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SPORTS

IWAKUNI APPROACH

Issue No. 17, Vol. 2 | Marine Corps Air Station Iwakuni, Japan

Training, sports courts open for pain

LANCE CPL. DANIEL NEGRETE
IWAKUNI APPROACH STAFF

A new troop training area on the south side of the station, adjacent to IronWorks Gym, opened April 21.

The training area consists of an obstacle course, two beach volleyball courts, a basketball court, eight pull-up bars, bleachers, water fountains, restrooms and an outdoor shower.

"The obstacle course is reserved for service members only," said Curtis Brown, Marine Corps Community Services athletics director. "However, all (Status of Forces Agreement) personnel, (Japanese Maritime Self Defense Force) personnel and service members can utilize the recreational portion of the facility."

To use the volleyball or basketball courts, reservations can be made at IronWorks Gym's front desk or by calling 253-6578.

Reservations can be made for on-the-spot use or in advance. The hours of operation for the new training are from 4 a.m. to 11 p.m. Mondays through Fridays, and 7 a.m. to 10 p.m. Saturdays and Sundays.

Patrons can also check out volleyballs and basketballs through IronWorks Gym to use in the new training area.

"The new training area is considered an extension of IronWorks Gym," said Brown. "As with our other outdoor sports areas and training facilities, safety is always a concern. The beauty of this place is that it's open, close to the gym and within arms reach of the health clinic."

The new training area was funded by the Japanese government as part of the Host Nation Funded Construction Program.

"The majority of our new construction (here) is a result of this program and includes such recent facilities as the new Family Housing Service Center, Consolidated Warehouse and the Air Passenger Terminal," said Cmdr. William C. Duerden, station facilities officer.

The U.S. Army Corps of Engineers, Japan Engineer District also participated in the construction of the new training area. The district oversees all host nation funded construction.

We have many more projects in the works, added Duerden. These projects will accommodate the realignment of forces, resulting in the near doubling of the base population.

Station welcomes 275,000



LANCE CPL. KYLE T. RAMIREZ

Onlookers watch the sky during a parachute team's demonstration for the opening ceremony of Friendship Day here Tuesday. With a record attendance of 275,000 the event featured static displays, live music and a bilateral air show. Read the full story on page 6 and 7.

MSG duty: Jump-start your process

LANCE CPL. CHRIS KUTLESA
IWAKUNI APPROACH STAFF

Marine Security Guards stand duty at more than 120 U.S. Embassies and consulates around the world. Typically, Marines are attracted to MSG duty for its opportunities to travel the globe while collecting extra pay and promotion points.

Before anyone receives orders for MSG duty they must first submit to an extensive screening process.

Marine Corps Embassy Security Group is scheduled to visit here June 4 to conduct a brief and screening for Marines interested in MSG duty.

The brief is scheduled to be held in the auditorium of building one at 8:30 a.m. Screenings for MSG duty are scheduled to begin directly after the brief at 9:45 a.m.

All Marines currently in receipt of orders to MSG school are required to attend the scheduled brief.

"The brief will be covering all the basics of MSG duty, covering topics like the school and the embassies" said Staff Sgt. Christopher L. Schmidt, the career retention specialist for Marine Aircraft Group 12 here. "The screening will be essentially an interview checking to see if applicants are qualified."

Marines planning to attend the MSG brief must complete the Marine Security Guard Commanding Officers Checklist prior to the interview and screening. To acquire a copy of the checklist, Marines should contact their unit career retention specialist.

The screening process consists of three phases.

The first phase is where MCESG reviews a Marine's eligibility through a series of prerequisites.

Some of the prerequisites required are the ability to meet weight and fitness standards along with eligibility to acquire a top-secret

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CHAPLAIN'S CORNER

‘Driving through the kill zone’

LT. ROBERT E. MILLS
STATION CHAPLAIN

In my work as a chaplain I do a lot of counseling.

Most of the time people come to talk with me because something has gone wrong in their life.

It might be something about a relationship, something to do with their work environment, the command climate in their section, or it might be a struggle against an addiction or some type of substance abuse.

But by far the most common complaint that I hear is depression often triggered by one of the other issues I mentioned.

Depression affects most of us at some time or another.

Usually it is transitory, that is, it will affect people for a season during their life and eventually will gradually disappear.

The symptoms can range from mild to severe and many shades in between.

In the most severe cases, depression can lead a person to a desperate, suicidal place.

For most of us, however,

depression shows up as a feeling of the "blues" or feeling like we are in a "bad mood."

These down times are normal and really don't reach the clinical definition of depression counselors and chaplains watch for.

Real clinical depression is indicated by several signs.

A depressed person usually has a very bad mood consistently — not just for a few hours or days, but weeks or months; someone who is depressed may also lose interest or pleasure in their usual activities, which may show up as changes in appetite, sex drive and sleep patterns.

Depressed people also may show a marked decrease in motivation and feel fatigued much of the time.

As you can see here, not all the signs of depression are immediately visible, but a little bit of analysis can usually determine whether or not a person is clinically depressed.

So, what should a people do if they are feeling depressed?

Well, the advice I often give is

to "drive through the kill zone and call for air support."

This is what we are taught in convoy training to do when we are ambushed by an enemy.

In other words, keep moving and don't pause or stop when you are the most vulnerable.

Here are some good ways to "drive on through" when you are ambushed by depression: eat healthy, get good physical training, get outside in the sunshine, drink a lot of water, stay away from stimulants (nicotine and caffeine) and from depressants (alcohol), go to bed early even if you are not falling asleep well, and get up early also.

The key here is to keep yourself moving physically, mentally and emotionally.

These things are not easy to do, especially when you are not feeling motivated.

But all of them can help when you are feeling down.

Dig deep, depend on your faith, and drive through that kill zone. Watch for another article soon, when I talk about "Calling for air support"

It will explain how to reach outside yourself for help when you are feeling depressed.

Summer kick-off BBQ heats bellies



LANCE CPL. DANIEL NEGRETE

Service members enjoy the first outdoor barbecue put together by the South side mess hall April 26. The South side mess hall has begun a new season of serving outdoor barbecues served every other Wednesday during lunch until the middle of October.

History and Heritage

When the most devastating storm in more than 200 years hit the New Orleans area in 1995, Marines and sailors from Marine Forces Reserve quickly responded on May 8. Within 24-hours of receiving their orders, they assisted in the evacuation and treatment of approximately 2,500 flood victims.

Summer protection: Know heat symptoms, flag conditions

SUBMITTED BY CHRIS YONEDA
OCCUPATIONAL SAFETY AND HEALTH
SPECIALIST

Heat Stress

When the body is unable to cool itself by sweating, several heat-induced illnesses such as heat stress, heat exhaustion and the more severe heat stroke can occur and can result in death.

Factors Leading to Heat Stress

- High temperature and humidity
- Direct sun or heat
- Limited air movement
- Physical exertion
- Poor physical condition
- Some medicines
- Inadequate tolerance for hot workplaces

Symptoms of Heat Exhaustion

- Headaches, dizziness, lightheadedness or fainting.
- Weakness and moist skin.
- Mood changes such as irritability or confusion.
- Upset stomach or vomiting.

Symptoms of Heat Stroke

- Dry, hot skin with no sweating.
- Mental confusion or losing consciousness.
- Seizures or convulsions.

Preventing Heat Stress

- Know signs and symptoms of heat-related illnesses.
- Monitor yourself and coworkers.
- Block out direct sun or other heat sources.
- Use cooling fans/air-conditioning; rest regularly.
- Drink lots of water; about 1 cup every 15 minutes.
- Wear lightweight, light colored, loose-fitting clothes.
- Avoid alcohol, caffeinated drinks, or heavy meals.

What to Do for Heat-Related Illness

- Call medical, 911 or 0827-21-7700 from a cell phone at once.
- Move the worker to a cool, shaded area.
- Loosen or remove heavy clothing.
- Provide cool drinking water.
- Fan and mist the person with water.

Flag Conditions

Know about the flag conditions and the in-

formation that they post.

Green Flag

Heat condition I (80 F – 84.99 F)

Heavy exercises for unacclimatized personnel will be conducted with caution and under constant supervision.

Yellow Flag

Heat condition II (85 F – 87.99 F)

Strenuous exercise such as marching at standard cadence will be curtailed for unacclimatized troops in their first three weeks per the Manual of Naval Preventive Medicine (NAVMED) P-5010. Avoid outdoor classes in the sun.

Red Flag

Heat condition III (88 F – 89.99 F)

All PT will be curtailed for those troops who have not been thoroughly acclimatized by at least 12 weeks per NAVMED P-5010.

Those troops who are thoroughly acclimatized may carry out limited activity not to exceed six hours per day.

Black Flag

Heat condition IV (90 F or higher)

All nonessential physical activity will be halted for all units.

Travel, expand your skill set

GUARD FROM PAGE 1

clearance.

If a Marine is eligible for MSG duty, they move onto the second phase, an interview.

"In the interview, they are looking for someone who has confidence," said Schmidt. "They are looking for Marines they can trust to be out in remote locations and maintain the Corps' core values."

After a Marine passes the interview, he moves forward on to a medical screening.

Once a Marine has completed and passed all three phases they will possibly receive assignment to Marine Security Guard School.

Although the screening process may appear to be extensive, it is certainly beneficial. "The entire process is defi-

nately long, but that's only because they want to make sure they have the best Marines out there representing our Corps," said Lance Cpl. Buck A. Head, a Marine here who is scheduled to begin MSG training in May. "I'm excited because not only will I be growing in my personal life, but I will also be growing in my Marine Corps career."

After completing MSG school, lance corporals and corporals automatically receive an allotment of 100 points toward their cutting score, often putting them ahead of their peers.

In addition to extra promotion points, Marines serving MSG duty earn the opportunity to work alongside various government agencies such as the State Department and

U.S. Agency for International Development.

Skills taught during MSG school can also open doors and provide job opportunities for those looking to join law enforcement agencies.

"MSG duty is truly a unique opportunity to grow as a Marine," said Schmidt. "The skills Marines receive in training alone are extremely beneficial for any Marine, whether they plan on staying in the Marine Corps or not. MSG duty is for those Marines out there looking for a challenge and an experience unlike anything else they have already experienced. This is a chance to expand your horizons in more ways than one."

For more information, contact your unit's career planner.

Help transition assistance help you

SGT. ROBERT DURHAM
IWAKUNI APPROACH STAFF

When a service member is preparing to transition to civilian life, there is often a stark realization of just how difficult it can be to find the right job after the military.

The Transition Assistance Management Program teaches service members everything from networking through the negotiation of salary and everything between.

There are certain skills service members are required to learn before separation and extra resources available for those willing to go beyond the basic requirements.

In addition to mandatory classes for those separating, services include workshops, counseling, assessments and seminars.

Family Member Employment Program is available for military dependents.

"It is primarily for spouses. But children of active duty service members over the age of 16 are also eligible for job search, resume writing and interview skills workshops," said Shannon Barker, transition assistance manager here.

Personnel who have used the transition assistance management program or the family member employment program recently should visit www.websrg.com/MCHQ/ to fill out the online TAMP-FMEAP survey by May 29.

The survey is reviewed by planners and management of the program to help improve services for Marines, and their families.

"The TAMP/FMEAP program exists to serve active duty and family members. Feedback helps us provide what they want and need in terms of the services we offer," Barker said.

Marines aboard MCAS Iwakuni can receive more information by calling 253-6439 or by going to Building 411, Room 201.

TRICARE dependent parents, parents-in-law coverage

SUBMITTED BY MARICIO GUEVARA
TRICARE PACIFIC MARKETING
REPRESENTATIVE

There are several things to consider when deciding whether to bring your dependent parents or parents-in-law to Japan.

First and foremost you must understand what coverage TRICARE provides for them.

Dependent parents and parents-in-law can be seen at military treatment facilities on a space-available basis at no cost to you or the patient. This includes access to doctors and pharmacy benefits.

Military sponsors with dependent parents and parents-in-law must understand that when the treatment facility cannot provide the necessary care, the parents may be referred to a civilian facility.

TRICARE does not cover civilian care for parents; therefore payment of the bill will be the sponsor's responsibility.

It is also important to note that Medicare does not provide coverage for medical services rendered overseas.

Military sponsors of parents should also consider the health of the parents and whether or not the treatment facility has the necessary resources for appropriate care.

The cost of Japanese medical care is also a factor which may lead to the need for other health insurance for parents.

Whatever your decision may be, please remember you are not alone.

For any information regarding TRICARE feel free to contact your local beneficiary counseling and assistance coordinator at 253-3072.



CPL. JOSEPH MARIANELLI
Katie Zirkle (left) and Tyra Morgan (center) walk as lady maids during the 32nd annual Kintai-kyo Festival at Kikko Park April 29. Zirkle and Morgan endured more than two-hours of make-up application, dressing up and walking practice to prepare for their role in the procession.

Station members embrace Far East culture for annual Kintai Festival

CPL. JOSEPH MARIANELLI
IWAKUNI APPROACH STAFF

Dum duh-dum, dum duh-dum. The drums grew louder, and the crowd shifted and bulged with anticipation as the procession approached. Dum duh-dum, dum duh-dum. People pushed and jockeyed for position to get the best possible view of the bridge. Cameras shot above the collective head of the crowd like lighters at a rock concert. Shedding their familiar attire, 10 station residents suited up as samurai warriors and maids to take part in the 32nd annual Kintai-kyo Festival at Kikko Park April 29. For a day, the faux-samurai station personnel felt like shining stars. “I really think we were one of the hits,” said Stephen R. Bennett IV. His sentiments were echoed similarly by one of his fellow participants. “My favorite part was when the people got to take pictures with us,” said Isaiah Peart. “It made me feel like a celebrity.” The morning began early for everyone — dressing in the traditional garb was not old-hat to anyone. For proprieties sake, the women were quickly sequestered from the men to undergo their process of transformation. Although the men were dressed within an hour, the women required a bit more attention. After enduring about one hour of traditional make-up application, the females were ready to be dressed. “It was really interesting to experience that side of the culture,” said Katie Zirkle. Interesting and challenging because once dressed, the women had to take a crash-course in walking with their new attire. “It was a little constricting,” said Zirkle. Taking small steps and moving slowly kept the women upright she added. Meanwhile, the men, already dressed, were able to lounge about comfortably enjoying a bento box. Something about putting on clothes of the past allowed the participants to almost feel what it must have been like. “Seeing everybody all dressed up, you kind of get a glimpse of what it must have been like then,” said Zirkle. The most poignant example of the mental transformation in action was watching the



CPL. JOSEPH MARIANELLI
Isaiah Peart clashes old with new as he jams out to a beat on his ipod while dressed as an ancient samurai warrior prior to participating in the 32nd annual Kintai-kyo Festival at Kikko Park April 29. The males spent approximately one hour dressing in the traditional samurai garb and were able to enjoy a lengthy lunch getting used to moving about in their new attire.

men practice drawing their wooden swords preparing to defend their master during the procession. A hot, snail’s pace walk over the Kintai Bridge to Kikko Park later, the participants all agreed the event was something everyone should do if they have the opportunity. “Do it, absolutely do it,” said Zirkle. “This is my second tour in Japan and there’s never been an experience like this. I will never forget it.” For one faux-samurai, the event held closer significance. “It was the first time I’ve had an opportunity to not only connect with the local history, but my own history,” said Bennett. “I could swear that my ancestors were looking down upon me and they were probably laughing at how I looked in costume,” he added.



CPL. JOSEPH MARIANELLI
A dressing assistant ties a leg stalking onto one of the participants in preparation for the 32nd annual Kintai-kyo Festival at Kikko Park April 29. Careful not to sacrifice any details, participants were dressed meticulously by assistants prior to the procession.

Turning Japanese

Spirit of Adventure: BSA invite Japanese scouts to day of fun, build lasting relationships



PFC. MIRANDA BLACKBURN
The scouts compete in a friendly game of tug-of-war during the Cub Scout Day Camp at Penny Lake here April 26. After the children were done competing, the leaders even had a match of their own.

PFC. MIRANDA BLACKBURN
IWAKUNI APPROACH STAFF

The very first Cub Scout Day Camp took place at Penny Lake here April 26. Leaders from the station Boy Scouts and Cub Scouts of America invited local Japanese scouts to enjoy a day filled with fun and exciting activities. For most of the children, being able to explore the static displays of different aircraft was the most exciting part of the day. After visiting the airplanes, the scouts had a flag ceremony at Penny Lake that started the rest of the day’s festivities. More than 30 volunteers helped set up stations for the kids to choose from. Stations included knot tying, an obstacle course, ultimate Frisbee, tug-of-war, sack races and three-legged races. “I really like being able to be a good role model to the kids on base and in the community,” said Cpl. Michael McDougald, an aviation operation specialist who volunteered to help during the sack-toss portion of the event. The scouts earned a different colored bead for each station they completed to see how many beads they could collect by the end of the day. The scouts could go through each station as many times as they wanted. Marine Corps Community Services also provided the children with volleyball and badminton nets, and a bounce house to play in when they weren’t preoccupied with other activities throughout the day. After a long morning of fun, hamburgers, hot dogs, authentic Japanese food and lots of desserts caught everyone’s eyes. The scouts enjoyed their meal while interacting with each other and listening to music. After getting something to eat, everyone was ready for the competition. Scouts from the station competed against the local Japanese scouts in a couple games of tug-of-war. After the children were done competing, the leaders even had a match of their own. The friendly rivalry left everyone with a smile on their face. “This was the first day camp we’ve had, but we really hope to have more events like this with the Japanese scouts soon,” said Kim Bertholet, the assistant cub master for Pack 77 Cub Scouts and mother of three Cub Scouts. The scouts are scheduled to attend the Japanese Rally with the local Boy Scouts of Iwakuni during Memorial Day weekend. To join Cub Scouts, your child must be in the first grade or seven years old. Cub Scouts meet Wednesdays at 5 p.m., and Boy Scouts meet Mondays at 6 p.m. For more information, stop by the Cub Scout Hut next to the chapel.

M.C. Perry Elementary students celebrate Earth Day

LANCE CPL. DANIEL NEGRETE
IWAKUNI APPROACH STAFF

Students from Matthew C. Perry Elementary School observed Earth Week from April 20 to April 24 and participated in a poster contest organized by the station’s environmental division. “We wanted a way to stimulate children’s creativity and heighten their awareness on environmental issues,” said Melanie L. Bengtson, station environmental director. “We felt a poster contest would be a fun way to get the word across about Earth Day.” The first Earth Day was celebrated on April 22, 1970, when U.S. Senator Gaylord Nelson organized a meeting to promote the ideas of stewardship and highlight the growing concern of pollution in the air, soil and water. “It’s important for our children to observe Earth Day and develop a concern for the environment since they’re our future and need to take care of their planet,” said Kathy E. Warden, a second grade schoolteacher at M.C. Perry Elementary. A total of 175 students in grades one through five participated in the poster contest, which was judged by a panel of teachers and members of the station’s environmental division. “We judged the posters based on how well they tried to convey the ideas of environmental awareness,” said Bengtson. “We looked for creativity and simplicity.” After the first and second place posters for each grade level were identified, an award ceremony was held at M.C. Perry’s Elementary School gym April 29. “The poster contest was a great way to get discussions going on in the classroom,” said Warden. “One of my students, Skye Pejisa, brought up a good point by saying, ‘Earth Day should not just be one day out of the year, it should be everyday.’” The station environmental division is also organizing



LANCE CPL. DANIEL NEGRETE
Rachelle Deguzman, a fifth grader at Matthew C. Perry Elementary School, received first place for this poster she created during Earth Week, which was observed here from April 20 to April 24. A total of 175 students in grades one through five participated in the poster contest, which was judged by a panel of teachers and members of the station’s environmental division.

various cleanups within the station for service members to participate in. The next seawall cleanup will take place May 29 and is open to all service members interested in doing something for the station and for the environment. Questions regarding the upcoming seawall cleanup can be directed to the station’s environmental division at 253-4854.

Friendship Day draws crowd



LANCE CPL. KYLE T. RAMIREZ

A mass of visitors from across Japan and abroad gather at the station's front gate for the start of Friendship Day Tuesday. Though the official opening ceremony was at 9 a.m., sightseers began arriving around 5 a.m. for a chance to claim a good seat at the air show.



CPL. JOSEPH MARIANELLI

Capt. John Standen, an aerial pilot with Marine Attack Squadron 211, helps a young girl down from an aircraft after she explored the interior during the 37th annual Friendship Day here Tuesday. Standen and other VMA-211 Marines were on hand throughout the day to explain features of the aircraft as well as take photos of people posing with the aircraft.



CPL. JOSEPH MARIANELLI

Within the first hour of the gates opening, crowds had enveloped most of the tarmac up to the flight line during Friendship Day here Tuesday. Attractions included static aircraft displays, typical American cuisine, live music and the main attraction, the air show.



CPL. JOSEPH MARIANELLI

Japanese Air Self-Defense Force's Blue Impulse cut the clear blue sky's canopy with smoke trails as it flies in formation during Friendship Day here Tuesday. Blue Impulse wowed the crowd for one hour with aerial acrobatics and filled the sky with designs such as a star and heart pierced by an arrow.

37th annual festival features bilateral air-ground display, energetic audience

CPL. JOSEPH MARIANELLI
IWAKUNI APPROACH STAFF

It's a bird, it's a plane — no, it's a man with a jetpack. Although nothing short of impressive, flying people, even augmented via technology, have always intrigued. But, stealing the show seemed to be the Japanese Air Self-Defense Force's Blue Impulse and its dynamic aerial demonstrations flooding the sky with smoke trails. Besides Blue Impulse, Marine Aircraft Group 12 and the Japanese Maritime Self-Defense Force supported a host of military aerial demonstrations, and static Japanese and American military aircraft with Marine Corps Community Services supporting behind the scenes with setup, and a wide array of eats and drinks for the record breaking approximately

275,000 station visitors during the 37th annual Friendship Day here Tuesday. Planning for the next Friendship Day begins every year right after Friendship Day because it is by far the largest event for MCCS and the station, said Tony Martinez, MCCS event planner. Every year the station opens its gates and gives the public the opportunity to experience the wonder of Marine Corps Air Station Iwakuni. The greatest reward was seeing Japanese people sprint on base as soon as the gates opened, said Martinez. Participation by the Blue Impulse was the biggest factor pulling people in this year, added Martinez. As Blue Impulse took center stage, the crowd rose to its feet waving to the precision performance pilots clad in royal blue flight suits. Taking to the sky, Blue Impulse proceeded to wow the crowd with dramatic free falls, near misses and elaborate smoke drawings in the sky generating cheers and applause. Perhaps it was proximity, but on the volume scale, nothing seemed to pierce the ears quite like the jetpack shooting through the air less than 200 yards from the crowd. "We were expecting oohs and ahhs, and that is exactly what we got," said Capt. Christian Ortiz, event project officer. Marines with 3rd Reconnaissance Battalion, III Marine Expeditionary Force got their own oohs and ahhs deploying huge U.S. and Japanese flags while parachuting during the opening ceremony. Friendship Day also established another record with almost 2,000 motorcycles participating in this year's Thunder Run. During the Thunder Run, motorcyclists

bringing their bikes were invited to take a lap around the airfield while speakers blared classic rock tunes. Even though the horde of motorcycles was impressive, there's just something about seeing a competitive battle between two completely unequal things — enter the motorcycle versus airplane race. "I liked the motorcycle racing the plane," said Sgt. Ken Kottra. No Friendship Day would be complete without a smorgasbord of American and Japanese drinks and eats including the ever popular human-head sized turkey legs. "The huge turkey legs, they were delicious," said Kottra. With a concerted effort from the station and tenant units, the pleasant weather and the exciting air show, this year's Friendship Day was a success.

CORPS NEWS

HIGHLIGHTING MARINES AND SAILORS AROUND THE GLOBE



CAMP AL TAQADDUM, Iraq — Mike Dees (left), lot supervisor, Marine Corps Logistics Command (Forward) Retrograde Lot, tells a Marine where he should park his tactical vehicle during a transfer of equipment at the MCLC (Fwd) Retrograde Lot in Camp Al Taqaddum, Iraq, March 31, 2009. Dees is one of the Honeywell contractors hired to work with Marines as they undergo a responsible drawdown of their unnecessary equipment in Iraq.

GUNNERY SGT. KATESHA WASHINGTON

Removing excess gear from Iraq: crucial step in responsible drawdown

GUNNERY SGT. KATESHA WASHINGTON
2ND MARINE LOGISTICS GROUP

CAMP AL TAQADDUM, Iraq — Even before Feb. 17, when President Barack Obama announced his strategy for Iraq, the operational tempo for Marines and sailors within the 2nd Marine Logistics Group (Forward) in Camp Al Taqaddum, Iraq, was high. Since the President’s announcement, the tempo at the 2nd MLG (Fwd) has elevated tenfold. While they are in charge of the responsible drawdown of the Marine Corps’ logistical assets in Iraq’s Al Anbar province, they are also still required to support subordinate units who work with Iraqi Forces to stabilize the country. From the outside looking in, the responsible drawdown of equipment may seem like a simple task to complete, but with more than 53,000 individual pieces of gear in the MLG’s inventory that still need to be processed for turn-in, the enormity of the overall mission can only be accomplished with precise, complex planning by leaders at the top and demanding physical labor by those in charge of carrying out the plan. The process of drawing down

equipment and weapons from subordinate units is a complex one. Every single item and its components must be cleaned, inspected, and physically accounted for prior to being transferred to the Marine Corps Logistics Command (Fwd). MCLC (Fwd) receipts for the equipment and begins its own internal process for retrograde back to Blount Island Command in Jacksonville, Fla. Once the assets reach BIC, they are then forwarded to their respective depot-level repair facility. If the equipment meets the requirements of support for Operation Enduring Freedom, however, it is shipped to Afghanistan. The job is not complete for the MCLC team after gear leaves the 60-acre lot. As soon as one unit transfers equipment to the command, another is coming through the gate to drop off more gear. Master Sgt. Demetrius B. Jones, staff noncommissioned officer in charge of the MCLC (Fwd) Retrograde Lot, said his team of 30 Honeywell contractors have processed more than 58,000 pieces of gear to include air and ground support material, administrative vehicles, electronics, tactical vehicles and weapons. Since December 2008, when Jones first arrived to the lot, developments in the timeline of the responsible drawdown increased the need for more personnel. In mid-March, more contractors were added to the staff to sustain the immense workload. Jones said that many of the employees are retired from the military and therefore understand the importance of teamwork in order to accomplish such a hefty mission. “These guys work together like a well-oiled machine,” Jones said. “Between receiving the gear and shipping it out, they have been working very hard to reduce the turn-around time (as much as possible).” Just as personnel on the ground are working together to accomplish the mission, those crunching numbers are just as deep in the process. Staff Sgt. Dominique Giles, supply chief, 2nd MLG (Fwd) G-4, who is responsible for the overall tracking of equipment belonging to the group, said although most subordinate units are eager to turn in their gear as quickly as possible, when dealing with such a large amount of serialized gear, accuracy outweighs speed. “Some items take longer than others [to transfer], and it’s best to take care of it all now instead of waiting until it’s time to leave

and doing it in a hurried fashion, but our priority is and has been accurate accountability. We want the units to accurately account for their gear and to downsize equipment that isn’t being utilized,” she said. Giles added that because subordinate units are still conducting daily operations in Al Anbar province, they have been asked to give up only 10 percent of their equipment. If a unit is leaving the area and not being replaced, then they will turn in all of their gear. So far the process is going very smoothly because of the cooperation from everyone involved, she said. “Units are excited about turning in their unnecessary gear, so I think as long as the units remain positive and willing to turn in equipment, things will continue to move smoothly,” she thankfully noted. As MLG (Fwd) and MCLC (Fwd) work toward meeting their own goal of decreasing the footprint of the military in Iraq, they are also working to achieve the President’s target date for the U.S. military to be out of the country. While Iraq is rebuilding itself, the logistics team remains available to provide support to Iraqis and Marines even as they progressively take themselves out of the picture, one truck at a time.

COMMUNITY BRIEFS

Ironworks Co-op Program Openings
There are now openings with the Ironworks Co-op Program. This program is open to parents with children 5 and under. We meet 9:15 – 11:15 a.m. every Mon., Wed., Fri. For more information, call 253-2836 or email heather_long@yahoo.com.

UMUC Term V Classes
University of Maryland University College registration for face-to-face classes is 8 a.m. – 5 p.m. until May 31 and classes run from June 1 - July 25. You can register in person or by going to MyUMUC at my.umuc.edu. Registration for online classes runs until June 15 and classes run June 15 – Aug. 23. For more information, contact your local UMUC field representative at 253-3392 or visit www.asia.umuc.edu.

CREDO Growth Retreat
The Marine Memorial Chapel will host a personal growth retreat focusing on time for personal evaluation and reflection Wednesday – May 16. Monday is the sign-up deadline. All Marine Corps and Navy active duty, reserve, retired personnel and their family members are eligible. Army, Air Force, civilian DoD/DoDDS employees and family members are eligible on a space-available basis. For more information or to sign-up, contact the chapel at 253-3371.

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.

MAG-12 Fraud, Waste and Abuse Information
The new Fraud, Waste, and Abuse Officer for all MAG-12 units is Capt. Augusto D. Ramirez. Please report any instances of FWA to the MAG-12 FWA hotline number, 253-6123. For immediate action, please call 090-6861-7127 at any time.

TAMP and FMEP Survey
The Transition Assistance Management Program and Family Member Employment Program will be conducting a survey until May 29. Your feedback will help us improve the services we provide to military members and their families. The survey link is www.websrg.com/MCHQ/.

Case Lot Sale
The Iwakuni Commissary will hold its semi-annual

case lot sale May 15 - 17. The sale is themed, “the under \$10 case sale” because many items will be priced under \$10 per case. We also plan for fun and games, so mark calendars and plan to shop early for the best deals.

Onsite Mammograms at Branch Health Clinic
The Branch Health Clinic will be conducting mammograms via an onsite van May 18 – 22. For more information or to set up an appointment through your primary care doctor, contact central appointments at 253-3445.

PMO Lost and Found
The Provost Marshal’s Office lost and found section has various items that have been turned in tracking back to 2006. Currently we have keys, wallets with contents, jewelry, watches, U.S. Passports, cell phones, dog tags, electronics, CDs and more. If you have misplaced anything, call PMO at 253-5105.

“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.

The Biggest Saver Coupon Contest
The Personal Financial Management Office is conducting a contest for all patrons of the Iwakuni Commissary May 1 – July 31. The person who saves the most money in coupons during the three-month contest will win an hour long massage. Take your receipts to the Personal Financial Management Office in Building 411, Room 201. Once a month, a coupon class will be conducted in Building 411, Room 217, to assist patrons in finding the right coupons and discussing savings options. For more information, call 253-6250.

H1N1 flu virus prevention tips

There is no evidence at this time the H1N1 flu is in Japan. We encourage everyone to engage in these healthy prevention practices:
•Cover your mouth and nose with a tissue when coughing or sneezing; if a tissue is not available, cough or sneeze into your upper sleeve or elbow, not your hands.
•Put used tissues in a waste basket.
•Wash your hands after coughing or sneezing, and wash with soap and water, or clean with alcohol-based hand cleaner.
•Avoid touching your eyes, nose or mouth.
•Avoid close contact with people who are sick. If you are sick, keep distance from others to protect them from getting sick, too.
For more information, please visit the CDC Web site: http://www.cdc.gov/flu/swine/key_facts.htm.

SAKURA THEATER

Friday, May 8, 2009
7 p.m. Duplicity (PG-13)
Premier
10 p.m. I Love You, Man (R)
Premier

Monday, May 11, 2009
7 p.m. 12 Rounds (PG-13)

Tuesday, May 12, 2009
7 p.m. Fast and Furious 4 (PG-13)

Wednesday, May 13, 2009
7 p.m. The International Last Showing

Thursday, May 14, 2009
7 p.m. Fired Up Last Showing

Saturday, May 9, 2009
1 p.m. Race to Witch Mountain (PG)
4 p.m. I Love You, Man (R)
7 p.m. 12 Rounds (PG-13)
Premier
10 p.m. Duplicity (PG-13)

Sunday, May 10, 2009
1 p.m. Hannah Montana: The Movie (G)
4 p.m. Duplicity (PG-13)
7 p.m. I Love You, Man (R)

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

253-5291

CLASSIFIEDS

Automobiles

1995 Honda Odyssey
JCI good until Oct. 2010, new tires, plugs and wires. Road tax paid. Seats 8, fold-away seats, A/C, power windows and locks, CD player, 97,000 Km. \$2,500 OBO. For more information call 253-2990 (home) or 253-4768 (work).

1999 Honda Odyssey
JCI good until July 2010, very dependable family vehicle with plenty of storage, power windows and locks, AM/FM stereo with CD Player, 2009 road tax paid. \$2,500 OBO. For more information, call 253-2180 (home) or 253-4814 (work).

Mess Hall Menu

Monday

Cream of mushroom soup, creole soup, sauerbraten, hot and spicy chicken, fried rice, oven glo potatoes, fried zucchini, calico corn, dinner rolls, congo bars, double layer marble cake with butter cream frosting, blueberry crunch.
Specialty Bar: Pasta

Tuesday

Cream of potato soup, chicken noodle soup, southern-fried chicken, barbecue beef cube, steamed rice, buttered pasta, black-eyed peas, creole squash, chocolate chip cookies, spice cake with butter cream frosting, lemon meringue pie.
Specialty Bar: Taco

Wednesday

Cream of broccoli soup, vegetable soup, tempura fish, pepper steak, steamed rice, oven glo potatoes, glazed carrots, brown gravy, dinner rolls, club spinach, peanut butter cookies, double layer devil's food cake with butter cream frosting, cheese cake.
Specialty Bar: Mongolian

Thursday

Minestrone soup, cream of chicken soup, creole macaroni, fried shrimp, fettuccini noodles, alfredo sauce, grilled cheese sandwich, tempura vegetables, peas and carrots, dinner rolls, cocktail sauce, sugar cookies, strawberry shortcake with whipped topping, vanilla cream pie.
Specialty Bar: Deli sandwich

Friday

Clam chowder, minestrone soup, braised beef and noodles, baked fish, mashed potatoes, fried cabbage, mix vegetables, chicken gravy, dinner rolls, banana bread, shortbread cookies, Dutch apple pie.
Specialty Bar: Hot Dog

1997 Honda Integra

JCI good until Dec. 2010, silver, 4-door, automatic, road tax paid, 83,000 Km, Cold AC, heat, power everything, CD, keyless entry, suspension upgrade. Clean inside and out. Runs perfect with great gas mileage. Bought last Aug. with 80,000 Km, oil changed in Dec. \$3,000. For more information, call 253-6084 or 080-3582-0091.

1994 Toyota Supra

JCI good until Sept. 2010, runs great, automatic, air conditioner/heater, cassette player/CD player/iPod connector, automatic key lock. Moving in June. \$5500 OBO. For more information, call Tyson Bare at 253-5509 (work) or 080-3750-6690 (cell).

1994 Mitsubishi Delica

JCI good until Nov., excellent condition, diesel, 4X4, seats 7. \$1800. For more information call 253-2683 (home) or 080-3469-4859 (cell).

1996 Mitsubishi Delica

JCI good until Jan 2010, black, 4-wheel-drive van, runs great, 72,000Km. \$3700. Road tax paid. For more information, call 080-3319-5656.

To submit an advertisement request, click the news link, then the classifieds link and then the request form link on the station Web site to open an advertisement request form. Submit the form via Web site, or send an e-mail to iwakuni.pao@usmc.mil. Alternatively, you can submit in person at the Public Affairs Office, Building One, Room 216.

Ask the Education Office:

What should I do if I am called away for an unexpected temporary additional duty or other emergency and can't complete my college class? Do I have to pay back the tuition assistance money?

Contacting your professor, the school and the Education Office is always the first step.

Inform them of your situation.

If the professor gives you an incomplete for the class, a letter grade of "I," you may have up to six months to finish the work for the class.

If an "I" is not possible a grade of "W" should be issued when you officially withdraw from the class. Receiving a "W" allows you to retake the class at a later date without

your grade point average being affected.

If the college decides to give you an "F," your grade point average is adversely affected.

Remember, if you receive a grade of "W," "F," or "I," not finished within 6 months, it will be your responsibility to pay for that course.

If you have an extenuating circumstance such as surgery, emergency leave, TAD, etc., the Education Office can provide you information to request a "waiver of indebtedness."

You must provide orders and other official documents along with your waiver request letter signed by your commanding officer to show a valid reason for not being able to complete your class.

If approved by Naval Education and Training Professional Development and Technology Center you will be excused from paying for the class.

Always remember to keep the Education Office in the loop when using tuition assistance.

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

Miscellaneous

Coffee Table

Beautiful glass top coffee table, with wrought iron base. Glass alone would cost over \$175. Only asking \$75 for the whole thing. For more information, call 253-2866 (home).

Oak Table and Chairs

Solid oak table and chairs. Includes table, leaf, and six solid oak chairs. \$350.00. For more information, call 253-2028 (home).

Rosewood Dining Table

Dark rosewood dining table with French-style legs. Cream with gold removable seat cushions (plastic still on). Table extends to seat eight, has two removable leafs. Two chairs with arms and six without. For more information, call 253-2327 (home).

Pet Sitter

Going on vacation soon? Wondering who will feed your pets and water your plants? \$10 a day on base or \$15 off base, I will go to your house and feed your pets and plants. For more information, e-mail ssummercare90@gmail.com or call 253-2443.

- The deadline for submissions is Monday at 4:30 p.m.
- The request is effective for one week. If you want to extend a previously submitted ad for an additional week, notify the Public Affairs Office at 253-5551.



LANCE CPL. CHRIS KUTLESA

A member of El Unit slams the ball into the outfield during the preseason softball tournament championship game at Penny Lake Field here Saturday. By the end of the first inning, El Unit racked up 10 runs while the Vikings enjoyed a large goose egg. At the end of the second inning, El Unit had racked up a total of 15 runs, making them the championship winners.

El Unit dominates Vikings 15-0, takes home trophy

LANCE CPL. CHRIS KUTLESA
IWAKUNI APPROACH STAFF

El Unit pummeled the Vikings 15-0 during the preseason softball tournament championship game at Penny Lake Field here Saturday.

Throughout the entire tournament, El Unit only played three games compared to the Vikings' seven. El Unit's ease to the top was a result of its ability to win every game.

The Vikings, on the other hand, ironically lost their first game to El Unit, putting them in the loser's bracket.

The Vikings clawed their way back into the winner's bracket by winning five games back-to-back.

"Compared to the first game we played (May 1) against El Unit, we are coming to this a lot more tired," said Viking's player Josh "Pretty Boy" Flores before the game.

"This will be our sixth game today, so we are pretty worn out, but at the same time, we have a lot of momentum coming off of five wins. Plus, we want revenge."

If the Vikings wanted revenge, they were going to have to play hard not only once but twice in order to win the tournament.

"They don't need to worry about playing us twice tonight, because like the first time, we are going to beat them," said El Unit player Justin "The Squeeze Box Man" Rodriguez.

El Unit's confidence was daring considering the first game it played against the Vikings went into extra innings.

The Vikings were no doubt deserving of making it to the finals, but unfortunately for



LANCE CPL. CHRIS KUTLESA

El Unit's team captain accepts the team's first place trophy after a blowout at the preseason softball tournament championship game at Penny Lake Field here Saturday. After accepting the trophy, El Unit celebrated their victory by congregating at a team member's house.

them, they let fatigue get to them.

Like their previous games, El Unit started and ended strong with each player smashing the ball.

By the end of the first inning, El Unit

racked up a total 10 runs while the Vikings enjoyed a large goose egg.

Going into the second inning, El Unit amped up its defense in an effort to keep its opponent's score at nil.

Halfway through the second inning, Flores encouraged his teammates to not lose focus, shouting, "Come on, don't give up. This isn't about winning anymore. This is about pride."

With the large gap in the score, the Vikings seemed to switch their focus off winning and onto getting a couple of runs.

El Unit continued to smash the ball, racking up five more runs and bringing them to a final winning score of 15-0. Despite their efforts, the Vikings had failed to get a run on the board.

The Vikings quickly returned to their dug-out as El Unit gathered in celebration around home plate.

While walking over to congratulate his opponents, Flores said, "They hit the ball. You've got to give it to them. They simply played better than us. Don't worry though, we will be back — just wait until the real season starts."

After a long day of softball it seemed as though both teams were already thinking about the future.

"Everybody now knows we won the tournament, so they are going to be gunning for us," said Rodriguez. "Let it be known that we are the team to beat. We are going to dominate."

The regular softball season is scheduled to slam into action May 11.

For more information, contact the Varsity and Intramural Sports office at 253-3067.



LANCE CPL. KRISTIN E. COTE

A rider is pulled toward the dock after going on a free Jet Ski ride at the season opening of Fish Tales Marina here April 25. The minimum age to operate a Jet Ski is 16. All riders must first complete a brief training class before hitting the water.

Fish Tales Marina: Water lovers have whale of time at season opening

LANCE CPL. KRISTIN E. COTE
IWAKUNI APPROACH STAFF

With warming temperatures, green foliage, blossoming flowers and an abundance of mosquitoes, it's no surprise that summer is right around the corner. Signs of summer are everywhere.

A barbecue, bounce house, Jet Ski rides and boating excursions were the perfect combination to kick off the season opening of Fish Tales Marina here April 25 — another sign that summer is almost in full bloom.

Fish Tales Marina is open 9 a.m. – 5 p.m. every weekend and holiday until Oct. 25.

Everyone can use the marina, including Japanese employees and the Japanese Maritime Self-Defense Force.

Jet Skis, ocean kayaks, sailboards and a pontoon boat are available for rent at the marina after completing a brief training class.

"It only takes 10 to 20 minutes to take a class," said Masa Hiromoto, the Fish Tales Marina boat facility manager. "They can take it before they rent the equipment. After they complete a class, they get a license, and it's good for the whole season."

Sailboats are also available for rent after a more extensive 4-day training class.

Upon completion, students will receive a license by the U.S. Naval Sailing

Association, which is recognized by all U.S. military and civilian marinas. The first class will be held June 4-7.

Anyone planning on using the marina should plan ahead whereas some activities are more popular than others and there may be a wait.

"Jet Skis are definitely the most popular at the marina," said Clinton Hurda, the Outdoor Recreation manager here. "Riders should ensure their own safety and safety of others at all times, riding within their ability and following all rules."

For those who do not want to get wet, fishing is authorized at the marina with a valid fishing license issued by the station game warden.

No personal fishing gear? No problem. Gear Issue at IronWorks Gym has fishing gear and other outdoor recreational gear available for use on a first-come, first-served basis.

"My main advice is just to use the marina," said Hurda.

"It's underutilized. There's something for everyone to enjoy and the fishing is really good."

Transportation to the marina is provided from the Hornet's Nest, Marine Lounge and IronWorks Gym.

For additional information, call Fish Tales Marina at 253-4617 or Outdoor Recreation at 253-3842.



LANCE CPL. KRISTIN E. COTE

A pontoon boat pulls away from the dock at the season opening of Fish Tales Marina here April 25. In addition to the pontoon boat, Jet Skis, ocean kayaks, sailboards and sailboats are also available for use.

Fish Tales Marina Prices

Jet Skis	15 minutes	\$15
	30 minutes	\$30
	1 hour	\$50
Ocean Kayaks	1 hour	\$3
	4 hours	\$12
Sailboats and Sailboards	1 hour	\$4
	4 hours	\$12
Pontoon Boat	1 hour	\$15