

OKINAWA MARINE

MARCH 15, 2013

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Japan, US memorialize disaster, strengthen bond

Lance Cpl. Elizabeth A. Case
OKINAWA MARINE STAFF

KESENNUMA CITY, MIYAGI PREFECTURE, Japan — Okinawa-based Marines joined Japanese citizens for memorial ceremonies March 11 at Oshima Island and Kesennuma City in Miyagi prefecture, Japan, to commemorate the two-year anniversary of the Great East Japan Earthquake

and subsequent tsunami of March 11, 2011.

Japanese citizens stood side-by-side to sing memorial songs with the III Marine Expeditionary Force Band, the music signifying a remembrance of those lost and the continuing recovery efforts, as all remembered the tragedy while focusing on the future.

“We really benefit from and enjoy the relationship we have

with the U.S. Marine Corps,” said Shigeru Sugawara, the mayor of Kesennuma City. “It is really inspiring that the Marines can be with the children and people of Oshima tonight.”

Marines with the 31st Marine Expeditionary Unit arrived March 27, 2011, to Oshima Island to assist with relief efforts, including electricity restoration, debris removal, see **OSHIMA** pg 5



Haruna Kinoshita, children and families from Oshima Island and the III Marine Expeditionary Force Band perform a song at the close of a memorial ceremony March 11 at Oshima Elementary School. The ceremony honored the lives lost during the Great East Japan Earthquake and subsequent tsunami of March 11, 2011. Kinoshita is a volunteer performer. Photo by Lance Cpl. Elizabeth A. Case

Ceremony honors Iwo veterans

Pfc. Mike Granahan
OKINAWA MARINE STAFF

IWO TO, Japan — Japan and U.S. veterans of the Battle of Iwo Jima, along with active-duty service members, came together on Iwo To, Japan, for the annual reunion of honor ceremony March 13, commemorating the 68th anniversary of the battle.

The ceremony is a testament to the hard-fought battle of the past and the relationship that arose from that prior clash of arms.

“The war ended 68 years ago, and now we’re good friends with Japan, so I have a different attitude,” said Marine Corps Lt. Gen. Lawrence Snowden (Ret.) “We may not forget, but we certainly can forgive.”

Since the days of the battle, the Japan-U.S. alliance has flourished, said William Schott, a former see **IWO** pg 5



A combined Japan-U.S. color guard prepares to retire the colors during the reunion of honor ceremony March 13 at Iwo To, Japan. The ceremony commemorated the 68th anniversary of the Battle of Iwo Jima, during which approximately 30,000 Japanese and American service members lost their lives. Japan and U.S. veterans of the battle, along with active-duty service members, came together to honor those who fought valiantly. Photo by Pfc. Mike Granahan

Marines save life in Pohang

1st Lt. Jeanscott Dodd
OKINAWA MARINE STAFF

POHANG, Republic of Korea — Four Marines rescued a Korean from a burning building after a fire broke out March 8 in Pohang, Republic of Korea.

Lance Cpls. James T. Simon, Jace A. Pido, Zachary W. Regan and Tyler J. Vermillion, all members of Company B, 1st Battalion, 3rd Marine Regiment, were on liberty in Pohang when the fire started.

“There were several people panicking in the streets and on the balconies of some of the buildings, and we realized there weren’t any emergency personnel in the area yet,” said Simon, a mortarman with the company, which is deployed to the Republic of Korea for Korean Marine Exchange Program 13-3, a routine training exercise between U.S. and ROK Marines. “When we saw how big the fire was, we knew we had to help out however possible.”

The Marines began going door-to-door, asking people if they needed see **POHANG** pg 5

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NEW OBSTACLE COURSE

Marines construct new obstacle course on Camp Courtney to challenge physical abilities.

PG. 4



EMERGENCY ROOM SERVICES

Effective March 16 at 7 a.m., emergency room services will be available only at the new USNH Okinawa location on Camp Foster. For more information, call 646-7315.

Eating right, living well

Nutrition, balanced diet promotes healthy lifestyle

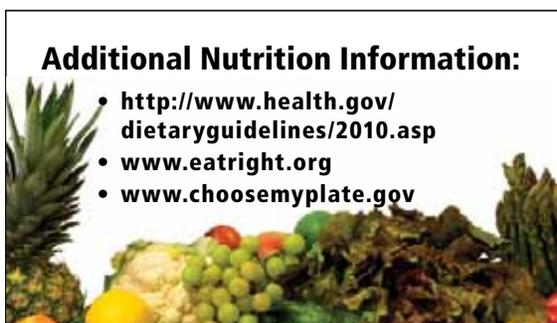
Kimberly Beard

National Nutrition Month is an annual education and information campaign held in March by the Academy of Nutrition and Dietetics to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. This year's theme, "Eat Right, Your Way, Every Day," encourages personalized healthy eating habits and recognizes that food preferences, lifestyles, cultural and ethnic traditions, and health concerns all impact individual food choices.

The late Thomas Edison, a famous inventor and businessman, brilliantly predicted that, "The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition."

We know that to maintain a healthy weight, ward-off disease, and live a longer, happier life, there must be a balance between food and physical activity. All too often, however, we live under the false assumption that working out allows us to eat whatever and whenever we please. In the end, countless hours in the gym can't make up for an atrocious diet.

The U.S. Department of Health and Human Services' "2010 Dietary Guidelines for Americans," offers a practical roadmap to help make changes in your eating plan to improve your health. The guidelines are issued



jointly every five years by the Department of Agriculture and Department of Health and Human Services, and provide tips and information for promoting overall physical health through healthy eating habits.

The first step is to focus on balancing calories with physical activity and establishing an overall healthy eating pattern. This will put you on the road to achieving or maintaining a healthy weight and reducing the risk of developing diet-related chronic diseases. The next step is shifting eating patterns to eat more of some foods and less of others, allowing you to meet the recommendations while staying within your caloric needs.

The Dietary Guidelines encourage Americans to eat more:

- Whole Grains: Increase by choosing whole grain breads and cereals, brown rice and whole wheat pasta. Make at least half your grain servings whole grains.

- Vegetables: Eat a variety, especially dark-green, red and orange vegetables, plus beans and peas. Most adults need 2 1/2 cups of vegetables per day.
- Fruits: Add fruit to meals and snacks — fresh, frozen or canned — to get about two cups each day.
- Low-fat or fat-free milk, yogurt and cheese or fortified soy beverages: Include three cups per day for calcium, vitamin D, protein and potassium. Lactose-free milk is also an option.
- Vegetable oils such as canola, corn, olive, peanut and soybean: These are high in monounsaturated and polyunsaturated fats. Use in moderate amounts in place of solid fats.
- Seafood: Include a variety of seafood more often in place of meat or poultry.

More than one-third of all calories consumed by Americans are solid fats and added sugars.

The guidelines recommend eating less:

- Added sugars
- Solid fats, including trans fats
- Refined grains
- Sodium

For additional healthy lifestyle information, or to schedule a nutrition class or consultation, contact MCCS Health Promotion at 645-3910.

Beard is the program manager for Health Promotion, Marine Corps Community Services.

AROUND THE CORPS



Marines connect a cargo load to the underside of a CH-53E Super Stallion helicopter during external-lift training Feb. 28 at Marine Corps Air Station Miramar, Calif. The training prepared Marines and pilots to expeditiously transport cargo. The Marines are landing support specialists with Marine Heavy Helicopter Squadron 466, Marine Aircraft Group 16, 3rd Marine Aircraft Wing, I Marine Expeditionary Force. *Photo by Cpl. Melissa Wenger*

Marines prepare to load an M1A1 Abrams tank into a landing craft March 1 at Onslow Beach, Camp Lejeune, N.C. The Marines practiced loading and unloading tanks from the craft with the help of sailors to maintain their skills as an amphibious force in readiness. The Marines and tanks are with Company A, 2nd Tank Battalion, 2nd Marine Division, II Marine Expeditionary Force. The sailors are with Naval Beach Party Team 3, Beach Master Unit Two. *Photo by Cpl. Ed Galo*



OKINAWA MARINE

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CENTRAL BUREAU
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NORTHERN BUREAU
Camp Hansen
DSN 623-7229

SOUTHERN BUREAU
Camp Kinser
DSN 637-1092

The Green Line upgrades services

Compiled by Okinawa Marine Staff

CAMP FOSTER — Marine Corps Installations Pacific recently implemented an enrichment plan to The Green Line bus program March 1 to reduce costs, and free up buses and drivers for short-notice mission support requirements without impacting routine schedules.

The Green Line enrichment plan includes several initiatives designed to improve efficiencies and customer service across a broad spectrum while reducing operating costs and promoting fleet sustainment, according to Gary M. Snyder, deputy assistant chief of staff, G-4, supply and logistics, MCIPAC.

“The enrichment plan has been carefully crafted based on a comprehensive review of The Green Line’s operations and is data based,” said Snyder. “The plan also takes into account rider, route and scheduling desires acquired from the commanding general’s quality-of-life councils, customer evaluations, single Marine program and town hall meetings, and email feedback to garrison mobile equipment and The Green Line’s organizational mailbox.”

The Green Line combined its two northern express routes into a single route. Express buses at Camps Schwab, Hansen, Courtney and Kinser now shuttle riders throughout the camps. This combined intercamp and intracamp shuttle service replaces the previous intracamp shuttle bus aboard each of these camps, according to Master Gunnery

Sgt. Saintclare L. Simpson, fleet manager, GME, G-4, supply and logistics, MCIPAC.

“This plan provides GME with greater managerial tools that will support Marines and sailors,” said Simpson. “Adjusting to the new schedule may cause some friction. However, I am confident the benefits will outweigh any inconvenience.”

According to Snyder, the plan addresses issues brought up through meetings and feedback, such as providing an everyday service to the commissary and upper work area at Camp Courtney and connecting services between Camp Courtney and Camps Hansen and Schwab.

A surge-lift capability is also included in the plan, which will allow for an extra bus to be dispatched from Camps Foster or Hansen by a standby emergency relief driver when an excess of passengers is at a bus stop and cannot fit on the scheduled bus as determined by the on-scene driver and GME duty foreman.

All aspects of the enrichment plan are designed with Marines in mind, according to Sgt. Maj. Patrick L. Kimble, the sergeant major for MCIPAC.

“The Green Line is a great service which must be cared for and treated with respect,” said Kimble. “By reacting to feedback and demand with this plan, MCIPAC is showing its continued commitment to the quality of life of its service members.”

For more information and a full schedule, visit www.mcipac.marines.mil/MCIPAC/CampButler/Resources/TheGreenLine.aspx.

Significant changes

- The #2 and #4 buses combined, forming the #2/4 route, which runs from Camps Foster to Schwab via Camps Courtney and Hansen. This provides continual service to the Camp Courtney Commissary, along with weekend and holiday connections to the #4-T Taiyo Golf Course shuttle.
- The #8 Camp Foster to Camp Lester and back to Foster route now only operates from the Stillwell Drive bus stop, which is across the street from the III MEF Band building.
- The #44 Foster intrashuttle eliminated its current “up-down” routing to focus on connecting to the new U.S. Naval Hospital Okinawa facility on Camp Foster and to other critical areas aboard Foster, to include building 1. Connection to the #44 bus from outer camps is at the Camp Foster concession mall bus stop.
- Intracamp shuttles have been replaced by the express bus #2/4 route for Camps Schwab, Hansen and Courtney, while the #6 route provides intrashuttle service on Camp Kinser.

mcipac.marines.mil/MCIPAC/CampButler/Resources/TheGreenLine.aspx

BRIEFS

APPLE APP STORE OFFERING UNSANCTIONED THRIFT SAVINGS PLAN APPLICATION

A free iPhone application currently being offered through the Apple App store, TSP Funds, asks Thrift Savings Plan participants for their account login information. This application is not sanctioned through TSP, and TSP does not recommend using this application to access your TSP account.

Providing log-in information through the application could result in a security risk to your account.

For more information, visit www.tsp.gov.

ENGLISH BULLDOG TRAVEL ALERT

American, United and Delta Airlines are not accepting English Bulldogs, Olde English Bulldogs or mixes of this breed that are older than six months and/or weigh more than 20 pounds. This restriction is effective immediately.

Options for the movement of these pets are limited and/or not reimbursable.

- **Air Mobility Command:** There are currently no bulldog restrictions when using AMC flights. However, all allocated pet spaces are currently full and the next available period for AMC pet travel is July 1.
- **Third-Party Forwarder:** Pet owner coordinates and funds. Individuals should check with their local kennels for a listing of third-party forwarders.
- **Foreign Flag Carrier:** This option is considered out-of-pocket leisure travel. For more details, call 645-2266.

VOLUNTEERS NEEDED FOR OKINAWA DISTRICT SCIENCE FAIR MARCH 25-26

Volunteers are needed to set up, judge and disassemble at the 2013 Okinawa District science fair March 25-26.

The fair is scheduled for 7:30 a.m. to 2:30 p.m. at the Camp Foster Community Center. Lunch will be provided. Wear business attire or uniform of the day.

To sign up or for more information, send an email to michelle.alexander@pac.dodea.edu.

BUSHIDO MUD RUN CHALLENGE

The Bushido Mud Run will be held March 30. Check-in time is 8 a.m., and race begins at 10 a.m.

The 10 km course will challenge participants’ physical and mental endurance.

For more information, call the single Marine program at 645-3681.

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.

Spouses learn self-defense techniques



Staff Sgt. Ryan J. Ward, and Rowena Untalasco practice techniques during a self-defense course March 6 at the Ironworks Gym at Camp Courtney. The course focused on teaching basic defense techniques for use against larger or stronger attackers and was held in response to feedback from Marine spouses who attended 9th Engineer Support Battalion’s recent Jane Wayne Day. The Marine Corps martial arts program training piqued the interest of the spouses. Ward is a career planner with 9th ESB, 3rd Marine Logistics Group, III Marine Expeditionary Force. Untalasco is a Marine spouse. Photo by Cpl. Mark W. Stroud

Engineers build obstacle course on Camp Courtney

Lance Cpl. Donald T. Peterson

OKINAWA MARINE STAFF

CAMP COURTNEY — Marines with 9th Engineer Support Battalion have been constructing a new obstacle course since Jan. 28 at Camp Courtney to replace a course that had become unserviceable after years of use and exposure to the elements.

The course is slated to be completed end of March, with a dedication ceremony scheduled to follow.

“The camp commander requested to have a new obstacle course built on Camp Courtney,” said 1st Lt. Matthew C. Librizzi, a combat engineer officer with 9th ESB, 3rd Marine Logistics Group, III Marine Expeditionary Force. “So we stepped up. We believed it would be good training for the Marines, as well as beneficial for the camp.”

The construction of the obstacle course provided a challenge for the Marines.

“There are a lot of variables you have to take into consideration when building an obstacle course,” said Librizzi. “Each obstacle has to be a certain distance away from the others to be considered safe and usable by Marines. If these requirements are not met, the base safety office can deem it unsafe, and Marines will not be allowed to use it.”

The Marines spent a week preparing the site to ensure it was safe for construction and the eventual use of the course.

“We had to cut off the top of a hill, as well as remove part of a sidewalk, so we could grade the ground, and level it out for the course,” said Librizzi. “The course has to be level to ensure the safety of the Marines.”

A safe and properly constructed obstacle course provides the camp with a unique training area.

The obstacle course is designed to challenge and build cohesion among Marines, according to Cpl. Welid J. Said, a combat engineer with the battalion.

“We’ve had several Marines stop by and ask if we are building an obstacle course,” Said explained. “You could tell how excited they were. Little things like this really help boost the morale of Marines.”

The obstacle course also benefited the Marines constructing it, providing a chance to gain construction experience and refresh their skill-set.

“We’re getting time to use equipment that we don’t get to work with a lot, like chainsaws for log cutting, which is a good refresher for us,” Said continued.

Once the construction of the obstacle course is complete, Camp Courtney’s installation safety office will reinspect the course to ensure all obstacles are safe and have appropriate distances between them. Once the course passes all inspections, it will be open to the Marines of Camp Courtney to be used as long as a corpsman is present.



Combat engineers install support beams Feb. 28 during the construction of a new obstacle course at Camp Courtney. The Marines are constructing the course to replace an old course that had become unserviceable after years of use and exposure to the elements. 9th ESB is part of 3rd Marine Logistics Group, III Marine Expeditionary Force. Photo by Lance Cpl. Donald T. Peterson

Corps seeks to retain Marines, encourages re-enlistments

Cpl. Matthew Manning

OKINAWA MARINE STAFF

CAMP FOSTER — When Marines near their end of active service date and begin contemplating re-enlistment, there are many concerns that need to be addressed before an informed decision can be made.

Force drawdowns and cutbacks have increased the number of factors influencing a Marine’s decision.

Career planners are available to help Marines address these questions and make informed decisions during what can be an extremely stressful process of making a life-altering decision.

For those Marines who do choose to remain in the ranks, unit retention specialists are available with up-to-date information and clear answers.

“No Marine will be denied the opportunity to submit a re-enlistment package,” said Gunnery Sgt. Chris A. Pool, career planner for Combat Logistics Regiment 3, 3rd Marine Logistics Group, III Marine Expeditionary Force. “The Marine Corps is still looking to retain knowledgeable and experienced Marines and is continuing to offer opportunities and benefits to those who choose to continue serving.”

Choosing to re-enlist not only benefits the Marine re-enlisting, but the Marine Corps as a whole, according to Sgt. Pedro S. Obando, career planner for Headquarters and Service Battalion,

Marine Corps Base Camp Smedley D. Butler, Marine Corps Installations Pacific.

“Opportunities are still available for re-enlistment. It is essential to retain the knowledge and experience we have from Marines who have served through the years,” said Obando. “Retaining these experienced Marines will actually be more cost efficient than recruiting and training new Marines.”

One of the common factors influencing a Marine’s decision to re-enlist is the availability of promotion opportunities, according to Master Sgt. Marcus L. Cook, career planner for MCIPAC.

“March 1 is the first time since May 2012 that infantry (riflemen) corporals have been promoted to sergeant via the normal cutting score,” said Cook. “This year, Headquarters Marine Corps is making every effort possible to ensure all Marines have the opportunity to be promoted. Not everyone will be promoted, but previously closed doors will be open.”

Another common misconception career planners are battling is the thought that Marines who are not in the top tier will be less likely to be selected for promotion and re-enlistment, according to Cook.

“For first-term Marines looking to re-enlist, we go off of the tier system,” said Cook. “Not every Marine is going to be in tier one, some may be tier two or tier three, but this does not mean they are ineligible for re-enlistments or promotions.”

There is no cost to submit a re-enlistment package, and if approved, the Marine can still decide not to re-enlist, according to Pool.

“Submitting a re-enlistment package opens avenues for everyone,” said Pool. “Everyone should have multiple plans in place. Submitting a package, regardless of the outcome of the package, gives Marines the opportunity to transition from one plan to another.”

Although it shouldn’t be the only reason to re-enlist, some Marines have been discouraged from re-enlisting due to the misconception there is a lack of re-enlistment bonuses, according to Obando.

“Select military occupational specialties still offer re-enlistment bonuses,” said Obando. “There are also opportunities for first-term Marines to lateral move to a different MOS or serve in a special duty assignment, such as Marine security guard or recruiting duty.”

Ultimately, there are still options available for Marines contemplating re-enlistment. To find out more, Marines can meet with their career planners.

“The Marine Corps is not out to use and then discard you,” said Cook. “We like to take care of our Marines in every way possible. We do not want Marines to get discouraged thinking they will never be promoted or are ineligible for re-enlistment. Through all the drawdowns and cuts being made, we are trying to shape this fighting force and make sure it is the right force that our country needs.”

Active-duty fund drive begins

Brig. Gen. Craig Q. Timberlake speaks to Marine Corps Installations Pacific and III Marine Expeditionary Force leaders about the annual active-duty fund drive in support of the Navy-Marine Corps Relief Society during the drive's kick-off breakfast March 7 at the Ocean Breeze on Camp Foster. The fund drive began March 8 and will last until April 5, with the goal of making it easy for Marines and sailors to donate money for fellow service members in financial need. NMCRS uses donations to provide services such as interest-free loans, grants, scholarships and financial counseling to Marines, sailors and their families. Timberlake is the commanding general of 3rd Marine Expeditionary Brigade and deputy commanding general of III Marine Expeditionary Force.

Photo by Lance Cpl. David N. Hersey



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any assistance. They came across an elderly woman who was clearly in distress but could not speak English, so they found a local resident who could speak English and had him translate, according to Regan, an infantry assaultman with the company.

"The translator relayed to us that the woman's husband was stuck in a building that was on fire nearby and that he could not walk," said Regan. "We could see from the outside that the building's roof was on fire, so we went inside with the man who translated for us to go find the woman's husband."

When the Marines entered the man's residence,

they found him on the ground and in shock, unable to move, according to Pido, an infantry assaultman with the company.

"He appeared to be very frail, but we knew we had to get him out of there before the fire spread downstairs," said Pido. "So, we carefully got him out and reunited him with his wife."

Once the couple was back together and safe, the Marines continued to canvas the area for anyone else in need of assistance as emergency personnel arrived, according to Vermillion, also an infantry assaultman with the company.

"Eventually, everyone was told to clear the area because the fire and smoke were too great," said Vermillion. "We

helped make sure everyone got away alright."

The Marines' actions reflected greatly on their character, according to Capt. Christopher M. Frey, the commanding officer of Company B, which is currently assigned to 4th Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force, under the unit deployment program.

"This is just a reminder of how truly blessed we are to work with such high-caliber individuals when it comes to doing the right thing for the right reasons," said Frey. "It's an honor to serve with these Marines, and their selfless actions are typical of what everyone expects of Marines around the world every day."

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Marine sergeant and veteran of the battle.

"This ceremony has been a wonderful experience, to return to where we once fought, now as allies and partners in peace," said Schott.

Approximately 30,000 Japanese and American service members lost their lives during the 36-day battle that took place 68 years ago, a battle which has been transformed in the minds of Marines to mean much more, according to Gen. John M. Paxton Jr., the assistant commandant of the Marine Corps.

"The Battle of Iwo Jima has become central to the history of the Marine Corps," said Paxton. "For Marines, this battle long ago transcended the physical realm and became part of our ethos."

Marines and Japanese service members fought hard during the arduous battle, and their reputation lives on to this day.

"I had an opportunity to watch young

Marines earn the title 'The Greatest Generation,' and they truly earned it," said Snowden.

"They fought tenaciously and had no lack of courage, lots of determination, and a willingness to do whatever was needed because they were not going to fail."

The reunion ceremony centered around a granite plaque presented by veterans during the 40th anniversary of the battle. The English translation faces the beach where the U.S. forces landed, while the Japanese translation faces inland where Japanese troops defended their position. It reads:

"On the 40th anniversary of the Battle of Iwo Jima, American and Japanese veterans met again on these same sands, this time in peace and friendship. We commemorate our comrades, living and dead, who fought here with bravery and honor, and we pray together that our sacrifices on Iwo Jima will always be remembered and never repeated."

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and distribution of basic necessities to residents. After two weeks of work, the Marines departed the island having formed a relationship that continues to grow two years later.

The ongoing relationship between the citizens and the Marines grew with the development of an annual youth cultural exchange program, which has brought children from Oshima Island to Okinawa for visits with military members and their families.

The events at Kesennuma City and Oshima Island gave some of the Oshima families and Marines another opportunity to visit with their counterparts from the exchange program. For many of the band members who performed in the ceremonies, this was their second visit to Oshima since the earthquake and tsunami.

"With the exchange program and visits that have been sponsored for the children of Oshima, as well as the participation of the band in events such as Kesennuma's port festival last summer, we are glad the Marines are able to return every year," said Shigeru Sugawara.

In addition to the exchange program, Oshima officials are involved in disaster planning and cooperation with the Marine Corps as part of the relationship started during relief efforts in 2011.

"There have been many positive results of the two-year relationship between Oshima and Kesennuma City and the Marines of Okinawa," said Robert Eldridge, the deputy assistant chief of staff, G-7, government and external affairs, Marine Corps Installations Pacific. "Today's memorials reflect the strong bond between the communities as we remember the past and move toward a brighter and stronger future."

Marines attended a memorial ceremony in Kesennuma City, which included key note speakers, floral presentations and a moment of silence at 2:46 p.m., the time the earthquake occurred two years ago.

The anniversary events brought Japanese citizens and Marines together again to remember the work done immediately after the disaster two years ago while celebrating recovery efforts since then, according to Maj. Gen. Peter J. Talleri, the commanding general of MCIPAC.

"Two years have passed since that great tragedy," said Talleri. "The progress the island and the region have made is remarkable and tangible. In this, Oshima has embodied the Marine Corps' core values — honor, courage and commitment. We understand there is still much work to be done. We pray for your continued health and recovery during these difficult times and want you to know we will be with you every step of the way."

In the evening, local residents and officials from Kesennuma City and Oshima Island joined members of the III MEF Band for another ceremony at Oshima Elementary School.

Japanese performer Haruna Kinoshita joined the III MEF Band and sang while it performed "Amazing Grace." Elementary school students joined Kinoshita and the band for a final memorial song.

The music gave everyone an opportunity to cherish the moments shared by the Japanese citizens and Marines in times when it mattered most, according to Hironobu Sugawara, a Kesennuma City assembly member from Oshima Island.

"The band's performance is a continuation of the relationship we have built since Operation Tomodachi," said Hironobu Sugawara. "It is very important to us to have the III Marine Expeditionary Force Band perform tonight."

Japanese residents and Marines were able to further strengthen the relationship that began two years ago through the memorial ceremonies, according to Shigeru Sugawara.

"The personal attention and emotional care that has been given to the survivors of the disaster has been very inspiring," said Shigeru Sugawara. "Everyone gets involved in the relief efforts, so it becomes a community effort that we can see in the relationship the Marines have developed with Oshima. We understand the importance of the U.S. and Japan alliance. The Marines were able to help us, and we are very grateful for that."

Marines participate in festivities



An Umatac resident, left, tries on Cpl. Dustin L. Keser's flak jacket March 9 in Umatac, Guam, during Discovery Day festivities celebrating Guam's discovery 492 years ago by Ferdinand Magellan. Marines participating in Exercise Guahan Shield marched in the festival's parade and provided static displays of Marine Corps vehicles, weapons systems and equipment for residents to view. Photo by Lance Cpl. Pete Sanders

Capt. Justin Jacobs
OKINAWA MARINE STAFF

Marines and sailors engaged with community leaders and residents during Discovery Day festivities March 9 in Umatac, Guam, during Exercise Guahan Shield.

This year's Discovery Day Festival took place the first two weekends in March and provided residents and visitors a chance to take part in festivities, such as coconut husking, a spear-fishing challenge, cultural games, local artisan exhibits and modern dance performances.

"Umatac has been hosting this event since the 1960s, and to be able to reinvigorate the community, bring in our local artisans and entertainers, as well as the military, is really something we truly appreciate," said Vera Topasna, vice chair of the Umatac Planning Council.

Marines regularly conduct and take part in community relations activities and engagements while participating in training exercises. However, Guahan Shield offers the unique experience for those types of events on U.S. soil, something unique for Marines deployed



1st Lt. Dallas W. Beaty, right, plays basketball during Discovery Day festivities March 9 with children from Umatac, Guam. Beaty is an infantry officer with 3rd Battalion, 6th Marine Regiment, currently assigned to 4th Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force, under the unit deployment program. Photo by Lance Cpl. Jeraco Jenkins

ies on Guam

throughout the Asia-Pacific region.

Community relations events are a very important part of any exercise, according to Maj. Rob Thomas, officer in charge of the forward command element for Guahan Shield. Engaging with community leaders and residents allows a foundation to be built between military units and the communities, and relationships to be developed that typically last throughout the exercise and for many years to come.

Discovery Day provided the perfect opportunity.

About 300 Marines and sailors are participating in Exercise Guahan Shield, which is designed to facilitate multiservice engagements, set conditions for bilateral training opportunities, and support rapid response to potential crises and contingency operations throughout the Asia-Pacific region. The service members are formed under the unique unit designation of Combat Logistics Detachment 39, which is comprised of elements of Company L, 3rd Battalion, 6th Marine Regiment; and 9th Engineer Support Battalion, 3rd Marine Logistics Group, III Marine Expeditionary Force. Company L is serving under the unit deployment program.

Several Umatac residents are prior or retired Marines, and having the Marines with Guahan Shield present for the festivities was extra special, according to Topasna, who is also the wife of a retired Marine.

While the primary purpose of an exercise is training and readiness, the Marine Corps is committed to building relationships and maintaining and improving its relationship with local communities through community relations events, according to Thomas.

“Taking a break during training commitments for an event like this is an integral part of the exercise package,” said Thomas. “The importance of community engagements and being a good neighbor in and out of uniform are important ideals the Marine Corps hopes to instill in every Marine.”



Marines march during Discovery Day festivities March 9 in the village of Umatac, Guam. The Marines are participating in Exercise Guahan Shield, which is designed to facilitate community relations, multiservice engagement and provide potential response to crises and contingency operations in the Asia-Pacific region.

Photo by Lance Cpl. Jeraco Jenkins



Marines show residents a 60 mm mortar system and an M240B medium machine gun March 9 during Discovery Day festivities in the village of Umatac, Guam. The festivities provided an opportunity for Marines on Guam participating in Exercise Guahan Shield to interact with the local community.

Photo by Lance Cpl. Pete Sanders

Marines, dogs practice lifesaving

Lance Cpl. Jose D. Lujano

OKINAWA MARINE STAFF

Communication can be a challenge in a combat environment, as gunfire, smoke, shouting and rapid movement can lead to challenges between members of a team. It becomes more of a challenge when one of the team members can only bark and motion.

Military working dog handlers with 3rd Law Enforcement Battalion trained with their dogs to complete a combat lifesaver course at the Tactical Medical Simulation Center March 6 at Camp Hansen.

Marines with the battalion, which is part of III Marine Expeditionary Force Headquarters Group, III MEF, attended the CLS course before being tested on their ability to apply what they learned in simulated battlefield conditions.

"We have worked with Law Enforcement Battalion before, but this was the first time military working dogs were part of a team during the final assessment," said Joseph S. Groves, the chief instructor at the simulation center.

The CLS course is designed for service members to learn how to treat casualties on and off the battlefield.

"The first two days are instructional through presentations and hands-on practical application," said Groves. "On the final day, the students (complete) individual assessments and team assessments."

The Marines learned how to combat the major causes of fatalities during the course.

The three major preventable battlefield injuries responsible for taking lives are massive bleeding, obstruction of the airways and penetrating chest wounds, according to Cpl. Joshua C. McFarland, a military working dog handler with the battalion.

"The course's goal is to diminish and eliminate preventable deaths," said McFarland. "We cannot expect that our highly trained corpsman will always be present at the right time and place when we need casualty care, so it is important to learn these skills at the individual level."

The Marines also learned how to assess the seriousness of injuries during the course, allowing them to identify and prioritize the most serious injuries for treatment, according to McFarland.

Once the classroom instruction was complete, the Marines moved on to practical application training with their military working dogs.

The dog and its handler are a team, and putting them into a simulated combat scenario prepares them to provide lifesaving actions in the worst of conditions, according to Sgt. Austin T. French, a military working dog handler with the battalion.

"We had to remember our training and apply it to this scenario," said French. "I anticipate combat would be similar to this training."

The simulated battlefield conditions were designed to expose the Marines and their dogs to high levels of stress and uncertainty. The training occurred in dark and smoky rooms, where communication was hindered by simulated gunfire and shouting, according to French.

"It's important to save lives," said French. "This training allows us to keep our wits in battle, and it gets our dogs familiar with an environment where lots of distractors are present, teaching them to keep calm and ready despite what is going on around them."

The training set the Marines up for success for a variety of situations and made each dog handler and their dog a stronger team, according to French.



Satsuki Fraling, left, and Marines perform groundskeeping at the Lt. Gen. Simon B. Buckner Jr. Memorial March 9 near Itoman City, Okinawa. The Marines were part of a single Marine program delegation that volunteered to help with the annual cleanup of the memorial, which began in 2007. The Marines are aviation supply specialists with Marine Aviation Logistics Squadron 36, Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force. Fraling is the SMP coordinator for Marine Corps Air Station Futenma and Camp Kinser. Photo by Lance Cpl. Nicholas S. Ranum

Buckner Memorial honored

Lance Cpl. Nicholas S. Ranum

OKINAWA MARINE STAFF

One of the deadliest battles in American history took place over the course of three months in 1945 — the Battle of Okinawa. The battle claimed 240,000 casualties, including the highest-ranking American casualty of World War II, U.S. Army Lt. Gen. Simon B. Buckner Jr.

Buckner was the commanding general of the U.S. 10th Army during the campaign on Okinawa and the senior U.S. officer during the battle. He was killed four days before the cessation of hostilities on island.

In the years following his death, a memorial was built and dedicated to Buckner near Itoman City in southern Okinawa, where he was killed.

More than 62 years after Buckner's death, Takeshi Kinjo, an Eagle Scout who lives in Itoman City, developed a special interest in the memorial and acted on it.

"My son, Takeshi Kinjo, started this as an Eagle Scout project in 2007," said Yoshitsugu Kinjo, Takeshi's father. "He saw that it was not taken care of and decided to start taking care of it."

Takeshi, with the help of his family, worked with the U.S. Consulate in Naha, Okinawa, to partner with the Marine Corps and Army to care for the site.

The cleanup, which was meant to be a one-time event, evolved into an annual tradition, with both Marine Corps and Army service members working with volunteers from Itoman City to ensure the memorial is well taken care of.

"We have been doing this for the past few years," said Army Sgt. Maj. Kevin P. Nolan, the command sergeant major of U.S. Army Garrison Torii Station, March 9 at the most recent cleanup. "Coming out here and cleaning up the memorial not only gives (the soldiers) a chance to give back to the community, but also lets them learn about their history and where they came from."

Buckner was killed June 18, 1945, when

he moved to an elevated forward observation post to observe part of the battle. Not long after, artillery from the Imperial Japanese Army hit his position.

"I have tremendous respect for those who came before us," said Lance Cpl. Carlos Perezardilla, an aviation supply specialist with Marine Aviation Logistics Squadron 36, Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force. "Everything we have is because of them. Cleaning a memorial in remembrance of one of our predecessors is a great honor."

During the cleanup, U.S. service members worked alongside the event organizers.

"We want to continue this cleanup annually," said Yoshitsugu Kinjo. "With the help of U.S. forces, it is easy to maintain, and we learn things from each other."

Taking care of the memorial teaches the Marines and soldiers about the history of Buckner and the Battle of Okinawa.

"I was unaware that there was a memorial out here," said Perezardilla. "It is pretty great that it is maintained and that there is memorial in the exact place Buckner fell. I am glad to be a part of something that helps the U.S. and Okinawa relationship."

Along with the annual cleanup, other improvements have been added so visitors feel a sense of what so many died for during the Battle of Okinawa — peace.

"My son heard of the cherry blossom festival in Washington, D.C., along the Potomac River, and wanted something similar," said Yoshitsugu Kinjo. "We started planting (cherry) trees in 2007 and have been planting seven trees a year, along with smaller flowers. Once everything grows in, it will look beautiful. When people come to this memorial, I hope they will cherish the peace they now have."

Maintaining the memorial site allows U.S. service members to honor their heritage and maintain the traditions and values Buckner fought to defend.

"Doing something like this gives purpose to the young men and women," said Nolan. "If you forget where you came from, then you can forget where you are going."

Japan, US service members break barriers

Lance Cpl. Anne K. Henry

OKINAWA MARINE STAFF

Japanese and English words and phrases meshed together as Japan Ground Self-Defense Force members and U.S. Marines and sailors spent time learning about one another's language and culture.

Service members with the JGSDF's 15th Brigade and 3rd Marine Logistics Group interacted March 7 at Camp Naha and March 8 at Camp Kinser during a cultural exchange.

The event had many purposes, but the most important was to provide an opportunity for the service members to teach each other English and Japanese while simultaneously developing cultural awareness and building lasting relationships, according to JGSDF Sgt. 1st Class Sho Furusada, the liaison noncommissioned officer with the 15th Brigade Headquarters, 15th Brigade, Western Army, JGSDF.

"Every unit needs people who are fluent in English and are able to remove language barriers," said Furusada. "This also helps improve our training environment in Okinawa with U.S. forces."

The two-day program began



Japan Ground Self-Defense Force members and U.S. Marines and sailors teach each other English and Japanese languages during a cultural exchange event March 7 at Camp Naha. The two-day event, which was conducted at both Camp Naha and Camp Kinser, was designed to allow U.S. and JGSDF service members to practice basic English and Japanese language skills and develop cultural awareness. Photo by Lance Cpl. Anne K. Henry

at Camp Naha, where Marines and sailors partnered with JGSDF members for English and Japanese interactive learning games.

"Since it is fairly new to me, I find speaking English to sometimes be difficult and somewhat frustrating," said JGSDF Cpl. Yuta Nakazawa, a maintenance specialist with Maintenance Corps, 15th Brigade. "However, working with the Marines and sailors is fun and makes learning more interesting for me."

After the classes, the JGSDF

members gave the Marines and sailors a tour of the historical display at Camp Naha, providing the U.S. service members a different perspective on Japanese military history.

"I really enjoyed seeing the Battle of Okinawa from their perspective," said Cpl. Hector Moraromero, a supply administration specialist with Combat Logistics Regiment 35, 3rd MLG, III Marine Expeditionary Force. "It made me realize that our Marines shared many of the same experiences of their service members

when they fought in World War II."

The second portion of the exchange program took place at Camp Kinser the following day, where JGSDF and U.S. service members were given more opportunities to practice their language skills. The service members also received a guided tour of the camp's Battle of Okinawa historical display.

"I think this training and exchange was highly beneficial for both the JGSDF members, as well as for the Marines and sailors," said Navy Lt. Barrett Craig, the chaplain for 3rd Supply Battalion, CLR-35. "The participating JGSDF members and Marines got to develop a good working relationship and see that people sitting across from them have similar experiences and ways of thinking."

Service members from both countries agreed the training and bonding opportunities were valuable and worth continuing.

"I really enjoyed interacting and learning with the JGSDF members, who were very welcoming to us," said Moraromero. "I think that more Marines should be given this opportunity and would definitely like to see more training like this in the near future."

Combat Assault Battalion strengthens ties with nursery school

Cpl. Mark W. Stroud

OKINAWA MARINE STAFF

The students of Asunaro Nursery School got information, only instead of falling in by platoon, the children separated themselves into age groups. They then sang a perfect rendition of a Japanese song at a volume that would have made any drill instructor proud. With it, they greeted their American visitors.

Combat Assault Battalion Marines, sailors and family members taught English to students March 7 at Asunaro Nursery School in Nago, as part of an ongoing relationship between the school and the battalion.

The visit was the third since February and a continuation of the relationship between Camp Schwab Marines and the Asunaro Nursery School that dates back to 1998.

"Back in the late 1990s, there was a group of Marines from Camp Schwab with CAB's Ammo Company who would visit the school on a bimonthly, sometimes weekly basis, doing some of the same things we are doing now," said Navy Lt. Steven K. Mayfield, the chaplain for CAB, 3rd Marine Division, III Marine Expeditionary Force. "Due to operational commitments in the early 2000s, the Marines weren't able to visit as often, but now we are able to continue strengthening the relationship."

The Marines, sailors and family members taught students basic English phrases and words along with pronunciation during the visit.

"We were teaching them basic shapes, body parts, fruits and greetings in English," said Mayfield. "It allowed a native English speaker to talk to them and have them repeat the words clearly."

Popular children's games such as duck-duck-goose, musical chairs and scavenger hunts were adapted to test the students' knowledge of English and expand on the language lessons.

"They grasped English very fast. I was surprised by how quickly they learned," said Lance Cpl. Andrew R. Keba, a data network specialist with CAB. "The games really helped reinforce the lessons."

The games also provided an opportunity for the children to have fun with the Marines.

"I enjoyed the fruit-basket game the most," said Ibuki, a 5-year-old student at the school, referring to a modified game of musical chairs where students found seats based on English announcements identifying the students as which fruits they were assigned. "I definitely want the Americans to come back. It was very fun."

The visit helped the CAB Marines, sailors and family members integrate into the community and build personal relationships with their neighbors in Nago.

"The visit will allow the kids to see the Marines as individuals who they are able to have fun with," said Mayfield. "On the Marine side, it gives them a deeper appreciation for the community we live and work in."

"I think it is just incredible the positive response we have had from the teachers and the students every time we have gone out, as well as the response we've had from the Marines and the families who have been able to spend time with the students," added Mayfield.

Building a relationship with the students was particularly rewarding for one Marine.

"It provided a sense of being able to go out and do something good, something meaningful for



Students pile on Lance Cpl. Andrew R. Keba as he demonstrates how to low-crawl during a break in English lessons at Asunaro Nursery School March 7 in Nago. Keba is a data network specialist with Combat Assault Battalion, 3rd Marine Division, III Marine Expeditionary Force. Photo by Cpl. Mark W. Stroud

the community," said Keba. "I just enjoyed hanging out with some of the community members and being able to interact. It is nice to be able to make a positive impression."



Japan Ground Self-Defense Force members and Marines train on skis March 5 at the Hokkaido-Dai Maneuver Area in Hokkaido prefecture, Japan. "It is important to be proficient with skis when dealing with the terrain here in Hokkaido," said JGSDF Sgt. 1st Class Isami Komatsu, an infantryman and ski instructor with the 11th Infantry Regiment, 7th Armored Division, Northern Army, JGSDF. "I was happy to know the Marines could take the training they learned from us here and apply it in the future."

JGSDF members, Marines train on skis

Story and photos by Pfc. Kasey Peacock

OKINAWA MARINE STAFF

Encouraging cheers and laughter could be heard up and down the slopes as snow flew and bonds grew during ski training.

Japan Ground Self-Defense Force members and Marines concluded Exercise Forest Light 13-3 by spending a day maneuvering through fresh snow on skis March 5 at the Hokkaido-Dai Maneuver Area in Hokkaido prefecture, Japan.

Forest Light is a semiannual, bilateral training exercise that enhances the partnership between the U.S. and Japan, increases interoperability of forces, and improves individual and unit-level skills.

The training began with JGSDF personnel instructing Marines on how to use ski equipment, maneuvering, and techniques for stopping. After the period of instruction, the service members headed to the slopes.

"I enjoyed watching the Marines have a good time during the ski training," said JGSDF Sgt. 1st Class Isami Komatsu, an infantryman and ski instructor with the 11th Infantry Regiment, 7th Armored Division, Northern Army, JGSDF. "It is important to be proficient with skis when dealing with the terrain here in Hokkaido. I was happy to know the Marines could take the training they learned from us here and apply it in the future."

The training provided a great opportunity for both forces to get to know each other on a personal level, according to Cpl. Charles R. Fishel, an intelligence specialist with 3rd Battalion, 6th Marine Regiment,



Japan Ground Self-Defense Force members show Marines how to fall properly during ski training March 5 at the Hokkaido-Dai Maneuver Area in Hokkaido prefecture, Japan. The training was a part of Exercise Forest Light 13-3, a semiannual, bilateral training exercise that enhances the partnership between the U.S. and Japan, increases interoperability of forces, and improves individual and unit-level skills.

which is currently assigned to 4th Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force, under the unit deployment program.

"Maneuvering in skis is much harder than it looks," said Fishel. "I was impressed with the talent displayed by the JGSDF during the training and was able to learn a lot."

Both forces ended the training with a race to see how the Marines progressed throughout the day, as few had trained with skis

prior to the exercise, according to 2nd Lt. Dominique R. Thomas, a weapons platoon commander with the battalion.

"It was clear that both countries were enjoying themselves during the training," said Thomas. "This was a chance for the Marines to show a different side of themselves. It showed that we are more than just warfighters. We have built long-lasting friendships and working relationships throughout the exercise."

In Theaters Now

MARCH 15-21

FOSTER

TODAY Oz the Great and Powerful (PG), 6 p.m.; Jack the Giant Slayer (PG13), 9:30 p.m.
SATURDAY Oz the Great and Powerful (PG), noon; Jack the Giant Slayer (PG13), 3:30 and 7:30 p.m.; Dead Man Down (R), 10 p.m.
SUNDAY Oz the Great and Powerful (PG), 1 and 4:30 p.m.; Jack the Giant Slayer (PG13), 8 p.m.
MONDAY Jack the Giant Slayer (PG13), 7 p.m.
TUESDAY Oz the Great and Powerful (PG), 7 p.m.
WEDNESDAY Oz the Great and Powerful (PG), 7 p.m.
THURSDAY Jack the Giant Slayer (PG13), 7 p.m.

KADENA

TODAY Closed
SATURDAY Oz the Great and Powerful (PG), noon and 4 p.m.; Dead Man Down (R), 8 p.m.
SUNDAY Oz the Great and Powerful (PG), noon; Jack the Giant Slayer (PG13), 4 p.m.; Dead Man Down (R), 8 p.m.
MONDAY Oz the Great and Powerful (PG), 7 p.m.
TUESDAY Jack the Giant Slayer (PG13), 7 p.m.
WEDNESDAY Mama (PG13), 7 p.m.
THURSDAY Dead Man Down (R), 7 p.m.

COURTNEY

TODAY-SATURDAY Closed
SUNDAY Beautiful Creatures (PG13), 2 and 6 p.m.
MONDAY A Good Day to Die Hard (R), 7 p.m.
TUESDAY Closed
WEDNESDAY Special Matinee Movie, 11 a.m.; Les Miserables (PG13), 6 p.m.
THURSDAY Closed

FUTENMA

TODAY-THURSDAY Closed

KINSER

TODAY-TUESDAY Closed
WEDNESDAY Oz the Great and Powerful (PG), 3 p.m.; Jack the Giant Slayer (PG13), 6:30 p.m.
THURSDAY Dead Man Down (R), 6:30 p.m.

SCHWAB

TODAY Snitch (PG13), 6 and 9 p.m.
SATURDAY Gangster Squad (R), 6 and 9 p.m.
SUNDAY Rise of the Guardians (PG), 6 and 9 p.m.
MONDAY-THURSDAY Closed

HANSEN

TODAY-SUNDAY Closed
MONDAY Jack the Giant Slayer (PG13), 6 and 9 p.m.
TUESDAY Jack the Giant Slayer (PG13), 7 p.m.
WEDNESDAY Dead Man Down (R), 7 p.m.
THURSDAY Dead Man Down (R), 7 p.m.

THEATER DIRECTORY

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

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



SINGLE MARINE PROGRAM EVENTS

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

SMP ST. PATTY'S DAY PARTY - MARCH 16

• The SMP is hosting a St. Patty's Day Party March 16 at the Ocean Breeze on Camp Foster from 10 p.m. to 1 a.m. There will be games and prizes.

OKINAWA WORLD - MARCH 31

• The SMP is offering a daylong adventure to Okinawa World. With a total length of 3.2 miles, Gyokusendo Cave is the longest of the many caves on southern Okinawa and Japan's second longest. Featuring spectacular stalactites and stalagmites, 2,789 feet of the cave is open to the public. Sign up deadline is March 22. Bus will leave Camp Courtney Gym at 10 a.m., Camp Foster Field House at 10:50 a.m. and Camp Kinser Semper Fit Gym at 11:40 a.m.

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

TEST YOUR CORPS KNOWLEDGE:

What Korean War-era Marine received the Pulitzer Prize for his work as a civilian photojournalist in Vietnam?

See answer in next week's issue

LAST WEEK'S QUESTION:
When was Marine Corps aviation founded?

ANSWER:
May 22, 1912, when 1st Lt. Alfred A. Cunningham reported to Naval Aviation Camp in Annapolis, Md. Three years later, the first Marine Corps aviation unit was created.



Japanese phrase of the week:

“Onamae wa nan desuka?”

(pronounced: Oh-nah-mah-ee-wah nahn dehs-kah?)

It means, “What’s your name?”



CHAPLAINS' CORNER

“Positive action, even when forced, generates positive feelings.”

Kindness encourages positive results

Lt. Kevan Q. Lim
CHAPLAIN, COMBAT LOGISTICS REGIMENT 37

In 2012, researchers from several Japanese universities trained 48 participants in a motor-skills task. Afterward, they divided the participants into three groups. One group received praise on its performance, while the others received neutral or no feedback. Researchers then retested the abilities of each group. In the end, the group that received praise displayed a significantly higher degree of improvement over the groups that did not. The researchers concluded that praise has a direct, positive impact on a person's ability and motivation to learn and retain skills.

In the late 1800s, William James, a psychologist at Harvard, theorized that instead of feelings shaping your actions, as in how feeling afraid would make you run from a bear, actions shape feelings, as in the act of running from the bear makes you feel afraid.

One hundred years later, James Laird, another psychologist, validated many of James' theories. Through a series of studies,

Laird showed that positive action, even when forced, generates positive feelings. Deliberately smile, and eventually, you will actually start to feel happier.

Link the two studies together, and you have a potent combination. The act of giving a compliment benefits the recipient, and because giving a compliment is a positive action, the giver receives benefits as well. Both sides are richer.

Perhaps this is what is meant in Luke 6:38, “Give and it will be given to you.”

We tend to be very skilled in giving criticism. We excel at providing fast feedback to others when we identify a mistake, and rightly so. Sometimes correcting mistakes is a matter of life and death.

But what if we were equally skilled in giving compliments? What if we provided fast praise for actions, character traits, attitudes and anything else that is right and good? What if we balance the ratio of criticism and the compliments we give, or even tip the scale in compliments' favor?

We might be surprised at the difference we could make in our lives, those around us and the world at large.

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"