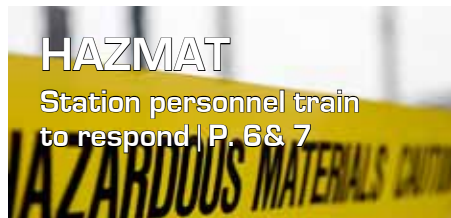




PROMOTIONS

Check out who's changing chevrons | P. 4



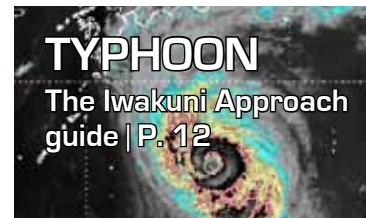
HAZMAT

Station personnel train to respond | P. 6 & 7



FITNESS FALLOUT

Participants test their strength | P. 11



TYPHOON

The Iwakuni Approach guide | P. 12

IWAKUNI APPROACH

Issue No. 21 Vol. 4 | Marine Corps Air Station Iwakuni, Japan

Knights soar with Hawks during training

Lance Cpl. Charlie Clark
IWAKUNI APPROACH STAFF

KADENA AIR BASE, Japan — Marine All-Weather Fighter Attack Squadron 533 and Marine Fighter Attack Squadron 314 pilots took to the skies here to execute evaluation exercises in accordance with Marine Corps standards May 17.

In 2006, the Marine Corps Training and Readiness Manual for its F/A-18D Hornet fleet was the first in the Marine Corps' aviation community to mandate that a squadrons' aircrew be tested by other squadrons' training officers.

"We do this to keep a standardized level of performance across all the F/A-18D squadrons in the Marine Corps," said Lt. Col. George B. Rowell, VMFA(AW)-533 commanding officer. "Our aircrew is the best in the world because of this training."

The evaluations provide all of the squadrons' aircrews in the fleet with a level playing field to be tested.

"Our pilots did everything by the book and exceeded the pilot training officers' expectations," said Capt. Kevin J. Kelly, a VMFA(AW)-533 F/A-18D weapons system operator. "It's always a pleasure working with professionals like the pilots in VMFA-314."

Kelly's job as a weapons system operator is to input coordinates into

the weapons system and guide the ordnance to the selected target.

Each F/A-18D squadron that utilizes the two seat cockpit F/A-18D, has a weapons system operator.

The weapons system operator training officer shares the same responsibilities as the pilot training officer for the weapons system.

"The other squadrons' pilot and weapons' system training officers will fly with our guys during air-to-air and air-to-ground missions," Rowell said.

The test Kelly's pilot went through was a flight that simulated protecting a carrier ship from an unknown threat.

"The threat turned out to be enemy aircraft that we were forced to engage," Kelly said. "We protected the carrier and returned home safely."

This test is one of many in a syllabus from the Training and Readiness Manual the pilots are required to perform in order to maintain their proficiency.

Other tests in the syllabus include: search and rescue, close-air support and aerial reconnaissance missions.

Pilot training officers create the training plan their squadrons need to complete to ensure their pilots are qualified to execute tactical air



LANCE CPL. CHARLIE CLARK

KADENA AIR BASE, Japan — Capt. Maximilian A. Tufts III, a Marine All-Weather Fighter Attack Squadron 533 pilot, climbs into the pilot's seat of an F/A-18D Hornet cockpit prior to an airborne interdiction flight here May 18. An airborne interdiction flight is a training exercise where the aircrew fight simulated enemy aircraft to drop ordnance in enemy territory.

SEE **HAWKS** ON PAGE 3

Bang, pow, pop, SRT Marines train, shoot paper enemies

Lance Cpl. Cayce Nevers
IWAKUNI APPROACH STAFF

Bang! Bang! The sound of Marines sending off rounds of the M4 carbine echoed throughout the Indoor Small Arms Range here May 25-26 during the Special Reaction Team quarterly training.

SRT, the Marine Corps' version of a civilian Special Weapons and Tactics team, is the last resort when all other military police tactics have failed.

"It is like our military police version of SWAT," said Sgt. Kyle C. Hill, SRT team leader. "We are a 'SWAT' team to handle any kind of high risk situation aboard Marine Corps Air Station Iwakuni."

Each SRT member must be proficient at his or her job, to include shooting, making split second decisions and holding

SEE **TRAINING** ON PAGE 3

Marine Division Tactics Course paves sky-road for aviation future

Cpl. Jennifer Pirante
IWAKUNI
APPROACH STAFF

Marine All-Weather Fighter Attack Squadrons 242, 533 and Marine Fighter Attack Squadron 314 aviators wrapped up the first week of the Marine Division Tactics Course here today.

The initial week-long period of instruction, supported by Marine Aircraft Group 12, was delivered by Marine

Aviation Weapons Tactics Squadron One instructors to a small group of qualifying F/A-18 Hornet pilots and ground support controllers slated to complete the four-week course and graduate June 28.

The objective of MDTC is to provide F/A-18 Hornet aircrew and Marine Air Intercept Controllers with ground and airborne instruction in the doctrine, tactics and weapons

considerations for the successful employment of Marine fighter attack aircraft in a complex air-to-air environment.

The course is designed to provide the requisite air-to-air training prior to attending the Weapons and Tactics Instructor course.

"MDTC is what we call a graduate level air-to-air exercise of great pilots," said Capt. Daniel Flatley, MAG-12 MDTC action

SEE **DIVISION** ON PAGE 3

Station residents pay respects to community friend, religious leader

Cpl. Marcel Brown
IWAKUNI APPROACH STAFF

Station residents gathered at the Marine Memorial Chapel here to pay respects to Lt. j.g. Bruce B. West during a memorial service May 26.

West, native of Baldwinsville, N.Y. (not Williamsburg, Va., as printed in last week's edition of the Iwakuni Approach), Headquarters and Headquarters Squadron chaplain, was killed in a bicycle accident near Yasaka dam May 20.

West was ordained as a minister of the Evangelical Church Alliance.

He had a Masters Degree of theological studies from the Reformed Theological Seminary in Orlando, Fla.

West joined the Navy in August 2010 and arrived here in November 2010.

For the short time West spent here, his bright smile and genuinely cheerful demeanor left a lasting impact on the community.

"His actions were not staged or faked. His incredible smile, that million dollar smile of his, is just one example of that," said Lt. Col. Michael R. Coletta, H&HS commanding officer.

"From the first day I met him to the last time I saw him, that smile of his was permanently affixed to his face. It was not an act; it was genuine," he said.

During the service, friends and loved ones shared the things they will remember most about him, his devotion to serving others and his contagious positive attitude.

"He had a passion for you single Marines," said Maryann West, West's wife. "He deeply wanted to minister to your needs, to meet you where you were and to provide an outlet for you."

Sgt. Maj. Peter W. Ferral, H&HS sergeant major, conducted the traditional roll call.



CPL. MARCEL BROWN

Maryann West, wife of Lt. j.g. Bruce B. West, delivered one of the eulogies to a crowd of saddened community residents during West's memorial service at the Marine Memorial Chapel here May 26. Throughout West's eulogy, friends and loved ones shared a common trend on the things they will remember most about him, his devotion to serving others, his contagious positive attitude and his permanent genuine smile.

With the absence of West's response, the bugle sounded, and "Taps" echoed throughout the chapel as attendee's stood at attention, many fighting to withhold tears.

"He loved his country very much, and he loved the people that serve his country," said Lt. Robert E. Mills, station deputy command

chaplain. "He was a good example for the rest of us in so many ways."

Throughout the local community, West's positive attitude, cheerful demeanor, selflessness, commitment to helping and serving others and his million dollar smile will never be forgotten.

June Promotions

VMFA(AW)-242

Cpl.

Dennard, Louis T.
Eberhart, Emily A.
Kloter, Jeremy A.
Lewis, Joseph A.
Mesa, Chandler A.
Norback, Michael G.

MALS-12

Lance Cpl.

Sansoucie, William C.
Tuck, Logan C.

Cpl.

Amaro, Julian
Bellsosa, Leonel
Butler, Lisa N.
Lucie, Joshua M.
Person, Daniel W.
Pomykala, Alan D.
Sanford, Thomas M.

Sgt.

Schmitt, Zachary R.

H&HS

Pfc.

Ressler, Hazel L.

Lance Cpl.

Bradshaw, Christopher S.
Durazo, Nathan A.
Flanders, Dugan J.
Hinkle, Eric C.
Hullet, Clayton R.
Ward, Devin J.

Cpl.

Boehm, Steven R.
Kobus, Matthew P.
Loehr, Andrew M.
Pirante, Jennifer J.
Rogers, Clayton P.
Scott, Kyle L.

Master Sgt.

Clayton Jr., Roy L.

Detachment B

Cpl.

Trussler, Aaron L.

MWSS-171

Lance Cpl.

Pappas, Steven M.

Cpl.

Conkins, Dane E.
Dyson, Ryan N.
Gebremariam, Ksanet T.
Hall Jr., Daniel K.
Miller, Eric J.
Ogle, Garrett R.

MAG-12

Lance Cpl.

McQueen IV, Kelly W.
Morenoortega, Gustavo S.
Ortiz, Nicholas S.
Reighter, Marcus A.

Cpl.

Knott, Elissa E.

CLC-36

Cpl.

Barrows, Brian A.
Foster, Ronald M.



LANCE CPL. CHARLIE CLARK

KADENA AIR BASE, Japan — Cpl. Drew H. Carley, a Marine All-Weather Fighter Attack Squadron 533 ordnance technician, drives a munitions loader with a guided bomb unit 32 joint direct attack munitions 1,000-pound bomb here May 16. Munitions loaders are like forklifts designed specifically to speed up the loading and unloading of ordnance without sacrificing the precision needed to keep the process safe.

Ordnance technicians ensure warheads hit foreheads

Lance Cpl. Charlie Clark
IWAKUNI APPROACH
STAFF

KADENA AIR BASE, Japan — A Marine walks out from under the F/A-18 Hornet wing and looks up at the sky. He sees a mix of light and dark gray.

He looks back and sees the Marine All-Weather Fighter Attack Squadron 533 ordnance technicians directing the suspension lugs of a joint direct attack munitions 500 pound bomb into the ejector rack of the aircraft.

Droplets of water falling from the heavens make tiny beads on the wing the Marines are under.

There are still three more bombs to be loaded. The Marines know the pilots won't be able to complete their exercise if these bombs aren't off the ground.

The rain doesn't make the mission any easier, but it is the ordnance technicians job to load, unload, inspect and maintain the bombs used for their squadron.

"Anything that goes boom, we put on the aircraft," said Cpl. Drew H. Carley, a VMFA(AW)-533 ordnance technician.

The technician's role is more far reaching than people probably expect.

"What we do in our loading of ordnance is support the ground units," said Sgt. Alanna M. Puzzuoli, a VMFA(AW)-533 ordnance technician.

The air support the ground units call for can't happen without the

technicians loading the aircraft with bombs.

Depending on the situation, different ordnance is loaded on the aircraft.

"There's no reason for us to do what we do without ordnance," said Capt. Ernie Drake, a VMFA(AW)-533 pilot.

There are "smart" bombs with laser guided technology that can pinpoint a target when launched. "Dumb" bombs are released over a target. Various air-to-air missiles are loaded to protect the pilots and aircraft if they were in a dogfighting scenario.

The bombs vary from 200 to 2,000 pounds in weight and approximately half the weight is explosive.

"We put a huge amount of trust in our ordnance technicians when they strap a few thousand pounds of explosives to our aircraft," Drake said. "We can go into a mission knowing we're safe because our technicians know what they're talking about."

Some ordnance is used for training purposes only.

"We have 2,000-pound, blue colored training bombs that we call 'blue death' as a joke," said Lance Cpl. William C. Sanborn, a VMFA(AW)-533 ordnance technician. "It does the exact same thing as a normal 2,000-pound bomb except it doesn't go boom."

The purpose of the non-explosive ordnance is so the pilots know how to adjust their aircraft after releasing that much weight from one of the

wings.

Depending on the weight of the ordnance, the technicians can either use hernia bars for hand-loading the lighter bombs or a munitions loader to load the heavier ordnance on the aircraft.

The munitions loader is like a forklift, but designed specifically to speed up the loading and unloading of ordnance without sacrificing the precision needed to keep the process safe.

After unloading the ordnance during the maintenance process, the technicians look over each bomb for any discrepancies or damage.

Like any other weapon, the bombs have expiration dates.

The technicians need to be aware of the expiration dates of each explosive to send it to the Marine aviation logistics squadron they are working with at the time for the bomb to be properly disposed of.

If the ordnance has expired, it can still be loaded but only for transportation to a MALS for disposal.

"The bombs aren't armed. So there isn't that much danger as long as we execute all the proper safety procedures, which we always do," Carley said.

It doesn't matter if it's a clear, sunny day or a down-pour, the VMFA(AW)-533 ordnance technicians ensure bombs are loaded, unloaded and maintained to keep the pilots safe and the aircraft mission ready.



LANCE CPL. CHARLIE CLARK

KADENA AIR BASE, Japan — Lance Cpl. Matthew A. Davis, a Marine All-Weather Fighter Attack Squadron 533 ordnance technician, guides the forks of the munitions loader into a munitions handling unit for a guided bomb unit 32 joint direct attack munitions 1,000 pound bomb here May 16. The bombs vary from 200 to 2,000 pounds in weight and approximately half the weight is explosive.

HazTrain trains station personnel in basics of hazmat

Cpl. Claudio A. Martinez
IWAKUNI APPROACH
STAFF

Marines, sailors and local contractors participated in an Introduction to Hazardous Response Course hosted by the Station Environmental Division in Building 411 from May 16 - 27.

HazTrain, a business which provides its clients with environmental health and safety training courses, was brought in to lead the class.

The course trained the participating personnel on the basics involved in responding to a local chemical disaster.

"This benefits the station because it now has a cadre of people that can be called upon to assist in any kind of hazmat operation," said Steven Wood, lead course instructor. The personnel who have received the training are now capable of working with dangerous chemicals because they have the basic knowledge and certification needed, he added.

Twenty-seven station personnel participated in the 40-hour course. The course involved nearly three days of classroom training, which educated the participating personnel on some of the hazards associated with dangerous chemicals. They also learned the compound structure of certain chemicals and how to identify the environments those chemicals might thrive in.

Wood said although the course provided the participants with only a basic knowledge in hazardous material, they now have a solid foundation to build on with additional training.

During the final stage of the course, the participating station personnel were trained on how to suit up in chemically protective suits and learned how to use self-contained breathing apparatuses.

They also learned how to set up a decontamination site and team.

"They've gotten a lot more in depth knowledge and more skills and abilities when it comes to dealing with chemical spills," said Chuck R. Hill, a station Environmental Division protection specialist.

"Besides just cleaning up a petroleum oil spill, they can actually suit up with the appropriate protective equipment and go and clean up the spill."

The course participants

were faced with two scenarios toward the end of the course, which tested the knowledge they gained during the training.

"This training really benefits the station because we now have more assets," said Hill. "The station's (emergency command center) can actually pull those assets, if need be, to help with an emergency situation."

During the first scenario, the course participants were faced with responding to a strong acid, which bursted free from a pipe.

They were faced with containing the spill while responding to a situation where the acid burned through one of the participant's protective suit. During the second scenario, the participants needed to react to a situation in a warehouse where several unknown chemicals escaped free from their containment. They were tasked with identifying the chemicals and containing them before they interacted with each other.

The course participants were donned head to toe in fully encapsulated chemically resistant hazardous material protective suits throughout the scenarios. Several of the participants found there were many obstacles to overcome in just wearing the suits. The participants found the rise in body temperature, communication, movement, and vision were hindered as soon as they wore the suits.

Petty Officer 3rd Class Chris Farmer, a station fuels dispatch aviation boatswain's mate participated in the 40-hour course.

"Breathing through the SCBAs was one of the biggest challenges," said Farmer. "I made it through, and I actually had a good time doing it."

Farmer previously received hazardous material training while serving in his last duty station.

"I was a hazmat representative at my last command and this course opened me up to a whole new level of knowledge I didn't know before," said Farmer. "With this being a basic level entry course, it really made me realize that there was a whole lot more that I can learn. I really enjoyed doing this course."

This is the first time HazTrain has been brought here to teach this course. HazTrain has provided training in environmental health and safety since 1983.



CPL. CLAUDIO A. MARTINEZ

Two station personnel discuss how to approach a chemically contaminated site after cording off affected areas during an Introduction to Hazardous Response Course training scenario taught by HazTrain at the tarmac here May 26. The participating personnel used damming and diverting tubes during the training scenarios to cord off simulated chemical runoff.



CPL. CLAUDIO A. MARTINEZ

Two station personnel drag their injured team member to a decontamination site during an Introduction to Hazardous Response Course training scenario taught by HazTrain at the tarmac here May 26. The course participant being dragged faked being injured during the training scenario to test his teammates' ability to react to the situation.



CPL. CLAUDIO A. MARTINEZ

Marines, sailors and station contractors run through the Building 1 parking lot here donned in chemically protective suits during an Introduction to Hazardous Response Course taught by HazTrain May 25. The course instructors had the participating personnel run in the suits to familiarize them with the limitations involved with wearing them.



CPL. CLAUDIO A. MARTINEZ

Steven Wood, lead course trainer, (right) and Randy Pegan, HazTrain general manager, teach Sgt. Gary Taylor, a station explosive ordnance disposal technician, how to control a self-contained breathing apparatus during an Introduction to Hazardous Response Course taught by HazTrain at the Learning center here May 25. HazTrain is a business which provides its clients with environmental health and safety training courses.



CPL. CLAUDIO A. MARTINEZ

Staff Sgt. Brent Dowland, Marine Wing Support Squadron 171 safety and hazardous material manager, puts on his fully encapsulated, chemically-resistant hazmat suit during an Introduction to Hazardous Response Course training scenario taught by HazTrain at the tarmac here May 26. Twenty-seven station personnel participated in the 40-hour course.



CPL. CLAUDIO A. MARTINEZ

Civilian contractor Nelson Lisboa, a station hazardous waste disposer, dons his gas mask during an Introduction to Hazardous Response Course taught by HazTrain at the Learning Center here May 25. The course was taught from May 16-27. The course trained the participating personnel on the basics involved in responding to a local chemical disaster.

CORPS NEWS

HIGHLIGHTING MARINES AND SAILORS AROUND THE GLOBE

2nd Recon Second to None in Afghanistan

Cpl. Marco Mancha
2ND MARINE DIVISION

PATROL BASE ALCATRAZ, Afghanistan — Swift, silent, deadly -- those three words rest on the spear of 2nd Reconnaissance Battalion's insignia.

The Marines of Bravo Company, 2nd Reconnaissance Battalion, 2nd Marine Division (Forward), have lived up to these words executing numerous missions and providing detailed intelligence for the units they have supported in the past six months.

"Our primary mission has been to just disrupt the insurgents' flow of operations and provide reconnaissance for our infantry units," explained Cpl. Collin Stookey, a native of Littleton, Colo., and a heavy machine gunner with the unit. "I think we've been able to successfully do that and more."

Take Cpl. Kyle Godderidge, for instance. Earlier this year, he was in a forward position in enemy territory when he and the Marines with him were suddenly engaged by the enemy using rocket propelled grenades and small arms fire.

The Marines were quick to return fire. Godderidge's team began firing rounds with a MK-19 40 mm machine gun at the two enemy firing positions until a round jammed in the weapon.

The Marine exposed himself to enemy fire while removing the round to clear the weapon.

His actions helped the team successfully counter the enemy's attack by getting the weapon back in the fight.

The Marine has also been wounded twice in combat and chose to continue fighting.

"You go out into unfamiliar territory and it's kind of sketchy, but it's such an adrenaline rush at the same time," explained Cpl. Steven Malachowski, a recon Marine with the unit. "We're all professionals out here and we do what's needed to get the job done."

This is just one example of the countless heroic actions these Marines have performed since arriving in November 2010.

Capt. Adam Brochetti, the platoon leader for 3rd Platoon and a Surf City, N.C., resident, stated his Marines also conducted more than 100 mounted and dismounted patrols as a part of Operation Nemesis Sweep. The operation lasted more than two months and focused on ensuring units and local residents could travel safely on Route 611, a newly build road through a portion of Helmand province.

Their efforts in a one-day operation, called Operation Havoc Rain, were also significant when they conducted a series of missions to destroy several enemy river crossing sites along the Helmand River. On one of these missions, the platoon conducted a 2.5-mile foot movement with full protective gear and ruck packs weighing more than 100 pounds. Their goal was to rig explosives to a major crossing site under the cover of darkness. They were able to effectively destroy the entire crossing system of bridges and two small boats used by insurgents.

"The missions, and the deployment as a whole, have been a little different than I had originally anticipated," said Cpl. Jebediah

Stevens, a point man with the unit and Buffalo, N.Y., native. "We had heard a lot of things from (1st Recon Battalion), and our missions have been nothing less than successful."

The battalion's 2nd Platoon helped conduct nearly 60 days of observation and surveillance in hostile territory during the deployment. They also successfully conducted many raids and destroyed two main enemy crossing points along the Helmand River.

1st Lt. Ryan Marty, the platoon commander for 2nd Platoon, explained it wasn't all just "hooking and jabbing" for these Marines. His platoon also attempted to build rapport with key village leaders in the area.

Because of the relationship building with the local populace and the efforts of the Marines, they were able to reduce enemy attacks on 3rd Battalion, 5th Marine Regiment, and 1st Battalion, 5th Marines, by 60 percent.

"I feel like what we've done out here has made a huge difference for the (local residents) and our neighboring units," said Cpl. Thomas Gifford from Mesa, Ariz., and a point man with the unit. "Leaving this place, I know me and the rest of my team did our best and it definitely paid off."

Editor's note: 2nd Marine Division (Forward) serves as the ground combat element of Regional Command (Southwest) and works in partnership with the Afghan National Security Force and the Government of the Islamic Republic of Afghanistan to conduct counterinsurgency operations. The unit is dedicated to securing the Afghan people, defeating insurgent forces, and enabling ANSF assumption of security responsibilities within its area of operations in order to support the expansion of stability, development and legitimate governance.



CPL. MARCO MANCHA

HELMAND PROVINCE, Afghanistan — A Marine with 2nd Reconnaissance Battalion, 2nd Marine Division (Forward), follows his military working dog on patrol May 25. The Marines conducted hundreds of dismounted and mounted patrols through their six months in Afghanistan in support of Operation Enduring Freedom. 2nd Marine Division (Forward) serves as the ground combat element of Regional Command (Southwest) and works in partnership with the Afghan National Security Force and the Government of the Islamic Republic of Afghanistan to conduct counterinsurgency operations. The unit is dedicated to securing the Afghan people, defeating insurgent forces and enabling ANSF assumption of security responsibilities within its area of operations in order to support the expansion of stability, development and legitimate governance.

COMMUNITY BRIEFS | CLASSIFIEDS

Briefs

TriCare Coverage Change

A new TriCare program offers coverage for young adults, uniformed services dependents less than 26, unmarried, and those not eligible for their own employer-sponsored health care coverage may be qualified to purchase TYA, which offers TriCare standard coverage for monthly premiums of \$186. A premium-based TriCare Prime benefit will be available later this year. For more information, visit <http://www.tricare.mil/mediacenter/news.aspx?fid=706>.

Temporary Mess Hall

Building 240 is designated as a temporary mess hall. Hours of operation are 6 – 7:30 a.m. and 11 a.m. – 1 p.m. Monday – Friday. The special shuttle bus will continue to run during the dinner and dinner/brunch meal periods. A sandwich bar is also available from 1:30 – 5:30 p.m.

Birthday Break

The birthday break is an ongoing promotion held every Friday at 9:15 a.m. on Power 1575 radio. The promotion is open to anyone with a birthday. Just visit

NMCRS Quick Assist Loans

The Iwakuni Navy Marine Corps Relief Society is providing Quick Assist Loans to

www.mccsiwakuni.com/birthdaycake, fill out the form and let Power 1575 and Marine Corps Community Services take care of the rest. Every Friday, birthdays from the previous week will be announced and on the last Friday of every month there will be a random birthday cake giveaway for one birthday in the upcoming month.

Fellowship Breakfast

Christian fellowship and group discussion breakfasts are scheduled 6:30 – 7:15 a.m. every Wednesday at the north-side mess hall. For more information, call John Cordero at 253-5301 or 080-3217-3205.

Lending Locker Program

The lending locker program is available to provide small home appliances and utensils for incoming and outgoing command-sponsored members for up to 60 days inbound and 30 days outbound. A copy of PCS orders is required. The lending locker is located in Building 411 room 101. For more information call, 253-6161.

Crime Stoppers

To report a crime, call 253-3333. Callers can leave a detailed message without having to speak to a live person.

prevent active duty service members from falling prey to predatory lenders. These loans are designed to assist with short-term living expenses up to \$300, interest free and must be repaid within 10 months. For more information, call the Iwakuni NMCRS at 253-5311 or stop by the Marine Memorial Chapel, Room 148.

PMO Lost and Found

Contact the Provost Marshal's Office Lost and Found if you have lost anything around the installation. Examples may include: Cell phones, keys, digital cameras, bicycle helmets, etc. To recover lost items or for more information, call 253-4929.

Engineering Technician

U.S. Army Corps of Engineers is looking for an engineering technician to work in Iwakuni. The job pays \$27,431–\$35,657 annually. For more information, call the Central Resume Processing Center at

410-306-0137 or e-mail applicationhelp@conus.army.mil.

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, e-mail Mr. More at tmore_sarvis@yahoo.com.

English Teachers

Two positions are available to teach English in Tokuyama every Friday 6 – 8 p.m. For more information, call 253-6868.

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. Desirable for the candidates to have travel agency or airline experience, and SABRE CRS experience. Knowledge of government travel regulation is also preferred. Send all inquiries and resumes to mkenat@cwtsatotravel.com.

com. No phone inquiries.

Vehicles

2001 Honda Copa

Four door, 5 passenger. JCI is good until August 2012. Well maintained. Asking \$2,000. For more information, e-mail Ken at byubracken@hotmail.com.

2001 Nissan Cube

Four door, 5 passenger. JCI is good until August 2012. Excellent maintenance. Asking \$2,000. For more information, e-mail Ken at byubracken@hotmail.com.

Brief and Classified Submissions

To submit a community brief or classified ad, send an e-mail to iwakuni.pao@usmc.mil. Include a contact name, a phone number and the information to be published. Submit your brief or ad in person at the Public Affairs Office, Building 1, Room 216 or call 253-5551. 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.

Jobs

Engineering Technician

U.S. Army Corps of Engineers is looking for an engineering technician to work in Iwakuni. The job pays \$27,431–\$35,657 annually. For more information, call the Central Resume Processing Center at

Interested in becoming a DJ?

You could rock the club and enjoy all the night time parties that Club Iwakuni has to offer! If you are interested in becoming a DJ, call MCCR Productions at 253-3727 for details.

BOOT SCOOTIN' ROUNDUP

A live 1-hour radio show featuring the best country music. Kick up your boots 9 – 10 a.m. Mondays-Thursdays on Power 1575.

Emergency Phone Numbers

- Antiterrorism Force protection: 253-ATFP (2837)
- Life, limb or loss of vision threatening emergencies while on the air station: 119 or 911. From a cell phone or for bilingual capability: 082-721-7700.
- For security issues, contact the Provost Marshal's Office: 253-3303.
- To report without talking to a person, Crime Stoppers: 253-3333.
- Sexual Assault: To make a confidential report of sexual assault or harassment, contact the victim advocate at 253-4526 during working hours.
- For after hours, weekends and holidays, call 090-9978-1033 or 080-3427-0835.
- You can also call the installation Sexual Assault Response Coordinator at 253-6556 or 080-5865-3566.

Got News? Got News? 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, calling 253-5551 or stopping 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 7 a.m. Men's Ministry
 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
 Tuesday 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



LANCE CPL. CHARLIE CLARK

KADENA AIR BASE, Japan - Capt. Kevin J. Kelly, a Marine All Weather Fighter Attack Squadron 533 F/A-18 weapons' system operator, reaches for his helmet before walking down to the F/A-18D Hornet for an airborne interdiction flight here May 18. Have your own photo to submit? Submit photos to the Public Affairs Office by e-mailing them to iwakuni.pao@usmc.mil or submit them in person at the Public Affairs 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. For more information call 253-5551.

SAKURA THEATER

Friday, June 3, 2011
 7 p.m. Pirates of the Caribbean: On Stranger Tides (PG-13)
 Premiere

Saturday, June 4, 2011
 1 p.m. Rio (PG)
 4 p.m. Source Code (PG-13)
 7 p.m. Hanna (PG-13)
 Premiere

Sunday, June 5, 2011
 1 p.m. Hop (PG)
 4 p.m. Hanna (PG-13)
 7 p.m. Pirates of the Caribbean: On Stranger Tides (PG-13)

Monday, June 6, 2011
 7 p.m. Limitless (PG-13)
 Last Showing

Tuesday, June 7, 2011
 7 p.m. Pirates of the Caribbean: On Stranger Tides (PG-13)

Wednesday, June 8, 2011
 7 p.m. Paul (R)
 Last Showing

Thursday, June 9, 2011
 7 p.m. Hanna (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, Caribbean flounder, country style steak, steamed rice, macaroni and cheese, hush puppies, broccoli combo, calico cabbage, dinner rolls, potato salad, cucumber and onion salad, standard salad bar, peanut butter brownies, double layer marble cake with buttercream frosting and banana cream pudding.

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

Thursday
 Manhattan clam chowder, 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, sugar cookies, German chocolate cake, banana cream pie whipped topping.

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, double layer Florida lemon cake with buttercream frosting and chocolate cream pie.

Strength, endurance key to Semper Fit competition

Lance Cpl. Kenneth K. Trotter Jr.
 IWAKUNI APPROACH STAFF

Semper Fit hosted the Fitness Fallout outside Ironworks Gym here May 27.

Nine participants took part in the contest, which involved feats of strength, endurance and speed.

Adrian R. Figueroa took first place in the men's division with a total of 248 points. Tiffany L. Hernandez placed first in the women's division with a total of 371 points.

Exercises ranged from kettlebell swings, burpees/wall ball shots, box jumps, thrusters, the farmer's walk and tire flips. All the exercises involved utilizing the upper body except for the box jumps.

Each station had different rules concerning male and female contestants. Males had to jump a 24-inch box while females jumped an 18-inch box.

Male contestants used a 53-pound kettlebell. Female participants used a 35-pound kettlebell.

The farmer's walk had males carrying a 70-pound kettlebell in each hand versus females carrying a 35-pound kettlebell. Ninety five pounds was used in the male portion of the thrusters. Females used 55 pounds. Contestants were given three minutes at each station to complete the assigned exercise. Two

minutes were required for the tire flips only. A total of 30 minutes was given to complete all the exercises.

Instead of being judged on distance, such as during a strongman competition, participants were judged on time.

The tire flip was considered difficult for some as the male participants used a tire from a seven-ton. Female contestants flipped a Humvee tire. Rain made the tire flip increasingly difficult as the participants found it hard to secure a grip on the tire's slippery surface. The contestants pushed themselves through each station as they battled against each other and the rain. Even when under the tent, provided by Semper Fit to fight off the downpour, the rain still made handling the kettlebells difficult as well.

"I never could get a good grip," said Hernandez. "It was difficult and there was water inside the tire as well."

Both Figueroa and Hernandez had different views on what they felt helped them win, their biggest challenge during the event and how they could improve.

"I get up every morning, run three miles and swim about a mile every day at the pool," said Figueroa. "I think that's what made it a little bit easier for me."

Certain exercises focused on upper body strength and endurance.

Hernandez said her upper body strength

needed to improve in regards to the tire flip and farmer's walk. She said the amount of strength needed to perform both events pushed her to her limits and it would have been slightly easier if she had done more upper body training.

The idea for the Fitness Fallout started with Brian Wilson, Semper Fit assistant director.

"They were putting on this same event down in Okinawa with their Semper Fit office," said Wilson. "I got the rules from there, but I put in the 30-minute rule."

The time limit was put into place to make sure the participants were not overworked too much.

"I felt anything longer than that would have been too much," said Wilson.

The event itself was met with overall praise by the winners.

Hernandez said in the future, she hopes Semper Fit keeps the exercises and qualifications the way they currently are.

The spirit of competition was why some competed.

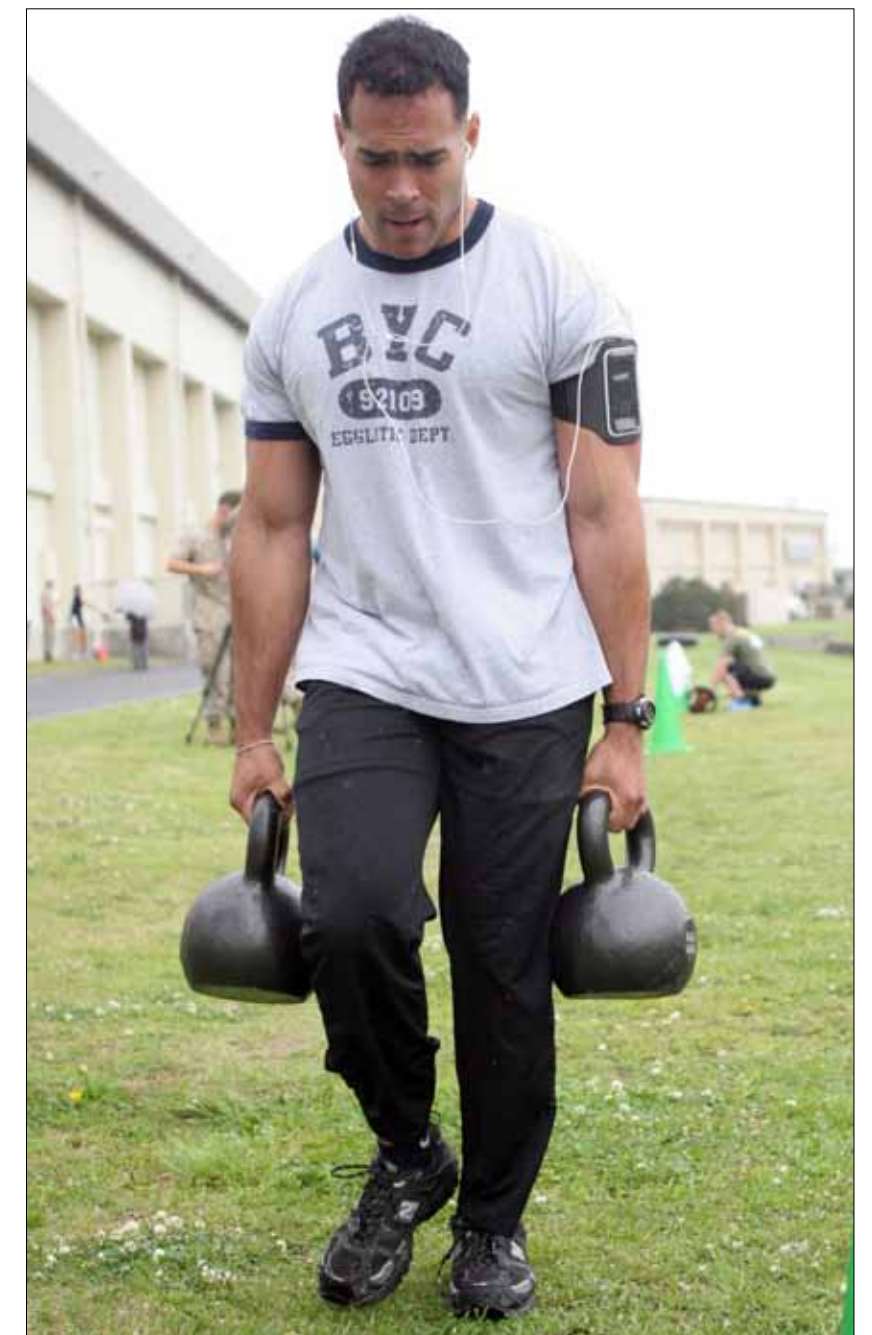
Figueroa said, just being out there to compete with and against fellow service members and station residents was enough for him to come back again.

Trophies for first, second and third place in the men's and women's divisions were passed out at the event's conclusion. Everyone who participated was also given a t-shirt.



LANCE CPL. KENNETH K. TROTTER JR.

Jason N. Nickell prepares to hoist the weight overhead during the Fitness Fallout here May 27. Nickell took third place in the men's division. Nine participants took part in the event. Adrian R. Figueroa took first place in the men's division and Tiffany L. Hernandez placed first in the women's division.



LANCE CPL. KENNETH K. TROTTER JR.

Anthony Sanz performs the farmer's walk with 70 pound kettlebells during the Fitness Fallout here May 27. Sanz took second place in the men's division. The event consisted of exercises ranging from the farmer's walk, thrusters, kettlebell swings, box jumps and tire flips.

TYPHOON SEASON

THE IWAKUNI APPROACH GUIDE

Build a Typhoon Readiness Kit

What comes to mind when facing a rainy day? Perhaps an umbrella? What about rain coupled with winds with speeds of up to 60 mph? After reading the Destructive Weather Bill, the Iwakuni Approach went shopping this week at the Marine Corps Exchange to build a typhoon readiness kit. Inside, there are recommended items for the home: flashlights, trash bags, masking tape, a first-aid kit, an assortment of batteries, wire cutters and some bungee cords or rope for securing loose gear. You might also consider a hand-powered radio, lots of canned goods and bottled water.



SGT. KYLE T. RAMIREZ

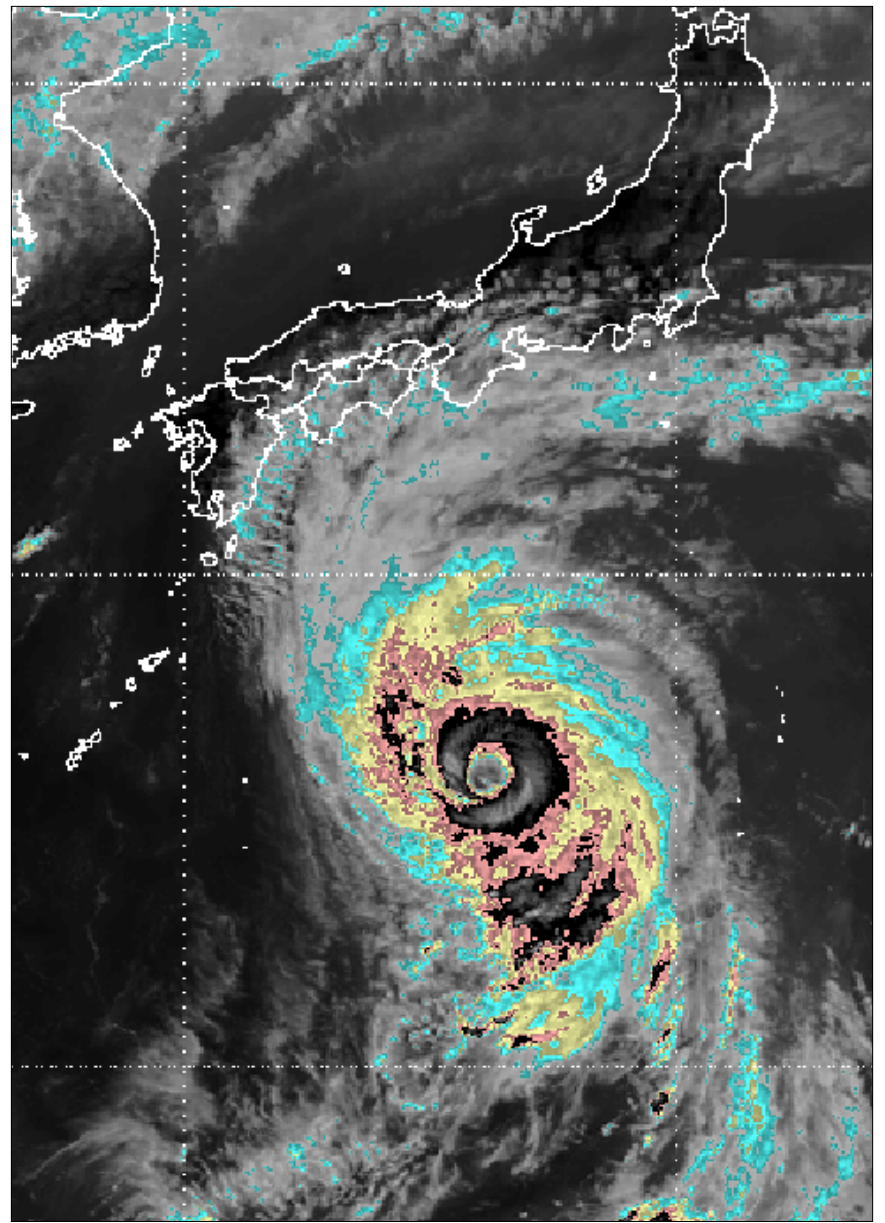


PHOTO COURTESY OF STATION WEATHER

Typhoon Usagi crossed the island of Kyushu before making landfall approximately 12 miles east of the station early August 2008. Sustained winds on station were 37 mph while the maximum gust reached 54 mph, bringing rain and wind, but no serious damage to the station.

Anatomy of a Typhoon

Typhoons, or tropical cyclones, are storms of low atmospheric pressure at the center where large amounts of latent heat of condensation are being carried upwards and distributed in a circular pattern, thus creating several thunderstorms, powerful wind and torrential rain. The tropical disturbances can create damaging storm surges and tornadoes on land if given enough time to develop at sea. Once the typhoon has reached land, it begins to weaken and dissipate.

THE EYE of a typhoon is typically the calmest part of the storm, but is a sure sign that it has become extremely powerful. This area develops when the low atmospheric pressure is being sucked into the troposphere, or the lowest part of Earth's atmosphere. Normally circular, the sizes of eyes can range anywhere from one to 200 miles wide. The storms surrounding the eye are the most powerful in a tropical cyclone. (Information gathered from the National Oceanic and Atmospheric Administration.)

GRAPHIC ILLUSTRATION - SGT. KYLE T. RAMIREZ

