

Benefit helps Wounded Warriors go home for the holidays

LANCE CPL. ANDREA C. DICKERSON

MCAS CHERRY POINT

NEW BERN, N.C. – Some of them were old, some of them were young. A few of them were on crutches, others walked with a limp. Despite their differences, they all had one thing in common, they risked their lives for their country.

The Military Order of the Purple Heart put on a fundraising benefit last Wednesday at the New Bern Country Club to provide local wounded warriors with transportation home for Christmas.

Purple Heart veteran Jim E. Casti said, "We have got to get these wounded Marines and Sailors home for the holidays!"

"I really appreciate this opportunity," said Lance Cpl. Alexander Marte, an infantry assaultman with Company I, 3rd Battalion, 2nd Marine Regiment. He said that he would not have been able to go home for Christmas if he had not received help from the community.

Various members of the community and local organizations donated funds to assist the service members. One attendee donated \$20,000 of his own money.

"This event not only benefits our local Marines and Sailors, the community benefits too," said Rep. Norman Sanderson, who represents North Carolina's 3rd congressional district. "So many people in the community want to reach out and help, but they don't know how. This is a

See **BENEFIT** page A7

Cherry Point, community gather to strengthen ties

LANCE CPL. SCOTT L. TOMASZYCKI

MCAS CHERRY POINT

The commands of 2nd Marine Aircraft Wing and Marine Corps Air Station Cherry Point held an open house at the general's residence aboard the air station Dec. 4 to strengthen ties with the local community.

The commanders and civilian leaders of the community mingled in the holiday themed social setting, helping facilitate a greater understanding between the two and how they rely on each other.

"Forty-one percent of the income for Craven County is derived from the military," said Daniel F. Walsh IV, a former Marine and a member of the Havelock Board of Commissioners.

"Everybody around here is a Marine. The majority of our leadership in any function you want to go to in the Craven County area comes from the military. Our world in this little area is military based."

"Marines live out in our community," said Lee W. Bettis Jr., the mayor of New Bern. "They're Boy Scout leaders, they're volunteering at churches and they're working with Habitat for Humanity. It's not only the money that comes out of the Marines; it's the quality of people and leadership. It affects the entire region."

Just as the Marines play a role in the local community, the local community plays a role supporting the Marines.

"The 2nd MAW and the air stations that support us can't be ready to fight or deploy on a moment's notice without the support from our surrounding communities," said Maj. Gen. Jon M. Davis, 2nd MAW commanding general. "The 2nd MAW enjoys phenomenal support from our local communities, their elected leadership, law enforcement, emergency services, educators, business community and concerned and caring citizens."

Davis also said the holiday social is just one way to say thanks and bring everyone together.

Long time citizens of the local community said military-civilian relations at Cherry Point are

See **OPEN HOUSE** page A7

IT'S THAT TIME OF YEAR AGAIN

WINDSOCK VIDEO

The 2nd MAW band will perform its annual Christmas concert at the air station theater Friday.

The concert will be free and open to the public with the gates opening at 6 p.m. and the concert starting at 7 p.m.

Watch the band's preparation for the concert by visiting <http://bit.ly/bandrehearsal>

Find more videos from 2nd MAW (Fwd.) and MCAS Cherry Point at YouTube.com/MCASCPPA



LANCE CPL. GLEN E. SANTY

Cpl. Joseph Cuestas, left, and Lance Cpl. Michael Ramirez, data network specialists with Marine Wing Communications Squadron 28, check configurations on the MWCS-28 network during a Marine Air Command and Control Systems Training Exercise Tuesday.

MAW Marines prepare for MISTEX

LANCE CPL. GLEN E. SANTY

MCAS CHERRY POINT

Tents, razor wire and realistic scenarios, usually encountered by Marines in Afghanistan, help bring the atmosphere of a deployed environment to the backyards of communication squadrons aboard Marine Corps Air Station Cherry Point.

The Marine Air Command and Control Systems Training Exercise, commonly dubbed MISTEX, is an assessment of the capabilities of squadrons throughout Marine Air Control Group 28.

"Our primary goal is to provide communications to support the TAOC or tactical air operations center," said 2nd Lt. Jamie Foss, site officer in charge with Company A, Wire Platoon, Marine Wing Communications Squadron 28. "We provide data, telephone switching and single channel radio services in support of the Marine Air-Ground Task Force."

"This exercise allows all of the squadrons of MACG-28 to exercise command and control," said Capt. Angela Nelson, commander of Company A, MWCS-28. "It's a big deal for MWCS-28 because we tie all the units together by enabling C2 through our various communication systems."

Across Cherry Point and throughout the area,

multiple sites have been established for the MISTEX. Each site plays a different role in testing and applying the communications squadron's various capabilities in supporting the Marine air control group.

"This operation involves a number of different squadrons in the air control group," said Foss. "The purpose of this training is to prepare the units for follow-on exercises."

This training will last two weeks and will cover a variety of missions related to deployed environments.

"Though our units are not preparing for a deployment, anytime we get to turn our gear on and support users it helps us prepare for going forward and any contingency operations that may arise," said Nelson. "This exercise is a building block approach for weapons and tactics instructor exercises and future deployments."

The MISTEX is held twice a year and involves all units under MACG-28.

"Right now the Marines are working hard and everything is on track," said Foss. "We're planning on being set up to provide services by the end of the week."

See **SCOUTS** page A7



From left to right, Maj. Gen. Jon M. Davis, commanding general of 2nd Marine Aircraft Wing, Col. Kevin M. Liams, the wing's standardization officer, Mike Thompson, a member of the Havelock Military Affairs Committee, and Tish Grabneggger, a Distribution Management Office clerk, trade stories of their experiences at the general's residence aboard Marine Corps Air Station Cherry Point Sunday.

Prevent injuries

Injuries can occur anywhere and some often occur around the holidays.

- Use step stools instead of furniture when hanging decorations.
- Wear a bicycle helmet to help prevent head injuries.
- Keep candles away from children, pets, walkways, trees, and curtains.
- Never leave fireplaces, stoves, or candles unattended.
- Don't use generators, grills, or other gasoline- or charcoal-burning devices inside your home or garage.
- Install a smoke detector and carbon monoxide detector in your home. Test them once a month, and replace batteries twice a year.

In This Edition:



A Marine's Christmas song

See page A6 for photos and story



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

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Chaplain's Corner : Do you have time for Christmas?

Lt. PHILIP J. NIETO

MCAS CHERRY POINT

One of the occupational hazards of being a pastor or chaplain is that Sunday comes every seven days, whether I am ready or not. In like manner, Christmas comes on Dec. 25 every 365 days whether you are ready or not. Are you ready for Christmas? Or do you need a little more time to get ready? Along with Christmas is an assortment of obligations, duties, activities, observances and traditions. These activities are compressed into already frazzled lives. Christmas is going to come regardless of if you have sent the cards, lighted the tree, or done all the shopping. If

we are honest we do not have enough time for Christmas.

Do you have time for Christmas? Time is the new currency. Our society values time almost as much as money. People may be frivolous with their money but not their time.

What if Joseph said, "I don't care what Caesar Augustus ordered, I don't have time to go to Bethlehem to pay my taxes. I have some bookshelves to build." What if Mary said, "I'm too young to have a child, it will demand too much of my time, and furthermore I'm not married." What if God said, "Send my son to Earth? You've got to be

kidding. I don't have time for those God-forsaken people. And anyway, it is a stinky, dirty, planet. Joseph did not make that statement, and neither did Mary nor God say those things.

God didn't say, "I don't have time." Rather, he said, "I'll make the time." God's Son was born on the first Christmas morning and it was all for us. God made the time and sent his Son at just the right time out of his love for you and me.

The innkeeper in the story reminds me of people who become so consumed with the commotion of Christmas. They are addicted to activity, not necessarily bad activities, just

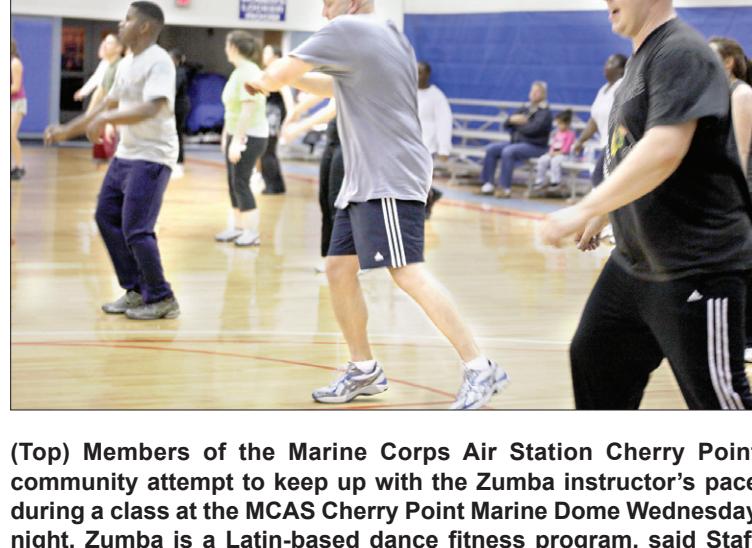
things that keep one occupied. The clutter of shopping, parties, concerts, and dinners occupy their day. They are too busy for the real meaning of Christmas.

Standing in sharp contrast to the innkeeper is another man who didn't have time for the real meaning of Christmas. Herod, the King of the Jews, was very old, sick, and nearly dead. Herod is not unlike the men and women today who won't allow anything to interfere with their career, position in life, ambition, plans, or lifestyle. Allegiance to someone or something other than them-

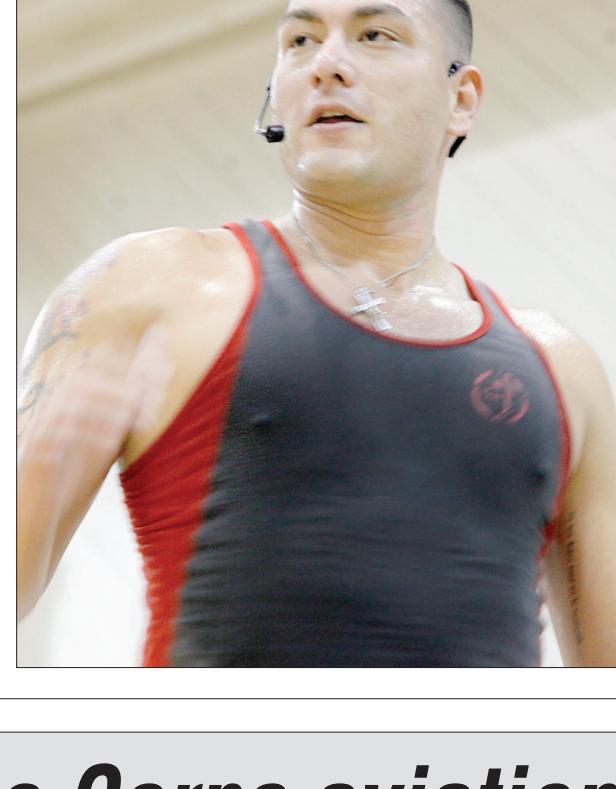
See CHAPLAIN page A7

Zumba Time

*Photos by Lance Cpl.
Andrea Cleopatra
Dickerson*



(Top) Members of the Marine Corps Air Station Cherry Point community attempt to keep up with the Zumba instructor's pace during a class at the MCAS Cherry Point Marine Dome Wednesday night. Zumba is a Latin-based dance fitness program, said Staff Sgt. Marcos R. Gonzales's, right, a production controller with Marine Aviation Logistics Squadron 14. He teaches a Zumba class at the Marine Dome on Wednesday nights starting at 5 p.m. Gonzales added its a great way to stay in shape.



Celebrating 100 years of Marine Corps aviation



A Kaman HOK-1 scout helicopter from Marine Observation Squadron 6 flies over what appears to be an amphibious landing force. Four HOK-1's were bought by the Marine Corps in April of 1953 and took part in the Korean War, a conflict which played a crucial role in developing Marine helicopter doctrine.

OFFICIAL USMC PHOTO

The Windsock

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LANCE CPL RAYMOND J. TAYLOR

Job Title: Ejection seat mechanic

Age: 25

Unit: Marine Attack Squadron 542

Hometown: Maple Shade, N.J.

Date Joined: July 19, 2010

Lance Cpl. Raymond J. Taylor goes to work every day with dedication to safety.

"It is my job to put together the ejection seats that are fitted into an AV-8B Harrier," said Taylor. "I come in to work and know that a pilot's life is in my hands every time I pick up a tool to fix a seat."

Taylor spends his days installing parachutes into and conducting maintenance on other components of the seats to include safety levers and ejection triggers as well.

"The number one thing we have to worry about is safety," said Taylor.

Taylor said he has one chance to get it right.

"In my job I have one shot at getting a problem fixed," said Taylor. "I feel a lot of pressure but even more pride in my job."

Taylor said he feels this job has filled a hole in his life.

"I wake up in the morning excited to go to work," said Taylor. "This job has given me a sense of purpose, and I know what I do is important and matters."

Highlight Your Superstar

Have a Marine, Sailor or civilian you would like to highlight? Let the Windsock know. Email us at cherry.point.windsock@gmail.com or call 466-3542.

Fly High

Highlighting Cherry Point's Warriors



REMEMBER TO RECYCLE



LANCE CPL. CORY D. POLOM

Marine brings infantry experience to aviation intelligence in Afghanistan

CPL. JUSTIN BOLING

2ND MAW(FWD)

KANDAHAR AIRFIELD, Afghanistan — Staff Sgt. Jeffrey Quattlebaum has an eye for detail.

The aerial videos and information he compiles as an intelligence analyst help NATO International Security Assistance Force troops mitigate hazards and avoid surprises by enemy forces in southwestern Afghanistan.

"I provide the eyes for the ground troops conducting operations," said Quattlebaum. "Combat operators need to know where they are going, how to get there and what might be there once they show up."

"A lack of information can cost lives," the Philadelphia native added.

A Marine with nine years of service, Quattlebaum spent his first years in the Corps as an infantryman. As a grunt, he relied on the same types of intelligence he now produces.

"As a squad leader and fire team leader, I remember constantly coming to the intelligence section to ask what is going on," said Quattlebaum. "This was the main driving force for me to come into the intelligence field to see what takes place behind closed doors and provide the most complete picture to guys like myself, who were out on the ground."

Quattlebaum said that his career as an infantryman took him all over the world, including multiple deployments to Iraq.

"Using my past experiences, I strive in my job to make sure that what I put out to our warfighters is accurate, precise and as complete as I can make it," said Quattlebaum.

Quattlebaum now works with a small group of intelligence Marines at Kandahar Airfield. The Marines serve with the Marine Aerial Refueler Transport Squadron detachment located there.

The detachment provides aerial refueling and transport support using the KC-130J Hercules, the largest aircraft in the Marine Corps' arsenal. The Marines also operate a special KC-130J Hercules outfitted with the Harvest Hawk weapons system.

This system adds precision-guided missiles to the Hercules aircraft, as well as a targeting system with video and infrared capabilities. It is the information gleaned from this targeting system that Quattlebaum uses to provide intelligence.

"I know a lot of things through being on the ground side, which helps me to have a better idea of what commanders may need," said Quattlebaum. "If you do not know what they need, you cannot provide the intelligence required to complete their mission."

Staff Sgt. Jeffery Quattlebaum works as an intelligence analyst for the Marine aerial refueler transport squadrons deployed in support of NATO International Security Assistance Force operations in southwestern Afghanistan. Quattlebaum, a native of Philadelphia, gleans information from videos recorded by the Harvest Hawk-equipped KC-130J, and provides assessments based on that intelligence to ground commanders.



CPL. JUSTIN BOLING



PHOTOS BY LANCE CPL. CORY D. POLOM

Trees are tagged with hand-written messages to troops at the 7th Annual Trees for Troops event at Pelican Point Marina Dec. 2. Tree farms from Wisconsin and Virginia donated more than 450 trees to the air station.



Cpl. Jay K. Joseph loads a Christmas tree onto a vehicle during the 7th Annual Trees for Troops event at Pelican Point Marina Dec. 2. Marines and civilians volunteered to unload the trees, put them into vehicles or tie them to the roofs.

Trees for Troops

Yearly event brings free trees, holiday cheer to Cherry Point

LANCE CPL. CORY D. POLOM

MCAS CHERRY POINT

Families started lining up early in the morning to receive a free Christmas tree during the 7th Annual Trees for Troops event at Pelican Point Marina, Friday.

"Everyone who celebrates Christmas needs a tree," said Lance Cpl. Sharmin E. West, a radio operator with Marine Wing Communication Squadron 28 and Trees for Troops volunteer. "This program is an amazing way the community and the nation shows its appreciation."

A FedEx truck arrived shortly after 10 a.m. pulling two trailers full of Christmas trees of all types and sizes from Blue Spruce to Long Needle Evergreens. The two trailers housed more than 450 trees from tree farms in Wisconsin and Virginia.

"These tree farms are great for donating all these trees to the families," said Beth McKenzie, the marketing director for Marine Corps Community Services Cherry Point. "It shows the Marines and their families how much they are

appreciated; the Marines for their service and the families for the sacrifices they make on a day-to-day basis."

Families received their trees one by one until the line was gone and the reactions to the gifts were all the same.

"This is great," said Tiffany A. Parrish, a Marine spouse. "There are a lot of little things that Marines and their families have to pay for, and not having to pay for a Christmas tree will mean a few extra dollars for us and a few more toys under the tree for our kids."

Marines and civilians volunteered to unload the trees and put them into vehicles or tie them to the roofs of vehicles.

"Seeing the faces of the kids who are getting these trees and knowing I'm helping make their Christmas that much better is a great feeling," said West.

"In an odd way it makes me feel a little like Santa Claus. I'm helping bring Christmas joy to all the little girls and boys. Overall this has been a great day and it couldn't have been done without the support of the local community."



Lance Cpl. Fernando Torres tosses Christmas trees off of a FedEx trailer during the 7th Annual Trees for Troops event at Pelican Point Marina Dec. 2. Two trailers housed more than 450 trees that came from tree farms in Wisconsin and Virginia. Torres is a wireman with Marine Wing Communications Squadron 28.



CPL. BRIAN ADAM JONES

Master Sgt. Robert Allen, a native of Pawnee, Okla., serves as the aircraft rescue firefighting chief for Marine Wing Support Squadron 371 in Camp Leatherneck, Afghanistan. An avid musician, Allen wrote a Christmas song for his wife, Carla, as he spends the holidays away from her and their three children.

Marine's Christmas song offers tribute to family back home

CPL. BRIAN ADAM JONES

2ND MAW(FWD)

CAMP LEATHERNECK, Afghanistan – While deployed to Iraq, Robert Allen wrote a song for his wife, Carla. He sent it to her on Christmas Eve.

"She said she balled her eyes out when she heard it," said Allen, a native of Pawnee, Okla. "My wife can't stand it at all when I leave, but she understands what I do. She understands being a Marine is not just my job, it's my passion."

Allen said he believes his song, "A Marine's Christmas Song," offers tribute to the burdens military members and their families endure as they spend the holidays apart.

This year, Allen, a Marine Corps master sergeant, is again deployed during the holiday season. He currently serves in Helmand province, Afghanistan, as the aircraft rescue firefighting chief for Marine Wing Support Squadron 371, based out of Camp Leatherneck.

Allen's squadron, deployed from Marine Corps Air Station Yuma, Ariz., provides aviation ground support for 2nd Marine Aircraft Wing (Forward), the aviation combat element for the southwestern regional command of NATO's International Security Assistance Force, which encompasses Helmand and Nimruz provinces, where the Marines have centered their counterinsurgency operations.

"I joined the Marine Corps to make a difference and to be part of a force that protects my country," Allen said.

Allen, the son of an Air Force mechanic, enlisted in the Marine Corps in 1996 at the age of 22.

"Growing up, to me, a military service member was a warrior. I just wanted to be in the military and I always knew that as a young man," Allen said. "As I grew older, seeing Marines and hearing the stories about [the Marine Corps], the honor that came with being a United States Marine, that appealed to me."

Allen began playing the guitar as a corporal stationed at Marine Corps Air Station Beaufort, S.C., when his wife bought her father's used Yamaha guitar.

"I started writing my own music right away because I didn't know anyone else's music. I didn't have anyone to teach me how to play, except an old music book," Allen said. "When I was a young Marine and didn't have money for gifts, I used to write my wife songs for an-

niversaries."

There are now 12 guitars in the Allen household. His two sons – Aaron, 17, and Aidan, 15 – are also avid guitarists.

"My daughter is really good at playing the maracas or the tambourine," Allen said of his 8-year-old daughter, Lainie. "She loves to jump in there, and she sings beautifully."

Allen's story of family awaiting his return is echoed by so many men and women who wear a uniform in Afghanistan.

"The Marines don't need anything to help remind them of what they miss from back home," Allen said. "For the spouses, they should know we're constantly thinking about them."

"Even though we're busy throughout the day, there are many times where we stop and think about home and how much we miss them, just miss the little things that we share with them or the stuff we're missing out on," he added. "Having them in our arms to hold is one of the most important things that you miss while you're out here."

Allen joins the thousands of men and women deployed this holiday season in support of counterinsurgency efforts in Afghanistan. He said he hopes his Christmas song "will help people understand that though we're willing to do it, it's still heartbreaking."

"For a military that's willing and ready to leave their families to serve their fellow Americans, it's all those little things that are hardest to deal with when you leave home," Allen said.



WINDSOCK VIDEO

Master Sgt. Robert Allen sings to his wife and to all family members of deployed service members for the Christmas holiday. Watch the video online by visiting <http://bit.ly/marinechristmas>

Find more videos from 2nd MAW (Fwd.) and MCAS Cherry Point at [YouTube.com/MCASCPPA](https://www.youtube.com/MCASCPPA)

BENEFIT from page A1

chance for them to say thank you."

Sanderson went on to say that he was overwhelmed by the support he received from the community.

"It's so amazing that people are willing to support something worthwhile like this even though times are tough. This strengthens my belief in our community and this country," he said.

Events like this help strengthen the relationship between local civilians and military members, said Sanderson. Everyone has to work together to make this happen. This benefits more than just the service members, families benefit too.

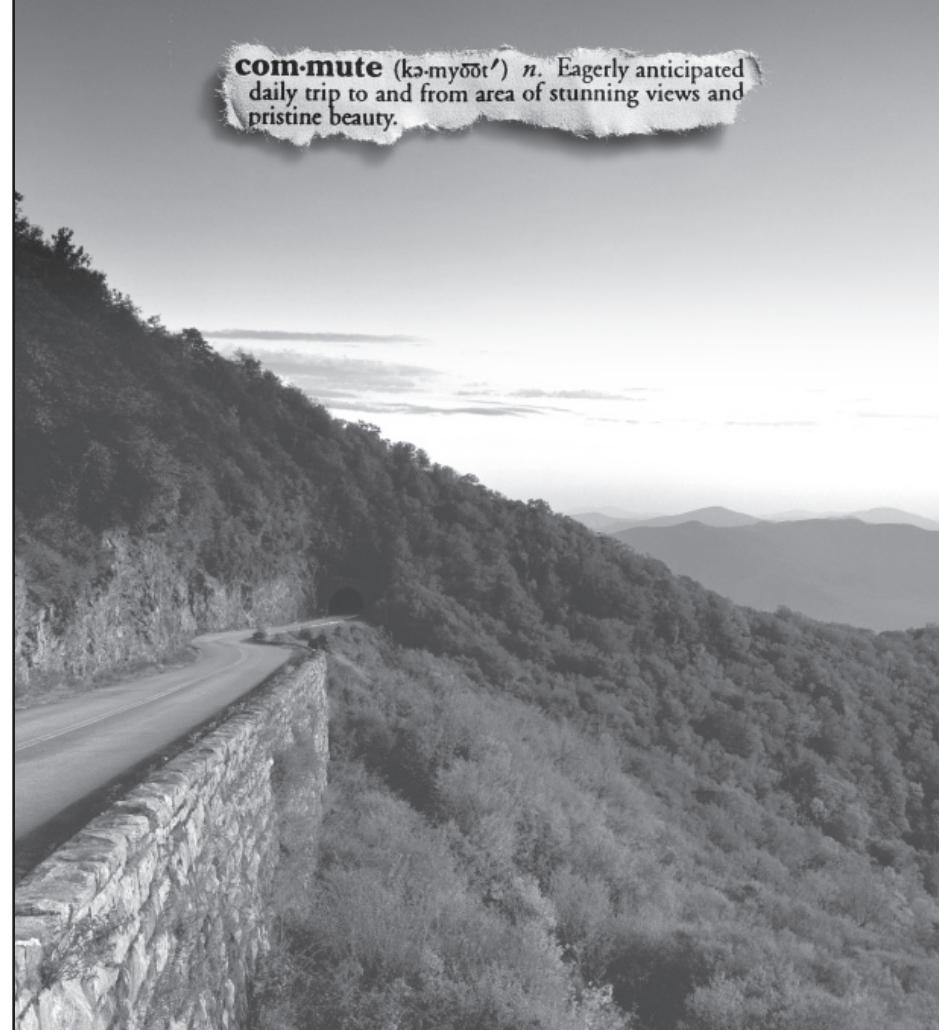
"This is one small way for us to give back. Those wounded warriors gave 100 percent of themselves. They are excited and serious about what they do, and they are the reason we can live our lives the way we want to. It's an honor to support them."

OPEN HOUSE from page A1

some of the best they've ever seen.

"I retired out of Cherry Point in 1985 and have been living consistently in the community since then," said retired Col. Jimmie L. Green. "I am absolutely awed by the amount of community support that's available to the Marines here at Cherry Point. I don't know that I have ever been at a duty station where the civilian community is so astoundingly in support of the Marine Corps as I have seen here."

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SCOUTS from page A1

"We all have vast amounts of knowledge that can ensure they are up to the challenges that lie ahead," he said.

Cub Scout Jake Jacobs said he felt he took something useful from the class.

"Newspapers probably are really important," said Jacobs, who is nine years old. "Reading is important, I'm pretty sure you could learn something."

LeBlanc said the scouts are always seeking more volunteers to help guide their young scouts. To find out what classes you may be able to teach, visit these websites.

Cub Scout Belt Loops and Pins website: <http://bit.ly/scoutsbeltloops>

Weblos Activity Badges: <http://bit.ly/activitybadges>

Boy Scout Merit Badges: <http://bit.ly/wikimeritbadge>

For more information, call Ben Brown at 466-4058.

CHAPLAIN from page A2

selves is unthinkable.

The theological experts, the guardians of spiritual truth, never bothered to travel the five miles from Jerusalem to Bethlehem to find out for themselves if the Messiah had indeed been born. Why didn't they make the time for this event? It can be summed up in one word, indifference.

There is an old story about a man who said to his friend, "I've heard that the two major maladies in America today are ignorance and apathy. What do you think?" His friend responded, "I don't know and I don't care!"

One other group of people was present and didn't have time for the real reason of Christmas. They are not mentioned in the actual biblical text, but they did exist. They live in every age. They are the people who do not have time because of delay. We have a name for them – procrastinators. The procrastinators saw the star, heard of the baby, knew that something strange and wonderful was happening, and wanted to check it out but never got around to it.

Do you have time for the real meaning of Christmas? May I ask you a personal question? Of the five types of people, who do you most identify with?

1. Do you identify with Joseph and Mary? It wasn't easy or convenient, but they made time for the real reason of Christmas.

2. Are you like the innkeeper? Do you not have time because you are too busy?

3. Maybe you are like Herod. You have no time because you are so self-absorbed in your own agenda.

4. Or, perhaps, you identify with the religious leaders. You are familiar with the Christmas story but your heart is covered with calluses. You have heard the story so many times that you don't hear it anymore and you just don't care. So you are saying, "Why bother?"

5. Does the procrastinator group resonate with you? You say, "There is no hurry, I'll make time later."

Let's get ready for Christmas and make time to include the real reason for the season.



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SGT. ELYSSA QUESADA

Capt. Josh Greb, an AH-1Z Super Cobra pilot with Marine Medium Helicopter Squadron 268 (Reinforced), describes features of a helmet during a static display at Kaneohe Bay, Hawaii, Nov. 21. The squadron is the aviation combat element for the 11th Marine Expeditionary Unit, which embarked USS Makin Island, USS New Orleans and USS Pearl Harbor in San Diego Nov. 14 beginning a seven-month deployment to the Western Pacific and Middle East regions.

Pendleton-based squadron visits Hawaii

SGT. ELYSSA QUESADA

11TH MARINE EXPEDITIONARY UNIT

KANEOHE BAY, Hawaii— A pair of AH-1Z Super Cobras and two UH-1Y Hueys with the Red Dragons of Marine Medium Helicopter Squadron 268 (Reinforced) visited Kaneohe Bay, Hawaii, Nov. 21 to demonstrate the aircrafts' capabilities.

The squadron, which is the 11th Marine Expeditionary Unit's aviation combat element, conducted training over Hawaii and

held a static display of the two helicopter models, also known as the H-1 package, at the Marine Corps air station. The unit's pilots talked about how the H-1 package will fit into the aviation community next summer, when the Hueys are expected to arrive to Kaneohe Bay.

"We want to have an H-1 presence on the island to train with the 3rd Marine Regiment and be able to push an H-1 presence into the Western Pacific," said Lt. Col. Tim Pochop, the H-1 transition officer with

Marine Aircraft Group 24 in Hawaii.

AH-1W Super Cobras and UH-1Y Hueys with Marine Light Attack Helicopter Squadron 367, based at Camp Pendleton, Calif., will move to Hawaii to provide better training and support for Marines scheduled to deploy, including close air support, convoy escorts and airborne escorts, according to Pochop.

"Bringing the H-1s to Hawaii is a great opportunity for the Marines on the island to interact with the aircraft," said Capt.

Joshua Gordon, a Huey pilot serving with the Red Dragons.

The visit marked the first time an AH-1Z has been to Hawaii. The aircraft flew from USS Makin Island at sea as the 11th Marine Expeditionary Unit approached Hawaii for its first port visit. The Marines embarked USS Makin Island, USS New Orleans and USS Pearl Harbor in San Diego Nov. 14 beginning a seven-month deployment to the Western Pacific and Middle East regions.

Thanksgiving in Afghanistan



SGT. MALLORY S. VANDERSCHANS

The 35th commandant of the Marine Corps, General James F. Amos; the 17th sergeant major of the Marine Corps, Sgt. Maj. Micheal P. Barrett; and staff, board a CH-53E Super Stallion at Camp Leatherneck, Helmand province, Afghanistan, Nov. 24. These leaders traveled to Afghanistan to visit deployed service members throughout Regional Command (West) and Regional Command (Southwest) for the Thanksgiving holiday.

2ND MARINE AIRCRAFT WING BAND
presents the
2011

Christmas Concert

Friday, December 9th @ 7 P.M.
MCAS Cherry Point Base Theater

Toys For Tots are welcome
Doors open @ 6 P.M.

FREE ADMISSION



Life & Times

Twitter.com/MCASCPPA

December 8, 2011



LANCE CPL. GLEN E. SANTY

Marines with 2nd Low Altitude Air Defense Battalion take a walk around the Semper Fidelis Memorial Park as a part of their unit field trip to the National Museum of the United States Marine Corps in Quantico, Va., Dec. 2. The Marines began their journey with their own personal KC-130J Hercules flight that took them to Marine Corps Base Quantico. The Marines spent the day touring the museum, soaking in the rich history of the United States Marine Corps.

2nd LAAD takes holiday field trip to National Museum of United States Marine Corps

JOINT PUBLIC AFFAIRS OFFICE

MCAS CHERRY POINT

The Marine Corps has a rich history and traditions that today's Marines and Sailors continue to forge upon to extend the legacy to the men and women who will follow them.

Marines from 2nd Low Altitude Air Defense Battalion saw their part in the Corps' lore when they took a quick Friday morning KC-130J flight from Cherry Point to the National Museum of the United States Marine Corps in Quantico, Va., Dec. 2.

"Today was about giving back to our Marines," said 2nd Lt. Justin Gaines, the second platoon commander with 2nd LAAD. "For the past couple of months they have been putting forth the effort and this is a good way for us to give back."

The battalion's command made arrangements for the trip weeks in advance.

"This shows the Marine Corps' rich history when you just look around the museum and you can see how much we've evolved," said Lance Cpl. Laylon Wilson III, a motor transport operator with 2nd LAAD.

"At the World War II exhibit they have a piece of glass from the bombing of Nagasaki," Wilson added. "My grandfather was in the Navy on a battleship and saw the explosion."



Cpl. Kiefer Brown, the embark chief with 2nd LAAD Bn., reads about the segregation of the Marine Corps during a unit field trip to the National Museum of the United States Marine Corps in Quantico, Va., Dec. 2.

As the Marines viewed the exhibits patrons thanked them for their service and former Marines offered first-hand accounts of their time served in the Corps.

"My favorite part about today has been talking to all the retired Marines that work here," said Sgt. Robert Basham II, a field radio operator with 2nd LAAD. "Listening to them tell you about how it was in their day and all of their knowledge really brings the experience to life."

Basham said the museum unifies past, present and future Marines by highlighting the sacrifices, valor and accomplishments of those who came before them.

The outing concluded with 2nd LAAD making some of its own history by promoting Charles Smith and Paul Sanders to lance corporal in front of the museum's entrance.

"Coming here allows us all to be brought back to why we chose to join the world's greatest fighting force," Gaines said.



Cpl. Kiefer Brown, the embark chief with 2nd LAAD Bn., looks at Marine Corps insignias dating back to 1914 during a unit field trip to the National Museum of the United States Marine Corps in Quantico, Va., Dec. 2. The Marines were given a chance to look back on their roots and remember why they chose to join the world's greatest fighting force.



Marines with 2nd LAAD Bn., cross the flight line to their KC-130J Hercules beginning their trip to Quantico, Va., to visit the National Museum of the United States Marine Corps Dec. 2.

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 Dec. 8

Lunch - Green chili and corn stew, Indian spiced roast chicken, long grain and wild rice, steamed broccoli, harvard beets, chicken with rice soup

Dinner - Lemon chicken, salisbury steak, oven brown potatoes, Spanish rice, sauteed mushrooms and onions, southern style greens, brown gravy, bean with bacon soup

Friday Dec. 9

Lunch - Baked fish with spinach topping, chicken and cheese enchiladas, golden jewel multigrain blend, Yucatan style rice, steamed vegetable medley, herbed green beans, New England fish chowder

Dinner - Stuffed green peppers, grilled bratwurst, steamed rice, Lyonnaise potatoes, sauteed zucchini, German sauerkraut, Louisiana seafood gumbo

Saturday Dec. 10

Lunch - Mesquite roasted pork loin, chicken provencal, red beans with rice, Italian roasted potatoes, mixed vegetables, broccoli polonaise, lentil vegetable soup

Dinner - Grilled steak, Asian barbecue turkey, baked macaroni with cheese, baked potatoes, steamed baby carrots, asparagus, mulligatawny soup

Sunday Dec. 11

Lunch - Honey BBQ chicken, vegetable lasagna, Fraconia potatoes, Italian vegetable blend, simmered pinto beans, Minnesota wild rice soup

Dinner - Beef and corn pie, French fried shrimp, French fried fish, tater tots, turnips and bacon, vegetable stir fry, cabbage and white bean soup

Monday Dec. 12

Lunch - Open faced steak sandwich, Cajun lightning chicken, rice pilaf, green beans nicoise, sauteed summer squash with tomato

Dinner - Vegetarian split pea soup, spaghetti with meat sauce, barbecued spareribs, scalloped potatoes, steamed broccoli (fresh)

Tuesday Dec. 13

Lunch - Louisiana chicken and sausage gumbo, southern fried catfish fillets, turkey with vegetable primavera, roasted zucchini, potatoes au gratin, calico cabbage, hush puppies

Dinner - Tomato noodle soup, yankee pot roast, Casablanca vegetable stew, oven browned potatoes, steamed rice, brown gravy, corn on the cob, sweet sour greens

Wednesday Dec. 14

Lunch - Hearty winter vegetable soup, maple mustard pork loin, chicken parmesan, whipped sweet potatoes, penne rigate noodles, marinara sauce, ratatouille broccoli, cheese, rice, breadsticks

Dinner - Chicken tortilla soup, Texas BBQ beef brisket, baked tuna and noodles, baked macaroni and cheese, vegetable stir fry, beans fiesta



Movie Hotline: 466-3884

Visit us at www.mccscherrypoint.com

Adults only \$3 • Kids (2-12) only \$2

NOW SHOWING

Runtime

Saturday, December 10

4:00pm - Puss In Boots PG

6:30pm - In Time PG 13

9:00pm - The Ides of March R

1:49

1:42

Sunday, December 11

2:00pm - Puss In Boots PG

4:30pm - In Time PG 13

1:49

7:00pm - The Ides of March R

1:42

MOVIE SYNOPSIS

Puss In Boots - (Animation) - Starring the voices of Antonio Banderas, Salma Hayek, Zach Galifianakis, Long before he even met Shrek, the notorious fighter, lover and outlaw Puss in Boots becomes a hero when he sets off on an adventure with the tough and street smart Kitty Softpaws and the mastermind Humpty Dumpty to save his town.

In Time - Starring: Amanda Seyfried, Justin Timberlake, Cillian Murphy, Vincent Kartheiser, Olivia Wilde. In a future where time is literally money and aging stops at 25, the only way to stay alive is to earn, steal, or inherit more time. Will Salas lives minute-to-minute, until a windfall of time gives him access to the world of the wealthy, where he teams up with a beautiful young heiress to destroy the corrupt system.

The Ides of March - Starring: Ryan Gosling, George Clooney, Philip Seymour Hoffman, Paul Giamatti, Evan Rachel Wood. During the frantic last days before a heavily contested Ohio presidential primary, an up-and-coming campaign press secretary finds himself involved in a political scandal that threatens to upend his candidate's shot at the presidency.

Movies are subject to change without notice

From the clinic: No-show stats

Did you know that patients failing to show up for medical appointments affects your access to medical care at the Naval Health Clinic?

An appointment no-show occurs when a patient misses their scheduled appointment and does not call the facility prior to the appointment time to cancel. In the month of September, there were 8,643 scheduled medical appointments for our beneficiaries at the clinic. Of those appointments, 793 patients did not show for their sched-

uled appointments.

An appointment no-show affects us all, because:

1. The patient that missed the appointment does not get the care they need.
2. Another patient that could have used the appointment time if it was available.
3. A physician or provider was fully staffed and prepared for the appointment.

It is imperative patients arrive on time and complete medical appointments they schedule. At the

clinic, we realize things happen! If you cannot make your appointment, simply call the facility and cancel the appointment in advance so another patient is afforded the opportunity to use that appointment time. Don't let your neighbor down by limiting access to needed healthcare.

Please remember Naval Health Clinic Cherry Point is an appointment based clinic. To schedule or cancel an appointment, call 466-0921. We look forward to your next visit.



Did you know?

Safety tips: Christmas trees

SAFETY DIVISION

HEADQUARTERS MARINE CORPS

Mishap Data

- Shorts in electrical lights and open flames from candles, lighters or matches are the most common causes of tree fires.
- Between 2003-2006, fire departments responded to an average of 240 home fires per year that started with Christmas trees.
- These fires caused an average of 16 deaths, 25 injuries, and \$13.1 million in direct property damage annually.
- On average, one of every 15 reported fires that began with a Christmas tree resulted in death.

Do's and Don'ts

- When you buy your tree, have the vendor make a fresh cut an inch from the bottom; this will help the tree drink.
- Make sure your tree stand holds plenty of water, and don't let it run out. Well-watered trees are not a problem. Dry, neglected trees are.
- If you buy your tree early and keep it outside, store it away from wind and sun, and keep the bottom in a bucket of water.
- Make sure your lights are safe. If you need outdoor lights, make sure the ones you buy are meant for outdoor use. Make sure your lights carry certification from a testing laboratory.
- Keep your tree at least three feet from furnaces, radiators and fireplaces.
- Try to position it near an outlet so that cords are not running long distances. Do not place the tree where it may block exits.
- When Christmas is over or when the tree starts to drop needles, dispose of it.
- Don't leave it in your house or put it in your garage.
- Keep a close eye on small children when they are around the tree; many small decorations and ornaments are sharp, breakable and can be swallowed.

Winter challenges: Cold weather survival

SAFETY DIVISION

HEADQUARTERS MARINE CORPS

Prolonged exposure to low temperatures, wind and/or moisture can result in cold-related injury from frostbite and hypothermia. Here are some suggestions on how to keep warm and avoid frostbite and hypothermia.

Dress properly

Wear several layers of loose-fitting clothing to insulate your body by trapping warm, dry air inside. Numerous modern, synthetic materials do an excellent job at trapping warm air and resisting dampness.

Exposed skin, such as the head and neck, lose more heat than covered skin. Your cheeks, ears and nose are the most prone to frostbite. Wear a hat, scarf and turtleneck sweater to protect these areas.

Frostbite: What to look for

The extent of frostbite is difficult to judge until hours after thawing. There are two classifications of frostbite:

1. Superficial frostbite is characterized by white, waxy or grayish-yellow patches on the affected areas. The skin feels cold and numb. The skin surface feels stiff and underlying tissue feels soft when depressed.
2. Deep frostbite is characterized by waxy and pale skin. The affected parts feel cold, hard, and solid and cannot be

depressed. Large blisters may appear after re-warming.

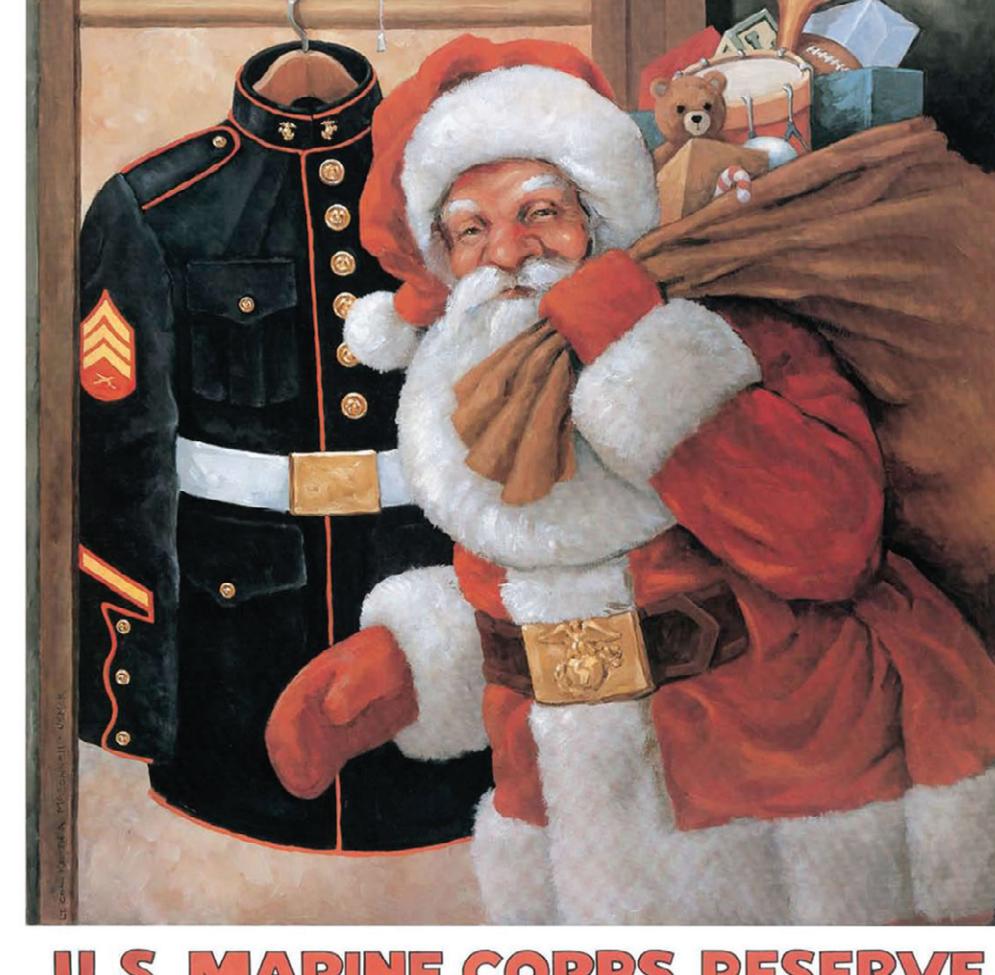
What to do

1. Get the victim out of the cold and to a warm place immediately.
2. Remove any constrictive clothing items that could impair circulation.
3. If you notice signs of frostbite, seek medical attention immediately.
4. Place dry, sterile gauze between toes and fingers to absorb moisture and to keep them from sticking together.
5. Slightly elevate the affected part to reduce pain and swelling.
6. If you are more than one hour from a medical facility and you have warm water, place the frostbitten part in the water (102 to 106 F). If you do not have a thermometer, test the water first to see if it is warm, not hot. Re-warming usually takes 20 to 40 minutes or until tissues soften.

What not to do

1. Do not use water hotter than 106 F.
2. Do not use water colder than 100 F since it will not thaw frostbite quickly enough.
3. Do not rub or massage the frostbite area.
4. Do not rub with ice or snow.

TOYS FOR TOTS



U.S. MARINE CORPS RESERVE

(910) 440-2843 / (910) 376-7285

THE LOCAL BUZZ

Announcements

► Indicates new announcement

► Paint The Day Away

Friday from 9 a.m. to 3 p.m. the Camp Lejeune Armed Services YMCA invites guests to paint ceramic Christmas ornaments and enjoy holiday treats.

Cost varies from \$1 to \$3 depending on piece selected. For more information call 910-450-0497.

Located at TT 2469 Iwo Jima Blvd, Tarawa Terrace.

Christmas Parade

The city of Havelock's 41st annual Chrismas Parade will be held on Saturday at 2 p.m.

The parade route will lead down U.S. Highway 70 from St. Christopher's Episcopal Church to City Hall.

Any organization, business, church group or individual interested in participating in the parade can call William Winstead at 444-6429. Deadline is Friday.

All entries will be judged on creativity and theme. Awards for 1st, 2nd and 3rd will be given. This year's parade theme is "welcome home for the holidays."

► Chess Tournament Coming to Cunningham's

Monday is open chess night at Cunningham's from 5 p.m. to 10 p.m.

Come out to learn how to play or play competitively.

Open for all eligible patrons. Contestants must be at least 18 years of age to play.

For more details email to leigh.velez@usmc-mccs.org

► Texas Hold'em Coming to Cunningham's

Monday from 6:30 p.m. to midnight, Cunningham's will host Texas Hold'em style poker tournaments.

Winners will receive prizes.

Sign up at Single Marine Program front desk. Contestants must be at least 18 years of age to play.

For more details email to leigh.velez@usmc-mccs.org or call the SMP front desk at 466-3027

► Parents Night Out

Dec. 17, Cherry Point Child Development Center and Cherry Tree House youth program will offer evening care for children ages 6 weeks to 12 years old from 6 p.m. to 10 p.m.

Cost is \$3 per hour.

One week advanced registration is required.

For more information call the CDC at 466-6886 or Cherry Tree House at 466-3861.

Monthly and Weekly Events

Courage to Change

Cherry Point and Havelock Courage to Change is a support group 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

There are two weekly Alcoholics Anonymous meetings aboard the air station. The meetings are held Wednesdays and Thursdays at 8 p.m.

The meetings take place in Room 208 of Building 229, in the same building as the tax center, next to the Cherry Tree House.

For more information, call 447-2109.

Al-Anon Family Group Meeting

There are Al-Anon family group meetings Tuesdays at 8 p.m. for family members and friends of individuals who may have alcohol problems.

The 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.

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

Domestic Violence Victims

A support group for victims of domestic violence is 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

The Cherry Point 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 on the third Tuesday of each month at the Senior Center in Havelock at 7 p.m.

For information, contact Cris Young at 259-3427.

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.

Hotlines

2nd MAW Command Inspector General

466-5038

Station Inspector

466-3449

Fraud, Waste and Abuse

If you know of or suspect any fraud, waste or abuse aboard MCAS Cherry Point, call 466-2016.

This line's automated answering service is available 24/7.

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

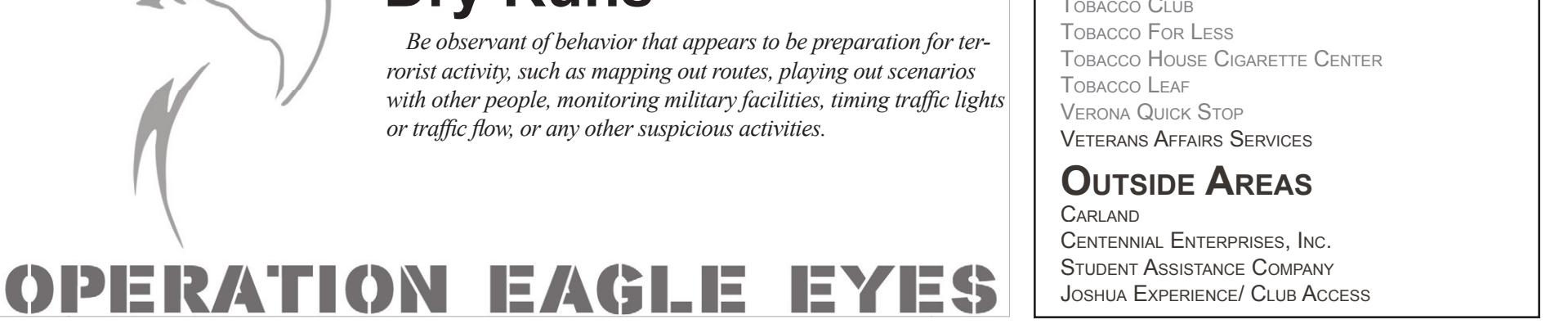
Cherry Point personnel call 466-3093.

FRC East personnel call 464-8333.

DDCN personnel call 466-4083.

Dry Runs

Be observant of behavior that appears to be preparation for terrorist activity, such as mapping out routes, playing out scenarios with other people, monitoring military facilities, timing traffic lights or traffic flow, or any other suspicious activities.



OPERATION EAGLE EYES

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.

- Exceptional Family Member Program – 466-3305.

- Family Advocacy Program – 466-3264.

- Library – 466-3552.

- LifeLong Learning – 466-3500.

- Military Family Life Consultant – 876-8016.

- New Parent Support Program – 466-3651.

- Retired Activities – 466-5548.

- Sexual Assault Prevention and Response Program – 466-5490.

- Substance Abuse Counseling – 466-7568.

- 24/7 Victim Advocate for Confidential Services relating to Sexual Assault or Domestic Violence – 665-4713.

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 (HAWELock 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

LAIRD'S 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