

# OKINAWA MARINE

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Mongolian troops practice the Mechanical Advantage Control Holds they learned during the Non-Lethal Weapons Seminar 2010 with Special Operations Training Group, III Marine Expeditionary Force Headquarters Group, III MEF, June 24. Photo by Cpl. Rebekka S. Heite

## SOTG takes part in non-lethal weapons seminar in Mongolia

Cpl. Rebekka S. Heite  
OKINAWA MARINE STAFF

FIVE HILLS TRAINING AREA, Mongolia — More than a dozen Marines and sailors, attached to Special Operations Training Group, III Marine Expeditionary Force Headquarters Group, III MEF, arrived in Mongolia for the Non-Lethal Weapons Executive Seminar 2010, June 22.

NOLES is the premier non-lethal weapons demonstration in the Pacific theater that promotes the exchange of tactics and knowledge between countries in the Pacific, said Capt. David Fenbert, assistant branch head, Expeditionary Warfare Branch, SOTG. Indonesia, Bangladesh, Sri Lanka, Australia as well as Mongolia have hosted previous NOLES.

The less than three-week seminar began June 24 with the Marines demonstrating to approximately 120 members of the Mongolian Armed Forces and Mongolian Internal Forces about newer non-lethal weapons and tactics, including classes on non-lethal weapons munitions, the X26E taser, detainee handling and Mechanical Advantage Control Holds/Pressure Point Control Tactics with handcuff proficiency.

Each seminar had one element in common with the others as one instructor explained it.

SEE MONGOLIA PG 5

## Oath of Allegiance final step for new naturalized citizens

Pfc. Garry J. Welch  
OKINAWA MARINE STAFF

CAMP FOSTER — Seventy-nine Marines, sailors and civilians received certificates of naturalization, July 2, during a ceremony on Camp Foster. At the ceremony they recited the Oath of Allegiance and officially became U.S. citizens.

The hardest thing about becoming a U.S. citizen for most people is finding the time between deployments, according to Robert Looney, Bangkok's district director of U.S. Citizenship and Immigration Services.

Looney further explained that service members are always getting deployed or changing duty stations. And, unless the service member

informs USCIS of a change in address, time must be spent finding them so the necessary paperwork can be completed.

"We try to get everything done within six months," said Looney.

For civilians it usually takes about five years to complete everything. There are background checks and a lot of paperwork, said Looney.

"There really wasn't a hard part for me," said Lance Cpl. Romeo Barut, a vehicle operator for Motor Transportation, 4th Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force. "The thing that has been hardest for me is learning the language [English]. I'm still not proficient at it."

It took about a year to become a citizen, said

Barut, finding the time to do the paperwork when not working in the shop was difficult.

"I joined to fight for this country, and I'll do whatever I have to do to get that opportunity," said Barut.

It has become easier for service members to become U.S. citizens while overseas because of a special provision in the Immigration and Nationality Act that was initiated about five years ago, said Looney.

The program helps take care of filing the paperwork, getting the background checks done and many other things that go along with obtaining citizenship.

"It took a year, but I feel good. I feel proud to be a United States citizen and a United States Marine," said Barut.

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# Marine finds pride in self, Corps

Lance Cpl. Thomas W. Provost

OKINAWA MARINE STAFF

One thing I've noticed among the average population of Marines is a lack of genuine pride in the fact they are Marines.

One major indicator of this problem is the individual Marine's appearance.

An unshaven, long-haired, disheveled appearance is not the image of a Marine that comes to my mind nor the mind of the average American.

When an average American pictures a Marine, the image they see is a clean shaven, short-haired Marine in conservative attire or in uniform.

This image is slowly leaving everyone's mind as Marines are looking more and more like average people on the street, which they are not.

Marines are entrusted with the protection of our country and to fight battles in service to our nation.

In order to do this, the individuals who choose to join the Marine Corps must be of a high caliber and have a high standard for themselves to represent their nation.

However, Marines are not only seen in battle, they are seen by the world participating in combined exercises with other countries, guarding embassies and representing the United States while stationed abroad, like we are here on Okinawa.

This is why it is of the utmost importance we not only take care of our uniforms, but also take care and have pride in our physical appearance.

While I was deployed to the Philippines with the 31st Marine Expeditionary Unit, III Marine Expeditionary Force, in support of a humanitarian aid disaster relief operation in

October, I asked a young woman what she saw when she looked at us.

She watched as a unit of Marines was clearing her street of debris and said something I'll never forget.

"You look like superman," she said.

This really meant something to me.

A large portion of the world appreciates the things we do for them, such as providing food and assistance in a time of disaster or protection in a time of conflict.

Like the young woman I met whose home was flooded and almost everything she owned destroyed, there is love for the United States in the world.

We as Marines are a symbol of what America stands for; freedom, liberty and a will to defend who we are and what our country represents.

It is our responsibility to uphold the standards and legacy our Marine predecessors have set before us.

One way to take responsibility for ourselves and each other is to politely correct

any deficiencies we see.

While I was standing duty as my battalion's command duty officer clerk, a staff noncommissioned officer came to check-in for duty. I had never seen someone so happy and pleased to be looking out for Marines leaving base, ensuring they uphold Marine Corps standards.

This SNCO is a great example of the kind of attitude Marines should have when standing duty. We need to take more pride in helping our brothers and sisters take pride in themselves.

I highly encourage all Marines to take pride in yourselves and the elite branch you joined. Also, ensure your appearance is up to par with the Corps' high standards.

We need to continue being the supermen and superwomen of the world.

**“ We as Marines are a symbol of what America stands for: freedom, liberty and a will to defend who we are and what our country represents. ”**

**U.S. MARINE CORPS HISTORY DIVISION**

**July 9, 1918** – First Sgt. Daniel Joseph Daly was awarded the Distinguished Service Cross for repeated deeds of heroism and great service in France on June 5, 7 and 10, 1918. On June 5, at the risk of his life, First Sgt. Daly extinguished a fire in an ammunition dump. On June 7, while his position was under violent bombardment, he visited all the gun crews of his company, then posted over a wide portion of the front, to cheer his men. On June 10, he attacked an enemy machine-gun emplacement unassisted and captured it by use of hand grenades and his automatic pistol. On the same day, during a German attack, he brought in wounded under fire.

**July 10, 1973** – The Department of Defense directed the Defense Supply Agency to no longer add cigarettes to Meal, Combat, Individual field rations.

**July 11, 1798** – Congress enacted the Act for Establishing and Organizing a Marine Corps effectively re-establishing the Corps after its post-Revolutionary War abolishment due to reasons of economy. The Act directed the new U.S. Marine Corps be available for service under the Secretary of the Navy.

**July 12, 1924** – The Marines pulled out of the Dominican Republic after eight years of civil and military action in the Caribbean nation. After the Dominican government disintegrated in 1916, rebel groups attempted a coup. After failed attempts to broker peace, the United States established military rule under Rear. Adm. William Capperton. The Marines were brought in three days later and successfully restored order throughout most of the republic, with the exception of the eastern region where a guerilla movement was finally put to rest in 1921.

**July 14, 1993** – The USS Iwo Jima was decommissioned after more than 30 years of service in a ceremony at Norfolk Naval Base, Va. The Iwo Jima was commissioned Aug. 26, 1961, and it was the first ship specifically designed as an amphibious assault ship from the keel up.

# HAVE A SAY

SEND YOUR OPINION TO [OKINAWAMARINE.MCBB.FCT@USMC.MIL](mailto:OKINAWAMARINE.MCBB.FCT@USMC.MIL)

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**CENTRAL BUREAU**

Camp Foster  
DSN 645-7422

**NORTHERN BUREAU**

Camp Hansen  
DSN 623-4224

# Order assigns lateral limits for behavior

## What seems like a fun idea could actually lead to trouble

**Master Sgt. Chris W. Cox**  
OKINAWA MARINE STAFF

CAMP FOSTER – Staying out of trouble is easy if you know the guidelines and regulations that have a bearing on our daily activities.

Marine Corps Bases Japan/III Marine Expeditionary Force Order 1050.7 Change 3 Liberty Campaign Order spells out responsibilities and restricted activities for Marines, sailors, Department of Defense civilians and their families who are covered by the Status of Forces Agreement between the United States and Japan.

Why should you know the order? What is in it for you?

Violations of any aspect of the Order is punishable under Article 92 of the Uniform Code of Military Justice or may result in adverse administrative action for civilians.

MCBJ/III MEF Order 1050.7 breaks down everything from actions to avoid cultural blunders to on- and off-base off limits areas. The following is a synopsis of the Order's aspects dealing with prohibited activities.

### UNAUTHORIZED ACTIVITIES

- **Off-Duty Jobs:** SOFA status personnel are not authorized to have an off-duty job or a commercial enterprise in Japan except as a legitimate employee aboard a United States military installation in which the service is provided to U.S. citizens.
- **Controlled Substances:** Obtaining, possessing or using narcotics or controlled substances is not authorized unless the substance is prescribed by a physician, dentist or veterinary surgeon.
- **CB Radios:** SOFA status personnel will not operate citizens band radio transmitting or receiving equipment, except in the performance of official duties.
- **Car Racing:** SOFA status personnel will not be involved as an active or passive participant (passenger or spectator) in any illegal street racing, drifting, speed competition or motorcycle stunts in Japan or U.S. government roadways.
- **Shrines and Temples:** Shrines and temples will be respected and will not be marred, marked, destroyed or littered on.
- **Political Rallies and Demonstrations:** No SOFA status personnel will become involved as an active or passive participant in any Japanese political rally or a political demonstration of any type sponsored by or including Japanese citizens. However, those SOFA status personnel who are Japanese citizens may participate in political activities authorized by Japanese law.

### OFF LIMITS AREAS ON BASE

- All caves, gun positions, areas of heavy vegetation, hills and tunnels except tunnels designated for vehicle or foot traffic.
- Construction sites, industrial areas, cranes, dry-docks, heliports, runways and taxiways.
- All residential areas at all times, except for residents and guests. However, some on-base

### OFF LIMITS ESTABLISHMENTS OFF BASE

SOFA status personnel are not allowed to patronize the following business locations:

- **Bernard's Garage:** 1163 Aza-Noborikawa, Okinawa City
- **Shampoo:** 1-20-15 Misato, Okinawa City
- **The Ground Tobacco Shop:** 2F1-5-9 Mihama, Chatan-Cho
- **Tokyo Shoten Bookstores:** Highway 23 at 820-6 Kamisedo, Chatan-Cho; and Highway 43 Wakasa Building 2-1-7, Naha City
- **Takahara Hotel (also known as the Royal Hotel):** On the ruins of Nakagusuku Castle near Camp Foster
- **Events Sponsored by Parties International:** Attendance at any event sponsored by Parties International, including but not limited to the Party Bus, is prohibited.

housing areas are built between common destinations. The order does not prohibit traffic from transiting through the residential area as long as you drive, walk or ride on the road or sidewalk as appropriate.

- **Exchanges, commissaries, Marine Corps Community Services facilities and their associated grounds** from 30 minutes past closing until 30 minutes prior to opening.
- **Bodies of water within the boundaries of the Northern Training Area and Camp Gonsalves.** Streams may be crossed, however, rivers and reservoirs will not be used tactically or administratively. Water drainage ditches and canals aboard all camps are not authorized for use other than their primary purpose.
- **Structures and areas designated as restricted or off limits by the commanding general or his or her designated representatives.**

### OFF LIMITS AREAS OFF BASE

The following locations are off limits unless you are sponsored AND escorted by a local national:

- **Near Camp Hansen:** Kin-Cho Athletic field and the Ryukyu Sanitarium.
- **Near Camp Schwab:** The baseball field, playgrounds and fishing boat pier in Henoko Village.

### SCHOOLS

Unless you are a student, parent of a student, an employee or have official business to take care of, all public and private school grounds on and off base are off limits. No SOFA status personnel will visit a student on school grounds without first receiving permission from the school's main office staff. On base, Department of Defense Education Activity schools require you to receive written permission at the main office and carry it with you while you are on school grounds.

### BURIAL SITES AND TOMBS

Burial sites and tombs are sacred and high-

ly regarded areas for the Japanese people.

The only times SOFA status members are authorized to be at a burial site or tomb – either on- or off-base – are as a member of a funeral cortege or as a family member at appropriate ceremonies.

### OPEN-WATER RELATED REQUIREMENTS

No SOFA status personnel shall enter the waters of Okinawa or its surrounding islands for the purpose of participating in any water related recreational activity without wearing or using the proper safety devices or equipment designated for the specific water-related activity.

- **Scuba Divers:** Shall be certified, wear protective safety equipment and dive within the guidelines outlined in MCBJ Order 1710.1, Standard Operating Procedures for Self Contained Underwater Breathing Apparatus.
- **Snorkelers and Free Divers:** When entering the water at locations not supervised by lifeguards, snorkelers and free divers shall wear, at a minimum, an appropriately-sized personal flotation device, also known as a snorkeling vest.
- **Surfers (includes wind kite boarders):** At a minimum, shall attach a leash from the user to the board.
- **Personal Water Craft Operators (e.g., Jet Skis, Wave Runners):** Shall wear, at a minimum, an approved, appropriately-sized life vest and a tethered kill switch/cord.
- **All personnel participating in water-related recreational activities are required to use the buddy system.**
- **No water-related recreational activities will be planned or conducted during SEA CONDITION RED or when local conditions result in the closure of a beach or coastal area.**

MCBJ/III MEF Order 1050.7 Ch. 3 Liberty Campaign Order can be accessed online at the Camp Butler adjutant sharepoint homepage at the following CAC-protected site: <https://wss.mcbbutler.nmci.usmc.mil/G1/Adjutant/default.aspx>. Look under Announcements for

**BRIEFS****EXCEPTIONALLY SUNNY SERIES: CLUBS FOR CHILDREN**

This summer Marine Corps Community Services Personal Services Center Exceptional Family Member Program is offering exciting clubs for program children, open to all families who have an exceptional family member of all branches of service. All clubs are held at the Camp Foster Personal Services Center. Enroll now for Session II:

Book Club, Tuesdays from 1:30 - 2:30 p.m.

"Book Friends," July 20

"Rhyme With Me," July 27

"All About the Pictures," Aug. 3

"Happily Ever After," Aug. 10

Adventure Club, Fridays from 10-11 a.m.

"Shiver Me Timbers," July 23

"Around the World," July 30

"Bugs and Butterflies," Aug. 4

"She Sells Seashells," Aug. 13 which meets at the Araha Beach Pirate Ship

For more information or to register call 645-9237.

**BRAZILIAN SOCCER CLUB AND KUBASAKI HIGH SCHOOL SOCCER DAY CAMPS**

The Brazilian Soccer Club and Kubasaki High School are kicking off this summer with Soccer Camps on Camp Foster.

Sessions are broken down into age groups, the first one beginning July 12. Any players age 5 through 15 are welcome to join.

Players will receive individual attention in developing their tactical and team technical skills. There are morning and evening sessions available for each age group.

Each 5-day session for children ages 5 and 6 years old costs \$60 per session, and for players ages 7 through 15 years old, each session costs \$100 per player. Each player receives a camp shirt. Space is limited to the first 20 players for each age group.

Register online at [www.BrazilianSC.com](http://www.BrazilianSC.com) or e-mail [brazilian.soccer.club@gmail.com](mailto:brazilian.soccer.club@gmail.com) for more information.

**NO RECREATION AT KIN RED AND KIN BLUE**

Kin Red and Kin Blue are military areas used for beach operation training. Therefore, at these locations scuba diving, snorkeling or other outdoor recreation activities are not permitted.

**DEFENSE REUTILIZATION AND MARKETING**

The Defense Reutilization and Marketing Office disposes of excess property received from the military services.

The inventory changes daily with thousands of items including: household/office furniture, vehicles and parts, clothing, computers and much more. When the Department of Defense declares such items as excess to their needs, they are turned in to the DRMO.

Property is first offered for reutilization within the DoD at no cost. The Reutilization, Transfer and Donation program provides huge savings by avoiding new DoD procurement costs and repairs. In fiscal year 2008, more than \$13 million worth of property was reutilized from DRMO Okinawa.

The DRMO Okinawa is located on Camp Kinser, Bldg 600.

Valid ID card holders may screen property Monday through Friday between 8 a.m. and 3:30 p.m. For more information, call 637-2460/3717 or visit our Web site at [www.drms.dla.mil](http://www.drms.dla.mil).

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

# SOFA responsibilities on island

**Cpl. Shelby R. Shields**

OKINAWA MARINE STAFF

**CAMP FOSTER** — All personnel who fall under the United States-Japan Status of Forces Agreement have certain rights, privileges and special protections, according to the United States Forces Japan Instruction 51-701. However, with these rights and privileges come responsibilities.

"We are not in America and cannot demand to be treated as though we are," said Capt. Christopher Blosser, the Foreign Criminal Jurisdiction Attorney with the Staff Judge Advocate's Office, Marine Corps Bases Japan. "We are guaranteed certain rights under the SOFA, but the laws and culture of Japan are different than in the United States. We must respect and submit to those legal and cultural differences."

USFJ military personnel, civilian employees and their respective family members are obligated to respect and obey all Japanese laws and abstain from any activity inconsistent with the spirit of the SOFA.

All SOFA members are required to have their Department of Defense identification cards with them at all times, and must present them to Japanese authorities when requested.

Especially when dealing with the local authorities, SOFA personnel must remember these responsibilities and behave accordingly. There are many instances where a SOFA status person may be required to stop for Japanese authorities.

Any personnel may be stopped or questioned if, based on unusual behaviors or

other surrounding circumstances, there is reasonable grounds to suspect the person has committed or is about to commit a crime. A police officer may even ask a suspect to come to the police station if he deems that questioning at the scene will disadvantage the suspect or obstruct traffic.

"Japanese authorities are usually favorably influenced by a cooperative attitude," Blosser said.

If a person is uncooperative with the Japanese police, an arrest warrant may be sought using the refusal to cooperate as evidence of the necessity for the arrest warrant. A SOFA member may be held in Japanese jail for up to 23 days without being charged; this time may be extended if charged.

Although SOFA status personnel retain the right to remain silent when being questioned or detained, it is typically viewed as uncooperative and can be used against them during trial or as a basis for arrest.

"Our country's alliance with Japan is critical to stability in this region," Blosser stressed. "Misbehavior by our personnel causes negative consequences ranging from discrediting the Marine Corps or United States to strategically impacting our country's necessary alliance with Japan."

According to USFJ instruction 51-701, Japanese law is extremely complicated, and advice on dealing with it should be sought at the earliest possible time. For more information regarding Japanese law and the Status of Forces Agreement, contact the base Staff Judge Advocate's office at 645-7177.

## MHG gets new commanding officer

**CAMP HANSEN** — The III Marine Expeditionary Force Headquarters Group, III MEF held a change of command ceremony here for former commanding officer, Col. Dewey G. Jordan, and to welcome new commanding officer, Col. David P. Olszowy, July 2.

Jordan will be the new deputy chief of staff, G-2, 1st Marine Aircraft Wing, III MEF.

Olszowy was commissioned a second lieutenant in 1985 after graduating with a Bachelor of Arts degree from the University of South Carolina.

Notable posts for Olszowy include the Command Control Communications and Computer J-6 Directorate as the chief for the Joint Communications Security Branch and the assistant chief of the Joint Exercise Communications Branch with U.S. Atlantic Command in Norfolk, Va., and the Joint Training Analysis



**Col. Dewey G. Jordan**



**Col. David P. Olszowy**

Simulation Center (now the Joint Warfighting Center), Joint Forces Air Component Commander, and Theater Missile Defense operations and the USACOM J-3 Directorate as an operational planner and Composition 4 subject matter expert for the Deployed Joint Task Force Augmentation Cell.

He is a graduate of the National War College, Amphibious Warfare School and the Marine Corps Command & Staff College.

Olszowy's combat tours include Operations Desert

Shield and Desert Storm, Sept. 1990 until April 1991 and Operation Iraqi Freedom, Jan. – Oct. 2003 and Feb. – Sept. 2004.

Olszowy's awards include the Defense Superior Service Medal, Bronze Star Medal, Defense Meritorious Service Medal, two Meritorious Service Medals, Navy and Marine Corps Commendation Medal, Joint Service Achievement Medal, Navy and Marine Corps Achievement Medal, and various service and campaign medals.

## MONGOLIA FROM PG 1

“Keyword: control,” said Sgt. Tabitha Golden, with SOTG participating in NOLES-10 and 2nd squad leader, 3rd platoon, Military Police Company, Combat Logistics Regiment 37, Combat Logistics Battalion 4, 2nd Marine Logistics Group, III MEF, to the Mongolians during the demonstration she gave on detainee handling.

The second day of NOLES-10 was devoted to an Oleoresin Capsicum class, where after being sprayed with OC the students demonstrated several non-lethal control tactics they had learned the day before.

Seminars included Crowd Dynamics/Control, Riot Control and Embassy Security later on during the event. They will also be introduced to several weapons systems.

To maximize the effectiveness of the seminar, four Mongolian platoons will attend some sessions as a whole, but there are a few sessions where they will be split into two groups, said Fennbert. Each platoon has one translator to help facilitators get their message across, he said.

Most weapons and tactics will be demonstrated first in classroom followed by practical application, but some can and will be conveyed only through practical application, said Golden.

The culmination of the seminar the Mongolian and U.S. Forces are undertaking is scheduled to be a demonstrated for key personnel from multiple Pacific region countries on day 14.

# Corpsman's valor saves lives

Lance Cpl. Tyler C. Vernaza

OKINAWA MARINE STAFF

CAMP HANSEN — Growing up in a Navy family, Petty Officer 3rd Class Angel Gilbert always thought there was a good chance he would end up serving in the Navy. What he didn't anticipate is that two years after joining, he would receive an award for heroism for actions that took place hundreds of miles from the ocean.

Gilbert, a corpsman with 7th Communications Battalion, III Marine Expeditionary Force Headquarters Group, III MEF, was recognized here June 24 for his heroic actions while deployed in support of Operation Enduring Freedom last year.

“His dedication and professionalism with his Marines is always inspiring other corpsman around him,” said Petty Officer 2nd Class Joshua McCullough, corpsman with 7th Communications Bn.

With both parents serving in the Navy, Gilbert grew up with ambition, knowing in his heart that he would make something of himself.

I never really knew what I wanted from life until my mother and father began talking to me about the military, said Gilbert.

As things began to unfold in front of me, the life of a corpsman became my only desire, the Seabeck, Wash., native added.



Petty Officer 3rd Class Angel Gilbert, hospital corpsman (top center) sits with (left to right) Cpl. John White, Cpl. Gabriel Manesis and Cpl. Allen Zehr, embedded training team 1-11, Regional Corps Advisory Command Central in Afghanistan. Photo provided by Petty Officer 3rd Class Angel J. Gilbert

casualties while under constant small arms fire without cover or concealment. He was able to save one life and assist other U.S. and Afghan service members, according to the citation.

“For courageous and exceptional performance of his duties under heavy concentrated enemy fire,” Gilbert was awarded the Navy and Marine Corps Commendation Medal with a combat distinguishing device.

“Everything was going in slow motion – like in the movies,” he recalled.

“I can't really explain it. It was like I felt everything at once. I was sad, happy, scared,” he described of his emotions during the event.

“My Marines don't deserve for me to be scared,” he said. “They have to know that I will stand right beside them wherever they go.”

As fate would have it, Gilbert went off to Naval Station Great Lakes, Ill. in October 2006 and graduated basic training in December that same year.

Two years later, Gilbert's travels took him to the Uzbin Valley of Eastern Afghanistan for service with a quick reaction force element with embedded training team 1-11.

During a firefight between members of an adjacent unit and at least 20 enemy fighters, Gilbert rushed to aid friendlies pinned down in a crossfire kill zone.

Gilbert began assessing

## 31st MEU force recon prepares for unit certification



After clearing the building, Marines with Force Reconnaissance Platoon, 31st Marine Expeditionary Unit, III Marine Expeditionary Force, make their way out of a building in combat town June 26.

Photo by Lance Cpl. Tyler C. Vernaza

Lance Cpl. Tyler C. Vernaza

OKINAWA MARINE STAFF

CENTRAL TRAINING AREA — Marines from Force Reconnaissance Platoon, 31st Marine Expeditionary Unit, III Marine Expeditionary Force, made an assault on combat town here, June 25.

This was one of the many training exercises the force reconnaissance platoon is required to conduct in preparation for the upcoming 31st MEU certification exercise, said Gunnery Sgt. Steven Sarten, special missions branch chief, Special Operations Training Group, III MEF.

One hundred and thirty Marines, including instructors, role players and “assaulters” participated in the exercise, where the objective was to properly execute a direct-action raid.

Marines entered the town by fast-roping from two CH-46E Sea Knight helicopters. After landing, the Marines traversed deep puddles of water, while keeping their dispersion.

Staying alert and focused, the Marines swept through the training area.

In previous scenarios throughout the week, the Marines had collected intelligence confirming the identify of a hostile individual, said Sarten.

The assault on combat town was the

culminating event of the training designed to test their efficiency.

The Marines infiltrated the town, confiscated weapons and ammunition from the insurgency and dealt with improvised explosive devices.

“[The Marines] did what they were trained to do,” said the primary close quarter's combat instructor with Special Operations Training Group, special missions branch.

They worked together and handled their unknowns well, he added.

This training has to be done before the Marines can be eligible to go to the certification exercise, said Sarten.

Prior to deploying with the MEU, the recon Marines are required to complete a two-week breaching course, a five-week close quarters training course, a one-week interoperability course and a two-week certification, he added.

The force reconnaissance platoon provides the MEU with “deep reconnaissance and precision raid capabilities,” said an instructor with SOTG, special missions branch.

Once the Marines complete their certification, they should have all the tools and knowledge required to provide the 31st MEU with all of its deep reconnaissance and precision raid needs, Sarten concluded.



**Pfc. Jackie Alcantara, motor vehicle operator, Truck Platoon, Headquarters and Services Company, Combat Assault Battalion, 3rd Marine Division, III Marine Expeditionary Force, practices firing an explosive device training under the watchful eye of instructors from the Marine Corps Engineer Center, June 23. More than 40 Marines participated in three days of IED training.**



**Sgt. Dominic Sorrentini, convoy commander, Truck Platoon, Headquarters and Services Company, Combat Assault Battalion, 3rd Marine Division, III Marine Expeditionary Force, receives instruction from Mariano Seguin, an instructor from the Marine Corps Engineer Center, during an improvised explosive device course, June 23.**

## CAB Marines practice IED a

**Story and photos by Lance Cpl. Abigail M. Wharton**  
OKINAWA MARINE STAFF

**M**ore than 40 Marines from Combat Assault Battalion participated in counter improvised explosive device training under the watchful eyes of instructors from the Marine Corps Engineer Center June 23 in the Central Training Area.

The Marines from Truck Platoon, Headquarters and Services Company and Combat Engineer Company, Combat Assault Battalion, 3rd Marine Division, III Marine Expeditionary Force, participated in a day of classroom training before two days of practical application.

The instructors from the Mobile Training Cadre, MCEC, held classes on how IEDs function, what they look like and how to prevent them from being emplaced.

"Marines will see IEDs in four scenarios," said John Hernandez, team leader, MTC. "They will see IEDs before assembly, being assembled, being emplaced and after they go off. They can prevent some of the steps if they know what to look for in the beginning stages."

During the first day, Marines were taught how to properly search the ground when get-

ting out of vehicles. They also completed dismount and observation drills.

"We were lined up and told to stare at a field and woods in front of us and find IEDs and IED indicators between 25 and 50 yards in front of us," said Staff Sgt. Cameron Deleon, utilities chief, Combat Engineer Company, CAB. "It was a challenge that no Marine was able to complete alone, but as a team we found them all."

The Marines then completed foot and mounted IED patrols in Mine-Resistant Ambush Protected all terrain vehicles and trucks to practice the skills they were taught during the classes, Deleon added.

"While we were patrolling we would stop to dismount and conduct our ground search," the Brooklyn, N.Y. native commented. "We also practiced the nine-line medical evacuation calls we learned earlier in training."

The instructors would brief the Marines on their mission, timeline and any suspected danger areas in the route, Hernandez added.

While the Marines were working through the scenarios, the instructors acted as the operations center, explosive ordnance disposal and medical personnel, he added.



Force, provides security for a stopped convoy during improvised training and an additional day of metal detector training.

## awareness, responses

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"I think it's important for the Marines to know how to fill all the leadership roles in a situation," Hernandez said. "If they feel comfortable taking charge and making the radio calls here then they should be confident when they have to do it for real."

Some of the Marines voiced confidence in their ability to use the skills they learned.

"This was intense training," said Lance Cpl. Ben Nelson, motor vehicle operator, Truck Platoon. "There are a lot of things we need to know before deploying. Here we learned how to spot IEDs and what to do after encountering them. This helped build confidence in our skills and each other as a team."

In addition to the IED course, the Marines were given metal detector training, which is not always offered, Hernandez said.

"Our training doesn't cost units anything since we're part of the Marine Corps and our curriculum is from the Training and Education Command," he added.

Units can schedule training packages with the Marine Corps Engineer Center using the contact numbers on the Marine Corps website <http://www.marines.mil/unit/tecom/mces/ecoc/>.



Marines from Truck Platoon, Headquarters and Services Company and Combat Engineer Company, Combat Assault Battalion, 3rd Marine Division, III Marine Expeditionary Force, practice responses to improvised explosive devices during counter improvised explosive device training, June 23.



Marines from Truck Platoon, Headquarters and Services Company and Combat Engineer Company, Combat Assault Battalion, 3rd Marine Division, III Marine Expeditionary Force, drag simulated improvised explosive device casualties to safety during counter improvised explosive device training in the Central Training Area, June 23.

# Safety Office warns about potential dangers of outdoor recreation, chores

**Lance Cpl. Michael G. Iams**  
OKINAWA MARINE STAFF

With a variety of ways to appreciate the outdoors on Okinawa, safety officials with Marine Corps Base Camp Butler want to emphasize the use of good judgment when performing outside yard work and supervising children.

"We recommend all families keep their yards clean," said Lawrence Jacobs, the safety director of the base safety office. "Having a low-cut lawn and keeping debris out of it will keep the rodents out of the grass, which will in turn keep snakes away. Always inspect the yard first before starting any work."

Jacobs advised operators to have the proper gear when working on the yard.

"Have eye protection, long pants and shoes that cover the entire foot when cutting the grass," said Jacobs. "Even though it is not required, we recommend wearing steel-toed boots for better protection against the lawnmower blade."

Personnel should also take precautions to ensure the ground is level and free of branches before using a ladder to clean windows.

Another summer concern safety officials have is the use of wading pools and how to properly take care of them.

"Pools can be a max of six feet in diameter and 12 inches deep," said James Higa, a housing inspector with the Air Force Military Family Housing Office. "Pools large enough for adults to swim in are not allowed."

"Be careful of inclement weather and make sure no one swims during typhoons or thunderstorms," said Shawn M. Curtis, the deputy safety director of the base safety office. "Use good judgment and keep an eye on your kids



**Gunnery Sgt. Marcellus Roberts, the company first sergeant for Military Police Company, Combat Logistics Regiment 37, 3rd Marine Logistics Group, III Marine Expeditionary Force, trims weeds around his house using proper safety equipment.** Photo by Gunnery Sgt. J. L. Wright Jr.

when they are out having fun in the pool."

Owners must also properly take care of their pools to ensure it is in good condition and the water is safe to play in, especially during the rainy season in Okinawa, according to Curtis.

"Ensure the pool is turned upside down when it is done being used," said Curtis. "Not

knowing what kind of water is in the pool can be very dangerous for your kids."

If the water becomes contaminated it can make pool users sick, said Curtis.

All electronics should be kept away from the pool and all wet conditions, Curtis added.

"Supervising your children is very important, especially if they don't have any swimming skills," said Jacobs. "Even in that little amount of water kids can drown [if left unsupervised]."

Trampolines are another source of summertime entertainment that can be dangerous.

"Trampolines are considered large toys and must be kept in the back of the quarters at all times," said Higa.

Owners will need to apply the safety materials needed to keep their children safe and supervise them at all times when they are using the trampoline.

"The backyard must meet a certain parameter approved by base housing and have a level ground before being qualified to have a trampoline," said Jacobs. "It also cannot be near any branches that may harm the children jumping on it."

"Safety nets and shock-absorbing pads are also required to reduce the risk of mishaps," Curtis added.

Parents should always supervise children playing on the trampoline.

In case an accident does occur, emergency phone numbers should be easily accessible at a child's level. If calling from an on base phone, dial 911. If calling from an off base phone or cell phone, dial 098-911-1911.

For more information on summer safety, tips and regulations, contact the base safety office at 645-2836.

## Pashto learning to aid Afghan cultural exchange

**Lance Cpl. Abigail M. Wharton**  
OKINAWA MARINE STAFF

More than 20 Marines participated in Pashto language classes in preparation for deployment in support of Operation Enduring Freedom, June 30.

The Marines from Combat Assault Battalion, 3rd Marine Division, III Marine Expeditionary Force, attended a week of classes covering simple phrases, greetings, numbers and colors.

"This will definitely help us out on patrols when we see signs so we can recognize some of the writing and numbers," said Lance Cpl. Andrew Jerabek, generator mechanic, CAB. "We will also be able to greet the local people when we pass by instead of being silent or rude because we don't understand."

The class also included a sec-

tion about the customs and courtesies of the Afghan culture.

"These Marines are learning the language and the culture so they can interact with the local people when they deploy," said Nabi Misdaq, Pashto and Dari language expert, Center for Advanced Operational Culture Learning, Training and Education Command, Headquarters Marine Corps. "The classes included culture, history of the country, society, religion, authority and communication."

One Marine stated he believes this training will allow the deploying units to perform their mission more smoothly.

"If Marines can understand the tribal laws and how the Afghan culture functions then they will see it's a strong culture and not every person bearing arms is a threat," said Sgt. Joseph Fincher,

training chief, operations, Headquarters Company, CAB. "A lot of times a unit's translator is from a different region so it will also help them function better as a Marine if they understand their environment."

Having a better sense of situational awareness in real-world environments can help keep Marines calm during stressful situations. According to Fincher, these classes will help Marines understand what is going on around them.

"When an improvised explosive device goes off in Afghanistan, a lot of times the local people will come around to investigate what just happened in their neighborhood," Fincher explained. "A Marine who doesn't understand the strength of the culture will be stressed when he sees the curiosity right after a blast."

One student, who has never deployed to Afghanistan, saw the value in understanding the local culture before deploying.

"It's been very informative," Jerabek said. "I went from not knowing anything to having a basic grasp, and I think it will really help us on this deployment."

The language and culture classes were added into the CAB pre-deployment training program to help their Marines stay in line with the mission to win hearts and minds, Fincher commented.

"The Marine concept here is warrior, ambassador and worker in his job field," said Sgt. Adam Higareta, one of the students. "These classes will help our Marines pull all of those together so they can transition from one role to another and realize we are there to be ambassadors of America."

# Walking in footsteps of forefathers

Story and photos by Lance Cpl. Michael G. Iams  
OKINAWA MARINE STAFF

**T**he Battle of Okinawa, which lasted from April 1 to June 22, 1945, forever marked history as the final and bloodiest battle of World War II.

Accumulating more than 300,000 casualties, the battle is also known as the “Typhoon of Steel,” or “tetsu no ame” in Japanese.

Since 1996, Marine Corps Community Services Tours has provided Marines the opportunity to tour the battlegrounds and ruins of the epic battle, according to Chris Majewski, a former Marine and tour guide for MCCS here for more than a decade.

“Marines tend to be extremely history oriented, and there’s been a lot of publicity surrounding World War II with movies and books over the years,” Majewski said. “As a result, the battle sites tours are consistently the most popular tour we offer.”

More than a dozen Marines participated in MCCS’ most recent battle sites tour, June 22.

Majewski started the day by educating the Marines on Japan’s history, describing the earlier days of the shogun and samurai.

“History makes us who and what we are – if you don’t know it, you’re bound to repeat it,” Majewski said. “Anyone can sit in a library and read history, but actually seeing it and living it is another experience.”

The battle sites tour began at Kakazu Ridge in Taladai Park, Ginowan City. The steep ridge, which faces Marine Corps Air Station Futenma, was the site of some of the bloodiest fighting in the Battle of Okinawa.

More than 240,000 people died on this ridge, including 14,000 Americans, approximately 149,000 Okinawans, and almost 77,000 Japanese.

On top of the ridge is a two-story memorial dome that pans outward, providing a bird’s-eye view of a large portion of Okinawa.

“It was really neat to see the scenery from way up there and be able to pinpoint the places where the battle took place,” said



Marines explore a bunker used by the Japanese Army during the Battle of Okinawa tour hosted by Marine Corps Community Services, June 22, at Taladai Park, Ginowan, Okinawa.

Lance Cpl. Dominique Chambers, a commercial clerk with the Provost Marshall’s Office, Headquarters & Service Battalion, Marine Corps Base, Camp Butler. “It was awesome to see where and how the Japanese fortified themselves from a different angle.”

The next stop on the tour was the Battle of Okinawa Historical Display on Camp Kinser, which houses actual battle and postwar artifacts, including uniforms, tools and weapons.

Marines were given the chance to see and hold weapons used by both the Marines and Imperial Japanese Army and hear how they were used and where they were found.

“Visiting the display isn’t like just sitting on Grandpa’s couch listening to old war stories,” Majewski said of the display. “We have artifacts and information from each side of the fence, from the Kamikaze to Seabees to the Marines. The Marines can actually touch the displays and put themselves in the warriors’ shoes.”

Next, Marines visited the Japanese Naval Underground Headquarters, which housed the Japanese Naval Base Force, commanded by Rear Adm. Ota Minoru, during the battle.

Considered a defensive masterpiece by many, the cave dwellings were constructed over the course of four months by 1,000 Okinawan workers for occupation by more than 10,000 Japanese soldiers.

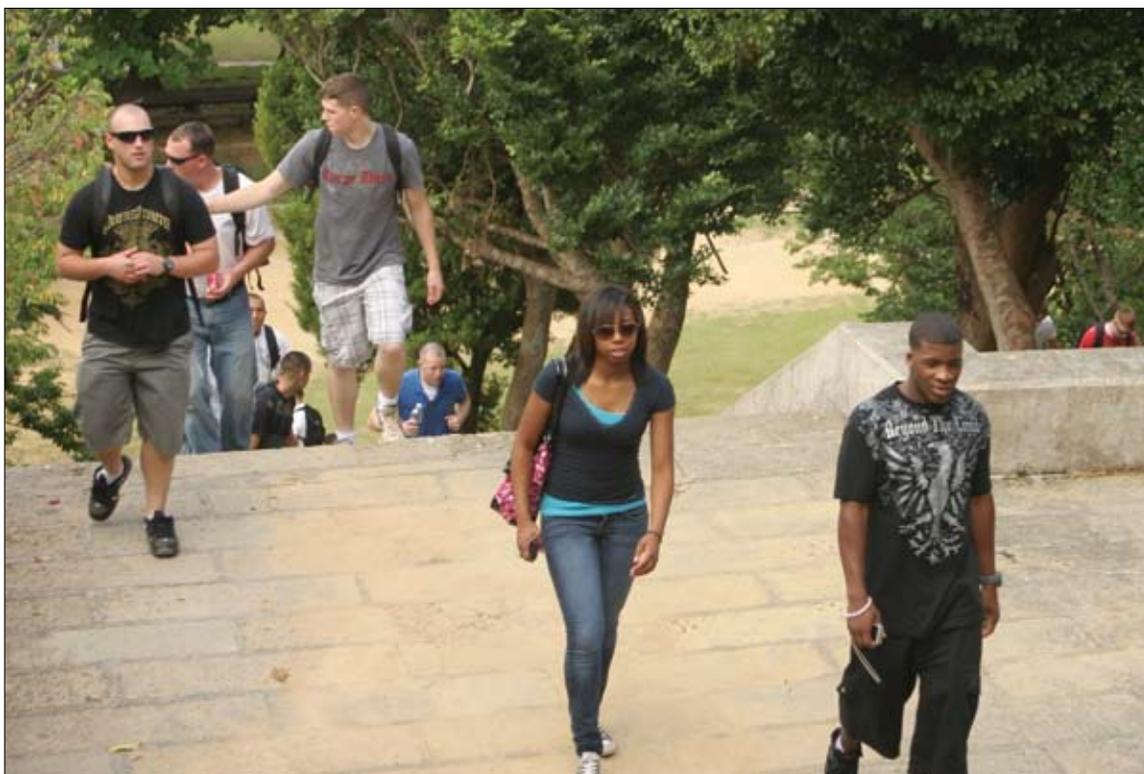
The headquarters has since been converted into a museum displaying a series of underground caves showing tourists the living conditions of the Japanese soldiers during the war.

“Visiting the caves was my favorite part of the tour,” said Chambers. “I really liked how they kept the originality of the caves intact to let us experience what it was like to live in such conditions.”

The highlight of the tour was the last stop at the Okinawa Peace Memorial Park, a massive dedication to the memory of those who fought and died in the battle.

The park features an indoor museum, the Cornerstone of Peace [an outdoor memorial for fallen warriors from each nation] and a 40-foot tall Prayer for Peace statue displayed inside the Okinawa Peace Hall on Mabuni Hill.

For more information on the Battle of Okinawa or other upcoming tours, contact Marine Corps Community Services Tours at Camp Foster 645-3502 or visit [www.mccso-okinawa.com](http://www.mccso-okinawa.com).



Marines climb to the top of Kakazu Ridge at Taladai Park, Ginowan, Okinawa, on the first stop of the Battle of Okinawa tour.

# III MEF Band reaches for heavens at concert

Lance Cpl. Michael J. Iams  
OKINAWA MARINE STAFF



The III Marine Expeditionary Force Band, III MEF, played cosmic-themed selections during their "Music from the Heavens" concert.

The auditorium fell silent as the musicians walked on stage, instruments in hand, and took their seats.

As the first note sounded, the background illuminated to convey the feeling the music expressed.

This was the scene at the III Marine Expeditionary Force Band's annual concert held at the Okinawa Convention Center, June 26.

The theme of the concert was "Music from the Heavens," featuring various cosmic selections such as "In Heaven's Air" and "Moonlight Sonata."

"I think our music lets the listeners use their imagination and gives them inspiration from above as our theme suggests," said Cpl. Joseph Foster, a trumpet section leader with the III MEF Band.

"I want the audience to walk away from this concert singing these songs or humming the melody for days to come," Foster said.

"The music we play helps uplift emotions and lets the audience reflect in the good times," added Sgt. Williams Nelson, a bassoon player with the band.

The audience was captivated by the assorted illustrations that illuminated the background as the band played each selection.

"Each selection, in turn, has its own theme to it," said Chief Warrant Officer Forest Brown, director and officer in charge of the band.

"The piece called 'The Prayer' has a theme of hope to it and is written to give people a sense of hope," Brown said.

This concert marked Brown's last, as he will assume the duties as the director and officer in charge of the 2nd Marine Division Band, in Camp Lejeune, N.C., this August.

The concert also featured vocalists who sang a few selections along with the instrumentals of the band.

"Vocalists give the ears a rest from the instrumentals being played by the band," said Brown.

"I push to have more vocals in the music I conduct to give the concert a different spice about it. The key element is to have a well-rounded band.

"If it were up to me, I would elect a vocalist military occupational specialty. It would provide a larger variety of music that can be performed," Brown said.

Byron Jones, a vocalist who participated in the concert, was impressed with the hard work and dedication the Marines put into practicing and rehearsing for the concert.

"The Marines are professionals in all they do," said Jones, an inter-cultural



Sgt. Bryce Ingram, a French Horn player and section leader with the III Marine Expeditionary Force Band, III MEF, plays in unison with fellow French Horn players at the band's annual concert at the Okinawa Convention Center, Ginowan, June 26.

instructor with the Ryukyu International Relations Association. "They really practice how they perform."

The band started their day off at 5 a.m., loading all of their equipment on the bus – destination Okinawa Convention Center – where they set up and underwent many practices and technical rehearsals prior to the evenings performance.

"We practiced our parts in groups and sections to help us familiarize ourselves with our parts," said Lance Cpl. Benjamin Delgado, a clarinet and saxophone player with the band.

"I personally practiced about an hour to an hour-and-a-half every day after work," said Delgado.

Being able to listen to the original recording and interpret the music helped the band better learn their parts, said Cpl. Walter Neira, a baritone saxophone player with the band.

"The Marines did outstandingly well considering how extremely busy they've been with all the ceremonies and changes of command going on," said Master Gunner Sgt. Michael Montoya, bandmaster of the III MEF Band.

"Chief Warrant Officer Brown went out with a bang. My best wishes to him at his new duty station," Montoya said.

The audience applauded as Brown concluded his last concert here on Okinawa before handing the baton to Chief Warrant Officer Stephen B. Giove.

"Giove took the baton and led the band in their final performance consisting of The Stars and Stripes Forever, Semper Fidelis and The Marines' Hymn.

"It is an honor and a privilege to be taking over as the new band director," said Giove. "I hope to uphold the good reputation of this organization."



Cpl. David Smith, a trumpet player with the III Marine Expeditionary Force Band, III MEF, plays a solo to the piece "Say Hey I Love You" at the III MEF Band's annual concert at the Okinawa Convention Center, Ginowan, June 26.

# In Theaters Now **JULY 9 - JULY 15**

## FOSTER

**TODAY** The Karate Kid (PG), 3 p.m.; Knight and Day (PG13), 6:30 p.m.; Grown Ups (PG13), 10 p.m.  
**SATURDAY** Toy Story 3 (G), noon; The Karate Kid (PG), 3 p.m.; Grown Ups (PG13), 6:30 p.m.; Iron Man 2 (PG13), 9:30 p.m.  
**SUNDAY** The Twilight Saga: Eclipse (PG13), 1, 4:30 and 8 p.m.  
**MONDAY** The Karate Kid (PG), 3 p.m.; Iron Man 2 (PG), 7 p.m.  
**TUESDAY** Death at a Funeral (R), 7 p.m.  
**WEDNESDAY** Iron Man 2 (PG13), 7 p.m.  
**THURSDAY** The Twilight Saga: Eclipse (PG13), 3 p.m.; The Last Airbender (PG), 7 p.m.

## COURTNEY

**TODAY** The Twilight Saga: Eclipse (PG13), 5:30 and 9 p.m.  
**SATURDAY** Furry Vengeance (PG), 2 p.m.; A Nightmare on Elm Street (R), 6 p.m.  
**SUNDAY** Toy Story 3 (G), 2 and 6 p.m.  
**MONDAY** Grown Ups (PG13), 7 p.m.  
**TUESDAY** Closed  
**WEDNESDAY** The Last Airbender (PG), 7 p.m.  
**THURSDAY** Closed

## KADENA

**TODAY** The Last Airbender (PG), 6 p.m.; Iron Man 2, (PG13), 9 p.m.  
**SATURDAY** Marmaduke (PG), noon and 3 p.m.; The Last Airbender (PG), 6 p.m.; Knight and Day (PG13), 9 p.m.  
**SUNDAY** Marmaduke (PG), 1 p.m.; The Last Airbender (PG), 4 p.m.; Knight and Day (PG13), 7 p.m.  
**MONDAY** Knight and Day (PG13), 7 p.m.  
**TUESDAY** Knight and Day (PG13), 3 p.m.; Iron Man 2 (PG13), 7 p.m.  
**WEDNESDAY** Grown Ups (PG13), 7 p.m.  
**THURSDAY** Toy Story 3 (G), 3 p.m.; Grown Ups (PG13), 7 p.m.

## KINSER

**TODAY** Iron Man 2 (PG13), 6:30 p.m.  
**SATURDAY** Shrek Forever After (PG), 3 p.m.; Iron Man 2 (PG13), 6:30 p.m.  
**SUNDAY** Just Wright (PG), 3 p.m.; Robin Hood (PG13), 6:30 p.m.  
**MONDAY** Closed  
**TUESDAY** The Last Airbender (PG), 6:30 p.m.  
**WEDNESDAY** The Twilight Saga: Eclipse (PG13), 3 and 6:30 p.m.  
**THURSDAY** Iron Man 2 (PG13), 6:30 p.m.

## HANSEN

**TODAY** Robin Hood (PG13), 6; Iron Man 2 (PG13), 9 p.m.  
**SATURDAY** Iron Man 2 (PG13), 6 p.m.; Clash of the Titans (PG13), 9 p.m.  
**SUNDAY** Robin Hood (PG13), 2 p.m.; Iron Man 2 (PG13), 5:30 p.m.  
**MONDAY** The Twilight Saga: Eclipse (PG13), 7 p.m.  
**TUESDAY** The Twilight Saga: Eclipse (PG13), 6 and 9 p.m.  
**WEDNESDAY** Why Did I Get Married Too (PG13), 7 p.m.  
**THURSDAY** Knight and Day (PG13), 7 p.m.

## FUTENMA

**TODAY** A Nightmare on Elm Street (R), 6:30 p.m.  
**SATURDAY** The Twilight Saga: Eclipse (PG13), 4 and 7 p.m.  
**SUNDAY** Furry Vengeance (PG), 4 p.m.; A Nightmare on Elm Street (R), 7 p.m.  
**MONDAY** The Last Airbender (PG), 6:30 p.m.  
**TUESDAY** Closed  
**WEDNESDAY** Closed  
**THURSDAY** Closed

## SCHWAB

**TODAY** Kick-Ass (R), 7 p.m.  
**SATURDAY** A Nightmare on Elm Street (R), 5 p.m.  
**SUNDAY** Furry Vengeance (PG), 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 <http://www.aafes.com>.



For more activities and information, contact the Single Marine Program at 645-3681

All bus pick-up points will be at Semper Fit gyms or the Foster Fieldhouse.

### FOREST ADVENTURE PARK: JULY 17

• Okinawa's newest thrilling athletic park. Test your courage on the zip slide ride, the Amazon Rope Bridge, the Tibetan Bridge and all the other exciting obstacles. The bus will leave Camp Kinser at 9 a.m. and Marine Corps Air Station Futenma at 9:30 a.m. It will return at 3 p.m. Last day to sign up is Thursday.

### SHURI CASTLE AND KOKUSAI STREET TRIP: JULY 25

• Learn more about Okinawan history by visiting Shuri Castle, and explore the sights of Kokusai Street. The bus will leave Camp Foster at 11:05 a.m., Marine Corps Air Station Futenma at 11:20 a.m. and Camp Kinser at 11:50 a.m. It will return at 6 p.m. Contact the SMP for more information. Last day to sign up is July 22.

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

## CHAPEL SCHEDULE

### CAMP FOSTER | 645-7486

- Catholic: Mon.-Fri., 11:45 a.m.; Sat., 5 p.m.; Sun., 10 a.m.
- Christian Science: Sun., 11 a.m., Bldg. 442
- Eastern Orthodox: Sun., 9:30 a.m., Vespers, Sat., 5 p.m.
- Gospel: Sun., 11:30 a.m.
- Hindu: Sat., 3:30 p.m.
- Jewish: Informal: 1st, 3rd Fri., 6:30 p.m.
- Muslim: Fri., Prayer, 12:45 p.m.
- Protestant: Sun., 8:30 a.m.

### CAMP SCHWAB | 622-9350

- Catholic: Sun., 5:30 p.m.
- Protestant: Sun., 4 p.m.

### CAMP COURTNEY | 622-9350

- Catholic: Sun., 8 a.m.;
- Protestant: Sun., 9:30 a.m.

### CAMP HANSEN | 622-9350

- Catholic: Sun., 10 a.m., E. Chapel
- Protestant: Sun., 11 a.m., W. Chapel

### CAMP McTUREOUS | 622-9350

- Gospel: Sun., 12:30 p.m.
- Lutheran: Sun., 9:30 a.m.

### KADENA AIR BASE | 634-1288

- Catholic: Sun., 8:30 a.m., Mass, Chapel 3; Sun., 11:30 a.m., Reconciliation, Chapel 3; Sun., 12:30 p.m., Mass, Chapel 3; Sun., 5 p.m., Mass, Chapel 2; Daily Mass, Mon.-Fri., noon, Chapel 2
- Contemporary: Sun., 10:30 a.m., Kadena High School
- Gospel: Sunday School, 9 a.m., Bldg. 856; Service 10:30 a.m., Chapel 3
- Inspirational: Sun., 8:30 a.m., Chapel 2;
- Protestant: Sun., 10 a.m., Chapel 2;
- Traditional: Sun., 10:30 a.m., Chapel 2;
- Wiccan/Pagan: Sat., 2 p.m., Bldg. 856

### CAMP LESTER | 643-7248

- Catholic: Sun., 8 a.m., Lester Chapel Mon., 10 a.m., Thurs., 9 a.m., Liturgy of Word at Hospital Chapel
- Non-Denominational: Sun., 9 a.m., Hospital Chapel; Sun., 10 a.m., Lester Chapel

### MCAS FUTENMA | 636-3058

- Catholic: Sun., noon
- Contemporary: Fri., 7 p.m.; Sun., 9 a.m.

### CAMP KINSER | 637-1148

- Catholic: Sun., noon
- Protestant: Sun., 9 a.m.

## CLASSIFIED ADS

### MISCELLANEOUS

ARM CHAIRS, \$25 EA.; FILE CABINET, \$35; FILE CABINET, \$25, DESK, \$20, BOOK CASE, \$25; FOLDING TABLE, \$35; DESK TABLE, \$40; REFRIGERATOR (16.4 CUBIC FT), \$225; ENTERTAINMENT CENTER, \$50  
 090-9783-6447  
 PASTORTOMTERRY@GMAIL.COM

'95 TOYOTA CELICA  
 JCI SEPT 2011,  
 \$1,950 OBO  
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TOYOTA IPSUM  
 JCI FEB 2012,  
 \$2,500 OBO  
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'97 NISSAN STAGEA  
 JCI OCT 2010,  
 \$1,500  
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June 21 - 25

### Rifle Range

Lance Cpl. Michael Lipsey,  
 4th Marines, 331

### Pistol Range

Capt. James V. Reynolds,  
 3rd Recon, 372



Lance Cpl. Kadeem Gaynor, a passenger travel clerk with Traffic Management Office, Headquarters and Service Battalion, Camp Butler, does kettle bell swings during Warrior Training at Gunners Fitness Center, Camp Foster June 25.

# Warrior training stresses improvement

Story and photos by  
Lance Cpl. Kris B. Daberkoe  
OKINAWA MARINE STAFF

Since the Combat Fitness Test was first introduced, Marines have pondered how to train for it.

The CFT is designed to assess a Marine's physical capacity in a broad spectrum of combat related tasks, according to MCO P6100.13.

"The CFT was specifically designed to evaluate strength, stamina, agility and coordination as well as overall anaerobic capacity," the order explains.

Fitness Coordinators with Marine Corps Community Services Health Promotions provide a training regime designed to help Marines prepare for the CFT.

"Warrior Training," a fitness class that includes unique and intense training sessions, gives Marines the means to achieve the practical fitness required to excel at the CFT.

Warrior Training is approximately 45 minutes and helps increase an individual's stamina and agility better preparing Marines for any challenge or test, said warrior training enthusiast Staff Sgt. Rodrigo A. DiazColoma, company gunnery sergeant with Personnel Support Detachment, Marine Air Control Group 18, 1st Marine Aircraft Wing, III Marine Expeditionary Force.

"There was a lot of confusion expressed to us by the Marines on how to prepare for this test," said Neil Roberts, a fitness director

with Marine Corps Community Service Health Promotion. "This class is one of the answers we came up with."

MCCS Health Promotion responded to the Marines' needs by starting "Warrior Training" at on-base fitness centers throughout the island.

The functional fitness class instructors stress the movements that individuals perform in daily life.

Instructors incorporate knowledge received from the National Strength and Conditioning Association, Tactical Strength and Conditioning course, Fitness Anywhere Total Resistance Exercise certifications, Cross Fit certifications, Ross Enamait, Gym Jones, Brass Ring Fitness, and a variety of other sources specializing in

functional fitness, according to Roberts.

"We use a combination of all of these resources," said Roberts. "We teach the body to work together and focus on the weak points so that our strengths become stronger. We do not do body building techniques where the main goal is isolate muscles in order to grow muscles in size because in real life who would ever just do a bicep curl?"

The course begins with 15 minutes of warm-up exercises followed by an intense 30-minute workout.

Exercises are set against a time limit, where the goal is to complete a list of exercises as fast as possible, or complete as many rounds as possible in the allotted time.

Movements involve squatting, lifting, pushing, pulling and rotating motions to increase speed, strength, endurance, stamina and power among other abilities.

The class participants conduct the exercises using body weights or some type of added resistance for high intensity, according to Roberts.

The participants feel they are stronger, more agile, faster, and better prepared to address the rigors of a combat environment, said Roberts. They also feel it is superior to the classic bodybuilding techniques where aesthetic is more important than performance.

"The training has improved my cardio and muscle function and has addressed a variety of muscle groups," said Cpl. Stephan Timler, bachelor enlisted quarters manager with Headquarters Battalion, 3rd Marine Division, III MEF. "It adds a good element of randomness to my physical training schedule."

While the group exercise is challenging, many participants return because of the competitive nature of the class, said Roberts.

Warrior Training is designed for civilians and service members of any physical background.

"This class is for service members, civilians, kids, moms, dads, grandparents, anyone who has a heartbeat and is human," said DiazColoma.

Class times for Warrior Training differ on participating camps.

For more information on Warrior Training contact Neil Roberts at 645-3910.



Andrew Lostesnes, a recent graduate of Kubasaki High School, practices handstand pushups during a session of "Warrior Training" outside of Gunners Fitness Center on Camp Foster.