

# WEARE MCBH NEWSLETTER

Keeping our Marines and Neighbors Informed...

Vol. 1, Issue 7, October 2023

<https://www.mcbhawaii.marines.mil/>

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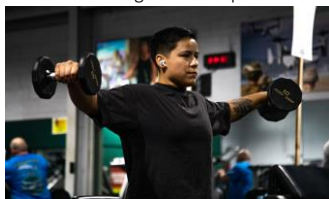


## MARINE CORPS BASE HAWAII

### Raising the Bar: MCBH Marine breaks Hawaii State Powerlifting Record

**Story by Cpl. Brandon Aultman**

MARINE CORPS BASE HAWAII – U.S. Marine Corps Sgt. Gabriela Rodriguez, a rising contender in the competitive powerlifting world, recently made waves in Hawaii by shattering state records in her weight class at the 2023 USA Powerlifting Wahine Open.



Gabriela's journey from her hometown of Fresno, California to where she is

now stands as a testament to her unwavering self-belief and relentless commitment to personal growth.

Born to Mexican immigrant parents, Gabriela's upbringing was steeped in hard work and determination. "I'm first generation, along with my siblings," she reflects, "My parents both come from Mexico." Raised in a household where her parents worked tirelessly for more than 12 hours a day, Gabriela's childhood was forever marked by the sacrifices of her family. She remembers, "Watching my parents struggle only made me appreciate all the hard work they did." Gabriela would later adopt her parents' hard-working attitude to fulfill her dreams

of becoming both a sergeant in the United States Marine Corps, and a world-class powerlifter.

Gabriela's potential for greatness wasn't always so apparent to her. Her first glimpse into the world of powerlifting began in 2014 when she was a sophomore in high school. "I was lacking confidence," she admits, "and I knew I could do more with myself." This desire for self-improvement, both physically and mentally, served as the fuel for her accomplishments. Over time, she has worked tirelessly to build a legacy for herself that she can be proud of.

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### Adjusting [Simulated] Fire: MCBH Mortar Simulator Receives Upgrade

**Story by Cpl. Chandler Stacy**

MARINE CORPS BASE HAWAII – Marine Corps Base Hawaii's Indoor Simulated Marksmanship Trainer (ISMT) enables Marines across the installation to maintain skills and proficiency with a variety of weapons systems without firing live ammunition. The ISMT is an interactive audio/visual weapons simulator that provides basic and enhanced marksmanship training, weapons employment training, and tactical decision making for a variety of small arms and crew served weapons. Recently, mortarmen assigned to 3rd Marine Littoral Regiment, 3d Marine Division, stationed at MCBH conducted

training using the newly upgraded M252 81mm mortar ISMT.



Upgrades to the mortar ISMT enhance the value of simulated training by reducing firing errors and increasing the realism of the user's inputs to provide ultra-realistic feedback.

"The upgrade we just got solved a lot of issues the legacy system [old ISMT] had," said Marcellus Gilmer, the training systems liaison officer from Marine Corps Systems Command. "We upgraded the foot pads with these new anti-skid plates that allow the mortarman to adjust fires, we upgraded the base plate for a more snug fit so the system wouldn't slide around when they use it, and we increased the number of contact pins so that we would have less misses and less missed connections."

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### PRTF Environmental Sound Study

**Story by Gunnery Sgt. Orlando Perez**

PU'UOLOA RANGE TRAINING FACILITY – Members of Marine Corps Base Hawaii Safety Division and range personnel from Pu'uoloa Range Training Facility conducted an environmental sound study at PRTF, Ewa Beach, HI, Sept. 19, 2023.

The study was comprised of acoustic testing and monitoring of Marines executing the Marine Corps prescribed annual rifle qualification course of fire

with various suppressed and unsuppressed weapons systems.

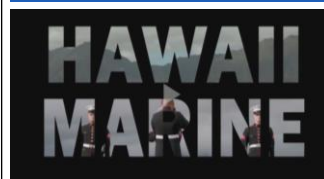
"The weapons that were tested today were both the M4 [carbine] and M27 [infantry automatic rifle], the M4s and M27s on the second relay did not have suppressors and then the M27s that were on the third relay were all equipped with suppressors," said Chief Warrant Officer 2 Christopher Simser Jr., MCBH Range Gunner. "We were testing for the decibel difference of an

annual rifle qualification."



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### THE HAWAII MARINE



### MCBH's News Segment

The Hawaii Marine is a monthly news segment from MCBH highlighting events and training that have occurred aboard Marine Corps Base Hawaii in the last month. Tune in each month to get a look at what your Marines are up to and how the installation is working to support the Marine Corps and our community.

[Click here or scan the QR code to watch the newest Hawaii Marine](#)

### PUBLIC ADVISORIES



### Public Notices and Updates

MCBH publishes notices and updates in the form of Public Advisories to inform base residents and neighbors in the surrounding community of upcoming events, changes in base services, irregular training impacts, and any other information you need to know as you go about your day. Public Advisories are meant to keep you informed and aware of any changes that could affect you.

[Click here or scan the QR code to view MCBH Public Advisories](#)



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## MCBH DIGITAL MEDIA SPOTLIGHT



Marine Corps Base Hawaii Safety Department personnel and Chief Warrant Officer 2 Christopher Simser Jr., MCBH Gunner, examine sound-level data during a range acoustic test at Pu'uoloa Range Training Facility, MCBH, Sept. 19, 2023. (U.S. Marine Corps photo by Lance Cpl. Hunter J. Jones) [More Imagery](#)



David Carter, Marine Corps Base Hawaii environmental coordinator, explains the employment of fuel barriers to Indo-Pacific partners during an oil response capabilities demonstration, MCBH, Sept. 21, 2023. The visit and demonstration provided concepts to assist the partner countries of Sri Lanka and Maldives (U.S. Marine Corps photo by Lance Cpl. Hunter Jones) [More Imagery](#)

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## 3d MARINE LITTORAL REGIMENT

<https://www.3rdmardiv.marines.mil/Units/3d-mlr/>



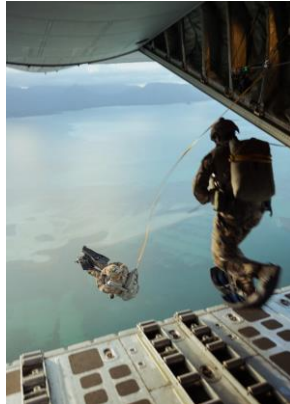
### 3d MLR Enables the Joint Force during Force Design Integration Exercise

*Story by 1st Lt. Anne Pentaleri*

MARINE CORPS BASE HAWAII – From 25 to 28 September, representatives from the Navy, Marine Corps, and Air Force validated the concepts outlined in Force Design 2030 by demonstrating the integration of surface, sub-surface, ground, and air-based capabilities on and around the Hawaiian Islands of Oahu and Kauai.



During Force Design Integration Exercise, 3d Marine Littoral Regiment operated as a Stand-in Force, enabling its Pacific Marines and Joint counterparts through the establishment of multiple fires and sensing Expeditionary Advanced Bases across disparate training areas. Participating units



within 3d MLR included 3d Littoral Anti-Air Battalion, 3d Littoral Logistics Battalion, and 3d Littoral Combat Team. A platoon-sized detachment of Marines from 3d Reconnaissance Battalion also supported the exercise by facilitating 3d MLR's ability to insert into key maritime terrain at a moment's notice.

Through the successful execution of Force Design 2030-enabled capabilities, 3d MLR allowed the SiF to sense and make sense of the battlespace, seize and hold key maritime terrain, and conduct reconnaissance and counter-reconnaissance. The successful execution of Force Design Integration Exercise by 3d MLR and its supporting units demonstrated the Pacific Marines' firm grasp of Force Design 2030's operating concepts. Its ability to conduct distributed operations while enabling the Joint Force will be fundamental to the future employment of the Fleet Marine Force in the Indo-Pacific region.

[More Imagery](#)

### 3d MLR DIGITAL MEDIA SPOTLIGHT



U.S. Marines with 3d Littoral Combat Team, 3d Marine Littoral Regiment, 3d Marine Division, load onto an MV-22 Osprey with Marine Medium Tiltrotor Squadron (VMM) 268, Marine Aircraft Group 24, 1st Marine Aircraft Wing, during Force Design Integration Exercise at Pacific Missile Range Facility, Barking Sands, Hawaii, Sept. 27, 2023. Force Design Integration Exercise demonstrates the current capabilities of 3d MLR as an effective part of the Stand-in Force integrated with our Pacific Marines and Joint counterparts. (U.S. Marine Corps photo by Lance Cpl. Malia Sparks) [More Imagery](#)

## MARINE AIRCRAFT GROUP 24

<https://www.1stmaw.marines.mil/Subordinate-Units/Marine-Aircraft-Group-24/>



### 1st LAAD Battalion Reactivates in Hawaii

*Story by 2nd Lt. Hannah Venables*

MCAS KANEHOE BAY, Hawaii – Today, Headquarters and Service (H&S) Battery, 1st Low Altitude Air Defense (LAAD) Battalion, Marine Air Control Group 18, 1st Marine Aircraft Wing, reinstated their unit colors during a reactivation and designation ceremony.

Originating as 1st Forward Area Air Defense (FAAD) Battery, initially established on July 1, 1982, in Okinawa, Japan, 1st LAAD Battalion previously underwent two redesignations. The first occurred in October 1986, when 1st FAAD battery was redesignated as the 1st LAAD Battalion. The second took place in May 1993, when the battalion's size was reduced, leading to its designation as 1st Stinger Battery. 1st Stinger Battery was officially deactivated in Okinawa on Sept. 28, 2007.

Today's reactivation of 1st LAAD Battalion at Marine Corps Base



Hawaii demonstrates progress toward force modernization with a significant increase in III Marine Expeditionary Force (III MEF), joint, and combined force capabilities. Originally designed to counter fixed wing and rotary wing enemy aircraft, the LAAD community now employs mobile, scalable air defense capabilities to counter not only manned aviation threats but also unmanned. This reactivation provides III MEF organic ground-based air defense assets against enemy aircraft and unmanned aerial systems (UAS) which enables their employment within the Indo-Pacific region without depleting resources from I or II MEF.

The primary mission of 1st LAAD Battalion is to deliver close-in, low-altitude, surface-to-air weapon capabilities. When task-organized, the battalion also provides command and control forces for ground security in defense of the Marine Air-Ground Task Force (MAGTF) commander's designated critical areas. "1st LAAD Battalion will provide a much-needed capability to III MEF in the defense of maneuver units, forward operating areas and command and control nodes. This capability will enable Marines to fight and win under contested airspace," said Lt. Col. Heath A. Phillips, the commanding officer of 1st LAAD Battalion.

Marine Corps Base Hawaii will primarily serve as a strategic hub for 1st LAAD Battalion. "We are honored to homebase in Hawaii," Phillips added.

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### MAG-24 DIGITAL MEDIA SPOTLIGHT



U.S. Marines with Marine Medium Tiltrotor Squadron 268, Marine Aircraft Group 24, 1st Marine Aircraft Wing, conduct maintenance on a MV-22B Osprey at Marine Corps Air Station Kaneohe Bay, Marine Corps Base Hawaii, Sept. 11, 2023. Aviation Maintenance Marines conduct routine preventative maintenance on MV-22B Ospreys to ensure a constant state of readiness. (U.S. Marine Corps photo by Lance Cpl. Clayton Baker) [More Imagery](#)