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NEWS

FEATURE

THE IWAKUNI APPROACH

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Marines land in land down under, kick-off SF 2010

LANCE CPL. JENNIFER PIRANTE
IWAKUNI APPROACH STAFF

ROYAL AUSTRALIAN AIR FORCE BASE TINDAL, Australia - More than 300 Marines migrated toward the outback for exercise Southern Frontier at Royal Australian Air Force Base Tindal, Australia, last week.

Southern Frontier is an annual, bilateral training exercise hosted by the RAAF to afford Marine Aircraft Group 12 Hornet squadrons the opportunity to focus on offensive air support training in order to improve squadron readiness.

Marine All-Weather Fighter Attack Squadron 224 has been provided with the high quality venue of the Delamere Bombing Range, south of Katherine, Australia, to develop multilateral interoperability and coalition procedures in air power missions.

"It's a great training area," said Maj. Patrick Fitzgerald, executive officer of VMFA(AW)-224. "There are fantastic air and ground ranges. This time of year, there's fantastic weather. It's all conducive to the best training we can receive while we are here."

SEE FRONTIER ON PAGE 3

Women carry on traditions of equality

LANCE CPL. JENNIFER PIRANTE
IWAKUNI APPROACH STAFF

The effort began in 1848 when the world's first women's rights convention was held in Seneca Falls, N.Y.

The effort continued in 1920 when the 19th Amendment to the Constitution was passed, which allowed women the right to vote.

In 1948, a full century after the first convention, the U.S. enacted the Women's Armed Services Integration Act, which enabled women to serve as uniform, customary members of the military.

SEE EQUALITY ON PAGE 3

CLC-36 gets new commanding officer

CPL. SALVADOR MORENO
IWAKUNI APPROACH STAFF

Maj. Dustin R. Thorn relinquished his command of Combat Logistics Company 36 to Maj. Andres Caceres-Solari during a change-of-command ceremony here Aug. 25.

Change-of-command ceremonies are a time-honored tradition that formally state to the members of the command the continuity of the authority of command. It is a total transfer of responsibility, authority and accountability from one Marine officer to another.

The ceremony was the second change-of-command ceremony for CLC-36 this year. The first was when Thorn assumed command from Maj. James S. Whiteker June 22.

Thorn performed his duties and responsibilities at the highest level during his few months as commanding officer here.

Caceres-Solari, as the new commanding officer, marks a new day for CLC-36.

"I will maintain the excellence of logistics and the excellence in community service this unit maintains," said Caceres-Solari.

He was commissioned as a second lieutenant in May 1998.

In May 2000 He was assigned as the motor transport platoon commander of Marine Air Control Squadron 1.

Caceres-Solari obtained his Master's in Business Administration in that timeframe from Webster University.

He became the commander of Combat Service Support Detachment 33 for 1st Battalion, 3rd Marines.

In September 2004 Caceres-Solari was deployed to Iraq and was assigned under the newly

SEE CHANGE ON PAGE 3



SGT. RICARDO GOMEZ

Maj. Dustin R. Thorn, right, passes the guidon signifying the passing of command to Maj. Andres Caceres-Solari during the Combat Logistics Company 36 change-of-command ceremony here Aug. 25. Change-of-command ceremonies are a time honored tradition, which formally states to the members of the command the continuity of the authority of command.

Finally, in 1971, the U.S. Congress approved a joint resolution to designate Aug. 26 as Women's Equality Day to call attention to the continuing efforts toward full equality of women in organizations, activities and workplaces.

Women Headquarters and Headquarters Squadron Marines and sailors took on the task of continuing the effort to encourage and promote women's equality within H&HS here Aug. 26.

Selected junior Marines and sailors were designated to fill top billets within the H&HS chain



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CHAPLAIN'S CORNER

'Stuff: What it's really worth'

LT. D. ANTHONY BAKER
MWSS-171 CHAPLAIN

Silence in my house means there is a problem.

With three boys, all 5 years old and younger, the absence of sound indicates one of two things: Either there is a conspiracy in the works or somebody is unconscious.

Since none of my children have lost consciousness during my tenure as a parent, it is natural to assume trouble is afoot when it is all quiet in the other room where my children play.

It just so happened one particular afternoon the children were playing in the spare bedroom that serves as our home office/study.

As I entered the study, the file cabinet was open, children's books were all over the floor, my desk had been rifled through, and there was a blanket draped from the desk, to the open file cabinet, to a cymbal on my drum set.

Giggles could be heard from underneath the blanket.

When I asked the question, which often goes unanswered, "Boys, what are you up to?" My oldest son said, "Daddy, we built a fort."

I shrugged my shoulders and responded how any other dad would, "Oh, it looks great. Good job, buddy."

My son did not say anything, but I could hear the sound of pages flipping from under the blanket as he continued about his business.

Now, I must admit that I have not always reacted this way.

It is more within my nature to get upset that the children had complete disregard for my desk, the file cabinet containing all of our important documents and my prized drum set.

But, having children has changed my perspective on how I view my stuff and possessions in general.

I remember when I was a single Marine. My entire paycheck went to me alone and, consequently, I had nice stuff.

I had brand-name clothes, a new Chevy pick-up truck and I would buy whatever I wanted with my money. Actually, it was quite nice now that I think about it a little bit (sigh).

To my children, there is no such thing as nice stuff or brand-name things. My boys would just as easily use a piece of cardboard to drive their trucks over as my Apple Macbook computer.

They would just as easily flush my Oakley sunglasses down the toilet as a piece of used toilet paper.

In actuality, children treat things as they actually are rather than the false value that we give

to our stuff.

In the process of teaching my children about respecting property and other people's stuff, my children have taught me a thing or two about the value I give to my possessions.

I have found I give way too much value to stuff that has no lasting significance whatsoever.

I recognize the need for balance.

If my children had complete reign of the house, my walls from three-feet high to the floor would be decorated with magic marker. There would be empty Cheez-It boxes and crumbs from the floor from a kitchen assault.

The bathtub would be overflowing with suds and water from a still-running faucet.

At the other end of the spectrum would be putting plastic covers on all the furniture, carpets, counter tops, electronics and beds to make sure your stuff is protected.

Be very careful though.

Should you forget to dry yourself completely when getting out of the shower, that plastic becomes a slip-and-slide as soon as the first drop of water hits it. If you went to get into the bed with any momentum, you might just slide all the way across the bed and onto the plastic covered floor.

The important thing to keep in mind is that stuff is just stuff.

You cannot take it with you and it is not going to last forever.

Relationships with our loved ones and how we treat others is always much more important in the long run.

God bless you and your family.

PROMOTIONS

MAG-12

Lance Cpl.
Chatman Jr., William A.
Cieza Jr., Wilfredo
Granados, Jesus A.
Hernandez Jr., Alberto
Host, Zachary C.
McGhee, Richard J.

MALS-12

Lance Cpl.
Christensen, Patrick E.
Garcia, Ilene R.
Moore, John A.
Vasquez, Jose R.
Cpl.
Blake, Presaunt A.
Cintron Jr., Luis E.
Entel, Alexander S.
Green, Shaun N.
Tremont, Joseph G.
Sgt.
Rogers, Brandon T.
Gunnery Sgt.
Walters, Christopher D.

VMFA(AW)-242

Lance Cpl.
Hutchinson, David M.
Leyva, Jaime G.

H&HS

Pfc.
Ragin, Jonathan A.
Lance Cpl.
Ahles, Jenna M.
Bascom, Randy E.
Biddle, Justin M.
Forehand, Jeremy D.
Graciano III, Jose A.
Hinkle, Eric C.
Johnson, Byron D.
Killingback, Rochelle A.
Kobus, Matthew P.
Martinez, Roberto
Orth, Anthony D.
Quarantaparker, Bryan I.
Richards, Nicholas A.
Wall, Katie M.
Wong, Vincent H.
Cpl.
Payne, Shanaya E.
Master Sgt.
Horn, Michael D.

CLC-36

Lance Cpl.
Operle, Samuel L.
Rollison, Dominique R.
Cpl.
Torres, Raul

MWSS-171

Lance Cpl.
Butler, Fatimah R.
Civin, Gregory J.
Clark, Kyle C.
Garrett, Jared A.
Juarez Jr., Franklin P.
Madden III, John R.
Mason, Markeith L.
Pino, Dion L.
Shaver, Matthew R.
Trend, Thomas M.
Velazquezhernandez, Castulo
Cpl.
Garcia, Valerie
Ruffin, Xavier T.
Gunnery Sgt.
Gunn, Anthony J.

Detachment B

Lance Cpl.
Marts, Stephen J.
Smith, Jessica T.
Master Sgt.
Harris, Michael J.

E
P
T
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M
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R

Marines set out to light up outback ... with bombs

FRONTIER FROM PAGE 1

Training will include forward air control, close-air support, armed reconnaissance, low-altitude tactics and tactical airborne reconnaissance over the next few weeks.

"Our focus is going to be mainly on close-air and ground support," said Fitzgerald. "We will be talking to the guys on the deck and we will be supporting them as they control our aviation fires. The training is all going to be integrated at the same time so that all personnel can benefit from the training."

VMFA(AW)-224 arrived at RAAF Base Tindal as part of the Unit Deployment Program, established to allow Marine Corps squadrons to deploy throughout the Western Pacific region in order to develop operational skills in forward deployed environments and form relationships with cultures within those regions.

With the support of MAG-12, Marine Wing Support Squadron 171 and Marine Aviation Logistics Squadron 12, VMFA(AW)-224 will be ready to enhance readiness and joint interoperability between U.S. forces, allies and partners.

"Our job will be to provide support



Marines of Marine All-Weather Fighter Attack Squadron 224 board an aircraft headed for exercise Southern Frontier at Royal Australian Air Force Base Tindal, Australia, Aug. 27. The purpose of the exercise is to conduct integrated expeditionary operations in a forward deployed environment, strengthen squadron cohesion and promote international relationships between U.S. and Australian forces.

equipment and maintenance for gear," said Cpl. Alexander McIntyre, ground support equipment mechanic with MALS-12. "If something breaks, we are here to try to fix it and get the birds back to the squadron."

Other Marine Corps units scheduled to participate in the exercise include the 5th Air Naval Gunfire Liason Company based at Camp Hanson in Okinawa, Japan and 3rd Marine Regiment, a unit based at Marine Corps Base Hawaii.

The 5th ANGLICO's mission will be to provide Marine Air Ground Task Force personnel with close air and fire support, observation and communication elements.

All participating units have much work to do as personnel work around the clock to set up networks, work space and coordinate procedures.

According to McIntyre, the hardest part is just getting settled in.

"There are always hardships with each deployment," he said. "Once we get here, we have to figure everything out and get an idea of what our capabilities are."

As VMFA(AW)-224 continued to receive supplies and personnel throughout the first week of arrival, the unit continued to look forward to carrying out Southern Frontier as a successful mission.

New commanding officer takes helm of CLC-36

CHANGE FROM PAGE 1

formed Iraqi Security Forces team, Multi-National Coalition Iraq.

In 2005 he reported as the operations officer for the Marine Expeditionary Unit Service Support Group 31, 31st MEU. In that time he deployed again in support of

Operation Enduring Freedom Philippines.

In June of 2006 he became the commander of Support Company, CLR 3, 3rd MLG. Prior to leaving Okinawa, he was assigned as the current operations officer for CLR-35.

From 2007 to 2008 he was a student in the School of International Graduate Studies at the Naval Postgraduate School, graduating

with a Master's in National Security (Southeast Asia).

His personal decorations include the Navy and Marine Corps Commendation Medal, the Joint Service Achievement Medal and the Navy and Marine Corps Achievement Medal.

Marines learn about, celebrate Women's Equality Day

EQUALITY FROM PAGE 1

of command, communicate, discuss issues, solve problems and carry out the plan of the day just as would be done on a normal day-to-day basis by the more senior Marines who currently hold those billets.

1st Lt. Katherine Kleess, financial management officer, ran the show as the H&HS commanding officer, a billet which holds significant responsibilities and ultimate authority of the unit.

"It's a flood of work," said Kleess. "It was difficult in learning how to communicate information to everyone on base."

Senior Chief Petty Officer Seon Wickham, logistics leading chief petty officer, took on the role of the executive officer of H&HS, tasked with the responsibility of coordinating procedures in concert with the command.

The women Marines and sailors soon realized there was more to running a command than

they might have thought.

"It was enlightening to fill those shoes," said Staff Sgt. Cavel Wallen, military justice chief designated to fill the role of the H&HS sergeant major. "It allowed the female Marines to see the bigger picture and what a command has to deal with on a daily basis."

Sgt. Tiffany Hernandez, noncommissioned officer in charge at the northside post office, fulfilled the role as the H&HS squadron gunnery sergeant.

"Being squadron gunnery sergeant for a day helped me better understand what goes on in a day-to-day basis with the command seats in H&HS," said Hernandez.

Each Marine assigned to a billet was given proper guidance, advice and a rundown on procedures for Women's Equality Day.

The Marines received an abundance of assistance and support from their male counterparts who made themselves available so the female Marines could need to carry out

the celebration and training.

"To have this type of training is outstanding," said Gunnery Sgt. James Berry. "I had a wonderful day."

Equal Opportunity Day concluded in a brief held for the women service members of H&HS. The purpose of the brief was to share a bit of the history of women's equal rights, historical figures and insight on how women can have a successful career in the military.

In closing, Gunnery Sgt. Maria Reed, equal opportunity advisor, asked the female Marines to keep a few questions in mind.

"What are you passionate about?" said Reed. "What do you believe in? What are you going to do about it, and most importantly, how are you going to do that?"

The Marines and sailors have taken steps to enhance equal opportunity programs for women, such as outreach programs, mentoring and activities to encourage women service members to build camaraderie.

Brothers reunite in land of rising sun

CPL. JOSEPH MARIANELLI
IWAKUNI APPROACH STAFF

Their mother was a stay-at-home mom raising three boys and their older sister in Hazen, North Dakota. Then their father picked-up and left.

Enduring this hardship, the family came together and grew stronger and closer than they ever had.

Unbeknownst to each other, two of the brothers signed their names on the proverbial dotted-line to go further from the support of their family than they ever had before.

After being apart for the better part of two years, Cpl. Andrew Barwick, at the time of interview a logs and records specialist with Marine All-Weather Fighter Attack Squadron 242, and Lance Cpl. James Barwick, an avionics technician with VMFA(AW)-121, were once again united in the land of the rising sun.

Besides the last name, on face there is virtually nothing to indicate these two are related.

Andrew Barwick, 26, talks slow and methodically to precisely communicate his points.

His responses to questions come off as a dialogue with himself as though he is logically rationalizing his answer as he goes along.

James Barwick, 20, is virtually the opposite. He speaks quickly and doesn't linger over the explanation.

Despite their age difference of six years, the core motivation for joining the Marine Corps seems very similar.

"I had looked at how I had spent my five years out of high school and I honestly wasn't too much farther ahead after five years than I had been right out of high school," said Andrew Barwick.

Andrew Barwick had vacillated between pursuing employment as a paralegal and doing construction work.

"I knew that even though the Marine Corps would ask for at least 4 years active ... that it would be 4 years that would give me a paycheck regardless, with full medical and dental and I would be able to get whatever education I wanted after the four years," said Andrew Barwick.

Ultimately unhappy with his progress, Andrew saw the Marine Corps as a way to get ahead both professionally and financially.

Although joining much earlier age wise, James Barwick had considered the military when he first entered high school.



CPL. JOSEPH MARIANELLI

Cpl. Andrew Barwick, an aircraft maintenance administration specialist, joined the Marine Corps at 23 years old and shipped out for the yellow footprints November 2007. He had been unsuccessfully attempting to pursue a career as a paralegal but kept ending up back in construction.

"I actually wanted to make an impact in the world that would be noticeable, and to actually feel like I've accomplished something purposeful with my life," said James Barwick.

The prospect of staying in Hazen simply wasn't enough for James Barwick.

"I've grown up in a small town and there aren't too many opportunities; there isn't much available," he said. "I didn't want my life to go away."

In a sense, both brothers realized they needed to do something more with their lives.

While college was a possibility for both, similar reasons held them back.

The straightforward answer was money, but Andrew Barwick clarified his rationale at length.

He said at the time he didn't know how to target his education for a career because he wasn't certain what he wanted to do and investing the time compounded the potential debt factor.

But despite their desires to make a change in their respective lives, neither was fully prepared for the separation the Marine Corps would ask of them.

"Two years doesn't seem like a long time until you get over here and you're separated from your family," said Andrew Barwick. "All of the sudden, two years went from not a lot of time to oh my God I can't believe it's taking this long to go by."

For him, this wasn't his first time away from home, but it was his first time so far away and for such a long time.

Since he did have time in the fleet prior to his brother, he passed on his revelation to James Barwick who chose to request a stateside duty station.

Even still, James Barwick was fresh out of high school and really hadn't been away from home.

"It's been actually very difficult



CPL. JOSEPH MARIANELLI

Lance Cpl. James Barwick, an avionics technician with Marine All-Weather Fighter Attack Squadron 121, entered the delayed entry program his junior year of high school and headed to boot camp July 2008. He wanted to make a difference and realized he would not be able to do that by staying in his hometown.

at times, especially joining immediately after high school and it being the first major time getting away from home for an extended period of time then to being basically almost permanently away from home with only occasional visits," said James Barwick.

In the end, despite the Marine Corps' demands, Andrew and James Barwick were able to

spend approximately three months together here.

"It's just the fact that we were close as a family anyway and to be able to spend time with someone like that; a lot of military people don't get that unless they're on leave and go home on leave," said Andrew Barwick.

Hopefully their paths will cross again during their service.

Spa services: Pamper yourself at IronWorks



LANCE CPL. MIRANDA BLACKBURN

The IronWorks Gym provides numerous spa services, including massages, facials, body wraps and scrubs. There are nine different massages offered, including the deep-tissue, Swedish, therapeutic, lymphatic, seitei, prenatal, sports, reflexology and hot stone. Wraps offered at the gym include the algae, green tea, grape herbal and mineral wraps.

LANCE CPL. MIRANDA BLACKBURN
IWAKUNI APPROACH STAFF

Soothing, natural sounds of trickling water, calming music and the comforting smells of mint and lavender fill the two spa treatment rooms at the IronWorks Gym.

It may not be located in one of the most beautiful areas in the world as many of the finest spa resorts are, but the IronWorks Spa Services does its job when it comes to creating a relaxing, stress free environment for station members to get pampered.

The IronWorks Gym provides numerous different spa services, including massages, facials, body wraps and scrubs.

"I think the most important thing is we're on a little base and this is one of the only things we have to offer that's kind of like being at home," said Brenda Valdez, massage therapist. "All of these Marines work so hard and their jobs are so stressful and then there are the spouses, who are trying to deal with being here. I just think it's a great thing that the station has to offer."

There are nine different massages offered.

Massages like the deep tissue, Swedish and therapeutic focus on realigning deeper layers of muscles and connective tissue and are especially helpful for chronically tense and contracted areas. They relieve mental

and physical fatigue, promote relaxation, relieve muscular aches and tension and improve circulation and flexibility.

The lymphatic massage stimulates the lymphatic system to improve metabolism, promotes the removal of bodily toxins and waste and encourage a healthy immune system.

Originating in Osaka, Japan, the seitei massage uses natural movements that work with the body's ability to correct and align injury sites and/or postural faults. Firm pressure and stretching are used without any oils during this massage.

The prenatal massage relaxes tense muscles, eases sore spots and improves circulation and mobility specifically for pregnant women and their changing bodies.

The sports massage prepares athletes for peak performance by draining away fatigue, relieving swelling, reducing muscle tension, promoting flexibility and preventing injuries.

The reflexology massage is based on the belief that there are reflex areas on the feet, thumb and fingers. During this massage, pressure is applied to the reflex points to assist in achieving balance within the body.

Hot stone massages use water-treated stones that are placed on specific spots of the body to promote relaxation and help open the energy pathways. Some of the benefits of this massage

include deep muscle and tissue relaxation, stress alleviation, release of toxins, pain relief, improved circulation and a calming of the psyche.

Valdez says she recommends getting a massage at least once a month, especially for people who have specific ailments, back pain or stress.

"I know sometimes that's not possible due to money and time, but everyone should get a massage as often as possible," said Valdez.

Prices for massages are \$30 for 30 minutes, \$48 for 60 minutes and \$65 for 90 minutes.

Separate hand, foot, neck and back massages are also available. Prices are \$30 for a 30-minute hand or foot massage, \$48 for a 60-minute hand and foot massage, \$30 for a 30-minute neck massage and \$48 for a 60-minute neck and back massage.

The spa services also include facials, which include cleansing as well as exfoliation. A 60-minute facial is \$35, a 60-minute facial with a hand, foot or back massage is \$48 and a 90-minute facial with hand, back or foot massage is \$65.

Wraps offered at the gym include the algae and green tea wrap, which extracts toxins from the body and uses minerals and vitamins to aid in digestion and relieve aches and pains; the grape herbal wrap filled with antioxidant properties; and a mineral wrap that uses salts

to stimulate the body while nourishing and revitalizing skin.

"I got the green tea wrap and felt so refreshed afterward," said Lance Cpl. Hewan Musie, Installation Personnel Administration Center clerk. "It's great that they offer something like this on base. It gives Marines a way to relax and pamper themselves after a long week of work."

All wraps take 50-60 minutes and cost \$53.

Sugar and salt scrubs are also offered which are applied to exfoliate, nourish, hydrate and completely relax the skin.

Scrubs also take 50-60 minutes and cost \$63.

"I think the wraps and the facials are nice but they're more of a pampering kind of thing, where the massages are more therapeutic, especially if you have something that's bothering you," said Valdez.

Payment for all services is requested 24 hours in advance of service.

The customer is required to give 12 hours notice to cancel or reschedule an appointment. If less than 12 hours notice is given, the customer forfeits 50 percent of the massage fee. If the customer fails to show up and does not give any notice, 100 percent payment is required.

To make an appointment for any of the spa services offered at IronWorks Gym, call Health Promotions at 253-6359 from 8 a.m. to 5 p.m.

Dependents lock, load, play Marine



LANCE CPL. MIRANDA BLACKBURN

Robbi Dixon, wife of Sgt. James Dixon, aims in with a training M16-A2 service rifle during Combat Logistics Company 36's Jane/Johnny Wayne Day at the indoor simulated marksmanship trainer here Aug. 27. Wives, girlfriends, mothers and children were able to shoot on both the M16-A2 and a 9 mm pistol.



LANCE CPL. MIRANDA BLACKBURN

Cpl. Jonathon Skordos, a military working dog handler with the Provost Marshal's Office, helps Andrew Pritchard, son of 1st Sgt. Michael Pritchard, put on a bite suit during the military working dog presentation at Combat Logistics Company 36's Jane/Johnny Wayne day here Aug. 27.



LANCE CPL. MIRANDA BLACKBURN

A participant in Combat Logistics Company 36's Jane/Johnny Wayne Day makes her way down the rock wall here Aug. 27. Along with the rock wall, family members also participated in events, including the obstacle course, eating Meals, Ready to Eat, shooting at the indoor simulated marksmanship trainer and riding in a 7-ton truck simulator.

LANCE CPL. MIRANDA BLACKBURN
IWAKUNI APPROACH STAFF

Wearing a pink skirt, flip flops and a T-shirt, Yukie Salinas, wife of Cpl. Michael Salinas, held up a 9 mm pistol, aimed in with almost perfect form and somehow landed almost every shot in the black.

Wives, girlfriends, mothers and children were given the opportunity to experience a day in the life of a Marine during Combat Logistics Company 36's Jane/Johnny Wayne Day here Aug. 27.

Jane/Johnny Wayne Days are used throughout the Marine Corps to give family members a chance to experience what Marines go through during training and on a daily basis.

Family members started by going through Non-combatant Evacuation Operations stations to learn about what they would have to do in case they had to evacuate on their own.

The rest of the day consisted of military working dogs, the obstacle course, eating Meals, Ready to Eat, shooting at the indoor simulated marksmanship trainer, riding in a 7-ton truck simulator and climbing a rock wall.

At first, many of the spouses were apprehensive about the day's events, but once they got started their self-conscious thoughts were thrown out the door. They soon realized it wasn't as easy as the Marines made it look. "I didn't think that I was going to be able

to make it through the obstacle course," said Mandy Apple, wife of Gunnery Sgt. Bryan Apple. "But I made it through, and I was really proud of myself."

Mandy Apple said in the 15 years of being married to a Marine she had never been to a Jane/Johnny Wayne Day and it was a really great experience.

"I think it turned out so well because we have such a tight-knit unit and we're all so close," said Mandy Apple.

Some spouses and children raced through the obstacle course with ease while others struggled with some of the events.

"I'll stick to getting the medical degree, and you can be the Marine," said Robbi Dixon to her husband, Sgt. James Dixon. "Getting up that rope is a lot harder than it looks."

Many of the spouses said the day gave them a better appreciation and understanding for what their husbands do.

"It really gave us all some insight that we've never had before," said Mandy Apple. "It's good for us to be able to see what they actually do at their job to train and stay in shape."

Not only did the spouses learn something from the event, but the kids also had a good time.

"I got to shoot a gun like my dad," said Anthony McKinnon, a 5-year old participant in the Jane/Johnny Wayne Day. "The gun was kind of heavy, but it was fun."

Bryan Apple said the event went very well and they hope to have similar events in the future.



LANCE CPL. MIRANDA BLACKBURN

Staff Sgt. Justin S. Joshi, Combat Logistics Company 36 maintenance management officer, helps Anthony McKinnon shoot a training 9 mm pistol during CLC-36's Jane/Johnny Wayne Day here Aug. 27.



LANCE CPL. MIRANDA BLACKBURN

Sgt. Jonathon Stubbs, an organics chief with Combat Logistics Company 36, helps Millie Lawson over one of the double-bars at the obstacle course during CLC-36's Jane/Johnny Wayne Day here Aug. 27. Family members had the opportunity to participate in the obstacle course along with many other events planned throughout the day.

CORPS NEWS

HIGHLIGHTING MARINES AND
SAILORS AROUND THE GLOBE

Squad leaders conquer IED threat on Route Conan



LANCER CPL. ERIC LACLAIR

SANGIN, Afghanistan — An Assault Breaching Vehicle pushes a mound of dirt to repair part of Route Conan in Sangin July 30. The ABV is a tracked, armored engineer vehicle with the same chassis as an M1A1 Abrams main battle tank, designed for conducting in-stride breaching of mine fields and complex obstacles. The Marines of 3rd Combat Engineer Battalion, who are attached to Company K, 3rd Bn., 7th Marine Regiment, use the ABV to help repair the road when needed.

CPL. NED JOHNSON
REGIMENTAL
COMBAT TEAM 2

SANGIN, Afghanistan — In Afghanistan, the most common threat to coalition forces is not an insurgent wielding a weapon, but a pressure-plate explosive buried just below the surface of a road, waiting on a passing military patrol to fulfill its purpose; kill as many as possible.

Over the years, Marines have developed new ways to defeat Improvised Explosive Devices, but nothing works as well as preventing their emplacement entirely. After operating for nearly two months in Sangin, Marines of Company K, 3rd Battalion, 7th Marine Regiment, Regimental Combat Team 2, are putting this notion to the test.

Marines of Company K have successfully secured one of the local routes for over a month, preventing the enemy from emplacing IEDs while continuing counter insurgency and civil military operations.

When Company K Marines entered the Northern Green Zone in mid-July, there was no road to travel. Coalition forces have not journeyed that deep into enemy territory in several years, leaving these Marines to forge their way through the enemy's backyard with no foundation to build on.

"We had to make this road," said Gunnery Sgt. Lafayette Waters, company gunnery sergeant of Company K, 3rd Bn., 7th Marines. "We used Assault Breaching Vehicles to clear the road."

"During planning, I knew the road would need a route name that could resemble the strength of Kilo Company's non-

commissioned officers, which are the best my first sergeant and I have ever seen," said Capt. Ryan Cohen, commanding officer of Company K, 3rd Bn., 7th Marines. "My father is a retired Marine who was a battalion commander for (2nd Battalion, 7th Marines), and his call sign was 'Conan.' I knew there was no other name powerful enough."

The road was then named "Route Conan," after Cohen's father.

Building and naming the road was just the beginning. The Marines knew that the enemy would try to place IEDs on this new route and it would have to be protected. A constant presence and regular patrols ensure that the watchful eyes of Company K Marines are always on the route.

The route is also surrounded by concertina

wire in multiple areas along its path, and Marines man posts along the road as well to ward off any would-be IED implanters, according to Cpl. David Davis, a communications technician.

The Marines take advantage of the road's security.

"We have made between 200 and 300 trips," said Waters, a 37-year-old native of Kinston, N.C.

"Marines can walk on the road from one patrol base to another and they don't have to worry about stepping on an IED," added Waters.

The route's frequent use is a direct reflection of the Marines effective security measures to ensure its safety against IEDs.

"This is the safest road in Afghanistan," Waters said. "In 36 days, we have only hit one improvised explosive device and it was actually off the route."

The Marines are not the only ones who know the route is safe. The enemy knows it too and does not like it, Davis said.

"We have to keep 24/7 security on the route to keep it safe," Davis said. "They fire rocket-propelled grenades and small arms at the trucks we use to defend it."

The route is worth the trouble, according to Cohen, a 31-year-old native of Pompano Beach, Florida. The route is safe because of the actions of his Marines.

"The truest success behind Route Conan has been the squad leader who provides security for his section of the road daily."

Marines continue to patrol Route Conan day after day, and while villagers and Marines alike travel this road, they will do so knowing they are under the watchful eye of Company K.

COMMUNITY BRIEFS

MOPS Volunteer Opportunities

Do you enjoy working with children? Mothers of Preschoolers is looking for volunteers to work with children up to 5 years old every first and third Thursday of every month 9:30 – 10:30 a.m. starting Sept. 16. For more information, contact Michelle at 253-2031 or e-mail iwakunimoppets@yahoo.com.

Red Cross Upcoming Events

The Red Cross has several events scheduled for September:

Prenatal brief: 9:45 a.m. Wednesday and Sept. 22.

Adult, infant and child first aid and CPR: 8:30 a.m. – 4:30 p.m. Sept. 18.

Volunteer orientation: 11 a.m. Sept. 21.

Boys and Girls Club children's day: 12 p.m. Sept. 25.

Emergency Phone Numbers Reminder

■Anti-terrorism force protection hotline: 253-ATFP(2837)

■Life, limb or loss of vision threatening emergencies while on the air station: 119 or 911. From a cell phone or for bilingual capability: 082-721-7700.

■For security issues, contact the Provost Marshal's Office: 253-3303. To report without talking to a person, Crime Stoppers: 253-3333.

■Sexual Assault: To make a confidential report of sexual assault or harrasment, contact the victim advocate at 253-4526 during working hours. For after hours, weekends and holidays, call 090-9978-1033 or 080-3427-0835. You can also call the installation SARC at 253-6556 or 080-5865-3566.

Birthday Break

The birthday break is an ongoing promotion held every Friday at 9:15 a.m. on Power 1575 radio. The promotion is open to anyone with a birthday. Just visit www.mccsiwakuni.com/birthdaycake, fill out the form and let Power 1575 and Marine Corps Community Services take care of the rest. Every Friday, birthdays from the previous week will be announced and on the last Friday of every month there will be a random birthday cake giveaway for one birthday in the upcoming month.

54th Iwakuni Civic Culture Festival

Celebrate the 54th Iwakuni Civic Culture Festival at the Iwakuni Civic Hall 9:30 a.m. – 5 p.m. Sept. 24. There will be a Japanese flower arrangement display and a tea ceremony conducted by several Japanese schools in the Iwakuni area. Admission is free, but the tea ceremony is 500 yen per person. For more information, contact the Iwakuni City lifelong learning section at 0827-29-5211.

JMSDF Iwakuni Base Festival

Celebrate the Japan Maritime Self-Defense Forces' 2010 Iwakuni Base Festival here 9 a.m. – 4 p.m. Sept. 19. There will be an aircraft static display, open house for an LST Osumi Class ship, flight simulators and ground events. For more information, call 0827223181 ext. 6232 from 8 a.m. to 4:45 p.m.

Kinshu Special Kabuki Performance

Kantaro Nakamura and Shichinosuke Nakamura will hold a kinshu special kabuki performance at the Shunan City Cultural Hall at 1 p.m. and 4:30 p.m. Sept. 12. Admissions are 6,500 yen for S-seats, 5,500 yen for A-seats (All seats are reserved.). No admission to preschoolers. For more information, contact Shunan City Cultural Hall at 0834-22-8787.

Japanese Drum (taiko) performance

There will be a Japanese arrangement display and a taiko drum performance Sept. 11 from 4:30 p.m. to 7 p.m. in Sinfonia Iwakuni. Admissions are 6,000 yen for S-seats, 5,500 yen for A-seats, 5,000 yen for B-seats. All seats are reserved. For more information, contact Sinfonia Iwakuni at 0827-29-1600.

Lending Locker Program
The lending locker program provides small home appliances and utensils for incoming and outgoing command sponsored members for up to 60 days inbound and 30 days outbound. A copy of PCS orders are required to check-out items and the program is by appointment only. The lending locker is located in Building 411 Room 101. Appointments are 8 a.m. – 3:30 p.m. For more information, call 253-6161.

Brief Submissions
To submit a community brief, send an e-mail to iwakuni.pao@usmc.mil. Include a contact name, a phone number and the information you would like published. You may submit your brief or classified ad in person at the Public Affairs Office, Building 1, Room 216. The deadline for submissions is 3 p.m. every Friday. Submissions will run the following Friday on a space-available basis. The Iwakuni Approach staff reserves the right to edit submissions for space and style.

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.

Torii Video Coloring Contest Winners:

Torii Video ran a coloring contest from Aug. 19 to Aug. 26. The 27 entries from all ages were hung in Torii Video. Angelique Armijo, Nevaeh Arrington, Aaron Bower, Elizabeth Daniels, Shane Garner, Mikayla Jacks, Mario Jimenez, Asia Johnston, Lance Palfreyman and David Reyes were selected as contest winners. For more information on upcoming Torii Video community events, call 253-4700.

SAKURA THEATER

Friday, September 3, 2010

7 p.m. The Last Airbender (PG)
10 p.m. The Expendables (R)
Premier

Saturday, September 4, 2010

1 p.m. Despicable Me (PG)
4 p.m. Predators (R)

Sunday, September 5, 2010

1 p.m. Ramona and Beezus (G)
4 p.m. Cats and Dogs: The Revenge of Kitty Galore (PG)
7 p.m. The Expendables (R)

Monday, September 6, 2010

4 p.m. The Sorcerer's Apprentice (PG)
7 p.m. Grown Ups (PG-13)
Last Showing

Tuesday, September 7, 2010

7 p.m. Eat Pray Love (PG-13)

Wednesday, September 8, 2010

7 p.m. Predators (R)

Thursday, September 9, 2010

7 p.m. Inception (PG-13)

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

General Admission: Ages 12+ are \$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

Honda Pickup Truck

Asking \$800. For more information, call Frank Foster at 253-3855 (work) or 082-763-1417 (home).

Suzuki Van

Asking \$1,000. For more information, call Frank Foster at 253-3855 (work) or 082-763-1417 (home).

1996 Honda Odyssey

JCI until April 2011. Asking \$2,000 firm. For more information, call 090-4262-5394 or e-mail nam.h.tran1@usmc.mil.

Mess Hall Menu

Monday

French onion soup, cream of broccoli soup, chalupa, pot roast, steamed rice, parsley butter potatoes, corn on the cob, cauliflower au gratin, brown gravy, jalapeno corn bread, macaroni salad, creamy cucumber rice salad, standard salad bar, peanut butter cookies, chocolate cream pie with whipped topping, double layer banana cake with butter cream frosting.
Specialty Bar: Pasta

Tuesday

Ministrone soup, tomato soup, lasagna, spinach lasagna, mashed potatoes, southern-style greens, mixed vegetables, chicken gravy, garlic bread with cheese, potato salad, Italian style pasta salad, standard salad bar, brownies, spice cake with butter cream frosting, coconut cream pies.
Specialty Bar: Taco

Wednesday

Chicken and rice soup, New England clam chowder sweet and sour chicken, pepper steak, egg foo young, Chinese egg rolls, pork fried rice, steamed rice, corn O'Brien, vegetable stir fry, dinner rolls, macaroni salad, spring salad, standard salad bar, chocolate drop cookies, double layer Florida lemon cake with lemon butter cream frosting, blueberry pie.
Specialty Bar: Barbeque

Thursday

Cream of potato soup, chicken kiev, meat loaf, mashed potatoes, steamed rice, green beans nicoise, french fried cauliflower, brown gravy, dinner rolls, potato salad, German style tomato salad, standard salad bar, pecan brownies, yellow cake with butter cream frosting, chocolate cream pie with whipped topping.
Specialty Bar: Deli Bar

Friday

Vegetable soup, beef noodle soup, roast turkey, breaded pork chops, mashed potatoes, steamed rice, club spinach, sweet potatoes, dinner rolls, turkey gravy, macaroni salad, cucumber and onion salad, standard salad bar, ginger molasses cookies, double layer German chocolate cake with coconut pecan frosting and whipped topping.
Specialty Bar: Hot Dog

1995 Honda Integra Type R VTEC

JCI until November 2010. 12 inch Kenwood subwoofer installed. Front, back and side body kit installed. Cold air intake. Road taxes paid. Four 16 inch custom chrome rims. MP3 player stereo installed. 99,000 kilometers. Two side door amps installed. Custom red interior job. Great on gas. For more information, call 090-4262-5394 or e-mail nam.h.tran1@usmc.mil.

Jobs

Career Transition Trainer

Inverness Technologies is seeking a part-time career transition trainer. Will perform 1-2 seminars a month training military personnel to enter the civilian work force. Some overnight travel is required. Opportunity for military spouses or DOD personnel. Must know U.S. job market and have experience teaching job search technology. Experience in training is strongly desired. Training topics include skill assessment, career decision making, resume preparation, interviewing, job search, etc. If interested, e-mail your resume to careers@invernesstechnologies.com.

NMCRS Volunteer Opportunities

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, call 253-5311.

Miscellaneous

Household Items

■ Queen bed with 3-year-old mattress and

box springs, \$100.

■ Large refrigerator, \$75.

■ Small refrigerator, \$40.

■ Small wood dining table and four chairs, \$80.

■ Assorted other household items such as lamps, tables, chairs, fans, bookcases, chests of drawers and many other items, make offer. For more information, call 253-3855 (work) or 082-763-1417 (home).

Free Translator

Stay at home mom looking to help others in spare time. For more information, e-mail nakahashimikiko@msn.com.

Rainbow Home Daycare

Rainbow Home Daycare has openings for children from ages 2-5. Hours are from 8 a.m. to noon. First aid and CPR certified. Fourteen years of experience working in child care centers. Degree in early childhood education. Specializes in teaching pre-school age children in a structured environment that prepares them for kindergarten. For more information, call 253-2246.

Real Estate

Beautiful Home for Rent

Big two story home and yard. Upstairs and downstairs toilets. Second floor patio off of master bedroom. Twenty-five minutes from base, near Yuu Beach. For more information, call Frank Foster at 253-3855 (work) or 082-763-1417 (home).

Ad Submissions

To submit an ad request, e-mail iwakuni.pao@usmc.mil. Include a contact name, one phone number and the information to be published. Alternatively, submit your ad in person at the Public Affairs Office, Building 1, room 216. The deadline for submissions is 3 p.m. every Friday. They will be run the following Friday on a space-available basis. We reserve the right to edit submissions for space and style.

Sho Stoppaz take down Fil-Am 53-48, defend title, win All-Star Tournament

LANCE CPL.
MARCEL BROWN
IWAKUNI APPROACH
STAFF

The Sho Stoppaz overcame the rest of the competition during the second 2010 All-Star Basketball Tournament at the IronWorks Gym here Aug. 28.

For the second consecutive time, the Sho Stoppaz and Fil-Am competed head-to-head for the All-Star Basketball championship.

Each team played a total of five games in the tournament. Each game consisted of two 20-minute periods with a five-minute halftime.

"Right now we are tired," said Drevonn Fluellen, Fil-Am coach and point guard. "We have been playing like four back-to-back games, but we're going in with our eyes on the prize, and that's to win the championship."

After losing a game in the beginning of the tournament, Fil-Am had to fight from the losers' bracket to compete for the championship, which meant playing four games back-to-back.

After defeating the Roc Boys 35-33, Fil-Am had a 20-minute break before going into the championship game against the Sho Stoppaz.

"Coming into the final game, we wanted to run Fil-Am because we knew they were tired just coming off of playing from the losers' bracket," said Darius Harpe, Sho Stoppaz coach.

From the start of the championship game, both teams made a majority of their points by catching fast breaks and driving the ball to the hoop, but Harpe wasn't happy with the Sho Stoppaz performance.

"I think part of the problem was that we came into the game overconfident thinking that we had already won, and it showed in our play," said Harpe. "We had too many turnovers in the beginning."

Fil-Am took advantage

of these turnovers and continued to make successful layups to keep the score relatively close, but around halfway through the first half, the momentum seemed to change.

After Fil-Am received several personal fouls, the Sho Stoppaz made successful free throws and took a 20-17 lead.

With about 6 minutes left in the first half, the Sho Stoppers gained the momentum. Making successful passes and driving the ball, they took a bigger lead, extending the score 27-18.

Fil-Am decided to play lock-down defense and slow the game down to its tempo for the rest of the first half.

After gaining momentum and continuing to drive the ball, Fil-Am managed to tighten the score and come within 5 points 31-26.

The Sho Stoppaz were able to hold on to the lead at the end of the half.

After halftime, the Sho Stoppaz stepped up their defense, maintaining a five-point lead throughout the first 3 minutes of the second half.

Fil-Am tried to match defenses but was unsuccessful in preventing personal fouls.

"Once we decided to play basketball and play a better defense, that's what gave us the lead, and we held onto the win until the end," said Harpe.

With 16:42 on the game clock, Steve Navar, Sho Stoppaz shooting guard, was fouled.

Making one of his two free throws, Navar brought the score to 37-30.

With 12:12 on the clock, Navar caught a fast break and made a clean layup, extending the lead 39-30.

Fil-Am called for a timeout with 11:44 on the game clock.

After the timeout, Fluellen was fouled making a layup and made the free-throw shot putting the score at 39-33.

The Sho Stoppaz



LANCE CPL. MARCEL BROWN

John K. Ayers Jr., Fil-Am point guard, goes for a jump shot while being guarded by Nathan Rozzelle, Sho Stoppaz forward, during the second 2010 All-Star Basketball Tournament at the IronWorks Gym here Aug. 28.

Logistics smashes pins at Strike Zone



LANCE CPL. MARCEL BROWN

Cpl. David A. Demming, station ordnance technician, slams a bowling ball down the lane during the Logistics Commander's Cup bowling tournament at the Strike Zone here Aug. 27. The commander's cup was specifically for the station's logistics department Marines and sailors. Each section bowled a total of three games, and the team with the highest overall score was declared the winner. With an overall score of 2,052 points, the Ordnance team "A" (Bowling Bombers) earned the first place trophy. Sgt. Robert M. Figueroa bowled a total of 603 points and was titled the tournament's highest bowler.



LANCE CPL. MARCEL BROWN

Steve Navar, Sho Stoppaz shooting guard, stands his defensive ground as John K. Ayers Jr., Fil-Am point guard, attempts to make a drive for a layup during the second 2010 All-Star Basketball Tournament at the IronWorks Gym here Aug. 28. Navar was selected as the game's most valuable player for his aggressive offense and defense.

He made both free throws to secure the win with a final score of 53-48.

JMSDF

Iwakuni Base Festival

9 a.m. - 4 p.m. Sept. 19



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



LST Osumi Class

- Flybys to celebrate the open house
- Static aircraft display
- LST Osumi Class open house
- Flight simulator
- Ground events