

OKINAWA MARINE

SEPTEMBER 21, 2012

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Okinawans participate in exercise

Evacuation drill enhances safety

Lance Cpl. Nicholas S. Ranum

OKINAWA MARINE STAFF

CAMP FOSTER — Japanese residents of Ginowan City and Chatan Town participated in a humanitarian assistance evacuation drill here Sept. 12 as part of Constant Vigilance 2012, an annual exercise conducted by Marine Corps Installations Pacific.

CV-12, executed Sept. 10-12 aboard MCIPAC installations, tested and improved natural disaster response procedures through realistic practical applications, including an evacuation drill.

Camps Lester, Kinser, U.S. Naval Hospital Okinawa, Kinser Elementary School and portions of Lester Middle School also participated in evacuation

drills during CV-12.

“The purpose of the exercise was to make sure that all personnel are protected in the event of a disaster,” said Heather L. Huller, the chemical, biological, radiological and nuclear emergency officer for Camps Foster and Lester. “As part of the exercise, the camps assisted the local community with their evacuation to higher ground.”

Two evacuation routes on Camp Foster, the northern and southern routes, can be utilized during a tsunami warning, according to Huller. The north route extends from The Spot gate to the Exchange gate, and the southern route reaches from the commissary gate to the Legion gate.

“The gates will be see **VIGILANCE** pg 5



Ginowan City Mayor Atsushi Sakima, left, directs Japanese residents of Ginowan City and Chatan Town through an evacuation route at Camp Foster Sept. 12 as part of exercise Constant Vigilance 2012. Photo by Lance Cpl. Nicholas S. Ranum



Notional evacuees board a CH-46E Sea Knight helicopter with Marine Medium Helicopter Squadron 262 headed to the USS Bonhomme Richard (LHD-6) during a simulated noncombatant evacuation operation on the island of Tinian Sept. 14. Photo by Lance Cpl. Codey Underwood

MEU focuses on noncombatants

Cpl. Jonathan G. Wright

31ST MARINE EXPEDITIONARY UNIT

USS BONHOMME RICHARD, At Sea — Marines with the 31st Marine Expeditionary Unit conducted a simulated noncombatant evacuation operation with their

Navy counterparts on the USS Bonhomme Richard Sept. 14.

The simulated NEO was part of the 31st MEU's certification exercise, a series of notional operations throughout the Mariana Islands designed to reinforce MEU see **EVACUATION** pg 5

Foster Field House closes until spring '13

Lance Cpl. Alyssa N. Hoffacker

OKINAWA MARINE STAFF

CAMP FOSTER — Marine Corps Community Services' Semper Fit recently announced the closure of the Foster Field House at Camp Foster.

The field house, a large facility with three indoor basketball courts, sustained damages during Typhoon Bolaven Aug. 25-27 and is expected to undergo repairs until spring 2013.

“An electrical fire was caused by rain leaking into a circuit breaker box,” said Dr. Bert Griffith, the chief of Semper Fit, MCCC.

see **CLOSURE** pg 5

Combined Federal Campaign

Tragedy eased by generosity

Franciela P. Itule

Sept. 17 marked the start of this year's Combined Federal Campaign-Overseas program. In years past, donations from civilians and service members to the CFC's charities have aided those in need, including Petty Officer 3rd Class Joshua T. Kostick. The following is his story:

It was a Friday night when I found out that my grandfather had passed away. My mother sent out a message via a CFC-represented charity. Because my grandfather did not raise me, most of my life, I was ineligible for emergency leave through an American Red Cross message. Instead, I took another route by contacting a charity through CFC-O. Within eight hours of receiving word of my grandfather's passing, the charity representative was able to confirm for me a paid flight back to my hometown in Maryland. Due to the quick action that took place, I was able to make it in time for the funeral. This would not have been possible without the charity's help.

After I returned to Japan, I was given easy payment options that did not immediately take the little money I had left after the trip. They gave me time to recover and settle back to my normal schedule in Japan. This charity represented through



**“Serve to honor your country.
Give because you care.”**

CFC provided support and comfort through this difficult time in my life. I will always remember the kindness and immediate service I received that Friday. If there is any way to help a fellow shipmate who may go through a difficult time similar to mine, then count me in. The small donations we give to these charities allow them to help fellow shipmates and other service members connect to family even when separated.

Kostick's story is one of many that quantify the value and need for continued donations to the CFC. To donate in this year's campaign, contact your unit's CFC-O representative. Serve to honor your country. Give because you care.

Itule is the Pacific campaign coordinator for the Combined Federal Campaign-Overseas.

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OKINAWA MARINE

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**THE AROUND
CORPS**



Marine Corps MV-22B Ospreys with Marine Tiltrotor Squadron 161, also known as VMM-161, fly over the Arabian Sea Sept. 6. VMM-161, a part of Marine Aircraft Group 16, 3rd Marine Aircraft Wing (Forward), transferred its aircraft to the 24th Marine Expeditionary Unit to serve with the MEU's aviation combat element.

Photo by Sgt. Keonaona C. Paulo



Lance Cpls. Ruben Clark and Andrew Stagmer of 4th Platoon, Fleet Anti-Terrorism Security Team Company Pacific, grapple near Purdy Fitness Complex at Yokosuka, Japan. The Marines are learning different combat techniques as part of the Marine Corps martial arts program. Photo by Joe Schmitt



1st Lt. Andrew Schroers, an officer selection officer with Officer Selection Station Twin Cities, competes in a pullup challenge with University of Minnesota gymnast Justine Cherwink at TCF Bank Stadium during the military appreciation football game Sept. 15. Schroers and Cherwink had 30 seconds to complete as many dead-hang pullups as possible without assistance.

Photo by Staff Sgt. Clinton Firstbrook

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CENTRAL BUREAU

Camp Foster

DSN 645-9306

NORTHERN BUREAU

Camp Hansen

DSN 623-7229

SOUTHERN BUREAU

Camp Kinser

DSN 637-1092

Junior, senior Marines study law of war

Lance Cpl. Ian McMahon

OKINAWA MARINE STAFF

CAMP FOSTER — Marines refreshed their knowledge of the law of war at the Camp Foster theater Sept. 12.

The course was given by instructors from the Law of War branch, International and Operational Law, Judge Advocate Division, United States Marine Corps. Instructors covered information tailored to the units and Marines attending.

Informal laws of war have evolved over the years but were formalized by 194 countries in the Geneva Conventions of 1949, which regulate the conduct of armed conflict and seek to limit its effects.

"The law of war applies to all countries," said Maj. Kevin P. Coughlin, an instructor with the branch. "We travel to different camps and bases of each branch of service, teaching service members about the laws and how to interpret them."

The classes were tailored to two rank-specific groups. The first class was given to Marine sergeants and below.

"The law of war provides us with guidelines for conduct and actions while deployed," said Lance Cpl. Christopher E. Lemme, a data network specialist with Combat Logistics Regiment 37, 3rd Marine Logistics Group, III Marine Expeditionary Force. "The class definitely made (the law of war) easier to (understand)."

The training emphasized the compatibility of the law of war with the principles of war, tactical considerations and good leadership. It also stressed the overall effective philosophy of the law of war and U.S. dedication to adherence to the law of war during the conduct of military operations.

The Marines also learned about rules of engagement and how they tie into the principles of war.

"The ROE set parameters determining who is hostile and who is a noncombatant on the battlefield," said Coughlin. "ROE is directly (related to) the law of war."

Staff noncommissioned officers and officers attended the second class, which reviewed a range of historic war crimes to focus on the broader picture of the law of war.

"Going over specific examples of war crimes helped bring context to the law of war," said Capt. Jesse R. Shook, the company commander for Motor Transport Company, CLR-3, 3rd MLG. "It's important to keep this knowledge up-to-date and fresh because it is a perishable skill."

Though the classes used different material and themes, every Marine that attended walked away with one common lesson.

"Disobeying the law of war is a crime punishable under the Uniform Code of Military Justice," said Coughlin. "Doing so would dishonor our nation, our Marine Corps and ourselves."



Brig. Gen. Frederick M. Padilla prepares a piece of birthday cake for both the longest-serving and newest division Marines during the 70th birthday ceremony for 3rd Marine Division at the division's headquarters building Sept. 17. Padilla is the commanding general of the division, which is part of III Marine Expeditionary Force. Photo by Lance Cpl. Daniel E. Valle

3rd Marine Division celebrates birthday

Lance Cpl. Daniel E. Valle

OKINAWA MARINE STAFF

CAMP COURTNEY — Marines with 3rd Marine Division held a ceremony in honor of the division's 70th birthday at their headquarters building at Camp Courtney Sept. 17.

The ceremony began with Sgt. Maj. Bruce H. Cole, the division sergeant major, reading the history of the division.

"I want to say happy birthday Marines and sailors of the 3rd Marine Division," said Brig. Gen. Frederick M. Padilla, commanding general of the division. "I look forward to being part of this great division's history with you."

The 3rd Marine Division officially activated Sept. 16, 1942, at Camp Elliott in San Diego, Calif.

In June of 1943, it moved onto Guadalcanal for additional training. On Sept. 27, 1943, the division landed on Bougainville Island and fought there until Army units replaced it.

The next operation the division participated in was the Battle of Guam, where it fought through the jungles of the island from July 21, 1944, until the last day of organized fighting on Aug. 10, 1944.

The division remained on the island of Guam for training purposes until it embarked as part of the landing force for the Battle of Iwo Jima.

The division was deactivated Dec. 28, 1945, after Japan surrendered in August of that year.

The division was reactivated on Jan. 7, 1952, at Camp Pendleton, Calif. Immediately after its activation, while still in its organizational state, the division began intense combat training, focusing on new tactics and maneuvers based on lessons learned in the Korean War.

During the remainder of 1952, elements of the division participated in numerous

training exercises, including vertical envelopment, airborne operations and defense against atomic weapons and missiles.

On May 6, 1965, the division established the Marine Compound at Da Nang Air Base, Vietnam. Its Marines were the first American combat troops to be sent to Vietnam to protect the airport.

The division departed South Vietnam in November 1969. More than 20 division Marines received the Medal of Honor in the four years there. The division then relocated to Camp Courtney on Okinawa, Japan, where it is presently located.

"I had the opportunity to meet Marines that are still around from when the division was formed," said Padilla. "They are watching us with a great sense of pride in everything this division has accomplished since its inception back in the beginning of World War II."

The ceremony continued with Padilla cutting a birthday cake with a Mameluke Sword and serving Sgt. Colette D. Arganbright, an intelligence specialist with the division, the first piece of cake for serving with the division the longest.

Arganbright then served a piece of cake to Pfc. Ryan A. Siebert, a chemical, biological, radiological and nuclear defense specialist with the division, for being the newest Marine assigned to the division.

"It is a great honor to participate in the ceremony," said Siebert. "I am the newest division Marine, and I am proud of being part of this unit and its history (and traditions)."

Upholding traditions is an integral part of the Marine Corps due to a desire to live up to and surpass the vast accomplishments of the past.

"It is important to keep our traditions," said Arganbright. "They allow not only the new Marines but all Marines to look back at all this division has done in its past."

BRIEFS**DODDS OKINAWA SEEKS ALMA MATER REPRESENTATIVES FOR COLLEGE NIGHT**

Department of Defense Dependents Schools Okinawa requests volunteers to represent their alma mater at the Okinawa District Joint College Fair Nov. 1 from 5:30-7:30 p.m. at Kadena High School.

College Night is a collaborate event, which provides high school students on Okinawa with exposure to a variety of post-high school education options and the opportunity to speak with representatives from different colleges and programs.

For additional information, visit <http://2012okinawacollegenight.webs.com>. Interested volunteers should contact JaNae Burger at JaNae.Burger@pac.dodea.edu.

MMOA VISIT

Monitors from Headquarters Marine Corps will visit Okinawa Oct. 8-10 to meet with officers concerning the assignment process and future postings.

An MMOA brief for all officers will be held at 8 a.m. Oct. 8 at the Camp Foster theater. Upon completion of the brief, interviews with monitors will be conducted at the Joint Reception Center classroom, building 494, Camp Foster, for ground officers and at the Marine Corps Air Station Futenma dining facility for air officers.

Officers desiring to meet with their respective monitor should send an email to thomas.sukalski@usmc.mil with their grade, name, rotation date, unit, phone number, monitor they desire to meet with and three preferences for appointment times.

For more details, call 622-7724.

RECRUITING SUBSTATION GUAM VISITS KUBASAKI AND KADENA HIGH SCHOOLS

Marine Corps Recruiting Substation Guam will make its biannual trip to visit Kubasaki High School Sept. 20-21 and Kadena High School Sept. 24-25.

Appointments will be held Sept. 22-23 at the WestPac Lodge conference room at Camp Foster.

Interested individuals should email jon.leonguerrero@marines.usmc.mil to set an appointment.

QUALITY OF LIFE SURVEY

The Headquarters Marine Corps quality of life study team will conduct on-site administration of the quality of life survey at all Marine Corps camps on Okinawa Sept. 24-28. The quality of life survey will evaluate the quality of life concerns and priorities of Marines and their families. The survey measures perception and satisfaction with all aspects of the quality of life, to include pay and compensation, housing and support programs.

For more information call 622-9045.

TO SUBMIT A BRIEF, send an email to okinawamarine.mcbb.fct@usmc.mil, or fax your request to 645-3803. The deadline for submitting a brief is noon Friday. Okinawa Marine reserves the right to edit all submitted material.

High-intensity, low-impact

HQMC offers aquatic fitness training

Lance Cpl. Nicholas S. Ranum

OKINAWA MARINE STAFF

CAMP FOSTER — Marines with III Marine Expeditionary Force and employees with Marine Corps Community Services' semper fit program participated in an aquatic training event sponsored by Headquarters Marine Corps at Camp Foster Sept. 13-14.

The training is part of a Marine Corps initiative to increase the readiness and health of Marines and sailors — specifically those who have sustained injuries and are getting back in fighting shape.

"One of the main reasons for creating this program was to get Marines back to full duty," said Kari L. Hemund, the aquatic specialist for HQMC. "There was a gap between (medical services provided) and getting to full duty. Service members on light and limited duty had very few opportunities to exercise ... this program is designed to help."

A normal physical training session usually involves high-impact activities or activities that are stressful to the body.

"Marines normally (run) for PT," said Mary O. Wykle, the program designer for the aquatic fitness initiative with HQMC. "They are getting stress fractures, shin splints and lower-back and knee problems. With this program, we are trying to get some of that training into the pool."

The program's leaders hope that by getting Marines into the pool and decreasing stress on Marines' bodies, the readiness of the Marine Corps will increase.

"In the first (half) of 2011, there were approximately 5,000 Marines injured in noncombat (activities)," said Hemund. "This cost the Marine Corps \$9 million. The Marine Corps cannot afford to have 5,000 (injured) Marines. With the downsizing, we are trying to lower the numbers of injured Marines and the cost."

The program was designed as an all-encompassing training routine to lower the number of injuries.

"The core part of the training is interval running in the deep end of a pool," said Wykle. "There is also strength, endurance, balance and agility training that can be conducted in either the



Gunnery Sgt. Wesley C. Carter instructs fellow students during aquatics training at Camp Foster Sept. 14. The students are learning about a new aquatic program sponsored by Headquarters Marine Corps to lessen injuries to Marines. Carter is the operations chief for Marine Aerial Refueler Transport Squadron 152, Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force. Photo by Lance Cpl. Nicholas S. Ranum

shallow end or the deep end of the pool. The shallow end is normally used for upper-body workouts."

Each exercise is designed to maximize the benefit for Marines.

"We have done tests that prove that heart rates are either the same or higher than when Marines are doing exercises on land," said Wykle. "We have equipment to help the Marines work as hard as they would on land. This is all in order to get Marines back to full fitness."

The initiative empowers units with the knowledge needed to modify their physical training programs to allow for more pool workouts.

"This was an opportunity to get some aquatic fitness training,"

said Gunnery Sgt. Wesley C. Carter, a participant in the training and operations chief for Marine Aerial Refueler Transport Squadron 152, Marine Aircraft Group 36, 1st Marine Aircraft Wing, III MEF. "This provides a different way to train the Marines with (lower physical) impact. We can add this to the current program, so Marines aren't just doing laps in the pool."

The workout regimens allow customization to the level of difficulty to match participants and maximize benefits, allowing Marines to stay healthy.

"The exercises are challenging based on the individual and their fitness level," said Carter. "As long as you know your fitness level, you can improve with these exercises."

2012 CFC-Overseas begins



Col. Katherine J. Estes fills out a pledge form for the 2012 Combined Federal Campaign-Overseas with Capt. Christopher M. Eyre at Camp Foster Sept. 17. The mission of the CFC is to promote and support philanthropy through a program that provides all federal employees the opportunity to improve the quality of life for all. CFC is the world's largest and most successful annual workplace charity campaign. Estes is the commanding officer of Headquarters and Service Battalion, Marine Corps Base Camp Butler, Marine Corps Installations Pacific. Eyre is the CFC-O community area project organizer for MCIPAC. Photo by Lance Cpl. Alyssa N. Hoffacker

CLOSURE from pg 1

The building is half a century old, and one of the oldest MCCS buildings on Okinawa, according to Griffith.

"The field house will be updated with new windows and (a new) electrical system," said Gerald Sharber, the athletic director of Gunners Fitness Center.

The fire department, base safety and base facility engineers inspected the building after the typhoon and decided that if it was not updated, this incident could happen again, according to Sharber.

"Roughly 2,000 patrons use the field house every month," said Griffith. "It is a very popular place, and there are a lot of demands for its (use)."

The closure affects not only service members and their families, but also Japanese citizens and Department of Defense contractors.

"Eight (Japanese) teams use the field house for a (basketball) tournament each year," said Sharber.

Youth sports teams are also feeling the effects of the closure, said Natalie Steele, the youth sports coordinator with Semper Fit, MCCS.

"There are 30 (youth sports) teams that used the field house and will now be (directed to other facilities) on island," said Steele.

Gunners Fitness Center operates the only MCCS field house on island, but gym and recreation facilities on Camps Kinser, Hansen, Schwab, Courtney and McTureous are capable of providing space for youth and adult sporting events, including indoor basketball courts.

"Semper Fit also hosts adult basketball tournaments at the field house and is still assessing if the tournaments can be played at other locations or if they will be canceled this year," said Sharber.

The construction is scheduled to last until spring, but there is optimism that it will open sooner, according to Griffith.

The best way to stay informed about the field house is to follow Gunners Fitness Center on Facebook at www.facebook.com/pages/Gunners-Gym/.

For more information related to the closure, contact Gerald Sharber at 645-3985 or 645-7834.

VIGILANCE from pg 1

open when the tsunami warning sounds," said Col. Katherine J. Estes, the commanding officer of Headquarters and Service Battalion, Marine Corps Base Camp Butler, MCIPAC. "To help facilitate the evacuation, we are working with the local communities to get signs in both Japanese and English."

Tsunami evacuation route signs are standard in the civilian community, and the Marine Corps is working towards standardizing similar signs aboard MCIPAC installations.

"We are acquiring the same types of signs that the local communities use," said Huller. "The (bilingual) signs will help protect many lives, including Japanese residents and military families."

The drill provided the opportunity for approximately 70 Japanese residents and officials to use on-base evacuation routes and rehearse coordination with the U.S. military.

"It is necessary to check the

evacuation routes for the safety of the citizens," said Atsushi Sakima, the mayor of Ginowan City. "The U.S. military bases exist here and we should find a way to work together, especially in times of disaster."

The tsunami evacuation routes are currently unofficial, but local officials and military personnel are working on an official agreement, which will formalize the routes and procedures during an emergency.

The simulated evacuation was the culminating event of CV-12, which displayed the Marine Corps' continued commitment to the safety of its personnel and the local community on Okinawa and enhanced MCIPAC's ability to respond to emergencies.

Whether it was practicing communications procedures, standing up the base emergency operations center, or rehearsing an evacuation with local citizens, the goal of CV-12 was to increase the ability to save as many lives as possible, according to Huller.

EVACUATION from pg 1

and amphibious ready group integration and readiness before conducting bilateral training throughout the Asia-Pacific region.

Marines are trained to fight in any climate and place and to eliminate the enemy against all physical odds. This warfighting mindset is balanced with the ability to provide humanitarian assistance to those abroad in the wake of danger.

From the shores of the island of Tinian, Northern Mariana Islands, Marines led notional evacuees onto CH-46E Sea Knight Helicopters with Marine Medium Helicopter Squadron 262 (Reinforced), the 31st MEU's aviation combat element, for transportation back to the ship. Once aboard the ship, the real work began.

"When conducting NEOs, our expectation is to evacuate 45 people in half an hour and prep them for processing once they're at our station," said Cpl. William Pi, a landing support specialist with landing support platoon, Combat Logistics Battalion 31, 31st MEU. "Today, there are less than a dozen people, but the processing station for this scenario is held on ship when it's usually done on the ground."

Once evacuated from the hostile area, the evacuees reached the processing station in the hangar bay of the ship. The evacuees were then led through a variety of stations to ensure all necessary information was collected and each evacuee was accounted for.

The evacuees were then shown to possibly the most important part of the processing line – the medical aid station.

"For this specific situation, we're thinking of screening, not necessarily triaging, so we need to find those who need immediate treatment once on ship," said Navy Lt. Ankush Jain, command surgeon for the 31st MEU. "From the medical section of the processing station, we find those who are sick, pregnant, on medication or have any illnesses and treat them as needed. We ensure we get the best available treatment to the evacuees."

After categorizing the evacuees, they were shown to their temporary living spaces on ship, marking the end of the simulated NEO. However, with the processing station being held



Notional evacuees receive medical evaluation sheets to identify any health discrepancies during a simulated noncombatant evacuation operation aboard the USS Bonhomme Richard Sept. 14. "From the medical section of the processing station, we find those who are sick, pregnant, on medication or have any illnesses and treat them as needed. We ensure we get the best available treatment to the evacuees," said Navy Lt. Ankush Jain, command surgeon for the 31st Marine Expeditionary Unit. Photo by Cpl. Jonathan G. Wright

on ship as opposed to on shore, the Navy and Marine team had to work together to accommodate the evacuees.

"There are a few rules and procedures that change, but nothing is drastically altered or made more difficult," said Petty Officer 2nd Class Travis Briggs, master-at-arms for the security department of the ship. "It's not a strict Marine NEO – the Navy integrates with them to execute a smooth, quick operation as a team, whether on or off ship."

Following the simulated NEO, the 31st MEU continued its certification exercise in preparation for upcoming bilateral training throughout the Asia-Pacific region.



Marines gather around an Australian M1A1 tank for a debrief with Australian soldiers after executing a bilateral assault at the urban operations training facility at Mount Bundy Training Area Sept. 5.



Marines with Company F prepare to clear a building during a bilateral assault at the urban operations training facility at Mount Bundy Training Area Sept. 5.



Australian Army, US Ma

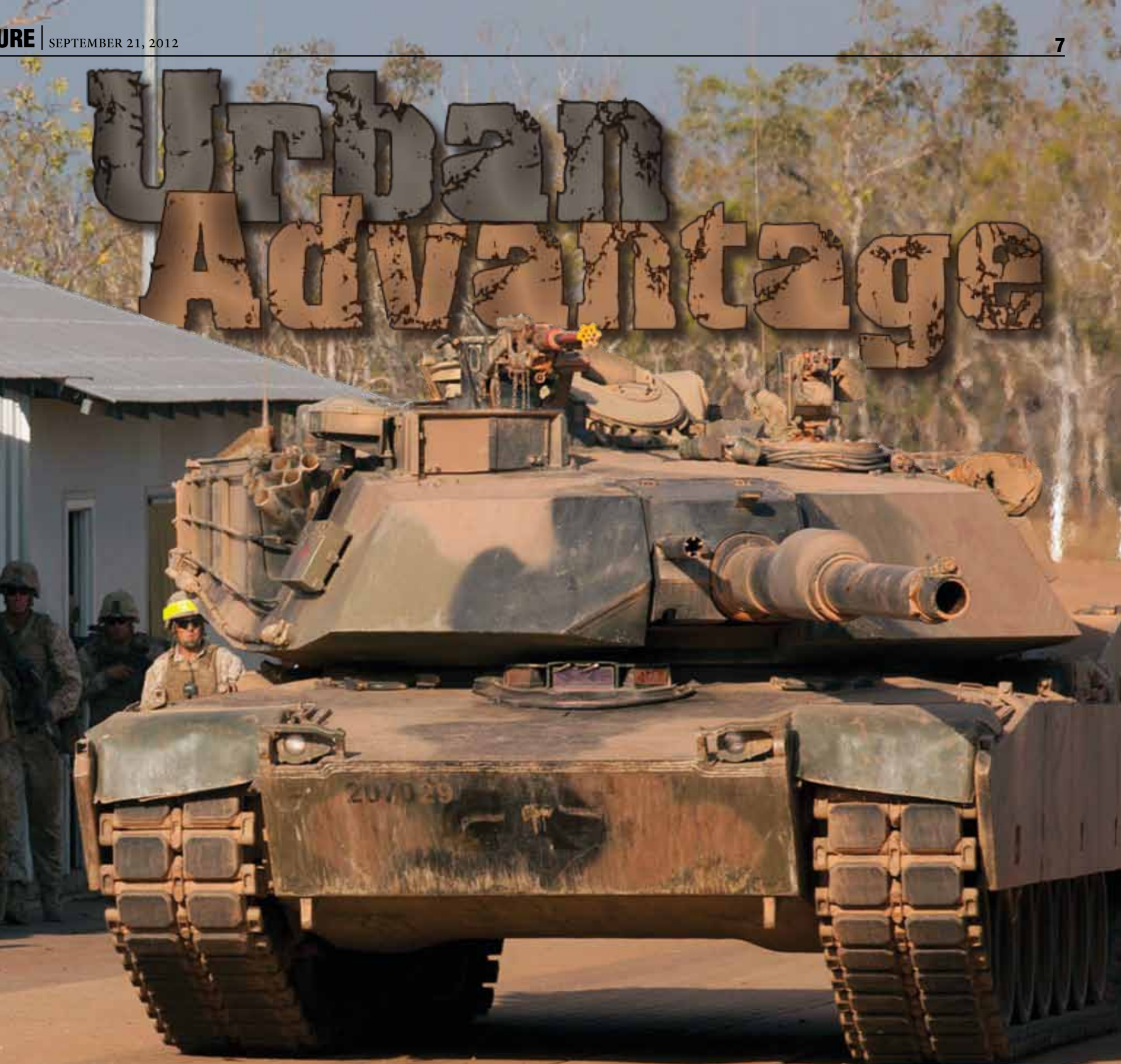
Story and photos by Cpl. Jacob D. Barber

MARINE CORPS BASE HAWAII

Marines were positioned and camouflaged throughout a tree line. They waited patiently for their Australian partners to arrive before executing an assault at the urban operations training facility at Mount Bundy Training Area, Northern Territory, Australia, Sept. 5.

The roar of massive M1A1 tank engines echoed between the walls of the training facility as the machines rolled down the dirt road and past the first two buildings. Their job was to provide cover fire and support while Marines rushed into each building and cleared it while taking simulated enemy fire from role-players.

The attack was one of the first scenarios in a three-week bilateral field training exercise between elements of the Australian Army and Marine Rotational Force – Darwin, composed primarily of Company F, 2nd Battalion, 3rd Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force. The exercise was the culminating bilateral field



Marines advance alongside an Australian M1A1 tank during a bilateral assault at the urban operations training facility at Mount Bundy Training Area, Northern Territory, Australia, Sept. 5. For approximately three weeks, Marines conducted bilateral field training with various elements of the Australian Army. The tank is assigned to 2nd Troop, A Squadron, 1st Armored Regiment, Australian Army. The Marines are with Company F, 2nd Battalion, 3rd Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force.

Marines combine arms during urban operations

training event of the Marines' inaugural rotation to Australia, which began in April.

In this exercise, the Marines had the support of 2nd Troop, A Squadron, 1st Armored Regiment, Australian Army.

"I think this training really helped both my guys (the tank operators and crewmen) and the Marines because they were able to operate with different forces and integrate," said Australian Army Sgt. Nicholas Zerafa, a troop sergeant with 2nd Troop. "We started off slow at first but worked on our weaknesses together, and the raid got a lot smoother and faster throughout the day."

According to Staff Sgt. Stephen Kephart, a platoon sergeant with Company F, the integration of Australian soldiers provided a unique training opportunity for both forces.

"(The Australians) were extremely professional and knew their job very well, which helped a lot in completing our overall mission," Kephart said. "This whole mission was conducted to help the Marines better understand and work with mechanized assets in conjunction with urban operations."

"The soldiers brought a lot to the table and really helped us achieve that focus," added Kephart.

During the exercise, Marines cleared thirteen buildings while maneuvering under cover fire from the tanks.

"Most of us have never worked with tanks before, so it was a little different than what we were used to," said Lance Cpl. Gianni Pacheco, a rifleman with Company F. "I was the radio operator for the platoon and was able to communicate with the soldiers inside the tanks."

"When we were all on the same page and communicating, everything went real smooth, and it was just a motivating experience."

After completing the training scenario, many Marines provided positive feedback on the bilateral exercise.

"I think a lot of them realized that working with assets like this is very important," Kephart said. "I know a lot of them really would jump on the opportunity to do it again. Overall, it was an outstanding opportunity to work with our brothers in arms."

Supply Marines get familiar with grenade launcher

Lance Cpl. Kasey Peacock

OKINAWA MARINE STAFF

From out of the rack to waiting at the armory, Marines awoke with every intention of firing on the range.

As they stepped off the 7-ton trucks and into the humidity at range 9 at Camp Hansen, it was clear that was no longer going to happen.

"We had every intention of having the Marines fire the MK19 40 mm grenade launcher today, but with the lack of sufficient rainfall within the last 48 hours, we ran the risk of causing a fire," said 1st Lt. Elizabeth Trujillo, the Supply Company executive officer with Combat Logistics Regiment 35, 3rd Marine Logistics Group, III Marine Expeditionary Force. "Instead of loading everyone back on the buses and going home, we took full opportunity of the circumstances."

Marines with 3rd Supply Battalion, CLR-35, 3rd MLG, III MEF, adapted and overcame to continue training with the MK19, learning about the capabilities and purpose of the weapon system, weapon conditions, immediate action drills for malfunctions, and how to properly load, unload and clear the weapon system.

"Live-fire or not, it was still important for us to get experience with this weapon system for the future," said Lance Cpl. Miguel A. Barbo-salas, an ammunition technician with the battalion. "At the end of the day, we are all still Marines, and you never know what situation you are going to be in."

Prior to the training, explosive ordnance disposal Marines provided instruction on how to identify unexploded ordnance, counter improvised explosive device techniques, and how to set up a cordon and search after an IED is identified.

"The goal of the IED training was to expose and educate Marines on the capabilities of EOD



Sgt. Harry J. Benoit grips the MK19 40 mm grenade launcher during training at range 9 at Camp Hansen Sept. 12. During the training, Marines learned about the capabilities and purpose of the weapon system, weapon conditions, immediate action drills for malfunctions, and how to properly load, unload and clear the weapon system. Benoit is a packaging specialist with 3rd Supply Battalion, Combat Logistics Regiment 35, 3rd Marine Logistics Group, III Marine Expeditionary Force. Photo by Lance Cpl. Kasey Peacock

and prepare them for any future deployments and encounters with IEDs," said Trujillo. "The more knowledge Marines have of the capabilities of the Marine Corps outside of their military occupational specialty, the more prepared I think they will be in an unfamiliar environment."

During weapons training, the Marines split into teams of three to conduct assembly and disassembly drill competitions to test the knowledge they had learned throughout the day.

"Weapons training is vital to ammunition technician Marines," said Cpl. Kayla I. Rogers, an ammunition technician with the battalion who previously deployed to Afghanistan. "When you're deployed, you never know where you're going to be or what you're going to be doing, so the extra training we get is vital."

While the Marines took full advantage to train despite the missed opportunity to fire, a date was rescheduled for the full live-fire experience of the MK19.

USNH weight-loss program promotes healthy lifestyle

Lance Cpl. Brianna Turner

OKINAWA MARINE STAFF

Food restrictions, strict calorie logs and long lectures are some of the negative aspects people think of when they hear about a weight-loss program.

The Navy and Marine Corps Public Health Center and U.S. Naval Hospital Okinawa are trying to put an end to that mentality with a new program.

The program, coined ShipShape, is designed to help any TRICARE beneficiary, including active-duty service members, family members and retirees.

"The program is an eight-week class, which helps the participants get in shape and live a healthy lifestyle," said Nelli Meier, a health promotion specialist with the hospital and instructor with the ShipShape course.

Participants can choose to only attend a few classes, but in order to get a certificate they must complete the entire course, according to Meier.

The length of the class gives the instructors and participants the opportunity to really get to know each other.

"In the beginning, participants are normally shy, but as the class goes on they begin to trust us," said Robert Rowe, a health promotion specialist for the hospital and instructor for the course. "They eventually become more honest with us and, more importantly, more honest with themselves."

"When I first decided to take this course, I was not exactly happy

about joining a weight-loss class," said Petty Officer 3rd Class Ashli N. DeFraties, a participant in the course. "I have been in the course for five weeks now, and the information they give us is much more helpful than I would have expected."

The instructors hold the same class multiple times weekly, so members are able to fit the classes into their work schedules.

"We normally hold two classes on Thursday, one at lunch and one after work, and then provide a makeup class during lunch on Friday for those who could not make (an earlier class)," said Rowe.

ShipShape takes a different approach compared to other weight loss programs by not only changing the participants' eating habits, but also encouraging behavioral changes.

"They ask us to keep a log of what food we eat every day," said DeFraties. "I'm starting to see that the more I track my eating, the less I want to eat junk food. The more aware I am of what I'm putting into my body, the more I tend to avoid grabbing that next bag of chips."

Rowe and Meier consider themselves facilitators, not there to lecture the members, but to achieve active involvement and help participants get results through personal actions.

To maximize results, the instructors bring in experts, such as nutritionists and psychologists, to teach some of the classes.

"This course is so successful because it is not weight management by restriction," said Meier. "We give (participants) the tools to change their lifestyle and, as a result, their entire outlook changes."

The next ShipShape class will start in January. For more information, contact USNH Okinawa's health promotion department at 643-7906.

Marines blast into training

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

“Frag out!” The final warning sounds before a Marine throws a grenade and awaits the thunderous blast before clearing the smoke-filled room.

Marines with light armored reconnaissance platoon reviewed proper procedures for the use of the M67 fragmentation grenade by conducting live-fire grenade and room clearing training at Camp Hansen Sept. 14.

The platoon is currently assigned to Assault Amphibious Vehicle Company, Combat Assault Battalion, 3rd Marine Division, III Marine Expeditionary Force, under the unit deployment program.

Due to previous commitments in Iraq and Afghanistan, this is the first time in several years that an LAR unit has been stationed on Okinawa. This is the first platoon to return to CAB, according to 2nd Lt. Evan S. Munsing, the LAR platoon commander.

“Being both a reconnaissance and infantry unit, the goals we strive for are strengthening room-clearing skills and sharpening mission readiness,” said Munsing.

A future urban-breach course will be the final evolution for Marines to exhibit their knowledge of urban terrain tactics, including

“The grenade is not only used to cause damage, but also to shock the enemy and clear trenches or rooms.”

Cpl. Jacob L. Swanson

room-clearing skills learned during training.

“Our main focus is to clear rooms while using live fragmentation grenades and firing simulated ammunition from their assault

rifles to better assess our (capabilities),” said Munsing.

As Marines prepared to enter a room, one Marine threw a grenade to shock simulated enemy, according to Lance Cpl. Riccardo G. Medrano,

a mortarman with the platoon. After the grenade exploded, they methodically entered the room, ensuring all the corners were clear.

Although the Marines enjoyed the opportunity to train with several weapons, there was still a sense of nervousness when handling a grenade.

“It’s always fun training with live ammunition, but I respect the weapon because of its damage capacity,” said Medrano. “Thanks to this training, the platoon and I are (now) skilled handlers of the grenade.”

The fragmentation grenade can be used for many missions and situations, according to Cpl. Jacob L. Swanson, a squad leader with the platoon.

“The grenade is not only used to cause damage, but also to shock the enemy and clear trenches or rooms,” said Swanson.

Overall, when training to clear rooms, repetition and becoming comfortable with the highly-explosive grenades are critical to increasing the platoon’s mission readiness.

“These training events prepare (Marines) to do an urban-breach course, where we use high explosives and live rounds to clear houses (and) breach doors and windows,” said Munsing.



Pfc. Anthony A. Gajewski, left, and Lance Cpl. Austin E. Richard, right, check their corners as they clear a room during live-fire grenade training at Camp Hansen Sept. 14. Training to clear rooms with grenades is critical to sharpening mission readiness. The Marines are light armored vehicle crewmen with the light armored reconnaissance platoon. The platoon is currently assigned to Assault Amphibious Vehicle Company, Combat Assault Battalion, 3rd Marine Division, III Marine Expeditionary Force.



Marines with light armored reconnaissance platoon prepare to clear a room after an M67 fragmentation grenade explodes during live-fire grenade training at Camp Hansen Sept. 14. The training enhanced the Marines’ combat readiness through reviewing procedures on proper use of grenades when clearing rooms. The platoon is currently assigned to Assault Amphibious Vehicle Company, Combat Assault Battalion, 3rd Marine Division, III Marine Expeditionary Force.

Marines prepare to fire rounds from an M777A2 155 mm howitzer at East Fuji Maneuver Area in mainland Japan Sept. 11. The Marines wait for fire commands from the fire direction center prior to sending rounds downrange. The Marines are with Oscar Battery, 5th Battalion, 14th Marine Regiment, 4th Marine Division, assigned to 3rd Battalion, 12th Marines, 3rd Marine Division, III Marine Expeditionary Force, under the unit deployment program.



Reserve battery maintains combat readiness at Fuji

Story and photos by Pfc. Terence G. Brady

OKINAWA MARINE STAFF

“Fire mission!”

The preparatory command echoes across the battery position as teams of Marines prepare their M777A2 155 mm howitzers to fire downrange.

Reserve Marines with Oscar Battery trained alongside active-duty service members as part of 3rd Battalion, 12th Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force, at East Fuji Maneuver Area in mainland Japan during Artillery Relocation Training Program 12-2.

The purpose of the ARTP is to sustain unit proficiency and enhance combat readiness in support of the U.S.-Japan Treaty of Mutual Cooperation and Security.

Oscar Battery, normally part of 5th Battalion, 14th Marines, is comprised of Marine reservists from Seal Beach, Calif., who deployed to Okinawa, Japan, under the unit deployment program. The maneuver area provides them the opportunity to practice their skills as artillerymen, as well as other common Marine Corps skills.

“Marines here get to do things we normally don’t get to do,” said Lance Cpl. Cooper G. Griffiths, a motor vehicle operator with Oscar Battery. “We have Marines belting up in the Marine Corps Martial Arts Program, as well as going through career courses.”

This will be the last field exercise the battery performs before returning back to its home station in California. Oscar Battery is scheduled to be the final Marine reserve artillery battery to rotate through Okinawa under the UDP.

The ARTP has been beneficial to Oscar Battery because it allowed the reserve unit the opportunity to hone its technical skills alongside active-duty counterparts.



Marines with Oscar Battery simulate firing the M240G medium machine gun during a demonstration for local government officials at East Fuji Maneuver Area, Sept. 14. Japanese officials were shown other crew-served weapons to include the M2 .50 caliber Browning machine gun and the MK19 40 mm grenade launcher. Oscar Battery is a part of 5th Battalion, 14th Marine Regiment, assigned to 3rd Bn., 12th Marines.

“We took part in two training events while on UDP,” said Griffiths. “The first was (ARTP 12-1 at) Yausubetsu (Training Area in Hokkaido), and this is our second.”

The battery’s senior leadership considers the UDP a “unit development program” for junior Marines.

“We sent all our section chiefs to career courses, and as a result we have new section chiefs on all the howitzers,” said 1st Lt. William J. Foran, the assistant executive officer with the battery. “So far, they have done a great job.”

Finding a way for the Marines to efficiently

complete their tasks can be strenuous due to conflicting obligations.

“It’s difficult for some of the Marines to juggle being a civilian and a Marine,” said Griffiths. “A lot of us have to sacrifice time at school or our jobs back home in order to participate in the deployment.”

In addition to sending artillery rounds downrange throughout the days and nights, Oscar Battery will be participating in other scheduled events during ARTP 12-2, including a small-arms range, a climb to the summit of Mt. Fuji, the battalion field meet, and community relations events.

In Theaters Now

SEPTEMBER 21-27

FOSTER

TODAY Premium Rush (PG13), 6 p.m.; The Cold Light Of Day (PG13), 9 p.m.

SATURDAY Katy Perry: Part of Me (PG), noon; Premium Rush (PG13), 3 p.m.; Premium Rush (PG13), 6 p.m.; Magic Mike (R), 9 p.m.

SUNDAY Katy Perry: Part of Me (PG), 1 p.m.; Resident Evil: Retribution (R), 4 and 7:30 p.m.

MONDAY Premium Rush (PG13), 7 p.m.

TUESDAY Magic Mike (R), 7 p.m.

WEDNESDAY Magic Mike (R), 7 p.m.

THURSDAY Resident Evil: Retribution (R), 7 p.m.

KADENA

TODAY The Watch (R), 6 p.m.; The Dark Knight Rises (PG13), 9 p.m.

SATURDAY The Cold Light Of Day (PG13), noon, 3 and 6 p.m.; The Dark Knight Rises (PG13), 9 p.m.

SUNDAY The Cold Light Of Day (PG13), 1 and 4 p.m.; The Dark Knight Rises (PG13), 7 p.m.

MONDAY The Dark Knight Rises (PG13), 7 p.m.

TUESDAY The Cold Light Of Day (PG13), 7 p.m.

WEDNESDAY The Possession (PG13), 7 p.m.

THURSDAY The Dark Knight Rises (PG13), 7 p.m.

COURTNEY

TODAY Resident Evil: Retribution (R), 6 and 9 p.m.

SATURDAY Katy Perry: Part of Me (PG), 2 p.m.; Abraham Lincoln: Vampire Hunter (R), 6 p.m.

SUNDAY The Possession (PG13), 2 and 6 p.m.

MONDAY Katy Perry: Part of Me (PG), 7 p.m.

TUESDAY Closed

WEDNESDAY Lawless (R), 7 p.m.

THURSDAY Closed

FUTENMA

TODAY Abraham Lincoln: Vampire Hunter (R), 6:30 p.m.

SATURDAY Resident Evil: Retribution (R), 12:30, 4 and 7:30 p.m.

SUNDAY Lawless (R), 4 p.m.; Abraham Lincoln: Vampire Hunter (R), 7 p.m.

MONDAY The Possession (PG13), 6:30 p.m.

TUESDAY-THURSDAY Closed

KINSER

TODAY The Dark Knight Rises (PG13), 6:30 p.m.

SATURDAY The Dark Knight Rises (PG13), 3 p.m.; The Watch (R), 6:30 p.m.

SUNDAY The Dark Knight Rises (PG13), 3 p.m.; The Watch (R), 6:30 p.m.

MONDAY Closed

TUESDAY Closed

WEDNESDAY Resident Evil: Retribution (R), 3 and 6:30 p.m.

THURSDAY The Watch (R), 6:30 p.m.

HANSEN

TODAY The Dark Knight Rises (PG13), 7 p.m.

SATURDAY The Possession (PG13), 6 and 9 p.m.

SUNDAY The Dark Knight Rises (PG13), 2 p.m.; The Watch (R), 5:30 p.m.

MONDAY Resident Evil: Retribution (R), 6 and 9 p.m.

TUESDAY Resident Evil: Retribution (R), 7 p.m.

WEDNESDAY The Watch (R), 7 p.m.

THURSDAY The Cold Light Of Day (PG13), 7 p.m.

SCHWAB

TODAY The Possession (PG13), 5 and 8 p.m.

SATURDAY Abraham Lincoln: Vampire Hunter (R), 5 and 8 p.m.

SUNDAY Katy Perry: Part of Me (PG), 5 and 8 p.m.

MONDAY-THURSDAY Closed

THEATER DIRECTORY

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

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



SINGLE MARINE PROGRAM EVENTS

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

VOLUNTEER OPPORTUNITIES

• Volunteers are needed to help clean up the Kinser Chapel Oct. 3 from 9:30 a.m. to 4:30 p.m. Volunteers will help sweep, mop, vacuum and organize the chapel. Transportation will not be provided. Interested individuals should call 637-1148.

• The Kinser Youth Center needs volunteers for "Worldwide Day of Play" Oct. 5 from 11 a.m. to 3 p.m. Volunteers will assist with the bounce house, sumo suits and event coordination. Interested individuals should call 637-2250.

• Pacific Okinawan Players' Comedy of Errors live theater performance needs volunteers Oct. 5, 6 and 12 from 6-9 p.m. to help with the box office, concessions and ushering. Those interested in helping should call 080-3351-0904.

DISCOVER GOLF - FREE GOLF LESSONS

• Taiyo Golf Course is hosting free golf lessons for single Marines and sailors the first and third Friday of every month from 9-11 a.m. Participants meet at the SMP office on Camp Foster by 8 a.m.

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

Japanese phrase of the week:

“Moichido itte kudasai?”
 (pronounced: moh-ee-chee-doh ee-teh koo-dah-sah-ee?)

It means,
 “Can you please say it again?”



Sept. 10-14

RIFLE RANGE
 Staff Sgt. John Abadia,
 3rd MLG, 341



CHAPLAINS' CORNER

“Our identity is often defined by our actions.”

Be somebody by living your identity

Lt. Rodney Weaver

MARINE AIRCRAFT GROUP 18 CHAPLAIN

Identity theft is something we are all aware of. Each of us probably knows someone who has been a victim of identity theft. Every year we have mandatory training on personally identifiable information. We know the importance of protecting our social security number, banking information and our identification card.

Most of us are pretty good at protecting ourselves against identity theft, but have you ever stopped to think about who you are? We have many titles we associate with our identity. I'm a sailor. I'm a Marine. I'm a husband. I'm a wife. I'm a father. I'm a mother. Those are all part of our identity, but if we strip some of those things away, who are we? Comedian Lily Tomlin once said, “I've always wanted to be somebody, but I see now I should have been more specific.”

A person's faith or the core values of honor, courage, and commitment can help develop a strong sense of identity.

Faith and core values help guide our actions and give us integrity. Our identity is often defined by our actions. The people we know as “good people” do good things. The people we know as “dirt bags” are less than stellar.

There is a story about the artist Paul Gustave Dore losing his passport while traveling in Europe. When he came to a border crossing, he explained his predicament to the guards. Giving his name to the official, Dore hoped he would be recognized and allowed to pass. The guard, however, said many people attempt to cross the border by claiming to be persons they are not. Dore insisted that he was who he claimed to be. The official decided to test him for proof. Handing him a pencil and a sheet of paper, he told the artist to sketch several peasants standing nearby. Dore did it so quickly and skillfully that the guard was convinced he was indeed who he claimed to be.

Dore's action confirmed his identity. If ever called upon to do so, could you prove your identity?

FOR UPCOMING SPECIAL WORSHIP SERVICES AND EVENTS FOR ALL MARINE CORPS BASE CHAPELS, CALL 645-2501 OR VISIT WWW.MARINES.MIL/UNIT/MCBJAPAN/PAGES/AROUNDMCBJ/CHAPEL.ASPX