



MARDI GRAS

Station celebrates in style | p. 5

DOLL FESTIVAL

A look into one of Japan's cultural holidays | p. 6,7

POLAR RUN

Runners brave the cold for top titles | p. 11

THE IWAKUNI APPROACH

Issue No. 8, Vol. 3 | Marine Corps Air Station Iwakuni, Japan

Monthly Kintai Bridge cleanup an ongoing effort

LANCE CPL. JENNIFER PIRANTE
IWAKUNI APPROACH STAFF

The Kintai Bridge, built in 1673 and rebuilt several times throughout the centuries, is a Japanese national treasure known throughout Japan as a popular spot for millions of tourists and locals.

Its unique structure is made up of wooden planks, which form five arches spanning 210 meters across the Nishiki River, and allows for passers-by to stroll to the other side where monuments and historical landmarks reside.

One of these historical landmarks is the Iwakuni Castle, which can be seen from the Kintai Bridge.

It is also the scene of prominent samurai history, known as the Battle of Sekigahara, said Petty Officer 3rd Class Gerrit Brower, Marine Aircraft Group 12 religious programs specialist.

It all remains significant to the local community and, therefore,

SEE **KINTAI** ON PAGE 3

MIGHTY SHRIKES ARRIVE



STOCK PHOTO

An F/A-18 Hornet flies high above the skies in this Strike Fighter Squadron 94 promotional photo. Within the last year, the squadron's F/A-18s received a fresh coat of paint and a vamped up design. The squadron's mascot is the bird of prey known as a shrike.

ENSIGN CHARIS BRACY
VFA-94 PUBLIC AFFAIRS

The U.S. Navy's sole unit deployment program F/A-18 squadron, Strike Fighter Squadron 94, returned to Marine Corps Air Station Iwakuni in February for its third deployment with Marine Aircraft Group 12.

The Naval Air Station Lemoore, Calif.-based "Mighty Shrikes" are commanded by Cmdr. Brett "Chopper" Crozier and bring with them approximately 12 F/A-18C aircraft and roughly 200 aircrew, maintenance and support personnel.

Deployments in 2007 and 2008 have seen Mighty Shrike support to MAG-12 in various Pacific exercises, including Cobra Gold, Foal Eagle, Lava Viper, Southern Frontier and Talon Vision.

VFA-94 began its cruise in true hobo style, straight out of the gate for January's Lava Viper, supporting MAG-24 and 3rd Battalion, 3rd Marines with joint tactical air control training, close-air support, combat-search-and-rescue and strike missions. The Shrikes completed 100 percent of their sorties in support of the exercise, expending 130 Mk-76s, 2,617 rounds and 65 laser guided training rounds over the Pohakuloa Training Area on Hawaii's Big Island. Additionally, VFA-94 provided a section of F/A-18Cs for defensive air combat training.

VFA-94 replaced VFA-97 "Warhawks" in 2006 as the second Navy squadron to participate in a Marine Corps unit deployment program.

The Mighty Shrikes expect to participate in Foal Eagle and unit-level training during their six-month deployment to Iwakuni.



BRINGING DOWN THE HOUSE

Service members bring laughter to local kindergarten

LANCE CPL. CLAUDIO A. MARTINEZ

Station service members dance with the children of Marifu Hoikuen, a Kindergarten school in downtown Iwakuni, during a game designed to teach the children how to count in English, Feb. 18. When the music stopped, a number was yelled out and everyone needed to gather in groups with the number of people equaling the number that was called out. See full story on page 4.

Exercise Cobra Gold 2010 comes to close in Thailand

LANCE CPL. SALVADOR MORENO
IWAKUNI APPROACH STAFF

Exercise Cobra Gold 2010, a multi-lateral exercise demonstrating joint and multinational capabilities, and

improving interoperability between the United States and Thailand, came to a close with the main body of Marines departing Thailand Feb. 20.

Although there was no official closing ceremony, the exercise ended Feb. 11. However, Marines and sailors were still

conducting training until their final departure.

Marine Fighter Attack Squadron 115, Marine Aircraft Group 12, Marine Aviation Logistics Squadron 12 and Marine All-Weather Fighter

SEE **GOLD** ON PAGE 3



Commanding Officer/Publisher
Col. Michael A. O'Halloran

Public Affairs Officer
Capt. J. Lawton King

Public Affairs Chief
Master Gunnery Sgt.
John A. Cordero

Operations Chief
Staff Sgt. Andrew Miller

Press Chief
Cpl. Kristin E. Moreno

Editor
Lance Cpl. Chris Kutlesa

Combat Correspondents
Cpl. Joseph Marianelli
Lance Cpl. Miranda Blackburn
Lance Cpl. Claudio A. Martinez
Lance Cpl. Salvador Moreno
Lance Cpl. Jennifer J. Pirante
Pfc. Marcel Brown

Webmaster
Yukie Wada

Community/Media Relations
Hiroko Soriki
Hiroki M. Kawamoto

Administration
Hiro Sumida

"This weekly newspaper is an authorized publication for members of the military services stationed overseas and their families. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense or the U.S. Marine Corps, and does not imply endorsement thereof."

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, MCAS Iwakuni, Japan. 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.

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

THE MARINE CORPS: A 'band of brothers' or group of gossipers?

MASTER GUNNERY SGT.
JOHN CORDERO
IWAKUNI APPROACH STAFF

Gossip is verbal dynamite. It has entertainment appeal, yet wields the power to divide people and destroy reputations. Gossip is prevalent throughout society. Much of what the media reports as news and what many daily conversations consist of qualifies as gossip. The only difference between gossip and news seems to be whether you hear it or tell it. The prevalence of gossip does not make it right.

Gossip has been defined as useless talk, especially about the personal or private affairs of others. It might even be called the art of saying nothing and leaving nothing unsaid. Gossip, or scuttlebutt in naval terminology, is anything that anyone says unnecessarily about someone that damages that one's reputation in the minds of other people. Gossip is talking about someone's weakness, faults, conduct, or even your low opinion about him or her to people who are neither part of the problem nor part of the solution. While gossip may be more than that, it certainly is not less.

There are at least three reasons why gossip, both the practice and tolerance of it, is wrong: it contradicts the core values of honor, courage and commitment; it violates several leadership traits and principles; and it can hurt the morale and cohesion of a unit.

We as Marines, regardless of our personal beliefs before joining the Marine Corps, have assumed the values and ethics of the Marine Corps, whether they be found in the oath of office or allegiance, Uniform Code of Military Justice, or code of conduct. Since we have voluntarily placed ourselves under all of the Marine Corps' regulations and traditions, we should gladly embrace them for our good and the good of others.

Consider how lying and stealing relate to faithful submission to Marine Corps standards. While someone might not have thought lying and stealing were wrong before he joined the Marine Corps, he must now behave as if they are wrong if he intends to honor his commitment to the Marine Corps.

Lying and stealing may seem like black and white issues for some people, but those same issues are gray areas for people who do not believe in absolute or universal truth but accept that morality is relative.

Some people in a unit may not think it is wrong to take something that is unsecured. After all, somebody would have properly secured an item if he really did not want it taken, right? Other people may not think it is wrong to claim to be ill to avoid duty or physical training. Yet those actions hurt

the people involved and reduce their unit's readiness level.

Someone who is merely concerned with the letter of the law may claim Article 121 applies only to people who sign or make false official documents or statements or that any article in the UCMJ applies only to people who get caught.

But integrity demands that Marines obey all orders, regulations, and laws from the heart, not merely while knowing somebody else is watching. The mandates of the UCMJ clearly have moral implications. And those ethical standards should not be viewed as chains that limit our freedom. They should be valued as precious precepts that aid us in taking care of each other and accomplishing our missions. As we value them, we should not seek to obey merely the letter of the law; we should conform our behavior to the spirit of those standards.

Conforming our behavior to the deeper meaning of standards may be seen by applying the principles of not lying or stealing to gossip. Passing on unnecessary information might not be lying as in making up an untruth, but it can do the same damage as a falsehood if it gives a false image about another person. And giving news may not be stealing as in taking something tangible from another person, but it can steal a person's reputation or peace of mind.

That gossip is contrary to the standards that promote good order and discipline may also be seen by looking at gossip in the light of such things as the Marine Corps' core values, leadership traits and principles, and the concept of the Marine Corps as a "band of brothers."

It is not honorable to unnecessarily speak poorly of other people. Nor is it courageous to sit idly by while someone unnecessarily defames someone else. To do so reveals a lack of commitment to our treasured motto "Semper Fidelis" — to be always faithful to God, country, and the Marine Corps.

Anyone who considers the 14 leadership traits or the 11 leadership principles should conclude that there is no place for gossip in the practice of good leadership. For example, someone who is unselfish or loyal will not entertain himself or others at the expense of another Marine's reputation, whether that Marine is a superior, subordinate or peer. Speaking poorly of a Marine is not looking out for his or her welfare.

Gossiping does not set a good example.

Gossip can hurt a unit's morale by dividing people. It can cause disharmony among people and can prejudice one person against another person. If you found out that someone had spoken badly about you behind your back, it

would probably make you angry with that person. You might resent the person for wronging you. It could even lead to open hostility.

When someone speaks to us about someone else, those words stick in our minds and are incorporated into our view of the person spoken of. Those words have the potential power to influence us for or against that person.

Anyone who values the mission and people of the Marine Corps, and who is serious about setting a good example, should not practice or tolerate gossip. On the contrary, we should carefully weigh the effects that our words are going to have whenever we speak to or about other people. We should use the acronym THINK before we speak. Is what we want to say true, helpful, inspirational, necessary or kind?

Sometimes people repeat what they have heard without verifying whether it is true. Even if it is true, it may not be helpful to repeat it. For example, a Marine shares his personal problems with another Marine. The second Marine then tells other Marines about the first Marine's problems.

Spreading the information will not be helpful if the other Marines do not need to know the information and cannot help. In fact, the information may cause the other Marines to look down upon him.

One way words can be helpful is if they inspire people to positive action. Sometimes words of rebuke and correction are also helpful.

If a Marine consistently drops out of formation runs, a few strong words of encouragement, added with remedial physical training, may be the best thing for him. Yet many things that we speak are not necessary, especially unkind words. In this politically correct age, Marines often negatively refer to the Marine Corps as a "kinder and gentler Corps."

There is, however, room for kindness in the Marine Corps. Kindness is not weakness, but strength shown in treating people respectfully, even when they might not deserve it.

Thinking before we speak can help us control our tongues — a small but mighty tool. As leaders of Marines, we should be concerned about how our seniors, our subordinates, and we use words.

We must be tactful in correcting seniors of their verbal and moral errors. We must set the example for our contemporaries and subordinates by practicing self-control, refraining from that which is not profitable.

Granted, gossip may not be the most pressing problem leaders face, but it can be very divisive. And anything that can affect a unit's morale and cohesion should be seriously dealt with.

KINTAI CLEANUP Station members help clean up a Japanese historical treasure

KINTAI FROM PAGE 1

service members and civilians among Marine Corps Air Station Iwakuni take it upon themselves to regularly keep the area around it free of trash and litter.

More than 30 service members and civilians gathered at Kikko Park, near the Kintai Bridge, to participate in the Kintai cleanup Saturday.

"Once a month we come out here," said Brower.

Volunteers, sometimes as many as 60, equipped with white plastic trash bags, spend a few hours once a month to walk around the park picking up all the trash they can find in order to keep it free

of paper, waste, tires, and many things that just don't belong.

Sometimes they split up into small groups and wander around, taking in the sites and strategically scanning every inch of the vicinity for garbage, leaving the view of the Kintai Bridge and its surrounding areas untainted.

"To help the Japanese see that we aren't just here to disrupt their peace, we come out and show them the different side of the Marine Corps and the Navy," said Brower.

"We want to show them that we truly do care about our host nation," he said.

Volunteering for cleanups not only serves as a productive way

to contribute, but it also serves as a chance for service members from other units to bond and experience together the culture Iwakuni has to offer.

"It's a great opportunity for Marines to get out into the community and see the local side of the people," said Lance Cpl. Gerald Morales, first-time volunteer from MAG-12.

It was pretty much a base-wide operation, said Brower.

Volunteers from all units, including Headquarters and Headquarters Squadron, Strike Fighter Squadron 94 and Marine All Weather Fighter Attack Squadron 242, took the time to lend a hand.

"The bridge is beautiful," said Morales. "You never see anything like that in the states. It's amazing how old it is and that it's still standing," he said.

All service members and civilians are encouraged to participate in upcoming group activities geared toward volunteering outside of base.

"I'm brand new at this and new to Japan," said Morales. "So I'm definitely going to do this every month."

For additional information about upcoming volunteer opportunities, visit the MAG-12 Chaplain's Office or call 253-3836.

FINANCES: MyCAA operational pause announcements

SUBMITTED BY BONNIE LEWIS
PERSONAL FINANCIAL MANAGER

Effective Feb. 16 the MyCAA program temporarily halted operations. We are reviewing the software applications, financial assistance documents and overall program. This pause will not affect approved Financial Assistance documents. We apologize for any inconveniences this may cause. Please check back for updates.

Frequently Asked Questions Include:

Can I create a MyCAA account?

No. During this pause in operations, military spouses who currently do not have an account will not be allowed to create a MyCAA account. Please continue to check back with the MyCAA website for information. However, All MyCAA participants and active duty military spouses may still receive educational counseling and career guidance from a Military One Source Spouse Education and Career Consultant.

Can I get my Career and Training Plan approved?

Yes. If you currently have a MyCAA ac-

count, you can get your Career and Training Plan approved; however, during this pause in operations, you will not be able to request any financial assistance (FA). Please continue to check back with the MyCAA website for information.

Can I add cost to my FA?

No. There can be no FA changes that result in a higher cost. The FA amount must remain at the same cost or lower.

I have a Financial Assistance document approved but it is wrong. Can I change it?

If an approved Financial Assistance (FA) document requires minor changes, you may be able to get your FA edited only if it is within 7 days of the start date of your class. Please know that there can be no FA changes that result in a higher cost. The FA amount request must remain the same or lower.

I think my school may drop my approved Financial Assistance (FA) because information was wrong and asked me to resubmit, how can I get a new FA?

During this pause in operation, the schools participating in MyCAA will not have the ability to drop an approved FA.

The announcement says that you are reviewing the software applications, financial assistance documents and overall program. Does that mean I won't be eligible for MyCAA in the future?

More details on the review will be forthcoming. Please continue to check back with the MyCAA website for information.

Will MyCAA pay for outstanding invoices?

Yes. If a Financial Assistance (FA) document was approved, and the school invoiced, payment will be issued. Invoices will continue to be paid in the order in which they are received. Payment will be made within 20 business days (30 calendar days) from date of submission.

Can I create a Financial Assistance (FA) request?

No. During this pause in operations, spouses will not be allowed to request Financial Assistance (FA) for MyCAA funding. This will affect future class(es) which may already be on approved Career and Training Plans but where no FA has been yet applied for. Please continue to check back with the MyCAA website for information.

Multi-lateral exercise officially ends in Thailand

GOLD FROM PAGE 1

Attack Squadron 242 all participated in the 10-day exercise with units from other bases around the world.

Exercise Cobra Gold 2010 provided the VMFA(AW)-242 and VMFA-115 pilots an opportunity to put their training to the test against the Thai Royal Air Force's F-16 as well as other aircraft.

"It gives the pilots the opportunity to practice," said Gunnery Sgt. Tarik Fleming, VMFA (AW)-242 ordnance technician. "It helps their proficiency when they go out

and actually shoot or drop live weapons/high explosive weapons."

Cobra Gold 2010 differed from previous years due to the Republic of Korea's Marine Corps involvement in the annual exercise.

U.S. Marines, Thai Marines and Republic of Korea Marines all combined for an ultimate show of Marine Corps strength and skill at Ban Chan Khrem, Thailand.

Ban Chan Khrem is highly important to the mission because it allowed all three services to live side by side, eat together, work together and, most

importantly, overcome cultural differences and communication barriers.

Communication barriers seemed to be the biggest obstacle to overcome during the exercise. The U.S. and Thai military set up numerous events for Marines, sailors and airmen to interact, such as meet and greets and soccer games.

The MAG-12 chaplain, Lt. Cmdr. Denis Cox, set up over 15 community relations projects in which Marines and sailors were encouraged to visit the local community and represent the United States as ambassadors, something every Marine and

sailor is while serving overseas. The community relations projects took place almost every day the Marines and sailors were in Thailand, from just visiting a youth Thai prison to constructing a basketball court from scratch.

The exercise was an overall success and beneficial for all militaries involved. From start to finish the Marines and sailors who participated in Cobra Gold 2010 hit the ground running and strengthened the relationship and interoperability between all countries involved.

PLAY



LANCE CPL. CLAUDIO A. MARTINEZ

A Marine Aircraft Group 12 Marine looks down at a Marifu Hoikuen student during a game designed to teach the kindergarten children of the school how to count in English Feb. 18.



LANCE CPL. CLAUDIO A. MARTINEZ

Petty Officer 3rd Class Gerrit Brower, Marine Aircraft Group 12 religious programs specialist, roars together with children from Marifu Hoikuen, a Japanese kindergarten school in downtown Iwakuni. While they danced, they acted out different animals like monkeys and tigers.



LANCE CPL. CLAUDIO A. MARTINEZ

Pfc. Jantael Brown, a Marine Aircraft Group 12 intelligence analyst, sits on the floor with two Marifu Hoikuen students during a game designed to teach the children how to count in English at a Japanese kindergarten school in downtown Iwakuni Feb. 18. Approximately 14 service members participated in the community relations project.

Marines, sailors play, dance with Japanese kindergartners

LANCE CPL.
CLAUDIO A. MARTINEZ
IWAKUNI APPROACH STAFF

Not knowing what to expect, approximately 14 local service members nervously made their way up a staircase to a classroom filled with curious Japanese children awaiting their arrival.

The children's eyes widened in amazement as the service members timidly stepped into the room and took their seats.

Although some of the children shyly hid and peeked from behind their classmates as they sat facing the group of Marines and sailors, the children were about to prove they were less timid than the service members.

Station service members visited Marifu Hoikuen, a Japanese kindergarten school in downtown Iwakuni Feb. 18.

The visiting service members spent the morning teaching the children how to count in English

through dancing and games.

"I think the event brings children a great opportunity to get familiar with the English language," said Teako Sakai, Marifu Hoikuen principal. "It's not a typical table-top study. Kids are getting English through play in a natural way. I think it is a wonderful thing."

Sakai said she believed the event was also a good thing for the service members to experience.

"I think this is the beginning of a cultural exchange," said Sakai. "Marines can see the culture first-hand with (their) own eyes."

Before the service members began to teach and play with the children, the Marines and sailors nervously sat in their chairs looking across the room at the kneeling children staring back at them with curious eyes.

"I was nervous," said Pfc. Eboni Waiters, a Marine Aircraft Group 12 warehouse clerk. "I was like

"Ooh, they're all staring at me."

The service members looked about them in amazement as the children stood up and ran to them after the classroom teacher announced it was time to dance and play a game.

Waiters said it was nothing like she expected. "I didn't expect them to be so open," she added.

The laughing children pulled the Marines and sailors by the hand as they created a big circle in the classroom. The service members began to have fun as children's music started to play and they marched in a circle hand-in-hand with the children.

As soon as the music stopped, the teacher yelled out an English number and the children scuttled about pulling the laughing service members behind them to get into groups with people equaling the number that was called out.

The Marines and sailors helped the children count in English the

number of people they needed in their group.

"It was real fun. It was lots of fun," said Waiters. "Getting to see the kids' expressions and to see how quickly they learned the numbers and how excited they were to see us - it was the best."

As the service members began to feel more at ease, they began to scoop up the laughing children in their arms holding them flailing and giggling in the air.

The children excitedly swarmed the service members, wanting to be lifted up and tiring the laughing Marines and sailors.

"All in all it was great," said Waiters. "I had a really great experience."

Winded and tired, the service members handed out candy to the children before they left, thanking them for the fun.

"(The experience has) opened my eyes a lot more," said Waiters. "The thing I'll remember the most is their smiles."

MARDI GRAS IWAKUNI STYLE



A feathered mask is displayed before the Mardi Gras celebration held at the Club Iwakuni ball room here Feb. 20. The club provided hip-hop and Latin music along with a live band that played until 11 p.m.

Iwakuni station members celebrate Mardi Gras 2010

STORY AND PHOTOS BY
LANCE CPL. MIRANDA BLACKBURN
IWAKUNI APPROACH STAFF

Mardi Gras, which refers to the events of carnival celebrations before Ash Wednesday varies from city to city. The festival's popular practices include wearing masks and costumes, sports events and parades.

For Iwakuni, the evening's festivities started with extravagant make-up, fake eyelashes, colorful outfits, metallic pumps, and feathered masks. Men dressed to impress or threw on a jersey to represent their favorite football teams. For one night, station members got to dress up, put on a mask and be someone else, and they came together to

celebrate the New Orleans' tradition of Mardi Gras at Club Iwakuni here Feb. 20.

"How do I look?" said Lance Cpl. Mornic Davis as she prepared for the celebration.

Her dress was purple and yellow, traditional Mardi Gras colors, which she wore with black leggings, silver stiletto pumps and a matching silver mask.

A few moments later a group of Marines piled into a cab and headed to the club.

There they would find purple, yellow, and green bead necklaces, feathered masks and balloons that adorned both the landing zone and the ball room.

"There's a little something for everyone," said Lance Cpl. Dameli Cordero. "They've got hip-hop in one room, Latin music in one and

a live band in the other."

Along with the variety of music, Club Iwakuni also provided guests with free popcorn, snack food, and dessert.

By midnight, the dance floors were packed with little room to move while people of all ages showed off their dancing skills ranging from break dancing to salsa and bachata.

"I love to dance," said Lance Cpl. Hewan Musie. "Tonight has been a lot of fun. For the most part, I stay on the Latin side, but it's nice to have the option of checking out the other rooms to see what going on over there."

Throughout the night, station members didn't slow down for a second. They kept up the dancing and didn't miss a beat until around 2 a.m. when the festivities secured.



Station members show off their dance moves and Mardi Gras style during the Mardi Gras celebration held at the Club Iwakuni ball room here Feb. 20. Throughout the night, station members showed off their dance skills ranging from break dancing to salsa and bachata. The festival varies from city to city, and popular practices include wearing masks, costumes, overturning social conventions, sports events and parades.

DOLL FESTIVAL



LANCE CPL. JENNIFER PIRANTE

Kikuko Shinjo, caretaker at the Iwakuni Youth Hostel, shared laughs with the small class as she gave a brief history lesson about the Hina Dolls and their significance to Japanese culture Feb. 16. Most households annually display hina-ningyo, which are special dolls or sets of dolls staged upon a red-carpeted stand with five or seven steps, during the birth or celebration of a young girl.

American civilians get a taste of Japanese culture

LANCE CPL. JENNIFER PIRANTE
IWAKUNI APPROACH STAFF

Local civilians and service members were given the chance to participate in various Japanese cultural activities such as Origami, sushi making, dressing in kimono and history lessons at the Iwakuni Youth Hostel Feb. 16 in preparation for the upcoming Hinamatsuri Doll's Festival celebrated March 3 annually throughout Japan.

The Hinamatsuri Doll's Festival is a celebration that celebrates the lives of Japanese girls during the peach blossom season, which is why it is also known as 'Momo no sekki (Peach Festival)'.

"It is to pray for the girl's health, future, good luck and life," said Kikuko Shinjo, caretaker and volunteer leader at the youth hostel. "If a family has a baby girl, the parents will also present the girl with a doll."

Most households annually display hina-ningyo, which are special dolls or sets of dolls staged upon a red-carpeted stand with five or seven steps, during the birth or celebration of a young girl.

Some houses will pass down the grandmother's doll, and other houses will have individual dolls for each generation of girl, Shinjo said. It is a very special tradition.

The first part of the class consisted of a lesson in origami, which is the traditional Japanese art of folding paper geometrically in order to form intricate shapes and designs. "Because we have the Hina Doll Festival coming up, I thought it would be nice to make dolls," said Shinjo.

For lunch, the class participated in making a special meal known to the local area called Iwakuni sushi.

Iwakuni sushi (lord's sushi) is a square, layered rice dish made by boiling rice and molding it with a wooden box.

Unlike rolled sushi, it is pressed and topped with eggs, chrysanthemum pedals, lotus root and mackerel.

"It was started from Lord Kiku's lunch box sushi," said Akie Fujimoto, with cultural adaptation program here.

"So, it's only from this area."

As an extra culture shock, Shinjo explained the significance of the kimono to Japanese culture and allowed the group to try them on.

Kimono are long colorful gowns worn by Japanese women during special ceremonies and parties.

"A kimono is a traditional wedding gown for Japanese," said Shinjo.

The gowns with longer sleeves are for the unmarried women and then cut after a woman is married.

There is a great expectation for women to get married in Japan, said Fujimoto.

I would like everyone to know about at least one part of Japanese culture, said Shinjo. The purpose of the class is to expose people to a little bit of this culture.

For additional information about upcoming classes or events hosted by the Cultural Adaptation Program, visit building 411, room 101 or call 253-6165.

For additional information about how to experience the Hina Doll Festival in the local areas of Iwakuni or Miyajima, call Information and Referral at 253-4197.



LANCE CPL. JENNIFER PIRANTE

Piper Carlson (left) and Marcy Pearson (right) dress in Kimono during a cultural adaptivity class at the Iwakuni Youth Hostel Feb. 16. "A kimono is a traditional wedding gown for Japanese."



LANCE CPL. JENNIFER PIRANTE

Analia Matsukami (left) and Amalia Murakami (right) dress in Kimono during a cultural adaptivity class at the Iwakuni Youth Hostel Feb. 16. "A kimono is a traditional wedding gown for Japanese," said Shinjo



LANCE CPL. JENNIFER PIRANTE

Kikuko Shinjo, caretaker at the Iwakuni Youth Hostel, assists Almar Reinoso (right) and Cindy Jeffords (left) in showing the class how to make Iwakuni Sushi Feb. 16.



LANCE CPL. JENNIFER PIRANTE

Kikuko Shinjo, caretaker at the Iwakuni Youth Hostel, assists Laura Reed (right) and Marcy Pearson (left) in showing the class how to make Iwakuni Sushi Feb. 16.



LANCE CPL. JENNIFER PIRANTE

The Hinamatsuri Doll's Festival is a celebration throughout Japan that celebrates the lives of Japanese girls on March 3 during the peach blossom season, which is why it is also known as "Momo no sekki (Peach Festival)". "It's to pray for the girl's health, future, good luck and life," said Kikuko Shinjo, caretaker and volunteer leader at the youth hostel.

CORPS NEWS

HIGHLIGHTING MARINES AND SAILORS AROUND THE GLOBE



CAMP LEATHERNECK, Afghanistan — Marines from 3rd Reconnaissance Battalion, Marine Expeditionary Brigade-Afghanistan, squeeze into the back of an MV-22 Osprey from Marine Medium Tiltrotor Squadron 261, Marine Aircraft Group 40, Marine Expeditionary Brigade-Afghanistan, for an insert into Marjah, Feb. 19. The insert allowed these Marines to provide relief to an infantry battalion that was engaged in a fierce firefight.

NIGHT VISION



CAMP LEATHERNECK, Afghanistan — Marines from 3rd Reconnaissance Battalion, Marine Expeditionary Brigade-Afghanistan, make their way toward three MV-22 Ospreys from Marine Medium Tiltrotor Squadron 261, Marine Aircraft Group 40, MEB-Afghanistan, that will insert them into Marjah to help provide relief to an infantry battalion that had been engaged in a heavy firefight, Feb. 19.



CAMP LEATHERNECK, Afghanistan — Sgt. Juri Theodore (left) speaks with Staff Sgt. Nicholas McCulloch, both are MV-22 Osprey crew chiefs with Marine Medium Tiltrotor Squadron 261, Marine Aircraft Group 40, Marine Expeditionary Brigade-Afghanistan, after inserting the first of two waves of Marines into Marjah, Feb. 19. This insert was to provide relief to an infantry battalion that was engaged in a firefight most of the day.

Marine Medium Tiltrotor Squadron 261 inserts troops into Marjah

LANCE CPL. SAMUEL NASSO
MARINE AIRCRAFT GROUP 40

CAMP LEATHERNECK, Afghanistan — Three MV-22 Ospreys from Marine Medium Tiltrotor Squadron 261, Marine Aircraft Group 40, Marine Expeditionary Brigade-Afghanistan, transported a raid force into an area of Marjah in support of Operation Moshtarak, Feb. 19.

This was the first time the Osprey was used for an insert since the operation began six days ago.

"The mission was successful," said Maj. Stephen Conley, the aircraft commander for one of the Ospreys that participated in the mission. "It was a great use of our assets. We transported a good amount of Marines in a relatively short period of time."

The Osprey has provided increased flexibility to commanders due to its ability to fly further and faster than a traditional helicopter. Additionally, the Osprey can rotate its rotors to vertically take-off and land like a helicopter. "We shrink the battle space," said Conley. "We can go deep into the area of operation because of our speed."

When Regimental Combat Team 7, MEB-A, needed to provide relief to an infantry battalion that was engaged in a fierce firefight, a request was sent to MAG-40 to begin planning the insert of Marines from 3rd Reconnaissance Battalion, MEB-Afghanistan, into Marjah.

This was an immediate request requiring many various aviation assets, according to Lt. Col. Thomas Gore, the future operations officer for MAG-40.

As of Feb. 13, MEB-Afghanistan has been

using ground forces in conjunction with available aviation assets to clear enemy forces from the city of Marjah and maintain control of those areas.

In addition to the Osprey, the insert was supported by other MAG-40 assets, to include KC-130 "Hercules" from Marine Aerial Refueler Transport Squadron 352, providing battlefield illumination and Marine Attack Squadron 231 used AV-8B "Harriers" for overwatch and close air support once the Marines were on the ground. The Ospreys were escorted by AH-1W "Super Cobra" helicopters from Marine Light Attack Helicopter Squadron 367.

This was not the first time the Osprey participated in an insert of ground forces. During Operation Cobra's Anger in December 2009, the Osprey was one of the primary aircraft used to insert troops. Since then, the Osprey has provided assault support throughout the area of operations.

As many aviation Marines see it, their mission is simply to support the Marines on the ground in any facet they are tasked with.

"Every day, I have the honor of keeping Marines on the ground safe by providing support from overhead," said Staff Sgt. Nicholas McCulloch, a weapons and tactics instructor for VMM-261. "We work long hours and work real hard toward mission accomplishment and get as many Marines home as we can."

By the end of the mission, Feb. 19, the three Ospreys had inserted two waves of Marines into Marjah. As RCT-7 continues to confront enemy forces, the speed of this aircraft will give commanders more flexibility to resupply the Marines on the ground and reinforce units, providing critical support to the fight.

COMMUNITY BRIEFS

Built to Last

Pastor Wendall and Karen Ward will be here to instruct married couples, engaged couples and couples thinking about marriage on how to reignite their flame. For further details and to sign up, please contact the Marine Memorial Chapel at 253-3371.

UMUC Spring Session II

Register for Spring Session II classes with the University of Maryland University College, located in Bldg. 411, room 110. Registration dates are from now until Mar. 22 and sessions will start Mar. 22 - May 16. For more information, contact your local field representative at 253-3392.

The Biggest Saver Coupon Contest

Until April 30, come

by Marine and Family Services, Bldg. 411, room 201 and pick up your coupon packets. Use them to save money off your grocery bill. Save your receipts, put your name and phone number on the back and turn them into the Personal Financial Management Office. The person that saves the most will win an hour long massage. If you have questions, please call the Personal Finance Manager, Bonnie Lewis, at 253-6250.

Free Child Development Screening

Educational and Developmental Intervention Services will be holding a free child development screening for children 4-60 months on March 10 and 11 at MC Perry Elementary School. For more information, call EDIS at 253-4562.

IT&T Service for Snow Days

As long as the expressway is open, the Marine Corps Community Services shuttle bus service remains the same as normal. If the expressway is closed, the service will be cancelled and 100 percent will be refunded. Customers also need to bring in their luggage three days prior to flight day for luggage delivery service to the airport. For more information, call 253-4377.

Hornet's Nest Renovations

The Hornet's Nest is currently undergoing renovations scheduled to be completed June 2010. The recreational areas will be under renovation until March 1. The gym area will be closed March 1 - June 1. The Cyber Café will remain open 24 hours a day, seven days a week during the renovations. Single

Marine Program trips will continue and can be paid for in the Cyber Café or the Marine Lounge. For more information, contact Jay Stovall at 253-3585.

Dental Assisting Training Program

The American Red Cross is offering a Dental Assisting Training Program. For information or requirements, call 253-4525 or email iwakuni@usa.redcross.org.

Birthday Break

The birthday break is an ongoing promotion held every Friday at 9:15 a.m. on Power 1575 radio. Just visit www.mccsiwakuni.com/birthdaycake, fill out the form and let Power 1575 and MCCS take care of the rest.

Youth & Teens Lego Robotics Club

Club runs 12:30 - 2:30 p.m. Saturdays. Open to youth ages 10 - 15. Build and program "Robots" that obey your every command! For more information, contact the Youth & Teen Center at 253-5549.

Iwakuni Teens

Join us for Club Beyond every Tuesday night. Enjoy games, music, food and fun plus a short Bible lesson. Club Beyond is held in Yujo Hall, between the chapel and thrift shop, 6:30 - 8:00 p.m. every Tuesday. For more information, call the chapel at 253-3371 or call John at 080-4177-2060.

Ice Hockey

Two local ice hockey teams are now inviting players. For more information on the Yamaguchi Ice Hockey Club, e-mail macky4899@yahoo.co.jp. For more information on the Hiroshima Collectors, e-mail morimoto.ry@mazda.co.jp.

To submit an event, automobile, item or job ad request, please send an e-mail to iwakuni.pao@usmc.mil. Please include a contact name, at least one phone number and the information you would like published. Alternatively, you may submit in person at the Public Affairs Office, Building 1, Room 216.

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
Wednesday 6 p.m. Inquiry Class for adults

Protestant
Saturday 9:30 a.m. Seventh-Day Adventist Sabbath School
11 a.m. Seventh-Day Adventist Divine Worship
Sunday 9:30 a.m. Sunday School, Adult Bible Fellowship
10:30 a.m. Protestant Service
11 a.m. Children's Church
Wednesday 6 p.m. Awana (Bldg. 1104)
6:15 p.m. Adult Bible Study (Capodanno Hall Chapel)

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

Latter Day Saints
Weekdays 6:30 a.m. Youth 12-17 Activities

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
• Parent Support Group
Call 080-4177-2060 or e-mail jletaw@ClubBeyond.org.

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

AD request submission deadline changes

Effective March 1, the deadline for all classified and community brief submissions will change from Tuesday to Friday. All ads submitted for publication before end of business Friday will be printed on the Friday of the following week. Ads will be published on a space-available basis.

M	T	W	T	F
			SUBMIT	→ DEADLINE
M	T	W	T	F
				PUBLICATION DAY

SAKURA THEATER

Friday, February 26, 2010
7 p.m. Nine (PG-13)
10 p.m. The Wolfman (R)
Premiere

4 p.m. Percy Jackson and the Olympians: The Lightning Thief (PG)
7 p.m. The Wolfman (R)

Saturday, February 27, 2010
1 p.m. Percy Jackson and the Olympians: The Lightning Thief (PG)
Premiere
4 p.m. Leap Year (PG)
Premiere
7 p.m. Valentine's Day (PG-13)
10 p.m. The Book of Eli (R)

Monday, March 1, 2010
7 p.m. Sherlock Holmes (PG-13)

Tuesday, March 2, 2010
7 p.m. Did You Hear About the Morgans? (PG-13)

Wednesday, March 3, 2010
7 p.m. The Book of Eli (R)

Sunday, February 28, 2010
1 p.m. Leap Year (PG)
Premiere

Thursday, March 4, 2010
7 p.m. Avatar (R)
Last Showing

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 \$2.50/ Ages 6-11 are \$1/ Children ages 5 and under admitted free. For more information, visit www.mccsiwakuni.com or call 253-5291.

CLASSIFIEDS

Automobiles

2000 Mitsubishi Dion
JCI until July 2011. Only \$3000. For more information call 253-2875.

1994 Nissan Laurel
One year JCI. \$1500 OBO. For more information call 253-6545 (work) or 253-2028 (home).

1992 Toyota Lite Ace
4 cylinder, 5 speed. Great truck for the outdoorsman, fishing or camping. Easy on gas. 10 disc CD changer/player. Asking \$2100. For more information, call 253-2953.

Mess Hall Menu

Monday

Bean with bacon soup, shrimp gumbo soup, savory baked chicken, oven roast beef, oven brown potatoes, tossed green rice, succotash, green beans and mushrooms, brown gravy, dinner rolls, potato salad, cucumber and onion salad, peanut butter brownies, double layer marble cake, butter cream frosting, banana cream pudding.
Specialty Bar: Pasta

Tuesday

Tomato soup, vegetable soup, turkey pot pie, Salisbury steak, mashed potatoes, tangy spinach, steamed cauliflower, buttered noodles, brown gravy, dinner rolls, country style tomato salads, cherry pie, Boston cream pie, oatmeal raisin cookies.
Specialty Bar: Taco

Wednesday

French onion soup, cream of broccoli soup, Caribbean chicken breast, beef cordon bleu, O'Brien potatoes, chicken gravy, Creole green beans, savory summer squash, dinner rolls, cabbage, apple, and celery, three bean salad, chocolate chip cookies, Dutch apple pie, Devil's food cake.
Specialty Bar: Barbeque

Thursday

Manhattan clam chowder, split pea soup, Cantonese ribs, turkey curry, steamed rice, macaroni and cheese, Southern style green beans, corn on the cob, dinner rolls, macaroni salad, mixed fruit salad, sugar cookies, German chocolate cake, whipped topping, banana cream pie.
Specialty Bar: Deli sandwich

Friday

Chicken noodle soup, cream of mushroom soup, baked fish, Yankee pot roast, home gried potatoes, steamed rice, calico corn, simmered white beans, vegetable gravy, dinner rolls, potato salad, country style tomato salad, coconut rasin drop cookies, double layer Florida lemon cake, butter cream frosting, chocolate cream pie.
Specialty Bar: Mongolian

080-3439-0985 or 080-3439-0984 after 4:30 p.m. Mon. - Fri.

1998 Nissan Skyline R34GT
JCI until Nov. 2011. Runs great, has 120,000 km or about 74,000 miles on it. 5 speed manual. Need to sell by April. Tons of extras included. Asking \$8,000. For more information, call 253-6722 (home) 080-4262-8077 (cell) or email vince.topolski@usmc.mil or skyline.1998@yahoo.com.

1993 Honda Van

A plate model, maintained regularly, new brakes, winterized. JCI until April 2011. Asking \$1,500.
For more information, contact Sean at 253-2291 (home) or 253-6242 (work).

Schwin limited edition West Coast Chopper
Fat back tire "Stingray." \$75. For more information, contact Harley at 253-2291 (home).

Miscellaneous

Baby Items for Sale

Evenflo Supersaucer Bouncer - \$15
Safety 1st Bath Center - NEW \$5 / USED \$3
First Years Spinning Dry Rack - \$3
Boy's Clothing - SIZE 3-12 MOS
Snughug Head Support for baby (NEW) - \$1
Nursing Cover - \$3
Nursing Pads - \$3
Dr. Brown's Bottle & Nipple Replacements (NEW) - \$3
Little Tikes Mulching Mower toy - \$5
If interested, please call 253-2735 or 080-3172-7210.

Jobs

NMCRS Volunteer Opportunities

Every day sailors, Marines and their families

come to the Navy-Marine Corps Relief Society in emergencies. Be that friendly person who lets them know they've come to the right place. Client Services Assistants volunteers greet clients and guide them through the initial intake process. To apply for this opportunity, call 253-5311.

Career Transition Trainer

Inverness Technologies is seeking part time career transition trainer at MCAS Iwakuni. Will perform 1-2 workshops/month helping military members transition into civilian workforce. Some travel required. Must know U.S. job market & have experience in job search techniques. Experience in military and training, career counseling and/or HR desired. Training topics include: skill assessment, resume preparation, interview skills, job searching, etc. Send cover letter & resume: fax: 703-448-3075 or careers@invernesstechnologies.com.

Dental Assistants

The dental clinic is seeking two motivated dental assistants for a great opportunity in dental healthcare services. For more information please stop by the Dental Clinic, Building 111 or call 253-5252 or 253-3331 to speak with HM1 Taft or HMC Cadavos.

Youth Sports Basketball Season Needs 28 Coaches

Looking for 10 coaches to teach children 3-4 years old, 8 coaches to teach children 5-6 years old and 10 coaches to teach children 7-9 years old. Period of time: Mar. 6 - Apr. 17. For more information, contact Naomi Higashi at 253-5777.

Choctaw Management Administrative Assistant

A part-time position is open to a qualified applicant. Must have a high school diploma or equivalent with secretarial, teaching, administrative/business office experience or education. Experience in healthcare, knowledge and experience with IBM compatible computers, Word, Excel and/or Access databases is desirable. The ability to type 40 words per minute is required. If interested, submit resume and cover letter to virginia.johnson.ctr@misawa.af.mil or fax 226-5596 no later than March 1.

GOKUKAN RUN



Runners dash forward at the beginning of the Gokukan Run on the sea wall here Feb. 19. The run is designed to test runners mentally and physically as they brave the cold weather. The day of the run temperatures dipped below 40 degrees Fahrenheit. Trophies provided by Marine Corps Community Services were awarded to the top three competitors in each of the five age/gender categories.

Runners compete in cold weather for top trophies

LANCE CPL. CHRIS KUTLESA
IWAKUNI APPROACH STAFF

Those who are going outside would most likely put on a jacket, so why are some people behind the IronWorks Gym wearing short-shorts and small T-shirts?

Civilians and service members participated in Gokukan Run on the sea wall Feb. 19.

This is the third year that the IronWorks Gym has hosted the Gokukan Run.

According to Darci Kruse, the athletic director at IronWorks Gym, Gokukan means coldest day of the year.

The run's name held to its

promise with temperatures dipping down to below 40 degrees Fahrenheit.

Nearly 30 people participated in the 5K run that was open to everyone on the station, including Japanese and civilians.

"It's really, really cold out here, so we are all kind of suffering together," said Kruse. "This run is a fun way to get different kinds of people together to compete."

Tadamasa "Turbo" Uemura, the recreation specialist at IronWorks Gym and one of the run's main organizers hinted at the Gokukan Run's mental and physical challenges.

"To participate in a run like this

you have to have a lot of heart and mind," said Uemura. "Cold temperatures affect the way you run, so you kind of have to dig deep and get that mighty devil dog ooh rah spirit."

Uemura has ran the Gokukan run before, but this year he decided to steer clear of the chilly run by wrapping himself up in a large coat and pass out the Gokukan trophies instead.

Trophies provided by Marine Corps Community Services were given out for three places in five different age/gender groups.

The first places in each category are as follows:

Mens 29 years and under - Robinson Teran.

Mens 30-49 years old - Ken Mimplitsch.

Mens 50 years and over - Higuchi Mamoru.

Womens 34 years and under - Tonya Curlee.

Womens 35 years and over - Vickie Feyedelem.

"Everyone seemed to really bare the cold," said Kruse. "They had fun with it. Everyone was really there for the fun of it and to get out there with the other runners."

The Gokukan Run is scheduled to kick off again next year, but in the meantime those who are interested in participating in future runs can contact Semper Fit at 253-5654.

Station members learn to dine like diplomats



Dave Garber, the station protocol officer, gives instruction on dining etiquette to a group of community members who attended the Dine Like a Diplomat instructional class at the Talbot dining room here Feb. 19. Local community members attended to learn the proper way to seat themselves at a table, how to use a knife and fork and how to conduct themselves in a formal setting.



Runners huddle for a group photo in front of the sea wall here Feb. 19. Most of the runners bundled up for the chilly weather, while some braved the cold weather in shorts and a T-shirt. Nearly 30 people participated in the 5K run that was open to everyone on the station. Trophies provided by Marine Corps Community Services were awarded to the top three competitors in each of the five age/gender categories.



GRAND OPENING!!

MARCH 1, 10 a.m.

Library, Bldg. 411, 3rd Floor



HOURS OF OPERATION

Monday.....9 a.m. - 1 p.m. & 3 p.m. - 9 p.m.

Tuesday.....9 a.m. - 6 p.m.

Wednesday.....9 a.m. - 9 p.m.

Thursday.....9 a.m. - 6 p.m.

Friday.....9 a.m. - 8 p.m.

Saturday.....8:30 a.m. - 5 p.m.

Sunday.....8:30 a.m. - 5 p.m.

FREE communication with your loved ones in a semi-private setting.
 Five laptops available with all the accessories needed to talk "live" with those far away.
 To make your video chatting even more special, you are able to see your loved one on a large screen TV while relaxing on a couch or lounge chairs (must be reserved).

For Details - MCFTB: 253-3542
 For Reservations - Library: 253-3078

