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Chaplain’s Corner : Forgetting What is Behind

LT. CMDR. ERIC MALMSTROM
MW5G-27

What is it that makes the new year so captivating for us? Every year thousands of revelers will gather in Times Square to watch the ball drop heralding in the new year. They stand in the frigid weather to count down the final seconds of the current year and welcome the new year with noise makers, cheers, and even a kiss or two. Others like to welcome in the new year by diving into a frozen lake for their annual polar bear plunge. In colder climates they cut through the ice to make an area large enough for a quick, invigorating plunge into the icy water. We also cannot forget about the New Year’s resolutions. People resolve to lose weight, stop smoking, read their Bible every day, etc. It is a time of self-evaluation as we resolve to improve ourselves in the new year. The new year is also a time of reflection as we look back at all the things that happened in the previous year.

What is it about the new year that is so captivating? The new year signals a new beginning. It is a day filled with hopes and dreams for a better year than ones past. It is the year we will finally get that degree, run a marathon, lose weight or stop smoking. It is the year we will finally get our act together. There is nothing wrong with a little self-reflection, but living in the past is not good either. It is easy to beat ourselves up over past mistakes and dwell on our shortfalls. There comes a time when we need to move on. We read in Philippians 3:13-14 “But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on

towards the goal for the prize of the upward call of God in Jesus Christ.”

The Apostle Paul invokes the image of a runner in the midst of an endurance race. We all admire the athlete who delivers a flawless performance. But, we admire the athlete who overcomes adversity even more. When mistakes are made or unforeseen events occur in the middle of a race the athlete can either stop to focus on that event or leave it behind and press forward. Paul would have us do the latter. Everyone makes mistakes. We can spend our days beating ourselves up for those mistakes or we can ask God to forgive them and leave them in the past. “As far as the east is from the west, so far does he remove our transgressions from us” (Psalm 103:12). That is the whole point of celebrating the birth of the Christ Child. God took on human flesh to bear our sins and be our savior. Leaving the past behind is not just wishful thinking. Because of the Christ Child we can actually do it.

As we stand on the precipice of another new year, I love the imagery of “straining forward” toward the future and what lies ahead. We can’t do that if we focus on what is behind us. The only way to do it is to “forget what lies behind” and focus on the goal. We can’t go back and change the past. But we can learn from our mistakes and resolve to do better next time. Ultimately, that is what we find so intriguing about the new year. It is a fresh start, a new beginning. I pray that God will bless you and your family in the new year. May your troubles in the coming year be as short as your New Year’s resolution.

Single Marine Program provides entertainment for Marines



LANCE CPL. SCOTT L. TOMASZYCKI

Marines and Sailors of the Single Marine Program cheer when Jorge Posada of the New York Yankees hit a grand slam Aug. 13. The Single Marine Program often has one, two or more out-of-state trips every month and holds dozens of events at Cunningham’s every year for Marines and Sailors’ entertainment.

Celebrating 100 years of Marine Corps aviation



OFFICIAL USMC PHOTO

The Cobra was adopted during the Vietnam War. Prior to its introduction, a Huey would be fitted for one of two roles, either a transport helicopter or a heavily armed gunship helicopter. The Cobra took over the role of gunship helicopter to provide support to the transports and troops on the ground.

The Windsock

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LANCE CPL. MARVIN O. COLATO

Job Title: Individual mobilization augmentee liaison
Age: 19
Unit: Headquarters and Headquarters Squadron
Hometown: Houston, Texas
Date Joined: June 7, 2010

Lance Cpl. Marvin Colato, 19, and a native of Houston, Texas, has the job of guaranteeing that reserve Marines’ drilling periods are coordinated with the air station and that these Marines receive pay for these periods. He also ensures that Marine reservists, known as individual mobilization augmentees, are set up properly to complete annual training requirements aboard the air station.

Marvin also guarantees that the reserve Marines he is responsible for have completed everything required to activate their orders.

“If my job didn’t exist all the information concerning these Marines would be floating out in space with no one to retrieve it,” said Colato. “They would not be paid for their drill or get promoted. This would definitely affect mission accomplishment and troop welfare.”

Colato said that despite occasional hassles in retrieving and transferring information, and the occasional difficulty in getting in touch with some Marines, the job is still very rewarding for him.

“Just knowing that the Marines I interact with are being taken care of is very rewarding for me,” said Colato. “I really enjoy making sure that everyone’s good to go.”

When Colato isn’t working, he enjoys playing soccer, running cross country, drawing and hip hop dancing.

Highlight Your Superstar

Have a Marine, Sailor or civilian you would like to highlight? Let the Windsock know. Email us at cherry.point.windsock@gmail.com or call 466-3542.



CPL. RASHAUN X. JAMES

Performance above the ‘razor’s edge’



UH-1Y welcomed aboard Cherry Point in 2011

LANCE CPL. GLEN E. SANTY

The UH-1Y Venom, commonly dubbed the Yankee, touches down on East Coast soil for the first time at Marine Corps Air Station Cherry Point Sept. 28 on its way to MCAS New River. The Venom replaced the older model UH-1N Huey.

LANCE CPL. GLEN E. SANTY
MCAS CHERRY POINT

On Sept. 28, a 2nd Marine Aircraft Wing Marine light attack helicopter squadron received three exceptional pieces of equipment that changed East Coast Marine Corps operations.

“My personal thoughts on the UH-1Y aircraft are that it is an incredible leap in capability that was sorely needed,” said Maj. Matthew Humphrey, the operations officer with Marine Light Attack Helicopter Squadron 167. “The ability to perform missions without being on the ‘razor’s edge’ of performance and limitations is something that provides those flying and crewing the aircraft a measure of safety and confidence they haven’t always had.”

Before the arrival of the aircraft formally named the UH-1Y Venom and dubbed the “Yankee” and “Super Huey,” East Coast HMLA squadrons used the UH-1N Huey. The older model limited the squadrons on their mission capabilities and forced them to choose between one operation and the next.

“The UH-1Ys have provided HMLA-167 the ability to conduct all the assault support missions that utility aircraft were designed to do,” said Humphrey. “Prior to the arrival of the Y’s the ability to conduct all the mission sets assigned was significantly reduced due to lift capabilities of the UH-1N.”

Humphrey added the Yankees also allow the Marines to fly mixed sections to greater effectiveness. For example, the AH-1W Super Cobra no longer had to limit its performance to allow the old UH-1Ns to keep up and that they can now utilize their maximum performance ability.

“The 2nd Marine Aircraft Wing is responsible for all six functions of Marine Corps aviation,” said Humphrey. “What the Yankees do is provide to the MAW the flexibility to send one asset that is capable of many of those six functions.”

Humphrey added the schedule for the Yankees to be fully integrated into the East Coast is still under review but that the HMLA’s should all be outfitted with and converted to the UH-1Y aircraft by the middle of the calendar year of 2014.

“I think the Yankee, like many newly minted aircraft, is still working some of the bugs out,” said Humphrey. “Software fixes, hardware realizations, imperfections that manifest themselves in the finished product but didn’t show up on the drawing board will always exist and the Yankee is no different.”

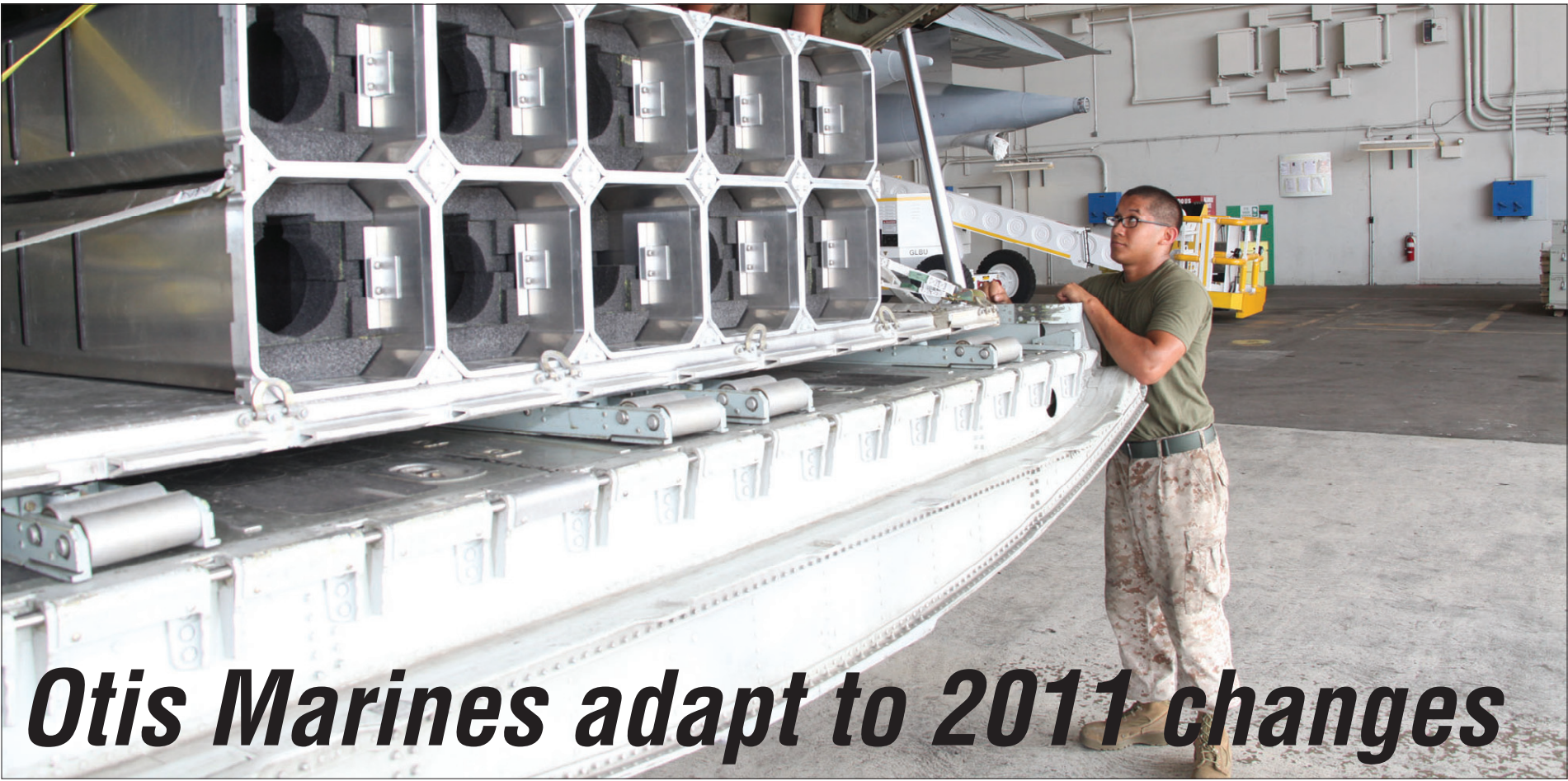
Humphrey said the issues were mostly minor in his opinion and like most issues will be corrected over time.

“I love the new aircraft and think it has provided Marine Aircraft Group 29 and 2nd MAW with an asset that allows the commander to support those units he needs to better than he’s ever been able to before,” said Humphrey.



LANCE CPL. GLEN E. SANTY

The UH-1Y Venoms, known as Yankees by Marines, stop at Marine Corps Air Station Cherry Point to be refueled before finishing their journey to MCAS New River. The older model, the UH-1N Huey, limited the squadrons on their mission capabilities and forced the squadrons to choose between one operation and the next.



LANCE CPL. SCOTT L. TOMASZYCKI

Otis Marines adapt to 2011 changes

Lance Cpl. Lorenzo P. Villarreal, an aviation ordnance technician for Marine Aerial Refueler Transport Squadron 252, straps a rack that can hold up to 10 Griffin missiles onto the loading ramp of a KC-130J. The missile rack is part of the newly developed Harvest Hawk weapons system, turning a transport aircraft into an attack and air support platform.

LANCE CPL. CORY D. POLOM
MCAS CHERRY POINT

Since January 2011 Marine Aerial Refueler Transport Squadron 252 has fitted its KC-130J aircraft with a new weapons system called the Harvest Hawk Airborne Weapon Kit and has been flying with this system in combat operations. Also new to the unit in 2011 was the merger of two fields, when crew chiefs and loadmasters became crewmasters.

These new additions to VMGR-252 have presented challenges and benefits this past year. “Every day there are Harvest Hawk system-equipped KC-130Js flying over Afghanistan protecting ground troops in addition to their already long list of tasks they accomplish,” said Sgt. Paul A. Cochran, the ordnance noncommissioned officer in charge with VMGR-252. “There is no other platform the Marine Corps uses that can fly for more than 10 hours without having to refuel. The KC-130J equipped with the Harvest Hawk system is a great benefit to the Marine Corps and helps protect the Marines in theater.”

Cochran explained the benefits of the Harvest Hawk system as long-range protection for ground forces with the ability to transport cargo and troops long distances without needing to refuel.

The other milestone VMGR-252 took this last year was the integrating of two previously separate job fields.

“We took an operations job [loadmaster] and a maintenance job [crew chief] and combined them,” said Master Sgt. Thomas R. Tripp, a crewmaster with VMGR-252. “The new field is called a crewmaster. The job of a crewmaster is to be able to conduct the primary and secondary missions of both merged job fields.”

“Before the merger, when planning a flight, we had to assign one person to a specific job. I can put three crewmasters onboard the aircraft and they all can do the jobs needed to fly.” Tripp said, even though there are challenges, he looks forward to the future of this new field.

“It is difficult,” said Tripp. “We have eight Marines who have come to us from the initial school house training for crewmaster. Everyone else we have has to train on the job, as well as return back to school. This costs us and the Marine Corps time and money to retrain some folks. However, once we get the Marines trained this will be a great thing, saving time and helping to cut personnel needed to fly KC-130J’s in the Marine Corps.”

New Year's in Afghanistan



CPL. BRIAN ADAM JONES

An AH-1W Super Cobra flies past a UH-1Y Huey as both aircraft, with Marine Light Attack Helicopter Squadron 369, depart Forward Operating Base Edinburgh in Helmand province, Afghanistan, for a mission, Sunday. Coalition forces in Afghanistan brought in the New Year by continuing counterinsurgency operations.



CPL. BRIAN ADAM JONES

An AH-1W Super Cobra with Marine Light Attack Helicopter Squadron 369 flies over Helmand province, Afghanistan, on a mission, Sunday.

MARADMINS from page A1

The newest change outlined in Marine Administrative Message 695/11 outlines the authorization of the use of backpacks while in the camouflage utility uniform. Marines are now allowed to wear solid color backpacks of a conservative nature, as well as desert and woodland patterned bags with their uniform. Backpacks must be worn over both shoulders, but purses and computer bags must still be hand carried.

The authorization of killed in action honor bracelets while in uniform was instituted this year. As stated by Gen. John F. Amos in MARADMIN 043/11, "Honoring our fallen is in keeping with our motto of Semper Fidel-

is." Marines are allowed to wear one bracelet at a time. They must be 1/2 inch wide and silver or black and should be engraved with names, ranks, status (captured, missing, or deceased), and location. Marines are allowed to have multiple names engraved.

Marines also experienced a few uniform changes in 2011 including the commandant's decision to go sleeves down all year.

In addition, Marines saw swim qualification changes as well. Marines will now have to perform each event with their boots on. The shallow water gear shed is a new event that has been added, said Cpl. Daniel R. Bunnell, Marine combat instructor of water survival with Marine Wing Headquarters Squadron 2.

"Once Marines submerge themselves in water, they will have 10 seconds to drop a rubber rifle, take off their flak jacket, remove their helmet, and stand up with their hands above the water," he said.

Bunnell said Marines will benefit from the new changes to swim qualification.

"Now it is more realistic. After going through this they will be prepared for real life situations that could happen to them, such as falling out of a boat. If they get in that situation, they will be able to think back to swim qualification and remember to drop their gear and be able to swim with their boots on."

REVIEW from page A1

high capacity daycare demands.

In the summer of 2011, Hurricane Irene pummeled the East Coast, and the Cherry Point community was right in her path. Some facilities and housing on MCAS Cherry Point were badly damaged by fallen trees and thousands were in the dark due to downed power lines. That's when teamwork was seen with Marines, Sailors and civilians who came together to help clear debris, open their homes to those temporarily displaced or just lend a helpful tool to their neighbor.

Even though Cherry Point is where 2nd MAW headquarters and some of its major elements, such as Marine Aircraft Group 14, Marine Wing Support Group 27 and Marine Air Control Group 28, call home there are other 2nd MAW elements that work out of different air stations along the East Coast. Squadrons, such as MAG-26 and MAG-29, which are based at MCAS New River; MAG-31, which is stationed out of MCAS Beaufort, S.C.; and VMFAT-501, based out of Eglin Air Force Base, Fla., all support and are under the command of 2nd MAW.

At the beginning of 2011, 2nd MAW prepared for its stand-up as 2nd MAW (Fwd.) and its deployment to Afghanistan. Elements of 2nd MAW (Fwd.) participated in the II Marine Expeditionary Force's mission rehearsal exercise in late January and early February, to get ready for its responsibility as the aviation combat element for II MEF operations in Afghanistan.

The first wave of 2nd MAW (Fwd.) Marines departed MCAS Cherry Point Feb. 9, for a yearlong deployment to the deserts of Afghanistan, and throughout the month more than 250 more Marines deployed to replace 3rd MAW in support of Operation Enduring Freedom.

In the past, 2nd MAW units deployed to the West Coast to conduct large-scale training but the commanding general, Maj. Gen. Jon M. Davis, wanted to perform the same type of training locally to not only save money, but also to help units familiarize themselves with one another and hone their abilities to work together.

In June, 2nd MAW conducted Mailed Fist 1-11, the largest 2nd MAW training exercise in more than a decade. Mailed Fist took place up and down the East Coast and consisted of two weeks of field testing and operations between the 9,000 remaining 2nd MAW Marines and Sailors not deployed to Afghanistan from the three main East Coast Marine Corps air stations: MCAS Cherry Point, MCAS New River and MCAS Beaufort, S.C., as well as Marine ground units, reserve units and U.S. Navy and U.S. Air Force units.

2nd MAW Marines and Sailors also supported multiple other exercises and operations. Beginning in March the 26th MEU took part in Operation Odyssey Dawn to help enforce the Libyan no-fly zone, and detachments from 2nd MAW squadrons were pulled to assist. In July a detachment from Marine Heavy Helicopter Squadron 366 deployed to the Horn of Africa in support of humanitarian efforts.

Also in the summer of 2011, another detachment, this time from Marine Light Attack Helicopter Squadron 467, deployed to Okinawa, Japan, as part of the unit deployment program. Marine Medium Tiltrotor Squadron 365, based out of MCAS New River, self-deployed to Belize in September to conduct training demonstrating the Osprey's enhanced utility over conventional helicopters.

In February and later in November, MAG-26 units deployed to Marine Corps Air-Ground Combat Center Twentynine Palms, Calif., for Enhanced Mojave Viper. The multiple units under MAG-26 go to train in combat oriented situations that included live-fires, coalition level integration and urban operations. More training was conducted in March by Marine Attack Squadron 223 in Miamar, Calif., dubbed "Exercise Fightertown Fury."

At the end of December, more than 700 Marines, Sailors, Soldiers, Airmen and Coast Guardsmen returned from a three-month deployment aboard the USS Oak Hill to South and Central America and the Caribbean for Amphibious-Southern Partnership Station 2012.

All the accomplishments of MCAS Cherry Point and 2nd MAW can't be put into one article, but overall the Marines, Sailors and civilians of Cherry Point and all elements of 2nd MAW worked hard in 2011 and made it possible for another successful year here.

AFGHANISTAN from page A1

counterinsurgency operations.

"This just reinforces the power of the MAGTF, in my opinion, and shows what we can do when we're given a battlespace, given a mission, and when we get together as Marines, how we can execute that mission very rapidly in defense of our mission."

Walters spoke about the wing's duty to set 3rd MAW up for success as they transfer their authority in February.

"We are going to support the fight, right up until our [transfer of authority] to prepare the battlespace so that our fellow Marines who are going to replace us out here don't see a hiccup or a burp in operations, and they continue the fight just as we have fought it for the last 10 and a half months," said Walters.

F-35B from page A1

Fla. where the Marine Corps stood up Marine Fighter Attack Squadron 501. The Warlords are the Marine Corps' first Joint Strike Fighter squadron.

"The arrival of the F-35B at the Marine Corps' first F-35 squadron, Marine Fighter Attack Training Squadron 501, is truly a monumental event for the Corps and our nation," said Davis.

Mailed Fist keeps 2nd MAW’s edge sharp

LANCE CPL. SCOTT L. TOMASZYCKI
MCAS CHERRY POINT

The 2nd Marine Aircraft Wing was the core component of operation Mailed Fist 1-11, a training exercise encompassing Marine, Navy and Air Force units ranging from Virginia to Florida.

While 2nd MAW is currently engaged in combat operations in Afghanistan, Marines in the U.S. still require training.

In an effort to save taxpayer money and still provide effective training for his Marines, Maj. Gen. Jon M. Davis designed Mailed Fist by taking some smaller training exercises, adding new components and creating a large force exercise. Before Mailed Fist was created, units had to conduct such training on the West Coast, which is more expensive logistically.

“My number one priority is making sure my Marines are ready for war,” said Davis. “With tightening budgets and dwindling resources, we have to find smarter ways to get the training we need while getting the most out of the taxpayer’s dollar. Mailed Fist lets us do both.”

Marines practiced the full range of military operations including calling in airstrikes, delivering airstrikes, tactical recovery of aircraft

and personnel missions, reconnaissance with unmanned aerial vehicles and more. Every Marine aircraft group, Marine air control group and Marine wing support Group under 2nd MAW took part in the exercise.

The air-combat element of the exercise was controlled from the wing operations center in the newly built headquarters building.

“It was the first time the 2nd Marine Aircraft Wing has exercised the wing operations center,” said Lt. Col. Martin J. Forrest IV, the wing’s current operations officer. “It provides us an opportunity and a location to get real time updates and provide command and control throughout our all of our groups. Using the WOC for exercise Mailed Fist allowed us to flush out some of the issues and see where we needed to work on the WOC.”

Mailed Fist maintained 2nd MAWs ability as an expeditionary fighting force that can respond to any situation as part of the II Marine Expeditionary Force. Davis intends for Mailed Fist to become an annual exercise to maintain this ability.



LANCE CPL. SCOTT L. TOMASZYCKI

An AV-8B Harrier from Marine Attack Squadron 542 lands at Marine Corps Auxiliary Landing Field Bogue June 21, after completing a training sortie in relation to Operation Mailed Fist. Marine Wing Support Squadron 274 provided engineering capabilities, firefighting assets and pure water amongst other services, to ensure MCALF Bogue could successfully support VMA-542.

2nd MAW band engaged public in 2011



LANCE CPL. SCOTT L. TOMASZYCKI

From left to right, Staff Sgt. Rico J. Selbo, Sgt. Benny D. Valenzuela, Cpl. Danielle L. Puchel and Cpl. Steven R. Andrews perform a festive clarinet polka at the Troy Savings Bank Concert Hall in Troy, N.Y., June 11. The band uses style of appearance and music to portray an image of the 2nd Marine Aircraft Wing to the general public.

LANCE CPL. SCOTT L. TOMASZYCKI
MCAS CHERRY POINT

Throughout 2011, the 2nd Marine Aircraft Wing Band engaged the international public, impressing upon it the professional image of the Marine Corps.

Major public performances included the Flag Day concert in Troy, N.Y., memorial ceremonies in New York for the 10th anniversary of 9/11, a concert in New Bern, N.C., for the 4th of July and the annual Marine Corps Air Station Cherry Point Christmas Concert.

Since the American public doesn’t have regular access to Marine installations, it doesn’t have the opportunity to see what being a Marine is like. The band is often in the public eye and projects a positive image of the Corps to the public.

“The band acts as ambassadors to the public,” said Cpl. Joshua T. Mills, a trumpet player for the band. “The public doesn’t get to see what a Marine’s job is like, so we’re like a walking commercial for the Marine Corps and help recruit people and show them what the Marine Corps is all about.”

For the 10th anniversary of the 9/11 attacks, the 2nd MAW band played several ceremonies in New York. Mills said the most moving ceremony they took part in was for the first responders when they had roll call, recalling the names of police officers and firefighters who perished in the attacks.

“It was really good for people in New York to see that we still care and we still remember,” said Cpl. Judah J. Arnold, a trumpet player for the band. “We played for the firefighters, they really needed that too. They needed to have closure again. Every year we do it, but it’s important that they get that feeling that everybody cares.”

In Hamilton, Ontario, the band stepped into the international spotlight when it participated in the Canadian International Military Tattoo. On June 25, 2011, the band joined with Canadian military bands to deliver an impressive performance.

“The shows were great, the people were standing and applauding,” Arnold said. “People commented afterward saying we were really lively, energetic, we had a lot of power and it was obvious that we do what we do the best. Just like the Marine Corps, we do the best.”

After the performances, the Marines have special memories of the places they get to go. The trip to Troy, N.Y., for Flag Day was no exception when they played at the Troy Savings Bank Music Hall, said to be “as perfect an environment for the playing of orchestra and chamber music as exists anywhere in the world” according to the band’s website.

“Troy, New York, was cool. It was an old-school theater that we played in,” Mills said. “They had all the names of famous people that had played there. All the big name jazz bands, concert bands and symphonies have played there, and we got to play there. I get to feel like part of that line of performers.”

The band also played locally, connecting the military and civilian communities with its performances. Family, friends and neighbors all got to experience the band at the 4th of July concert in New Bern, N.C., and the Christmas Concert at MCAS Cherry Point’s theater.

“The local concerts are always cool because there are people who know the base is right down the road, but even then there are comments that they have never seen the band before,” said Mills of the New Bern concert. “Even though they’re a half-hour away, they don’t know much about the Marine Corps. Getting them to come out and see us and enjoy the music improves relations with the local areas.”

“The Christmas Concert is everybody’s favorite show on Cherry Point,” Arnold said. “Civilians and Marines bring their families. We brought in about 2,000 attendees this year. Chief Warrant Officer Szabo, our director, makes sure we do the best and the crowd loves it.”

Search and rescue squadron saves 25 lives in 2011



LANCE CPL. CORY D. POLOM

A Marine Transport Squadron 1 search and rescue team begins to lower a rescue stretcher from an HH-46E "Sea Knight" helicopter while conducting a SAR exercise above the Croatan National Forest, June 3. "Pedro directly supports the mission of 2nd Marine Aircraft Wing by providing over-water rescue support for downed aircrew in the local area," said Lt. Col. Edward T. Lang, the commanding officer of VMR-1. "Without Pedro there would be no immediate support to aircrews which would require extensive preparation to make sure a civilian or Coast Guard asset was available."

LANCE CPL. CORY D. POLOM

MCAS CHERRY POINT

Marines, Sailors and civilians around the area notice and recognize the orange and grey HH-46E Sea Knights that fly around the area known as Pedro. This aircraft is just one of three type/model/series flown by Marine Transport Squadron 1 and is used for search and rescue missions in support of the 2nd Marine Aircraft Wing pilots.

VMR-1 is known for the use of Pedro; however, a lot of people do not see the other aircraft of the unit used to support the Marine Corps. VMR-1 has a fixed-wing side as well comprised of the C-9B Skytrain II and the UC-35D Encore.

"It is the job of both fixed-wing aircraft to move high priority passengers and cargo to areas around the world," said Maj. John N. Wilkin, the operations officer for VMR-1. "If we do not use these aircraft for administrative movements then that pulls KC-130Js out of the fight to be used."

Wilkin said the C-9 and UC-35 have conducted several missions in 2011 directly supporting the war fighter and the commands along the East Coast. This includes tasks assigned from Headquarters Marine Corps and the Joint Operations Support Aircraft Center such as flying enlisted and officer monitors to Asia and Europe.

Maj. Jason T. Vrable, a SAR pilot for VMR-1, said this year the Marines and Sailors that fly Pedro conducted more than 30 missions while saving 25 lives in almost 70 hours of mission flight time.

"Pedro directly supports the mission of 2nd Marine Aircraft Wing by providing over-water rescue support for downed aircrew in the local area," said Lt. Col. Edward T.

Lang, the commanding officer of VMR-1. "Without Pedro there would be no immediate support to aircrews which would require extensive preparation to make sure a civilian or Coast Guard asset was available."

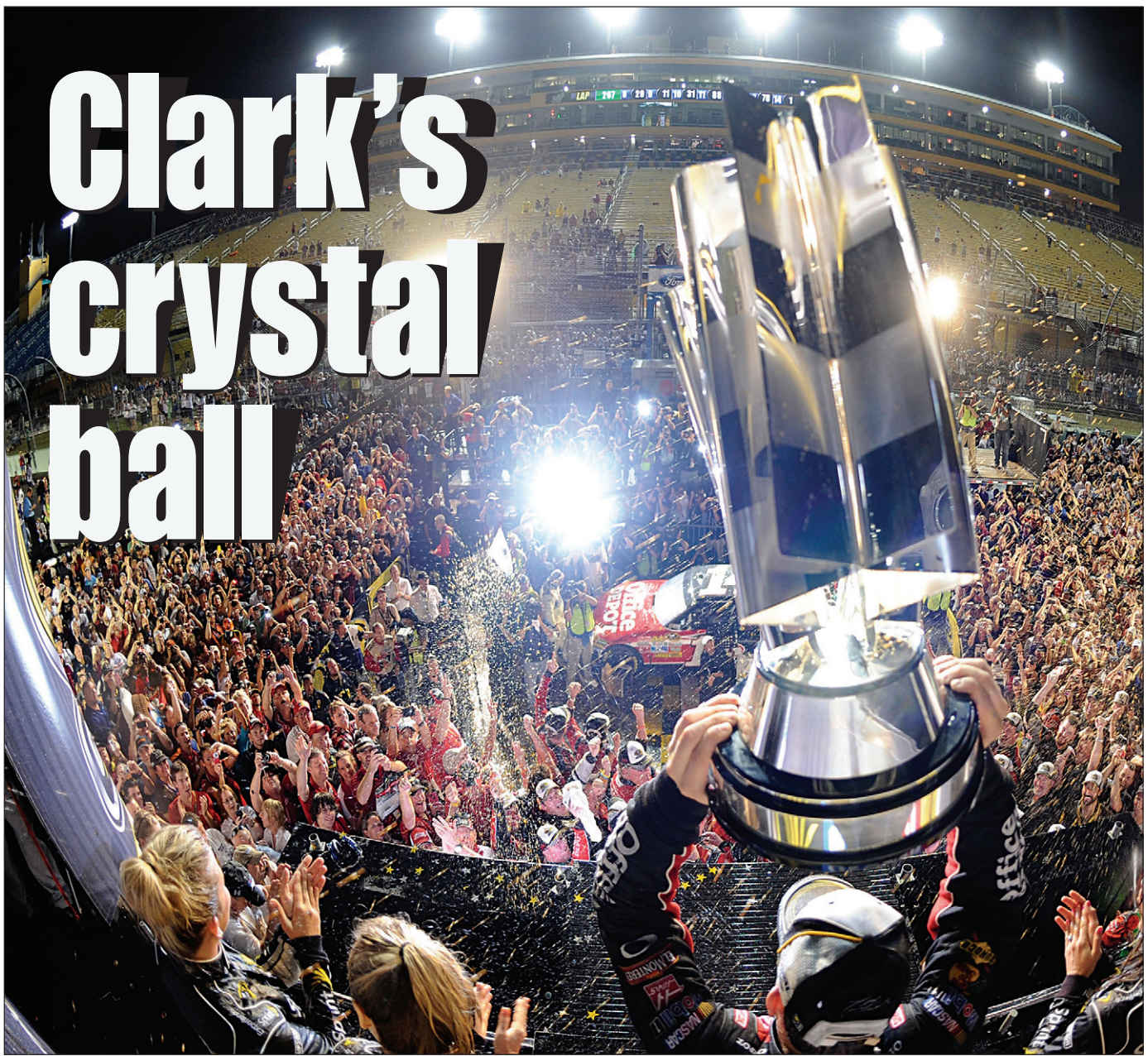
Lang said the nearest alternate assets for search and rescue are located in Elizabeth City, N.C., and South Carolina and that Pedro covers the local North Carolina coast, but they train all the time to be ready.

"When Pedro is not conducting search and rescue or medical evacuation missions it is supporting civilian and military events and keeping their Marines and Sailors' qualifications updated," said Vrable. "We have to keep our guys qualified and ready."

Vrable said a lot of the time when Pedro goes to do a SAR or medevac mission it is starting up the aircraft in dark, stormy weather. Pedro has to train for the worst to be prepared for the worst."

"VMR-1 is unique in the sense that we always have two very different types of aircraft in this hangar; the HH-46E and the fixed-wing aircraft," said Lang. "Both the fixed-wing and Pedro make me proud every day with the missions they they complete. Pedro has done great things for this community, both military and civilian. It has helped save the lives of many people. The fixed-wing platforms on the other hand enable the Marine Corps to conduct important operations more economically."

Lang finished by saying, whether it is the Marines and Sailors of Pedro rescuing a downed pilot or flying Marines in support of the war fighter, VMR-1 is looking forward to another great year in 2012.



Tony Stewart celebrates with the trophy in Victory Lane after winning the NASCAR Sprint Cup Series Ford 400 and the 2011 Series Championship at Homestead-Miami Speedway on November 20, 2011. Stewart owes his championship to winning races, a strategy all drivers will try to emulate in 2012, according to Ed Clark. (NASCAR photo)

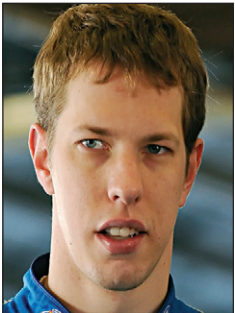
AMS president makes annual predictions for new season

Ed Clark, president and general manager of Atlanta Motor Speedway, has spent his entire working career in motor-sports, having worked at several tracks including Bristol Motor Speedway, Charlotte Motor Speedway and Nashville Speedway. The Virginia native also has experience behind the wheel of a race car. He raced at Rockingham, N.C., in the old Daytona Dash circuit and is a regular competitor on the quarter-mile Legends track at AMS, where he recently scored his 35th career feature win.

In what has become an annual tradition, Clark has made his predictions, eight of them, for the coming NASCAR season.

1. Wins in 2012 will matter even more than they did last season.
“Wins mattered a lot in 2011, but they will matter even more in 2012. Consistency was the norm for so long, but the whole paradigm has changed to where you have got to run for the win.
“Because wins are going to mean so much, and based on last year’s results, you’ve got to run for the win instead of just a decent finish. It’s more and more become the norm, and that’s something that’s going to be a huge interest to fans, because that’s what they wanted to see all along.”
2. Consequently, 2011 saw a champion in Tony Stewart, who won the title by winning races. That’s going to be a must again.
“Tony Stewart won the championship because he won races in the Chase. Anybody who wants to win the championship in 2012 will have to do that again.”
3. Dodge will contend for its first Sprint Cup Championship in several years with Brad Keselowski.

“You are going to see a Dodge as a contender for the Sprint Cup Championship right to the very end with Brad Keselowski.
“Keselowski is going to have a multiple-win season again. I think he’s got the stuff to be a two- or three-time champion. He is destined for a big-time year.
“I think to do what he did in his second year was remarkable. Dale Earnhardt was a rookie in 1979 and won the championship in his second year. Good drivers don’t take long to get to the top.”



Brad Keselowski
(NASCAR photo)

4. Speaking of championships, Carl Edwards will finally claim his first Sprint Cup title in 2012.
“Carl Edwards is already one of the most determined guys to ever drive a car in NASCAR. You know he’s thinking about the end to 2011 every waking moment. He won’t forget what happened last year, and he won’t let that happen again. You don’t want to be in his way because he’s going to the front.”

5. As a top-ranked Googled athlete, Danica Patrick will bring a new wave of media interest to the sport.
“Aside from bringing new media attention to NASCAR, Danica Patrick is going to have some competitive runs. She’s going to surprise a lot of people with some good runs. She’s going to be in good equipment, and she’s going to be working with good people, including Tony Stewart and crew chief Greg Zipadelli.”



Danica Patrick
(NASCAR photo)

6. With championship-winning crew chief Darian Grubb calling the shots, fellow Virginian Denny Hamlin will win five races and be a title contender.
“After last season, Darian Grubb has something to prove. And Denny Hamlin still wants to make up for his heartbreaking end to the 2010 season. Grubb’s impact will be immediately visible.”

7. Michael Waltrip Racing will win multiple races.
“Michael Waltrip Racing has every opportunity, with the new driver and crew lineups, to win races and compete at the front of the field on a regular basis. Many people may be questioning Clint Bowyer’s decision to move to the No. 15 car, but he could be a dark-horse Chase contender.”

8. The 2011 season set new records for first-time winners and most winners in a season, but 2012 will feature fewer winners and more multiple-race winners.
“The 2012 Sprint Cup season will see fewer overall winners and more drivers winning multiple races.
There will be more drivers winning two to three races and fewer drivers who win a single race.
“This is no surprise since last year saw so many different winners, and this year will see an even higher premium on winning for points positioning.”

NOTEBOOK

Stewart returns to Chili Bowl

Tony Stewart is leading a group of his racing pals back to the grass roots of the sport as he, Nationwide Series Champion Ricky Stenhouse Jr., USAC champion Bryan Clauson and 2011 POWRi Rookie of the Year Jake Blackhurst will be part of a four-driver team at the 26th annual Chili Bowl, a Midget car event that is run indoors on the QuikTrip Center’s Tulsa Expo Raceway, beginning Jan. 10.

Stewart is a veteran of the Chili Bowl and has two Golden Driller trophies, from 2002 and 2007. This year he’s running a special edition black, carbon-fiber Chevrolet called the “Back in Black” car.

“Having taken a few years off from competing in the Chili Bowl, I’m really looking forward to returning to Tulsa and the event in 2012,” Stewart said. “It’s one of the biggest Midget races of the year, and it’s just a lot of fun to compete in the Chili Bowl.

“I’m also glad that we’ll be able to give our partners, Chevrolet and Chevrolet Performance Parts, another shot at a Golden Driller. I think it’s very feasible that we could get four cars in the A-Main on Saturday night.”

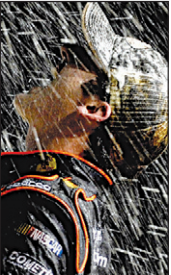
For more information about the 2012 Lucas Oil Chili Bowl Midget Nationals, visit www.chilibowl.com.

Bass Pro Shops still to sponsor

Bass Pro Shops has announced that it will continue its sponsorship role at Richard Childress Racing in 2012. The outdoor equipment retail giant will be the primary sponsor of Austin Dillon’s No. 3 Chevrolet Impala in the Nationwide Series and his brother Ty Dillon’s No. 3 Chevrolet Silverado in the Camping World Truck Series. Both Dillons are grandsons of team founder Richard Childress.

“We are pleased to once again partner with our good friend and hunting buddy Richard Childress for the 2012 racing season,” Bass Pro Shops founder Johnny Morris said in a team release.

“Austin and Ty are both remarkably talented racers with a promising future ahead of them. They are also tremendous ambassadors for the outdoors and hunting and fishing. I look forward to seeing them both race and hopefully spending a little time with them and grandpa out hunting or fishing.”



Austin Dillon
(NASCAR photo)

K&N race joins Bristol schedule

Bristol Motor Speedway’s Food City 500 weekend schedule has a new addition. NASCAR’s K&N Pro Series, a developmental circuit that runs cars similar in appearance to those in the Sprint Cup and Nationwide Series, will hold its season opener on Saturday, March 17, after the Nationwide Series race.

“We believe adding the K&N Series to our schedule is something the fans will enjoy because it truly is a great series,” Bristol’s general manager and executive vice president Jerry Caldwell said in a track release. “A lot of really good drivers and crew chiefs have started out in K&N cars and ended up racing in the Sprint Cup or Nationwide Series.”

Among the one-time K&N competitors who made it on to NASCAR’s major touring series are drivers Joey Logano, Ryan Truex, Ricky Craven, Steve Park and crew chiefs Greg Zipadelli, Richard “Slugga” Labbe and Frankie Stoddard.

The 2012 K&N Pro Series East schedule features 14 races at 12 short tracks across the eastern United States and offers up-and-coming drivers a chance to race on historic short tracks as well as ovals that now host NASCAR’s elite divisions.

NASCAR Preview, Preseason Thunder Fan Fest look to rev up fans for 2012

Back in the day when R.J. Reynolds Tobacco Co., through its Winston brand, was the flagship sponsor of NASCAR’s elite series, each new season got a kick start in momentum from the Winston Preview, a pre-season event where media and fans got to mingle with the top stars of the sport.

Now Sprint, the current sponsor of the Cup series, is bringing back that same type event with the NASCAR Preview 2012 Presented by Sprint. It is set for Jan. 21 in Charlotte, and already more than 50 drivers from the Sprint Cup, Nationwide and Camping World Truck series have been confirmed as participants.

The preview, an all-day event inside the Charlotte Convention Center, offers autograph opportunities, question and answer sessions, show cars, simulators and racing games.

It will be held in conjunction with the induction ceremony for the 2012 class of the NASCAR Hall of Fame, which is set for Jan. 20 and will feature the induction of Dale Inman, Darrell Waltrip, Glen Wood, Cale Yarborough and the late Richie Evans.

The Hall will unveil the exhibits honoring the inductees on Sunday, Jan. 22, making for an eventful weekend in Charlotte.

Driver Jeff Burton said in a NASCAR

release that he’s among those glad to see the old Winston Preview format being resurrected.

“I’m really excited about this event coming back, because I was sad it went away in the first place,” Burton said.

The return of the preview doesn’t mean that fans in Daytona Beach won’t get to participate in the Preseason Thunder Fan Fest at Daytona International Speedway. For the past several years, this event has typically been held in conjunction with a test session at Daytona.

This year’s test and fan event is set for Jan. 12-13, and like the preview will include autograph sessions, driver question and answer sessions, show cars and displays, music and more.

Tickets to the **2012 NASCAR Preview**, which start at \$10, are available for purchase at www.ticketmaster.com or by calling 800-745-3000. Tickets will also be available the day of the event for \$15. For more information about driver appearances, visit www.NASCARAcceleration2012.com.

Tickets for the **Preseason Thunder Fan Fest at Daytona International Speedway** are \$20 and available at 800-PITSHOP or online at www.daytonainternationalspeedway.com. Children 12 and under get in free.



Jamie McMurray drives the No. 1 Bass Chevrolet January 20, 2011 during testing held in conjunction with last year’s Preseason Thunder Fan Fest at Daytona International Speedway. (NASCAR Photo)

NUMERICALLY SPEAKING

- 43** Best finishing position in 2011 for 2010 Sprint Cup Rookie of the Year Kevin Conway
- 35** DNFs (Did Not Finish) by Joe Nemechek in 2011, the most of any driver in the Sprint Cup Series
- 12** Cup champion Tony Stewart’s lowest points position at any time during the 2011 season (after the first Talladega race, Infineon and the second Daytona race)
- 288** Races since Bobby Labonte’s last Cup win, at Homestead in 2003 (the longest stretch of any active, full-time Cup driver)



CPL. SAMUEL A. NASSO

A fallen tree is removed from a house as a part of the Hurricane Irene recovery efforts on Marine Corps Air Station Cherry Point Aug. 28. Four months after the hurricane hit work is still being conducted throughout the residential and commercial areas of Cherry Point and the surrounding communities.

Picking up the mess, remembering Hurricane Irene

LANCE CPL. GLEN E. SANTY
MCAS CHERRY POINT

In August Marine Corps Air Station Cherry Point was hit by one of the worst natural disasters in recent years, and the physical damage was extreme in some cases. Power lines were downed, many trees were uprooted and numerous houses were damaged. Many of the service members based out of the air station came forward and got involved where they were needed. From picking up branches to moving entire trees, the Marines and Sailors of MCAS Cherry Point banded together as true brothers in arms to clean up the wreckage left in the storm's wake.

"I am very proud of the way the air station handled the storm," said Col. Philip Zimmerman, the commanding officer of MCAS Cherry Point. "We are very fortunate to have some patient residents on the air station who allowed us to expedite recovery. I was particularly pleased with our cooperation with the local community. The majority of the people who work on the base live in the local community, and as such we faced this hurricane as a community and had excellent cooperation during the storm recovery."

Zimmerman also spoke about the improvements to the destructive weather plan for the next major storm.

"We are implementing new regional procedures to increase standardization and reporting across Marine Corps Installations East," said Zimmerman

After the hurricane had passed the first

steps in restoring base operations were to reopen access to all areas and restore power to transmission stations and commercial areas. Afterward, efforts focused on restoring power to residential areas.

Four months after Irene struck, MCAS Cherry Point is still undergoing recovery operations

"Atlantic Marine Corps Communities is still completing damage repairs to housing areas and we have some minor repairs to complete on the air station and within the forested areas of the base," said Zimmerman. "We were fortunate no one was seriously injured during the storm. There were several houses severely damaged and are still being repaired today. Although, we fared very well, some of the local community was not as lucky, especially Pamlico County. Fortunately, by utilizing Pedro, we were able to assist Pamlico with their damage assessment of the county."

Zimmerman stressed the importance of continuing preparations for natural disasters like Irene.

"The air station cannot remain static in our planning," said Zimmerman. "Every storm is different and you can only prepare the air station in a general sense. The storm has a vote in the timing and damage. The next storm may result in completely different damages and required actions during recovery. Exercises and study of past storms allows us to explore many of the possibilities we may face and allow us to posture forces more appropriately."



CPL. SAMUEL A. NASSO

Trees and branches are cleaned up following Hurricane Irene's destruction on MCAS Cherry Point Aug. 28. First steps in the recovery process were reopening access points and restoring power to commercial and residential areas.



CPL. SAMUEL A. NASSO

Fallen branches due to Hurricane Irene are loaded into trucks aboard MCAS Cherry Point Aug. 28. Though no one was seriously injured many houses were damaged and several power lines were downed on the air station.



CPL. SAMUEL A. NASSO

Marine Corps Air Station Cherry Point Marines remove branches on the air station as a part of the relief efforts of Hurricane Irene Aug. 28. After the hurricane, the first steps in restoring base operations were to reopen access to all areas and restore power throughout the base.

CHERRY POINT MESS HALL

HOURS OF OPERATION

Monday-Friday

Breakfast 6-8 a.m., Lunch 11 a.m.-12:45 p.m.,
Dinner 4-6 p.m.

Saturday-Sunday/Holidays

Breakfast/Lunch 8:30-11:00a.m.,
Dinner 3-5 p.m.

FAST FOOD LINE

Monday-Friday

Breakfast 6-8 a.m., Lunch 11 a.m.-1 p.m.,
Dinner 4-6 p.m.

Breakfast Menu

Assorted fresh fruit, assorted hot and cold cereals, fried eggs and omelets to order, scrambled eggs and hard cooked eggs, grill special, pancakes, French toast or waffles, breakfast potatoes, breakfast meats, creamed beef or sausage gravy, assorted muffins, breads and breakfast pastries

Specialty Bar Menu

Monday - Grilled Polish sausage, grilled bratwurst, grilled Italian sausage, grilled frankfurters, rolls, French fries, tater tots, baked beans, corn on the cob, chili, cheese sauce, coleslaw, potato chips, corn chips, pretzels

Tuesday - Popcorn shrimp, steamed shrimp, buffalo chicken fritter, grilled chicken strips, sizzlin Caesar salad

Wednesday - Beef taco meat, chicken enchiladas, bean burrito, Mexican rice, refried beans, Mexican corn, shredded lettuce, shredded cheese, diced tomatoes, chopped onions, sliced jalapenos, taco shells

Thursday - Chinese egg rolls, chilled pineapple chunks, teriyaki beef strips, steamed shrimp, grilled chicken strips, pork fried rice, steamed rice, vegetable lo mein with oyster sauce

Friday - Ziti/linguine/fettuccine, spaghetti rigatoni, pasta primavera, lasagna, chicken rotini casserole, baked ziti with four cheeses, penne/rigate/rotini, baked Italian sausage meatballs (ground beef), meat sauce, marinara sauce, alfredo sauce

Weekly Menu

Thursday Jan. 5

Lunch - Cream of broccoli soup, Jamaican jerk chicken, Creole macaroni, cilantro rice, succotash, balsamic roasted potatoes

Dinner - Chicken and orzo soup, pork scallopini with herbed tomato sauce, baked stuffed shells, rice pilaf, marinara sauce, stewed chick peas with zucchini, mixed vegetables

Friday Jan. 6

Lunch - New England clam chowder, maple glazed salmon, turkey pot pie with baking powder biscuits, long grain and wild rice, green beans, cauliflower polonaise

Dinner - Turkey vegetable soup, mambo pork roast, lasagna, candied sweet potatoes, marinara sauce, steamed broccoli (fresh), Mexican corn

Saturday Jan. 7

Lunch - Beef barley and onion soup, vegetable and black bean enchiladas, chicken and broccoli casserole, confetti rice, Spanish style beans, steamed vegetable medley

Dinner - Cream of chicken soup, java molasses pork loin, swiss steak with mushroom gravy, lyonnaise potatoes, buttered egg noodles, stewed tomatoes, peas

Sunday Jan. 8

Lunch - Vegetable beef supreme soup, baked citrus herb crusted fish, fried chicken, brown rice pilaf, red bliss smashed potatoes, cream gravy, green bean casserole, corn

Dinner - Turkey noodle soup, creamy cajun shrimp penne, meat loaf, roasted garlic mashed potatoes, brown gravy, Louisiana style smothered squash, okra melange

Monday Jan. 9

Lunch - Beef short ribs, chicken/vegetable pasta, steamed rice, roasted zucchini, steamed baby carrots, minestrone soup

Dinner - Braised pork chops, turkey meatloaf, buttered egg noodle, islander's rice, lyonnaise wax beans, broccoli polonaise, brown gravy, chicken gumbo soup

Tuesday Jan. 10

Lunch - Salmon with tomato cucumber relish, chicken fried chicken, rice pilaf, mashed potatoes, sausage gravy, succotash, southern style greens, cream of potato soup

Dinner - Roast beef, baked ziti with italian sausage, parsley buttered potatoes, peas, vegetable stir fry, toasted garlic bread, navy bean soup, horseradish sauce

Wednesday Jan. 11

Lunch - Santa Fe glazed chicken, baked smoked chicken, southwest orzo pasta, whipped sweet potatoes, corn on the cob, simmered mustard greens, raisin sauce, chunky beef noodle soup

Dinner - Swedish meatballs, spicy shrimp with cheesy grits, rice pilaf, fried cauliflower, cut green beans, brown gravy, chicken noodle soup

Cherry Point courts-martial:

December 2011

A staff sergeant was found guilty at a special court-martial for violation of Article 92: disobeying a lawful order; Article 128: assault and Article 134: indecent language. The Marine received a bad conduct discharge and reduction to E-1.

From the clinic: Do You Have a Plan for a Healthy Lifestyle in 2012?

It's that time of year when many begin making their New Year's resolutions and thinking about the changes we want to make in our lives. Most of us begin setting goals that may include: weight management, increasing exercise, quitting smoking, managing stress and just eating healthier.

Sticking to your resolutions and making changes can be hard for some, but not impossible. For many of us, making resolutions can lead to frustration when we have set unrealistic and unattainable goals. We need to have a plan to reach our goals and the flexibility to adjust them as needed.

Whatever your goal, the following tips can help you:

- Make only one resolution. Trying to address too many different goals at one time can lead to frustration. You may need to ask yourself which goal would I like to make first? Once you have decided

which area to focus on, begin setting a realistic and attainable plan.

- Put your plan in writing. When developing your plan you will need to write down your long-term goal with a timeline to include short-term goals. Having short-term goals will provide you with motivation to keep going. Writing down your goals helps you to stay focused and keep track of your progress.

- Seek support from family and friends. They can support your efforts and provide encouragement to help you keep on track.

- Relapse does not indicate failure. Successful changers realize that this is part of the change process. If you get off track, review your plan and make adjustments to continue toward reaching your long-term goal.

- Reward yourself. Rewarding yourself for reaching your short-term goals will motivate you to

continue toward your long-term goal. Remember rewards should not include food, alcohol or tobacco.

Success depends on your willingness and desire to make change in your life. Many people fail because they are not ready to commit and lack the determination, motivation and dedication to succeed. Motivation comes from within.

If you would like to make changes to become healthier in 2012 we are here to assist you with reaching your goals. Please contact Paula Pendrick, RN, BSN, MSHRM or Michelle Amber, RD, LDN at the NHCCP Wellness Clinic and inquire about our classes for tobacco cessation and/or nutrition and weight loss at 466-0207/0165.

TRICAREONLINE

For more information visit:

www.tricare.mil/pharmacy
www.tricare.mil/homedelivery
www.tricare.mil/subscription
www.facebook.com/tricare
www.twitter.com/tricare
<https://m.esrx.com>
<https://m.humana-military.com>



Smoke Alarm Safety at Home

Safety Tips

- REPLACE smoke alarms when they are 10 years old or sooner if they do not respond properly when tested or batteries replaced.
- REPLACE batteries in all smoke alarms at least once a year. If an alarm "chirps," warning the battery is low, replace the battery right away.
- INSTALL smoke alarms inside every bedroom, outside each sleeping area and on every level of the home, including the basement.
- Larger homes may need ADDITIONAL smoke alarms to provide enough protection.
- For the best protection, INTERCONNECT all smoke alarms so when one sounds they all sound.
- INSTALL smoke alarms following manufacturer's instruction high on a wall or on a ceiling.
- An IONIZATION smoke alarm is generally more responsive to flaming fires and a PHOTOELECTRIC smoke alarm is generally more responsive to smoldering fires. For the best protection, both types of alarms or a combination alarm (photoelectric and ionization) are recommended.
- Contact your local fire department for assistance if needed.



Cherry Point Fire and Emergency Services

FACTS



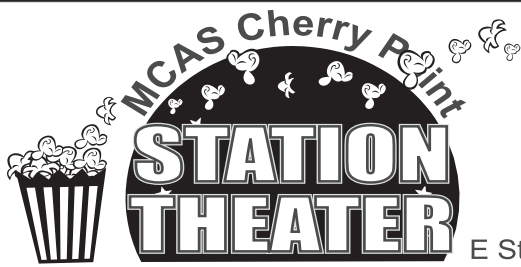
Roughly two-thirds of home fire deaths happen in homes with no smoke alarms or no working smoke alarms.



Working smoke alarms cut the risk of dying in reported home fires in half.

AND DON'T FORGET...

All smoke alarms should be tested at least once a month using the test button.



Movie Hotline: 466-3884

Visit us at www.mccscherrypoint.com

Adults only \$3 • Kids (2-12) only \$2

NOW SHOWING

Thursday, January 5

6:00pm - J. Edgar R

Friday, January 6

5:00pm - Happy Feet 2 PG

7:30pm - Twilight: Breaking Dawn PG 13

Saturday, January 7

2:00pm - Happy Feet 2 PG

4:30pm - Twilight: Breaking Dawn PG 13

7:15pm - J. Edgar R

Sunday, January 8

2:00pm - Happy Feet 2 PG

Tuesday, January 10

6:00pm - Wizard of Oz

MOVIE SYNOPSIS

J. Edgar - Starring: Leonardo DiCaprio, Armie Hammer, Naomi Watts, Judi Dench, Lea Coco. Based on the life of J. Edgar Hoover, the man often credited with making the FBI what it is today: an efficient, crime-fighting organization shrouded in secrecy. Hoover founded the organization in 1935 and remained director until his death in 1972.

Happy Feet 2 - Starring the voices of: Elijah Wood, Pink, Robin Williams, Sofia Vergara. Mumble, The Master of Tap, has a problem because his tiny son, Erik, is choreo-phobic. Reluctant to dance, Erik runs away and encounters The Mighty Sven -- a penguin who can fly! Mumble has no hope of competing with this charismatic new role model. But things get worse when the world is shaken by powerful forces. Erik learns of his father's "guts and grit" as Mumble brings together the penguin nations and all manner of fabulous creatures -- from tiny Krill to giant Elephant Seals -- to put things right.

Twilight: Breaking Dawn - Starring: Kristen Stewart, Robert Pattinson, Taylor Lautner, Peter Facinelli. Bella and Edward, plus those they love, must deal with the chain of consequences brought on by a marriage, honeymoon, and the tumultuous birth of a child... which brings an unforeseen and shocking development for Jacob Black.

Wizard of Oz - The tale of a young Kansas girl who dreams of a better world "somewhere over the rainbow." When Dorothy is thrust into the eye of a tornado and lands in the fantasy world of Oz, she soon finds herself in a heap of trouble with three hapless misfits to guide, an evil witch at her heels, and no way to get home.

Movies are subject to change without notice

The Local Buzz

Announcements

► *Indicates new announcement*

► Open Chess at Cunningham's

Marine Corps Community Services will host an open chess night for all eligible patrons over the age of 18, Jan. 9, beginning at 5 p.m. at Cunningham's.

The event will be located in the dining area. Patrons who want to learn to play chess or play competitively are invited to attend.

For more information contact leigh.velez@usmc-mccs.org.

► Texas Hold'em Poker Tournament

Marine Corps Community Services will host a Texas Hold'em style poker tournament open to all eligible patrons over the age of 18, Jan. 9 and 10, beginning at 6:30 p.m. at Cunningham's.

The event will be located in the dining area. Sign up at the Single Marine Program front desk located in Cunningham's.

For more information contact 466-3027.

► Volunteers Needed for For Life Relay

The American Cancer Society Relay for Life is seeking volunteers in Craven County, N.C., to organize, recruit fundraising teams, coordinate logistics, seek refreshments and prizes, and plan entertainment for the 2012 relay.

The first volunteer committee meeting is scheduled to be held Jan. 10 at 6:30 p.m., located at the Epiphany School of New Bern, N.C.

For more information contact Angi Strong at 342-8985 or jaadel@ec.rr.com.

► Marine Corps Association Luncheon

The Marine Corps Association will host a luncheon located at Miller's Landing Jan. 11, at 11:45 a.m.

The reception begins at 11 a.m. The guest speaker will be Maj. Gen. Jon M. Davis.

Lunch tickets are \$12 and the dress code is business casual.

Fore more information contact 877-469-6223 or s.cohen@Mca-Marines.org

► Lunch with a Dash of History

The popular "Lunch with a Dash of History" series will begin with the new year Jan. 20, with storyteller Rodney Kemp.

The events are held at noon on Fridays at the History

Place, located at 1008 Arendell St. in Morehead City, N.C.

Lunch tickets are \$12 and lecture only tickets are \$4. Reservations must be made and tickets purchased by Wednesday of each week. Reservations may be made by phone at 247-7533 ext. 106 or by website at <http://TheHistoryPlace.org>.

► New Bern Bridal Expo

The New Bern Riverfront Convention Center will hold the beginning of the year 2012 bridal expo Jan. 21-22, starting at 7 p.m.

The bridal expo is a gathering of local and national wedding professionals showcasing their services and products. The bridal expo will feature showcases of local wedding bands, DJs and other entertainers, along with fashion shows.

Admissions are free.

► Behind the Scenes Aquarium at a Glance

See what goes on behind the exhibits in a guided tour of the Aquarium's inner workings Feb. 1 at noon.

Visit food preparation areas, animal holding areas and labs, and get a look at the 306,000-gallon living shipwreck exhibit from above.

Advance registration is required. Register online at <http://www.NCAquariums.com> or call 247-4003, ext. 257.

► New Bern Historical Society Hosts Concert

The New Bern Historical Society will host the American pop/rock band "Orleans" as part of the "Legends in Concert" series.

The concert will be held on Feb. 4 at 7:30 p.m., at the Grover C. Fields Performing Arts Center.

Tickets are \$35 until Jan. 25 and \$40 after. Active duty military tickets are \$30.

To purchase tickets or for more information contact 638-8558 or <http://www.NewBernHistorical.org>.

Marine and Family Programs

Marine, Family Programs Office Numbers

The Family Member Employment Program, Transition Assistance Management Program, Relocation Assistance Program and accredited financial counselors can be reached at 466-4201.

• Child Development Resource and Referral – 466-3595.

• Exceptional Family Member Program – 466-3305.

• Family Advocacy Program – 466-3264.

• Library – 466-3552.

• LifeLong Learning – 466-3500.

• Military Family Life Consultant – 876-8016.

• New Parent Support Program – 466-3651.

• Retired Activities – 466-5548.

• Sexual Assault Prevention and Response Program – 466-5490.

• Substance Abuse Counseling – 466-7568.

• 24/7 Victim Advocate for Confidential Services relating to Sexual Assault or Domestic Violence – 665-4713.

Budget for Baby

The Navy-Marine Corps Relief Society offers Budget for Baby classes.

To register call 466-2031.

Breastfeeding Class

The Navy-Marine Corps Relief Society offers free breastfeeding classes to expectant mothers. The purpose of the class is to help prepare the mother to be ready and confident to breastfeed once the baby arrives.

To register call 466-2031.

Veterans' Assistance

A representative from the Veterans Affairs Office visits Cherry Point each Thursday in building 4335. Call 466-4201 for assistance.

Monthly and Weekly Events

Courage to Change

Cherry Point and Havelock Courage to Change is a support group for friends and families of people who suffer from alcoholism.

Meetings are held at St. Paul's Lutheran Church in Havelock, Tuesdays at 8 p.m.

For more information, call 241-6155 or 670-6236.

AA Beginners Meeting

There are two weekly Alcoholics Anonymous meetings aboard the air station. The meetings are held Wednesdays and Thursdays at 8 p.m.

The meetings take place in Room 208 of Building 229, in the same building as the tax center, next to the Cherry Tree House.

For more information, call 447-2109.

Al-Anon Family Group Meeting

There are Al-Anon family group meetings Tuesdays at 8 p.m. for family members and friends of individuals who may have alcohol problems.

The meetings are held at Havelock First Baptist Church.

For more information, call 447-8063 or 447-2109.

Together For Life

The "Together for Life" one-day premarital seminar is held for active duty personnel age 26 and under, within 90 days of marriage.

Please call the chapel at 466-4000 for more information.

Domestic Violence Victims

A support group for victims of domestic violence is provided by the

Carteret County Domestic Violence Program.

The group meetings are held every Wednesday at 6 p.m.

For more information, call 728-3788.

Marine Corps League Meetings

The Cherry Point Detachment of the Marine Corps League meets the third Tuesday of each month at Miller's Landing at 7 p.m.

For more information, call 515-1175.

Disabled Veterans

Chapter 26 of the Disabled American Veterans meets on the third Tuesday of each month at the Senior Center in Havelock at 7 p.m.

For information, contact Cris Young at 259-3427.

Hotlines

2nd MAW Command Inspector General

466-5038

Station Inspector

466-3449

Fraud, Waste and Abuse

If you know of or suspect any fraud, waste or abuse aboard MCAS Cherry Point, call 466-2016.

This line's automated answering service is available 24/7.

Sexual Assault

This procedure is not to replace calling 911 if you are in immediate danger. Immediately call 665-4713, which is monitored 24/7. The person answering the call will help you decide the next steps to take. You may remain anonymous.

Severe Weather and Force Protection Information

Cherry Point personnel call 466-3093.

FRC East personnel call 464-8333.

DDCN personnel call 466-4083.

This month in Marine Corps History

From the USMC History Division

Jan. 18, 1951

Marines of the 1st Marine Division began mopping-up operations against guerrillas in the Pohang area, South Korea, following the division's return from its epic battle with communist Chinese troops at the Chosin Reservoir.

Jan. 20, 1968

The second battle for Khe Sanh began when Marines from the 3d Battalion, 26th Marines, attacked a North Vietnamese battalion between Hill 881 South and Hill 881 North. More than 100 of the enemy were killed.

Jan. 21, 1918

The 1st Aeronautical Company arrived at Ponta Delgada, Azores, for anti-submarine duty. That unit was one of the first completely equipped American aviation units to serve overseas in World War I.

Jan. 27, 1988

About 400 Marines and Sailors from the 2nd Marine Division, 2nd Marine Aircraft Wing, and 2nd Force Service Support Group deployed for the Persian Gulf. The Contingency Marine Air-Ground Task Force CM 2-88 would relieve Contingency MAGTF 1-88 in the volatile Persian Gulf and provide the effective landing force capability to Joint Task Force Middle East.

Off Limits

MCAS CHERRY POINT AREA

98 CENT ONLY STORE
(BIG DADDY) WESLEY'S GROCERY
COASTAL SMOKE SHOP
EXPRESSIONS
FRIDAY'S NIGHT CLUB (AKA CLUB INSOMNIA, CLUB CLASSICS, INFINITY LOUNGE)
H&D EXPRESS AKA CITGO
NADINE'S FOOD MART
SUPER EXPRESSWAY
TOBACCO OUTLET (HAVELOCK AND NEW BERN)
TOBACCO SHOP & GIFTS (BEAUFORT AND NEW BERN)
TOBACCO TOWN
TOBACCO SHOP (NEWPORT, N.C.)
TWIN RIVERS (NOT THE MALL)
WHITE SANDS CONVENIENCE STORE

MCB CAMP LEJEUNE AREA

BELFAST QUICK MART
BELL AUTO SALVAGE II
BOTTA BOOMS
CASH-N-ADVANCE
CJ'S QUICK MART
CLUB MICKEY'S
COASTAL SMOKE SHOP
DASH-IN
DISCOUNT TOBACCO
D'S DRIVE THRU
D'S QUICK MART
DOLL HOUSE
EASY MONEY CATALOG SALES
EXPRESS WAY
FANTASIES
HIP HOP AND HOOKAHS
ILLUSIONS
JACKSONVILLE SPEEDWAY AUTO PARTS
KINGS DRIVE THRU
KWIK STOP MART
LAIRDS AUTO & TRUCK CENTER
MILITARY CIRCUIT OF JACKSONVILLE
MOE'S MART
NASH MARKET
ONE STOP SHOP
PAR TECH
PLAYHOUSE
PLEASURE PALACE
PRIVATE PLEASURES (AKA CARRIAGE HOUSE)
RACEWAY AUTO PARTS
REFLECTION PHOTO
REID'S MART
SMOKERS POST
SOUTHERN COMFORT
SMITTY'S R&R
SPEED MART
TALK OF THE TOWN II
TENDER TOUCH (AKA BABY DOLLS)
TOBACCO ALLEY
TOBACCO AND MORE
TOBACCO CLUB
TOBACCO FOR LESS
TOBACCO HOUSE CIGARETTE CENTER
TOBACCO LEAF
VERONA QUICK STOP
VETERANS AFFAIRS SERVICES

OUTSIDE AREAS

CARLAND
CENTENNIAL ENTERPRISES, INC.
STUDENT ASSISTANCE COMPANY
JOSHUA EXPERIENCE/ CLUB ACCESS