

# OKINAWA MARINE

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## Rudder takes command of 1st MAW

Lance Cpl. Donald T. Peterson  
okinawa marine staff

MARINE CORPS AIR STATION FUTENMA — Brig. Gen. Steven R. Rudder assumed command of 1st Marine Aircraft Wing from Maj. Gen. Christopher S. Owens July 9 at a change of command ceremony on Marine Corps Air Station Futenma.

Rudder was commissioned in June 1984 after graduating from Boston University. His previous assignment was at Headquarters Marine Corps, where he served as the legislative assistant for the commandant of the Marine Corps.

“My family and I are very excited to be here,” said Rudder. “I am impressed with what 1st MAW has accomplished. I used to talk about 1st MAW all the time at my last command, and when the commandant and all the other general officers back in D.C. talk about this Marine aircraft wing, they talk about all the great things that have been accomplished, and it’s true.”

Rudder plans to continue along the path paved  
see **WING** pg 5



Maj. Gen. Christopher S. Owens, left, and Brig. Gen. Steven R. Rudder shake hands after the 1st Marine Aircraft Wing change of command ceremony July 9 at Marine Corps Air Station Futenma. Rudder assumed command of the 1st MAW, III Marine Expeditionary Force, from Owens. Rudder was the legislative assistant to the commandant of the Marine Corps, and Owens will be the commanding general of U.S. Marine Corps Forces Korea and the assistant chief of staff, C/J-5, plans and operations, Combined Forces Command, U.S. Forces Korea. Photo by Lance Cpl. Donald T. Peterson

## 31st MEU Marines enhance night vision firing skills



Marines with Company E use night-vision goggles while firing on silhouette targets during close-quarters, low-light combat marksmanship training from the flight deck of the USS Bonhomme Richard July 5. More than 100 Marines of the company were able to test their nighttime marksmanship on the flight deck. Company E is with Battalion Landing Team 2nd Bn., 4th Marine Regiment, 31st Marine Expeditionary Unit. The 31st MEU is the Marine Corps’ force in readiness for the Asia-Pacific region and the only continuously forward-deployed MEU. Photo by Cpl. Codey Underwood

## Japanese officers learn III MEF capabilities

Lance Cpl. Nicholas S. Ranum  
okinawa marine staff

CAMP COURTNEY — Approximately 50 students and instructors of the Japan Joint Staff College attended a lecture regarding the

capabilities of the III Marine Expeditionary Force July 3 at the chapel on Camp Courtney.

The Japan Joint Staff College is the highest level of military education offered for Japan Self-Defense see **STAFF** pg 5

## Marine saves child’s life, awarded Air Force medal

Cpl. Alyssa N. Gunton  
okinawa marine staff

KADENA AIR BASE — Staff Sgt. Benjamin G. Whalen was awarded the Air Force Achievement Medal July 8 during a ceremony at the 18th Wing Headquarters on Kadena Air Base for rescuing a 14-year-old boy at the Hagerstrom Pool on the air base June 25.

U.S. Air Force Brig. Gen. James B. Hecker, commander of the 18th Wing, see **RESCUE** pg 5

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# STAY VIGILANT

## Safety is everyone's responsibility

Michael B. Rippey II

The best way to protect our neighborhoods, work centers and loved ones from crime is to rely on the people we work and live with every day.

The Marine Corps Base Camp Smedley D. Butler Provost Marshal's Office would like to remind everyone to stay alert and follow security and situational awareness procedures. Staying vigilant isn't just the job of the patrolmen or gate guards of PMO, but all personnel associated with the military on Okinawa.

Although living on a subtropical island provides a sense of safety and luxury, crimes still occur. In an effort to deter and protect against lawbreaking, service members, DOD civilians and their families should report any and all suspicious activities they encounter on or off base.

To avoid complacency, keep watch of day-to-day activities around you while enjoying life on Okinawa. This helps prevent crime from occurring and deters those looking to do harm to the base or community. Reporting anything suspicious or something you know is a violation of a law could be the tip needed to help PMO, the Criminal Investigation Division or Naval Criminal Investigative Service prevent or stop wrongdoing.

A few general categories of suspicious behavior or activities to report include:

- Someone recording or monitoring activities. This may include the use of still or video cameras, taking notes, drawing diagrams, annotating maps, or using binoculars or other vision-enhancing devices.
- Individuals or groups loitering near buildings or structures and unfamiliar people near apartment or housing complexes.
- Signs of illicit drug use and distribution or theft of personal property.

The military community not only needs to keep an eye out for suspicious people in public, but also crimes that could go unnoticed. These crimes can include fraud and other financial misconduct, as well as purchasing defective and counterfeit items. Online scams against service members using blackmail are also increasing, so keep all online interactions with others appropriate and limited to people you know and trust. If you find yourself in one of these schemes, notify NCIS immediately.

We are all ambassadors for the United States Marine Corps. In all that you do, remain vigilant and honorable.

To report suspicious activities to NCIS, call 645-0213 or the law enforcement desk at 645-7441.



Two Marines with the Provost Marshal's Office practice apprehension techniques during alarm-response training. All personnel on Okinawa should remain aware of their surroundings and know who to contact in the event of an emergency. The PMO Marines are with Headquarters and Service Battalion, Marine Corps Base Camp Smedley D. Butler. Photo by Cpl. Brianna Turner

Rippey is a physical security and crime prevention specialist with PMO, MCB Camp Butler, Marine Corps Installations Pacific.

Marines and sailors with the 26th Marine Expeditionary Unit, and sailors assigned to the USS Kearsarge, fold the American flag on the flight deck of the USS Kearsarge July 4 to commemorate Independence Day during their 2013 deployment.

Photo by Cpl. Kyle N. Runnels



Cpl. Stephen E. Dodd engages his target July 1 during a foreign weapons and NATO ballistics live-fire shoot on Camp Leatherneck, Helmand province, Afghanistan. The Marines conducted the shoot to ensure serviceability of the weapons systems and gain proficiency. Dodd is an infantryman assigned to Regimental Combat Team 7, 1st Marine Division, I Marine Expeditionary Force. Photo by Staff Sgt. Ezekiel R. Kitandwe

AROUND THE  
CORPS

OKINAWA MARINE

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Best Tabloid Format Newspaper, 2012

# US Marines complete KMEP 13-10

Lance Cpl. David N. Hersey  
okinawa marine staff

CAMP MUJUK, POHANG, Republic of Korea — Korean Marine Exchange Program 13-10 concluded June 28 at Camp Mujuk, Pohang, Republic of Korea.

KMEP 13-10 was a joint training exercise with the purpose of improving teamwork and strengthening the bond between the U.S. Marine Corps and Republic of Korea Marine Corps.

The two units participating in the exercise were ROK Marines with 1st ROK Marine Corps Division and U.S. Marines with Company A, 3rd Law Enforcement Battalion, III Marine Expeditionary Force Headquarters Group, III MEF.

"A good relationship between our countries is essential," said U.S. Marine Lt. Col. Amy R. Ebitz, the commanding officer of 3rd LE Bn. "We need to be able to trust each other and work well as a team in case we are ever in combat together. That's why training like this is important and essential."

During the exchange, the U.S. Marines demonstrated several techniques used by 3rd LE Bn. The training included practicing nonlethal methods of apprehending and transporting suspects, taser and oleoresin capsicum spray training along with safety and firing procedures for selected weapons systems.

The ROK Marines were very happy to accommodate to the U.S. Marines during the exer-



**U.S. Marine Sgt. Daniel F. Wysocki, left, teaches Republic of Korea Marines the proper placement of their hands during a nonlethal training exercise June 7 at 1st ROK Marine Corps Division Base, Pohang, Republic of Korea. The nonlethal training is one of many subjects covered during the Korean Marine Exchange Program 13-10. Wysocki is a military policeman with Company A, 3rd Law Enforcement Battalion, III Marine Expeditionary Force Headquarters Group, III MEF, and the ROK Marines are military policemen with 1st Division Military Police Company, 1st ROK Marine Corps Division, Pohang, Republic of Korea.**

Photo by Lance Cpl. David N. Hersey

cise, according to ROK Marine Lt. Col. Ryu Sang Hyun, the commanding officer of the 1st ROK Marine Corps Division. They learned from each other and enjoyed every opportunity to work together.

"Throughout this exercise, we were able to better our own tactics," said Hyun. "The U.S. Marines went through the same training at the same time as the ROK Marines. Whether they were being shot with a taser or sprayed with OC spray, they trained by their side."

Although the Marines built camaraderie through the training, more was developed during the time spent together outside of military obligations.

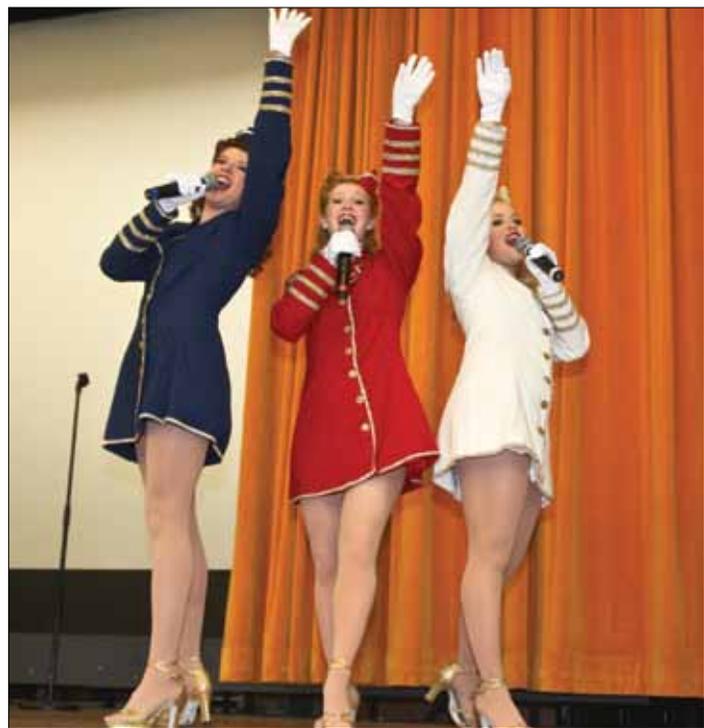
"The Marines spent more

time than just training together," said Hyun. "They had fun and ate together, while sharing their culture and experiences."

After KMEP 13-10 ended, both the ROK and U.S. Marines were confident in their military police abilities, according to U.S. Marine 1st Sgt. Oranjel A. Leavy, the first sergeant for Company A, 3rd LE Bn.

"These Marines have worked hard during the exercise," said Leavy. "We've learned from each other, and our friendship is stronger because of this. I'm proud to see what they have accomplished, and I look forward to when we can train with the ROK Marines again."

## USO boosts morale with Victory Belles



**The Victory Belles, from left to right, Dody D. Nolan, Mandi Ridgedell and Rebecca Nugent, perform for service members July 3 during a USO-sponsored event at the Courtney Theater on Camp Courtney. The performers are a trio of Andrews Sisters singer-impersonators who travel to military bases and perform popular songs from the 1940s. "I find it great that they took the time to come out here and perform for us," said Lance Cpl. Jonathan H. Martin. "The show was fun, and I recommend others see it." The Victory Belles are with the National World War II Museum, which is located in New Orleans. Martin is a ground radio repairer with Communications Company, Headquarters Battalion, 3rd Marine Division, III Marine Expeditionary Force.**

Photo by Lance Cpl. Henry J. Antenor

## BRIEFS

### HEADQUARTERS AND SERVICE BATTALION CORPORALS COURSE

Headquarters and Service Battalion, Marine Corps Base Camp Smedley D. Butler, will conduct a Corporals Course July 31 - Aug. 23.

Nominations for the course will be accepted through July 24.

Check-in for the course is July 31 at 7:30 a.m. Walk-ins will be accepted at 8 a.m.

For more information, call 645-5620 or 645-0477.

### MARINE CORPS BASE TELEPHONE CHANGES

Marine Corps Community Services contract for commercial telephone service aboard Marine Corps bases on Okinawa expires July 31.

Affected toll telephone service users will receive a termination-of-service notice in their final billing statement from the current contracted carrier.

Marine Corps Base Camp Smedley D. Butler, G-6, communications, will begin providing commercial toll telephone services at Marine Corps bases on Okinawa effective Aug. 1.

For more information, call the G-6 Telephone Customer Service Center at 622-7479, Monday - Friday, 7:30 a.m. - 4:30 p.m.

### CREDO MARRIAGE ENRICHMENT RETREAT

Registration for the Chaplains Religious Enrichment Development Operation's August marriage enrichment retreat is now open.

The event is available for married couples on island.

Registration for the retreat is on a first-come, first-served basis and can be completed by downloading the form from <http://www.mccsokinawa.com/CREDO>.

For more information, email CREDO. [mccb.fct@usmc.mil](mailto:mccb.fct@usmc.mil) or call 645-3041.

### ENERGY-SAVING TIPS: LIGHTS

Leaving lights on for an extended period of time consumes more energy than switching the light off and on.

Older fluorescent light bulbs consumed more energy when switched off and on, but modern light bulbs do not. So to save energy, turn off the lights when leaving rooms.

For more information, call 645-3320.

**TO SUBMIT A BRIEF,** send an email to [okinawamarine.mccb.fct@usmc.mil](mailto:okinawamarine.mccb.fct@usmc.mil), or fax your request to 645-3803. The deadline for submitting a brief is noon Wednesday. Okinawa Marine reserves the right to edit all submitted material.

# Okinawa home to beautiful, dangerous wildlife

**Lance Cpl. Pete Sanders**

okinawa marine staff

CAMP FOSTER — Most people new to Okinawa have been informed about poisonous wildlife at some point during their orientation. These presentations inform military members and their families of which creatures can make the wonderment of Okinawa turn into a life or death situation.

These dangerous animals are found in the water surrounding Okinawa, and on the land as well.

Usually only a nuisance, insect bites and stings can cause serious allergic reactions, according to Petty Officer 3rd Class Christopher L. Sauro, with Preventive Medicine, U.S. Naval Hospital, Okinawa. To alleviate this risk and keep insects at bay, use bug sprays and repellants.

One insect that can be deadly is the brown widow spider, which is characterized by a red, hourglass shape on the underside of the abdomen and dark stripes on its legs. If bitten by one of these, seek medical assistance immediately.

Okinawa's habu snake is one of the most feared creatures on island, according to Sauro. The habu is a pit viper, and has highly toxic venom coupled with aggressive behavior. Just like the brown widow spider, if bitten by a habu one must seek emergency medical attention.

The water around Okinawa is home to many unique animals, according to Erin M. Belden, the operations supervisor at Tsunami Scuba, Marine Corps Community Services. One dangerous creature commonly found is the sea snake. The sea snake has venom that rivals a cobra's, but they are usually passive and are known to swim away rather than attack.

Another sea creature that warrants caution is the jellyfish, which is more common in the summer months, according to Mark T. Kelley, the chief scuba instructor at Tsunami Scuba.

"If stung by a jelly fish, a swimmer can potentially go into shock and drown," said Kelley. "The best treatment is to have your buddy help you to shore and pour vinegar over the affected area, and avoid touching or rubbing the area until all of the stingers have been neutralized."

Other common water injuries involving sea life result from cuts and lacerations from



**Other wildlife to look out for are sea urchins, stone fish and lion fish, according to Erin M. Belden, the operations supervisor at Tsunami Scuba.** *Courtesy photo*

coral, according to Belden.

"Most coral can cause cuts or lacerations, which can be very painful and get infected," said Belden. "Some coral, such as fire coral, have venomous needles, and can irritate the area and cause a burning sensation."

Other sea life to look out for includes sea urchins, stone fish and lion fish, according to Belden. These animals have sharp, needle-like spines or fins, which are toxic and can break off under the skin, cause extreme pain and in some cases death.

Many dangerous and potentially deadly encounters with the wild can be avoided, according to Kelley.

"The best way to keep wildlife from attacking is to look, but don't touch," said Kelley. "And always be sure to wear the proper personal protective equipment related to whatever activity you are participating in."



**Okinawa is home to the poisonous habu snake. Habu snakes are highly toxic and display aggressive behavior. If bitten by a habu, seek emergency medical attention.** *Courtesy photo*



**Coral off the Okinawa shores comes in many shapes and sizes, many have the potential to cause bodily injury.** *Courtesy photo*

## Furloughs to have minimal impact on community, services

**Lance Cpl. Anne K. Henry**

okinawa marine staff

MARINE CORPS BASE CAMP SMEDLEY D. BUTLER — Furloughs caused by sequestration are projected to have a minimal impact on military installations across Okinawa.

In a press release dated May 14, U.S. Secretary of Defense Chuck Hagel said most Department of Defense civilian workers would be furloughed for up to 11 days, and the furloughs would not begin until after July 8.

Managers were allowed to determine their own furlough procedures to minimize adverse effects on operations and customer service.

"There are no Marine Corps Community Services or nonappropriated funds activities on Okinawa that are being curtailed at this time," said Carlos J. Saldana, chief of the nonappropriated funds and human resources office with MCCS. "However, the real possibility for

curtailment of MCCS and NAF activities still exists as budgetary cuts due to sequestration continues to slice into our operational funding."

Army and Air Force Exchanges are also anticipating little effect from the cutbacks.

"We expect exchange facilities to be fully functional throughout the sequester," said Col. Thomas Ockenfels, AAFES chief of staff. "Whether it's a main store, military clothing (store) or a fast-food restaurant, all operations will continue."

The Camp Kinser commissary, which is closed regularly on Mondays, is the only commissary scheduled to close for an additional day—Tuesday—beginning July 9.

Department of Defense Education Activity schools were not exempt from the furloughs. DODEA will implement the furlough in a manner that minimizes impact on student education, provides a full year of academic credit, and maintains school accreditation. School will begin as scheduled for school year 2013-2014, but schools across Okinawa will be closed Sept. 3, 9, 16, 23 and 30.

The full effect of the furloughs will not be realized until after they are implemented, thus Service members and their families are encouraged to refer to the Defense Commissary Agency, MCCS, AAFES and DODEA websites to stay informed.

**RESCUE** from pg 1

presented the medal to Whalen and recognized 10 other individuals who played vital roles in the rescue.

"In the face of crisis, these individuals spurred to action and collectively helped save the life of a member of our Kadena family," said Hecker. "In my eyes, these men and women are heroes, and I am grateful to be recognizing them for their exemplary actions."

Whalen noticed the adolescent lying at the bottom of the pool while he was swimming with his family June 25.

"I saw him at the bottom of the pool and my instincts and training kicked in," said Whalen, the communications navigations staff noncommissioned officer in charge with Marine Aerial Refueler Transport Squadron 152, Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force. "It was natural — there was someone in trouble, and I had the skills to save him."

Whalen completed Marine Corps water survival advanced training last year on Marine Corps Air Station

Futenma, and he has maintained his cardiopulmonary resuscitation certification since the age of 14.

"I've been swimming my whole life and took the advanced course to push myself," said Whalen. "The course covers underwater rescue, unconscious rescue and how to retrieve the victim without causing more trauma."

After swimming to the bottom of the pool, Whalen, with the help of others, pulled the victim out. Whalen immediately took charge of the situation by directing bystanders to call first-responders. While waiting for the emergency services to arrive, Whalen administered CPR for approximately 10 minutes.

"They were lucky to have the right guy there," said Master Sgt. Robert C. Borjas, Whalen's SNCOIC and the avionics chief with VMGR-152. "His training definitely played a part in his reaction."

Whalen's leadership and family were not surprised by his heroism, according to Messina Whalen, his wife.

"He's always the type of person that is in the right place at the right time," said Messina. "It's every day we



**U.S. Air Force Brig. Gen. James B. Hecker, right, addresses the audience after awarding the Air Force Achievement Medal to Staff Sgt. Benjamin G. Whalen July 8 at the 18th Wing Headquarters on Kadena Air Base. Whalen was awarded for rescuing a 14-year-old boy at the Hagerstrom Pool on the air base. Hecker is the commanding general of the 18th Wing. Whalen is the communications navigations staff noncommissioned officer in charge with Marine Aerial Refueler Transport Squadron 152, Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force.** Photo by Cpl. Alyssa N. Gunton

see him be a great man, and I knew he would step up to the plate."

The boy was rushed by 18th Medical Group first-responders to U.S. Naval Hospital Okinawa, according to Hecker. The teen has been released from the hospital and has since been flown to the United

States for further treatment.

"Whalen's decisive actions and selfless act of courage saved the victim's life and reflect credit upon himself and the U.S. Marine Corps," said Hecker. "The victim is with us today and there is no doubt Whalen saved his life."

**WING** from pg 1

by Owens and prior commanders of 1st MAW.

"Maj. Gen. Owens has been a role model for me throughout my Marine Corps career," said Rudder. "He has done an exceptional job leading the Marines and sailors of 1st MAW, and I intend to continue leading 1st MAW to greatness and ensuring that we are able to accomplish the III MEF commanding general's intent to 'fight tonight.'"

Owens commanded 1st MAW, III Marine Expeditionary Force, since June 2012 and will become the commanding general of U.S. Marine Corps Forces Korea and the assistant chief of staff, C/J-5, plans and operations, Combined Forces Command, U.S. Forces Korea.

Throughout the past year, many accomplishments have been achieved, according to Owens.

"While I was in command, the wing entered a period of significant transition, and we've worked through several of those over the last year and laid the groundwork for several more," said Owens. "The most visible here on Okinawa was the

introduction of the MV-22B Osprey to replace our aging CH-46E Sea Knight helicopters. Already, the Marines of Marine Medium Tiltrotor Squadron 265 are demonstrating the tremendous capability this revolutionary aircraft brings to this vast theater."

Although it may be difficult to leave such an excellent group of Marines, 1st MAW will be commanded by an exceptional leader, according to Owens.

"I feel supremely confident in handing over 1st MAW to Brig. Gen. Rudder," said Owens. "I've known him for 25 years now, and I can attest to his proven history as a commander, his broad experience and his reputation as an accomplished aviator. He is ready to undertake the III MEF commanding general's mandate of being prepared to 'fight tonight,' and he has some of the best Marines and sailors in the Marine Corps under his command. If I had the option to choose my own relief, Brig. Gen. Rudder would have been my choice."

Thanks to Owens' hard work, while in command of 1st MAW, he ensured his units were

ready for anything in a moment's notice, according to Lt. Gen. Kenneth J. Glueck Jr., the commanding general of III MEF.

"I don't think that there is anyone better than Brig. Gen. Rudder that can take command of 1st MAW," said Glueck. "I feel that 1st MAW is the most expeditionary wing we have in the Marine Corps today, and it's going to stay that way under Brig. Gen. Rudder's guidance. The capabilities that 1st MAW provides make us the 'tip of the spear'-ready to deploy anywhere and everywhere at a moment's notice."

With a new commander in charge of 1st MAW, Owens is prepared to command MARFORK knowing that 1st MAW is in the capable hands of Rudder, according to Owens.

"I would like to thank the Marines, sailors and all other members of 1st MAW for their continued dedicated service and steadfast devotion to our mission of maintaining the highest level of readiness in the Asia-Pacific region," said Owens. "It has been my greatest honor to serve as their commanding general."

**STAFF** from pg 1

Force members. The college provides classes for senior-level commanding officers and research in the joint-operation environment.

During the visit, the JSDF members increased their knowledge of joint operations and familiarized themselves with the capabilities of III MEF.

"This brief and static display of communications equipment is part of the Japan Observer Exchange Program, which is designed to help familiarize the officers of the JSDF with the capabilities and operations of III MEF," said Lt. Col. Donald J. Presto, the Japanese exercise and engagement officer with future plans, G-3, operations, III MEF. "As an ally of Japan, we are committed to the security of the region, and we hope to attain greater interoperability with the JSDF."

The students and instructors were also given an overview of how joint operations are conducted in the U.S. military.

"We are here to study the current joint-military operations between the U.S. military organizations on Okinawa," said Japan Air Self-Defense Force Col. Hisaya Tanaka, an instructor at the college.

III MEF on Okinawa conducts many joint training exercises abroad, according to Presto.

"This brief explains how III MEF integrates not only with other branches of the U.S. military, but also with the JSDF," said Presto.

Having the presentation tailored to the JSDF helped convey a more specific message to the students, giving them a better idea of what the JSDF may do in the future, according to Japan Maritime Self-Defense Force Capt. Yoshiyuki Tanaka, a student at the college.

"When I go to my next duty assignment I will hopefully be able to apply the things I have learned about joint operations," said Capt. Tanaka. "The knowledge will be useful not only in working with my fellow JSDF members, but also in future operations with the U.S. military."

Relationships created and maintained between individuals at different levels of each country's military was a key topic of the brief.

"A large part of what I learned today was that person-to-person relationships are important," said Capt. Tanaka. "Through these relationships there will be a strengthening of the bond between the JSDF and III MEF."

Many of the students and instructors felt the visit was helpful, according to Col. Tanaka.

"At the end of the day, we want to be able to reflect on this information as instructors and be able to convey it to our students during the course," said Col. Tanaka. "Being able to do that will increase the ability of the students to see different perspectives and be able to operate better in the future."



Sgt. Corey A. Jones inspects Sgt. 1st Class Leon P. Nelson's rappel harness during rappel training June 24 at the Northern Training Area. Nelson joined 10 other soldiers from the 100th Battalion at the jungle leaders' course for joint training June 2-30. Jones is the chief instructor at the Jungle Warfare Training Center, Camp Gonsalves. Nelson is a scout platoon sergeant with 100th Bn., 442nd Infantry Regiment, 92nd Infantry Division, based in Hawaii.

Cpl. Zachary D. Edwards constructs a suspension technique training June 24 at the Northern Training Area. Once completed, the frame is anchored to a cliff and used as a pivot point for a rappelling exercise. The separation allows for the placement of necessary equipment to be safely lowered. Edwards is a scout sniper with Headquarters Company, 3rd Bn., 6th Marines, assigned to 4th Marine Regiment, 1st Marine Division, the unit deployment program.



# Marines, soldiers master jungle leadership

Story and photos by  
Cpl. Mark W. Stroud  
okinawa.marine.mil/staff

“We created the jungle leaders' course from the ground up,” said Sgt. Peter C. Gentry, an instructor at the Jungle Warfare Training Center. “There has not been one in 12 years, since before the wars in Iraq and Afghanistan. We are basically taking our package from the basic jungle skills course and expanding it to the point that when Marines leave here, they are able to teach these capabilities.”

The JWTC, Camp Gonsalves, hosted 23 Marine and Army noncommissioned officers, staff noncommissioned officers and commissioned officers for the jungle leaders' course June 2-30.

The Marines were with 3rd Reconnaissance Battalion, 3rd Marine Division, and 3rd Battalion, 6th Marine Regiment, currently assigned to 4th Marine Regiment, 3rd Marine Division, under the unit deployment program. The soldiers were with 100th Battalion, 442nd

Infantry Regiment, 92nd Infantry Division, based in Hawaii.

During the course, the service members conducted training across the full spectrum of jungle warfare including survival techniques, patrolling, tactical rope suspension techniques, raids, and escape and evasion.

“We start with an immediate raid,” said Gentry. “We give them all of the information and have them plan and execute the raid. We then see what their baseline knowledge and skills are. Moving on from the raid, we progress into movement through the jungle ... including hasty and cliff rappels. We also fast-rope from helicopters and MV-22B Ospreys.”

The participants fast-rope into thick jungle and conduct land navigation based on a scenario that continues throughout the training, according to Gentry.

During training, the service members learned various lessons about surviving in an inhospitable environment, including maintaining stealth.

“In the jungle, everything is

completely secretive,” said Gentry. “You are not talking when you are patrolling. Everything is completely silent. We see guys come in here not knowing they are being loud and watch them progress from being like an elephant trumping through the forest to a ‘jungle ninja.’”

The importance of maintaining a low profile stood in contrast to some of the operational principles developed for desert environments.

“In the jungle, a position is not occupied more than 24 hours and it is completely secretive in nature,” said Gentry. “No one can know you are there and after the 24 hours, you are gone. However, in Iraq and Afghanistan everyone knew exactly where we were, and we trained with that in mind.”

The Marines and soldiers learned to work together during the training, and both gained a valuable perspective on how other services conducted operations.

The rugged environment was physically challenging, testing the service members' ability to

navigate cliffs and ravines in a thick jungle.

“You are not going to get these elevation changes anywhere else but on Okinawa,” said Cpl. Geovanny V. Bautista, an infantryman with Headquarters Company, 3rd Bn., 6th Marines. “The terrain out here is treacherous. For instance, some places you have to traverse 200 meters down cliffs and then climb right back up 200 meters just to move a straight-line distance of 150 meters total.”

The service members spent the duration of the 28-day course in field-expedient shelters of their own construction or at a bivouac site sheltered in two-man tents.

“We wanted them to get more exposure to the jungle, so they stayed out there the entire time,” said Gentry. “If they don't spend the time out in the jungle, it defeats the purpose. If they have to spend the night out in the jungle, it really lets them know that they are here for the whole time and that they have to incorporate everything they learned.”

The 100th Bn. soldiers intend to

-frame during tactical rope  
 at the Northern Training Area.  
 hanging over the edge of a cliff  
 ing rope to provide separation  
 injured or unconscious Marines  
 vered down a cliff. Edwards is  
 any, 3rd Battalion, 6th Marine  
 ent, 3rd Marine Division, under



## ers' course

use the knowledge and experience they gained to take advantage of jungle training areas near the battalion's duty station in Hawaii.

"There is no official (Army jungle warfare) school, so the battalion commander wanted us to come over here and do some training with professionals who really know the jungle," said 1st Lt. Jeremy S. Munoz, an infantry officer with 100th Bn. "This year, we were going to do some big movements in the jungle with all of our weapons systems and all five of our companies, but it just wasn't feasible.

"None of us were certified with all the rope systems for movement or to maneuvering large elements through a jungle environment ... but it will be feasible now," said Munoz.

The Marines and soldiers gained confidence in their jungle warfare skills and expect to return to their units and disseminate the knowledge they acquired.

"Our first couple of maneuvers we were a little slow, but we really picked it up," said Munoz. "We learned quite a bit about the jungle."



**An instructor with the Jungle Warfare Training Center inspects knots tied by Marines and soldiers while blindfolded and timed June 24 at the Northern Training Area. The service members were tested on their knowledge of knots and tactical rope suspension techniques as part of the jungle leaders' course. The Marines are with 3rd Reconnaissance Battalion, 3rd Marine Division, III Marine Expeditionary Force, and 3rd Battalion, 6th Marine Regiment, assigned to 4th Marine Regiment, 3rd Marine Division, under the unit deployment program.**



Gary Sinise addresses the audience at the Lt. Dan Band's performance July 6 at Marine Corps Air Station Futenma. Sinise spoke to the crowd about the formation of the band, the contributions of the USO, the DSTRESS line and the Gary Sinise Foundation. Sinise is an actor known for his roles in CSI: NY and Forrest Gump.

## Gary Sinise, Lt Dan Band add flair to Fourth of July

Story and photos by  
Lance Cpl. Natalie M. Rostran  
okinawa marine staff

Hit song after hit song from both the past and present were performed in the summer night air, as the large audience cheered louder and louder.

Gary Sinise and the Lt. Dan Band performed covers of popular songs July 6 on the Marine Corps Air Station Futenma flight line.

The concert was part of a USO

and TriWest Healthcare Alliance-sponsored tour of U.S. military bases throughout Japan.

"Gary Sinise and the Lt. Dan Band have been touring with us for about nine years now and have done over 130 shows," said Sloan D. Gibson, USO president and CEO. "The USO's mission is to lift the spirits of America's troops, and entertainment is a big part of that. So, when the opportunity presented itself to come back to Okinawa and bring the band back to entertain service members and their families, we were excited."

The creation of the Lt. Dan Band began with the USO and Sinise, according to Sinise, an actor known for his roles in CSI: NY and Forrest Gump. Sinise began touring with the USO in 2003 for meet and greets. After nine tours, he asked the USO if he could bring some musician friends to perform for the troops.

"Every time I did a tour, I would ask (if I could perform for the troops)," said Sinise. "Finally they said okay, and they trusted me even though they had never heard the band play. We performed for all kinds of military charities and donated the band performances for different events."

For Sinise, it was important that the troops understand the main mission of the band is to show appreciation and gratitude for their sacrifices and service.

"I'm coming out here because I want them to know that we're not forgetting about them," said Sinise. "I want all of our troops to know that they're appreciated.



Gary Sinise sings during the Lt. Dan Band's performance July 6 at Marine Corps Air Station Futenma. The band played covers of songs ranging from classic hits to current chart-toppers. Sinise is the bassist for the band.

We're thinking about you always and what you do in the defense of freedom around the world."

This was the second time the USO had sponsored the Lt. Dan Band on Okinawa; the first time was in 2009.

"Okinawa is a very important place for the U.S. (to be stationed at) and for the Marine Corps in particular," said Gibson. "We know that we've got to get out and send that message of thanks."

Sinise's efforts also include a foundation that is dedicated to honoring and supporting service members, veterans and first responders, according to Sinise. The USO is a partner in many of the Gary Sinise Foundation's projects.

The relationship between the USO and Sinise is based on a mutual respect for the sacrifices of American service members and their families, according to Gibson.

"Our mission is to lift the spirit of America's troops and their families," said Gibson. "The way we do that is to say 'thanks' from America. Every time you see the USO logo somewhere, whether it's the side of a building or in the backdrop of a bandstand or on the shirt of a volunteer, know that America is saying thanks."

Sinise agrees that showing gratitude for the service of the Marines and their families on Okinawa is important.

"We know you're away from your families and your homes for long periods of time, sometimes to war zones and other dangerous places," said Sinise. "We come out to remind you that people care and are grateful and appreciative. We want to give you some entertainment and show you some love; it's a way that I can serve (the troops)."



Gary Sinise, left, and Dan Myers perform a song during the Lt. Dan Band's performance July 6 at Marine Corps Air Station Futenma. The concert was part of a tour that visited several U.S. bases throughout Japan and was sponsored by the USO and TriWest Healthcare Alliance. Sinise is the band's bassist, and Myers is the vocalist and violinist.

# Fast-rope Marines get boots on ground at Schwab

**Lance Cpl. Brandon C. Suhr**  
okinawa marine staff

Marines receive the opportunity to rappel from a 60-foot-tall tower at recruit training, but not every Marine has the chance to continue that training and further their rappelling abilities.

Marines with Force Reconnaissance Company, III Marine Expeditionary Force, were afforded this opportunity during helicopter rope suspension technique training July 2 at Landing Zone Phoenix on Camp Schwab.

The reconnaissance Marines trained for fast-rope insertions in conjunction with CH-46E Sea Knight helicopters and aircrew from Marine Medium Helicopter Squadron 262, Marine Aircraft Group 36, 1st Marine Aircraft Wing, III MEF.

"I felt the Marines executed very well, during both the day and night training," said Capt. Daniel A. Redmon, a platoon commander with Force Recon Co. "They did a great job staying tactically aware with every move they made, just like they would if they were (forward deployed)."

Fast-rope Marines rapidly slide down ropes suspended from a hovering aircraft. The technique allows for insertion into remote and potentially hostile locations while minimizing

the time the aircraft is vulnerable at low altitude and speed.

"The best way to set up your team for success is through organization and speed," said Sgt. Mario J. Juarez, a reconnaissance man with the company. "When you come down the rope as fast as you can and maintain proper tactics and techniques, you will be successful."

The Marines built confidence and proficiency at a rappel and fast-rope training wall the week prior to the HRST evolution.

"This was our first time conducting the training from a helicopter as a platoon, and I thought we did great," said Juarez.

The Marines conducted the HRST training following 14 days of field training in the Central and Northern Training Areas near Camps Hansen and Gonsalves.

"The Marines have been performing very well after conducting nonstop training for the last couple weeks," said Redmon. "We've been maximizing all the training opportunities we can get."

Conducting back-to-back training events gave the Marines extra knowledge and boosted their morale and stamina, according to Cpl. Anthony C. Scotti, a reconnaissance man and HRST master with the company.

"We felt prepared coming into this training, and we



**Marines with Force Reconnaissance Company fast-rope from a CH-46E Sea Knight helicopter July 2 at Landing Zone Phoenix on Camp Schwab. The company is with III Marine Expeditionary Force, and the helicopter and crew are with Marine Medium Helicopter Squadron 262, Marine Aircraft Group 36, 1st Marine Aircraft Wing, III MEF.** Photo by Lance Cpl. Brandon C. Suhr

feel even more so now that we've finished it," said Scotti. "Everyone now has the same understanding of the concept of operations for HRST."

After partaking in the training, the Marines with Force Recon Co. are ready to fast-rope into their next deployment, according to Redmon.

## Junior Chamber International Japan visits Camp Foster

**Lance Cpl. Kasey Peacock**  
okinawa marine staff

The Japan-U.S. alliance was formed decades ago. Understanding the alliance is vital to understanding the delicate balance of power in the Asia-Pacific region.

More than 100 members of the Junior Chamber International Japan visited Camp Foster June 28 to increase their understanding of the alliance and the Marine Corps.

The JCI-Japan is based on the three principles of discipline, service and fellowship. With the goal of creating a brighter future, the members sponsor volunteer activities and actively work to resolve societal issues.

The purpose of the JCI-Japan members' visit was to learn about the U.S. military's mission and role in the region, as well as the relationship between U.S. forces and the Japan Self-Defense Force members, according to Kaori Martinez, the community relations officer for G-7, government and external affairs, Marine Corps Installations Pacific. The information helps the JCI-Japan members better understand Japan-U.S. relations, national defense and diplomacy in regard to the future of Japan.

Robert D. Eldridge, the deputy assistant

chief of staff for G-7, government and external affairs, MCIPAC, presented the information to the members, which focused on the Marine Corps' role in the Asia-Pacific region, and the value it places on the Japan-U.S. alliance.

"There are a lot of misconceptions about the military bases on Okinawa and in mainland Japan," said Daisaku Bessho, a chairman for the Global Leader Development Commission, JCI-Japan. "After receiving this lecture, I learned that the Japan-U.S. alliance is not only important for those two countries, but for the region."

As potential future leaders of Japan, the junior members attended the brief knowing that understanding the Japan-U.S. alliance would be vital information for their potential future careers, according to Eldridge.

"During the brief, I try to break everything down as fundamentally as I can," said Eldridge. "I have to get rid of all the common misconceptions that the people have about the Marine Corps and the alliance and start from the beginning. I begin the brief discussing the location of Okinawa. I then delve into great detail about how each base on Okinawa supports the III Marine Expeditionary Force and how important III MEF is to the alliance."

Presentations like this are given to members

of the Japanese community upon request, according to Martinez.

"We always welcome these kinds of requests because they set up the local community for success by explaining to them the mission of the Marine Corps and the important role it plays in the region," said Martinez.

The junior members began their exploration of the Japan-U.S. alliance by first visiting the Japan Ground Self-Defense Force base in Naha and receiving a similar brief on June 27.

After concluding Camp Foster's presentation, the members also toured Kadena Air Base to learn about the Air Force's role in the region.

"The Asia-Pacific region is an unstable area in regards to disasters and territorial issues," said Eldridge. "By educating people about the Marine Corps' role, they will understand that the U.S. and its allied countries are working together to establish peace and prosperity in the region. I always stress to those who visit, the value the Marine Corps places in its relationship with Japan."

While the presentation lasted approximately an hour, the information learned proved invaluable, according to Bessho.

"I enjoyed learning more about the alliance and feel better prepared to answer any questions my peers may have," said Bessho.

# EOD Marines reconstruct blast sites

**Lance Cpl. Anne K. Henry**  
okinawa marine staff

The ground shakes from the blast of a simulated improvised explosive device detonating in the distance. The shout of “seven seconds” is cried out and another blast shakes the terrain.

These sounds rang out as Marines with 3rd Explosive Ordnance Disposal Company trained to enhance their knowledge of post-blast analysis and site survey techniques June 26 at Range 10 on Camp Schwab.

Subject-matter experts led the training for the Marines of 9th Engineer Support Battalion, 3rd Marine Logistics Group, III Marine Expeditionary Force.

With IEDs commonplace in current warfare, it is critical that the Marines learn the skills necessary to mitigate their effect, according to Staff Sgt. Clayton J. Rue, a team leader with 3rd EOD Co.

“This course educates service members about post-blast analysis and site surveys after an IED detonation,” said Rue. “We will

be taking explosives out, detonating them, and sending teams out to identify what happened.”

To achieve the most realistic setting, instructors used a variety of explosives and did not inform the Marines as to which explosive compound was detonated.

“When the teams get out there, they will analyze the fragmentation and components of the blast,” said Rue. “They will then be able to put the pieces back together to see what kind of explosive compound caused the blast.”

Multiple explosives were detonated in order to give the Marines a broader understanding of the many types of IEDs that an enemy could use, according to Staff Sgt. Joshua D. McKean, a team leader with 3rd EOD Co. This allowed the Marines to build a mental image of the effects on the surrounding environment.

“The Marines will be able to learn traits the explosives have by observing burn patterns on the ground and seeing how much dirt was displaced,” said McKean. “One of the biggest parts of our job is using explosives. The other portion of it is



**Marines search the surrounding area of a mock blast site June 26 at Camp Schwab. The training gave the Marines of 3rd Explosive Ordnance Disposal Company an opportunity to apply post-blast analysis and site survey techniques in a mock tactical environment. 3rd EOD Co. is part of 9th Engineer Support Battalion, 3rd Marine Logistics Group, III Marine Expeditionary Force.**

*Photo by Lance Cpl. Anne K. Henry*

figuring out the type and cause of explosions.”

The Marines left the training confident that the skills they gained will help with accomplishing their mission and saving lives, according to Rue.

“From this training the Marines will be able to take away skills that can be applied to any environment,” said Rue. “This helps us do more than just identify explosives; it allows us to mitigate them in the future.”

## Foreign area SNCO program provides regional expertise

**Cpl. Matthew Manning**  
okinawa marine staff

When Marines are stationed, deployed or training in a foreign nation, language barriers and cultural differences may create challenges when completing the mission.

To help alleviate this, the Marine Corps is developing a foreign area staff noncommissioned officer program to provide units with Marines who possess the skills needed to hurdle these barriers, according to Marine Administrative Message 724/11.

Marines selected for the initial testing of the program went through three phases of training consisting of education, immersive language training and in-country training, according to MARADMIN 724/11.

Gunnery Sgt. James A. Cornwell, a Korean linguist and foreign area SNCO with the 31st Marine Expeditionary Unit, III Marine Expeditionary Force, is one of nine Marines involved with the beta-test phase of this program and in the process of the in-country training phase.

“My job as a foreign area SNCO is to provide cultural, language and regional expertise to commanders to support decisions on the operational and tactical level of the Marine Air-Ground Task Force,” said Cornwell. “My purpose is to

eliminate points of friction caused by language, cultural or political sensitivities when working with other countries.”

One way this is accomplished is by educating commanders and Marines about the countries in the Asia-Pacific region through meetings, according to Cornwell.

In addition to this a FASNCO serves as a translator and interpreter for his command.

The goal is not to make individual Marines experts, but to give them information to avoid miscommunications and to build friendships with partner countries, according to Cornwell.

The 31st MEU received two FASNCOs in December 2012 and began using them in support of Korean Marine Exchange Program 13 and Exercise Balikatan 13 in the Republic of the Philippines.

Conducting bilateral training with professional partners is crucial for strategic-level objectives in the Asia-Pacific region, according to Maj. Michael S. McDowell, a fire support officer with the 31st MEU.

“Our FASNCOs were part of not only the execution of annual and biannual training events at the tactical level, but also crucial in the functional and detailed planning that occurred during planning conferences months in advance,” said McDowell. “They were able to build

dialogue with foreign military leadership in the area of operations and coordinate support crucial to a safe and effective execution of company-level training evolutions in both South Korea and the Republic of the Philippines.”

A FASNCO needs to be more than a linguist and expert on just one nation, according to Cornwell.

“They should be able to talk about the history, economics, politics and religion of a country or region,” said Cornwell. “These are not subjects you can discuss in depth after reading a single article or taking a weeklong course. It takes months and years to develop a basic expertise in any of these subjects.”

Although the FASNCO program is in its infancy, the Marine Corps is testing to find the best way to develop Marines to meet job requirements, according to Cornwell.

“We are working to find answers to questions like what educational requirements should the Marines have, what should the language requirement be, and most importantly where and how should a FASNCO be employed,” said Cornwell.

Unit leaders at all levels can benefit from having a FASNCO in their command, according to McDowell.

“I hope to see more of these Marines soon,” said McDowell. “They provide not only cultural and language expertise, but also senior SNCO leadership input and recommendations as necessary at the staff level. They are a combat multiplier and a fantastic resource for the accomplishment of all assigned missions. These military professionals enable us to accomplish the mission quicker and more effectively.”

**“My purpose is to eliminate points of friction caused by language, cultural or political sensitivities when working with other countries.”**

**Gunnery Sgt. James A. Cornwell**

# In Theaters Now

**JULY 12 - 18**

**FOSTER**

**TODAY** Despicable Me 2 (PG), 6 p.m.; The Lone Ranger (PG13), 9 p.m.  
**SATURDAY** Despicable Me 2 (3-D) (PG), noon; Despicable Me 2 (PG), 3 p.m.; The Lone Ranger (PG13), 6 and 9 p.m.  
**SUNDAY** Despicable Me 2 (PG), 1 p.m.; Despicable Me 2 (3-D) (PG), 4 p.m.; The Lone Ranger (PG13), 7 p.m.  
**MONDAY** Despicable Me 2 (3-D) (PG), 3 p.m.; The Lone Ranger (PG13), 7 p.m.  
**TUESDAY** World War Z (PG13), 7 p.m.  
**WEDNESDAY** World War Z (PG13), 7 p.m.  
**THURSDAY** The Lone Ranger (PG13), 7 p.m.

**KADENA**

**TODAY** Despicable Me 2 (3-D) (PG), 6 p.m.; The Lone Ranger (PG13), 9 p.m.  
**SATURDAY** Despicable Me 2 (3-D) (PG), noon; Despicable Me 2 (PG), 3 p.m.; The Lone Ranger (PG13), 7 p.m.  
**SUNDAY** Despicable Me 2 (3-D) (PG), noon; Despicable Me 2 (PG), 3 p.m.; The Lone Ranger (PG13), 7 p.m.  
**MONDAY** Despicable Me 2 (PG), 3 p.m.; Fast & Furious 6 (PG13), 7 p.m.  
**TUESDAY** The Internship (PG13), 7 p.m.  
**WEDNESDAY** The Lone Ranger (PG13), 7 p.m.  
**THURSDAY** The Purge (R), 7 p.m.

**COURTNEY**

**TODAY** Despicable Me 2 (3-D) (PG), 6 p.m.; The Lone Ranger (PG13), 9 p.m.  
**SATURDAY** Despicable Me 2 (PG), 3 p.m.; The Lone Ranger (PG13), 6 p.m.  
**SUNDAY** Despicable Me 2 (PG), 3 p.m.; The Lone Ranger (PG13), 6 p.m.  
**MONDAY** Despicable Me 2 (PG), 7 p.m.  
**TUESDAY** Closed  
**WEDNESDAY** The Hangover Part III (R), 7 p.m.  
**THURSDAY** Closed

**FUTENMA**

**TODAY** The Lone Ranger (PG13), 6:30 p.m.  
**SATURDAY** The Purge (R), 4 p.m.; The Lone Ranger (PG13), 7 p.m.  
**SUNDAY** The Internship (PG13), 4 p.m.; The Lone Ranger (PG13), 7 p.m.  
**MONDAY** The Lone Ranger (PG13), 6:30 p.m.  
**TUESDAY-THURSDAY** Closed

**KINSER**

**TODAY** The Lone Ranger (PG13), 6:30 p.m.  
**SATURDAY** The Lone Ranger (PG13), 3 and 6:30 p.m.  
**SUNDAY** Despicable Me 2 (PG), 1 and 3:30 p.m.; The Lone Ranger (PG13), 6:30 p.m.  
**MONDAY-TUESDAY** Closed  
**WEDNESDAY** Despicable Me 2 (PG), 6:30 p.m.  
**THURSDAY** The Lone Ranger (PG13), 6:30 p.m.

**SCHWAB**

**TODAY** Closed  
**SATURDAY** The Lone Ranger (PG13), 5 p.m.; White House Down (PG13), 9 p.m.  
**SUNDAY** The Lone Ranger (PG13), 2:30 p.m.; The Heat (R), 9 p.m.  
**MONDAY-THURSDAY** Closed

**HANSEN**

**TODAY** The Lone Ranger (PG13) 6:30 and 10 p.m.  
**SATURDAY** The Lone Ranger (PG13) 6 and 9:30 p.m.  
**SUNDAY** The Lone Ranger (PG13) 2:30 and 6 p.m.  
**MONDAY** The Lone Ranger (PG13) 6 p.m.; The Heat (R), 9:30 p.m.  
**TUESDAY** White House Down (PG13), 7 p.m.  
**WEDNESDAY** The Purge (R), 7 p.m.  
**THURSDAY** The Lone Ranger (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](http://www.shopmyexchange.com).



## SINGLE MARINE PROGRAM EVENTS

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

**DANCE FESTIVAL**

• Join the SMP during the annual 10,000-Man Eisa Festival Aug. 3. The event features 10,000 eisa drummers and highlights various styles of eisa dance during the event. For more information, contact the SMP office at the number above.

**MOUNT FUJI DISCOUNTS**

• The SMP is offering discount prices for a Mount Fuji trip taking place Aug. 21-25. Full payment or cancellation of payment is due July 30. For more information, contact Tours Plus at 646-3502.

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

# TEST YOUR CORPS KNOWLEDGE:

What weapon provides heavy firepower in the form of an 83 mm rocket?

See answer in next week's issue

**LAST WEEK'S QUESTION:**

What year did the first formal Marine Corps birthday ball take place?

**ANSWER:**

1925, four years after a movement among senior officers to celebrate the Marine Corps birthday began.



## Japanese phrase of the week:

“Tadai ma.”

(pronounced: Tah-dah-ee mah)

It's used as a greeting upon returning. It means “I'm back!”

# CHAPLAINS'

OPINION

*“Self-care and family-care are especially important during this busy permanent change of station season.”*



## Coping with stress during PCS

**Lt. Cmdr Diana A. Lantz**  
 combat logistics regiment 35 chaplain

**W**hen Marines or sailors share with me that they are stressed out, I always have three basic questions for them:

1. Are you eating three meals a day regularly and healthily?
2. Are you sleeping seven to eight hours a night?
3. Are you exercising regularly for 45-60 minutes three to four times a week?

If their response is negative to one or more of the questions then I remind them that a red flag has gone up and self-care is very important.

Self-care and family-care are especially important during this busy permanent change in station season. If you are getting ready to PCS (as I

am in August), the value of maintaining your routine of a healthy diet, adequate sleep and regular exercise is immeasurable. But, if you're like me, there will inevitably be times when you can't help feeling stressed or frustrated because your PCS plans and arrangements are at the mercy of the speed at which someone else does their job.

It's at those times that I remind myself of a passage from scripture. Proverbs 3:5-6 tells us, “Trust in the Lord with all your heart; lean not on your own understanding. In all your ways acknowledge him and he will make your paths straight.”

As your PCS plans progress, take time to catch your breath, bite your tongue, and know that God and your chaplains are always ready to listen and help.

FOR UPCOMING SPECIAL WORSHIP SERVICES AND EVENTS FOR ALL MARINE CORPS BASE CHAPELS, CALL 645-2501 OR VISIT [WWW.MCIPAC.MARINES.MIL](http://WWW.MCIPAC.MARINES.MIL) AND LOOK UNDER "AROUND MCIPAC"