

# THE IWAKUNI APPROACH

Issue No. 33 Vol. 6 | Marine Corps Air Station Iwakuni, Japan



MCAS Iwakuni takes time to remember those fallen | Pg. 5

CPL. B. A. STEVENS

Col. Bob Boucher, Marine Corps Air Station Iwakuni commanding officer, gives a speech to station residents during a remembrance ceremony that took place in the station chapel here Sept. 11, 2013. Boucher gave his personal account on his experience of being at the airport the day the terrorist attack happened.

## Father, son visit MCAS Iwakuni 40 years later

Cpl. J. Gage Karwick  
IWAKUNI APPROACH STAFF

Approximately 40 years after his tour of duty to Marine Corps Air Station Iwakuni, Japan, Charlie J. Sherrod, former Marine, returned for a visit with his son, Alex Sherrod, to view the changes to the station he used to call home.

Charlie was a Marine Corps combat correspondent back when

the American Forces Network was still Far East Network. His abilities as a broadcaster helped to win a Thomas Jefferson Award, which is awarded for excellence in journalism.

"It's nothing like it was in the 70s," said Charlie. "It wasn't anything crazy, just a small air station. Now, it's all so different. Building One isn't Building One anymore. There are a ton of new buildings where once nothing

was. The change is just immense." Charlie said that being stationed in Iwakuni really helped him decide what it was he wanted to do with his life and it didn't necessarily involve the military.

"I started taking college classes here at the University of Maryland," said Charlie. "After that, I got hungry. I wanted information and joining the military is what catapulted me to really be someone. I was working

for IBM and one day, I sat down and asked myself what I really wanted to do, and that was when I started Seven Star Golf in 1990. I came back to Japan because I remembered how much they love golf and found a customer, which was Japan Airport Terminal, who run all the airports in Japan. So even my Iwakuni roots helped me formulate my business, where

SEE VISIT ON PAGE 3

## MAG-12 Marine wins Commander's Cup Tennis Tournament challenge

Lance Cpl. James R. Smith  
IWAKUNI APPROACH STAFF

Marines gathered by the tennis courts near the Robert M. Casey Medical and Dental Clinic aboard Marine Corps

Air Station Iwakuni, Japan, to compete in the Commander's Cup Tennis Tournament Sept. 6, 2013.

This event was the second-to-last chance in the Commander's Cup for units to earn points and

money for their party fund.

Some participants also found the tourney as a chance to reopen cryptic sports skills.

"The last time I played tennis was during my high school years," said Sgt. Michael

Ledyard, Marine Wing Support Squadron 171 career planner. "It's good to be able to get back into the competitive nature of tennis."

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### SESAME

Elmo and gang visit station | P. 4



### MEMORIAL

Residents pay respects for 9/11 | P. 5



### LIT

Famous rock band brings down house | P. 6&7



# CHAPLAIN'S CORNER

## 'The Purpose in Pain'

Lt. Jeremy McIntyre  
H&S CHAPLAIN

There is an old saying that goes, "There are only two sure things in life, death and taxes." I am sure there are more. One of these truths is that every one of us has to deal with pain or disappointment at different points in our lives. I have been giving a lot of time and energy thinking and studying about this phenomenon. There has to be some reason, some purpose, some lesson in the middle of the pain.

There is a purpose. Pain is a teacher; we learn to avoid touching a hot stove when we have been burned in the past. We learn obedience when there are unpleasant consequences. Pain is an ever-present part of life, but it does not have to be pain without purpose. In many cases, we can learn something in the midst of the pain.

Sometimes pain is a penalty. We have done something wrong,

made a bad choice, and we need to allow natural consequences to play out. When this is true, sometimes we can look at our situation and recognize that we have put ourselves in the path of the pain. When this is the case, the lesson is simple, don't do it again. It has been said that no discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. We learn the lesson, we avoid that pain in the future.

Sometimes, pain is progress. The old saying, "no pain, no gain" has some truth to it. Anyone who has trained for an athletic event, or studied hard for a test, or endured some other unpleasant period of time, to ultimately achieve a goal, will understand this. We endure the hardship to reap the reward. It is a choice we make. We do not want to remain as we are, we want to be better, so we enter into a time of discipline to achieve the reward.

Sometimes, pain is protective. When we are driving, there are guardrails in particularly

dangerous places. The idea is that suffering the minor pain of hitting the guardrail is preferred to the pain of going off the cliff. In these areas of our lives, pain reminds us, "you don't want to go that way." It is a warning of what is to come down the path you are on.

Sometimes, pain is perfecting. A sculptor removes bits of rock from his work until it becomes what he envisioned it to be. In the same way, each of us deals with things in our lives that we know are not what is best for us. Maybe you have an addiction. Maybe there is a habit you need to stop, or need to start. Maybe there are relationships that bring you pain and need to be worked on. Whatever the case, as long as we are alive, there are changes that need to be made to be the best version of you.

So when you are experiencing a difficult time in your life, and we all will, we need to ask, "what is the purpose in this pain?" The answer can be revealing and often help us to move in the direction we need to move in order to make the changes we need to make.



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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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## Iwakuni Spouses Day helps boost quality of life aboard station

Pfc. D. A. Walters  
IWAKUNI  
APPROACH STAFF

Twenty-one spouses aboard Marine Corps Air Station Iwakuni, Japan, attended Iwakuni Spouses Day classes provided by Marine Corps Community Services in building 411 aboard station Sept. 5, 2013.

The goal of Iwakuni Spouses Day classes was to inform new and experienced residents aboard station about Japan's culture, ways to improve quality of life and career tips to help the attendee's progress and make their time easier while residing in Japan.

The classes included: Professional Japanese Etiquette, Quick Career Tips, Establishing Your Home Business, Money Matters, Online Library Resources, Your Veterans Affairs Benefits, Clean Eating, College Basics for Spouses, No Gym - No Excuse and Relaxation Techniques.

"A lot of times with new orders they have to leave

behind employment or education so our goal here today is to give them the tools that they need to succeed here in Iwakuni and after they leave," said A. Carolyn Chappell, MCCS personal and professional development instructor and coordinator of Iwakuni Spouses Day.

Two classes, starting at 8:30 a.m., took place for an hour and continued back to

and continued until 2:30 p.m. The classes allowed spouses to come and go as they pleased for the courses they felt compelled to participate in.

"A lot of these questions aren't going to get answered at 'welcome aboard,'" said Chappell. "It's specifically aimed at them so information today is going to be oriented and organized to be specifically for them in a more general

and attended 2012's Iwakuni Spouses Day only to return again this year for more information to achieve her goals.

"There was some great stuff with Japanese etiquette; when to give gifts, how to bow, when to bow and that kind of thing," said Guthrie. "I like to go out and mix with the Japanese community and I found those things to be very helpful ... I also did the nutrition and fitness classes. I'm in the middle of some major weight loss, so I found those helpful. Not only did they give you tips for daily stuff, but they also let you know what was available at the gym and what services were provided to those of us here on the installation."

Anyone who missed this year's Iwakuni Spouses Day and would like to participate should be on the lookout for next year's event.

Anyone wanting more information should contact A. Carolyn Chappell at 253-6508.



Tiffany Cunin, IronWorks Gym Health Promotions director, instructs a Clean Eating class at building 411 aboard Marine Corps Air Station Iwakuni, Japan, during Iwakuni Spouse Day Sept. 5, 2013. Multiple classes were offered to help improve Marine spouses' quality of life while residing in Japan.

back until 11:30 a.m. followed by a lunch break. Classes picked back up at 12:30 p.m.

sense." Jessica Guthrie has been a resident aboard station for one year

## Former Marine, combat correspondent, returns to old stomping grounds

VISIT FROM PAGE 1

we bring VIP Japanese to the Masters (golf tournament)."

Charles' son, Alex, came to Iwakuni for the first time and finally got the chance to put a clear image to the stories his father has told him.

"I have heard about the seawall a few times, and it's a great place," said Alex. "My dad always talks about Iwakuni. When I was a kid, I used to put his old helmet on and walk around with it. So this place was really great to see."

Charlie expressed his feelings on how much easier it must be to

be stationed in Iwakuni now, as compared to the 70's.

"I would have to say it must be so much easier to be stationed here now, with the internet. When I was here, sports events back home were taped, then flown here so we could watch them days later. The theater is still here and

that was a place that I liked to go, so the memories and stories remain, but most of the places have changed."

As the four-decade reunion came to a close, the family departed the station, a father with old memories and his son with new ones.



LANCE CPL. JAMES R. SMITH

Maj. Jonathan Kehr, Marine Aircraft Group 12 logistics officer, hits a tennis ball to Sgt. Michael Ledyard, Marine Wing Support Squadron 171 career planner, during the Commander's Cup Tennis Tournament that took place near the Robert M. Casey Medical and Dental Clinic aboard Marine Corps Air Station Iwakuni, Japan, Sept. 6, 2013. The tennis tourney is the second-to-last Commander's Cup event scheduled this year.

TENNIS FROM PAGE 1

As the tournament progressed, it came down to two men, Ledyard and Maj. Jonathan Kehr, Marine Aircraft Group 12 logistics officer.

The match was a back and forth struggle between the two with both having previous experience with tennis, however, Ledyard was able to win the first set of the championship match.

During the second set, Ledyard started strong, but Kehr found a second wind and come from behind to win the set.

For the last set, the two competitors would continuously get the upper hand on one another until Kehr was able to send the final serve that Ledyard couldn't return, winning the tournament.

"The sergeant had me up against the ropes a couple times, but I was

inspired to win by my younger daughter who just started the tennis team this year," said Kehr.

Although the tournament's turnout wasn't as large as some expected, it was still a way to spread the word for upcoming events.

"The next event is going to be much larger because it's the Gladiators Commander's Cup," said Jason Knight, Marine Corps Community Services Intramural Sports coordinator. "This tournament was kind of a downhill slope before the final event of the Commander's Cup."

With the Commander's Cup coming to an end, the final chance to earn points will be at the Gladiators Commander's Cup Oct. 12, 2013, with sign-up beginning Sept. 12. For more information, contact Intramural Sports at 253-3067.



LANCE CPL. JAMES R. SMITH

Maj. Jonathan Kehr, Marine Aircraft Group 12 logistics officer, hits a tennis ball during the Commander's Cup Tennis Tournament held near the Robert M. Casey Medical and Dental Clinic aboard Marine Corps Air Station Iwakuni, Japan, Sept. 6, 2013. Kehr played against Sgt. Michael Ledyard, Marine Wing Support Squadron 171 career planner, during the championship game. Both participants earned points toward their unit's overall Commander's Cup score. The tennis tourney is the second-to-last Commander's Cup event scheduled this year. The final Commander's Cup event is the Gladiators Challenge, which is scheduled to take place Oct. 12 at Penny Lake fields.



LANCE CPL. ANTONIO J. RUBIO

Sesame Street characters sing on the Sakura Theater stage aboard Marine Corps Air Station Iwakuni, Japan, Sept. 5, 2013. The show was free to military personnel and their families. Children who attended the show will eventually leave Japan so, by watching the event, moving hopefully won't be so difficult.

# USO brings Sesame Street to Iwakuni

Lance Cpl. Antonio J. Rubio  
IWAKUNI APPROACH STAFF

Children jumped excitedly as their beloved Sesame Street characters danced on the Sakura Theater stage aboard Marine Corps Air Station Iwakuni, Japan, Sept. 5, 2013.

The United Service Organization brought The Sesame Street/USO Experience for Military Families to MCAS Iwakuni to help address issues military children have when undergoing a permanent change of station.

"There's a character named Katie, who you can only meet when you visit this show, that happens to be a military child," said Nicole McClendon, USO tour manager. "She's going to help some of her friends in Iwakuni learn how to deal with moving to a new base. Katie found out that she is changing station, which every military child eventually goes through."

The event began with an introduction of what to expect from the show and a thank you to all the families aboard station. Sesame Street characters introduced themselves one by one, until Katie made her big appearance.

Katie was upset because she just got word that her family received orders to a new duty station and she would be leaving all her friends behind.

Alexandra Patrocino, Marine Corps Community Family Team Building Life Skills trainer, brought her two-year-old son, Marcus, to partake in the festivity. Patrocino conducts training related to topics brought up in the show, such as children being sad about leaving their friends and moving to a different area.

"That was a really good message that they were trying to get across about changing stations," said Patrocino. "I thought that was very strategic. The issues they brought up were appropriate. The way they discussed them was very appropriate for the children's age and what they sang about. I thought they were going to sing only Sesame Street songs, but they sang about those issues."

Elmo and his Sesame Street friends, through song and dance, helped Katie understand what the process of moving will be like, assured her that they are still going to be her friends and insisted she will be able to make new friends, something the show wants military children to realize.

"During the show, you can really see the reaction to the storyline in a lot of the kids," said Jeffrey Mensch, logistics company manager for USO. "Some of them have been through changing stations themselves and when Katie says her family has to move again, you can see a lot of the kids shaking their heads yes, empathizing with her."

Children who attended the show will eventually leave Japan so, by watching the event, moving hopefully won't be so difficult.

"It's great because it gives kids a chance to talk about their feelings and help them understand that other people go through what they're going through," said Mensch. "For kids who haven't experienced it yet, it opens the doors to that conversation when the time comes."

Elmo and the other characters sang a final goodbye-song to the audience and left them with the knowledge that changing stations is not something to be afraid of.



LANCE CPL. ANTONIO J. RUBIO

The Sesame Street streetlight stands on stage at the Sakura Theater aboard Marine Corps Air Station Iwakuni, Japan, Sept. 5, 2013. Sesame Street premiered on television November 10, 1969, starting with high ratings and praise.



A bell honoring the firefighters who lost their lives on 9-11 stands in the center of the station chapel aboard station during a remembrance ceremony Sept. 11, 2013. Many residents from around the air station came out to pay their respects to those who lost their lives and families 12 years ago.

# Station residents pay homage to those lost, affected during 9/11

Story and photos by  
Cpl. B. A. Stevens  
IWAKUNI APPROACH STAFF

Station residents gathered at the station chapel here Sept. 11, 2013, to remember the terrorist attacks in New York City, Washington D.C., and Pennsylvania 12 years ago.

More than a decade has passed, yet many still remember everything that happened on that fateful day.

"I was in third phase at clothing issue at boot camp, Parris Island," said Gunnery Sgt. Charles Maddox, Headquarters and Headquarters Squadron aircraft recovery chief. "We didn't know anything about it until the (noncommissioned officers) issuing us clothes started running around saying, 'we are going to war, we are going to war.' We thought it was a joke, but our senior drill instructor came in and everyone kind of paused and we reviewed what had happened."

Others got a first-hand look to the attacks in New York.

"During the days that lead up to Sept. 11, my family and I were in Tea Neck, New Jersey, just outside of New York City," said Col. Bob Boucher, commanding officer of Marine Corps Air Station Iwakuni, Japan.

Boucher said that he was actually scheduled to fly out Sept. 10, but weather restraints pushed the flight back a day.

"On that day of Sept. 11, it was a beautiful morning. The skies were clear and it was a nice fall day. We had no issues getting to the airport and I remember as we boarded the aircraft and taxied out I was reading to my son and as I looked out the window I noticed there were a lot of airplanes waiting to take off."

Boucher said that the original word

passed to the patrons on the flight was that two planes collided and hit the World Trade Center.

"It just did not compute in my mind," said Boucher. "A couple minutes later as we watched out the windows of the airplane and saw the smoke raising above the horizon of New York City, the airplane captain said that we would have to taxi back to the gate and get off the plane and that flight had temporarily been canceled." As we got off the plane, we didn't realize it was 9/11 at that point, most people didn't leave. We stood around and looked out the big plate glass windows and we just watched the World Trade Centers burn at that point."

While the ceremony carried a somber tone, the commanding officer tried to end his speech optimistically.

"There is a positive message, even in that tragic day of Sept. 11," said Boucher. "It brought us closer together. Strangers helped strangers; people sprang into action and were called into service. We were truly again one nation under god."



Servicemembers bow their heads during the 9-11 remembrance ceremony at the station chapel Sept. 11, 2013. The service lasted approximately 45 minutes.



A station firefighter rings a bell in honor of the firefighters who lost their lives on 9-11 during a remembrance ceremony at the station chapel Sept. 11, 2013. 347 firefighters lost their lives due to the terrorist attacks.

# Lit rocks MCAS Iwakuni

*Band continues military performance tradition*

Story and photos by  
Lance Cpl.  
James R. Smith  
IWAKUNI APPROACH STAFF

Residents aboard Marine Corps Air Station Iwakuni, Japan, attended a performance by the Rock band Lit, provided by Armed Forces Entertainment, inside the Club Iwakuni ballroom Sept. 7, 2013.

Lit was originally slated to perform at the Summer Music Festival, but arrived prior to the event being rescheduled to Sept. 21 and were ready to perform.

"We appreciate everything the armed forces do for us because it keeps us American, so every opportunity we get to come over, we give back and put on a show," said A. Jay Popoff, lead singer from Lit. "It's always an honor to be here. Every time we step on stage, we always put everything into it, but we put out a little bit more for these military shows."

The group said that even with 20 shows already performed for the military, this was their first time in Iwakuni.

Even with their busy schedules and the recent release of their fifth album, "The View From The Bottom," the men from Lit always find time for military concerts.

"Someone asked us several years ago if we were interested in coming overseas and playing for the military," said Jeremy Popoff, lead guitarist and singer for Lit. "Immediately, we said, 'not only would we be willing to do it, but we would be honored to do it.' It's something we look forward to doing and whenever we get asked to do it, we slate everything else around it because this is something we look forward to doing."

The Popoff brothers said their enthusiasm behind playing for members of the armed forces goes back to their childhood.

"Our grandfather was in World War II with the 101st Airborne and he was the one who got us into music," said A. Jay Popoff. "He was in an Army band called, 'Drill Masters,' so we kind have a soft spot for the military."

Lit's performance lasted throughout the night with fans taking photos, videos and even getting the chance to dance onstage with the group and dive into the crowd. Lit concluded their performance with a meet and greet with fans and autographs for those who desired.



A. Jay Popoff, lead singer for Lit, sings during a performance in the Club Iwakuni ballroom aboard Marine Corps Air Station Iwakuni, Japan, Sept. 7, 2013. The band took the time to explore Iwakuni prior to the performance.

(Top) A. Jay Popoff, lead singer from Lit, interacts with audience members during a performance in the Club Iwakuni ballroom aboard Marine Corps Air Station Iwakuni, Japan, Sept. 7, 2013. Lit recently released their fifth record album, "The View From The Bottom."

(Left) Kevin Baldes, bassist and singer for Lit, plays during their opening song in a special performance at the Club Iwakuni ballroom aboard Marine Corps Air Station Iwakuni, Japan, Sept. 7, 2013. The band was originally slated to perform at the Summer Music Festival before it was rescheduled to Sept. 21.

(Above) Jeremy Popoff, guitarist and singer from Lit, performs during a concert in the Club Iwakuni ballroom aboard Marine Corps Air Station Iwakuni, Japan, Sept. 7, 2013. Lit's music has been in many famous movies such as American Pie 2, Mr. Deeds and Little Nicky.

# CORPS NEWS

HIGHLIGHTING MARINES AND SAILORS AROUND THE GLOBE



SGT. SARAH FIOCCO

Marines with Weapons Platoon, Lima Company, 3rd Battalion, 3rd Marine Regiment, Marine Rotational Force - Darwin, fires a Shoulder-Launched, Multipurpose Assault Weapon as part of a movement-to-contact training evolution during Exercise Koolendong, here, Sept. 3. This training evolution is the first of its kind here in which Marines with MRF-D and the 31st Marine Expeditionary Unit worked bilaterally with the Australian soldiers of Bravo Company, 5th Battalion, Royal Australian Regiment as a "proof of concept" to assess the capacity of the training ranges to support a battalion-sized live-fire event.

## MRF-D trains with Aussies, MEU 'out bush' during Exercise Koolendong

Sgt. Sarah Fiocco  
MARINE ROTATIONAL FORCE DARWIN

BRADSHAW FIELD TRAINING AREA, Northern Territory, Australia — Marine Rotational Force - Darwin moved through the extreme heat and dry terrain of the Australian Outback to send rounds flying at a simulated militia group of rebels armed with 82mm mortars, two vehicles and other weaponry.

This movement-to-contact exercise was just one of three ranges in which Marines with Lima Company, 3rd Battalion, 3rd Marine Regiment, MRF-D, along with units from the 31st Marine Expeditionary Unit and Australian soldiers with Bravo Company, 5th Battalion, Royal Australian Regiment, worked together to eliminate the "enemy" threat as part of Exercise Koolendong, here, Sept. 1-4.

"Exercise Koolendong was about three days of live-fire activity, focusing on platoon attack ranges," said Capt. Raymond L'Heureux, commanding officer, Lima Co., 3rd Bn., 3rd Marine Regiment, MRF-D. "The MEU did a movement-to-contact exercise where Lima Company basically acted as one of the supporting efforts and conducted their range as if part of a larger operation."

In order to prevent the advancement of the paramilitary force, MRF-D Marines executed a seamless plan-of-attack.

"We had to use a platoon-sized reinforced attack to pin them down and eliminate the vehicles and threat of the mortar systems," explained Lt. Wesley Nix, platoon commander, 3rd Platoon, Lima Co., 3rd Bn., 3rd Marine Regiment, MRF-D. "We wanted to make sure the enemy couldn't egress."

The MRF-D Marines expertly accomplished that mission by employing the firepower of their riflemen, assaultmen, mortarmen and machine gunners.

"The goal was to have the mortarmen engage the enemy first while the machine gunners are setting up for their support by fire," said Staff Sergeant Daniel Hubbert, platoon sergeant, Weapons Platoon, Lima Co., 3rd Bn., 3rd Marine Regiment, MRF-D. "As soon as the mortarmen had effective rounds, the machine gunners started occupying their support by fire. At that point, the riflemen began their maneuver to the objectives. Assaultmen were embedded with the riflemen the entire time, and their job was to eliminate the two enemy vehicles with Shoulder-Fired, Multi-Purpose Assault Weapon rockets." Each day, MRF-D Marines traveled to the ranges either on foot, by vehicle or by aircraft.

"The range itself stayed the same through every execution, but the methods of insertion changed," explained L'Heureux. "For the movement-to-contact, we were motorized using the 7-ton and then we executed an air assault via an MV-22B Osprey and two CH-53E Super Stallions. It just allowed us to practice different methods of travel to our objectives using the different abilities we have as a Marine Corps."

Overall, the exercise acted as a "proof of concept" to assess the capacity of the ranges to support a battalion-sized live-fire event.

"It's a good training area where you can get a lot of things done," said L'Heureux.

The more than 1,000 Marines and Australian soldiers who trained here made their point loud and clear: they can, in fact, successfully send rounds down range while sustaining themselves deep in the Outback.



SGT. SARAH FIOCCO

A Marine with Lima Company, 3rd Battalion, 3rd Marine Regiment, Marine Rotational Force - Darwin, jumps out the back of a 7-ton truck during Exercise Koolendong, Sept. 3, 2013. MRF-D Marines traveled to the range either by foot, vehicle or aircraft.

# COMMUNITY BRIEFS | CLASSIFIEDS

## Briefs

### Women's Fellowship

The Chapel Contemporary Service Women's Fellowship invites all women to attend the "Conference for Women." This event will take place Sept. 27-28. Registration is open until Sept. 23. For more information, contact Nancy Arnold at 080-9409-7277.

### Gospel Choir

The Gospel Choir is looking for participants. Practices occur every Friday night from 7:30-8:30 p.m. for more information please contact Billie Scott at 080-3272-5902 or email BillieJ316@gmail.com.

### Crime Stoppers

To report a crime, call 253-3333. Callers can leave a detailed message without having to speak to a live person.

### 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.

### 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. For more information, call 253-4929.

### NMCRS Quick Assist Loans

The Iwakuni Navy Marine Corps Relief Society is providing 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 \$500, 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.

### PMO Lost and Found

Contact the Provost Marshal's Office Lost and Found if you have lost anything around the station. For more information, to report lost items or to claim lost items, call 253-4929.

### 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.

### 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, call 253-6942.

### 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. 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.

# WATER SAFETY: Respect the water

## Swimming:

Understanding the risks of being around water and following some basic safety rules greatly reduces your chance of injury or drowning. Follow these tips to keep safe in the water.

## Water safety tips

- Avoid unsupervised areas. Swim in areas with lifeguards, who may be present only during official swimming seasons.

and strong currents during and after heavy rain or typhoon conditions.

- Never dive into the unknown. Get local knowledge on environment and terrain and always check the water depth, and check for rocks and other hazardous objects that may be underwater.

- Never swim alone. Always use the buddy system.

- Never swim after rain or typhoon conditions. The local rivers and seas swell from flash floods

- Avoid alcohol. Stay sober in the water.

- Don't fight the current. Trying to reach the shore by swimming against the current will get you nowhere.

## Water safety is everyone's responsibility

- Use a reach or throw flotation rescue technique first, last resort is a water entry rescue. You could become a victim.

Emergency action plans should be part of every recreational activity.

- Fun stops when a mishap occurs.

## River survival swimming position

On your back, feet pointing downstream, feet up with your toes just at the surface. Propel yourself towards the nearest bank with your arms when you are in rapids. Change to side swimming when out of the rapids to get to the side. Abandon the survival swimming position if you are heading for a strainer (an obstacle like a branch or log). Swim as fast as you can sideways away from it. If you cannot avoid the strainer, change to feet pointing downstream at the last moment and climb as far up the strainer as you can. Hold on, Keep your head out of the water.

# 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 Service  
1 p.m. Children's Church  
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  
5:30 p.m. Women's Bible Study  
5:30 p.m. Men's Bible Study

2nd Saturday 7:30 a.m. Men's Discipleship

1st and 3rd Saturday 10 a.m. Seventh Day Adventist

*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

## JAPANESE LANGUAGE COURSE FALL SEMESTER

Sept. 24 - Dec. 10, 2013, from 7 - 9 p.m. every Tuesday at the Iwakuni Shimin Kaikan (Civic Hall) Training Room. To take the class, participants need to sign up in advance at the Public Affairs Office located in Building 1, room 216 (POC: Ms. Kawamoto at 253-5551) and obtain a numbered ticket. Only 40 seats are available, first come first served basis. 1,000 yen per term is charged for enrollment. Once enrolled, students are expected to attend as many of the lessons as possible.

## SHINGO KAWAMURA PIANO CONCERT

Doors open at 6:30 p.m., the concert starts at 7 p.m. at Shinfonia Iwakuni. The programs are:  
Sept. 13 - Mozart: 9 Variations on a minuet by Duport in D-Major K.573, Liszt: Obermann's Valley, Scriabin: Sonata for Piano No.5 Op.53, Ravel: La valse  
Sept. 17 - Poulenc: Improvisations, Debussy: Images 2, Chopin: Piano Concerto No.1, Op.11 in E minor, CT47, Bach: The Well-Tempered Clavier  
For more information, contact Shinfonia Iwakuni at 0827-29-1600.

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

# SAKURA THEATER

<b>Friday, September 13, 2013</b> 7 p.m. Percy Jackson: Sea of Monsters (PG) 10 p.m. 2 Guns (R)	<b>Monday, September 16, 2013</b> 7 p.m. The Wolverine (PG-13)
<b>Saturday, September 14, 2013</b> 4 p.m. Planes (PG) 7 p.m. The Wolverine (PG-13)	<b>Tuesday, September 17, 2013</b> Theater closed
<b>Sunday, September 15, 2013</b> 4 p.m. Smurfs 2 (PG) 7 p.m. We're the Millers (R)	<b>Wednesday, September 18, 2013</b> Theater closed
	<b>Thursday, September 19, 2013</b> 7 p.m. 2 Guns (R)

*The movie schedule is subject to change. Please check [www.mccsiwakuni.com/sakura](http://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](http://www.mccsiwakuni.com) or call 253-5291.**

# THE IWAKUNI APPROACH CULTURAL LESSONS



PUBLIC DOMAIN

Those who exit the station via the Monzen gate are usually greeted by a "sea" of green leaves. Many may wonder what those plants are and wonder what their use is. Their name is Lotus (Hasu in Japanese). Lotus can be found in ponds, marshes, and paddy-fields throughout Japan.  
The Lotus is a perennial water plant and its leaves grow straight up to the surface of the water. From mid-July through mid-August, the Lotus' flower blooms for a few days, opening each day at dawn and closing in the mid-afternoon. This fragrant flower grows about 20 centimeters (eight inches) in circumference and approximately five feet in height. The lotus blossoms are red, pink or white in color.  
The fruit is oval, and its torus, which contains the seeds, looks like a beehive. The seeds are long-lived. Some believe that the seeds are more than 2,000 years old and were discovered in a peat deposit by

Ohga Ichiro (1833-1965), after having been successfully germinated.  
The white, multi-jointed rhizomes (underground stems) lie under water in the mud. Late in the fall, the tip of the rhizome grows large enough for harvest for its food "renkon".  
Iwakuni is famous for its harvest of renkon. After peeling its skin with a peeler, it can be deep-fried, boiled with soy-sauce and sugar, or marinated with other vegetables.  
The Kojiki (712), the earliest Japanese collection of legends and chronicles, first mentions the lotus. Since ancient times the flowers' been appreciated and it is the symbol of the world of the pure land. In Buddhist art, the Lotus appears frequently on statues and ritual objects. Created within many temple precincts a pond with Lotus flowers represents the pure land in miniature.

# Samurai volleyball wins third match

Story and photos by Pfc. Alissa P. Schuning IWAKUNI APPROACH STAFF

The Matthew C. Perry High School Samurai Volleyball Team won their third match of the season against Marist Brothers International Schools in the M. C. Perry gymnasium aboard Marine Corps Air Station Iwakuni, Japan, Sept. 7, 2013.

The Samurai are off to a great start this season, winning two of the three games they have competed in so far. The team won against Ernest J. King High School, but lost when they competed against Nile C. Kinnick High School on Sept. 6. "They work really well together and give it their all," said Patricia Swiderski, M. C. Perry volleyball coach. With practice five days a week for two and a half hours, this team works hard to be at their best.

"I work them until they are dragging at the end of practice and then they go out there at give it 110 percent," said Swiderski. "I am very proud of these girls." Compared to previous years, Courtney Beall, Samurai volleyball player and high school senior, believes the team this year is better than before.

"We are more unified and everyone shows up with the same winning and fighting-hard mentality, that goes a long way," said Beall. According to Swiderski, the Samurai's strongest attribute is their sense of family.

"The team's not really a team, it's a family," said Lakeyia Brown, Samurai volleyball player and high school senior.

For the future of the season, Swiderski believes in the capability of her team.

"I expect a lot of teamwork and a lot of hard work and dedication," said Swiderski. "I'm expecting good things in the future."

The team will end their season with the Far East tournament at Zama American High School in November.

"I expect a championship with the way we're looking," said Beall.



Lakeyia Brown, Samurai volleyball player and high school senior, blocks a spike during a game against Marist Brothers International School at Matthew C. Perry gym aboard Marine Corps Air Station Iwakuni, Japan, Sept. 7, 2013. Brown played volleyball at Nile C. Kinnick High School for her first two years before coming to M.C. Perry.



Courtney Beall, Samurai volleyball player and high school senior, dives for the ball during a game against Marist Brothers International School at the Matthew C. Perry gym aboard Marine Corps Air Station Iwakuni, Japan, Sept. 7, 2013. The Samurai will end their season with the Far East tournament at Zama American High School.

## Soaring high - 31 AW 40th Anniversary

In celebration of **the 40th year anniversary** since the opening of Fleet Air Wing 31



# JMSDF IWAKUNI BASE FESTIVAL

Sept 15 (Sun) 9 a.m. - 4 p.m. (Gate opens at 7 a.m.)



## Sign up for an experience onboard a Flying Boat or Helicopter

Passengers will be selected by drawing.

Registration for drawing is available on the day of the Open House, although seats are limited.

Please be advised to complete registration process at the event site before 10 a.m.



1. Flight with visitors and other events are subject to change or could be possibly called off in case of weather or unexpected conditions.

2. For U.S. base residents, free shuttle buses are available from the Contractor's Gate. Due to limited space, it is discouraged to drive POVs to the JMSDF Open House site.

Point of Contact: JMSDF Fleet Air Wing 31 Public Relations Office (Tel: 0827-22-3181, ext. 6232)

Website: <http://www.mod.go.jp/msdf/iwakuni>

Facebook: Japan Maritime Self-Defense Force

Twitter: @JMSDF\_PA0

The 40th Year Anniversary with the community,  
its our privilege to say Arigato 40 times.