

VMA-311

Tomcats have arrived and are on the prowl | P. 4



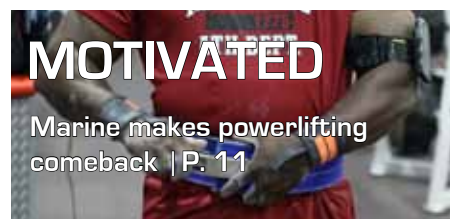
PATROL

Station sailors secure waterways | P. 6 & 7



MOTIVATED

Marine makes powerlifting comeback | P. 11



IWAKUNI APPROACH

Issue No. 4 Vol. 7 | Marine Corps Air Station Iwakuni, Japan

SILVER EAGLES FLY HIGH



CAPT. TAYLOR SHENKMAN

KORAT ROYAL THAI AIR FORCE BASE, Thailand — Capt. Taylor Shenkman, a Marine Fighter Attack Squadron 115 pilot, conducts close air-support training as part of Cobra Gold 2012 here Feb. 6. Exercise Cobra Gold is an annual, multi-national exercise to allow military personnel to conduct bilateral and unit-level training with the Thai Armed Forces, the 31st Marine Expeditionary Unit and 5th Air Naval Gunfire Liaison Company. This year marks the 31st exercise where units from Marine Corps Air Station Iwakuni have been participants in Cobra Gold.

MCCS provides home comforts to deployed Marines

Lance Cpl. Cayce Nevers
IWAKUNI APPROACH STAFF

KORAT ROYAL THAI AIR FORCE BASE, Thailand — Military personnel of Marine All-Weather Fighter Attack Squadron 242, Marine Fighter Attack Squadron 115, Marine Air Control Squadron 4 Detachment B and Marine Aviation Logistics Squadron 12 have been utilizing the services Marine Corps Community

Services has managed to set up while military personnel support Exercise Cobra Gold 2012.

Exercise Cobra Gold is an annual multi-national exercise that allows military personnel to conduct bi-lateral and unit level training with the Thai Armed Forces, the 31st Marine Expeditionary Unit and 5th Air Naval Gunfire Liaison Company.

SEE HOME ON PAGE 3

Training treats patients with tourniquets

Lance Cpl. Cayce Nevers
IWAKUNI APPROACH STAFF

KORAT ROYAL THAI AIR FORCE BASE, Thailand — Medical personnel with Marine All-Weather Fighter Attack Squadron 242, Marine Fighter Attack Squadron 115, Marine Aircraft Group 36 and Marine Wing Support Squadron 172 train and improve their medical skills when no patients are

present at the medical center which was set up at the flight line here to support Exercise Cobra Gold 2012.

Exercise Cobra Gold is an annual multi-national exercise that allows military personnel to conduct bi-lateral and unit level training with the Thai Armed Forces, the 31st Marine Expeditionary Unit and 5th Air Naval Gunfire Liaison Company.

Medical personnel not only

train during their downtime but also help sick or injured Marines and sailors while on the flight line or around the shops.

"Our main purpose is to support the air-combat element with medical services and first aid," said Navy Lt. Ky G. Dorsey, VMFA-115 flight surgeon.

While on deployments to

SEE PATIENT ON PAGE 3

SRT: Iwakuni's ever ready reaction force

Pfc. Benjamin Pryer
IWAKUNI APPROACH STAFF

Provost Marshal's Office Marines can be seen patrolling the station every day, and to some people, this may seem as though it is all they do.

Residents, however, may not be aware of the "less publicized" PMO Marines who make up the Special Reaction Team.

"Our primary mission is to take care of any high-risk incident aboard the air station," said Sgt. Kyle C. Hill, PMO SRT team leader. "SRT Marines aboard the air station have secondary roles such as customs and immigration officers and animal control officers."

The SRT, which can be compared to a S.W.A.T. team, handles incidents such as hostage negotiations, hostage rescues, acts of felony, traffic stops and dangerous subjects.

"When we're not actively engaged in any high-risk incidents, we conduct our own training and do a lot of support and training with other units aboard the station," said Hill. "We provide a wide range of specialized tactics when it comes to law enforcement. The majority of us have been to different schools, making us more proficient at what we do."

Basic requirements for a Marine to qualify for SRT are: first class on the physical fitness test, expert qualified with a rifle, sharpshooter qualified with a pistol and at least one year of service in the fleet.

"To be SRT is to be the best of our MOS," said Lance Cpl. Paul J. Halter, PMO, SRT and customs Marine. "To be SRT, you have to be a good, responsible Marine. You have to be confident enough to accomplish what you know needs to be done."

Before a Marine is selected for SRT, they must complete an indoctrination process with the SRT Marines here, further testing their abilities.

Upon passing their indoctrination, Marines are sent to Fort Leonard Wood, Mo. for basic SRT training.

"Once they graduate their basic school, they'll obtain the (military occupational specialty) 5816, basic SRT member," said Hill.

After completing basic school, SRT Marines can go to additional schools such as SRT sniper, master-breacher, non-lethal weapons instructor and other secondary MOSs within their field.



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CHAPLAIN'S CORNER

‘Jesus walked on water- so can you’

Lt. Cmdr. Louis C. Lee
COMMAND CHAPLAIN

There's a story about Jesus walking on water in the Gospel of Matthew 14:22-33.

It's always been a fascinating story to me because I wouldn't need a boat to go fishing if I could just walk over water.

I always dreamed about walking on water but besides the superficial fascination, what's the big deal about Jesus walking on water?

Or a better question would be what's in it for me?

In this story, we see the 12 disciples encountering a fierce storm as they're crossing the Sea of Galilee.

We all go through some fierce storms in our lives; problems, difficulties, struggles, troubles, trials and tribulations.

Being children of God does not exclude us from life's storms.

No one is immune to the calamity and trials of life. The difference is

how we deal with them.

Jesus walked over water. So how does he help us? What does he do for us?

First, he prays for us. In verse 23, "...after he had dismissed them, he went up on a mountainside by himself to pray. When evening came, he was there alone."

You pray for someone faithfully only if you truly care for them. Praying is time-consuming and in many ways, very difficult to do.

Yet, Jesus prayed for the disciples and he is praying for us.

He understands our every weakness. Having been tempted in every possible way, he understands and sympathizes with us.

Jesus is there to sympathize and intercede when we're going through the storms of physical illness, broken relationships, loneliness, depression, failure, disappointment and death.

Jesus will be there to wrap his loving arms around us and intercede for us.

If you've been through a storm, you know what it's like. You may be asking, "Where are you, God?"

Remember, he is there with you interceding and praying for you.

Secondly, Jesus comes to us during the storm.

He is not afraid to come to us. In verse 25, "...during the fourth watch of the night Jesus went out to them, walking on the lake."

Jesus came to his disciples during the storm.

Malachi 3:3 says, "He will sit as a refiner and purifier of silver."

It tells us God is like a silver-smith who refines us through the storm.

Let me quote from an article on what a silver-smith said about refining.

It said, "I must sit with my eyes sternly fixed on the furnace. For if the time necessary for refining be exceeded in the slightest degree, the silver will be injured. I never take my eye off the furnace."

If you take the silver out too early, it won't be purified.

If you take the silver out too late, the silver is injured.

SEE **WATER** ON PAGE 4

Station Spotlight

Lance Cpl. Selena N. Salazar

MOS: 6257 Aircraft Mechanic
Unit: Marine All-Weather Fighter Attack Squadron 121
Age: 20
Hometown: Dallas, Texas
Date Joined: September 7, 2010

What is your job?

I am an F/A-18D Hornet aircraft mechanic.

What is your favorite aspect of your job?

I learn something new everyday.

What is the most challenging part of your job?

Dealing with deadlines to fix the aircraft so pilots can continue their training.

How does your job support the mission of 1st Marine Aircraft Wing and MCAS Iwakuni?

Keeping the aircraft mission ready means the mission readiness of the Western Pacific region as good as it can be.

How does your job in garrison differ from your job in the field?

It doesn't.

What schools are required for your MOS?

I attended aviation "A" and "C" school at the Naval Air Technical Training Center, Naval Air Station Pensacola, Fla. and the Center for Naval Aviation Technical Training at Naval Air Station Oceana, Va.



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The Iwakuni Approach now has a Facebook page. Updates will be made consistently along with content only available on Facebook. The page welcomes classified ads posted on the wall. Staff will choose ads weekly to be featured in The Iwakuni Approach paper. A larger selection of photos from covered stories will also be available and free for those pictured to tag themselves.

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LANCE CPL. CAYCE NEVERS

KORAT ROYAL THAI AIR FORCE BASE, Thailand — Petty Officer 2nd Class Crystal Straub, III Marine Expeditionary Force Tactical Simulation Instructor, shows corpsman how to use a tourniquet during training Feb. 3 in support of Exercise Cobra Gold 2012.



LANCE CPL. CAYCE NEVERS

KORAT ROYAL THAI AIR FORCE BASE, Thailand — Seaman Eleazar Vela, a Marine Wing Support Squadron 172 corpsman, attempts to put a breathing tube in the simulation body during training at the Battalion Aid Station Feb. 3 in support of Exercise Cobra Gold 2012.

PATIENT FROM PAGE 1

other countries, medical comes in handy. They provide assistance to those who are injured or ill.

“We see anything ranging from work-related injuries to non-work related injuries,” said Dorsey.

When there are no patients; however, medical personnel spend their time training to maintain proficiency in their jobs.

“I let the junior corpsmen put

an intravenous therapy in me to train them on the proper IV procedures which helps them increase their expertise in their field,” said Dorsey.

Not only do the corpsmen train in proper techniques on each other but they also used a simulation body brought from Okinawa.

This dummy body simulates and responds like a live person.

“We learned emergency airways, how to treat combat wounds

and other things like that with this dummy,” said Petty Officer 1st Class Toby J. Lorge, Cobra Gold 2012 Battalion Aid Station leading petty officer.

This training on each other and the simulation dummy gives the corpsmen an opportunity to see how patients react and respond to treatment of wounds and other emergency situations.

While supplies are limited for medical personnel here, they are

still able to perform their jobs to the best of their abilities.

“We have a lot of corpsmen from different units and everyone has different techniques, utilizing all their skills is a big factor of being deployed,” said Lorge.

While Marines continue to complete their mission during Exercise Cobra Gold 2012, medical personnel will continue to train and treat patients as needed.



LANCE CPL. CAYCE NEVERS

KORAT ROYAL THAI AIR FORCE BASE, Thailand — Marine Corps Community Services set up a small shopping center where Marines and sailors can buy necessities they require during Exercise Cobra Gold 2012. MCCS set up a full gym, internet cafe, PX and recreation centers.



LANCE CPL. CAYCE NEVERS

KORAT ROYAL THAI AIR FORCE BASE, Thailand — Cpl. Damian Renifo, a Marine Aircraft Logistics Squadron 12 maintenance administrator, lifts weights Feb. 2 at the full gym set up by Marine Corps Community Services during Exercise Cobra Gold 2012.

HOME FROM PAGE 1

During the advanced party, MCCS personnel set up internet and within the first week of this deployment had a gym, small shopping center and entertainment areas.

Working parties were utilized to set everything up in a timely fashion.

“We come out here to support the deployment, we have close to 1,500 people on the ground,” said Shaun S. Ally, Single Marine Program coordinator. “We set up internet, gym, a PX, recreation equipment and a bunch of tours.”

The luxuries provided by MCCS not only help service members pass time, but prevent a communication gap often experienced while on exercises and deployments.

“The hardest part from what I can tell is the fact that people want to talk to their families and work out, if we hadn't set up a gym or internet, this deployment would be very hard on some people,” said Ally.

The exercise is approximately a monthlong training deployment which is minimal time compared to tours in other locations.

“I appreciate MCCS for doing this. Deployments are hard enough, but they are providing us with opportunities we wouldn't have if it weren't for them,” said Cpl. Shane D. Tabor, MALS-12 F-18 engine technician.

Military personnel will continue to use services provided until Exercise Cobra Gold 2012 is finished as it provides them with a taste of home while deployed.

Hugh Jackman: not just a disgruntled mutant with indestructible claws

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

I, like many of you, enjoy a good movie.
So, I decided to give my take on the movie Real Steel, starring Hugh Jackman, which was released on Blu-ray and DVD at the Post Exchange Jan. 31, and leave it to you, the reader, to decide if this is something worth buying right now, waiting until it becomes cheaper or renting.
Now before you dismiss this movie as a poor attempt at a live-action version of Rock ‘Em Sock ‘Em Robots, let me assure you it actually serves as more.
It’s a possible evolution of what can happen if people want more violence and carnage in their boxing and mixed martial arts events, but more importantly, it’s an underdog story.
The movie takes place in the year 2020. Massive boxing robots have replaced human fighters,

as they are able to dish out more carnage and destruction.
Jackman stars as Charlie Kenton, a down-on-his-luck, former boxing star who missed his shot at main event stardom and is now regulated to performing in the robot-boxing underworld.
From the beginning of the movie, we see Charlie is concerned with one thing: money.
He makes a habit of betting on fights his robot loses.
After Charlie loses his last match, destroying his robot in the process, he is quickly informed a former flame has died and his son, Max Kenton, played by a quick-lipped Dakota Goyo, is caught in a custody battle.
Charlie isn’t exactly Father of the Year material, and quickly comes up with a new scheme to get a new robot.



CPL. KENNETH K. TROTTER JR.

I won’t ruin the film’s plot by going into too much detail, but by happy chance, Max comes across his own robot, Atom. The robot is essentially a sparring robot, meant to take a lot of damage but never deal any out.
Through a series of hard-fought victories, the duo is able to garner the attention of the reigning World Robot Champion, Zeus.
Zeus, who looks like a sentient version of a black Xbox 360, is similar to his Olympian counterpart in that he reigns supreme over the Robot Boxing League.
The fight which takes place is both long and merciless as both machines trade blow for blow. I won’t spoil the ending for you.
Jackman was satisfactory in his role as the ne’er-do-well, absentee father. It seems a little

forced at times, but overall a solid performance.
I had mixed feelings on Goyo’s performance.
His portrayal of an only child who loses his mother only to meet his biological father was pretty good, but he had a dirty mouth on him. There were a few curse words in there I was surprised he was able to say. But, the times are different from when I watched movies geared toward a younger audience.
The special effects were amazing. The robots seemed to be something real, something you could touch, which in fact, the actors could.
You learn about that and other production details in the Blu-ray’s copious special features from how they designed the robot fighters, to how they hired Sugar Ray Leonard to serve as a boxing consultant.
I give this movie a B- for story, an A for special effects, and an A- for special features. Overall: B+.

Jesus will be there to sympathize and intercede

WATER FROM PAGE 2

So when the silver is in the furnace, I focus and I don’t let anything distract me.
When do you know to take out the silver?
The silver-smith takes out the silver when it is pure.
He knows it’s pure when he sees his face reflected in it.
Jesus does not rescue us too quickly.
On the contrary, what do we say when the storm comes our way?
OK God, bail me out, take me, save me!
Sometimes, he doesn’t rescue right away.
Sometimes, he doesn’t come.
We must have the assurance that God is our silver-smith.
While we are in the furnace, he watches. He’s focused on us.
His job is not to quickly rescue us, but to purify us.
So he holds.
He holds until the right moment and then he comes.
Never too early, never too late, just in time.
When you’re facing the storm of financial disaster, Jesus comes walking over it.
When you’re facing the storm of marital problems, depression or fear, Jesus comes walking over them.
When failure and disappointment, or illness and sickness surround us, Jesus comes walking over them.
Even when we’re faced with the storm of

death, Jesus comes walking over it!
That’s what He did on Easter. He walked over death!
The things we fear and abhor, Jesus has walked over it victoriously.
The waves, the wind, the storm was too much for the disciples to bear, but Jesus walked over it.
Charles H. Spurgeon, a Baptist preacher, said, “When God allows us to go through the furnace, God goes with us.”
In case you’re wondering where God is in your storm, he is right there with you.
Third, Jesus ministers to us in the storm.
Look what happens in verse 26-27, “When the disciples saw him walking on the lake, they were terrified. ‘It’s a ghost,’ they said, and cried out in fear. But Jesus immediately said to them: ‘Take courage! It is I. Don’t be afraid.’”
Jesus ministers to us in spite of our misunderstandings.
Nowhere in the Bible does it tell us we’re supposed to understand everything.
Often, we’re saying with guilt, “I don’t understand it, maybe there’s something wrong with me, maybe I’m not connected right with God. I should be able to figure it out. Maybe I’m not hearing the voice of God properly.”
There are things in this life you and I will never be able to figure out.
The Bible does not say we’re going to know everything.

As a matter of fact, Paul tells us in 1 Corinthians 13:12, we’re looking through a poor reflection of a blurry mirror.
But one day, when we are with Christ, we will be able to see clearly.
Until then, we’re not going to understand everything.
I don’t understand everything. I don’t know if anyone does.
Jesus ministers to us in the storm. So what is Christ asking us to do? What did he expect from his disciples?
First, he wants us to look to him, just keep looking.
As Jesus has his eyes focused on us to refine us, we too must look to him and never take our eyes off.
Secondly, he wants us to pray to him, keep crying out to God.
The most important thing you can do during a storm is to pray. Pray persistently. As Christ is praying for us, we are to pray to him.
Third, he wants us to trust him. We might not be able to understand everything, but have faith in God.
Believe in Jesus.
Decide in your heart today that you will trust God no matter what.
Say after me, “I will trust God no matter what.”
When you’re faced with severe storms in your life, trust God because he is refining you.

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Interested in becoming a DJ?

You could rock the club and enjoy all the night time parties Club Iwakuni has to offer!
If you are interested in becoming a DJ, call MCCS Productions at 253-3727 for details.



LANCE CPL. CHARLES CLARK

A Marine Attack Squadron 311 AV-8B Harrier sits in the squadron hangar for routine maintenance here Feb. 7. Six AV-8B Harriers and approximately 150 VMA-311 Marines, flew into the Western Pacific as part of the Unit Deployment Program to further the squadron’s training and maintain a high level of mission readiness. Marine Aircraft Group 12 and Marine Logistics Squadron 12 have equipped the VMA-311 Marines to stay prepared.

Tomcats prowl through Land of Rising Sun



LANCE CPL. CHARLES CLARK

Lance Cpl. Christopher S. Williams, a Marine Attack Squadron 311 avionics technician, cleans parts in a AV-8 Harrier wing here Feb. 8. Six AV-8B Harriers, along with approximately 150 VMA-311 Marines, flew into the Western Pacific as part of the Unit Deployment Program to further the squadron’s training and maintain a high level of mission readiness.

Lance Cpl. Charlie Clark
IWAKUNI APPROACH
STAFF

Flying through the Land of the Rising Sun, Marine Attack Squadron 311, a 31st Marine Expeditionary Unit aviation combat element harrier squadron, continues to hone its skills in the air-to-air arena here Feb. 7.
“While the 31st MEU has its own mission in the Western Pacific, we support it as the air combat element, but MAG-12 has provided us an opportunity to perform some training here,” said Lt. Col. Peter S. Blake, VMA-311 commanding officer. “We are able to get in a lot of training which deals directly with supporting the MEU in WESTPAC.”
Six AV-8B Harriers, along with approximately 150 VMA-311 Marines, flew into WESTPAC as part of the Unit Deployment Program to further the squadron’s training and maintain a high level of mission readiness.
“I’m a firm believer in the motto ‘Leaders are made between wars and tested in battle,’” said Sgt. Maj. William R. Shaw, VMA-311 sergeant major. “In my opinion, if you constantly train for a real world scenario then you will be as ready as you can be for war.”
Maintaining the high level of preparedness for unexpected changes during deployment holds true to the expeditionary nature which has made the Marine Corps the tip of the spear for America.
“We’re trying to make sure we are able to move the squadron anywhere in 24 hours and perform,” said Shaw. “In this dynamic environment, Marines know

that’s what we do.”
Marine Aircraft Group 12 and Marine Aviation Logistics Squadron 12 have ensured the maintenance Marines are well equipped to keep the aircraft flying.
“Both MAG-12 and MALS-12 have given us as much support as we could ask for,” said Blake. “We have about 35 MALS-12 Marines supporting our maintenance Marines with the aircraft.”
VMA-311 operates as a duel deployment squadron. Half of its aircraft and Marines are here while the rest continue their training at Marine Corps Air Station Yuma, Ariz.
“It’s difficult being on deployment when half of your squadron is back home,” said Blake. “The leadership there will ensure the Marines are maintaining mission readiness and hit the ground running when it’s their turn to go on deployment.”
VMA-311 shares some history with the station.
Retired Col. Speed F. Shea, former station commanding officer from May 1979 to July 1983, was a VMA-311 pilot and the first pilot to land in Chu Lai, Vietnam in 1965.
VMA-311 has a rich history of heroes and role models for our Marines, stated Shaw.
Capt. Ted Williams, a former Boston Red Sox player, flew in VMA-311. Williams was a wingman for Retired Col. John Glenn, a VMA-311 pilot during the late 1940’s. In 1962 Glenn was the first American to orbit the Earth in spacecraft Friendship 7 and later became an Ohio state senator.
With a storied past and bright future VMA-311 continues to soar.

Navy protecting our shores

Lance Cpl.
Nicholas Rhoades
IWAKUNI APPROACH STAFF

Navy personnel with Harbor Operations guard Marine Corps Air Station Iwakuni against any threats coming near the harbor, whether dangerous to fellow service members, or the eco-system. It's these sailors' job to protect the water ways.

The primary mission of Harbor operations is to protect the environment from oil or gas leaks into the harbor waters.

"Our main purpose is to respond to any oil spills which may occur within the harbor or the vicinity of restricted areas," said Petty Officer 1st Class Edgardo E. Bauzon, Harbor Operations lead petty officer.

Protection isn't only for the environment, but to continue a good relationship with Japanese nationals who live both on and off station.

"We share the harbor with Japanese but we respond to spills coming from any ship, whether it is Japanese, United States military or civilian, coming about by accident or an unavoidable circumstance," said Bauzon.

Harbor operations also keeps the station's coast secure against any threats.

"We support (the station Provost Marshal's Office) with boat patrols," said Petty Officer 2nd Class Julian A. Finkel, port section leader. "We have two boat patrols each day and we go through the area to make our presence known."

Harbor Operations uses a force

protection boat which is fast and allows them to overtake other vessels in the water.

"If anyone is found within the area without the proper permission, PMO and the Coast Guard are called to take care of the threat," said Finkel.

In addition to responding to threats, it is Harbor Operations' primary mission to prevent them.

"The mission of MCAS Iwakuni is to get aircraft out and the flightline is within sight of the harbor. Any possible damage to it can put the mission of the entire station at risk," said Finkel.

With the safety of the airfield at risk, PMO is a large factor in protecting the station's assets.

"When we go on our patrols we take PMO with us so we have that armed presence," said Seaman Jacob S. Meyers, boatswain's mate.

With the telescopes the harbor has mounted, a huge view is provided which allows personnel to monitor harbor operations, said Meyers.

The boat house not only defends the air station, but supports many of the operations and exercises occurring on or off station.

"We support a lot of people here," said Meyers. "We support Explosive Ordnance Disposal when they need to go to Himeko Jima, PMO, banks, anyone loading or off-loading gear or crew."

Without Harbor Operations many exercises and consistent training would come to a halt.

Because of Harbor Operations, service members can rest assured, knowing they are safe along with the waterways.



LANCE CPL. NICHOLAS RHOADES

Seaman Jacob S. Meyers, boatswain's mate, unties and throws a rope into the back of a patrol boat here Feb. 1. All boats must be tied down in order to prevent the loss of vessels into the harbor by the constant wake.



SGT. CHARLES MCKELVEY

Petty Officer 2nd Class Robert T. Kennedy, starboard section leader conducts preventative maintenance on a patrol boat used to keep the harbor safe here Feb. 8. The boats for Harbor Operations must remain maintained and up to date with the records in the boat house, allowing Navy personnel to keep track of everything going on with their equipment. The primary mission of Harbor operations is to protect the environment from oil or gas leaks into the harbor waters. The patrol boat is used to provide Harbor Operations with a fast way to patrol the harbor and surrounding area.



LANCE CPL. NICHOLAS RHOADES

Petty Officer 2nd Class Bellan M. Rombawa, boatswain's mate, peers out of a high powered telescope to over view the harbor near the airfield here Feb. 1. The Harbor must remain under constant supervision to ensure no one gets near the air station who does not belong. Harbor operations also keeps the station's coast secure against any threats. Without Harbor Operations many exercises and consistent training would come to a halt.



SGT. CHARLES MCKELVEY

A patrol boat sits in the harbor between patrols, ready for any threats here Feb. 8. The patrol boat is used as the first reaction to threats which come into proximity of Harbor Operations. It is taken out to patrol with the aid of Provost Marshal's Office, allowing Harbor Operations to keep an armed presence in the area at all times. This keeps them ready for any situation which they may face throughout their daily activity of protecting the air station.

CORPS NEWS

HIGHLIGHTING MARINES AND SAILORS AROUND THE GLOBE



CPL. GARRY WELCH

KIN BLUE, OKINAWA, Japan — Scout swimmers with Company A, Battalion Landing Team 1st Battalion, 4th Marines, 31st Marine Expeditionary Unit, push onto the beach, Jan. 29.



CPL. GARRY WELCH

KIN BLUE, OKINAWA, Japan — Marines with Company A, Battalion Landing Team 1st Battalion, 4th Marines, 31st Marine Expeditionary Unit, pull their combat rubber raiding craft onto the beach, Jan. 29. The Marines were conducting a small boat raid during the MEU's Amphibious Integration Training in preparation for Exercise Cobra Gold 2012.

MEU Marines seize landing zone during small-boat raid

Cpl. Garry Welch
31ST MEU

KIN BLUE, OKINAWA, Japan — Appearing as dots on the horizon, the combat rubber raiding craft silently moved to 1100 meters offshore. Once they were in position, the scout swimmers entered the water and pushed towards the shore to clear the path for the rest of the landing force. Marines with Company A, Battalion Landing Team 1st Battalion, 4th Marines, 31st Marine Expeditionary Unit, conducted a small boat raid here, Jan. 29. Once the scout swimmers established security on the beach, they signaled the landing force that delivered more than 150 combat ready Marines to the fight within a matter of minutes. The Marines hit the beach in three sequential waves and

pulled the combat rubber raiding craft ashore. The Marines pushed towards their objective, a helicopter landing zone, in a swift and synchronized fashion. Upon reaching the objective, the Marines began taking small arms fire from multiple enemy positions. Reacting as one, the Marines pushed forward, eliminated the enemy role players, seized a weapons cache and secured the objective area. “We conducted a daytime small-boat raid in support of Amphibious Integration Training with the Navy,” said Capt. Jonathan Joannides, company commander of Company A, BLT 1/4, 31st MEU. “During an actual operation this would be conducted at night, but conducting it during the day lays down a firm foundation to build off of as we prepare for night operations.”

For many of the Marines participating, this raid marked the first time they had ever launched from the back of a moving amphibious vessel. “The Marines definitely learned something new,” said Joannides. “We launched from the USS Tortuga, which was kind of a hair raising experience because this is the first time they came out of the back of a ship. It was good to practice because they learned how to launch more smoothly.” According to Joannides, the training also helped improve the Marines confidence of their ability to successfully complete the mission. “This improves confidence in their ability to do things for real because during a real operation they have to fall back on their training,” said Joannides. “This allows them to perfect the standard operating procedures that would be used during an

actual operation.” As the Marines secured the objective and prepared to move back to the ship, they had a moment to reflect on how they had performed. “The Marines all reacted pretty well when they started taking fire,” said Sgt. Nicholas Szczerba, a squad leader with Company A, BLT 1/4, 31st MEU. “There were definitely some lessons learned, and we will go over some things and how we can improve them, but the Marines did well and were happy to be able to get out here and do what Marines do.” The Marines conducted this training with the USS Tortuga (LSD 46) in support as part of AIT in preparation for Exercise Cobra Gold 2012. The 31st MEU is the only continually forward-deployed MEU, and remains the nation's force-in-readiness in the Asia-Pacific region.



CPL. GARRY WELCH

KIN BLUE, OKINAWA, Japan — Marines with Company A, Battalion Landing Team 1st Battalion, 4th Marines, 31st Marine Expeditionary Unit, engage enemy role players during a small boat raid here Jan. 29. The 31st MEU is the only continually forward-deployed MEU in the Asia-Pacific region.



CPL. GARRY WELCH

KIN BLUE, OKINAWA, Japan — Marines with Company A, Battalion Landing Team 1st Battalion, 4th Marines, 31st Marine Expeditionary Unit, provide security during a small boat raid here, Jan. 29.

COMMUNITY BRIEFS | CLASSIFIEDS

Briefs

Northside Mess Hall Closure
The northside mess hall, will be closed Feb. 19 due to a power outage. Station Motor Transportation will add a direct bus route to southside mess hall from the northside barracks area. This specially marked, “Special mess hall bus,” will stop every half hour from 8:45 a.m. - 12 p.m. and again from 2:45 - 5 p.m. This is an addition to the regular weekend bus schedule.

OSC Scholarship
Applications are now being accepted for OSC scholarships. Graduating seniors or spouses can apply by sending an e-mail to iwakunisolarship@hotmail.com. Deadline for submissions is April 14.

Off-limit Establishments
The following establishments are hereby off-limits:
•The multi-tenant building “NOW,” Tenant occupant's names change frequently. Past names for this building include, Ran, Massage Parlor, Welcome American, Follow Me and F-18.
•Hiroshima's Tougan Goods Company.

JAS Cultural 2012 Festival
Matthew C. Perry High School is scheduled to host the Japanese American Society Cultural Festival 2012 in the M.C. Perry gym March 4, 1 - 4 p.m. Visitors will be introduced to Japanese culture, including both old and modern Japanese customs and traditions throughout the event. Enjoy free Japanese and American food and door prizes. For more information contact

the JAS office at 253-4744 or call 080-4554-4744.

Marine A-4 Skyhawk Reunion
Marine A-4 Skyhawk Reunion, in conjunction with the MCAA Symposium and Centennial Celebrations, is scheduled to be held May 16-19 at the Gaylord National Hotel, Oxon Hill, MD. All drivers, maintainers and aficionados are welcome. For more information, contact Mark Williams at rodrger.wilco@comcast.net.

Iwakuni Roadrunners
All service members and civilians are welcome. Runs are Saturdays at 10:30 a.m. Meeting place is in front of Crossroads Mall. Time and length of runs vary. All abilities are welcome. For more information, visit “Iwakuni Roadrunners” Facebook page.

Free Child Development Screening
Educational and Developmental Intervention Services will hold a free child development screening event for children 4 - 60 months Feb. 29 and March 1 at Matthew C. Perry Elementary School. Child specialists will answer questions and screen 5 major areas of child development. For more information, please schedule an appointment with EDIS at 253-4562.

Education Fair
The Lifelong Learning Department is scheduled to host an Education Fair for station residents March 7 from 12 - 2 p.m. in Building 411. This event will serve as a great informational forum for students interested in starting, continuing and advancing their education. Light

refreshments will be served, and door prizes will be given away. For more information, contact the Education Office at 253-3855.

Thrift Store Changes
The Marine Thrift Store has new management and new hours. Wednesday and Friday 10 a.m. - 1 p.m. and 4 - 6:30 p.m., Saturday 10 a.m. - 1 p.m. Open to active duty military in uniform Monday through Friday 10 a.m. - 4 p.m., Saturday and Sunday.

PMO Lost and Found
Contact the Provost Marshal's Office Lost and Found if you've lost anything around the station. Examples include helmets, cameras, cell phones, etc. For more information, to report lost items or to claim lost items, call 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 \$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.

Emergency Phone Numbers Reminder
•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.

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.

Mothers of Preschoolers
MOPS offers fun support and encouragement for mothers of children ages 0-5. Meetings are the 1st and 3rd Thursday each month. Volunteers are also needed to help with the children's program. For more information, call Sarah Spencer at 253-2303 or visit www.facebook/IwakuniMOPS.

Thrift Store Volunteers
Volunteer positions available. Applicants should be outgoing, willing to have fun and highly motivated. We are also looking for a board member treasurer with book keeping experience. Board members and store

volunteers must attend all store meetings. All positions are volunteer, non-compensated positions. For more information call Patty or Sharon at 253-4711 or e-mail thrift_store@yahoo.com.

Girl Scouts
The Iwakuni Girl Scouts is looking for fun-loving, devoted women and men who want to make a positive impact on the lives of young girls. If you are interested in becoming a leader, coleader, board member or parent volunteer, e-mail iwakunigs@gmail.com.

Jobs

Dental Assistant
The 11th Dental Clinic is now accepting applications for a full-time dental assistant. Certification of qualification is required. For more information, call 253-5252.

Brief and Classified Submissions
To submit a brief or classified advertisement, 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. Ensure you provide all requested information to simplify the request process and ensure. 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.

Knowing Marines were too lazy to make the trip to the northside mess hall...



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

Tues. – Fri. 11:30 a.m. Weekday Mass

Protestant
2nd & 4th Saturday 10:00 a.m. Seventh-Day
Adventist Sabbath meeting

Sunday 9:30 a.m. Sunday School,
Adult Bible study
10:30 a.m. Protestant Service
4:30 p.m. Lutheran Holy
Communion Service
(Small Chapel)

Tuesday 9 a.m. Ladies Bible Study

Wednesday 5:45 p.m. Awana (Bldg. 1104)
1st & 3rd Thursday 9:30 a.m. MOPS

Church of Christ
Sunday 9:30 a.m. Bible Study (small
chapel)
10:30 a.m. Service Fellowship

Teen Programs
• High School Meetings (Club – grades 9-12)
• Junior High Meetings (Club JV – grades 7-8)
• HS&JR Bible Studies
• Retreats
• Service Projects
• Missions Trip
• Special Events Volunteer Training & Mentoring

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

THE IWAKUNI APPROACH CULTURAL LESSONS

Kanji Adventures

This week's Kanji Adventures will expand your knowledge on Valentine's day and how to celebrate in Japan.

In Japan, Valentine's Day is observed by females who present chocolate gifts (either store-bought or handmade), as an expression of love, courtesy or social obligation.

Men reciprocate by giving women chocolates and other gifts on White Day, celebrated on March 14.

In 1977, a Fukuoka-based confectionery company, Ishimura Manseido, marketed marshmallows to men on March 14, calling it Marshmallow Day.

Marshmallow Day was later changed to White Day when other confectioners caught on and white chocolate became a popular gift.

Now, men give both white and dark chocolate, as well as other edible and non-edible gifts, such as jewelry, objects of sentimental value, or white clothing like lingerie.

Males who received chocolate on Valentine's day are expected to return the favor. Sometimes the



PHOTO BY TOKYOOFASHION.COM

term sanbai gaeshi (三倍返し, literally, "triple the return") is used to describe the generally recited rule that the male's return gift should be two to three times the cost of the Valentine's gift.

Honmei choco (本命チョコ, literally, "true feeling chocolate" in Japanese,) is chocolate given by women on Valentine's day to men for whom the giver has romantic feelings.

Honmei chocolate is higher-quality and more expensive than giri choco ("obligation chocolate").

Giri choco (義理チョコ), literally, "obligation chocolate" in Japanese) is a relatively cheap type of chocolate women give to male co-workers, casual acquaintances, and others to whom they have no strong attachment.

Have your own Kanji Adventures idea to submit?

Submit ideas to the Public Affairs Office by e-mailing them to iwakuni. pao@usmc.mil or submit them in person at the Public Affairs Office in Building 1 Room 216.

SAKURA THEATER

Friday, February 10, 2012

7 p.m. Joyful Noise (PG-13)
10 p.m. The Sitter (R)

7 p.m. African American
Society Historic Movie Night
Free admission

Saturday, February 11, 2012

4 p.m. Adventures of Tintin (PG)
7 p.m. Sherlock Holmes: A Game of
Shadows (PG-13)

Tuesday, February 14, 2012
Theater closed

Sunday, February 12, 2012

4 p.m. Arthur Christmas (PG)
7 p.m. The Girl with the Dragon Tattoo (R)

Wednesday, February 15, 2012
Theater closed

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

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

Mess Hall Menu

Monday

Cream of broccoli soup, chicken vega, Cajun baked fish, steamed rice, mashed sweet potatoes, cauliflower combo, collard greens, vegetable gravy, dinner rolls, chicken wings bar, macaroni salad, potato salad, coleslaw, standard salad bar, bear claws, quick apple coffee cake, apple crunch, marble cake with chocolate frosting, macadamia cookie, chocolate pudding parfait, Jell-O parfait.

Tuesday

Mexican onion corn soup, barbecue pork ribs, sweet and sour chicken, peas with onions, wax beans, steamed rice, oven browned potatoes, mushroom gravy, dinner rolls, pasta bar, macaroni salad, potato salad, coleslaw, standard salad bar, banana nut muffin, quick apple coffee cake, blueberry pie, devil's food cake with chocolate frosting, peanut butter cookies, coconut cream pudding, Jell-O parfait.

Wednesday

Tomato soup, lasagna, roast pork, fried breaded shrimp, grilled cheese, au gratin potatoes, steamed rice, whole kernel corn, mixed vegetables, brown gravy, garlic bread, sausage bar, macaroni salad, potato salad, coleslaw, standard salad bar, snails, pecan rolls, cherry crunch, banana cake with chocolate frosting, sugar cookies, chocolate pudding parfait, Jell-O parfait.

Thursday

Minestrone soup, barbecued ribs, yakinku, steak and vegetables, steamed rice, pork fried rice, vegetable stir fry cabbage, peas and carrots, brown gravy, dinner rolls, Cincinnati chili bar, macaroni salad, potato salad, coleslaw, standard salad bar, kolaches, blueberry muffins, apple pie, spice cake with buttercream frosting, brownies, vanilla pudding parfait, Jell-O parfait.

Friday

Cream of mushroom soup, salisbury steak, fried catfish, mashed potatoes, steamed rice, brussels sprouts, cream styled corn, brown gravy, corn muffins, deli bar, macaroni salad, potato salad, coleslaw, standard salad bar, kolaches, quick French coffee cake, Boston cream pie, carrot cake with lemon butter cream frosting, oatmeal raisin cookies, vanilla pudding parfait, Jell-O parfait.

Marine wins overall in bench press competition



CPL. KENNETH K. TROTTER JR.

Master Sgt. Shelly D. Bothwell Jr., Marine Aviation Logistics Squadron 12 aviation supply department supply management division staff noncommissioned officer in charge coats his hands in chalk in preparation for deadlifting at the IronWorks Gym here Feb. 3. Bothwell credits his faith and a desire to compete with his longevity in the sport.



CPL. KENNETH K. TROTTER JR.

Master Sgt. Shelly D. Bothwell Jr., Marine Aviation Logistics Squadron 12 aviation supply department supply management division staff noncommissioned officer in charge, readies himself to deadlift 405 pounds at the IronWorks Gym here Feb. 3. Bothwell placed first overall at the Japanese nationals and Master Division in the bench press category with 473 pounds.

Cpl. Kenneth K. Trotter Jr.
IWAKUNI APPROACH STAFF

The concept of slowing down, not doing as much or easing on the brakes as we get further along in years is one many of us have probably heard in our lives.

We've heard it from both our peers, who are still learning if this is true, to those who have lived long enough to know there is some truth in the saying.

Many of us may feel old because of the various types of physical and mental stress we have encountered in our lives.

For some of us, that may be from playing sports our entire lives, various physical jobs or serving in the Marine Corps - these stresses may have lead to the birth of the concept.

For Master Sgt. Shelly D. Bothwell Jr., Marine Aviation Logistics Squadron 12 aviation supply department supply management division staff noncommissioned officer in charge, the thought of slowing down has inspired him to rededicate himself to crafting his body into a temple of strength.

Bothwell, a 47-year-old Weirsdale, Fla. native, qualified in the 231 pound weight class in the bench press category at the Japanese nationals and Masters Division in Hofu in December with a weight of 473 pounds.

"I wanted to do my best to not only represent myself, but the Marine Corps as well," said Bothwell.

Bothwell has been a powerlifter since he can remember. Growing up in Florida, he was exposed to the sport in high school, competing in several meets.

"I was introduced to weights in the seventh grade, and I competed on the high school powerlifting team," said Bothwell.

After joining the Marine Corps late in life, Bothwell put away the thought of competing in order to serve in the Corps.

He stepped away from the sport for a number of years out of obligations to God, country and family, and it was by chance he went back to actively competing in powerlifting.

"I was just going through the motions for a while, a non-competitive mode," said Bothwell. "That changed when I saw a 74-year-old Japanese gentleman competing in the (2011 Summer Slam Bench Press Challenge). I thought to myself, 'If he can compete at that age, then I'm not too old, either.' So I decided to get back to powerlifting."

Bothwell still had doubts, even then. "At first I was a little hesitant," said Bothwell. "I thought I was at a point in

my life where I was getting too old for this sport, but when I saw him lifting, I realized you're only as old as you feel. He motivated me."

As Bothwell sits reminiscing about the beginnings of his resurgence in competitive powerlifting, a quiet reserved confidence exudes from the strongman. An overly muscular bronze statue from the 2011 Far East Bodybuilding Competition flexes its exaggerated metallic frame in an intimidating pose behind Bothwell. On his desk, another statue of a disproportionately muscular bulldog statue wearing a campaign cover conveys the impression of the bestial strength which is unleashed when he trains. These and several placement trophies remind him why he competes.

Coupled with his impressive feats of strength, his commitment to the sport is something which does not come as a surprise to fellow powerlifters who frequent the gym.

"He's stubborn," said Abe J. Roman, fellow powerlifter and trainer. "Not a bad stubborn. He's stubborn in the sense he doesn't know when to quit. He's self motivated, interested in learning and wants to better himself."

Roman is not only a fellow gym rat, but also serves as a mentor/coach/peer to Bothwell helping him to prepare for competitions.

"I was used to just going to gym and working out," said Bothwell. "(Abe) helped me with my technique, strategies, training programs for the bench press contest, because I hadn't done competitive powerlifting since high school."

It is through this training, Bothwell went from 250 pounds to 228 pounds. This lighter frame not only keeps Bothwell within Marine Corps' weight standards, but helps to reduce some of the pain in his joints.

Bothwell said powerlifting has not only helped him to maintain his weight standards, but has also helped relieve stress over his entire body.

The longing to compete never leaves those who have been exposed to the powerlifting bug. It may get pushed to the back of your mind over the years as other responsibilities come to the forefront, but it never truly leaves. For Bothwell, this way of life is not something he foresees himself ever truly giving up.

"I've been fortunate to have no major injuries," said Bothwell. "I can see myself competing for another 5, 6 years. God has definitely blessed me so far."

Plyometrics: Work it long, work it hard

Pfc. Benjamin Pryer
IWAKUNI APPROACH STAFF

Sweat hits the floor as participants mimic the movements on a workout video in the IronWorks Gym sports court here Feb. 1.

In a far corner of the sports court, Lt. Col. Michael R. Coletta, Headquarters and Headquarters Squadron commanding officer, starts up the plyometric video and stands in front of all who volunteered to come out for a morning of intense physical training.

"This is an opportunity for whomever wants to, to come out and sweat with us for an hour and do a plyometric workout," said Coletta. "The intent of this is to have people come out on a volunteer basis to help foster esprit de corps and a sense of camaraderie. Anytime you're

sweating together as a group in PT, you build on that bond." Plyometrics is a type of exercise training designed to produce fast, powerful movements, to build cardio endurance and muscle strength.

This series consists of 12 videos, with each video targeting a different skill or set of muscles.

"This is one of the toughest workouts because it uses your own body strength," said Coletta. "It highly increases your cardio while building your leg muscles from the high intensity workouts. If you do these workouts for three or four months and then go out and run, you'll notice a significant improvement on your run time and pull-ups."

While helping Marines and sailors stay in shape and improve on their physical strength tests, the Tuesday morning workout is also

a great opportunity for service members to build bonds with each other.

"I want my Marines to have a better relationship with our CO and the command deck," said Sgt. Tiffany L. Hernandez, H&HS postal noncommissioned officer in charge. "(Lt. Col. Coletta) supports the post office so it's only right for us to do this and support him."

The session lasts approximately 60 minutes. The plyometric video consists of high-intensity workouts with small water breaks in between sets of exercises.

"It makes me feel good knowing when I'm putting out, the Marines next to me are working just as hard," said Pfc. Spencer Erickson, H&HS postal clerk. "If I'm hurting, they're hurting. It helps me get through the workout knowing my fellow Marines are there with me."

The plyometric workouts are scheduled to be held every Tuesday and are open to all who want to participate.

The Iwakuni Time Machine

This week in 1971 the Torii Teller reported on the 28th Anniversary of women being accepted into the United States Marine Corps. Other news included in this issue was the \$3 million new construction of 11 new bachelor enlisted quarters, the arrival of Navy Patrol Squadron 4 as part of a six-month deployment here and the combined refined training for local Marine Customs inspectors with the services of an Air Force trained narcotics dog.

Torii Teller

MCAS Iwakuni Weekly

February 12, 1971

HAPPY BIRTHDAY
WOMEN MARINES CELEBRATE 28TH

