

OKINAWA MARINE

APRIL 5, 2013

WWW.MCIPAC.MARINES.MIL



From right, U.S. Navy Petty Officer 2nd Class John Llewellyn, Philippine Air Force Airman 2nd Class Arjay Orcino and Airman 1st Class Joseph Limbaja discuss the proper cut placement for trimming-down several rebar stakes during construction of a fixed water tank March 26 at Looc Elementary School in Zambales, Republic of the Philippines, as part of Exercise Balikatan 2013. Photo by Petty Officer 1st Class Chris Fahey

Stand-down reinforces Corps' safety

1st Lt. Jeanscott Dodd

OKINAWA MARINE STAFF

CAMP COURTNEY — III Marine Expeditionary Force's major subordinate commands completed a safety stand-down March 29, focusing on key topics determined by III MEF leadership and subordinate commanders.

The III MEF safety office directed the stand-down March 21, with instructions to MSCs to discuss operational risk management, heavy equipment and material handling, off-duty recreational activities and range safety with their Marines and sailors, as well as any other topics commanders deemed relevant, according to Robert Freed, a tactical safety specialist with III MEF.

"It was important for this stand-down to give the subordinate commands some baseline topics to cover while allowing them to use the opportunity to discuss any additional see **SAFETY** pg 5

Balikatan 2013 projects begin

Courtesy Story

JOINT CIVIL MILITARY OPERATIONS TASK FORCE

ZAMBALES, Philippines — Philippine and U.S. armed forces personnel attached to the joint civil military

operations task force have broken ground on a series of projects in advance of the official start of Exercise Balikatan 2013.

The JCMOTF is a combined U.S.-Philippine task force in charge of

managing humanitarian and civic assistance projects to improve the two countries' military civic assistance interoperability. During these events, Philippine and U.S. military see **BALIKATAN** pg 5

Japan Self-Defense Force members tour medical facilities



U.S. Navy Petty Officer 2nd Class Fernan P. Diamse, right, demonstrates the lifelike texture of a mannequin's skin to Japan Ground Self-Defense Force Maj. Gen. Yoshiro Oshika March 28 at the tactical medical simulation center on Camp Hansen. Oshika is the director of the medical department, Ground Staff Office, JGSDF. Diamse is a corpsman with 3rd Medical Battalion, Combat Logistics Regiment 35, 3rd Marine Logistics Group, III MEF. Photo by Lance Cpl. Brandon C. Suhr

Lance Cpl. Brandon C. Suhr

OKINAWA MARINE STAFF

CAMP FOSTER — Senior medical personnel of the Japan Self-Defense Force visited U.S. Naval Hospital Okinawa at Camp Foster and 3rd Medical Battalion's medical training facilities on Camps Foster, Hansen and Kinser March 27-28.

The visit gave members of the JSDF an opportunity to observe and discuss tactics and techniques used by their American counterparts.

"Our Japanese counterparts are looking to develop a similar type of infrastructure as our forward-resuscitative care and shock trauma platoon," said Lt. Cmdr. Lisa M. Palacheck, a general surgeon with 3rd Medical Bn., Combat Logistics Regiment 35, 3rd Marine Logistics

Group, III Marine Expeditionary Force. "They visited to look at the capabilities we have and how we have set them up throughout Okinawa."

During the tour, the JSDF medical personnel witnessed procedural-training scenarios from the medical battalion at the III MEF tactical medical simulation center on Camp Hansen.

"I was very impressed by the training facilities and how they enhance the tactics during training scenarios," said Japan Ground Self-Defense Force Maj. Gen. Yoshiro Oshika, the director of the medical department, ground staff office, JGSDF. "Most of the tactics used here are similar to ours, but we do not have the same equipment they have here. We will have to think about possibly adopting some of their procedures in the future."

see **MEDICAL** pg 5

IN THIS ISSUE

EXTORTION: A RISING DANGER

Agents warn internet users to be aware of dangers lurking on social media sites. Help is available to victims.

PG. 4

MUDDY ENDURANCE

Bushido Mud Run engages runners in mental and physical competition.

PGS. 6-7

COMBINED EFFORTS

Relations, friendships strengthened while cleaning Futenma fence line.

PG. 9

BE RESPONSIBLE

Knowing limits, seeking help is key

Staff Sgt. Elbert D. McAnally

Alcohol has been around since the beginning of time. Nomadic hunters would come back from a hunt and see their crops soaked and sitting in water from the rains. This, along with a basic understanding of fermentation, led to the production of beer.

Production of alcohol has been refined over time, and today alcohol is manufactured and sold all over the world and has become one of the most commonly used and abused drugs.

Most don't think of alcohol as a drug, but it is a substance that primarily affects the central nervous system. Its effects differ from person to person due to body size, weight and physical health.

According to the World Health Organization, about one third of the world's population consumes some type of alcohol, and an estimated 10 percent of these individuals abuse alcohol, leading to incidents and misbehavior. They begin drinking just to have fun but are unaware of their limits and begin to cross the line between having fun and being "that guy," or "that girl." It is these individuals who fail to recognize they have a problem, a problem that, if left untreated, can lead to a multitude of more extensive problems that will have an adverse affect on their career, families and lives.

It has been my personal experience that alcohol is the reason for a majority of cases in which Marines and sailors are sent to see the substance abuse control

officer. It is a common misconception that a visit to the SACO is a form of punishment used by the command, or SACO is the Marine whose sole responsibility is to administer urinalysis screenings, this is far from the truth.

It is the responsibility of all SACOs to help individuals recognize there may be a problem before there truly is one. Sometimes, Marines and sailors

do not have a drinking problem; they just don't know their bodies' limitations. That is why it is best to understand the effects of alcohol and how many drinks you can handle, and to seek help on your own if you think you have a problem.

As Marines, we have the inherent responsibility of taking care of each other, but it is our individual responsibility to seek self-improvement with regard to anything that keeps

us from reaching our full potential. Drinking is not bad — plenty of Marines and sailors consume alcohol responsibly and do not cause any problems. But, if you depend on it while you are sober or do not know how to consume alcohol safely, that is when problems arise.

We should all understand the effects of alcohol, if not for ourselves, then for our fellow Marines and sailors. If you are going to be or know "that Marine," or "that sailor," be the one to get help.

McAnally is the substance abuse control officer for 9th Engineer Support Battalion, 3rd Marine Logistics Group, III Marine Expeditionary Force.

"As Marines, we have the inherent responsibility of taking care of each other, but it is our individual responsibility to seek self-improvement with regard to anything that keeps us from reaching our full potential."

For more stories, photos and videos follow us online

facebook



www.facebook.com/3mef.mcipac

flickr



www.flickr.com/3mefpao

twitter



www.twitter.com/okinawamarines

YouTube



www.youtube.com/3mefcpao

AROUND THE CORPS



Marines prepare to clear a ladder-well March 28 aboard the Greek naval ship HS Aris at the NATO Maritime Interdiction Operational Training Centre in Souda Bay, Crete, Greece. Marines and sailors of the 26th Marine Expeditionary Unit also recently trained in France and the Republic of Georgia as part of the MEU's deployment across the Mediterranean Ocean and Middle East. The Marines are with the 26th MEU's maritime raid force. Photo by Cpl. Christopher Q. Stone

1st Lt. Roger Hyde and an Afghan Uniform Police officer use binoculars to search the area during a U.S. Marine-led police adviser team visit March 30 in Kajaki district, Helmand province, Afghanistan. The adviser team was visiting Afghan Uniform Police posts near Kajaki to talk with the policemen at each post and get an update on their security operations and progress. Photo by Sgt. Bobby J. Yarbrough



OKINAWA MARINE

The Okinawa Marine is published by Marine Corps Community Services under exclusive written contract with Marine Corps Base Camp Smedley D. Butler, Okinawa, Japan.

The editorial content of this newspaper is edited and approved by the Consolidated Public Affairs Office of Marine Corps Base Camp Smedley D. Butler.

This newspaper is an authorized publication for members of military services stationed overseas, at sea and their families. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense or the U.S. Marine Corps and do not imply endorsement thereof.

The appearance of advertising in this newspaper, including inserts of supplements, does not constitute endorsement by the Department of Defense, the U.S.

Marine Corps, Marine Corps Base Camp Smedley D. Butler or Marine Corps Community Services of the products and services advertised.

Everything advertised in this newspaper shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected.

All photos, unless otherwise indicated, are "official U.S. Marine Corps photos." For more information, e-mail us at okinawamarine.mcb.fct@usmc.mil or write to us at Public Affairs Office, H&S BN MCB PAO, Unit 35002, FPO AP 96373-5002.

COMMANDING GENERAL Maj. Gen. Peter J. Talleri

PUBLIC AFFAIRS DIRECTOR Lt. Col. David M. Griesmer

PRESS OFFICER 1st Lt. Jeanscott Dodd

PRESS CHIEF Staff Sgt. Kenneth G. Lewis Jr.

DESIGN EDITOR Audra A. Satterlee

OKINAWA MARINE NEWSPAPER

H&S Battalion MCB PAO

Unit 35002

FPO AP 96373-5002

CENTRAL BUREAU

Camp Foster

DSN 645-9335

NORTHERN BUREAU

Camp Hansen

DSN 623-7229

SOUTHERN BUREAU

Camp Kinser

DSN 637-1092



Recognized by HQMC as Best Tabloid Format Newspaper, 2012



Staff Sgt. Jared S. Watson prepares to fire an M240D medium machine gun at a target on range W-176 March 27 from the back of an MV-22B Osprey during an aerial gunnery training exercise about 25 miles off the coast of Okinawa. During the exercise, Marines fired medium machine guns off the loading ramp of two Ospreys, engaging the same targets from different angles. Watson is a crew chief with Marine Medium Tiltrotor Squadron 265, Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force.

Marines refresh, test skills during aerial gunnery training

Story and photos by
Lance Cpl. Anne K. Henry

OKINAWA MARINE STAFF

MARINE CORPS AIR STATION FUTENMA — Marines with Marine Medium Tiltrotor Squadron 265 engaged in an aerial gunnery training exercise March 27 at range W-176, about 25 miles off the coast of Okinawa.

The training allowed the Marines to test their skills by firing 2,400 7.62 mm rounds from M240D medium machine guns off the loading ramp of MV-22B Ospreys at targets.

“Our goal here today was to refresh our aerial gunnery skills,” said Gunnery Sgt. Jaymz L. Bott, a crew chief with VMM-265, Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force. “We did this by conducting classes, briefs and hands-on training.”

To prepare for the training, Marines spent several hours discussing and refreshing their knowledge of the fundamentals of aerial gunnery in a classroom setting, according to Staff Sgt. Jared S. Watson, an MV-22B Osprey crew chief with the squadron. The fundamentals included safety, weapons functions and malfunctions and the standard operating procedures for target engagement.

“The classroom (session) was very informative and a good refresher,” said Cpl. Zachary G. Lyon, a crew chief with the unit. “When it came time to



Cpl. Zachary G. Lyon engages a target at range W-176 from the back of an MV-22B Osprey with an M240D medium machine gun March 27 during an aerial gunnery training exercise about 25 miles off the coast of Okinawa. Lyon is a crew chief with Marine Medium Tiltrotor Squadron 265, Marine Aircraft Group 36, 1st MAW, III MEF.

fire the weapon, I knew exactly what to do.”

Following the classroom instruction, the crews and pilots began the hands-on portion of the training exercise, which consisted of two Ospreys flying in different patterns while engaging the same target, allowing Marines to fire at the targets from multiple angles and become familiar with firing from the ramp of the aircraft, according to Watson.

Firing from the Osprey requires the gunner’s careful concentration.

“One of the main techniques we used to maintain a stable line of fire was to pull back on the weapon and tuck our elbows in tight,” said Watson.

Throughout the training, Marines were forced to practice the fundamentals they learned

in the classroom, ultimately putting their skills to the test during a simulated combat scenario.

“Today we flew at the target using many different (flight) profiles,” said Watson. “This forced the Marines firing to be aware of their surroundings, as they were not the only crew in the air.”

Not only did the training have a positive impact on the Marines, it also gave them experience and knowledge that will be useful in the future.

“The kind of training we did today benefits the Marines tremendously,” said Bott. “If the Marines are not getting the opportunity to practice these skills, they will be forgotten.”

“This training has huge long and short-term benefits for the Marines, ultimately enhancing our mission readiness,” added Bott.

BRIEFS

CHANGE OF INTERNATIONAL DIALING INSTRUCTIONS FOR MARINE CORPS BASE TELEPHONE NUMBERS

The technology supporting the previous dialing sequence has been updated and the previous sequence will be terminated April 30.

Effective immediately, those calling internationally should use the following sequences to dial Marine Corps Base Camp Smedley D. Butler telephone numbers:

- 645-XXXX: dial 81-98-970-XXXX
- 646-XXXX: dial 81-98-971-XXXX
- 622-XXXX: dial 81-98-954-XXXX
- 623-XXXX: dial 81-98-969-XXXX
- 637/636/625-XXXX: dial 81-98-911-5111, 81-98-911-5112 or 81-98-970-5555 respectively, wait for the dial tone, and then dial the seven-digit telephone number.

MANPOWER MANAGEMENT DIVISION TO VISIT OKINAWA APRIL 9-12

Personnel with Manpower Management Division, Headquarters Marine Corps, are scheduled to visit Marine Corps installations throughout Okinawa April 9-12. They will present information concerning the promotion and retention processes, personnel assignments, performance evaluations and career counseling.

For a complete schedule of briefing times and locations, visit www.facebook.com/3mef.mcipac.

DRINKING WATER INFORMATION

Recent drinking water sampling results revealed that water supplied to portions of Camps Lester and Foster require additional measures to ensure continued compliance with the Japan Environmental Governing Standards. The drinking water is safe. The Marine Corps Base Camp Smedley D. Butler Environmental Branch recently increased the amount of additives to continue compliance with Japan’s drinking water standards.

An informational meeting will be held April 5 at 10 a.m. in the multipurpose room at Building 455 on Camp Foster.

For more details, call 645-3328.

ARMED SERVICES BLOOD BANK CENTER NEEDS PLATELET DONORS

The Armed Services Blood Bank Center at building 6017 on Camp Lester is in urgent need of donors. There are many days and times available throughout April.

Those interested in donating can call 643-7737/7710 to make an appointment.

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.

Agents warn Marines of rising extortion cases

Lance Cpl. David N. Hersey

OKINAWA MARINE STAFF

CAMP FOSTER — A Marine is checking his favorite social media profile when a friend request pops up. The picture is of a beautiful young woman around his age. Seeing no harm, the Marine accepts the request, and they begin a conversation. When she invites him to video chat, he eagerly accepts.

This scene is all too familiar and can easily take a wrong turn. While disguised as just two people getting to know one another, it can be an extortionist's trap.

To ensnare the Marine in the trap, the extortionist convinces him to expose himself to the camera and begins recording the footage without the Marine's knowledge. Once the video is captured, the extortionist sends a copy to the Marine with a threat: follow this link and subscribe to the website, or the video will be posted to the internet and sent to the Marine's friends and family, and perhaps his chain of command. The extortionist then tries to force the Marine to pay ransom via a pre-established account or PayPal site.

Internet extortion is becoming an increasingly common problem in the Marine Corps and worldwide, as highlighted by recent news stories on CNN and other major outlets, according to James Herald, a special agent with the Naval Criminal Investigative Service on Okinawa.

"There have been five confirmed cases of extortion reported to NCIS for Marine Corps Installations Pacific since Jan. 1," said Herald. "This does not mean only five cases have occurred; there is a possibility of more than just five cases because the Marines are most likely too ashamed to admit it."

Extortion victims may not report incidents because their fear of humiliation and ridicule by peers or superiors may override their need for help, according to Lt. Cmdr. Aaron C. Carlton, the chaplain for Headquarters and Service Battalion, Marine Corps Base Camp Smedley D. Butler, MCIPAC.

"The Marine Corps is a group in which honor plays an important role in everything Marines do," said Carlton. "Marines are awarded for their accomplishment and do everything possible to avoid anything that could stain their honor."

Marines need to recognize there is a bigger danger than personal embarrassment and inform their leaders when they need assistance, according to Carlton.

"What they must realize is there is nothing shameful about admitting they need help," said Carlton. "Sometimes, the only way to fix something like this is by asking for help."

The military lifestyle is highly stressful and can create challenges, such as relationship issues. Intimacy is something all humans naturally desire and can cause a Marine to overlook signs of an extortionist when away from loved ones, according to Carlton.

"Having a relationship is one of our greatest needs as people, and in the military lifestyle, there can be issues with fulfilling that need," said Carlton.

Any Marine that becomes a victim of extortion must report it to their chain of command. The legal authorities cannot stop the ones who commit these acts without the proper information, according to Herald.

Victims need to save any messages sent by extortionists and provide this evidence to the authorities during their report.

Marines are urged to use caution when associating with people they do not know on the internet. With the advancement of modern technology, extortionists continue to find new methods to acquire what they desire from victims.

"We need to get the message out to all the Marines about the dangers lurking on the internet, just waiting to take advantage of them," said Herald. "The more the Marines know about the risks, the less likely they are to be trapped by extortionists."



Chief Warrant Officer Georgi Hernandez shows students how to use a camera and zoom lens March 29 during a career day at E.C. Killin Elementary School. More than 40 active-duty and civilian volunteers presented main aspects of their professions to students throughout the day, including orthopedic surgery, photography, accounting and emergency services. Hernandez is a combat camera officer and deputy director of the Consolidated Combat Camera Center on Camp Foster. Photo courtesy of Marie Lewis

E.C. Killin students dare to dream during career day

Marie Lewis

DISTRICT NEWS LIAISON

CAMP FOSTER — Students at E.C. Killin Elementary School explored a wide variety of career fields March 29 during the school's career day.

More than 40 active-duty and civilian volunteers presented main aspects of their professions to students throughout the day. Students rotated from one classroom to another, learning about a range of possibilities for their futures — everything from orthopedic surgery and photography to accounting and emergency services.

"It was really cool to talk to the guys in uniform," said 10-year-old Aden Leggio, a 4th-grade student. "My favorite parts were the military special reaction team and the guys who brought out the robots (that) help detect bombs."

Aden wants to become a computer engineer when he grows up, but he enjoyed imagining himself in other occupations as well.

Even in first or second grade, "It is never too early to prepare students in the area of career education," said Reynaldo Toquero, principal of E.C. Killin Elementary School. "Career day allows students to remain open to new career ideas and possibilities,

promoting self, family, school, community and work awareness, all while cultivating decision-making strategies and self-worth."

The day was not only an exceptional learning opportunity for the students; it was equally rewarding for the volunteers.

"It was absolutely heartwarming and satisfying to talk about my job to so many bright, eager young faces," said Capt. Paul L. Croom II, an aviation intelligence officer with Marine Wing Headquarters Squadron 1, 1st Marine Aircraft Wing, III Marine Expeditionary Force. "At the primary school level, children's minds still challenge the improbable and dream of conquering the impossible. Providing them exposure to even a slice of the variety of vocations available is a priceless opportunity."

The wide range of careers represented was a refreshing reminder that military family life is as diverse as the people living it.

"Seeing such a wide array of careers was a great reminder that the world truly is these children's oyster," Croom said.

Organizers Ayfer Zermeno and Tina Lisk felt the team efforts of both the school staff and the volunteers were integral to the planning and execution of the day's activities.

"We had great support and help from our staff that made this event such a big success," said Zermeno.



Lance Cpl. Nicholas A. Coroneos, left, and Lance Cpl. Christian C. Sisk demonstrate the role of a military working dog in apprehending a suspect during a career day March 29 at E.C. Killin Elementary School. The Marines are both military working dog handlers with the Provost Marshal's Office on Camp Foster. Photo courtesy of Marie Lewis

Students hold healthy competition



Gunnery Sgt. Leland D. White, left, provides his expertise to students during the Iron Dragon Challenge March 26 at the Butler Officers' Club. "These kids have learned about culinary arts throughout the year, and this is their chance to show their friends and family what they have learned," said White. White is the chef for the commanding general of III Marine Expeditionary Force, and the students are from Kubasaki High School. Photo by Pfc. Mike Granahan

SAFETY from pg 1

safety-related topics with their Marines and sailors," said Freed. "The end state was that our Marines and sailors lean forward with safety efforts and planning, so they can accomplish their missions safely on Okinawa and in the Asia-Pacific region."

III MEF maintains a proactive stance on safety, and has historically mandated operational pauses such as the safety stand-down to discuss recent trends and feedback from throughout III MEF and the Marine Corps, according to Jim Maldonado, safety officer, III MEF.

"III MEF has a culture of safety in all that it does," said Maldonado. "Whether that is training on Okinawa, going out in town on liberty, or deploying throughout the region to train alongside partner and ally nations, safety of our personnel and those in the communities we train and operate in is always critical."

Safety is not sacrificed for expediency or convenience in any situation, and all training, exercises and liberty events are reviewed for safety considerations before being approved, according to Freed.

"Through the ORM process and supervision during training and activities, our Marines and sailors, from the junior man or woman involved to the senior enlisted member or officer in charge, ensure they are doing things correctly," said Freed. "This stand-down addressed some topics that are universal to our operations and served as good refresher training as we move into a busy spring and summer exercise season."

Col. Daniel J. Haas, chief of staff for III MEF, agreed the stand-down reinforced the importance of safety for Marines during all activities, both on and off duty.

"Marines and sailors are the most important resource we have," said Haas. "Preserving the force to meet operational requirements is a fundamental leadership responsibility. Constant, deliberate management of risk maximizes safety and ensures we accomplish our mission at the least cost while maintaining the highest possible state of operational readiness."

BALIKATAN from pg 1

personnel are conducting multiple medical, dental, veterinary and engineering civic assistance projects in Zambales, Republic of the Philippines.

During the 29th iteration of Balikatan, U.S. and Philippine units will work shoulder-to-shoulder to accomplish eight ENCAPs, six cooperative health engagements, eight community relations activities, five subject-matter expert exchanges and two medical events.

"The amount of work we are prepared to do as a joint team can't be overstated," said U.S. Navy Capt. Rod Moore, the JCMOTF commander. "My counterparts and I have developed a series of activities that will both increase our abilities to function as a team and leave a lasting, positive impression for the people of Zambales. It's our honor to be here, working alongside such wonderful, professional people."

There is a sharp focus on the engineering projects to help increase quality of life for those in Zambales, but that is not their only goal.

"Each Philippine and U.S. service member should come out of the exercise better trained and equipped," said U.S. Navy Lt. Javier Lopez-Martinez, the ENCAP operations officer. "The greatest impact will be the increased professional capacity of everyone on our joint team."

For Peter Lim, mayor of the Zambales municipality of San Narciso, whose district is benefiting from several of the scheduled ENCAPs, two of the projects come at an important time of the year.

"Thanks to Balikatan, farmers in San Pasqual will be able to transport their crops to the village center," said Lim during the official ground-breaking ceremony of a 60-meter footbridge that will connect two overgrown and often flooded areas of the community.

According to Philippine Navy Lt. j.g. Romel Sotero, the San Pasqual footbridge construction site officer in charge, the level of teamwork shared between the U.S. and Philippine Navy Seabees has led to a lasting relationship.

"We have great teamwork," said Romel. "We are all out on the site working together. It's a great avenue to learn from each other and share techniques."

MEDICAL from pg 1

New tactics and abilities enhance knowledge and performance, and the two forces sharing their medical expertise is advantageous for both countries, according to Petty Officer 2nd Class Herbert H. Smith, an instructor at the simulation center.

"Having these training capabilities has decreased the casualty rate for the American military and can help the JSDF," said Smith. "I'm glad they're able to take what they can from this visit."

It is always beneficial to share information because visits and exchanges build relationships and improve capabilities, according to Palacheck. Using advanced training simulators gives service members a chance to hone tactical skills in a controlled environment.

"The learning is mutually beneficial because the Japanese military has knowledge and tactics to offer us as well," said Palacheck. "We exchanged a decent amount of information. I believe everyone learned something, and they are always welcome to come back to discuss more."

This is one of many visits the JSDF have made to the U.S. medical facilities on Okinawa. The information exchanged during the visits can benefit all medical personnel by expanding the techniques and procedures used in training, according to Oshika.



Master Sgt. Antoine Robinson hugs Mary, a 9-year-old Shepherd of the Hills Children's Foundation resident, March 23 during a community relations project in Zambales, Republic of the Philippines. Robinson was among 40 volunteers participating in the project coordinated by the joint civil military operations task force chaplain. Photo by Petty Officer 1st Class Chris Fahey

We've all had a great time, and will be sure to continue learning from each other down the road."

Balikatan is scheduled to officially begin today and will also consist of a bilateral command post exercise centered on a typhoon-based disaster relief scenario, multiple bilateral field training exercises and maritime security and ship drills, and a humanitarian assistance and disaster relief seminar.



Frank Weissmann runs through a rinse-off station during the single Marine program's Bushido Mud Run March 30 at Camp Hansen. Taking part in single Marine program events on Okinawa is always time well spent, according to Weissmann, manager of the Navy Federal Credit Union on Camp Hansen. "The entire military community on Okinawa really comes together for these events, and they are always a blast," he added.

Bushido Mud Run tests endurance, determination

Story and photos by Cpl. Matthew Manning

OKINAWA MARINE STAFF

When planning for weekend activities on Okinawa, one of the last places one would plan to visit are the training ranges on Camp Hansen, instead opting for a festival or their favorite off-base sushi or soba restaurant.

While many were still sleeping soundly in their beds, more than 900 people gathered at the Camp Hansen Parade Field March 30 dressed in colorful outfits, including tutus, combat boots, face paint and banana suits, to take part in the single Marine program's Bushido Mud Run.

Bushido is a Japanese word that translates to "way of the warrior."

"This is the first Bushido Mud Run we have been able to organize and the first time we have been allowed to do any type of recreational running in the training area," said Randolph Mitchell, program manager for the SMP.

"The single Marine program is proud to provide the military community on Okinawa with this opportunity," added Mitchell.

The mud run was organized to bring an event similar to "Tough Mudder" or "Spartan Races" to Okinawa, according to Mitchell.

"Over the last couple of months, we (designed) a 10-kilometer course through the jungle," said Mitchell. "It is a tough course, which is intended to make you tired, wet and very muddy. The course is long and will have you running on loose soil, gravel and lots of mud."

The run provided some participants with a rare opportunity to traverse the Marine Corps' training ranges while competing and was open to all status of forces agreement personnel ages 18 and older.

"We had a great turnout, and everyone was highly motivated to get muddy and tired on their Saturday."

Randolph Mitchell

"The Tough Mudder is all about team effort and camaraderie, and many of the obstacles require the help of teammates to clear," said Good. "This course is half the distance and fostered a more competitive attitude from everyone participating."

At the end of the day, the first Bushido Mud Run was a complete success, according to Mitchell.

"We had a great turnout, and everyone was highly motivated to get muddy and tired on their Saturday," said Mitchell. "I want to hold this event again and plan to do some more work on the course to make the next mud run bigger, better and muddier."

Taking part in single Marine program events like the run on Okinawa is always time well spent, according to Weissmann.

"The entire military community on Okinawa really comes together for these events, and they are always a blast," said Weissmann.

Participants run during the single Marine program's Bushido Mud Run March 30 at Camp Hansen's training ranges. The run was open to all status of forces agreement personnel.



at Camp Hansen. The participants were required to run through 10 kilometers of Camp personnel ages 18 and older.



Participants slide a 15-foot mud hill during the single Marine program's Bushido Mud Run March 30 at Camp Hansen. More than 900 people gathered at the Camp Hansen Parade Field dressed in colorful outfits, including tutus, combat boots, face paint and banana suits, to take part in the run.

Participants cool down after completing the single Marine program's Bushido Mud Run March 30 at Camp Hansen. The run provided some participants with a rare opportunity to traverse Camp Hansen's training ranges while competing.



Children of service members from throughout Okinawa dash onto a field to participate in an Easter egg hunt held at Marine Corps Air Station Futenma March 29. Children were organized into age groups, providing a fun, safe and memorable experience for all attendees.

Families enjoy Easter festivities during social event, egg hunt

Story and photos by
Lance Cpl. Terry Brady

OKINAWA MARINE STAFF

Easter, like many holidays, is best celebrated with others. It provides precious opportunities to spend quality time with friends and loved ones — time that can often be overlooked or overshadowed by the demands of the military lifestyle.

For more than 100 children of service members on Okinawa, Easter provided a time to gather with other children and families to celebrate the holiday and enjoy tasty treats and refreshments after

an intense egg hunt March 29 at Marine Corps Air Station Futenma.

The egg hunt was organized and supported by units stationed aboard MCAS Futenma and is intended to become an annual event, according to Lt. Cmdr. Matthew S. Weems, the MCAS Futenma chaplain.

“This being our first organized Easter egg hunt, we are very excited about the turnout,” said Weems. “It was a great time for the children to get out and have fun.”

Volunteers with the single Marine program assisted in the preparation for the event, hiding eggs and cleaning the area, so

children could safely track the eggs down.

“Without the SMP volunteers, we would not have been able to have this event today,” said Weems. “We had to quickly adjust the schedule for the event, and the SMP delivered on supporting us with that.”

The event brought together children of service members who live on and off base, allowing them to build and strengthen friendships.

“We are very thankful for our children’s opportunity to participate in this event,” said Pamela Matsunaga, a parent at the event. “It was a good opportunity for our children to be able to interact with children they do not see often.”

The family readiness program for Headquarters and Headquarters Squadron received support from several facilities to provide refreshments and entertainment for the event.

“We ended up gathering more than 3,000 eggs for the event, and were able to arrange to get the food prepared on time,” said Ashley Rinell, the assistant family readiness officer for H&HS, MCAS Futenma. “We’ve been planning this event for months, and it is nice that it came to fruition through the combined support of the squadrons and air station.”

The chaplain and FRO for Futenma worked throughout the month of February to ensure the event would be able to meet an ideal date and time for all families.



Mackenzie Halbert poses for a picture with the Easter bunny during an Easter egg hunt March 29 at Marine Corps Air Station Futenma. Halbert and other children were able to participate in the Easter egg hunt, take pictures with the bunny, and enjoy refreshments during the event.



Jayce Wheeler gathers eggs into his basket during an Easter egg hunt held March 29 at Marine Corps Air Station Futenma. The younger age groups gathered eggs nearest to the event site, so they could safely conduct the hunt.

“The timing was an essential part of the event,” said Rinell. “Aside from preparing a backup plan in the event of a storm, which did happen, we had to plan for a date that would not interfere with family gatherings on Easter Sunday.”

The USO was decorated with an aesthetic setup reminiscent of traditional American holiday festivities to provide the children a familiar atmosphere for their celebration, according to Weems.

“Doing something like this for the children is so important to us,” said Weems. “It brings a touch of home for the families, as well as the Marines who are so far away from what they are accustomed to.”

Uniting through controversy

Okinawa, US strengthen friendships via cleanup efforts

Story and photos by Lance Cpl. Elizabeth A. Case
OKINAWA MARINE STAFF

As people drive through gate 3 to enter and exit Marine Corps Air Station Futenma, they can easily see the trash accumulating throughout the week. By Friday, large amounts of garbage are strewn along the fence line.

Each Monday, however, the fences are clean and pristine, as a group of Okinawa citizens, Marines and status of forces agreement personnel volunteer together to spend their Sunday mornings removing the garbage.

The volunteers use this fence cleanup project, which began in December 2012, as a way to build friendships and beautify the community.

"The fence line (at MCAS Futenma) is part of the scenery of Ginowan City," said

Bogey Tedokon, the manager of the cleanup project. "We view the base personnel as good neighbors and friends, so we don't think this is a place for people to leave their trash."

The gates of MCAS Futenma are a common place for people to meet and express their views towards the U.S. bases and their involvement on Okinawa. During the week, a variety of items are affixed to the gate's fences, such as pieces of cardboard, red duct tape and strips of ribbon.



Masamichi Sakihama untangles ribbon from the fence March 24 at gate 3 on Marine Corps Air Station Futenma. Okinawa citizens, Marines and status of forces agreement personnel volunteer to clean the fences weekly to help keep Ginowan City clean. "We clean the fences because we want to make this the nicest place in Ginowan City," said Sakihama, a volunteer with the Okinawa Osprey fan club.

"We view the base personnel as good neighbors and friends, so we don't think this is a place for people to leave their trash."

Bogey Tedokon

Miyagi, the president of the Okinawa Osprey fan club. Many volunteers are part of groups on Okinawa that support the Marine Corps, such as the Okinawa Osprey fan club and operation arigato.

The cleaned fences did not go unnoticed by base personnel and, over time, Marines and status of forces agreement personnel began volunteering to work alongside the Okinawa citizens.

"I am simply a volunteer here to clean the fences with our friends in Okinawa," said

Okinawa citizens noticed the increased trash accumulation and began to clear the fences to show their appreciation for those who live and work on base, according to Mikako

Sgt. Maj. Brent L. Cook, the sergeant major of MCAS Futenma. "This is a great way to spend a Sunday morning because it shows that we, as individuals, can do something positive and bring people together. We are doing this for Ginowan City."

As the number of people who continue to help clean the fences has grown, the project has become more than just a community service event, providing an opportunity for friendships to develop and grow, according to Cook. Participants look forward to the chance to meet during the cleanups.

Through this ongoing service to the community, Okinawa citizens, Marines and SOFA personnel can continue to foster good relationships in Japan.

"We try to enhance the Japan and U.S. friendship through this project," said Tedokon. "I think the true meaning of 'tomodachi' is to build friendships between the local (residents) and Americans by various means, such as cleaning the town together. Friendship is the way to keep a good environment."



Tape, ribbon and other trash covers fences March 24 at gate 3 on Marine Corps Air Station Futenma before Okinawa citizens, Marines and status of forces agreement personnel begin their weekly cleanup. Community members come together and volunteer every Sunday to clean and pick up the garbage from people who leave it behind during the week.



The fences are clean and shown without trash adjacent to gate 3 of Marine Corps Air Station Futenma March 24 after Okinawa citizens, Marines, and status of forces agreement personnel finished their weekly fence cleanup. The fence cleanup brings groups of people together and fosters positive relationships between the volunteers.



Corpsmen load a simulated casualty into a medical transport vehicle during the forward resuscitative care course March 28 at Camp Foster. Throughout the five-day course, corpsmen learned skills such as tactical combat casualty care and how to treat shock, triage patients, and use specialized equipment. The corpsmen are with 3rd Medical Battalion, Combat Logistics Regiment 35, 3rd Marine Logistics Group, III Marine Expeditionary Force.

Corpsmen refresh, apply life-saving skills

Story and photos by
Lance Cpl. Ian McMahon
OKINAWA MARINE STAFF

“Shock trauma platoon, prepare to receive casualties! The medical transport vehicle is 10 seconds out. Get ready!” yells one corpsman as others jump to their feet. The 7-ton truck sounds its horn and is immediately swarmed by waiting corpsmen. As the latches are unlocked and the doors swing open, wounded Marines are pulled from the vehicle.

Thankfully, this is only a training exercise under the watchful

eyes of shock trauma advanced training center instructors.

Corpsmen with 3rd Medical Battalion, Combat Logistics Regiment 35, 3rd Marine Logistics Group, III Marine Expeditionary Force, completed a forward resuscitative care course March 23-28 at the STAT center on Camp Foster.

The five-day course curriculum refreshes previously learned casualty-care skills and teaches new skills to those who do not have much real life casualty-care experience.

“The course goes in depth on all the initial training new corpsmen have been given,” said Petty Officer 3rd Class Brendan D. Tran, an instructor at the STAT center, which is operated by 3rd Medical Bn. “We want to reinforce the knowledge they already have and also teach them tricks of the trade that can help them become more effective at their job.”

Throughout the course, corpsmen learned skills such as tactical combat casualty care and how to treat shock, triage patients, and use specialized equipment. Between classes, instructors tested the students with practical application simulations.

“The simulations ensure the students have retained the knowledge we taught them and that they are applying it properly,” said Tran. “We want them to be prepared for anything that may happen in the field. Every once in a while, we’ll throw an unexpected event in to see how they react.”

Instructors with the course are hand-selected by the battalion because of their knowledge



Corpsmen with 3rd Medical Bn. roll a simulated casualty onto a stretcher during the forward resuscitative care course March 28 at Camp Foster.

and firsthand experience of the curriculum, which brings a connection to real-world scenarios. Though the training is made to teach life-saving skills, it also builds teamwork, confidence and communication.

“Corpsmen need to be on the same level as nurses and (medical) providers,” said Petty Officer 2nd Class Jerricson B. Peralta, an instructor at the STAT center. “Casualties will get better treatment from corpsmen because of courses like this.”

The course culminates with a written test and a mass-casualty practical application exercise. During the exercise, students work together without any guidance from the instructors. From the moment the simulated casualties arrive to the time of their extraction, they are under the

care of the students.

“The course gives us hands-on experience with processes that most of us have only read about,” said Seaman Matthew S. Brown, a student in the course and corpsman with the battalion. “The exercises kept us on our feet and made us think about our decisions at every turn. Everyone should have the chance to go through the course.”

The course is not limited to corpsmen alone, as Marines are welcome to attend. Tran hopes to see it expand even further.

“I really hope that this course becomes a bigger event,” said Tran. “I hope to see it expanded to the other services, as well as to the international community. The more people brought into the (course), the better (everyone’s) live-saving skills can become.”



Petty Officer 2nd Class Jerricson B. Peralta instructs students on shock trauma during the forward resuscitative care course March 28 at Camp Foster. Peralta is an instructor with the shock trauma advanced training center, operated by 3rd Medical Bn.

In Theaters Now

APRIL 5 - 11

FOSTER

TODAY G.I. Joe: Retaliation (PG13), 6 and 9 p.m.
SATURDAY G.I. Joe: Retaliation (PG13), noon and 6 p.m.; Tyler Perry's Temptation (PG13), 3 p.m.; Olympus Has Fallen (R), 9 p.m.
SUNDAY G.I. Joe: Retaliation (PG13), 1 and 4 p.m.; Olympus Has Fallen (R), 7 p.m.
MONDAY The Croods (PG), 3 p.m.; Hansel and Gretel: Witch Hunters (R), 7 pm.
TUESDAY G.I. Joe: Retaliation (PG13), 7 p.m.
WEDNESDAY The Croods (PG), 3 p.m.; G.I. Joe: Retaliation (PG13), 7 p.m.
THURSDAY G.I. Joe: Retaliation (PG13), 7 p.m.

KADENA

TODAY G.I. Joe: Retaliation (PG13), 6 p.m.; Tyler Perry's Temptation (PG13), 9 p.m.
SATURDAY G.I. Joe: Retaliation (PG13), noon, 3 and 6 p.m.; Tyler Perry's Temptation (PG13), 9 p.m.
SUNDAY G.I. Joe: Retaliation (PG13), 1 and 4 p.m.; Olympus Has Fallen (R), 7 p.m.
MONDAY G.I. Joe: Retaliation (PG13), 7 p.m.
TUESDAY Olympus Has Fallen (R), 7 p.m.
WEDNESDAY The Croods (PG), 3 p.m.; Tyler Perry's Temptation (PG13), 7 p.m.
THURSDAY Olympus Has Fallen (R), 7 p.m.

COURTNEY

TODAY G.I. Joe: Retaliation (PG13), 6 and 9 p.m.
SATURDAY The Croods (PG), 3 p.m.; G.I. Joe: Retaliation (PG13), 6 p.m.
SUNDAY Tyler Perry's Temptation (PG13), 3 p.m.; G.I. Joe: Retaliation (PG13), 6 p.m.
MONDAY Hansel and Gretel: Witch Hunters (R), 7 p.m.
TUESDAY Closed
WEDNESDAY Olympus Has Fallen (R), 7 p.m.
THURSDAY Closed

FUTENMA

TODAY G.I. Joe: Retaliation (PG13), 6:30 p.m.
SATURDAY G.I. Joe: Retaliation (PG13), 12:30, 4 and 7:30 p.m.
SUNDAY Jack the Giant Slayer (PG13), 4 p.m.; G.I. Joe: Retaliation (PG13), 7 p.m.
MONDAY Olympus Has Fallen (R), 6:30 p.m.
TUESDAY-THURSDAY Closed

KINSER

TODAY Olympus Has Fallen (R), 6:30 p.m.
SATURDAY Tyler Perry's Temptation (PG13), 3 p.m.; The Call (R), 6:30 p.m.
SUNDAY The Croods (PG), 12:30 p.m.; G.I. Joe: Retaliation (PG13), 3 and 6:30 p.m.
MONDAY-TUESDAY Closed
WEDNESDAY Olympus Has Fallen (R), 6:30 p.m.
THURSDAY Tyler Perry's Temptation (PG13), 6:30 p.m.

SCHWAB

TODAY G.I. Joe: Retaliation (PG13), 6 and 9 p.m.
SATURDAY Olympus Has Fallen (R), 6 and 9 p.m.
SUNDAY Tyler Perry's Temptation (PG13), 6 and 9 p.m.
MONDAY-THURSDAY Closed

HANSEN

TODAY G.I. Joe: Retaliation (PG13), 7 and 10 p.m.
SATURDAY G.I. Joe: Retaliation (PG13), 6 p.m.; Olympus Has Fallen (R), 9 p.m.
SUNDAY G.I. Joe: Retaliation (PG13), 3 and 6 p.m.
MONDAY Olympus Has Fallen (R), 6 and 9 p.m.
TUESDAY Olympus Has Fallen (R), 7 p.m.
WEDNESDAY Tyler Perry's Temptation (PG13), 7 p.m.
THURSDAY G.I. Joe: Retaliation (PG13), 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.

BATTLE SITES TOUR - APRIL 19

- Learn about the Battle of Okinawa during a tour of the island. Visit significant battle sites, including the former Japanese Naval Underground Headquarters, Peace Prayer Park and The Battle of Okinawa Historical Society display at Camp Kinser. Sign up by April 12.

DRAGON BOAT RACE - MAY 5

- The Dragon Boat Races, called haarii (the Chinese word for "dragon"), are held at the beginning of May each year at Naha port. The SMP is sponsoring two teams of 36 members each for the 39th Annual Dragon Boat Races. Practice is every Tuesday and Thursday from 1:30-3:30 p.m. at White Beach. SMP will provide transportation. Call 645-3681 for more information.

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

TEST YOUR CORPS KNOWLEDGE:

What conflict saw Marines deployed to the Asia-Pacific region from 1899-1901?

See answer in next week's issue

LAST WEEK'S QUESTION:
 What weapon is entering service to augment fire power at the fire-team level and supplement the role of the M249 squad automatic weapon?

ANSWER:
 The 5.56 mm, M27 infantry automatic rifle, which weighs approximately 8 pounds, compared to 15 pounds for the M249 SAW.



Japanese phrase of the week:

“Yukkuri onegaishimasu.”

(pronounced: yu-kuh-ree oh-neh-gah-ee-shee-mahs)

It means, “Slowly, please.”

CHAPLAINS' CORNER



“Her man had loved her well through those crucial moments when her world had been crumbling around her.”

Spousal compassion crucial to love

Lt. Stephen F. Brown
 CHAPLAIN, 7TH COMMUNICATION BATTALION

Danny Akin, a seminary president who wrote a book on intimacy, shares this true, touching story in his work:

A woman had been diagnosed with breast cancer so severe that doctors had no choice but to do a radical mastectomy. And, like most any woman who awakes from this unsettling surgery, the adverse affect to her self-esteem was deep and profound. Not only was she dealing with the loss of her breast, but she could see in the mirror how her hair was matted and her face had swelled from reaction to the antibiotics. One day during her hospital stay, when her husband entered the room, she burst into tears. “Look at what I look like!” she moaned through her sobs.

Immediately, he left the room and returned soon with a cart of shampoo, creams and lotions. He picked her up in

his arms, carried her to the sink, and set her down on his lap. Then, leaning her head back over the basin, he washed her hair. He combed it out. He blew it dry. Then, with an unsteady hand, he applied her makeup the best he could.

She looked at herself in the same mirror that had earlier sent her into wild convulsions and saw someone she recognized — herself. She was back again. All because her man had loved her through those crucial moments when her world had been crumbling around her.

Today, even though this woman's experience with breast cancer qualifies as perhaps the lowest point in her life, one of her favorite moments from her marriage has become those few precious moments in her hospital room when her husband loved her in a way any woman would have understood.

“A new command I give you: Love one another. As I have loved you, so you must love one another.” John 13:34

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”