



Hand-in-Hand

M.C. Perry students make cultural exchange | P. 4



Green MONSTER

H.E.A.T. course designed to save lives in combat | P. 6,7



Exercise, Exercise!

Exercise Total Shield kicks off Feb. 28 | P. 12

IWAKUNI APPROACH

Issue No. 8 Vol. 4 | Marine Corps Air Station Iwakuni, Japan



CPL. CLAUDIO A. MARTINEZ

Two Marine Aircraft Group 12 pilots explain to Japanese Air Self-Defense Force 3rd Wing, 3rd Squadron pilots the capabilities of missiles that can be attached to an F/A-18 at a Marine All Weather Fighter Attack Squadron 533 hangar here Feb. 18 during a Japanese Officer Exchange Program hosted by MAG-12. The exchange program aims at bettering the working relationship and understanding between the Japanese and American pilots.

JOEP: Building bond between America, Japan

CPL. CLAUDIO A. MARTINEZ
IWAKUNI APPROACH STAFF

Japanese Air Self-Defense Force, 3rd Wing, 3rd Squadron pilots visited the station Feb. 18 as part of a Japanese Officer Exchange Program hosted by Marine Aircraft Group 12.

The exchange program aims at bettering the working relationship and understanding between the Japanese and American pilots.

Capt. Zach Sarver, current MAG-12 operations officer, said with all the changes that are scheduled to happen to the air station within the next five years, programs like the JOEP are extremely important to aid

SEE **TOUR** ON PAGE 3

Putting bombs on target: VMFA(AW)-242 ordnance trains hard during Cobra Gold

LANCE CPL. MIRANDA BLACKBURN
IWAKUNI APPROACH STAFF

KORAT, ROYAL THAI AIR FORCE BASE, Thailand — In support of Exercise Cobra Gold 2011, Sgt. Maj. Eric J. Seward, sergeant major of 1st Marine Aircraft Wing, III Marine Expeditionary Force, loaded live highly explosive ordnance onto an F/A-18 Hornet with some major help from Marine All-Weather Attack Squadron 242 ordnance here Feb. 16.

Cobra Gold is a regularly scheduled exercise that demonstrates joint and multinational capabilities and improves interoperability between the U.S. and Thailand.

The joint/combined exercise is designed to ensure regional peace and strengthen the ability of the Royal Thai Armed Forces.

In sweaty coveralls, grease-stained boots and dirty hands, VMFA(AW)-242 aviation ordnance technicians ran up and down the flight line loading and launching jets with ordnance.

In one average work day, one ordnance shop loaded approximately 8,500 pounds of ordnance.

That average day consisted of showing up for work at 4:15 a.m. and having all bombs loaded and ready by 9 a.m.



LANCE CPL. MIRANDA BLACKBURN

Sgt. Maj. Eric J. Seward, sergeant major of 1st Marine Air Wing, III Marine Expeditionary Force, loads highly explosive ordnance onto an F/A-18 Hornet here Feb. 16 in support of Cobra Gold 2011. Cobra Gold is a regularly scheduled exercise that demonstrates joint and multinational capabilities and improves interoperability between the United States and Thailand.

“These aircraft mean nothing without this ordnance,” said Seward. “When the enemy sees bombs attached, that’s when they start running.”

VMFA(AW)-242 aviation ordnance technicians provide their squadron with all ordnance and equipment needed, while also maintaining, repairing, and regularly inspecting bomb racks, gun systems and

missile launchers.

“What we do directly saves the lives of troops on the ground,” said Lance Cpl. Joseph Lewis, a VMFA(AW)-242 aviation ordnance technician.

The ordnance shop works around the clock

SEE **ORDNANCE** ON PAGE 3



Commanding Officer/Publisher
Col. James C. Stewart

Public Affairs Officer
Capt. J. Lawton King

Public Affairs Chief
Master Gunnery Sgt.
John A. Cordero

Operations Chief
Staff Sgt. Andrew Miller

Press Chief
Staff Sgt. Jimmy H. Bention Jr.

Editor
Lance Cpl. Marcel Brown

Combat Correspondents
Cpl. Joseph Marianelli
Cpl. Claudio A. Martinez
Lance Cpl. Miranda Blackburn
Lance Cpl. Jennifer Pirante
Lance Cpl. Kenneth K. Trotter Jr.
Pfc. Charlie Clark
Pfc. Vanessa Jimenez
Pfc. Cayce Nevers

Webmaster
Yukie Wada

Community/Media Relations
Hiroko Soriki
Hiromi M. Kawamoto

Administration
Hiro Sumida

"This weekly newspaper is an authorized publication for members of the military services stationed overseas and their families. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense or the U.S. Marine Corps, and does not imply endorsement thereof."

Editorial content is edited, prepared and provided by the Public Affairs Office of Marine Corps Air Station Iwakuni, Japan. All queries concerning news and editorial content should be directed to the Public Affairs Office, Building One, Room 216, MCAS Iwakuni, Japan. Call 253-5551.

The Iwakuni Approach welcomes Letter to the Editor submissions. Letters must include a full name and unit, if applicable. Anonymous letters and comments will not be published. Letters are the opinion of the writer only. Submissions may be edited for clarity and space. Letters can be dropped off at the Public Affairs Office or sent via e-mail to iwakuni.pao@usmc.mil. Please submit all content at least two weeks in advance of projected publication date for review.

PSC 561 Box 1868
FPO AP 96310-0019
Phone 253-5551
Fax 253-5554

CHAPLAIN'S CORNER

'True Forgiveness: Restoement by love'

LT. J.G. BRUCE B. WEST
H&HS CHAPLAIN

You probably don't usually walk around pondering the healing power of forgiveness. Many of us may even view forgiving as weak or perhaps looking for a way to cope.

We love a hero like the Count of Monte Cristo who allows the pain of his betrayal by Fernand, a trusted friend, to drive him toward revenge and personal restoration. It is so satisfying when he finally confronts his former childhood friend in an epic battle between the righteous and the persecuted. Will justice ultimately be served?

I have a tendency to lean toward justice. When I look at people's situations, especially if I am involved, I see behavior in very black and white terms.

In situations at home, I'm always right and with good justification. Unfortunately, so is my wife.

Life is perfect when we agree, but when we butt heads, there can be serious collisions. Relationships are like that. We tend to form them with people like us, but when we collide with those we trust, we feel shocked and even more offended by their

betrayal.

What do you do when you get offended? Push back, forget it, give it some time, protect yourself, alienate or move on? The way we respond when we are offended has relational consequences whether it's at home or at work; whether it's with someone we are close to or maybe don't even care for.

The first time I really understood the need for forgiveness was when I, with my brothers, brought my mom to tears. She was a pretty carefree woman with a lot of tolerance but this time she broke down. She just turned around, went upstairs and without telling us, began to cry on her bed.

The situation really did not start as a big deal, just something stupid that kids do, but when she tried to address the issue we got defensive. In my perfect wisdom, I reasoned that we were completely right, and then my brother, confidently speaking for all of us, added that he hated her. She just walked away.

A while later, I heard her crying and it nailed me. I moved from feeling frustrated and justified to knowing that we were wrong and that we had offended the one person who really loved us. I didn't

know what to say at the time, so I waited for while.

Eventually, I went in. I sat down and very humbly said, "Sorry mom." I kind of wanted her to yell, blame and ground us or something! I think I would have felt better with a punishment, but she didn't. Instead, she turned quietly and said, "It really hurts when you guys say things like that." She then looked me in the eye and said, "I forgive you."

It was extremely powerful. She meant it. She never brought it up again. She never held it over our heads. But I didn't forget it either. I knew I had been restored not by punishment but by love.

Forgiveness is powerful, but I haven't seen a lot of people learn the lesson just by practicing the attribute of forgiveness. It seems that, like me, most people learn this lesson by being forgiven. Those who continue knowing they are always right seldom if ever understand the power of forgiveness. But the greater our need to be forgiven, the more we learn to forgive. If learning forgiveness is really a matter of perspective, I guess the question for each of us is, what have you needed to be forgiven for?

Survivor Benefit Plan provides stability for military families

BONNIE LEWIS
PERSONAL FINANCIAL MANAGER

When military retirees die, their retirement pay stops. This means that the surviving spouse will be left without a substantial income source.

One option available to you is the Survivor Benefit Plan. The SBP is an insurance plan that will pay your surviving spouse a monthly payment (annuity) to help make up for the loss of your retirement income.

There is inflation protection with SBP. Each year when retired pay gets a Cost-of-Living Adjustment, so does the base amount and thus so do premiums and annuity payments.

There are also tax savings with SBP. The cost paid for SBP is not taxed by the Federal government. This also applies to most state income taxes. The SBP payment is deducted from retired pay before the retired pay is taxed — it's a tax-free payment.

Elections are generally permanent and irrevocable. However, since May 17, 1998, a member has been able to disenroll during the one-year period between the 25th and 36th month following start of retired pay.

How it works:

At retirement, full basic SBP for spouse and children will take effect automatically unless you fill out paperwork stating that you do not want it.

If you decide that you do not want the SBP you must have your spouse's written consent. If you elect to participate you will be charged a monthly premium. The amount of this premium depends on what amount of your base pay at retirement you select. You can choose as

little as \$300 or as much as full retirement pay. Your beneficiaries will receive 55 percent of the amount of your base pay you select. Your cost is 6.5 percent of the base amount you select for spouse coverage. Coverage for children depends on the ages of your children at retirement.

Eligible Children

Children qualify for payments only during the time they are unmarried and:

- Under age 18 or over 18 but under the age of 22 and still in school full time.
- Suffer a mental or physical incapacity incurred while still eligible as defined above. Note: It is recommended that you research the impact SBP for a fully disabled child may have on other benefits the child is or will receive.
- Adopted children, stepchildren, foster children, and recognized natural children who live with you in a regular parent-child relationship.

Important note, this is a tax free payment. Your military retiree pay is taxed after this payment is taken out. Remember you can elect to have different types of coverage such as:

- Spouse only
- Spouse and children
- Child only
- Former Spouse
- Person with an Insurable Interest

In order to find out if SBP is a good deal for you and your family, begin by figuring out the cost to you by going to <http://www.armyg1.army.mil/rso/pay.asp>

Remember this will start automatically, and so will the payments out of your retiree paycheck. For more information contact Bonnie Lewis, at 253-6250 or e-mail at bonnie.lewis@usmc.mil.

Japanese, American pilots build stronger bonds, tour to provide safer skies over Japan

TOUR FROM PAGE 1

any deconfliction that could arise between American and Japanese forces along the way.

During their visit, the JASDF pilots learned some of MAG-12's history and were familiarized with the group's command structure, mission and area of operations.

They were also given a tour of the air traffic control tower and spent time flying the station's F/A-18 flight simulator.

The visiting pilots also spent time with MAG-12 aviators discussing flight tactics, weapons capabilities and other mission oriented topics.

"(The JOEP) gives the visiting pilots a sense of why we are here and an understanding of some of our capabilities and what we provide them with," said Sarver.

All this sharing of information and knowledge helps strengthen our relation with our host country, he added.

Although individual station pilots do not go to Japanese squadrons for a similar exchange, Iwakuni squadrons participate in annual aviation training relocation exercises where they work closely with their Japanese counterparts. The capabilities of both Japanese and American forces are bettered through these exchanges for the benefit of both sides.

"This is really great for our relationship," said Capt. Hiroyuki Okubo, a JASDF 3rd Wing, 3rd Squadron pilot. "If a conflict ever reaches Japan, we must have a good relationship to operate together in response to that conflict."

Okubo said he is grateful for the opportunity he was given to become more familiar with his American counterparts.

The JASDF 3rd Wing, 3rd Squadron is based out of Misawa, Japan. Japanese pilots from as far as Okinawa visit two to three times a year to participate in the JOEP.



Lance Cpl. Kendall Coates, an aviation ordnance technician with Marine All-Weather Fighter Attack Squadron 242, loads highly explosive ordnance onto an F/A-18 Hornet here Feb. 16. VMFA(AW)-242 aviation ordnance technicians provide their squadron with all ordnance and equipment needed, while also maintaining, repairing, and regularly inspecting bomb racks, gun systems and missile launchers.

ORDNANCE FROM PAGE 1

to ensure all ordnance requests are processed immediately and delivered as fast and safely as possible.

They do this by ensuring that all electronic ordnance systems are checked to make sure they are operational and functioning properly before any ordnance can be loaded onto the aircraft.

After bombs are loaded, ordnance Marines double-check to make sure they will work when the time comes to use them. Double-checking is performed during every operation, whether it is in training or deployment.

While many of the bombs that are loaded during the exercise are inert, every piece of ordnance is treated with the same amount of

caution, whether explosive or not.

Most importantly, ordnance Marines do everything as a team.

"We honestly wouldn't be able to accomplish the mission if we didn't work together," said Lance Cpl. Chandler Mesa, a VMFA(AW)-242 aviation ordnance technician.

Not only do they do everything as a team at work, they also stick together, through and through, outside of work.

"We work so hard," said Lance Cpl. Kendall Coates, a VMFA(AW)-242 aviation ordnance technician. "We go through the good and the bad together, so we really are like a family."

Without these Marines, who work hard and play hard together, Marine aircraft traveling into enemy territory and flying overhead would be useless without bombs attached.

MACS-4 Marines are first responders to fire during Cobra Gold 2011

LANCE CPL. MIRANDA BLACKBURN
IWAKUNI APPROACH STAFF

KORAT, ROYAL THAI AIR FORCE BASE, Thailand — Initially one generator caught on fire and eventually spread to the other two at the site. "As soon as I saw it, I yelled 'Fire!' and then grabbed the fire extinguisher," said Lance Cpl. Casey Calhoun, a generator mechanic with Marine Air Control Squadron 4.

The other MACS-4 Marines assisting in responding to the fire were Cpl. Christopher Lingefelt, generator mechanic; Cpl. Juan Hernandez, refrigeration and air conditioning technician; Lance Cpl. Ricardo Sierra, heavy equipment mechanic; Lance Cpl. Alexander Whitehead, motor transportation mechanic; and Pfc. John McWhorter, refrigeration mechanic.

"They all responded well and very quickly to

the incident," said Lingefelt. "It really couldn't have gone any smoother."

By the time Calhoun had emptied the first fire extinguisher, Sierra had already started with the second one, but by the time the third extinguisher was emptied, the second generator had already caught on fire.

"The fire went out multiple times but kept starting back up again," said Lingefelt. "But once we got help from the other Marines inside the wire, it went pretty quickly."

Marines from inside the wire quickly started handing sandbags over the wire to help contain the fire.

"It was sort of a controlled chaos," said Lingefelt.

Overall, it took 20 sandbags, 10 fire extinguishers and five jerry cans of water to put out the fire completely.

"Our main goal was really to keep the fire from spreading to the other generators, which

we couldn't help, to the dry grass and to the tank of fuel in the middle of the site," said Calhoun.

It took approximately five to seven minutes to officially stop the fire.

"It was a long five to seven minutes," said Calhoun. "But I don't think it could have worked out any better."

The fire was successfully contained, but two of MACS-4's generators were destroyed.

"We're working on bringing one of them back to operation, but the others can't be salvaged while we're here," said Lingefelt.

Until then, MACS-4 Detachment B loaned them a generator for the duration of the exercise.

By taking action immediately and responding to the incident, these six Marines controlled the fire before Thai fire fighters reached the site.



PFC. CHARLIE CLARK

Charles Van Allen, a Matthew C. Perry High School student, launches over a string during a reverse limbo game at Takamori Midori Junior High School Feb. 16. The reverse limbo game was one of several planned activities that helped bring the Japanese and American high school students to understand each other's cultures in a fun and friendly way.

Intercultural experience enriches students

PFC. CHARLIE CLARK
IWAKUNI APPROACH STAFF

Ninth grade students from Matthew C. Perry High School who are learning Japanese visited their Japanese counterparts who are learning English at the Takamori Midori Junior High School in Kuga-Machi City Feb. 16.

The M.C. Perry students were introduced to their new Japanese friends then went to a classroom where Arinobu Matsumoto, Takamori Midori Junior High School principal, gave a welcome speech.

"It is my greatest wish that the bonds that are forged here continue to grow strong throughout your lives," Matsumoto said. "The reason we forge bonds is because we can never have too many friends, and friends that we will cherish for the rest of our lives."

There was a show and tell where the English students introduced themselves in Japanese and vice versa and a Japanese cultural performance.

The cultural performance consisted of a variety of traditional Japanese activities that the Midori students demonstrated first, and then the M.C. Perry students tried.

The different activities included origami, practicing kanji and a game of reverse limbo.

"I learned how to make a paper swan," said Maya Lackie, an M.C. Perry 9th grade student. "It was really fun sharing each other's cultural quirks today."

Lackie showed Masaki Sayaka, and Yananaka Mamoka, Takamori Midori

students, American pop dance moves. "Maya-san is a great teacher," Sayaka said. "We all love American pop music and dancing, and now I know how to dance like Beyoncé."

After the activities were over, the students had a lunch break where they were able to sit and talk with each other.

Jazmin Braswell, an M.C. Perry 9th grade student, said she's half Japanese and it was fun learning about her Japanese heritage.

Afterward, each pair of Japanese and American students took a Japan-American quiz.

"With our combined knowledge of Japanese and American culture, my buddy and I made the quiz look easy," Aoki Toshiki, a Takamori Midori student, said.

When the quiz was over, it was time for the children to say their goodbyes.

Morgan Nugent, M.C. Perry High School principal, thanked both the students and faculty of Takamori Midori J.H.S. for showing the students a day full of new cultural experiences.

It was the M.C. Perry students and faculties' pleasure to visit the Takamori Midori students and make the bond between American and Japanese children grow stronger, Nugent said.

"Their friendship is cherished and will always hold a place in our hearts," he said.

The M.C. Perry students got back on the bus as they waved goodbye to their Japanese buddies. The Japanese students waved and ran after the bus yelling "arigato" and "farewell."



PFC. CHARLIE CLARK

Aoki Toshiki, a Takamori Midori Junior High School student, gives a welcoming speech to the Matthew C. Perry High School students as they pair up with their assigned buddies in a classroom for the days activities at Takamori Midori Junior High School Feb. 16.



PFC. VANESSA JIMENEZ

A station Aircraft Rescue and Firefighting crew demonstrates teamwork while preparing to extinguish a fire during a live fire exercise here Feb. 13. The importance of teamwork is monumental to the ARFF Marines who eat, work and sleep together. It is important to know what the other Marine is capable of.

ARFF Marines take on big red, yellow, and orange

PFC. VANESSA JIMENEZ
IWAKUNI APPROACH STAFF

Red, yellow and orange flames engulf the fallen aircraft. The flames lick the sky eagerly feeding on the oxygen and growing more powerful every second.

"Fuel, fire and oxygen are the three elements the fire is composed of," said Staff Sgt. Dexter Williford, station Aircraft Rescue and Firefighting assistant section 1 leader. "Fire has a certain behavior that breathes and eats."

This is what ARFF Marines are trained for. As soon as the alarm sounds at the fire house, the Marines are rushing with urgency. They are always ready and alert.

Different ARFF sections are on call at all times with a two-hour duty, sitting at the hot spot throughout the day.

The hot spot is an alert position at the airfield. A crew of four ARFF Marines rotate shifts every two hours.

"The hot spot is there to keep a watchful eye," said Sgt. Bruce L. Best, a station ARFF specialist. "In case of an emergency the hot spot crew will be the first to respond until back up arrives."

Within two minutes, the ARFF Marines are on the move, dressed in their heat-reflecting, metallic silver proximity gear. They look like astronauts but their purpose is different.

"Our first objective is to get onto the scene to survey the site," said Williford.

Arriving on scene, they use the bumper turret mounted on the truck to spray approximately 250 to 1,000 gallons per minute of the aqueous film forming foam,

which is used to extinguish the hungry flames and to clear debris.

The foam is separating the flame from oxygen so the fire will cease to exist.

The Marine utilizing bumper turret is creating a rescue path for the pilot and passengers being rescued from the crash.

"You have to imagine the people are so hot

up the hand-line and let the foam snow down in a back and forth motion. The flames seem to scream in agony as they dwindle in size.

Every month ARFF Marines conduct live fire training exercises.

"The purpose of the burns is to build confidence in the gear, techniques and each other," said Cpl. James A. Lovett, a station ARFF specialist. "The Marines have people's lives in their hands. They hold a lot of responsibility."

The teams of two appear to be painting with the large hoses as they move in sync with each other.

They have had practice and the Marines know each other's movements.

"We live, eat, sleep and work together," said Best. The fire house is never empty at any time of the day or any day of the year.

"Teamwork is very important especially when working with live fire," said Lance Cpl. Zachary Barnes, station ARFF specialist. "We need to know what the other person is capable of."

A blanket of foam covers the area, the fire is extinguished.

This is one among many scenarios ARFF Marines

are trained for.

Readiness is ensured with constant training and drills. The ARFF Marines provide protection. They provide back up for the Provost Marshal's Office, base fire and the Japan Maritime Self-Defense Force. They are the station's security blanket.



PFC. VANESSA JIMENEZ

Sgt. Bruce L. Best, station Aircraft Rescue and Firefighting specialist, stands amidst the flames in his heat-reflecting, metallic silver proximity gear during a live fire training exercise here Feb. 13. The gear is different from normal structural firefighting gear because ARFF Marines are exposed to more intense heat from the fuel used in aircraft.

they are cooking in there," said Williford. "Every second counts."

Three fire trucks are positioned at three points around the plane. Two teams, each with a back up man, hurry out of the truck and grab a hand-line. They approach the flaming inferno, stay low to the ground, open



LANCE CPL. KENNETH K. TROTTER JR.
Gunnery Sgt. Shawn Lawson, Combat Logistics Company 36 maintenance chief, center, gives direction to Cpl. Andrea M. Olguin, a station combat photographer, near left, as Master Sgt. Joseph Pham, right, Combat Logistics Company 36 supply chief, looks on here Feb. 16 as they prepare for their turn in the simulator as part of the Humvee Egress Awareness Training. They were tasked with evacuating an injured Marine. Olguin served as the injured.

MEAN GREEN MACHINE

HEAT course helps Marines prepare for deployment

LANCE CPL. KENNETH K. TROTTER JR.
IWAKUNI APPROACH STAFF

Marines took part in a Humvee Egress Awareness Training course here Feb. 16. The course is for Marines who wish to become instructors.

The training is comprised of a written test and a practical application test using a machine to simulate the 360-degree rolling action of a humvee when it is hit by an improved explosive device.

The class was brought about in response to the number of fatalities involving Humvees from IEDs.

"Due to the great many fatalities, we want to train these Marines on how to behave in that situation and egress safely," said Robert Speaker, HEAT trainer program instructor. "We try to simulate as close as possible to the real thing. It gives them an idea of what it will be like when they actually are in a situation where a humvee does roll over and how to deal with that."

The course is required for those preparing to deploy. Others took the course, so they can become instructors in the training.

"It was definitely good for me," said Capt. Aaron Schnetzler, a Marine Aviation Logistics Squadron 12 air speed officer. "Hopefully, this will all stay with me if I ever find myself in a situation like this."

Schnetzler deployed to Afghanistan on Sunday.

The course simulator is modeled after a humvee cabin right down to having two side hatches and a gunner's hatch. The simulator is held in place by two thick safety pins to keep the cabin from spinning when at rest.

As part of the training, Marines were tasked with evacuating from a rolled over humvee. Two Marines

stood by the simulator with controllers to the machine. Four other Marines, in full combat gear and rubber rifles, climbed into the vehicle.

The occupants gave the signal to the controllers when they were ready. The lead controller would then yell out the machine was ready to rotate to his fellow controller and they would depress both controls simultaneously.

The simulator spun as the occupants yelled "Rollover!" The controllers then stopped the simulator on a 180 or 90 degree turn, leaving the Marines upside down or sideways after several turns.

The Marines then had four minutes to egress out of the simulator and set a perimeter.

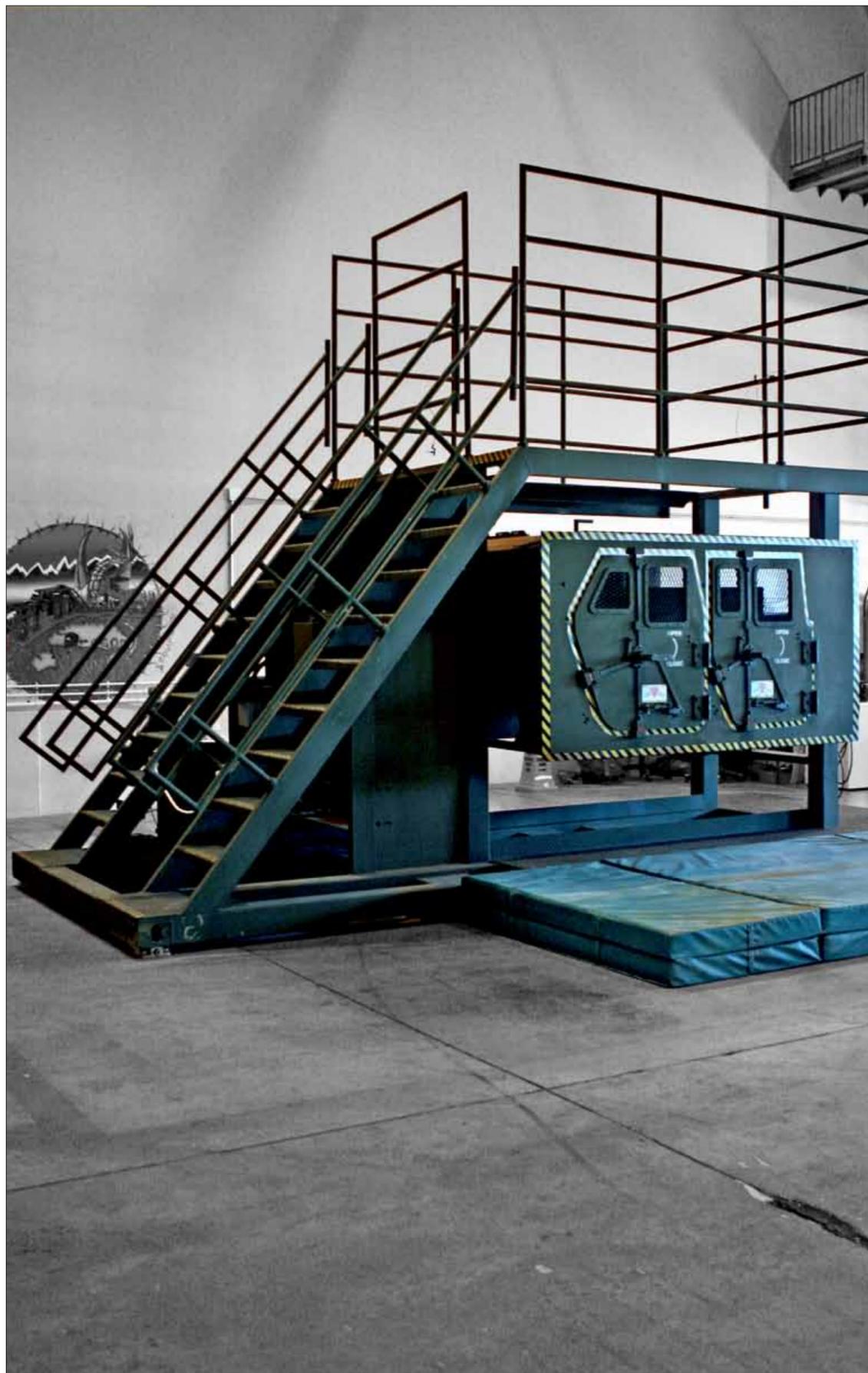
Two other scenarios were added as they egressed. In the first scenario, dummy frags were tossed in to simulate the additional threat of a secondary attack as the Marines evacuated.

The other scenario had Marines evacuating a casualty as they set a perimeter around the simulator.

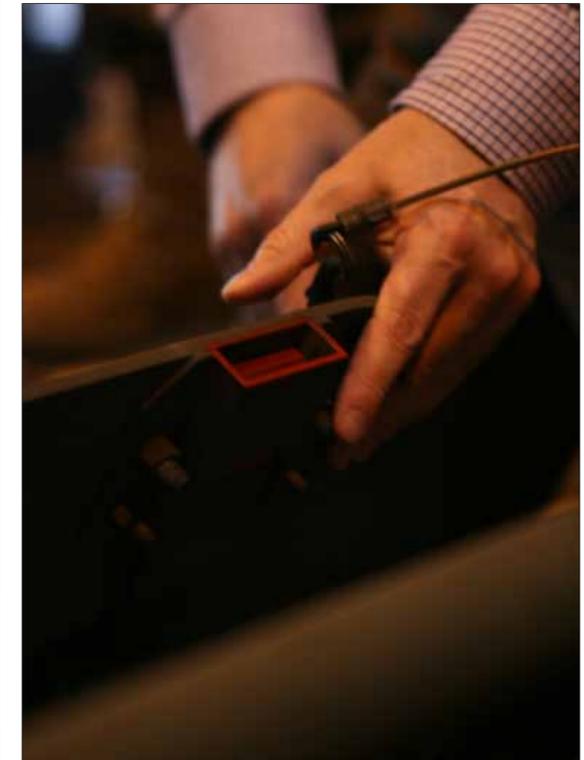
Several Marines removed their combat gear, after the course was finished, to reveal their uniforms soaked in sweat. Many joked about the humidity inside the vehicle but they all realized how training such as this could save their life or that of a fellow Marine.

Gunnery Sgt. Jesse Leam, Combat Logistics Company 36 motor transportation maintenance chief, said that the simulator offers Marines a way to train safely. Leam said that being in a humvee flip is difficult and confusing, but with the class it helps you to deal with that situation.

All the Marines participating in the course passed both the test and practical application and are now certified HEAT training instructors.



LANCE CPL. KENNETH K. TROTTER JR.
The simulator used for Humvee Egress Awareness Training is part of the practical application portion of the HEAT course here Feb. 16. The machine was modeled after the cabin of a humvee and simulates the rolling motion of a humvee hit by an improvised explosive device. The course required the participating Marines to egress after the machine spins several times in rapid succession in under four minutes. The Marines were tasked with egressing either from the side hatches or the gunner's hatch.



LANCE CPL. KENNETH K. TROTTER JR.

Robert Speaker, instructor of the Humvee Egress Awareness Training, removes the latch to the gunner's hatch of the simulator here Feb. 16 to demonstrate how difficult it is to move and hold in place while holding the hatch open. Marines were tasked with quickly evacuating from the gunner's hatch or side hatches in less than four minutes.



LANCE CPL. KENNETH K. TROTTER JR.

Capt. Aaron Schnetzler, a Marine Aviation Logistics Squadron 12 air speed officer, goes over his test as part of the Humvee Egress Awareness Training course here Feb. 16. The rolling action of a humvee hit by an improvised explosive device was simulated by a machine.

CORPS NEWS

HIGHLIGHTING MARINES AND SAILORS AROUND THE GLOBE



ARLINGTON, Va. - Secretary of the Navy Ray Mabus presents the Navy Cross to Ned Seath Feb. 11. Seath also received a Bronze Star with a V for valor from actions the night before he committed the acts that earned him the Navy Cross.

Marine receives Navy Cross for heroic actions during Vietnam War

LANCE CPL. CHRISTOFER P. BAINES
HEADQUARTERS MARINE CORPS

ARLINGTON, Va. — “Working in pitch darkness with only the occasional flickering illumination from aircraft-dropped flares above and suffering a leg and hand wound from mortar fire, Lance Cpl. Seath expertly crafted an operational M-60 machine gun from the pieces of two disabled weapons. Immediately and with devastating effects, he directed deadly accurate fire at the onrushing enemy, ultimately repelling the enemy’s assault.” — Navy Cross citation.

Former active-duty Marine Ned E. Seath’s fellow Marines said the citation is almost a mere understatement of what the man did in his deployment to the Vietnam War. By eliminating countless enemy threats, he saved almost an entire company of fellow Marines.

Seath was serving as a machine gun team leader with Company K, 3rd Battalion, 4th Marine Regiment, 3rd Marine Division, when he halted an assault of North Vietnamese soldiers July 16, 1966, from using an M-60 he reassembled from spare parts. Like most memories from Vietnam, his story of heroism was tucked away when his service in the

Marine Corps ended.

Seven years ago, his story resurfaced during a battalion reunion celebration and the movement, started by Bill Hutton who served with Seath, to be recognized and awarded for his actions that day began.

Seath was awarded the Navy Cross, the second highest award for valor in the Marine Corps, in a ceremony at the National Museum of the Marine Corps Feb. 11, nearly 45 years after the battle during Operation Hastings ended. He was presented the award by Secretary of the Navy Ray Mabus.

“All I could think was, they’re going to overrun us and they were going to kill us all,” said Seath. “I had Hutton and Bennet on my flanks with fixed bayonets holding them off. They gave me a good two more minutes to make one good gun.”

His unit, one of the four Marine battalions in Task Force Delta, was called into action to support Operation Hastings, an effort to push the 324B North Vietnamese Army Division out of the Quang Tri Province in the Republic of South Vietnam. The company’s mission was to establish a blocking position in the middle of an enemy trail network.

Led by platoon commander David Richwine,

Seath’s role was to provide machine fire in support of disrupting the North Vietnamese Army’s activity in the area.

After landing, Seath’s company soon came upon a reinforced enemy platoon in a defensive position, waiting for the Marines.

During the ensuing onslaught, Seath moved to obtain a disabled machine gun from a wounded Marine nearby, building an operational M-60 machine gun out of two inoperative weapons and quickly returned devastatingly accurate fire to the oncoming enemy.

One of the weapons simply malfunctioned, while another fireteam, a few fighting positions away, would only fire semi-auto, said Seath. It was then that he pulled out a clean poncho, grabbed some grease and a brush, going to work on the two weapons in order to craft the one the Marines so desperately needed.

Richwine said Seath began laying down machine gun fire in the prone position. As his field of fire in the prone position became obstructed by enemy casualties, he completely disregarded his safety as he kneeled and eventually stood up, fully exposed to enemy fire, and continued repelling the enemy’s advance.

“Everyone was fighting for their lives. Several Marines even had affixed bayonets,” said Richwine, remembering the close proximity of the advancing NVA. “Seath was providing well-aimed disciplined machine gun fire, which ultimately killed their attack. It was a combined effort stopping the enemy. But Seath was the guy with the tool to do the job best — all while in the dark.”

All that illuminated the sky that night was sporadic flairs from passing aircraft, but what lit the battlefield was the tracer rounds; red streaks from the Marines; green streaks from the NVA, said Richwine.

“If it weren’t for Ned Seath, I’d be buried right now ... in Arlington (National Cemetery),” said Bill Hutton, who fought alongside Seath during that battle. “We were surrounded and outnumbered. But Ned didn’t quit. He went above and beyond the call of duty. He saved a company of Marines.”

By this night, only the second night of the operation, Seath was very familiar of the possibility of dying on the battlefield for the sake of his fellow Marines. It was just 24 hours earlier when Seath selflessly rushed to the aid of two wounded Marines under heavy machine gun fire, which had already claimed the lives of two Marines, and dragged them to safety. For these actions he was awarded the Bronze Star with a V for valor, which was presented along with his Navy Cross.

“What Ned went through — what he did — is emblematic of the Marine Corps,” Secretary of the Navy Ray Mabus said. “This is one of the biggest honors I have. Ned Seath is a hero.”

COMMUNITY BRIEFS | CLASSIFIEDS

Briefs

CREDO Marriage Retreat

The upcoming Chaplains Religious Enrichment Program marriage retreat is scheduled March 18 – 20 here. Couples will learn to communicate effectively and work as a team. All station service members and their spouses are eligible to attend. Couples must be married for at least one year, and marriage should not be in a state of crisis. Registration with command approval should be completed at the Marine Memorial Chapel by March 1. For more information, call 253-3834.

Mothers of Preschoolers

Volunteer Opportunities MOPS is looking for volunteers to work with our MOPPETS ages new born - 5 years old. MOPPETS is the children’s program for MOPS. If you enjoy working with children and would like to help, contact Michele at 253-2031 for more information.

Iwakuni Pacific Basketball Camp

Basketball camp is scheduled to run April 11 – 17. The camp is open to all Community Recreation Leagues and DoDEA students age 10-18. Registration is \$150 and includes a \$50 non-refundable deposit.

Registration runs until March 11 at the Matthew C. Perry High School front office. For more information, call Coach Dewayne Pigge at 080-3411-5697 or e-mail dewayne.pigge@pac.dodea.edu.

Baby Boot Camp

The class will focus on post partum care, infant care, couples communication, etc and is scheduled for March 11 8:30 a.m. – 12:30 p.m. Registration required. Expecting mothers in their third trimester are encouraged to attend. To sign up or for more information call the New Parent Support Program at 253-5043 or 253-6553.

Free Child Development Screening

Educational and Developmental Intervention Services will be holding a free child development screening for children 4-60 months on Wednesday and Thursday at Matthew C. Perry Elementary School. A Child specialist will answer questions and screen five major areas of child development. For more information, schedule an appointment with EDIS at 253-4562.

Toddler Boot Camp

The class will give tips on potty training, tantrums, nutrition, developmental milestones, etc and is scheduled Monday

8:30 a.m. – 4:00 p.m. Registration required. To sign up or for more information call the New Parent Support Program at 253-5043 or 253-6553.

Girl Scout Cookies

Girl Scout Cookies are scheduled to be available every weekend at the Marine Corps Exchange, Commissary, Crossroads Mall, post office and north side seven day store now – Thursday. For more information, e-mail lwakuniGS@gmail.com.

Fellowship Breakfast

Come join us for Christian fellowship, group discussion, and breakfast every Wednesday from 6:30 to 7:15 a.m. at the northside mess hall. For more information, call Chaplain Bruce West at 253-3371 or John Cordero at 253-5301 or 080-3217-3205.

Choir Tryouts

The choir will perform at the Annual Cherry Blossom Gospel Concert that will be held at the Kintai Bridge park stage in April. Choir tryouts and practices are scheduled for Sundays from 2 - 3 p.m. For more information, call 090-4104-1541 or email billiej316@gmail.com

Americable Activation

Americable is scheduled to begin activation of services in certain areas of the base March 28.

NTT services will no longer be available as of June 21. Two boxes maximum per barracks room, one per customer. No limit to the amount of boxes in a household. The Digital Basic package costs \$52.95 per month. The Expanded Digital package costs \$73.95 per month. There will be a basic free package which includes all channels currently provided minus channels 22 and 23. Internet packages include Silver, Gold and Platinum. Internet prices are unknown. If currently an Americable customer or previous customer, past registration fees are not required.

Jobs

Commissary Merchandiser

SARVIS Inc. is currently looking for a part-time commissary merchandiser, 48 hours per month. Workplace is Iwakuni Commissary/ DeCA CDC. Experience in retail or commissary merchandising is preferred. For more information email Mr. More at tmore_sarvis@yahoo.com

Travel Counselor

CWTSatoTravel has a travel counselor position available at the government travel office here. This position is

responsible for booking air, car and hotel reservations for military travelers in official duty status using the SABRE CRS. Knowledge of government travel regulations, SABRE CRs, travel agency or airline experience is recommended. Please send all inquiries and resumes to mkenat@cwtsatottravel.com. No phone inquiries please.

Brief and Classified Submissions

To submit a community brief or classified advertisement, send an e-mail to iwakuni.pao@usmc.mil. Include a contact name, a phone number and the information you would like to be published. Alternatively, You may submit your brief or classified ad in person at the Public Affairs Office, Building 1, Room 216 or you may call 253-5551. However you choose to submit, ensure you provide all requested information to simplify the request process. The deadline for submissions is 3 p.m. every Friday. Submissions will run the following Friday on a space-available basis. The Iwakuni Approach staff reserves the right to edit submissions for space and style.

Nurse's Notes

The Branch Dental Clinic will be visiting elementary classrooms in February with an oral health presentation. These tips will help you reinforce your child’s learning.

February is *National Children’s Dental Health Month!*

Here are some tips to help your child develop good dental habits:

- Encourage your child to brush his/her teeth for 2 full minutes at least 2 times per day.
- After brushing, your child should also floss their teeth 2x per day.
- Limit the amount of sugared drinks and carbohydrates your child ingests daily.
- Schedule a dental exam and cleaning for your child 2 times per year.
- Discourage your child from chewing on pencils or other hard objects that could damage a tooth.
- Change your child’s toothbrush every 3 months and more frequently if your child has been sick. Toothbrush bristles break down and lose their effectiveness. In addition, worn bristles can become a breeding ground for germs.

got news?

Do you have an idea for a story or need coverage for an event? We are here for you. Contact the Public Affairs Office two weeks in advance of projected publication date for review by e-mailing iwakuni.pao@usmc.mil, call 253-5551 or stop by Building 1, Room 216.

INFOTAINMENT

Chapel Services

Roman Catholic
 Saturday 4:30-5:15 p.m. Confession
 5:30 p.m. Mass
 Sunday 8:30 a.m. Mass
 9:45 a.m. Religious Education
 Tues. - Fri. 11:30 a.m. Weekday Mass
 Wednesday 6 p.m. Inquiry Class for adults

Protestant
 Saturday 9:30 a.m. Seventh-Day Adventist
 Sabbath School
 11 a.m. Seventh-Day Adventist
 Divine Worship
 Sunday 9:30 a.m. Sunday School, Adult
 Bible Fellowship
 10:30 a.m. Protestant Service
 11 a.m. Children's Church
 4:30 p.m. Lutheran Holy
 Communion Service
 (Small Chapel)
 Wednesday 6 p.m. Awana (Bldg. 1104)
 6:15 p.m. Adult Bible Study
 (Capodanno Hall Chapel)

Church of Christ
 Sunday 9:30 a.m. Bible Study (small
 chapel)
 10:30 a.m. Worship Service

Latter Day Saints
 Weekdays 6:30 a.m. Youth 12-17 Activities

Teen Programs
 • High School Meetings (Club - grades 9-12)
 • Junior High Meetings (Club JV - grades 7-8)
 • HS&JR Bible Studies
 • Retreats
 • Service Projects
 • Missions Trip
 • Special Events Volunteer Training & Mentoring
 • Parent Support Group
 Call 080-4177-2060 or e-mail jletaw@ClubBeyond.org

For information regarding divine services, religious education or any other command religious program or chapel activity, call the Marine Memorial Chapel at 253-3371.

Photo of the week



PFC. VANESSA JIMENEZ

A service member stands behind barracks 314 Feb. 12 during a rare Iwakuni snow storm. Do you have your own photo to submit? Submit your ideas or photos to the Public Affairs Office by e-mailing them to iwakuni.pao@usmc.mil, calling 253-5551 or submitting your idea in person at the office in Building 1 Room 216. Entries will be judged by the Iwakuni Approach Staff and the top selection will run in the next edition of the Iwakuni Approach.

SAKURA THEATER

Friday, February 25, 2011
 7 p.m. Just Go With It (PG-13)
 Premier
 10 p.m. The Fighter (R)

Saturday, February 26, 2011
 1 p.m. Yogi Bear (PG)
 4 p.m. How Do You Know (PG-13)
 7 p.m. The Fighter (R)

Sunday, February 27, 2011
 1 p.m. Gulliver's Travels (PG)
 4 p.m. Season of the Witch (PG-13)
 7 p.m. Just Go With It (PG-13)

Monday, February 28, 2011
 7 p.m. Little Fockers (PG-13)

Tuesday, March 1, 2011
 7 p.m. Just Go With It (PG-13)

Wednesday, March 2, 2011
 7 p.m. The Green Hornet (PG-13)

Thursday, March 3, 2011
 7 p.m. How Do You Know (PG-13)

The movie schedule is subject to change. Please check www.mccsiwakuni.com/sakura often for updates, or call the Sakura Theater at 253-5291 for the latest schedule.

General Admission: Ages 12+ are \$2.50 / Ages 6-11 are \$1 / Children ages 5 and under admitted free. For more information, visit www.mccsiwakuni.com or call 253-5291.

Mess Hall Menu

Monday
 Bean with bacon soup, shrimp gumbo soup, Carribean flounder, country style steak, steamed rice, macaroni and cheese, hush puppies, calico cabbage, broccoli combo, dinner rolls, potato salad, cucumber and onion salad, standard salad bar, peanut butter brownies, double-layer marble cake with butter cream frosting and banana cream pudding.

Tuesday
 Tomato soup, vegetable soup, lasagna, roast pork, au gratin potatoes, whole kernel corn, mixed vegetables, toasted garlic bread, cream gravy, country style tomato salad, coleslaw, standard salad bar, cherry pie, Boston cream pie and oatmeal raisin cookies.

Wednesday
 Cream of broccoli soup, French onion soup, baked tuna and noodles, breaded pork chop creole, garlic roasted potatoes, carrots, mixed vegetables, mushroom gravy, dinner rolls, cabbage, apple and celery salad, three bean salad, standard salad bar, chocolate chip cookies, Dutch apple pie and devil's food cake with butter cream frosting.

Thursday
 Manhattan clamchowder, split pea soup, chicken parmesan, Italian sausage, buttered pasta, oven browned potatoes, eggplant parmesan, cauliflower gumbo, alfredo sauce, marinara sauce, garlic bread with cheese, macaroni salad, mixed fruit salad, standard salad bar, German chocolate cake, banana cream pie with whipped topping and sugar cookies.

Friday
 Chicken noodle soup, cream of mushroom soup, southern style fried catfish, savory baked chicken, French fried cauliflower, macaroni and cheese, candid sweet potatoes, southern style greens, jalapeno corn bread, cream gravy, potato salad, country style tomato salad, standard salad bar, coconut raisin drop cookies, chocolate cream pie and double layer Florida lemon cake with butter cream frosting.

MWSS-171 stacks reps during Commander's Cup



LANCE CPL. JENNIFER PIRANTE

Cpl. Darren Guffey, Marine Wing Support Squadron 171 competitor, busts out bench leaps at the Strength and Endurance Commander's Cup challenge at IronWorks Gym here Feb. 18. MWSS-171 took first place with an accumulated 1,364 repetitions.



LANCE CPL. JENNIFER PIRANTE

Sgt. Evelyn White, Combat Logistics Company 36 competitor, performs box jumps during the Strength and Endurance Commander's Cup challenge at IronWorks Gym here Feb. 18. CLC-36 took second place with an accumulated 1,280 repetitions.

LANCE CPL. JENNIFER PIRANTE
 IWAKUNI APPROACH STAFF

The IronWorks Gym fitness and wellness coordinators had a surprise in mind for the Marines slated to compete in the second event of Commander's Cup 2011.

Barbara Roman, Marine Corps Community Services health promotions fitness coordinator, had only one piece of advice for the Marines. "Don't bring you're runners," she said.

Marine Wing Support Squadron 171 took first place home during the Strength and Endurance Commander's Cup challenge at IronWorks Gym here Feb. 18.

MWSS-171 accumulated 1,364 repetitions.

Combat Logistics Company 36 took second place with an accumulated 1,280 repetitions.

Marine Aviation Logistics Squadron 12 took third place with an accumulated 1,264 repetitions.

CLC-36, the Branch Health Clinic, MWSS-171, MALS-12, and Headquarters and Headquarters Squadron all competed in the event.

The challenge consisted of seven stations where each four-man team was given two minutes to push out as many repetitions as possible.

Total repetitions were based off of the percentage given for the different exercises.

Team members rotated throughout the stations with 30-second breaks in between, preceded by each team member.

Repetitions were counted by volunteers at each station and tallied at the end of the event to determine the winners.

Marines had to perform surren-

ders, TRX atomic pushups, box jumps, kettle bell overhead crunches, bench leaps, wall ball throws and up/down planks.

"Each (exercise) was challenging in its own way," said Roman. "The whole idea is just to pick the one you know you're good at and rep it out during that exercise."

According to Cpl. Darren Guggey, MWSS-171 competitor, the burn of each exercise could be felt as he made his way through each one of the stations.

"The wall ball throw was difficult overall because I was so tired," said Guggey. "That ball is about 10 or 15 pounds, and going down all the way and going back up takes a lot out of you."

According to Sgt. Zeb Martin, MWSS-171 competitor, their win was no surprise despite not knowing the exercises the coordinators had designated for the competition.

Martin was right alongside fellow Marines, cheering them on.

"You're a beast!" Martin roared. "One more for Chesty Puller!"

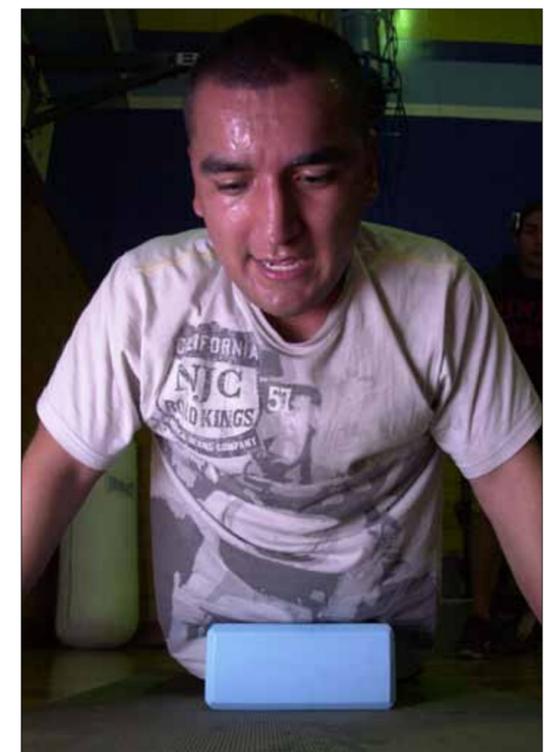
Even though an endurance course is customary to the annual Commander's Cup, 2011's endurance challenge was meant to be especially challenging, said Roman.

"I just wanted to spice it up a bit and take it to that next level," said Roman. "We certainly did that today."

Roman and the rest of the MCCS team have a plan lined up for challenges during the rest of the year.

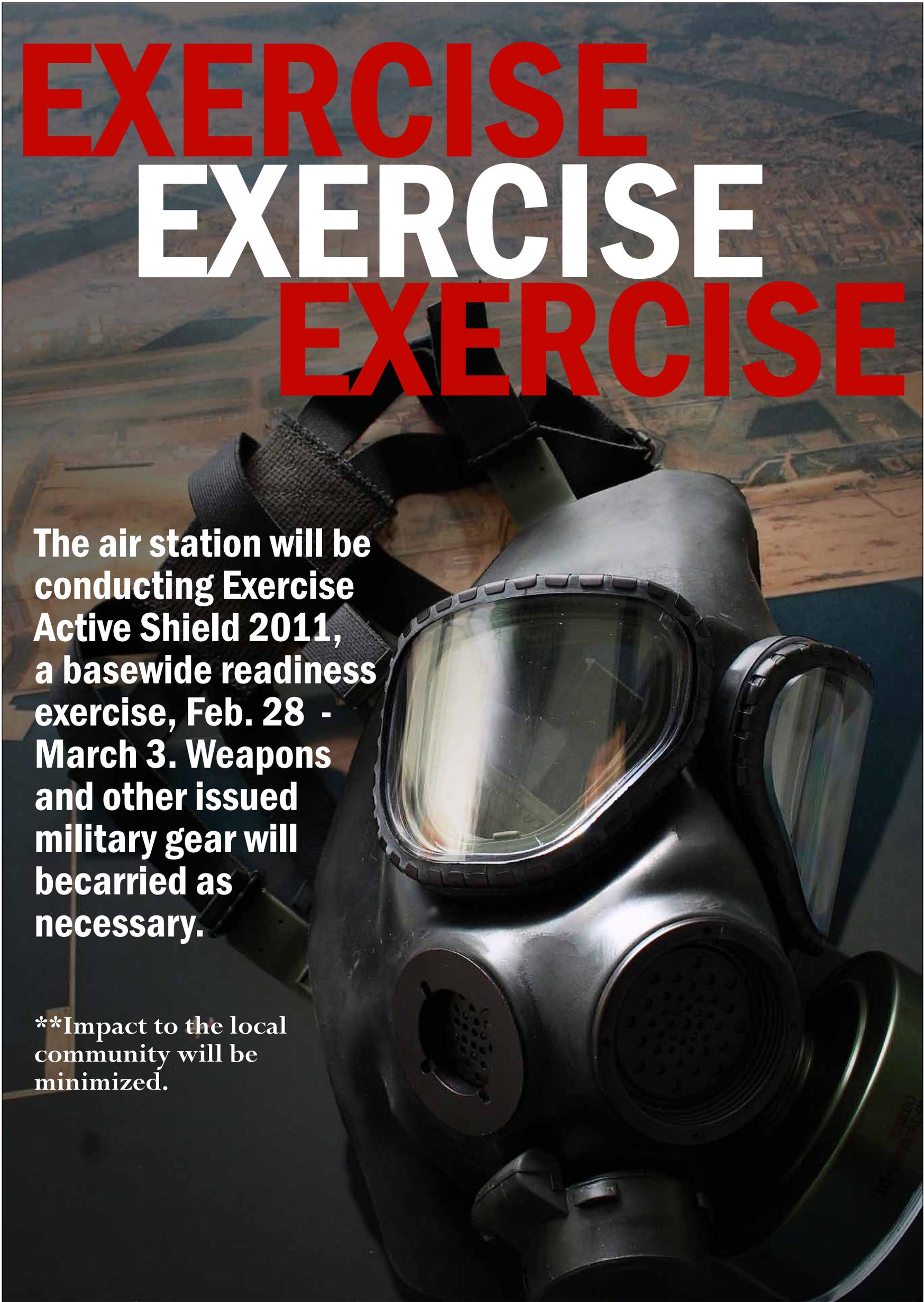
Some are slated to be announced while others are to be kept a mystery to the competitors.

The next Commander's Cup challenge is slated to be a basketball shoot-out at IronWorks gym here March 18.



Cpl. Damien Renjifo, Marine Aviation Logistics Squadron 12 competitor, pushes out repetitions at the TRX atomic push-up station during the Strength and Endurance Commander's Cup challenge at IronWorks Gym here Feb. 18. MALS-12 took third place with an accumulated 1,264 repetitions. The challenge consisted of seven stations where each four-man team was given two minutes to push out as many repetitions as possible. Total repetitions were based off of the percentage given for the different exercises.

PHOTO COURTESY OF LANCE CPL. GERALD MORALES



EXERCISE EXERCISE EXERCISE

The air station will be conducting Exercise Active Shield 2011, a basewide readiness exercise, Feb. 28 - March 3. Weapons and other issued military gear will be carried as necessary.

****Impact to the local community will be minimized.**