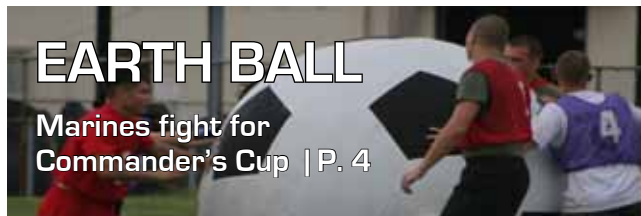


**PISTOL**

Marines add pistol qual to skilled riflemen | P. 4



**EARTH BALL**

Marines fight for Commander's Cup | P. 4



**POWERLIFTERS**

Contestants weigh their chances | P. 11

# IWAKUNI APPROACH

Issue No. 36 Vol. 4 | Marine Corps Air Station Iwakuni, Japan

## JMSDF march, present open house



JMSDF Iwakuni Air Base Festival story | P. 6 & 7

LANCE CPL. CHARLIE CLARK  
The Japanese Maritime Self-Defense Force Fleet Air Wing 31 drill platoon performs rifle manual techniques during a demonstration at the JMSDF Iwakuni Air Base Festival here Sunday. There are approximately 1,600 JMSDF service members on station here.

## Station takes time to honor POWs, MIAs

CPL. CLAUDIO A. MARTINEZ  
IWAKUNI APPROACH STAFF

Approximately 50 station residents gathered at the 1st Marine Air Wing Vietnam Memorial here Sept. 16 to honor service members who were or currently are prisoners of war or missing in action.

The ceremony was held in observance of National POW/MIA Recognition Day, which is observed the third Friday of every September throughout the U.S. and its military installations.

"We still have service members missing that have served throughout the history of our country," said Gary Saiki, event organizer. "We would like to let their families know that we have not forgotten and we still remember they are missing."

Although the ceremony was held at the 1st Marine Air Wing Vietnam Memorial, it was done to honor POWs and MIAs from all the nation's conflicts.

A small round table covered in white cloth was set in front of the memorial beneath the torii. The white cloth was symbolic of the POW's and MIA's pure intentions in answering their call to duty. The table was round to symbolize the nation's eternal concern.

It was set with five empty places to represent Americans who were or are POWs and MIA from each of the military services. Five inverted glasses with red ribbons tied into a bow were set atop the table. The inverted glasses symbolized their inability to share a toast with everyone present while the red ribbon was symbolic of the nation's determination to account for them.

A plate with a lemon slice and a pinch of salt were also placed along with a Bible. The lemon slice reminded everyone present of the bitter fate of service members captured and missing while the salt embodied the tears of the missing and their families who long for answers. The Bible was representative of the strength

## MWSS-171 trains, spreads SWAN's wings

LANCE CPL. VANESSA JIMENEZ  
IWAKUNI APPROACH STAFF

Marines with Marine Wing Support Squadron 171 conducted a communications training exercise at Penny Lake Field here Sept. 9 - 16.

MWSS-171 conducted the training with Marine Wing Communications Squadron 18 and Marine Wing Support Squadron 172 based out of Okinawa, Japan.

This is the first time in approximately six months the Marines have been able to conduct Support Wide Area Network satellite training.

SEE DATA ON PAGE 3

## OPSEC: Everyone at risk

PFC. NICHOLAS RHOADES  
IWAKUNI APPROACH STAFF

As a service member or civilian stationed at a military installation, everyone possesses information vital to national security.

Information on deployments, missions or on station occurrences contain information sensitive to Operational Security.

"From dependents to privates to the colonel, everything we do has an impact," said Scott A. Vouboukis, Naval Criminal Investigative Service supervisory special agent. "If we allow people to take and post pictures and videos of this station (online), then that can impact the station's OPSEC, which can, in turn, affect our safety."

Enemies of the U.S. have used social media sites to gather information about what is happening within its borders.

"Social media is a great way to communicate with family and friends back in the states and keep in contact," said Vouboukis. "It's a great tool for everybody to use, but make sure you use it wisely."

By Marines using social media sites such as Facebook, Twitter, YouTube, or MySpace without proper caution, people with malicious intent may have the opportunity to learn what is going on within the U.S. military.

"There are times when people use Facebook or Twitter and (unwittingly) provide information about upcoming

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SEE MEMORIAL ON PAGE 3



**Commanding Officer/Publisher**  
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**Public Affairs Officer**  
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**Operations & Press Chief**  
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**Webmaster**  
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**Community/Media Relations**  
Hiroko Soriki  
Hiromi M. Kawamoto

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

# CHAPLAIN'S CORNER

## 'On anger and compassion'

LT. FULGENCIO L. LEGASPI  
H&HS STATION CHAPLAIN

When was the last time you were angry?

Human as I am, I have experienced getting angry with my co-worker when I worked as an electrician in a pipe manufacturing company. As I talked to him, I felt bad. My body and voice trembled.

As a preacher, during one of my masses, I voiced my anger to somebody else. The congregation was shocked a priest could get angry during services. It doesn't look nice to them. I told them I was acting as an angry person in order to drive a point in my homily. The point was to demonstrate the bad effects of a person harboring anger.

I will share with you a story

about Buddha and a young man. Buddha was walking through a village when a very angry and rude young man came up and began insulting him.

"You have no right teaching others," he shouted. "You are as stupid as everyone else! You are nothing but a fake!"

Buddha was not upset by these insults. Instead, he asked the young man, "Tell me, if you buy a gift for someone and that person does not take it, to whom does the gift belong?"

The man was surprised to be asked such a strange question and answered, "It would belong to me, because I bought the gift." Buddha smiled and said, "That is correct. It is exactly the same with your anger. If you become angry with me and I do not get insulted, then the anger falls back on you.

You are then the only one who becomes unhappy, not me. All you have done is hurt yourself."

"If you want to stop hurting yourself, you must get rid of your anger and become loving instead. When you hate others, you become unhappy. But when you love others, everyone is happy."

"You are right, O Enlightened One," the young man said. "Please teach me the path of love. I wish to become your follower." Buddha answered kindly, "Of course. I teach anyone who truly wants to learn. Come with me."

I hope you get something from the story. There is a beautiful quote related to this story. It is up to you to agree or disagree with me. "If you are right, there is no need to get angry, and if you are wrong, you don't have any right to get angry."

If you agree with me, you are a happy person. If you disagree, you might get angry with me but I tell you, that anger will fall back on you and it hurts.

## Six chiefs promoted in annual ceremony



LANCE CPL. VANESSA JIMENEZ

The Chief's Mess place Combination Caps on the heads of new Chief Petty Officers (left to right) Lance Mutch, Douglas Dobbins, Joshua Mattson, Domanik Rosa, Kemp Dreher and Luciano Cazares during a Chiefs' pinning ceremony held at the Marine Memorial Chapel here Sept. 16. The grade of Chief Petty Officer was established April 1, 1893 and the ceremonies are only held once a year.

## 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 157.5.

### MEMORIAL FROM PAGE 1

gained through faith to sustain the lost. A single red rose was placed in the center of the table to remind everyone of the lives of the service members who were or are missing and of their family and friends who keep faith while looking for answers.

During the ceremony, the colors were marched, a prayer was said and flowers were placed at the foot of the table.

A moment of silence was observed to further honor the

nation's POWs and MIAs and to bring the ceremony to a close.

Sgt. Maj. Steven L. Brown, station sergeant major, came out in support of the ceremony.

People can become distracted by some of the banalities of everyday life and sometimes they need to be reminded of what's really important, Brown said.

"They are brothers-in-arms and we owe it to them to never forget," said Brown. "It's important we don't lose sight of that."

Dave Targeett, a retired Marine master gunnery sergeant, read the script during the ceremony.

The ceremony held special significance for Targeett. He served two tours during the Vietnam War and knew three of the service members whose names are inscribed in the 1st Marine Air Wing Vietnam Memorial.

"(This day) is quite significant for those who served in Vietnam," said Targeett. "I do want to mention all other conflicts too because we are still missing people from Korea, the Second World War — probably never to be found, unfortunately."

Targeett said a lot of people approached him asking what

was being done at the memorial and why. He hoped maybe with the ceremony, people will gain a better understanding of National POW/MIA Recognition Day and what it means.

Congress first passed a resolution authorizing National POW/MIA Recognition Day to be observed on July 18, 1979, to honor the Vietnam War's POWs and MIAs. As years passed, the day is now observed in honor of POWs and MIAs from all the nations's conflicts.

In 1986, it was moved to the third Friday of September.

### DATA FROM PAGE 1

"This is training we don't usually get," said Master Gunnery Sgt. Adam Bethard, MWSS-171 communications chief.

The SWAN satellite is an integrated commercial-off-the-shelf solution using very small aperture terminal and networking components.

A SWAN can be set up in 30 minutes or less and uses a Beyond-Line-Of-Sight capability within the Marine Air-Ground Task Force communications infrastructure.

The training prepares Marines for the communication requirements of MWSS-171 in a forward-deployed environment.

"If we go forward to Korea, support a unit in Guam or go down to the Philippines, the gear will assist us to ensure the unit out there has radio, telephone support and data connectivity to the higher headquarters," said Bethard.

In a field environment, if there are no computer assets, a radio enables Marines to pass traffic almost anywhere around the world.

"The radio is always the backup, so we can stay involved with headquarters and make sure to maintain and provide situational awareness to those that need to know," said

Bethard.

MWSS-171 conducts field training at Penny Lake Field to familiarize Marines with equipment and keep them proficient in skills needed for mission accomplishment.

"It takes a lot of proficiency, mental focus and determination to be able to set up equipment, program switches, routers and set up gear to get everything connected and make sure everything is talking to each other," said Lance Cpl. Joshua Guthrie, a MWSS-171 tactical data network specialist.

This exercise also gave Marines hands-on training with gear such as running cables, setting up tents, antennas, monitors and connecting to different radio networks.

Marines were also able to find errors or discrepancies ahead of time.

"The reason we do exercises like this when we aren't deployed, is simply so we have a margin of error that we can control," said Staff Sgt. Oscar Morales, MWSS-171 data chief. "We need to make sure everything is functional and properly configured."

Even though Marines faced some difficulty with hardware troubleshooting and coordinating communications with MWCS-18. Some of the obstacles were a blessing in disguise.

"We found some discrepancies with the

SWAN," said Morales. "It's good that we discovered it now instead of when we're in the field. This way, we can find the problem, get a resolution, get the fix and go forward."

Bethard's goals for the training were to make sure the Marines knew how to setup the gear, operate and troubleshoot in a time-efficient manner.

"The only goals I had were to re-familiarize the Marines with this gear set," said Bethard. "We went through some obstacles but as long as the Marines are able to adapt and overcome those obstacles, they are learning what not to do when in a real world situation."

With the communications department accomplishing their mission, other MWSS-171 sections can accomplish theirs.

"Accomplishing our mission helps (MWSS-171) because they always maintain communications," said Bethard. "Their mission is to maintain an airfield forward deployed. The (communication) aspect is to make sure (MWSS-171) can provide reliable data and telephone support to any unit or organization within the airfield we're pulling support for."

Although this training is not that common, another training exercise is scheduled for October.

### SECURITY FROM PAGE 1

deployments or movements," said Vousboukis.

Even simple posts resembling, "Coming home soon" can tell the enemy about deployment schedules, weak points, and other vital information that could put the U.S. at risk.

Trends enemies can use include common, annual, projected deployments, troop movements, or other OPSEC information.

Other types of vital information which should be guarded include locations, security vulnerabilities, troop movements, military capabilities, law enforcement activities, morale of troops, management decisions, aircraft and ship fleets, facility designs, logistical capabilities and limitations, and personally identifiable information.

Petty Officer 3rd Class Josh B. Smit, a Robert M. Casey Medical and Dental Clinic hospital corpsman says he practices safe OPSEC while on social media sites.

"Facebook accounts can easily be faked, and by adding a 'pretty girl' you are putting all of your information out to whoever she really is," said Smit. "Be sure you know who you're adding before you add them because they could be anyone."

Adding people who are not personally known can compromise a user's profile and may give the enemy a chance to learn vital information.

"Fake accounts can receive tons of information," said Smit. Fake accounts and the people using them can manipulate a conversation without the original senders even knowing.

These people have the opportunity to change the course of a business, make billions of dollars, or even create international friction.

"The Internet is everywhere and that creates new threats we make sure we are aware of," said Vousboukis.

Availability of the internet is growing and social media sites are making it easier for enemies of the U.S. to learn more and more about military activity.

"With smart phones, you are allowed to instantly post something online, you have the capability of e-mailing, taking pictures, video, ect.," said Vousboukis. "With every new technology, there is always going to be more threats to us."

Some types of information posted online is used to an advantage.

One way to post information to our advantage is to present ourselves and the station in a positive manner to show



LANCE CPL. KENNETH K. TROTTER JR.

As a service member or civilian stationed at a military installation, everyone possesses information vital to national security. The entire station's protection is in the hands of each Marine and sailor.

what the station, as a whole, is capable of, said Andrew R. Samuels, station anti-terrorism officer.

By presenting the station and its military in a positive way, it may deter possible attackers.

"If you see proactive Marines doing strong anti-terrorism measures, strong physical security measures— it makes the enemy think twice," said Samuels.

Education is a big portion of

dealing with OPSEC as well.

Since the use of social media is widely spread and part of our daily lives, the Department of Defense decided to join the social media age. Rules still apply for all DoD members and differ depending on service and duties while on government networks in a work environment.

"OPSEC. We always hear it, always see it, but it's not practiced as well as it should be," said Vousboukis.

# Riflemen to pistoleers, Marines train precision

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

The Indoor Small Arms Range held a Combat Marksmanship Training Course here Sept. 5-16.

The CMT Course is more than just a regular pistol qualification course.

It is designed to teach and instruct Marines the proper use and mechanics of pistol marksmanship. The course also prepares them to coach other Marines in the art of shooting, increasing combat effectiveness and readiness.

"The biggest thing is to have hands-on training with the pistol during qualification to know the general use of nomenclature of the pistol so they can be proficient for combat," said Sgt. Jamie A. Valentine, an ISAR combat marksman ship trainer.

The course not only serves to increase the combat efficiency of Marines, but also ensures Marines have the most qualified personnel to train them.

"Every Marine needs to be trained on these weapon systems," said Sgt. Matthew J. McMahon, ISAR operations chief. "These classes are necessary to have quality instructors

on how to teach other Marines how to shoot and to qualify on an annual basis in those weapon systems."

The week prior, the Marines performed familiarization exercises with the M-16A4 and M4A1 service rifles on table three alpha and table three bravo.

Table three alpha is a daylight shoot involving movement and facing drills, which emphasize targeting center body mass shots and the small target "t-box" headshot. Table three bravo consists of the same movements and facing drills but is conducted at night with night vision goggles.

Marines must qualify on both tables before advancing to pistol qualification.

In the past, Marines qualified with rifles on table three after qualifying with the pistol.

The process was reversed to allow for better time management.

McMahon said the Marines were not qualifying with the rifles, but the hands-on time offered helped them with understanding the fundamentals of coaching.

The M9 pistol is used primarily in close quarter situations such as urban settings and room-to-room clearing.

As such, Marines qualify with the pistol

at a range of 25, 15 and seven yards.

A challenge the Marines may find difficult while qualifying is inaccuracy when firing a pistol.

"I think people get too wrapped around (the thought) of when they misfire a shot," said McMahon. "They don't brush it off and continue to push on."

Familiarity can be just as big of a hindrance as inaccuracy.

Pistol qualifying removes them from that comfort zone, forcing them to adapt and expand their understanding of various firearms.

"This is my first time ever shooting a pistol," said Lance Cpl. Donyale M. Young, a Marine Aviation Logistics Squadron 12 avionics technician.

"The worst part was stabilization. I'm not used to not having that support but I overcame it."

Confidence plays a large part with overcoming the impediments of those who concentrate too closely on shot placement.

"The pistol, more so than the rifle, is all about being confident and aggressive while shooting it," said McMahon.

"The more confident and aggressive you are, the better you will shoot."

The CMT course is offered once a year to interested Marines.



LANCE CPL. KENNETH K. TROTTER JR.

Cpl. Justin L. Carter, Indoor Small Arms Range ammo noncommissioned officer, draws down on a target as he prepares to fire at the ISAR here Sept. 14 during the Combat Marksmanship Training Course. The course focuses on teaching Marines proper stance and firing techniques associated with pistol qualifications.



LANCE CPL. KENNETH K. TROTTER JR.

Cpl. Justin L. Carter, Indoor Small Arms Range ammo noncommissioned officer, discusses his firing posture and grip with Lance Cpl. Ethan L. Pollard, a Marine Aviation Logistics Squadron 12 aircraft communications/navigation systems technician, here Sept. 14 as part of the Combat Marksmanship Course. Marines qualified with the M9 Berretta service pistol at 25, 15 and seven yards. Twenty five yards is the maximum effective range of the pistol.



LANCE CPL. KENNETH K. TROTTER JR.

Lance Cpls Annaliza Rodriguez and Sam B. Kellogg, Marine Aviation Logistics Squadron 12 individual Material Readiness List managers, look over Kellogg's shot placement as Rodriguez covers the bullet holes during the Combat Marksmanship Course at the Indoor Small Arms Range here Sept. 14. Marines spent the first few days learning fundamentals of pistol firing before leading into qualifying Sept. 15.

# CLC-36 takes lead over MALS-12

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

Marine Aviation Logistics Squadron 12 and Combat Logistics Company 36 faced off against one another at Penny Lake field here Sept. 16, in a best-of-three series earth ball game.

CLC-36 won both games with a total score of 2-0.

Earth ball is one of several events scheduled throughout the year as part of the Commander's Cup Challenge.

The Commander's Cup is a series of annual, year long fitness events, which are open to all units on station to increase unit cohesion and bolster a sense of friendly yet competitive sportsmanship between the various squadrons.

"Today was all about fun," said Barbara Roman, Semper Fit fitness coordinator. "This is just a good way to come out, let loose and get away from the workplace. It's our job to do that. That's what we're here for."

The different events that comprise the Commander's Cup include basketball, soccer, swimming and many other group sports and activities.

Earth ball was the next in the procession of events to crown the Commander's Cup champions.

Earth ball is similar to soccer except, instead of a small 28-inch soccer ball, a gargantuan 6-foot soccer ball took its place. Each game lasted a total of ten minutes with 30 second breaks every two minutes to allow players to substitute into the game.

Both teams took to the field in an attempt to bring home the win to their respective squadrons, bragging rights included. The majority of these players came out to not only take the win but show their support for their unit.

"I love representing my unit," said Cpl. Lonnie Wells IV, a MALS-12 consolidated automated support systems technician. "I love being out there, doing stuff for my command."

With a drizzly, overcast sky, MALS-12 and CLC-36 continually jockeyed for control of the ball for several minutes as they kicked and thrust the ball high into the air to get the ball into the goal. Several near misses followed before CLC-36 landed the first punch in their low-scoring battle.

Both teams shifted their focus from not just launching the ball into the air but also working together to roll the ball down the field.

"We had a height advantage over the other team," said Sgt. Robert W. Stone, CLC-36 water support technician. "So every time the ball was popped up, those few inches helped out."

MALS-12 started the second game down one. CLC-36 kept to its tactic, using their height to thrust the ball close to the goal before rolling it in. They repeated this process until they finally scored late in the second game. CLC-36 closed out the second game 1-0.

The low-scoring game did not surprise either group of players.

"Last year's team told us this game was not a joke," said Stone. "You don't really know that until you get out and start playing with the ball."

CLC-36 is second in the race for the Commander's Cup after this win, with Marine Wing Support Squadron 171 in the lead. MALS-12 falls into third place.

The last event for this year's Commander's Cup, Gladiator, is slated to take place Oct. 16.



LANCE CPL. KENNETH K. TROTTER JR.

Cpl. Delshan R. Martinez, a Combat Logistics Company 36 motor vehicle operator, works to maneuver the ball around Lance Cpl. Amanda A. Ramos, a Marine Aviation Logistics Squadron 12 aviation supply specialist, during an earth ball game at Penny Lake field here Sept. 16. The game was one in a best-of-three series. Earth ball is one of several games and activities of the Commander's Cup, which allows units from across the station to compete against one another in a friendly yet competitive manner.



LANCE CPL. KENNETH K. TROTTER JR.

Combat Logistics Company 36 and Marine Aviation Logistics Squadron 12 players compete for control of the earth ball at Penny Lake field here Sept. 16, as part of the Commander's Cup Challenge. CLC-36 took control in a best-of-three series, winning the first two games with a total score of 2-0. Marine Wing Support Squadron 171 is in first place, CLC-36 in second and MALS-12 in third in the overall Commander's Cup Challenge.



LANCE CPL. KENNETH K. TROTTER JR.

Cpl. Delshan R. Martinez, a Combat Logistics Company 36 motor vehicle operator, pushes the earth ball as Lance Cpl. Justin G. Smallwood, a Marine Aviation Logistics Squadron 12 consolidated automatic support system technician, attempts to stop him in an earth ball game at Penny Lake field here Sept. 16 as part of the 2011 Commander's Cup Challenge.



LANCE CPL. KENNETH K. TROTTER JR.

Marine Aviation Logistics Squadron 12 and Combat Logistics Company 36 struggle against one another during an earth ball game at Penny Lake field here Sept. 16, as they compete against other units for the 2011 Commander's Cup Challenge.

# JMSDF flies through open house festival

LANCE CPL. CHARLIE CLARK  
IWAKUNI APPROACH STAFF

The Japanese Maritime Self-Defense Force delivered shock and awe to the local community by means of elaborate demonstrations, static displays and flybys during an open house here Sunday.

The JMSDF Iwakuni Festival, celebrated annually in the fall, commemorated the 38th anniversary of the force's command aboard the station.

The festival helped familiarize local citizens with JMSDF units and activities, and to strengthen exchange and support within the community.

The JMSDF command here sponsored the festival.

"All JMSDF service members, including myself, feel the local community warmly welcomes our presence here throughout exercising our daily mission," said Rear Adm. Tatsuya Komatsu, JMSDF Fleet Air Wing 31 commanding officer. "We appreciate your

support."

This festival is a new event for JMSDF to open the gate for everyone to see and familiarize themselves with their facilities, equipment and service members.

"This festival has helped strengthen our foundation of support from the local Iwakuni City community," said Lt. Cmdr. Hisamitsu Saito, JMSDF FAW-31 public relations officer.

Crowds gathered before the opening ceremony to watch JMSDF aircraft take off to participate in a flyover demonstration after the conclusion of the opening ceremony.

Among the attractions the local community witnessed were helicopter and aircraft flyovers, a drill platoon with fixed bayonets on rifles, static displays of various aircraft and a helicopter carrier.

"There are so many things the visitors can enjoy watching because they do not get to see this on a daily basis," said Petty Officer 2nd Class Masaki Fujisana, a Maintenance Supply Squadron 31 electronics specialist. "I hope the event helps deepen the Iwakuni community's

understanding of our duty and mission."

The event also gave JMSDF families a boots-on-the-ground avenue to further understand the self-defense force.

"My family and I visited the helicopter carrier first," said Ayako Jones, an Iwakuni local. "It was exciting to see the helicopters up close. My son really enjoyed watching the airplanes fly. Seeing the flight demonstrations showed us how much the JMSDF service members train every day."

JMSDF is tasked with the naval defense of Japan.

"I think the roles JMSDF service members play in national defense are getting more significant," said Yoshihiko Fukuda, Iwakuni City mayor. "My mission as mayor is to ensure the citizen's safety and security. I think the JMSDF and I share the same goal in a mission of national safety and security."

There are approximately 1,600 JMSDF service members that work together aboard the station alongside U.S. Marines and sailors in safeguarding both countries well-being.



LANCE CPL. CHARLIE CLARK

A Japanese Maritime Self-Defense Force service member talks to a Japanese off-base resident and his daughter before the JMSDF Iwakuni Air Base Festival here Sunday. Crowds gathered before the opening ceremony to watch the aircraft perform preflight checks and visit static displays of various JMSDF and U.S. Marine Corps aircraft.



LANCE CPL. CHARLIE CLARK

A Japanese off-base resident watches as a Mitsubishi SH-60J prepares its preflight routine for a flight demonstration during the Japanese Maritime Self-Defense Force Iwakuni Air Base Festival here Sunday. This event allows for members of JMSDF to show and familiarize interested community members with their facilities, equipment and service members. The event also gave JMSDF families a boots-on-the-ground avenue to further understand the self-defense force. The JMSDF command here sponsored the event. The SH-60J has a cruise speed of 276 kilometers per hour and carries a three crew member team.



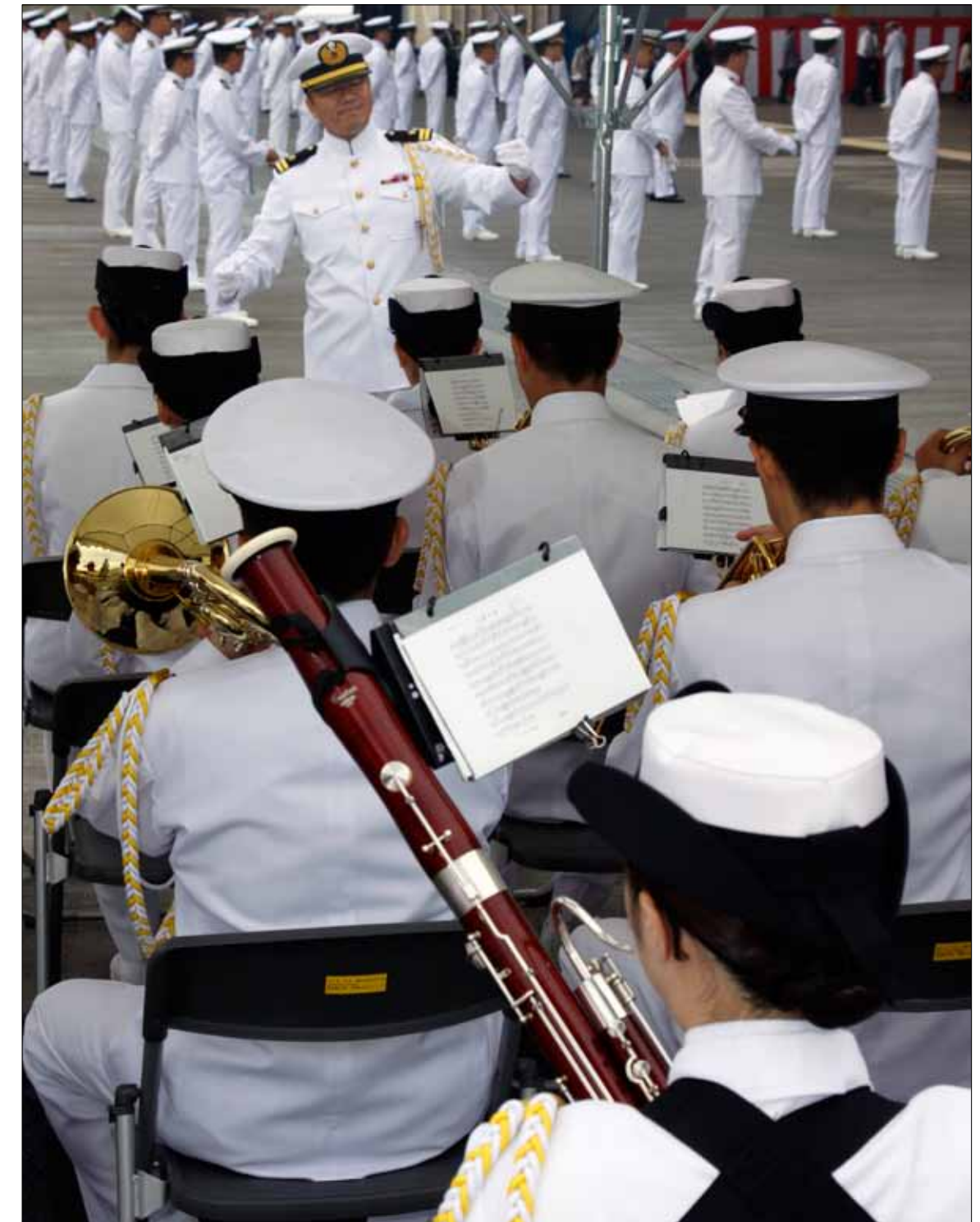
LANCE CPL. CHARLIE CLARK

Japanese off-base residents have cameras at the ready as Shinmeiwa US-1As, also called Flying Boats, perform a flight demonstration during the Japanese Maritime Self-Defense Force Iwakuni Air Base Festival here Sunday. Among the attractions the surrounding communities witnessed were helicopter and aircraft flyovers, a silent drill platoon with fixed bayonets on rifles, static displays of various aircraft and a helicopter carrier. The Flying Boat has a wing span of 33.2 meters, a height of 9.9 meters, a maximum speed of 464 kilometers per hour, a range of 4,050 km and carries a 12 crew member team.



LANCE CPL. CHARLIE CLARK

The color guard presents the colors while the Japanese and American national anthems play during the opening ceremony of the Japanese Maritime Self-Defense Force Iwakuni Air Base Festival here Sunday. JMSDF is tasked with the naval defense of Japan.



LANCE CPL. CHARLIE CLARK

The Japanese Maritime Self-Defense Force Fleet Air Wing 31 band leader guides the JMSDF FAW-31 band through a marching song as JMSDF sailors participating in the opening ceremony of the JMSDF Iwakuni Air Base Festival here Sunday. The JMSDF Iwakuni Festival, celebrated annually in the fall, commemorated the 38th anniversary of the force's command aboard the station. The festival helped familiarize Japanese off-base residents with JMSDF units and activities, and strengthen exchange and support through the community.

## CORPS NEWS

HIGHLIGHTING MARINES AND SAILORS AROUND THE GLOBE

*BSRF-11 officially comes to a close in Romania*CPL. TATUM VAYAVANANDA  
BLACK SEA ROTATIONAL  
FORCE

**MIHAIL KOGALNICEANU, Romania** — U.S. Marines and sailors stood alongside Romanian soldiers in a large formation to commemorate Black Sea Rotational Force 11's deployment in the Black Sea, Balkan and Caucasus regions.

The closing ceremony was attended by Brig. Gen. Charles Chiarotti, deputy commander of Marine Forces Europe and Africa, Brig. Gen. James Lariviere, commanding general, 4th Marine Division, and Romanian Vice Adm. Aurel Popa, Chief of Navy Staff, as well as other officers of other nations that participated in BSRF.

"[The ceremony] was put together to highlight the five-and-a-half months of engagements here in the [European] theater with all these countries," said Chiarotti.

"We had [dignitaries] from Romania, Bulgaria, Serbia and Ukraine present at the ceremony. They represent only a fraction who we've reached out to; there was a total of 13 countries," he added.

The Special Purpose Marine Air-Ground Task Force has been operating in Eastern Europe since April.

They have been participating in the security cooperation between American and regional partner nations to build military capacity, provide regional stability, and develop lasting partnerships with allied countries, including, Romania, Bulgaria, the Republic of Georgia, Moldova, Ukraine, Macedonia, Serbia, Azerbaijan, Greece, Bosnia, Albania, Montenegro and Croatia.

Following the closing ceremony was combined-forces counterinsurgency (COIN) demonstration between U.S. Marines and Romanian Marines to display the interoperability aspect of the mission.

"We've been building relationships but we also want to make sure they are proficient at conducting COIN operations if they have to," said Lt. Col. Nelson S. Cardella, commanding officer, BSRF-11.

"They've been training in COIN and peacekeeping operations before, so they were very familiar [with operating together] at the squad and platoon level," added Cardella.

The Marines traveled throughout the region conducting military-to-military engagements to advise and work with partner nations in COIN and PKO as well as a Non-Commissioned Officer Academy that spent



CPL. TATUM VAYAVANANDA

**MIHAIL KOGALNICEANU, Romania** — In front of Romanian Marines, Lance Cpl. Nathan Gibson, Black Sea Rotational Force 11 rifleman, waits patiently to perform a counterinsurgency interoperability demonstration for the closing ceremony of BSRF-11's deployment, Sept. 12. Marines of Black Sea Rotational Force 11 officially marked the end of their five-month deployment with a closing ceremony.

the tour helping allied nations understand the importance of a strong NCO Corps. In addition, the SP MAGTF spent their time promoting regional stability with community relations projects, creating a lasting legacy in cities and villages throughout the Black Sea region.

"This was done on the back of our Marine Corps reserve," said Chiarotti.

"I think that's a hallmark of our Marine Corps establishment; one seamless, integrated team," said Chiarotti.

"That what it's all about and that's what was demonstrated here."

The MAGTF is composed of reservists from all across the U.S.; ninety-six percent of the unit was comprised of Marine and Navy reservists sourced from more than 40 units.

"It all goes back to how we are all Marines and how we do business," said Cardella.

"We're small, but we have a big effect everywhere we go. Marine Corps history is full of examples like that."

BSRF-11 is slated to redeploy back to the states this month. BSRF-12 is slated to return for the Black Sea Rotational Force program next year.



CPL. TATUM VAYAVANANDA

**MIHAIL KOGALNICEANU, Romania** — Dragging a simulated casualty, Petty Officer 3rd Class Steven A. Fox, hospital corpsman, and Cpl. Scott D. Tynan, rifleman, from Black Sea Rotational Force 11, safely evacuate the casualty during a counterinsurgency interoperability demonstration for BSRF-11's closing ceremony, Sept. 12.

## COMMUNITY BRIEFS | CLASSIFIEDS

## Briefs

**MMOA Visit**

The Officer Assignment Branch (MMOA) is scheduled to visit Oct. 7 beginning at 7:30 a.m. at the Marine Memorial Chapel Capadano Hall here to provide professional military education, conduct assignments and discuss assignment issues with the senior leadership. This visit will focus on all officers aboard the station including Marine Corps officers assigned to U.S. Forces Japan and allow them to meet with their monitors. Interviews will last 15 minutes each.

**Free Child Development Screening**

Educational and Developmental Intervention Services is scheduled to hold a free child development screening event for children 4-60 months Oct. 27-28 at Matthew C. Perry Elementary School. Screenings will be held in Building 553. Child specialists will answer questions and screen five major areas of child development. For more information or to schedule an appointment call EDIS at 253-4562.

**Seawall Closure**

The seawall fitness path from the school and housing area to the IronWorks Gym Building 1010 is scheduled to be closed to the public until May 2012

due to a major repair project. The repair will be conducted in two phases. The IronWorks Gym to the Port Area Security Gate is scheduled to be closed from June 2012 to April 2013. The repairs are necessary to maintain the safety and serviceability of the fitness path. Community safety and security is paramount throughout the project duration.

**Breast Cancer**

MCCS Semper Fit is scheduled to host a walk to promote breast cancer awareness Oct. 15 at 9 a.m. Starting point is at the sea wall behind the Iron Works Gym. For more information, call 253-6359.

**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 [www.mccsiwakuni.com/birthdaycake](http://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.

**Childcare**

If you have an unborn

baby and will need childcare, put your name on the Resources and Referral for Children, Youth and Teens waiting list as soon as possible. If you do not sign up for the waiting list, you are at potential risk of not having childcare. For more information, call Melissa Valdez at 253-4141.

**CHART application system**

The DoN will replace the CHART application system with the USAJOBS online system. After Friday, all DoN job vacancies will be posted on the USAJOBS website and the CHART job search functionality and job vacancies will be removed. For non-Department of Defense employees, CHART will no longer be accessible after Oct. 12. If you are a DoD or DoN employee, you may access CHART via CAC card until Dec. 30. Only resume and status information will be available for view. DoN will no longer use Open Continuous Announcements to gather applications for upcoming and anticipated vacancies. Resumes received to OCA's will be archived.

**Girl Scouts**

The Iwakuni Girl Scouts are looking for fun-loving, devoted women and men who want to make a positive impact on the lives of young girls. If you are interested in becoming a

leader, co-leader, board member or parent volunteer, e-mail [iwakunigs@gmail.com](mailto:iwakunigs@gmail.com).

**Iwakuni Roadrunners**

All service members and civilians welcome. 'Start off the week right run' Mondays at 9 a.m. 'Speed workout' Tuesdays at 6:30 p.m. 'Group run' Wednesdays at 6:30 p.m. 'Ladies night' Thursdays at 6:30 p.m. Meeting place for all runs is in front of Crossroads Mall. Time and length of runs vary. All abilities are welcome. For more information visit the "Iwakuni Roadrunners" Facebook page.

## Jobs

**Program management positions**

Louis Berger Group is seeking experienced DoD, retired or separated military members for program management positions located at Camp Courtney, Okinawa, Japan. Some requirements include a minimum 4-year degree, 5-years experience, U.S. citizen, able to obtain secret security clearance, experience with military requirements, planning and operations. For immediate consideration for local residents, you may submit an advance resume to [lbginokinawa@gmail.com](mailto:lbginokinawa@gmail.com). For more information visit [www.louisberger.com](http://www.louisberger.com) and look

for the jobs indicated for Okinawa.

**Part-time Dental Assistant Position**

The dental clinic is seeking a certified dental assistant. For more information, stop by the Robert M. Casey Medical and Dental Clinic, Building 111 or call 253-3331 to speak with Petty Officer 1st Class Sean Bohl or Senior Chief Petty Officer Ron Hunter.

**Brief and Classified Submissions**

To submit a community brief or classified ad, send an e-mail to [iwakuni.pao@usmc.mil](mailto:iwakuni.pao@usmc.mil). Include a contact name, a phone number and the information to be published. You may submit your brief or ad in person at the Public Affairs Office, Building 1, Room 216 or you may 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. PAO reserves the right to edit submissions.

*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.

Officer Professional Military Education

Distance Education Program  
Expeditionary Warfare School  
&  
Command and Staff College

Register for Fall Academic Year 2012 Seminars  
**Register by September 25**

Contact Your Regional Coordinator [www.tecom.usmc.mil/cdet](http://www.tecom.usmc.mil/cdet) 1.888.4DL.USMC

James P. Hopkins (Colonel USMC Ret)  
DSN 645-2230/2500 FAX 645-2912

ENROLL TODAY



LANCE CPL. KENNETH K. TROTTER JR.

Cpl. Delsan R. Martinez, a Combat Logistics Company 36 motor vehicle operator, trips over himself as he scores a goal against Marine Aviation Logistics Squadron 12 during an earth ball game at Penny Lake field here Sept. 16. CLC-36 won a best-of-three series with a combined score of 2-0.

# 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

**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



LANCE CPL. MONDO LESCAUD

MARINE BARACKS 8TH & 1, Washington D.C.—Sgt. Dakota Meyer, the first living Marine Medal of Honor recipient since the Vietnam War, receives the Medal of Honor flag from Gen. James F. Amos, commandant of the Marine Corps, during a ceremony at Marine Barracks Washington Sept. 16. 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 23, 2011**  
 7 p.m. Rise of the Planet of the Apes (PG-13) *Premiere*  
 10 p.m. The Change-up (R) *Premiere*

**Monday, September 26, 2011**  
 7 p.m. The Change-up (R)

**Saturday, September 24, 2011**  
 Theater Closed

**Tuesday, September 27, 2011**  
 Theater Closed

**Sunday, September 25, 2011**  
 4 p.m. The Smurfs (PG)  
 7 p.m. Rise of the Planet of the Apes (PG-13)

**Wednesday, September 28, 2011**  
 Theater Closed

**Thursday, September 29, 2011**  
 7 p.m. Rise of the Planet of the Apes (PG-13)

The movie schedule is subject to change. Please check [www.mccsiwakuni.com/sakura](http://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](http://www.mccsiwakuni.com) or call 253-5291.

## Mess Hall Menu

**Monday:**  
 Corn chowder, turkey yakisoba, Chinese barbecue diced pork, red pepper glazed fish, pork fried rice, steamed rice, orange carrots amandine, fried cabbage, Chinese egg roll, dinner rolls, macaroni salad, potato salad, coleslaw, standard salad bar, bear claws, cinnamon crumb top muffin, blueberry pie, velvet pound cake, brownies, chocolate cream pudding parfait, Jell-O parfait,

**Tuesday:**  
 Chicken gumbo soup, French fried shrimp, sukiyaki, barbecue beef cubes, home fried potatoes, steamed rice, cauliflower parmesan, southern style greens, creamy gravy, dinner rolls, macaroni salad, potato salad, coleslaw, standard salad bar, long Johns, banana muffin, lemon meringue, devil's food cake with chocolate buttercream frosting, shortbread cookies, bread pudding, Jell-O parfait.

**Wednesday:**  
 French onion soup, Chinese five spice chicken, Swiss steak with brown gravy, mustard dill fish, steamed rice, garlic roasted potato wedges, fried cabbage with bacon, mixed vegetables, brown gravy, dinner rolls, snails, macaroni salad, potato salad, coleslaw, standard salad bar, quick cherry coffee cake, blueberry pie, white cake with buttercream frosting, brownies, vanilla pudding parfait, Jell-O parfait.

**Thursday:**  
 New England clam chowder, beef stroganoff, pork adobo, baked ham, macaroni and tomatoes, pork fried rice, steamed pasta, scalloped cream style corn, peas with onions, brown gravy, dinner rolls, macaroni salad, potato salad, coleslaw, standard salad bar, kolaches, apple coffee cake, cherry crunch, banana cake with buttercream frosting, macadamian chocolate chunks, chocolate parfait, Jell-O parfait.

**Friday:**  
 Tomato soup, fried catfish, beef stew, chili macaroni, grilled cheese, Franconia potatoes, steamed pasta, succotash, broccoli parmesan, mushroom gravy, dinner rolls, macaroni salad, potato salad, coleslaw, standard salad bar, cinnamon rolls, quick French coffee cake, blueberry pie, carrot cake with cream cheese frosting, chocolate chip cookie, chocolate parfait, Jell-O parfait.

# Powerlifters raise the weight at Iron Works competition

PFC. NICHOLAS RHOADES  
 IWAKUNI APPROACH STAFF

Status of Forces Agreement members and Japanese off-base residents competed in the 2011 Far East Powerlifting Championship at the IronWorks Gym here Sunday.

Competitors performed three types of lifts, a squat, a bench press and a deadlift. The event consisted of multiple weight classes and also a separate male and female competition.

Shelly D. Bothwell Jr., a powerlifting championship competitor, was the overall male winner of the competition.

"The competitors did well," said Bothwell. "I plan on continuing to compete in events like this in the future."

Due to the competitive nature of powerlifting, the contestants pride themselves on being the best and push themselves and other competitors to do the best they can.

It's all about the competition and inviting more people to come out and see just what they can accomplish, said Bothwell.

Open to both males and females, the powerlifting event kicked off with each male and female placed in their respective weight classes.

Sayaka Takabayashi, a powerlifting champion competitor, won first place overall female competitors - while on an injured foot.

"The foot injury didn't really bother me too much with the lifting," said Takabayashi.

Takabayashi even went for a new gym record for her deadlift. The previous record was 231 pounds, which she broke by six pounds with a new record of 237 pounds.

Setting a new gym record, Takabayashi said she felt great and that accomplishing a new record was unexpected.

Powerlifting is an ever-growing sport. There are many factors which go into the sport such as wraps, grip, competition, the way which a participant feels and even their own personal styles.

Lifters were given three attempts during each event and were rated for their heaviest lift.

There were three judges on each side of the participant and one right in front in order to make sure the requirements for a complete lift or squat were met. Requirements included locked out arms and knees, hips were below the participant's knees, or full extension and other requirements.

As the rules were explained, the main judge, Abe J. Roman, said competitors would have quite a bit of freedom in their techniques.

By performing each event, competitors worked out different areas of their bodies, said Roman.

Due to different weight classes and physical abilities, competitors were able to compete fairly.

"There are a total of ten weight classes for males and six for females" said Roman.

Everyone is welcome to come out to these events and try their best in their own class. Anyone may challenge themselves to see just how far they can go, said Roman.

Powerlifting can be for anyone. There are no height or weight requirements in a powerlifting event. The only thing that matters is how hard someone trains and their individual drive.

"Powerlifting helps motivate Marines," said Roman. "It always shows progress so you can easily see growth."

The next bench press competition is scheduled for March.



LANCE CPL. KENNETH K. TROTTER JR.

Andy Stephens, a super heavyweight powerlifter, lifts 250 kilograms or 551 pounds, which was the most weight successfully lifted during the 2011 Far East Powerlifting Championship competition held at the IronWorks Gym here Sunday. The competition consisted of three lifts: the squat, deadlift and the bench press.

Sayaka Takabayashi, a group fitness instructor at the Ironworks Gym, squats 82.5 kilograms or 181.5 pounds during the 2011 Far East Powerlifting Championship held at the IronWorks Gym here Sunday. Takabayashi broke the previous deadlift record of 231 pounds by deadlifting 237 pounds. Lifters were given three attempts during each event and were rated for their heaviest lift. Competitors performed three types of lifts, a squat, a bench press and a deadlift. These lifts work the most amount of muscles.



LANCE CPL. KENNETH K. TROTTER

# NAVY BIRTHDAY MEAL

## 13 OCT 11

### 1030-1400



*North Side Chowhall*



*South Side Chowhall*

**\*\*SPECIAL MEAL PRICE\*\***

**EVERYONE ABOARD MCAS IS WELCOME! COMRATS, CIVILIAN EMPLOYEES AND FAMILY MEMBERS \$7.00. FAMILY MEMBERS OF E4 AND BELOW \$5.95**

**SPECIAL TIMES: MILITARY ONLY: 1030 - 1215  
MILITARY/CIVILIAN/FAMILY: 1215 - 1400**



## Facility Closures

The following MCCS facilities will be closed for an employee function on:

# Saturday, September 24

### Marine & Family Programs

Library  
Youth & Teen Center

### Retail

Crossroads Book Store  
MCX Furniture Annex  
MCX Warehouse

### Semper Fit

Crossfire Paintball Range  
WaterWorks Outdoor Pool

### Services

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

**CLOSED**

The following MCCS Facilities will have **MODIFIED** hours or services.

### Business

Club Iwakuni: Closed Noon - 6 p.m.  
(re-opens at 6 p.m.)  
Crossroads Food Court: Closed Noon - 6 p.m.  
(re-opens at 6 p.m.)  
Sakura Theater: Open at 6:30 p.m.  
Strike Zone Bowling Center: Open at 6 p.m.  
Torii Pines Golf Course: Closes at Noon

### Retail

Marine Corps Exchange: Open 9 a.m. - Noon

### Semper Fit

IronWorks Gym: 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.)  
SMP- Marine Lounge: Opens at 6 p.m.

### 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.)  
TLF Front Desk: No Housekeeping

**Not Affected:**

Academy Travel  
AmeriCable

Barber Shops  
Commissary

Exchange New Car Sales  
SoftBank Cellular

Starch & Stripes  
Torii Video

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