

FLIGHT JACKET

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Marine Corps Air Station Miramar, Calif.

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Chow hall cooking heats up with anticipation



The Marine food service specialists of Gonzales Messhall gather for a photo before the Maj. Gen. W. P. T. Hill Memorial Award for Food Service Excellence pre-inspection here Aug. 2. The object of the evaluation is to decide which mess hall from the West Coast will represent Marine Corps Installations West in December when Headquarters Marine Corps conducts the same evaluation to determine the leading mess hall in the Marine Corps. (Photo by Lance Cpl. Erica DiSalvo)

New swim qualification hits Miramar

Pfc. Kevin Crist
COMBAT CORRESPONDENT

In order to give Marines a more realistic experience and better train them to survive in water, Marine Corps Order 1500.52D changed the way they prepare for water survival.

To focus more on the combat side of being a Marine, the Marine Corps Water Survival Training Program has gone from five levels: combat water survival four, three, two, one and water survival qualification, down to three levels: basic, interme-

diate and advanced.

"It is important for every Marine to know how to swim, we are amphibious," said Sgt. Brian Schaefer, a Marine combat instructor of water survival with Marine Wing Communication Squadron 38 and an Indianapolis native. "You would be surprised how many Marines come out and don't know how to swim."

The revamped water survival qualification requires a camouflaged uniform and boots. Also, Marines must complete a gear drop including a flak jacket, Kevlar and rifle to en-

sure they can get out of their gear in an emergency.

In the water survival basic level, Marines have to shed a flak jacket, Kevlar and rifle in shallow water and swim 25 meters with a pack.

"The new changes make it more challenging," said Sgt. Edward Martinez, a food service specialist with Marine Wing Support Squadron 371 and a Livermore, Calif., native. "That is always a good thing because it instills a certain level of



Pfc. Kevin Crist

A group of Marines learn the proper techniques to backstroke for the revised Marine Corps Water Survival Training Program here July 25.

GO TO **SWIM**, PAGE 3

MCAS Miramar
Website

www.miramar.usmc.mil



FROM SERVICE MEMBER TO FARMER

Veteran's Sustainable Agriculture Training aides service members transitioning out of the military and in finding job placement in the hydroponic and organic farming industries. For full story see page 2.



SERVICE WOMEN MAKE THEIR MARK

Service women joined 103 male competitors for two weeks of competing as teams and individuals at the 50th Annual Interservice Rifle Championship. For full story see page 5.

REACH US



EDITORIAL
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FLIGHT JACKET



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The editorial content is edited, prepared and provided by the Public Affairs Office. Comments or questions should be directed to 858-577-6000.



Marines farm for the future

Lance Cpl. Erica DiSalvo
COMBAT CORRESPONDENT

Organic crop production through hydroponic farming, profitable self-sustaining opportunities and a skill building course aimed at aiding fellow and former military service members are the billets to be filled in the creation of the Veteran's Sustainable Agriculture Training.

The course, founded by former Marine Sgt. Colin Archipley, works in correlation with the Disabled American Veterans and is designed to aide military service members transitioning out of the military find job placement in the hydroponic and organic farming industries.

Archipley created the program after identifying an employment need for military veterans. In 2007, he began greenhouse farming, which became a growing business plan opportunity to aide job possibilities. The course is covered by tuition assistance through Veteran Affairs and scholarship opportunities through Mira Costa College, located in Oceanside, Calif.

Each class lasts six weeks and covers all the steps necessary for crop production in an urban environment utilizing hydroponic techniques as well as creation of a business plan to be presented to a board

of experts for critiquing at the end of the course.

Upon the final presentation to the panel and implementation of the changes accordingly, Karen, Colin's wife and co-founder, finds job placement for the skills cultivated in each graduate.

"The VSAT program is so unique that Karen follows up with the graduates even after they are already done; she continues to make sure they are doing OK," said Maj. Erin H. Mackin, the public affairs deputy director of Marine Corps Installations West and a Mandeville, La., native. "Her job begins when the graduates finish the course. She starts finding them jobs working with organic food businesses."

The program has been growing in popularity due to recent success stories such as students creating growing farms that serve industry chains such as Whole Foods Market and other major agricultural companies. Colin and Karen aide each student in gaining employment. The development of both crops and business plans ultimately determines the business channel Karen sends each graduate down.

In doing this, the Archipley's are creating productive service prospects for military veterans who have found themselves without sufficient direction and job training for profitable employment outside of the military.



Lance Cpl. Erica DiSalvo

Former Marine Sgt. Colin Archipley, founder of Archi's Acres and the Veteran's Sustainable Agriculture Training course, gives an introduction speech during the VSAT graduate business plan presentation here July 21. The presentation is the final step in the six-week VSAT course which is designed to help military veterans learn profitable hydroponic farming skills upon leaving the armed forces.



Visit us on **facebook**

Religious Services

The Chaplain's Office, located in Building 5632 on Bauer Road, coordinates regularly scheduled services. For the location and meeting schedules of religious activities, call (858)-577-1333, or visit www.miramar.usmc.mil.

Sunday:

9 a.m. Protestant
Worship Service

9:30 a.m. Protestant
Children's Worship

11 a.m.
Roman Catholic Mass

Religious Education/Sunday:

9:30 – 10:45 a.m.
Catholic CCD Children K-12

10 a.m. Protestant
Adult Bible Study

Weekday Worship Service:

Mon. – Fri. 11:30 a.m.
Catholic Mass

Mon. 6:30 p.m. Contemporary
Praise and Worship Service

Wed. 7 p.m. Baptist Service

Study Groups:

Mon. 7 p.m.
Night Bible Study,
Classroom in the Chapel area

Tues. 6 a.m.
Morning Prayer Service
and Study Group

Islamic Worship Service:

Fri. at noon.
Located in the Chapel or visit
www.icsd.org

Jewish:

Jewish Outreach at
(858) - 571 - 3444
www.jewishinsandiego.org

Miramar stays 'drug free'



Pfc. Kevin Crist

Gunnery Sgt. Bryan Cox, the maintenance control chief with Marine Heavy Helicopter Squadron 361 and a native of Louisville, Ky., crosses the finish line in first place at the 101 Days of Summer 5K Drug Free Fun Run at the Sports Complex here Aug. 3. The 101 Days of Summer program's goal is to eliminate illegal drug use and promote responsible use of alcohol within the military. Units accumulate spirit points over the course of the program, and can earn cash prizes for the units.

SWIM,

CONTINUED FROM PAGE 1

discipline, leadership and the ability to overcome adversity.”

Marines now qualify once every two years in the water survival basic level vice annually with the previous training requirements.

The water survival basic level challenges Marines more than CWS-4 did and strengthens their skills in the water.

“Swim qualification four was easy,” said Martinez. “In an actual combat environment a Marine would be facing more challenges than the original swim qualification trained you for.”

According to the order, the MCWSTP was designed to reduce fear and raise self-confidence.

Being amphibious is imperative for Marines and according to Schaefer, the new MCWSTP covers all key points a Marine needs to survive in water.



Lance Cpl. Ryan Carpenter

MARINE CORPS AIR STATION CAMP PENDLETON, Calif. - Marines with Marine Light Attack Training Squadron 303 fly in formation during the UH-1N Huey heritage flight here March 18. Marine pilots flew 11 Huey helicopters over Marine Corps Base Camp Pendleton and MCAS Miramar to celebrate the end of the aircraft's career.

From Vietnam jungles to Afghanistan deserts

Cpl. Alexandra M. Vazquez

COMBAT CORRESPONDENT

The military has used helicopter warfare for the past 50 years. From troop transportation to medical evacuations, helicopters have become one of the best known symbols of close-air support. One helicopter, which has flown since the Vietnam War, is the UH-1 helicopter.

Officially designated as the Iroquois, most people know it today as the Huey. The original designation for the aircraft was XH-40, which was later changed to HU-1. The Department of Defense later reversed the letters into its current designation.

The Huey first flew in October 1956. Past helicopters used piston engines, which were heavier and less powerful than

the Huey's turbine engine.

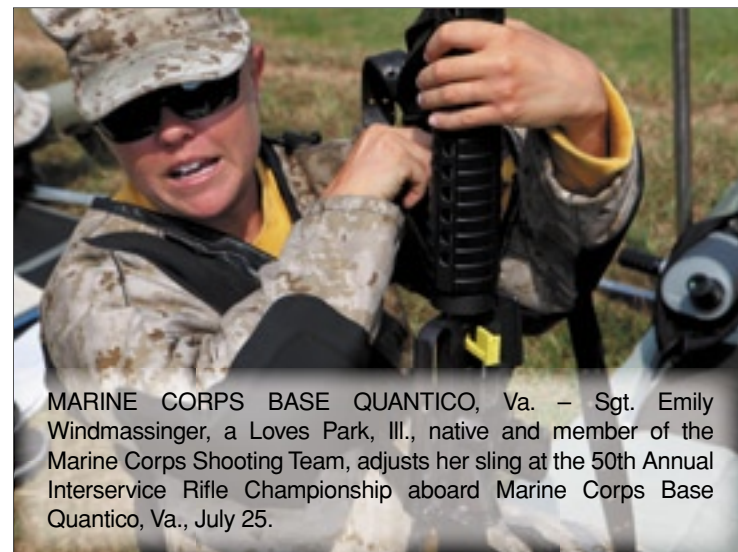
The helicopter first saw combat in Vietnam in 1962. It served as a troop transport and medevac helicopter. Later, the Huey served as an armed assault helicopter used to protect troop transports.

Huey helicopters saw an upgrade between 1968 and 1970 as the first twin-engine Hueys, designated UH-1N, became the standard utility helicopter of the Marine Corps. Since 1970, the UH-1N Huey served in the Gulf War, the Iraq War and the Afghanistan War.

Today, the Marine Corps is upgrading from the UH-1N to the UH-1Y Venom, or Super Huey, as part of the H-1 upgrade program. The Venom has a more powerful engine, a four-blade rotor instead of two and upgraded avionics systems.



MARINE CORPS BASE QUANTICO, Va. – Spent brass flies as Sgt. Emily Windmassinger, a Loves Park, Ill., native and member of the Marine Corps Shooting Team, takes a shot from 600 yards at the 50th Annual Interservice Rifle Championship aboard Marine Corps Base Quantico, Va., July 25.



MARINE CORPS BASE QUANTICO, Va. – Sgt. Emily Windmassinger, a Loves Park, Ill., native and member of the Marine Corps Shooting Team, adjusts her sling at the 50th Annual Interservice Rifle Championship aboard Marine Corps Base Quantico, Va., July 25.

Story and Photos by Cpl. Lisa M. Tourtelot

COMBAT CORRESPONDENT

MARINE CORPS BASE QUANTICO, Va. – Biting flies and gnats buzzed around the line of tightly-cropped haircuts in the sweltering Virginia heat as the shooters lined up to take aim at targets 600 yards away.

Sparsely dotted between the military buzz cuts, tightly wound hair buns peaked out from beneath covers – only a handful of female shooters throw their hats into the competitive marksmanship circuit of the armed forces.

At the 50th Annual Interservice Rifle Championship, only 10 service women joined 103 male competitors for two weeks of competing as teams and individuals.

“I really think that women have it in them to shoot, but they get put off [from the sport] because it’s so dominated by males,” said Cpl. Angela Newsome, a Springfield, Mass., native and member of the Marine Corps Recruit Depot San Diego Shooting Team.

In an effort to encourage more female participation in the Competition-in-Arms Program, the interservice championship matches boast a High Service Woman, or “Annie Oakley,” award for the best female shooters in the matches. Sgt. Sherri Jo Gallagher of the U.S. Army Marksmanship Unit won the Annie Oakley trophy this year.

“It’s encouraging to have a category just for females,” said Newsome.

Competitive shooting, unlike other sports available to service members, is not divided by gender differences.

Aside from the unique Annie Oakley award, individual matches pit the military’s best shooters against each other, regardless of sex.

Shooting better than all her peers, Gallagher also won an award for best individual shooter at the 600-yard line.

“The best part [of being able to compete] is coming out here and out-shooting a lot of the men,” said Cpl. Nancy Zelaya, a Rockville, Md., native and member of the Marine Corps Air Station Miramar Shooting Team.

Zelaya explained that there is a common misconception that women cannot shoot as well as men.

“It’s not a man’s sport,” said Sgt. Emily Windmassinger, a Loves Park, Ill., native and member of the Marine Corps Shooting Team. “We’re all Marines and we should all be able to do this. If a female is willing to put in the work, it’s very possible to be as good or better than the males.”

Newsome insisted that more female service members should try competitive marksmanship.

“Take a chance,” said Newsome. “I think we’re built for this.”

For more information about joining a shooting team, contact your base or station firing range.

‘Annie Oaklies’ take aim at competitive shooting



MARINE CORPS BASE QUANTICO, Va. – Cpl. Nancy Zelaya, a Rockville, Md., native and training noncommissioned officer with Marine Wing Support Squadron 373, plots a shot for a teammate at Marine Corps Base Quantico, Va., July 23.

2011 NFL season gets 'unlocked'



Cpl. Steven H. Posy

COMBAT CORRESPONDENT

Editor's note: Cpl. Posy is a regular contributor to the sports section of the Flight Jacket and an avid sports fan.

During times of uncertainty and economic struggle, what's the best way to split \$9 billion? The answer is certainly found by asking the commissioner of the National Football League.

After months of labor disputes, the lockout finally ended as NFL team owners and players came to an agreement. So, who won? Who cares? Let's play football!

It is outright ridiculous that such a ludicrous event as this year's lockout could ever take place. What it all boils down to is greed!

The whole mess began when the old collective bargaining agreement from 2006 expired. The owners complained that such an agreement cut too far into their profits, so their solution was to take the money back from the players. In fact, owners targeted rookies and free agents and attempted to cut their pay in order to make room in their salary caps.

In the old agreement, players earned 59% of the NFL's \$9.3 billion revenue. The new agreement will do the same, only now, the owners will lose some of their profits as inflation and operating expenses have increased. New stadiums are no longer funded by taxpayers, so the NFL owners now have to cough up some dough to cover the huge costs of owning a franchise. Oh well! I don't really care if Cowboys owner Jerry Jones lost money when he decided to spend \$1.15 billion on a new

stadium that has a 70-yard long television screen hanging over the field. I just want to watch football this year.

Don't worry, there is no need to feel bad for these guys. They are some of the richest people on the planet. If they can't figure out how to control their expenses, there is no reason to take the money from players. The proposal from the owners was greedy, selfish and downright dirty. Why should a player who sacrifices his body, hit after hit, and generates revenue for the league, bear the brunt of bad management? It's not fair.

The country's economic state is tough enough, but for those guys who are sitting on a few billion, it is a crime to try and squeeze some pocket change from the ones who make it all possible. Shame on you commissioner Roger Goodell, for letting greedy, irresponsible men have a fighting chance to stop an entire season of football from taking place.

Luckily, order has been restored and football fans and players can enjoy our nation's new favorite pastime. Unfortunately, the NBA will not have the same luck as many of their players have opted to play overseas, rather than endure a silly lockout to save some billionaires a few bucks.

Driving the ball at Miramar: Falcons prepare for game day



Pfc. Kevin Crist

Players for the Marine Corps Air Station Miramar Falcons run through a play at practice here Aug. 1. The Falcons' practice is held Monday through Thursday 11:15 a.m. to 1:15 p.m. at the Sports Complex. The first of the Falcons' Camp Pendleton Football League Scarlet Division weekly games begin Aug. 15, when the Falcons play 9th Communications Battalion.

MCCS recognizes food and hospitality activity excellence

**Courtesy Story
By Marine Corps
Community Services**

QUANTICO, Va. — The Food and Hospitality Excellence Award Program was established by Marine Corps Community Services (MCCS) to recognize those food and hospitality activities that exceeded the highest level of standards of excellence. These awards give the opportunity for any MCCS club, restaurant, snack bar or lodging facility, regardless of size or location, to measure their results against criteria in pre-established categories of customer service, financial performance, human resources and operations.

This year MCCS awarded 29 facilities for their exceptional results from FY10. The managers and staffs of these activities have gone beyond the values, principles and core competencies of the MCCS organization. They understand and continue to accomplish the MCCS primary mission of taking care of Marines and their families by thinking outside the box to build programs that continually exceed guests' expectations. As a result of their efforts the activities have received an abundance of positive and personalized guest comments. Their emphasis on training yielded significant results in employee development and in outstanding operational management of MCCS facilities. It is this kind of commitment that distinguishes this year's Food and Hospitality Excellence Award winners. For more information about the Food and Hospitality Excellence Award Program contact Ric Pomeroy, Branch Head – Food and Hospitality, at 703-784-3811 or pomeroyk@usmc-mccs.org.



FY10 MCCS Food and Hospitality Award Winners

MCB Hawaii
Kahuna's Sports Bar and Grill
Lava Java
Samuel Adams Sports Grill
Starbucks
The Club at Koa Malina
PACOM Food Court
The Lodge at Kaneohe Bay

MCAS Iwakuni
Club Iwakuni
MCAS Miramar
Big Bear Recreation Facility
Miramar Inn
The Officer's Club

MCAS New River
Big Dog Deli
Corner Café
The Bowling Center Snack Bar

MCB Quantico
The Crossroads Inn
Starbucks

MCB Camp Lejeune
New City - Berkeley Manor
New City - Hadnot Point
Duffers' Retreat
La Casita Loca
French Creek Snack Bar
Cluckers

Quickfuel
The Filling Station
The Sandbar

MCB Camp Pendleton
The Lodge at South Mesa
Ward Lodging

MCAS Beaufort
deTreville House

MCAGCC 29 Palms
Sleepy Tortoise lodge

FRIDAY 5	SATURDAY 6	SUNDAY 7	MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11
Fish & Chips Special 858-693-1543 EFMP Respite Care Training 858-577-4668 Navy Marine Corps Relief Society Budget for Baby Class 858-577-1807 Burn Your Own Steak 858-577-4808 WEEKLY EVENTS...	*Open Cockpit Events 9 a.m. – 3:30 p.m. Aviation Museum 858-693-1723 Sprint Triathlon at Camp Pendleton www.active.com Military Retiree Fair 619-524-5728 L.I.N.K.S. Session for Couples 858-577-4918 *FREE Pay-Per-View Viewing of UFC 133 Evans vs. Ortiz 858-577-6365	SHOP MCX New Year! New look - Back to School July 27 - Aug. 9 20% off Watches & Sunglasses Sale August 10 – 23 August Footwear Sale August 10 - 23	L.I.N.K.S. Mentor Training for Marines 11 a.m. – 1:30 p.m. L.I.N.K.S. House 858-577-4918 Alcoholics Anonymous and Al-Anon Meetings 6:30 p.m. Counseling Center 858-577-6585 MCCS FREE PRIZE GIVEAWAYS... ITT/Travel Office: Medieval Times Gift Pack <i>Winner will be drawn on August 31 Stop in and fill out an entry form today!</i>	Family Readiness Volunteer Training 6:30 – 9 p.m. M&FP Conference Room 858-577-1322 Taco Tuesday All Day Tacos and 1/2 Price Mexican Beers Rockers and Legends Sports Grill Intramural 9 vs. 9 Soccer League Registration Deadline 858-577-1202 	CPR Certification Class 9 a.m. – 1 p.m. Fire Dept. Training Room 858-577-6195 What You “Auto” Know Vehicle Maintenance Class 6:30 p.m. Auto Skills Center 858-577-6203 Life Skills Program: Couples Night 6:30 – 9 p.m. L.I.N.K.S. House 858-577-4473 Military Divorce Assistance Group for Men 858-577-6585 Intramural Basketball League Starts 858-577-1202 Wing Wednesday 3 – 6 p.m. Rockers SNCO Club Right Hand Man Night 858-577-4808	

- Sports Complex Marine Teen training Tues. & Sat. 858-577-4128/4129
- Deployment support for preschoolers, elementary and teenagers Mon. through Wed. 858-577-4588
- QOL Golf: Two Hours After Twilight free Golf for Active Duty 858-577-4155

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- ★ Shopping & Services

“Serving Those Who Serve”
www.mccsmiramar.com

OPEN COCKPIT EVENTS AT THE FLYING LEATHERNECK AVIATION MUSEUM

Make sure to include the Flying Leatherneck Aviation Museum in your summer plans. They will be hosting the Open Cockpit Events again this year. Experience sitting in the F-5 Tiger Cockpit, the F/A-18 Hornet Cockpit, the CH-46 Sea Knight Cabin Section and the T-34 Mentor. The open cockpit events will be held from 9 a.m. – 3:30 p.m. on Saturday and Sunday, August 6, 7, 20 & 21. Additional dates throughout the summer. Call 858-693-1723 for more information.

FREE PAY-PER-VIEW VIEWING OF UFC 133 EVANS VS. ORTIZ

Are you a UFC Fan? If so, stop by The Palms Restaurant or Rockers SNCO Club on Saturday, August 6 at 5 p.m. MCCS and SODEXO will be hosting a FREE Pay-Per-View Viewing of UFC 133 Evans vs. Ortiz. This event is open to All Hands Ages 18 & over only. There will be giveaways provided by 858 Fight Shop. Call 858-577-6365 for more information.



ANNOUNCEMENTS



Get help paying for childcare Visit the National Association of Childcare Resource and Referral Agencies website at www.naccrra.org to see information on eligibility for assistance to pay for and find childcare services. Contact 1-800-424-2246 for information.

ICE ready for use

The Interactive Customer Evaluation set up for Miramar is ready for use. ICE is the internet version of the “Customer Suggestion Box.” It collects feedback on services

provided by installations throughout the Department of Defense. To submit a suggestion, visit the ICE website at <http://ice.disa.mil>.

Important Phone Numbers
Victim Advocacy 24-hour Hotline
858-864-2815

Eagle Eyes
877-356-EYES (3937)

Military One Source
800-342-9647

D-Stress 24-hour Hotline
877-476-7734
 (All calls are strictly confidential)



WHAT'S PLAYING... AT THE BOB HOPE THEATER

Fri. Aug 5:
 Cars 2 (G) 6:30 p.m.
 Green Lantern (PG-13) 9:00 p.m.

Sat. Aug 6:
 Swap Meet 8:00 a.m. – 2:00 p.m.
 Mr. Popper's Penguins (PG) 1:00 p.m.
 Green Lantern (PG-13) 6:30 p.m.
 Super 8 (PG-13) 9:00 p.m.

Sun. Aug 7:
 *Judy Moody and the Not Bummer Summer (PG) 1:00 p.m.
 *X-Men: First Class (PG-13) 6:30 p.m.

Wed. Aug 10:
 Transformers: Dark of the Moon (Not 3D) (PG-13) 6:30 p.m.

Thurs. Aug 11:
 Monte Carlo (PG) 2:00 p.m.
 Larry Crowne (PG-13) 6:30 p.m.

*Indicates Last Showing