

THE IWAKUNI APPROACH

Issue No. 35 Vol. 5 | Marine Corps Air Station Iwakuni, Japan

Spouses strike pose with style, Semper Style

LANCE CPL. CAYCE NEVERS
IWAKUNI APPROACH STAFF

Marine Corps Community Services hosted the Military Ball Expo Semper Style at the Club Iwakuni ballroom here Sept. 9, 2012.

Approximately 100 spouses spent four hours learning about dress styles, makeup, hair, fitness, dancing and proper etiquette.

"We are celebrating, first and foremost, all of the Marines and sailors and their dedication to our country and their families," said Tina Q. Henson, Military Ball Expo Semper Style event coordinator. "Semper Style is really all about helping the ladies,

as you can see, to get prepared for the Marine Corps Ball. So, we want to have fun while we are doing that and we also have our experts on cosmetics, clothing, dresses, and just really celebrating everything that the Marines and their families do. That is what Semper Style is all about."

This year was the first year of Semper Style with new things incorporated into the event.

"I think that we had an exceptional turn out," said Henson. "We did something a little bit different than we did the previous years. We are actually incorporating more fun, more fashion shows. So, I am really excited about all the hard work

everyone has contributed to this event."

The success of the event was due to the efforts of the coordinators and volunteers.

"I really appreciate everything that everyone has done, just letting ladies know what their options are and how to beautify themselves for the ball, without them we wouldn't be able to put on what we put on today," said Henson. "A lot of the volunteers are actually spouses, but some of them are single Marines, so we have a little bit of everyone participating in the fashion show and just showing other spouses and other women the elegance of what it looks like to attend a Marine Corps Ball. For some

of the newer spouses who have yet to have that experience, it is good for them to get a visual and see exactly what goes into the preparation and why it is important that we celebrate it."

This event gave spouses knowledge on beauty and where they can look to help them get ready for the Marine Corps Ball.

"I think it is very, very important, since we are on an isolated base and our resources are limited," said Henson. "So, just having even outside vendors such as Pola to come to talk about the products that are offered, I think it is really important for spouses to be aware as to what their options are."



LANCE CPL. J. GAGE KARWICK

Boys and Girls Club volunteers read to a crowd of children during the Day for Kids event here at the Crossroads Mall amphitheater Sept. 14, 2012. Various station shops and organizations had tables set up to inform the children and their parents about things around the station as well as several other topics and activities.

Station residents celebrate with Boys and Girls Club Day for Kids

LANCE CPL. J. GAGE KARWICK
IWAKUNI APPROACH STAFF

Marine, sailor and civilian volunteers held the Boys and Girls Club Day for Kids festival near the Crossroads Mall here Sept. 15, 2012.

The festival featured several stations and game tents where children could win prizes, learn about dental hygiene and other topics, as well as take part in arts and crafts activities such as face painting. In addition, in the Marine and Family Programs

parking lot, inflatable attractions like a giant slide and basketball hoop kept energetic children happy.

"I am making hot dogs for little kids," said Daisy Zamora, Day for Kids volunteer. "I wanted to do this. I like being around little kids and hanging out with them and I like giving out food to make people smile."

Servicemembers volunteered their time alongside civilian station residents to help make the Day for Kids festival take place and run smoothly.

"This is on a volunteer basis," said Toni Pollard, Boys and Girls Club program assistant. "Everyone here is on their own time, it's a free event. No one is charging for the tables, no one pays to get in, the hot dogs drinks and cotton candy are free, all from the Boys and Girls Club donations and grants."

Day for kids held true to its name as the day went by with smiling faces and joyous laughs from kids and parents alike.

"Day for Kids is important for children so they can just be

themselves, meet new people and make new friends."

Later in the evening, the tents were down and the inflatables put away as the volunteers packed everything away until the next community event.

"It took a team to put this event on," said Pollard. "This goes on annually at bases around the world. We do this for the kids. My favorite part is the faces of the kids here. They are smiling and it took no effort, these kids love to play."



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Editorial content is edited, prepared and provided by the Public Affairs Office of Marine Corps Air Station Iwakuni, Japan. All queries concerning news and editorial content should be directed to the Public Affairs Office, Building One, Room 216. Call 253-5551.

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

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CHAPLAIN'S CORNER

Our military men and women: Making The Ultimate Sacrifice

LT. ALEXANDER J. CHO
MWSS-171 SQUADRON
CHAPLAIN

Sacrifice is never an easy thing. To sacrifice is to surrender everything important to you. As I meet more and more Marines and sailors here, I realize the sacrifice every Marine and sailor has made to join the service. They have sacrificed their lives to protect and defend our country's freedom. Even more, being stationed in Japan has made individuals sacrifice their family, friends, loved ones, favorite restaurants and the basic commodities the United States of America has to offer. We are all sacrificing something here and it is difficult! I encourage you by saying that we have a God who has gone through the difficulties we face and he has overcome them. There is no greater sacrifice than the

one Jesus Christ paid on the cross for all of us. No one has felt the pain and anguish Christ suffered while on the cross. No one can bear the sins for the whole world. Yet, through his suffering, we are strengthened. We know that whatever difficulty we face in life we can overcome because Christ has overcome it. Take heart in that fact. Meditate upon it. Believe it.

I thank everyone for sacrificing their lives to serve a country they love. Military life is not easy. I pray you will find comfort in knowing you have a God who has

not only gone through it all, but shares his victory with us all. For those of you who do not yet know who God is, I encourage you to talk to your chaplain and find out. Learn about the sacrifices Jesus Christ made for you. Use it as motivation to endure through the pain during CFT season and give 110 percent!

Follow God's example, therefore, as dearly loved children and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

Ephesians 5: 1-2

SCUBA SAFETY:

Research suggests more than half of advanced divers have experienced panic or near-panic while diving.

A number of dive-medicine experts believe panic is the leading cause of diving fatalities.

If we define panic as an irrational state, then consistent with this definition are the all-too-frequent reports of divers who bolt for the surface, refuse alternative air sources and become combative with rescue attempts and are found dead with weight belts attached and gas in their cylinders. Other features of panic may include disorientation, feelings of intense fear and rapid heartbeat.

Remember, in any emergency, to: stop, breathe, think, act.

Scuba diving is, by nature, a

dangerous sport, but there are ways you can have a safe, fun and accident-free dive. When considering scuba diving as a hobby, ensure you do not have a fear of open water.

Make certain you are comfortable in and around the water by going to an ocean or a lake and swimming.

Once you have decided to take up scuba diving, you need to get certified by a national organization.

The National Association of Underwater Instructors, the Professional Association of Diving Instructors and YMCA are three of the major and most recognized agencies.

When getting ready for a dive, check your equipment. If it is rented equipment, make sure you understand how all parts of the gear work and ensure you have the correct amount of air in your Scuba tank.

Scuba diving is a buddy sport, make

SEE SAFETY ON PAGE 10



LANCE CPL. J. GAGE KARWICK

Volunteering servicemembers cook and distribute food and drinks during the Boys and Girls Club Day for Kids event at the Crossroads Mall amphitheater here Sept. 14, 2012. All the food and beverages were free, paid for by grants and donations to the Boys and Girls Club.



LANCE CPL. J. GAGE KARWICK

Children and parents stand in line for balloon animals at the Boys and Girls Club Day for Kids event at the Crossroads Mall amphitheater Sept. 14, 2012. Various station shops and organizations had tables set up to inform children and their parents about things around the station as well as several other topics and activities.

Safety starts with awareness; awareness starts with you

LANCE CPL. CAYCE NEVERS
IWAKUNI APPROACH STAFF

With 101 critical days of summer complete, 264 days of the year remain where station personnel may not remember to set their main focus on safety. From the beginning of recruit training, servicemembers continually receive training in safety. One important aspect of safety to realize is that it is continuous.

"There are 365 days of the year and safety should never end," said Sean KimHan, safety specialist. "Safety isn't a piece outside of our daily lives, safety is our life."

Marines and sailors learn from day one about Operational Risk Management. ORM is a tool to help identify risks and determine the best action during certain situations.

Safety is an important issue not only in the military, but in the civilian sector as well. Military members and civilians alike have the same chance of potential harm to themselves and others by not staying safe or by putting themselves and others in danger's way.

The military pushes safety information to

servicemembers and civilians through many different channels. One of those channels is "safety stand-downs."

"The most important key point that I want everybody to know about safety stand-downs is we know that nobody likes them," said KimHan. "Everybody hates them because it's the same blah, blah, blah, Charlie Brown cartoon that we have to provide. However, what all Marines, sailors and personnel aboard the station should realize is that it is a tool for awareness."

Station personnel need factual awareness that risk management is not all operational; there is also a personal side to risk management.

"We should manage our daily risk using risk management, more of the time critical risk management because you are not going to write down everything you do, every day and every minute," said KimHan. "However, as you are proceeding through the day, that time critical piece is: if it looks bad, smells bad and tastes bad, it's probably bad."

The application of risk management is not to

eliminate risks, but minimize them as much as possible.

"You go on a ski trip and you go and you use your buddy's vehicle, or worse yet, you have five guys pile into a small vehicle with one child who doesn't have a car seat, somebody doesn't have a seatbelt and they don't have snow chains," said KimHan. "They get up there and there isn't an accident getting there, they have a great time, but then they come back down and the storm starts snowing a little heavier and there are no snow chains; kid doesn't have a car seat; one person doesn't have a seatbelt, doesn't that sound like a bad idea?"

If people going on the trip thought it through, they would not be a potential threat to themselves or to others. If they brought two vehicles, a car seat for the child and snow chains for both vehicles, the danger would be alleviated.

"Our motto is safety is awareness. Awareness starts with you," said KimHan. "That is the bottom line. Look out for yourself and others."



LANCE CPL. B. A. STEVENS

Servicemembers aim down range to battlesight-zero their M16A4 service rifles in the Indoor Small Arms Range here Sept. 14, 2012. Range participants were slated to be flown to Okinawa for actual rifle qualification. "Having the range here allows Marines to do all their snapping in and battlesight zeroing, so when they do go to Okinawa, all they have to do is shoot to qualify," said Lance Cpl. Roman Riddle, booth and hazardous material noncommissioned officer.

Marines take aim to improve rifle scores

LANCE CPL. B. A. STEVENS
IWAKUNI APPROACH STAFF

Headquarters and Headquarters Squadron gathered at the Indoor Small Arms Range here Sept. 13, 2012, to improve their rifle scores. The station offers only a pistol range, so servicemembers must fly to Okinawa for qualification, but everything from snapping in to battlesight zeroing the rifle is done here. "Right now, the students are going through a grass week," said Staff Sgt. Osvaldo Rosario, ISAR staff noncommissioned officer-in-charge. Given the fact most Marines aboard station don't normally have the opportunity to practice

weapon safety rules and weapon conditions, grass week helps re-familiarize Marines with marksmanship fundamentals. Grass week is important because it gives Marines the opportunity to practice the skills taught to all Marines in boot camp, said Lance Cpl. Brock Gaul, American Forces Network production noncommissioned officer-in-charge. "It reminds myself and the other participants about all their weapon safety rules and all the diddies you learned in boot camp." Throughout the week, Marines practiced shooting positions such as the prone, kneeling and standing. "Snapping back into those

positions is important because it is something that most people aren't used to," said Sgt. Juan Becerra, rifle range coach. The ISAR conducts grass week approximately two times each month. "Having the range here allows Marines to do all their snapping in and battlesight zeroing, so when they do go to Okinawa, all they have to do is shoot to qualify," said Lance Cpl. Roman Riddle, booth and hazardous material noncommissioned officer. Servicemembers in Iwakuni may work on an air station, but it is still important to have a shooting range. "In Camp Lejeune and Pendleton, Marines are used

to being around the weapon systems. Over here is a more calm environment," said Rosario. Abrupt weather forces coaches to teach quick fix techniques for worst case scenarios. "I try to explain to Marines the 'Kentucky windage' with the rifle combat optic in case they need a fast fix," said Becerra. Servicemembers who are interested in improving their rifle scores should talk to their chain of command. "I went to my Staff NCO since I didn't have the best rifle score coming out of boot camp. I wanted to help my cutting score in the future," said Gaul.



LANCE CPL. B. A. STEVENS

Lance Cpl. Kyrien O. Clark, Provost Marshal's Office military policeman, adjust his rifle combat optic in order to battlesight-zero his M16A4 service rifle at the Indoor Small Arms Range here Sept. 14, 2012. Grass week is usually conducted aboard station twice a month.

Iwakuni residents participate in Yoga Day

LANCE CPL. B. A. STEVENS
IWAKUNI APPROACH STAFF

Station residents gathered at the IronWorks Gym aerobic center here for Yoga Day Sept. 15, 2012. Yoga Day offered participants a variety of yoga styles to practice, including Hatha, Ashtanga, Vinyasa, Sivananda, Kundalini and Power Yoga. "I think it's a great way for people to be introduced to yoga," said Alma Dickinson, IronWorks health promotions director. "We have a few people in here who have never tried it before." While some participants were new to yoga, most had been doing it for years. "People should know that it takes a while to gain flexibility and it's important to keep at it," said Yoga Day participant Bonnie Lewis. "I run marathons and yoga helps me stretch out and keep my muscles flexible." Yoga Day lasted three hours with breaks every 20 minutes. "My wife is a yoga instructor and it's something I've been wanting to do for a while," said Nathaniel Cosby, Yoga Day participant. During Yoga Day, modified poses were shown to participants who were unable to complete the

entire pose. "I've never done it before and I just wanted to see what it was like," said Zachery Blake, Yoga Day participant. "I definitely have to use the modified poses. It's hard, but you just have to be faithful to it and not give up." During Yoga Day, participants received information which explained the different styles of yoga and what benefits they offer. "Yoga helps with mind, body practice, so you are very focused with what you are doing," said Dickinson. "It also gets you really in tune with the alignment of your body while improving your strength, flexibility and stress reduction." Some participants were aware of the benefits of yoga, even though it was their first time doing it. "It helps a lot with injuries and making sure your body is aligned right," said Cosby. Beginners in yoga received some key advice before starting Yoga Day. "Stick with it, even if you can't do the positions demonstrated, the modification poses are for beginners," said Lewis. "It's important for everyone to work at their own level."



LANCE CPL. B. A. STEVENS

Hiroko Yanai, Yoga Day instructor, demonstrates a yoga pose for Yoga Day participants in the IronWorks Gym here Sept. 15, 2012. Yoga Day offered a variety of yoga styles and participants to try.



LANCE CPL. B. A. STEVENS

Yoga Day participants follow the demonstrations of an instructor's focusing technique inside the IronWorks Gym here Sept. 15, 2012. "Yoga helps with mind, body practice, so you are very focused with what you are doing," said Alma Dickinson, IronWorks health promotions director. "It also gets you really in tune with the alignment of your body while improving your strength, flexibility and stress reduction."

MWSS-171 spouses step into significant others' boots for a day

LANCE CPL. J. GAGE KARWICK
IWAKUNI APPROACH
STAFF

Marine Wing Support Squadron 171 Marines wives took on the challenge of a simulated recruit training experience here Sept. 14, 2012, as part of Jane Wayne Day.

Spouses endured a few hours of Marine Corps boot camp style training. Wives got a taste of possibly everyone's fondest memory from boot camp: incentive training, with every minute of the experience spent under the watchful eye of Marines taking on the mentoring roles of drill instructor.

"Today we have the 2012 Jane Wayne Day," said Staff Sgt. Michael A. Rucker, MWSS-171 Headquarters Company communications maintenance chief and Jane Wayne Day coordinator. "We took the spouses through

the gas chamber, we gave them a taste of the CFT and physical fitness test and now we are showing them some Kung-Fu MCMAP training. We are trying to give them a taste of what their husbands have to do from boot camp on to day-to-day stuff."

The faces of the spouses differed from the average recruit at Parris Island or San Diego. Whereas a recruit tends to hate life and is not afforded the privilege to look anywhere but forward, the spouses' faces were never without a smile ... in the beginning of the day. For the first event on their list, the spouses made their way to the gas chamber.

"My least favorite part of the day would have to be the gas chamber," said Stephanie K. Mifflin, Jane Wayne participant and wife of Master Sgt. Christopher J. Mifflin, engineer company with MWSS-171. "It felt

like my skin was on fire and I think I'm still covered in it because my eyes keep burning."

Once all the spouses had successfully made their way through the gas chamber, it was on to the CFT course.

"I'm really enjoying myself. It's a good chance for the spouses to bond and we get a chance to see what our husbands do on a daily basis," said Mifflin. "My favorite part was the physical aspects of this and finding out more about what boot camp would be like with a drill instructor screaming in your face."

The role of a military spouse is a demanding one, fraught with frequent relocations and other things civilian families do not normally deal with. Jane Wayne Day allows the spouses a small glimpse of what it is their significant other has chosen as their career.



LANCE CPL. J. GAGE KARWICK

Gunnery Sgt. Timothy L. Thompson, Marine Wing Support Squadron 171 bulk fuels specialist and acting drill instructor of Jane Wayne Day, marches the spouse volunteers of MWSS-171 to the gas chamber here Sept. 14, 2012. Wives went through the day with Marines taking on the rolls of Marine Corps drill instructors.



LANCE CPL. J. GAGE KARWICK

A Marine Wing Support Squadron 171 spouse breaches the seal of her mask while in the gas chamber during Jane Wayne Day here Sept. 14, 2012. Wives had the option of either choosing to breach the seal of their mask or not during the exercise. Marines are not given the option during their qualification.



LANCE CPL. J. GAGE KARWICK

Spouses experience incentive training before conducting a modified Combat Fitness Test during Jane Wayne Day here Sept. 14, 2012. The course consisted of a modified run as well as ammo can lifts and a maneuver under fire exercise.



LANCE CPL. J. GAGE KARWICK

Staff Sgt. Pierre K. Thevenin, Marine Wing Support Squadron 171 wire chief and acting drill instructor, encourages the spouses of MWSS-171 to get to their feet quickly during Jane Wayne Day here Sept. 14, 2012. Wives wore the digital camouflage utilities of their husbands.



LANCE CPL. J. GAGE KARWICK

A Marine Wing Support Squadron 171 spouse stands amid the smoke of the gas chamber during Jane Wayne Day here Sept. 14, 2012. Wives had the option of choosing to breach the seal of their mask or not during the exercise. Marines are not given the option during their qualification.



LANCE CPL. J. GAGE KARWICK

Spouses loaded in the back of a Medium Tactical Vehicle Replacement under encouraging words from Staff Sgt. Pierre K. Thevenin, Marine Wing Support Squadron 171 wire chief and acting drill instructor, during Jane Wayne Day here Sept. 14, 2012. Once in the 7-ton, wives prepared for their military-grade ride to the gas chamber.

CORPS NEWS

HIGHLIGHTING MARINES AND SAILORS AROUND THE GLOBE



CPL. ED GALO

CAMP SHORABAK, Afghanistan — Soldiers with the Afghan National Army carry a simulated casualty on a stretcher and place him in an ambulance as part of a mass casualty simulation held, Sept. 9, 2012. During the mass casualty simulation, members of the Afghan National Army were given a list of symptoms and wounds. ANA medics then had to determine the proper way to treat them and who needed to be treated first depending on their wounds.

Afghans, coalition forces conduct medical exercise

CPL. ED GALO
REGIMENTAL COMBAT TEAM 6

CAMP SHORABAK, Afghanistan — Coalition service members, led by the 215th Corps Advisor Team, conducted a simulated mass casualty training exercise, Sept. 9.

The combined team included medical professionals from the United Kingdom Medical Group, NATO Training Mission Southwest and Task Force Leatherneck to help train the Afghan National Army.

Just before the event started, the combined team's medical officers pulled aside seven ANA soldiers and directed them to simulate symptoms of various battle wounds. Injuries ranged from gunshot wounds to improvised explosive devices and many other injuries that can be sustained on the battlefield.

"We want to challenge their knowledge about the amount of patients they can take at once," said Navy Lt. David Clevenger, medical advisor, 215th CAT, Task Force Leatherneck, during a brief before the exercise. "We want to make them understand they're doing a good job and give them pointers."

After simulated casualties were prepared, advisors made their way to ANA's emergency room. According to Clevenger, ANA combat operations center notified their medics of incoming casualties who quickly prepared for the patients to arrive.

Shortly after the advisors arrived to the emergency room, patients began streaming in. The first wave had four casualties at once.

Medics at the emergency room had to figure out what kind of wounds each casualty had and who to treat first. Just when they had it under control, another three showed up, testing the medic's ability to adapt. Two of the simulated casualties had injuries too complex to be treated there, so the ANA arranged transport to the U.K. Role III hospital aboard Camp Bastion, which is better equipped to handle the casualties.

Once the exercise was over, Clevenger spoke to the ANA soldiers.

"We have to keep level heads when this type of stuff actually happens," he said. "Make sure you prioritize patients. You did that really well today. After you've determined the emergency, make sure you go back to the patients and double check."

"Overall, you guys did an outstanding job today," he continued. "I was impressed."

Clevenger continued talking to the soldiers, encouraging their efforts, giving tips and pointing out things they could work on. He talked to them about one person being in charge of triage and another of the emergency room.

"It seems like you guys have become really good at this," he said.

After Clevenger was finished, ANA Col. Sayed Attaullah-Ahmadi, 215 Corps Surgeon, Troop Medical Clinic, spoke to his soldiers and the advisors.

"Thank you to all the advisors," Attaullah-Ahmadi said. "If you noticed any mistakes, we look forward to future training to correct it. This exercise was a good example of what can happen. We are looking forward to working shoulder to shoulder again."



CPL. ED GALO

CAMP SHORABAK, Afghanistan — Soldiers with the Afghan National Army carry a simulated casualty into their emergency room to treat him for his wounds as part of a mass casualty simulation exercise held, Sept. 9, 2012. Just before the event started, the combined team's medical officers pulled aside seven ANA soldiers and directed them to simulate symptoms of various battle wounds.

COMMUNITY BRIEFS | CLASSIFIEDS

Briefs

Active-Reserve Career Information

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

Japanese Language Class

The Yamaguchi International Exchange Association is sponsoring a Japanese language course at six locations in Yamaguchi prefecture, with one location available to Iwakuni residents. For more information on the class schedule and time, or to participate, contact the Public Affairs Office at 253-5551.

MCX News

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

WaterWorks Pool Closing

The WaterWorks Pool is scheduled to close Sept. 30, 2012, for the season. For more information, contact the aquatics office at 253-4966.

Thrift Store Funds

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

VRAP

The Veterans Retraining Assistance Program provides eligible veterans, those 35 to 60-years-old, with education benefits for up to 12 months of training. For more information, visit www.benefits.va.gov/VOW or call 888-442-4551.

Mothers of Preschoolers

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

Gospel Choir

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

Time Machine Submissions

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

Off-limit Establishments

The following establishments are off-limits:

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

Like To Draw?

The Iwakuni Approach is looking for artistic people with a sense of humor to submit cartoon drawings. If you are interested, bring your drawings by the Public Affairs Office, Building

1, Room 216. Public Affairs approves editorial content for cartoons published each week.

Iwakuni Home-based Businesses

Home-based business owners aboard station are invited to an informational meeting Sept. 25, 2012, at 11:30 a.m. at JD's Grill. The meeting will address information required for a formal station network organization for business owners. Topics to be discussed are planned to be a list of ideas for business organization, marketing endeavors, showcase events, shared advertising opportunities and others. The meeting is expected to last approximately one hour, attendees are responsible for their own lunches. For more information, contact Jessica Guthrie at 253-2386.

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, phone number and the information you would like to be published. You may submit your brief or advertisement in person at the Public Affairs Office, Building 1, Room 216 or you may call 253-5551. Please ensure you provide all requested information to simplify the request process.



SUBMITTED BY CPL. CHARLIE CLARK

INFOTAINMENT

Chapel Services

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

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

THE IWAKUNI APPROACH CULTURAL LESSONS

Kanji Adventures: Cha-no-yu



Japanese culture can be considered to be deeply rooted in a love for nature and traditions. One of those traditions is Cha-no-yu, the Japanese tea ceremony. The purpose of Cha-no-yu is to cultivate the Japanese way of Furu, a feeling of love toward nature and peace for mankind and the world. The ceremony, as it is practiced today, is an evolution based on the teaching by Senno Rikyu. Rikyu's ceremony practices originated in the 1500s and are carried on in two major styles of cha-no-yu; uransenke and omotesenke. While the basic idea of the ceremony and its purpose remains the same in both schools, the differences lie mainly in the movements performed during the ceremonies.

SAKURA THEATER

Friday, September 21, 2012 7 p.m. Moonrise Kingdom (PG-13) 10 p.m. Seeking a Friend for the End of the World (R)	Monday, September 24, 2012 7 p.m. Bourne Legacy (R)
Saturday, September 22, 2012 4 p.m. Ice Age: Continental Drift (PG) 7 p.m. Madea's Witness Protection (PG-13)	Tuesday, September 25, 2012 Theater closed
Sunday, September 23, 2012 4 p.m. Ice Age: Continental Drift (PG) 7 p.m. Savages (R)	Wednesday, September 26, 2012 Theater closed
	Thursday, September 27, 2012 7 p.m. Magic Mike (R)

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.

SAFETY FROM PAGE 2

sure you have a partner and that you both know how to communicate with each other under water. Under no circumstances should you ever dive alone. There are a few places to dive around the area. For beginners, Oshima Island is a great place to start. There is a great deal of mammal life to share the underwater experience with you. For beginners and advanced divers, there is a boat dive at Susa and there are cliffs. With both of these dives, the water depth varies from 60 feet

to around 110 feet. For experienced divers, there is a Japanese battleship, Mitsui, which sits on the ocean floor at about 133 feet at low tide. Because of where it rests, you can only dive her at specific times and dates. It is not recommend that a person take it upon them self to set up this dive due to is degree of difficulty and planning. The number one safety tip to remember when scuba diving, do not hold your breath. You have air, breathe it!



Participants in the Marine Corps Aquatics Cadence and Reconditioning Program Training await instructions on the next exercise at the IronWorks pool here Sept. 6, 2012. The program was originally drafted by doctors of Olympic marathoners who had lower extremity injuries and could not afford to miss training days.



Sgt. Justin M. Daniels, Marine Aviation Logistics Squadron 12 aviation electrician, conducts high resistance aquatic running while strapped to a starting platform during the Marine Corps Aquatics Cadence and Reconditioning Program Training at the IronWorks pool here Sept. 6, 2012. The program allows injured servicemembers the chance to continue intense physical training even when injured.

Marines, sailors utilize Aquatics Cadence Reconditioning Program Training



Sgt. Christopher Flores, Marine Wing Support Squadron 171 engineers platoon sergeant, runs in the water during the Marine Corps Aquatics Cadence and Reconditioning Program Training at the IronWorks pool here Sept. 6, 2012. The Cadence Running Program is not limited to just the injured, it is also an alternative to land physical training.

LANCE CPL. J. GAGE KARWICK
IWAKUNI APPROACH STAFF

With the implementation of new programs from the 21st Century Sailor Marine initiative at all Navy and Marine Corps installations, Marine Corps Air Station Iwakuni is one of the first stations to have the Marine Corps Aquatics Cadence and Reconditioning Program Training. Several officers, staff noncommissioned officers and noncommissioned officers volunteered to test the training at the IronWorks Gym pool here Sept. 6, 2012. The Aquatics Cadence Program allows injured Marines and sailors who are not currently capable of performing on-land physical training with a means to remain physically fit. "We have a severe problem with Marines on temporary profile types where they cannot run on land or do land-based activity," said Dr. Mary Wykle, Marine Corps Community Services division contractor, specialized aquatic program development. "So this is a means for them to stay active, keep their fitness level up and also cross train so that we do not have the injuries we are seeing occurring from too much land activity." Aquatic training has many positive ways to assist those with injuries and on the road to recovery, whether those injuries are small or extensive. "We're working with them to run in the deep end," said Wykle. "We are keeping the participants vertical rather than horizontal. If they have had an injury or swelling, being vertical in the water allows the hydrostatic pressure in the water to help reduce the swelling. It is also going to improve their respiratory

breathing capacity because of the pressure of the water against their chest. Therefore, their heart rate is going to go down in the water from what it is on land, but it's actually pumping harder than what it is on land." The training, originally introduced to the Marine Corps in September 2011, gets its roots from Olympic marathoners, who found it increased performance and endurance for land-based physical fitness as well. "A team of doctors developed this program for Olympic Marathoners," said Wykle. "They were seeing so many lower extremity injuries. This way, while they were healing, they did not lose any training time. They were working out just as hard in the water. Running, using this program and what they found was that many came out and ran the fastest times that they had ever run." Not all participants believed in the program's effectiveness. Nor did they view aquatics training to be an effective alternative to land physical training. "I was skeptical about it," said Staff Sgt. Roman Barabash, Marine Aviation Logistics Squadron 12 ground support systems mechanic. "When you think about exercising in a pool, you kind of think about retirement homes and stuff like that. This has definitely been intense and changed my views completely. I plan to implement this in my shop. I think the Marines will really enjoy it." This program is not limited to the injured alone. According to Wykle, anyone can do it, and it is very beneficial because an individual who is less fit can be put with a group who may be more physically fit and each is getting a full workout, with max effort at his or her own pace.

The Iwakuni Time Machine

In the Sept. 19, 1960, issue of the Torii Teller, Marines reported on Marine Attack Squadron 121 receiving the 1960 Naval Aviation Safety Plaque, the Department of Defense confirming more than half a million military and civilian dependents living outside the continental United States and the formation of a square-dancing club for junior and senior high school students.



REQUIEM FOR A FALLEN COMRADE-- A volley from a firing squad, the sound of taps and the command of hand salute, render the last honors to "Lady", the well known, beloved, canine mascot of the 1stMAW. SgtMaj "Lady" has been a member of the Wing since 1951 and saw action in Korea with that Organization. She died of old age Sept. 12.

Veteran of First Wing Receives Last Honors

By: Sgt Gene Young

Three volleys of rifle fire resounded throughout the area and the mournful sound of taps echoed across the parade ground, last Thursday concluding the funeral services for a true friend and decorated hero of the 1stMAW.

Sergeant Major Lady is gone, but many will remember her, as the beloved canine mascot of the First Marine Air Wing, and honored "member" of the 1st MAW Band.

She was laid to rest in a spot she had come to know quite well during her years with the Band. Every morning without fail and with a sense of duty she would accompany the band to the Wing Headquarters building for morning colors. It was here that a small plot was made for her, for it was felt that this was where she would want to rest.

Where Lady was actually born will probably remain a mystery, as well her pedigree. She was for the most part German Shephard. As a wee pup she accompanied the Wing Band to Korea from Japan in 1951, serving the entire tour of the 1stMAW in Korea. She returned to Iwakuni, with the Band in 1956.

While in Korea she was wounded in action and was awarded the Purple Heart Medal. Among her other decorations and awards are: Good Conduct w/two stars, Navy Presidential Unit Citation, Fifth Army Unit Citation, Letter of Commendation, National Defense Service Medal, Air Service Medal with six stars, United Nations Medal, and the Korean Presidential Unit Citation.

Warrant Officer George D. Durham, Jr., Officer in Charge of the

Band conducted the services, and in his eulogy to "Lady" said, "As senior member of the First Marine Aircraft Wing with 10 years of consecutive service terminating with her death Sept. 12, and in view of Sgt. Major "Lady's" tenure of outstanding service and devotion to this organization, we respectfully pay her homage as we commit her to the earth. May she rest in peace forever and ever. -Amen-."



CERTIFIED -- Navy Chief Warrant Officer Louis P. Villano, Facility Sanitation Officer, receives congratulations from Capt Robert F. Carmody, MC,USN, upon receipt of his certification as a Registered Sanitarian, from the National Association of Sanitarians. Capt Carmody, Senior Wing Medical Officer felicitated the Sanitation Officer at an informal ceremony at the Hospital Sept. 9.

Ex-Marine Travels Across Pacific To Reenlist--and To Get Married

For most Marines planning a career in the Corps there are few problems involved in reenlisting but for PFC Louis N. Panchy, it was a problem of traveling 3000 miles across the United States and another 4,500 miles across the Pacific to find a reenlistment NCO.

PFC Panchy was released from the Marine Corps in March 1959 after spending a tour of duty here at Iwakuni. While in civilian life he saved enough to travel to Japan to San Francisco and booked passage on the USS President Wilson

and arrived in Yokohama May 7, 1960.

First thing on his proposed new career was to marry his sweetheart, the former Miss Sachiko Fujimoto of Iwakuni, June 7. Next he contacted the Marine Corps Air Facility about reenlisting and as a result was reunited with the Corps during reenlistment ceremonies held Sept 10 in the office of Col Arthur C. Lowell, MCAF, CO.

As an Aircraft Radar Technician, Pfc Panchy has been assigned to MARS-17.



FROM CIVILIAN TO MARINE IN 7,500--PFC Louis N. Panchy, (left) of Somerville, Mass., is once again sworn into the Marine Corps--this time by Col Arthur C. Lowell Facility Commanding Officer. Pfc Panchy who was released from the Corps in March 1959, traveled, to the states and then back to Japan as a civilian, to reenlist.

VP-6 NEWS

Three Sailors from VP-6, reenlisted last week to bring to eight the number of squadron personnel that have reenlisted during the past six weeks. Edward Wright and Jack Adams, both RM3 (Radiomen) and Gary S. Matterson, AE2 (Aviation Electrician) reenlisted for the first time during ceremonies held in the office of Commander William L. Garret, Jr., squadron CO VP-6 flies the P2V-5FS, anti-submarine aircraft.

KINTAI LODGE No. 16, F&AM

Protestant Chapel

Building 163

(Rear Entrance)

Sept. 21 7pm:

Visiting Brethern Invited