

The Windsock



LANCE CPL. ANDREA CLEOPATRA DICKERSON

Lance Cpl. Anthony J. DiCola, a crew chief with Marine Transport Squadron 1, hoists rescue swimmer, Cpl. Kyle A. Alessandro into an HH-46 Sea Knight affectionately referred to as “Pedro”, during search and rescue training May 10. Search and rescue training missions like this are what allow the crew to keep their skills sharp. During the month of July, the squadron performed six search and rescue missions.

Pedro crews exceed expectations, lends a helping hand

PFC. UNIQUE B. ROBERTS

MCAS CHERRY POINT

Saying members of Marine Transport Squadron 1 are willing to lend a hand would be a gross understatement.

During the month of July alone, the squadron completed six rescues of military and civilian personnel in the area.

The squadron’s primary mission is to provide search and rescue support to Cherry Point-based aircraft. VMR-1 also provides short and medium-range rapid response, high-speed multipurpose light transport of key personnel and critical lo-

gistics to support the Department of Defense.

Some highlights of the squadron’s eventful month follow:

On July 4, the squadron helped save the life of a 7-day-old baby in Jacksonville, N.C.

The squadron received a call from Naval Hospital Camp Lejeune at about 3 p.m.

“We took the call, and it was a 7-day-old baby, the dependent of a gunnery sergeant in Camp Lejeune at the naval hospital who needed to be transported to Vidant Medical Center as soon as possible,” said Cpl.

Paul Petrella, who served as the crew chief during the rescue.

At Camp Lejeune, Petty Officer 1st Class Michael Harris, a hospital corpsman with VMR-1, and Lance Cpl. Stephen Benjamin D. Bargar, a search and rescue swimmer, boarded an ambulance and rushed to the hospital where medical staff was still caring for the patient. The care given at Lejeune ensured a successful transfer from the hospital to the helicopter.

The crew faced adverse weather conditions during the flight, but adapted to ensure both safety and success.

“Through skillful navigation of the pilots, we were able to divert and maintain a safe direction of flight,” said Petrella.

On approach, Petrella notified the hospital of their pending arrival.

“We have a 7-day-old baby, incubated, in transit to the rooftop helipad,” he said. “Requesting personnel to meet us on deck.”

When the crew landed and was preparing to turn the infant’s care over to medical specialists, they heard a welcome sound.

See RESCUE page A3

MWSS-271 sets foundation for future

PFC. UNIQUE B. ROBERTS

MCAS CHERRY POINT

Approximately 25 Marines with Marine Wing Support Squadron 271 went to Marine Corps Outlying Landing Field Atlantic July 22 to repair a landing zone and began laying the foundation for a future training facility July 25.

The new facility will be used by communications units during field operations.

“We’re going to turn this into a training area for communication squadrons and companies,” said Gunnery Sgt. Eddie Yarborough, a platoon commander with MWSS-271. “That way, they can do what they need to do to complete their missions.”

For projects like the ones taking place at Atlantic Field, the squadron goes through a process called production estimation. Calculating the number of available operators and equipment helps estimate a time of completion for the jobs,

said Yarborough.

“We have the manpower, the equipment and the fuel, along with Marines who need to be trained, and that’s what we’re going to do,” said Yarborough.

The Marines cleared trees to improve roads

See MWSS page A3



PFC. UNIQUE B. ROBERTS

Lance Cpl. Robert M. Scully Jr., a heavy equipment operator with Marine Wing Support Squadron 271, moves sand with a Case 1150 bulldozer at Marine Corps Outlying Landing Field Atlantic. The squadron began laying the foundation for a new communication squadron training facility.

‘Hot Chili’ fires up ‘203 pilots’ skills

PFC. MIKE GRANAHAN

MCAS CHERRY POINT

Members of Marine Attack Training Squadron 203 from Cherry Point traveled to Marine Corps Air Station Yuma, Ariz., for AV-8B Harrier training July 23.

Marines from the squadron travel to MCAS Yuma as detachment ‘Hot Chili’ to immerse themselves in its expansive training ranges which provide opportunities that include the ability to drop live and full-weight ordinance.

“It’s beneficial for the students to train there because the ranges are much more extensive,” said Maj. Mike Cicchi, the assistant operations officer for VMAT-203. “The ability for pilots to drop live and full-weight ordinance is an essential part of training because munitions that size have an effect on the handling characteristics of the aircraft.”

The training creates realistic scenarios preparing students for the rigors of flying with a full load of ordinance and operating in a desert environment.

“In past years Marines have fought and continue to fight in desert environments,” said Capt. Trevor J. Felter, the logistics officer for VMAT-203. “Things such as exposure to hot temperatures, which MCAS Yuma provides, can affect the handling characteristics of an aircraft. These experiences are beneficial to creating the overall attack pilot.”

The change in venue offers pilots experience in a different environment, further increasing familiarity with the aircraft.

“It exposes them to different terrain and climate conditions, it is always beneficial to change venues and experience something new,” said Cicchi.

The use of live ordinance provides students with deeper understanding of the munitions they will use in real-world scenarios.

“The training helps to create more well-rounded pilots by also exposing the students to some of the same ordinance they would use in combat,” said Felter.

See HOT page A3

MASS-1 keeps comms flowing

PFC. UNIQUE B. ROBERTS

MCAS CHERRY POINT

Marine Air Support Squadron 1 conducted an air support element drill, a smaller version of a direct air support center drill, outside the squadron’s headquarters building July 26.

Currently, more than half of the unit is deployed to support 2nd Marine Aircraft Wing (Forward) overseas contingency operations as part of the lead aviation combat element for NATO’s International Security Assistance Force in southwestern Afghanistan. The exercise allowed MASS-1 Marines to practice providing the voice and data requirements to effectively provide communication support to air and

ground units.

“Our Marines were interested to see what we can do with our limited personnel and resources,” said Lt. Col. Alfred Sanchez, the commanding officer of MASS-1. “It’s an opportunity to train, and it’s always a good chance to see what our Marines can do.”

The unit’s main focus during the drill was effective communication and making sure all troops are safe in a combat environment, said Sgt. Abayomi Adeniyi, an aviation communications system technician with MASS-1.

“All of the Marines participating are important be-

See DRILL page A3




PFC. VICTOR A. ARRIAGA

Petty Lance Cpl. Douglas OConnor, an air support net operator with Marine Air Support Squadron 1, communicates with fellow Marines during an air support element drill, a smaller version of a direct air support center drill, outside the squadron’s headquarters building July 26.

What’s Inside


Chaplain’s Corner	A2	Dragon Boat Race	B1
Inspector General	A5	Smoke	B2
Deployment Brief	A7	Announcements	B3

In This Edition:



Dragon Boat Race

see B1 for story and photos



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

News Briefs

Sgts. Maj. Prafke make history

Sgt. Maj. Bradley A. Prafke, and his wife, Sgt. Maj. Holly C. Prafke, retired in a joint retirement ceremony at New River Friday, after 30 years of serving the Marine Corps, and 26 years of service to each other.

The Prafkes are the first sergeants major in the Marine Corps to retire side by side.

The two got married as Lance Cpl. Bradley Prafke and Cpl. Holly Prafke, while stationed at Marine Corps Base Camp Pendleton, Calif.

“We enjoyed our time together in the Marine Corps, but we’re looking forward to our retirement,” said Bradley.

According to the Prafkes, after retirement, they plan on keeping busy with hobbies such as horseback riding, restoring classic cars and spending time with each other.

White House kicks SAVE awards

Federal employees can submit cost-cutting ideas through the White House’s annual Securing Americans Value and Efficiency Awards campaign that kicked off Tuesday.

The campaign, which runs through Aug. 9, stems from President Barack Obama’s belief that federal employees are best poised to generate effective and efficient ways to ensure good stewardship of taxpayer dollars, officials said.

Federal employees can participate by submitting their ideas for more effective and efficient government through the SAVE Awards website. For more information visit www.whitehouse.gov/save-award.

Enhanced helmet in production

After a series of successful tests, the Marine Corps is getting ready to field its new enhanced combat helmet. In the first quarter of fiscal 2014 the first of thousands of ECHs will be issued to warfighters bound for deployment.

The ECH had to maintain all other characteristics of the Marines’ lightweight helmet and Army’s advanced combat helmet. The new helmet also had to be compatible with other components of infantry combat equipment such as body armor systems, protective goggles, night vision equipment and a camouflage fabric helmet cover.

“This is the only helmet that has been tested and passed using [Director of Operational Test and Evaluation] protocols,” said Deidre Hooks, ECH team lead at Marine Corps Systems Command.



Chaplain’s Corner :

God’s mandate for government

LT. CMDR. DAVID SLATER
MACG-28

Patrick Henry, one of our founding fathers said, “The Constitution is not an instrument for the government to restrain the people, it is an instrument for the people to restrain the government – lest it come to dominate our lives and interests.”

Many people like to blame the government for intrusions on our freedom, but the truth is we have no one to blame but ourselves. The president and Congress only have the power to restrict our freedom if “we the people” let them; and let them we have! Not only have we let them, but often we ask them to.

For instance, when someone is bitten by a pit bull, people immediately demand restrictions on “dangerous breeds.” When deranged person commits a mass shooting, people cry out for gun control. When terrorists perpetrate a vicious attack on American soil, we willingly accept major intrusions on our constitutional right to privacy and due process with nary a complaint. Why are so many people willing to forfeit the freedom so many others have bled and died to win and preserve throughout our history?

I think the reason is a combination of our need to feel secure – safe to live our lives – and ignorance of the true role of government, which our founding fathers gleaned from the Holy Scriptures. The Bible says that God ordained human government to act as his servant to maintain an orderly, safe society by administering a system of justice that punishes those who do evil. “For rulers are not a cause of fear for good behavior, but for evil

... for it (government) is a minister of God to you for good. But if you do what is evil, be afraid; for ... it is an avenger who brings wrath on the one who practices evil.” (Romans 13:3-4)

Unfortunately, God’s mandate for government has been turned around. Now, good, law-abiding people fear what the government might do to take freedom away from them because of the misdeeds of an evil few. It baffles me how any intelligent person can believe that taking freedom away from good, law-abiding citizens will somehow make us all safer by preventing law-less people from breaking the law? Benjamin Franklin wisely said, “They who give up essential liberty to obtain a little temporary safety, deserve neither liberty nor safety.” As a government, “of the people, by the people, and for the people” we need to call on our leaders to pass laws that punish evildoers rather than restrict the freedom of law abiding citizens.

James Madison, our fourth president, was hailed as the “Father of the Constitution” for being instrumental in the drafting of the United States Constitution and the key champion and author of the Bill of Rights. He said, “I believe there are more instances of the abridgement of the freedom of the people by the gradual and silent encroachment of those in power, than by violent and sudden usurpation.” How right he was! We need to be more responsible citizens, stop blaming the “government” and start insisting that our leaders, who swear to support and defend the Constitution “so help me God,” be true both to God’s mandate for government and the U.S. Constitution.

StormReady
NATIONAL WEATHER SERVICE

Military Installation

Be Prepared!

Go to: www.stormready.noaa.gov
or contact your local Emergency Management Office



You are not alone. There is support. If you or someone you know is in immediate danger of hurting himself or others, please call the National Suicide Prevention Lifeline.

1-800-273-TALK (8255)

It's important to talk about suicide and feelings of depression or PTSD. If you're looking for more information or resources, trained health professionals are available 24/7 at the:

DCoE Outreach Center
866-966-1020
resources@dcoeoutreach.org
www.dcoe.health.mil

The Windsock

Weekly Photo Competition

August 1 - August 7, 2013

Vote on Facebook - <http://bit.ly/mcascptfb>
Vote on Google+ - <http://bit.ly/CherryPointPlus>
Vote on Flickr - <http://bit.ly/cpflickr>

CPL. ELIZABETH RODRIGUEZ

Job Title: Administrative Specialist
Unit: 2nd Marine Aircraft Wing (Forward)
Age: 23
Hometown: Granite City, Ill.
Date Joined: March 23, 2009

Cpl. Elizabeth Rodriguez’ adventurous spirit and desire to travel and explore made her want to join the military from an early age.

“I am a very adventurous person and I knew that in the military, I would get the opportunity to travel and explore places that I otherwise never would have visited,” said the Granite City, Ill., native. “Another reason is education, and even though it has taken me a little more time than a normal college student, I am close to getting my degree.”

Rodriguez is currently deployed to support NATO International Security Assistance Force contingency operations in southwestern Afghanistan as an administrative specialist with 2nd Marine Aircraft Wing (Forward).

“My job is very import because I am currently deployed and we have 10 squadrons under us who we have to keep track of,” said Rodriguez. “My job requires a lot of attention to detail.”

Rodriguez is the first military member in her family but has adapted to living away from the comfort of home with the support of friends and fellow Marines.

“Throughout the years, I have met some of the most important people in my life next to my family,” said Rodriguez. “The Marine Corps has taught me so many things and opened so many opportunities for me so in return, I give 110 percent in everything I do.”

Highlight Your Marine or Sailor Superstar

Call or email The Windsock
cherry.point.windsock@gmail.com
466-3542.



CPL. ASHLEY E. SANTY

The Windsock

The editorial content is edited, prepared and approved by the Public Affairs Office at Cherry Point. Correspondence should be addressed to: Commanding Officer, Public Affairs Office, (Attn: Individual Concerned), PSC Box 8013, MCAS Cherry Point, N.C. 28533-0013. To provide comments or suggestions call 252-466-4241 or email: cherry.point.windsock@gmail.com. Windsock is a registered trademark. To address any distribution problems please contact Ellis Publishing at 252-444-1999. This Department of Defense newspaper is an authorized publication for members of the DoD. Contents of the Windsock are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, United States Marine Corps, Marine Corps Air Station Cherry Point, or the Public Affairs Office, Cherry Point, N.C. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the U.S. Marine Corps, or Ellis Publishing Co., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. The Windsock is published by Ellis Publishing Co., a private firm in no way connected with the Department of Defense or the U.S. Marine Corps under exclusive written contract with Marine Corps Air Station Cherry Point, N.C. The editorial content of this publication is the responsibility of the PAO.

COMMANDING OFFICER
MCAS CHERRY POINT
COL. PHILIP J. ZIMMERMAN

PUBLIC AFFAIRS DIRECTOR
MIKE BARTON

PUBLIC AFFAIRS CHIEF
MASTER SGT. J. L. WRIGHT JR.

PRESS CHIEF
GUNNERY SGT. MICHAEL A. FREEMAN

EDITORS
LANCE CPL. GLEN E. SANTY
LANCE CPL. ANDREA CLEOPATRA DICKERSON
PFC. CAYCE NEVERS
STACEY R. SWANN

STAFF WRITERS
PFC. MIKE GRANAHAN
PFC. VICTOR A. ARRIAGA
PFC. UNIQUE B. ROBERTS
PFC. GRACE L. WALADKEWICS

REMEMBER TO RECYCLE

RESCUE from page A1

"When they got the baby off of the helicopter, he started to cry, and there was a big sigh of relief," said Petrella. "They got the baby inside the hospital where the infant received the care that he needed."

After overcoming that challenge, the squadron proved itself again on July 14.

The transport squadron rescued a woman who suffered cardiac arrest aboard the Norwegian Gem, a cruise ship floating in the inlet just north of Morehead city about one mile west of the mouth of Oyster Creek.

Within 10 minutes, the crew was cleared to accept the mission and was on its way to the cruise ship.

The helicopter circled while the ship's crew cleared the portside of the boat. Petty Officer 1st Class Joseph Rivera, a hospital corpsman with the squadron, was the first lowered to the deck. He was soon joined by Cpl. Kyle A. Allesandro, a rescue swimmer with VMR-1, who helped secure the patient to a litter and raise her to the waiting helicopter.

The crew then retrieved the patient's husband from the deck of the cruise ship and quickly flew both to Carolina East Medical Center, where the patient received treatment.

Days later, VMR-1 rescued a 20-year-old woman in labor at sea just north of Morehead City.

"We received a grid location and started up the helicopter and headed out," said Capt. Gregory D. Weber, the flight line officer in charge for VMR-1.

The site was less than 10 minutes away.

"We spotted them pretty quickly because they moved her over to a fire and rescue boat which had flashing lights and they motioned to us indicating which boat she was on," said Weber.

Staff Sgt. Guy Landis, a rescue swimmer with VMR-1, was lowered into the water near the boat; from there he boarded the vessel.

Landis, along with the rescue boat's emergency medical technicians, loaded the patient onto the litter, connected it to the helicopter's hoist system and watched as she rose to safety. The crew also brought an EMT aboard the helicopter who administered medicine to the patient just moments before to ensure continuity of care for the patient.

VMR-1's speed and efficiency ensured the patient was receiving care at Carteret General Hospital within minutes.

Teamwork throughout the entire squadron is the cornerstone of VMR-1 Marines' and Sailors' continued success, said Petrella.

"A lot of people contribute to make the rescues go smoothly," said Petrella. "It's not just a five-man crew."

That crew does have to be on point at all times though.

"The crew acts as one entity," he said. "They are all talking to one another, everyone provides their input and they are all on the same page. It gives us a good feeling to know that people need our help and we are able to help them."

HOT from page A1

The training is important in the overall creation of attack pilots and is an integral part of the collective experience a pilot needs to be successful in the operating forces, said Felter.

DRILL from page A1

cause they are needed to direct and help other troops," said Adeniyi.

The air support element relies upon the direction and professionalism of the troops, as it is the hub for all data connectivity operations, said Sgt. Timothy Fowler, the data chief for MASS-1.

"The air support net system provides chat, share drives, connections and it even gives us a picture of tracks and overlays," said Fowler. "In other words, it basically shows us where the aircraft are."

Another purpose of the drill was to process immediate flight support, said Lance Cpl. Douglas OConnor, an air support net operator with MASS-1.

"We deal with requests such as assault support, which we then transmit to each other through transverse chat, kind of like text messages back and forth," he said.

At the end of the day, the Marines of MASS-1 were able to provide ample support to notional air and ground troops, even with their limited resources and personnel.

"Even with limited personnel and equipment, the Marines worked hard and as a team," said Master Gunnery Sgt. Anthony Magallanes, the communications chief for MASS-1. "They have definitely learned the crucial capabilities that are needed to support warfighters."

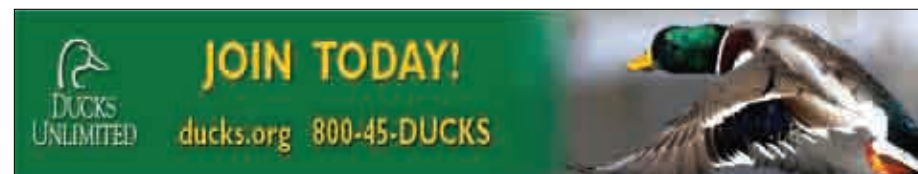
MWSS from page A1

with heavy equipment like the Case 1150 bulldozer.

"For the group out here, it's a training event designed to get our heavy equipment operators more skilled and get our mechanics some hands-on time," said Cpl Joseph B. Gomezbell, a heavy equipment operator with MWSS-271.

Yarborough said taking advantage of those opportunities is paying off.

"We work hard and the Marines out here meet and exceed all of my expectations," said Yarborough.



Marines storm the beach, conduct simulated rescue

Pfc. JOSE MENDEZ JR.

2ND MARINE DIVISION

MARINE CORPS BASE CAMP LEJEUNE, N.C. – Marines and Sailors with 3rd Battalion, 8th Marine Regiment, 2nd Marine Division, conducted an integrated training exercise with Marines from the 2nd Combat Engineer Battalion July 21-24 aboard the USS Wasp near Camp Lejeune, N.C.

The operation was designed to test the amphibious capabilities of the units that took part in the training.

“Amphibious training like this should be done more, considering the fact that the Marine Corps is amphibious,” said Cpl. Nathan D. Shaw, the 1st squad leader with Company K, 3rd Bn., 8th Marines. “We have strayed away from that due to the war we are currently fighting.”

Marines lived aboard the USS WASP for three days before loading vehicles aboard landing craft air cushion vehicles. Humvees, 7-ton trucks, and M1 assault breacher vehicles were loaded on to the LCACs.

“With the ABVs, we will simulate clearing a mine field, filling in a tank ditch which will be a few meters deep and plowing down berms in order to pave the way to combat town for the infantry unit,” said Jones.

When the second wave of LCACs came ashore, the beach was ready for Co. K to unload their humvees and 7-ton.

“CEB allowed us to make it to shore,” said 2nd Lt. Allen Dustin, a platoon commander for Co. K.

The company quickly loaded the vehicles and started to move out to combat town.

The training scenario was to rescue two U.S. citizens and evacuate them to a U.S. Embassy.

“We are conducting non-combatant evacuation operations in order to pick up two U.S. citizens,” said Shaw, a vehicle commander with Co. K. He was in charge of transporting the Marines tasked with setting up a watch position and patrolling the west side of combat town.

The Marines were given the whereabouts of the two American citizens.

“The citizens were supposed to be in a church,” said Shaw. “The first building we entered was empty, so we had to improvise and search another building, and they were in there.”

With the two citizens rescued, the next objective was to successfully transport them to the U.S. Embassy.

The two citizens were transported in a convoy and reached the U.S. Embassy without any problems.

With the operation declared a success, Marines and Sailors were pleased with the training.

“It allowed us to go back to our roots with amphibious landings,” said Dustin. “It is our history – a part of our tradition. To continue to stay sharp in this skill is crucial to our success.”



PHOTOS BY PFC. JOSE MENDEZ JR.

A landing craft air cushion makes its way to the USS Wasp for an amphibious training exercise with 3rd Battalion, 8th Marine Regiment, and Mobile Assault Company, 2nd Combat Engineer Battalion July 24. The LCACs carried Marines, Sailors, vehicles and equipment from sea to shore.



Marines with 3rd Battalion, 8th Marine Regiment post security while evacuating two American citizens during a training exercise in combat town aboard Camp Lejeune, N.C., July 24, 2013. Marines were tasked with completing a non-combatant evacuation operation.



Marines with 3rd Battalion, 8th Marine Regiment, get ready to unload vehicles from landing craft air cushion vehicles during an amphibious training exercise July 24, 2013 at Onslow Beach, N.C. “Amphibious training like this should be done more considering the fact that the Marine Corps is amphibious,” said Cpl. Nathan D. Shaw, the 1st Squad leader with Kilo Company, 3rd Bn., 8th Marines. “We have strayed away from that due to the war we have been fighting.”



Sgt. Maj. Irene Z. O'Neal conducts a special interest brief with Marines from Cherry Point July 23 as a part of the Inspector General of the Marine Corps' visit. O'Neal is the sergeant major for the Inspector General of the Marine Corps. "We bring subject matter experts from headquarters Marine Corps who are here to teach, train and assist (2nd Marie Aircraft Wing)," said O'Neal.

Eyes, ears of commandant come to Cherry Point

Pfc. Mike Granahan
MCAS Cherry Point

The Inspector General of the Marine Corps oversaw an inspection of Marine Attack Squadron 231 on Cherry Point July 22-25.

The IGMC is in place to ensure directives and policies that come from the Commandant are adhered to throughout the Corps.

"We are required, every two or three years depending on what type of unit it is, to come and inspect them to ensure they're following the Marine Corps orders, the directives, the policies and ensure everyone's on track," said Sgt. Maj. Irene Z. O'Neal,

the sergeant major for the Inspector General of the Marine Corps. "We bring subject matter experts from Headquarters Marine Corps who are here to teach, train and assist (2nd Marine Aircraft Wing)."

The IGMC maintains a bird's eye view, allowing them to compare and contrast units from throughout the Marine Corps and bring a wealth of information to 2nd MAW, said Terry Rudisill, the 2nd MAW IG.

"Not only are we evaluating, we're teaching and training," said Rudisill. "That's the same philosophy that IGMC has when they come inspect us. They're looking to see if we're assisting the units or just go-

ing down and telling them what's wrong. We want to benefit the command."

The IGMC shadowed Rudisill and his team as they conducted an inspection of VMA-231.

"While we're out inspecting, they're watching over our shoulder and they're seeing if we're being consistent in our grading," said Rudisill. "We're checking for combat readiness, morale and welfare, safety issues and we're going through 61 to 70 different checklist areas to make sure that unit is bottom-line operationally and combat ready."

The results of the inspection are turned over to the unit's commander, allowing

them to make adjustments to improve overall performance and similarly the IGMCs results are given to the 2nd MAW IG.

"Just like any other command, we appreciate an outside view looking in on us," said Rudisill.

Between the IGMC and the individual IGs throughout the Marine Corps, a system of checks and balances is created that fosters a healthy, consistent and productive work environment across the Corps.

"Someone needs to ensure that across the Marine Corps we're all doing the same thing and we're all doing it right," said O'Neal. "We are the eyes and ears of the commandant."



Marines watch a presentation on the Never Leave A Marine Behind Program during a special interest brief July 23 as a part of the Inspector General of the Marine Corps' visit.

'Helo' company inserts into Talisman Saber 13



PHOTOS BY CPL. CODEY UNDERWOOD

Lance Cpl. Manuel Carrion, a combat engineer attached to Company E., Battalion Landing Team 2nd Battalion, 4th Marines, 31st Marine Expeditionary Unit, patrols with his squad during an aerial assault as a part of Talisman Saber 2013 July 21. The Marines and Sailors of the 31st MEU and Amphibious Squadron 11 are part of an integrated force of approximately 18,000 U.S. service members training alongside approximately 9,000 Australian service members in the fifth iteration of Talisman Saber, a month-long biennial exercise designed to enhance multilateral collaboration in support of future combined operations, natural disaster, humanitarian and emergency response. The 31st MEU is the Marine Corps' force in readiness for the Asia Pacific region and the only continuously forward-deployed MEU.

CPL. CODEY UNDERWOOD

31ST MARINE EXPEDITIONARY UNIT

SHOALWATER BAY TRAINING AREA, Queensland, Australia – The gust of the rotors covered the area in dust as the aircraft departed the landing zone, leaving a company of Marines behind. Rifles at the ready, the troops move forward into the seemingly endless Australian vegetation, heading toward their objective.

Marines and Sailors with Company E., Battalion Landing Team 2nd Battalion, 4th Marines, 31st Marine Expeditionary Unit, were inserted by aircraft from Marine Medium Tiltrotor Squadron 265 (Reinforced), 31st MEU, to secure a key area as a part of Talisman Saber 2013 July 21.

The scenario of the exercise involved the 31st MEU receiving the mission of executing amphibious operations to eliminate enemy forces and provide security for the civilian populace.

The scenario provides the BLT the opportunity to exercise its full spectrum of capabilities in a realistic training environment.

"With a full-blown scenario in place and having a detailed understanding of what we are against, we learn how to go from a kinetic environment to posting a local force in control," said Capt. Kyle Wolfe, the company commander of Company E., BLT 2/4, 31st MEU. "We are able to do all the things that an infantry company would have to do in a situation like this. We patrol, ambush and fight the enemy, but at the same time we interact with the local civilians and help them out."

31st MEU's Aviation Combat Element, VMM-265 (Rein.), utilized four MV-22 Ospreys and two CH-53E Super Stallion helicopters to deposit more than 100 Marines and Sailors near their objective. Two AH-1W Cobra helicopters provided close air support around the airfield, ensuring the company was protected from enemy counter-attack during their consolidation.

"The ACE helps transport us from the ship to the shore and can land us in hostile environments because of the security their aircraft provide," said Sgt. Brock E. Cal-



A Navy Corpsman with Company E., Battalion Landing Team 2nd Battalion, 4th Marines, 31st Marine Expeditionary Unit, provides security with his squad during an aerial assault as a part of Talisman Saber 2013, here, July 21.

laway, a squad leader with Co E.

Patrolling through more than a kilometer of thick Australian vegetation, the Marines cautiously moved forward, remaining vigilant for enemy ambushes until the compound was in sight. Intelligence warned that an enemy force was in the area.

Bounding into the objective with overlapping security, the Marines and Sailors found that the sizeable force was nowhere to be seen. Adjustment of the company's strategy had to be made immediately.

"When we got into the compound and realized that there were not any enemies, adjustments had to be made," said Cpl. Brent S. Berven, a squad leader with Co E. "As soon as boots hit the deck, everything changes. You can

plan for everything in the world, but never be ready for every aspect of combat."

The company switched their mindset of attacking to defending the area. The captured compound would be used as the battalion headquarters during the scenario, where all the planning for future operations would originate.

Talisman Saber '13 is a biennial exercise that includes operational and tactical level training, force integration training and a combined arms live-fire exercise.

The 31st MEU is the Marine Corps' force in readiness in the Asia Pacific region and is the only continuously forward-deployed MEU.

Workshop helps Marines, family members be deployment ready



PHOTOS BY PFC. UNIQUE B. ROBERTS

Marines and family members talk during the Ready for Anything: Pre-deployment Workshop at Millers Landing, July 16. During the workshop, participants took part in an exercise that showed them the importance of being mentally and financially ready for deployments.

PFC. UNIQUE B. ROBERTS

MCAS CHERRY POINT

Sitting at a round table covered with brochures inside the banquet room of Millers Landing, several Marine families engaged with Amy Zier, the readiness and deployment support trainer with Marine Corps Family Team Building during its Ready for Anything: Pre-deployment Workshop.

The seminar encompassed the logistical, financial and emotional aspects of deployment preparations through an interactive guided discussion at Millers Landing, July 16. Used as a preparation tool, it informs and educates Marines and family members about a variety of subjects before deployment.

"We cover every aspect of readiness for the Marine Corps lifestyle," said Zier. "Specifically, getting ready

for a deployment, but also preparing yourself financially, emotionally and logistically for anything that Marine Corps lifestyle can throw at you."

Marine Corps Family Team Building has been hosting this class for nearly a year, and makes all of its training available for all Cherry Point patrons.

Zier encourages all Marines to attend the seminar along with their family members because it offers something for everyone.

"It is extremely useful information, not just for me, but for my spouse too," said Sgt. Derek H. Davis, an unmanned aerial vehicle operator with Marine Unmanned Aerial Vehicle Squadron 2. "I feel that it is important."

Zier expects attendees to leave better prepared for the difficult challenges ahead.

To accomplish their mission while forward deployed,

Zier said it is vital for Marines to be able to focus on unit family and personal readiness.

Davis said he found the legal section of the seminar most interesting.

"I didn't know how to distinguish between the general and the special powers of attorney and what they did," said Davis. "I was unaware that I had to get a power of attorney for my spouse and that was the most useful."

Zier said she stepped in as the seminar director two months ago and has enjoyed every minute.

"I enjoy letting people know what resources are out there for them, and helping lessen others' burdens," said Zier. "I love my job and I love the people I work with very much. I wouldn't trade this job for anything."

Civil Air Patrol cadets simulate flying Ospreys



PFC. ANDY OROZCO

Cadets from the Civil Air Patrol use a MV-22B Osprey simulator to give them hands on training to their aerospace education July 13.

PFC. ANDY OROZCO

MARINE CORPS AIR STATION NEW RIVER

MARINE CORPS AIR STATION NEW RIVER, N.C. – The Civil Air Patrol visited Marine Corps Air Station New River to test out the MV-22B Osprey simulators at the Marine Aviation Training System Site, July 13.

Civil Air Patrol is the official auxiliary unit for the Air Force. It got its start in World War II as civilian pilots volunteered to patrol shores and borders in search of enemy boats and submarines.

“The Civil Air Patrol is a completely volunteer program,” said 1st Lt. Jonathan Weaver, CAP Cessna 172 search and rescue pilot. “We have three main functions, which are performing search and rescue missions, giving

aerospace education classes to cadets and offering a cadet program to youth.”

Cadets must be ages 13 through 21 and at the age of 18 are given the option to become a full member of the CAP.

“Civil Air Patrol has a wing in each state; then squadrons are broken up from each wing,” said Weaver. “We have three squadrons with us today; Cape Fear County Squadron, Brunswick County Squadron and Wake County Squadron. Our wings are made up of usually former and retired military.”

Weaver said the goal for visiting the air station was to give the cadets a first-hand look at the simulators.

“The purpose of today was to give to cadets a little

hands-on experience with their aerospace education,” said Weaver. “Coming to the simulators will give them more experience and opens their eyes to the vast amount of career fields that are out there and what possibilities there are for them.”

Marines and Airmen from Marine Medium Tiltrotor Training Squadron 204 ran the cadets through simple take-offs and landings during their visit.

“The cadets used the containerized flight training devices at Marine Aviation Training System Site on Marine Corps Air Station New River,” said Crystal Mabe, MATSS operation coordinator.

“The cadets enjoyed their visit to New River and really learned a lot,” said Weaver.

All-girls flight school visits MCAS Kaneohe Bay

CPL. SARAH DIETZ

MARINE CORPS BASE HAWAII – KANEOHE BAY

MARINE CORPS BASE HAWAII – The Pacific Aviation Museum's Advanced Flight School for Girls visited Marine Corps Air Station Kaneohe Bay July 10 to learn about the aviation field.

The group of middle school girls visited Aircraft Rescue and Fire Fighting personnel, the Air Traffic Control tower, "flew" aircraft simulators and toured aircraft on the flight line.

The girls previously attended the museum's three-day Basic Flight School for girls. The program grew so popular that the museum added the advanced school for students interested in learning more about the field.

The AFS is a three-day camp, where the girls overnighted on the USS Missouri in Pearl Harbor, Hawaii, and learned about aviation and the military.

"The purpose was to expose the girls to all things aviation. These girls came to this school because they wanted to do something more," said Shauna Tonkin, director of education at the museum. "It's close to my heart to introduce this broad field of aviation. It incorporates history, science and math."

Anna Wood, 12-year-old attendee, was introduced to aviation at the school. Flying became a passion for her.

"I fly gliders now, I'm working on getting my gliders license at 14," Wood said. "I want to be in the military and fly. I want to be a pilot."

Women comprise a minority in military aviation. The school is intended to introduce flying to the young girls as a career path, and to break the presumption it is a man's field of work.

"I want them to see it's not about gender, it's about ability. I'm the only female in my crew and I can do any job my male counterparts can do. I love it," said Sgt. Mary Shloss, loadmaster for the C-20 Gulfstream here. "Females are the



CPL. SARAH DIETZ

Students of the Pacific Aviation Museum's Advanced Flight School for Girls exit a C-20 Gulfstream after touring it during a school's visit to Marine Corps Air Station Kaneohe Bay, Hawaii, July 10. The school is a three-day camp designed to teach girls about the aviation field.

minority; it's a good way for us to show that strong image to them. It's kind of the reason why I'm doing what I do; I can be a stronger image for other female Marines."

"Aviation is out there for them too," said Tracy Kinney, volunteer chaperone

with the program. "There's a perception it's a male's field. It's not."

Aviation was introduced to the girls in a hands-on format to allow them to understand the challenges and benefits to the occupation.

"They get to see it in action. They can

picture themselves in (aviation) instead of hearing someone talk about it," Kinney said. "The fact that they aren't shy and can go out and do this is awesome. It's a cool way to share history and flight."

Life&Times

Facebook.com/MCASCherryPoint

August 1, 2013

Marines, Sailors participate in Dragon Boat Race



PHOTOS BY PFC. UNIQUE B. ROBERTS

The Snap Dragons, a team of Cherry Point-based Marines and Sailors, placed first in the Union Park Dragon Boat Races in New Bern Friday. The race was held to raise awareness and keep the Neuse River clean.



(Above) Paul J. Johnson, a Union Park Dragon Boat Race volunteer, cooks seafood and shrimp for Marines and Sailors who participated Friday. The New Bern race included five teams of Marines and Sailors and was dedicated to raising awareness about keeping the Neuse River clean.

(Right) Lance Cpl. Clinton G. Bowen, a satellite operator, and Cpl. Micah J. Baker a TRC-170 Tropospheric Scatter Microwave Radio Terminal operator, both with MWCS-28, enjoy seafood and vegetables at Union Point Park Saturday.

PFC. UNIQUE B. ROBERTS

MCAS CHERRY POINT

Approximately 120 single Marines and Sailors completed in the annual Union Park Dragon Boat Races in New Bern Friday.

The Single Marine Program brought Marines stationed at Cherry Point together for a single cause for a second year in a row.

“Marines and Sailors from many different units and squadrons came together to participate in the event and supported our community,” said Jennifer L. Krivohlavy, the Single Marine Program Coordinator.

The race was held as a way to raise awareness to keep the Neuse River clean.

“Everyone came from all over to help raise awareness about keeping habitats intact and the importance of keeping the environment clean,” said Krivohlavy.

The Marines and Sailors of the Snap Dragons rowed their way to victory over 10 other teams to walk away with the winning oar. They said they enjoyed every stroke of the 350-meter race.

“The race was fun,” said Lance Cpl. Derek J. Howell, a student with the Center for Naval Aviation Technical Training. “It was challenging but we all pulled together to make it to the finish line.”

During the event, the SMP Marines enjoyed food, drinks and most of all, motivation and support throughout the event provided by local sponsors.

“We love giving back to the Marines. They do so much for us, and we just want to show our appreciation,” said Paul J. Johnson, a race volunteer.



Warrior Owls 2, a group of students with the Center for Naval Aviation Technical Training, row their dragon boat down the Neuse River Saturday. 120 Marines and Sailors participated in the event.

CHERRY POINT MESS HALL

HOURS OF OPERATION

Monday-Friday
*Breakfast 6-8 a.m., Lunch 10:30 a.m.-12:45 p.m.,
Dinner 4-6 p.m.*

Saturday-Sunday/ Holiday Hours
*Breakfast/Lunch 8:30-11 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 & Blendz

Tuesday and Thursday Lunch (Blendz) - Banana-strawberry yogurt, banana-blackberry yogurt, banana-peach yogurt, banana-pineapple yogurt, banana-mango yogurt, banana-blueberry yogurt, Asian chicken chopped salad, Asian beef chopped salad, Savannah fried chicken salad, Southwest chicken strip salad, chef salad bowl, buffalo chicken salad, turkey club salad, beef fajita salad, BLT club salad, Southwest flank steak salad, chicken caesar salad, Chinese chicken salad, antipasto salad.

Monday - Pasta primavera, lasagna, chicken rotini casserole, baked ziti with four cheeses, meatballs, baked Italian sausage, boiled rigatoni, boiled spaghetti, simmered ziti, simmered linguine, simmered fettucini, simmered penne rigate, simmered rotini, Italian meat sauce, alfredo sauce, caesar salad, toasted garlic bread and breadsticks

Wednesday - Chicken enchiladas, taco beef filling, burritos, Mexican rice, refried beans with cheese, Mexican corn, shredded lettuce, diced tomatoes, chopped onions, sliced jalapeño peppers, taco shells, flour tortillas, taco sauce, salsa, sour cream

Friday - Wings of fire, honey-barbecue wings, teriyaki wings, French fried chicken wings, French fried garlic fries, corn on the cob, baked beans, carrot sticks, celery sticks, blue cheese dressing, ranch dressing

Weekly Menu

Thursday August 1

Lunch - Chicken and dumplings, pasta Toscana, steamed rice, steamed vegetable medley, Harvard beets, cream of spinach soup

Dinner - Mediterranean herb-roasted chicken, herbed-roast pork loin, mashed potatoes, dirty rice, glazed carrots, steamed broccoli, brown gravy, American bounty vegetable soup

Friday August 2

Lunch - Roast turkey, French fried shrimp, French fried fish, dirty mashed potatoes, green beans, calico cabbage, hush puppies, tartar sauce, cocktail sauce, New England clam chowder

Dinner - Tater-tot casserole, baked tomato pork chops, savory baked beans, peas and mushrooms, Manhattan clam chowder

Saturday August 3

Lunch - Baked ziti with four cheeses, arroz con pollo, club spinach, corn O’Brien, toasted garlic bread, smoked ham and cabbage soup

Dinner - Three bean chili, apple-glazed corned beef, shrimp curry, cilantro rice, parsley buttered potatoes, vegetable stir fry, savory summer squash

Sunday August 4

Lunch - Baked fish with butter crumb topping, herbed-baked chicken, potatoes au gratin, confetti rice, herbed-roasted carrots, balsamic roasted vegetables, tomato soup

Dinner - Pork chops with smothered onion, chili macaroni, roasted sweet potatoes, French-cut green beans, cauliflower combo, Wisconsin cheese soup

Monday August 5

Lunch - Southwestern corn chowder, pepper steak, turkey Monterey roasts, rosemary red potatoes, steamed rice, wax beans Creole, stewed chick peas and zucchini

Dinner - Spanish chorizo and potato soup, veal parmesan, Tex-Mex chicken and rice, penne rigate noodles, marinara sauce, scalloped cream-style corn, broccoli and red peppers

Tuesday August 6

Lunch - Beef with vegetables and barley soup, linguini with clam sauce, bayou chicken, rissole potatoes, mashed cauliflower, sautéed green beans and mushrooms

Dinner - Bean with bacon soup, country fried steaks, baked turkey and noodles, mashed potatoes, brown gravy, squash and carrot medley, peas

Wednesday August 7

Lunch - Cream of mushroom soup, chicken piccata, bayou jerked pork loin, chipotle roasted sweet potatoes, islander’s rice, steamed spinach with garlic, Lyonnaise carrots, mango and black bean salsa

Dinner - Chicken tortilla soup, Hungarian goulash, Creole shrimp, brussels sprouts parmesan, corn

Forest fires and respiratory health fact sheet

LAURIE VARNER
NAVAL HEALTH CLINIC CHERRY POINT

Wildfires are an ongoing concern in the local area, especially during hot weather. During a wildfire, people all over the area may suffer the effects of smoke. The American Lung Association urges those with respiratory problems such as asthma, emphysema and bronchitis, and those with chronic heart disease to monitor their breathing and exposure to airborne matter. If problems develop call your physician immediately.

General recommendations include:

- People living in close proximity to the fire-stricken areas should remain indoors and avoid inhalation of smoke, ashes, and particulate matter in the area. Ordinary dust masks, designed to filter out large particles, will not help as they still allow the more dangerous smaller particles to pass through. Dust masks with true high-efficiency particulate air filters will filter out the damaging fine particles but are difficult for people with lung disease to use. Consult with your physician before using a mask, especially if you have a lung disease.
- If you live close to or in the surrounding area, refrain from exercising outdoors, especially if you smell smoke or notice eye or throat irritation.
- Take extra precautions for children, who are more susceptible to smoke because their respiratory systems are still developing and they breathe in more air (and consequently more pollution) per pound of body mass than adults.
- When driving your car in smoky areas, keep your windows and vents closed. Air conditioning should only be operated in the “recirculate” setting.

People with respiratory problems and chronic heart disease should:

- Stay inside as much as possible with doors, windows and fireplace dampers shut and preferably with clean air circulating through air conditioners and/or air cleaners. Use air conditioners on the recirculation setting so outside air will not be moved into the room.

- Due to the higher levels of pollutants in some areas, there is a possibility of experiencing increased symptoms. If you are experiencing symptoms, contact your physician. If you cannot, asthma patients should follow the asthma action plan developed with their physician. Use your peak flow meter if prescribed. Take your medication, and use the full spectrum of medications your doctor has prescribed to you.
 - If outdoor trips in smoky areas are necessary, breathe through a damp cloth to help filter out particles in the air.
 - People with asthma should check with their physician regarding any changes in medication that may be needed to cope with the smoky conditions.
 - People using oxygen should not adjust their intake levels without first consulting a physician.
 - If pulmonary symptoms are not relieved by prescribed medication, seek medical attention. Symptoms to watch for: wheezing, shortness of breath, difficulty taking a full breath, chest heaviness, light headedness, and dizziness. If you have any concerns, contact your physician, go to the nearest emergency room or call 911.
 - If you develop a persistent cough, or difficult or painful breathing, call your physician. The onset of symptoms can appear as late as 24 to 48 hours after exposure and smoke can remain in areas for many days after the fires have ended.
 - People with lung or heart problems should avoid clean-up activities and areas where dust or soot are present.
 - Thoroughly soak dusty and sooty areas prior to clean-up to minimize airborne particulates.
 - Wear an appropriate dust mask during clean-up.
 - If exposure to asbestos or other hazardous materials are suspected, do not disturb the area. Dust masks do not protect against asbestos.
- **REMINDER The Naval Health Clinic does not have emergency services, if you or someone you are with has respiratory distress, call 911 immediately. ****

Safety: prevent choking in children, adults

CONTRIBUTED ARTICLE
NATIONAL SAFETY COUNCIL

Choking and suffocation is the third leading cause of home and community death in the United States. Foods are responsible for most choking incidents. But for children, objects such as small toys, coins, nuts or marbles can get caught in their throats. Choking can cause a simple coughing fit or something more serious like a complete block in the airway, which can lead to death.

Although choking can occur in people of all ages, children under the age of three are particularly vulnerable. Older adults also have an increased risk of choking on food.

leading cause of home injury death. Choking deaths peak at age 85 and is the second leading cause of unintentional injury death in adults 89 and older.

Although not chewing food properly is the most common cause of choking, eating too fast, drinking alcohol and health conditions like Parkinson’s can increase the chances of someone choking. In older adults, having dentures and difficulty with swallowing can increase their risk of choking. Older adults who live alone may not have the help they need if they choke.

Signs of a choking infant:

- Difficulty breathing
- Weak cry, weak cough or both
- Unable to cry or make a sound
- Bluish skin color
- Loss of consciousness
- Soft or high-pitched sounds while inhaling
- Difficulty breathing – ribs and chest pulled inward

- Signs of a choking adult:**
- Coughing or gagging
 - Clutching throat or pointing to throat
 - Suddenly unable to talk
 - Wheezing
 - Passing out; loss of consciousness
 - Skin, lips or nails turning blue

Prevention for Infants and Children:

- Keep small objects out of reach
- Give children sit while eating, no moving or running around
- Cut foods into bite size pieces
- Have children small amounts of food at a time
- Keep hard candy away from children

Prevention for Adults

A few simple behaviors can keep you and your loved ones from choking. Foods, such as peanut butter, meats, soft foods like cookies and cakes and larger chunks of fruits can all cause an older adult to choke. Some of these foods are harder to chew.

- Chew foods slowly, especially if you wear dentures
- Refrain from laughing or talking while eating
- Don’t drink too much alcohol before and during meals

Older adults

For adults over the age of 76, choking is the third

What can you do?

If you witness someone choking, call 9-1-1 immediately. If you are familiar with abdominal thrusts, use it to clear the airway. If you are unfamiliar with life-saving techniques, get trained in CPR either online or in a classroom.

If you are alone and choking, call 9-1-1. Even if you can’t speak, call 9-1-1 and leave the phone off the hook. In many areas, emergency personnel will respond to 9-1-1 calls where a caller doesn’t speak. If you can, attempt to clear your airway yourself by thrusting your mid abdomen against the back of a chair or railing.

Even if you are able to clear your airway, it’s still important to seek medical attention. The choking may have caused damage to your airway, making future episodes of choking more likely.



MCAS Cherry Point STATION THEATER

E Street

ADULTS ONLY \$4 • KIDS (4-12) ONLY \$3

Movie Hotline: 466-3884 • www.mccscherrypoint.com

NOW SHOWING

Thursday, August 1
6:00pm - World War Z PG13

Friday, August 2
5:00pm - Despicable Me 2 PG
7:30pm - The Lone Ranger PG13

Saturday, August 3
2:00pm - Despicable Me 2 PG
6 PM SNEAK PREVIEW - DISNEY'S PLANES
Doors Open at 4:30pm

Sunday, August 4
2:00pm - Despicable Me 2 PG
4:20pm - The Lone Ranger PG13

movie synopses

World War Z - United Nations employee Gerry Lane traverses the world in a race against time to stop the Zombie pandemic that is toppling armies and governments, and threatening to destroy humanity itself.

Despicable Me 2 - Gru is recruited by the Anti-Villain League to help deal with a powerful new super criminal.

The Lone Ranger - Native American warrior Tonto recounts the untold tales that transformed John Reid, a man of the law, into a legend of justice.

Disney's Planes - Dusty is a cropdusting plane who dreams of competing in a famous aerial race. The problem? He is hopelessly afraid of heights. With the support of his mentor Skipper and a host of new friends, Dusty sets off to make his dreams come true.

MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE.



Announcements

► Indicates new announcement

► **Hinshaw Music’s 39th Annual Choral Convention**
Award winning classical composer Dan Forrest will appear as the clinician and conductor of the Hinshaw Music’s 29th Annual Choral Convention at the Sheraton Imperial Hotel and Convention Center in Durham Friday–Saturday beginning at 9 a.m.
This convention is a two-day workshop where participants will sing together with a live piano accompaniment as Forrest and other clinicians conduct them through choral pieces.
The convention is open to all ages and costs \$130.
For more information, call 919-933-1691.

► **Hinshaw Music’s 39th Annual Celebration Concert**
The Bel Canto Company, directed by Welborn Young, will present a special evening of choral music, featuring works by composers Dan Forrest, David Schwoebel and others Friday at 8:00 p.m. at the Edenton Street United Methodist Church in Raleigh.
The concert will include the regional premiere of Dan Forrest’s “Requiem For The Living”.
Admission is free, but seating is limited.
The concert is in conjunction with Hinshaw Music’s 39th Annual Choral Convention Friday–Saturday.
For more information, call 919-941-5050.

8th and I Evening Parade
Cherry Point personnel can sign up with Crystal Coast Travel and Leisure for a trip to Washington, D.C., to see “The Evening Parade” Friday at the Marine Corps War Memorial near Arlington National Cemetery.
The parade honors Marines who have given their lives since Nov. 10, 1775. The cost is \$250 per person and includes transportation, two nights lodging and a day to sight see.
For more information, call 466-2172 or 466-2197.

National Night Out
Havelock’s 17th annual National Night Out will be held Saturday at Walter B. Jones Park beginning at 3 p.m. The event is free and is a partnership between police and the community advocating crime prevention and a drug free community.
There will be a performance by Madison Rising.
For more information, call 447-3212.

Barracks Cooking Class
Semper Fit will host a barracks cooking class at the Semper Fit Center 10:30–11:30 a.m. Tuesday.
Food and microwave recipes will be provided.
For more information and to sign up, call 466-6474 or email gibsonkd@usmc-mccs.org.

Monthly and Weekly Events

Disabled Veterans Meetings
Chapter 26 of the Disabled American Veterans meets the third Wednesday of the month at the Senior Center in Havelock at 7 p.m.
For information, call Ancil Jones at 349-0006.

Al-Anon Group Meetings
Al- Anon family group meetings are held Mondays at 8 p.m. for family members and friends of individuals with possible alcohol problems.
Meetings are held at Havelock First Baptist Church.
For more information, call 447-8063.

Baby Boot Camp New Parent Program
New Parent Support Program hosts a free Baby Boot Camp monthly at the Training and Education Building.
The next Baby Boot Camp is Aug. 21-22 from 8:30 a.m.–3:30 p.m.
Parents with children 1-year-old or younger will receive a hands-on ex-

perience learning to adjust to parenthood.
Reservations are required.
To register, call 466-3651.

Domestic Violence Support
Support groups for victims of domestic violence are provided by the Carteret County Domestic Violence Program.
Meetings take place Wednesdays at 6 p.m.
For more information, call 728-3788.

Welcome Aboard Expo
Cherry Point hosts a Welcome Aboard Expo each month at Miller’s Landing.
The expo is open to all new Marines, Sailors, civilian employees and spouses.
The next expo is Aug. 21 at 9 a.m.
For questions or to register, contact Sandy Langlo is at 466-5743.

Sergeants Major Golf Tournament
The Cherry Point Sound of Freedom Golf Course will host the Cherry Point Sergeants Major Golf Tournament Aug. 9 at noon.
The tournament will be in four-player superball format and will give service members an opportunity to meet Cherry Point sergeant major, Sgt. Maj. Benjamin L. Pangborn, and 2nd Marine Aircraft Wing sergeant major, Sgt. Maj. Christopher G. Robinson.
Registration for annual golf members and E-5 and below is \$35. Registration for E-6 and E-7 is \$45 and registration for E-8, E-9, officers and all others is \$50.
For more information, call 466-3044.

Volunteer Oyster Reef Build and Restoration
The N.C. Coastal Federation will host a volunteer opportunity to help rebuild an oyster reef at the Morris Landing Clean Water Preserve on Stump Sound, Holly Ridge, N.C., Aug. 10 from 10 a.m.–3 p.m.
Restoration efforts will be divided into two sessions; a morning session and an afternoon session.
Volunteers will place bags in the water and install plants along the shoreline.
Lunch will be provided between noon and 1 p.m.
To register or for more information, visit nccoast.org.

MCAS Cherry Point’s Sprint Triathlon and Relay
Marine Corps Forces Special Operations Command will host Cherry Point’s 10th Annual Sprint Triathlon and relay Aug. 17.
The event is open to the public. Registration for active duty, retirees and reservists before July 27 will be \$20 or \$70 for a team. All others before July 27 will be \$40 or \$115 for a team.
Registration for active duty, retirees and reservists from July 28–Aug. 3 will be \$35 or \$95 for a team.
All others from July 28–Aug. 3 will be \$50 or \$140 for a team. A \$20 fee will be added from Aug. 4–7.
Register at <http://bit.ly/CPsprint> or in the Marine Dome. A \$20 fee will be added from Aug. 4–7.
For more information, call 466-2208.

Craven’s Got Talent Fundraiser
Special Olympics Craven County, with New Bern and Tryon Civitan, will sponsor Craven’s Got Talent Sept. 28 at 7 p.m.
Doors will open at 6 p.m.
The show will feature local acts, as well as new acts.
Tickets for the show are \$5.
Proceeds raised at this event will go toward Craven County Special Olympics athletes.
For more information, call 636-6606.

Ready for Anything
Marine Corps Family Team Building hosts a Ready for Anything workshop each months at Miller’s Landing.
The next workshop is Aug. 13 from 9 a.m.–noon.
The workshop guides Marines, their spouses and family members through the logistical, financial and emotional aspects of deployment.

L.I.N.K.S. for Marines
Marine Corps Family Team Building hosts a Lifestyles, Insights, Networking, Knowledge and Skills course, for Marines class at the Center for Naval Aviation Technical Training every month.
The next class is Aug. 21 from 7 a.m.–noon.
Marines will get a chance to test their knowledge of Marine Corps history, culture and traditions while discovering resources, services and benefits available on base. They will also gain insight on separation and deployments.
For more information, call 466-4637.

Free Blue Star Museum Admission
Blue Star Museums offers free admission to more than 1,800 museums for active duty military and up to five dependents through Sept. 2.
Blue Star Museums is a partnership with the National Endowment for the Arts, Joining Forces, MetLife Foundation and nearly 2,000 museums across the country.
For more information, visit <http://bit.ly/bluestar13>.

Marine and Family Programs

Marine, Family Programs Office Numbers

Building 298
• Library – 466-3552.
• Retired Activities – 466-5548.

Building 232
• Exceptional Family Member Program – 466-3305.
• Child Development Resource and Referral – 466-3595.

Building 232
• Sexual Assault Prevention and Response Program – 466-5490.
• Substance Abuse Counseling – 466-7568.
• New Parent Support Program – 466-3651.
• Family Advocacy Program – 466-3264.
• Military Family Life Consultant – 339-6084.
• Families Overcoming Under Stress Representative – 466-7137.

Building 4335
• Education – 466-3500.
• The Family Member Employment Program, Transition Assistance Management Program, Relocation Assistance Program and accredited financial counselors can be reached at 466-4201.

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.

Marine Corps Family Team Building
Educational resources and services to foster personal growth and enhance the readiness of Marine Corps families. Marine Corps Family Team Building is located in Building 232.
For more information, email family.readiness@usmc.mil.

Off Limits

MCAS CHERRY POINT AREA
98 CENT ONLY STORE
(BIG DADDY) WESLEY’S GROCERY
COASTAL SMOKE SHOP
EXPRESSIONS
FLYERS (AKA FLYERS 101, BIKERS, BEERS AND BABES)
FRIDAY’S NIGHT CLUB (AKA CLUB INSOMNIA, CLUB CLASSICS, INFINITY LOUNGE)
H&D EXPRESS (AKA CITGO)
NADINE’S FOOD MART
SUPER EXPRESSWAY
TOBACCO OUTLET (HAVELOCK AND NEW BERN)
TOBACCO SHOP
TOBACCO SHOP & GIFTS (BEAUFORT AND NEW BERN)
TOBACCO TOWN
TWIN RIVERS (NOT THE MALL)
WHITE SANDS CONVENIENCE STORE

MCB CAMP LEJEUNE AREA
ATHEAS ATTIC
BELL AUTO SALVAGE II
DASH-IN
DISCOUNT TOBACCO
D’S DRIVE THRU
D’S QUICK MART
EXPRESSIONS
EXPRESS WAY
KING’S DRIVE THRU
LAIRD’S AUTO & TRUCK REPAIR
MOE’S MART
MP SUPER DISCOUNT
NEW YORK TOBACCO CENTER (AKA TOBACCO FOR LESS)
NORTHERN LIGHTS SMOKE SHOP
ONE STOP SHOP
PRICE IS RIGHT LAWN DESIGN
SMART BUY
SMITTY’S R&R
TOBACCO
TOBACCO CLUB
TOBACCO HOUSE CIGARETTE CENTER
TOBACCO LEAF
VETERANS AFFAIRS SERVICE

Religious Services

Sundays
9 a.m. – Liturgical Protestant Service, Fellowship Chapel
9 a.m. – Roman Catholic Mass, Memorial Chapel
11 a.m. – Contemporary Worship Service, Memorial Chapel

Tuesdays – Thursdays
11:45 a.m. – Roman Catholic Mass, St. Michael’s Chapel

This month in Marine Corps History

Aug. 3, 1950

Aug. 7, 1990

Aug. 12, 1942

Eight Corsairs from Marine Fighter Squadron 214 launched from the USS Sicily and executed the first Marine aviation mission of the Korean War in a raid against enemy installations near Inchon.

President George H. W. Bush ordered U.S. military aircraft and troops to Saudi Arabia as part of a multinational force to defend it against possible Iraqi invasion.

A Navy Consolidated Patrol Bomber was the first plane to land on Henderson Field and evacuated two wounded Marines. Nearly 3,000 wounded Marines would be evacuated during the battle for Henderson Field.

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.

Suicide/Stress
To talk to someone at the National Suicide

Hotline, call 1-800-273-8255.
To seek confidential counseling with personal battles, call the DSTRESS line at 1-877-476-7734.

Sexual Assault
This procedure is not meant to replace calling 911 if you are in immediate danger. Immediately call 665-4713, which is monitored 24/7.

Severe Weather and Force Protection
Cherry Point personnel call 466-3093.
FRC East personnel call 464-8333.
DLA personnel call 466-4083.

●●●●

●●●●