

OKINAWA MARINE

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Oshima teens bid emotional farewell

Lance Cpl. Natalie M. Rostran
OKINAWA MARINE STAFF

CAMP FOSTER—Families bid farewell Aug. 6 to the Oshima students they had hosted during a ceremony marking the conclusion of the 3rd annual Oshima youth cultural exchange program at the Kishaba Youth Center on Camp Foster.

The program is dedicated to promoting the social and cultural education of U.S. teenagers and children by organizing visits and cultural exchanges with the children of Oshima, Kesennuma, Miyagi prefecture, Japan, which was affected by the Great East Japan Earthquake and subsequent tsunami of 2011.

The Oshima students arrived July 31 for their weeklong visit. They stayed with U.S. host-family

volunteers who opened their homes and hearts to the group.

“It’s a really sad day that I have to leave my host family,” said Saya Onodera, a 15-year-old student and second-time participant. “I enjoyed my time here, so it’s very hard to say goodbye.”

Onodera’s sentiment was shared by all who participated in the exchange.

“It was great to just have them here as a part of our family,” said Cullen A. Ohashi, a host-family volunteer and Family Care Branch chief, Marine Corps Community Services Okinawa. “You get attached to these children, and it’s hard for my wife and I to say goodbye.”

The visiting participants interacted with American youth at many

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Corrine Williams, far right, hands out farewell gifts to the teens with the Oshima youth cultural exchange program Aug. 6 at the Kishaba Youth Center on Camp Foster. The students departed after spending a week with host families on Okinawa. The program’s goal is to expand the cultural and educational perspectives of the U.S. and Japanese students involved. Williams is the program director of the McTureous School-Age Care Program and the Courtney Youth and Teen Centers.

Photo by Lance Cpl. Natalie M. Rostran



Cpl. Brian M. Ashworth explains trapping techniques Aug. 7 to Mongolian Armed Forces soldiers during Exercise Khaan Quest 2013. Khaan Quest is a peacekeeping operations-focused, combined training event between U.S. Marine Corps Forces Pacific and military personnel from Australia, Canada, France, Germany, Japan, India, Nepal, Republic of Korea, Tajikistan, United Kingdom and Vietnam. Ashworth is the lead instructor for the Khaan Quest 2013 survival course and member of the Jungle Warfare Training Center in Camp Gonsalves, Okinawa, Japan.

Photo by Sgt. Ben Eberle

MAF, US Marines share expertise through survival training

Sgt. Ben Eberle
US MARINE FORCES PACIFIC

FIVE HILLS TRAINING AREA, Mongolia—U.S. Marines of the Jungle Warfare Training Center in Camp Gonsalves, Okinawa, Japan, honed their survival techniques

alongside Mongolian Armed Forces soldiers Aug. 4-12.

The survival course is a new edition to Exercise Khaan Quest 2013, which is in its 11th iteration and has played a part in training thousands of service members

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Cambodia Medical Exercise 2013 begins

Lance Cpl. Nicholas S. Ranum
OKINAWA MARINE STAFF

PHNOM PENH, Cambodia—Members of 3rd Medical Battalion participated in Cambodia Medical Exercise 13-2 beginning Aug. 5 at Preah Ket Mealea Hospital in Phnom Penh, Cambodia.

The exercise, scheduled to conclude Aug. 17, is designed to improve relations and interoperability between the Royal Cambodian Armed Forces and U.S. military through the exchange of information and experience in the field of medical care.

The group will also conduct the training in Takeo, Cambodia, and visit several important historical sites to increase their cultural awareness of Cambodia and its people.

The 3rd Med. Bn. is assigned to 3rd Marine Logistics Group, III Marine Expeditionary Force.

“This exercise will show how the people here could benefit from a larger operation, while also providing caregivers with information designed to help improve their care,” said Navy Lt. Joseph LaBarbera, the officer in charge of Cambodia MEDEX 13-2. “We have brought (experts from) many different subject areas to include various medical and dental fields. This allows us to

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SUMMER ENERGY SAVING TIPS

Iyunade O. Oduneye

We all wait expectantly for the summer months. With it, summer also brings sweltering heat, the need to keep spaces cooler by running air conditioners more often, and the urge to take more showers. Electricity is expensive here in Japan and as temperatures rise, energy use and cost follow suit.

Everything vital to our lives seem to involve the use of water and energy, such as transportation, entertainment and our general well-being. We never really give much thought as to how much energy we are using when we leave things turned on. We need to stop and consider how much money this is costing the installation and how much energy is being wasted.

There is a need to conserve energy. Conserving energy not only helps conserve resources, but it also translates into financial savings. Conserving energy is always easier when everyone pitches in, especially during the summer. So before turning the air conditioning down another 10 degrees or taking yet another shower, use these energy-saving tips to help lower energy use this summer:

- Turn off printers, fax machines and any other office equipment when not in use. Also use the energy-saving sleep mode on computers and all office equipment.
- Use power strips to turn-off equipment when not in use.
- Avoid setting thermostats to a colder setting than normal when you turn the air conditioner on. It will not cool your space faster. Set thermostats as high as comfortably possible in the summer. The smaller the difference between the indoor and

outdoor temperature, the lower the overall electric bill will be.

- Install energy-efficient light bulbs that run cooler. Only about 10 to 15 percent of the electricity that incandescent lights consume results in light, the rest is turned to heat.
- Turn off lights when you leave a room and in unoccupied spaces.
- At the times of the day when the sun is at its hottest, close blinds, drapes or shades to block out warm rays.
- Instead of using your oven every day, consider using your microwave or grilling outside this summer. Using the oven daily adds more heat to interior spaces and therefore requires the air-conditioning cooling system to use more energy.
- Take cooler and shorter showers. Turn down the temperature of the hot water, and decrease the duration of your shower.
- Wear lighter clothing in the summer to help stay cool without turning on the air conditioner.
- Doing laundry, using the dishwasher, or using the oven, creates extra heat and moisture, so perform these activities in the early morning or late evening whenever possible.

By applying these tips to your daily life, you will not only save energy but also help your community spend less on these utilities this summer and every summer afterward.

Oduneye is a resource energy manager with the Energy and Utilities Office, Facilities Engineer Division, Marine Corps Base Camp Smedley D. Butler, Marine Corps Installations Pacific.

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AROUND THE CORPS



Marines advance with an M028 bangalore torpedo charge to breach wire obstacles during live-fire training July 21 during the Infantry Platoon Battle Course at Range 10 in the Pohakuloa Training Area, Hawaii. The Marines with Combat Logistics Battalion 3 worked to support 2nd Battalion, 3rd Marine Regiment, during Exercise Lava Viper. CLB-3 is a part of Combat Logistics Regiment 3, 3rd Marine Logistics Group, III Marine Expeditionary Force, and 2nd Bn., 3rd Marines, is assigned to 3rd Marine Division, III MEF.

Photo by Cpl. Matthew Callahan

Illumination rounds light the way for forward observers with the 31st Marine Expeditionary Force to adjust artillery and mortar fire during a four-day, live-fire exercise Aug. 2., following the conclusion of Exercise Talisman Saber 13. The bilateral exercise provided effective and intense training to ensure U.S. and Australia forces are capable, interoperable and deployable on short notice and combat ready. The 31st MEU is part of III Marine Expeditionary Force. Photo by Cpl. Michael Oxtan



OKINAWA MARINE

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Winner, 2012 DoD Thomas Jefferson Award
Best Tabloid Format Newspaper

New pistol brings new capabilities

Sgt. Anthony Kirby

OKINAWA MARINE STAFF

CAMP HANSEN — A proposal from the combat marksmanship symposium to permit the use of the M9A1 9 mm pistol during annual pistol training was approved by Lt. Gen. Richard P. Mills, deputy commandant for Combat Development and Integration, in accordance with Marine Corps Administrative Message 124/12 in fiscal year 2012.

The M9A1 has a few upgrades to enhance its capability as a side-arm for military use, according to Chief Warrant Officer Scott A. Justus, an ordnance maintenance officer with Marine Corps Systems Command, Marine Corps Base Quantico, Va.

The testing for the M9A1 Pistol began in 2007, according to Justus.

"The capability enhancements definitely benefit the operator," said Justus. "It improves the shooter's ability to operate in close quarters and low-light conditions."

Even though the pistol has gone through some changes, the fundamentals of shooting it remain the same.

The pistol now has a three-dot sighting system that allows the handler to engage targets more quickly, but the fundamentals still need to be applied, according to Cpl. Shields L. Woods, a small-arms technician with Headquarters and Service Battalion, Marine Corps Base Camp Smedley D. Butler, Marine Corps Installations Pacific.

"It's much easier to sight-in with the new pistol," said Woods. "You just put the three dots in a line and fire, simple."

Another upgrade from the original M9 pistol is that the M9A1 pistol frame is equipped with an integral rail system located in front of the trigger guard.

"The most significant improvement is the integral rail," said Justus. "It affords the operator the flexibility to use high-intensity lights or laser-aiming devices as needed."

In addition to this, the front and back areas of the pistol grip are checkered to offer better grip support.

"I can get a better grip with this one," said Master Sgt. Bill J. Shaw Jr., a supply administration and operations specialist with MCB



Master Sgt. Bill J. Shaw Jr. aims at his target using the new three-dot sight of his M9A1 July 26 at a pistol range at Camp Hansen for qualification. Marine Corps Administrative Message 124/12 permits the M9A1 9 mm pistol to be used during annual pistol training. Shaw is a supply administration and operations specialist with Headquarters and Service Battalion, Marine Corps Base Camp Smedley D. Butler, Marine Corps Installations Pacific. Photo by Sgt. Anthony Kirby

Butler. "It feels more comfortable, better than the old pistol."

Even though the comfort has improved, the M9A1 trigger-pull is heavier, according to Woods.

"The parts are new, so the trigger isn't as sensitive and worn-in as the old pistols," said Woods. "Also, the parts used to make the M9A1, make it more durable. When units fired the old pistols on the range, some would always come back broken. Since we've been issuing these new ones, we haven't had them come back broken or malfunctioning."

Sand-resistant magazines have been developed for desert environments, such as Iraq or Afghanistan. In addition, the M9A1 magazine well now has an aggressive internal bevel, designed to ease fast tactical reloads in combat situations.

"The reload portion of the course of fire, for some, is the most difficult part," said Woods. "So, that change can help anyone who has a problem in that area."

The enhancements made to the pistol are definitely a step up from the old M9, according to Woods. The improvements make it a better weapon for both maintainers and shooters, and it will help many shooters when it is their turn to squeeze the trigger.

BRIEFS

FURLOUGH DAYS REDUCTION

Due to a recent announcement from Secretary of Defense Chuck Hagel, the number of furlough days will be reduced, and the planned school closures scheduled for Sept. 3, 9, 16, 23 and 30 are canceled.

DODEA schools will be opened as scheduled Aug. 26.

18TH ANNUAL COMBINED BAND CONCERT

The 15th Japan Ground Self-Defense Force Band and the III Marine Expeditionary Force Band will host their 18th annual combined concert Sept. 14 at 7 p.m. at the Okinawa Civic Hall.

The concert is free and will feature march and concert band music.

Tickets are available for pick up at the III MEF Band Hall on Camp Foster.

For more information, call 645-3919.

USNHO NUMBER CHANGE

The U.S. Naval Hospital Okinawa's Automated Pharmacy System telephone number, currently 643-1111, will change to 646-7999 at noon Aug. 19.

For more information, call the USNHO public affairs office at 646-7024.

MEDICATION TAKE BACK DAY

U.S. Naval Hospital Okinawa is holding a medication take back day Aug. 17 at the Camp Courtney commissary from 9 a.m. to 4 p.m.

Turn in unused or expired medications for safe and proper disposal. The service is open to all SOFA personnel and retirees.

For more information, call 646-7191.

TEEN CENTER RENOVATIONS

The Foster Teen Center, located in building 200, is scheduled for facility renovations Aug. 1-30.

During the renovation period, the teen center activities will be held at the Kishaba Youth Center, Bldg. 24, with the following adjusted hours:

Kishaba Youth Hours:

Monday-Saturday: noon to 4 p.m.

Teen Hours:

Monday-Thursday: 4-7 p.m.

Friday-Saturday: 4-10 p.m.

For more information, call 645-4505.

31st MEU fast-ropes from Ospreys



A 31st Marine Expeditionary Unit Marine fast-ropes from a static MV-22B Osprey aircraft onto the elevator below the flight deck of the USS Bonhomme Richard Aug. 10. The Marines and sailors of the 31st MEU hone their skills by training while stationary before descending from an aircraft in flight. The 31st MEU is currently deployed with Amphibious Squadron 11 on a regularly scheduled patrol. The Marine is with the Force Reconnaissance Platoon, Maritime Raid Force, 31st Marine Expeditionary Unit.

Photo by Cpl. Codey Underwood

TO SUBMIT A BRIEF, send an email to okinawamarine.mcbb.fct@usmc.mil. The deadline for submitting a brief is noon Wednesday. Okinawa Marine reserves the right to edit all submitted material.

MRF-D Marines revisit history at military museum

Sgt. Sarah Fiocco

MARINE ROTATIONAL FORCE - DARWIN PUBLIC AFFAIRS

DARWIN, Northern Territory, Australia — The Australian American Association of the Northern Territory and Marines with Marine Rotational Force – Darwin toured the Darwin Military Museum Aug. 11.

Marines viewed tributes to the U.S., such as a memorial for fallen allied troops in the Northern Territory during World War II and an American flag flown in memory of those sacrifices, during their visit.

“American science-fiction writer Robert Heinlein once coined the term, ‘Strangers in a Strange Land,’” said Tom Lewis, the museum director. “You Marines might feel you’re just that, but for us, we don’t find you strangers at all. Americans were here in Darwin 71 years ago in action together (with Australians) fighting against a common enemy.”

During that time, the Imperial Japanese Army attacked the shores of the Northern Territory in what is known as the largest bombing by a foreign power of Australia.

“We recently opened a new display, ‘American alliance in the Top End,’” said Lewis. “It outlines the partnership that began with the United States Army Air Forces flying the only defending aircraft on Feb. 19, 1942.”



Lance Cpl. Samuel Garza looks at the “Americans in the Top End” display, Aug. 11, at the Darwin Military Museum. The Australian American Association of the Northern Territory invited Marine Rotational Force -Darwin Marines to tour the museum. Many of the exhibits showcased U.S. troops, depicting the strong relationship between the two nations. Garza is a rifleman with 3rd Battalion, 3rd Marine Regiment, MRF-D. Photo by Sgt. Sarah Fiocco

The Australians and Americans formed a strong bond that still exists today resultant of the attack.

“How did the alliance manifest itself,” asked Lewis. “The answer is in sacrifice of the ultimate nature – blood.”

Of the approximately 235 casualties from the attack, 114 were U.S. service members and 14 were U.S. civilians, according to Lewis. This means that more than half of those killed in action during the bombing of Darwin were American.

America and Australia fought shoulder-to-

shoulder throughout World War II.

“The fighting men of the states and their compatriots gave their all, and victory was won by the allies against the forces of totalitarianism,” said Lewis. “Feb. 19, 1942, was the beginning of a fruitful union between America and Australia, which eventually saw allied victory in the Pacific.”

The bombing of Darwin is still a tragic event that weighs on the hearts of all Australians.

“We will never forget,” said Lewis, “and the Darwin Military Museum asks that you don’t either.”

Navy’s Medical Service Corps celebrates 66th birthday

Lance Cpl. Pete Sanders

OKINAWA MARINE STAFF

CAMPFOSTER — Members of the Medical Service Corps celebrated the 66th birthday of their organization Aug. 2 at the Butler Officers’ Club and Aug. 5 at U.S. Naval Hospital Okinawa.

The Army-Navy Medical Service Act came into effect Aug. 4, 1947, and with it the Medical Service Corps, providing a permanent group of specialized commissioned officers ready to support the field of military medicine.

The officers enjoyed a dinner Aug. 2 and a cake-cutting ceremony along with the reading of birthday messages from the Navy surgeon general and Medical Service Corps director Aug. 5.

All Navy medical personnel on the island received the invitation to the event regardless of their job specialty, according to Navy Lt. Eva K. Reed, force health protection officer with 3rd Marine Logistics Group, III Marine Expeditionary Force.

“It is important to show how diverse we are (in the field of Navy medicine) and what capabilities we typically support,” said Reed. “We intentionally had everyone show up in their uniform of the day to recognize the variety of fields in which we serve and to show how many Medical Service Corps officers serve with the fleet Marine force.”

The diversity does not only extend to the fleet Marine force and hospital staff; there are many vocations and locations within the organization as well, according to Navy Capt. Anne M. Swap, the commanding officer of USNHO.

“Thirty one specialties in the areas of science, allied health and administration make up the Medical Service Corps,” said Swap. “Medical Service Corps (personnel) serve at sea, on deployments and humanitarian missions, as well as in clinics, inpatient facilities and research units around the world.”

Having an organization such as the Medical Service Corps helps the wide range of medical fields to coordinate their work and share information, according to Cmdr. Joseph F. Piansay, the acting commanding officer of 3rd Medical Battalion, 3rd MLG.

“Having multiple staff corps allows us to keep those within an occupation in the loop and allows a more streamlined coordination between job fields,” said Piansay.

One of the unique qualities about the officers within the Medical



Navy Capt. Richard D. Hayden, left, and Lt. j.g. Daniel L. Anderson cut a birthday cake Aug. 5 at U.S. Naval Hospital Okinawa in celebration of the 66th anniversary of the Medical Service Corps. The ceremony involved the most senior officer, Hayden, and the most junior officer, Anderson, cutting the ceremonial cake. Anderson is a physician’s assistant with USNH Okinawa, and Hayden is a laboratory technician with USNH Okinawa. Photo by Lance Cpl. Pete Sanders

Service Corps is how some began their medical careers, according to Cmdr. Jennifer E. Smith, acting executive officer of 3rd Med. Bn. Many officers within the organization began their careers as enlisted corpsmen and wanted to further serve the Navy in a medical capacity.

Along with the valuable skills and experience the Medical Service Corps provides, its members take pride in the role they play in today’s military, according to Smith. The Medical Service Corps frequently works to support partner nations by participating in humanitarian-assistance efforts, such as providing basic healthcare following natural disasters.

“The Medical Service Corps plays a part in humanitarian efforts across the globe,” said Smith. “We also take responsibility for the continued research and design of field-medicine kits corpsmen and Marines use every day.”

In a birthday message to the Medical Service Corps, Vice Adm. Matthew L. Nathan, Navy surgeon general and chief of the Navy’s Bureau of Medicine and Surgery, praised the organization’s mission and the impact it has had over the past year.

“The officers of the Medical Service Corps are critical in supporting Navy medicine’s mission of enabling readiness, wellness and health care to our sailors, Marines, their families and all others we serve around the world, be it on land or at sea,” said Nathan. “Through your expertise and compassion, you advance Navy medicine’s readiness and health benefits, and demonstrate daily the Medical Service Corps’ commitment to our priorities of readiness, value and cross-service cooperation.”

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events and trips during their stay.

"My favorite thing about having the students here was just getting to spend time with them at all the events," said Brittany E. Butler, an 18-year-old host-family volunteer. "I think the hardest part about them leaving is going home to an empty house. (My family) bonded with Megumi (Kikuta), and it's sad to know she won't be coming home with us."

As the Oshima students head back home, some have high hopes about possibly returning next year, and all will be recommending the program to their peers.

"I'm definitely going to encourage all my friends and classmates to participate in the program," said Onodera. "I'm going to miss everything. I really enjoyed my time here and being with my host family. I'm very thankful and grateful that I was able to come and meet with the families and participate in the program."

While next year's program has not been finalized, the program coordinators are excited to build on this year's success, according to Ohashi.

The host families all shared a similar sentiment, as they would do it all again in a heartbeat.

"They have really become like family to us," said Butler. "We would definitely volunteer again. It's as life-changing for us as it is for the students."



Master Gunnery Sgt. Ferrara L. Butler, far right, and his family read a goodbye letter from Megumi Kikuta, far left, Aug. 6 at the Kishaba Youth Center on Camp Foster. Kikuta and her peers participated in the 3rd annual Oshima youth cultural exchange program. The participants were affected by the Great East Japan Earthquake and subsequent tsunami that decimated Oshima. Butler is the food service technician with G-4, supply and logistics, Headquarters Battalion, 3rd Marine Division, III Marine Expeditionary Force. Photo by Lance Cpl. Natalie M. Rostran



Sgt. Justin L. Haish dismounts during a rope corral demonstration for Mongolian Armed Forces soldiers and U.S. Marines Aug. 7 during Exercise Khaan Quest 2013. Khaan Quest is a peacekeeping and stability exercise and has played a part in training thousands of service members from around the world. Haish is an instructor for the Khaan Quest survival course and is currently assigned to 3rd Battalion, 3rd Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force.

Photo by Sgt. Ben Eberle

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from around the world in peacekeeping and stability operations.

"We came out expecting to teach them, but we've learned a lot," said Cpl. Brian M. Ashworth, the lead instructor for the survival course and instructor with JWTC, Camp Gonsalves, Marine Corps Base Camp Smedley D. Butler, Marine Corps Installations Pacific. "For example, the way they cook meat and the way they preserve it make it last longer, it shows they have solid survival skills."

During the training, the three Marine instructors and 33 MAF noncommissioned and commissioned officers constructed field shelters, made and set traps, built and used field weapons, traversed rivers with rope bridges, patrolled, conducted land navigation, and learned first-aid techniques.

The combined Mongolian-U.S. team set up camp Aug. 4. The rain started falling early the next morning and it did not stop for more than 24 hours. Bonds often form through hardship, one example was when the MAF soldiers rebuilt the Marines' rain-soaked and smoldering campfire before dawn on Aug. 6.

"I've seen friendships grow, through all the time we've spent together, we've gotten really close," said MAF Senior Sgt. Ch. Batbold, a member of the 330th Infantry Battalion. "(The Marines have) taught us many things, and they've learned some good things from us as well."

The troops plan to break-down the camp Aug. 10 and begin a patrol to the river where they hope to find food.

"We're going to try to fish, though they're going to end up teaching us more," said Cpl. Evan D. Frickey, a JWTC instructor.

The combined MAF-U.S. platoon covered a significant amount of ground by foot over several days, set-up patrol bases at night, and moved through Five Hills Training Area. They are scheduled to re-join the rest of the field training exercise before the closing ceremony Aug. 14.

Until then, the Mongolian soldiers and Marines will continue to focus on learning new tactics, techniques and procedures from one another, as well as surviving whatever the Mongolian wilderness sends their way.

"Hopefully, we don't ever get into a (survival) situation," said Ashworth. "But if so, we'll know what to do."

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make the biggest impact possible in both Phnom Penh and Takeo."

The Cambodian participants in the exercise are expected to pass-on the information and experience they gained during the training and exchanges.

"Approximately 30 members of the hospital participated in this exercise," said RCAF Maj. Gen. Keo Davuth, the hospital deputy director. "All of the topics that were covered provided our doctors with knowledge and experience that they will take and share with their fellow medical practitioners to help improve our medical capabilities."

The subject-matter experts from both countries discussed a wide range of topics from across the medical profession, working to share and build upon each other's knowledge.

"The lectures went really well," said Navy Lt. Joseph Grant III, a general dentist currently assigned to 3rd Med. Bn. "They asked a lot of questions. Hopefully this information will help improve upon their clinical practices."

The U.S. subject-matter experts sought to make the most out of the opportunity by compressing the classes to fit the most information possible into the time allotted.

"We hope to help them improve their medical capabilities while also learning from them," said Lt. Cmdr. Lawrence Decker, an emergency room medicine physician with the battalion. "And one thing we are trying to do is to convey our enthusiasm for taking care of the patients."

The exchange and spread of the information from the exercise is intended to have wide-ranging benefits across Cambodia.

"We eventually would like to see the RCAF medical personnel push-out to the more rural areas and help the medical personnel out there," said Decker. "Each area has different needs, but overall there are some common challenges such as poor prenatal care and high-child mortality rates. We want to help them be prepared to better handle those situations."

Service members from both countries embraced the training and put forth their best effort, according to Davuth.

"This is one step that has been taken that will strengthen and enhance the cooperation between our armed forces," said Davuth. "The efforts put into this are important to us as medical professionals and service members of our respective countries."



Marines with the III Marine Expeditionary Force Headquarters Group Corporals' Course attempt to locate their instructors during special effect small-arms marking system training as part of the course's culminating event Aug. 5 at Combat Town in the Central Training Area. Students within the course faced-off against their instructors to see how well they operated in urban terrain while coming under fire. The Marines are with various units within III MEF.

Corporals' Course blasts through Combat Town

Story and photos by Sgt. Brian A. Marion

OKINAWA MARINE STAFF

Marine Corps noncommissioned officers, or NCOs, are said to be the backbone of the Marine Corps, serving as a vital link between the commander, all officers and enlisted Marines. Nowhere is this more important than on the battlefield.

For one group of Marine NCOs enrolled in the III Marine Expeditionary Force Headquarters Group Corporals' Course, the mantra "backbone of the Marine Corps" took on special meaning as they took turns leading teams of Marines through a tough training evolution at the urban battlefield of the Combat Town facility in the Central Training Area Aug. 5.

III MHG is a part of III MEF, and the students are with various units within III MEF and the 18th Wing, located at Kadena Air Base.

The training brought together everything the service members were taught, including calling in casualty evacuations, identifying improvised explosive devices, and clearing structures during military operations in urban terrain.

"We want to get them in the combat-hunter mindset," said Gunnery Sgt. Jemarr R. Glenn, the III MHG's Corporals Course director and radio chief for 7th Communication Battalion, III MHG. "In other words, we want them to observe everything in, and be aware of, their surroundings because these young (noncommissioned officers) are where the rubber meets the road and we want to ensure they are successful."

The first portion consisted of the students trying to detect IEDs throughout the Combat Town training facility. Although some students successfully found the IEDs before they detonated, others did not.

"(The IEDs) are loud, and you know when they detonate," said Cpl. Saxon D. Jackman, a student in the course and light-armored vehicle mechanic with Combat Assault Battalion, 3rd Marine Division, III MEF. "This training shows

us that we have to be more aware of our surroundings."

During the scenario, if the devices detonated, the students had to evacuate their casualties to a designated point and coordinate a casualty evacuation of their wounded.

"The IED (training) was pretty good," said Cpl. Devon L. Hood, a reconnaissance man with 3rd Reconnaissance Battalion, III MEF. "Patrolling down the road and hearing and feeling the devices go off really catches you off guard."

After completing the IED training, the students regrouped in their staging area to don their flak jackets, Kevlar helmets and face masks for the final portion of the event.

For this segment, the students organized into their respective squads to compete against their instructors in military operations in urban terrain training using special effect small-arms marking system rounds, or paint rounds, designed to be fired from a modified M16A2 or M4 service rifle.

"This is where we get into the small-unit leadership portion of the training," said Glenn. "We want to see how they react, if they can make tactical decisions quickly, and how efficiently they move their troops through the town."

The instructors staged themselves in various buildings and waited for the students to enter the town. Once the students entered, they fired on the students, causing them to return fire and move to cover.

As the students neutralized the instructors, the instructors displaced to other areas affording aggressive tactical advantages to simulate additional enemy resistance.

"This training provided us with some good experience in different areas," said Hood. "It gave a lot of the Marines a chance to do things they would not do normally."

With the mission completed, the students and their instructors packed up their equipment and headed back to Camp Hansen to be debriefed.

"It was nice being able to do this training today," said Jackman. "It made us aware of some of our weaknesses and what needs improvement. I look forward to using what I learned to make my unit better."





Marines evacuate a mock casualty to a casualty collection point after a simulated improvised explosive device detonation during the III Marine Expeditionary Force Headquarters Group Corporals' Course culminating event Aug. 5 at the Combat Town training facility in the Central Training Area. As part of the event, the instructors set up simulated IEDs throughout the town and the students had to successfully identify the devices and use their radios to call in a nine-line report. The Marines are with various units within III MEF. III MHG is a part of III MEF.

Cpl Lancine Camara, left, and Senior Airman Reginald A. Bramlett react to a simulated improvised explosive device detonation Aug. 5 during a III Marine Expeditionary Force Headquarters Group Corporals' Course event at Combat Town training facility in the Central Training Area. Once hit by the blast, the service members became casualties and their teammates had to request a casualty evacuation and safely move them from the area. Camara is an assault amphibious vehicle crewman with Assault Amphibious Company, Combat Assault Battalion, 3rd Marine Division, III MEF. Bramlett is a fire protection apprentice with the 18th Civil Engineer Squadron, 18th Civil Engineer Group, 18th Wing, based out of Kadena Air Base. III MHG is a part of III MEF.



A student prepares to load a special effect small-arms marking system round into a magazine, during the III Marine Expeditionary Force Headquarters Group Corporals' Course culminating event Aug. 5 at Combat Town training facility in the Central Training Area.

Marines beautify home for elderly

Lance Cpl. Donald T. Peterson

OKINAWA MARINE STAFF

Sweat rolled down the faces of Marines and sailors as they worked through the heat of another summer day. But this day was different as the service members had traded in their service rifles and tactical vehicles for rakes and lawn mowers.

Service members with Marine Aircraft Group 36 volunteered their time to help give back to the local community Aug. 2 by performing groundskeeping at the Ichijo-en Elders' Home.

MAG-36 is a part of 1st Marine Aircraft Wing, III Marine Expeditionary Force.

"We are currently working on developing a partnership between the elders' home and MAG-36 to come out at least once a month to help with anything they might need," said Seaman Apprentice Charles J. Foster, a religious program specialist with MAG-36. "It's important that we participate in volunteer opportunities like these because it helps strengthen the relationship between the service members on the island and the community."

Though the group of Marines and sailors was small, the impact they made at the facility was huge.

"I appreciate all the help the (service members) provided," said Yoshimichi Chinen, the Ichijo-en Elders' Home's section chief of nursing. "The home doesn't receive many volunteers and after the elders see what they have done, they will be so happy."

The service members performed groundskeeping to help beautify the area around the home.

"It's a great feeling to be able to give back to the community," said Cpl. Ericka M. Schork, an administrative specialist with MAG-36. "I enjoy being able to help out however possible, even if it is just cutting grass and pulling weeds."

One of the greatest benefits for volunteers at events like these is the opportunity to be an active part of the community, according to Navy Lt. Rodney E. Weaver, the MAG-36 command chaplain.

"When the community members see us helping clean up, it is an opportunity to show them a positive side of the military," said Weaver. "It shows the community that we are not just here to do our job, but we are also here to help support the community in any way possible."

At the end of the event, the group had gathered three 30-gallon bags of grass trimmings and debris.

"It's amazing to see how much we were able to accomplish in the few hours we were here," said Schork. "It just goes to show how working together as a team to get a mission completed helps."

After completing the groundskeeping tasks, the home provided the service members with some local Okinawa cuisine as a sign of thanks and new friendship.

"Sharing some fried squid and fish was our way of saying thank you," said Chinen. "The (service members) are always welcome to come back and help."



Seaman Apprentice Charles J. Foster mows grass Aug. 2 at the Ichijo-en Elders' Home. Marines and sailors with Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force, volunteered to give back to the community by helping with groundskeeping. "We are currently working on developing a partnership between the elders' home and MAG-36, to come out at least once a month to help with anything they might need," said Foster, a religious program specialist with MAG-36, 1st MAF, III MEF. Photo by Lance Cpl. Donald T. Peterson

Drivers dodge accidents by practicing traffic safety

Lance Cpl. Donald T. Peterson

OKINAWA MARINE STAFF

A car sits destroyed on the side of the road with its front end smashed in by a concrete barricade. Glass and metal pieces lay on the ground just past black tire tracks leading from the center of the road to the accident site. Just moments before this scene occurred, the driver was texting his friend back.

Accident scenarios like this can be avoided, but never the less, they have played-out countless times on roadways around the world, claiming the lives of drivers, passengers and pedestrians.

"It is important that everyone takes traffic safety seriously," said Staff Sgt. Collinger F. Daughtry, the staff noncommissioned officer in charge of the Installation Safety Office, Marine Corps Base Camp Smedley D. Butler, Marine Corps Installations Pacific. "While out on the road, it's not just your life you are protecting when you drive safely, but the lives of the drivers and passengers in the cars around you."

There have been 963 traffic accidents on Okinawa involving military personnel or their dependents from Jan. 1 to Aug. 5 of this year, according to Takeshi Amuro, an investigative technician with the MCB Butler Provost Marshal's Office.

Drivers can follow a few simple tips to help ensure they are operating their vehicle as safely as possible.

"One big cause for traffic accidents and people getting (issued citations) is using electronic (devices) while driving," said Daughtry. "The few seconds you take to look at a text can be the few seconds used to prevent you from getting in an accident because you weren't paying attention to the road."

"It's also important that you secure all loose items, so that they do

not move freely if there is an accident."

Drivers should also ensure that their driving is not hindered by controlled substances, emotional distress or fatigue.

"A person may be considered hindered not only from consumption of alcohol or drugs, but also because of their emotional state of being," said Daughtry. "When people are dealing with emotional issues, it sometimes hinders their judgment and their reaction time to make wise, sound decisions."

All drivers should be provided with at least eight consecutive hours of rest (off duty) during any 24-hour period prior to operating a vehicle, according to Marine Corps Order 5100.19E, the Marine Corps traffic safety program.

In addition to following the Marine Corps order, drivers must always obey all local traffic laws where they are stationed or traveling.

"Laws are set in place to protect everyone on the road," said Daughtry. "It's important to follow them while keeping your concentration on the road and your surroundings, to help make the road safer for everyone."

To review the traffic laws and common street signs visit: <http://www.mcipac.marines.mil/Portals/28/Documents/Driving.pdf>





Heidi Murkoff, left, answers questions at Special Delivery, Aug. 9 at the USO on Kadena Air Base. Special Delivery is a USO and What to Expect Foundation-sponsored event for expectant mothers in the military community on Okinawa. Murkoff and the USO created the event, so mothers could have an opportunity to bond and have their maternity and infancy questions answered. Murkoff is the New York Times' best-selling author of the "What to Expect" series. Photo by Lance Cpl. Natalie M. Rostran

Moms find out 'What to Expect' at maternity event

Lance Cpl. Natalie M. Rostran

OKINAWA MARINE STAFF

There's a small sense of relief in the room filled with first-time mothers, expectant mothers and mothers of several children as they share advice and ask questions without shame or embarrassment.

Military moms, both service members and spouses, and Status of Forces Agreement moms participated in the inaugural Special Delivery event, a USO and What to Expect-sponsored baby shower for expectant mothers with special guest Heidi Murkoff Aug. 7-9 at the USO on Kadena Air Base.

Murkoff is the author of the New York Times' best seller, "What to Expect When You're Expecting" book and founder of the What to Expect Foundation. The foundation's mission is to educate and empower mothers in need and promote healthier pregnancies, safer deliveries and healthier, happier babies.

"This is a new collaboration between the USO and Heidi Murkoff," said Kerri Needle Ray, a USO program manager. "We hope to support an important part of the military family population — expectant and new mothers. We know that Okinawa is a place where lots of babies are born, so we came up with this baby shower idea, and invited Heidi to come out here to make moms feel supported and part of a community."

In 2012 alone, there were 1,097 births at U.S. Naval Hospital Okinawa, creating a large demand for an active and involved maternity community due to the geographic separation between many of the expectant mothers and their extended families.

"Being an expectant mom or just a new parent is difficult under the best of circumstances," said Murkoff. "Those who have a whole network of support of family and friends are lucky. Some moms do not have that. When they are thousands and thousands of miles away from home, they can really use that affection."

For many participants, the feeling of loneliness and going through this experience

alone is a daily reality.

"It's hard being a military mom," said Desiree M. Lilley, a Marine-spouse and first-time expectant mom. "Sometimes it feels like you're doing it on your own, especially with deployments, long work weeks and being far from home."

The atmosphere was designed to make sure that all the participants felt relaxed, so they could ask the questions they might not have felt comfortable otherwise asking.

"Everyone's favorite part is the question and answer portion with Heidi," said Needle Ray. "People are a little shy to ask questions at first. Once we get started and everyone feels comfortable, they get excited to ask their questions and learn new information."

Approximately 290 mothers, representing all services on island, attended the event over the three days.

"We brought everyone together not just to meet them and answer their questions, but for them to connect with other women on base and hopefully form friendships," said Murkoff. "Motherhood is the ultimate sisterhood."

The event also encouraged open discussion for the women to share their personal advice and what has worked or not worked for them.

"That's the great thing about having so many pregnant women in there," said Needle Ray. "There are first-time moms and some on their fourth or fifth child. They can all offer each other support and give each other comfort."

The event included games and prizes, free gift bags, free raffles for baby essentials, book signings and a meet-and-greet with Murkoff.

"This was really great," said Lilley. "I hope this continues for years to come. It helps first-time moms like me get questions answered, and it gives the women in the community a chance to get together and share. Just hearing what everyone else's questions were, and knowing that I wasn't the only one going through this helped."

3rd Supply Battalion earns hearts with tour

Sgt. Anthony Kirby

OKINAWA MARINE STAFF

There are many ways to give back to the community. Whether by providing a meal or doing beautification work, going out and being a positive influence in the community is a great way to connect with people beyond the confines of a military base.

Most of the time, service members travel into the local community to show their support, but on Aug. 3 Marines and sailors of 3rd Supply Battalion brought the children from the Nagomi Nursing Home for Children for a tour of Camp Kinser.

3rd Supply Bn. is part of Combat Logistics Regiment 35, 3rd Marine Logistics Group, III Marine Expeditionary Force.

"In the past, we've gone to the home to give them presents and food, but we've never had them come onto our base until now," said Navy Lt. Barrett Craig, the battalion chaplain. "I think the kids really appreciate this, and allowing them to see where we live and work shows them that we are average people just like them."

This was the sixth community relations event the battalion has participated in, and it could not have had a better outcome, according to Craig.

"The kids just instantly embraced the service members without hesitation," said Craig. "I haven't seen them so interactive before. They treated these Marines and sailors like their big brothers or sisters."

The group visited a storage warehouse to learn more about different jobs in the Marine Corps before visiting the Battle of Okinawa historical display.

"The children learn about war history in school, but the museum gave them a closer, more in depth look," said Fumio Iha, the Camp Schwab community relations specialist. "They can see war from another perspective and the sacrifices made for Okinawa by both parties."

The camp mess hall was the next stop, where service members helped serve each child a plate of food before eating with them.

"I think it's good that they're here, and it feels good to help them," said Staff Sgt. Ricardo A. Dixon, the mess hall manager with Combat Logistics Regiment 37, 3rd MLG. "Spending this time with them boosts both parties' morale, and everyone enjoys themselves."

Following their meal, the group headed to the base bowling alley for a few games before their tour concluded.

"Today was outstanding," said Iha. "It's great for the children to come out and experience a different culture and different type of food. It's a win-win situation. The service members get reminded of their families back home as they interact with these children, and the children get a feeling of interacting with a big brother or sister."

As hugs were given and words of appreciation and goodbyes were spoken, it was safe to say that the goodbyes would not last forever.

Service members now have a better relationship with that organization, according to Craig. It will not be the last time the children from Nagomi Nursing Home for Children come aboard the camp, and this will not be the last time the service members spend time with them.



Lance Cpl. Adrian E. Boyett Jr. searches a role-player during humanitarian assistance training Aug. 9, in the Shoalwater Bay Training Area, Queensland, Australia, as part of the 31st Marine Expeditionary Unit's certification exercise. The training was designed to test the 31st MEU's ability to assist a community cut off from food, water and medical attention. For the protection of the personnel and equipment, the military police team searches every civilian who enters the site. Boyett is a military police team leader with Combat Logistics Battalion 31, 31st MEU.

Marines demonstrate humanitarian aid capabilities

Story and photos by
Cpl. Cody Underwood

31ST MARINE EXPEDITIONARY UNIT

With one knee resting on the crusty, dry soil, the Marine peered down the road and watched as the loose dirt broke apart under the weight of the approaching trucks.

As the trucks passed, destined for a nearby community, he could see their beds were loaded with food, water and medical supplies. The Marine logistics team was on the scene, and those effected by a recent natural disaster would now receive the assistance they requested.

Marines and sailors with Combat Logistics Battalion 31 and Battalion Landing Team 2nd Battalion, 4th Marine Regiment, attached to the 31st Marine Expeditionary Unit, conducted humanitarian assistance training Aug. 9, in the Shoalwater Bay Training Area, Queensland, Australia, as part of the 31st MEU's certification exercise.

The humanitarian assistance mission was designed to test the 31st MEU's ability to assist a community cut off from food, water and medical attention.

Tasked to assess the situation and provide assistance, the 31st MEU sent its logistics combat element supplied with everything a community would need to maintain its health, crops and structures.

"The humanitarian assistance mission provides the local civilians

the necessary supplies they would need to sustain their everyday life, including food, water, gas, shelter and electricity," said 1st Lt. Jake M. Sharpy, the humanitarian assistance officer in charge with CLB-31. "It is the most likely mission the 31st MEU will face because we are in the Asia-Pacific region where typhoons are known to cause problems."

In order to begin assisting the distressed population, role-played by Marines, the humanitarian assistance team first established a distribution site, quickly established stations using vehicles and existing structures for distributing supplies and managing relief efforts.

For the protection of the personnel and equipment, concertina wire is placed around the perimeter while the military police team searches every civilian who enters the site.

"When we are conducting the hasty search at the entrance, we are looking for big-ticket items that could be a danger to others," said Sgt. Michael D. Mansholt, the platoon sergeant with Military Police Platoon, CLB-31. "We're looking for weapons, drugs and any other contraband that could cause harm."

After the search is complete, civilians needing medical attention are escorted to the medical station where corpsmen diagnose and treat health problems.

A helicopter was available to transport patients to the USS Bonhomme Richard for further



Corporal Luis D. Ramirez hands out meals ready to eat to a role-player during humanitarian assistance training Aug. 9, in the Shoalwater Bay Training Area, Queensland, Australia, during the 31st Marine Expeditionary Unit's certification exercise. The training was designed to test the 31st MEU's ability to assist a community cut off from food, water and medical attention. The 31st MEU is the Marine Corps' force in readiness in the Asia-Pacific region and is the only continuously forward deployed MEU. Ramirez is a motor vehicle operator with Combat Logistics Battalion 31, 31st MEU.

treatment if their ailments were beyond the treatment capability of the field medical station.

Individuals who did not need medical care moved directly from the search area to the food and water distribution station where Marines handed out a three-day supply of potable water and food for each person.

"By handing out the food and water, I am able to interact with the role-players and improve my interpersonal skills," said Cpl. Luis D. Ramirez, a motor vehicle operator with CLB-31. "(This scenario) gives

us an awesome chance to train for a real-life situation where we can lend a helping hand to those in need."

The ability to provide humanitarian assistance and disaster relief is one of many capabilities the 31st MEU tests during the certificate exercise, ensuring preparedness for any contingency the unit may face while patrolling the Asia-Pacific region.

The 31st MEU is the Marine Corps' force in readiness for the Asia-Pacific region and the only continuously forward deployed MEU.

In Theaters Now

AUG 16 - 23

FOSTER

TODAY Planes (3-D) (PG), 6 p.m.; Elysium (R), 9 p.m.
SATURDAY Planes (PG), noon; Planes (3-D) (PG), 3 p.m.; Elysium (R), 6 p.m.; We're the Millers (R), 9 p.m.
SUNDAY Planes (3-D) (PG), 1 p.m.; Planes (PG), 4 p.m.; We're the Millers (R), 7 p.m.
MONDAY Planes (3-D) (PG), 3 p.m.; Elysium (R), 7 p.m.
TUESDAY We're the Millers (R), 7 p.m.
WEDNESDAY We're the Millers (R), 7 p.m.
THURSDAY Planes (PG), 3 p.m.; Elysium (R), 7 p.m.

KADENA

TODAY Planes (PG), 3 p.m.; Planes (3-D) (PG), 6 p.m.; Elysium (R), 9 p.m.
SATURDAY Planes (PG), noon; Planes (3-D) (PG), 3 p.m.; Elysium (R), 6 p.m.; We're the Millers (R), 9 p.m.
SUNDAY Planes (3-D) (PG), 1 p.m.; Planes (PG), 4 p.m.; Elysium (R), 8 p.m.
MONDAY We're the Millers (R), 7 p.m.
TUESDAY Planes (PG), 7 p.m.
WEDNESDAY Elysium (R), 7 p.m.
THURSDAY We're the Millers (R), 7 p.m.

COURTNEY

TODAY Planes (3-D) (PG), 6 p.m.; Elysium (R), 9 p.m.
SATURDAY Planes (3-D) (PG), 3 p.m.; We're the Millers (R), 6 p.m.
SUNDAY Planes (PG), 3 p.m.; Elysium (R), 6 p.m.
MONDAY We're the Millers (R), 7 p.m.
TUESDAY Closed
WEDNESDAY Percy Jackson: Sea of Monsters (3-D) (PG), 7 p.m.
THURSDAY Closed

FUTENMA

TODAY Elysium (R), 6:30 p.m.
SATURDAY We're the Millers (R), 4 p.m.; Elysium (R), 7 p.m.
SUNDAY Elysium (R), 4 & 7 p.m.
MONDAY We're the Millers (R), 6:30 p.m.
TUESDAY-THURSDAY Closed

KINSER

TODAY We're the Millers (R), 6:30 p.m.
SATURDAY Planes (3-D) (PG), 3:30 p.m.; Elysium (R), 6:30 p.m.
SUNDAY Planes (3-D) (PG), 1 p.m.; Elysium (PG), 3:30 p.m.; We're the Millers (R), 6:30 p.m.
MONDAY-TUESDAY Closed
WEDNESDAY Elysium (R), 6:30 p.m.
THURSDAY We're the Millers (R), 6:30 p.m.

SCHWAB

TODAY Elysium (R), 6 p.m.; We're the Millers (R), 9 p.m.
SATURDAY Elysium (R), 6 p.m.; We're the Millers (R), 9 p.m.
SUNDAY Planes (3-D) (PG), 3 p.m.; Elysium (R), 6 p.m.
MONDAY-THURSDAY Closed

HANSEN

TODAY Elysium (R), 6:30; We're the Millers (R) 10 p.m.
SATURDAY Elysium (R), 3 & 6 p.m.; We're the Millers (R), 9:30 p.m.
SUNDAY Planes (3-D) (PG), 2:30 p.m.; Elysium (R), 6 p.m.
MONDAY We're the Millers (R), 7 p.m.
TUESDAY The Wolverine (PG13), 7 p.m.
WEDNESDAY Elysium (R), 7 p.m.
THURSDAY The Lone Ranger (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.

MT FUJI DISCOUNT

• The SMP is offering discount tickets for a trip to Mount Fuji taking place Aug. 21-25. Seating is limited. For more information, contact the SMP office via the number above.

DANCE OFF

• Join the SMP for the all-camps dance-off Aug. 24 at the Camp Foster Ocean Breeze. The event will feature hip-hop, country and latin music. For more information, contact the SMP office via the number above.

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

TEST YOUR CORPS KNOWLEDGE:

Which Marine recruit training depot dates back to Nov. 1, 1915?

See answer in next week's issue

LAST WEEK'S QUESTION:

What battle was immortalized in the Marines' Hymn lyrics "the shores of Tripoli?"

ANSWER:

The battle of Derne in 1805, the first recorded land battle U.S. forces fought overseas. The Ottoman Empire viceroy presented 1st Lt. Presley O' Bannon with a Mamehuke Sword following the battle, which became the standard Marine officers' sword.



Japanese phrase of the week:

"Oishi katta."

(pronounced: oh-ee-shee kah-tah)

It means "It was delicious.(after eating)"

CHAPLAINS'

ORNER

"Only through experiencing the full gamut of highs and lows, can we begin to appreciate glory and grace."



Appreciation of the human condition

Lt. Yonatan M. Warren

9TH ENGINEER SUPPORT BATTALION CHAPLAIN

On Aug. 9, 1974, President Richard M. Nixon resigned as 37th president of the United States. It's unfortunate that of his many speeches and acts during his presidency, he is remembered primarily for the Watergate scandal and summed up by the soundbite: "I am not a crook."

Shortly before noon on that day, Nixon assembled his staff and colleagues one last time. In those final moments, Nixon was truly presidential as he acknowledged and inspired those around him.

"We think sometimes when things happen that don't go the right way ... We think that when someone dear to us dies, we think that when we lose an election, we think that when we suffer a defeat that all is ended. We think ... that the light had left [our lives] forever. Not true.

It is only a beginning. The young must know it; the old must know it ... because greatness comes not when things go good for you, but greatness comes

and you are really tested, when you take some knocks, some disappointments, when sadness comes, because only if you have been in the deepest valley can you ever know how magnificent it is to be on the highest mountain."

At this moment, Nixon was at the bottom of his game. A President who had thrived on public opinion, now had the lowest approval rating of his extensive career. He was literally being kicked out of his house and fired from his job. I'll paraphrase a quote, which the Hebrew Bible states, "How the mighty have fallen" 2 Samuel 1:19.

No president enters office with Nixon as their model. No leader enters their role hoping to resign in disgrace. Nixon's presidency will forever remain clouded in scandal and cover-up. Yet, Nixon's Aug. 9th lesson in spiritual resilience can serve as a powerful model for all of us.

Nixon reminds us that only through an appreciation of the human condition and only through experiencing the full gamut of highs and lows, can we begin to appreciate glory and grace.

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"