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Chaplain’s Corner : Resolutions

LT. CMDR. PHIL KING
MAG-14

The New Year is upon us, and it’s a good time to consider new and dusted off well-intentioned resolutions; some may have been tried and aborted from previous years, or have been kept on the “wish I could” shelf until now.

Many New Year’s resolutions tend to be general and uninspired; weight loss, more gym time, better husband/father/wife/mother, better Marine/Sailor, take a class, have a better attitude . . . the list goes on. In reality these types of desires are more “good intentions” than true “resolutions.” To work, a resolution needs meticulous planning and implimentation. Only then can it be used to steer a life for the better.

In classical Greek culture, education or instruction was called “paideia.” Paideia was more than just learning. It was the process whereby a human developed into his or her true or best form. We see this most prominently in great athletes whose training gives them fine edges of advantage over other equally great athletes, honing their gifts and skills to precision.

For the ancient Greeks, this form of training required “ethos,” which in this case was defined as “habits.” The best “habits” were routinized behaviors that developed the man or woman into a capable citizen, who would serve the family and state honorably. This learning ultimately equipped the citizen not for an occupation per se, but for the responsible exercise of freedom and honor.

As Marines, Sailors and families, we have sought out arduous patriotic duty as a means toward living a better life. Some argue that “taking” as much as possible insures happiness. I would counter that an ethic of generosity distinguishes our misery from joy. Many of you live a creed of paideia that drives you toward a life of noble service and self-improvement. In that work we discover personal satisfactions that go far beyond any fleeting notion of the happiness that self-indulgence might bring.

John Paul Jones encouraged young men to seek out the sea service as both an expression of their virtue, but also as a measure of our patriotism; “Sign on, young man, and sail with me. The stature of our homeland is no more than the measure of

ourselves. Our job is to keep her free. Our will is to keep the torch of freedom burning for all. To this solemn purpose we call on the young, the brave, the strong, and the free. Heed my call, come to the sea. Come sail with me.”

As you consider what changes might be good in the coming year, be honest with yourself, and don’t just play with a wish list. Identify what will help you on the journey toward realizing your greatest potential, and then meticulously detail your plan your paideia for establishing habits of excellence. What ultimately defines us as champions is not winning, but the will to win. Incorporating winning into a life of excellent habits. Have a safe and blessed new year! Semper Fi!

Celebrating 100 years of Marine Corps aviation



A CH-53A lifts a UH-34D in Vietnam. The Stallions have been serving in the Marine Corps since 1967 as a heavy assault helicopter developed by Sikorsky. It is often regarded as one of the largest and most powerful helicopters in the world.

The Windsock

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REMEMBER TO RECYCLE



CPL. JACOB GRADY

Job Title: Intelligence Chief
Age: 21
Unit: Marine Heavy Helicopter Squadron 366
Hometown: Myrtle Creek, Ore.
Date Joined: May 2009

Before pilots and aircrew go out on any mission, there’s information they need to know.

Cpl. Jacob Grady, the intelligence chief with HMMH-366, is one of the Marines that keeps them informed and as ready as possible.

“My job here isn’t nearly as glamorous as it is during a deployment,” said Grady. “Here the job is more focused on the security side and making sure all personnel are ready to deploy.”

Grady explained the differences between working in garrison and operating in the field.

“Out there we don’t get to sit in a nice office and work eight-hour days,” said Grady. “(In the field) we’re a lot more involved with the pilots and planning missions. We’ll work 12 or more hours a day to prepare for a brief.”

Grady said the best part of his job is deciphering the problems of the squadron and the close rapport he builds with the pilots.

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.



LANCE CPL. GLEN E. SANTY

Otis works on aerial refuel training with the Black Knights



LANCE CPL. CORY D. POLOM

An MV-22 Osprey with Marine Medium Tiltrotor Squadron 264 performs a “dry plug” on a fuel line from a KC-130J Hercules with Marine Aerial Refueler Transport Squadron 252, off the coast of North Carolina Jan. 5. A “dry plug” is making a connection with another aircraft without taking on fuel and the training is conducted to improve confidence and muscle memory.

LANCE CPL. CORY D. POLOM
MCAS CHERRY POINT

OFF THE NORTH CAROLINA COAST – The KC-130J Hercules used by Marine Aerial Refueler Transport Squadron 252 are tasked with multiple missions ranging from transportation to tactical air support. But the most common missions these giants are tasked with is the aerial refueling of friendly aircraft.

A VMGR-252 Hercules teamed up with two Marine Medium Tiltrotor Squadron 264 MV-22 Ospreys to conduct aerial refueling training over the Atlantic Ocean off the coast of North Carolina Jan. 5.

Aerial refueling training is a repetitive process. A KC-130J crew lets out a hose and flies in a pattern while the other aircraft conduct multiple runs called “dry plugs.” A dry plug is the connection between the KC-130J’s hose and a friendly aircraft and no fuel is being pumped. When an aircraft is refueling with a KC-130J it is called a wet plug.

“Aerial refueling allows the receivers to extend their time on station,” said Cpl. Seth B. Van Gorder, a KC-130J Hercules crewmaster with VMGR-252. “This enables these aircraft to provide close-air support, search and rescue medical evacuations and transcontinental movement of aircraft that could not normally conduct such a feat without multiple stops or landing.”

Van Gorder added this training benefits all ground troops in theater by being able to refuel aircraft to extend the range of aerial surveillance and coverage.

“This training helps build coordination between adjacent units,” said Capt. Michael S. Hritz, a KC-130J Hercules pilot with VMGR-252. “The main purpose of this training is to help the crew of both aircraft keep up their qualifications.”

This training is imperative to the missions VMGR-252 conducts both deployed and stateside, added Hritz.

“Whether we are conducting aerial refueling missions or troop movements for the Marines of 2nd Marine Aircraft Wing (Forward), we are working hard to make sure our pilots and crew are ready,” said Hritz. “This training helps the other units and ours by effectively working both physical and mental aspects of the training.”

This training allows participating pilots to keep up their qualifications and ability to send or receive fuel said Van Gorder.

“This training is crucial for all aircraft involved,” stated Van Gorder. “In a combat situation it is imperative that the aerial refueling evolution is conducted in an efficient, expedient and safe manner. This is critical to the aviation component of a Marine Air-Ground Task Force in achieving mission accomplishment and ensuring the safety of our aircrews and Marines on the ground.”



LANCE CPL. CORY D. POLOM

Capt. Michael S. Hritz, a KC-130J Hercules pilot with VMGR-252, connects his helmet into the communications system as Lt. Col. Roger T. McDuffie, the executive officer of Marine Aircraft Group 14, conducts aerial refuel training with VMM-264 off the coast of North Carolina Jan. 5.



LANCE CPL. CORY D. POLOM

Cpl. Seth B. Van Gorder, a KC-130J Hercules crewmaster with VMGR-252, reads through a “refresher” book about procedures during aerial refuel training with VMM-264 conducted off the coast of North Carolina Jan. 5.



LANCE CPL. CORY D. POLOM

Cpl. Seth B. Van Gorder, a KC-130J Hercules crewmaster with VMGR-252, preps the controls to begin the aerial refuel training with two MV-22 Ospreys from VMM-264.



CPL. JUSTIN BOLING

The Marines of Marine Air Control Squadron 2, who operate the Tactical Air Operations Center at Camp Leatherneck, Afghanistan, are responsible for assisting hundreds of aircraft in completing their missions every day. The Marines work around the clock manning radar equipment and communicating with pilots to help keep them out of harm's way in Afghanistan.

Marines control air in southwestern Afghanistan

CPL. JUSTIN BOLING

2ND MAW(FWD)

CAMP LEATHERNECK, Afghanistan — Fewer than 100 Marines control nearly 100,000 square miles of airspace in southwestern Afghanistan.

Sgt. Travis Bryant is one of these Marines. Bryant, a tactical air traffic controller, spends his days in the back of a modified humvee. He spends up to 12 hours every day watching blips on a radar scope each a helicopter or jet flown by a coalition pilots. He speaks through a headset to the pilots advising them of other traffic and keeping them out of harm's way.

"There is no training evolution that will fully prepare somebody for the job they are going to do out here," said Gunnery Sgt. Richard White, a Marine Corps tactical air traffic controller. "Despite the great training we do in the States, it is not nearly as complex with as many aircraft and nations all participating in operations."

The airspace is used by allied aircraft that are a part of

NATO International Security Assistant Force, to provide aviation support troops on the ground. Every day in the air above southwestern Afghanistan, there are literally hundreds of aircraft operating in close proximity to one another.

White, Bryant and other Marine Air Control Squadron 2 Marines man the Tactical Air Operations Center at Camp Leatherneck, Afghanistan. These Marines operate and maintain radar arrays, communicate with pilots, and ensure the Afghan skies are safe.

"We stay in contact with the aircraft and observe our radar to control the airspace," explained Bryant, a native of Elizabethtown, Ky. "We talk to them and make sure that we can deconflict any issues between air traffic."

Marine Corps, Air Force and British helicopters and jets provide close-air support and troop and cargo transport. Army helicopters conduct medical evacuations to carry injured troops to safety. French, Belgian, Italian and Australian aircraft also routinely operate in southwestern

Afghanistan.

"If something messes up, the consequences of that could be very catastrophic," said White, a Marine with 14 years of experience as an air traffic controller, and a native of Ponca City, Okla. "Not only for the pilots who could have issues with other aircraft they are in close proximity with, but the ground troops relying on these aircraft for support."

2NDMAWONLINE

For more stories, photos and video visit:

<http://www.marines.mil/unit/2ndmaw>

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Battlefield bagpipes bringing people together

Sergeant connects people with unique music

LANCE CPL. SCOTT L. TOMASZYCKI

MCAS CHERRY POINT



LANCE CPL. SCOTT L. TOMASZYCKI

Sgt. Mark A. Matice plays his bagpipes in front of the headquarters building, Dec. 15. Matice has been playing since 2007 in both Iraq and Afghanistan. He plays the pipes because, according to him, they bring people together for a fun time. A head injury left him unable to play the pipes as often as he would like because playing now gives him migraines, but Matice hopes his injuries will heal and allow him to play often again.

Music has been played on battlefields for centuries. While the fife, drum and bugle have become purely ceremonial, some players maintain the tradition of inspiring comrades and terrifying the enemy with the bagpipes.

Sgt. Mark A. Matice, the barracks manager for Marine Wing Support Squadron 271, is Cherry Point's own piper, having played in Iraq, Afghanistan and numerous state-side ceremonies.

Matice, a member of MWSS-274, began playing bagpipes on a deployment to Iraq in 2007 when he suffered an injury while working. After his injury, he was told to work the unit's tool room. To pass the high amounts of down time Matice took up playing the pipes.

Bagpipes have been played for centuries dating before to the 1700s in Scotland.

"Originally, bagpipes were an instrument of war," said Cmdr. Carl P. Koch, the command chaplain for Cherry Point. "The Scots would play them as the fog was in the highlands, to hear this eerie sound was designed to disarm the enemy, to scare them, and yet they have a beautiful quality to them as well. The underlying hum adds almost the feelings of our cherished loved ones still walking among us. It gives people the feeling that those who have gone before are not forgotten. It's a very emotionally evocative instrument."

Matice's pipes have their own heritage of warfare having been on all three of his deployments. More than that, anyone can tell they belong to a Marine just by looking at them.

"Nobody else is going to have a bag like that. That bag right there was a blouse that I wore in Iraq for two deployments," Matice said.

A dirty old Marine Pattern desert blouse was sewn together and made airtight to hold the instrument's reservoir of air. Between the reed and the chanter, sergeant chevrons are attached to the bag. Flying high on the long bass drone are two flags sewn together to make one, a POW/MIA flag on one face and a Marine Corps flag on the other.

"They've been around the world twice and been to Iraq and Afghanistan," Matice said. "I don't clean it, so all the sand and the dust on the pipes are from Iraq and Afghanistan."

In arranging the station 9/11 memorial ceremony this past year, Koch invited Matice to play because of the feelings bagpipes evoke.

With the pipes come a few extra, but worthwhile, duties. The British military in Afghanistan includes Welsh and Scottish soldiers who take pride in their piping heritage and more than welcome a piper on the battlefield. According to Matice, they believe it is good luck to have a bagpipe playing when a convoy leaves the base and when it returns. The caveat is he doesn't play the slow songs, which tend to bring down the mood.

Then there is the somber note of memorial ceremonies for the fallen. His first ceremony was a mere four months after he had started playing.

"There was a helicopter crash out on the flight line and five Army soldiers died," Matice remembered. "That night while the helicopter was still burning, I could see it from my bunker, I got on top of the bunker and played my pipes."

A few days later, an Army 1st sergeant who knew the men who died came and asked Matice to play at the memorial ceremony. It would be his first time performing to a public audience.

"I played Amazing Grace for them and a couple of other slow songs," he said.

Because of a severe head injury Matice suffered during his last deployment, he is not able to play as much as he would like. His injuries give him migraines after only 20 minutes of playing. But even so, he still holds out hope that his injuries will heal and he can return to playing the bagpipes like he loves.

"They bring people together for a fun time," Matice said. "It's a talent that I can pull out and rally people together."

Q&A with senior Marine pilot in Afghanistan

CPL. BRIAN ADAM JONES

2nd MAW(FWD)

CAMP LEATHERNECK, Afghanistan — Maj. Gen. Glenn M. Walters, the senior Marine Corps aviator in Afghanistan, commands 2nd Marine Aircraft Wing (Forward), the aviation combat element for the southwestern regional command of NATO’s International Security Assistance Force. He sat down to discuss the progress that has been made over the last 10 months in Helmand and Nimruz provinces under his command.

The general weighed in on counterinsurgency efforts through the end of the Taliban’s “summer fighting season,” including Operation Eastern Storm, a major offensive to secure Route 611 and the area south of the Kajaki Dam, key pieces of infrastructure in the Helmand River valley.

He spoke of the role of aviation in counterinsurgency ef-

2NDMAWVIDEO



Watch a video interview with the senior Marine Corps aviator in Afghanistan Maj. Glenn M. Walters at <http://bit.ly/senioraviator>.

orts and how his Marines and aircraft will continue to keep the insurgency on its heels right up until he transfers authority to 3rd Marine Aircraft Wing (Forward) in the early spring.

Q: Obviously we’re at the beginning of 2012 now, and you’ve said that our outlook and operations weren’t going to shift with the end of the summer fighting season, that we were just going to continue the fight, and taking the fight to the enemy and to the insurgency. But now that we’ve seen the end of fall and we’re into the cold of winter, what have the last few months been like for the Wing, operationally?

A: It really hasn’t changed from the summer, we conduct operations during the wintertime to keep the enemy off balance. That requires aviation support, both for our conventional forces and our special operating forces. We haven’t seen too much of a let up. We’ve been flying just as much during the wintertime as we did during the summertime.

Q: How does the conflict change during the winter, though?

A: Basically, the Taliban’s leadership tries to take the winter off, and we don’t let them. We still seek out their leadership. We still seek to increase our conventional forces in different operating areas. We pushed up to Kajaki, there’s no secret about that. All that happened during the winter months. We made it there a lot quicker than people thought. So we’re still taking the fight to the enemy and that’s the best way to disrupt and keep the insurgency off balance.

Q: Can you touch a little bit on Eastern Storm, and the success that we saw there?

A: Well, Eastern Storm, I hate to say it this way, but it’s been like all of our other operations here that have gone very, very well. The Marines on the ground, the Marines in the air, and the Marines supporting in the logistics command did just a fantastic job. All of the objectives were met ahead of time, at a cost, but I think the goals we had set were accomplished and they were accomplished with a lot more ease than some people had predicted.

Q: Can you speak a little bit to the importance of aviation in a counterinsurgency, particularly Afghanistan?

A: Aviation has three big and important roles in a counterinsurgency in Afghanistan. One, it’s the one asymmetric advantage that we have over the enemy that we take advantage of. Two, it supports our Marines on the ground, keeps them resupplied, gets them back here quickly when they’re hurt, and provides aviation fires – in aviation fires it also provides a presence over the battlefield. It shapes and it limits what the Taliban can do against our Marines on the ground.

Q: Historically, how do you think the Marine Corps’ example that we set over the last 10 years, our ability to use the [Marine Air-Ground Task Force] and use aviation to project power, sir, how do you think that’s going to fare in the history books?

A: I think our use of combined arms and the MAGTF in [counterinsurgency] operations and in conventional operations are well known throughout history. 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 nation.

Q: What are our goals over the next two months as our



STAFF SGT. JAMES RICHARDSON

Maj. Gen. Glenn M. Walters, the senior Marine Corps aviator in Afghanistan, commands 2nd Marine Aircraft Wing (Forward), the aviation combat element for the southwestern regional command of NATO’s International Security Assistance Force. He sat down to discuss the progress that has been made over the last 10 months in Helmand and Nimruz provinces under his command.

time here comes to a close?

A: 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 ½ months.

Q: What are the differences, do you think in terms of the conflict that 3rd MAW (Fwd.) is inheriting, as to what you saw when you took over here, what sort of progress has been made?

A: There’s been tremendous progress, the next step I think under 3rd MAW’s tenure out here, they will see a shift from COIN operations, although we’ll continue to do COIN operations, to security force assistance and counterterrorism. All of that is going to require aviation support. The level and intensity will be determined by the enemy.

Wing Marine promotes brother in Afghanistan



STAFF SGT. CORY THATCHER

CPL. JUSTIN BOLING

2nd MAW(FWD)

BAGRAM AIR FIELD, Afghanistan — U.S. Marine Corps Staff Sgt. Antonio Beaufort pinned a new stripe on his younger brother, Phillip, in Afghanistan, Dec. 1.

“It was an awesome experience, one of the highlights of our lives,” said Antonio. “I had not seen him in two or three years. It was great to see him and promote him.”

Phillip, a U.S. Army soldier, was promoted by his brother to the rank of staff sergeant. Both Antonio and Phillip are natives of Huger, S.C., a small town north of Charleston.

“It is unexplainable – the joy I have that everything lined up and he was able to come out here,” Phillip said. “It is something I will never forget.”

Antonio works as the maintenance admin chief for the U.S. Marine Corps KC-130J Hercules detachment at Kandahar Airfield, Afghanistan. He is deployed from Marine Corps Air Station Cherry Point, N.C., with Marine Aerial Refueler

Transport Squadron 252.

Phillip is a supply sergeant with the Army’s 10th Sustainment Brigade, and is currently deployed to Bagram Air Field. Antonio is the older of the Beaufort brothers by seven years.

“I was 12 when he left to join the Marine Corps,” said Phillip. “I remember growing up, shadowing him, he was a good brother to look up to and follow.”

Even though both brothers are thousands of miles from their friends and family in South Carolina, they said they rely on each other during their Afghanistan deployments.

“It is awesome to have him out here whenever I am feeling down, I can always call him,” said Antonio. “It also helps our mom not worry about us as much, knowing that we have each other out here.”

“He is an appreciated big brother, and I would not be where I am today if it wasn’t for him,” said Phillip. “He is exactly what an older brother should be.”

Marine Corps Staff Sgt. Antonio M. Beaufort traveled north from Kandahar to Bagram Air Field, Afghanistan, to help promote his younger brother, Army Sgt. Phillip Beaufort, to staff sergeant. The brothers are both serving year-long deployments in Afghanistan and are Huger, S.C., natives.

GYM from page A1

all the time.”

Cardio equipment from the cardio room and weight equipment from the weight room was replaced by new, more advanced machines.

“Our most used equipment is in the cardio room,” said Velez. “People aren’t going to stay on one machine in the weight room for 30 minutes, but in the cardio room people would be on an elliptical or the treadmills for long periods of time causing a lot of wear-and-tear on the machines.”

Velez also stated that some of the other problematic machines were the treadmills and the pulley system equipment, like the cable crossover. Constant use by the air station personnel caused the ropes to break regularly.

“Broken equipment wastes people’s time,” said Velez. “If there are two machines and one is being worked on everyone else has to wait. What didn’t get replaced was the equipment, that people had poured blood and sweat into for years and didn’t want us to let go.”

“I come to the gym every day,” said Cpl. Lyssa Bucklew, an aircraft maintenance administration specialist with Marine Heavy Helicopter Squadron 366. “Before everything got replaced a lot of the equipment broke easily and you always had to wait for stations. Now there’re a lot more stations and a lot less wait.”

Bucklew also said that the new equipment will create a better appearance overall.

“There’s a lot more machines per muscle group,” said Pfc. Kristian Palmer, an aircraft maintenance administration specialist with HMH-366. “I like how you don’t have to wait for everything now. Once I get into a workout rhythm I don’t like to stop.”

The service members at the gym seemed both pleased and satisfied with the new equipment but had some suggestions about what they themselves would add.

“They need to put in a smoothie machine for protein shakes and stuff like that,” said Bucklew.

Velez said that with the approximately 50 new pieces of equipment the gym is back to full working order. He also said that most of the Marines and Sailors favored the new pulley machines and that the complaints that they had been getting for years about equipment are all but gone now.



LANCE CPL. GLEN E. SANTY

Cpl. Zachary Offhaus, a flight collateral duty inspector with Marine Aerial Refueler Transport Squadron 252, works out on the bench press with Sgt. Christopher Franks, a ground support equipment noncommissioned officer in charge, spotting him at the Cherry Point Devil Dog Gym Jan. 5. The gym received equipment for both in the gym and the cardio room for the service members of the air station to use.

HISTORY from page A1

Marine Amphibious Unit was diverted to invade Grenada Oct. 25, 1983. MAUs were precursors to today’s Marine expeditionary units.

Just Cause, however, was different. According to “Operation Just Cause: The Incur-sion Into Panama,” an official history on the conflict, relations with Gen. Manuel A. Noriega, the president of Panama, were progressively heading downhill with beatings, interrogations and shootings of service members and Department of Defense civilian employees during the 1980’s. Over several years during which Southern Command made contingency plans, it became increasingly clear that removing Noriega from power would require American forces.

Retired Maj. Gen. Thomas A. Braaten, who was on the Southern Command staff at the time of Just Cause, said the big difference between the two operations was American forces already had bases and troops in the Panama Canal Zone. However, this meant that Panamanian Defense Forces were already in close proximity to American forces.

“If you don’t already have a foothold on the land, being able to operate quickly from the water directly to the spot where the action is going to take place is a huge advantage that Marines bring,” Braaten said. “We bring our own aviation assets, our own close air support, our own everything.”

Having a hold in Panama already, American forces were able to train in preparation for the specific operations. Units involved in the invasion were brought in, trained, and rotated out to gain familiarity with the layout of Panama. Because there were already Army helicopters inside the Panama Canal Zone, bringing a full MAGTF wasn’t necessary, according to Braaten.

The 22nd MAU had already trained for a myriad of possible contingencies prior to the Grenada operation. This training and previous experience of the personnel would prove useful, according to official histories. Able to forgo the additional training phase required for Operation Just Cause, the battalion landing team and air combat element of the 22nd MAU launched the invasion after only 30 hours notice to plan and prepare.

Marine Medium Helicopter Squadron 261 (Reinforced), provided air support and transport, successfully launched three airborne assaults to capture vital points of the island, a medical evacuation, and evacuation of civilians, according to Allison. Marine AH-1 Cobras also pulled extra duties providing air support for Army units on the south side of the island, which resulted in two Cobras being shot down and three Marines killed and one wounded. The amphibious and airborne assaults quickly put the island in American control.

A similar story unfolded in Panama six years later. After years of planning and training, Army and Marine forces rapidly deployed to their objectives, captured the PDF headquarters and Noriega, rescued detained Americans and dismantled hostile forces.

“Urgent Fury exhibited the capability of the MAGTF in conducting contingency operations ...,” said Allison in an article he published previously on Grenada. “It turned on a dime, diverted to execute a complex amphibious assault on a hostile shore in a matter of days ... Marine aviation proved a significant enabler to the Marines’ overall success.”

HIKE from page A1

Ashley H. Bost, MWSS-271 motor transportation operator. “Mentally, the hike was hard because my feet started hurting, but we kept pushing each other to the end. We really demonstrated our teamwork.”

Hiking with combat gear helped the “Workhorses” have a better understanding of their unit’s mission.

“Ultimately, that’s about the amount of gear that we would have with us while out on patrols,” said Bush. “We wanted to make this as realistic as possible because, realistically, some of the Marines have to perform security missions while on deployment. One of our missions is to provide base defense, one of those active measures is patrolling. We want to be ready to provide the best aviation ground support possible.”

For some of the Marines, the hike gave them a chance to get comfortable with wearing their gear. They hiked with Kevlar helmets, flak jackets, Small Arms Protective Insert ballistic plates, assault packs, and rifles.

“The hikes we do prepare me for anything that could potentially happen,” said Bost. “I’ll be ready in case a truck was to go down and I had to hike to get to the next one,”

Overall, Bush felt the hike went great.

“A lot of people on the air station were probably wondering what we were doing out there because they don’t get to see things like that very often,” he said.

“The Marines have been doing an outstanding job no matter where they are, whether it’s here on base, on forward missions supporting 2nd MAW, or at Bogue Field. I am very proud of them.”

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January 12, 2012



PHOTOS BY LANCE CPL. ANDREA CLEOPATRA DICKERSON

Marine Corps Air Station Cherry Point Commissary Special Olympics participants gaze through mist generated by a fog machine while they prepare to run through a banner before the start of the competition. The Olympics as a whole started in Athens more than 140 years ago, and the athletes that compete still astonish the world with their feats today. In 1968, a new form of the Olympics took place at Soldier Field, Ill., and the event was called the First International Special Olympic Games. As part of this annual event, the commissary hosted a local Special Olympics, Jan. 9.

Cherry Point commissary hosts Special Olympics



(Above) Petty Officer Second Class Adra L. Oglesby, Naval Aviation Survival Training Center instructor, helps special olympian Andy Delafield wrap himself up in toilet paper during the "dizzy mummy" event. During the competition, participants were challenged to wrap themselves in toilet tissue as fast as they could without breaking or tearing the tissue. After the event, Delafield shed light as to why the event is named appropriately. "I'm so dizzy," he said.

(Left) During turkey bowling, two Cherry Point Marines assist a participant while she stands up from her wheelchair to toss a turkey at the traditional 10-pin setup. "We want to thank military members and the Commissary for their support at this event. They go all out for this, and we really appreciate it," said Donald R. Irvin, a sponsoring company spokesman.



After placing Oreo cookies on participant's foreheads, Cherry Point Marines explain the rules of "Face the Cookie" to the olympians. Without using hands or arms, participants had to guide an Oreo cookie from their forehead down to their mouth without dropping or touching the cookies.



Col. Philip J. Zimmerman, Commanding Officer of Marine Corps Air Station Cherry Point, goes head to head with special olympians during the turkey bowling event at the commissary on Monday. The five top scorers got a chance to bowl against the air station commanding officer and sergeant major while event volunteers, participants, and Marines stood on the sidelines and cheered them on.



(Above) Event volunteers, participants and service members cheer for each other during the pie-eating contest. Pie eaters dug their way through layers of cool whip to get to the Oreo cookies at the bottom of the pie. The objective during the contest was to remove the cookies from the pie as fast as possible.

(Right) After the conclusion of the day's activities, Marines took time to praise Delafield for his hard work and determination. When asked if he wanted to go to the top of the air traffic control tower and meet the Marines, Delafield exclaimed, "Heck yeah, I want to see the planes!"



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. 12

Lunch - Chicken and dumplings, pasta toscano, steamed rice, steamed vegetable medley, harvard beets, cream of spinach soup

Dinner - Mediterranean herb roasted chicken, herbed roast pork loin, mashed potatoes, dirty rice, glazed carrots, steamed broccoli, brown gravy, American bounty vegetable soup

Friday Jan. 13

Lunch - Roast turkey, French fried shrimp, French fried fish, dirty mashed potatoes, green beans, calico cabbage, hush puppies, tartar sauce, cocktail sauce, New England clam chowder

Dinner - Tatertot casserole, baked tomato pork chops, savory baked beans, peas and mushrooms, Manhattan clam chowder

Saturday Jan. 14

Lunch - Baked ziti with four cheeses, arroz con pollo (chicken), club spinach, corn o'brien, toasted garlic bread, smoked ham and cabbage soup

Dinner - Three bean chili, apple glazed corned beef, shrimp curry, cilantro rice, parsley buttered potatoes, vegetable stir fry, savory summer squash

Sunday Jan. 15

Lunch - Baked fish with butter crumb topping, herbed baked chicken, potatoes au gratin, confetti rice, herbed roasted carrots, balsamic roasted vegetables, tomato soup

Dinner - Pork chops with smothered onion, chili macaroni, roasted sweet potatoes, French cut green beans, cauliflower combo, Wisconsin cheese soup

Monday Jan. 16

Lunch - Pepper steak, turkey Monterey roasts, rosemary red potatoes, steamed rice, wax beans Creole, stewed chick peas and zucchini, southwestern corn chowder

Dinner - Veal parmesan, Tex-Mex chicken and rice, penne rigate noodles, scalloped cream corn, broccoli and red peppers, Spanish chorizo and potato soup

Tuesday Jan. 17

Lunch - Linguini with clam sauce, bayou chicken, rissole potatoes, mashed cauliflower, sautéed green beans and mushrooms, beef with vegetables and barley soup

Dinner - Country fried steaks, baked turkey with noodles, mashed potatoes, creamed ground beef, peas, squash and carrot medley, bean with bacon soup

Wednesday Jan. 18

Lunch - Chicken piccata, bayou jerk pork loin, chipotle roasted sweet potatoes, islander's rice, steamed spinach with garlic, Lyon-nais carrots, mango and black bean salsa, cream of mushroom soup

Dinner - Hungarian goulash, Creole shrimp, Brussels sprout, parmesan corn, chicken tortilla soup

From the clinic:

Put your medicines up, away and out of sight

Families take medications and vitamins to feel well and to stay well. But did you know that more than 60,000 young children end up in emergency rooms every year because they get into medicines when their parent or caregiver isn't looking?

Any kind of medicine and vitamin – even one you buy without a prescription – can cause harm if taken in the wrong way or by the wrong person. All medicines and vitamins should always be kept up and away and out of your child's reach and sight.

Protect your child. Here's how:

- Put medicines and vitamins up, away – out of reach and out of sight.

Children are curious and put all sorts of things in their mouths. Even if you turn your back for less than a minute, they can quickly get into things that could hurt them.

Pick a storage place in your home that your child cannot reach or see. Different families will have different places. Walk around your house and decide on the safest

place to keep your medicines and vitamins.

- Put medicines and vitamins away every time.

This includes medicines and vitamins you use every day. Never leave them out on a kitchen counter or at a sick child's bedside, even if you have to give the medicine again in a few hours.

Be prepared in case of an emergency:

Program the Poison Control number into your cell phone 800-222-1222.

Call your poison control center right away if you think your child might have gotten into a medicine or vitamin.

- Hear the click to make sure the safety cap is locked.

Always relock the cap on a medicine bottle. If the bottle has a locking cap that turns, twist it until you hear the click. Remember, even though many medicines have safety caps, children may be able to open them. Every medicine and vitamin must be stored up and away and out of children's reach

and sight.

- Teach your children about medicine safety.

Teach your children what medicine is and why you must be the one to give it to them. Never tell children medicine is candy to get them to take it, even if your child doesn't like to take his or her medicine.

- Tell your guests about medicine safety.

Ask houseguests and visitors to keep purses, bags, or coats that have medicine in them up, away and out of sight when they are in your home.

- Be prepared in case of an emergency.
- Take the pledge.

Visit the Up and Away website and take the pledge to store medications safely, make sure the safety cap is locked in place, teach children about medication, and program the Poison Control number in your phones.

Learn more at www.UpAndAway.org.

Civilian Life Ahead?

Get Assistance With

- Employment
- Education
- Benefits
- Life Goals

MARINE FOR LIFE

CONNECTING MARINES WITH OPPORTUNITY



An Official Program Of The United States Marine Corps

www.MarineForLife.org • 866.645.8762

Annual Weingarten Notice 2012

This notice is to serve as the Annual Weingarten Notice for 2012.

The union is entitled to represent bargaining unit employees' at any meeting when employees are questioned in connection with an administrative pre-action investigation (also referred to as fact-finding). This provision is referred to as employees' Weingarten rights and is based on a 1975 Supreme Court decision.

The Federal Service Labor-Management Relations Statute establishes three conditions that must be met for a meeting to be considered a Weingarten meeting:

1. One or more agency representatives are examining (questioning) a bargaining unit employee in connection with an investigation;
2. The employee reasonably believes that the examination may result in disciplinary action against the employee; and
3. The employee requests union representation.

Once all three conditions have been met, the examining or questioning of the employee may not continue without allowing the employee to have representation. Specifically, the supervisor's/ investigator's options under these circumstances are:

- Grant the request and notify the union (through the Labor & Employee Relations Office) that a meeting to examine a bargaining unit employee is going to

take place and that the employee has requested union representation. When the union attends the meeting, it must be allowed to make relevant comments but cannot disrupt the meeting nor can it answer the questions posed to the employee;

- Discontinue the interview and reschedule the meeting for a later time/date when the union is available to attend;
- Discontinue the interview and rely on evidence already available or information obtained from other sources.

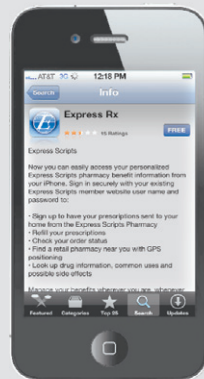
Weingarten rights are not applicable when management issues a disciplinary action (without discussion of the action) since management is no longer in the process of examining the employee. However, if during the issuing of the action management engages in a conversation with the employee, the meeting then meets the definition of a formal meeting and the union must be invited to attend. Additionally, the Weingarten right does not come into play when engaging in performance counseling. Performance counseling concerns issues relevant to employee performance only, not disciplinary matters.

Questions concerning the above can be addressed to the Labor & Employee Relations Office, CHRO-East, Cherry Point. You may contact Gary Hawkins at 466-3657 or Kim Berkeley at 466-3094.

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>



E Street

Movie Hotline: 466-3884

Visit us at www.mccscherrypoint.com

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

NOW SHOWING

Thursday, January 12

6:00pm - Arthur Christmas PG

Friday, January 13

5:00pm - Immortals R

7:30pm - The Sitter R

Saturday, January 14

2:00pm - Arthur Christmas PG

4:30pm - Immortals R

7:00pm - The Sitter R

Sunday, January 15

2:00pm - Arthur Christmas PG



MOVIE SYNOPSIS

Arthur Christmas - Animation - Starring the voices of: James McAvoy, Hugh Laurie, Bill Nighy, Jim Broadbent. 'So how does Santa deliver all those presents in one night?' The answer: Santa's exhilarating, ultra-high-tech operation hidden beneath the North Pole. But this year, Santa's son Arthur has an urgent mission that must be completed before Christmas morning dawns.

Immortals - Starring: Henry Cavill, Luke Evans, Kellan Lutz, Mickey Rourke. A mortal chosen by Zeus named Theseus must lead the fight against the ruthless King Hyperion and his evil army with the fate of mankind and the Gods at stake.

The Sitter - Starring: Jonah Hill, Max Records, Ari Graynor, J.B. Smoove, Sam Rockwell. Noah is a suspended college student, living at home with his single mom. When he is talked into babysitting the three, young, misfit kids next door, he decides to take them along on an attempted sexual rendezvous, and the night takes a wild and dangerous turn for the worse for which he is totally unprepared.

Movies are subject to change without notice

THE LOCAL BUZZ

Announcements

► Indicates new announcement

► **Free admission at North Carolina Aquarium**

The North Carolina Aquarium at Pine Knoll Shores is offering free admission to all visitors Monday during the Martin Luther King Jr. holiday.

Visitors are encouraged to bring non-perishable food donations that will be used to stock the food bank of a local mission.

Hours are 9 a.m. to 5 p.m. For more information, call 247-4003.

► **Jeff Dunham coming to Camp Lejeune**

Jeff Dunham will perform his “Controlled Chaos” show twice at the Camp Lejeune base theater Monday.

The showtimes are at 3 p.m. and 7 p.m. and admission is free for Department of Defense card holders.

Tickets are required for admission. Distribution will be at 11 a.m. at the base theater the day of the show. Limit of two tickets per card holder. Parental discretion advised. Not recommended for children.

► **Health Fair**

A Health Fair will be held at the Cherry Tree House Thursday, 10:30 a.m. - 12:30 p.m.

Subject matter experts will be on site, handing out information on the various elements of Semper Fit.

For more information, call 466-2208 or visit mccscherrypoint.com.

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>.

► **Comedy Show**

Military spouse and comedian, Mollie Gross, will perform her show at the air station theater January 27.

Doors for the show open at 6 p.m. with a start time of 7 p.m. The show is for mature audiences only and is open to

all authorized patrons.

Child care is available by calling 466-5605 before January 24.

Free tickets are available at Crystal Coast Travel & Leisure.

For more information, call 466-2172 or 466-3001.

► **Havelock Little League Registration**

Havelock Little League will hold an early registration day January 28 from 10 a.m. to 4 p.m. at the Havelock Recreation Center.

Registration is \$20. This is a one-day cash-only promotion and there will be no refunds given for players that sign up on this day.

Interested participants bring a birth certificate and proof of residence at this time.

For more information, go to havelocklittleleague.org.

► **Newport Tee Ball Sign Ups**

The Newport Tee Ball Association will hold sign ups each Saturday in February from noon to 4 p.m. at the St. James United Methodist Church on Orange Street in Newport.

For more information, call Rick Vaccarella at 223-3969 or go to <http://newportteeball.com/index.htm>.

Behind the Scenes Aquarium at a Glance

See what goes on behind the exhibits in a guided tour of the North Carolina 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 to Host 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 Information, Tickets and Tours, call 638-8558 or visit <http://www.NewBernHistorical.org>.

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.

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.

Now in Building 87

• Exceptional Family Member Program – 466-3305.

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

• Substance Abuse Counseling – 466-7568.

• New Parent Support Program – 466-3651.

• Family Advocacy Program – 466-3264.

• Library – 466-3552.

• LifeLong Learning – 466-3500.

• Military Family Life Consultant – 876-8016.

• Retired Activities – 466-5548.

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.

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

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.

Suspicious questioning

Be cautious with anyone attempting to gain information in person, by phone, mail, email, regarding deployment status on the air station or your fellow Marines, Sailors or family members.

Surveillance

Be aware of someone recording or monitoring activities, taking notes, using cameras, cell phones, maps, binoculars near the air station.



OPERATION EAGLE EYES