OPERATION TOMODACHI

For updates on Operation Tomodachi, please check the Marine Corps Air Station Iwakuni website: marines.mil/unit/mcasiwakuni

24 inches Perfect balance requires perfect loading | P. 6&7



EIWAKUMAPPROACH

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

Iwakuni supports VMGR-152 during Operation Tomodachi night, day

LANCE CPL. JENNIFER PIRANTE IWAKUNI APPROACH STAFF

The air was cold, the sky was dark and the time neared 9 p.m. in Iwakuni when one of eight Marine Aerial Refueler Transport Squadron 152 KC-130J aircraft returned here from Sendai, Japan, March 24.

aboard KC-130J Marines aircraft departed here 12 hours prior to continue their mission to support Operation Tomodachi, a joint humanitarian assistance operation implemented by U.S. armed forces and Japan to provide aid following the approximately 9.0 magnitude earthquake and subsequent tsunami in the Tohoku region of northern Japan, March 11.

VMGR-152's Since arrival in Iwakuni, March 12, the squadron has logged more than 350 flight hours, 200 sorties, and exceeded 1.1 million pounds of transported cargo toward the humanitarian operation with the support of Headquarters Headquarters and Squadron supporting station and otherpersonnel.

"We are flying all of our aircraft

Lance Cpl. Robert Quinlan (left), Marine Aerial Refueler Transport Squadron 152 loadmaster, and Lance Cpl. Derek Duarte (right), VMGR-152 aviation supply specialist, unload aircraft components, March 24, from a KC-130J aircraft, which returned here from Sendai, Japan, in support of Operation Tomodachi, a joint U.S. military operation providing humanitarian aid to Japanese civilians in the aftermath of the disaster. Marine Corps Air Station Iwakuni provides a unique staging point for ample support to Operation Tomodachi with its co-located air and sea port.

SEE **OPERATION** ON PAGE 3

VMGR-234 Marines retasked for Operation Tomodachi

LANCE CPL. CHARLIE CLARK IWAKUNI APPROACH STAFF

Adapt and overcome. This has been a Marine Corps saying for many generations of Marines to turn a bad situation to their advantage. Marines with Marine Aerial Refueler Transportation Squadron 234, based out of Naval Air Station Joint Reserve Base Fort Worth, Texas, showed that this tradition carries on to-

VMGR-234 Marines, who have been operating out of Iwakuni for the past few weeks, completed a routine transportation mission in support of Marine Aviation Logistics Squadron 12 during a flight here March 11 when the call came over the ra-

"We were about an hour out of Misawa when we started hearing over the guard frequency that there was a severe earth

quake in progress," said Maj. Bryan Richardson, the VMGR-234 safety officer. "After landing safely in Misawa and getting accountability to our chain of command and letting them know we were safe, we wanted to let them know that we were an asset that could be used to help with what was going on."

They were tasked with sup-

porting III Marine Expeditionary Forces during Operation Tomodachi after the earthquake

and ensuing tsunami.

Operation Tomodachi is the U.S. humanitarian effort to help Japan's earthquake and tsuna mi affected areas.

The VMGR-234 Marines have continued the transportation supplies and passengers throughout the operation having flown approximately 20 missions in support of Operation

SEE ADAPT ON PAGE 3

Marines train to become range coaches

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

"With a magazine of 15 rounds, load! Make ready!" This was the command given to Marines at the Indoor Small Arms Range here March 15 as they participated in the Combat Marksmanship

Coaches Course.

The CMC is a semiannual, indepth course offered to Marines striving to become range coach-

The two-week course ended March 21. It focused on proficiency with the M9 service pistol and M16 service rifle.

The first week concentrated rifle marksmanship. following week was spent focusing on pistol marksmanship.

The course trains Marines to shoot properly so they can in turn help other Marines become better shooters, said Sgt. Joshua Klein, ISAR ammo

noncommissioned officer.
"We focus on teaching proper techniques such as placement of the buttstock in the shoulder and perfect sight picture," said Klein.

The course involves Marines shooting from the 7, 15 and 25 yard lines in the standing position.

Two stances could be used when firing a pistol during the course, weaver and isosceles.

The isosceles stance is taken by spreading the feet shoulderwidth apart and placing both hands upon the weapon.

SEE MARKSMANSHIP ON PAGE 3



Public Affairs Officer

Public Affairs Chief Master Gunnery Sgt.

Operations Chief

Cpl. Claudio A. Martinez

Lance Cpl. Vanessa Jimenez

Combat Correspondents there is a battle going on. Cpl. Marcel Brown Who can portray the catastrophe in the worst light possible? Who is to blame? Why wasn't this

catastrophe.

of so much giving.

I suppose each is a fair question in some respect, but they are certainly not the only questions

Lt. j.g. Bruce B. West H&HS CHAPLAIN

On Sunday, I had the privilege

of accompanying a shipment of

It was an early Saturday

morning and a long day on a

plane, but it was also a chance to

recognize the significance many

of you have played as neighbors

to those most affected by the

It's a privilege to see the outcome

My ride up to Atsugi is quite a

When I turn on the TV, I feel like

contrast to the daily news.

aid on its way through Atsugi.

questions at this point.
I think the problem with the news perspective is how we view conflict, difficult circumstances and other types of misfortune.

CHAPLAIN'S CORNER

Consider, how did you view your first strikeout, your first car accident or fight with your brother growing up?

My perspective was that all those things were always somebody else's fault. Why?

Because I felt like the primary issue was: Who is to blame?

My responses: My brother started it, the other car was driving too fast and the pitcher was trying to hit me.

Not my fault. The problem is that covering your bum doesn't solve or change one of these issues.

Searching for blame will never make a better batter, never make better driver and definitely not make a better brother; if and maybe even misleading anything, maybe a better arguer.

'Whom should we blame' It's a problem in political discourse and the source of controversy in many relationships. What if the primary issue in difficult situations is not "Who is

to blame?" but rather "Who will I be?" given the circumstances?

When life happens, how are you going to respond? Our response can make a

difference. It can make a difference by changing us for the better and it can impact the circumstances of the present situation.

In a very real way, difficulties in life, whether self-inflicted or not, are opportunities.

They are opportunities to grow, to prove ourselves and to initiate a difference.

How we respond to obstacles in life matters more than how or why we got there.

Sunday, I had a very humbling It was humbling because in that

situation, I was privileged to be a part of your proactive response to very tragic circumstances.

JMSDF packs, loads for Operation Tomodachi



Operation Tomodachi. The pallet, along with several others, was transported via C-130 by Fleet Logistics Support Squadron 62, a naval reserve squadron based out of Jacksonville, Fla. Marine Corps Air Station Iwakuni's location has served as a strategic vantage hub in moving and transporting supplies to the

VMGR-234 Marines help transport passengers, supplies in support of Operation Tomodachi

Tomodachi from Iwakuni.

The earthquake happened when VMGR-234 Marines were on their return flight to Texas. The VMGR-234 Marines were circling in the air for an hour before they were able to land

Some of the Marines were taken aback by what they saw during the earthquake.

"We were flying over the coast before setting down at Misawa," said Lance Cpl. Colby Webre, a VMGR-234 flight mechanic. "It was hard to scale how big the waves actually were until we flew over fishing boats. The waves were just massive and tossing the boats around; That's when it really hit me that we were in the middle of an earthquake. It surprised me because I had never been in one before.

Over the past few weeks of supporting Operation Tomodachi, the Marines logged 40 hours of flight time, transported 200 passengers and 120,000 pounds of cargo and supplies.

"One of the first things we did to support the operation was transport military dependents who were having a swim meet in Atsugi when the quake happened," said Staff Sgt. Raul Romero, a VMGR-234 flight engineer.

With many successful missions for Operation Tomodachi under their belts, the VMGR-234 Marines have started to make plans for their return flight to Texas.

We will be heading out of this area of opera tion within the next week," said Gunnery Sgt. Joe Beedle, a VMGR-234 technical systems operator. "Until our flight back home is confirmed, we will continue to support this opera tion to the best of our abilities.

The Marines from VMGR-234 show that service members from all over the world can adapt and overcome to help Japan throughout Operation Tomodachi.

Marksmanship course gives Marines a fair shot

MARKSMANSHIP FROM PAGE 1

As a way to balance out the recoil of the weapon, Klein said the cupping hand should be pulling toward the body while the hand holding the gun should be pushing to form constant tension in the grip. This provides better stability and leverage when firing compared to the weaver.

The weaver is more at an angle with the shoulders at almost a 45 degree angle. In

both stances, grip is important.
Cpl. Curtis White, Marine Wing Support Squadron 171 motor transportation wrecker operator, said he hopes the course will give him the opportunity to become a better-rounded Marine who can adapt to any situation.

To be eligible for the course, Marines must have an up-to-date rifle qualification score and have been on station for at least a year. Marines may also achieve a pistol qualification as they progress through the course, which is

Sgt. Rafael Garnica, a Combat Logistics Company 36 warehouse clerk, gives a signal that his shooting partner is prepped to fire in the Combat Marksmanship Coach Course here March 15. The course instructs Marines in the proficiency of the M16 service rifle and M9 service pistol.

VMGR-152 transports people, drives cargo for Operation Tomodachi

OPERATION FROM PAGE 1

every single day," said 2nd Lt. Evan Brown, VMGR-152 intelligence officer. "We are also working 24 hours per day. It's the only way to keep our aircraft flying and still accomplish

VMGR-152, which is part of Marine Aircraft Group 36, 1st Marine Air Wing, is headquartered at Marine Corps Air Station

Futenma in Okinawa, Japan.
Cpl. Jesse Gossett, VMGR-152 powerline technician, and fellow maintenance Marines were winding down for the weekend when they received the call to the natural disaster.
"We had about eight hours notice beforehand,"

said Gossett.

VMGR-152 responded promptly. Marines were informed to gather essential personal and tactical gear for rapid deployment to Marine Corps Air Station Iwakuni for an indefinite period of time.

The Marines didn't know how long Operation Tomodachi would require them to remain here, and all participating Marines were encouraged to remain vigilant about the tasks

VMGR-152's initial response mission was

to provide refueling services to search-andrescue units operating from Iwakuni.

VMGR-152 was subsequently tasked with providing air transport of personnel, equipment, cargo and humanitarian aid to affected areas. This mission became and remains its most extensive, said Capt. Tony

Hearrean, VMGR-152 copilot.

MCAS Iwakuni provided VMGR-152 with designated flightline work space for aircraft and aircraft maintainers, while H&HS provided air fright personnel to assist with

loading and unloading cargo.
Since VMGR-152 arrived here, Marines have continued efforts day and night to maintain a seamless flow of operation.

While pilots and aircrew executed demanding flight schedules and long, tedious operations, VMGR-152 maintainers stood by for their

"About 75 to 80 percent of our operations have been transportation of cargo and supplies up north," said Hearrean. VMGR-152 also transported more than 1,500

troops and accompanying gear from Iwakuni to northern Japan to assist with Operation

As soon as KC-130J aircraft landed, VMGR-152 refuelers, maintainers and loadmasters

quickly went to work to execute prompt turn around

KC-130J aircraft maintainers spent the past few weeks working throughout the night, enduring cold weather and challenges to meet demanding flight schedules. The squadron coordinated to keep vital specialists on hand o delegate important responsibilities.

Marines were tasked with loading and unloading cargo, inspecting rotary functions and aircraft components to sustain peak-level functionality.

Maintenance is vital to ensuring successful flight capability by the next morning, Hearrean said. "Our maintenance has really come through. We have been able to get the job done because of them."

In spite of the long hours, late nights and tedious demands of the operation, VMGR-152 Marines have not failed to realize the impact their efforts have had on those affected by the

'All of us just want to do our part and do the best we can to help them," Hearrean said. "It's definitely well worth it."

As long as Operation Tomodachi is in effect VMGR-152 continues to serve as a vital partner with MCAS Iwkauni during the



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KORAT, Thailand — Petty Officer 2nd Class Gabriel B. Fortes, Marine All-Weather Fighter Attack Squadron 533 medical leading petty officer, sings with and holds the microphone for 18-year-old Nieundorn Komkaw, a

Service members give blind students hands-on visual of love, affection

CPL. MARCEL BROWN IWAKUNI APPROACH STAFF

KORAT, Thailand — Marines, sailors and airmen gathered to share affection and friendship with the students of the Korat School for the Blind here March 18 during a community relations event.

"We are very thankful that (service members) visited our students. The students really enjoyed interacting with them," said Mariamoana Tejo, English teacher at the Korat School for the Blind

The School for the Blind is located throughout nine provinces around Thailand. There is only one School for the Blind in the Nakhon Ratchasima (Korat) Province.

The service members began the trip by visiting several classrooms and introducing themselves to the students.

Surprisingly, a majority of the students understood the service members and were able to introduce themselves in English as

"(The students) are shy at first, but you just have to open up your heart to them, and they'll open up to you," said Lance Cpl. Samuel Roberto, Marine Air Control

Squadron 4 maintenance mechanic.
Once the students understood the intent of their visitors, they began to smile, giggle and even hug the service members.

"Many of them cannot see us totally while others have blurred vision, but they can see in their minds and hearts that there are a group of people who care about them, said Lt. Fulgencio L. Legaspi, Marine Aircraft Group 12 deputy group chaplain.
After quickly breaking through the skittish

barrier, students were eager to get a visual of their visitors. They felt the hands and faces of the service members, touched parts of their uniforms and some students even tried

on some of the military gear.

"The students love to touch your uniforms, your backpacks and everything you wear. It's something different to them that they don't usually feel," said Adasaknida Boonniran, Korat School for the Blind deputy director.

After becoming acquainted with the students, service members guided the students to the school's snack room where the students displayed their English speaking skills by spelling basic English words and singing popular English nursery songs.

The students don't get to have visits like this normally," said Boonniran. "They cannot go out or do things without their families, and they don't get to see many people except

their family, so they really enjoy these visits." Service members were entertained with some popular American tunes by 18-year-old guitarist and singer Nieundorn Komkaw, student at the Korat School for the Blind

Once the entertainment was over, the service members passed out snacks and drinks to the students before bidding farewell to their new friends.

"It means a lot to take time away from the exercise to come out here and support the Thai people," said Roberto.

Some students exchanged hugs, some waved goodbye, and others uttered the words come back again" to the service members as they made their final departure.



KORAT, Thailand — Cpl. Daniel R. Stromquist, Marine All-Weather Fighter Attack Squadron 533 S-4 clerk, passes out snacks to students at the Korat School for the Blind as part of a community relation event during Cope Tiger here March 18.

Pfc. Robert Daniels, Combat Logistics Company 36 logistics embarker, signals forklift traffic on and off the High Speed Vessel WestPac Express at the station harbor here March 23. The crew of the HSV arrived here March 22 from Pohang, South Korea with more than 230 tons of palletized bottled water, which is scheduled to be transported via KC-130J aircraft from here to Sendai, Japan, in support of Operation Tomodachi.

HSV juggles Foal Eagle 2011, Operation Tomodachi

LANCE CPL. JENNIFER PIRANTE IWAKUNI APPROACH STAFF

The crew of High Speed Vessel Westpac Express arrived here March 22 from Pohang, South Korea, with more than 230 tons of palletized bottled water, which is scheduled to be transported via KC-130J aircraft from here to Sendai, Japan, in support of Operation Tomodachi.

Òperation Tomodachi is a joint humanitarian assistance operation implemented by the U.S. armed forces and Japan to provide aid following the approximately 9.0 magnitude earthquake and subsequent tsunami on the Tohoku region of northern Japan March 11.

After the tsunami advisory, the third highest level tsunami alert from the Pacific Tsunami Warning Center, HSV Westpac Express was tasked with supporting Operation Tomodachi in addition to providing transportation of personnel and gear to exercise Foal Eagle 2011.

"Our schedule has been so crazy," said Kanoa Parker, HSV WestPac Express captain. "We have been running pretty hard since (March 11), but that is expected with something like this. With all the logistics and planning, we really have to be versatile."

Despite a hectic schedule, HSV Westpac Express was able to meet the demand for aid in a timely manner. The HSV arrived here previously March 16 to drop off 450 tons of cargo and supplies brought from Naha, Okinawa. Upon arrival here, the HSV unloaded and delegated cargo to be transported to Pohang, South Korea. In Pohang, cargo from the exercise was

picked up and transported back to the station with 230 pallets of bottled water to aid relief

The HSV Westpac Express crew is happy to

be a part of the relief efforts, said Parker. "From all of our crew members, our prayers go out to those affected," he added.

Marine units such as Marine Wing Support Squadron 171 and Combat Logistics Company 36, with the help of Japanese civilian contractors, were tasked with unloading hundreds of tons of cargo and supplies, loading them onto 7-ton trucks and transporting the loads to the flightline. Once the cargo was further coordinated and loaded onto KC-130 aircraft, it was shipped to the Tohoku region of northern Japan.

CLC-36 had plans to participate in exercise Foal Eagle 2011, but took on a new mission to fully focus on Operation Tomodachi.

"We have been really busy, putting in a lot of work," said Cpl. Emmanuel Rosario, CLC-36 supply administration and operations specialist. "Whatever we can do, we're here. We're happy to be a part of this

Marines from CLC-36 were put on standby with the possibility of being sent closer to affected areas to lend a hand in the relief

"Everyone's got their bags packed – (field equipment) gear is ready to go," Rosario said. We're ready.

Immediately following the disaster, station Harbor Operations became a vital staging point for incoming and outgoing support to include thousands of tons of essential military gear, supplies, food and water.

"We're doing all we can to support the efforts," said Petty Officer 1st Class George Payumo, harbor navigator. "It's been a pretty quick response overall.

Since relief efforts began, more than 1.5 million pounds of food, water, cargo, supplies and equipment have been prepared or transported through the station via air, land and sea to support affected areas of northern



Lance Col. Chad A. Johnston, Combat Logistics Company 36 Motor-T operator, tightens the strap holding down a pallet of bottled water here March 23. The water was transported by 7-ton trucks to the flightline to be flown to Sendai, Japan, in support of Operation Tomodachi



(ABOVE) Lance Cpl. Eric M. Wanczak, a Marine Aerial Refueler Transport Squadron 152 loadmaster, opens a panel so he can tighten one of the cargo locks necessary for keeping cargo pallets in place in preparation for a humanitarian mission to Sendai, Japan, as part of Operation Tomodachi here March 25 (RELOW) SENDAL Janan — Lance Col. Fric M. Wanczak, a Marine Aerial Refueler Transport Squadron 152 Joadmaster and other crew members push water palletized at Marine Corps Air Station Iwakuni, Japan, out of the C-130 during a humanitarian aid mission as





mber of inches from the nose of the aircraft in C-130s. Although C-130s are capable of transporting a payload of up to 45,000 pounds, the

One Marine, one empty aircraft: Loadmasters go BIG or go empty

CPL. JOSEPH MARIANELLI IWAKUNI APPROACH STAFF

Twenty-four inches.

A C-130 is more than 1,150 inches long and capable of toting a 45,000 pound payload. But the 45,000 pounds can't just be thrown into the aircraft like loading up the car for a summer

The center of balance must fall within a 24-inch margin or the pilots will not be able to take off.

That 45,000 pounds of cargo doesn't just load and deliver itself to the doorsteps of those who need it. Sometimes a Marine or two might have to get

As part of Operation Tomodachi, Marines with Marine Aerial Refueler Transport Squadron 152 shuttled approximately 30,000 pounds of water, clothing, food and other miscellaneous relief supplies from Marine Corps Air Station Iwakuni to Sendai, Japan, March 25. With support from the station, VMGR-152 has

been transporting cargo and personnel to assist those affected by the natural disasters in northern Japan since March 12, and for every KC-130 sortie, there is a loadmaster.

Often remanded to the bowels of the aircraft during flight, the loadmasters do much of the aircraft prep work and are responsible for ensuring the aircraft is balanced, and thus capable of takeoff.

If the weight distribution falls outside that center of balance, the plane cannot get off the ground said Lance Cpl. Charles Hennessey, a VMGR-152 loadmaster.

Putting all the cargo toward the front or back of the aircraft is like outstretching an arm and attaching weight to the hand; the weight feels greater and has a more significant effect because of the extended arm.

As expected, balancing the aircraft requires some mathematical prowess, which loadmasters attain at

The first four to five weeks of the school is math, said Lance Cpl. Eric M. Wanczak, a VMGR-152

The course, as expected, proceeds to practical

application loading cargo, passengers, vehicles and combinations of all three. As a final demonstration of skill, the loadmasters perform several air drops.

While the idea might sound simple, different loads require different size parachutes and, of greater concern, if the drop does not properly extract, the parachute can bring down the aircraft, said Lance Cpl. Eric M. Wanczak, a VMGR-152 loadmaster.

With the flexibility of the C-130s, the loadmasters need to be just as flexible.

"You don't ever know exactly what you're taking," Wanczak said it is the most challenging aspect. Sticking true to its roots, Marine Corps loadmasters must be ready to take on combinations of passengers, cargo, vehicles - pretty much anything a C-130 can haul.

"We do everything with our aircraft," said Wanczak. "You never know what you actually have until you get there.

Generally, a loadmaster will begin by prepping emergency systems and checking locking mechanisms in the aircraft. The prep work done is critical in case of

emergencies and also expedites cargo loading once the time comes. Once loadmasters complete their prep work, it can

be a waiting game until the cargo arrives. Getting the cargo composition and weight information with little time is standard. So every loadmaster must be prepared to work quickly to complete the necessary calculations.

True to their namesake, the loadmasters do in fact load the cargo once they determine how to distribute the weight.

Via a series of hand-and-arm signals that appear just as confusing as the signals base coaches use, loadmasters will guide forklifts, vehicles and, if necessary, passengers into the dim, hulking underbelly of the C-130.

From there, the show gets turned over to the rest of the air crew, and the loadmaster rides it out in the dim underbelly, mentally preparing to quickly unload and possibly reload quickly at the crew's

On the next C-130 hop, thank the loadmaster for the aircraft getting off the ground.



Eric M. Wanczak, a Marine Aerial Refue **Transport Squadror** 152 loadmaster. calculates weight distribution for a C-130 in preparation for a to Sendai, Japan. as part of Operation Tomodachi here March

(BELOW) Lance Cpl. Eric M. Wanczak, a Marine Aerial Refuel Transport Squadron 152 loadmaster, guide: a forklift operator to get cargo into a C-130 in preparation for a to Sendai, Japan, as part of Operation Tomodachi here March



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CORPS NEWS

HIGHLIGHTING MARINES AND SAILORS AROUND THE GLOBE



ABOARD USS KEARSARGE — Marines from the 26th Marine Expeditionary Unit rescued a U.S. Air Force pilot downed in Libya March 22. The F-15E Strike Eagle crashed in northeast Libya March 21 while flying in support of Operation Odyssey Dawn, the joint coalition enforcing U.N. Security Council Resolution 1973 to protect the Libyan people from the country's ruler.

Marines rescue downed pilot after fighter jet crashes in Libya

STAFF HEADQUARTERS MARINE CORPS

ARLINGTON, Va. — Marines from the 26th Marine Expeditionary Unit rescued a U.S. Air Force pilot downed in Libya March 22.

The F-15E Strike Eagle crashed in northeast Libya March 21 while flying in support of Operation Odyssey Dawn, the joint coalition enforcing U.N. Security Council Resolution 1973 to protect the Libyan people from the country's ruler.

Using two AV/8B Harriers, two MV-22 Ospreys and two CH-53E Super Stallions carrying a quick reaction force, the Camp Lejeune, N.C., based Marines conducted a

Tactical Recovery of Aircraft and Personnel landed and extracted the pilot. mission to recover the pilot.

The Marine aircraft began launching off the USS Kearsarge, which was roughly 130 nautical miles from the pilot - within 30 minutes of the crash - according to a senior Marine officer in the Pentagon.

Marine officials attributed the quick reaction time to the versatility of the Osprey. "Total time from launch to return - 90 minutes roundtrip. That's what an Osprey gets you, that speed," the official said.

According to official reports, the Harrier close airsupport element dropped two laserguided 500-pound bombs in the area in support of the downed pilot. One MV-22 Osprey

Once extracted, the aircraft returned to the USS Kearsarge with the pilot. Navy Lt. Lauren A. Weber, a doctor with the 26th MEU, said the pilot returned in good condition.

The cause of the crash is still under investigation and the names of the pilots will be released pending next-of-kin notification.

The recovery force remains on standby while aviation assets are conducting operations in any environment. All seven Marine expeditionary units are trained, equipped and ready to conduct similar missions when called upon. For photos of Tactical Recovery of Aircraft and Personnel operations visit http://www. dvidshub.net/image/322695/trap-exercise.

COMMUNITY BRIEFS | CLASSIFIEDS

Briefs

Non-Combatant Respirator Program

The station safety center is offering a free voluntary non-combatant respirator course at 3:30 p.m. every other Wednesday until May 30 For more information or to sign up, call 253-6381.

Japanese Language course

A spring course is scheduled every Tuesday April 12 – July 12 7 – 9 p.m. at the Iwakuni Shimin Kaikan civic hall training room. For more information, call 253-5551. Only 40 seats are available on a first come, first serve basis.

Officers and Spouse's

The MCAS Iwakuni officer's and spouse's club is now accepting applications for academic scholarships to be awarded for the 2011-2012 school year. Graduating high school seniors and dependent spouses are eligible to apply. All application packages must be received by April 15. Graduating high school seniors can pick up an application from the Matthew C. Perry High School Counselor. Dependent spouses can pick up applications at the educations office at Building 411 on the

first floor. For more information email iwakunischolarship@ hotmail.com

Temporary Mess Hall Building 240 is

designated as a temporary mess hall. Hours of operation are 6 - 7:30 a.m. and 11 a.m. – 1 p.m. Monday – Friday. The special shuttle bus will continue to run during the dinner and dinner/brunch meal periods.

Fellowship Breakfast

Christian fellowship and group discussion breakfasts are scheduled 6:30 - 7:15 a.m. every Wednesday at the north side mess hall. For more information, call Chaplain Bruce West at 253-3371 or John Cordero at 253-5301 or 080-3217-3205.

New Religious Services

A new men's ministry is scheduled to be held 7 a.m. every Saturday at the chapel. For information on the new study, Gospel in Life, contact Chaplain West at 080-4000-9378 or 253-

PMO Lost and Found Contact the Provost

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

more information, call 253-4929.

Mothers of Preschoolers Volunteer Opportunities Mothers of Preschoolers is looking for volunteers to work with their MOPPETS ages 0-5 years

old. If you would like to

help, call at 253-2031.

School Registration

graders going into the seventh grade is

scheduled until April

6. A sixth grade parent

children scheduled to

night is scheduled 5 p.m.

April 19 for parents with

attend school for seventh

grade. Parents must come

to the school to register

immunizations with the

register. Registration for

begin for the 2011–2012

Children must be 4 years

old on or before Sept. 1.

Re-registration for all

enrolled students ends

April 1. All students must

re-register or complete a

student withdrawal form

if executing a permanent

the 2011–2012 school year

Students returning for

are expected to attend

Americable Activation

in certain areas of the

Americable is scheduled

base. Tune in to channel

37 for more information.

to begin service activation

school through June 16.

change of station.

Sure Start is scheduled to

their children. Check

nurse before going to

school year in April.

Registration for sixth

per month. Workplace is İwakuni Commissary/ DeCA CDC. Experience in retail or commissary merchandising is preferred. For more information, e-mail Mr.

vahoo.com

Positions Americable International Japan Inc. is now accepting applications for office manager, customer service representative, CATV/Internet installer and installer technician positions here. For more information, visit www. americablejapan.com Applications and resumes

Travel Counselor CWTSatoTravel has a travel counselor position available at the government travel office here. This position is responsible for booking air, car and hotel reservations for military travelers in official duty status using the SABRE CRS. Desirable for the candidates to have travel agency or airline experience, and SABRE CRS experience.

Commissary Merchandiser

lobs

SARVIS Inc. is currently looking for a parttime commissary merchandiser, 48 hours More at tmore_sarvis@

Americable International

may be sent to resume@ americablejapan.com.

Knowledge of government travel regulation is also preferred. Send all inquiries and resumes to mkenat@cwtsatotravel. com. No phone inquiries

English Teachers

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

Brief and Classified Submissions To submit a

community brief or classified ad, send an e-mail to iwakuni.pao@ usmc.mil. İnclude a contact name, a phone number and the information to be published. You may submit your brief or ad in person at the Public Affairs Office, Building 1, Room 216 or you may call 253-5551. Provide all requested information to simplify the request process. The deadline for submissions is 3 p.m. every Friday. Submissions will run the following Friday on a spaceavailable basis. The Iwakuni Approach staff reserves the right to edit submissions for space and style.

Operation Tomodachi 411

The Headquarters and Headquarters Squadron Commanding Officer Lt. Col. Michael R. Coletta is scheduled to hold open informational briefs 11:30 a.m. every Tuesday in the Building 1 auditorium. The briefs will address general concerns and information related to the current operation to assist Japan in the aftermath of natural disaster and to prepare the station for any other related contingencies. Attendees are welcome to ask questions.

BOOT SCOOTIN' ROUNDUP

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

MCAS Iwakuni Friendship Day Cancelled

Since it is impossible to foresee the duration and operational demands of Operation Tomodachi at this time, MCAS Iwakuni has determined it is appropriate to cancel Friendship Day for 2011.

The decision was also rendered out of respect for the victims and their families. Japan is in mourning, and so are we.

Friendship day has been postponed twice since it debuted in 1973. The base postponed it in 1986 due to the G-7 summit in Tokyo and in 1991 due to the crisis in the Persian Gulf.

INFOTAINMENT

Chapel Services

Roman Catholic

4:30-5:15 p.m. Confession 5:30 p.m. Mass 8:30 a.m. Mass Saturday

Sunday 9:45 a.m. Religious Education 11:30 a.m. Weekday Mass

Protestant

Sunday

Wednesday

Saturday

7 a.m. Men's Ministry 9:30 a.m. Seventh-Day Adventist Sabbath School

11 a.m. Seventh-Day Adventist

6 p.m. Inquiry Class for adults

Divine Worship 9:30 a.m. Sunday School, Adult

Bible Fellowship 10:30 a.m. Protestant Service

11 a.m. Children's Church 4:30 p.m. Lutheran Holy Communion Service

(Small Chapel)

6 p.m. Awana (Bldg. 1104) 6:15 p.m. Adult Bible Study Wednesday (Capodanno Hall Chapel)

Church of Christ

9:30 a.m. Bible Study (small

10:30 a.m. Worship Service

Latter Day Saints 6:30 a.m. Youth 12-17 Activities Tuesday

Teen Programs

- High School Meetings (Club grades 9-12) Junior High Meetings (Club JV grades 7-8)
- ·HS&JR Bible Studies
- $\boldsymbol{\cdot} \mathbf{Retreats}$
- Service Projects
- Missions Trip
- Special Events Volunteer Training & Mentoring
- •Parent Support Group Call 080-4177-2060 or e-mail jletaw@ClubBeyond.org

For information regarding divine services, religious education or any other command religious program or chapel activity, call the Marine Memorial Chapel at 253-3371.

Photo of the week



ATSUGI, Janan — Avionics technician Cnl. Michael I. Tan. Marine Medium Heliconter Squadron 265, conducts regularly scheduler maintenance on a CH-46E Sea Knight helicopter during Operation Tomodachi here Mar. 25. The Government of Japan is leading the humanitarian assistance effort in Japan. The Marine Corps is ready and responding to requests by the Japanese government to support the humanitarian assistance. Do you have your own photo to submit? Submit your photos to the Public Affairs Office ling them to iwakuni.pao@usmc.mil or submit them in person at the Public Affairs Office in Building 1 Room 216. Entries will be judged by the Iwakuni Approach Staff and the top selection will run in the next edition of the Iwakuni Approach. For more

SAKURA THEATER

7 p.m. Battle: Los Angeles (PG-13) 10 p.m. The Mechanic (R)

Saturday, April 2, 2011

1 p.m. Justin Bieber: Never Say Never (G) Premier 4 p.m. Rango (PG)

7 p.m. Hall Pass (R) Sunday, April 3, 2011

1 p.m. Justin Bieber: Never Say

4 p.m. The Roommate (PG-13) 7 p.m. Battle: Los Angeles (PG-13)

7 p.m. Country Strong (PG-13) Last Showing

Tuesday, April 5, 2011

7 p.m. No Strings Attached (R) Last Showing

Wednesday, April 6, 2011

7 p.m. Battle: Los Angeles (PG-13)

Thursday, April 7, 2011 7 p.m. Hall Pass (R)

The movie schedule is subject to change. Please check www.mccsiwakuni.com/sakura often for updates, or call the Sakura Theater at 253-5291 for the latest schedule.

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

Mess Hall Menu

Monday

Manhattan clam chowder, chicken and rice soup, sauerbraten, jerked style chicken, fried rice, oven browned potatoes, French fried okra, calico cabbage, chicken gravy, dinner rolls, macaroni salad, confetti rice salad. standard salad bar, coconut raisin cookies, double layer almond cake and chocolate cream pie with whipped topping.

Tuesday Beef noodle soup, navy bean soup, Swiss steak with gravy, Szechwan O'Brien noodles potatoes. Jefferson, French friend cauliflower, broccoli Parmesan, brown gravy, cheese biscuit, three bean salad, cucumber and onion salad, standard salad bar, butterscotch cookies, sweet potato pie brownies, apple pie, and spice cake with and coconut cake. buttercream frosting.

Cream of broccoli soup, Minestrone soup, pepper knickerbocker soup, pot soup, fried chicken, turkey curry, Chinese five spice chicken, pork fried rice, mashed potatoes with chicken gravy, vegetable stir fry, corn, egg rolls, dinner rolls, spring salad, deviled potato salad, standard salad bar, peanut butter with whipped topping

beef stroganoff, buttered pasta, candied sweet potatoes, savory summer squash, southern style green beans, cheese biscuits, chicken gravy, potato salad, spinach salad, standard salad bar, double layer devil's food cake with coconut pecan frosting, pumpkin pie with whipped topping cookies

barley soup, tomato soup, el rancho stew, lemon baked fish, steamed rice, potatoes au gratin, cauliflower combo, black eyed peas, brown gravy, dinner rolls, mixed fruit salad, Italian style pasta salad, standard salad bar, apple or cherry turnovers with whipped topping, bread pudding, crisp toffee bars, chocolate pudding.

Families run through clues, obstacles in Amazing Race Family Edition



Family Edition, beginning and ending at the parade

deck here Saturday. The Amazing Race, a race around the station finding locations based on clues given, was hosted by Marine

PFC. CAYCE NEVERS IWAKUNI APPROACH STAFF

Sixteen families participated in the Amazing Race

Corps Community Services. The Amazing Race is based off the TV show, so each family had a passport and raced around the air station

to different locations. Once they reached those locations, they had to

complete different activities to get the next clue. The 16 families that signed up to compete had to go

through and complete nine pit stops before returning to the parade deck.

The stops included: Crossfire Paintball Range, library, Youth and Teen Center, Matthew C. Perry High School, M.C. Perry soccer fields, the basketball court by the skate park, Yujo Hall, Sakura Theater and the 1st Marine Air Wing Vietnam Memorial.

At each location, families had to complete challenging activities before they could continue on. At the paintball range station, all competitors needed

to go through a bounce house obstacle course.

When the competitors arrived at the library, they were told their family must arrange books in order using the Dewey Decimal System.

The Youth and Teen Center had worksheets for each

family to complete; answers were found on the MCCS

At M.C. Perry High School, competitors had to tell what the acronym SAMURAI stands for, skip around a light pole singing "Yankee Doodle" and complete jumping jacks while repeating five times, "Susie won a

On the M.C. Perry soccer fields, children directed their

blindfolded parents through an obstacle course.

At the basketball court near the skate park, participants took gigantic basketballs and tried to make a basket in the oversized hoops. Once all members of the family made a basket, they had to identify their chain of command.

At Yujo Hall, they had to roll a die, find the corresponding room and answer questions regarding the Marine Corps, family and teen building, and family readiness. The children also had to complete a word

At the Sakura Theater, an egg, easily breakable, was to be packed with materials to make it unbreakable and then tossed.

Finally, at the 1st MAW Vietnam Memorial, each competitor needed to answer questions related to the

Once all stations had been completed, families had to run back to the parade deck for their times. The first place winner of the Amazing Race event was

the Apple family with a time of 49 minutes and five

The Apple family only included the mother and children, and they were happy they were able to represent their family name and win the prize, said Mandy Apple, a competitor in the Amazing Race Family

The Clark family came in second place with a time of 53 minutes and 34 seconds.

The Saunders family came in third place with a time of 53 minutes and 40 seconds.

All teams enjoyed themselves, but there were a few activities the participants would have liked to see at stations. Tug-of-war and something to do with golf were two suggestions.
"I'd like to see something like hit a golf ball in a hole

or eat (strange food)," said June Herritt, a competitor. As the competition ended, the families left the parade deck with smiles on their faces.

ders family tries to put an oversized basketball into a giant hoop at the basketball court near the skate park here for the Another Amazing Race open to all station residents Amazing Race Family Edition March 26. Each family member on the team had to make a basket before moving on. While taller participants had no problem making baskets, younger ones needed assistance as they struggled with the ball twice their size. aged 18 and older is scheduled for May 20.

Competitors lift weights, break records

Bench press competition turns up heat

LANCE CPL. CHARLIE CLARK IWAKUNI APPROACH STAFF

Sweat was pouring and adrenaline was flowing as competitors pumped iron during the 2011 Open Bench Press Competition at the IronWorks Gym sports courts here Saturday.

Twenty two competitors showed up to test their limits during the event, including three women competitors and 12 Japanese lifters.

The lifters use events like this to meet both American and Japanese fitness enthusiasts and achieve their own personal goals.

"I think this is a great way to measure your fitness level," said Yolanda Curlee Olivas, a competitor. "For me, it's goal oriented. When I work out, I want to see results, and this is a great way to see those results."

Curlee-Olivas dominated her competition by beating out Tonya Curlee and Barbara Roman to win the overall women's title for the event.

Not only did she wreck her competition, but she also busted the IronWorks Gym bench press record in the 123 pound weight class when she lifted 132 pounds to best the previous record of 127 pounds. Curlee-Olivas wasn't the only person who

set a new record. Roman broke her 114 pound weight class record during her lifts.

"Although I didn't get the overall title for the women, I still achieved what I set out to do," Roman said. "I lifted 121 pounds, breaking the record of 112 pounds that I also set earlier today.

Veteran competitors were in full force during the event.

Steven Robinson, a competitor, has been powerlifting for approximately 10 years and enjoys the competition the sport brings.

"I've competed here before when I was stationed here from 2003 to 2006," Robinson said. "The people that come out to these events are either already friends or are coming out to make friends, and the Japanese always bring great competition too.

Robinson proved his might when he broke the record for his weight class of 430 pounds on his lift of 502 pounds. He was able to out lift his competitors and

win the overall men's title for the event.

"Powerlifters are on strict workout plans to train for competitions like this," Robinson said. "For me, I bench 50 percent of my max one day and then I max out later in the week. This way you get two good workouts a week and continue it for about nine to 12 weeks before a competition.

Events like this let the community know

that the IronWorks Gym staff pays attention to what station personnel like doing.
"We want to promote health and fitness in all forms," said Jeramie Johnson, IronWorks Gym complex manager. "We try and take that to the next level by organizing events like this and to get the people recognized for doing the things they love to do."

With three new records set, the 2011 Open Bench Press Competition came to an end, but competitors will continue to train for the next event Semper Fit is slated to put on.



Steven Robinson, the 2011 Open Bench Press Competition overall men's champion, gets himself set up to lift his next weight attempt at the ironWorks Gym sports courts here Saturday. Robinson set a new IronWorks Gym record for his weight class when he lifted 502 pounds



Adrian Figueroa, a 2011 Open Bench Press Competition lifter, attempts to press 242 pounds during his second lift at the IronWorks Gym sports courts here Saturday. Figueroa was one of the 22 lifters to pump iron in the competition.