# RotoVue

Serving Marine Corps Air Station New River and Jacksonville, N.C. www.newriver.usmc.mil

April 19, 2006 Vol. 45 No. 8


## Bringing home medals

Two New River Marines recognized for their efforts during OIF

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New River commands and residents help improve condition of Station

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## Bowling for bucks

HMH-461 'Iron Horses' raise money on the lanes for NMCRS

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# 'War Eagles' host MAG-wide field meet

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# Command Message

**The post office (military side)** hours of operation are Monday, Tuesday, Thursday and Friday, 7:30 a.m. to 3 p.m.

On Wednesday, official mail may be dropped off between 7:30 a.m. and 1 p.m.

For more information concerning their hours of operation, contact Staff Sgt. Mohammed A. Eyiowuawi at 449-6501, 449-4431 or Mr. Ashford at 449-5476.

**The Marine Corps Base Camp Lejeune Auto Hobby Shop** now has a service department for minor repairs.

This service is provided by appointment only. For more information call (910) 451-9306.

**By order of the commanding officer,** MCAS New River, the parking lot behind the Station Dining Facility is closed between the hours of 4 a.m. and 8 p.m., except to food service Marines and contracted civilian employees who work in the building.

**There will be a Texas Hold 'Em Poker Night** at the Staff Noncommissioned Officers' Club every third Friday of each month.

The first cards will be dealt at 6:30 p.m. and play ends at midnight.

There are 100 seats available and tickets cost $20.

Prizes are awarded to those who come in 1st through 5th place.

# Community

**The Wounded Warrior Spouses' Support Group** meets every third Wednesday of each month.

The meetings start at 6:30 p.m. at the Key Volunteer Center, Building H-14, and are open to all Marine Corps Base Camp Lejeune, N.C., and Marine Corps Air Station New River families.

For more information, call Shannon Maxwell at 347-4450 or Becky Klepper at 353-4625.

**The Educational and Developmental Intervention Services** are offering free developmental screenings for children up to 36 months of age.

For more information, call Raymond Applewhite at 450-4463.

**April is child abuse prevention month** and in conjunction, Camp Lejeune is joining in the effort to heighten the awareness and need to prevent child abuse and neglect by displaying blue ribbon flags on Holcomb Blvd. and banners near the gate areas throughout the month.

Aboard Camp Lejeune, MCCS offers numerous resources to assist families in developing and enhancing positive family dynamics.

In 2005, there were 24,670 confirmed victims in North Carolina, as reported by Prevent Child Abuse North Carolina, a nonprofit organization.

Please call Semper Fit Health Promotion at 451-2865/4278 or visit www.mccslejeune.com for more information.

**The 2006 Thalian Hall 10K and 5K Run** will take place May 27 at 8 a.m., at Thalian Hall in downtown Wilmington, N.C.

Registration costs $20 and day of the race costs $25. Racers receive a T-shirt, a post race party and a breakfast provided.

Awards will be given to the top three runners of each age group.

For more information, call (910) 343-3660 or email czechlewski@thalianhall.com.

**The Jacksonville 10K Road Race** starts at 8 a.m. April 29, at the Jacksonville Commons Recreation Center. Runners pay $15 before April 19, late registration costs $20.

For more information, call David Lynch at (910) 938-5307 or visit www.ci.jacksonville.nc.us.

**The Onslow Art Society** invites all artists, 18 and older, to enter the 46th Annual Spring Art Show.

For more information, call 455-1441.

# In the Corps

**Active Duty Navy-Marine Corps Relief Society Fund Drive** kicked off March 1.

Fund drive representatives have been trained and can assist you with donating.

The team of representatives have undergone fund drive classes to ensure they build on last year's success.

Donators can expect higher visibility and more opportunities to give this year with programs like the "Round Up," as well as incentive-based donating.

Those interested in donating, or who have questions about the drive, can contact Capt. Charles Hart at 449-5446.

# Religious Info

**The Weekly Men's Bible Study Group** meets every Thursday morning at 6 a.m., at the Mainside Protestant Chapel Annex behind the Base Chapel.

For more information, contact Chaplain James Dance at 451-3210, Maj. Jo Rozier at 451-7842, Staff Sgt. Stacey Lafferty at 450-8595 or Jim Sides at 451-5024.

# Recruiting

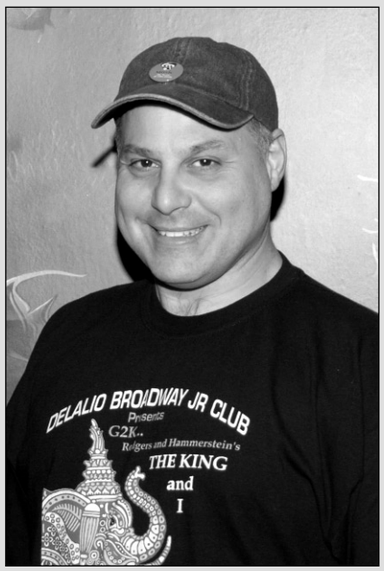
**Earn promotion points** for recruiter's assistance in the Northeast Region.

Recruiters assistants are needed at Recruiting Stations Albany, N.Y., Buffalo, N.Y., Harrisburg, Pa., New Jersey, New York, N.Y., Pittsburgh, Pa., Portsmouth, N.H., and Springfield, Mass.

For more information, applicants are encouraged to please contact 1st MCD at (516) 288-5656.

Marines interested in recruiters assistance in the Colorado, Wyoming, Western Nebraska or Western South Dakota areas should contact Sgt. Maj. Robert Cadle at cadlerg@marines.usmc.mil or call (303) 241-8102.

# Civilian Spotlight




**Costa Constantinov**
*Delalio Elementary Music Specialist*

**Hometown:** Greensboro, N.C.

**Family:** Costa is not married and has no children.

**Military background:** He has worked for the Department of Defense schools for the last 25 years.

**Time on Station:** Costa has been on Marine Corps Air Station New River for five years.

**Best part of job:** Costa enjoys performing with his students. "They perform musicals and plays throughout the year all around the Station," he said.

**Best part of working with the military:** While working at a Department of Defense school, it is enjoyable to work with the children and parents to put on good musical programs for military families, said Costa.

**Proudest accomplishment:** Receiving a masters degree in musical theater from Columbia University was a great accomplishment. A lot of pride is also taken in organizing the Broadway juniors every year, said Costa. A Broadway junior play is usually performed by 7th or 8th graders, but Costa's 4th and 5th graders consistently impress the audience with their plays.

**Best advice received:** "Take each day as it comes and make the next better," he said. "Figure out what went wrong and what we can do better next time."

**Personal hero:** "My brother has a quiet, calmness to him and there is majesty in having such calmness," he said.

**Personal motto:** "Keep on singing," said Costa.

**Why is music education important?** "Music is truly the international language," said Costa. "It speaks to us when nothing else can. A sound or a song can carry us to places we cannot normally reach."

ROTOVUE

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# 'Flying Diamond' receives bronze star

Lance Cpl. M. L. Meier
correspondent

The Bronze Star Medal was awarded to Master Gunnery Sgt. Norman P. Hoosier, Marine Aircraft Group-26 logistics chief, April 4, for meritorious achievement while he was deployed this past year in support of Operation Iraqi Freedom.

In the 13 months Hoosier was deployed to Al Asad Air Base, he dedicated more than 2,000 hours personally installing, repairing and rebuilding more than 200 pieces of equipment.

"From power generation to power delivery, to heating to cooling of spaces; anytime anything was needed, 'Master Guns' Hoosier and his team was on the job," said Col. David J. Mollahan, MAG-26 commanding officer. "From the works he did, to the leadership he provided to his Marines, it was an extraordinary job overall."

One of Hoosier's greatest accomplishments was the coordination and organization of building a Post Exchange on the South Side of the base. He worked 12 to 14 hours a day for approximately a week to complete the work. He personally removed a wall within the unit, wired and equipped it with air conditioning, and built a shelving system.

"We had a modular building that was just like a trailer. He actually modified that building almost single-handedly," said Maj. Clifton L. Turner, MAG-26 logistics officer. "It almost instantaneously boosted the morale of over 800 Marines. Just having those basic health and comfort items made it so much better."

Hoosier was instrumental in providing valuable oversight for the establishment of Headquarters Squadron's operational center and billeting areas. He also completely rewired the barracks to facilitate the installation of air conditioning units. Along with numerous other feats, he was, and remains, a mentor and teacher to his Marines, who Turner noted, "he genuinely cares for."

"I'm proud and honored to accept this award. Although the Bronze Star is a personal award, I'll never look at it that way. This is a group effort," said Hoosier. "Personally, I take a lot of pride in the things that we were able to accomplish in Al Asad as a (logistics department) and a group as a whole."

Lance Cpl. M. L. Meier

Colonel David J. Mollahan, Marine Aircraft Group-26 commanding officer, pins a Bronze Star Medal on Master Gunnery Sgt. Norman P. Hoosier, MAG-26 logistics chief, in a ceremony April 4.

# 'Iron Horse' Marine awarded NAM

Lance Cpl. Ryan R. Jackson
correspondent

The Navy and Marine Corps Achievement Medal is normally awarded for professional or leadership achievement. On April 3, it was given for both to a Marine Aircraft Group-29 "Iron Horse."

Captain Alexander B. Pudol by trade is a CH-53E "Super Stallion" pilot with Marine Heavy Helicopter Squadron-461. During his recent deployment to Al Asad, Iraq from June 2005 to February 2006, Pudol worked as the Al Asad Air Base's frag officer, a job completely new to him.

As the frag officer, Pudol's responsibilities included coordinating between squadrons and wings and assault support requests submitted by ground units for air support. Between ASR's and joint tactical air requests, he saw approximately 200 requests submitted daily. The helicopters supporting the ASR's and JTAR's were used in Al Taqaddum, Al Qaim, and the Korean Valley. Pudol was also in charge of combat sustainment sortie requests, which ensure that pilots maintain their proficiency for flight qualifications.

Chief Warrant Officer 3 Aaron D. Smith, MAG-26 nuclear biological chemical officer, worked in the operations department with Pudol. Smith's primary duty while deployed was anti-terrorism/force protection and to direct all of the enlisted Marines working in the operations office. Smith and Pudol worked in the same office together; all day, every day.

"It was very easily a full-time job for more than one person and he did it for four months by himself. He never once acted like he was under pressure," said Smith.

Working in an office with approximately 12 other Marines, Pudol planned missions and further developed them at each stage from 72 hours down to 24 hours before the mission commenced.

"My job was to make sure the missions were done safely," said Pudol.

Pudol's very good at working with the younger Marines and helping them understand what it is that he's trying to do in order to produce a good product, added Smith.

Towards the end of the deployment, Pudol took on additional duties flying helicopter missions.

"Even though he was working long days, hard days, hours no one else worked, he maintained a positive attitude the entire time," said Smith about Pudol earning a NMCAM.

Although Pudol is scheduled to depart from MAG-26 soon, he is maintaining the positive attitude for which he's known. The "Super Stallion" pilot is scheduled to become a CH-53D "Sea Stallion" pilot with the responsibility of recovering downed aircraft and towing distressed ships when he joins his new unit in Marine Corps Base Hawaii.

Pudol looks forward to returning to the skies, "That's why I joined the Marine Corps, there's no better feeling than flying."

# 'Warriors' surpass safety milestone, reach 100,000 mishap-free hours

Pfc. Andrew M. Kalwitz
correspondent

Marine Light/Attack Helicopter Squadron-167 reached 100,000 mishap-free flight hours March 10.

The "Warriors" attained many of the final hours before returning from a seven-month Iraq deployment March 1.

Considering the environment of the flight activity, it is an extremely significant accomplishment to have reached 100,000 flight hours with no incidents, said Lt. Col. Lawrence E. Killmeier, HML/A-167 commanding officer.

"The last 6,500 hours were all combat hours flown in Iraq; both day and night," he added.

The "Warriors'" mission is to provide air and utility support and close infantry support.

For many of the HML/A-167 Marines, the deployment was their third in less than three years.

"Their collective efforts to provide full mission capable aircraft and then employ them effectively demonstrates the professionalism of the HML/A-167 Marines. The safety results are just a welcome by-product of their professionalism," said Killmeier.

From the testing of the aircraft to the maintenance, safety has always been a major priority within this unit, said Sgt. Maj. Mark W. Pauley, HML/A-167 sergeant major.

Safety is especially essential on the flightline and is very well emphasized by our command, said Lance Cpl. Keith A. Brokaw, HML/A-167 flightline mechanic.

"One mistake could cause death or serious damage to an aircraft," Brokaw added.

The "Warriors" have not experienced a mishap since Feb. 10, 1985.

"Their achievement reinforces the confidence I already have that the "Warriors" can accomplish anything," said Killmeier.

ROTOVUE

# Thank you II MEF volunteers

Dear II MEF Volunteers,

This past year, the Marines and Sailors of II Marine Expeditionary Force have shined in operations throughout the world in support of our nation's bidding. We have deployed to the Pacific, European, South American, and Southwest Asian theaters of operation. We have fought in Afghanistan, in Iraq and in the Horn of Africa. We have never failed! Our continued success is due in large part to the tremendous efforts of our many volunteers, whose dedication, commitment and unstinting selflessness has contributed to our readiness and overall combat effectiveness.

As we celebrate National Volunteer Appreciation Week, I would like to congratulate all our Key Volunteers for their contributions to this MEF's Combat Readiness. In the Marine Corps, we always pride ourselves on taking care of our own. Your selfless service and spirit of volunteerism epitomizes this philosophy. The assistance you provide, the comfort you offer, and the time you invest in our families has made all the difference.

As Key Volunteers, you often have a harder job than those who have deployed. Not only have you performed magnificently as Key Volunteers, but you have done so while juggling the demands and responsibilities of running your homes, raising your children and, in some cases, working to financially support your family… you are amazing!

To all of you, I offer my heartfelt thanks and appreciation for your efforts and sacrifices. To the shining stars of II MEF… job well done… God Bless you! Thank you for your great fidelity. I remain…

Semper Fidelis,
James F. Amos
Lieutenant General, U. S. Marine Corps
Commanding General
II Marine Expeditionary Force

Visit www.newriverairshow.com for information on this years event!

# Spring Clean a sweeping success for Air Station

Lance Cpl. Randall A. Clinton
correspondent

Marines participated in Spring Clean 2006, a Station-wide clean up effort, April 11 through April 14 to promote safety, health, wellness and overall appearance of the Station.

Station commands and residents helped improve the condition of the Station during Spring Clean 2006.

"All commanders aboard New River are responsible for maintaining and enforcing the safety and environmental regulations in their work and living areas," said Station Sgt. Maj. Lewis Summerville.

Marines from the Center for Naval Aviation and Technical Training and Headquarters and Headquarters Squadron took time to clean the Station shoreline between the Officers' Club and the Marina.

Civilian employees aboard the Station turned out to pickup trash along Highway 17.

Residents played a part in the Spring Clean by turning in hazardous material.

"The Spring Clean is designed to afford tenant commands assistance and an opportunity to revitalize their spaces," said Summerville.

The cleanliness of the Station says a lot about the Marines stationed here, said Gunnery Sgt. James Santiago, H&HS squadron gunnery sergeant.

They use this time to beautify the Station and enhance the appearance of their home, he added.

"We are Marines and this is our base—where we work and live. It's not just a place of employment, it represents who we are," said Santiago.

Lance Cpl. Randall A. Clinton

Marines from CNATT and H&HS clean the New River shoreline, April 12, in conjunction with the Station-wide program, Spring Clean 2006.

# Off-base tickets reap on-base discipline

Lance Cpl. M. L. Meier
correspondent

Every Station Marine and Sailor knows if they get caught by the military police violating a traffic law there are certain repercussions most are not willing to risk.

What Station personnel may not know is a staff noncommissioned officer or above can issue a 3rd party citation or complaint against personnel violating traffic laws.

The policy, ref. 04175Z-NOV2004, came into affect in 2003, and most SNCO's and officers know about it, but new Marines may not. The policy states its intent is the safety and well-being of Marines, Sailors and their dependents.

"We wear camouflage to help us complete our mission in combat, but that doesn't mean we should camouflage ourselves as civilians when we're on leave or liberty," said Gunnery Sgt. James D. Santiago, Headquarters and Headquarters squadron gunnery sergeant. "Marines should act and drive like Marines on or off base."

Through the introduction of this policy, the II Marine Expeditionary Force commanding general empowered SNCO's and officers to act as an extension of the law. After witnessing an illegal act, they need a registration, vehicle description and if possible a description of the driver to file a complaint, said Master Sgt. David A. Rodgers, Military Police District New River SNCO-in-charge.

"If a staff NCO or officer observes an unsafe driving act aboard an installation, they can report it to the military police," said Rodgers. "Then we can issue an Armed Forces traffic ticket as a 3rd party traffic ticket."

The SNCO or officer who filed the complaint must then appear with the alleged offender in traffic court, or they can fill out a complaint form.

The form is then forwarded to the accused Marine's command. At that point, it is up to the command to decide the proper course of action.

"A complaint can be filed both on and off base, however a citation can only be issued for on base offenses," said Rodgers.

## ROTO VIEW

*Why do you think it is important for Marines to continue their education?*

**"So that when they decide to get out of the Marine Corps, it will make their life easier to succeed at something else."**

**Lance Cpl. Presley J. Bright,**
**Marine Light/Attack Helicopter Squadron-167 avionics technician.**
**Spartanburg, S.C.**

**"If a Marine earns a degree they'll have something to fall back on."**

**Lance Cpl. Greg T. Omine,**
**Headquarters & Headquarters Squadron administrative clerk.**
**Daytona Beach, Fla.**

**"So they can take on a greater role in both the Corps and in life."**

**Sgt. Christopher A. Smith,**
**Headquarters & Headquarters Squadron data network specialist.**
**Carsonville, Mich.**

RotoVue

# Staff Sgt. supplies drive to succeed

Lance Cpl. Randall A. Clinton
correspondent

The crowd of Marines files into the room for the ceremony. One of their own waits to be recognized. It's the first workday of the month; the day of the month Marines typically receive their promotions, but this isn't like most promotion ceremonies.

As the sergeants major and master gunnery sergeants from Marine Corps bases all along the east coast enter the room, it becomes obvious that something special is about to happen.

Colonel Christopher Owens, Marine Aircraft Group-29 commanding officer, addresses the formation of Marines and puts the event into perspective.

"This is the first time I have ever seen a meritorious gunnery sergeant promotion," he said.

Staff Sgt. Wyrick marches to the front of the room and receives her new rank. She takes a position and is flanked by Eddie, her husband of three years, and 1st Lt. Amber M. Jones, her officer-in-charge. They place the rank insignia on her collar—three stripes up, two stripes down, crossed rifles in the middle—and welcome the newest gunnery sergeant to the Marine Corps.

Wyrick is one of three Marines to receive meritorious gunnery sergeant under Marine Forces Command, said Sgt. Maj. William H. Bly, MAG-29 sergeant major.

In October 2005, three Marines from MAG-29 were selected for the board. They were evaluated at the Marine Air Wing and Marine Expeditionary Force level before being sent to the U.S. Marine Forces Command to compete against leathernecks from across the command for the yearly board.

Wyrick has always had a great work ethic, said Staff Sgt. Tyrone J. Sidney, MAG-29 warehouse chief.

"She was an honor graduate at the staff noncommissioned officer academy and the supply chief school," he said.

She achieved gunnery sergeant and hasn't hit nine years in the Marine Corps; so she's really on the fast track, Sidney said.

"She's real smart and really driven to succeed," he added.

While she has committed herself to serving 20 years in the Marine Corps, she originally planned to stay in for only four years. In fact, when the Cambridge, England native first announced to her family that she enlisted in the United States Marine Corps they had some reservations.

"My mom didn't think I was going to make it though boot camp. She figured I would yell at one of the drill instructors," she said with a grin.

"My parents are now some of my strongest supporters. They appreciate my career choice and they even help take care of my son," said Wyrick.

She decided to make a longer commitment to the Corps based on the camaraderie she experienced at her first duty station, Marine Corps Air Station Miramar, Calif.

"I worked for really good people; that's what changed my mind about staying in," she said.

Wyrick credits others for a lot of her success in life. Whether it's the leaders at her first station, her family for supporting her career, or her OIC and staff noncommissioned officer-in-charge, the people around her have made her a better person.

Recently, her current OIC challenged her with furthering her education.

Jones suggested taking some college classes toward a criminal justice degree, said Wyrick.

After she finishes her career in the Corps, Wyrick wants to pursue a second career as a lawyer.

Wyrick advises all young Marines to do little things to make a big difference in their career.

"Have initiative. You need to have the drive to succeed," she said.

Wyrick stresses that initiative should be focused on performing the job successfully.

"Marines need to be willing to learn their MOS and become MOS proficient," she said.

According to Jones, Wyrick has definitely practiced what she preaches.

"She has excellent dedication to her job and takes a lot of pride in her work. That is something that you don't see everywhere," said Jones.

As she advances in rank, she has the opportunity to provide the same type of leadership that helped her become a successful Marine and give them a chance to succeed.

"Getting to lead all of these young Marines is the best part of the job," she said.

# Dragoons swoop in, detain Iraqi insurgents

1st Lt. Nathan Braden
1st Marine Division

NORTHERN REGIMENTAL SECURITY AREA, Iraq -- The concepts of speed and surprise are as old as warfare itself, and one unit proves they are still as effective as ever.

The Marines of D Company, 3rd Light Armored Reconnaissance Battalion used these concepts to conduct a cordon and search operation in the vicinity of the Thar Thar Dam April 6.

"We are going into the enemy's rear area for a raid-style cordon-and-search in a typical, traditional LAR mission," said Capt. Hunter "Ripley" Rawlings, the company's commanding officer while briefing his men prior to the operation.

Reports of insurgents waging a murder-and-intimidation campaign against residents in this rural area north of Fallujah prompted the operation.

"The violence undermines the new Iraqi government and our mission here as well," said 1st Lt. Patrick H. Murray, the 26-year-old company executive officer from Charlottesville, Va. "It's important to gain the confidence of the people and let them know we are here to protect them and keep them safe."

"We bring to the fight the ability to just show-up with ease with lots of firepower and let people know we are taking care of bad guys," Murray said.

The company left Camp Fallujah the day before the operation to spend the night closer to their objective.

The company headquarters established a forward command operations center while 1st and 2nd Platoons cordoned the objective area and searched for insurgents and weapons caches.

The operation resulted in the detention of eight suspected insurgents and the discovery of a weapons cache consisting of four AK-47 assault rifles.

"I saw some guys standing around when we came down the dam," said Pfc. Jonathan G. Almeida, a 20-year-old scout from Beeville, Texas. "We searched them, they had fake ID's and thought they could possibly be insurgents."

Marines carefully filled out detention paperwork to fully document the circumstances of the detentions. The paperwork will be used by higher headquarters to review individual detention cases and ensure there is enough cause to keep them detained.

"We have to process them properly to ensure they don't get away with what they're doing," said Lance Cpl. Andrew M. Honer, a 20-year-old armorer from Phoenix.

The mission was one of the first company-sized operations the Marines have conducted since arriving in Iraq last month.

"It was done the way it should have been done," Almeida added. "Everything went smoothly and nobody got hurt."

1st Lt. Nathan Braden

Capt. Hunter "Ripley" Rawlings, the 34-year-old commanding officer of D Company, 3rd Light Armored Reconnaissance Battalion scans the area for threats during Operation Thar Thar Dam April 6.

RotoVue



# MAG-29 Marines compete for best in Group

Story and photos by
Lance Cpl. Samuel D. White
correspondent

Over 1,500 Marines of Marine Aircraft Group-29 competed against each other for the right to claim, "best in Group," April 7 at the Marine Corps Air Station New River football field.

The seven squadrons participated in a Group-wide field meet that tested their speed, their endurance, their mentality, their strength and their ability to work as team.

"It's been a long time since I've seen this many Marines come together for an event like this," said Col. Christopher S. Owens, MAG-29 commanding officer. "I don't think I've ever seen such a tight, cohesive Group and that becomes apparent during events like this field meet."

"Field meets are not only important to the MAG, but to the Marines in general," said Sgt. Maj. William H. Bly, Jr., MAG-29 sergeant major. "It builds up the camaraderie within the squadrons, gives the Marines a chance to get out of the office for a day and breaks up their normal routine. It also lets loose that natural competitive spirit that exists inside all Marines."

A competitive spirit that was tested with 12 different events to include a crunch relay, a push-up relay, a fireman's carry race, a dizzy izzy race, an egg toss and the ultimate of all events, a tug a war contest.

"The field meet shows something special about being in the Marine Corps," said Owens. "As Marines, we work hard. We work six days a week, seven days a week, as many hours in a day as necessary to get the job done; so there has to be time to take a step back, have a little fun, promote the camaraderie and the teamwork, and have a little competition between the squadrons."

A competition that lead to motivational encouragements by the teammates of similar squadrons, yet not so encouraging words from opponents as the "trash talking" grew heavier and more frequent as the day went on and the race for the MAG-29 Championship Cup grew closer to it's rightful owner.

"It's great to be able to come out and compete against the other squadrons, but only one can take home the championship and I want it to be us," said Lance Cpl. Pieter J. Swanepoel, Marine Helicopter Training Squadron-302 maintenance administrator. "The (field meet) has been really fun and I hope they continue to do it."

A tradition within MAG-29 that is far from over, said Cpl. Lacey E. Hines, MAG-29 maintenance management specialist and event coordinator.

"I've talked to a couple of Marines already and the general response is that they love it and are having a really good time," said Hines. "The squadrons will definitely continue to see the field meet as an annual event."

And perhaps a Station-wide event as Bly takes charge as the top enlisted of New River next month.

"I've really enjoyed being able to do this event over the past two years," said Bly. "In my next position as sergeant major I hope this tradition continues, and if I have my way, this will be a Station-wide function."

Marines of Marine Helicopter Training Squadron-302 show off their plethora of trophies, to include the MAG-29 Championship Cup, after winning the all-day field meet. Over 1,500 Marines of MAG- 29 participated in the annual event.

# Popular clothing off-limits

Lance Cpl. Stephen Holt
1st Marine Logistics Group

CAMP TAQADDUM, IRAQ -- Under direction of Marine Corps commanders in Iraq, wearing synthetic athletic clothing containing polyester and nylon has been prohibited while conducting operations off of forward operating bases and camps.

The ban on popular clothing from companies like Under Armour, CoolMax and Nike comes in the wake of concerns that a substantial burn risk is associated with wearing clothing made with these synthetic materials.

When exposed to extreme heat and flames, clothing containing some synthetic materials like polyester will melt and can fuse to the skin. This essentially creates a second skin and can lead to horrific, disfiguring burns, said Navy Capt. Lynn E. Welling, the 1st Marine Logistics Group head surgeon.

Whether on foot patrol or conducting a supply convoy while riding in an armored truck, everyone is at risk to such injuries while outside the wire.

"Burns can kill you and they're horribly disfiguring. If you're throwing (a melted synthetic material) on top of a burn, basically you have a bad burn with a bunch of plastic melting into your skin and that's not how you want to go home to your family," said Welling.

According to Tension Technology International, a company that specializes in synthetic fibers, most man-made fabrics, such as nylon, acrylic or polyester will melt when ignited and produce a hot, sticky, melted substance causing extremely severe burns.

For these reasons, Marines have been limited to wearing clothing made with these materials only while on the relatively safe forward operating bases and camps where encounters with fires and explosions are relatively low.

The popularity of these products has risen in the past few years and has started being sold at military clothing stores. Some companies have come out with product lines specifically catering to military needs. This makes polyester clothing readily available to servicemembers, said Welling.

The high performance fabrics work by pulling perspiration away from the body to the outside of the garment instead of absorbing moisture like most cotton clothing.

Hey, have you been reading your RotoVue?

# Call the local 24 hour hot line 938-3273

CRIME Stoppers

* Report crime anywhere in our community.
* Caller never reveals his/her identidy.
* Pays **CASH** rewards up to $2,500.00.
* Information must lead to arrest and indictment.
* Reward is collected through code system.

RotoVue

# Semper Fitness

## How to test your nutritional knowledge

Lynda F. Itro
MCCS personal trainer

Have you ever heard of mypyramid.gov?

Many Marines and their families haven't; and it's a great Web site!

Sometimes it's hard to understand nutrition and what the effects of food are.

Some of the questions I get range from the typical weight loss to weight gain. In my search to answer every question that is offered I still find the information on proper weight gain are kind of vague. So for those of you who have posed this question to me, please note I will research and find out as much as I can. What I can tell you is that supplements from health food stores, protein shakes, and creatine will not do you justice. These products are expensive, temporary in benefits and hard on your body. If you would like to know more about them please feel free to come see me. I have a nice PowerPoint presentation I would love to show you on our computer.

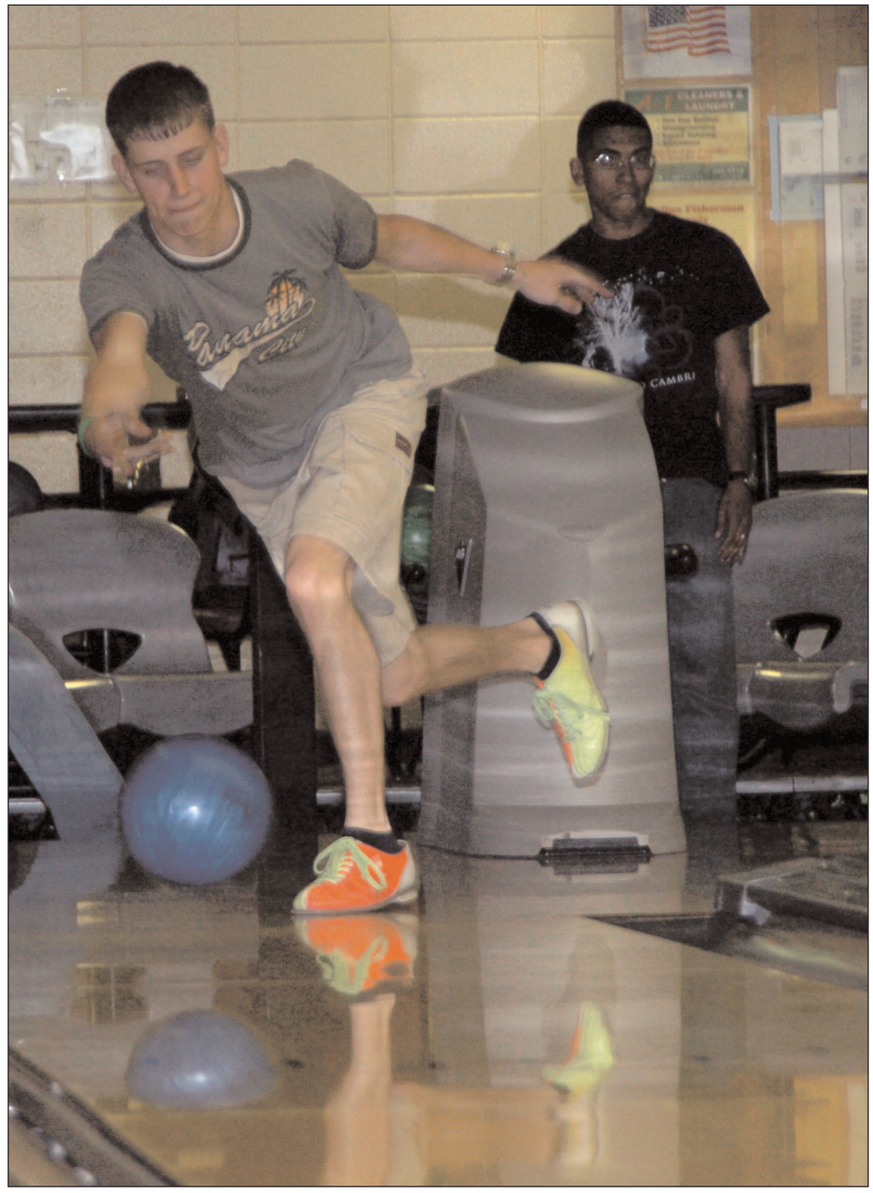
Now back to the mypyraimd.gov; it is a free Web site you can join and monitor your nutritional habits. Your body needs a specific amount of nourishment and calories a day in order to function. The foods need to be healthy energy sources full of vitamins and other nutrients for optimal health. I often tell patrons who are on weight loss programs to remember you have to live with you for the rest of your life.

If you lose your career because you didn't lose the weight, the units can replace you.

You, however, cannot replace yourself. Take care of your health for you and reap positive benefits; don't forget to check out the site.

# 'Iron Horses' bowl for relief

Story and photos by
Lance Cpl. Randall A. Clinton
correspondent



Lance Cpl. Rey Jeremiah, HMH-461 avionics technician, throws another rounded instrument of destruction down range. Bowling provided him an opportunity to compete with other 'Iron Horses.'

The Marines of Marine Heavy Helicopter Squadron-461 work hard while they support multiple deployments. They keep the squadron running smooth, said Lt. Col. Robert D. Pridgen, HMH-461 commanding officer.

So when the Navy Marine Corps Relief Society fund drive came around this year, the squadron used a clever method to gather all their Marines and tell them about the benefits of donating.

The site of the muster? New River Air Station Bowling Alley.

Sergeant Maj. Conrad E. Potts likes to see his Marines come out and relax.

"It gives Marines time to do something fun together. There is a really good competitive nature about it," he said.

Staff Sgt. Anthony Strubberg, avionics technician, said the command had an obligation to make contact with each Marine and let them know about the NMCRS, without boring them.

The idea of an afternoon of bowling and fundraising made perfect sense to Pridgen, considering what the Marines accomplish each day.

"I'm absolutely proud of these guys, they do so much with so little," he said.

The right ball can decide the game.

(Above) These round weapons offer many choices for Marines. (Right) The result is a crushing collision with a formation of ten perfectly placed pins.

# Upcoming SMP events

## 3-on-3 Basketball Tournament

Got game? Come join the Single Marines Program as they host a basketball tournament April 22 at the outside basketball courts near the barracks. For more information contact a SMP representative or call 449-5846.

## Free Night of Bowling and Pizza

The Single Marines Program is sponsoring a night of free bowling and pizza at the Station bowling alley April 25 from 7 p.m. until 9:30 p.m. For more information contact a SMP representative or call 449-5846.

# One who wrestles with God

Lt. Cmdr. Barry J. Baughman
MAG-26 chaplain

How many times have we tried to wrestle ourselves free from a complicated situation that we created in the first place? If you're like me, you've lost count.

Wrestling is a wonderful analogy for life. We wrestle with so many things in life to have a good life. Many times we are aware of what it is that we're wrestling with in the mental and physical realms, but sometimes we're engaged in a monumental struggle with something, and we might not even be aware of it. Therefore, I take great comfort in the story of Jacob wrestling with the Lord at Peniel in Genesis 32.

You remember Jacob, don't you? He's the trickster who first outwits his older brother Esau, getting him to sell his birthright for a pot of stew. Then later, Jacob disguises himself as Esau in order to receive his father's blessing. But, along a muddy riverbank, Jacob's manic manipulations catch up with him. Fearing his brother Esau, who threatened to kill him and is now coming to meet him with 400 men, Jacob tries to get the situation in hand. He divides his camp in half and puts together a set of impressive gifts for his angry brother.

Greatly afraid and distressed, he prays that God will deliver him from Esau, but just before their fateful meeting Jacob finds himself in a supernatural struggle.

Many times in our desire to flee a certain set of problems we run right smack into a larger one. If things weren't bad enough for Jacob, with a brother on his tail who has threatened to kill him, he now runs headlong into a brawl with a stranger at Peniel, and the two of them go full tilt until daybreak. It turns out to be an encounter with the divine, one that allows Jacob to see God "face to face." God, in a wrestling match, knocks Jacob's hip out of joint and gives him a new name, "Israel," meaning "one who wrestles with God." For the first time, Jacob, now called Israel, learns what it means to become a whole human being.

God knows what's going on in our lives, and when we panic and start running, we may not even realize that the stranger we run right smack into is God. What's God trying to do here? Probably nothing more than to help wrestle us back on to the right path.

It helps to be persistent and hopeful, but we get closer to the truth of what it means to be fully human when we understand that to be a full human being is to have some brokenness. Jacob now has a dislocated hip. Of course, brokenness includes more than physical pain. We live in a shattered and suffering world where our relationships are not what they should be.

To be fully human is to be open to reconciliation. When Jacob encounters Esau, his brother's forgiving embrace shocks Jacob. For each of us, reconciliation with God, with ourselves and with others is the key to a life that is satisfying, strong, healthy and whole. Jacob is not exaggerating when he looks at his brother at their reunion and says, "Truly to see your face is like seeing the face of God."

How whole are we today? Are we as persistent as Jacob, determined to find deliverance for his crumbling life? We'll have to hold on to hope, even as we join Jacob in striving days and nights with God and with each other.

We'll have to acknowledge pain and brokenness in more areas than just the physical areas of our lives. And we'll have to be open to reconciliation, open to the humbling restoration of relationships, with God, with others and with our own true selves.

Only then will we, like Jacob, move beyond our manic manipulations or any other false hope that has kept us half-empty, unhealthy and heartbroken. Only then will we know what it means to a whole man or woman in God's eyes. Only then will we be able to appreciate the many and various ways God wrestles with us in the muck and mire of our lives to get us back on the right path.

If you find that life is wrestling you off the straight and narrow path, contact your chaplain or Family Services Center to get back on the right path.

## Memorial Chapel services

Sunday Services
Catholic 9 a.m.
Protestant 11 a.m.
For more information, call the Memorial Chapel at 449-6801.

### NMCRS awards volunteers

Navy and Marine Corps Relief Society volunteers were honored at the Officer's Club. The 19 women received pens, totes, watches, pen sets and plaques for their achievements this past year. The women crocheted, gave classes and worked in the office to help the NMCRS continue its service. (photo by Lance Cpl. M. L. Meier)

## Safety Snippets:

### *How to deal with holiday travel situations*

Traveling during holidays can be stressful. The following are a few tips to help you arrive at your destination safely:

·Buckle up - drivers and passengers.

·Allow plenty of time to get to your destination.

·Avoid crowded roads by starting as early as possible. Traffic picks up on the highways the day before a holiday and continues through the weekend.

·If you are driving through any major metropolitan areas, leave time for construction delays and other congestion.

·Check the weather in your town, your destination, and points along the way.

·Be prepared by having a good travel kit for your trunk including snow chains, an ice scraper, a good pair of gloves, flares and a flashlight. Warm blankets, water and snacks are a good idea, too.

·Let the people you are visiting know your route and your expected time of arrival.

·Don't speed. The leading cause of collisions in North Carolina is speed. Every 17 minutes, someone is killed or injured on N.C. highways in a speed-related accident. Speeding doesn't save that much time on a longer trip.

·Take breaks when going long distances. AAA recommends that drivers stop every two hours for a 15-minute break.

·Turn on your headlights and leave them on throughout the trip.

·Stay out of the pack of cars to leave you room for any sudden stops.

·Steer into a skid. Take your foot off the gas, but do not brake. If you have to brake and you have antilock brakes, apply a firm and steady pressure to the brake pedal.

# Motorcycle Rodeo to roll onto Station

Lance Cpl. Ryan R. Jackson
correspondent

The First Annual MCAS New River Motorcycle Safety Rodeo is slated to take place April 21. If you haven't signed up, but are interested, contact your unit's safety officer and they will send an e-mail confirmation with name, rank, and unit of their nominated personnel to both of these addresses: GallagherML@newriver.usmc.mil, WilsonPA@newriver.usmc.mil for information call 449-4432 or 449-4424.

There have been updates to the proper protective equipment required while riding motorcycles on post;

Riders are responsible for wearing proper protective equipment (PPE) in accordance with IAW MCO 5100.19E: DOT, SNELL OR ANSI approved helmet with chin strap, impact or shatter resistance goggles or full face shield attached to helmet, full fingered gloves, long sleeves, reflective vest or jacket, and boots or sturdy shoes with ankle support.

Reflective Vest: Reflective vests will be worn as the outer-most garment and are required at all times, on and off base, in and out of uniform. Only vests that are international orange, bright yellow, or lime-green are authorized for wear as an outer garment. Each vest will have a minimum of two 1 ½ to 2 inch reflective stripes, which extend from the hem, up and over the shoulders to the rear hem, or from side to side on both the front and back of the vest. The vest is authorized for wear by servicemembers in uniform and should be removed as soon as the servicemember dismounts the motorcycle. Backpacks must be worn under the vest. Reflective running belts are not authorized as replacements for reflective vest. Black reflective vests are no longer authorized for use.

Civilian Clothes: Properly worn long-sleeved shirt or jacket, long-legged trousers, approved reflective vest and full-fingered gloves or mittens are required at all times. Motorcycle jackets and pants constructed of abrasion resistant materials such as leather, Kevlar and/or cordura and containing impact-absorbing padding are strongly encouraged.

Uniform: Servicemembers wearing the summer uniform shall wear protective motorcycle safety jackets and an approved reflective vest over their uniform while riding.

United Way

**MAILBOX FOOD DRIVE TAKING PLACE**
**SATURDAY, 13 MAY**

Please place your non-perishable food items by your mailbox for pick-up by your local letter carrier. Food collected will benefit Onslow Community Ministries Soup Kitchen, the Onslow Women's Center, the Salvation Army, and Second Chance Mission of Hope, Meals on Wheels, Hem of His Garment, Richland's Community Outreach and the Armed Services YMCA. This is the 14th annual Letter Carriers Food drive which is sponsored by the National Association of Letter Carriers the AFL-CIO, and the United Way of Onslow County. For information contact United Way at (910) 347-2646. Please help our community continue feeding the hungry throughout the year.

# Fun, friends and fund raising; no white gloves required

Jennifer Moore
contributor

Moving to a new duty station can seem overwhelming. Besides all the hassle that comes with packing, unpacking and getting settled, spouses may find it difficult to meet new friends and find fun activities.

That's where the Officers' Wives' Club comes in. The club offers opportunities to meet new people, participate in numerous activities and raise money for worthy causes. Each September, the club hosts a "Welcome Aboard" coffee for new members to sign up and learn about the club's offerings.

The idea, said OWC President Alicia Murphy, is to give newcomers information about what is here "and to provide the wives with all of the support they will need."

Those who live off base can meet other spouses who live near them, and everyone can find people with similar interests.

Activities include bunko, book groups and play groups, but the club doesn't exist only for fun.

Some of the club's most well-known events are fund raisers – Basket Bingo in the spring and craft fairs in the fall and spring.

While Basket Bingo and most of the club's other events raise money for the charitable distribution fund, the craft fairs and the club's Hidden Talents craft consignment shop raise money for scholarships.

The scholarships are open to spouses and to seniors at Lejeune High School or other area high schools. The applicant must also be the spouse, child or grandchild of an active-duty servicemember serving in this area, an active-duty servicemember serving an unaccompanied PCS tour whose last duty station was Camp Lejeune, or a retired or deceased servicemember whose last duty station was in the Camp Lejeune area.

Applicants must answer an essay question and fill out an application form. The scholarship committee looks at each applicant's academic record, extracurricular activities and other relevant information.

The amount of money per recipient and the total number of recipients varies each year, depending on the amount of money the club has raised.

This year, "we were very fortunate," said Jennifer O'Neal, scholarship committee chairwoman. "We were able to give away $17,000."

There are 17 recipients – 12 high school seniors and five dependent spouses. Last year, the club gave away $13,000 to eight recipients.

Scholarship money must be used for tuition, books or other course-related fees, according to O'Neal.

Money raised by the OWC's other activities go to the charitable distribution fund. The fund provides money for non-profit and other area organizations, including Girl Scout and Boy Scout troops, the Onslow County Women's Shelter, L.I.N.K.S., the Ronald McDonald House and the Navy-Marine Corps Relief Society.

Groups request funding in writing and the money is distributed based on those requests. Last year, the OWC distributed more than $14,000. This year, they plan to distribute more than $11,000, according to Murphy.

Besides all of the worthy causes the club supports, Murphy said being a member is just plain fun.

"I got involved to meet people. We lived out in town and I didn't know anyone," she said.

When her husband was deployed, her activities and relationships within the club helped the time go by quickly, she said.

"I met wonderful people," she said. "It's a really great network to have."

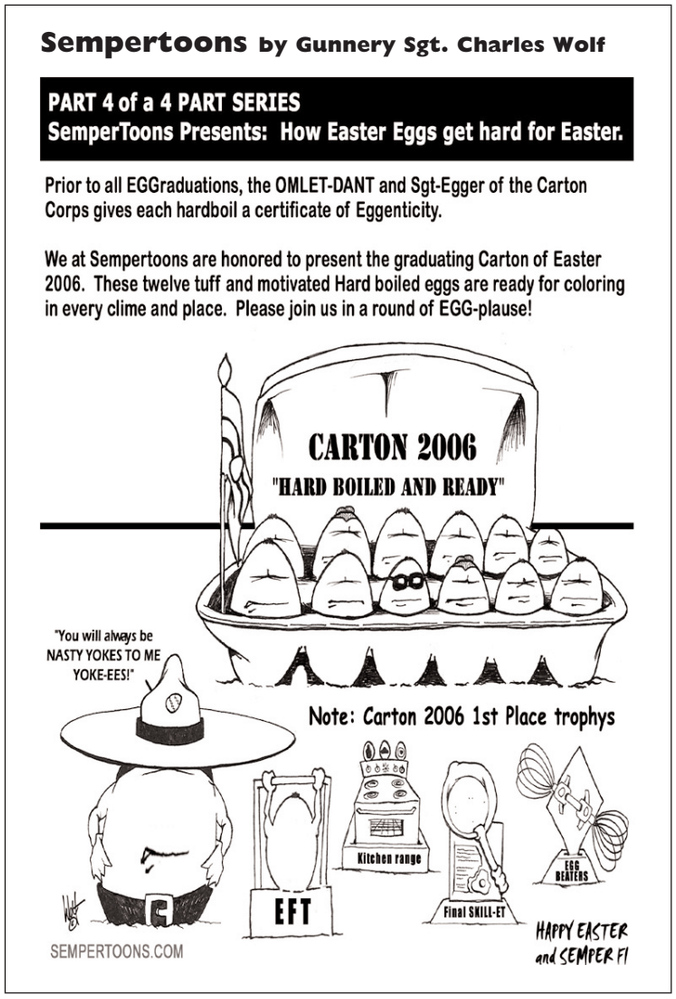
The club has more than 400 members from "every walk of life," Murphy said, including stay-at-home moms, nurses, teachers and even Marine Corps reservists.

"They can take from it what they want," she said. "There's an information flow there if they need it."

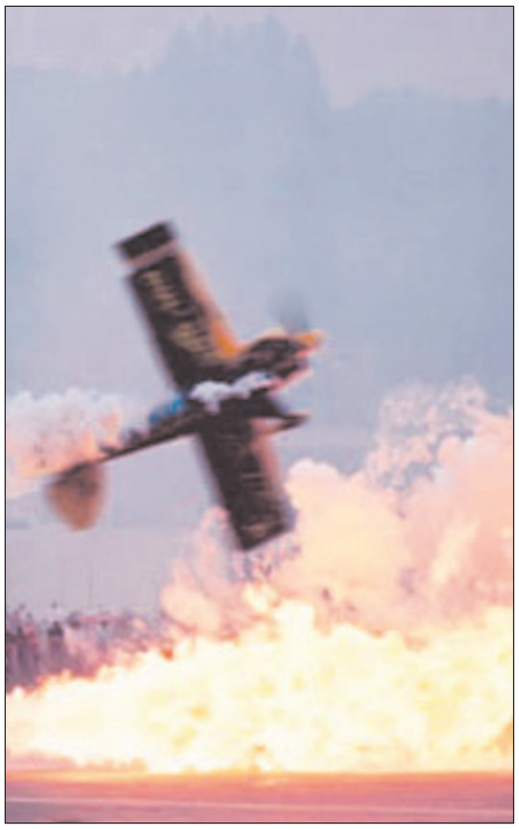
"It really is not an exclusive club," she said. "It's really an open-armed organization. We're here to have fun."

Contributor

A group of officers' wives pose for a photo during a Mardi Gras party at the Marine Corps Base Camp Lejeune Officers' Club.



# Come see the 2006 Sounds of Freedom Airshow



Courtesy photo

Lance Cpl. Jonathan A. Tabb
correspondent

Welcome one and welcome all: May 13 and 14 all who attend the 2006 "Sounds of Freedom" Airshow aboard Marine Corps Air Station New River, will witness numerous aerial and static demonstrations.

The Airshow will feature the Canadian Forces Snowbirds, and other acts will include the Army Black Daggers Parachute Team, a MV-22 Osprey demonstration, a Marine Air Ground Task Force demonstration, an A-10 Thunderbolt demonstration, the explosions of Rich's Incredible Pyrotechnics, Tin Sticks of Dynamite, John Curan and his C-123, Larry Kelly and his B-25 "Panchito," and the aerobatic stylings of former Marine Corps scout sniper Jim Leroy, Jurgis Kairys and Dale Snodgrass.

For those attending the Airshow, prohibited items include knives, firearms, walking sticks for any use other than a handicap, pepper spray, mace, stun guns, scissors, box cutters, throwing stars, nun-chucks, coolers, picnic bags/baskets, backpacks, duffel bags, briefcases, camera bags, fanny packs, and any pets other than seeing-eye dogs.

Baby strollers, wheelchairs, diaper bags and small camera bags will be acceptable.

## May 13, 14 Air Show acts will include:

Canadian Forces Snowbirds
Army Black Daggers Parachute Team
AV-8B Harrier demonstration
MV-22 Osprey demo
Marine Air Ground Task Force demo
A-10 Thunderbolt demo
Rich's Incredible Pyrotechnics
Jim Leroy
Jurgis Kairys
Dale Snodgrass
Tin Sticks of Dynamite
John Curan and a C-123
Larry Kelly and a B-25

**Air Show Hotline: (910) 449-4173**

Courtesy photo

Courtesy photo

Courtesy photo

Courtesy photo

Courtesy photo