

OKINAWA MARINE

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Combat pistol program reaches Okinawa



A Marine draws his M9A1 9 mm pistol from its holster during combat pistol program qualification Oct. 29 at Range 15 on Camp Hansen. Photo by Lance Cpl. Henry J. Antenor

Lance Cpl. Henry J. Antenor
OKINAWA MARINE STAFF

CAMP HANSEN — Marines with III Marine Expeditionary Force and Marine Corps Installations Pacific executed newly instituted combat pistol program qualifications with the M9A1 9 mm pistol Oct. 29 at Range 15 on Camp Hansen.

The new pistol qualification, which was announced March 28 in Marine Administrative Message 168/13, incorporates a faster paced and more realistic course of fire, forcing Marines to react to their targets as if they were in combat.

Improvements to Marine pistol training and qualification have been under

development since 2008. With assistance and approval from the operating forces, Weapons Training Battalion, Marine Corps Base Quantico, Va., developed, tested and validated the improved training program, resulting in Marines effectively employing the pistol, according to MARADMIN 168/13.

“What has changed are the starting position and the drills compared to the older pistol qualification,” said Cpl. Alonso Chavarria, a pistol range block noncommissioned officer with Range Control, G-3/5, training and operations, Marine Corps Base Camp Smedley D. Butler, MCIPAC. “Marines used to fire
see **PISTOL** pg 5

MCIPAC welcomes new sergeant major

Sgt. Maj. Robert K. Williamson, center, receives the sword of office from Maj. Gen. Charles L. Hudson Oct. 24 at the Camp Foster Community Center, signifying Williamson’s assumption of duties as the sergeant major of Marine Corps Installations Pacific. Williamson served as the sergeant major of Headquarters and Service Battalion at Marine Corps Recruit Depot Parris Island, S.C., since April, 2012. “I (believe) his experience in that organization prepared him very well to serve at Marine Corps Installations Pacific and Marine Corps Base Camp Butler,” said Hudson. Williamson replaces Sgt. Maj. Patrick L. Kimble, who departed after an Aug. 23 ceremony. Hudson is the commanding general of MCIPAC.

Photo by Lance Cpl. Luis A. Rodriguez III



“Sumos” present “Firebirds” with gift of appreciation

Lance Cpl. Natalie M. Rostran
OKINAWA MARINE STAFF

IE SHIMA TRAINING FACILITY — Marine Aerial Refueler Transport Squadron 152, also known as the “Sumos,” presented Marine Wing Support Squadron 172, also known as the “Firebirds,” with a plaque of appreciation Oct. 28 at the Ie Shima Training Facility in appreciation for their work maintaining a coral runway at the training area.

MWSS-172 Marines and Seabees with Naval Mobile Construction Battalion 3, Naval Construction Group One, completed approximately four weeks of repairs and reconditioning of the runway earlier this

month, returning the facility to fully-operational status after sustaining routine damage over years of training use and exposure to the elements.

Lt. Col. Jason W. Julian, the commanding officer of VMGR-152, presented a plaque of appreciation to Lt. Col. Nick Brown, the commanding officer of MWSS-172 as a thank-you for all the hard work the Marines and Seabees put into the project.

Both units are with Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force.

“I’ve been watching how much they’ve been working on this and how much they’ve invested, and it’s been really impressive,” said Julian.
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Warrior Care Month honors wounded

1st Sgt. Timmie L. Leggett

Service members risk life and limb to protect their country. Americans call these men and women heroes. While many of these heroes have passed away, some remain to tell their stories to future generations.

November is Warrior Care Month. It honors the service and sacrifice of wounded, ill and injured service members, their families, caregivers, and the professionals who support them.

Warrior Care Month was created through the Department of Defense Office of Warrior Care Policy. WCP's mission is to ensure equitable, consistent, high-quality support and service for wounded warriors and their families, as well as transitioning members of the Armed Forces, through effective outreach, interagency collaboration, policy and program oversight.

Warrior Care Month is not just about those who have suffered through physical injuries, but also about those undergoing psychological trauma. Post-traumatic stress disorder is a serious issue in the military. The U.S. Department of Veteran Affairs estimates that post-traumatic stress disorder afflicts 20 percent of veterans that served in Iraq and 11 percent in Afghanistan.

As an M1A1 Abrams tank crewman, I was awarded the Purple Heart for an incident in 2007 that occurred while deployed to Iraq. A triple stacked antitank mine blew up the vehicle my Marines and I were riding in. We were all injured, and we all survived.

Some people look at the Purple Heart and may envy

you for it, but they do not fully understand the possible repercussions associated with it. I almost lost my right arm because of the explosion. The award is just a reminder to me of what service members are willing to sacrifice for their country.

This month presents the perfect time to attend to those service members who have been affected by their past combat experiences.

I believe some veterans think that they are forgotten. People forget things so easily, so for there to be a Warrior Care Month, where people can reflect on those who have contributed, whether hurt or not, or see commercials on TV about what wounded warriors have overcome, is inspirational.

My past has given me a better appreciation for life, my family, friends and fellow Marines who were there for me. In life, we move so fast that we do not recognize all the beauty that is around us until it is almost too late.

I do not like to talk at length about my personal experiences too often; as I would prefer to hear others talk through the struggles they have overcome.

Those are the stories that need to be told repeatedly to Marines coming up through the ranks.

To find out more information on how to participate in future Warrior Care events, please visit <http://warrior-care.dodlive.mil>.

Leggett is the first sergeant for Company B, Headquarters and Service Battalion, Marine Corps Base Camp Smedley D. Butler, Marine Corps Installation Pacific.



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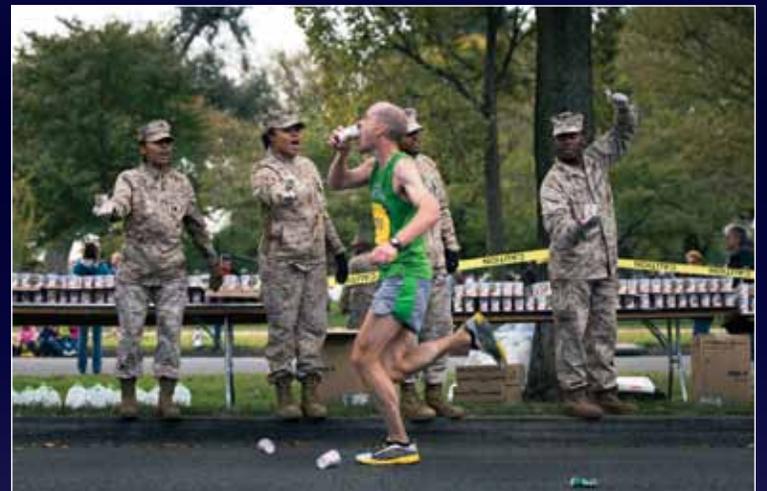
AROUND THE CORPS



A CH-53E Super Stallion helicopter executes dual-point external lift operations at Marine Corps Mountain Warfare Training Center Bridgeport, Calif., Oct. 18 during pre-deployment training at Mountain Exercise 6-13. The CH-53 and crew are with Heavy Helicopter Squadron 466, Marine Aircraft Group 16, 3rd Marine Aircraft Wing, I Marine Expeditionary Force.

Photo by Master Sgt. Daniel F. Kauppila

Volunteers cheer on a participant as he runs the 38th Marine Corps Marathon in Washington, D.C., Oct. 27. The MCM is currently the fifth largest marathon in the U.S. and ninth largest in the world. The "People's Marathon" is composed of runners from all over the U.S. and more than 50 counties. Photo by Staff Sgt. Mark Fayloga



OKINAWA MARINE

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Camp Foster
DSN 645-9335

NORTHERN BUREAU
Camp Hansen
DSN 623-7229

SOUTHERN BUREAU
Camp Kinser
DSN 637-1092



Winner, 2012 DoD Thomas Jefferson Award
Best Tabloid Format Newspaper

Internally transportable vehicle provides expeditionary capability

Lance Cpl. Henry J. Antenor

OKINAWA MARINE STAFF

MARINE CORPS AIR STATION FUTENMA — Marines with 3rd Reconnaissance Battalion and Marine Medium Tiltrotor Squadron 262 executed internally transportable vehicle embarkation training with an MV-22B Osprey Oct. 23 at Marine Corps Air Station Futenma.

The training provides Marines with the ability to quickly insert and extract a M1161 ITV from an Osprey to rapidly reach objectives or deliver crucial supplies.

The battalion is with 3rd Marine Division, III Marine Expeditionary Force, and HMM-262 is with Marine Aircraft Group 36, 1st Marine Aircraft Wing, III MEF.

“Our job focuses on (covert) insertions and getting to our destination, sometimes by foot, to scout a route or enemy location,” said to Cpl. Dylan M. Burke, a reconnaissance man with the battalion. “The ITV not only aids us in getting to our destination faster, but it can drive over (various) terrain and through tight spaces.”

The ITV is capable of carrying a driver, two passengers and a gunner operating a crew-served weapon, such as the M240B medium machine gun, MK19 40 mm automatic grenade launcher or M2 .50-caliber Browning machine gun.

The vehicle can reach speeds of 65 mph off-road, has four-wheel drive, an adjustable suspension system and adjustable tire pressure to adapt to different ground conditions.

The capability to mount weapons, all-terrain maneuverability and ability to carry supplies and equipment farther than Marines could carry on foot, makes the ITV a valuable addition during expeditionary operations, according to Burke.

“This gives us the ability to get somewhere fast, defend ourselves, and out maneuver the enemy,” said Burke.

Other vehicles, such as the Humvee, are transported externally, suspended beneath rotor assets by cables, requiring helicopter support teams to assist in the attachment and detachment of the vehicles.

“The ITV is designed to fit inside aircraft hulls such as the Osprey,” said Cpl. Dylan L. Dedmon, a reconnaissance man with the battalion. “We can drive into or out of the hull and get carried off to our mission destination. Once it lands, we can drive out just the same.”

The reconnaissance Marines trained loading and unloading the ITV on the Osprey using hand-and-arm signals and verbal commands to safely guide the Marines and equipment.

“We’ll help load (the ITV) onto the aircraft, strap it down, and get it and the Marines to the drop-off zone as quickly as possible,” said Cpl. Eric M. Ekelund, a tiltrotor crew chief with the squadron.

Safety was paramount during the training, and keeping both the ITV and the Osprey undamaged was a priority for all of the Marines, according to Ekelund.

“There are some things to watch out for (during loading and unloading), like making sure the sides don’t touch, the wheels don’t slip and the top of the ITV, or the (weapon) it’s carrying, doesn’t strike the ceiling,” said Ekelund. “We don’t want to damage the vehicle or the aircraft.”

The combination of the Osprey’s speed, range and load-carrying ability with the ground transportation capabilities of the ITV, allow the reconnaissance Marines to get to where they need to go, according to Ekelund.

“Incorporating something like (the ITV) with the Osprey comes natural to us,” said Ekelund. “We can take this vehicle and drop it off wherever it needs to go. I can see the ITV being very useful to the operations here in the Pacific.”

BRIEFS

MARINE CORPS BIRTHDAY PAGEANT

Marine Corps Base Camp Smedley D. Butler will host the 2013 Marine Corps Birthday Pageant Nov. 8 at the Camp Foster Parade Deck at 10 a.m. in honor of the 238th birthday of the Marine Corps.

The pageant will include music from the III Marine Expeditionary Force Band, personnel dressed in historic-related uniforms, and a narration of significant combat operations throughout the history of the Marine Corps. It will also include a traditional cake-cutting ceremony where the first piece will be presented to the guest of honor, Lt. Gen. John Wissler.

MANPOWER MANAGEMENT DIVISION VISITS OKINAWA

Personnel from Headquarters Marine Corps, Manpower Management Division will be visiting Marine Corps Installations across Okinawa to conduct briefings Nov. 18 – 22.

Briefings are scheduled to be conducted as listed below:

- Camp Foster Theater: Nov. 18 at 9 a.m.
- Camp Kinser Theater: Nov. 19 at 9 a.m.
- Camp Courtney Theater: Nov. 20 at 9 a.m.
- Camp Hansen Theater: Nov. 22 at 9 a.m.

Marines can contact their career planner for more information.

DODEA OKINAWA DISTRICT COLLEGE NIGHT 2013

Volunteers are needed to represent their respective colleges for the Department of Defense Education Activity Okinawa District College Night Fair Nov. 7 at Kubasaki High School from 5:30-7:30 p.m.

Volunteers can sign up by Oct. 25 at <http://okinawacollegenight.weebly.com>. For more information, call 634-1204.

INSTALLATION SAFETY OFFICE CLOSURE

The Installation Safety Office will close Nov. 8 for annual staff training.

The office will reopen on its normal schedule Nov. 12 at 7:30 a.m.

Personnel with government-owned vehicle and privately-owned vehicle licenses expiring on Nov. 8 requiring reissue are highly encouraged to visit the Installation Safety Office prior to the date of closure during weekdays from 12:30-4:00 p.m., except on Wednesdays.

For more information, contact the deputy safety director at 090-6861-4270.

TO SUBMIT A BRIEF, send an email to okinawamarine.mccb.fct@usmc.mil. The deadline for submitting a brief is noon Wednesday. Okinawa Marine reserves the right to edit all submitted material.

Beirut ceremony honors service members



Marines and sailors serve as wreath bearers during the 30th Beirut Observation Ceremony Oct. 23 at the Beirut Memorial in Jacksonville, N.C. The ceremony is held annually to remember the 241 U.S. service members that died in the Oct. 23, 1983, bombing of the 1st Battalion, 8th Marine Regiment, Headquarters Building in Beirut. Photo by Lance Cpl. Cesar N. Contreras

Marines complete Air Force NCO school

Lance Cpl. Natalie M. Rostran

OKINAWA MARINE STAFF

KADENA AIR BASE — Marine Sgt. Ricardo S. Scales and Cpl. Christopher R. Oliver graduated from the Airman Leadership School Oct. 25 at the Rocker NCO Club on Kadena Air Base.

Scales and Oliver are the first Marines to attend the Airman Leadership School, held at the Erwin Professional Military Education Center, in six years.

ALS is a five-week long program designed to educate Air Force senior airmen and staff sergeants, and develop effective and efficient noncommissioned officers and leaders.

The course is the Air Force equivalent to the Marine Corps' Corporals Course and Sergeants Course, according to Air Force Master Sgt. Mark C. James, the ALS commandant. The students learn combat leadership skills, military professionalism, public speaking techniques and ways to lead by example.

"It's been six years since we've last had (a joint-service enrollment)," said James. "The opportunity to educate jointly doesn't happen often. (Serving on) Okinawa is such a unique situation that we can afford to do that."

Scales is an air support operations operator with Marine Air Support

Squadron 2, Marine Air Control Group 18, 1st Marine Aircraft Wing, III Marine Expeditionary Force.

Oliver is a crew master for the KC-130J Hercules with Marine Aerial Refueler Transport Squadron 152, Marine Aircraft Group 36, 1st MAW, III MEF.

"Ten years ago, our curriculum had zero joint (service) discussion," said James. "Today, 25 percent of our curriculum is nothing but joint (service); how the military is organized on a national level, how we deploy and ready our troops on a joint scale, and how we fight and win America's wars on a joint level."

With the addition of joint service education to the curriculum, the schools next logical step was to invite NCOs from other branches of service to join the course, according to James.

"To have airmen sit around and talk about the joint services without that perspective isn't as effective," said James. "It was great to have the Marines in there to give their point of view."

The instructors and curriculum challenged the Marines, while introducing them to leadership techniques that work with other branches of the military, according to James.

"I enjoyed it; it was different from a Marine Corps course,"



Sgt. Ricardo S. Scales, right, receives his diploma from Brig. Gen. James B. Hecker during the Airman Leadership School graduation Oct. 25 at the Rocker NCO Club on Kadena Air Base. Scales was one of two Marines to attend the ALS for the first time in six years. Scales is an air support operations operator with Marine Aircraft Support Squadron 2, Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force. Hecker is the commanding general of the 18th Wing.

Photo by Lance Cpl. Natalie M. Rostran

said Scales. "It's structured like a college course, there was a lot of studying on your own and pop quizzes."

The focus on academics increased the university atmosphere of the course, according to Oliver.

"With our military doing a lot of joint service operations, this course gives a background of how airmen, sailors and soldiers operate," said Scales. "It gives them that added dimension."

With modern military operations

requiring all services to operate cooperatively, all Marines would benefit from learning how to work with and lead other services, according to Oliver.

"Marines and airmen are working together along with sailors and soldiers, that's the joint organization that we're becoming," said Oliver. "You have to keep an open mind, and that's what they teach in this course. To be willing to understand how other (services) think helps everyone."

2013 HOLIDAY SHIPPING DEADLINES

To Army/Fleet Post Offices	
Type	Deadlines
Parcel Post	Nov. 12
SAM*	Nov. 26
PAL*	Dec. 3
Priority Mail	Dec. 10
First Class Mail	Dec. 10
Express Mail/ EMMS	Dec. 10

*SAM is space available mail
*PAL is parcel airlift mail
These are two of the slowest and least expensive mailing methods.

To the U.S.	
Type	Deadlines
Parcel Post	Dec. 14
Destination Network Distribution Center Drop Ship	Dec. 19
1st Class Mail	Dec. 20
Priority Mail	Dec. 21
Destination Delivery Unit Drop Ship	Dec. 21
Express Mail*	Dec. 22

*Express mail postage refund eligibility is adjusted for shipments mailed Dec. 22-25.

For more information shipping deadlines, visit your installation's post office.

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from the alert carry, shoot one drill, and stay at the alert carry unless the drill was over.”

With the pistol not slated as a primary weapon, it is reasonable to assume that it would be drawn and fired from the holster when needed, according to Sgt. Samuel R. Holthouser, a range safety officer with Range Control.

Now, Marines begin every drill during the CPP with the pistol holstered and transition to the alert hold, in which the barrel is pointed at the ground and down range before firing.

“This simulates a real-life scenario where a Marine might rely on his pistol, taking it out of the holster, searching and assessing to locate the enemy,” said Chavarria. “For example, Marines who normally guard ammunition, valuable assets or work with the Provost Marshal’s Office could use this training to better themselves in speed, reaction and retaining a combat mindset.”

The program uses 20-inch wide by 40-inch tall silhouettes of a human figure as targets with more details than previous silhouettes to include facial features.

While the badges remain the same from the previous pistol qualification’s course, the scoring system has changed, including a

larger 10-point scoring ring.

The new scoring system requires the shooter to earn at least 264 points to qualify as a marksman, 324 points to qualify as a sharpshooter and 364 points to qualify as an expert, according to Staff Sgt. Robert Valdez, a combat marksmanship coach and trainer with Range Control. This is based on the higher value placed on more accurate shooting.

The Marines executed controlled pairs, hammer pairs, and failure-to-stop drills during the training from distances of 7, 15 and 25 yards inside of time limits ranging from 5-12 seconds.

During controlled pairs, shooters aim slowly before the first and second shots. While in comparison, during a hammer pair a Marine rapidly fires two consecutive shots. For a failure-to-stop drill, Marines execute a hammer pair combined with a well-aimed shot to the head.

In another drill, the Marines simulate running out of ammunition and having to reload their weapon and continue firing within a nine-second window.

“No Marine is going to stand comfortably and take their time while they are in combat,” said Holthouser.

Computers control the targets, turning the silhouettes toward or

away from the shooters to simulate an enemy combatant appearing and disappearing behind cover.

“The targets and drills help simulate enemy contact and, unlike the previous pistol qualification, this forces me to react as fast as possible while still hitting accurately,” said Lance Cpl. Colin A. Sepulvedabenson, a heavy-equipment operator with Landing Support Company, Combat Logistics

Regiment 37, 3rd Marine Logistics Group, III MEF. “I can see this new system being useful (when) I am authorized to engage the enemy, I’ll quickly pull out the pistol and use a drill like the failure to stop if necessary.

“This qualification is good practice for the real thing and learning from it can help me protect important assets supporting the overall mission,” added Sepulvedabenson.



From left to right, Chief Warrant Officer Christopher D. Jay, Capt. Sean D. Wills and Gunnery Sgt. John C. O’Neal IV execute a drill during the combat pistol program Oct. 29 at Range 15 on Camp Hansen. Jay is a chemical, biological, radiological, and nuclear defense officer with Headquarters Battalion, 3rd Marine Division, III Marine Expeditionary Force, Wills is the executive officer with Communication Company, 3rd Marine Division, III MEF, and O’Neal is a satellite maintenance chief with 7th Communication Battalion, III MEF Headquarters Group, III MEF. Photo by Lance Cpl. Henry J. Antenor

RUNWAY from pg 1

“This has been one of their biggest projects. We are the only ones using that runway, so we know that it is for (us). We appreciate that and we want them to know it.”

VMGR-152 flew the Marines and sailors who made the repairs to Ie Shima aboard a KC-130J Hercules transport aircraft to show the squadron’s appreciation.

The aircraft landed at the newly reopened runway. The Marines disembarked for an informal plaque presentation ceremony, as well as performing several touch-and-go landings, the first landings since the runway was refitted.

“It was incredible,” said Sgt. Patrick G. Tosetti, a heavy-equipment operator and a project supervisor for the runway with MWSS-172. “It was nice for all the Marines who worked hard on the project to actually get out here and land on something they (repaired).”

The Seabees provided their unique expeditionary expertise while instructing the Marines in methods to strip and resurface the coral of the runway.

“The runway is compacted soil with a top layer of crushed coral,” said 1st Lt. Justin Y.



A KC-130J Hercules transport aircraft with Marine Aerial Refueler Transport Squadron 152 executes a touch-and-go landing Oct. 29 on a reconditioned runway at the Ie Shima Training Facility. The newly-reconstructed coral runway is designed for KC-130J aircraft. VMGR-152 is a part of Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force. Photo by Lance Cpl. Natalie M. Rostran

King, the commanding officer of Engineering Operations Company, MWSS-172. “With water and compaction, it becomes a smooth surface – it’s not the same as asphalt. Coral is just an easily-accessible, natural material in this area,

and if there’s any run off, it won’t have any negative effects on the environment.”

Brown knows his Marines and the Seabees worked tirelessly during the reconstruction, and they should be proud of their accomplishment.

“Every Marine in the squadron takes a lot of pride in the work that they do to keep Marine aviation expeditionary,” said Brown. “The countless hours they spent working on the runway has paid off. They are keeping Marines and aircraft safe and capable to deploy anywhere in the Pacific.”



Lt. Col. Jason W. Julian, center right, presents a plaque of appreciation to Lt. Col. Nick Brown Oct. 28 at the Ie Shima Training Facility. Julian is the commanding officer of VMGR-152, MAG-36, 1st MAW, III MEF. Brown is the commanding officer of MWSS-172, 1st MAW. Photo by Lance Cpl. Natalie M. Rostran



Sgt. Juan F. Cerna secures detonation cord to the primer of a percussion actuated neutralizer Oct. 23 during disruptive-tools training at the Demolitions 2 Range in the Central Training Area. Cerna and other explosive ordnance disposal Marines disarmed improvised explosive devices using the PAN and other simulated capabilities. Cerna is an EOD technician with 3rd EOD Company, 9th Engineer Support Battalion, 3rd Marine Logistics Group, III Marine Expeditionary Force.

EOD Marines train for unique threats

Story and photos by Sgt. Brian A. Marion

OKINAWA MARINE STAFF

Marines with 3rd Explosive Ordnance Disposal Company and the 31st Marine Expeditionary Unit constructed, emplaced, and destroyed mock improvised explosive devices during disruptive-tools training Oct. 23 at the Demolitions 2 Range in the Central Training Area.

The training prepares EOD technicians for IEDs they could come across during operations outside of Afghanistan.

“The Marines we had at the range today have been technicians for about a year, and have only seen IEDs set up in Afghanistan,” said Staff Sgt. Dustin R. Cutsinger, an EOD technician and acting company gunnery sergeant with 3rd EOD Co, 9th Engineer Support Battalion, 3rd Marine Logistics Group, III Marine Expeditionary Force. “However, in other locations, we are tasked with (providing EOD support) on our bases and occasionally

for outside entities as well.”

Prior to the range, Marines from each unit constructed simulated IEDs before letting Marines from the other unit determine how to disarm the device.

“It’s always something we like to do with newer Marines,” said Gunnery Sgt. Nathan L. Jones, an EOD technician and the operations chief with 3rd EOD Co. “One of the best techniques we can instill in the Marines is to ‘think like the bomb maker,’ and then see how other technicians would disarm them. This way we can try to stay ahead of (the enemy) and keep our guys safe.”

For the range, the Marines used capabilities designed to disable or destroy IEDs.

“These are just some of the tools we want the Marines to become proficient in,” said Jones. “These tools can be used in most situations after the EOD teams make the final determination on how to disarm the devices.”

The Marines disarmed 12 different types of simulated IEDs, ranging from paper envelopes,

wine boxes and backpacks, to pipe bombs and ammunition cans.

“It was extremely important for us to do this range,” said Sgt. Christopher M. Awes, an EOD technician with the company. “There are just so many different types of IEDs out there that it would be impossible to try to remember every single detail about how to disarm them.

“It really is up to the imagination of whoever made them. Going over the generic ones at least allows us to remember what we did to disarm (similar devices),” added Awes. “It’s kind of like a marksmanship log book; it lets us go back and see what we did previously.”

After the Marines disarmed the devices, they removed anything they could reuse for future operations and exercises.

“It was great being able to come out here and train on tools we learned about at our (military occupation specialty school),” said Awes. “By training now, we will be better prepared should anything happen in the future.”



A percussion actuated neutralizer detonator a simulated improvised explosive device, destroying its power source Oct. 23 during disruptive-tools training at the Demolitions 2 Range in the Central Training Area. Marines used anything from air and water to high velocity rounds to disarm the IEDs. Marines from 3rd Explosive Ordnance Disposal Company and the 31st Marine Expeditionary Unit constructed the IEDs to test each other and see how each side would disarm them. The Marines are with 3rd EOD Company, 9th Engineer Support Battalion, 3rd Marine Logistics Group, III Marine Expeditionary Force, and the 31st MEU, III MEF.



From left to right, Sergeants Christopher M. Awes, Juan F. Cerna, and Jakob Schulz set up a percussion actuated neutralizer Oct. 23 during disruptive-tools training at Demolitions 2 Range in the CTA. The PAN uses a blank 12-gauge shotgun shell to shoot a burst of air, water or steel powder at an improvised explosive device to knock out the power source or disconnect the primers. The Marines are EOD technicians with 3rd EOD Company.



Sgt. Jakob W. Schulz, right, places a percussion actuated neutralizer over a mock improvised explosive device Oct. 23 during disruptive-tools training at Demolitions 2 Range in the CTA. Schulz and other Marines with 3rd EOD CO. disarmed 12 different mock IEDs during the range. Schulz is an EOD technician with the company.

Participants dance during the Zumba Xtravaganza event Oct. 25 at the Camp Foster Community Center. Zumba is a dance-based, aerobic-conditioning workout.



Zumba participants dance night away to raise breast cancer awareness, support

Story and photos by
Lance Cpl. Natalie M. Rostran
OKINAWA MARINE STAFF

The bass booms through the speakers as gyrating hips and waving hands take over the room. Dancers wearing shades of pink raise their voices to the song and move their feet to the rhythm all to increase breast cancer awareness.

Nearly 200 service members and status of forces agreement personnel participated in Marine Corps Community Services' Zumba Xtravaganza Oct. 25 at the Camp Foster Community Center.

The event was organized to promote preventative measures women can take to reduce the risk of contracting breast cancer, including early detection and routine screening and self-examinations.

"This event is organized every

year during the month of October, which is Breast Cancer Awareness Month," said Faith R. Martin, a group fitness director with Health Promotions, MCCS Okinawa. "It's a time for all the (community members) to come and dance and lift their voices for the cause."

The event began with organizers presenting candles to participants who have lost loved ones to breast cancer.

The participants were then encouraged to visit an information booth set up at the event to have their questions answered and learn more about prevention and diagnosis of breast cancer.

"I hope that (participants) take away a message of overall women's health and making sure you're making yourself a priority," said Megan J. Chapman, a registered nurse and



Family members of breast cancer victims hold candles to celebrate the lives of those lost to the illness Oct. 25 at the Camp Foster Community Center. The candles were part of the Zumba Xtravaganza, an event dedicated to educating men and women about breast cancer awareness and early prevention and detection.

wellness director with Health Promotions, MCCS Okinawa. "People who lead healthy, active lifestyles are better off when it comes to fighting breast cancer."

Obesity and excess weight increase the risk of developing breast cancer, according to the American Cancer Society. Growing evidence suggests that women who enjoy regular physical activity have a 10 to 20 percent lower risk of developing breast cancer compared to women who do not exercise.

Zumba, an aerobic conditioning workout based around dance routines, provides one option for service members and SOFA personnel looking for exercise opportunities.

"Zumba has always stuck as something celebratory with all the dancing and enjoyment," said Martin. "It helps to bring joy and celebrate the lives of those who have already passed away from breast cancer or are fighting it now, while promoting healthy lifestyles."

The theme of education extended throughout the night, with helpful tips and methods for detecting breast cancer symptoms early.

Women should have a clinical

breast exam at least once every three years after turning 20 years old, and every year after 40, according to the Susan G. Komen for the Cure foundation. Women should also familiarize themselves with their own bodies through regular self-screenings.

Women should make their health a priority, according to Chapman.

"Whether it's a mammogram if you're over 40 or just a sticker on a calendar to make sure you're doing your monthly breast self-exam, prevention and early detection is better than treating it second hand," said Chapman. The night's energy stayed at a feverish pitch as participants stayed positive and supportive for each other and the cause.

"I loved it; it was awesome," said Christee L. Cagle, an event participant. "My (grandmother) fought breast cancer twice, and so I'm here to support the cause."

Most participants wore some form of pink apparel to represent their support for Breast Cancer Awareness Month – pink shirts, sweatpants, bandanas and even tutus.

"It was nice to see everyone in pink," said Cagle. "(The event) was effective and great."



Participants dance during the Zumba Xtravaganza event Oct. 25 at the Camp Foster Community Center. Marine Corps Community Services Okinawa's Health Promotions held the event to increase awareness about breast cancer and to promote healthy, active lifestyles.

Marines put through reconnaissance assessment

Lance Cpl. Stephen D. Himes

OKINAWA MARINE STAFF

In the dark of the night, just before the sun rose, a group of men gathered, preparing for a day none of them would ever forget. In those early predawn hours, a subtle tension could be felt as the group jumped into Camp Hansen's 50-meter pool, starting their exhaustive day with a 500-meter timed swim.

Marines with Headquarters and Service Company, 3rd Reconnaissance Battalion, were evaluated during the reconnaissance physical assessment test Oct. 25 at Camp Hansen, an assessment normally reserved for reconnaissance Marines and sailors designed to assure adherence to the high physical standards necessary to complete their assigned missions.

"The RPAT takes the standards from all the various schools the Marines are required to go through and puts them into one event," said Lt. Col. Eric N. Thompson, the commanding officer of 3rd Recon. Bn., 3rd Marine Division, III Marine Expeditionary Force.

The RPAT consists of a 500-meter timed swim, a max-effort set of Air Force-standard pushups, Army-standard situps, Marine Corps pullups and a 1.5-mile boots-and-utilities run. The assessment's culminating event is a 12-mile, 50-pound rucksack run followed immediately by two back-to-back completions of the obstacle course.

"Over the last ten years, the war has shown that any Marine could be in a combat scenario at any time," said Gunnery Sgt. Jeremy Froio, the 3rd Recon. Bn. training chief. "By running the RPAT, these (Headquarters and Service) Marines are demonstrating that they are adhering to our high standards of physical training and proving they can handle a combat patrol."

Signs of fatigue started to show as the Marines



Maj. Rigoberto G. Colon, center, attempts to swim 500-meters in 12 minutes and 30 seconds during a reconnaissance physical assessment test at Camp Hansen Oct. 24. Every Marine in 3rd Reconnaissance Battalion is expected to participate in the RPAT, according to Lt. Col. Eric N. Thompson, the commanding officer of 3rd Recon. Bn., 3rd Marine Division, III Marine Expeditionary Force. Colon is the executive officer for the battalion. Photo by Lance Cpl. Matthew S. Myers

finished the 1.5-mile boots-and-utilities run exhausted and out of breath.

Moments later, Marines consumed nutrient-rich gels, protein bars and juices to replenish the energy lost and prepare for the next four hours of the assessment.

The reinvigorated Marines donned 50-pound rucksacks, and departed for the next segment of the RPAT; a 12-mile rucksack run which must be completed in three hours or less in order to pass.

"It really started to hurt during the ruck," said Lance Cpl. Kevin M. Goetz, a field radio operator with the company. "I realized during the ruck that there was no way to complete this without feeling pain. You just need to forget

about the pain and push through."

It takes a lot out of the body to move a 50-pound rucksack with a weapon at a 4 mph pace, according to Thompson.

"The rucksack march is what really separates the men from the boys," Thompson said. "It is by far the hardest event."

Reconnaissance Marines are expected to pass this assessment every year. A reconnaissance Marine that fails to pass is expected to participate in every assessment until they successfully complete the entire assessment.

No other event in the Marine Corps is as physically demanding as the RPAT, according to Thompson. This is an all-or-nothing assessment; there are no partials.

'Ruckus' makes noise alongside Urasoe athletes

Lance Cpl. Pete Sanders

OKINAWA MARINE STAFF

Athletes of the world gather every four years to participate in the Olympics, where sporting competitions break language barriers and bridge culture gaps, uniting nations.

In this fashion, sports serve as a universal language, allowing all competitors to enjoy the day, and it was in this spirit that Okinawa and U.S. athletes came together to compete at Camp Kinser Oct. 26 during a fast-pitch softball game.

Local community leaders and U.S. service members organized the event as a way to demonstrate the neighborly attitude both groups share, according to Koji Nikawadori, head coach for Team Urasoe.

"Events like this are a great way to show our true (relationship) to the world," said Nikawadori. "More importantly than showing the world, it shows our children that we are good neighbors to each other."

The friendly competition involved female athletes from high schools throughout the Urasoe area competing against the Ryukyu Ruckus, an all-female softball team comprised of service members with 3rd Marine Logistics Group, 3rd Marine Division, III Marine Expeditionary Force.

"It's really cool (the leadership from both sides) could come together and put on an event like this," said Jamie Emery, the head coach, designated hitter and reserve pitcher for the Ruckus. "Everyone on the teams are passionate about softball and this is a great way to share

that passion with our host nation."

As a result of this mutual passion, both teams hold a high level of respect for each other, according to Emery.

"We see the dedication and love (the Urasoe players) have for the game, and admire that very much," said Emery. "We had only had eight practices to prepare for this, and I'm so proud of the way we played today."

The game ended with a tie score of 10-10 after one extra inning, but it did not lessen the enjoyment for either team.

"Playing the game is what counts, no matter who wins or loses," said Nikawadori. "Ending in a tie almost made it better."

The effort of both teams demonstrated values service members and civilians can admire, according to Nikawadori.

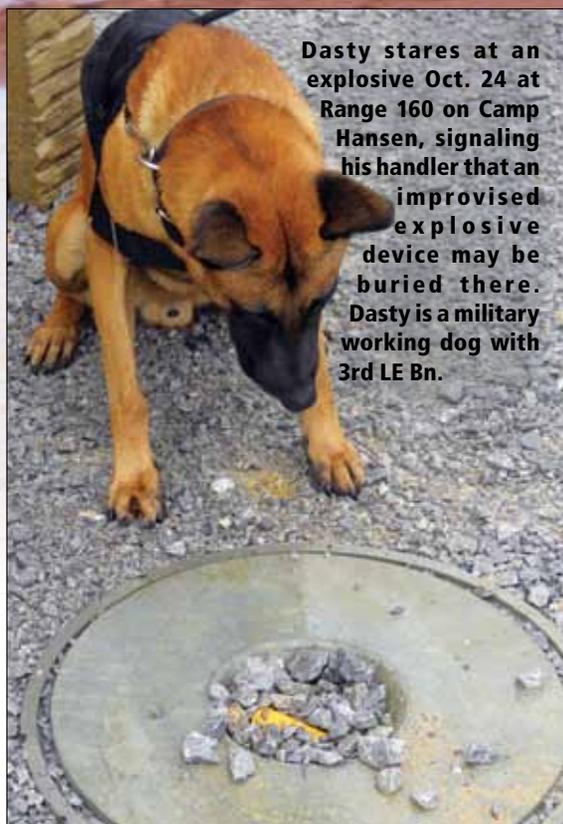
"Ending in a tie shows how skilled both teams are," said Nikawadori. "I tell my players, 'discipline and determination are one's destiny.' I think everyone on the field showed that today."

Immediately following the game, Brig. Gen. Niel E. Nelson, and Lt. Gen. John Wissler shared a few inspirational words with the players and coaches of both teams.

"Today was a great day," said Nelson, the commanding general of 3rd MLG and event co-organizer. "We (all) came out here expecting to see a great deal of camaraderie, and that's exactly what we have on many, many levels. Any time we get a chance to do that, we need to take full advantage."

Wissler echoed the sentiments of sportsmanship and community good will.

"It's a good thing (the game) ended in a tie," said Wissler, the III MEF commanding general and event co-organizer. "This way everybody wins. We came out to play and have a good time, and I can see we did that. Days like this gives us a chance to continue our fulfilling relationship (with the local community), and I hope there are many more days like this."



Dusty stares at an explosive Oct. 24 at Range 160 on Camp Hansen, signaling his handler that an improvised explosive device may be buried there. Dusty is a military working dog with 3rd LE Bn.

Story and photos by Lance Cpl. Donald T. Peterson
OKINAWA MARINE STAFF

“I’m letting my dog go!” warned the dog handler to the fleeing suspect.

“Go get him,” commanded the handler to his canine just before it pursued the running suspect, caught him, and dragged him to the ground.

Military working dog handlers with 3rd Law Enforcement Battalion familiarized themselves with their furry counterparts by patrolling to locate simulated improvised explosive devices and drugs, as well as conducting bite-suit training Oct. 24 at Range 160 on Camp Hansen.

“It’s important that we conduct all these different types of training to ensure that each dog is able to perform their task as well as to ensure each handler understands how their dog responds to certain situations,” said Cpl. Justin B. Trujillo, a military working dog handler with



Zak bites Cpl. Justin B. Trujillo, center, who is acting as a suspect, after Cpl. Shawn R. Edens, right, gives a command Oct. 25 at Range 160 on Camp Hansen. Zak is a military working dog with 3rd LE Bn., III MHG, III MEF. Trujillo and Edens are military working dog handlers with 3rd LE Bn.



Dolan chases a simulated suspect Oct. 25 at Range 160 on Camp Hansen. Military working dog handlers with 3rd Law Enforcement Battalion trained in dog-handling techniques to build a stronger relationship between the dogs and their handlers. Dolan is a military working dog with 3rd LE Bn., III Marine Expeditionary Force Headquarters Group, III MEF.

Military working dogs, handlers build relationship

3rd LE Bn., III Marine Expeditionary Force Headquarters Group, III MEF. “Some dogs responded differently depending on if the person in the bite suit was aggressive or not. This is important for the handlers to know.”

The training involved more than 20 military working dogs, including drug and IED detection dogs along with attack dogs.

“Each military working dog brings a little more to the fight,” said Trujillo. “The purpose of this training is to get the dogs and their handlers used to working with each other.”

A positive relationship between the dog and handler is the key to creating a cohesive unit, according to Sgt. Stanley Chapter, a military working dog handler with 3rd LE Bn.

“Sometimes, before an (IED detection) dog finalizes that he has located an explosive, his behavior may change,” said Chapter. “If the dog handler and dog don’t know each other well enough, the handler may not recognize these signs and may call the dog off before he finalizes his find.

“Military working dogs are trained to think

on their own in different situations that may arise as well as to follow the orders that are provided,” added Chapter.

For IED detection training, the Marines patrolled through a mock town with multiple simulated explosives hidden throughout the training area and within the buildings.

“It’s important that we reward our dogs after they (successfully) complete a portion of training with a ball or treat,” said Lance Cpl. Sean P. McKenzie, a military working dog handler with 3rd LE Bn. “This lets the dog know he did well.”

After the completion of the various events, the Marines discussed the training and the performance of their dogs, including identifying areas for improvement.

“Sometimes our dogs may react in ways we aren’t sure about or (not in) the way we want,” said McKenzie. “Discovering these problems now and working on them gives us a better understanding of our dog and makes us a better team (that is) ready for whatever may happen in the future.”



Cpl. Shawn Edens prepares to release his dog, Zak, in pursuit of a simulated fleeing suspect Oct. 25 at Range 160 on Camp Hansen. A positive relationship between the dog and handler is the key to creating a cohesive unit, according to Sgt. Stanley R. Chapter. Zak is a military working dog with 3rd LE Bn., III MHG, III MEF. Chapter and Edens are military working dog handlers with 3rd LE Bn.

In Theaters Now

NOV. 1 - 7

FOSTER

TODAY The Counselor (R), 6 p.m.; Jackass Presents: Bad Grandpa (R), 9 p.m.
SATURDAY Cloudy With A Chance Of Meatballs 2 (3-D) (PG), noon; Cloudy With A Chance Of Meatballs 2 (PG), 3 p.m.; Jackass Presents: Bad Grandpa (R), 6 p.m.; The Counselor (R), 9 p.m.
SUNDAY Cloudy With A Chance Of Meatballs 2 (PG), 1 p.m.; Cloudy With A Chance Of Meatballs 2 (3-D) (PG), 4 p.m.; Jackass Presents: Bad Grandpa (R), 7 p.m.
MONDAY The Counselor (R), 7 p.m.
TUESDAY Jackass Presents: Bad Grandpa (R), 7 p.m.
WEDNESDAY Jackass Presents: Bad Grandpa (R), 7 p.m.
THURSDAY The Counselor (R), 7 p.m.

KADENA

TODAY Captain Phillips (PG13), 2 p.m.; Jackass Presents: Bad Grandpa (R), 6 p.m.; The Counselor (R), 9 p.m.
SATURDAY Cloudy With A Chance Of Meatballs 2 (PG), noon; Gravity (PG13), 3 p.m.; Jackass Presents: Bad Grandpa (R), 6 p.m.; The Counselor (R), 9 p.m.
SUNDAY Insidious: Chapter 2 (PG13), 1 p.m.; Jackass Presents: Bad Grandpa (R), 4 p.m.; The Counselor (R), 7 p.m.
MONDAY Jackass Presents: Bad Grandpa (R), 4 p.m.; The Counselor (R), 7 p.m.
TUESDAY Gravity (PG13), 4 p.m.; Jackass Presents: Bad Grandpa (R), 7 p.m.
WEDNESDAY Carrie (R), 4 p.m.; The Counselor (R), 7 p.m.
THURSDAY Jackass Presents: Bad Grandpa (R), 4 p.m.; Runner Runner (R), 7 p.m.

COURTNEY

TODAY The Counselor (R), 6 & 9 p.m.
SATURDAY Cloudy With A Chance Of Meatballs 2 (PG), 3 p.m.; Jackass Presents: Bad Grandpa (R), 6 p.m.
SUNDAY Cloudy With A Chance Of Meatballs 2 (PG), 3 p.m.; Jackass Presents: Bad Grandpa (R), 6 p.m.
MONDAY The Counselor (R), 7 p.m.
TUESDAY Closed
WEDNESDAY Jackass Presents: Bad Grandpa (R), 7 p.m.
THURSDAY Closed

FUTENMA

TODAY The Counselor (R), 6:30 p.m.
SATURDAY Jackass Presents: Bad Grandpa (R), 4 p.m.; The Counselor (R), 7 p.m.
SUNDAY Jackass Presents: Bad Grandpa (R), 4 p.m.; The Counselor (R), 7 p.m.
MONDAY Jackass Presents: Bad Grandpa (R), 6:30 p.m.
TUESDAY-THURSDAY Closed

KINSER

TODAY Jackass Presents: Bad Grandpa (R), 6:30 p.m.
SATURDAY Parkland (PG13), 3 p.m.; The Counselor (R), 6:30 p.m.
SUNDAY Cloudy With A Chance Of Meatballs 2 (3-D) (PG), 1 p.m.; The Counselor (R), 3:30 p.m.; Jackass Presents: Bad Grandpa (R), 6:30 p.m.
MONDAY-TUESDAY Closed
WEDNESDAY The Counselor (R), 6:30 p.m.
THURSDAY Jackass Presents: Bad Grandpa (R), 6:30 p.m.

SCHWAB

TODAY Jackass Presents: Bad Grandpa (R), 6 p.m.; The Counselor (R), 9 p.m.
SATURDAY Jackass Presents: Bad Grandpa (R), 6 p.m.; The Counselor (R), 9 p.m.
SUNDAY Jackass Presents: Bad Grandpa (R), 6 p.m.; The Counselor (R), 7 p.m.
MONDAY Insidious: Chapter 2 (PG13), 7 p.m.
TUESDAY Prisoners (R), 7 p.m.
WEDNESDAY-THURSDAY Closed

HANSEN

TODAY The Counselor (R), 6:30 p.m.; Jackass Presents: Bad Grandpa (R) 10 p.m.
SATURDAY Jackass Presents: Bad Grandpa (R), 6 p.m.; The Counselor (R), 9:30 p.m.
SUNDAY Don Jon (R), 2:30 p.m.; Jackass Presents: Bad Grandpa (R), 6 p.m.
MONDAY The Counselor (PG13), 7 p.m.
TUESDAY Carrie (R), 7 p.m.
WEDNESDAY Don Jon (R), 7 p.m.
THURSDAY Jackass Presents: Bad Grandpa (R), 7 p.m.

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 KINSER 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 and 3-D availability 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

- 50 zombie-dressed volunteers are needed Nov. 2 to assist with the Haunted Highway 5K Fun Run at 7 p.m. on Camp Kinser.
- Volunteers are needed for the Kadena Special Olympics Nov. 2 at 8 p.m. on Kadena Air Base. Volunteers will meet at Risner Fitness Center.

*If interested in participating, contact the SMP office at the above number.

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

TEST YOUR CORPS KNOWLEDGE:

Which Marine composed the national march?

See answer in next week's issue

LAST WEEK'S QUESTION:

Which Marine aviator achieved the title of ace in both World War II and the Korean War?

ANSWER:

John Bolt, who is also notable for having earned the title of fighter ace in both propeller-driven and jet fighter aircraft.



Japanese phrase of the week:

“Umaku itte imasu.”
 (pronounced: oo-mah-koo eet-the ee-mahs)
 It means “Quite well.”

CHAPLAINS'

OPINION

“Am I ready to sacrifice, or am I too focused on myself?”



Living up to legacy of past generations

Lt. Cmdr. David Alexander
 MCIPAC CREDO DIRECTOR

As I write this I sit at a resort on the island of Ie Jima, a small cropping of volcanic land rising up from the sea, less than a kilometer off the coast of Okinawa. Many, many Americans died here over the course of six days in the spring of 1945.

As I look around, I can literally see where they must have fallen on the beaches and the spines of the rocky hills, covered in wet sand from head to toe and far from home.

I am the Chaplains Religious Enrichment Development Operation director here on Okinawa, and I find this to be a moving place for a retreat, full of connections for the 30 junior Marines who are with me this weekend.

They are young, and most of them haven't seen combat personally, but we have been discussing the legacy of the warriors who died on and near this very ground, and in a place like this they seem to find it easier to talk about who

they want to become, and what they want to live for.

Sometimes they look like teenagers to me, but when we start talking about the campaign for Okinawa, on the very ground where it took place, they suddenly look like strong young men and women.

They have the same look in their eyes, the same strength in their jaw as those elder brothers of theirs must have had when they landed here generations ago under very different circumstances.

I am of the belief that the very ground on which we stand can ask something of us, if we know how to listen.

This place of incredible beauty is also a place where many of our comrades – including some chaplains – laid down their lives for us.

I am asking myself some questions this week, and perhaps you can pause to consider them also.

Am I living up to this legacy? Am I willingly laying down my own desires and comforts when it is asked of me as I walk this land? Am I ready to sacrifice, or am I too focused on myself?

FOR UPCOMING SPECIAL WORSHIP SERVICES AND EVENTS FOR ALL MARINE CORPS BASE CHAPELS, CALL 645-2501 OR VISIT WWW.MCIPAC.MARINES.MIL AND LOOK UNDER “AROUND MCIPAC”