

THE IWAKUNI APPROACH

Issue No. 37 Vol. 5 | Marine Corps Air Station Iwakuni, Japan

Air station hosts MV-22B Osprey orientation visit | P. 6 & 7



CPL. CHARLIE CLARK

Distinguished visitors prepare to board an MV-22B Osprey during the orientation event aboard Marine Corps Air Station Iwakuni, Japan, Sept. 27, 2012, to learn about the safety, capabilities and operation of the MV-22B Osprey aircraft. The Osprey flies twice as fast, carries nearly three times the payload and has four times the range of the CH-46E helicopter, enhancing the U.S.-Japan security alliance.

MWSS-171 Marines receives extra construction support from Seabees

LANCE CPL. TODD F. MICHALEK
COMBAT CAMERMAN

DHAKA, Bangladesh — The Navy Seabees have a long history of working with each branch of the military, as well as foreign forces, to complete construction projects that address the needs of a given mission. During Marine Wing Support Squadron 171's recent mission to Bangladesh, two Seabees from Naval Mobile Construction Battalion 40 provided support in completing the Marine's mission. An informal motto of the Seabees is "Semper Gumby," meaning Seabees are flexible and capable of carrying out any mission with which they are tasked. Petty Officer 1st Class Jamie Kline and Petty Officer 2nd Class Jonathan Kessell embodied this characteristic when they found out they would be joining MWSS-171.

"The Red Horses (Air Force combat engineers) were supposed to come and do it, but they had another mission, so they asked for Seabees," Kline said. We had about a month notice, but we didn't get the official confirmation until about two days out."

This flexibility has been a cornerstone of how Seabees operate.

Formally established after the attack on Pearl Harbor, Seabees contributed their skill during World War II, following Marines on their island hopping campaign, building everything from airstrips to housing, hospitals and roads. When the Korean War began, Seabees achieved the monumental task of cutting a mountain in half to

build a two-mile-long runway. Through Vietnam to Operation Iraqi Freedom and Operation Enduring Freedom, Seabees have been there to provide support. On many occasions, Seabees have picked up their rifles to defend themselves and their projects from enemy fire.

Shortly after the Korean War, Seabees began providing humanitarian assistance to areas around the world, beginning with Greece after a huge earthquake and providing relief to underdeveloped countries. That mission continues today, at home and abroad.

"After Hurricane Katrina we were cutting down trees, clearing roads, cleaning off the beaches," Kline said.


In regards to going abroad, Kessell said "We go to places where many military personnel never go or been to before. We go to a lot of isolated places, like the Marshall Islands."

Bangladesh can be considered an addition to this list, as these sailors and Marines may be the only U.S. servicemembers in Bangladesh this year.

The Seabees play an important role with the project in Bangladesh. Kessell's role is similar to the platoon sergeant. Throughout the work day, he'll stop, help Marines and answer any questions they might have. Kline, on the other hand, is making sure the project is up to par.

"My specific job is quality control," Kline said. "On a daily basis, I have to check and make sure we have proper clearances for rebar for

SEE **SEABEE** ON PAGE 3



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The Iwakuni Approach welcomes Letter to the Editor submissions. Letters must include a full name and unit, if applicable. Anonymous letters and comments will not be published. Letters are the opinion of the writer only. Submissions may be edited for clarity and space. Letters can be dropped off at the Public Affairs Office or sent via e-mail to iwakuni.pao@usmc.mil. Please submit all content at least two weeks in advance of projected publication date for review.

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CHAPLAIN’S CORNER

How bad is suicide?

**LT. CMDR. L. LEE
H&HS COMMAND
CHAPLAIN**

This past July, 38 U.S. Army soldiers committed suicide. I don't know where they come from and what circumstance they were. However, this suicide rate is of epidemic proportions. For the Marine Corps, suicide numbers are increased in every direction compared to the past two years for the month of August. All five Marine Corps 2012 August suicide victims have been deployed to Operations Enduring Freedom, Iraqi Freedom and New Dawn. The suicide rate for the Marine Corps and Navy has been declining, but is on the rise again. This comes as no surprise, but what surprises me is how subtle

and casual this information appears to all of us. Information overload has a way of numbing our senses and making us all callous of tragic data such as the rate of suicide. When we hear or read of suicides, we try not to think too much of it by shrugging off this unpleasant emotions. Are we off the hook for feeling bad about those who committed suicide? Are we off the hook for asking, “well, what else can I do?”

Suicide is a horrible waste of the most precious resource – life. In the U.S., one suicide occurs every 17 minutes. By the time we finish listening to a few songs, one person in the U.S. commits suicide. An economist from New Zealand calculated a cost of \$2,931,250 for each suicide committed. You can do the numbers, but the cost of suicide can be quite staggering. Each day, there's an average of 81 suicides and more than 1500 attempts. At least 30,000 die

annually from suicide. That's about the size of the city where I grew up. Imagine, the entire mid-sized American city being wiped out by suicide! Yet, for many, life goes on. But for some, it comes to a halt.

In the past years, I've known many family members who lost their loved ones to suicide. It's heart breaking to see them grieve. In spite of hundreds of millions or billions we spend in research and prevention, there are no answers or solutions. The best way to prevent suicide is for all of us to care and be aware of our friends and family members. It parallels with the saying, “Marines never leave another Marine behind.” Remember, suicide prevention is as easy as ACT (Asking, Caring, Taking action). If you know someone who needs help or someone to talk to, it's as easy as calling a chaplain or a medical professional.

H&HS commanding officer earns next rank



Lt. Col. Bruce D. Gordon, Marine All Weather Fighter Attack Squadron 242 commanding officer, congratulates Lt. Col. Frederick L. Lewis, Headquarters and Headquarters Squadron commanding officer, after his promotion in front of Building One here Oct. 1, 2012. Lewis' wife and Sgt. Maj. Peter Ferral, H&HS sergeant major pinned Lewis.

SEABEE FROM PAGE 1

the edge of the concrete, the forms are all proper height, elevation is perfect, make sure we have enough bracing, and make sure there are enough supports."

Many of the Marines have found the services the Seabees provide to be very helpful.

"They help out and show us better ways to complete the job," said Lance Cpl. Marco Ramirez, an embark specialist. "Having the Seabees out here has definitely been a good experience. They give us advice pertaining to what we're doing and it helps get the

job done quicker." Kline said helping the younger Marines master skills to become better combat engineers is the most fulfilling part of his job. From being that junior sailor and learning the craft, to becoming an instructor and now a supervisor, seeing the younger engineers take

charge and hone their craft is what makes the job so rewarding. "It's very gratifying to help a younger engineer out and to see them learn and improve," said Kline. "I was an instructor for three years, so it's very rewarding to see someone pick up the skill and run with it."



Marine Wing Support Squadron 171 Marine Cpl. David B. Waldbillig spreads concrete in Dhaka, Bangladesh, September 17, 2012. MWSS-171 went to Bangladesh as a part of an Engineering Civil Action Program to enhance the relationship between the United States and Bangladesh by building the second story of Hazi Joynuddin High School.



A Bengali soldier cuts plywood in Dhaka, Bangladesh, September 6, 2012. Marine Wing Support Squadron 171 went to Bangladesh as part of an Engineering Civil Action Program to enhance the relationship between the United States and Bangladesh by building the second story of Hazi Joynuddin High School.



Marine Wing Support Squadron 171 Marines receive recognition for their construction and community relations work by the local press in Dhaka, Bangladesh, September 16, 2012. MWSS-171 went to Bangladesh as a part of an Engineering Civil Action Program to enhance the relationship between the United States and Bangladesh by building the second story of Hazi Joynuddin High School.

Nutrition is key to better efficiency, output for body

CPL. KENNETH K. TROTTER JR.
IWAKUNI APPROACH STAFF

Many Marines spend countless hours in the gym or outside conducting physical training. Whether pushing out that last rep or going that extra mile, physical training is similar to chow – it's continuous.

Marines spend an innumerable amount of money on different supplements, protein blends, powders and any number of concoctions in an effort to stay healthy, which is tantamount to being a Marine.

What Marines may not be up to par on is nutrition.

Nutrition, plain and simple, is what you take into your body, good or bad, for energy, which powers your body.

"It's what you eat, it's the fuel for your body," said Andrea Kawano, Marine Corps Community Services fitness and personal trainer. "It's like a car. You don't want to put bad gas in your car. That's nutrition."

The body is akin to a well-oiled, well-maintained machine when taken care of properly. And, like any machine, the type of fuel supplied is a direct correlation to its efficiency and productivity.

Choosing the right food to put into your body is very similar to driving your vehicle up to a gas station and debating which type of gas to get. The cheap fuel, e.g., a double

quarter pounder with cheese and all the other delicious gooey trimmings, large fries and a large vanilla shake, provide just that – cheap performance. It'll get you where you need to go, but it won't improve your overall efficiency in the long run. And without routine maintenance, exercise, your machine will start to wear down and become lethargic.

"If you put bad fuel into your body, you'll start getting tired, fatigued," said Kawano. "Then, you can see right after you eat a meal, like a fast-food meal with a lot of grease in it, you're going to feel tired right after, sleepy. When you go back to work, you're going to feel like 'I need coffee!'"

However, if you choose premium fuel, an example being a grilled chicken breast, carrots and almonds, it can provide you with hours of energy and help to increase your durability and lengthen time between "routine maintenance."

"When you put good fuel into your body, you're going to feel much better, you're going to perform better," said Kawano.

Good fuel is anything which isn't too heavily altered from its original natural state such as whole grains, fruits, vegetables and lean cuts of meat, added Kawano.

"Anything that comes from the ground or you can pick from a tree its good for your body,"

Fiber also plays a role as it aids not only

in digestion but helps keep the body fuller longer, therefore, cutting down on between-meal snacking.

Another key component of nutrition, one which may be often overlooked, is water.

"Drink eight to 12 eight-ounce cups of water daily," said Kawano.

Hydration is key, as Marines know, but hydrating with water also helps to flush unwanted toxins and unused food byproducts from the body.

Another key component of nutrition which may sound counterproductive to some is fat. There are several sources of healthy fats, which help carry out daily bodily functions such as olive oil and avocados.

"Try to avoid saturated fats, which is in your butter," said Kawano.

Potato chips and French fries are also a few sources of unwanted saturated fats to avoid as much as possible unless used as a cheat food once a week.

"You have to have your cheat day," said Kawano. "Limit yourself, once or twice a week but don't deprive yourself."

Nutrition is necessary for a healthy, successful tour within the U.S. armed forces. The better, healthier food choices we make cannot only potentially help us lead fuller, longer lives but could also give us the extra energy we may need in a combat situation or helping our fellow servicemembers.



SGT. CHARLES E. MCKELVEY

These foods, which represent the various aspects of the food pyramid, serve as examples of the numerous options available as a good fuel source for the body. Good fuel is anything which isn't too heavily altered from its original natural state such as whole grains, fruits, vegetables and lean cuts of meat. Fiber also plays a role as it aids not only in digestion but helps keep the body fuller longer, therefore, cutting down on between-meal snacking.



LANCE CPL. TODD F. MICHALEK

U.S. Ambassador to Bangladesh Dan W. Mozena, left, talks with Hazi Joynuddin High School students Sept. 26, 2012, where Marine Wing Support Squadron 171 is providing humanitarian assistance in Dhaka, Bangladesh. MWSS-171 went to Bangladesh as a part of an Engineering Civil Action Program to enhance the relationship between the United States and Bangladesh by building the second story of Hazi Joynuddin High School.

U.S. ambassador visits MWSS-171 worksites

LANCE CPL. TODD F. MICHALEK
COMBAT CAMERAMAN

DHAKA, Bangladesh — Marine Wing Support Squadron 171 arrived in Dhaka, Bangladesh a month ago with the mission of building the second story of Hazi Joynuddin High School. On the eve of the closing ceremony, the Marines are leaving behind more than just a school, they are leaving an investment into Bangladesh's future.

"This country is building an education revolution. This school, which America and Bangladesh are working together to build, is part of that, and I'm very proud," said U.S. Ambassador to Bangladesh Dan Mozena. "The people of Bangladesh are exceptional people and they need the education and the skills training to fully develop their capacity to build this nation."

Mozena visited the worksite with Lt. Col. Howard Eyth, MWSS-171 commanding officer, to meet with Marines and see the progress of the project. Throughout his visit

the ambassador reiterated time and time again how grateful he was with the work the Marines accomplished and how integral this was for the future of Bangladesh.

Of the many problems Bangladesh faces, lack of education and resources along with poverty keep many Bengalis from progressing. This problem is compounded by the fact that most Bengalis live in rural areas, where lack of roads limit access to education, healthcare and markets. With limited access to first world amenities, improving their quality of life is very difficult. The efforts of the Marines contributes a small step in making Bangladesh more adaptable in a quickly evolving world.

Eyth said (the ambassador) was very appreciative of the contribution the Marines made to building this symbol of Bangladesh's future. Bengalis are already very entrepreneurial and very resourceful, with a population who is educated, they can develop this economy to the point where the quality of life for the citizens is remarkably increased.

As well as providing a hopeful future for

Bangladesh, the mission was also a unique learning experience the Marines may be able to draw upon in future missions. The Marines were able to employ many building techniques with which they were familiar with as well as newer ones.

"The opportunities to do vertical construction are few and far between for Marine combat engineer units, so we seized the opportunity to hone some of our vertical construction skills with this project," Eyth said.

Beyond enhancing and learning new construction skills, those who have participated in the construction had an opportunity the majority of Marines never get: a mission in Bangladesh. MWSS-171 is slated to be the only Marine unit deploying to Bangladesh this year, and the mission served an important role, establishing a positive relationship with Bangladesh by the forming of both personal and professional relationships with Bengali soldiers, students, teachers and locals.



LANCE CPL. TODD F. MICHALEK

U.S. Ambassador to Bangladesh Dan W. Mozena, center, is greeted by the press at Hazi Joynuddin High School Sept. 26, 2012, where Marine Wing Support Squadron 171 is providing humanitarian assistance in Dhaka, Bangladesh. MWSS-171 went to Bangladesh as a part of an Engineering Civil Action Program to enhance the relationship between the United States and Bangladesh by building the second story of Hazi Joynuddin High School.

Distinguished visitors tour MV-22

CPL. VANESSA JIMENEZ
IWAKUNI APPROACH STAFF

More than 140 Ministry of Foreign Affairs guests, media and Japanese officials arrived at Marine Corps Air Station Iwakuni Japan to participate in an MV-22B Osprey orientation event as part of the MV-22B Osprey introduction to Japan Sept. 27, 2012.

Visitors were given the opportunity to see the ins and outs of the MV-22B Osprey, receive a capabilities briefing, view a static display, and participate in an orientation flight.

“The importance of showing this aircraft to our host nation visitors is really to reassure them of the aircraft capabilities and safety features as well as the proficiency of our aircrew that fly them,” said Maj. Gen. Christopher S. Owens, 1st Marine Aircraft Wing commanding general. “It’s also a chance to demonstrate the tremendous capability this aircraft can bring both to the Marine Corps in Japan but to the alliance as

well.”

The flight demonstration allowed visitors to see the capabilities of the MV-22B during flight operations.

“The MV-22 flies in what we call ‘airplane mode’ with the nacelles tilted forward in forward flight,” said Owens. “The aircraft uses VTOL [vertical take-off and landing] mode to gain a hover and conversion mode to move forward and move into fixed wing mode.”

The majority of flight operations conducted by the Osprey will be in fixed-wing mode while the helicopter, VTOL and conversion modes would primarily be used during takeoffs and landings and when the aircraft operates in training areas and landing zones.

Although the aircraft would operate in helicopter and conversion modes as it moves in and out of MCAS Futenma airspace and traffic patterns, all operations would be focused on minimized noise and safe execution.

“We’re really anxious to get this aircraft down

to Okinawa and integrate with the rest of [III Marine Expeditionary Force],” said Owens. “The capability it provides is beyond anything that we’ve had before and we’re anxious to put it into action. We understand there are concerns about the aircraft amongst the local populace and we take that seriously, but we do believe the best thing will be to put the aircraft into action and let them see just how capable and how safe it is.”

The Marine Corps will modernize its fleet with MV-22 tiltrotor aircraft and remove CH-46E helicopters from service on a one-to-one basis.

“In addition to replacing them, the capability this aircraft brings is truly revolutionary,” said Owens. “It has twice the speed, three times the payload and four times the range of the CH-46E,” said Owens. “It’s going to open up large portions of the Pacific theater that we simply couldn’t reach before.”

A second squadron of 12 aircraft is scheduled to arrive at MCAS Futenma during the summer of 2013.



Ministry of Foreign Affairs guests, media and Japanese Officials came aboard Marine Corps Air Station Iwakuni, Japan, Sept. 27, 2012, to learn about the safety, capabilities and operation of the MV-22B Osprey aircraft. The Osprey flies twice as fast, carries nearly three times the payload and has four times the range of the CH-46E helicopter, enhancing the U.S.-Japan security alliance.



MV-22B Ospreys carry Ministry of Foreign Affairs guests, media and Japanese officials during orientation flights aboard Marine Corps Air Station Iwakuni Sept. 27, 2012. Visitors were given the opportunity to see the “ins and outs” of the MV-22B Osprey, receive a capabilities briefing, view a static display, and participate in an orientation flight.



Distinguished visitors listen to a Marine describe the proper way to wear safety equipment before riding in an MV-22B Osprey at Marine Corps Air Station Iwakuni, Japan, Sept. 27, 2012. Visitors were given the opportunity to look around static displays of the Osprey and to participate in orientation flights, which demonstrated the aircraft’s capabilities.



Ministry of Foreign Affairs guests, media and Japanese Officials came aboard Marine Corps Air Station Iwakuni, Japan, Sept. 27, 2012, to learn about the safety, capabilities and operation of the MV-22B Osprey aircraft. More than 140 Ministry of Foreign Affairs guests, media and Japanese officials came aboard station for the orientation event.



Ministry of Foreign Affairs guests, media and Japanese officials prepare to board an MV-22 Osprey aboard Marine Corps Air Station Iwakuni Sept. 27, 2012. Visitors were given thorough explanation and demonstration on wearing the proper protective equipment before participating in orientation flights on board one of the Ospreys.



Ministry of Foreign Affairs guests, media and Japanese Officials came aboard Marine Corps Air Station Iwakuni, Japan, Sept. 27, 2012, to learn about the safety, capabilities and operation of the MV-22B Osprey aircraft. The flight demonstration allowed visitors to see the capabilities of the MV-22B during flight operations.

CORPS NEWS

HIGHLIGHTING MARINES AND
SAILORS AROUND THE GLOBE

Air superiority - Harriers continue operations over Helmand

CPL. TIMOTHY LENZO
MARINE ATTACK SQUADRON 211

CAMP BASTION, Afghanistan — Two AV-8B Harrier II Plus aircraft appear to dot the gray sky, as ground crewmembers prepare for their arrival. The aircraft are more than 46-feet long and have a wingspan of 30 feet 4 inches. They roar through the Afghanistan sky, a symbol of air superiority.

After a recent insurgent attack at Camp Bastion, Afghanistan, Marine Attack Squadron 211 endured not only the loss of some of their squadron's aircraft, but also the tragic loss of their commanding officer, Lt. Col. Christopher Raible. Despite this tragedy, the squadron is pushing forward to complete their deployment in Helmand province.

The Harrier squadron remains fully operational and continues to provide support to ground troops throughout Regional Command Southwest's area of operations.

"We are used for close-air support for the infantry battalions," said Capt. Matthew Pasquali, Marine Attack Squadron 211, 3rd Marine Aircraft Wing (Forward) pilot. "We are providing patrol overwatch, scanning for known improvised explosive device implementing spots and looking ahead of patrols for typical ambush positions."

This is Pasquali's fifth deployment and third to Afghanistan. The squadron deployed in May 2012 and has stayed busy throughout their approximate five months in Afghanistan.

"I think we've been employed in support of ground operations more than 50 times thus far," said Pasquali, from Houston, Texas.

With a max speed of 673 miles per hour, the Harrier provides fast air support to coalition forces throughout the area. Armed with a 25 mm five-barreled Gatling gun, the aircraft can do much more than provide reconnaissance.

"If it comes to it, we provide close-air support with 500 pound bombs or 25 mm gun runs," said Pasquali.

The squadron provides ground units with a precision targeting capability for close-air support, which makes the Harrier squadron a vital piece of the Marine Air-Ground Task Force.

"The insurgents have no air force," said Pasquali. "They can attack our friendlies with rocket-propelled grenades and small arms fire, but we can answer back from altitudes that they can't attack us."

Harriers allow a commander the flexibility to operate from ship or shore; providing the ability to conduct fire support, close-air support, aerial reconnaissance or be an aerial escort for other aircraft or troops on the ground.

"Without the Harriers, the Marine Corps would rely on outside sources for fixed-wing attack aviation," said Capt. Tim Otten, VMA-211 pilot and command adjutant.

Otten said the Harriers are piloted and manned by Marines, which creates a level of familiarity between the air and ground units. This makes operating easier and more efficient.

"We have a better understanding of what is happening on the ground because those are our brothers that we went through boot camp or officer candidate school with," said Otten, from Norfolk, Va.

The squadron continues to support ground units with their Harriers when needed. They understand the importance of their mission here in Afghanistan.

"Every Marine knows another Marine that is out on the ground," said Otten. "This job gives me the unique ability to help Marines. That's the best part, trying to provide the best support I can."

While the past several days have been difficult for the VMA-211 Marines, the squadron has overcome adversity in the past. During World War II, the squadron was attacked by Japanese forces destroying seven of the squadron's twelve aircraft. Despite the losses, the two weeks following the attack VMA-211 continued to take the fight to the enemy. While fighting the Japanese, the squadron fought off several enemy attacks and destroyed four naval warships.

Just as VMA-211 did during World War II, they will push through. The Marines know they have a job to do and intend to complete their mission and continue to provide the close-air support for Marines on the ground.



CPL. TIMOTHY LENZO

CAMP BASTION, Afghanistan — A Marine ground crewman supervises the tarmac as a pilot of an AV-8B Harrier II Plus exits his cockpit, Sept. 18. The Marines are a part of Marine Attack Squadron 211, 3rd Marine Aircraft Wing (Forward). The squadron supports troops on the ground with air support and reconnaissance operations.



CPL. TIMOTHY LENZO

CAMP BASTION, Afghanistan — A Marine waits for the engines of an AV-8B Harrier II Plus aircraft to cool down before working on it, Sept. 18. Marine Attack Squadron 211, 3rd Marine Aircraft Wing (Forward), provides air support throughout Helmand and Nimroz provinces.

COMMUNITY BRIEFS | CLASSIFIEDS

Briefs

Active-Reserve Career Information

Marines seeking information about transitioning to the Reserve component should contact Gunnery Sgt. Robert Noyes, Okinawa Active-Reserve Career Planner, at (315) 622-6004 or send him an e-mail at robert.noyes@usmc.mil.

MCX News

Effective Sept. 1, 2012, credit options at all Marine Corps Exchange facilities are limited to the Military Star and all major credit cards. Layaway is no longer available. While existing layaway agreements will be honored, all MCX facilities will discontinue layaway programs to comply with Department of Defense instructions 1330.09 and 1015.15.

Hispanic Heritage Month Luncheon

An Hispanic themed buffet is scheduled to be held at the Club Iwakuni Grand Buffet room Oct. 11, 2012, from 11 a.m. to 1:30 p.m., with the observance taking place inside the Eagle's Nest dining room from 12 p.m. to 12:45 p.m.

Thrift Store Funds

The Thrift Store gives funds generated from donations they receive back to the community. If your organization is hosting a community event, or wondering how they will fund their next community-relations project, your Thrift Store may be able to help. For more details, contact Sharon Rostkowski at 253-4711.

VRAP

The Veterans Retraining Assistance Program provides eligible veterans, those 35 to 60-years-old, with education benefits for up to 12 months of training. For more

information, visit www.benefits.va.gov/VOW or call 888-442-4551.

Mothers of Preschoolers

MOPS offers fun support and encouragement for mothers of newborns to age five. Meetings are the 1st and 3rd Thursday each month. Volunteers are also needed to help with the children's program. For more information, call Sarah Spencer at 253-2303 or visit www.facebook.com/IwakuniMOPS.

Gospel Choir

Gospel choir practice will be held every Thursday night in preparation for the 2012 Annual Christmas Concert. For more information, call Billie Scott at 080-3272-5902 or e-mail billiej316@gmail.com.

Time Machine Submissions

If you have a specific year you would like to see represented on the Iwakuni Time Machine Page, please contact the Public Affairs Office at Building 1, Room 216, or call 253-5551. If you would like your request to run in an upcoming week's paper, please submit at least three weeks in advance.

PMO Lost and Found

Contact the Provost Marshal's Office Lost and Found if you have lost anything around the station. Examples include helmets, cameras, cell phones, etc. For more information, to report lost items or to claim lost items, call Lance Cpl. Christopher Korsikas at 253-4929 or 253-3306.

Emergency Phone Numbers Reminder

Put these numbers in your wallet and phone: •Anti-terrorism force protection hotline: 253-ATFP (2837). •Life limb or loss-of-vision threatening emergencies while on the air station: 119 or 911. From a cell phone or for bilingual

capability: 082-721-7700.

•For security issues, contact the Provost Marshal's Office: 253-3303. To report without talking to a person, Crime Stoppers: 253-3333.

•Sexual Assault: To make a confidential report of sexual assault or harassment, contact the victim advocate at 253-4526 during working hours. For after hours, weekends and holidays, call 090-9978-1033 or 080-3427-0835. You can also call the installation Sexual Assault Response Coordinator at 253-6556 or 080-5865-3566.

Off-limit Establishments

The following establishments are off-limits:

•The multi-tenant building "NOW," Tenant occupant's names change frequently. Past names for this building include; Ran, Massage Parlor, Welcome American, Follow Me and F-18.
•Hiroshima's Tougan Goods Company.

Like To Draw?

The Iwakuni Approach is looking for artistic people with a sense of humor to submit cartoon drawings. If you are interested, bring your drawings by the Public Affairs Office, Building 1, Room 216. Public Affairs approves editorial content for cartoons published each week.

Brief and Classified Submissions

To submit a community brief or classified advertisement, send an e-mail to iwakuni.pao@usmc.mil. Include a contact name, a phone number and the information you would like to be published. You may submit your brief or advertisement in person at the Public Affairs Office, Building 1, Room 216 or you may call 253-5551. Please ensure you provide all requested information to simplify the request process.



LANCE CPL. B. A. STEVENS

Staff Sgt. Mike Rodriguez, quarterback for Marine Air Group Squadron 12, prepares to throw the football to a receiver down field at Penny Lake Football Field September 27, 2012. Headquarters and Headquarters Squadron defeated MAG-12 in a close-fought game.

INFOTAINMENT

Chapel Services

Roman Catholic	
Saturday	4:30-5:15 p.m. Confession 5:30 p.m. Mass
Sunday	8:30 a.m. Mass 9:45 a.m. Religious Education
Mon. — Thurs.	11:30 a.m. Weekday Mass
Protestant	
Sunday	9:30 a.m. Lutheran Service 10:30 a.m. Protestant Service 10:30 a.m. Children's Church 10:30 a.m. Church of Christ Meeting 1 p.m. Contemporary 5:30 p.m. FLOW (Youth Group)
Monday	7 p.m. Mens' Bible Study
Tuesday	9 a.m. Ladies' Bible Study 5 p.m. Working Women Bible Study
Wednesday	10:30 a.m. Ladies' Tea 5:45 p.m. AWANA (Bldg. 1104)
2nd Saturday	7:30 a.m. Men's Discipleship
Bahai	
Sunday	11 a.m. Bahai Meeting

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

THE IWAKUNI APPROACH CULTURAL LESSONS

Kanji Adventures: Sake

Sake is the traditional rice wine of Japan. It comes in several different varieties and was first made at least 2,000 years ago. Since then, sake has played an important role in Japanese culture and history. From its origins as the "drink of the gods" to its current status as one of the most popular drinks in the country, the history of sake is steeped in tradition, innovation, and custom. Sake was first brewed in Japan after the practice of wet rice cultivation was introduced in around 300 B.C. Though the origins of sake can be traced in China as far back as 4,000 B.C., it was the Japanese who began mass production of this rice concoction. At first, sake was produced for private consumption by individual families or villages. It wasn't until the 1300s when mass production of sake allowed it to become one of Japan's most recognizable drinks. In the years which followed, the production

process was improved and sake breweries began appearing throughout the nation. Japan's Industrial Revolution in the nineteenth century introduced automation and machinery into the brewing process, making this popular drink even more available. This has translated today into many prefectures across Japan having various sake festivals throughout the country. One such event is the "Saijo Sake Matsuri," or Saijo Sake Festival, located in Higashi-Hiroshima City. Eight breweries located near the Saijo JR train station offer partakers the opportunity to try more than 900 different assortments of sake each October. Though the brewing process and availability of sake has changed over the years, sake's important role in Japanese culture has not. From its earliest beginnings, sake has been a drink of reverence, family, and friendship, consumed to mark important occasions.



PHOTO PROVIDED BY REKISHI NO TABI

Balls made of cedar, hang over barrels filled with sake. The cedar balls are traditionally hung outside sake breweries and is green when first put up, representing the freshness of the sake, changing colors with the age of the sake.

SAKURA THEATER

Friday, October 5, 2012
7 p.m. Step Up Revolution (PG-13)
10 p.m. Savages (R)

Saturday, October 6, 2012
4 p.m. Ice Age: Continental Drift (PG)
7 p.m. Step Up Revolution (PG-13)

Sunday, October 7, 2012
4 p.m. Diary of a Wimpy Kid: Dog Days (PG)
7 p.m. The Watch (R)

Monday, October 8, 2012
7 p.m. Trouble With the Curve (PG-13)

Tuesday, October 9, 2012
Theater closed

Wednesday, October 10, 2012
Theater closed

Thursday, October 11, 2012
7 p.m. Bourne Legacy (PG-13)

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

General Admission: Ages 12+ are \$3/ Ages 6-11 are \$1.50/ Children ages 5 and under admitted free. For more information, visit www.mccsiwakuni.com or call 253-5291.

This week in Samurai sports

The Samurai Cross Country team competed at Sasebo last weekend. The Lady Samurai participated with one member short, removing the possibility of being scored as a team, but still fought vigorously in their individual efforts. Sandra Granados took first place in the 3.1 mile run with a time of 21 minutes 5 seconds. Ghia Ulrey and Kaila Kneuppel came in for fourth and fifth place with respective times of 23:49 and 23:52. Cheryl Van Allen took ninth with a 24:26 run time.

The Boys team took several placings during their competition. Yasuki Milsop finished in third place with an 18:05 time and was followed by Greg Graham, who finished his race with an 18:15 time, earning fourth place. Justin Hill placed eighth with 19:09, who was barely ahead of Jay Cone-Murukami, the 11th place finisher with a 19:10 time. Ryan Archambault placed 17th with a time of 20:20. The upcoming week will be a bye, with the meet for the week after taking place at

Tama Hills. The Samurai Tennis team traveled to the Canadian Academy (CA), located on Rokko Island, Kobe, to compete in interscholastic tennis matches. The girls team beat CA 3-2 and tied Senri Osaka International School (SOIS) 2-2 on the virtue of two walkover victories, bringing the girls team to 2-4-1 overall. The boys team beat SOIS 3-1 and tied CA 2-2. The boys team has improved their overall season score to 6-0-1.



LANCE CPL. BENJAMIN PRYER

Commander's Cup Earth Ball tournament participants fight for control of the Earth Ball as part of the 2012 Commander's Cup event, which was held at Penny Lake fields here Sept. 21, 2012. Points earned from this event go toward the units' overall score for the Commander's Cup.



LANCE CPL. BENJAMIN PRYER

A Marine Wing Support Squadron 171 Earth Ball team participant cheers after a play during the Commander's Cup Earth Ball tournament, held at Penny Lake fields here Sept. 21, 2012. This is the fourth Earth Ball tournament hosted aboard station.

Station competitors fight for victory in Commander's Cup Earth Ball tournament

LANCE CPL. BENJAMIN PRYER
IWAKUNI
APPROACH STAFF

Marines from various units aboard station battled for giant soccer ball supremacy during the Commander's Cup Earth Ball tournament in the blustery afternoon breeze at Penny Lake fields here Sept. 21, 2012. "One of the best things about this event is the competitors come out here with the anticipation that this is going to be easy, they see the ball and they think it's just going to be easy," said Barbara Roman, Marine Corps Community Services fitness coordinator. "This does take a lot of endurance, they were all exhausted after their games." Marine Wing Support Squadron 171, Combat Logistics Company 36 and Marine Aviation

Logistics Squadron 12 were represented by athletes ready to give their all in the second-to-last Commander's Cup event for this year. While all three teams came away from every game sweaty and panting from exhaustion, it was MWSS-171 who defeated the other teams for victory. "This was a good win for 171, I want to thank the defensive coordinator for putting a good game plan together. No points were scored against us," said Roger Kerstetter, MWSS-171 Earth Ball team participant. "We were the best team in the league this year. There was a lot of practice going into this. It really helped, all that blood, sweat and tears for weeks to get ready for this game." The tournament was double-elimination style, with 10-minute

breaks between every game. "You can't thank the squadron enough for letting us participate in this game," said Kerstetter. "You can't be too gracious of them for letting us come out here and take victory for the squadron. We would like to thank them and thank the (commanding officer) for all of this." With this year's Commander's Cup drawing to its conclusion, every last game helps nudge a unit that much closer to victory. "I just want to say 'In Omnia Paratus' (ready for all things) for everybody on base," said Kerstetter. "Anybody who wants to play Earth Ball against 171 better know we're training all year for it and we're training hard. 'We're prepared for all things.'"

The Iwakuni Time Machine

In the Oct. 11, 1974, issue of the Torii Teller, Marines reported on the registration for the next term's PREP program, which offered servicemembers an opportunity to earn high school diplomas for free and the hosting of the Commander Naval Forces, Japan, Boxing Tournament held aboard station for three days.



SGT. G. F. SCOTT HOLDS NAVY LT. (JG) J. G. MORGAN IN THE SLING OF THE AIR STATION'S SEARCH AND RESCUE HELICOPTER DURING A MEDICAL EVACUATION AT SEA FROM THE DECK OF THE SUBMARINE USS BARBEL JUNE 11. THE CREW OF THE SAR HELICOPTER, CAPT. R. L. KABA, 1ST LT. D. J. JACOBY, SGT. SCOTT, AND SGT. J. J. CLARKE RECEIVED A LETTER OF APPRECIATION FROM THE CAPTAIN OF THE SUBMARINE ON OCT. 3 FOR THE EVACUATION.

Officer Monitors To Visit Here

Two officer monitors from Headquarters Marine Corps will visit here Oct. 15-19.

The two, LtCol. P. J. Florio, aviation ground monitor, and Capt. P. R. Hemming, aviation officer monitor, will visit each group, MWHS-1, and the Air Station during their five-day stay here.

Officers interested in talking with the monitors should check with their squadron office for the monitors' location in their units said Maj. Charles Lea, 1stMAW Career Planning Officer.

The two monitors will visit MWHS-1 from 8 a.m. to noon and MWSG-17 from 1-5 p.m. on Oct. 16. The officers will visit MAG-12 from 8 a.m. until 5 p.m. on Oct. 17 and MAG-15 from 8 a.m. until 4 p.m. on Oct. 18. On Oct. 19 the two officers will visit MACG-18 from 8 a.m. until noon and the Air Station from 1-3 p.m.

COLA Ends Here

The Cost of Living Allowance has been stopped for servicemen here as of Sept. 13.

The Department of Defense decision was received Oct. 2 by the Station's Disbursing Office. According to a Disbursing spokesman the decision means that servicemen who have been collecting COLA will see a deduction in their Oct. 15 pay to offset the 5.5 percent pay increase. The maximum deduction for the COLA should be \$12.40.

Iwakuni To Hold Festival

Iwakuni's "grandest" festival will be held in the RTO area Oct. 19-20.

Highlighting the annual festival will be the White Snake Procession from the White Snake Shrine in Imazu to the RTO area on Oct. 20. The procession will take place from noon to 1 p.m. and be repeated again from 2-4:30 p.m.

Activities on Oct. 19 will include the presentation of awards to beauty queens representing various city industries at the Chamber of Commerce and Industrial Hall at 10:30 a.m. The CC&I Hall is located next to the City Hall. Amateur entertainment will be staged at the City Gym from 6-9 p.m.

In addition to the White Snake Procession, a band concert and folk

dancing will be held in the RTO area beginning at noon on Oct. 20.



H&HS-18'S DRILL PLATOON EXECUTES A LEFT OBLIQUE DURING A PRACTICE SESSION HERE. THE PLATOON, UNDER THE LEADERSHIP OF 1STLT. STEVEN W. MOCK, PLATOON COMMANDER, AND SSGT. JOSEPH H. PROKOP, PLATOON SERGEANT, RECEIVED A NOTEWORTHY DURING THE RECENT IG INSPECTION.