III MARINE EXPEDITIONARY FORCE AND MARINE CORPS INSTALLATIONS PACIFIC

OKINAWA MARINE

APRIL 6, 2012

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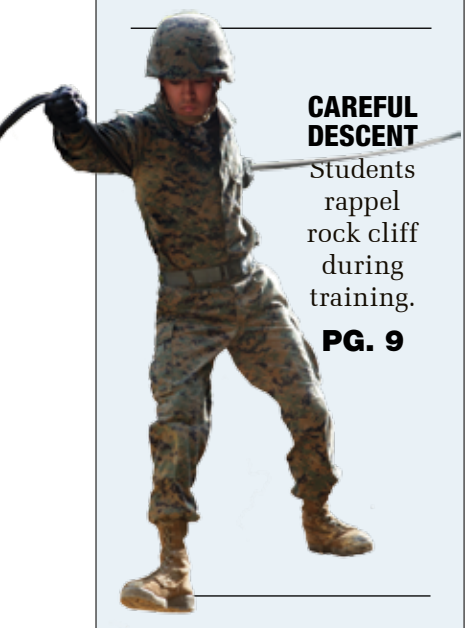
IN THIS ISSUE

GET YOUR PLATE IN SHAPE FOR HEALTHY BODY, LIFE
PG. 3

SMALL-UNIT LEADERS
Evaluation challenges sergeants.
PGS. 6-7

CORAL REEF RISKS
Marines tour reefs to mitigate potential hazards and damage to reefs and amphibious assault vehicles.
PG. 8



CAREFUL DESCENT
Students rappel rock cliff during training.
PG. 9

WATERFALL FUN
Hikers trek to largest waterfall on Okinawa.
PG. 10

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Corpsmen save crash victims

Cpl. Mark W. Stroud
COMBAT LOGISTICS BATTALION 4

CAMP DELARAM II, Afghanistan — Two corpsmen were recognized for saving the lives of mass-casualty victims during a ceremony here March 28.

Petty Officer 1st Class Louis Bismonte and Petty Officer 2nd Class Frederick B. Ehlers were awarded Navy and Marine Corps Achievement Medals for their life-saving actions March 25, when a traffic accident turned into a mass-casualty situation.

Both Bismonte and Ehlers are hospital corpsman supporting combat operations in Afganistan with Embedded Partner Team, Combat Logistics Battalion 4, currently attached to 1st Marine Logistics Group (Forward), Regimental Combat Team 6.

see **CASUALTY** pg 5

Tanaka tours CTA

Japan Defense Minister Naoki Tanaka is briefed March 31 by Lt. Gen. Kenneth J. Glueck Jr. about training conducted at the military operations in urban terrain facility in the central training area. Tanaka was escorted by Glueck to the central training area to gain a better understanding of the training the U.S. Marine Corps conducts on Okinawa. Glueck is the commanding general of III Marine Expeditionary Force. *Photo by Lance Cpl. Daniel E. Valle*

Department of Defense expands drug testing

Lance Cpl. Alyssa N. Hoffacker
OKINAWA MARINE STAFF

CAMP FOSTER — The Department of Defense has strengthened its fight against drug use with expanded drug urinalysis testing slated to take effect May 1.

According to Marine Administrative Message 154/12, Notification of Expanded Drug Urinalysis Testing within the Marine Corps, urinalysis will not only screen for illegal drug use, but will now also check for frequently misused prescription drugs.

"(The Marine message) notifies Marines of the expanded prescription drug urinalysis testing for commonly-abused prescription

see **TESTING** pg 5

Demonstration ignites Month of Military Child

Students from Bechtel Elementary School visited the flightline on Marine Corps Air Station Futenma April 4 to learn about firefighting techniques and fire prevention during the Month of the Military Child. During the visit, the children used fire hoses to knock over cones, simulating extinguishing a fire. "Everything here was child-friendly and informative for the children," said Kelly R. Palazzo, a first-grade teacher at the school. "The displays and Sparky, the National Fire Prevention Association Mascot, were a hit with the children." During April, children have the opportunity to participate in a variety of activities aimed at increasing knowledge about the military while having some fun. For information about activities, contact your unit Family Readiness Officer. *Photo by Lance Cpl. Nicholas S. Ranum*

See iSource inside for Month of the Military Child events!

D.A.R.E.

To keep kids off drugs

Program fights substance abuse

Lance Cpl. Mitchell L. Grieder

Drugs don't just affect you. When you do drugs, they have a ripple effect. You are a role model to someone, and if they see you abuse alcohol or drugs, then they are more likely to as well.

There are severe consequences if you are caught using drugs.

Drugs are never a good thing. They can turn the best A+ student into a failure in a flash.

The month of April is a key time to highlight and fight the harmful effects of alcohol and drug abuse. April is Alcohol Awareness Month, and April 5 was National Drug Abuse Resistance Education Day.

The D.A.R.E. program was founded in 1983 in Los Angeles to help children become more aware of the consequences and ways to fight drug abuse. The program is active in 75 percent of our nation's school districts and in more than 43 countries around the world. The program helps children make wise choices about tough life decisions and builds positive relationships between students and law enforcement officers, teachers and parents.

D.A.R.E. helps children make correct choices by using real-life scenarios. It also helps them by identifying what kinds of drugs are out there and what they do to one's body.

On Okinawa, D.A.R.E. provides a 10-week course for all 5th-grade classes at schools on base and periodic visits to preschools and kindergarten classes to discuss safety issues for everyday life.

"The program helps children make wise choices about tough life decisions."

Continued exposure to this program is important for today's youth because it provides skills needed to make the right decisions when faced with drugs and to find different and creative ways to get out of tough situations. The program not only teaches children the hard facts about the damaging effects of drug use on the body and mind, it also delves into social issues like dealing with peer pressure and bullies.

Anyone can volunteer to help at D.A.R.E. events. Volunteers are especially needed during the upcoming summer festival season.

For more information about the D.A.R.E program, visit www.dare.com. For more information about volunteer opportunities, call 645-3955.

Grieder is a crime prevention specialist with the Provost Marshal's Office.

Telling the Marine Corps story through videos, photos and stories. See more online.

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twitter www.twitter.com/okinawamarines

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AROUND THE CORPS

Chief Warrant Officer Ross A. Hrynewych runs alongside Alex Lomax during the Mary Fay Pendleton School's Run to Afghanistan on Camp Pendleton, Calif., March 29. Students, teachers, family members, service members and countless volunteers ran a combined 7,540 miles to promote physical fitness and support deployed troops. Hrynewych is a data and communications maintenance officer with 1st Radio Battalion, I Marine Expeditionary Force Headquarters Group, I MEF. *Photo by Cpl. Jovane M. Henry*

A candidate with Company C, Officer Candidate School, maneuvers across a horizontal rope during The Montford Point Challenge at Marine Corps Base Quantico, Va., March 24. This is the second company to take on the challenge, created to honor the sacrifice and heroism of the first African-American Marines who trained at Montford Point, N.C., from 1942 to 1949. *Photo by Lance Cpl. Emmanuel Ramos*

A safety swimmer aboard USS New Orleans sits on the ship's stern gate and watches Marines and sailors during recreational swimming in the ocean March 30. The Marines are with the 11th Marine Expeditionary Unit, which is deployed as part of the Makin Island Amphibious Ready Group, a U.S. Central Command theater reserve force. *Photo by Cpl. Ryan Carpenter*

OKINAWA MARINE

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COMMANDING GENERAL Maj. Gen. Peter J. Talleri

PUBLIC AFFAIRS DIRECTOR Lt. Col. David M. Griesmer

PRESS OFFICER 1st Lt. Evan A. Almaas

PRESS CHIEF Gunnery Sgt. J. L. Wright Jr.

DESIGN EDITOR Audra A. Satterlee

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SOUTHERN BUREAU
Camp Kinser
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Kubasaki High students become Iron Dragons

Pfc. Nicholas S. Ranum
OKINAWA MARINE STAFF

CAMP FOSTER — The students of the culinary program at Kubasaki High School competed in the Iron Dragon Challenge Food Revue at the school here March 29-30.

The challenge involved teams of students preparing full-course meals consisting of an appetizer, a main dish and a dessert.

"The challenge is a demonstration of students' knowledge and creative abilities through the preparation and presentation of a meal," said Christine M. Geist, the culinary instructor at the school. "I started this three years ago and have slowly been improving it by having the students actually cook the food in the school."

The first year, students made all the food at home and then brought it in to be presented, said Geist. Last year was the first time they were able to cook the dishes in the classroom.

"These types of competitions are good for the students," said Sena Clinton, a judge for the competition. "It allows them to become used to the intense atmosphere of a kitchen."

This year, along with their meal, each team also prepared binders with their recipes. Each recipe's measurements were verified by the judges.

"My son told Ms. Geist that I was a pastry chef, and she contacted me this year to help with the judging," said Clinton. "I like seeing how the students cook."

The judging criteria was organized into two main categories: preparation and presentation, said Geist.

The judges were professional chefs and service members, from across the island, who deal with sanitation and cooking. There were also teachers and families present to sample and rate the food.

"We are lucky in that we have service members who take time out of their day to work with the children," said Geist. "It is said that programs like this are disappearing across the U.S."

The Kubasaki Iron Dragon Challenge Food Revue showed that the students were capable of not only preparing fine cuisine, but also setting a table to enhance the presentation of the meal.

Kristine Anderson reviews her recipe during the Iron Dragon Challenge Food Revue at Kubasaki High School on Camp Foster March 30. Students formed teams to make full restaurant-style meals, preparing the students for real-world food preparation. *Photo by Pfc. Nicholas S. Ranum*

Good nutrition necessary for healthy body, well-being

Lance Cpl. Alyssa N. Hoffacker
OKINAWA MARINE STAFF

CAMP LESTER — Last week marked the end of the nation's observance of National Nutrition Month, which focused on this year's theme "Get Your Plate in Shape."

National Nutrition Month is an educational and informational campaign about the importance of making informed food choices and developing sound eating and physical activity habits. It is hosted annually by the Academy of Nutrition and Dietetics.

While March is declared National Nutrition Month, it is important to pay close attention to nutrition throughout the year, according to Lt. Cmdr. Gail M. Strong, the department of head of Combined Food Operations at U.S. Naval Hospital Okinawa.

"The food one eats provides needed energy, vitamins and minerals that are vital to the body's functions," said Strong.

Food fuels the body to perform daily tasks and extreme activities. Certain foods better prepare the body to perform tasks, such as physical fitness and training.

"Athletic ability comes from multiple factors like genetics and training," said Seaman Kyle Graham, a hospital corpsman with Combat Logistics Regiment 37, 3rd Marine Logistics Group, III Marine Expeditionary Force. "But without good food choices and the correct timing of meals, your training and performance will suffer in the end."

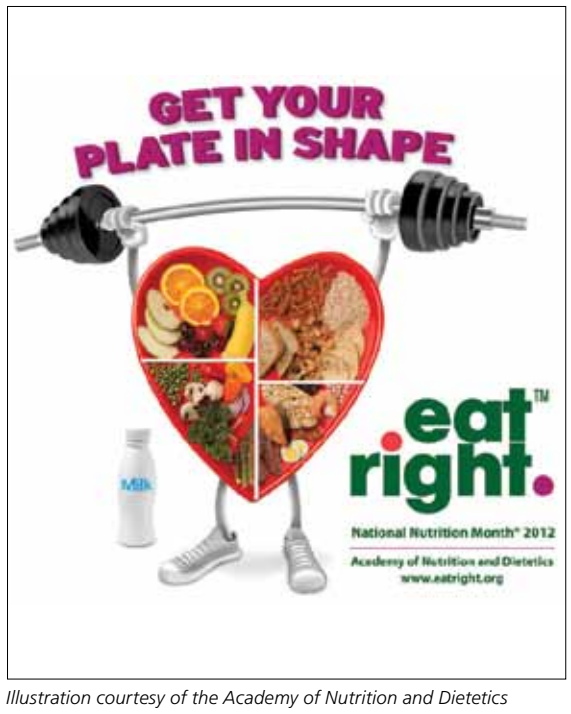


Illustration courtesy of the Academy of Nutrition and Dietetics

Carbohydrates are the best fuel for working muscles and should be included in all meals and snacks, according to the Academy of Nutrition and Dietetics.

Proteins are essential for muscle growth and repairs, said Graham. Protein also makes red and white blood cells, hormones and enzymes, all of which are crucial to good health.

"Although fats are often thought of as bad, they are helpful throughout the body," said Graham. "You need fat for energy and vitamins. Fat also helps keep your brain and nervous system healthy."

Vitamins and minerals do not contain energy, but they unlock the energy stored in food, said Graham.

"Eat foods high in carbohydrates such as rice, pasta, potatoes, yogurt, fruit smoothies and breads several hours before working out," said Strong. "A snack of an energy or granola bar, half a bagel or a large banana about an hour before exercising and always drinking lots of water will provide the body with proper energy."

Diet, exercise and nutrition not only fuel your body, but help your immune system and are linked to the prevention of several illnesses, said Graham.

"While eating well may not cure a disease, it can work in conjunction with a healthy lifestyle and help prevent or treat a disease," said Strong. "For example, eating well and keeping your weight under control may help you avoid diabetes. If diagnosed with diabetes, a sound meal plan may help control blood sugars and control the disease."

Everyone has different bad food habits, said Strong. The best way to kick these habits is by focusing on them one at a time and building new healthy habits, like drinking water instead of soda and other high-calorie beverages.

For more information on nutrition, visit www.eatright.org.

BRIEFS

WHAT IS YOUR DRINKING IQ?

In observance of Alcohol Awareness Month in April, military installations and health care providers worldwide are educating people about responsible alcohol use.

Military Pathways, started in 1999, is sponsoring an anonymous online survey to determine one's drinking IQ. The survey helps participants understand healthy drinking levels and interaction with alcohol.

Visit www.DrinkingIQ.org to find out how your drinking habits stack up. For other useful surveys and information about mental health and alcohol use, visit Military Pathways at www.militarypathways.org.

GROUND TRAINING DEVICES AND SIMULATORS SYMPOSIUM APRIL 18-19

Combat Camera, G-3, Marine Corps Base Camp Butler, is conducting a ground training devices and simulators symposium April 18-19.

The first day will include static displays at the Ocean Breeze on Camp Foster from 10:30 a.m. to 1:30 p.m. The second day will consist of a sequence of demonstrations and briefs of various training devices on Camp Hansen. Demonstrations times will vary.

Some of the devices include the combat convoy simulator, supporting arms virtual trainer, deployable virtual training environment and counter improvised explosive device training aids.

For more details and times for the demonstrations, contact 623-2610.

AGGIE MUSTER

Texas A&M University alumni are invited to Aggie Muster at the Ocean Breeze on Camp Foster April 21 starting at 6 p.m.

Aggie Muster is for graduates of Texas A&M to join and pay tribute to fellow graduates who passed away in the previous year.

For more details, contact 625-2985.

TAKE CARE OF OUR OWN VIA NMCRS

The Navy-Marine Corps Active-Duty Fund Drive provides a valuable opportunity to contribute to the Navy-Marine Corps Relief Society and make a significant impact on Marines, sailors and their families. By donating to NMCRS, the society can help Marines and sailors worldwide overcome emergencies or financial difficulties.

This is the first year Marines are able to make contributions though Marine Online. If you choose to donate through MOL, enter your account and from the main page choose "Resources." Click on the NMCRS link, then select "NMCRS 2012 Fund Drive."

Even those who indicated they did not wish to participate can still donate by visiting their unit representative or the NMCRS website. To donate via the internet, visit http://donations.nmcrs.org/ActiveDutyFundDrive and indicate your unit for accurate tracking.

For more details, contact your unit representative or call 645-2357/7177.

TO SUBMIT A BRIEF, *send an e-mail to okinawamarine.mcbb.fct@usmc.mil, or fax your request to 645-3803. The deadline for submitting a brief is noon Friday. Okinawa Marine reserves the right to edit all submitted material.*

Firefighters, EOD Marines conduct first hazardous material training together

Lance Cpl. Matthew J. Manning
OKINAWA MARINE STAFF

Sgt. Ryan S. Potts, left, and Sgt. David L. Crouse explosive ordnance disposal technicians, are decontaminated by firefighters at the Camp Hansen Joint Training Facility April 2. The exercise was the first in which firefighters and EOD Marines worked together. The firefighters are with Marine Corps Installations Pacific Fire and Emergency Services Japan and the EOD Marines are with Headquarters and Service Battalion, Marine Corps Base Camp Butler, and 9th Engineer Support Battalion, 3rd Marine Logistics Group, III Marine Expeditionary Force. *Photo by Lance Cpl. Matthew J. Manning*

CAMP HANSEN — Firefighters with Marine Corps Installations Pacific Fire and Emergency Services Japan and explosive ordnance disposal Marines conducted joint hazardous material training at the Camp Hansen Joint Training Facility April 2.

"It is the first time we have had joint training with EOD, so it has been insightful and educational for us," said Chuchi Inafuku, battalion chief with the fire department.

The exercise which featured Marines with Headquarters and Service Battalion, Marine Corps Base Camp Butler, as well as EOD Company, 9th Engineer Support Battalion, 3rd Marine Logistics Group, III Marine Expeditionary Force, helped the fire department meet its annual requirements.

"We are required to have an exercise for HAZMAT every year to meet the National Fire Protection Association standard we follow," said Paul O. Sugita, assistant fire chief of operations for the department. "We are trying to incorporate a scenario where both EOD and HAZMAT teams would work together."

During the exercise, the firefighters and EOD Marines had to assess and develop a plan to appropriately deal with a mock suspected methamphetamine lab filled with homemade explosive ingredients.

"They thought there might be explosives in there, so we went in to take samples from the room and determine what was being used," said Sgt. David L. Crouse, EOD technician with Headquarters and Service Battalion.

The process of identifying and eliminating the hazards requires several teams of firefighters and EOD Marines to work together.

"Before we start sending teams into the area we have to set up a decontamination corridor, so we can clean off any of the hazardous materials from those who have gone inside," said Sugita.

The EOD Marines used their remote ordnance neutralization system, an information-gathering robot, to gather information to pass to the firefighters.

"For the EOD portion of the exercise we break ourselves into three teams," said Crouse. "The first team takes samples, the next team will handle neutralizing any explosive hazards, and the last team will clean up the lab ensuring it is safe of all explosive threats."

During the exercise, the firefighters and the Marines were able to learn from each other's hazardous materials procedures.

"It is interesting to see how the EOD teams' procedures differ from the fire department," said Inafuku. "When going through the decontamination corridor, the firefighters just start cleaning each other off, and the Marines would wait until they were told to proceed into the corridor."

"I enjoy doing joint exercises, especially here in Japan," said Crouse. "Although there is a language barrier, we are able to coordinate with each other to accomplish the task."

Kubasaki JROTC wins drill championship

Cadets of the Kubasaki High School Marine Corps Junior Reserve Officer's Training Corps are inspected by Staff Sgt. Tony Diaz during the 2012 JROTC Far East Drill competition on Kadena Air Base March 26-28. Kubasaki's team earned the title of 2012 JROTC Far East Drill Champions of Department of Defense Education Activity Pacific after competing against 11 other Pacific region JROTC units from the Army, Navy and Air Force. "Drill requires much more dedication than any other sport in high school," said Cadet Lt. Col. Emmanuelle Cordero, the team's instructor and cadet battalion commander. "Drill is six months-worth of preparation and refining our drill procedures. I'm so proud of our team and pleased that all of our hard work and sacrifices paid off with the title of Far East champions." *Photo courtesy of Robert E. Mastriano*

Expert discusses fight against terrorism

Dr. Christopher C. Harmon speaks to students of the Marine Corps University at the Camp Foster Community Center March 22. Harmon delivered a series of lectures on multiple camps to MCU students, officers and staff noncommissioned officers discussing strategic approaches to fighting terrorism and President Barack Obama's strategy and policy regarding terrorism. Harmon was hosted by the MCU's College of Distance Education and Training Okinawa campus to educate service members on Okinawa. Harmon is the resident expert of terrorism and counter terrorism at MCU. *Photo by Lance Cpl. Nicholas S. Ranum*

CASUALTY from pg 1

"(Corpsmen) are never off duty," said Chief Petty Officer Charles R. Schaefer, medical chief with CLB-4. "We all have to be ready at any time."

The two hospital corpsmen were relaxing in their sleeping quarters when EPT interpreters knocked on their door, telling the sailors to grab their medical supplies and come to the Afghan National Army medical tent, according to Ehlers.

"When we got to the tent, the first casualties had already been brought in," said Ehlers. "(The ANA) were making trips back and forth from the accident site, bringing back groups of the injured."

A civilian Afghan bus had crashed near the camp's entry control point resulting in 28 casualties, including the death of five Afghan civilians.

"We were working with the ANA medics to provide the first level of care," said Ehlers. "If (the casualties) needed a higher level of care, we sent them to the (Shock-Trauma Platoon)."

The sailors had previous experience instructing ANA medical personnel with the 5th Kandak, 2nd Brigade, 215th Corps, in battlefield medical care, but had not worked with Afghan medics in an operational environment until the March 25 mass casualty, according to Ehlers.

"We are here to train the trainers," said Ehlers. "These ANA medics who go to our courses will be able to go back to their units and teach others."

The ANA medics from the corpsmen's most recent four-week course graduated March 17 and had already left Delaram II to assume their duties at different units throughout the ANA when the mass-casualty event occurred.

The Afghan medical personnel working to treat the injured civilians were not former students of the EPT corpsmen.

"Like any mass-casualty event, it was very chaotic but the (ANA) did well," said Bismonte.

The rapid and professional conduct of the corpsmen in responding to the mass-casualty event directly led to the survival of casualties, according to Schaefer.

"I saw the bus … and it was near totally destroyed," said Schaefer. "(The bus) looked like it had been bent in half … if it were not for our corpsmen, there would have been more killed."

Sgt. Major. Robert H. Brown Jr., left, congratulates Petty Officer 1st Class Louis Bismonte, right, after Bismonte was awarded the Navy and Marine Corps Achievement Medal on Camp Delaram II, Afghanistan March 28. Brown is the sergeant major for CLB-4, 1st Marine Logistics Group (Forward), RCT-6. Bismonte is a hospital corpsman with CLB-4. *Photo by Cpl. Mark W. Stroud*

Sgt. Major. Robert H. Brown Jr., left, and Lt. Col. Adam L. Chalkley, center left, presents Petty Officer 2nd Class Frederick B. Ehlers, center, and Petty Officer 1st Class Louis Bismonte, with Navy and Marine Corps Achievement Medals on Camp Delaram II, Afghanistan, March 28. Brown is the sergeant major of Combat Logistics Battalion 4, 1st Marine Logistics Group (Forward), Regimental Combat Team 6. Chalkley is the commander of CLB-4. Ehlers and Bismonte are hospital corpsmen with CLB-4. *Photo by Cpl. Mark W. Stroud*

TESTING from pg

drugs, including hydrocodone and benzodiazepines," said Staff Sgt. Joshua L. Brewer, substance abuse control officer for 7th Communication Battalion, III Marine Expeditionary Force Headquarters Group, III MEF.

Although these powerful prescription drugs can alleviate suffering from injuries and anxiety, they are potentially highly addictive. When used incorrectly, they put the Marine and unit at risk, according to the message.

"Leaders should be mindful of the Marines who are on prescription drugs to ensure it is annotated in their medical records, and they are not abusing the drug or becoming dependent," said Brewer. "When conducting a urinalysis on any Marine, the importance of the annotation of prescription drugs is paramount."

Prescription drugs are considered inappropriately used when they are not used for their intended purpose, used beyond their prescribed dates, used in excess of the prescribed dosing regimens, or when a service member uses another individual's prescribed medications, according to a message referenced in the MARADMIN. The message from the office of the Secretary of Defense is titled Initiation of Expanded Prescription Drug Urinalysis Testing.

"Marines who are misusing prescriptions are encouraged to voluntarily seek medical treatment," said David Ralston, the drug demand reduction coordinator for Marine Corps Base Camp Butler.

All Marines who refer themselves to qualified representatives shall be screened at a medical facility, per Marine Corps Order 5300.17, also referenced in the MARADMIN.

According to the order, Marines professionally diagnosed as "not drug dependent" will face disciplinary action, while those diagnosed as "drug dependent" will be offered medical treatment and will be exempt from disciplinary action.

However, the order also makes clear that regardless of the diagnosis, the Marine will be processed for administrative separation.

According to the Secretary of Defense's message, those who self-refer for abuse of hydrocodone and benzodiazepine prior to May 1 will not be subjected to punitive action.

"The bottom line is that the abuse of prescription medication is harmful to the individual user and everyone around them," said Ralston. "The best way to prevent the negative consequences to your career and life is to use prescription medications only as your physician directs."

Marines seeking substance abuse counseling can obtain assistance through their chain-of-command, medical personnel or self-refer to their respective substance abuse counseling center.

"The ultimate goal of the program is to hold all Marines accountable for their actions and to help them get back on the right track," said Brewer.

For useful tools and advice on drug abuse, talk to your unit's substance abuse control officer or visit www.usmc-mccs.org/leadersguide/SubstanceUse/Drug/index.htm.

Sergeants exercise small-unit leadership skills during course

Lance Cpl. Daniel E. Valle
OKINAWA MARINE STAFF

CAMP HANSEN — Marines enrolled in the sergeants course at the Okinawa Staff Noncommissioned Officer Academy participated in a small-unit leadership evaluation on Camp Hansen March 27.

Small-unit leadership evaluation, or SULE, allows Marines to practice using the nine warfighting principles during a field training exercise.

While it has been a part of the curriculum for the resident professional military education sergeants course for some time, changes were made locally to improve the SULE.

The evaluation was improved to make it more challenging, according to Gunnery Sgt. Brian C. Walmer, staff noncommissioned officer in charge of the course.

The event's purpose is to test the students on material covered during the course, using practical application to develop critical thinking skills.

"We were tested on everything we learned in the first couple of weeks of class," said Sgt. Erika Gongora, a student and supply clerk with Marine Corps Base Camp Butler. "It is good working with your peers and taking knowledge from each other that will make us all better leaders for our units."

The Marines were pushed both mentally and physically throughout the training, according to Sgt. Jason C. England, a student and heavy-equipment operator with Combat Assault Battalion, 3rd Marine Division, III Marine Expeditionary Force.

"It was a culminating event for us," said England. "It allows us to practically apply and evaluate what we learned and what we need to work on."

The Marines ran to six different stations around Camp Hansen and completed certain tasks at each station.

"The course begins at the academy, which is the first station," said Staff Sgt. Christopher J. Heater, a faculty advisor for the course who helped revise SULE. "At the first station, they conduct a KIM game, which stands for keep in mind."

During the KIM game, the Marines are given 10 military items and are told to remember as many details about the items as possible without communicating with each other or taking notes.

From there, the Marines were required to run to the other stations and perform tactical evacuations, assemble five military weapons within two minutes, draw a fire-plan sketch and range card, properly request a call-for-fire mission, and locate an improvised explosive device.

The key to success during the SULE is teamwork, according to Gongora.

"Not only were we individually challenged, but we were challenged as a unit," she said. "We came together, motivated each other, and pushed each other until we finished. It builds camaraderie between us."

After the students completed the course, they regrouped at their first station. There, they were again tested with remembering what they could from the KIM game.

The results of the initial SULE will determine if the SNCO Academy will continue the training for future classes.

"We created this new culminating event so when we do our after-action report, we can determine if there is anything we can do to improve the evaluation for the Marines," said Heater. "If we find any faults we will fix them for the courses to come."

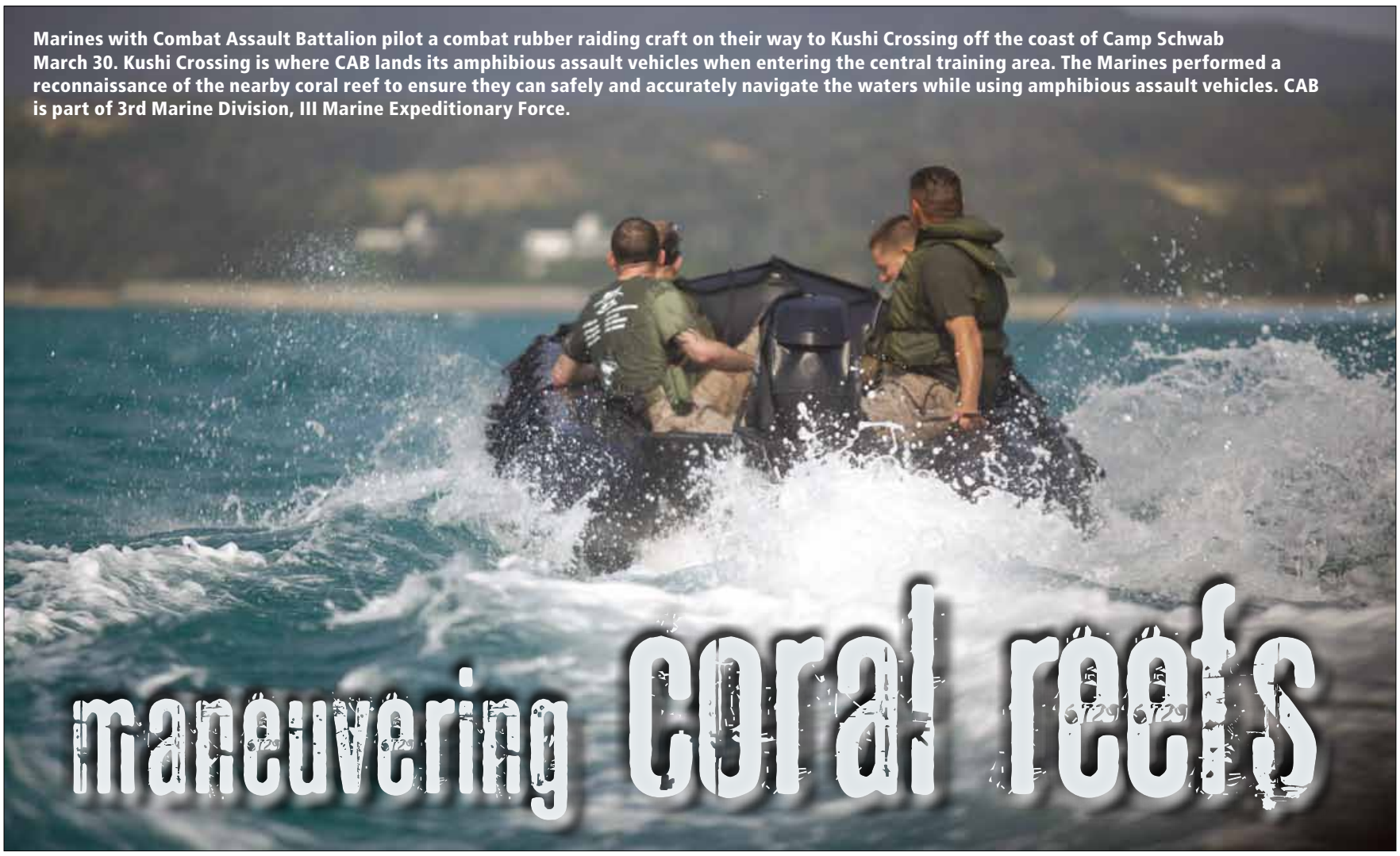
Marines are surprised by a simulated improvised explosive device during a small-unit leadership evaluation on Camp Hansen March 27. The SULE is a culminating event Officer Academy on the lessons they have been taught. *Photo by Lance Cpl. Daniel E. Valle*

Marines enrolled in the sergeants course at the Okinawa Staff Noncommissioned Officer Academy run to the next station of the SULE on Camp Hansen March 27. The Marines had to complete different tasks at six stations as part of the event.
Photo by Lance Cpl. Daniel E. Valle

t designed to test students of the sergeants course at the Okinawa Staff Noncommissioned

Sgt. Joseph G. Wittee and Sgt. Kia X. White, both students in the sergeants course, draw a fire-plan sketch and range card during the SULE event on Camp Hansen March 27. Wittee is a student and an explosive ordnance disposal technician with EOD Company, 9th Engineer Support Battalion, 3rd Marine Logistics Group, III Marine Expeditionary Force. White is an electrician for F/A-18D Hornet aircraft with Marine All-Weather Fighter Attack Squadron 121, Marine Aircraft Group 11, 3rd Marine Aircraft Wing, I Marine Expeditionary Force. *Photo by Lance Cpl. Daniel E. Valle*

Sgt. Kia X. White, an aircraft electrician, assembles an M16A4 service rifle during the SULE on Camp Hansen March 27. During the event, students were required to assemble multiple weapons systems within a time limit. *Photo by Lance Cpl. Daniel E. Valle*



Marines with Combat Assault Battalion pilot a combat rubber raiding craft on their way to Kushi Crossing off the coast of Camp Schwab March 30. Kushi Crossing is where CAB lands its amphibious assault vehicles when entering the central training area. The Marines performed a reconnaissance of the nearby coral reef to ensure they can safely and accurately navigate the waters while using amphibious assault vehicles. CAB is part of 3rd Marine Division, III Marine Expeditionary Force.

CAB, 3rd Recon Bn mitigate reef risks

Story and photos by Lance Cpl. Erik S. Brooks Jr.
OKINAWA MARINE STAFF

Coral reefs, formed over thousands of years, create some of Okinawa's most exciting and beautiful areas to explore. However, coral is easily destroyed by unintentional contact, and it can also pose serious danger to marine vehicles of all sorts.

Marines with Combat Assault Battalion maneuvered Okinawa's waterways, guided by 3rd Reconnaissance Marines, to help mitigate this potential hazard during future training with amphibious assault vehicles.

To accomplish this, the Marines used combat rubber raiding craft to survey the waters off the coast of Camp Schwab March 30.

"The mission today was for us to conduct water route (reconnaissance) for our amphibious assault vehicles," said Capt. Jonathan D. Morris, an AAV officer and company commander for Company F, CAB, 3rd Marine Division, III Marine Expeditionary Force. "We needed to look to see where we could maneuver our AAVs through the water."

Company F, originally based at Camp Pendleton, Calif., arrived on Okinawa March 17 for a six-month tour as part of the Marine Corps' unit deployment program. While on Okinawa, the unit will provide support to III MEF's amphibious operational capability.

"When a UDP comes in from CAB, it is our job to show them the proper routes to take when out in the ocean," said Cpl. Charles T. Sexton, a small-craft boat mechanic with 3rd Reconnaissance Bn.

Recon Bn.'s role in the mission was to supply and pilot the boats, and show CAB Marines where to enter the water, according to Sexton.

Marines with CAB look for coral reefs while piloting a combat rubber raiding craft on their way to Kushi Crossing off the coast of Camp Schwab March 30. The purpose of the reconnaissance was to see where their amphibious assault vehicles could safely navigate.

"When CAB conducts training in the central training area with AAVs, we depart from Schwab to a place called Kushi Crossing," said Morris. "Kushi is where we enter the central training area with the AAVs."

After a safety brief about the watercraft and local sea conditions, the Marines made their way to Kushi Crossing.

"As we headed out into the ocean, we pointed out to CAB where the reefs were and other areas to avoid," said Sexton.

When the Marines arrived at Kushi Crossing, they cruised around the area looking for any shallow spots in the water.

"Looking for every possible obstacle is very important to us," said Morris. "We look for paths in the water so that our AAVs will not damage the reef or be damaged."

As each reef was found, the Marines plotted the points on the defense advanced GPS receiver to make sure they avoided them during future training missions, said Morris.

"We do not want to damage the coral reefs or our AAVs in the water," said Morris. "So, this was a very valuable opportunity to look where the reefs are located, so we can conduct safe training in the future."

Marines descend through jungle warfare training

Story and photos by
Lance Cpl. Erik S. Brooks Jr.
OKINAWA MARINE STAFF

Marines with Combat Logistic Regiment 37 performs a hasty rappel down a hill at JWTC on Camp Gonsalves April 2. Rappelling skills prepare Marines to overcome potential obstacles during deployments. The CLR-37 Marines are assigned to 3rd Marine Logistics Group, III Marine Expeditionary Force.

"Marine on rappel!" "Marine on belay!" These shouts rang throughout the hills as Marines prepared to descend the sheer drop off. Using their feet against the rock wall and climbing rope, the Marines rappelled one-by-one off the cliff to the bottom.

More than 60 Marines with various units within Combat Logistics Regiment 37, 3rd Marine Logistics Group, III Marine Expeditionary Force, performed fast rappelling, hasty rappelling and crossed a man-made bridge at the Jungle Warfare Training Center at Camp Gonsalves April 2.

"The Marines are currently completing a seven-day basic jungle warfare training (package)," said Staff Sgt. Ryan W. Meyer, a motor transport operations chief with CLR-37. "Rappelling was the first exercise we completed (that day)."

Marines must practice rappelling because there may be a situation during a combat deployment where rappelling could make the difference between staying alive and safe or getting hurt, said Meyer.

The Marines began the day with classes outlining knot-tying techniques.

"We taught the Marines four different knots they would need to use," said Lance Cpl. Daniel Zungia, an instructor at JWTC. "Each knot serves a different purpose."

The first knot the Marines learned was the square knot, which is the most common knot used to secure rope around an object. The second knot taught was the around-body knot, which is used when crossing a man-made bridge. Connected to that knot is the figure-eight knot.

"The figure-eight knot allows Marines to use a carabineer to clip onto the knot and safety line when crossing obstacles," said Zungia.

The final knot learned was the military rappel seat, which serves as a makeshift harness.

"The rope is tied around the waist then looped through the legs to create the harness," said Zungia. "The carabineer is then connected to the front, and the Marine is ready to rappel."

After mastering the knots, the Marines used their skills to rappel safely down the 70-foot cliff while performing stopping maneuvers.

"As the Marines (descended) they performed three controlled stops," said Zungia.

The Marines were taught the "3 o'clock method," where the rope flows freely, allowing them to start and stop while fast rappelling down the cliff. The method gets its name because the Marine puts their brake hand in the 3 o'clock position, or horizontally out to the right of their body.

They also learned the "6 o'clock method," which allows them to rappel faster while still maintaining control. Using this method, the Marine moves the brake hand to the 6 o'clock position, or straight down, to tighten the ropes and stop.

"To have a controlled descent, the Marine can't hold the rope too tight," said Zungia. "It not only causes rope burn, but it also creates a bumpy ride down."

After each Marine practiced fast rappelling, they transitioned into hasty rappelling, which is an improvised method used to descend moderate slopes without the use of carabiners.

"Hasty rappelling is difficult for some because they underestimate the hill," said Zungia. "The hill is steeper than they expect, and they try to go too fast."

To come to a stop while hasty rappelling, they must bring the rope to their chest, creating friction and stopping them, according to Meyer.

The final exercise involved the Marines crossing a man-made, rope bridge.

To maneuver the bridge, the Marines used the around-body knot, requiring them to hook onto the safety line and walk across the thin bridge foot-over-foot.

"The man bridge can be set up during operations to overcome obstacles such as valleys," said Zungia.

Most of the rappelling training is not new for the Marines, but it takes some time to refresh their skills.

"This was a chance for the Marines to keep their skills sharp," said Meyer. "The Marines learned individually to overcome their sense of fear, and trust in the skills they had been taught."

Cpl. Blake M. Cameron, top, a JWTC instructor, teaches Marines with CLR-37 proper navigation of a hill using the hasty rappel technique at JWTC April 2. Along with rappeling, the Marines also learned proper knot-tying techniques. JWTC instructors are part of 3rd Marine Division, III MEF.

Marines with CLR-37 rappel down a 70-foot cliff at JWTC April 2. The Marines performed three controlled safety stops as part of their training.

Hikers splash their way to Hiji Falls

Story and photos by
Lance Cpl. Kasey Peacock
OKINAWA MARINE STAFF

The faces of people on the bus were filled with hope as a glimmer of sunlight was seen through the rain clouds covering the sky. As time passed and the bus arrived at its destination, the rain continued. As participants stepped off the bus, reality set in that the day would be filled with a gloomy sky, mud puddles and gusty winds.

The bad weather did not stop those involved from enjoying a hike to Hiji Falls hosted by Marine Corps Community Services on Okinawa March 31.

Hiji Falls, home to the largest waterfall on Okinawa, is located in the northern region of the island and includes a one-mile hiking trail to the falls. The falls are home to more than 380 rare species of plants and offer the opportunity to see many different types of rare birds, including the Okinawa Rail, Akahige and the Pryor's Woodpecker.

Tour participants observed the scenery of Hiji Falls during a hike hosted by Marine Corps Community Services March 31.

Participants took their time hiking the trail and observing the scenery, taking photographs and asking questions about its history.

"I love having the opportunity to experience the Okinawan culture," said Sara A. Sloane, an amateur photographer. "My husband and I take advantage of every opportunity we can regardless of the weather."

Prior to the hike, coordinators presented background information on the popularity of Hiji Falls and forewarned everyone of the stairs they would be climbing through the trail.

"I was very proud and surprised my daughter was able to make it through the hike with no complaints," said Melissa J. Warthen, a hike participant.

After hiking up and down countless sets of stairs, the trail eventually leads to a waterfall, measuring 85-feet in height — the largest waterfall on Okinawa.

"I would advise everyone to continue to learn and educate themselves about everything Okinawa has to offer," said participant Steven A. Sloane. "A (tour) on Okinawa will not last forever, and I don't think a lot of service members take full advantage of what it has to offer."

To learn more about MCCS tours, visit www.mccsokinawa.com or call 646-3502.

Members of the military community enjoyed a hike to Hiji Falls hosted by Marine Corps Community Services March 31. Hiji Falls, the largest waterfall on Okinawa, is located in the northern region of the island and includes a hiking trail, which is open to the public.

In Theaters Now

APRIL 6 - 12

FOSTER

TODAY The Hunger Games (PG13), 6 p.m.; The Grey (R), 9:30 p.m.
SATURDAY Big Miracle (PG), noon; Chronicle (PG13), 3 p.m.; John Carter (PG13), 6 p.m.; The Grey (R), 9:30 p.m.
SUNDAY Wrath of the Titans (PG13), 1, 4 and 7 p.m.
MONDAY John Carter (PG13), 7 p.m.
TUESDAY Chronicle (PG13), 3 and 7 p.m.
WEDNESDAY The Grey (R), 7 p.m.
THURSDAY Wrath of the TItans (PG13), 3 and 7 p.m.

KADENA

TODAY Chronicle (PG13), 6 p.m.; The Grey (R), 9 p.m.
SATURDAY The Hunger Games (PG13), noon, 4 and 8 p.m.
SUNDAY The Hunger Games (PG13), noon, 4 and 8 p.m.
MONDAY Dr. Seuss' The Lorax (PG), 3 p.m.; The Hunger Games (PG13), 7 p.m.
TUESDAY 21 Jump Street (R), 7 p.m.
WEDNESDAY Dr. Seuss' The Lorax (PG), 3 p.m.; 21 Jump Street (R), 7 p.m.
THURSDAY 21 Jump Street (R), 7 p.m.

COURTNEY

TODAY Wrath of the Titans (PG13), 6 and 9 p.m.
SATURDAY Big Miracle (PG), 2 p.m; Man on a Ledge (PG13), 6 p.m.
SUNDAY 21 Jump Street (R), 2 and 6 p.m.
MONDAY Man on a Ledge (PG13), 7 p.m.
TUESDAY Closed
WEDNESDAY The Hunger Games (PG13), 7 p.m.
THURSDAY Closed

FUTENMA

TODAY Man on a Ledge (PG13), 6:30 p.m.
SATURDAY Wrath of the Titans (PG13), 4 and 7 p.m.
SUNDAY Big Miracle (PG), 4 p.m.; Man on a Ledge (PG13), 7 p.m.
MONDAY 21 Jump Street (R), 6:30 p.m.
TUESDAY-THURSDAY Closed

KINSER

TODAY The Grey (R), 6:30 p.m.
SATURDAY Chronicle (PG13), 3 p.m.; The Grey (R), 6:30 p.m.
SUNDAY One for the Money (PG13), 3 p.m.; Chronicle (PG13), 6:30 p.m.
MONDAY Closed
TUESDAY Closed
WEDNESDAY Wrath of the Titans (PG13), 3 and 6:30 p.m.
THURSDAY The Grey (R), 6:30 p.m.

HANSEN

TODAY Chronicle (PG13), 7 p.m.
SATURDAY 21 Jump Street (R), 6 and 9 p.m.
SUNDAY Chronicle (PG13), 2 p.m.; The Grey (R), 5:30 p.m.
MONDAY Wrath of the Titans (PG13), 6 and 9 p.m.
TUESDAY Wrath of the Titans (PG13), 7 p.m.
WEDNESDAY The Grey (R), 7 p.m.
THURSDAY The Hunger Games (PG13), 7 p.m.

SCHWAB

TODAY 21 Jump Street (R), 7 p.m.
SATURDAY Red Tails (PG13), 5 p.m.
SUNDAY Man on a Ledge (PG13), 5 p.m.
MONDAY-THURSDAY Closed

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, visit www.shopmyexchange.com.

SINGLE MARINE PROGRAM EVENTS

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

SMP NEW REPRESENTATIVE TRAINING - APRIL 16
• The SMP New Representative Training will be held at the SMP main office, building 5674, on Camp Foster April 16 at 3 p.m.

DISCOVER GOLF - FREE GOLF LESSONS
• Taiyo Golf Course is hosting free golf lessons for single Marines and sailors the first and third Friday of every month from 9-11 a.m. Participants meet at the SMP office on Camp Foster by 8 a.m.

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

Japanese phrase of the week:

"Ohairi kudasai"
(pronounced: oh-hah-ee-ree koo-dah-sah-ee)
It means,
"Come in"

RANGE HIGH SCORES

March 26 - 30

RIFLE RANGE
Staff Sgt. David Stelter, 3rd MLG, 337
Lance Cpl. Phuc Nguyen, 1st MAW, 337
Pfc. Kenneth Hatch, 3rd MLG, 337

PISTOL RANGE
1st Sgt. Arthur Arebalo, 3rd MarDiv., 377
Staff Sgt. Phillip Saurer, 3rd MHG, 377

CHAPLAINS' CORNER

"We are very good at winning wars, but can we also win for our families in the process?"

Leading your family through life

Navy Lt. Matthew Fore
3RD BATTALION, 12TH MARINE REGIMENT CHAPLAIN

"It is harder to lead a family than to rule a nation." – Ancient Far Eastern proverb

I grew up marveling at heroic war movies, reading about the brave acts of valor of our nation's military, and listening to the courageous stories of sacrificial service in today's theater of modern warfare. The common denominator in all these accounts is that every service member is willing to take a bullet for his fellow brother in arms. Whether on patrol or on post, these men willingly and unreservedly serve a higher calling above themselves: God, country and Corps.

I recently imagined what kind of ethos could be produced within the family structure. In about a month or so, my family anticipates welcoming another child into the world, and I came to thinking, "What if I am the point man leading my squad across enemy lines knowing the possibilities of ambush, traps and snipers; and the members of my squad consists of my wife and children? How would I lead them across the jungle terrain safely? How would I protect them? Better yet, how would I live for them?"

Let us consider this sobering question: how can we keep our families off the casualty list? Imagine the autopsy report stating the causes of death: neglect, indifference and deprivation. We are very good at winning wars, but can we also win for our families in the process?

I respect and admire the motto, "Mission first, families always."

Allow me to conclude with these few simple words of encouragement: know your family, be approachable and take care of them. Protect them because the enemy wants to hurt us. Treat them with undying resiliency, prudent wisdom and unrelenting love.

Many blessings to you and all our families here in Okinawa! If you have any questions about marriage and family, please contact your unit chaplain.

For the Holy Week worship schedule, visit www.marines.mil/unit/mcbjapan/Pages/Around/Chapel.aspx.

FOR UPCOMING SPECIAL WORSHIP SERVICES AND EVENTS FOR ALL MARINE CORPS BASE CHAPELS, CALL 645-2501 OR VISIT WWW.MARINES.MIL/UNIT/MCBJAPAN/PAGES/AROUNDMCBJ/CHAPEL.ASPX