

FLIGHT JACKET

Vol. 13 No. 32

Marine Corps Air Station Miramar, Calif.

August 12, 2011

MPs dub new deputies at local preschool



Lance Cpl. Erica DiSalvo

Cpl. Valerie L. Torres, a field training officer with Marine Corps Air Station Miramar Provost Marshal's Office and a Loveland, Co., native, along with "McGruff the Crime Dog" hand Eleanor, 5, a newly dubbed deputy, a crime prevention goodie bag consisting of coloring booklets, whistles and a stress ball during a crime prevention presentation at Bunny Bears Preschool, La Mesa, Calif., Aug. 3.

'Warhorses' return home



Pfc. Max Pennington

Marines with Marine Heavy Helicopter Squadron 465 shake hands with volunteers from local organizations here Aug. 6. The Marines returned home from a six-month deployment to Helmand Province, Afghanistan. HMH-465 conducted operations from Camp Bastion, a British military base.

Pfc. Max Pennington

COMBAT CORRESPONDENT

Approximately 150 service members with Marine Heavy Helicopter Squadron 465 "Warhorse" returned here Aug. 6, after completing a six-month deployment.

The squadron, which supported Operation Enduring Freedom in Helmand Province, Afghanistan, operated from Camp Bastion and supported International Security Assistance Forces.

HMH-465 conducted general support of forward operating bases within Regional Command Southwest, and performed troop insertions, extractions and raids. The squadron escorted VIPs, to include the U.S. Secretary of Defense and the U.S. Secretary of the Navy, and performed two aircraft lifts involving CH-47 Chinook helicopters.

Several Marines with HMH-465 earned Navy and Marine Corps Achievement Medals while two Marines earned Navy and Marine Corps Commendation Medals.

Service members stepped off the plane, turned in their weapons and were welcomed home by anxious family members and friends.

Cpl. Thomas E. Braudt, a ground support equipment technician with Marine Aviation Logistics Squadron 16, who deployed in support of HMH-465, and a

GO TO **HOME COMING**, PAGE 3

MCAS Miramar
Website

www.miramar.usmc.mil



MARINE SPROUTS ROOTS

Marine captain finds success at Veterans Sustainable Agriculture Training. For full story see page 4.



MIRAMAR RABBI TACKLES KILIMANJARO

3rd MAW rabbi and son climb the famed African mountain in support of The Injured Marine Semper Fi Fund. For full story, see pages 5 and 6.

REACH US



EDITORIAL
(858)-577-6000

FLIGHT JACKET

Knight of the sea: CH-46E

Cpl. Alexandra M. Vazquez
COMBAT CORRESPONDENT

With all the military helicopters flying in the sky today, it can become difficult to differentiate between them. One Marine Corps helicopter that's easy to spot however, is the two-blade CH-46E Sea Knight helicopter.

The Sea Knight, or "Phrog" as it is affectionately called by Marines, was first developed in 1956. The helicopter's first flight took place April 22, 1958.

The Marine Corps acquired a newer version of the Phrog, designated the 107M, to meet its twin-turbine, troop, cargo and assault helicopter requirements in 1961. The 107M made its first flight August 1962 and was redesignated CH-46A.

Marines used the Sea Knight in Vietnam, Iraq and Afghanistan. During Vietnam, the helicopter served as a medical evacuation, troop and supply transport. The aircraft also provided air support of ground troops.

The Marine Corps has upgraded the CH-46 several times since 1966. The upgrades have increased the cargo weight and number of troops the helicopter can carry. Today's model, the CH-46E, features fiberglass rotor blades, airframe reinforcement and upgraded engines.

Currently the Marine Corps is replacing the CH-46E with the MV-22B Osprey tilt-rotor aircraft. The Osprey can take off like a helicopter, but fly like a plane.

The Marine Corps expects all Sea Knights to be replaced in the next few years.



Courtesy Photo

The CH-46 Sea Knight has been in action since the Vietnam War. It was used as a troop and cargo transport, as well as a medical evacuation helicopter.



Courtesy Photo

The CH-46A Sea Knight has been upgraded several times since the '60s. The helicopter was redesignated CH-46D, CH-46F and finally the CH-46E. The Marine Corps is currently replacing the helicopter with the MV-22B Osprey helicopter



Maj. Gen.

Thomas L. Conant
Commanding General
3rd Marine Aircraft Wing



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MCAS Miramar

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The editorial content is edited, prepared and provided by the Public Affairs Office. Comments or questions should be directed to 858-577-6000.



Religious Services

The Chaplain's Office, located in Building 5632 on Bauer Road, coordinates regularly scheduled services. For the location and meeting schedules of religious activities, call (858)-577-1333, or visit www.miramar.usmc.mil.

Sunday:

9 a.m. Protestant
Worship Service

9:30 a.m. Protestant
Children's Worship

11 a.m.
Roman Catholic Mass

Religious Education/Sunday:

9:30 – 10:45 a.m.
Catholic CCD Children K-12

10 a.m. Protestant
Adult Bible Study

Weekday Worship Service:

Mon. – Fri. 11:30 a.m.
Catholic Mass

Mon. 6:30 p.m. Contemporary
Praise and Worship Service

Wed. 7 p.m. Baptist Service

Study Groups:

Mon. 7 p.m.
Night Bible Study,
Classroom in the Chapel area

Tues. 6 a.m.
Morning Prayer Service
and Study Group

Islamic Worship Service:

Fri. at noon.
Located in the Chapel or visit
www.icsd.org

Jewish:

Jewish Outreach at
(858) - 571 - 3444
www.jewishinsandiego.org



Pfc. Max Pennington

Marines with Marine Heavy Helicopter Squadron 465 file off the plane here Aug. 6. The Marines returned home from a six-month deployment to Helmand Province, Afghanistan. HMH-465 conducted operations from Camp Bastion, a British military base.

HOMECOMING,

CONTINUED FROM PAGE 1

Plano, Texas, native, received a pleasant surprise upon returning home - he was welcomed home by not only his family but by his remodeled truck.

While Braudt was deployed, a Los Angeles television show did \$80,000 worth of remodeling to his truck.

“It was pretty unreal,” said Braudt, “I couldn’t believe it.”

Braudt’s surprise was a huge welcome back to safe soils after six months of working under the Afghanistan sun.

“I’m glad I went over there and supported the war effort and supported the guys on the ground,” said Braudt.



Pfc. Max Pennington

A Marine with Marine Heavy Helicopter Squadron 465 gets a big hug here Aug. 6.

H&HS treats Marines, families to picnic



Guests enjoy fruity snow cones at the Headquarters and Headquarters Squadron Family Day here Aug. 5. Marines and their family members took the afternoon off to try their hands at rock climbing, flag football and building their own freshly-made tacos for lunch. (Photo by Cpl. Lisa M. Tourtelot)

Hydroponic farming gives Marine new career choice

Story and Photos by Pfc. Kevin Crist
COMBAT CORRESPONDENT

While most Marines are into video games or building classic cars, some Marines are into something completely different – hydroponic farming.

Capt. Patrick Keplinger, a computer network service division officer with Headquarters and Headquarters Squadron and a Ukiah, Calif., native, recently completed the six-week Veterans Sustainable Agricultural Training program in Escondido, Calif.

Keplinger explained that he first heard about hydroponics in February when he attended a career fair aboard Marine Corps Base Camp Pendleton, Calif., and saw the VSAT program booth.

“I was walking around and all the booths looked the same, the VSAT booth was on the outskirts and caught my eye, so I just gravitated toward it,” said Keplinger.



Capt. Patrick Keplinger, a computer network service division officer with Headquarters and Headquarters Squadron and a Ukiah, Calif., native, explains the nutrient film technique in a hydroponic greenhouse at Archi's Acres in Escondido, Calif., Aug. 4. Using the NFT, hydroponic farmers place a plant's roots in a long channel of nutrient-filled water that makes the plant develop faster and cleaner.

The instructors of the VSAT program teach veterans and active-duty personnel to grow fruits or vegetables in a hydroponic greenhouse, which uses the nutrient film technique – a system that requires the farmer to put a plant's roots in a long channel of nutrient-filled water that makes the plants develop faster and cleaner, Keplinger explained.

Keplinger learned the benefits of hydroponic farming and has decided to make a career of it. His first step was the six-week program at which he excelled according to his instructor.

Even though Keplinger missed a portion of the course, he still managed to pass with flying colors.

“He studied for the most difficult test for every student who comes through this course, and he aced it. That was amazing,” said Karen Archipley, the co-founder of the VSAT program and Archi's Acres.

He was nominated by all his classmates for the leadership award because he was approachable and helped everyone, explained Archipley.

“The leadership skills he learned in the military flowed right through to everything he did and he had compassion and intelligence,” said Archipley. “Patrick is a very humble, non-assuming guy who leads the pack whether he wants to or not.”

Keplinger expects to get out of the Marine Corps within the next year and plans to continue with hydroponic farming as a career.

“We are looking to have Patrick involved with us going forward,” said Archipley. “So as he transitions out of the military, he will not only have his own growing facility and crop production, but we would like to bring him in as a future instructor as well.”

He put himself through college and in 2009 obtained a master's in Business Administration, which will assist him in the business aspect of hydroponic farming.

“I never would have imagined that I would be a hydroponic farmer,” said Keplinger. “I thought I would be a businessman wearing a suit and tie working crazy hours for someone else. Now I can work for myself and provide food for my family and the community.”



Capt. Patrick Keplinger, a computer network service division officer with Headquarters and Headquarters Squadron and a Ukiah, Calif., native, shows off a plant in a hydroponic greenhouse at Archi's Acres in Escondido, Calif., Aug. 4. Keplinger recently completed the six-week Veterans Sustainable Agricultural Training program, which teaches veterans and active-duty service members irrigation and hydroponic farming.

Some families take a vacation as a yearly tradition to a nice resort by a beach to relax and soak under the sun. Others might choose a cabin to fish and enjoy the outdoors, yet others might just want to take a few days off to get away from the rigors of work.

U.S. Navy Capt. Irving A. Elson, a chaplain for the 3rd Marine Aircraft Wing and a Mexico City native, and his oldest son Jacob, 19, took a trip to Mount Kilimanjaro, on the border of Tanzania and Kenya in Africa, and then journeyed to an altitude of more than 19,000 feet to Uhuru peak July 13-19.

Their 'vacation' was not for relaxation. Elson, a rabbi who provides Judaic services to military members and their families, makes annual trips to raise awareness for the Injured Marine Semper Fi Fund. Elson hopes that by spreading the word about the fund, potential donors will be inspired to aid wounded Marines.

The two men spent six days climbing the mountain with cold weather gear, camping equipment stuffed in their hiking packs, and an Injured Marine Semper Fi Fund flag packed neatly in Elson's pack waiting to be unfurled at the top.

"Half way up, you hit this wall. It's a mental block," said Elson. "You're tired, you're cold, there's no oxygen at 19,000 feet. Your body is telling you just stop, sit down, but you just have to push through it."

Their normal hiking day began at 7 a.m., and would end by making camp around 5 p.m., added the captain.

Mount Kilimanjaro's terrain is very diverse, ranging from rain forests to grass lands and volcanic ash.

"It's winter in Africa now, so you start at 60 degrees [Fahrenheit] and then it's 0 - 10 degrees [Fahrenheit] at the top," said Elson.

An ice cap sculpts the top of Kilimanjaro, creating scenery many have not had the privilege to view.

Elson added that the snows of Kilimanjaro are melting, so in another 10 - 15 years the mountain's white, powdery top may disappear.

"One of the things that motivated me on the climb was kind of thinking about, wow, [Injured Marine Semper Fi Fund] is going to help Marines be able to do this at some point," said Elson.

The Mount Kilimanjaro climb was the hardest trek Elson has done, but also one of the most rewarding.

"We're very lucky we're able to do things like Kilimanjaro that a lot of wounded warriors can't do yet. Hopefully with

The rabbi comes to the mountain

3rd MAW chaplain and son conquer Kilimanjaro

Story by Pfc. Max Pennington
COMBAT CORRESPONDENT

“Your body is telling you just stop, sit down, but you just have to push through it.”

-Capt. Irving A. Elson, 3rd MAW chaplain



U.S. Navy Capt. Irving A. Elson, a chaplain for the 3rd Marine Aircraft Wing and his son Jacob, 19, stand holding an Injured Marine Semper Fi Fund Flag at Uhuru Peak on Mount Kilimanjaro. Their climb to Uhuru Peak took six days. They climbed Mount Kilimanjaro to raise awareness about the Injured Marine Semper Fi Fund. (Photo courtesy of U.S. Navy Capt. Irving A. Elson)

FRIDAY 12

Fish & Chips Special
858-693-1543

Life Skills Class
"Lunch & Learn:
Public Speaking"
858-577-4473

Mongolian BBQ
858-577-4808

Live DJ Night
858-693-1543

WEEKLY EVENTS...

- Sports Complex Marine Teen training Tues. & Sat. 858-577-4128/4129
- Deployment support for preschoolers, elementary and teenagers Mon. through Wed. 858-577-4588
- QOL Golf: Two Hours After Twilight free Golf for Active Duty 858-577-4155

SATURDAY 13

***Back 2 School
Resource Fair &
Enrollment Event**
9 a.m. – 3 p.m.
Farb Middle School
858-577-6633

**MCCS Family
Appreciation FREE
Movie Day**
6:30 p.m.
Theater
858-577-4143

SUNDAY 14

SHOP MCX
**20% off Watches
& Sunglasses Sale**
August 10 – 23

**August Athletic
Footwear Sale**
August 10 - 23

**Half Yearly
Furniture Sale**
August 10 - 23

MONDAY 15

**Alcoholics
Anonymous and
Al-Anon Meetings**
6:30 p.m.
Counseling Center
858-577-6585

**EFMP Special Needs
Forum**
9 - 11 a.m.
Education Center
Classroom
858-577-4668

**MCCS FREE PRIZE
GIVEAWAYS...**
ITT/Travel Office:
Medieval Times Gift
Pack
*Winner will be drawn
on August 31
Stop in and fill out an
entry form today!*

TUESDAY 16

Taco Tuesday All Day
Tacos and 1/2 Price
Mexican Beers
Rockers and Legends
Sports Grill

**Intramural 9 vs. 9
Soccer League Starts**
Tues & Thurs
11:15 a.m. & 12:15 p.m.
858-577-1202

**EFMP Bullying
Workshop**
1 - 2 p.m.
M&FP Conference
Room
858-577-4668

WEDNESDAY 17

**Dollar Day
Wednesday Golf:**
Golf All Day for
Miramar Active Duty
858-577-4155

**Military Divorce
Assistance Group for
Women**
11 a.m. – 1 p.m.
Chapel Fellowship Hall
858-577-6585

Wing Wednesday
3 – 6 p.m.
Rockers SNCO Club



THURSDAY 18

**SMP San Francisco
Trip for Single
Enlisted Active Duty**
Aug. 18 - Aug. 21
858-577-6171

**P.S. Before You Say
"I Do" Pre-Marital
Seminar**
858-577-1615

**L.I.N.K.S. Session for
Marines**
Visit your FRO to
register

**MCCS Family
Appreciation FREE
Movie Day**
858-577-4143

***Life Skills Class:
Space A Travel Brief**
858-577-4473

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- ★ Marine Corps Family Team Building
- ★ Semper Fit & Recreation
- ★ Free Special Events
- ★ Dining & Clubs
- ★ Shopping & Services

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BACK 2 SCHOOL RESOURCE FAIR & ENROLLMENT EVENT

Families new to the area are invited to register for the San Diego Unified School District schools on-site plus learn about the various resources available to them from the school district, the Navy, Marine Corps, and the San Diego community. This event will be held on Saturday, August 13 from 9 a.m. – 3 p.m. at Farb Middle School. To reserve a registration, request a copy of the event flyer or for child care, send an email request to: militaryenrollmentfair@sandi.net. Drop-ins accepted if space is available.

LIFE SKILLS CLASS: SPACE A TRAVEL BRIEF

It is summer time and that means family time and travel. Learn how to travel on the cheap by booking a Space A Flight at the PAX Terminal. This brief will be held on Thursday, August 18 from 5:30 – 6:30 p.m. Children are welcome under parent supervision. Email Secret Brown at secret.brown@usmc.mil to register. Call 858-577-4473 for more information.



ANNOUNCEMENTS



Get help paying for childcare
Visit the National Association of
Childcare Resource and Referral
Agencies website at www.naccrra.org to see information on eligibility
for assistance to pay for and find
childcare services. Contact 1-800-
424-2246 for information.

ICE ready for use

The Interactive Customer Evaluation
set up for Miramar is ready for
use. ICE is the internet version of
the "Customer Suggestion Box."
It collects feedback on services

provided by installations throughout
the Department of Defense. To
submit a suggestion, visit the ICE
website at <http://ice.disa.mil>.

Important Phone Numbers
**Victim Advocacy 24-hour
Hotline**
858-864-2815

Eagle Eyes
877-356-EYES (3937)

Military One Source
800-342-9647

D-Stress 24-hour Hotline
877-476-7734
(All calls are strictly confidential)



WHAT'S PLAYING... AT THE BOB HOPE THEATER

Fri. Aug 12:
Bad Teacher (R) 6:30 p.m.
Transformers: Dark of the Moon (Not 3D) (PG-13) 9 p.m.

Sat. Aug 13:
Transformers: Dark of the Moon (Not 3D) (PG-13) 1 p.m.
FREE Admission: Cars 2 (Not 3D) (G) 6:30 p.m.
Green Lantern (Not 3D) (PG-13) 9 p.m.

Sun. Aug 14:
*Mr. Popper's Penguins (PG) 1 p.m.
*Super 8 (PG-13) 6:30 p.m.

Wed. Aug 17:
Horrible Bosses (R) 6:30 p.m.

Thurs. Aug 18:
FREE Admission: Zookeeper (PG) 2 p.m.
*Bad Teacher (R) 6:30 p.m.

*Indicates Last Showing

Hispanic Heritage



Meal



Where: Mess Hall 5500,
Gonzales Hall

When: August 17th, 2011

Time: 1100 until 1300

Details: In an effort to celebrate Hispanic Heritage Month, Gonzales Hall will be Hosting a Special Hispanic Meal.

Who: All Military Personnel
Civilians will not be authorized to attend this event.

Price: \$4.25 standard meal rate .
Applies to everyone without a meal card.

* For additional information, contact the Mess Hall Liaison at extension 577-1380..

Menu

- Salvadoran Chicken
- Carne En Jocon (Beef in Tomato Sauce)
- Fried Sweet Plantains
- Mexican Rice
- Beans Fiesta
- Ensalada De Repollo (Cabbage Salad)
- Creme Anglais (Bread Pudding with Cinnamon)
- Apple Enchiladas
- Sopa De Frijoles Negra (Black Bean Soup)



AIR FORCE RESERVE

PRESENTS

TOUR FOR THE TROOPS

HOSTED BY MCAS MIRAMAR



MARTIN LAWRENCE

FREE COMEDY SHOW - 18 AND OVER ONLY (ADULT CONTENT)

MCAS MIRAMAR - BOB HOPE THEATER
26 AUGUST 2011 • 7PM • DOORS OPEN 5PM

ACTIVE DUTY WITH ID CARD ADMITS CARD HOLDER AND ONE GUEST FROM 5PM - 6PM
ELIGIBLE PATRON SEATING BEGINS AT 6PM - SEATING IS LIMITED AND SUBJECT TO AVAILABILITY

DOD ID CARD REQUIRED ADMITS CARD HOLDER AND ONE GUEST

FOR MORE INFORMATION CALL 858-577-6365 OR VISIT WWW.MCCSMIRAMAR.COM



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