

FLIGHT JACKET

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Paddle, pedal, breathe
Marine continues to
compete in triathlons



One foot in front of the other: Marine continues to run, inspires others to get in shape

Gunnery Sgt. Cox began running in triathlons at the age of 30 and continues to compete six years later.

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Dental techs bare teeth in Miramar

Miramar's dental technicians train for every procedure from root canals to filling cavities to ensure every trip to the dentist is as pleasant as possible

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CBRN maintains safety skills

CBRN defense specialists go through five months of training to learn hazardous material detection, containment and decontamination.

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Maj. Gen. Andrew O'Donnell Jr.
Commanding General
3rd Marine Aircraft Wing



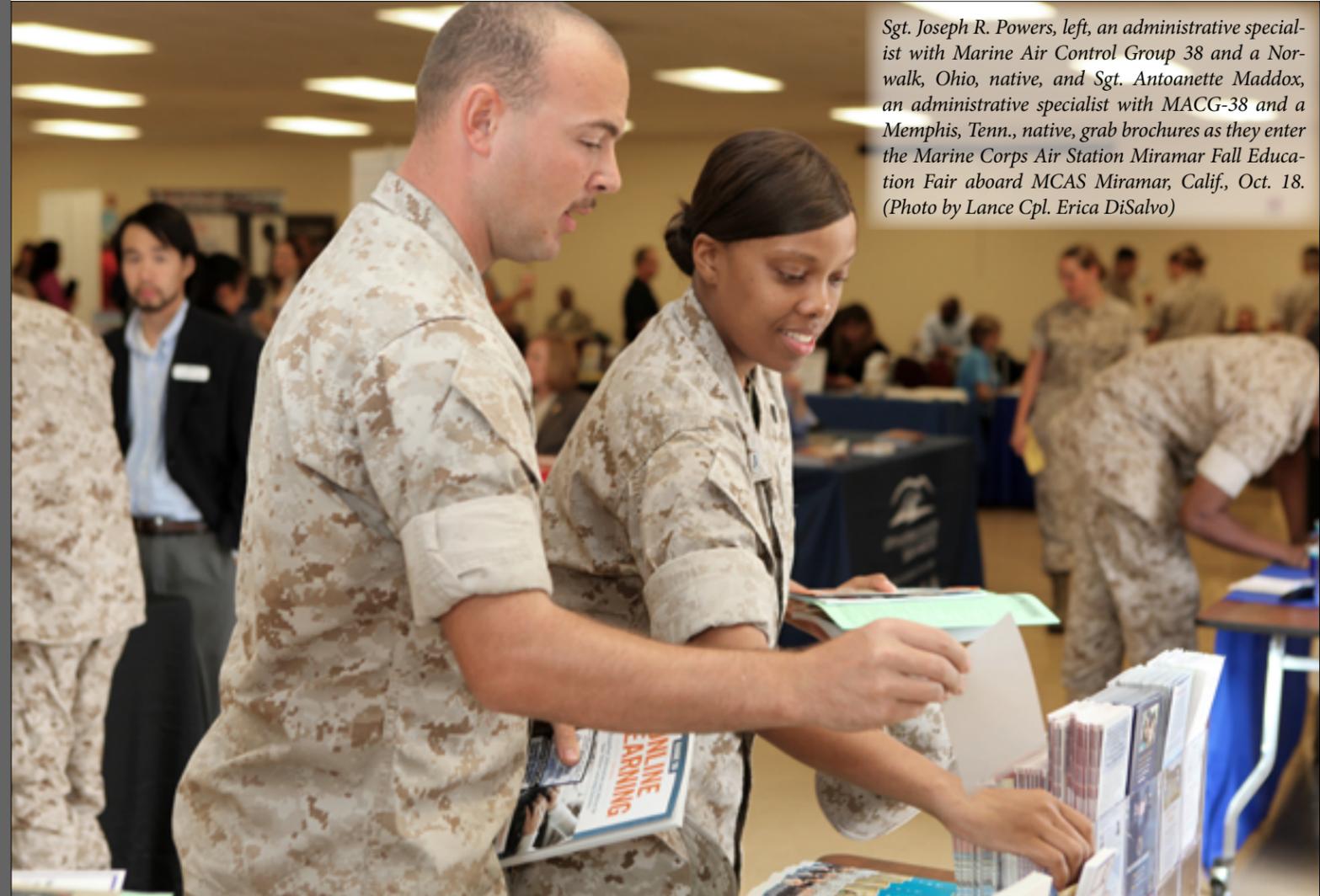
Col. Frank A. Richie
Commanding Officer
MCAS Miramar

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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.



Sgt. Joseph R. Powers, left, an administrative specialist with Marine Air Control Group 38 and a Norwalk, Ohio, native, and Sgt. Antoanette Maddox, an administrative specialist with MACG-38 and a Memphis, Tenn., native, grab brochures as they enter the Marine Corps Air Station Miramar Fall Education Fair aboard MCAS Miramar, Calif., Oct. 18. (Photo by Lance Cpl. Erica DiSalvo)

Service members learn education options

Story by Lance Cpl. Erica DiSalvo

The Lifelong Learning Center hosted the Marine Corps Air Station Miramar Fall Education Fair, featuring more than 50 education institutions, aboard MCAS Miramar, Calif. Oct. 18.

Representatives from various education centers, including technical schools, colleges and universities, attended the four-hour event designed to inform service members of education enrichment opportunities.

"We set up two of these fairs a year to educate Marines and sailors on all the different education opportunities available to them that they may not know about," said Trinity Herrera, an education administrative clerk with the Lifelong Learning Center. "Sometimes service members don't know where to look to get information on schooling, and this gives them a central location to answer their questions."

Many of the schools were able to enroll new students on site in a matter of minutes. Rather than go through what can sometimes be a time consuming paperwork process, attendees were able to fill out as few as three forms, taking advantage of military discounted or free-of-charge enrollments, and become students of their preferred institutions in as little as 10 minutes.

"I came to the education fair to get back into school," said Sgt. Sean N. Bradford, an administrative specialist with Marine Aviation Logistics Squadron 11 and a Houston native. "I wanted to further my education and this seemed like a good place to go to start. I have had a few courses here and there, but I wanted to enroll at Central Texas College and could get it done really quickly."

More than 200 Marines and sailors visited the education fair. Those in attendance received free lunch provided by Marine Corps Community Services and gifts such as t-shirts, hats and key chains from various schools they may wish to attend.

"We usually have more in attendance during the fall education fair," said Herrera. "We host one in the spring as well, but most people are going through [permanent change of station] or are focused on summer, so the fall gets a larger turnout. We can get as many as 400 service members show up per fair."

The MCAS Miramar Fall Education Fair served as a centrally located way to inform the Marines and sailors of Miramar of the multiple opportunities available to them for furthering their education.

[Click HERE to see additional photos](#)

ONE FOOT IN FRONT OF THE OTHER

MARINE CONTINUES TO RUN, INSPIRES OTHERS TO GET IN SHAPE

STORY BY PFC. MAX S. PENNINGTON

Triathletes can be characterized as having the strength to do a certain task, having the endurance to go the distance, and having the wisdom to know it's a very long race and to set a pace.

Gunnery Sgt. Bryan K. Cox, the maintenance control chief with Marine Heavy Helicopter Squadron 361 and a Louisville, Ky., native, came to realize his love for triathlons at the age of 30 – six years later he is still running strong.

Cox was an instructor at the Naval Aircrew Candidate School in Pensacola, Fla., when he first began testing his mind and body.

“I was not in the best shape, so I figured that if I’m going to be the first crew chief these guys see, I need to be in shape, so, I started running,” said Cox.

Marines who worked at the aircrew school with Cox suggested he sign up for a triathlon because of his abilities to run, swim and bike.

Continued next page



Gunnery Sgt. Bryan K. Cox, left, the maintenance control chief with Marine Heavy Helicopter Squadron 361 and a Louisville, Ky., native and Capt. Wade L. Swanson, the maintenance control officer and a Washington D.C., native, with HMH-361 pose for a photo before the Tough Mudder, an endurance race in Snow Valley, Calif., in April 2011. The two Marines competed in the race, which supports the Wounded Warrior Battalion. Cox competes regularly in marathons and triathlons. (Courtesy photo)





“I signed up and did my first one and liked it so much that I signed up for one twice the distance the next week,” said Cox.

Cox has competed in a number of marathons and races, but focuses on triathlons.

“The biggest [triathlon] I’ve done is the Ironman Louisville,” said Cox. “It’s a 2.4-mile swim, 112-mile bike and a 26.2-mile run. It took me 11 hours and 20 minutes. I finished 376th out of 2,500.”

The course consisted of scenic routes and took the competitors across flat land, over hills and through the Ohio River.

“Crossing that finish line and hearing them say I’m an iron man was really cool,” said Cox. “You’re competing against yourself. Although you may not win or beat the guy next to you, if you did better than the race before, that’s a win.”

Cox found time to run even while on a deployment in Afghanistan. The diverse climate made it a struggle for Cox, but he still pushed himself to run everyday.

“The first time I ran over there I was barely able to run three miles because of the heat and the elevation,” he said.

Not only was the heat a factor for him, but the cold winter of Afghanistan made it a struggle. Despite the climate, Cox kept running every day and even motivated a friend to accompany him.

“I knew he was a great runner. I wanted to better myself, so when he would go out and run I would tag along,” said Capt. Wade L. Swanson, a maintenance control officer with HMH-361 and a Washington D.C., native.

“We were averaging anywhere from seven to 11 miles a day,” said Cox.

Cox ran 1,107 miles during his seven-month deployment.

Endurance training in the diverse climate of Afghanistan made running much easier upon returning, explained Cox.

“I ran my fastest [physical fitness test] ever,” said Cox, referring to his 17:07 run time.

Along with Cox setting a personal record for his PFT, he also helped Swanson develop a love for running.

“I completed my first marathon following the deployment,” said Swanson. “I would bet at least \$1,000 that I would have never ran a marathon prior to training with Gunny Cox in Afghanistan.”

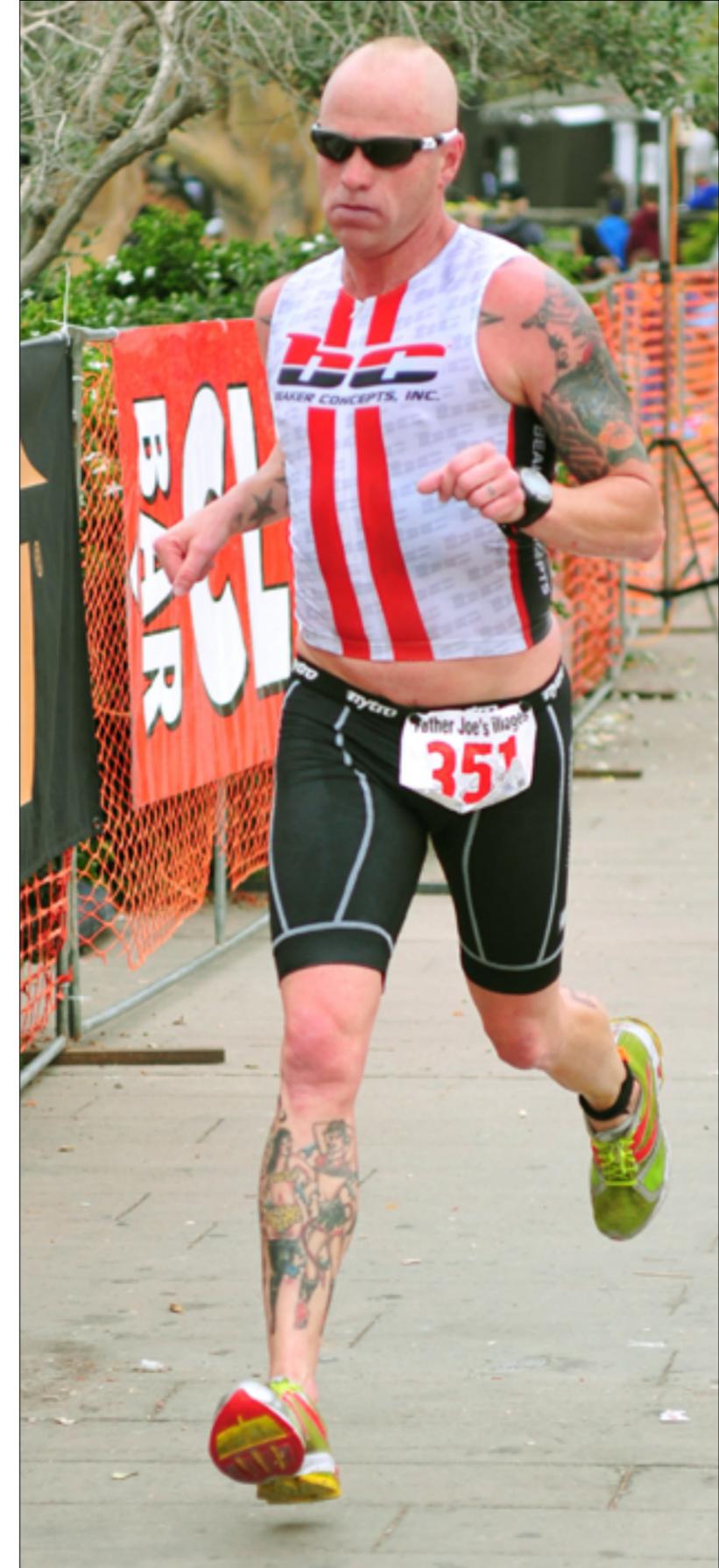
Swanson plans to continue his training routine with Cox, and plans to run in more marathons.

“Not only has it increased my PFT score, but because I’ve been training with Gunny Cox I have really fallen in love with long distance running.”

Swanson is not the only Marine Cox hopes to impact by his endurance.

“As I’m getting older, I feel like I have something to prove,” said Cox. “I want to show the younger [Marines] that if I’m out here doing this then they can too.”

Cox is currently training five days a week for three upcoming events: the Soma 70.3 in Tempe, Ariz., the Silver Strand Half Marathon in Coronado, Calif., and the Carlsbad Half Marathon in Carlsbad, Calif.



(Above) Gunnery Sgt. Bryan K. Cox, the maintenance control chief with Marine Heavy Helicopter Squadron 361 and a Louisville, Ky., native, poses for a photo with his son after competing in a triathlon. Cox regularly competes in marathons and triathlons. Cox started competing six years ago and plans to continue as long as possible. (Courtesy photo)

(Right) Gunnery Sgt. Bryan K. Cox, the maintenance control chief with Marine Heavy Helicopter Squadron 361 and a Louisville, Ky., native, pedals his bike while competing in a triathlon. Cox regularly competes in marathons and triathlons. Cox started competing six years ago and plans to continue as long as possible. (Courtesy photo)

Gunnery Sgt. Bryan K. Cox, the maintenance control chief with Marine Heavy Helicopter Squadron 361, runs during the San Diego International Triathlon, June 26, 2011. Cox regularly competes in marathons and triathlons. Cox started competing six years ago and plans to continue as long as possible. (Courtesy photo)



Navy Lt. Cmdr. Matthew Chesler (right), an endodontist and a Minneapolis native, and Navy Petty Officer 3rd Class Dean Fowler (left), a dental technician and a Honesdale, Penn., native, both with 13th Dental Company, perform a root canal procedure aboard Marine Corps Air Station Miramar, Calif., Oct. 18. The procedure took about an hour and the patient explained that it was painless. (Photo by Pfc. Kevin Crist)

“I have to make sure the people who just check in from school know how to perform all of the procedures and are ready to see patients safely,” said Winter.

Emergencies do not happen for the most part, explained Bryar.

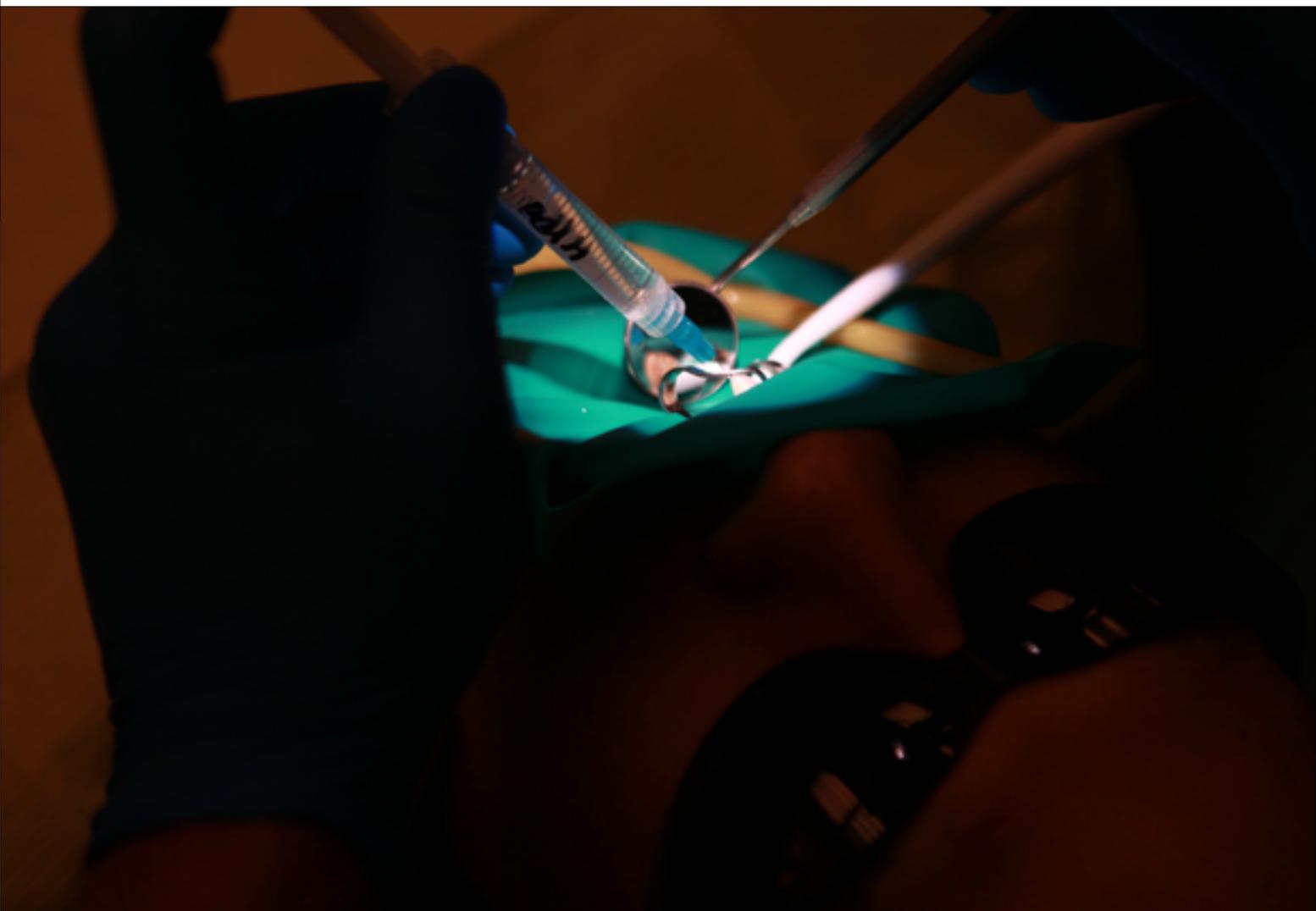
“Usually the worst case scenario is when someone will get a toothache and try to ride it out, until it gets infected, or someone will have bad wisdom teeth pains,” said Winter. “Rarely a trauma case will occur when someone in the Marine Corps Martial Arts Program will maybe get a boot to the face and have a tooth sticking through their lip.”

The staff at the dental clinic appreciates a patient’s gratitude when everything goes as planned in a procedure, explained Winter.

“Dentistry is a lot of work and sometimes patients are not the most thankful simply because they might be forced to come here,” said Winter. “So the best thing that can happen in a day is when someone says ‘thank you.’”



Navy Petty Officer 2nd Class Arthur Oliver, a dental lab technician with 13th Dental Company and a San Diego native, constructs a diagnostic cast for a patient aboard Marine Corps Air Station Miramar, Calif., Oct. 18. The diagnostic cast is a tool used for mouth rehabilitation. (Photo by Pfc. Kevin Crist)



A Marine with Headquarters and Headquarters Squadron receives a root canal aboard Marine Corps Air Station Miramar, Calif., Oct. 18. A root canal is a treatment used to repair and save a tooth that is badly decayed or becomes infected. (Photo by Pfc. Kevin Crist)

DENTAL TECHS BARE TEETH IN MIRAMAR

Story by Pfc. Kevin Crist

Eating excessive amounts of candy, cookies and other desserts could cause someone to make a trip to the dentist. The dental technicians and other staff members aboard the Marine Corps Air Station Miramar, Calif., dental clinic try to ensure that trip is as pleasant as possible.

Members of the dental clinic are trained for any type of procedure - whether they are prosthodontics, who deal with things like replacement of missing teeth - or endodontics, who deal with diseases of the tooth root and surrounding tissue.

Seaman Erik Bryar, a dental technician with the 13th Dental Company and a Seattle native, explained that he gets about four patients a day on average, but on a good day he can treat about seven.

Bryar pointed out that his favorite procedures are standard fillings. They are easy on the patients and are also the most common procedure.

Dental needs differ while on deployment, explained Petty Officer 2nd Class Charles Winter, departmental leading petty officer with the 13th Dental Company and Mercer Island, Wash., native.

“A lot of people underestimate what dental goes through to get the job done, it is not always easy,” Winter said. “When I deployed with dental, there were patients in the chair 24 hours a day, seven days a week. We had a policy that we would not shut down for the day until we had seen every patient. If a convoy comes through, they only have 12 hours on camp, and a patient has dental issues, someone has to see them.”

Mentors monitor the dental technicians to see that they perform successfully and ensure everything is within regulations.

Continued next page

CBRN maintains safety skills

Story by Lance Cpl. Erica DiSalvo

Suit up, get down range, assess the situation, decide what tools to use on site, control contamination while fully encapsulated in a "Level A" hazardous material suit with a limited amount of air and an alarm that goes off after every 12 seconds of non-movement, come back and go through multiple level decontamination. You have 45 minutes; go!

A Marine must be able to do all of these things and be proficient enough to instruct others on how to accomplish the same mission as a chemical, biological, radiological and nuclear instructor.

While most Marines associate the CBRN job field with

running the gas chamber for annual training, CBRN units do more than that, explained Sgt. Joshua M. Duncan, the Marine Corps Air Station Miramar CBRN school noncommissioned officer in charge and a Sacramento, Calif., native.

CBRN defense specialists go through a five-month training school where they learn hazardous material detection, containment and decontamination. This involves learning wind patterns that show where hazardous gases and vapors can range, understanding different types of hazards and practicing for multiple types of scenarios they may come across.

Continued next page



Lance Cpl. Michael F. Madriz, right, a chemical, biological, radiological and nuclear instructor with Marine Wing Headquarters Squadron 3 and a San Francisco native, enters a decontamination area during monthly assessment consequence management of hazardous materials training aboard Marine Corps Air Station Miramar, Calif., Oct. 19. (Photo by Lance Cpl. Erica DiSalvo)

Marines in CBRN units train to fix and seal leaks in 50 gallon drums, patch holes and punctures in propane tanks and stop leaks of various chemicals.

"We have tools and gaskets for almost any kind of leak or hole you can imagine," said Lance Cpl. Michael F. Madriz, a CBRN instructor with Marine Wing Headquarters Squadron 3 and a San Francisco native. "We train with a lot of different types of hazard scenarios to be prepared for anything that may happen. We even teach local firefighters different hazmat containment safety, which they use out in the community."

CBRN instructors teach three qualification courses: hazmat awareness, hazmat operations and hazmat technician.

The awareness course teaches recognition of possible hazards students may come across and proper procedures and authorities to call in a particular situation.

Most fire departments are qualified in hazmat operations, the second instruction level. This is general knowledge of what to do and how to handle different scenarios.

The highest level of qualification taught by CBRN instructors is hazmat technician. This class requires students to pass a timed test where they must wear full gear and complete a hazardous materials spill scenario.

"There are four levels of hazmat protection that we wear during these kinds of scenarios," said Duncan. "Level A: fully encompassed, best splash and gas protection, Level B: air tank is not encompassed, allowing for an [air tank switch], Level C: used when there is a known hazard and Level D: regular clothing."

Every hazardous situation calls for different requirements in the protection and safety of those involved. It is the job of a CBRN Marine to be prepared to face and eliminate the risks at a moment's notice, and to instruct others on how to do so.

"We train with a lot of different types of hazard scenarios to be prepared for anything that may happen. We even teach local firefighters different hazmat containment safety, which they use out in the community."

Lance Cpl. Michael F. Madriz

CBRN Instructor with Marine Wing Headquarters Squadron 3



Cpl. William N. Pederson, a chemical, biological, radiological and nuclear defense specialist with Marine Wing Headquarters Squadron 3 and a San Francisco native, holds his breath as a gas mask is removed during the decontamination process of monthly assessment consequence management of hazardous materials training aboard Marine Corps Air Station Miramar, Calif., Oct. 19. (Photo by Lance Cpl. Erica DiSalvo)

VMM-561 'Pale Horse' saddle up Osprey



Sgt. Steven Stafford, an airframe mechanic with Marine Medium Tiltrotor Squadron 561 and a Sparks, Nev., native, holds a power cord to a fire extinguisher aboard Marine Corps Air Station Miramar Oct. 17. Stafford, along with other VMM-561 Marines, practiced the unit's safe maintenance procedures as they troubleshot an MV-22B Osprey after replacing a back-up hydraulic power drive unit. (Photo by Pfc. Max S. Pennington)

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Padre Pedal Power Veteran's Day 50 mile Bike Ride

Registration is now open and the U.S. Navy Chaplain's invite you to become a part of our Bike Ride. 2011 marks the fourth year for the Padre Pedal Power Veterans Day Bike Ride, which consists of a 50 mile ride down the coast of San Diego.

Not a race but ride, which provides a patriotic environment to raise awareness for our veterans and raise money for the Semper Fi Fund. Fun for all of all ages and athletic abilities coupled rest stops throughout the ride.

WHEN: Veteran's Day, November 11, 2011

START: Starting 0800 at the flag pole IMEF Headquarters, Camp Pendleton (Del Mar)

FINISH: MCRD San Diego

FEE: \$25 Suggested Donation to Semper Fi Fund.

<https://semperfifund.org/>

To register contact:
858-577-7368

