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💳 Issue No. 43 Vol. 5 | Marine Corps Air Station Iwakuni, Japan 💳

## Specialist Lund, food inspector & Soldier of the Year

### Lance Cpl. James R. Smith IWAKUNI APPROACH STAFF

A soldier with Marine Corps Air Station Iwakuni Branch of US Army Veterinary Service, Japan, won Soldier of the Year for the Public Health Command District, Japan, Oct. 25, 2012.

25, 2012. "It's not like you get nominated and you win," said Spc. Evan Lund, food inspection noncommissioned officer and Soldier of the Year for Public Health Command District. "You actually have to work for it."

Lund competed against another soldier from United States Fleet Activities Yokosuka, Japan, in a three-day competition from Oct. 22 - 25 at Camp Zama, Japan, for the award. Day one consisted of an Army physical

fitness test, combative tournament, and a timed march with a weighted pack and a weapons qualification. Day two presented an oral knowledge board. The final day offered a series of graded live field exercises in the categories of first-aid, weapons, nuclear biological chemicals and IEDs. When finished, officials added scores from all three days and declared a victor.

"I'm glad I was able to represent my unit," said Lund. "We want to have the best unit out of all the units."

Lund also said competitors need athleticism and knowledge, not just one or the other.

Lund's accomplishment adds to his list of career achievements, including the South

#### SEE SOLDIER ON PAGE 3

# Station chapel welcomes Buddhist monks



Lance Cpl. Benjamin Pryer IWAKUNI APPROACH STAFF

The station chapel welcomed seven Buddhist monks aboard station Nov. 8, 2012, with hopes of bridging an uncommonly traveled bonding point, different religions.

"This was a great way to build a good relationship, especially on the religious side," said Lt. Cmdr. Louis Lee, Headquarters and Headquarters Squadron command chaplain. "If two different groups of religious leaders can come together and compare what they do professionally and personally, as they help out their own people, I think that's a great indication of two countries coming together, holding hands together and doing the good work that is before them."

The monks went on a tour with the chaplains and religious programmers, viewing the various rooms within the chapel.

During their guided tour, the monks received a

SEE MONK ON PAGE 3

A Buddhist monk hands a gift to Lt. Fulgencio L. Legaspi, a station chaplain, during a tour of the station chapel here, Nov. 8, 2012. Legaspi narrated a PowerPoint presentation for the monks, detailing how the chapel supports station residents.

# Election concludes, Obama wins again

#### Lance Cpl. B. A. Stevens IWAKUNI APPROACH STAFF

As of Wednesday, news stations across the world projected President Barack Obama to remain commander-in-chief for a second term.

State legislators select electors for their respective states.

Citizens of the respective state then cast their vote on how they want their electors to vote. Electors then vote for the presidential candidates based off of the results. Each state has a unique way of doing this.

Electoral votes are cast the first Monday following the second Wednesday in December. Votes are then sealed and transferred to the Senate.

The Senate then opens the votes and reads them before the House of Congress on Jan. 6.

Following the readings, the president elect is sworn into office Jan. 20 by the chief justice of the Supreme Court.

This means even though Obama

is slated to remain the president, he is not officially sworn in until Jan. 20, 2013.

After the election numbers projected Obama as the winner, he spoke to a crowd of supporters in Chicago.

"Tonight, in this election, you, the

SEE ELECTION ON PAGE 3







#### **MONK** FROM PAGE 1

presentation about the chapel, its personnel and the services offered.

"This was a great way to show unity and learn about each other," said Lee. "In the process, I think they learned а

# Iwakuni soldier makes great accomplishment

### **SOLDIER** FROM PAGE 1

Atlantic District Soldier of the Year in 2010 at Fort Stewart, Ga.

Aside from competitions, Lund's primary job is to be a food inspection specialist. He inspects the food that goes to every facility here. "We are in charge of food safety and food defense," said Lund. "Food safety is protection against unintentional contamination and food defense isprotection against intentional contamination.'

As a junior soldier, Lund accepted the duties of an NCO and completes tasks to the best of his abilities.

"Lund is very proactive," said Army Staff Sgt. Oscar J. Galeano, MCAS Iwakuni Branch of US Army Veterinary Service, Japan noncommissioned officer in charge."He's taken a lot of responsibility. He's going to school and also helped the other junior soldiers enroll in college." Lund plans to compete in the Soldier of the Pacific region competition in Hawaii Dec. 2, 2012.

### **CHAPLAIN'S CORNER** order to make those lasting and meaningful relationships; one must step outside of their comfort smile

zone

### Tis the season

Iwakuni is we have a unique opportunity to develop lasting

and meaningful relationships.

Lt. Takana L. Skelton H&HS CHAPLAIN Commanding Officer/Publisher Col. James C. Stewart

cheer.

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Cpl. Charlie Clark Cpl. Kenneth K. Trotter Jr. Lance Cpl. J. Gage Karwick Lance Cpl. Cayce Nevers Lance Cpl. Benjamin Prver Lance Cpl. Nicholas Rhoades Lance Ĉpl. James R. Smith Lance Cpl. B. A. Stevens

#### Webmaster Yukie Wada

### Community/Media Relations Hiroko Soriki Hiromi M. Kawamoto

#### Administration Hiro Sumida

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#### Tis the season as Thanksgiving adventures. and Christmas approach. We begin to think about holiday It can be scary at first to get out and meet new people, but it is definitely worth the effort. We reflect on our blessings that Is there a risk that some of the we have been provided and we people one might meet may not be share those with others. as friendly in return? However, many may feel a bit humbug as they are away from Everything we do in life is a risk close family, friends and loved

zone, we are able to encounter

new and exciting people, and new

and that is what makes life worth living.

The positive side of being in We take the good with the bad and the bitter with the sweet. All our experiences makes life's journey worthwhile, and as we The disadvantage, to some, is in reflect over our lives, we can

Smile about the people we met and how those people, as well as experiences, have improved our By stepping outside our comfort lives for the better.

There is something different we can learn in every new encounter. There is no better time to start than now with the opportunities of Thanksgiving meals and holiday parties; there will be a plethora of activities to be involved in and experience the world around you. One can also find positive involvement by volunteering time to the local orphanages, nursing

homes and elementary schools. Tis the season to get out and get involved and spread some holiday cheer with those who are less fortunate than ourselves and enjoy life to the fullest. Happy Holidays.

# **College football approves four** team playoff starting 2014

Lance Cpl. B. A. Stevens IWAKUNI APPROACH STAFF EDITORIAL

A college football committee of conference commissioners approved a four-team playoff beginning in 2014.

The top four seeded teams in the nation will earn the right to play in the playoff. The format will have the top seeded team face the number four team and the number two team face off against the number three team. Both games are slated for Dec. 31.

Winners advance to compete for the championship. The championship game is scheduled for the first Monday in January, at least six days after the semifinals. The first championship game is scheduled for Jan. 12, 2015.

The championship game is slated to move locations each year, much like the Superbowl does, with bidders deciding who will host the game.

The Bowl Championship Series gave automatic qualifying status to six conferences. But, under the new four-team playoff system, no teams are automatically qualified and the commissioner believes this will make for more interesting games outside of the national championship.

The daunting task will be selecting the top four teams in the country. This year, there are 125 football teams playing in the Football Bowl Subdivision. The playoff will use a committee system to select the top seeded teams based on win-loss record, strength of schedule, head-to-head results and whether the team is a conference champion or not.

One fear when comparing this to the past playoff system was the fear of not producing as much revenue.

Estimates show the playoffs can draw in more than double the TV revenue of the BCS and Rose Bowl contracts. This is a milestone for college football to

many people, but many more hope for an even bigger playoff system. The idea of only having four teams in a playoff

doesn't sit well for some. College football is very competitive in different conferences, and it is hard to tell which division has more talent.

Regardless of opinions, the new playoff is set in stone until 2025 and will be the new way college football is played.



### **Obama set to remain as commander in chief**

President of the United States, Barack Obama, and Sgt. 1st Class Chad Stackpole, Sergeant of the Guard of the Tomb of the Unknown Soldier, 3rd U.S. Infantry Regiment, Iay a wreath in honor of Veterans Day, Nov. 11, 2011 at the Tomb of the Unknown Soldier in Arlington National Cemetery, Va.

#### **ELECTION** FROM PAGE 1

American people, reminded us that while our road has been hard, while our journey has been long, we have picked ourselves up, we have fought our way back, and we know in our hearts that for the United States of America, the best is yet to come.'

President Obama also spoke about the future of the country and his plan with moving forward. "America, I believe we

can build on the progress we've made and continue to fight for new jobs and new opportunity and new for the middle security class. I believe we can keep the promise of our founders,

the idea that if you are willing to work hard, it doesn't matter who vou are or where you come from or what you look like or where you love. It doesn't matter whether you're black or white or Hispanic or Asian or Native American or young or rich or poor, able disabled, gay or straight, you can make it here in America if you're willing to

While it isn't official yet and won't be until Supreme Court Chief Justice John G Roberts swears President Obama in for a second term of office, servicemembers can expect to have President Obama remain the commander in chief for the next four years.



learned a great deal about them, and ves we're different, but in the end, we're people. There are a lot of similarities in what we do and what they do. I hope they left the chapel with that in mind, so the next time they run into

sailor, they will have the benefit of knowing a little more about them.

An excursion to the Zero Hangar was part of the day's plans before a final meeting took place at the station chapel.

"My favorite part about

great deal about us, we an American, Marine or coming here today was being welcomed by the American priests," said Kenjun Torii, a Buddhist monk, via translator. "It's important, even for a priest, to be able to experience different cultures, and this was a great opportunity to do so.

As the monks waved their final goodbyes and disembarked the station, chapel personnel returned to their day, both groups having vocalized their hopes to remember their bonding experience, which traversed religious boundaries



Spc. Evan Lund checks the temperature of a bell pepper shipped to the Commissary at Marine Corps Air Station Iwakuni for freshness and quality. Nov. 6, 2012. The Soldier of Year for the Public Health District, Japan, is won only by soldiers who won Soldier of the Quarter and then Soldier of the Year



# **Station residents** learn way of WOODCRAFT

Lance Cpl. Benjamin Pryer IWAKUNI APPROACH STAFF

The Wood Hobby Shop is one of the many centers aboard station which provides servicemembers and their families with a fun, productive resource.

From do-it-yourself projects to personal relaxation, a person would be hard-pressed not to find a way to enjoy the activities possible at the hobby shop.

One such activity available is the wood-cutting board class, which provides an opportunity for station residents to learn how to craft their own personal, handmade cutting board.

"For the safety class and cutting board class, how we incorporated them was to go over each machine, and as we used each new machine, we made pieces for the cutting board," said Jermar Griffin, Wood Hobby Shop assistant. "So, as we used the table saw, we cut the pieces in links, and those would be the pieces we used for the cutting board. Not only do you get the instructions on how to do it, but you get a product out of it."

the with having Along opportunity to create a personal

souvenir to keep in one's home a personally-made cutting board could also be considered a heartfelt gift.

"During the summer, we typically don't teach classes," said Griffin."During the winter, there's more of an inclination for people to come and take classes, such as the cutting-board class, for things like presents.'

Due to possible dangers of an area with objects made for cutting, no chances for accidents are left open, and in any use of the Wood Hobby Shop's equipment, one must first undergo a safety class.

"We make it very easy for everyone to take the class by going step-bystep and going over as many safety procedures as possible," said Griffin. "We go over the minimum and maximum widths you can cut things, the things you can wear to use the shop and the equipment. We just try to cover as many safety topics as possible."

Wooden cutting-board classes are slated for Nov. 17, 2012 at 1 p.m., with safety classes taught at 12 p.m. on the same days. To participate in the class, please call ahead and notify the wood hobby of your interest.



Sgt. Maj. Steven L. Brown, station sergeant major, and his wife, Shelley, piece oden cutting boards during the wooden cutting board class inside the Wood Hobby Shop here Nov. 3, 2012. The cutting boards were cut into individual wooden sticks and then glued together to allow for personal patterns within the wood.



**FEATURE** 

Shellev Brown uses a table saw during the wooden cutting board class inside the Wood Hobby Shop here Nov. 3, 2012. The Wood Hobby Shop offers multiple classes for different projects for station res



Jermar Griffin, Wood Hobby Shop assistant, tightens his wooden cutting board together using metal clamps during the wooden cutting board class inside the Wood Hobby Shop here Nov. 3, 2012. All who wish to participate in the Wood Hobby Shop classes or use the Wood Hobby Shop's equipment must lergo a safety class first

# **Bengals sharpen CLAWS during UDP**

Sgt. Charles McKelvey IWAKUNI APPROACH STAFF

Marine Corps Air Station Iwakuni's newest Unit Deployment Program squadron, Marine All-Weather Fighter Attack Squadron 224 returns, once again, 61 years after their original tour of duty in Japan. The "Fighting Bengals" landed here, Nov. 1, 2012, with approximately 200 Marines and 10 F/A-18 Hornet Aircraft under the command of Lt. Col. Peter L. McArdle.

"Coming out to the western Pacific is its own unique training environment for my young aircrew," said McArdle. "It's an opportunity for them to operate with foreign controllers, interact with foreign militaries and learn how others do business." McArdle also said there are some unique

to face some challenges. "The biggest challenge the Marines will face, is keeping the aircraft up," said Sgt. Maj. Patrick I. Deherrera, VMFA (AW)-224 capabilities in the Pacific not readily available for the squadron back in South Carolina. "When we deploy to Guam, we have the chance to employ some high explosive ordnance, as well as an opportunity to work sergeant major. "It's an old with foreign units, which is also something aircraft and there is a lot of that we wouldn't be able to do back in South maintenance, but as long as they Carolina," said McArdle. VMFA(AW)-224 is scheduled to spend have the parts they will get it done. The Marines are very proficient. Here in Iwakuni, they have a great MALS (Marine Aviation Logistics Squadron), MALS-12. The challenge will "We will spend roughly half of our time here at Iwakuni," said McArdle. "Of that remaining time, we will conduct theater security and professional military education courses

approximately six months in Iwakuni before returning to MCAS Beaufort, S.C.

be when we are in Guam or other locations and getting the parts we need flown out to us.' training around the Pacific. Our goals are to Deherrera mentioned, along with increasing maintain our combat readiness, so that we can the Marines' military occupational specialty execute our mission if called upon, and if we're proficiency, he also plans to have them attend not called upon, then just overall improve our qualifications and designations so that we can 'The opport unity out here is great, PME wise,' return to CONUS (the continental U.S.) as said Deherrera. "I can send a lot more Marines ready as possible. being out here than being on a quota back in This deployment has been a long time the rear. In Beaufort, we may only get four



coming for the Bengals, and wheels on deck in Iwakuni signify months of hard work from the Marines.

"We have spent the better part of the past 18 months preparing to go on deployment," said McArdle. "We have been put on tether for multiple different contingencies, but never had the opportunity to deploy. So, from a confidence and execution standpoint, it's great for us to get this opportunity and actually pull chalks, come over to the western Pacific, and do what we get paid to do."

addition to training In and participating in various exercises, the Bengals also expect

> quotas perclass and we are competing with the

whole MAG (Marine Aircraft Group). Here, I can send 20 if I could afford to lose that many."

If all goes as planned, in six months' time, the Bengals will return to the United States once again, adding yet another page in their history book, and continuing their long relationship of training in the Pacific and Iwakuni.

Lt. Col. Peter L. McArdle, Marine All-Weather Fighter Attack Squadron 224 commanding officer, records his 237th birthday message for family members of the "Fighting Bengals" in Beaufort, S.C. The Bengals are aking part in a Unit Deployment Program, which will require the squadron to spend six months in lwakuni, Japan, and participate in various exercises in Gu

# 237 years of defending freedom



LANCE CPL. TODD F. MICHALE

An inverted place setting along with a barracks cover, noncommissioned officer's sword and gloves rest upon the fallen comrades table at the IronWorks Gym here Nov. 8,2012. During Marine Corps ceremonies it is a tradition to set an empty place for fallen Marines in recognition of their ultimate sacrifice.

# A night to remember...

### Daughter, student experiences ball for first time

Ashley Starnes IWAKUNĬ APPROACH CONTRIBUTING WRITER EDITORIAL

As a child, I always admired my father when he entered the living room in his dress blues.

From the shiny medals to the red seam along the pant leg, I was in love with the uniform.

I only saw it once a year and looked forward to the moment when my mother would cling to his arm for photos. Her curled hair and fancy jewelry adorned her ball gown and she always took my breath away. It was a mystery to me as to where they were going. The only thing I did know was that it was "for daddy's job."

I grew to understand it was in fact a celebration of the Marine Corp's Birthday. I'm now a senior in high school. A few weeks ago, my father approached my 13-year-old sister Abby and I and asked if we'd be interested in attending the ball. Now keep in mind, this would be my first time. My mother explained it would be a good experience for the family before I went to college. With that being said, I began to count down the days.

Just like any other day, it was there before I knew it. I was dressed in an old prom dress and I curled my hair and added a few accessories; just as I had seen my mother do so many times before. As we all entered the gym, I

were so many Marines, all dressed in the Blues I had always loved. Before I knew it, the ceremony began and we all took our seats. A video grabbed everyone's attention while the Commandant of the Marine Corps, General James F. Amos, gave an inspirational message on why Marine's should be proud of their service. As if the video wasn't motivating enough, Marines gave their best "Oohrah" once it ended, showcasing their

pride. the guest speaker d, Mr. Masayuki Soon, appeared, Matsumuro. I noticed a tear slowly roll down my cheek and after glancing at the people around me, I found out that his life story created emotion for everyone else as well. Although he originally seemed frail with old age, he described experiences in his life that made him humble and courageous. The fact he overcame his anger of losing his family in the bombing of Hiroshima and found inspiration in an American soldier who showed a tremendous amount of integrity so many years ago, stirred that entire gym. The moment his speech ended, the room gave a heartfelt and lengthy standing ovation.

Of course, the annual rituals are dinner as well as hours of dancing. However, it wasn't the disco lights and dancing bodies that caught my eye. Instead it

couldn't help but stare. There was the Marines laughing, full of joy. It was the wives as they danced in slow circles with their brave husbands.

For me, it wasn't just a party. It was a celebration for every man and woman that has ever fought for our country, our freedom, and our people. My heart swelled with pride as I glanced over at my dad and all the other Marines standing at attention as our National Ensign marched on. I believe as a high school student, it was a once in a lifetime experience.

Sgt. Maj. Ferral, Headquarters and Headquarters Squadron sergeant major, attended the Marine Corps Ball with his wife and 12-vear-old daughter. Kaitlin. "I've been to twenty six Marine Corps Balls, and once my daughter was 3-years-old, we began taking her to the ball as well," said Ferral. "I think that she's going to have a better understanding of what I do, and the significance of what the Marine Corps Birthday is. So, I think that high school students and children in general should definitely go.'

Although there weren't many high school (or even middle school students) attending the ball, it was a great experience. I believe that all students should go to the ball with their family members in order to gain a new perspective. It's a night to appreciate our parents, and every sacrifice they make.





deled after the uniforms worn during the War of 1812 at the Marine Corps Birthday Ball pageant in the orks gym here Nov, 8 2012.

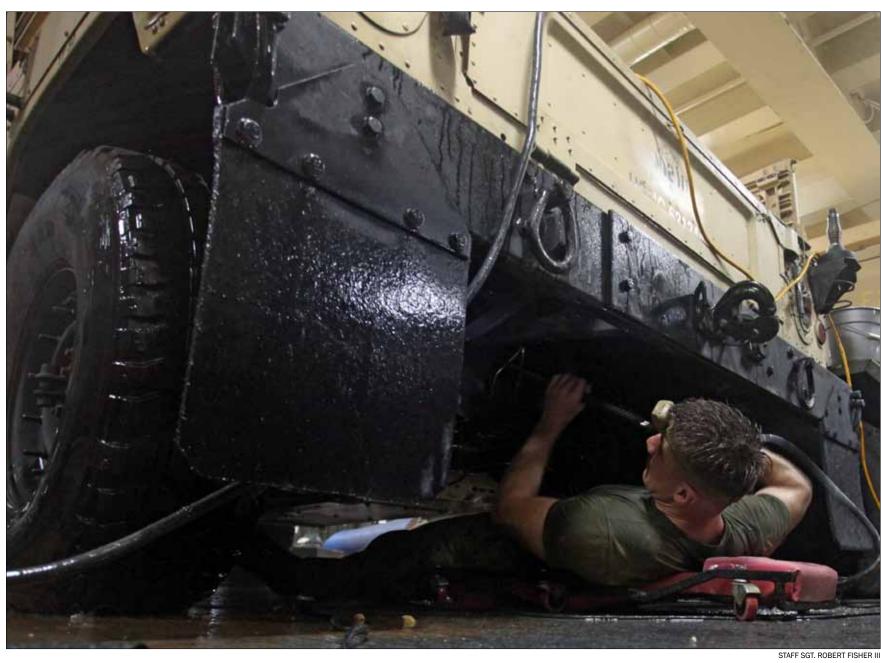
Col. Christopher J. Mahoney, Marine Aircraft Group 12 commanding officer, cuts a slice of birthday cake for the guest of honor Col. Phil VanEtten (ret.) during the Marine Corps Birthday Ball at the Ironworks Gym here Nov. 8, 2012. This year the Marine Corps celebrated 237 years of service to god, country and corps. The ceremony featured the Commandants Birthday Message, a pageant of former Marine Corps uniforms and a speech from the guest of honor.



ANCE CPL. TODD F. MICHALE

Col. Christopher J. Mahoney, Marine Aircraft Group 12 commanding officer, and guest of honor Col. Phil VanEtten (ret.) salute the American flag and the Marine Corps colors during the Marine Corps Birthday Ball at the Ironworks Gym here Nov. 8, 2012. The Marines of MAG-12 celebrated the birthday ball like many others with the re-reading of General John A. Lejeune's Birthday Message and viewing this year's Birthday Message from Commandant Gen. James F. Amos.

### **CORPS NEWS** HIGHLIGHTING MARINES AND SAILORS AROUND THE GLOBE



A Marine with 24th Marine Expeditionary Unit sprays the undercarriage of a Humvee during wash down procedures aboard the USS New York, Nov. 4, 2012. Marines conducted the wash down inside the ship's well deck to clean dirt and debris from their vehicles and equipment in preparation for their scheduled return to their home bases in North Carolina later this year. 24th MEU is deployed with the Iwo Jima Amphibious Ready Group and is currently in the 6th Fleet Area of Responsibility as a disaster relief and crisis response force. Since deploying in March, they have supported a variety of missions in the U.S. Central and European Commands, assisted the Navy in safeguarding sea lanes, and conducted various bilateral and unilateral training events in several countries in the Middle East and Africa.

## Marines conduct underway "wash down" on way home

### 2nd Lt. Joshua Larson 24TH MARINE EXPEDITIONARY UNIT

U.S. NAVY 6TH FLEET AREA OF RESPONSIBILITY — The 24th Marine Expeditionary Unit has been busy aboard the ships of the Iwo Jima Amphibious Ready Group the first weeks of November conducting 'wash down" operations in preparation for

their upcoming scheduled return stateside. Although maintaining the technical and tactical proficiency synonymous with a MEU, the Marines have recently been engaged with rags, scrub brushes, and pressure washers as well as small arms weapons.

Before returning to their home bases in North Carolina and Virginia, 24th MEU and Iwo Jima ARG must pass an intense inspection by customs agents and agricultural inspectors to ensure any foreign dirt and debris does not enter U.S. soil

While the USS Iwo Jima and USS Gunston Hall took advantage of port facilities in Aqaba, Jordan, several weeks ago to clean their ground-based gear, Marines and Sailors have been busy scrubbing aircraft aboard the Iwo Jima's flight deck while the ship continues underway operations.

But cleaning Marine aircraft, including AV-8B Harriers and MV-22B Ospreys is a lot more involved than one might think; Marines spend dozens of hours on each airplane and helicopter, pulling panels apart and disassembling the most minute pieces of machinery to ensure inspection-ready cleanliness.

The USS New York was also scheduled to take advantage of wash racks and more comfortable conditions ashore, but when plans changed and the ship had to remain afloat, the MEU Marines adapted.

The New York-based Marines washed and scrubbed their vehicles, gear and containers in the cramped quarters of the ship's well deck, a large portion inside the ship dedicated for storage of Marine vehicles.

Although not a simple one, the Marines understood the task at hand and benefitted from a supporting cast of ship assets and personnel, using several freshwater hoses maintained by the crew of the New York's deck department.

The Marines of 24th MEU are always prepared to accomplish any mission and this was no exception, but the realization that wash down operations mean the end of the deployment is near didn't hurt either.



A Marine with 24th Marine Expedition ary Unit sprays the inside of an assault amphibious vehicle during wash down procedures aboard the USS New York, Nov. 4, 2012.

# COMMUNITY BRIEFS | CLASSIFIEDS

### Briefs

Pass & Registration The Pass & Registration

Office, Building 608, will close Thursday afternoons for administrative processing.

#### Thanksgiving in the Barracks

Headquarters and Headquarters Squadron is hosting a Thanksgiving potluck for Marines of barracks Buildings 313 and 314 Nov. 15, 2012. The event will be hosted in the 1st deck lounge of each barracks. Volunteers interested in providing food may register at http://www.perfectpotluck. com. Please make sure to bring enough food to split between the barracks.

### **Infertility Seminar**

A seminar discussing possible treatments for couples having problem conceiving is scheduled for Nov. 29, 2012. Dr. Atsushi Tanaka will be at the Branch Health Clinic lobby at 5:00 p.m. and the event is open to all station personnel. For more information please contact Navy Lt. Torres at 253-3485

# residents proper etiquette

### Lance Cpl. B.A. Stevens IWAKUNI APPROACH STAFF

Eager learners gathered at Building 411 here for a Survival Japanese Language Class Nov. 6-9, 2012.

Residents learned fundamental Japanese language, such as the alphabet, vowels and basic

speaking phrases. "My grandmother is full blooded Japanese and I learned a lot from her, so today was mainly review for me," said Staff Sgt. Courtney Achterberg, Aircraft Rescue and Fire Fighting with Headquarters and Headquarters Squadron. "I think taking these classes will help me communicate better with people out in town."

The class wasn't intended to teach the entire Japanese language, just to provide a primitive understanding of Japanese dialect and writing practices. "The class is four days long and

takes place during lunch hours,"

### Holiday Craft Sale

The Iwakuni Stripes & Rockers Enlisted Spouse Organization will present a Holiday Craft Sale Nov. 24, 2012 from 9 a.m. - 3 p.m. inside the Crossroads Mall. Vendors will have a variety of handmade items for sale. For more information, email jessicaguthrie hotmail.com.

### **Unit Reporting Numbers** When filling out

envelopes for Combined Federal Campaign donations, the required unit reporting number corresponds to a person's unit. Unit reporting numbers for the station include:

1480006-Robert M. Casey Medical and Dental Health Clinic 1480008-Department of Defense Dependents School Matthew C. Perry Elementary School 1480009-DoDDS M.C. Perry High School 1480021-Defense Commissary Agency

Iwakuni 1480031-Marine Corps Community Services Food

& Hospitality 1480032-MCCS Services

1480033-MCCS Retail 1480034-MCCS Semper Fit.

- 1480035-MCCS Marine & Family Services 1480036-MCCS Support
- 1480037-MCCS Miscellaneous/Executive
- Office/Internal Co. 1480038-H&HS Provost
- Marshal's Office
- 1480039-H&HS Logistics 1480040-H&HS
- Operations 1480041-H&HS
- Facilities
- 1480042-H&HS
- Administration
- 1480100-Iwakuni Friends

### Emergency Phone Numbers Reminder

Put these numbers in your wallet and phone: •Anti-terrorism force protection hotline: 253 ATFP (2837). · Life limb or loss-ofvision 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 afterhours, 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.

### Lending Locker Program

The lending locker program is available to provide small home appliances and utensils for incoming and outgoing command sponsored members for up to 60 days inbound and 30 days outbound. A copy of PCS orders are required to check out items, and the program is by appointment only. The lending locker is located in Building 411, Room 101. Appointments are 8 a.m.- 3:30 p.m. For more information, call 253-6161

#### lobs

**Baggers Needed** The commissary is accepting applications for baggers. Applicants

must be 16 years old or older. Baggers work a variety of hours and shifts. Applications can be picked up at the Commissary.

### Brief and Classified

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

# **Survival Japanese Language Class teaches station**

Corps Community Service cultural assistant. "Later in the week, we are going to teach them how to order food and how to count numbers.

Many servicemembers stay aboard base in foreign countries because of the language barrier barring them from interaction with the local populace.

"This class focuses a lot on the vowels and that helps me out a lot," said Achterberg.

Members received packets as study guides and practiced Kanji on worksheets. Students also got to see their names drawn out in a Japanese language.

language "The Japanese focuses a lot on syllables, so I think learning the vowels is a big help," said Achterberg. Even though students may not

be able to hold a full-fledged conversation with Japanese nationals, knowing things such as directions, how to order food and proper formal greetings could be monumentally helpful said Akie Sumomogi, Marine for surviving treks to Japanese

nogi. Marine Corps Com Akie Sumo nity Services cultural assistant, helps a station resident with ciation of vowels at Building 411 Nov. 6, 2012, during a Survival Japanese Class.

locales

Learning Japanese language and culture is a big task, but this small introduction will ease more advanced learning in the future

"I feel like taking this class will better my knowledge in Japanese language and culture,' said Achterberg.

The class is available throughout the year and interested station residents can look for the class in upcoming monthly issues of Marine Corps Community Services' Preview.

### **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	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. Men's 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	

### religious program or chapel activity, call the Marine Memorial Chapel at 253-3371.

### **E IWAKUNI APPROACH CULTURAL LESSONS**



In Japan, most of the stores are Seven&i Holdings. which happens to be the parent company of 7-Eleven. In Yamaguchi Prefecture, home of Marine Corps Air Station Iwakuni, there are 252 stores.

7-Eleven is the world's largest operator, franchisor and licensor of convenience stores, more than 45,000 worldwide, according to their website

McDonald's, which has about 1,000 less stores, is second. A new 7-Eleven opens somewhere in the world every three and a half hours. In America, where Slurpees and Big Gulps are best sellers, there are more than 8,000 stores. There used to be a 7-Eleven in almost every state, but now

they are not found in some Midwestern and Southeasterr

areas. The country with the most 7-Elevens is Japan, with more than 14,000 stores, 1,939 in Tokyo Prefecture alone. While the outsides of the stores look the same in both America and Japan, inside is a different story. Most servicemembers are familiar to soda fountains,

Slurpee machines and food warmers with tacitos, hotdogs, and chimichangas back in the states. In Japan, there are no Slurpees or Big Gulps.

Servicemembers will find a very different variety of food, mostly healthy; rice balls, dinner plates, canned coffee and



This week in Samurai sports

The Matthew C. Perry Samurai High Ghia Ulrey placed 3rd running a 23:13, School cross-country team recently traveled Cheryl Van Allen came in 7th running a time School cross-country team recently traveled to Camp Fuji and Atsugi, Japan, for the Far East Cross-Country Competition. The girls' team raced first and held off hard

charging Saint Maur International School, Yokohama, by one point to become the Division 2 Far East Girls Champions.

Sandra Granados placed 2nd, with a 22:43, place.

MARINE CORPS •

FACT

of 24:49, Aimi Primus took home 9th place with a 24:59 and Kaila Knueppel finished with a 25:58 in 17th place.

The Boys team came in third place. Yasuki Milsop placed 4th running a time of 19:22, Greg Graham ran a time of 19:31 at 9th

The Marine Corps follow two parallel chains of command, one service and the other operational. The

service chain begins with the president, through the secretary of defense, and continues through the secretary of the Navy and the commandant of the Marine Corps. The operational chain runs from the president, through the secretary of defense, directly to commanders of combatant commands.

Jay Cone Muramaki ran 20:10 and placed 16th. Justin Hill was close behind with a time of 20:26 and 20th place. Ryan Archambault

placed 28th with a time of 21:05. Yasuki Milsop and Greg Graham earned spots on the Division Two Boy's All Far East team. Sandra Granados, Ghia Ulrey, Cherlyl Van Allen and Aimi Primus made the Division Two Girls' All Far East team.





### Lance Cpl. J. Gage Karwick IWAKUNI APPROACH STAFF

Many Marines are familiar with cross-Station residents can head over to the fit and may wonder what the difference is between cross-fit and the HITT program. "The HITT program is designed for Marines," said Dickinson. "Basically, HITT helps Marines better adjust to the IronWorks Gym here to take part in their lunch time High Intensity Tactical Training classes every Monday, Wednesday and Friday at 11:00 a.m. to 1:00 p.m., hosted by Marine Corps Community Services performance level Marines will experience fitness instructors. while going through combat."

"We started this Aug. 1 and we average about 11 people per class," said Alma Dickinson, MCCS health promotions director. "One of the advantages you have Though the HITT program is designed for Marines, the class is not limited to Marines alone. "This was my third time attending the HITT training class," said Seaman Tyler coming out here with us is that usually we have two to three instructors out here J. Wash, 11th Dental Company dental lab technician. "I like seeing myself improve, getting stronger, faster, looking better and telling you what to do, how to do it, taking you through the workout and exercises and providing feedback on forms, making feeling better overall. sure those attending perform the exercises Wash shed some light on his experiences in the class thus far by giving his feelings properly and safely. on his favorite exercise of the day.

Each day offers its own type of workout experience for those attending the HITT

"What we have on Monday, Wednesday and Friday are workouts designed to address a specific portion of fitness," said Dickinson. "Monday is functional strength and some partnered exercises and some shuttle runs. Wednesdays we focus on power, so we do activities that are like the ones found in the Olympic lifting series and plyometrics, conditioning ropes, ladders and some cone drills. Friday is basic strength, so some more barbells,

## Get fit with HITT

kettle bells and we finish up with some speed work."

"I like doing the rope exercises the most because it does not work your arms alone,' said Wash. "You can feel it working your

entire body, starting in your arms and making its way up to your shoulders then down your back. It's intense, but a great feeling when you're done because you think, 'Wow, I just did that."

The HITT center is also open for unit physical training. To reserve time at the HITT center, call the IronWorks Gym and meet with instructors during the given

ANCE CPL. J. GAGE KARV Seaman Tyler Wash an 11th Dental Company lab technician and afternoon High

Intensity Tactical Training participant, does thrusters at the HITT center at the IronWorks Gym here, Nov. 7, 2012. Thrusters are conducted to work out arms, back and legs simultaneously and were one of several exercises Wash did to better his endurance during the afternoon workout



n, Health Promotions Director, Nov. 7, 2012. Wash said the ropes were his favorite exercise because it was something with which he was unfamili





In the Nov. 12, 1982, issue of "The Torii Teller," Marines reported on the arrival of the much-improved M16 assault rifle, the opening of Speed's Steak house at the Marine Corps exchange, the Far East Network operations, and how those who start fires in Japan can be charged with the criminal offense of negligence.



Marines will soon be receiving a much-improved M16 rifle which will be used until the Advanced Combat Rifle is developed, currently scheduled to occur in the mid-1990s.

Colt Industry's M16A1 underwent a product improvement program, which resulted in production of the M16A2. Modifications on the improved rifle include:

-- the strengthening of the plastic handguard, riflestock and pistol grip to increase the durability of the weapon;

-- interchangeable handguard halves;

-- a muzzle brake compensator which reduces the rise or jump of the muzzle when fired;

-- a burst control device, limiting the automatic fire to a maximum of three rounds per trigger-pull;

-- an adjustable rear sight providing a fingeroperated knob for windage and elevation adjustments from 200-800 meters, as well as a square front sight post which provides a more distinct sight picture;

-- a brass deflector which helps prevent hot

brass cartridge casings from hitting left-handed shooters in the neck or face; and

-- a stronger barrel reinforced with additional metal and a change in the twist ratio of the bore.

The maximum effective range of the new M16 has increased from 460 to 800 meters with the standard NATO round, which will be produced by the U.S. Army Armament Materiel Readiness Command.

Testing of the M16A2 was conducted by the Marine Corps with Army participation. Due to the rapidly declining inventory of M16A1s, the Corps has elected to replace them with the newer models on a one-for-one basis in FY84, with complete inventory conversion by FY89.

The U.S. Army closely monitored the product improvement program and supports the Corps' decision to adopt the M16A2. Unlike the Marines, however, the Army's inventory problem is not as critical. Therefore, it plans to further examine the logistical implications involved in accepting the improved rifle. -HQMC

### Counseling mandatory prior to admin separation

Counseling is now mandatory prior to many administrative separations from active duty, according to a recent ALMAR.

Past practice was that counseling was recommended before an administrative discharge, but it was never mandated.

Now, a Marine must be notified of the general and specific reasons for his or her discharge and the factual circumstances upon which each reason is based, according to ALMAR 222/82. Also, all Marines processed for non-EAS separation must be advised that they have the right to consult with a judge advocate.

The counseling must be noted in the Marine's Service Record Book and include:

-- Written notification concerning deficiencies or impairments; -- Specific recommendations for corrective action indicating any assistance available:

-- A comprehensive explanation of the consequences of failure to undertake successfully the recommended corrective action; and

-- A reasonable opportunity for the Marine to undertake the recommended corrective actions.

-HQMC