

THE IWAKUNI APPROACH

Issue No. 23 Vol. 6 | Marine Corps Air Station Iwakuni, Japan



MAG-12 trains with Philippine Air Force during Haribon Tempest 2013 | P. 4

CPL. VANESSA JIMENEZ

Capt. Danny Devito, a Marine All-Weather Fighter Attack Squadron weapons systems officer and forward air controller, prepares the game plan with Philippine Air Force Airman 1st Class Edwin M. Osario, a joint terminal attack controller with 710th Special Operations Wing, while conducting airborne forward air control training during Exercise Haribon Tempest 2013 at Crow Valley Republic of the Philippines June 10.

CLC-36 welcomes new CO during change-of-command

Cpl. Benjamin Pryer
IWAKUNI APPROACH STAFF

Capt. Charles R. Johnston, oncoming Combat Logistics Company 36 commanding officer, took the reins from Maj. Andres Caceres-Solari during the CLC-36 change-of-command ceremony outside the CLC-36 building, June 13, 2013.

Along with local attendees, senior leaders from Combat

Logistics Regiment 35, based out of Okinawa, took time to visit. Cmdr. Jennifer Smith, CLR-35 executive officer, shared personal words to the officers changing commands.

"It has been a pleasure working with you since I reported last October," said Smith. "You would always bring a smile to my face, even when you were calling me with some not-so-very-good news, which wasn't often for CLC-36.

You're always thinking of your Marines and sailors, whether it was building igloos ... or the most recent (Field Supply Maintenance Analyzes Office), where they did an outstanding job, we do appreciate it."

Smith then touched on the intricacies of Caceres-Solari's dedication to Japan during his service.

"You have provided extensive support throughout the (Marine

Expeditionary Force)," said Smith. "In Operation Tomodachi, you helped organize and provide evacuation procedures for 20,000 civilians. I want to thank you for your drive and spirit here at CLC-36. I know your Marines and sailors here appreciate your leadership and devotion."

Nearing the end of her comments, Smith praised the

SEE **CHANGE** ON PAGE 3

Here comes the 'bloom'

Pfc. D. A. Walters
IWAKUNI APPROACH STAFF

Culture is described by Merriam Webster's Dictionary as "the set of shared attitudes, values, goals and practices that characterizes an institution or organization." Station residents traveled

to downtown Iwakuni to participate in the Venture Out Flower Arrangement, June 13, 2013, prepared by Marine Corps Community Services. The event, hosted at the flower store Loto, allowed participants to experience a unique part of the Japanese culture that not many get to

SEE **FLOWER** ON PAGE 3

Corps downsizing, promotion still possible

Editorial by:
Cpl. B. A. Stevens
IWAKUNI APPROACH STAFF

As the Marine Corps draws down active duty servicemembers in the foreseeable future, promotions will likely become scarcer.

Recruiters Assistance offers

Marines a chance to boost their composite scores by 20 points for each person they recruit, up to a maximum of 100 points. Granted, RA is permissive temporary additional duty and all travel expenses are borne by the Marine,

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HT13

Just the FACs, Ma'am | P. 4



YOGA


The other kind of "Semper Gumby" | P. 5



PRACTICE

Samurai football warms up for season two | P. 11





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Webmaster
Yukie Wada

Community/Media Relations
Hiroko Soriki
Hiromi M. Kawamoto

Administration
Hiro Sumida

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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.

PSC 561 Box 1868
FPO AP 96310-0019
Phone 253-5551
Fax 253-5554

CHAPLAIN’S CORNER

'PT,' more than just physical training

Lt. Fulgencio L. Legaspi
H&HS STATION CHAPLAIN

There are many words I could associate with the two letters “PT.” It can mean physical training, or physical therapy in medicine and Pythagorean Theorem in mathematics. In spirituality, I coined it as “Prayer Therapy” or “Prayer Training.”

Physical training helps us to be in good shape. Exercise makes an individual healthy and strong. Young and old, without exception, should do physical activity to control weight, reduce risk of cardiovascular disease, strengthen muscles and live longer. Just as we need physical training, we need prayer training to be an integral part of our daily lives. Being in the service for about five years, I’ve learned to love physical training because I gain a lot of benefits from it. I build up muscle and my

blood pressure, cholesterol and sugar levels stay normalized. My endurance and stamina in running have progressed considerably. I improved my Physical Readiness Test score to excellent and outstanding. As I grow older, I become stronger and better because of physical training. Just as we get benefits from physical training, we also gain from spiritual training. In a world full of stress, prayer is a training therapy that can de-stress and de-strain feelings, emotions, mind, soul and spirit. When we pray, we connect to a spiritual being, a higher being who is the true God and can recreate and renew our wearied and broken selves.

Individuals complain that their lives are miserable. It is because they do not know what to do with their lives. They don’t engage themselves in physical training or spiritual training.

People get sick physically because they don’t exert effort to stretch and flex their bodies. People get sick emotionally, mentally, psychologically and spiritually because they don’t spend time to pray and meditate. Others are unhappy because they don’t invite Jesus into their lives. Personal and marriage problems arise because God is not present in their lives. Edwin Harvey says, "A day without prayer is a day without blessing, and a life without prayer is a life without power."

Prayer is a training and therapy at the same time, pushing us to move forward to be better and promote wellness in life, in spite of the many challenges we face. According to E. M. Bounds, "Our prayer needs to be pressed and pursued with an energy that never tires, a persistency which will not be denied, and a courage that never fails."

SUMMER SAFETY:

Fatigue and Driving back in the U.S.

Fatigue:

The experience of feeling sleepy, tired or exhausted. Fatigue decreases the driver's ability to judge his own level of tiredness. The amount of sleep you get can affect your physical health, emotional well-being, mental abilities and performance.

Symptoms may include:

■ Heavy eyelids

■ Tired or sore eyes

■ Poor concentration

■ Yawning

■ Restlessness

■ Drowsiness

■ Slow reaction

■ Boredom

■ Feeling irritable

■ Missing road signs

■ Having difficulty staying in the lane

■ Succumbing to micro sleeps

It is important to realize that fatigue is not simply a result of the time spent driving, but relates to other factors including the number of hours since you last slept (hours of wakefulness) and time of day or night.

Tips to beating fatigue:

Energyze your diet. Eating habits play a powerful role in how well you function on every level. Small snacks throughout the day can keep your blood sugar levels stable all day. Have breakfast even if you don't feel hungry. Add fiber to your diet. Fiber has

a time-releasing effect on carbs, so they enter your bloodstream at a slow and steady pace, giving you energy staying power. Stay hydrated. Water makes up the majority of your blood and other body fluids. Mild dehydration can cause blood to thicken, forcing the heart to work harder to carry blood to your cells and organs and resulting in fatigue. Watch your caffeine intake after noon.

Once you are subject to fatigue, it is important to accept the fact that you are tired and remember... SLEEP IS THE ONLY TRUE CURE!

Driving back in the U.S.

As you have adjusted to driving on the left side of the road here in Japan, remember the next time you drive back in the States, it will take some time to adjust back to driving on the right side. To avoid traffic accidents, always stay alert to fatigue and be in a good driving attitude. It works wherever you go.

RECRUITING FROM PAGE 1

it's still a great opportunity. I decided to request RA because I was close to getting promoted to corporal and I wanted to expedite the process. I completed seven Marine Corps Institute tests and scored well on both the physical fitness test and combat fitness test. Recruiters Assistance seemed like a great way to improve my chances of promotion.

Informed my chain of command and they were supportive of the idea. I contacted the Staff Noncommissioned Officer

in Charge at the recruiting substation who then sent a request to my commanding officer. I submitted an Electronic Personnel Action Request for Permissive Temporary Assignment of Duty through Marine Online. It took a few weeks to get everything up the chain of command, but upon approval I was locked on for RA.

The following month happened to be a month when cutting and composite scores recalculated and I was promoted.

At first, I felt like I should just cancel my orders because it was going to take some time to

be eligible for promotion again, but I realized that if I went home and got people to join it would help me get promoted to sergeant. Even if I didn't get anyone to join, I would still get to go home without using leave. Although I would be working long, rigorous hours, I would still have some free time to see family and friends.

While on RA, I was responsible for referring highly qualified men and women interested in joining to the recruiters, going to local high schools and passing out awards to students, physical training with poolees and

occasional paper work. Some days I would work 12 to 15 hours.

The work was stressful and I came to realize why being a recruiter is often referred to as the hardest job in the Marine Corps.

The only downside of RA is the cost of traveling, but I think it was money wellspent.

As promotions in the Marine Corps wind down, this is one opportunity Marines can exploit to set them ahead of their peers.

Marines curious about RA should speak with their SNCOIC to get the ball rolling.

CHANGE FROM PAGE 1

former commanding officer on his future duty assignment, before turning her attention to the new CLC-36 commander.

“I want to wish you luck in your next assignment; I don’t know how you got it, but to be assigned as a NATO land operations subject matter expert in the Netherlands is fabulous,” said Smith. “I don’t know how many Marines can have that opportunity. They definitely picked the right man for that job. To Captain Johnston ... I look forward to working with you. I know the company is going to be in good hands. You have a wealth of knowledge coming back from Afghanistan. You are already devoted to your Marines and sailors, we know that, and we have high expectations of you. You have big shoes to fill, but I know you will.”

Once handed the microphone, Caceres-Solari took a few moments to recognize the senior members attending, then quickly turning his attention to who he has spent the past three years working with: his Marines and sailors.

“I know commander Smith just mentioned that there are big shoes for you, Johnston, to step forward and fill in, but I can tell you they’re very small,” said Caceres-Solari. “I’ll tell you who has the big shoes, the Marines right here, the Marines and sailors of CLC-36. The Marines you see right here in front of you are dedicated here in the community and out in town. They spend countless hours at every single MCCS event. They come to work with a smile every day; they come to work with a mission. You can see



CPL BENJAMIN PRYER

Maj. Andres H. Caceres-Solari, right, outgoing Combat Logistics Company 36 commanding officer, passes the CLC-36 guidon to Capt. Charles R. Johnston, incoming CLC-36 commanding officer, during the CLC-36 change-of-command ceremony, which took place outside the CLC-36 building, June 13, 2013. Along with the change-of-command ceremony, Caceras-Solari received the Meritorious Service Medal and the Outstanding Volunteer Service Medal.

them singing, joking, but getting their stuff done. As a result ... we had a 2012 year of no safety mishaps. These Marines and sailors in front of you, they did it all, I just did it with them. Keep in mind the Marines of CLC-36, because without them, I would be very little.”

Being no stranger to CLC-36, Johnson took to the stage and showed his eagerness in taking up the reins as commanding officer.

“I’m not new to the unit, I’ve been here for about three years ... and I’m really excited

to get back with these Marines and get back into it,” said Johnston. “I just want to say how thankful I am to Major Caceres. For the past three years, you’ve been my mentor, advisor and guide for the issues I had and that I was going through. I depended greatly on your guidance, and I sincerely appreciate everything you’ve brought to the table.”

During the ceremony, Caceras-Solari received the Meritorious Service Medal and Outstanding Volunteer Service Medal.

Flower arrangement provides cultural experience for participants

FLOWER FROM PAGE 1

festivals, weddings or anniversaries.

Smaller details in the arrangement of the Ikebana, such as color of the flower, are used to express certain emotions. Details such as the patterns used in placing flowers also contributes to the skill and beauty of individual Ikebanas.

Just as in America, hosts may use Ikebana to welcome guests into their home.

In Japanese culture, different Ikebana are used for particular occasions. Smaller Ikebana are used to decorate the entrance to homes as that's where people greet each other. For example, they may be placed throughout a home or in the center of the dining table if guests are dining with the host.

Larger Ikebana are used for celebrations or important occasions. They can be used in

different from flower arranging in different countries.

“Flower arrangements are popular for different reasons,” said Eileen Erwin, Venture Out Flower Arrangement participant. “These Japanese flower arrangements are facing forward because they are placed on an altar or table. In Europe, their flower arrangements are more circular because they have more round tables.”

MCCS hosts weekly events for Marines, spouses and children to experience Japanese culture.

For more information on future events, contact Cultural Adaptation at 253-6165 or stop by their office, located at Building 411, Room 101.



CPL. VANESSA JIMENEZ

Maj. Stephen N. McClune, maintenance officer in charge and VMFA-122 pilot, observes forward air control training during Exercise Haribon Tempest 2013 at Crow Valley, Republic of the Philippines, June 10. As treaty allies, the Armed Forces of the Philippines and the U.S. military have a long-standing relationship that has contributed to regional security and stability. Training activities like HT13 enable servicemembers to train together and provide assistance to local communities.

MARINES TRAIN WITH PHILIPPINE AIR FORCE, BUILD RELATIONSHIPS, INCREASE PROFICIENCY

Capt. Marcus Yasumatsu, a forward air controller and Marine Aircraft Group 12 current assistant operations officer, reviews operations with Philippine Air Force Sgt. John E. Jonson, joint terminal attack controller instructor and coordinator with 710th Special Operations Wing, in Crow Valley, Republic of the Philippines, June 10, during Exercise Haribon Tempest 2013. The focus of the exercise was to improve tactical-level military proficiency and enhance U.S.-Philippine interoperability.



CPL. VANESSA JIMENEZ

Cpl. Vanessa Jimenez
IWAKUNIAPPROACH STAFF

Marines qualified as forward air controllers conducted bi-lateral training with Philippine Air Force joint terminal attack controllers June 10 in support of Exercise Haribon Tempest 2013.

The Marines are with Marine All-Weather Fighter Attack Squadron 242 and Marine Fighter Attack Squadron 122. Both squadrons fall under Marine Aircraft Group 12, 1st Marine Aircraft Wing, III Marine Expeditionary Force. Participating members of the PAF are from 710th Special Operations Wing.

A FAC is a forward air controller who's also an aviator. They are temporarily assigned to a ground unit, acting as liaisons between the ground and air combat elements. They apply aviation combat power to the ground commander's needs, whether it's having something destroyed, assault support or other displays of combat power.

"It's so important to use pilots as FACs because although several Marines are trained in the role of calling in air fire, when it's an aviator, it's a little bit of an advantage, in my opinion, because they have that ability to relate to the pilot they are talking to," said Maj. Stephen N. McClune, maintenance officer in charge and VMFA-122 pilot. "While that FAC is on the ground, he knows what it's going to look like from the pilot's airborne perspective and he

understands the geometry of how to best employ and target those weapons, having done it himself in the air; he's the best one to act as that liaison."

The bi-lateral exercise focused on airborne forward air control and enhancing relationships and proficiency between MAG-12 and the PAF.

"We gain a lot from bi-lateral engagement and a mutual military defense working relationship," said Lt. Col. Anthony Baggs, lead FAC instructor and future operations officer in charge with MAG-12. "We work well with the 710 Special Ops Wing Unit. They need more air and we need a place to go train and FACs to work with, so it's basically a win-win situation."

Marine FACs paired up one-on-one with PAF joint terminal attack controllers to create a more efficient working environment.

"Our JTACs were paired up with Marines to get more of a personalized, accurate and concise one-on-one experience," said Sgt. John E. Jonson, JTAC instructor and coordinator with PAF with 710th SPOW. "The bilateral training is important because it boosts up knowledge for our jobs as forward air controllers. This training is increasing our abilities because we are able to get training with fixed-wing aircraft."

Haribon Tempest 13 helps maintain interoperability and enhances military-to-military relations and combat capabilities, further improving the effectiveness of the U.S. military and its allies.



Yvonne Whittle, IronWorks Gym yoga instructor, performs an asana during her meditation yoga class during the Marine Corps Family Team Building "Taking Care of You" workshop at Yujo Hall at Marine Corps Air Station Iwakuni, Japan, June 12, 2013.

Yoga, learning to revitalize your mind, body, breath

Story and photos by
Lance Cpl. James R. Smith
IWAKUNIAPPROACH STAFF

For those who thought yoga was all about bending and twisting one's body in odd shapes, maybe it's time to rethink.

"Yoga is a life science that integrates breath, body and spirit," said Yvonne Whittle, IronWorks yoga instructor. "You incorporate all three of those aspects of a human being to bring about relaxation and benefit for the entire system."

Hindus and Buddhists have practiced the mental and physical disciplines of yoga for millennia as a way to find inner peace and harmony. During the past few decades, those disciplines increased in popularity.

In yoga, participants practice several different asana, or yoga positions, breathing techniques known as pranayamas and the constant focus of meditation.

Along with the different asanas comes different types of yoga, all ranging in difficulty. Ashtanga, or power yoga, is among the lines of a more difficult style, while meditation yoga is a more relaxing type.

Since some have never done yoga before, instructors don't expect students to go straight to the hardest asana.

"Certain types of yoga require you be in a particular position," said Whittle. "In meditation yoga and other yogas, every person is an individual. Naturally, our comfort positions are going to be different."

Whittle explained that yoga isn't meant to be a competition and the only way to get better is through daily practice, as it takes time for a person's body to become accustomed.

Through the practice of yoga and meditation, people are able to reap the numerous benefits. According to artofliving.org, some of the top benefits include stress relief, weight loss, and all-around fitness, while at the same time, there is one thing that every person should strive for:

"Yoga should be able to produce a deep sense of relaxation," said Whittle. "I see all of our servicemembers and their families dealing with the difficulties of constant re-locations and deployments, so we are all filled with stress and we really don't understand what deep relaxation is."

For Prakai Parsons, IronWorks Gym yoga instructor, her experience in yoga was more than a relaxation technique, but became a healing process for her.

"Ever since I was 19, I had the worst migraine that nothing would seem to cure," said Parsons. "I took medications, ran and swam a lot and even took numerous gym classes to try and remedy the migraine. It wasn't until a yoga instructor in Iwakuni convinced me to take yoga. I was hurting for the first couple of days, but eventually, I became more proficient and soon, the migraine began to fade away."

Parsons said she remembered a man from one of her yoga schools who couldn't move half of his body. By practicing yoga and breathing techniques, he was slowly able to regain movement of his entire body.

As Picasso once said, "I am always doing that which I cannot do, in order that I may learn how to do it."

Whether it's stress from work or pain in the joints, yoga may be beneficial. There are several classes offered on base for those who want to try something new.



Prakai Parsons, IronWorks Gym yoga instructor, performs an asana during her Ashtanga, or power yoga class, held at IronWorks Gym at Marine Corps Air Station Iwakuni, Japan, June 13, 2013. Parsons said yoga became more than an exercise, but a healing process for her.

Senior leaders, families give back to barracks residents during block party

Cpl. Benjamin Pryer
IWAKUNI APPROACH STAFF

Residents of barracks 313 and 314 received a special visit from senior leaders and families during the Headquarters and Headquarters Squadron Family Readiness Block Party, which took place behind the H&HS barracks, June 15, 2013. “We had some of our spouses volunteer ... we’ve got our (staff noncommissioned officers) over here grilling up some food, just to do something the junior Marines don’t have to work for,” said Katherine West, H&HS family readiness officer. “Our junior Marines are usually the working party for things, so we wanted to give them something they can enjoy, some food other than the crossroads or the chow hall, and to have some friendly faces serving it up. This is our way of saying ‘thank you.’” While the party took place behind the barracks, with the help of caring families, barbecued meals

found their way to Marines in all H&HS shops, transported by several volunteers. “When you’re here unaccompanied and you’re in the barracks, you can lose that sense that you have a family here,” said West. “We wanted to drive home the feeling that we at H&HS, we are a family and we want to do things like this for the Marines.” The original plan for the block party was to incorporate tournaments as well, to include corn hole, volleyball and basketball. Even with rain pouring before the sun rose, attendance for the event wasn’t hindered. “Our hopes were to have tournaments going on, but the weather is not playing nice,” said West. “We have everybody who’s out here still in high spirits. We had people come out here when it was raining ten times as hard, setting up the tents. I think it’s still good. I mean, it’s a free hot plate of food. I want each one of these Marines and sailors to come down here, get

a plate and enjoy being down here with us. From Marines and sailors who have spent the better half of their tour aboard station to those newly checked in, all in attendance appeared delighted by the effort put forth by senior Marines and their families. “I’ve been on tabs since I checked in with the sergeant major, he made it very clear that there was going to be a cookout on the fifteenth,” said Pfc. Kristen Kahalewai, block party participant and barracks resident. “That was about two weeks ago. Because I’m so new, I still have very strong memories of boot camp and (Marine Combat Training) and (military occupational school), where, if you were at the bottom of the totem pole, you were treated like you were at the bottom of the totem pole. They didn’t associate with you; the only thing they were there for was to correct you and tell you what to do. So, it’s almost like mom and dad making food for you, telling you to sit down at the table

and then serving you, that’s what it feels like.” Even with the tournaments canceled and rain continuing throughout the entirety of the event, the underlying theme of the older generation giving to the younger prevailed over dreary skies. “(Marines are) all about unit morale and this is a morale booster,” said Kahalewai. “It’s where you come out and you feel more a part of the group, you feel appreciated. My dad has this motto he lives by. He said, ‘People are going to be willing to do things for you. If you ask them to do something, they’re most likely going to do it when you ask. But if they don’t feel appreciated, they’re less likely to do it again.’ So, of course we can instantly and willingly obey every command, but, after a while, that willingness fades away, unless we feel like what we’re doing matters, because why would you do something if it doesn’t matter?”



Caitlyn Ferral, Headquarters and Headquarters Squadron Family Readiness Block Party volunteer, serves Pfc. Jacob Gardner, H&HS Family Readiness Block Party participant, during the event, which took place behind barracks 313 and 314, June 15, 2013. Even with a slow start due to the rain, Marines and sailors continued to stop by the tents, grabbing food and conversing throughout the two-hour event.



Pam Robertson, Headquarters and Headquarters Squadron Family Readiness Block Party volunteer, serves Lance Cpl. Luke Lindsay, H&HS Family Readiness Block Party participant, during the event, which took place behind barracks 313 and 314, June 15, 2013. While the original plan to incorporate several sports tournaments into the block party changed from bad weather, attendance didn’t appear hindered.



Cpl. Benjamin Peterson, Headquarters and Headquarters Squadron Family Readiness Block Party participant, motivates barracks residents to enjoy the festivities, which took place behind barracks 313 and 314, June 15, 2013. The block party gave senior leaders and families the opportunity to give back to their junior Marines.



Gunnery Sgt. Ivan Davila, Headquarters and Headquarters Squadron Family Readiness Block Party volunteer, prepares ribs for the event, which took place behind barracks 313 and 314, June 15, 2013. Even with rain pouring throughout the entire event, Marines and sailors came out to enjoy the effort put forth by volunteers.



CORPS NEWS

HIGHLIGHTING MARINES AND SAILORS AROUND THE GLOBE

Surfing service members shred San Onofre

Cpl. Michael Iams
MARINE CORPS BASE CAMP
PENDLETON

CAMP PENDLETON, Calif. — The sun peeked over the horizon and gulls cawed through the skies as water broke on the San Onofre shore where surfers prepare to “hang-10,” “rip,” and “shred” the Pacific waves. More than 40 Marines and sailors competed in the 6th annual 2013 USAA Commanding General’s Cup Surf Competition, June 11, 2013. The competition is one of many events in the Camp Pendleton CG’s Cup. Theresa Flores, a sports coordinator with Marine Corps Community Services Semper Fit athletics department, said, “Competitors will be scored on the waves they take, the time on the wave and any tricks they perform.” The surfers were split into three groups depending on the size of their board. “The service members will either compete in short board, long board or body board,” said Flores. “They will be placed in different heats and the top surfers from each heat will move on to the next heat.” Along with points for their unit, the winners also received another reward from SemperFit. “The finalists from the long board and short board will automatically be entered in the Red Bull Rivals competition held July 13,” said Flores. Flores mentioned the Red Bull Rivals competition will pit Marines who graduated from Marine Corps Recruit Depot Parris Island against those who graduated Marine Corps Recruit Depot San Diego in an East coast vs. West coast face-off.

For some, this was their first surfing competition. “No one on our team has really surfed before in a competition,” said Cpl. Zack Marquez, a squad leader with 1st Light Armored Reconnaissance Bn. “This is the first time LAR Bn. has had a team compete in this surf competition.” One surfer said surfing in this competition is a way for Marines and sailors to bond and relax from work or deployments. “This is a big stress reliever and helps take away from the stress of work and everyday life,” said Lance Cpl. Tylor Clark, a team leader with 1st LAR Bn. “It’s fun to be out here and experience a change in pace from work and deployments.” First place winners in each category received trophies and the second- and third-place winners received medals during a ceremony at the event conclusion. The winners from each category are as follows:

- Long Board
 - 1st place: Petty Officer 2nd Class Michael Molina from Assault Craft Unit 5
 - 2nd place: Petty Officer 3rd Class Robin Dagdag from 1st Supply Battalion
- 3rd place: Maj. Josh Bates from I Marine Expeditionary Force Short Board
 - 1st place: Petty Officer 1st Class Randy Adalin from 1st Medical Battalion
 - 2nd place: Staff Sgt. William Rietveld from Headquarters and Support Battalion
 - 3rd place: Cpl. Jacob Wolfe from Center for Naval Aviation Technical Training Body Board
 - 1st place: Cpl. Ryan Dunleavy from Assault Amphibian School Battalion
 - 2nd place: 2nd Lt. Roberto Orozco from Combat Logistics Regiment 15
 - 3rd place: Pfc. Joe Nisky from 1st Light Armored Reconnaissance Battalion



Competitors of the 6th annual 2013 USAA Commanding General's Surf Competition sit and wait to take their position in the waves of the San Onofre Beach, June 11, 2013. The winners of the CG's surf competition were given automatic entry into the Red Bull Rivals competitions held July 13



Col. Paul Miller with Headquarters and Support Battalion, Marine Corps Installations West, rides the first set of waves during the 6th annual 2013 USAA Commanding General's Surf Competition at the San Onofre Beach, June 11, 2013. More than 40 active-duty Marines and sailors participated in the competition.

COMMUNITY BRIEFS | CLASSIFIEDS

Briefs

SMP Summer Slam

A Summer Slam is scheduled to take place July 3, 2013, from 6-9 p.m. at the Hornet's Nest. The event will include a Battle of the DJs contest, tricycle race/obstacle course and more. There will be free food and drink, along with prizes to win. For more information, contact the Single Marine Program at 253-3891.

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:

NMCRS Quick Assist Loans

The Iwakuni Navy Marine Corps Relief Society provides Quick Assist Loans to prevent active duty service members from falling prey to predatory lenders. These loans are designed to assist with short-term living expenses up to \$300, interest-free and must be repaid within 10 months. For more information, call the Iwakuni NMCRS at 253-5311 or stop by the Marine Memorial Chapel, Room 148.

Contractor Gate

Recently, the Contractor Gate has experienced traffic congestion due to heavy use. Due to the congestion, the Provost Marshal's Office requests that personnel who are not contractors (Active Duty Military, JMSDF, MLC/IHA employees, etc.) access the installation via the Main Gate or Monzen Gate and refrain from using the Contractor Gate, including bicycle riders. For more information, contact Gunnery Sgt. Husman at 253-6942.

electronics technician resident course or equivalent.

The ability to obtain a Secret Security Clearance is required. Positions are located at Naval Air Facility Atsugi, Japan; Marine Corps Air Station Futenma, Okinawa, Japan, and Marine Corps Air Station Iwakuni, Japan. Applicants should send their resume to John Russell at jrussell@espinc1.com or FAX to (407) 206-4921.

Brief and Classified Submissions

To submit a community brief or classified advertisement, send an e-mail to iwakuni.pao@usmc.mil. Please include a contact name, a phone number and the information you want published. You may submit your community brief or classified advertisement in person at the Public Affairs Office, Building 1, Room 216 or you may call 253-5551. Please provide all necessary information to simplify the request process. The deadline for all submissions is 3 p.m. Friday.

Jobs

ESP Position

Engineering Support Personnel, Inc. is seeking qualified simulators/electronics/IT technicians for its WESTPAC COMS program. Applicants are required to have a minimum of four years electronics maintenance experience and be a graduate from a two-year

SUMMER SAFETY:

Driving in Japan

In Japan, cars are driven on the left side of the road and have the driver's seat and steering wheel on their right side. The legal minimum age for driving is 18 years old. Road signs and rules follow international standards, and most signs on major roads are in Japanese and English. Drinking and driving is strictly prohibited. The typical speed limits are 80 to 100 km/h on expressways, 40 km/h in urban areas, 30 km/h in side streets and 50 to 60 km/h elsewhere. Most roads in Japan are toll free with the exception of expressways and some scenic driving routes. Road conditions tend to be good, although side streets in the cities can be rather narrow. Traffic congestion is a frequent problem in and around urban centers. Drivers generally tend to be well-mannered and considerate. Some dangers on Japanese roads include drivers speeding through intersections despite the traffic light turning red, people stopping their vehicles at the edge of the street in a way in which they block traffic, and cyclists driving on the wrong side of the road.

REPORT ALL TRAFFIC ACCIDENTS TO PMO ON OR OFF BASE

Point of contact for an emergency:
DSN: 253-3303
Commercial/cell phone: 0827793303
(Put these numbers in your phone/wallet)

- Tips for driving in Japan
- When children raise their hands on the side of the road, it is a sign that they are going to cross.
 - Scooters use the shoulder of the road. Be aware that a scooter may be right next to you when making a left turn.
 - No turns are permitted on red lights unless a green arrow light is illuminated in the direction you are turning.
 - Be aware that bicycles may show up anywhere when you are driving.
 - Drive slowly when driving on narrow roads, especially when there are many side streets connected. Pedestrians and bicycles may suddenly appear from a side street.
 - Expect heavy traffic during rush hours and when it is raining.

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	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
2nd and 4th Saturday	10 a.m. Seventh Day Adventist
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.

OUT AND ABOUT : Japan

THE COTERIE MAGAZINE EXHIBITION AND SPOT SALE

June 23, 2013, marks three separate, yet similar, events. The events, Comic City Osaka 95, Pri-Con 2 and Dijinka Kingdom 7, will be held at Intex Osaka, Japan's biggest international exhibition space. Doors will open at 11 a.m. and progress until 3 p.m. For more information, contact Akaboo Tsushin at 03-3225-8520 or visit the website at <http://www.akaboo.jp/index.html>.

HAKATA GION YAMAGASA

On July 1, 2013, Yamakasa (decorated floats) will be exhibited throughout Hakata city. On July 12, the rehearsal of Oi-Yamagasa will be held. The Oi-Yamagasa, or “Chasing Yamakasa,” will start at 4:59 a.m. July 15. Men wearing Fundoshi (loincloth) pull and chase the Yamagasa, which weighs more than one ton. This is one of the three major festivals in Hakata City, with a history of more than 770 years. For more information, contact the Hakata Gion Yamagasa Promotion Association at 092-291-2951.

For more information on upcoming events visit our website at <http://www.mccsiwakuni.marines.mil/News/LocaleventInformation.aspx> or visit Information Tours and Travel located in the Crossroads Mall or call 253-4377.

SAKURA THEATER

Friday, June 21, 2013 7 p.m. Mud (PG-13) 10 p.m. Tyler Perry's: Peeples (PG-13)	Monday, June 24, 2013 1 p.m. Smurfs (G) free admission 7 p.m. Tyler Perry's: Peeples (PG-13)
Saturday, June 22, 2013 4 p.m. Despicable Me (PG) 7 p.m. Star Trek: Into Darkness (PG-13)	Tuesday, June 25, 2013 Theater closed
Sunday, June 23, 2013 4 p.m. The Incredibles (PG) 7 p.m. Star Trek: Into Darkness (PG-13)	Wednesday, June 26, 2013 Theater closed
	Thursday, June 27, 2013 1 p.m. The Lorax (G) free admission 7 p.m. The Great Gatsby (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 5 and under admitted free. For more information, visit www.mccsiwakuni.com or call 253-5291.

THE IWAKUNI APPROACH CULTURAL LESSONS



Tama, born April 29, 1999, is a female calico cat who gained fame for being a station master and operating officer at Kishi Station on the Kishigawa Line in Kinokawa, Wakayama, Japan. Tama was born in Kinokawa, Wakayama, and was raised with a group of stray cats that lived close to Kishi Station. They were regularly fed by passengers and Toshiko Koyama, the informal station manager. The station was almost shut down in 2004 because of financial problems. Due to its uncertain future, Koyama adopted Tama. The station remained open after the citizens demanded it so. In April 2006, the Wakayama Electric Railway destaffed all stations on the Kishigawa Line to cut costs.

Station masters were selected from local businesses near each station and Koyama was officially chosen as the station manager. In January 2007, railway officials decided to officially name Tama the station master. As station master, her primary duty is to greet passengers. The position comes with a station master's hat. Instead of a salary, the railway provides Tama with free cat food. The publicity from Tama's appointment led to an increase in passengers by 17 percent for that month. Ridership statistics for March 2007 showed a 10-percent increase over the previous financial year. A study estimated that the publicity surrounding Tama has contributed 1.1 billion Yen to the local economy.

Samurai Football returns to gridiron

Story and photos by
Cpl. J. Gage Karwick
IWAKUNI APPROACH
STAFF

Spring football training began June 12, 2013, for the Matthew C. Perry High School Samurai football team in preparation for their upcoming season. With the return of the Samurai football program, the team is still slated for one more year of junior varsity scheduling. “We are still rebuilding our program,” said Frank Macias, M. C. Perry High School head football coach. “Last year, we had a pretty successful season. We had a lot of seniors, even though we were on a junior varsity schedule.” Even though few players from last season have returned, the number of players from this time last year has more than tripled. “We have about four returning players,” said Macias. “But at this time last year, we had 12 kids. We are now up at 42, so a lot of kids are excited.” Several players took to the field with memories of the previous year fresh in their minds. “Looking at the team right

now, we have a lot of good players and hopefully we train hard and do better than last year,” said Eric Saiki, M. C. Perry senior and lineman. Saiki elaborated on his favorite part of football. “I want to play anywhere on the line, and like coach said, ‘the season has already started,’” said Saiki. “I’m looking forward to getting work done. I really enjoy hitting people. That rush you get from the first hit, then after that, how it all calms down and it really cools your head. All the nerves seem to disappear.” It’s discernable that the first real challenge of any football team is not their first game, but training, where coaches start to mold their players into a productive and cohesive team. “It’s one of those things where we are just building, so if I get them excited about football and teach them the fundamentals, then it will be a real positive toward not just this year, but next year as well, when we go varsity,” said Macias. The first game is slated for August 31 against Sotuku High School. With helmets shining and cleats ready, Samurai football prepares for gridiron glory.



Petty Officer Third Class Thomas Stevens, Robert M. Casey Medical and Dental Health Clinic corpsman, gives a musculoskeletal assesment to a hopeful Matthew C. Perry Samurai football player during the spring football training, which began June 12, 2013. With last year's team comprised mainly of seniors, this year the team is primarily underclassmen.



Frank Macias, Matthew C. Perry High School football head coach, demonstrates an exercise during the first Samurai spring football practice at the M.C. Perry football field aboard station June 12, 2013. With the start of the new season, Macias said he looks forward to building his young team into a cohesive unit.

The Iwakuni Time Machine

In the June 17, 1977, issue of the Torii Teller, Marines reported on the station's liberty policy, covering specifics such as proper civilian attire, maintaining an appropriate and ambassadorial demeanor and controlling personal alcohol consumption. Even if a person feels they've reached a point to where they may cause a liberty incident, there is no shame in finding the courtesy patrol for a ride back to the station.

Liberty conduct stated

(Story by Cpl. Micheal J. Purcell)

Have you ever been refused permission to exit a gate because you were wearing some sort of unauthorized clothing? If so, you probably had to waste a lot of valuable time going back to your barracks to change, right? If you are unaware of the regulations that govern civilian clothing here, take a glance at Marine Corps Air Station Order 1020.1R, which clearly states the "do's and don'ts" of liberty apparel. It could certainly save you a lot of time and trouble.

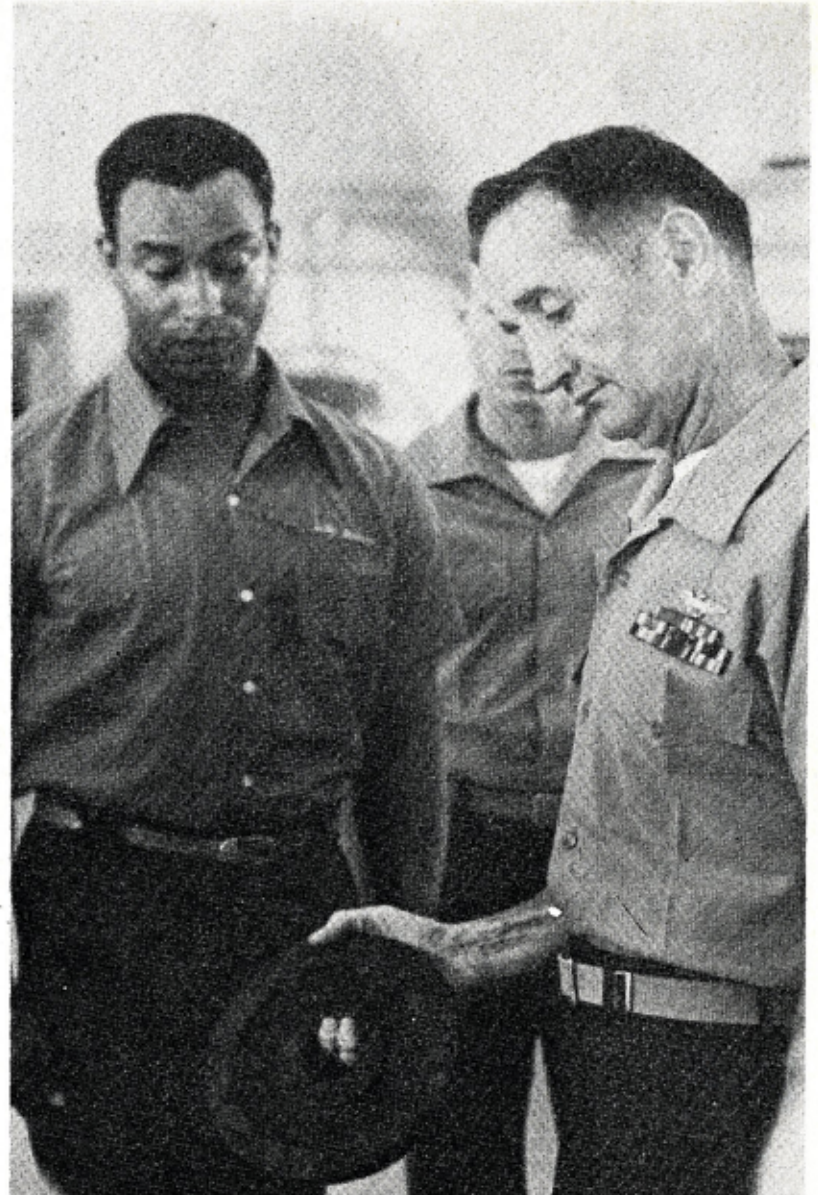
In brief, the order states that tank tops and fishnet shirts, frayed cut-off trousers, undershirts worn as outer garments and any item of clothing bearing obscene insignias, designs or prints are prohibited as part of your liberty attire. Also forbidden for wear with civvies are shower shoes, sleeveless articles and athletic clothing when not actually engaged in athletic events.

Now that warm weather is finally here, you might be wondering if sandals are accepted footwear. Well, according to the order, it's perfectly OK! It also specifies that sandals and sneakers are the only type of footwear allowed to be donned without socks.

Hopefully, you now have a better understanding of the Station's clothing regs. But, I'm sure you'll agree that the clothes on a man's back doesn't make him completely what he is. A man has to have his stuff together upstairs, too. He has to know how to handle himself when he's around other people. The Marine Corps can't adopt an order telling people how to act; they must simply leave that up to you.

Sure, it's great to be able to go out every once in a while and blow off a little tension with a few brews! But for heaven's sake, REMEMBER WHERE YOU ARE! You just can't walk down the street tipping a bottle and you can't just walk into a bar and raise the roof or you'll pay the consequences! Especially remember, never drive after drinking!

Face it, when you're out in town, you've got to use your head! If you feel you've had a little too much to



FITNESS CHECK - During a June 8-9 inspection of Air Station facilities, BrigGen. Keith A. Smith, assistant 1st MAW commander, checks out the wingside fitness center. Here he talks with the center manager Sgt. Alan Lucas, during the general's visit, he received a brief on the new mess hall and toured Special Services facilities. (Photo by SSgt. C.W. Rowe)

drink, then find the courtesy patrol and get a scot-free lift back to the Air Station. After all, that is one of their services! If you're worried about people laughing at you and saying you can't handle your booze, forget it! They'd probably laugh even harder if you landed in jail.

Pepperdine University holds first Far East graduation exercise

Ten Iwakuni men and women recently became the first Far East graduates of Pepperdine University master of arts program in human resources management.

During a June 4 commencement ceremony held at the Station Chapel, graduates of the program were addressed by Dr. Grover Goynes, dean of the School of Professional Studies at Pepperdine.

The graduation was the culmination of 18 months of work in and out of the classroom for those who participated in the program.

Receiving diplomas were LtCol. Richard T Ward, H&HS CO; Maj. George Emerson, H&HS XO, and his wife Barbara; Maj. James M. Barnhart, Station Training Officer; Army 1stLt. Frederick V. Leppien; Wilfred A. Langford, assistant field director for the American Red Cross; Perry School teachers Carlece R. Ferry, Lavere E. Jochimsen and Janice M. Rhicard; and Adult High School teacher Terry B. Rhicard.