

FRIDAY 9.16.2011

<http://www.marines.mil/unit/mcasiwakuni>

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Marines light fuses, blow stuff up | P. 6&7

SPLISH, SPLASH

Swim club takes bath | P. 11

THE IWAKUNI APPROACH

Issue No. 13 Vol. 4 | Marine Corps Air Station Iwakuni, Japan

Local residents remember September 11



LANCE CPL. VANESSA JIMENEZ

Cpl. Jose Casal, consolidated automatic support system technician, and Lance Cpl. Brittany Daniels, administrative specialist, both with Marine Aircraft Logistics Squadron 12, hold the banner and lead approximately 275 station residents to the Marine Memorial Chapel here Sunday during the 6th annual Freedom Walk September 11, 2001, remembrance ceremony.

Mighty Shrikes end exercise Habu Fire II

LANCE CPL. CAYCE NEVERS
IWAKUNI APPROACH STAFF

KADENA AIR BASE OKINAWA, Japan — Navy personnel of Strike Fighter Squadron 94 completed exercise Habu Fire II here Sept. 9.

Habu Fire II was a joint-training exercise where squadrons worked together to perform and improve efficiency in air-to-air operations.

Participating squadrons included VFA-94, Marine All-Weather Fighter Attack Squadron 242, Marine Fighter Attack Squadron 214 and 18th Fighter Wing.

The month-long training exercise allowed the squadron to learn a different way of completing their mission.

"It gives us a chance to get exposed to the way (other squadrons) do business," said Senior Chief Jose E. Lumanlan, VFA-94 acting senior enlisted advisor for Habu Fire II.

Throughout this training, VFA-94 personnel were able to understand how their unit worked with other units.

The squadron also learned how to perform and overcome difficulties of operating in different locations.

"We adapt well to being in new places," said Petty Officer 2 Class Derek Stevens, VFA-94 aviation structural mechanic (safety equipment). "We try and work like we are at home, like we didn't even leave."

Throughout this training, VFA-94 conducted air-to-air operations with other squadrons as well as launched, landed, directed and fixed aircraft on a day-to-day basis.

"We are the eyes and ears on the ground," said Navy airman Anthony R. Moreno, VFA-94 aviation electricians mate. "We are the last to see the aircraft before a launch and the first to see it land."

The landing and launching of birds was an important part of the exercise because without those airmen directing the

Troop 77 Eagle Scouts soar during Court of Honor ceremony, recognize scouts achievements

LANCE CPL. CHARLIE CLARK
IWAKUNI APPROACH STAFF

The Boy Scouts of America Troop 77 performed its 58th Court of Honor ceremony at Yujo Hall here Sept. 7.

The Court of Honor ceremony is an annual event which recognizes the hard work of the individual Scouts and combined efforts of Troop 77.

"The Court of Honor ceremony publicly recognizes the Scouts' continued effort and desire to better themselves and to advance themselves, both in knowledge and rank," said Mike D. Cox, Troop 77 Scout master. "This is the one time every year where our Scouts are publicly recognized for the hard work and dedication it takes to become Eagle Scouts and



LANCE CPL. CHARLIE CLARK

Taylor R. Marine, 13, a Troop 77 Eagle Scout, leads his fellow Scouts in reciting the Scout Oath during Troop 77's Court of Honor ceremony at Yujo Hall here Sept. 7. The Court of Honor ceremony is hosted once a year and publicly recognizes Scouts for their achievements.

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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.

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CHAPLAIN'S CORNER

'Catch a Vision and Respond'

LT. J.G. TRAVIS E. COFFEY
MAG-12 DEPUTY CHAPLAIN

Author Helen Keller, when asked what would be worse than being born blind, responded, "To have sight without vision."

Leaders are visionaries who respond to a need to make a difference. Visionaries process a steady collection of information and resources in response to a need and THEN formulate a plan to make a possibility become a true reality.

When entering the national command center in the Pentagon, where many serious issues are handled, there is this quote on wall taken from the Old Testament in the Christian Bible.

It quotes, "Where there is no vision, the people perish." Vision constantly reminds us of our purpose and direction in life and gives us a meaning for our work and sacrifice. Vision is inspiration that motivates us to move forward.

This past week I found myself spending some time reflecting on the attack our country suffered

ten years ago on the events of September 11, 2001. In my reflection time, I was reminded of my trip to "Ground Zero" that Thanksgiving. I went to New York to pay my respects to the lives lost, and to investigate what things were being done to serve and meet the needs of so many suffering people. I found many things that were making an impact, but one particular work, which really stood out to me and that I have never forgotten about was the vision and work of Father Harris and the Saint Paul's Chapel of Trinity Church.

This church was located across the street from Ground Zero and remained fully intact and functionally after the towers collapsed. Though the church was not severely damaged or altered that day, it was forever changed by a vision that was caught and pursued by its priest and people. That day, Trinity Church was quickly faced with a huge need and it responded with everything it had. The church immediately opened up its doors and became a volunteer headquarters station.

How about you? What resources do you possess that can make a difference to respond to the challenges around you?

The following MCCS facilities will be closed for an employee function on:
Saturday, September 24

CLOSED

Business

Club Iwakuni
Crossroads Food Court
Sakura Theater
Strike Zone Bowling Center
Torii Pines Golf Course

Marine & Family Programs

Library
Youth & Teen Center

Retail

Crossroads Book Store
Marine Corps Exchange
MCX Furniture Annex
MCX Warehouse

Semper Fit

Crossfire Paintball Range
IronWorks Gym (All activities)
SMP-Marine Lounge
WaterWorks Outdoor Pool

Services

Auto Service Station (Typhoon Motors)
Auto Skills Center
Head to Toe Beauty Salon
Vehicle Rental (Cars can be returned on Sunday with no additional fee.)
Wood Hobby Shop

These MCCS Facilities will have **MODIFIED** hours or services.

MCCS Gas Booth: Open All Day
Information, Tours & Travel: Office closed; trips unaffected.
Marine Marts: Closed Noon - 6 p.m. (re-opens at 6 p.m.)
SMP-Hornet's Nest: Closed 8 a.m. - 6 p.m. (re-opens at 6 p.m.)
TLF Front Desk: (No Housekeeping)

Thank you for your understanding as we celebrate teamwork within our organization.

MCCS
MARINE CORPS

Not Affected:
Academy Travel
AmeriCable
Barber Shops

Commissary
Exchange New Car Sales
SoftBank Cellular

Star & Stripes
Torii Video

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 107.5.

Navy UDP squadron close out month-long air-to-air training

TRAINING FROM PAGE 1 aircraft, there would be several obstacles.

"We avoid complications at all costs," said Moreno. "Sometimes we can't help them when a bird goes down right before a flight and we have to prep a different bird in a short amount of time so the flight can still take place. It

isn't always easy but we do what we have to do to get stuff done."

With all the training that was performed while participating in exercise Habu Fire II, VFA-94 Mighty Shrikes did what they needed to do and performed their jobs to the best of their abilities to ensure their mission was a success.



KADENA AIR BASE OKINAWA, Japan — A Strike Fighter Squadron 94 F-18 Hornet prepares to take off to train on the flightline here during exercise Habu Fire II Aug. 31. Habu Fire II was a joint-training exercise where squadrons worked together to perform and improve efficiency in air-to-air operations.

to join the BSA is 10.

When a boy first joins the Boy Scouts, he is given the lowest rank, Scout.

In order to advance in ranks, a Scout must meet all time-in-rank requirements for the next rank, and the Scout must meet all merit badge requirements for the next rank.

Merit badges are earned by performing basic Scouting skills such as knot tying, camping and navigation.

"Going up through the ranks was really fun. I learned to do things that have helped me a lot in life," said McDermott.

Scouts advance to the ranks of Tenderfoot, second class, first class, Star and Life Scout. When a scout picks up the rank of Life Scout, has a total of 21 merit badges and the seven required Eagle Scout merit badges, he must do a project to reach the rank of Eagle Scout.

An Eagle Scout project benefits the community in some way for an extended period of time.

The BSA was founded Feb. 8, 1910 and has adopted, as its mission, to instill ethical and moral values in all its members.

Troop 77 was established in 1953. According to www.scouting.org, the BSA's website, more than 110 million Americans have participated in the BSA since 1910.

For more information about future events or participating in the Boy Scouts Far East Council, contact Brenda Wentling, Troop 77 committee chair, at 253-3505.

For more information about participating in Girl Scouts call 253-3035.



Lt. Col. Breton L. Saunders, Marine Aviation Logistics Squadron 12 operations officer, talks with Troop 77 Boy Scouts during Troop 77's Court of Honor ceremony at Yujo Hall here Sept. 7. The Court of Honor ceremony is hosted once a year and publicly recognizes Scouts for their achievements.

SCOUTS FROM PAGE 1

productive members of society."

Five Scouts received merit badges and increased their rank to Eagle, the highest rank in the BSA.

Derrick R. Wentling, Aaron Benjamin, Eric Cox, Lucas McDermott and Taylor R. Marine were the honored Scouts.

Eagle Scout is a rank only achieved by four percent of scouts.

The ceremony started with a marching of the U.S. and BSA colors.

Marine lead the troop in reciting the Boy Scout Oath.

After the oath, a prayer was said and candles representing the 12 laws of Scouting were lit.

A video was played showcasing

the Scouts past year's activities.

The five Scouts being promoted to Eagle Scout were introduced one at a time along with their parents.

"It is really cool to have my family here to see me get my new rank and badges," said Marine.

Marine reached the highest BSA rank in just three years.

The minimum age requirement

Interested in becoming a DJ?

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

SEPTEMBER PROMOTIONS

MALS-12

- Lance Cpl.**
Bierley, Stephen J.
Engwall, Heather M.
Gill, Andrew R.
Gonzalez, Matthew D.
McKoy, Seth J.
Pecina, Jose A.
Reynoso, Joanna
Scott, Phillip A.
- Cpl.**
Battocchio, Kirsten L.
Creamer, Wesley T.
Forstner, Bryn M.
Kiser, Zachary G.
Kuhn, Alexander D.
Siegfried, Jacob J.
Talbert, Victoria D.
Vasquez, Jose R.

- Sgt.**
Campbell Jr., Christopher N.
Hawkins, Anderson D.
Nagelkerk, Isaiah J.
- MWSS-171**
- Lance Cpl.**
Burney, Daven N.
Collins, Dylan A.
Featherston, Daniel L.
Johnson, Bryan D.
Karwatka, Mark S.
Lomax, Donald J.
Pennington, Matthew N.
Smith, Quinell R.
Williams, Jonathan A.

- Cpl.**
Boyd, Keisha L.
Brown, Shannon L.
Garcia, Luz L.
Vieyra Jr., Horacio
Williams, Kevin L.



Helicopter Sea Combat Squadron 25 sailors load a MH60S helicopter into a C-17 here Tuesday. Two helicopters were replaced for maintenance requirements for the HSC-25 squadron here. HSC-25 is a helicopter squadron, which is permanently deployed to Andersen Air Force Base, Guam, has two detachments here, one and six, who receive extra training with the F/A-18 Hornet squadrons. Also known as "The Island Knights," HSC-25 is the Navy's only forward-deployed HSC squadron.

Sgt.

Brewer, Anthony R.

Gunnery Sgt.

Anderson, Jacob M.
Inzunzarodriguez, Juan J.

VMFA(AW)-242

Lance Cpl.

Mullins, William R.

Cpl.

Cook, Travis M.
Herrera, Javeah L.
Hickey, Adam D.

Sgt.

Angel, Sebastian

MACS-4 DET. B

Sgt.

Whitaker, Ross M.

Staff Sgt.

Corcoran, Stephen M.
Laks, Daniel A.

MAG-12

Pfc.

Koffi, Kouassi J.

Lance Cpl.

McCoy, Ian J.
McPeters, Justine N.

Cpl.

Host, Zachary C.

Staff Sgt.

Crane, Colin S.

MAG-1

H&HS

Lance Cpl.

Balli, Alfred F.
Barcon, Jordan S.
McClinton, Jacob G.
Othersen, Bryan S.
Stone III, Harvey H.
Watts Jr., Ronald

Cpl.

Bach, Michael J.
Banks, Fatima N.
Butts, Dominique L.
Clark, Gerald R.
Covington III, Roy A.
Fluellen, Drevonn M.
GironGuerrero, Erik D.
Goeas, Michael L.
Krebsbach, Michael J.
Podesta, Christopher A.
Spagnola IV, Anthony F.
Stanley, Paul D.
Ware Jr., Robert R.

Staff Sgt.

DeSantiago, Raul A.

Master Sgt.
Saulsberry, Lionel A.

CLC-36

Lance Cpl.

Raney, Alex N.
Seif, Victor J.

Cpl.

McCormick, Jonathan W.
Sellers, Darrin W.
Weaver, Britania C.
Wilk, James E.

Sgt.

Harrel, Henry, J.

CDET helps build the minds of leaders

The College of Distance Education and Training (CDET) will offer Expeditionary Warfare School (EWS) Phases I and II and Command and Staff College (CSC) Phase I seminars here this fall. Seminars are scheduled to meet one night per week beginning the first week of October.



SGT. ANDREA M. OLGUIN

Air station residents watch a presentation on the terrorist attacks of Sept. 11 during a remembrance service at the Marine Memorial Chapel here Sunday. Marine Corps Community Services hosted the Sept. 11 Freedom Walk and 10th Anniversary Remembrance Service to honor and remember the victims of the terrorist attacks that occurred in New York, Pennsylvania and the Pentagon on Sept. 11, 2001.

Station members take Freedom Walk to remember 9/11

LANCE CPL. VANESSA JIMENEZ
IWAKUNI APPROACH STAFF

A decade has passed since a regular Tuesday morning became one of the most memorable days in United States history.

Station members gathered on the parade deck outside Building 1 here Sunday to participate in the 6th annual Freedom Walk to honor and remember the thousands of U.S. citizens, firefighters, and police officers lost September 11, 2001.

This event gives the community the opportunity to reflect on the past together, said Thomas Durning, Marine Corps Community Services athletic director and co-coordinator for the event.

Many Americans can tell the story of where they were during the attacks on the nation 10 years ago.

"I was in my dorm room eating breakfast at the University of Northern Iowa when the first plane hit the tower," said Durning. "I skipped class that morning to watch what was happening."

Most stopped what they were doing in a trance to watch the event unfold.

"We gather this morning to remember a series of events, 106 minutes that fundamentally changed our world," said Col. James C. Stewart, station commanding officer. "Today we walk to remember those thousands lost a decade ago due to terrorist attacks and to celebrate all who have defended the weak and aided the suffering around the world across many different fields, countries and continents."

All in attendance stood in reverence when colors played and the flag was raised to half-mast.

"I would ask this morning, as we have done each Sept. 11, that with every step we rededicate ourselves and our posterity to secure those freedoms and self-determination for all people of the world," said Stewart. "In the words immortalized by United Airlines passenger, Todd

Beamer, 'let's roll!'"

Approximately 275 freedom walkers filled station streets following a fire truck with speakers playing a variety of 15 songs to the Marine Memorial Chapel.

Images from the tragedy were projected on a large screen as people entered the chapel and took their seats. The crowd sat in silence remembering what happened Sept. 11.

Lt. Col. Thomas Frederick, Marine Aircraft Group 12 executive officer, was the event's guest speaker.

During the memorial service, a bell was rung by Hironaka Yoshihiro, station firefighter, Staff Sgt. Bryce C. Good, military policeman and Petty Officer 2nd Class Kevin Fowler, Corpsman, in memory of the 347 firefighters whose lives were lost Sept. 11.

According to the ceremony's program, the bell symbolizes the fire department. In the past, as firefighters began their tour of duty, the bell signaled the beginning of duty day, alarms, and when a firefighter died in the line of duty. It was the mournful toll of the bell that solemnly announced a comrade's passing.

The event impacted everyone differently, but it will continue to help the people of today become leaders for tomorrow.

"Our young people have answered the call in spades. They have come through and they are every bit as determined, patriotic, brave and tactically lethal as any generation in our history," said Frederick. "I think history will look back on this particular group of men and women as the next great generation on the same level as the people of WWII, Vietnam and Korea."

As the remembrance service came to an end, the sound of the bell reverberated in people's ears as a reminder for the past and hope for the future.



SGT. ANDREA M. OLGUIN

Hironaka Yoshihiro, a station firefighter, rings a bell during the bell ceremony at the Marine Memorial Chapel here Sunday in remembrance of those lost during the September 11, 2001, terrorist attacks. Marine Corps Community Services hosted the Sept. 11 Freedom Walk and 10th anniversary remembrance.



Cpl. Elizabeth Cisneros, a station broadcaster, prepares an explosive device made of C-4 during improvised explosive device training on Himeko-jima, also known as Target Island, Sept. 7. U.S. Marines from other military occupational specialties trained hand-in-hand with EOD Technicians on various explosive devices and hazardous materials.

BOOM, BOOM, BOOM EOD teach others what it is Marines do best

PFC. NICHOLAS RHOADES
IWAKUNI APPROACH STAFF

A select few Marines were invited to Himeko-jima, also known as Target Island, by Explosives Ordnance Disposal technicians Sept. 7 to see what the EOD field does on a regular basis.

The Marines selected were chosen due to their performance and leadership abilities. EOD showed Marines how bombs are built, deployed and the explosions they produce.

"We are trying to open opportunities for Marines in Iwakuni to have an experience which most Marines don't get in their career," said Gunnery Sgt. Steven B. Pearsoll, an EOD technician. "It is good for junior Marines. (This experience) shows them what we do on a daily basis, and maybe even push them in the direction of EOD."

EOD is responsible for the safety of Marines not only while deployed in combat zones, but also during any situation involving explosive materials.

"We support the base by responding to unexploded ordnance, suspicious packages or any type of bomb-related threats which occur," said Sgt. Aaron W. Budd, an EOD technician.

The Marines in the EOD field work to keep all service members safe by disabling explosive devices, which may cause damage to anyone, military or civilian.

To prepare for those situations, station EOD conducts training with live ordnance

on the island. While on the island, EOD uses various types of demolitions in different methods to show the diverse outcomes.

These different results can be used to blow open doors, dig up ordnance or destroy different material.

"We taught them how using different types of explosives, in different types of employments can create different desired effects," said Budd.

Many of the Marines who were selected to go with EOD had no prior training with explosives, and therefore safety was an extremely important factor.

"We taught the Marines about the safe practices we use with the employment of explosive materials," said Budd.

Lance Cpl. Jacob M. Smith, an expeditionary airfield systems technician, was one of the Marines selected to go to the island.

Smith said when these Marines were given the chance to go to Target Island to see the to see firsthand the duties of EOD, they were shocked and excited for the opportunity.

Some of the Marines who went out to the island are now interested in EOD and looking to possibly pursue a lateral move in the field.

"What kid doesn't want to do something like this and get paid for it?" said Smith.

EOD was formalized into the American military in April 1941. EOD has helped to save Marines and other service members since.



A U.S. Marine Explosive Ordnance Disposal technician teaches Master Sgt. Michelle Cox, right, how to tape wires together during improvised explosive device training on Himeko-jima, also known as Target Island, Sept. 7. Marines trained hand-in-hand with EOD technicians learning the dangers of IEDs.



U.S. Marine Cpl. Elizabeth Cisneros and an Explosive Ordnance Disposal technician prepare an explosive device made of C-4 during improvised explosive device training on Himeko-jima, also known as Target Island, Sept. 7. Marines trained hand-in-hand with EOD technicians on various explosive devices and hazardous.



LANCE CPL. KASSIE L. MCDOLE

Station Explosive
Ordnance Disposal
technicians prepare
explosive devices for
training on Himeko-jima,
also known as Target
Island, Sept. 7. EOD
was formalized into the
American military in April
1941. EOD has helped to
save Marines and other
service members since.

INFOTAINMENT**Chapel Services****Roman Catholic**

Saturday 4:30-5:15 p.m. Confession
5:30 p.m. Mass

Sunday 8:30 a.m. Mass

Tues. - Fri. 9:45 a.m. Religious Education
11:30 a.m. Weekday Mass

Protestant

Saturday 10 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)

Church of Christ

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

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

PETTY OFFICER 2ND CLASS JONATHAN CHANDLER

CAMP LEATHERNECK, HELMAND PROVINCE, Afghanistan—Sgt. Matthew Swan with 1st Battalion, 25th Marine Regiment, Weapons company, a native of Yarmouth, Maine, shoots his rifle to battle sight zero here Sept. 5. If you would like to submit your own photo, you can submit 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, September 16, 2011
7 p.m. Crazy, Stupid, Love (PG-13)

Monday, September 19, 2011
7 p.m. Crazy, Stupid, Love (PG-13)

Saturday, September 17, 2011
1 p.m. Winnie the Pooh (G)
4 p.m. The Smurfs (PG)
7 p.m. Friends with Benefits (R)

Tuesday, September 20, 2011
Theater Closed

Sunday, September 18, 2011
4 p.m. The Smurfs (PG)
7 p.m. Crazy, Stupid, Love (PG-13)

Wednesday, September 21, 2011
Theater Closed

Thursday, September 22, 2011
7 p.m. Transformers: Dark of the Moon (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 \$3 / Ages 6-11 are \$1.50 / Children ages 5 and under admitted free. For more information, visit www.mccsiwakuni.com or call 253-5291.

Mess Hall Menu**Monday**

Cream of broccoli soup, turkey pot pie, chicken veggie, Cajun baked fish, steamed rice, mashed sweet potatoes, cauliflower combo, collard greens, vegetable gravy, apple dressing, dinner rolls, macaroni salad, potato salad, coleslaw, standard salad bar, bear claws, quick apple coffee cake, apple crunch, marble cake with chocolate frosting, macadamia cookie, chocolate pudding parfaits, Jell-O parfaits.

Tuesday

Chicken gumbo soup, shrimp scampi, barbecue pork ribs, sweet and sour chicken, peas with onions, wax beans, steamed rice, oven browned potatoes, mushroom gravy, dinner rolls, banana nut muffin, macaroni salad, potato salad, coleslaw, standard salad bar, quick apple coffee cake, blueberry pie, devil's food cake with chocolate frosting, peanut butter cookies, coconut cream pudding, Jell-O parfaits.

Wednesday

Tomato soup, lasagna, roast pork, fried breaded shrimp, au gratin potatoes, steamed rice, whole kernel corn, mixed vegetables, brown gravy, garlic bread, snails, pecan rolls, macaroni salad, potato salad, coleslaw, standard salad bar, cherry crunch with chocolate frosting, sugar cookies, chocolate pudding parfait, Jell-O parfait.

Thursday

Mинestrone soup, barbecued ribs, chicken on orange sauce, steak and vegetables, steamed rice, pork fried rice, vegetable stirfry, cabbage, peas and carrots, brown gravy, dinner rolls, kolaches, blueberry muffins, macaroni salad, potato salad, coleslaw, standard salad bar, quick French coffee cake, Boston cream pie, carrot cake with cream cheese frosting, brownies, vanilla pudding parfait, Jell-O parfait.

Friday

Cream of mushroom soup, baked tuna and noodles, salisbury steak, fried catfish, mashed potatoes, steamed rice, brussel sprouts, cream styled corn, brown gravy, corn muffins, kolaches, macaroni salad, potato salad, coleslaw, standard salad bar, quick French coffee cake, Boston cream pie, carrot cake with cream cheese frosting, brownies, oatmeal raisin cookies, vanilla pudding parfait, Jell-O parfait.

Tsunami Swim Club changes tides for young swimmers

LANCE CPL. CHARLIE CLARK
IWAKUNI APPROACH STAFF

The Tsunami Swim Club swimmers practiced their swimming techniques at the IronWorks Gym indoor pool here Sept. 8 in preparation for the upcoming swim season.

The Tsunami Swim Club is the station's youth swim team.

Swimmers compete against other local and base swim teams.

"My three assistant coaches and I really try to push our swimmers to be the best they can be," said Tracy L. Macdonald, Tsunami Swim Club head coach.

The young swimmers are trained with various swimming equipment, which helps them better their different stroke techniques.

Although the swim team encourages a healthier lifestyle for swimmers, the team is also a way for new children aboard the station to make friends.

"I just moved here with my family from Germany," said McKenzie N. Gordon, a 13-year-old swimmer. "I made friends with some of the other swimmers fast after I joined the team."

Practices help participating children gain endurance, develop and perfect techniques for different strokes used at swim meets.

Some swimmers aspire to take their swimming to a more advanced level.

"The swim team keeps me in shape and I'm looking forward to going back to the states and go to college on a swim team scholarship," said Taylor R. Marine, a 13-year-old swimmer. "This is my second year on the swim team. I'm out here every day because I love swimming."

The children get the unique experience of traveling around Japan to compete against Japanese and American swim teams.

"My first year with the team was really cool," said Marine. "We went to Yokosuka and visited the mountains and some shrines."

Coaches get the opportunity to volunteer, mentor and help the children live a healthier lifestyle.

"I help the swimmers stay focused on anything they are doing," said Juan G. Rivera, a Tsunami Swim Club assistant coach. "They can ask me about their homework or just talk about how their day went. It is a good experience to volunteer."

The four coaches mentor and train approximately 50 young swimmers.

"We try and have as much time with each swimmer to help them with whatever they are having trouble with," Rivera said.

The Tsunami Swim Club is open to children ages six and up. Children are separated into groups by skill level.

Swimmers are taught and practice the butterfly, back, breast and freestyle strokes.

Practices are scheduled every Tuesday and Thursday 5 – 6 p.m.

With no swim meets on the horizon, the swimmers train to ensure their first meet will be like shooting fish in a barrel.



LANCE CPL. CHARLIE CLARK

Tyler R. Stevenson, 13, and Colin R. Ernst, 11, swim laps during a Tsunami Swim Club practice at the IronWorks Gym indoor pool here Sept. 8. The children get the rare experience of traveling around Japan to compete against Japanese and American swim teams during swim meets.



LANCE CPL. CHARLIE CLARK

Tyler P. Culp, 13, swims laps during a Tsunami Swim Club practice at the IronWorks Gym indoor pool here Sept. 8. There are approximately 50 swimmers in the club who are separated by ability. Four coaches spend one hour every Tuesday and Thursday with the children helping to mentor and train the swimmers in different swimming styles and techniques.



LANCE CPL. CHARLIE CLARK

Breanna N. Lewis, 13, comes up for air during a Tsunami Swim Club practice at the IronWorks Gym indoor pool here Sept. 8. The Tsunami Swim Club is open to children ages six and up.

JMSDF Iwakuni Base Festival 9 a.m. - 4 p.m. Sept. 18



<http://www.mod.go.jp/msdf/iwakuni>



LST Osumi Class

- Flybys to celebrate the open house
- Static aircraft display
- LST Osumi Class open house
- Flight simulator
- Ground events