

The Windsock



1912 2012

MARINE AVIATION CENTENNIAL

Celebrating 100 Years of Marine Aviation

Vol. 70, No. 13

www.cherrypoint.marines.mil

March 29, 2012

VMAQ-2 loved ones say 'see you soon'



PHOTOS BY LANCE CPL. ANDREA CLEOPATRA DICKERSON

Family and friends watch their Marines of Marine Tactical Electronic Warfare Squadron 2 prepare to depart from Marine Corps Air Station Cherry Point Monday morning for Afghanistan. More than 100 Marines accompanied by the squadron's EA-6B Prowlers will relieve VMAQ-1's electronic warfare fighting capabilities.

LANCE CPL. ANDREA CLEOPATRA DICKERSON

MCAS CHERRY POINT

Marine pilots of Marine Tactical Electronic Warfare Squadron 2 accompanied by the squadron's EA-6B Prowlers departed from Marine Corps Air Station Cherry Point Monday morning for Afghanistan.

Additionally, 100 more of the squadron's Marines departed around 11 p.m. the same day to provide various support functions for the unit while in theater.

Jen C. Mitchell, wife of Capt. Matthew A. Mitchell, an electronic warfare officer with the squadron said, "We are going to make the best of the situation, and pray that he returns safely."

The squadron will relieve VMAQ-1, which is currently providing electronic warfare fighting capabilities.

While deployed, the squadron will be conducting airborne electronic warfare and filling various operational and support roles.

The squadron Sergeant Major, Adam J. Moore, says he is optimistic for the Marines and their task at hand.

"Things will be difficult at times, but I am more than confident that the Marines will rise to the occasion," he said.



Capt. Nick A. Noyes, an EA-6B Prowler pilot with Marine Tactical Electronic Warfare Squadron 2, holds his wife Katelyn Monday in the squadron's hangar aboard Marine Corps Air Station Cherry Point before the unit heads to Afghanistan.

Heavy helicopter squadron changes command



Lt. Col. Scott W. Wadle relinquishes command of Marine Heavy Helicopter Squadron 461 to Lt. Col. Nicholas A. Morris, during a change of command ceremony outside the squadron hangar aboard Marine Corps Air Station New River, March 22. "Morris brings an exceptional amount of talent and leadership to take the squadron to the next level," said Wadle.

Black Knights finish Mojave Viper training



Two MV-22B Ospreys from Marine Medium Tiltrotor Squadron 264 from Marine Corps Air Station New River land at a pick-up point near Marines from 2nd Reconnaissance Battalion aboard Marine Corps Air Ground Combat Center Twentynine Palms, Calif., March 20. Marines from VMM-264 participated in a cycle of Mojave Viper training.

CPL. JOHN SULESKI

MCAS NEW RIVER

After a month of Mojave Viper training in the desert aboard Marine Corps Air Ground Combat Center Twentynine Palms, Calif., the main body of Marine Medium Tiltrotor Squadron 264 has returned home to Marine Corps Air Station New River, Sunday.

While the goal of the exercise was to acclimate Marines to an environment similar to deployed locations, it also let different units work together in

a way they wouldn't otherwise, said Capt. Alexis A. Ramirez, a VMM-264 MV-22B Osprey pilot.

This includes infantry battalions that are not stationed aboard MCAS New River.

The mission of Marine infantry is to destroy the enemy by fire and maneuver. However, they can't accomplish that destruction without closing with their adversaries within range of their weapons.

While ground Marines train to pass over any kind of land, MV-22B Ospreys provide a



See VIPER page A7

What's Inside

In This Edition:



Marine Corps' heavy lifter hones hauling skills

See page A3 for photos and story



With your smartphone download a QR code reader and scan the code.

Chaplain's Corner : In the shadow

Lt. Cmdr. Philip King

MAG-14

As our days grow longer and warmer, we are reminded of the value of shade. Rabbi Yaakov Asher Sinclair wrote a thoughtful reflection in a 2009 Ohr Somayach International article called "In The Shadow of G-d". Observant Jews never speak or write the Name of God out of respect. In the article the Rabbi considers faith and shade:

"A shadow on the ground is itself without substance, ephemeral, yet it reveals the existence of something somewhere else. Nothing is as insubstantial as a shadow, and yet the shadow is the silhouette of something that is beyond. Faith is like a shadow."

The essence of a succa, a booth constructed by Orthodox Jews to live in during Sukkot—a harvest festival, is its shade, its shadow, if you like; a succa that has more sun than shadow is invalid. Our sages teach that when we sit in the succa we are sitting in the shadow of faith. The spiritual masters derived this phrase from a verse in the Song of Songs, "In His shadow I delighted and there I sat, and the fruit of His Torah was sweet to my palate." (2:4)

We can experience closeness to G-d through tasting "the fruit of His Torah." We can experience the sweetness of that existence that is beyond, but, for the very rea-

son that He is beyond, we can never see that existence. When Moshe asked G-d to show him a revelation of that existence, G-d replied, "You cannot see My face, for man cannot see me and live."

Faith is like a shadow. Faith is the knowledge of something that you cannot see. The nation that dwells in the shadow of faith proclaims that existence extends beyond the here and now, beyond what can be perceived by the five senses of man. Faith is something that takes place in the shade, in the shadow.

Often when we speak of shadows we imply something sinister or elusive. In the Rabbi's context, the shadow is something sacred, and to a desert people, or a people enjoying a North Carolina heat wave, we can appreciate the value of what a shadow produces; a place of cooling and respite. But what cast the shadow? The Rabbi reminds us that spiritually, faith can be a place of sanctuary, but more importantly, faith is something that exists because of something else. It was cast by the divinity it seeks. Often times our lives feel afflicted by the shadows of suffering; those long spectres of doubt or struggles and perceived failures that are cast across our past and future. But the shadow of faith is a place we go to for rest and consolation. During Sukkot, it is a booth constructed in the field for respite during the hottest times of harvest. Where is your booth? What shadow do you rest within? During the heat of these coming days, remember the relief of faith, and the one who casts it.

Celebrating 100 years of Marine aviation



CONTRIBUTED PHOTO

The McDonnell Douglas A-4M Skyhawk II is a carrier-capable ground-attack aircraft that was designed for the Navy and Marine Corps. The "Skyhawk" was originally designated the A4D under the Navy's pre-1962 designation system. Designed to be a lightweight delivery platform for nuclear weapons, the aircraft was refined into the ultimate close-air support weapon to protect the Marines on the ground.

The Windsock

The editorial content is edited, prepared and approved by the Public Affairs Office at Cherry Point. Correspondence should be addressed to: Commanding Officer, Public Affairs Office, (Attn: Individual concerned), PSC Box 8013, MCAS Cherry Point, N.C. 28533-0013. To provide comments or suggestions call 252-466-4241 or email: cherry.point.windsock@gmail.com. Windsock is a registered trademark. To address any distribution problems please contact the distribution manager at Ellis Publishing at 252-444-1999. This Department of Defense newspaper is an authorized publication for members of the DoD. Contents of the Windsock are not necessarily the official views of or endorsed by the U.S. Government, the Department of Defense, United States Marine Corps, Marine Corps Air Station Cherry Point, or the Public Affairs Office, Cherry Point, N.C. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the U.S. Marine Corps, or Ellis Publishing Co., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. The Windsock is published by Ellis Publishing Co., a private firm in no way connected with the Department of Defense or the U.S. Marine Corps under exclusive written contract with Marine Corps Air Station, Cherry Point, N.C. The editorial content of this publication is the responsibility of the PAO.

COMMANDING OFFICER
MCAS CHERRY POINT
COL. PHILIP J. ZIMMERMAN

PUBLIC AFFAIRS DIRECTOR
MAJ. WILL KLUMPP

PUBLIC AFFAIRS CHIEF
MASTER SGT. MARK E. BRADLEY

PRESS OFFICER
2ND LT. HECTOR R. ALEJANDRO

PRESS CHIEF
CPL. TYLER J. BOLKEN

Sgt. William T. Carey

Job Title: Radar Repairman
Unit: MACS-2

Hometown: Lakeland, Fla.

Age: 28

Date Joined: May 28, 2007

Sgt. William T. Carey is a radar repairman whose job is to keep the large scale systems up and running.

"It is my job to maintain and operate these radar systems here at Marine Air Control Squadron 2," said Carey. "I perform preventive maintenance and corrective maintenance as well."

Casey said his job has him turning wrenches everyday but he has a secondary job, which is leading the junior Marines assigned to him as well.

"It is my job as an NCO to lead by example for my junior Marines," said Carey. "I take a lot of pride in the way I handle myself and the way these junior Marines learn is through the example I set for them. The more you can dig deep inside of you to keep focus and do the best you can do no matter what the situation, shows a lot of your character."

"If you can say at the end of each day, 'I did my job to the best of my abilities,' then you can do that anywhere your life takes you," said Carey.



Highlighting Cherry Point's Warriors



Highlight Your Marine or Sailor Superstar

Call or email The Windsock

cherry.point.windsock@gmail.com

466-3542

REMEMBER TO RECYCLE



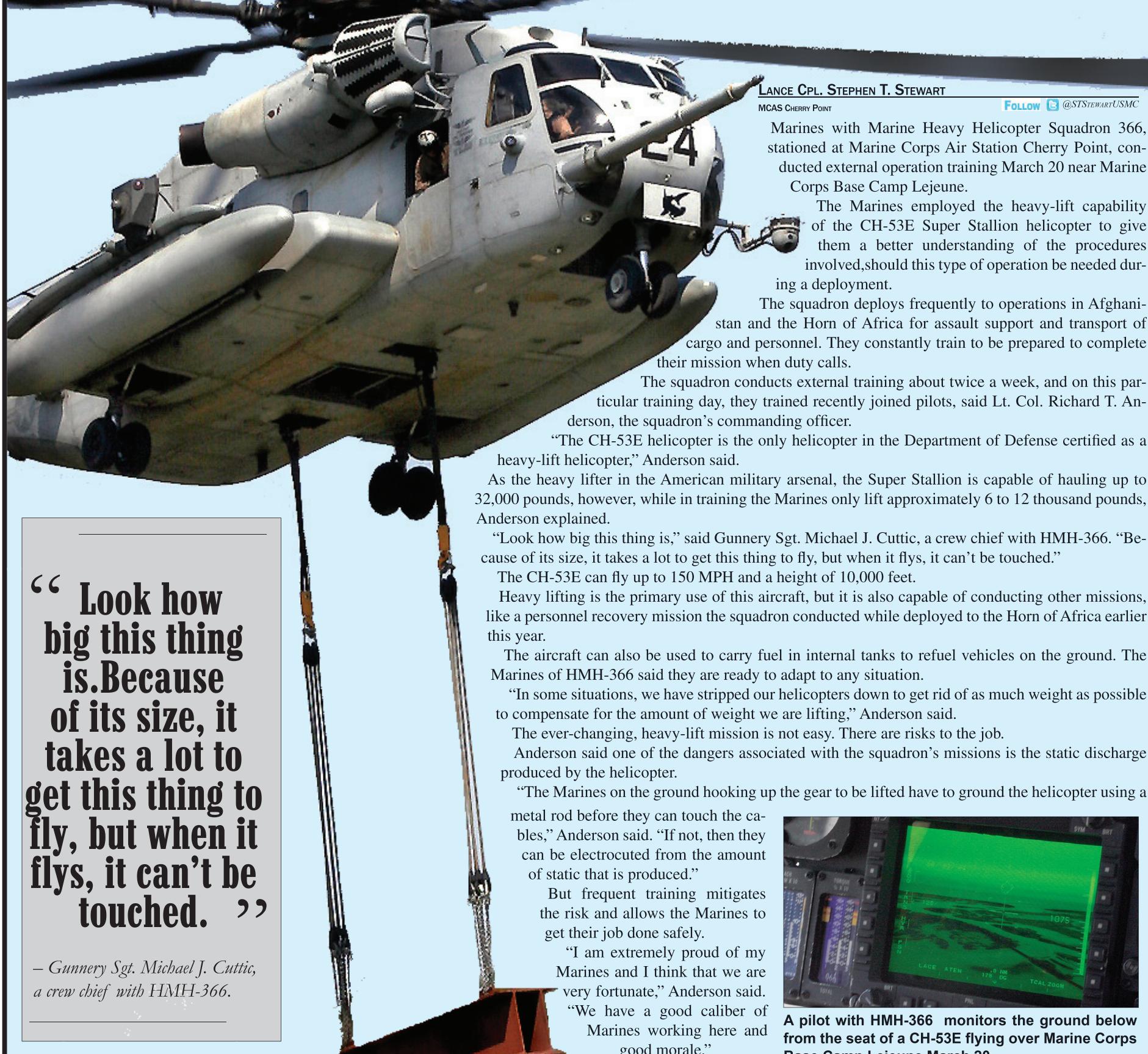
LANCE CPL. CORY D. POLOM



PHOTOS BY LANCE CPL. STEPHEN T. STEWART

Marines with Marine Heavy Helicopter Squadron 366, based out of Marine Corps Air Station Cherry Point, conduct external heavy-lift training, employing the lift capability of the CH-53E Super Stallion March 20 near Marine Corps Base Camp Lejeune, N.C. The super stallion is the largest helicopter in the American military arsenal and is capable of hauling up to 32,000 pounds.

Marine Corps' heavy lifter hones hauling skills



“ Look how big this thing is. Because of its size, it takes a lot to get this thing to fly, but when it flies, it can’t be touched. ”

— Gunnery Sgt. Michael J. Cuttic, a crew chief with HMH-366.

LANCE CPL. STEPHEN T. STEWART

MCAS CHERRY POINT

FOLLOW @STSTEWARTUSMC

Marines with Marine Heavy Helicopter Squadron 366, stationed at Marine Corps Air Station Cherry Point, conducted external operation training March 20 near Marine Corps Base Camp Lejeune.

The Marines employed the heavy-lift capability of the CH-53E Super Stallion helicopter to give them a better understanding of the procedures involved, should this type of operation be needed during a deployment.

The squadron deploys frequently to operations in Afghanistan and the Horn of Africa for assault support and transport of cargo and personnel. They constantly train to be prepared to complete their mission when duty calls.

The squadron conducts external training about twice a week, and on this particular training day, they trained recently joined pilots, said Lt. Col. Richard T. Anderson, the squadron's commanding officer.

“The CH-53E helicopter is the only helicopter in the Department of Defense certified as a heavy-lift helicopter,” Anderson said.

As the heavy lifter in the American military arsenal, the Super Stallion is capable of hauling up to 32,000 pounds, however, while in training the Marines only lift approximately 6 to 12 thousand pounds, Anderson explained.

“Look how big this thing is,” said Gunnery Sgt. Michael J. Cuttic, a crew chief with HMH-366. “Because of its size, it takes a lot to get this thing to fly, but when it flies, it can’t be touched.”

The CH-53E can fly up to 150 MPH and a height of 10,000 feet.

Heavy lifting is the primary use of this aircraft, but it is also capable of conducting other missions, like a personnel recovery mission the squadron conducted while deployed to the Horn of Africa earlier this year.

The aircraft can also be used to carry fuel in internal tanks to refuel vehicles on the ground. The Marines of HMH-366 said they are ready to adapt to any situation.

“In some situations, we have stripped our helicopters down to get rid of as much weight as possible to compensate for the amount of weight we are lifting,” Anderson said.

The ever-changing, heavy-lift mission is not easy. There are risks to the job.

Anderson said one of the dangers associated with the squadron’s missions is the static discharge produced by the helicopter.

“The Marines on the ground hooking up the gear to be lifted have to ground the helicopter using a metal rod before they can touch the cables,” Anderson said. “If not, then they can be electrocuted from the amount of static that is produced.”

But frequent training mitigates the risk and allows the Marines to get their job done safely.

“I am extremely proud of my Marines and I think that we are very fortunate,” Anderson said.

“We have a good caliber of Marines working here and good morale.”



A pilot with HMH-366 monitors the ground below from the seat of a CH-53E flying over Marine Corps Base Camp Lejeune March 20.



Marines from Marine Corps Base Camp Lejeune connect a beam to one of HMH-366's CH-53E Super Stallions during training March 20, near MCB Camp Lejeune. The CH-53E helicopter is the only helicopter in the Department of Defense that is certified as a heavy-lift helicopter.



STAFF SGT. TIFFANY CARTER

Large quantities of opium recovered during a recent Afghan National Security Forces-led counter-narcotics operation in the Marjah district of Helmand province, Afghanistan. The total amount of suspected narcotics collected is estimated to be worth about \$2.5 to 3 million. The history-making raid was successful in part by intelligence collected by Marine Unmanned Aerial Vehicle Squadron 1, 3rd Marine Aircraft Wing (Fwd).

Marine aviation interdicts 4,000 pound drug transfer

STAFF SGT. TIFFANY CARTER

3RD MARINE AIRCRAFT WING (FWD)

CAMP LEATHERNECK, Afghanistan — Opium poppy grows abundant in the fields of Afghanistan and the harvesting of this plant in the spring helps fund terrorist organizations all year. However, this year, with the help of ‘eyes in the sky,’ U.S. troops on the ground along with their Afghan counterparts put a hole in the insurgents’ pockets.

Marine Unmanned Aerial Vehicle Squadron-1, based out of Twentynine Palms, Calif., provided Afghan National Security Forces with intelligence collected by UAVs. A recent counter-narcotics operation in the Marjah district of Helmand province, Afghanistan turned out to be the ‘golden egg’ ground forces had predicted.

Earlier this month, the ANSF’s Narcotics Interdiction Unit (equivalent to the U.S. Drug Enforcement Agency), in conjunction with 2nd Battalion, 9th Marine Regiment deployed from Camp Lejeune, N.C., conducted a raid in Marjah. The team recovered three AK-47s with magazines, a 9 mm pistol with magazines and signs of potential improvised explosive device-making materials. But the most important stash was buried deep underground.

“The raid resulted in approximately 4,000 pounds of suspected narcotics (the equivalent of \$2.5 to 3 million) being removed from the battlefield,” said 2/9’s air officer, Capt. Joseph Quirk, a Cooper City, Fla. native. “This was the biggest drug bust in ANSF National Interdiction Unit history.”

Quirk said the success of the raid will have a powerful impact. “The amount of money lost by the insurgency will significantly affect the insurgents’ capabilities and resources for the spring offensive, saving ANSF and International Security Assistance Force lives.”

This raid would not have been as successful had it not been for the support and teamwork provided by the unmanned aerial vehicles belonging to VMU-1, deployed to Camp Dwyer, Afghanistan.

“What’s especially fulfilling for us is we have been supporting [the ANSF NIU’s] operations for months and that information helped shape the operation beforehand,” said Lt. Col. John Barranco, VMU-1’s commanding officer, and a Boston native. “This operation not only demonstrated our ability to work as a Marine Air-Ground Task Force and with coalition partners, but was also another step forward for manned and unmanned aviation integration within the Air Combat Element.”

Quirk confirmed that to date, 3rd Marine Aircraft Wing’s support of this operation has currently led to approximately 5,000 pounds of suspected narcotics being removed from the battlefield. “3rd MAW (Fwd) has shown great support with intelligence surveillance reconnaissance from VMU-1, assault support from HMH-363, escort support from HMLA-369 and close-air support from several Marine squadrons.”

Community gathers for 13th annual half-marathon



PHOTOS BY LANCE CPL. ANDREA CLEOPATRA DICKERSON

A member of the Paralyzed Veterans of America Racing Team guides his handcycle past Sunset Park Saturday during Marine Corps Air Station Cherry Point's 13th annual half marathon. "There are a few wounded warriors and supporters who like to participate in marathons together because we all enjoy being active, staying in shape and supporting great causes," said racing team member Staff Sgt. Lawrence Suthard.

LANCE CPL. ANDREA CLEOPATRA DICKERSON

MCAS CHERRY POINT

FOLLOW @ACLEOPATRAUSMC

More than 500 runners, handcyclists and spectators gathered at Sunset Park Saturday morning for Marine Corps Air Station Cherry Point's 13th annual half marathon.

This year's 13.1 mile race drew the largest amount of interest and participation to date, said Berna Crosby, the Semper Fit special events coordinator. Crosby believes the marathon was popular due to lots of publicity and word-of-mouth.

"There is no better way to start your day," said Crosby. "Who wouldn't want to wake up and get their day started by running a half marathon here at Cherry Point?"

This event is held to give Marines another way to stay in shape, and it is also a good opportunity to network with members of the community, said Crosby.

"The event was open to the public, affording civilians from surrounding communities the opportunity to come aboard the air station and see what Cherry Point is all about," she said. "Many community members have never been on base, this gives them an opportunity to see the installations valuable assets."

The race route guided participants around the base, passing by landmarks such as the headquarters building, officer housing, and various squadrons.

This is the second year this route was chosen for the half-marathon, primarily to accommodate the half-dozen handcyclists that participated, Crosby said.

"The route consists of flat roads with no gravel so the handcyclists could participate alongside other runners," she said.

Reasons for running varied among many of the racers.

One stood out in the crowd thanks to his kilt. Daniel Capps runs several marathons a year. "I'm running this race to help me train for the Marine Corps Marathon," he said.

Capps wears a kilt when he runs because it is something his father started doing while running marathons.

"My family is very proud of our Scotch-Irish heritage," he said. "The kilt that I'm wearing today is dedicated to my father, a Connecticut State Trooper. When he runs, he wears my squadron patch and lance corporal chevrons on his kilt."

Capps said he enjoyed participating in the half marathon with fellow service members. Because the course was very flat, people of all ages and athletic ability were able to participate, he said.

A spinal cord injury sustained during a Humvee roll-over while deployed to Iraq prevents Lawrence Suthard from running, however, the wounded warrior handcyclist doesn't let that stop him from participating in marathons.

"I enjoy using my handcycle because it allows me to still be able to exercise and work on cardio," Suthard said.

Lawrence said he thoroughly enjoyed participating in last year's half marathon.

"Paul Kelly asked me to come out and participate this year. There are a few wounded warriors and supporters who like to participate in marathons together because we all enjoy being active, staying in shape and supporting great causes."

Wounded warrior supporter and tetraplegic Paul Kelly has participated in approximately 50 marathons in the past five years in an effort to raise money for his charity, 2008 Miles of Hope.

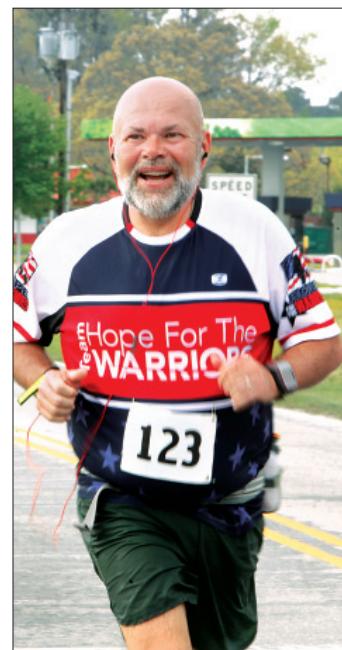
"I started doing marathons in 2008 with a goal of completing 2,008 miles," said Kelly. "So far I have completed more than half of my goal. By doing this, I hope to raise money and awareness for wounded service members who have sacrificed so much of themselves and given inspiration to myself and to our country."

Wherever Kelly and his handcycle go, he always attaches an American flag to the back of his handcycle.

"People always ask me why I carry around that thing," he said. "I always hear the flag creates aerodynamic drag. But the truth is no matter where I go, the flag is really carrying me."



MCAS Cherry Point's half-marathon participants stretch and get acquainted with each other Saturday at Sunset Park before the start of the race. This event is held to give the Marines and civilians another way to stay in shape, and it is also a good opportunity for the Marines and community members to network with each other, said Berna Crosby, the Semper Fit special events coordinator.



Half-marathon participant Robert J. Garbett runs past the commissary Saturday during MCAS Cherry Point's 13th annual half marathon. "I had a great time while running," he said. Garbett ran to promote awareness for Team Hope for the Warriors.

VIPER from page A1

superior option, said Sgt. Christopher R. Hardister, a squad leader with Company L, 3rd Battalion, 8th Marine Regiment.

"It is a faster means to a better end," said Hardister.

The Black Knights have worked closely with ground units during many flights, including troop movements, aerial deliveries and tactical recovery of aircraft and personnel missions, said Ramirez.

All the training culminated in a final event of Mojave Viper that combined efforts from VMM-264 and other units including 8th Engineer Support Battalion, 2nd Reconnaissance Battalion, and 3rd Battalion, 8th Marines.

To support ground units, the Black Knights performed case evacuations for mock casualties, said Ramirez.

After the event, the Black Knights coordinated their own training. This included firing the Interim Defensive Weapon System and training junior pilots to prepare them for any future deployments.

While the pilots and crew chiefs flew, the maintainers readied the aircraft for the cross-country trip back home.

The flight line mechanics, avionics technicians and other maintainers had a tough time but never stopped working to keep the aircraft in flying condition, said Master Sgt. Charles A. Colon, VMM-264 maintenance control chief.

"They say you can't have a plan with these aircraft," he said. "But, we have to. We try to get these guys from one job to the next as best as possible."

Despite several long repairs aside from usual maintenance, the Marines kept the Ospreys flying and allowed the crewmembers to log more hours in the air.

Several Marines will receive even more training. These select few left Twentynine Palms prior to the end of Mojave Viper to attend Weapons and Tactics Instructor course aboard MCAS Yuma, Ariz. These Marines will return home at a later date with further experience.

But, several who have returned said it's time to return to familiar sights.

"As much as the training is valuable and worthwhile, everyone is excited for home," said Ramirez.



LANCE CPL. PAUL PETERSON

Marines march to commence a relief and appointment ceremony aboard Marine Corps Base Camp Lejeune Friday. Sgt. Maj. Robert G. VanOostrom, who served as sergeant major for Marine Corps Installations East from August 2009 to March 2012, handed over the sword of office to Sgt. Maj. Ernest K. Hoopii, the new sergeant major for MCIEAST.

Marine Corps Installations East welcomes new sergeant major

LANCE CPL. PAUL PETERSON

MARINE CORPS BASE CAMP LEJEUNE, N.C.

The sword has been passed. Two accomplished sergeants major came together in a relief and appointment ceremony aboard Marine Corps Base Camp Lejeune, Friday, exchanging the time-honored billet of sergeant major for Marine Corps Installations East.

Sgt. Maj. Robert G. VanOostrom, who served as sergeant major for Marine Corps Installations East from August 2009 to March 2012, handed over the sword of office to Sgt. Maj. Ernest K. Hoopii, the new sergeant major for MCIEAST. VanOostrom is slated to be appointed the

new sergeant major of II Marine Expeditionary Force next week.

VanOostrom received the Legion of Merit from President Obama for his outstanding leadership and exceptional performance as the sergeant major of MCIEAST. He also supported a geographically dispersed command responsible for seven Marine Corps installations which includes more than 160,000 personnel.

"I take all his counsel to heart," said Brig Gen. Thomas A. Gorry, commanding general, MCIEAST. "Because I know his sincere, professional advice is invaluable to me as I make decisions that affect the entire command. I'm a better Marine Corps officer and a better Marine for hav-

ing served with him."

While VanOostrom's list of accomplishments at MCIEAST are expansive, including the reinvigoration of professional development programs and active engagement with units serving on operational fronts, he maintained steadfast admiration for the daily sacrifices of the Marines under his charge.

"It's eye watering what they do on a daily basis, often not seen," said VanOostrom. "To tell them what a great job they did is to remember that there is no greater service than to serve someone else."

VanOostrom thanked the Marines of MCIEAST for their work in providing vital support to operational forces, allowing

them to succeed in carrying out the mission of the Marine Corps.

"I want to recognize Sgt. Maj. VanOostrom for all that he has done during his service," said Hoopii. "I will do my best to continue to fulfill that billet."

Hoopii turned to Gorry and reaffirmed his dedication to the command as the most senior enlisted advisor. He also thanked the many sergeants major who helped lay the foundation of leadership that he now turns to for support in his new billet.

Gorry says he looks forward to the contributions of Hoopii, whose recent experience in Afghanistan and enthusiasm for his new post offer great promise for MCIEAST.



LANCE CPL. MICHAEL S. OXTON

Marines with Company C, Battalion Landing Team 1st Battalion 4th Marines, 31st Marine Expeditionary Unit, provide security and advance on their objective during a helicopter raid at Camp Schwab, Japan, March 16. The raid was conducted during the MEU's Certification Exercise, which upon completion certifies that the MEU is capable of responding to a wide range of contingency operations. The 31st MEU is the only continuously forward-deployed MEU and is the nation's force in readiness in the Asia-Pacific region.

Helo training prepares Marines for element of surprise

SGT. PAUL ROBBINS JR.

31st MEU

CAMP SCHWAB, Japan — When an allied nation identified an insurgent stronghold within one of their communities, they called on the expeditionary capabilities of the Marines to rectify the situation.

This was the scenario for Company C, Battalion Landing Team 1st Battalion, 4th Marines, 31st Marine Expeditionary Unit, during a helicopter raid here, conducted for the unit's certification exercise, March 16.

More than 60 Marines from the company departed the USS Essex via CH-46E Sea Knight helicopters from Marine Medium Helicopter Squadron 265 (Rein.), fast-roping in to the target area.

The helicopter borne, fast rope technique is a rapid insertion method used to give the assaulting force an advantage.

"It provides the element of surprise and speed, so the enemy can't get away. It is very beneficial in certain scenarios," said Capt. Nicholas

Bassit, commanding officer of Company C, BLT 1/4, and a Lima, Ohio native.

The Marines were inserted approximately 500 meters from their objective, moving on foot to three adjacent structures identified as enemy strongholds.

The structures contained enemy forces, portrayed by Marine and civilian role players, carrying rifles and machine guns with simulated ammunition to defend their position.

The detailed scenario, created and monitored by Special Operations Training Group, III Marine Expeditionary Force, provides the most realistic training environment possible.

"We have rounds, we're shooting at people who are shooting back at us and we have (simulated) casualties," said Lance Cpl. Juan Barajas, rifleman for Company C, BLT 1/4, Los Angeles native. "It's as realistic as we can get."

In addition to their insert by the CH-46's, the assault force was sup-

ported by AH-1 Super Cobra helicopters from HMM 265 (Rein.) and AV-8B Harriers from Marine Attack Squadron 214. The aerial assets provided intelligence, surveillance and close-air support throughout the raid.

Integration with aircraft for raid operations is the specialty of Company C, commonly referred to as "Helo Company" within the MEU, but their capabilities when linked with the aviation combat element extend beyond combat operations.

"We're a very versatile force that can deal with a lot of things, said Bassitt. "For us, for Helo Company, we focus on raid operations, but we're capable of doing other things as well."

Elements of "Helo Company" are integral parts in humanitarian and disaster relief operations, non-combatant evacuations and nearly every other facet of the 31st MEU's mission as the United States force in readiness for the Asia-Pacific region.

Life&Times

Facebook.com/MCASCherryPoint

March 29, 2012

Cooks show off culinary skills at chef of the quarter competition



LANCE CPL. STEPHEN T. STEWART

MCAS CHERRY POINT

FOLLOW @STStewartUSMC

With tensions high and time running out, food service Marines garnished their plates for the chance to claim chef of the quarter honors for Marine Corps Air Station Cherry Point, March 22.

Three Marines participated in the chef of the quarter competition at the station mess hall, where they showed their passion for culinary arts through prepared meals to be critiqued by three judges.

"All of our cooks are cocky and want a chance to show everyone how good they are," said Gunnery Sgt. Peter J. Jackson, galley captain for the mess hall.

The event spanned two-days, Jackson explained. On day one, the Marines choose what meal they will prepare for the competition and practice preparing it before they are put to the test the next day.

"The cooks participating are put under a lot of stress," said Jackson.

On day two the Marines arrived at the mess hall at 4 a.m. to get to work on their four-course-meal masterpieces.

"This is a great way to build morale and unit cohesion,"



said Jackson. "Every Marine loves a good competition."

Despite the stresses involved, the contest also allows the Marines to see how they stack up against their peers, said Lance Cpl. Charlie L. Guthrie, who prepared fried veal to place him third.

"The other Marines participating are really good cooks," said Guthrie.

The contending Marines were chosen based on their daily work performance.

"Every cook should want to compete in this competition," said Guthrie. "We are Marines, and competing is what we do to prove that we are the best."

The winner of the chef of the quarter was Pfc. Jessica M. Ames.

Ames said time management was the hardest part for her. She said she also had a hard time deciding what meal to go with.

In the end it didn't appear to matter, Ames dominated with a dish of peppered steak, glazed carrots, marble cake, and rosemary potatoes.

Ames said she chose this particular dish because it reminded her of home and what her parents used to make.

Lance Cpl. Charlie L. Guthrie, a food service Marine, prepares breaded veal for the chef of the quarter competition March 22, aboard Marine Corps Air Station Cherry Point. Guthrie explained that the competition, despite the stresses involved, is fun and gives them a chance to see how good they are in comparison with their fellow Marines.

PHOTOS BY LANCE CPL. STEPHEN T. STEWART



Col. Philip J. Zimmerman, the commanding officer of MCAS Cherry Point, presents the first place trophy to Pfc. Jessica M. Ames, a food service Marine, for the Chef of the Quarter competition March 22 aboard MCAS Cherry Point. Three Marines participated in the second Chef of the Quarter competition for the fiscal year at the station mess hall, where they showed their passion for culinary arts through meals prepared to be critiqued by three judges.



Pfc. Jessica M. Ames, a food service Marine, presents her meal to the judges for the Chef of the Quarter competition March 22, aboard MCAS Cherry Point. Ames dominated the competition with a dish of peppered steak, glazed carrots, marble cake, and rosemary potatoes.



Pfc. Mallorie P. Adams, a food service Marine, prepares ground beef cordon bleu for the Chef of the Quarter competition March 22, aboard MCAS Cherry Point. Three Marines participated in the second Chef of the Quarter competition for the fiscal year.

CHERRY POINT MESS HALL

HOURS OF OPERATION

Monday-Friday

Breakfast 6-8 a.m., Lunch 11 a.m.-12:45 p.m.,

Dinner 4-6 p.m.

Saturday-Sunday/Holidays

Breakfast/Lunch 8:30-11:00 a.m.,

Dinner 3-5 p.m.

FAST FOOD LINE

Monday-Friday

Breakfast 6-8 a.m., Lunch 11 a.m.-1 p.m.,

Dinner 4-6 p.m.

Breakfast Menu

Assorted fresh fruit, assorted hot and cold cereals, fried eggs and omelets to order, scrambled eggs and hard cooked eggs, grill special, pancakes, French toast or waffles, breakfast potatoes, breakfast meats, creamed beef or sausage gravy, assorted muffins, breads and breakfast pastries

Specialty Bar Menu

Monday - Grilled Polish sausage, grilled bratwurst, grilled Italian sausage, grilled frankfurters, rolls, French fries, tater tots, baked beans, corn on the cob, chili, cheese sauce, coleslaw, potato chips, corn chips, pretzels

Tuesday - Popcorn shrimp, steamed shrimp, buffalo chicken fritter, grilled chicken strips, sizzlin Caesar salad

Wednesday - Beef taco meat, chicken enchiladas, bean burrito, Mexican rice, refried beans, Mexican corn, shredded lettuce, shredded cheese, diced tomatoes, chopped onions, sliced jalapenos, taco shells

Thursday - Chinese egg rolls, chilled pineapple chunks, teriyaki beef strips, steamed shrimp, grilled chicken strips, pork fried rice, steamed rice, vegetable lo mein with oyster sauce

Friday - Ziti/linguine/fettuccine, spaghetti rigatoni, pasta primavera, lasagna, chicken rotini casserole, baked ziti with four cheeses, penne/rigate/rotini, baked Italian sausage meatballs (ground beef), meat sauce, marinara sauce, alfredo sauce

Weekly Menu

Thursday March 29

Lunch - Cream of broccoli soup, jamaican jerk chicken, creole macaroni, cilantro rice, succotash, balsamic roasted potatoes,

Dinner - Chicken and orzo soup, pork scallopini with herbed tomato sauce, stewed chick peas with zucchini, mixed vegetables

Friday March 30

Lunch - New England clam chowder, maple glazed salmon, turkey pot pie, powder biscuits, long grain and wild rice, green beans, cauliflower polonaise, **Dinner** - Turkey vegetable soup, mambo pork roast, lasagna, candied sweet potatoes, marinara sauce, steamed broccoli (fresh), mexican corn

Saturday March 31

Lunch - Beef barely and onion soup, vegetable and black bean enchiladas, chicken and broccoli casserole, confetti rice, spanish style beans, steamed vegetable medley, **Dinner** - Cream of chicken soup, java molasses pork loin, swiss steak mushroom, gravy, lyonnaise potatoes, buttered egg noodles, stewed tomatoes, peas,

Sunday April 1

Lunch - Vegetable beef supreme soup, baked citrus herb crusted fish, fried chicken, brown rice pilaf, red bliss mashed potatoes, cream gravy, green bean casserole, corn, **Dinner** - Turkey noodle soup, creamy cajun shrimp penne, meat loaf, roasted garlic mashed potatoes, brown gravy, louisiana style smothered squash, okra melange,

Monday April 2

Lunch - Beef short ribs, chicken and vegetable pasta, steamed rice, roasted zucchini, steamed baby carrots, minestrone soup, **Dinner** - Braised pork chops, turkey meatloaf, buttered egg noodle, islander's rice, lyonnaise wax beans, broccoli polonaise, brown gravy, chicken gumbo soup,

Tuesday April 3

Lunch - Salmon with tomato cucumber relish, chicken fried chicken, rice pilaf, mashed potatoes, sausage gravy, succotash, southern style greens, cream of potatoe soup, **Dinner** - Roast beef, baked ziti with Italian sausage, parsley buttered potatoes, peas, vegetable stir fry, toasted garlic bread, navy bean soup, horseradish sauce

Wednesday April 4

Lunch - Sante Fe glazed chicken, baked smothered chicken, southwest orzo pasta, whipped sweet potatoes, corn on the cob, simmered mustard greens, raisin sauce, chunky beef noodle soup, **Dinner** - Swedish meatballs, spicy shrimp with cheesy grits, rice pilaf, French fried cauliflower, french cut green beans, brown gravy, chicken noodle soup

Boost your brain health by socializing

MARK UNDERWOOD

QUINCY BIOSCIENCE

It's always good to have a variety of social activities in your life. Did you know that getting together with friends, going to the movies, having someone over for dinner or simply enjoying conversations with other people, all add up to improved health benefits?

Socializing can be a challenge for people who live alone and no longer drive or have health issues that limit their ability to get out of the house. Still, there are many ways to include people in your life so loneliness doesn't set in. When you live alone you feel alone and non-socialization can affect your mind and body. Many people enjoy spending some time alone but after a while an isolated, stay-at-home lifestyle can lead to depression and declining health as the musculoskeletal system declines.

To have a healthy aging life, exercise, eat right and socialize! A new study found that older adults who stay connected socially are more likely to retain their memories and cognitive abilities later in life. The take-home message from the recently published study in the Journal of Health and Social Behavior is that we need a variety of brain stimulation, including social activity, to keep our minds sharp. This is especially true later in life, when aging takes its toll on memory and other complex neurological processes.

Researchers analyzed data over several years of 1,667 adults who were 60-years-old and older. They looked at the likelihood of participants engaging in social activities with friends and family, joining clubs, and going to social engagements. The study also examined cognitive ability, memory acuity as people socialized more often. While we often "feel" better after a good visit with family or friends, this study concluded that we may actually be improving our health with social activities.

Older adults who were less socially active had both cognitive and physical limitations. The results

are stunning; the socially active group had healthier brain scans, and seemed to be better protected from aging over time. As scientists gain ground in unlocking the mysteries of aging and neurology, we understand that we have some control over our cognitive and physical health.

So eat well, exercise and your health will benefit. But you should also socialize. By doing so you will not only enjoy the company of people around you, you will keep your brain stimulated.

Tips for increasing social activity and better brain health:

- Be active, both physically and mentally. Read every day, walk every day.
- Avoid sitting home alone day after day. If you can't get out due to health restrictions, invite people to come and visit. Sometimes people need to be "invited" because they don't want to drop by unannounced.
- Prioritize having a social life no matter where you live or how you feel. You don't have to have numerous social events on the calendar. Any time that you are with other people is a social event. Looking forward to getting together with friends and family is part of the fun. Remember, being with other people is good for your health.
- Be a planner. Every day plan some activity that will allow you to talk to other people-in person if possible. If you have the mobility, go to a shopping mall and chat with people who work in the store. Shopping, even window shopping, is a good way to strike up a conversation about products and items in front of you.

Try new ways of meeting people. Join a book club, a card group, church choir or volunteer at a local hospital, shelter or food pantry. Anything you can think of that gets you out of the house and enjoying the world around you is a benefit to healthy aging.



Registering to vote takes less time than it takes to fill your vehicle gas tank

The general election is Nov. 6. Contact a voting officer today! If you are unsure who your Unit Voting Officer is, contact the Installation Voter Assistance Office. The office is located inside the DEERS/RAPIDS office in building 298. Cpl. Kent Holtberg is available to assist you during normal working hours at 466-3243, and via email at vote.mcascherrypoint@USMC.mil. Your vote counts!

TRICARE ONLINE



For more information visit:

www.tricare.mil/pharmacy

www.tricare.mil/homedelivery

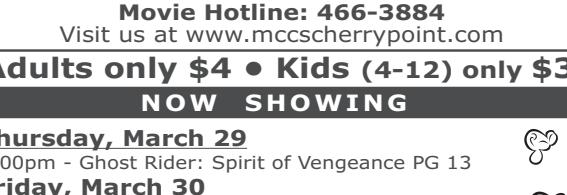
www.tricare.mil/subscription

www.facebook.com/tricare

www.twitter.com/tricare

<https://m.esrx.com>

<https://m.humana-military.com>



Movie Hotline: 466-3884

Visit us at www.mccscherrypoint.com

Adults only \$4 • Kids (4-12) only \$3

NOW SHOWING

Thursday, March 29

6:00pm - Ghost Rider: Spirit of Vengeance PG 13

Friday, March 30

5:00pm - Journey 2: Mysterious Island PG

7:15pm - Ghost Rider: Spirit of Vengeance PG 13

9:15pm - This Means War PG 13

Saturday, March 31

The Secret Garden - Live Storybook Theatre Performance

MOVIE SYNOPSIS

Ghost Rider: Spirit of Vengeance - Starring: Nicolas Cage, Violante Placido, Ciaran Hinds. Former stuntman and bounty hunter of rogue demons Johnny Blaze has been living in self-imposed exile, believing that his powers are a curse. But when he is approached by a member of a monastic order who is looking for someone to protect a mother and her son, who are being pursued by the devil in the figure of a man named Roarke, the Ghost Rider takes the case.

Journey 2: Mysterious Island - Starring: Dwayne Johnson, Michael Caine, Josh Hutcherson. Young Sean Anderson receives a coded distress signal from a mysterious island where no island should exist. It's a place of strange life forms, mountains of gold, deadly volcanoes, and more than one astonishing secret.

This Means War - Starring: Reese Witherspoon, Chris Pine, Tom Hardy. Two of the world's deadliest CIA operatives are inseparable partners and best friends - until they discover that they've fallen in love with the same woman. Deciding to keep their friendship a secret from her, they pull out their full arsenal of fighting skills and high-tech gadgetry to defeat their greatest enemy - each other.

Movies are subject to change without notice

Station gym hours

Devil Dog Gym: 466-2713/4420/4192

Monday - Thursday: 3:30 a.m. - 10 p.m.

Friday: 3:30 a.m. - 8 p.m.

Saturday: 8a.m. - 6p.m., Sunday: 9 a.m. - 5 p.m.

Marine Dome: 466-2566

Monday - Thursday: 5 a.m. - 9 p.m.

Friday: 5 a.m. - 6 p.m.

Weekends and holidays: 1 - 5 p.m.

Hancock Fitness Center: 466-4018

Monday - Thursday: 5:30 a.m. - 7 p.m.

Friday: 5:30 a.m. - 5 p.m.

Closed weekends and holidays



THE LOCAL BUZZ

Announcements

► Indicates new announcement

MARSOC Screening

Headquarters Marine Corps will host a Marine Forces Special Operations Command screening at the Cherry Point theater, today, for active duty Marines and Sailors interested in MARSOC.

For more information, and screening requirements, contact your career planner or visit <http://1.usa.gov/marsocscreening>.

Secret Garden

MCCS will host the live storybook theater performance, "The Secret Garden," at the Cherry Point theater Saturday.

Produced by Eastern Carolina University School of Theatre and Dance, the Secret Garden offers a fresh look at the power of healing and the joy of selflessness through an orphan's eyes.

Free tickets are available at Crystal Coast Travel and Leisure located next to military clothing aboard the air station.

For more information call 466-2172 or 466-2197.

► Mummies of the World Exhibit Extends Hours

Discovery Planet located in Charlotte, N.C., will extend the hours of operation for its Mummies of the World exhibit by a few hours each evening to accommodate crowds during the final weeks of viewing beginning at the end of the month.

Mummies of the World is the largest exhibition of real mummies and related artifacts ever assembled and will end April 7 to continue its tour across the country.

Advance reservations are recommended and tickets may be purchased by calling 704-372-6261 or online at <http://discoveryplace.org>.

For more information, visit <http://mummies.discoveryplace.org> or <http://mummiesoftheworld.com>.

Hope for the Warriors

Hope for the Warriors is announcing early registration for the 7th annual Run for the Warriors.

The race will be held at Jacksonville High School May 19. Early registration for the race is encouraged before April 1, when rates increase.

Early registration prices for the half marathon are \$45 and \$20 for the 10K, 5K and one mile walk/run.

For more information, visit their website at <http://bit.ly/hopeforwarriors>.

Monthly and Weekly Events

Courage to Change

Cherry Point and Havelock Courage to Change support group is for friends and families of people who suffer from alcoholism. Meetings are held at St. Paul's Lutheran Church in Havelock, Tuesdays at 8 p.m.

For more information, call 241-6155 or 670-6236.

AA Beginners Meeting

Alcoholics Anonymous meetings aboard the air station are held Wednesdays and Thursdays at 8 p.m. The meetings take place in Room 208 of Building 229, next to the Cherry Tree House.

For more information, call 447-2109.

Al-Anon Family Group Meeting

Al-Anon family group meetings are held Tuesdays at 8 p.m. for family members and friends of individuals with possible alcohol problems. Meetings are held at Havelock First Baptist Church.

For more information, call 447-8063 or 447-2109.

Together For Life

The "Together for Life" one-day premarital seminar is held for active duty personnel age 26 and under, within 90 days of marriage.

For more information call the chapel at 466-4000 for more information.

Domestic Violence Victims

Support groups for victims of domestic violence are provided by the Carteret County Domestic Violence Program. The group meetings are held every Wednesday at 6 p.m.

For more information, call 728-3788.

Marine Corps League Meetings

Cherry Point's detachment of the Marine Corps League meets the third Tuesday of each month at Miller's Landing at 7 p.m.

For more information, call 515-1175.

Disabled Veterans

Chapter 26 of the Disabled American Veterans meets the third Tuesday of each month at the Senior Center in Havelock at 7 p.m.

For information, contact Cris Young at 259-3427.

Enlisted spouses club

The Cherry Point Enlisted Spouses Club meets the first Thursday of every month in building 3452. The club is a social/ service organization open to the spouses of enlisted service members.

For information call 626-4319 or visit <http://www.cherrypointesc.org>

Friday, Saturday Night Events for Children

The Bridge Youth Center on Harker's Island is for children 6-18 to participate in recreational activities Friday and Saturday evenings. For more information contact Patrick J. Tivnan at 843-709-0732.

Sexual Assault

This procedure is not to replace calling 911 if you are in immediate danger. Immediately call 665-4713, which is monitored 24/7. The person answering the call will help you decide the next steps to take. You may remain anonymous.

Severe Weather and Force Protection Information

Cherry Point personnel call 466-3093. FRC East personnel call 464-8333. DDCN personnel call 466-4083.

Counterfeiting money

Be aware of counterfeit money being circulated in the Eastern North Carolina area. Counterfeit money in all denominations has been circulating in the area, according to police. The U.S. Secret Service provided the following tips on what to do if a business owner or individual suspects he or she has been given a counterfeit bill:

- Do not return to bill to the person who provided it
- Delay the person if possible
- Make note of the person's physical description
- Contact local law enforcement immediately
- Write your initials and the date in the white border areas of the suspect bill
- Limit the handling of the bill
- Carefully place it in a protective covering, such as an envelope
- Surrender the bill only to a properly identified law enforcement agent

Marine and Family Programs

Marine, Family Programs Office Numbers

The Family Member Employment Program, Transition Assistance Management Program, Relocation Assistance Program and accredited financial counselors can be reached at 466-4201.

- Child Development Resource and Referral – 466-3595.

Now in Building 87

- Exceptional Family Member Program – 466-3305.
- Sexual Assault Prevention and Response Program – 466-5490.
- Substance Abuse Counseling – 466-7568.
- New Parent Support Program – 466-3651.
- Family Advocacy Program – 466-3264.

• Library – 466-3552.

• LifeLong Learning – 466-3500.

• Military Family Life Consultant – 876-8016.

• Retired Activities – 466-5548.

Budget for Baby

The Navy-Marine Corps Relief Society offers Budget for Baby classes.

To register call 466-2031.

Breastfeeding Class

The Navy-Marine Corps Relief Society offers free breastfeeding classes to expectant mothers. The purpose of the class is to help prepare the mother to be ready and confident to breastfeed once the baby arrives.

To register call 466-2031.

Veterans' Assistance

A representative from the Veterans Affairs Office visits Cherry Point each Thursday in building 4335. Call 466-4201 for assistance.

OFF Limits MCAS CHERRY POINT AREA

98 CENT ONLY STORE

(BIG DADDY) WESLEY'S GROCERY

COASTAL SMOKE SHOP

EXPRESSIONS

FRIDAY'S NIGHT CLUB (AKA CLUB INSOMNIA, CLUB CLASSICS, INFINITY LOUNGE)

H&D EXPRESS AKA CITGO

NADINE'S FOOD MART

SUPER EXPRESSWAY

TOBACCO OUTLET (HAVELOCK AND NEW BERN)

TOBACCO SHOP & GIFTS (BEAUFORT AND NEW BERN)

TOBACCO TOWN

TOBACCO SHOP (NEWPORT, N.C.)

TWIN RIVERS (NOT THE MALL)

WHITE SANDS CONVENIENCE STORE

MCB CAMP LEJEUNE AREA

BELFAST QUICK MART

BELL AUTO SALVAGE II

BOTTA BOOMS

CASH-N-ADVANCE

CJ'S QUICK MART

CLUB MICKEY'S

COASTAL SMOKE SHOP

DASH-IN

DISCOUNT TOBACCO

D'S DRIVE THRU

D'S QUICK MART

DOLL HOUSE

EASY MONEY CATALOG SALES

EXPRESS WAY

FANTASIES

HIP HOP AND HOOKAHS

ILLUSIONS

JACKSONVILLE SPEEDWAY AUTO PARTS

KINGS DRIVE THRU

KWIK STOP MART

LAIRDS AUTO & TRUCK CENTER

MILITARY CIRCUIT OF JACKSONVILLE

MOE'S MART

NASH MARKET

ONE STOP SHOP

PAR TECH

PLAYHOUSE

PLEASURE PALACE

PRIVATE PLEASURES (AKA CARRIAGE HOUSE)

RACEWAY AUTO PARTS

REFLECTION PHOTO

REID'S MART

SMOKERS POST

SOUTHERN COMFORT

SMITTY'S R&R

SPEED MART

TALK OF THE TOWN II

TENDER TOUCH (AKA BABY DOLLS)

TOBACCO ALLEY

TOBACCO AND MORE

TOBACCO CLUB

TOBACCO FOR LESS

TOBACCO HOUSE CIGARETTE CENTER

TOBACCO LEAF

VERONA QUICK STOP

VETERANS AFFAIRS SERVICES

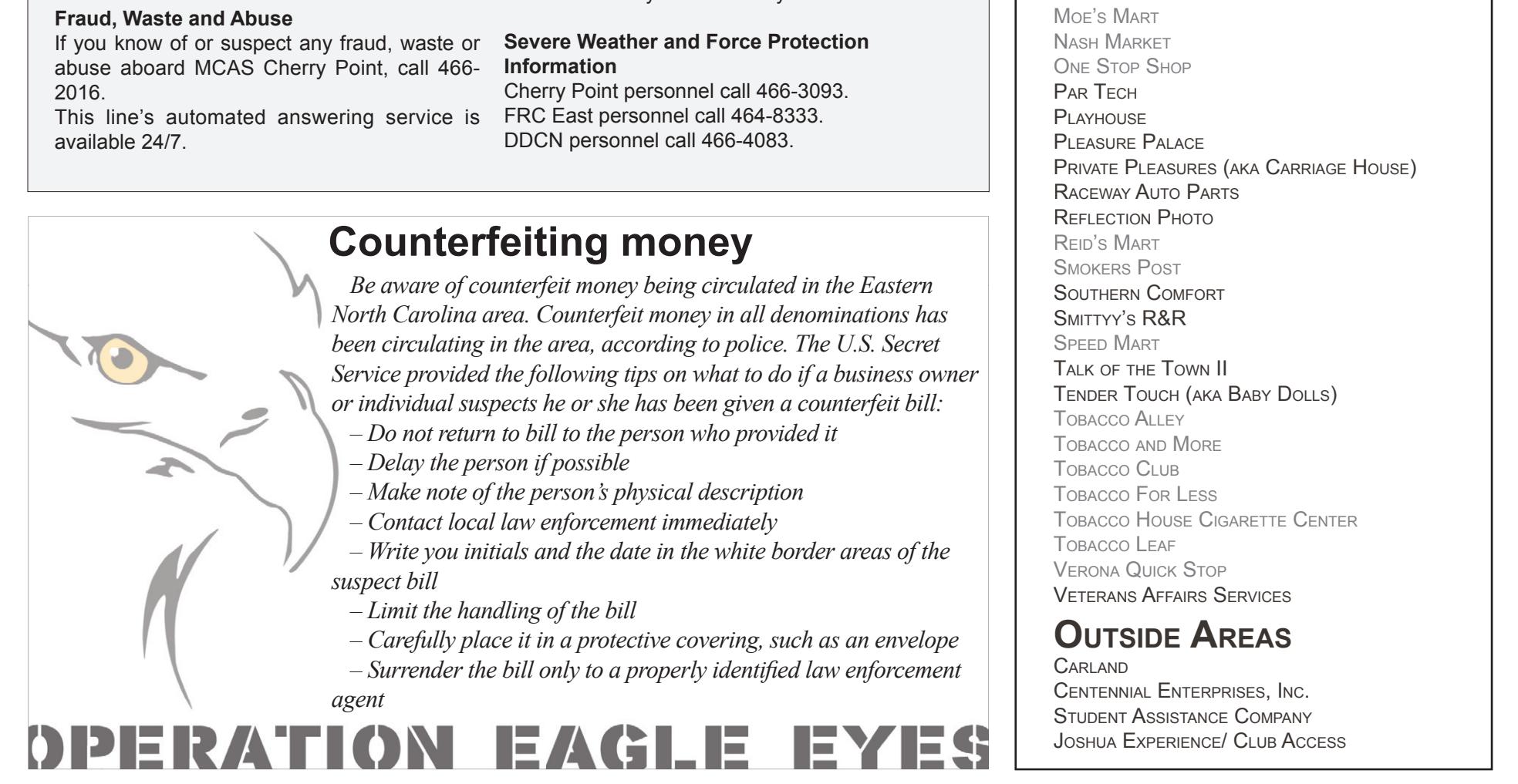
OUTSIDE AREAS

CARLAND

CENTENNIAL ENTERPRISES, INC.

STUDENT ASSISTANCE COMPANY

JOSHUA EXPERIENCE/ CLUB ACCESS



OPERATION EAGLE EYES