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# IWAKUNI APPROACH

Issue No. 12, Vol. 2 | Marine Corps Air Station Iwakuni, Japan

## Greyhounds fly out as Foal Eagle 2009 ends

LANCE CPL. DANIEL NEGRETE  
IWAKUNI APPROACH STAFF

A visiting U.S. Navy C-2 Greyhound squadron left the station March 21 after supporting Exercise Foal Eagle 2009.

Fleet Logistics Support Squadron 30, Detachment 4 (VRC-30, Det 4) is based out of North Island Naval Air Station in San Diego, Calif. and is currently attached to the USS John C. Stennis Carrier Strike Group during its six-month deployment to the Western Pacific region.

The detachment's two C-2 Greyhound cargo aircraft are responsible for delivering high priority cargo, mail and personnel to and from the USS Stennis while the carrier strike group is deployed.

The VRC-30, Det 4 Greyhounds launched with the USS Stennis in January 2009.

So far, the Greyhound squadron has set up several forward logistic sites across the Western Pacific region with its latest here at Marine Corps Air Station Iwakuni.

The squadron arrived here March 11 as the carrier group began engaging in Exercise Foal Eagle 2009.

Foal Eagle is a multifaceted joint and combined exercise conducted annually between the United States and Republic of Korea forces.

"From March 11 to March 21, the squadron moved over 100 passengers, 20,000 pounds of cargo and 5,000 pounds of mail to the USS John C. Stennis," said Lt. Evan D. Reese, VRC-30, Det 4 C-2 Greyhound pilot and administration officer. "That's a lot of cargo to move in just 10 days."

Greyhounds can deliver up to 10,000 pounds of cargo, passengers or both to support carrier strike group operations and have a range of 1,300 nautical miles.

They support all the vessels in a carrier strike group as well as the aircraft aboard the main carrier.

"We can deliver a wide range of spare parts and equipment needed to keep the vessels and aircraft of a carrier group combat ready," said Reese. "This can be anything from an electrical cord to an F-18 jet engine."



LANCE CPL. JOHN M. RAUFMANN

Petty Officer 1st Class Noah O. Pallares, Fleet Logistics Support Squadron 30, Detachment 4 maintenance crewman, removes screws in order to replace the cockpit window during maintenance on a C-2 Greyhound aboard Marine Corps Air Station Iwakuni, March 12. After a short 10-day stay here, the visiting detachment is now afloat with the USS John C. Stennis as the carrier strike group moves to its next area of operation.

After transporting several tons of maintenance supplies, mail and personnel from Iwakuni to the USS Stennis and vice versa, VRC-30, Det 4's mission ended here March 21 as the USS Stennis wrapped up operations in support of Exercise Foal Eagle 2009.

"The Marines were very helpful while we were set up in Iwakuni," said Lt. Benjamin P. Malay, VRC-30, Det 4 C-2 Greyhound pilot

and operations officer. "They were incredible hosts and showed outstanding customer service. Whenever we needed something, Marines delivered it to us, no questions asked."

The two C-2 Greyhounds, and 45 accompanying air crew and maintenance personnel are now afloat with the USS Stennis as the carrier strike group moves to its next area of operation.

## Cope Tiger 2009 ends

■ Largest exercise  
turn-out to date

PFC. CLAUDIO MARTINEZ  
IWAKUNI APPROACH  
STAFF

KORAT ROYAL THAI AIR FORCE BASE, Thailand — U.S. Marines, Navy and Air Force, Royal Thai Air Force, and Republic of Singapore Air Force personnel officially brought exercise Cope Tiger 2009 to an end here March 20.

This is the 15th year Cope Tiger has brought U.S., Thai, and Singaporean forces together to strengthen their current relationship through participation in various multilateral joint and combined air-to-air and air-to-ground training scenarios.

Supporting the exercise, were Iwakuni-based pilots and maintenance personnel of Marine Aircraft Group 12, Marine All Weather Fighter Attack Squadron 224, and Marine Aviation Logistics Squadron 12.

"Cope Tiger was a good experience for all the players," said Capt. Grant Moody, a VMFA(AW)-224 F/A-18 Hornet pilot. "We got to come out to Thailand and experience their culture and at the same time get some valuable training."


A combined force of approximately 2,300 service members from the U.S., Thailand, and Singapore were brought together here to participate in Cope Tiger 2009.

The relationships, communication, and the teamwork developed through the large force trilateral training conducted by participating service members during the exercise, were the most important outcomes all Cope Tiger participants could benefit from, Moody said.

Trilateral training

SEE COPE ON PAGE 3





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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

## The choice is yours...

LT. CMDR. JOHN Q. COMETA  
STATION CHAPLAIN

The ancient Philosopher Horace said in 1 B.C., “Carpe diem, quam minimum credula postero.” It means, “Seize the day, and put no trust in tomorrow.”

What he is saying, we must live each day to the fullest by striving to do our best. As the saying goes, “the only preparation for tomorrow is the right use of today.”

Every day offers us both challenges and at the same opportunities to excel. Stephen Covey, author of Seven Habits of Highly Effective People”, distinguishes between the two words “proactive” and “reactive.” Being proactive focuses on the positive word “responsible.”

Covey teaches that instead of being reactive or negative by getting spun up we can be

“response-able.”

In short, we can choose to respond positively or react negatively to various circumstances we find ourselves.

Consider this list of choices from an unknown author:

You can choose to love rather than hate, choose to smile rather than frown, choose to build rather than destroy, choose to persevere rather than quit, choose to praise rather than gossip, choose to heal rather than wound, choose to give rather than take, choose to act rather than delay, choose to forgive rather than curse.

The choice is yours! What makes humans distinct from the animals is that we have independent will and the capacity to choose what is right and what is wrong. I remember a sailor who was voted Sailor of the Year and could have made

it to Chief but was reduced to inferior rank because he was caught driving under the influence of liquor. His dream to become a chief petty officer vanished. Why? He chose to drink and drive and suffered the consequences.

As we approach Lenten season, two thousand years ago, Jesus was praying in the Garden of Gethsemane. Just the thought of obeying the will of the Father made Him sweat great drops of blood. He could have gone back to heaven without going to the cross, after all He was and is sinless. He said, “If this is possible, let this cup (of suffering) pass away from, but not my will but Thy will be done.” Matthew 26:42. Jesus chose to go to the cross to save humanity. May we seize the day for God and for our country.

## Ask the Education Office:

**What is Tuition Assistance?**

Tuition assistance is money the government gives Marines and sailors to help pay for their college education.

Marines and sailors receive \$4,500 each fiscal year to use toward earning a certificate or college degree.

Please keep in mind that tuition assistance is capped at \$250 per credit hour.

If you are an active duty military member on this base wanting to use tuition assistance for the first time, you are required to attend a mandatory workshop held each Friday beginning at 9 a.m. in our office.

The College 101/Tuition Assistance Workshop explains the regulations that go along with using government funding.

The class also covers requirements for a college degree along with other educational opportunities available to you.

After you attend the College 101/Tuition Assistance workshop, you are eligible to use tuition assistance.

**Do Spouses receive Tuition Assistance?**

While we do not offer spouses, dependents, and civilians tuition assistance, we do provide them with ways to help pay for their education.

Many colleges have programs specifically designed for military spouses, veterans and government employees.

Others offer scholarships and discounts as well.

For those that qualify, Federal Financial Aid is available.

Every Friday at 10:30 a.m. we have a class that explains the Federal Financial Aid process. Currently, the Officers’ Spouses Club is taking applications for its annual scholarship.

If you are interested in applying for this scholarship, please come by the Education Office and pick up an application.

All OSC applications must be submitted no later than April 15.

*To submit questions to be addressed by the Education Office, call 253-3855, stop by Building 411 Room 127 or e-mail jennifer.l.walker@usmc.mil.*

## Corps Question

**Q. What is the proper way to clean and treat Marine Corps combat boots?**

**A. According to Marine Corps Order P1020.34G, Chapter 10 Paragraph 10107.4, to clean, use a stiff bristle brush to remove mud and dirt. Then rinse with plain water. Allow the boots to naturally dry by placing the boots in a cool dry area with good air circulation. Use of forced hot air to dry boots will stiffen the leather and cause cracks. Application of special treatments, such as water proofing, leather conditioning or saddle soap, is not authorized.**

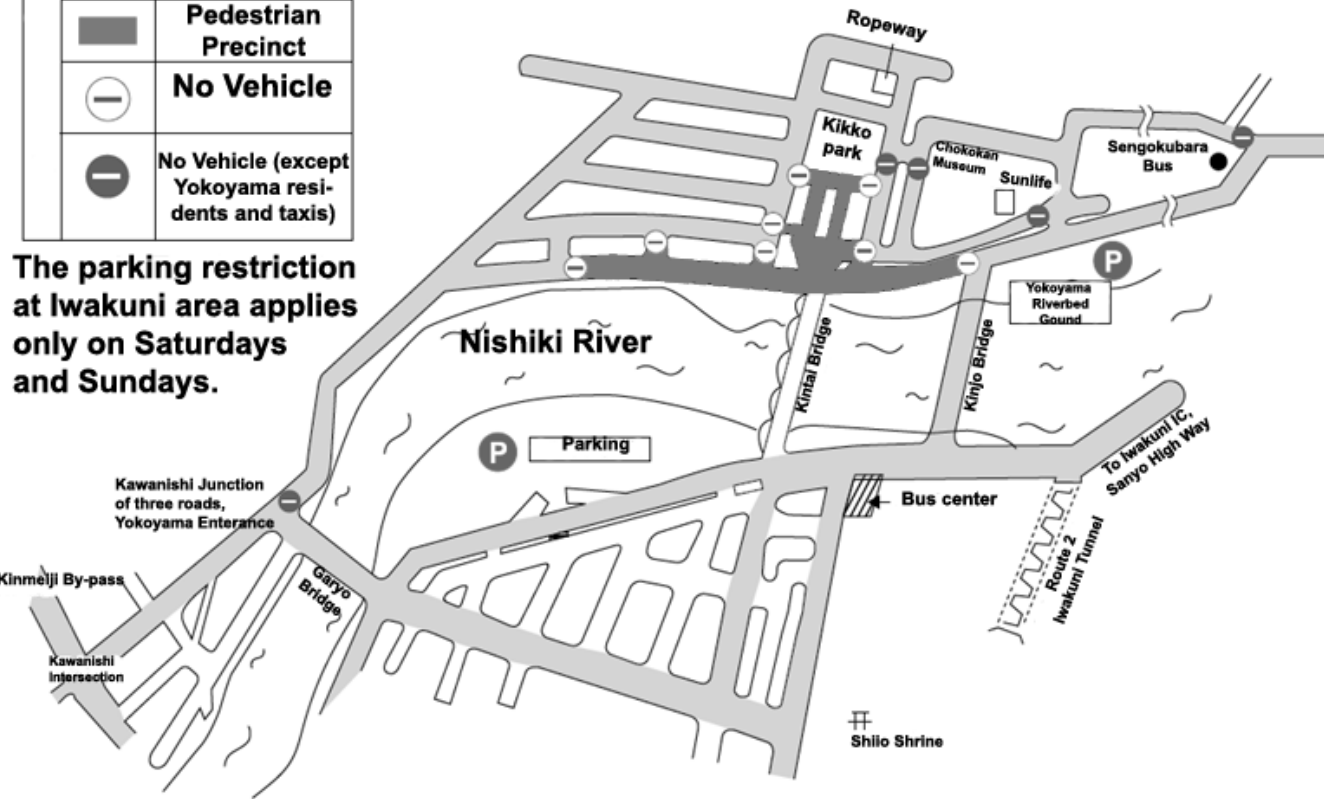
**Submit your Corps Question by e-mailing iwakuni.pao@usmc.mil.**

# Traffic restriction in Kintai area

Legend	
	No Parking
	Pedestrian Precinct
	No Vehicle
	No Vehicle (except Yokoyama residents and taxis)

**The parking restriction at Iwakuni area applies only on Saturdays and Sundays.**

**The parking restriction at Yokoyama area applies from March 29 - April 13.**



COURTESY OF IWAKUNI CITY

## Guidance:

Every Saturday and Sunday from March 28 until April 12 8 a.m. to 10 p.m., parking will be restricted in the Kintai Bridge area as per the diagram (left).

The dates correspond to the cherry blossom season and are tentative depending on the exact blooming time of the cherry blossoms.

Station personnel and residents should be aware that there is a fire ban in the Kikko Park and Kintai Bridge riverbed areas for environmental protection.

## Multilateral exercise in Thailand finishes, new tactics gained

**COPE** FROM PAGE 1

conducted during this year’s exercise included tactical airdrop training, close air support training, search and rescue procedure training, and air refueling training.

“We have never had as many aircraft before,” said Royal Thai Air Force Squadron Leader Uritsana Suudee, the Wing 1 safety officer and 102 Fighter Interceptor Squadron pilot. “Cope Tiger provided a great opportunity to practice and improve Thai tactical skills.”

Suudee said this years Cope Tiger brought new technology and new tactics and that he looks forward to bigger and more complex scenarios in the future Cope Tiger exercises.

While Cope Tiger 2009’s main portion focused on trilateral in-flight interoperability training, it also focused on humanitarian and civic assistance with visits and donations to schools, orphanages, local churches and homeless shelters.

Donations during the humanitarian and civic assistance portion of the exercise included monetary donations, ceiling fans, food, books, bookshelves, computers, general health and optometric services.

Moody said that through participation in future Cope Tiger exercises he believes bonds between the participating nations will continue to grow stronger.

Exercise Cope Tiger ran from March 9 to March 20.

## Take your break with TRICARE: Benefits follow you where you go

SUBMITTED BY THE  
BRANCH HEALTH CLINIC

As spring break approaches and travel plans are being made, don’t forget that your medical and dental benefits follow you wherever you go.

If you’ll be visiting family or friends in the states, or vacationing overseas, TRICARE will be right there with you.

During holiday breaks members are encouraged to use Military Treatment Facilities (MTF) if care is required.

In the event of an emergency, a threat to life, limb, or eyesight, go to the nearest emergency room, military or civilian.

In urgent cases, use of the MTF or nearest TRICARE network provider means less out of pocket expenses and paperwork for the members to file.

In addition, remember, routine care should be taken care of before leaving the area, or waiting until you return to receive care from your Primary Care Manager.

Routine care includes management of chronic health conditions, routine physicals, and requests for prescription refills.

TRICARE Prime enrolled members who receive routine or specialty care without prior authorization from their PCM, while traveling, risk costly Point of Service (POS) charges.

When on the road, you can have prescriptions filled at a TRICARE network pharmacy, at any MTF pharmacy or from the TRICARE Mail Order Pharmacy (TMOP).

The network pharmacy includes more than 53,000 retail pharmacies in the U.S., Puerto Rico, Guam and the U.S. Virgin Islands.

Prescriptions may also be filled at an MTF pharmacy free of charge, if one is available and if they stock the medication you need.

To fill prescriptions using TMOP, administered by Express Scripts, [www.express-scripts.com/tricare](http://www.express-scripts.com/tricare), you need to provide your temporary address so that your order can be mailed to you at that location.

Lastly, you can have your prescription filled at a non-network pharmacy, but this is the most costly option since you must pay for your medications at the time of purchase and then file a claim with TRICARE for reimbursement.

For active duty overseas travelers and TRICARE prime enrolled family members, International SOS, Inc., will arrange and pay for urgent or emergency care.

By simply calling International SOS collect at 65-6-338-9277, arrangements will be made to ensure members receive care immediately.

TRICARE Standard enrolled family members traveling overseas should be prepared to make payment arrangements with host nation providers and file a claim for reimbursement upon returning home.

Enjoy your break, TRICARE has you covered.

Please call, stop by the TRICARE Service Center or call 253-3072 for more information.





PFC. CLAUDIO A. MARTINEZ

**KORAT ROYAL THAI AIR FORCE BASE, Thailand** — U.S. service members play basketball with children during a visit by Cope Tiger participants to Ban Lan Nang Keaw elementary school in Ban Lan Nang city as part of the humanitarian efforts of exercise Cope Tiger 2009 taking place in Korat, Thailand March 16. Since the school basketball court has no basketball goals students stand on a box holding a bucket in their hands for goals.

## Service members visit Thai school during Cope Tiger

PFC. CLAUDIO A. MARTINEZ  
IWAKUNI APPROACH STAFF

**KORAT ROYAL THAI AIR FORCE BASE, Thailand** — U.S. Marines, Navy and Air Force, Royal Thai Air Force, and Republic of Singapore Air Force service members visited Ban Lan Nang Keaw elementary school in Ban Lan Nang city as part of the humanitarian efforts of exercise Cope Tiger 2009 here March 16.

Service members from all three nations came together at the event where they donated monetary funds, computers, books, and medical and dental services to the children and surrounding community of the elementary school.

Iwakuni-based Marines and sailors of Marine Aircraft Group 12, Marine All Weather Fighter Attack Squadron 224, and Marine Aviation Logistics Squadron 12 were among the service members there donating their time and efforts to the community.

“Humanitarian efforts like these give us an opportunity to come together and see a part of the country we don’t often get to see,” said Petty Officer 3rd Class Gerrit Brower, MAG-12 group religious programmer.

“It gives us a glimpse at what’s going on in Thailand and what we can do to help,” Brower continued.

Donations to the school made by the participating forces of Cope Tiger included various school supplies, sports equipment, ceiling fans, and book shelves.

U.S. Air Force, Royal Thai Air Force, and Republic of Singapore Air Force service members provided medical and dental aide at the event for the surrounding community free of charge.

Brower said the whole event provided a perfect opportunity to promote and foster a good relationship between the locals of Ban Lan Nang and the various service members participating in Cope Tiger.

After the three participating nations of Cope Tiger presented their gifts and donations to the school, the children thanked them with a show of various musical performances.

Once the performances ended, U.S. Marines, sailors and pilots from all the participating nations played games with the children on the basketball court, soccer field, and school playground.

“It was a lot of work and a lot fun,” said Lance Cpl. Jordana Criss, a cryogenics equipment



PFC. CLAUDIO A. MARTINEZ

**KORAT ROYAL THAI AIR FORCE BASE, Thailand** — Kindergarten students thank U.S. Marines, Navy and Air Force, Royal Thai Air Force, and Republic of Singapore Air Force service members for their donations with a show of various musical performances during their visit to Ban Lan Nang Keaw elementary school in Ban Lan Nang city as part of the humanitarian efforts of Exercise Cope Tiger 2009 taking place in Korat, Thailand March 16. The children put on a show with various traditional dances from their culture.

operator with MALS-12.

It was a new experience all the way around where the service members could learn something new, and the surrounding community and children could benefit from the humanitarian efforts provided, Criss said.

Approximately 2,000 Thai men,

women and children benefit from the donations, medical, optometric and dental care provided by the participants of Cope Tiger each year.

This is the 15th year the United States, Thailand, and Singapore have participated in Exercise Cope Tiger.

## Get creative at the Wood Hobby Shop



LANCE CPL. SALVADOR MORENO

The Wood Hobby Shop provides band saws, table saws, sanders, routers, power drills, handsaws, hammers, nails, and helpful shop assistants to aid in a safe and enjoyable experience. The Wood Hobby Shop is open to all service members and Department of Defense civilians.

### Handsaws, band saws, table saws — everything you need to start your own project

LANCE CPL. SALVADOR MORENO  
IWAKUNI APPROACH STAFF

The Wood Hobby Shop is open to all members of Marine Corps Air Station Iwakuni and provides full-service help to all craftsmen looking to start a new project here.

The Wood Hobby Shop has been around for years and used by many service members who have been stationed here.

The shop has basic machines for anyone wanting to build a project, and also provides the right personal protective equipment for the job.

“We have band saws, table saws, sanders, routers, power drills, handsaws, hammers and nails — everything you need to start your project,” said Devon Grooms, Wood Hobby Shop assistant.

If customers do not have their own wood to use, the Wood Hobby Shop has wood for sale.

“We sell wood by the bare foot,” said Grooms. “The average price is \$6.45 per bare foot, but we do have wood as expensive as \$13.70 and as cheap as \$3.75. It depends on the type of wood you want to start your project with.”

The types of wood available at the Wood Hobby Shop are Brazilian cherry, African mahogany, cedar, pine, red oak, walnut, purple bark and lace wood.

“The usual things that are built here are frames, bed sets, cabinets, desks and things of that nature,” said Grooms.

The Wood Hobby Shop is open to any service member or Department of Defense civilians

who wishes to mold a piece of wood into a work of art.

If the Wood Hobby Shop gets a customer who doesn’t know about craftsmanship, shop assistants aid them but do not do the project for them. Shop assistants use scrap wood to demonstrate how the machines are properly used and will help the customer if they can’t use the machine.

“Our job basically consists of watching and supervising to make sure customers use the machine correctly,” said Grooms.

If a customer is not confident with a certain machine, the Wood Hobby Shop will give the customer more options to complete their project.

“If you want to cut something in half with a table saw but are not confident, we will give you the skill saw and tell you to go freehand until you feel ready,” said Grooms.

Children are also welcome to use the Wood Hobby Shop and learn how to become a craftsman.

“There is no minimum age to use the workshop as long as the child has parent supervision,” said Grooms.

The Wood Hobby Shop has monthly and hourly user fees. The monthly fee for E1 to E5 is \$25, \$30 for E6 to E9, and \$35 for O1 and above, retired military and DOD civilians. If users prefer to just pay an hourly rate, the cost is \$1 per hour, including partial hours.

The hours of operation are 5:30 to 9 p.m. Monday through Friday, 9 a.m. to 6 p.m. on Saturdays, and noon to 5 p.m. on Sundays and holidays.



LANCE CPL. SALVADOR MORENO

**1st Lt. Jay Woods, deputy provost marshal here, guides a piece of wood through a tilting arbor saw to shape it for a wine display stand at the Wood Hobby Shop here March 21. 1st Lt. Woods utilizes the Wood Hobby Shop on a regular basis to construct various works of art.**



LANCE CPL. SALVADOR MORENO

**1st Lt. Jay Woods, deputy provost marshal here, adjusts the height of a tilting arbor saw to split one piece of wood into two at the Wood Hobby Shop here March 21. The Wood Hobby Shop is located behind the Strike Zone bowling center.**





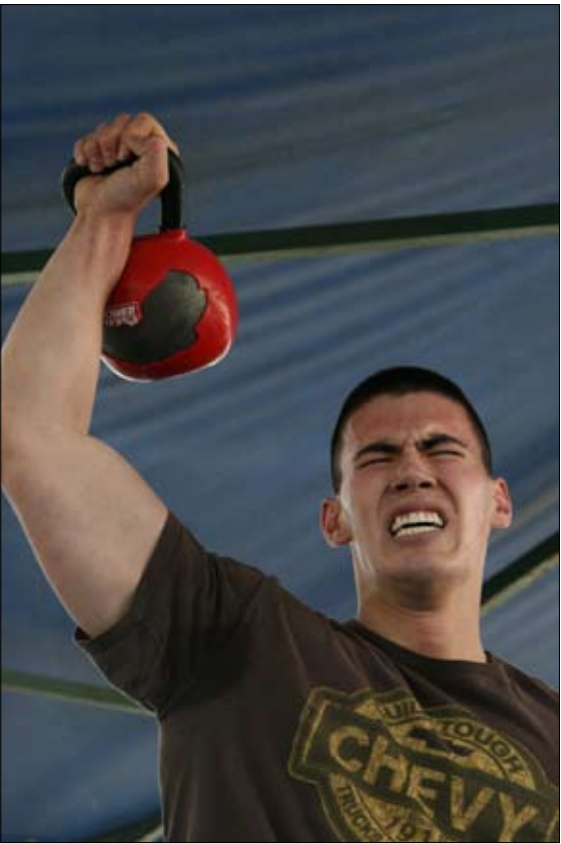
Cpl. Kevin S. Chang (left) and Cpl. Morgan K. Yocum (right) of Marine Aviation Logistics Squadron 12 complete a total of 50 dead lifts each during The 300 at the IronWorks Gym here March 20. The dead lifts are an exercise that is started in the squat position with the weight plate touching the ground. The competitors then stand erect with knees straight and shoulders back for one repetition.

# Commander's Cup Challenge The 300



LANCE CPL. SALVADOR MORENO

A competitor does pullups during the first event in The 300 at the IronWorks Gym here March 20. The competition started and finished with 25 pullups and was a very demanding exercise circuit, consisting of seven different exercises.



LANCE CPL. SALVADOR MORENO

Cpl. Kevin S. Chang of Marine Aviation Logistics Squadron 12 lifts a 35-pound kettle bell 50 times during a portion of The 300 at the IronWorks Gym here March 20. The participants completed 25 repetitions per arm.

## Iwakuni's ultimate test of strength

LANCE CPL. SALVADOR MORENO  
IWAKUNI APPROACH STAFF

The 300 competition kicked off with a total of nine teams ready to compete at IronWorks Gym here March 20.

The 300 competition, part of the Commander's Cup Challenge, consisted of two-man teams from several units competing in strength, endurance and speed.

The 300 was a circuit exercise in which the two-man teams worked along side each other, pumping out a set number of repetitions for seven different exercise routines and completing a total of 300 repetitions.

There was a 25-minute time limit per competitor. Once 25 minutes had elapsed, the competitors ceased exercise and received a score of 25 minutes.

The sum of the two teammates' times became the score for their unit.

Cpl. Jameson R. Hastings and Lance Cpl. Sanford Bell of Marine Aircraft Group 12 took first place in The 300 with a combined time of 31:51, earning their unit 30 points toward the Commander's Cup.

Staff Sgt. Hugh McClenney and Sgt. Allen Goode of Headquarters and Headquarters Squadron Operations came in second with a combined time of 34:33, earning 27 points toward the Commander's Cup.

"Myself and Sgt. Goode worked well together. I liked going third in the competition. I could see what I was going to do and how the other competitors did. It was exactly what I wanted to see," said McClenney.

Lance Cpl. Wesley Burnett and Lance Cpl. Donnato Leon of Marine Wing Support Squadron 171 took third place with a time of 34:52, earning them 25 points toward the Commander's Cup.

The other six teams received 20 points each for participating in the competition.

The 300 was a very demanding circuit. The fastest time completed was 12:02 by Staff Sgt. Dominique Laboy of H&HS Supply.

The competitors were expected to be in the upper level of physical fitness in order to compete in the strenuous exercise circuit.

"For the competition, it was a volunteer basis and we had a tryout outside of operations to see who would come out here to compete," said McClenney.

The standings in the Commander's Cup after The 300 are H&HS in first place with 71 total points followed by MWSS-171 with 62 total points and Marine Aviation Logistics Squadron 12 with 55 total points.

The next event in the Commander's Cup Challenge is the Strongman Competition April 11 at Penny Lake here.

A competitor does box jumps, the fourth exercise of the strenuous circuit, during The 300 at the IronWorks Gym here March 20. Competitors were required to complete 50 box jumps before they could move on to the next exercise of the circuit. The box was 24 inches tall. One repetition consisted of the competitor placing both feet completely on the box at one time in order for the repetition to count.



LANCE CPL. SALVADOR MORENO



LANCE CPL. SALVADOR MORENO

A competitor does pushups, the third exercise of the strenuous circuit, during The 300 at the IronWorks Gym here March 20. Competitors were required to complete 50 pushups before they could move on to the next exercise of the circuit. There was a 4-inch foam block placed beneath the participant's chest. One repetition consisted of the competitor's chest touching the block then pushing back up to the start position with their elbows locked out.



CORPS NEWS

HIGHLIGHTING MARINES AND SAILORS AROUND THE GLOBE

1st LAR mortarmen return to their true calling

CPL. ERIC C. SCHWARTZ  
REGIMENTAL COMBAT TEAM 8

AL ASAD AIR BASE, Iraq — As each 81mm high explosive mortar round slammed into the desert sands of Shadow Range aboard Al Asad Air Base, Iraq, the Marines of Company F, 1st Light Armored Reconnaissance Battalion, Regimental Combat Team 8 honed their skills.

Company F has been nomadic during their deployment in support of Operation Iraqi Freedom. For the past three months they have lived out of their light armored vehicles combing the desert along the Syrian border, but now based aboard Al Asad they are able to focus their efforts on traditional warfare training.

“I’m an infantryman with mortars, but all of them have been doing grunt work out here,” said Lance Cpl. Gabriel Aguilar, an ammo man with Company F’s mortar team. “Now they’re going to work and doing their true job.”

Although the company is almost finished with their deployment, they looked forward to going outside the wire one last time to train with the weapons they know best.

“We haven’t been able to shoot mortars since we’ve been in the field,” said Lance Cpl. Philip Coleman, a turret gunner with Company F. “It feels great that we get to do this.”

The Marines are proud of the mission they’ve completed during their deployment, but are motivated to do what they do best — blow things up.

“It’s like being a quarterback and never throwing the ball,” Aguilar relates. “Now mortars gets to play.”

The Marines enjoy sending round after round down range, but just like it takes a litter to raise a runt, it takes a whole team to make sure each mortar runs fear down the enemies’ spines.

The forward observers contacted the fire direction center Marines who were mapping out the distance of the target. The FDC mortarmen then used the tried and true method of the M16 plotting map to apply the forward observers’ information.

“We convert what a forward observer sees on the battlefield into deflection and elevation information,” said Cpl. Garland Yarborough, a fire direction center Marine with Company F.

The fire direction center Marines would yell out to the mortar teams what the elevation, and left and right lateral limits needed to be on the mortar tubes along with how many mortars would be fired for each mission.

With skilled perfection, mortar rounds would fire from the tubes sending an almost deafening shockwave to anyone within earshot. The forward observers would then observe the impact and inform the fire direction centers on any necessary corrections.

“Mortars can shoot out of defilade,” Yarborough said. “We don’t have to be seen and we don’t have to see the enemy if we have the forward observers.”

This indirect fire ensures the enemy can’t stay hidden behind a ridge if there is at least one forward observer able to see them.

“If I can’t see the target, the mortar teams can’t shoot it,” said Cpl. Jordan Nash, a Company F forward observer.

The team effort of the forward observers, fire direction center Marines and the mortarmen enabled the unit to complete their mission on Shadow Range. After a long deployment of patrolling, setting up screen lines and monitoring the Syrian border, Company F mortarmen were able to take a break and show the world they could also rain some steel.

For more information on the ongoing mission in Iraq’s Al Anbar province, visit [www.iimeffwd.usmc.mil/iimeffwd](http://www.iimeffwd.usmc.mil/iimeffwd).



AL ASAD AIR BASE, Iraq — Lance Cpl. Philip Coleman, a mortarmen with Fox Company, 1st Light Armored Reconnaissance, Regimental Combat Team 8, covers his eardrums while an 81mm high explosive mortar is fired out of a Light Armored Vehicle mortar tube here. Although Coleman normally wears earplugs, extra ear protection helps distort the near-deafening thud produced each time a round is fired.



AL ASAD AIR BASE, Iraq — Lance Cpl. Gabriel Aguilar, an ammo man with Fox Company, 1st Light Armored Reconnaissance, Regimental Combat Team 8, inspects mortars inside a Light Armored Vehicle during a night exercise here. Aguilar is an intrinsic part of the vehicle’s three-man team, carefully inspecting each mortar before handing it off to mortarmen, making sure the proper round is sent downrange.



AL ASAD AIR BASE, Iraq — Mortarmen with Company F, 1st Light Armored Reconnaissance, Regimental Combat Team 8, plot fire direction information on M16 plotting boards, during a mortar exercise here. The company had been performing a nomadic role of monitoring the Syrian border during their deployment but took advantage of this training possibility toward the end of their tour.

COMMUNITY BRIEFS

**Childcare Co-op at IronWorks**  
A new program is looking for mother’s who want to work out at the IronWorks Gym Monday through Friday 8 to 9 a.m., but need childcare. The program will pool mothers together to take turns throughout the week. For more information, contact 080-3718-6389.

**Blue Ribbon Campaign**  
April is National Child Abuse Prevention Month. Blue ribbons will be passed out all month to wear in support. For more information, contact the Victim Advocacy Program at 253-4526.

**Youth and Teen Universal Studios Trip**  
Marine Corp Community Services Youth and Teen

Programs are scheduled to take the first 38 10- to 18-year-olds who register by April 3 to Universal Studios in Osaka April 6. For more information, contact 253-5549.

**Child Abuse Prevention Radio Panel**  
American Forces Network radio is scheduled to have an informational program on how to prevent child abuse and protect abused children April 2, 3 p.m. on Power 1575. For more information, contact the Victim Advocacy Program at 253-4526.

**Child Abuse and Neglect Campaign**  
The Victim Advocacy Program will be distributing flyers on “Marine Corps Bases Japan Child Supervision Guidelines” at the Marine

Corps Exchange April 4, 10 a.m. to 1 p.m. For more information, contact the Victim Advocacy Program at 253-4526.

**Month of the Military Child: Play Mornings**  
An interactive play group for 0- to 5-year-old children is scheduled for April 7, 14, 21 and 28, 10 to 11:30 a.m. in the community room of Building 656. Those participating should bring a copy of immunization records. All residents and personnel are encouraged to wear pink on these days. For more information, contact the New Parent Support Program at 253-6553.

**Dating and Teen Relationships**  
The Youth and Teen Center’s Smart Girls and Torch Club, Keystone members will receive Teen Dating Violence and Prevention Training April 13, 5:30 to 6:30 p.m. The focus of this program is to teach teenagers how to recognize the signs of an abusive relationship. For more information, contact the Victim Advocacy Program at 253-4526.

**Baby and Me Coffee and Tea Fun Time**  
Learn about baby sign language, games, songs and other helpful topics with your baby while meeting other parents

and your favorite breakfast beverage April 9, 16, 23, and 30, 10:30 - 11:30 a.m. For more information, contact the New Parent Support Program at 253-6553.

**3rd Annual Station-wide Easter Egg Hunt**  
There will be an Easter egg hunt April 11, 11 a.m. to 1 p.m. beginning at the north side football field. Peter Cottontail and a balloon artist will be on hand. For more information, contact 253-6454.

**Month of the Military Child Celebration**  
Marine Corp Community Services is scheduled to host a celebration in honor of Military Child Month at the MAC Dome here April 11, 1 to 5 p.m. For more information, contact 253-5549.

**Boosting Your Baby’s Brain**  
Bring your 1- to 12-month-old baby to learn various brain-boosting activities through games, songs and more April 13, 10 to 11 a.m. For more information, contact the New parent Support Program at 253-6553.

**Common Sense Parenting Information Table**  
Marine and Family Counseling Services staff will have informational handouts, books and videos available on display regarding parenting and child abuse prevention in the kiosk area of the Crossroads Mall April 14 11 a.m. to 1 p.m. For more

information, contact the Victim Advocacy Program at 253-4526.

**Child Abuse Recognition and Reporting Seminar**  
Learn symptoms and indicators of possible child abuse/neglect, appropriate reporting and community response April 15, noon to 1 p.m. in Building 411 Room 217. For more information, contact the Victim Advocacy Program at 253-4526.

**Boosting Your Toddler’s Brain**  
Learn ways to stimulate your 1- to 3-year-old toddler’s brainpower to increase brain development April 20, 10 to 11 a.m. For more information, contact the New Parent Support Program at 253-6553.

**Money Management for Pre-Teens**  
An information course to teach money management techniques and dispel mistaken impressions about money for 10- to 12-year-old children is scheduled for April 21, 3:30 to 4:30 p.m. For more information, contact the Victim Advocacy Program at 253-4526.

**Go Blue Day**  
In support of National Child Abuse Prevention Month, April 2 has been designated as “Go Blue Day”. For more information, contact the Victim Advocacy Program at 253-4526.

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SAKURA THEATER

**Friday, March 27, 2009**  
7 p.m. Taken (PG-13)  
*Premier*  
10 p.m. The Uninvited (PG-13)  
*Premier*

**Saturday, March 28, 2009**  
1 p.m. Paul Blart: Mall Cop (PG)  
*Last Showing*  
4 p.m. Inkheart (PG)  
*Premier*  
7 p.m. The Uninvited (PG-13)  
10 p.m. Taken (PG-13)

**Sunday, March 29, 2009**  
1 p.m. Inkheart (PG)  
4 p.m. The Uninvited (PG-13)  
7 p.m. Taken (PG-13)

**Monday, March 30, 2009**  
7 p.m. Inkheart (PG)

**Tuesday, March 31, 2009**  
7 p.m. Not Easily Broken (PG-13)  
*Last Showing*

**Wednesday, April 1, 2009**  
7 p.m. The Unborn (PG-13) *Last Showing*

**Thursday, April 2, 2009**  
7 p.m. Hotel for Dogs (PG)  
*Last Showing*

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](http://www.mccsiwakuni.com) or call 253-5291.



# CLASSIFIEDS

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**Library Pajama Party**  
A night of stories, games and fun with cookies an milk for a bed-time snack is scheduled for April 21, 6 to 7 p.m. For more information, contact the Victim Advocacy Program at 253-4526.

**Helping Families during Deployment**  
Sesame Street has created an educational program that will play through April on channel 18 to help military families with feelings, challenges and concerns experienced during various phases of deployment, predeployment and homecoming. For more

## Mess Hall Menu

**Monday**  
Bean with bacon soup, shrimp gumbo, Caribbean flounder, country style steak, steamed rice, macaroni and cheese, hush puppies, broccoli combo, wax beans, dinner rolls, peanut layer marble cake with butter cream frosting, banana cream pudding.  
Specialty Bar: Pasta

**Tuesday**  
Tomato soup, vegetable soup, lasagna, roast pork, au gratin potatoes, whole kernel corn, mixed vegetables, toasted garlic bread, cream gravy, cherry pie, Boston cream pie, oatmeal raisin cookie.  
Specialty Bar: Taco

**Wednesday**  
French onion soup, cream of broccoli soup, baked tuna noodles, breaded pork chop creole, garlic roasted potatoes, carrots, mix vegetables, dinner rolls, mushroom gravy, chocolate chip cookies, Dutch apple pie, devil's food cake with butter cream frosting.  
Specialty Bar: Barbeque

**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, sugar cookies, German chocolate cake, banana cream pie with whipped topping.  
Specialty Bar: Deli sandwich

**Friday**  
Chicken noodle soup, cream of mushroom soup, southern style catfish, chicken cacciatore, french fried cauliflower, steamed rice, candied sweet potatoes, southern style greens, jalapeno corn bread, cream gravy, coconut raisin drop cookies, double layer Florida lemon cake with butter cream frosting, chocolate cream pie.  
Specialty Bar: Mongolian

information, contact the Victim Advocacy Program at 253-4526.

**Japanese Language Class**  
Yamaguchi International Exchange Association is sponsoring a Japanese language courses for foreigners beginning April 14 to July 7, Tuesdays 7 to 9 p.m. in the Iwakuni Civic Hall training room. There are 40 seats available — to take the class, sign up at the Public Affairs Office, Building 1, Room 216 or contact 253-5551 for more information. Classes range from beginner to advanced beginner level three and the fee is 500 yen per term.

**Officer's Spouses Club Scholarship Applications**, available through your family readiness officer in the School Guidance Office of the Education Center, are now being accepted for the OSC Scholarship due April 15. For more information, contact 253-2581.

**Pass and Registration**  
On April 8, 9 and 10, the Provost Marshal's Office Pass and Registration section will be open for SOFA road tax patrons only.

**CPR Saturday**  
Saturday, Red Cross will offer the community the opportunity to learn life-saving skills free of charge. Classes will be offered in both English and Japanese by trained professionals from the Iwakuni American Red Cross and the Japanese National Red Cross. Classes will be held in the Red Cross Office and Yujo Hall. Free courses run 10 a.m. to 12:30 p.m.(English/Japanese); 1:30 to 4 p.m. (English); 1:30 to 4 p.m. (Language TBD). Certification courses will cost \$20 and will run 11:30 a.m. to 5:30 p.m. (Japanese) and 1:30 to 5 p.m. (English); space is limited so you must preregister. Current registered Red Cross volunteers can take the class for free. Free child care available.

**Ordnance Bowling Tournament**  
The Ordnance Bowling Tournament is being held at 11 a.m. March 28, at the Strike Zone. To reserve a spot for the tournament, stop by the Strike Zone. For more information call 253-6140.

**Commissary's Annual Easter Egg Hunt**  
The annual Easter egg hunt is scheduled for 12 p.m. April 4, for children three through five and 2 p.m. for children six through nine, on the front lawn at the commissary.

**Babysitter Boot Camp**  
Three day training in babysitting is April 7 through 9. Morning Session Babysitters training is 8 a.m. to 12 p.m. Volunteer Summer Orientation is 1:30 to 4:30 p.m. Afternoon Babysitters Training is 5 to 9 p.m. Meals are provided for those who participate in both Babysitters boot camp and the Volunteer Orientation. To sign up or for more information call 253-4525.

**87th Annual Ordnance Golf Tournament**  
The 87th Annual Ordnance Golf Tournament is being held April 10, 12p.m. at the Torii Pines Golf Course. Free food, drinks and gifts will be available along with prizes for 1st, 2nd and 3rd. For more information call 253-6140.

**Japanese-American Society Culture Fair**  
Japanese-American Society culture fair will be held 11 a.m. to 3 p.m. Sunday, at the M.C. Perry Elementary School cafeteria. Performances, displays and food will be available to enjoy.

**4-Man Scramble Golf Tournament**  
The Fil-Am Iwakuni 4-Man scramble golf tournament will be held April 18, 11:30 a.m. with a shotgun start at noon. Free food and drinks. Proceeds from this event will be donated to a children's orphanage charity in the Philippines and to a local Iwakuni orphanage. \$29 for non-member, \$19 for member. Green fee included. Open to all personnel. For more information, call 253-6084.

**"Pista Sa Nayon" Town Fiesta**  
The 14th Annual "Pista Sa Nayon" town fiesta is being held at the Club Iwakuni Ballroom, at 5 p.m. May 30. Tickets are \$35 and include an international buffet menu. For more information, call 253-6084. Blanket sale — M.C. Perry High School M.C. Perry High School PTO is selling the Japan blanket for \$50. For more information, contact M.C. Perry High School at 253-4503. Girl Scouts Summer Camp 2009

**The Girl Scouts Summer Camp 2009** is being held June 21-27 in Tama Hills, Japan. Deadline to sign up is May 15. Visit www.westpacificgirlscouts.com or call 098-970-2323 for more information.

### Automobiles

**1999 Nissan Wingroad**  
JCI until May 2010, new brakes, air conditioning, CD player, power locks and windows. \$2,000. For more information, call 253-2625 (home).

**1995 Honda Odessey**  
JCI until June 2010, power locks and windows, CD player, air conditioning, new brakes, new battery, seats 7. \$1,600. For more information, call 253-2625 (home).

**1997 Honda S/MX**  
JCI good until June 2010, silver body with orange seats, power windows/locks/remote starter, new CD player, and very roomy. In good condition and gets great gas mileage! Asking \$3,500 OBO. For more information, contact 253-2744 (home).

**1999 Mitsubishi Chariot Grandis**  
Automatic, 4-door, seats 7, great A/C and heat, power Windows/locks, AM/FM Stereo, CD/cassette player, JCI good until August 2010. Asking \$3,500 OBO. For more information, call 253-2031 (home) or 090-8406-8890 (cell).

**1998 Nissan March**  
JCI expires April 2011, non-smoker, 2-door, great gas mileage, new spark plugs. Asking \$2000 For more information, contact 080-3730-1885 (cell).

**1994 Mitsubishi Delica**  
JCI expires Nov., excellent condition, diesel, seats 7, 4x4, asking \$3000. Contact 253-2683 (home) or 080-2469-4859 (cell).

### Miscellaneous

**Entertainment Center/TV Stand**  
Modern looking with glass shelves, excellent condition. Works well with any size TV. Paid more than \$300, asking for \$95. Call 253-2600 (home) for more information.

**Entertainment Center**  
Holds up to 36" TV, two large adjustable shelves and three small ones on the side. CD holder and at the bottom, four large storage compartments. Excellent condition. Asking \$75 OBO. For more information call 253-2735 (home) or 080-3172-7210.

# 2009 Intramural Spring Basketball Season Opener



LANCE CPL. CHRIS KUTLESA

A player from Marine Aircraft Group 12 Sharp Shooters reaches high to block a pass during the March 18 game against Headquarters and Headquarters Squadron Head Hunters at IronWorks Gym. The Head Hunters beat the Sharp Shooters 53-22 after two halves of fast-pace play. The 2009 Intramural Basketball season continues until April 22.

## Head Hunters crush Sharp Shooters, 53-22

LANCE CPL. CHRIS KUTLESA  
IWAKUNI APPROACH STAFF

Headquarters and Headquarters Squadron Head Hunters defeated Marine Aircraft Group 12 Sharp Shooters 53-22 at a March 18 game for the spring intramural basketball season at the IronWorks Gym. The Head Hunters secured their win for the night by focusing their efforts on keeping communication open on the court.

"The game definitely went in their favor," said Damion V. Galley, a Sharp Shooter's player. "They definitely had a strong plan and stuck with it."

Like Galley suggested, the Head Hunters certainly had a plan and that plan was to turn up the communication on the court.

"Last time we were kind of a mess," said Nicholas W. Sweet, Head Hunters team member. "We hadn't practiced enough

together, making communication our biggest problem. After tonight I can definitely say we have improved on that."

Even after the night's victory, the Head Hunters still plan on improving communication. "It can always get better," said Sweet.

The Sharp Shooters did not express such an interest in improving communication as they did to minimize their turnovers.

The frequency of turnovers from the Sharp Shooters was the primary culprit for the large lead by the Head Hunters.

Turnovers might not have been beneficial for the Sharp Shooters but they were for those watching.

The turnovers forced players from both teams to hustle back and forth across the court, making for a high energy and spontaneous match. The ball went back and forth so much it mimicked pong more than a game of basketball.

The Sharp Shooters were certainly not thrilled after the night's loss, but Galley said they are just going to forget about this game and focus on the next.

The Head Hunters and the Sharp Shooters both have plenty of time to prove themselves, as they both have roughly four more games before the season comes to end April 22.

Looking forward to the rest of the season, Sweet weighed in on the benefits of participating in basketball and other team sports.

"I love basketball and meeting new people," said Sweet. "This is a fun way to accomplish both. I get a good workout and meet people I wouldn't normally interact with on a daily basis. I would definitely recommend getting out there and doing something like this."

To catch a basketball game, visit the IronWorks Gym Mondays through Wednesdays until April 22. Games start at 6, 7 and 8 p.m.

Those looking to participate in intramural sports can visit the MCCA Iwakuni website or call the Varsity and Intramural Sports Office at 253-3067.

### Upcoming Games

**Monday:**  
6 p.m. - Team H&HS vs. VMFA(AW)-255  
7 p.m. - H&HS Head Hunters vs. VMFA-242 Bats  
8 p.m. B-Tribe vs. Fil-Am

**Tuesday:**  
6 p.m. - MAG-12 Sharp Shooters vs. 171 Destroyers  
7 p.m. - MALS-12 Da FAM vs. Untouchables  
8 p.m. - CLC-36 Dragons vs. VMFA-224

**Wednesday:**  
6 p.m. - Iyaoyas vs. VMFA-224  
7 p.m. - B-Tribe vs. Team H&HS  
8 p.m. - MALS-12 Da FAM vs. VMFA(AW)-255



# Bench Press Competition

## *Competitors weigh in to test strength*



LANCE CPL. DANIEL NEGRETE

Michael Uribe bench presses 270.07 pounds at the 2009 Bench Press Competition held at the Ironworks Gym here March 21. Competitors were split up into ten different weight categories and given three attempts to achieve their maximum bench press.

LANCE CPL. DANIEL NEGRETE  
IWAKUNI APPROACH STAFF

Service members and members of the local community competed in the 2009 Bench Press Competition at the IronWorks Gym here March 21.

Competitors were split up into ten different weight categories and given three attempts to achieve their maximum bench press.

Shuji Goto of the 242-pound weight category achieved the highest bench press. On his third attempt, Goto maxed out at 507 pounds.

For the female light weight category, Shannon Heywood swept her competition by pressing 132.28 pounds on her second attempt.

"It was great to see males and females of both Japanese and American nationalities participate in this competition," said Brian T. Wilson, the event's director. "Although the turnout was good for this event, we hope to see even more participation at upcoming events."

The 2009 Bench Press Competition was the first in a series of upcoming strength and endurance competitions sponsored by Marine Corps Community Services' Semper Fit Division.

On April 11, the "Strongman

Competition" will test the lifting, pulling and pressing power of service members and other community members.

The Strongman Competition features five different events including the farmer's walk, tire flip, log press, farmer's hold and Humvee pull.

In the farmer's walk, participants will carry weighted barbells — 260 pounds for men, 140 pounds for women — for distance. In the tire flip, men will negotiate with a 400-pound, 7-ton truck tire while women will do the same with a 150-pound, 5-ton truck tire for maximum number of flips in 60 seconds. Men will press a 64-pound bar and women a 34-pound bar for maximum reps in a minute during the log press. In the farmer's hold, competitors will hold a weighted bar — 260 pounds for men, 140 pounds for women — in front of their body at a 90-degree angle for time. For the last event, the Humvee pull, competitors will pull a Humvee a distance of 65 feet for time.

All these events will take place here at Penny Lake Field April 11.

Questions about the upcoming competition can be directed to Marine Corps Community Services Semper Fit Division at 253-5225.

### WEIGHT CLASS NAME WEIGHT LIFTED

#### Women:

114 pounds	Toni Gaddis	105 pounds
	Tiffany Nelson	88 pounds
132 pounds	Shanon Heywood	132 pounds
	Yolanda Olivas	115 pounds
150 pounds	Vickie Feyedelem	127 pounds

#### Men:

148 pounds	Tomotsugo Maeda	198 pounds
165 pounds	Masashi Owan	330 pounds
	Michael Uribe	270 pounds
	Adrian Figueroa	231 pounds
181 pounds	Abe Roman	397 pounds
198 pounds	Jeff Velasquez	298 pounds
	Toshiaki Nakamura	243 pounds
220 pounds	Kevin Ross	386 pounds
242 pounds	Shuji Goto	507 pounds
	Mason Thompson	303 pounds
Super Heavy	Andy Stephen	407 pounds



CPL. CHRIS DOBBS

Jeffrey Velasquez pulled a 6,300-pound Humvee a distance of 65 feet in 31 seconds during last year's Strongman Competition at Penny Lake here. Velasquez claimed first place in the 161-190 pounds weight division. This year's Strongman Competition will be held April 11 at Penny Lake.