



THE GUNRUNNER GOUGE

Volume 1, Issue 4

July, 2002

HML/A - 269 GUNRUNNERS NEWSLETTER

The CO's Smoking Gun By LTCOL Mike Denning



Well, it's that time of year again—CAX! There's nothing quite like 29 Palms in the dead of summer—125 degrees in the shade and MREs for lunch!

Getting ready for CAX is a great undertaking and I want to thank each of you for the sacrifices you make. Our Marines couldn't accomplish what they do without their family's support. Take a hard look at your personal affairs and ensure they're set for the two month deployment. Ask yourself: Do I have my power of attorney? What would my family do in the event of a hurricane? Is my ID card going to expire? The list is endless

One tool to help with many of your questions is the Key Volunteer Network. Ours is strong and with the return of Lynette Johnson and arrival of Linda Walker and Donna Stenberg, it just got stronger.



SGTMAJ Josey and SGTMAJ Rodriguez at the Post and Relief ceremony in June.

It's tough for our married Marines to pick up and miss most of the summer for CAX. We think of the birthdays we'll miss; the first day of school; the Little League games; and basically the ones we leave behind.

Knowing our families are prepared and that there is a program to assist in taking care of things makes that burden a little lighter.

Semper Fi,
Deacon

Karen's Corner By Karen Denning



I hope all of the Gunrunner families had a great time at the squadron picnic and birthday celebration! Thank you to all those who worked so hard to make it a fun day! We are looking for more ideas for family events and would love to hear your suggestions.

We sadly said goodbye to SGTMAJ and Mrs. Josey at the Post and Relief ceremony but are so glad to welcome SGTMAJ and Mrs. Rodriguez! We look forward to working with you!

I am very pleased to welcome back Lynette

Johnson as a Key Volunteer and welcome Linda Walker who just completed KV training. I'm also pleased to introduce Donna Stenberg as the newest member of the newsletter staff!!!! She is also serving in the capacity of assistant to the Key Volunteer Coordinator, Kelley Hardison. Donna's suggestion to reorganize the call tree by shops has been implemented and we have received many positive comments about it. We are thrilled to have these special ladies on board and we would love to see more spouses involved in this program! Please join us!

I hope you have a wonderful and safe summer! Thank you for all that you do!

Karen Denning

Inside this issue:

CO's Smoking Gun	1
Karen's Corner	1
Gunrunner Profile	2
Tips and Tricks	2
What is CAX?	3
Important Numbers	3
What's Happening?	4
KVC Update	4
Medical Minute	5
Announcements	5
Gunrunner Activities	6

New in this Edition!
The KVN Newsletter

Gunrunner Profile: SGTMAJ Carl H. Rodriguez



SGTMAJ Rodriguez.

At the Post and Relief ceremony held at the squadron on July 18, HML/A 269 welcomed SGTMAJ Carl H. Rodriguez and his wife Louise. The new SGTMAJ comes to us most recently from Marine Corps Recruit Depot, Parris Island, where he served as the first sergeant of Headquarters Company, Weapons and Field Training Battalion.

GG: What is your role in the squadron?

SGTMAJ: My role in the Squadron is to assist the Commander as the Senior Enlisted Advisor in the Unit. I also counsel subordinate SNCOs/NCOs as required to improve the effectiveness of the command. Finally, I assist the commander in the execution of Drills, Ceremonies, Non-Judicial Punishment proceedings, Request Mast procedures, training functions, and any other matters of similar administrative advisement.

GG: Where is your hometown?

SGTMAJ: Boston, Massachusetts.

GG: Tell us a little bit about your family.

SGTMAJ: My wife Louise (also from Boston, Massachusetts) and I are proud parents of two daughters, Cindy, 20, a junior at the University of Tampa, Florida, and Patricia, 10, a sixth grader who will be attending Dixon Middle School.

GG: How long have you been a Marine and where have you been stationed?

SGTMAJ: I have been in the Marine Corps for 24 years and I've been stationed at Camp Lejeune twice (2nd FSSG, Rein) LSB and 8th ESB. I was also stationed in South West Asia; in Detachment A, 2nd FSSG, Cherry Point, NC; at Quantico, Virginia; at Camp H.M. Hawaii; twice in Iwakuni, Japan; once as Inspector-Instructor Staff, at Folsom, PA; three times in Guantanamo Bay, Cuba; and once in Okinawa, Japan; Parris Island, SC; and MCAS New River.

GG: What type of professional training have you had in the Marine Corps?

SGTMAJ: I have completed the following training: Transportation Management Course; Joint Personal

Property Shipping Course; MilStamp Course; Bulk Petroleum Specialist Course; Petroleum Pipeline and Hydraulic Course; NCO Course; SNCO Career Course; SNCO Advanced Course; 1stSgt Course; and Non-D.I. Supervisor Course.

GG: What do you like best about the Gunrunners?

SGTMAJ: I have to say the Marines working days and nights in their MOS to keep these planes in the air.

Without them, there wouldn't be Gunrunners.

GG: What is your motto?

SGTMAJ: My motto is to always give 100% in everything you do, take pride in everything you do; don't take any shortcuts; and be true to yourself.

GG: What is your favorite place to dine or visit in the Jacksonville area?

SGTMAJ: I have yet to go to any restaurants since I've been here. But I will probably go to Mai-Tai first.

GG: What is your favorite movie or music group?

SGTMAJ: I love all Action and Scary movies. I love all types of music with a beat and rhythm.

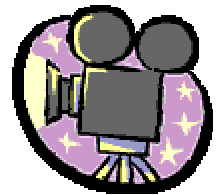
GG: What advice do you have for Marines and their families who are new to the Gunrunners?

SGTMAJ: My advice for the Marines and their families is to make the best out of their tour here in Jacksonville. Take advantage of the resources available; enjoy the area; have some quality family time together; and be safe.

Tips and Tricks

Free Movies and Military Appreciation Days

Have you discovered the New River Theater yet? All movies are FREE for Marines and their families with ID cards. Summer matinees are offered every Monday at 12:30 p.m. and include a small popcorn, drink and candy. Doors open at noon. Check out the theater's website at www.localmovies.com for current schedules or call 449-6292 for more information. Take a break from the summer heat inside!



Busch Gardens Williamsburg and Water Country, USA are offering Military Appreciation Days now through September 2. Adult tickets are only \$27 for Busch Gardens and \$20 for Water Country. Regular admission is \$42.99! You need to purchase tickets in advance from ITT to qualify since these prices aren't available at the parks. For more information, call ITT at New River at 449-6207. Busch Gardens opens at 10:00 a.m. and closes at 10 p.m. through August 18. Parking is \$7. Both parks offer a rain guarantee. Don't forget to bring your sunscreen and walking shoes.

What is CAX? By LTCOL Doug Hardison



As HML/A-269 prepares to deploy this summer for CAX 9 and 10, we thought it might be helpful to provide some background information regarding the exercise and the environment in which your spouses will be living and working. First of all, CAX stands for Combined Arms Exercise. It is a live fire exercise that utilizes both aviation and indirect fires (artillery and mortars) with maneuver via a battalion landing team with augmentation from light armored vehicles and tanks. There are twelve CAX training periods conducted each year at the Marine Corps Air-Ground Combat Center (MCAGCC) in 29 Palms, California. 29 Palms is in the Mojave High Desert, about two hours driving time from Palm Springs.

Marines and Sailors from the east coast deploy to CAX twice a year to practice desert warfare (similar to the battles waged in the Persian Gulf War and Operation Enduring Freedom in Afghanistan). MAG-29 squadrons participate every year from July to September (CAX 9 and 10), and MAG-26 squadrons participate annually from January to March (CAX 3 and 4). About 3,000 personnel train together during a CAX in the most demanding training environment the Marine Corps can provide. We will be participating with other MAG-29 squadrons, as well as fixed wing squadrons from Cherry Point, NC, and Beaufort, SC. Our ground units come from Camp Lejeune and include infantry battalions, tank companies, light armored vehicle companies, combat engineer companies, communication units and other support personnel. Each exercise lasts about three weeks and progresses from individual and small unit training to more difficult, integrated training which combines the capabilities of the entire Marine Air Ground Task Force. The exercise ends with a "3 day war", which tests everything we've learned in the previous weeks' training.

During CAX your spouses will sleep on cots and live in buildings called K-spans. About 25 Marines and Sailors live in each building. Bathing takes place in communal showers located about the camp. Hot breakfasts and dinners are served at the chow hall or delivered to the Maintenance Hangar in vat cans. Lunch usually consists of a Meal Ready to Eat (MRE). The biggest issue for your spouse is dealing with the heat. Temperatures during the day can get as high as 120 degrees with lows reaching the mid 70s at night. Average annual precipitation is about four inches, most of it occurring during the fall.

Illnesses are heat or respiratory related because of the extreme temperatures, and it takes a couple of weeks for the body to adjust to the hot climate. Your spouse will spend a lot of time consuming water, applying suntan lotion and watching out for other Marines to ensure that no one succumbs to the harsh conditions of desert.

Liberty is available after working hours in both Camp Wilson and at the main base which is fifteen miles away. Camp Wilson offers a small exchange, chapel, gym, nightly movie, club and Laundromat. The main base has these features plus a Dominos, Subway and Baskin-Robins. As you can probably tell, there is not that much to do at 29 Palms except train, work and sleep.

In short, CAX is the best live fire training available to the Gunrunners. It tests our aircrews, maintenance crews and logistics personnel to their limits. CAX offers us a great opportunity to train like we will fight. Although CAX provides a great training experience, the best part of the exercise is coming home to our families.

Important Telephone Numbers How to Stay in Touch

All Points Travel	449-6363
American Red Cross	451-2182
Auto Hobby Shop	449-6709
Base Housing	450-1634
Bowling Center	449-6582
Chaplain	450-6801
Child Development Center (MCAS)	449-6712
Community Center	449-6711
Commissary (MCAS)	449-6395
Commissary (MCB)	451-2896
DEERS	451-4162
Driver's License Office	451-2166
Enlisted Club (MCAS)	449-0589
Fitness Center (MCAS)	449-0294
HML/A-269 Officer on Duty	449-6878
Hospital Information	450-4300
Information (MCAS)	449-6110
ITT (Tickets and Tours)	449-6530
Legal Center (MCAS)	449-6386
Library (MCAS)	449-6715
MAG-29	449-6866
Marina (MCAS)	449-6578
Marine Federal Credit Union	577-7333
MCCS Main	449-6577
Military Police Desk	449-6111
Navy Federal Credit Union	353-2345
Navy/Marine Corps Relief Society	449-6642
Navy Primary Care/Hospital	451-4631/2
Officer's Club (MCAS)	449-6409
Operator (MCAS)	451-1113
Personal Services (Family Service Center)	449-6110
Staff NCO Club (MCAS)	449-6707
Station Gym (MCAS)	449-6714
Theater (MCAS)	449-6528
Tricare	1-800-931-9501
Wood Hobby Shop	449-6690
Veterinarian (MCB)	450-1607/6

What's Happening? Base and Area Events

Stars & Stripes Youth "Two Ball" Challenge July 20
From 900 to 1800 at the Station Gym. Groups for ages 8 to 18 years old. Call 449-6714.

Summer Slam Bench Press July 20
At Building 202 Basketball Court using U.S. Powerlifting Federation Rules. Open to the public. Bench shirts are authorized. There are 5 male weight classes and 3 female classes. Call 449-5267 or 5845.

Kickin' Osprey Youth Soccer Camp July 22-26
For ages 5 to 15. Teaches basics through advanced soccer skills. All participants should bring a soccer ball, water bottle, towel and rubber cleats. The cost is \$50. Call 449-6714 to register.

Yogathon July 24
Relax, wear pajamas, and bring a candle. From 1900 to 2130 in the Station Gym. Open to the public. Call 449-6003 for information.

USMC Virtual Teen Summit July 24
SGTMAJ Alford McMichael, SGTMAJ of the Marine Corps, hosts a live television Town Hall broadcast from 1900 to 2030. It will give Marine Corps teens the opportunity to communicate, explore issues that affect military youth, develop solutions, and make recommendations. Go to www.usmcteensummit.com.

USO Gold Cup Challenge Canoe & Kayak Race Aug. 10
At MCAS Marina at 900. Details available at 455-3411.

Key Volunteer Training Aug. 21-22, Sept. 21
Held at the Key Volunteer Center at MCAS. The August class runs Wednesday and Thursday from 1800 to 2100. The September class is 900 to 1700. Please call Kelly Kline at 449-5343 to register.

USO 22nd Annual Road Race Sept. 22
Race begins at MCAS Concert Site at 800. One mile kids run, 10K individual and 5K Mud run. Call 455-3411 for more information.

"Get Fit" Aerobics Classes Daily
Available at AS-202 (Old Gym). Classes in aerobics, aerobox, belly burners, dance team, habit, karate, toning, spinning, yoga and youth cardio play. Call 449-6003 for times or stop by the Aerobics Room under the gymnasium to pick up a calendar. Water Aerobics are available every Monday, Wednesday and Friday at 900 and Tuesdays and Thursdays at 1800 at the Station Pool.

Base Swimming Pools Now Open Daily
Call 449-6436 for Station Pool information and 449-6231 for the Family Pool. Pool parties are offered any time during normal business hours. Cost is \$40 for two hours. Swimming lessons are available July 23 to August 5. Cost is \$30 per child. Lessons are held Tuesday through Friday from 900 to 1130.

Bowling Center Daily
For bowling information, call 449-6582/6731. Budding Bowling means two for the price of one, from 1700 to 2100, and \$1 shoe rental. Every Tuesday from 1900 to 2200, Ladies Night means ladies pay \$1 per game with free shoe rental. Extreme Bowling, complete with lights, music, and special effects, is offered Friday and Saturday nights from 2100 to 2400. Red Pin Bowling is available every Thursday from 1700 to 2100. Bowling parties are available for children, squadrons, and adults. Call to reserve a party time.

Archery Range Weekdays
The New River archery range is now open. Targets are placed out between 800 and 1600 weekdays only. There is a log book shooters

must sign in and out of. Targets range from 10 yards to 46 yards and 3-D targets. Call 449-0108 or 449 0625 to learn more.

Camp Johnson Preschooler Storytime Wednesdays
At 1030 in the Children's Rooms of the Camp Johnson library. Call 450-0844 for details.

Karate Camp Tuesdays and Thursdays
Instructor Denzel Richardson, 2nd degree black belt, teaches the basics of Okinawa Kenpo Karate for this summer camp. 1300 to 1400 at Station Gym.

MCB Base Stables Wednesdays through Sundays
Summer hours are Wednesday through Friday, 1500 to 1830, and Saturdays and Sundays from 0930 to 1800. Trail rides are available. Call 451-1315/2238 for information.

Noche Latina Sensacional Fridays
Dance to Latin hits at the E-Club with DJs El Tigeron and GJ Muniz. Starts at 2100. Open to all ranks and guests. \$4 cover charge, ladies free until 2200. Call 449-0589 to learn more.

Concert in the Park Series Last Sunday of July and August
Held the last Sunday of the month from May through August on the Marston Pavilion Waterfront. Concerts are from 1700 to 1900. Free and open to the public. Bring lawn chairs, blankets, picnics, and family. Call 451-3375.

Station Marina Daily
Open from 800 to sunset until September 30. Rentals are available for barbecues, waterskis, paddleboats, canoes, and campsites. Call 449-6578 for reservations and information.

Key Volunteer Coordinator Update By Kelley Hardison



Greetings to all our Gunrunner families! As our spouses are preparing to depart for CAX, I would like to make sure that we have the most current contact information on file for you. Please be advised that if you haven't been contacted by your KV recently, we may have an incorrect phone number for you! Also, we ask that you call your KV if you're going to be away for an extended period of time and give her a telephone number where you can be reached (particularly important during CAX!)

Please contact me if you need your KV's name and phone number. I would love to hear from any of you who may be interested in becoming Key Volunteers. We have a really great group of wives and are always excited at the prospect of new KVs joining our network.

I hope all of you are enjoying a wonderful summer!

Kelley Hardison
HML/A-269 Key Volunteer Coordinator
(910) 324-7772
Kelley@ec.rr.com

Medical Minute and Ask Doc! By LT "Doc" Cornelissen



In this issue, Doc answers some of your most commonly asked questions.

My children love to play out in the fields by our house and they sometimes come home with ticks. Should I be concerned about tick diseases in this area? Lyme disease is the main reason we are

concerned about limiting exposure to ticks. Certain ticks may contain the organism that causes Lyme disease and pass it on if a tick bites your child. The Atlantic coast (primarily New England through Maryland) is the main area for the spread of Lyme disease. However, cases are reported down the southern Atlantic coast, including North Carolina. Summer months are a prime time for the spread of Lyme disease. If you notice a tick on a family member, remove the tick with tweezers, using steady traction and holding the tweezers close to the skin to avoid leaving tick mouthparts behind. Wash the area with soap and water. Your best prevention is to minimize exposure to ticks by wearing clothing that covers as much skin as possible when in heavily forested or grassy areas. If a tick is found, check your child from head to toe for additional ticks or any rashes. Inform your health care provider of any rashes or symptoms that may result from a tick bite.

I've heard there is a vaccine available for Lyme disease. Is it right for me or my child? The only vaccine available against Lyme disease in the U.S. was recently removed from the market. Though it was found to be safe, some people reported vaccine-related sickness and sales were restricted by the government. When enjoying the outdoors, it is very important to be aware of ticks and utilize tick precautions.

A friend told me her doctor has recommended she get a mammogram and she is only 34 years old. Since no one in my family has breast cancer, when should I start getting yearly mammograms? Current guidelines for breast cancer screening recommend mammograms every one to two years beginning at age 40. Sometimes a healthcare provider will recommend that certain women with a strong family history of breast cancer should receive screening mammograms in their 30s. If you are concerned you may be at higher risk, don't hesitate to discuss it with your health care provider. An excellent link for information on cancer and cancer screening is available from the National Cancer Institute at www.cancer.gov.

I know that babies should never eat honey. At what age is it safe for children to eat honey at all? Infants under 12 months are at higher risk of developing infant botulism if they eat products containing botulism spores. These spores may be found in unpasteurized honey and in the soil. After ingestion, botulism spores can travel to the intestine where a toxin may be produced and spread throughout the intestines. The first sign of infant botulism can be prolonged constipation, poor muscle tone and difficulty breathing. Fortunately, infant botulism is rarely fatal. A safe rule of thumb is for infants under 12 months of age to avoid all forms of honey. Be sure to monitor your infant so he or she does not come into contact with soil.

Announcements Promotions, Awards, Joins, and Departures

Congratulations to the following Gunrunners on their recent awards. To the departures, we are sorry to see you go. To the new joins, welcome to the Gunrunner family!



Promotions

April 02

PFC Craig A. Barbuto
PFC Steven R. Chasse
PFC Jeremy J. Ericson
PFC Alan D. Martinez
LCPL Isaac A. Brundge
LCPL Adam C. Clark
LCPL Bradley J. Glover
LCPL Germain L. Richards
CPL Michael S. Lapoint
CPL Robert A. Murphy
SGT Robert Munoz
SGT Kevin L. Timaeus

May 02

PFC Aundrey J. Owens
LCPL Teddy W. Brown Jr.
LCPL Philip B. Lane
LCPL Reginald T. Liburd
CPL Jamison A. Carroll
CPL Pierre A. Philippe
CPL Doug G. Williams
SGT Dwayne D. Chin
SGT Candy B. Albertson
SGT Rhiannon J. Storie
1STLT Ty B. Kopke
CAPT John E. Ginn
CAPT Daniel T. Smith
MAJ Christopher D. Patton

June 02

PFC John P. Bartodziej
CPL Heath R. Menezes
CPL Christopher Sparrow
LCPL Milton E. Kelley Jr.
SGT Jeffery N. Fryar
CWO3 Andria B. Rowser

Navy Achievement Medal

SSGT Kevin M. Bone
SSGT Curtis D. Hicks

SGT Chad J. Herlehy
SGT Michael A. Krulac
SGT Steven D. Farr
SGT Stevie D. Dell
SGT John J. Doan
CPL William D. Eckert
CPL Travis A. Liberty
CPL Joshua M. Jones
LCPL Raymond J. Browning

Certificate of Commendation

CPL James C. Thompson

Meritorious Mast

CPL Christopher M. Moniot
CPL Albino Cordovaorozco

New Joins

PFC Aundrey J. Owens
PFC Christopher R. Ellis
PFC Humphreys
PFC M. Cardenas
LCPL W. P. Hamlett
LCPL A. D. Morris
SGT R. W. King
1STLT Jeremie Hester
1STLT Peter Herrmann
1STLT Richard S. Meiklejohn

Departures

CPL Corey J. Brissette
SSGT Lawrence R. Boden
SGT Adam L. Smith
SGT A. Cordova
SGT Robert A. Galvez
SGT Michael A. Krulac
CAPT Shawn J. Hughes
CAPT Kurt J. Scherer
CAPT Walter D. Reece
CAPT Christopher A. Krajacich
LTCOL Joseph M. Jeffrey III

About the Gunrunner Gouge Information and Disclaimer

We welcome your comments and ideas. Please email them to jhdc01@earthlink.net. The *Gunrunner Gouge* is edited and compiled by Jenny Cornelissen. The *KV Newsletter* is written by Donna Stenberg. Look for our next issue in October.

This newsletter is published with appropriated government funds to provide information of interest to 2d MAW families, key volunteers and family readiness officers and in no way shall be considered directive in nature. The contents of this newsletter are not necessarily the official view of or endorsed by the U.S. government or the department of defense. Any mention of a commercial activity in this publication does not constitute endorsement by the DOD of the product or services.

Gunrunner Activities

Post and Relief, Family Day, Squadron Birthday

It was a busy and exciting early summer for Gunrunners and their families. On June 18, the squadron held a Post and Relief ceremony at the squadron hangar where Sergeant Major Josey was relieved by incoming Sergeant Major Rodriguez. On July 2, Marines and their families gathered at the New River Marina to celebrate Gunrunner Family Day. Children and adults alike enjoyed the dunking machine, Jumping Gym, beach volleyball, horseshoes, and canoeing. The weather was beautiful, the barbecue was tasty, and ice-cold refreshments kept everyone cool in the summer heat. On July 3, HML/A-269's Birthday Celebration was held at the Air Station theater. The Gunrunners marked the occasion with a ceremony, cake cutting, and refreshments. We look forward to the rest of the summer and a successful CAX deployment. Oorah!



Little Gunrunners leap for joy in the Jumping Gym.



LTCOL Denning at the Gunrunner's birthday celebration.



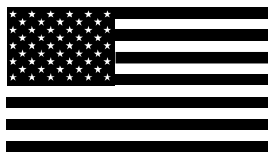
Families enjoy the sunshine and view at the Marina.



Gunrunners prepare to cut the squadron birthday cake.



Gunrunner families and friends enjoy the Family Day picnic.



Marines enjoy beach volleyball at Gunrunner Family Day.