Alcohol consumption prohibited.

TCCOR 1 CAUTION

Destructive winds of 50 knots or more anticipated within 12 hours. Actual winds are 35 to 49-knots.

- Non-mission-essential personnel released to quarters.
- Secure/sandbag exterior doors/windows.
- Turn off all non-essential electrical items.
- Discontinue outdoor activities except those in direct support of urgent military missions.
- The base exchange, commissary, gas stations and all AAFES facilities close.
- Alcohol consumption prohibited.

TCCOR 1 EMERGENCY

Destructive winds of 50 knots or greater are occurring.

- All outside activities are prohibited.
- Stay tuned to American Forces Network radio and television channels.
- Alcohol consumption prohibited.

TCCOR 1 RECOVERY

Once destructive winds have subsided. Actual winds are 34 to 49 knots. Widespread damage and hazards may still exist.

- Non-essential functions remain closed.
- No outdoor activity is authorized other than workers from predesignated emergency crews.
- DoDDS buildings remain closed.
- Alcohol consumption prohibited until command sounds normal liberty.

STORM WATCH

The base is still experiencing effects of the typhoon. A storm may still exist in a nearby location. Heightened alert status is necessary to rapidly establish regular TCCOR condition in case the storm changes course. Hazardous conditions may still exist due to storm damage.

- Commissary and exchange resume operations unless otherwise directed by installation commander.
- Everyone will return to work within two hours from the time Storm Watch is declared unless otherwise instructed by their commander.
- DoDDS teachers and staff will return to work during normal work hours, but students will not report until "All Clear" unless otherwise instructed.
- Alcohol consumption prohibited.

ALL CLEAR

All-clear is announced by each camp commander as they declare no hazards exist. However, be alert to possible damage and hazardous road conditions. DoDDS teachers, staff and students will return to school during normal hours.

DISASTER KIT:

BOTTLED WATER

- At least one gallon daily per person for up to seven days.

FOOD

- Stock enough food for at least seven days consisting of non-perishable packaged or canned foods and juices, and any special foods for infants or the elderly.

MISCELLANEOUS ITEMS

- Non-electric can opener.
- Gas-powered cooker with fuel.
- Disposable plates and utensils.
- Blankets and pillows.
- Clothing to include rain gear and sturdy shoes.
- First-aid kit.
- Toiletries and hygiene items.
- Flashlights and batteries.
- Battery-operated radio.
- Whistle.
- Fire extinguisher and matches.
- Dust mask.
- Charged cell phone and extra battery.
- Cash (dollars and yen).
- Credit cards (banks and automatic teller machines may not be accessible).
- Prescription medications and glasses.
- Towels, rags and mops.
- Keys and local maps.
- Place important documents such as insurance papers, medical records, banking information and Social Security cards in a waterproof container.

FOR THOSE WITH PETS

- Proper identification, immunization records and medications.
- Ample food and water.
- A carrier or cage.
- A muzzle and leash.

In Theaters Now

MAY 31 - JUNE 6

FOSTER

TODAY-SATURDAY Closed
SUNDAY Epic (PG), 1 p.m.; Fast & Furious 6 (PG13), 4 p.m.; The Hangover Part III (R), 7:30 p.m.
MONDAY Fast & Furious 6 (PG13), 7 p.m.
TUESDAY Jurassic Park 3D (PG13), 7 p.m.
WEDNESDAY The Host (PG13), 7 p.m.
THURSDAY The Hangover Part III (R), 7 p.m.

KADENA

TODAY Closed
SATURDAY Iron Man 3 (PG13), 3, 6 and 9 p.m.
SUNDAY The Hangover Part III (R), 3, 6 and 8:30 p.m.
MONDAY-WEDNESDAY closed
THURSDAY Fast & Furious 6 (PG13), 6 p.m.

COURTNEY

TODAY Fast & Furious 6 (PG13), 6 p.m.; The Hangover Part III (R), 9 p.m.
SATURDAY Epic (PG), 3 p.m.; The Hangover Part III (R), 6 p.m.
SUNDAY Epic (PG), 3 p.m.; Fast & Furious 6 (PG13), 6 p.m.
MONDAY The Hangover Part III (R), 7 p.m.
TUESDAY Closed
WEDNESDAY The Hangover Part III (R), 7 p.m.
THURSDAY Closed

FUTENMA

TODAY The Hangover Part III (R), 6:30 p.m.
SATURDAY Fast & Furious 6 (PG13), 12:30 p.m.; The Hangover Part III (R), 4 p.m.; Fast & Furious 6 (PG13), 7 p.m.
SUNDAY The Hangover Part III (R), 4 p.m.; Fast & Furious 6 (PG13), 7 p.m.
MONDAY The Hangover Part III (R), 6:30 p.m.
TUESDAY-THURSDAY Closed

KINSER

TODAY Fast & Furious 6 (PG13), 6:30 p.m.
SATURDAY Epic (PG), 3 p.m.; The Hangover Part III (R), 6:30 p.m.
SUNDAY Epic (PG), 12:30 p.m.; Fast & Furious 6 (PG13), 3:30 p.m.; The Hangover Part III (R), 6:30 p.m.
MONDAY-TUESDAY Closed
WEDNESDAY Fast & Furious 6 (PG13), 6:30 p.m.
THURSDAY The Hangover Part III (R), 6:30 p.m.

SCHWAB

TODAY Fast & Furious 6 (PG13), 6 and 9 p.m.
SATURDAY Star Trek Into Darkness (PG13), 6 and 9 p.m.
SUNDAY Olympus Has Fallen (R), 6 and 9 p.m.
MONDAY-THURSDAY Closed

HANSEN

TODAY Fast & Furious 6 (PG13), 7 and 10 p.m.
SATURDAY Fast & Furious 6 (PG13), 6 p.m.; The Hangover Part III (R), 9 p.m.
SUNDAY Fast & Furious 6 (PG13), 3 p.m.; The Hangover Part III (R), 6 p.m.
MONDAY Fast & Furious 6 (PG13), 6 p.m.; The Hangover Part III (R), 9 p.m.
TUESDAY Jurassic Park 3D (PG13), 7 p.m.
WEDNESDAY The Hangover Part III (R), 7 p.m.
THURSDAY Scary Movie 5 (PG13), 7 p.m.

THEATER DIRECTORY

CAMP FOSTER 645-3465
KADENA AIR BASE 634-1869
(USO NIGHT) 632-8781
MCAS FUTENMA 636-3890
(USO NIGHT) 636-2113
CAMP COURTNEY 622-9616
CAMP HANSEN 623-4564
(USO NIGHT) 623-5011
CAMP KINSER 637-2177
CAMP SCHWAB 625-2333
(USO NIGHT) 625-3834

Movie schedule is subject to change without notice. Call in advance to confirm show times. For a complete listing and 3-D availability visit www.shopmyexchange.com.



SINGLE MARINE PROGRAM EVENTS

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

ULTIMATE GAME SHOW

• The SMP is hosting a game show event June 15 at the Camp Foster Community Center from 7-8:30 p.m. Come for a chance to be selected to participate live on stage. For more information, contact your unit representative or the SMP office.

MOUNT FUJI DISCOUNTS

• The SMP is offering discount prices for a trip to Mount Fuji taking place Aug. 21-25. Full payment or cancellation of payment is due July 30. For more information, contact Tours Plus at 646-3502.

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

TEST YOUR CORPS KNOWLEDGE:

Which protective vest replaced the Interceptor Outer Tactical Vest in 2007?

See answer in next week's issue

LAST WEEK'S QUESTION:

What Marine program began in 2001 to emphasize the three core attributes: knowledge, physical fitness and character?

ANSWER:

The Marine Corps martial arts program, which allows Marines to advance through initiative and dedication.



Japanese phrase of the week:

“Doitashi mashite.”

(pronounced: doh-ee-tah-shee-mah-sh-teh)

It means, “You are welcome.”

CHAPLAINS' CORNER

“How are you able to take care of others when you don't take care of yourself?”



Manage stress by ensuring well-being

Lt. Cmdr. Matthew S. Weems
 MCAS FUTENMA CHAPLAIN

Have you ever felt like you were running on empty? It happens when we forget to take care of ourselves. How are you able to take care of others when you don't take care of yourself? Allow me to provide a few basic tips that will help you stay fueled up and able to manage the stresses that come your way.

First, eat right. I'm talking about real food. Keep it balanced with fruits, vegetables, whole grains, lean meats and less refined sugar. Also, if you eat smaller portions of food often, it will help boost your metabolism. Avoid drinking too much alcohol because moderation is important to good health.

Second, sleep right. Sleep deprivation comes with the territory when you are in combat or forward deployed. But when you are back in garrison, you need your sleep. Most people need six to eight hours of sleep to function well. Have you gotten enough sleep lately?

Third, work hard. Some people have very physically demanding jobs. That's great, but most of us need exercise, or what we refer to as “P.T.” You know, “Good for you, good for me.” That means a minimum of 30 minutes a day five days a week. Get some!

Fourth, play hard. Have fun. Life is too short to sit around and complain. There's a lot of fun stuff to do and see on Okinawa. Take advantage of it.

Finally, keep the faith. Are you staying true to what you believe? What are you doing to grow as a person? Honor, courage and commitment are a great place to start.

These are just a few of the basics. I'm not saying all your stress will go away by doing these things, but you will be better-equipped to handle it. Maybe you are already doing these things and still feel down or stressed-out. Remember that it does not have to continue that way. I want to encourage you to reach out to your chaplain for more ideas and tips. We're here to listen and help you along the way.

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”