JOINT REGION EDGE

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44th APS, AF Reserve hit 30 years

By Staff Sgt. Erin Smith
624th Regional Support Group Public Affairs

Governor of Guam Edward Calvo signed a proclamation designating March as the Month of the Air Force Reserve March 21. This date also marked the 30-year anniversary of the 44th Aerial Port Squadron (APS) and the Air Force Reserve on Guam.

The signing kicked off a week of festivities for the 44th APS and 724th Aeromedical Staging Flight who strived to get the word out about the Air Force Reserve. Activities included an informational drug demand reduction booth at the Micronesia Mall, 30th anniversary celebration at the Holiday Resort and Spa Guam in Tumon and an open house hosted by the 44th APS.

Master Sgt. Kelly Fitzpatrick, of 44th APS, kicked off the open house with a mission briefing. Fitzpatrick spoke about the humble beginnings of the 44th APS and how they have grown over the years.

"The unit was stood up in a small concrete room," he said. "About five years later, the unit had 120 people and, today, the unit is almost 400 strong and has been named the best Aerial Port Squadron in the Air Force five times."

Maj. Anthony San Nicolas, 44th APS commander, noted that such achievements are only possible because of the dedication of the squadron's Airmen.

"The members of this organization are the highlight of any unit and the best gift any commander could receive," he said.

San Nicolas thanked the service member's spouses and children for their dedication to the 44th APS. He commended the spouses for picking up the slack and taking on roles of both husband and wife while the other is deployed.

"It's a privilege to be here," San Nicolas said. "This is the best unit filled with the greatest people in the Pacific and I'm proud to be here with you."

Three Decades Strong: Members of the 44th Aerial Port Squadron stand to be recognized at a banquet that celebrated the 30th anniversary of the unit's presence on Guam at the Holiday Resort and Spa in Tumon March 26. More than 400 Airmen and their families attended the event. (U.S. Air Force Photo by Staff Sgt. Erin Smith)

Sailors lend GAIN animal shelter a helping paw

By Mass Communication Specialist 2nd Class (SW) Peter Lewis
Joint Region Edge Staff

Sailors from Explosive Ordnance Disposal Mobile Unit (EODMU) 5 and their families lent a helping hand to clean up the Guam Animals In Need (GAIN) facility in Yigo, Guam March 25.

GAIN is a nonprofit organization dedicated to the prevention of cruelty to animals and to the education of the public concerning matters pertaining to animals and their welfare. The shelter has facilities to house and care for dogs, cats and rabbits, and provides food, shelter and medical care.

"We're trying to teach the community about proper animal care," said Bambi Leone, a GAIN animal caretaker. "And we're trying to take care of the animals that don't have homes and find them homes."

The Sailors first assisted in feeding all the cats and dogs which, Leone said, "normally takes hours" with only two employees. They also cleaned kennels and feeding bowls, and walked the dogs.

Explosive Ordnance Disposalman 3rd Class Jeremy George said that his love of animals prompted him to volunteer.

"I like to help out and I like animals," he said. "I miss having one so this is a good way to come out and be able to play with the animals."

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Puppy Love: Explosive Ordnance Disposalman 3rd Class Jeremy George, of Explosive Ordnance Disposal Mobile Unit (EODMU) 5, plays with puppies at feeding time during a community service project at the Guam Animals In Need facility in Yigo March 25. Sailors from EODMU 5 visited the nonprofit organization to assist with clean-up efforts, feed and walk the animals, and make a positive impact on the local community. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

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Notes from the CO: All NBG players needed

By Capt. Richard Wood
U.S. Naval Base Guam Commanding Officer

A few weeks ago marked eight months since our family moved to Guam and made this beautiful island our home. We have scuba dived and boonie-stomped, attended Mass at the cathedral and local churches and attended fiestas, learned about the culture and history of the Chamorro people and the island of Guam, and have once again enjoyed the privilege of living in a tight-knit military community. We experienced Liberation Day, a Chamorro Christmas, Ash Wednesday and the beginning of the Easter season. It's been a wonderful eight months.

As the Commanding Officer of the Naval Base, it has been exciting and interesting time as well, filled with challenges and successes. Unlike Naval Station Norfolk and Virginia Beach, where our family lived prior to coming to Guam, U.S. Naval Base Guam (NBG) is not simply a base for ships, commands and Sailors. It is in many ways the focal point of support and community for our families, as so many families use the base facilities on a daily basis. It is also the focal point of the Navy on Guam. As such, the partnership between the base, the families, the tenant commands and the surrounding community is critical to all of us.

Wood

Over the next two years I hope to see this partnership continue to grow, benefiting all those who live and work on NBG, as well as our friends and neighbors on the island of Guam. However, this cannot be done without your help.

You are our partner and our success will be limited without your support. I ask for your help in improving each of the following:

• Mission Support and Quality of Life Services. You are our customer, whether you are the commanding officer of a submarine, the spouse of a Sailor or a resident of Guam who works on the base. As our customer we need to know your needs and as our partner we expect your suggestions and cooperation. If something needs to improve, tell us about it and then be willing to help us solve the problem. We won't always be able to solve every issue but we will listen and we will try and we appreciate your input.

• Energy and Water Conservation. As an island with limited resources, almost all of our energy needs must be met by importing oil. This is expensive and we absolutely must do a better job of conserving energy.

Turn off the lights and computer monitors when you don't need them. Set the thermostat at 78 F or higher. Our water is a limited precious resource as well and we must conserve water, especially during the upcoming dry season or we will be on mandatory water conservation measures before we know it.

• Appearance and Condition of Our Base and Our Facilities. The Navy is investing in Naval Base Guam as can be seen in many of the construction and repair projects throughout the base. We need your help in keeping the base clean.

Litter is a big problem. Let's work together to make it a small one. If people stopped littering and if everyone picked up one piece of trash a day, our litter problem would disappear.

• Community Relationships between the Military Community and Our Neighbors in the Surrounding Community. While we will always have a fence and a main gate on the base, that should not be a barrier between the on base and off base communities.

I encourage you to become involved in the local community and get to know the people and the island of Guam. Volunteer in the local schools or community, enjoy the fiestas and celebrations, run in the local road races, and look for opportunities to support local businesses. You won't regret it.

• Communication Between Base Leadership, Tenant Commands and Families. We are constantly looking for ways to better communicate with our commands and our families. We use Web sites, Facebook, and Twitter in addition to TV on the Joint Military News Network, the newspaper, the Joint Region Edge, and our MWR Web page www.mwrguam.com.

If you have a suggestion to improve communication with you, please let us know.

• Typhoon Preparedness for All Commands and Families. This past year was very strange in that we did not have a typhoon or significant storm. That will not last. Are you and your family ready for a storm with 175 mph winds? I really don't think that any of us are. It has been years since Guam was the target of a super typhoon but it is only a matter of time. We need to get ready now.

Over the coming weeks and months I hope to pen a few more columns and provide more ideas on how we can work together to make Guam the Navy's destination of choice. I thank you in advance for your help in doing just that.

Thanks for your time. If you have a suggestion that will make Naval Base Guam the best duty station in the Navy please contact me or the Command Master Chief, CMDCM John Lawry at 339-4274.

AF launches accountability system for Japan personnel

From Air Force Personnel, Services and Manpower Public Affairs

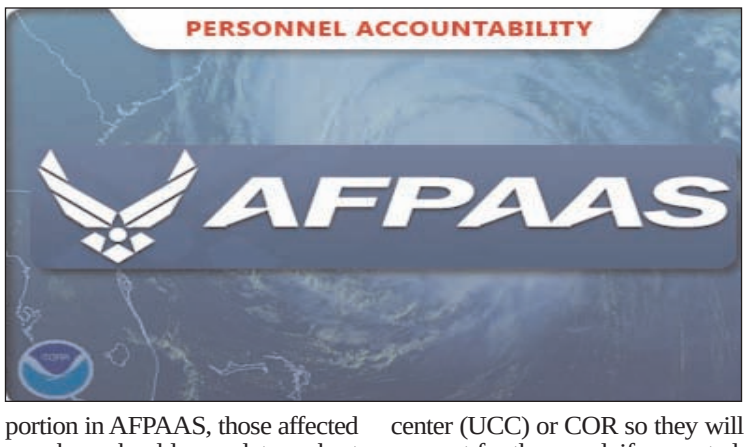
Air Force officials have activated the Air Force Personnel Accountability and Assessment System (AFPAAS) to monitor the status and location of personnel and dependents residing in Honshu, Japan.

Officials are asking commanders and their commander representatives (COR) to report individual and family member status of those assigned or transiting to the affected area by logging into AFPAAS at https://afpaas.af.mil.

This requirement applies to active-duty Airmen, selected Reserve members, Department of the Air Force and nonappropriated fund civilian employees, Air Force contractors and family members affected by the events in Japan.

While most of the accountability requirements affect only those currently in Japan or those family members who have already relocated, officials said it is imperative that commanders around the Air Force know if family members may be in the affected area.

"All Airmen have a responsibility to let their commanders know if they have dependents in Japan," said Kevin White, chief of the Readiness Operations Branch at the Air Expeditionary Force and Personnel Operations Directorate. "It is important for members in Japan to let us know where their dependents are. If they departed the island of Honshu, Japan, we need that information updated in AFPAAS."



In addition to the accountability portion in AFPAAS, those affected members should complete a short needs-assessment survey. This assessment informs officials if the member requires any assistance.

If assigned personnel do not have access to a computer, the member will need to contact his unit control center (UCC) or COR so they will account for them and, if requested, complete the needs-assessment survey in AFPAAS.

Members who do not have access to a computer or are unable to contact their UCC or COR need to contact the Air Force Personnel Center Personnel Readiness Cell at 800-435-9941. AFPAAS can also be accessed from the Air Force Portal, AF.mil or the Air Force Personnel Center Web site at www.afpc.randolph.af.mil.

AFPAAS allows commanders and units to account, assess, manage and monitor the recovery and reconstitution process for personnel and their families affected and scattered by a widespread catastrophic events. AFPAAS provides valuable accountability at all levels of the Air Force chain of command, enhancing the commanders' ability to make strategic decisions.

For all other personnel issues, contact the Total Force Service Center at 800-525-0102 or DSN 665-5000, or go to the AFPC Personnel Services Web site at https://gum.afpc.randolph.af.mil.

Off Limits Establishments

The Guam Armed Forces Disciplinary Control Board has placed the following establishment off limits to all military personnel:

Gallop USA Indian Art and Jewelry at the Micronesia Mall

All military personnel are prohibited from entering the establishment. Service personnel, whether in uniform or in civilian clothing, found entering or leaving the establishment may be subject to disciplinary action under the Uniform Code of Military Justice.

Report Fraud, Waste and Mismanagement

The Joint Region Marianas Hotline provides an opportunity to report significant cases of fraud, waste and mismanagement. Anyone can file a hotline complaint and you may remain anonymous.

To contact the Joint Region Marianas Inspector General:

E-mail: M-GU-JRM-IG-HOTLINE-FRAUD-WASTE-ABUSE@fe.navy.mil

Phone: 339-0001

Mailing address:
JRM Inspector General Office
PSC 455 Box 211
FPO AP 96540

Remember, the more detailed information you provide the better we can assist you.

Sailor is a good influence on CSS15 team

By Mass Communication Specialist 2nd Class (SW) Corwin Colbert
Joint Region Edge Staff

What Should I Do?: Navy Counselor 1st Class (AW) Candice Abel provides information for career options to a USS Buffalo (SSN 715) Sailor at the Commander, Submarine Squadron 15 (CSS 15) headquarters March 30. A 19-year veteran, Abel works with all CSS 15 submarines, ships and staff to ensure they have all pertinent information for making the best career decisions about their naval service special programs, re-enlistments and retirements. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

Navy Counselor 1st Class (AW) Candice Abel is providing more than career assistance to her Navy personnel at Commander, Submarine Squadron 15. According to Command Master Chief (SS) Douglas George, she provides energy, motivation and core values to the command climate.

#1 TOP PERFORMER

"She leads by example," George said. "Not only does she lead at volunteer efforts, she also runs the command recreation committee, coordinated the command Christmas party and also started weekly advancement exam training so enlisted staff will be fully ready for their next examinations. She steps forward whenever there is a need and holds the highest standards at the command."

A 19-year veteran, Abel works with all Commander, Submarine Squadron 15 submarines, ships and staff to ensure they have all pertinent information for making the best career decisions about their naval service special programs, re-enlistments and retirements.

Abel wasn't always a navy counselor–she cross-rated from the parachute rigger (PR) rating. Abel said that she initially chose the PR rating because she wanted to do something that immediately impacted Sailors lives. She added that her intentions are the same now that she is an NC.

"Originally I was a PR and choose it because I thought I could make a difference in someone living or dying," Abel said. "Then I chose NC because I enjoy helping people get the most out of their Navy experience."

As an aviation warfare specialist Abel is learning the niches of the submarine force and sharing a little Navy knowledge with the undersea warriors.

"Being an aviation warfare Sailor with a submarine command is challenging but she makes it look easy as she is able to train our team on big Navy issues and programs that affect every sailor no matter what specialty," George said.

Abel said working for the command is a thrilling experience despite the different culture.

"Submarines – [you] learn something new everyday," she said.

Her upbeat and "can do" attitude have earned her numerous awards and recognitions including Senior Sailor of the Quarter, 2009 Sailor of the Year and the Navy and Marine Corps Achievement Medal.

She credits her success to her grandfather and to the many mentors and role models she has met along the way.

"[Navy Counselor Master Chief Petty Officer (NCCM)] Linda Mclean and NCCM Laura Paquian are two of the most amazing woman I've ever met in the Navy," Abel said. "They've helped me personally and professionally for half of my career. NCCM Paquian showed me how a Navy counselor could have a direct affect on a Sailor's career – good and bad. NCCM Mclean came to my rescue in a great time of need. She kept me positive with her terrific mentorship, guidance and leadership."

Abel believes the key to her performance rests in her compliance with a golden rule.

"[I] complete work as if it were for me," Abel said. "Customer service–treat people the way I would like to be treated."

Andersen's Best: Sanders a swift AF leader

Grabbing the Bull By Its Horns: Tech. Sgt. Sharel Sanders, 36th Communication Squadron Client Systems Team noncommissioned officer in charge (NCOIC), stands with her co-workers after being awarded Andersen's Best March 25. Within only three weeks of becoming NCOIC, Sanders identified and authored "get well" plans for three critical areas–training, standard operating procedures and customer service. Her leadership was immediately felt base-wide as her seven technicians completed 289 work orders in only nine duty days. "Her ability to mold her team into an efficient machine while supporting five special projects across Andersen including the humanitarian efforts in Japan, truly places her amongst Andersen's best," said Master Sgt. James Staub, Client Service Center section chief.

Andersen's Best is a recognition program which highlights a top performer from the 36th Wing. Each week, supervisors nominate a member of their team for outstanding performance and the wing commander presents the selected Airman with an award. To nominate your Airman for Andersen's Best, contact your unit chief or superintendent explaining their accomplishments.

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Marines move to Japan east coast

From 31st Marine Expeditionary Unit Public Affairs

The 31st Marine Expeditionary Unit (MEU) and Amphibious Squadron (PHIBRON) 11, with a combined total of more than 4,000 Marines and Sailors, transited to the east coast of mainland Japan March 20.

The USS Essex (LHD 2), USS Harpers Ferry (LSD 49) and USS Germantown (LSD 42) with the embarked 31st Marine Expeditionary Unit arrived off the coast near Hachinohe, Japan, to assist humanitarian aid efforts along the affected northeastern coast.

"The MEU was moved to the east coast to be better positioned to help those in need," said Col. Andrew MacMannis, 31st MEU commanding officer. "Our hope is to be able to help our Japanese friends by delivering assistance to people in remote areas along the area where the tsunami hit hardest."

Helicopters with Marine Medium Helicopter Squadron 262 (Reinforced), 31st MEU, flew from the Essex as it drew near the eastern coastline yesterday and today. Helicopter crews delivered humanitarian aid supplies including blankets and fresh water to Miyako, Japan.

The Marine pilots also conducted aerial surveys of 200 miles of affected coastline and identified isolated communities in the area that may be in need of further assistance. The 31st MEU also surveyed areas around the northeast towns of Ofunato, Kamaishi and Miyako in order to assess disaster relief needed in those areas.

The MEU is operating far away from any source of radiation but is still taking precautionary measures to protect the service members from any possible low-level contamination. Pilots, crew and the aircraft go through a thorough check upon return from every mission.

"We practice to operate in contaminated environments as part of our regular annual training," MacMannis said. "So we are well prepared and ready to provide assistance under any conditions."

The six-man forward command element of the 31st MEU is now in Sendai, Japan, in order to coordinate disaster aid planning with officials already on scene. Two members of the MEU remain in Yokota coordinating efforts to provide relief and one individual is in Sappora to liaison with Japanese officials.

The 31st MEU and PHIBRON 11 have responded to four other humanitarian assistance/disaster relief operations in the last two years. The Navy and Marine Corps team is prepared to deliver robust air, ground and maritime transportation; medical and dental health services; distribution services and engineering assets as directed.

The 31st MEU includes more than 2,200 Marines and Sailors and is comprised of four elements–the Command Element; Battalion Landing Team 2nd Battalion, 5th Marines; Marine Medium Helicopter Squadron 262 (Reinforced) and Command Logistics Battalion 31.

The 31st MEU provides a forward-deployed, flexible, sea-based force capable of supporting the ongoing Japanese humanitarian assistance and disaster relief operations as directed.

For more information about the deployment of the 31st MEU, follow us on Facebook at www.facebook.com/31stmeu, on Twitter at www.twitter.com/31stmeu, or at our Web site www.marines.mil/unit/31stmeu.

CFAY wrapping up voluntary departures

By Mass Communication Specialist 2nd Class (SW/AW) John Smolinski
Commander, Fleet Activities Yokosuka Public Affairs

The last large group of Department of Defense (DoD) dependents departed Fleet Activities Yokosuka as authorized by the voluntary military-assisted departure (VMAD) March 24.

The U.S. Department of State authorized the VMAD for eligible dependents of U.S. service members and DoD civilians assigned to installations on the main island of Honshu, Japan, March 16. The departure was authorized due to the 9.0-magnitude earthquake, a resulting tsunami and the resulting uncertainty surrounding the Fukushima Daiichi nuclear power plant in northern Honshu March 11.

VMAD should not be confused with the term evacuation as military and DoD civilians were not directed to leave. Each family had to make the decision based on factors for their unique situation.

"The best thing we have been able to do throughout this whole process is to give people a peace of mind during a very stressful situation," said Ester Franklin, Yokosuka Middle School Alcohol and Substance Abuse Counseling Service counselor, who has volunteered to help with the processing at the fleet recreation center.

Commander, Fleet Activities Yokosuka (CFAY) registered and transported more than 1,300 dependents who travelled on government-contracted flights from Yokosuka to Seattle, Wash., and Travis Air Force Base in Fairfield, Calif.

Personnel Support Det. (PSD) Yokosuka has processed more than 3,100 flight requests through the commercial travel office (CTO) for travel out of Japan since the authorization went into effect.

"We've gone into 24-hour service mode setting up a three section rotation so that we may accept requests for government-funded travel around the clock," said Lt. Cmdr. Jed Espiritu, PSD Yokosuka officer in charge. "The commercial travel office here has also put in long hours coming in on weekends all without a single complaint–something monumentally important in this operation."

CFAY hosts 82 tenant commands that support operating forces throughout the Western Pacific including 11 forward-deployed, high operational-tempo warships.

CFAY, PSD Yokosuka and other commands came together to accomplish a unified, customer-focused mission.

"Throughout this operation I've seen continuous improvement in the way we process, track and ticket flights," Espiritu said. "I've watched customers here being kind and considerate to other customers and our clerks despite some confusion and anxiety–even dropping off cookies and baked goods. I've seen overwhelming support for Yokosuka dependents from our assigned chaplain Lt. Cmdr. Doug Vrieland, the Fleet and Family Support Center and various other commands that have volunteered to provide comfort and assistance to the family members departing from Japan."

The last volunteer departure request was taken March 25. Departed personnel will be provided return travel to Japan when directed by the Undersecretary of Defense.

"CFAY is looking forward to the return of family members who departed voluntarily," said CFAY Command Master Chief Gregory Vidaurri. "Once authorization is provided for the return of our family members, our goal is [to] reunite our Sailors with their families as soon as possible."

For more news from Commander, Fleet Activities Yokosuka, visit http://www.navy.mil/local/cfay/

AES welcomes Japan students

A New Friend Among Dolphins: A fifth-grader from Shirley Lanham Elementary School on U.S. Naval Air Facility Atsugi in Ayase, Japan, receives a uniform from Jennifer Koutsoheras, right, Andersen Elementary School (AES) nurse, at the Andersen Air Force Base campus March 28. The Naxy Exchange on U.S. Naval Base Guam donated school uniforms to AES in preparation for the arrival of individuals who left Japan after it was hit by a 9.0-magnitude earthquake and subsequent tsunami March 11. Voluntary military-assisted departures from Japan were authorized for eligible dependents of U.S. service members and Department of Defense civilians assigned to installations on the main island of Honshu, Japan, March 16. (Photo by Becky Levy courtesy of AES)

NEX celebrates its 65th anniversary

From Navy Exchange Service Command

The Navy Exchange System (NEX) will celebrate 65 years of diligent support to Sailors and their families around the world April 1.

The NEX main store on U.S. Naval Base Guam (NBG) is no exception to the celebration. NBG Commanding Officer Capt. Richard Wood will be present for a cake cutting in the Food Court April 1 at 11 a.m. Throughout the day, patrons will see their favorite NEX sales associates dressed as pirates while they enjoy food sampling, special sales and a door prize for every 65th customer who enters the main store.

Navy Exchange Command (NEXCOM) Commander Rear Adm. (Select)Capt Glenn Robillard reflected on the evolution of the NEX.

"The Navy Exchange System has changed over the years but the one thing that hasn't changed is our mission to serve our military service members and their families," Robillard said. "We are part of the Navy and proudly serve alongside our service members wherever we're needed. We have been an important benefit for the past 65 years and will continue to be for many years to come."

NEX facilities have come a long way from the days when bumboats sold their wares to Sailors aboard naval vessels in the 1800s. During these times, Sailors depended on these unreliable ships to purchase personal items. Goods sold by bumboat merchants were inferior and expensive. As a result, canteens were opened on many ships. Money spent by crew members was used to improve the quality of the food served by the general mess.

By 1909, the Naval Appropriations Act established the first official resale activity–Ships Stores and commissaries. The act allowed the Navy to procure and sell merchandise to Navy and Marine Corps officers, enlisted, and civilian employees at naval stations outside the continental United States and Alaska. In 1925, the Ships Service was created to provide Navy crew members nearly any legal article of merchandise without the profit restrictions placed on the Ships Stores.

In 1942, a recommendation was made to the Chief of Naval Operations by the U.S. Atlantic Fleet supply officer to merge the Ships Stores and Ships Service into one official operation. By 1944, the Secretary of the Navy made the establishment of the merged stores mandatory on all ships that had a supply officer and permissive on all naval installations.

Ships Service Stores ashore also began steps towards centralization in 1945 when a committee was formed to study resale activities. The recommendation of the committee, headed by Capt. Wheelock H. Bingham, was that all resale activities be operated like a large chain of retail stores and that a central office should be established to oversee the operation. The new central office for the Navy Ships Store Office was established in Brooklyn, N.Y., on April 1, 1946. This office was later renamed NEXCOM. In 1993, the office relocated to Virginia Beach, Va.

Today, the NEXCOM office provides oversight for 102 NEX complexes with nearly 300 stores. NEXCOM also oversees Navy Lodges, ship stores and the Uniform Program Management Office.

Worldwide, the NEX employs over 14,000 associates – 27 percent of whom are military family members.

News Notes

Job Announcements

Interested individuals can view the vacancy listings at https://www.cnic.navy.mil/Marianas/index.htm or at https://chart.donhr.navy.mil. For more information, call 349-6119/2224.

U.S. Naval Base Guam Information Line, Twitter Updates and Facebook Page

NBG has a new Information Line that will be updated periodically during emergencies affecting NBG and personnel. For more information on incidents such as these, call 339-4636. NBG also uses Twitter for periodic updates including information on power outages, road closures, base activities and more. Follow NBG on Twitter at www.twitter.com/nbguam or become a fan of "Naval Base Guam Ombudsman" on Facebook.

"Get Your Feet Wet" Water Safety Media Day

Paddle clubs and public safety agencies are hosting a "Get Your Feet Wet" water safety day at Matapang Beach in Tumon from 11 a.m.–1 p.m. April 2. Paddling coaches will be giving demonstrations on outrigger canoes and safety experts from various public agencies will be providing information on water safety. The media and public are invited to attend to talk to these experts.

Airman and Family Readiness Center Classes

The Airman and Family Readiness Center located in Building 21000 will offer the following free classes in April:

April 4 Starting a Small Business from 9–11:30 a.m.

April 4 Writing a Business Plan from 1:30–3:30 p.m.

April 5 Personal Financial Management Refresher from 9–10 a.m.

April 7 Pre-Separation Briefing from 9–10:30 a.m.

April 11 Getting a Business Loan from 9–11:30 a.m.

April 12 Thrift Savings Plan from 9–10 a.m.

April 14 Basic Budgeting from 9–10 a.m.

For more information, call 366-8136.

Guam's First Junior Ranger Academy

War in the Pacific National Historical Park is proud to host Guam's first Junior Ranger Academy April16-23. Seventh- and eighth-grade students are eligible to join. To sign up, download a registration packet at www.nps.gov/wapa/forkids/junior-ranger-academy-2011.htm or call education specialist Jackie Zapanta at 477-7278, ext. 1015. Space is limited, so don't delay. For more information, call 333-4050.

Guam CG seizes ships

From U.S. Coast Guard Sector Guam Public Affairs

Crew members aboard the USCGC Sequoia returned home to Apra Harbor after a two-month long patrol March 3.

The crew, having travelled more than 5,000 nautical miles throughout remote areas within the Pacific Ocean, conducted law enforcement patrols and performed aids to navigation maintenance in the Federated States of Micronesia and Palau.

Exercising a bilateral agreement between the U.S. and the Republic of Palau, the crew brought aboard a shiprider from the Palau Maritime Police. The bilateral agreement is a cooperative effort between the U.S. and Palau to protect living marine resources in Palau's exclusive economic zone (EEZ).

While on their patrol, crew members aboard the Sequoia detected two vessels well within Palau's EEZ. Under the authority of the Palauan officer and with the officer's help, a boarding team from the Sequoia was deployed to inspect both vessels individually.

The first boarding was conducted on a small fishing vessel that was tied off to a fish aggregating device (FAD), a large buoy that is left to drift for several months to attract fish, which is strictly prohibited in Palauan waters. The Philippine-flagged vessel had no permit to fish in Palauan waters. The Palauan officer ordered the vessel to exit the EEZ and return to the Philippines.

The second boarded vessel didn't have any fishing permits and was rigged to deploy FADs as well. After conferring with Palauan Maritime Police officials, the Palauan shiprider seized the vessel. Boarding officers discovered that the smaller vessel which was previously boarded was affiliated with the second vessel. Both vessels were seized.

While escorting both vessels to Koror, Palau, one vessel suffered an engine casualty. Engineers aboard the Sequoia provided assistance and made repairs. Days later the vessel ran out of fuel. Sequoia's crew conducted a complicated refueling-at-sea evolution.

Upon arrival after five days, custody of both vessels was transferred to the Palau Maritime Police.

"It felt great to assist Palau and seize two vessels that were illegally fishing in their waters," said Boatswain's Mate 3rd Class Bradley Murray, USCGC Sequoia. "Long patrols feel much shorter when you know that we are actively preventing unlicensed fishing.".

For more information, contact the Coast Guard Sector Guam public affairs officer at 355-4866.

GAIN: Sailors' efforts ease load at shelter

Squeaky Clean: Construction Mechanic 2nd Class (EXW/SCW/SW) Sean Meyerhoff, of Explosive Ordnance Disposal Mobile Unit (EODMU) 5, cleans feeding bowls during a community service project at the Guam Animals In Need facility in Yigo March 25. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

Continued from Page 1

According to Leone, the Sailors really made the day's work a lot easier.

"They're a tremendous help," she said. "There're just not enough employees to give the animals enough attention."

According to Yeoman Seaman Jennifer Shults, though the employees at GAIN provide a great service, the Sailors of EODMU 5 know the job is difficult and are willing to pitch in.

"Just looking at all the animals, [we can see that] the people who run this program need help," she said. "We have the time and energy and we're more than willing to come out here and try to lend a hand."

George added that he was happy to supply some extra manpower to the arduous effort.

"It's a lot of work to take care of all these animals," he said. "They've got a good thing going and I'm glad I could come and help."

Shults went on to say that helping out in the community benefits the local environment and the Sailors.

"Not only does it show that we're willing to give back but it also increases morale within the command," she said. "Sailors can get together, come out here and help out. So not only does it benefit GAIN, it also benefits the Navy."

George agreed wholeheartedly with his shipmate and said that making the community a better place is just part of what the Navy and being a Sailor is all about.

"We're here and it's just like being back home in your own community," he said. "It's always good to give back to what's around you."

According to Leone, the community service project was a huge success and any assistance that can be offered by the military is always welcomed and appreciated.

"The Sailors were awesome, absolutely awesome," she said. "I wish you guys could come every day!"

For more information on volunteer opportunities, see your command volunteer coordinator.

Prevent yourself from insect-borne diseases

By Senior Airman Joseph Stewart
36th Medical Operations Squadron

Insect-borne diseases are spread to humans by insect bites. Guam is generally considered low risk for insect-borne diseases because spread of disease on the island has not been documented for decades. However, the potential for disease spread remains a concern and risk can change very quickly.

Each year travelers contract Dengue fever, a viral illness spread by mosquitoes. While individuals contract the disease off island, the travelers are diagnosed here on Guam after their return. Although person to person spread has not been seen recently, mosquitoes capable of spreading the disease do exist on Guam.

Other risks exist throughout the Asia Pacific region and travelers should be careful. Insect-borne diseases in these areas include Chikungunya virus, malaria and Japanese encephalitis. The climate on Guam supports the potential spread of disease by insects year round.

For more information about insect-borne diseases and how you and your family can fight them, visit http://www.cdc.gov/ncidod/dvbid/index.html, http://wwwnc.cdc.gov/travel/default.aspx, or contact Andersen Public Health at 366-4147.

Eliminate Mosquito Breeding Areas

Following these simple tips can help you and your family avoid insect-borne diseases by eliminating their breeding grounds and decreasing their presence in or near your home.

- Make sure that doors and windows have tight-fitting screens. Repair or replace screens that have tears or holes in them.
- Drain all standing water around your home no matter how small the amount.
- Change water in birdbaths or wading pools and empty flowerpot saucers of standing water at least once a week.
- Check for puddles around faucets and air conditioner units and repair leaks or puddles that remain for several days.
- Make sure roof gutters drain properly.
- Remove items that could collect water such as old tires, buckets, empty cans, and food and beverage containers.
- Do not over-water lawns and gardens to prevent standing water.

NNM helped make lives more colorful

By Lt. Tamara L. Koch
U.S. Naval Hospital Guam

March was National Nutrition Month (NNM). While the campaign month has passed, the messages shared and lessons learned can help anyone looking to keep nutrition and healthy living a priority throughout the year.

The theme for this year's campaign was "Eat Right with Color." The campaign emphasized an easy way to focus on improving eating habits by choosing foods the span a wide variety of colors from all food groups.

"Adding a splash of colorful seasonal foods to your plate makes for more than just a festive meal," said Karen Ansell, NNM spokesperson and registered dietitian with the American Dietetic Association (ADA). "A rainbow of foods creates a palette of nutrients–each with a different bundle of potential benefits for a healthful eating plan."

NNM is a nutrition education and information campaign sponsored annually by the ADA. The campaign is designed to focus attention on the importance of making informed food choices and developing positive eating and physical activity habits. Initiated in March 1973 as a weeklong event, "National Nutrition Week" became a month-long observance in 1980 in response to growing public interest in nutrition.

Here's some food for thought:

• The food and activity choices made today and every day affect your health and how you feel today and in the future.

• Eating right and being physically active are key ingredients to a healthy lifestyle. Choosing a variety of vibrant colors from every food group on a daily basis is a great start.

• Give your body the balanced nutrition it needs by eating a variety of nutrient-packed foods every day. Be sure to stay within your daily calorie needs.

• Get the most nutrition out of your calories. Choose the most nutritionally rich foods you can from each food group each day – those that are packed with vitamins, minerals, fiber and other nutrients but are lower in calories.

• Find balance between food and physical activity. Regular physical activity is important for overall health and fitness. It helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases.

• Play it safe with foods. Prepare, handle and store food properly to keep you and your family safe.

If you would like to speak with a registered dietitian to learn more about nutrition specific to your personal health needs, call 344-9706.

'Stop Loss' date extended

From American Forces Press Service

The deadline for eligible service members, veterans and their beneficiaries to apply for special retroactive pay as compensation for involuntary extensions of their military service contracts has been extended to April 8, Defense Department officials announced March 21.

The deadline extension is included in the continuing resolution President Barack Obama signed March 18 that provided funding for government operations through April 8.

The Retroactive Stop Loss Special Pay was established to compensate for the hardships military members encountered when their service was involuntarily extended under Stop Loss authority between Sept. 11, 2001, and Sept. 30, 2009. Eligible members or their beneficiaries may submit a claim to their respective military services to receive the benefit of $500 for each full or partial month served in a Stop Loss status.

When the special pay program began Oct. 21, 2009, the services estimated 145,000 service members, veterans and beneficiaries were eligible for this benefit. Because the majority of those eligible had separated from the military, the services have engaged in extensive and persistent outreach efforts to reach them and remind them to apply, officials said.

Outreach efforts–such as using direct mail, social networks and media outlets, and engaging military and veteran service organizations–will continue through April 8, officials added.

To apply for Stop Loss pay or for more information including submission requirements and service-specific links, go to http://www.defense.gov/stoploss.

What does it mean to be a chief petty officer in today's Navy?

In recognition of their 118th birthday, Joint Region Edge asked chief petty officers (CPO) what it means to be a CPO in today's Navy.

"To be held to the highest standards and mold your junior personnel to become the next chief petty officers."
— Chief Personnel Specialist (SW) Percy Barroquillo
Personnel Support Det. Guam

"Taking care of your junior personnel and being a good example for everyone."
— Chief Aviation Structural Mechanic (Equipment) (AW) Michaelangelo Turingan
Carrier Air Wing 5

"Tradition. My father was a chief of the boat. It's been an honor to rise through the ranks and wear the anchors, keeping family tradition."
—Chief Yeoman (SS) Michael Fawcett
Command, Submarine Squadron 15

"There is nothing better than being a chief petty officer. It is good to lead. It's the best organization in the world. I wouldn't change it."
—Chief Aviation Electrician's Mate (AW) Leonard Abrams
Strike Fighter Squadron 115
U.S. Naval Air Facility Atsugi, Japan

"Helping the junior personnel and guiding them through the right paths because, one day, they will be relieving us."
—Chief Logistics Specialist (AW) Ismael Alcantara
Strike Fighter Squadron 115
U.S. Naval Air Facility Atsugi, Japan

Chief Petty Officers celel

Never Surrender: Chief Intelligence Specialist James Fitzgerald, Maritime Expeditionary Security Squadron Seven (MSRON 7) pushes himself during the final stretch of a 5K March 30. The 5K was part of a weeklong celebration in honor of chief petty officers who celebrate the 118th birthday of their rank in the Navy April 1. (U.S. Navy photo by Mass Communication Specialist 3rd Class Corey Hensley)

Fire it Up: Chief Information Systems Technician Chad Mitchell, Joint Region Marianas, grills up hamburgers for his fellow shipmates in front of the chapel on U.S. Naval Base Guam for a fundraiser in honor of the 118th birthday of the chief petty officer March 30. (U.S. Navy photo by Mass Communication Specialist 2nd Class Jeremy Starr)

By CMDCM (AW/SW) Paul Kingsbury
Joint Region Marianas Command Master Chief

Happy 118th birthday Guam chief petty officers (CPO)! As I was reflecting on the history and challenges that our community has faced in the last 118 years, I started to realize that every generation of chiefs probably has the same challenges. When we think the Navy has never been worse off, a quick stroll down memory lane makes you realize that's not really true.

From a relatively quick read of history, you realize that each generation of the CPO mess is presented with both organizational and operational challenges and that those challenges often repeat themselves.

I always find myself going back to the guidance written by an officer to chiefs in the 1918 Bluejacket's Manual:

• You have a position in which you must have expert knowledge of every detail that applies to your branch of the profession.

• Your duties in training and instructing men of lower ratings are even more important than your duties in connection with the material.

• Your conduct must be entirely above reproach and your daily life such as to set an example both from a personal as well as from a professional point of view.

• Whatever your special branch may be, always bear in mind the military side of the life. Comply strictly with the formalities of military life and require the same of your juniors.

• Yours is a position of honor and responsibility. Do your work from a sense of duty. Be thorough in all you do and require of your subordinates thoroughness and military exactitude.

We have all heard these duties in one form or another, whether in a discussion with our commanding officer or in Master Chief Petty Officer of the Navy (MCPON) guidance. Though the words may change, you see that the expectations and the core of what we do remains the same.

As I read through some of our history, I was amazed to see how past challenges parallel the ones we are dealing with today. Let's take a look at some challenges our CPO mess has faced during our 118 year journey.

In 1970, the Vietnam and the Cold Wars were our operational challenges. Navy climate at that time was not good. Racism and retention were horrible. None of the programs that we tal
granted today –Drug and A
Programs Advisor, Com
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ed or were considered
MCPON's office had just
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Does any of this sound f

In 1972, Adm. Elmo R. Z
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Does any of this sound f

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Walker.

Once again, organizatio
Many policy changes were

NBG recognizes

By Mass Communication Specialist 3rd Class Corey Hensley
USS Frank Cable (AS 40)

Chief petty officers from various commands stationed on Guam gathered to celebrate the 118th birthday of the chief on U.S. Naval Base Guam March 28-April 1.

The events kicked off Chief Petty Officer (CPO) Week with observing morning colors in front of the Naval Base Guam Head Quarters. The week's festivities included a community service project at Ordot-Chalan Pago Elementary School and a 5K fundraiser. The events concluded with a cake cutting ceremony at Molly McGee's Irish Pub April 1, the official date of the 118th birthday of CPOs in the Navy.

Joint Region Marianas Command Master Chief Paul Kingsbury said the pu
give chiefs the chance to
demonstrate that their role i
one of importance.

"Think of all the people
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The official pay grade o
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Kingsbury said chiefs nee
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pepper" Service Dress Blues
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the Navy contributed to the
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support, built infrastructure
and witnessed the transfor-
famed Navy SEALs–none
en possible without CPO

70s–1980s saw a push back
l a resurgence of pride and
efforts of MCPON Robert

nal challenges were plenty.
occurring that affected the

enlisted force and CPO mess. Fleet and Force master chiefs gained approval to serve on the E 7 and E 8/9 selection boards and the Enlisted Surface Warfare Specialist program was born.

Many of these tribulations presented here are operational and organizational challenges that we still deal with today. Our fundamental roles and responsibilities as chiefs have not changed.

Walker championed the chief' community towards what he described as the five "Principles of Professionalism"–technical expertise, job skill, leadership, motivation, and personal integrity and responsibility. MCPON Thomas Crow's idea of leadership was that the CPO mess should be the focal point of the enlisted community and that they needed to be teachers, trainers and role models and speak up when necessary.

As we've engaged with the conflicts of the Cold War, Operation Desert Storm and now with Operations Iraqi and Enduring Freedom, our Navy has and is meeting with new operational and organizational challenges. We've all seen guiding principles in one form or another over the years. Again, though the words may change, the fundamental duties that we have been traditionally tasked with are still in there somewhere.

As you go about carrying out the "Plan of the Day" and you read a Navy Times piece or e-mail about a policy change that is going to have you doing more with less or communicating and supporting what you view as a silly policy change, realize that your brothers and sisters before you have been there and done that. Even though it can make our jobs harder, we still have to focus on what we get paid to do and our piece of making sure the mission is done. Don't focus on those who would say that our generation of chief is not as good as those of the past.

I'm reminded of a story a fellow command master chief (CMC) passed on to me.

During an induction ceremony, one of his chiefs was going on about how he wanted to wear the "wash khaki" Navy Working Uniform to the event since they would still be authorized for the last time. The CMC reminded this chief that we used to wear the dungarees uniform before we started to wear wash khakis like officers.

It was a reminder that it doesn't matter whether a chief wears an old uniform or a new uniform. Ultimately, all that matters is the chief in the uniform.

Navy Pride: Sailors assigned to the submarine tender USS Frank Cable (AS 40) are lead by their chiefs in a 5K run while singing one of their standard Navy cadences March 30. The 5K was part of a weeklong event celebrating chief petty officers in the Navy (U.S. Navy photo by Mass Communication Specialist 3rd Class Corey Hensley)

CPOs 118th year

rpose of CPO Week was to
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including junior officers.

"One of our traditional duties is training the newly appointed division officer as well," Kingsbury said. "All chiefs should be able to talk to all Sailors about fundamental Navy programs and general life guidance."

Many first class petty officers were shifted to the chief level when the rank was created. As a result, there was no "first" CPO.

For many years after COs would still occasionally promote petty officers to acting positions to fill needed jobs on their ships.

On June 1, 1958, the pay grades of E 8 and E 9 were created, giving birth to senior chiefs and master chiefs. In August of that same year, service wide examinations were held to decide what chiefs were the best qualified to take on these new "super chief" positions.

The first set of promotions happened Nov. 16, 1958.

Fit, Fun Birthday Run: Sailors stationed at various commands on island make it through the halfway point of the Chief Petty Officer (CPO) 5K fundraiser on U.S. Naval Base Guam March 30. The event is part of a weeklong celebration of the 118th Birthday of chiefs in the Navy. (U.S. Navy photo by Mass Communication Specialist 3rd Class Corey Hensley)

MCPON: Happy birthday CPOs

Special From Master Chief Petty Officer of the Navy (SS/SW) Rick D. West

Master Chief Petty Officer of the Navy (MCPON) (SS/SW) Rick D. West released the following Chief Petty Officer birthday message to the Fleet March 28.

"My fellow chief petty officers,

On April 1st, our entire Mess will pause to celebrate 118 years of the United States Navy Chief Petty Officer and we're not just celebrating another year of chiefs serving the Navy. We're celebrating everything it means to wear the fouled anchors we all cherish.

Those anchors are the symbol of a culture and a way of life–representing character, loyalty, a strong commitment to leadership, our core values and Navy ethos. Our anchors carry with them a responsibility to live up to the tradition of selfless service while remembering our proud heritage that we've spent 118 years building as we look toward our future.

West

Thank you Chiefs! Through your leadership of our Sailors you continue to keep our heritage alive and our Navy strong — and as you know our Navy is the best it has ever been. Continue to make a positive impact on your command, your Sailors, yourself and our mess.

Remember those who have gone before us and those who have paid the ultimate sacrifice in service to our great nation.

Happy birthday shipmates! I truly appreciate your leadership and the hard work you do every day.

Anchor up and hooyah Navy chiefs!"

For more news from Master Chief Petty Officer of the Navy, visit www.navy.mil/local/mcpon/.

Tracking FleetRIDE Perform to Serve (FR-PTS) Quota Expirations

- Log in to FleetRIDE and click on the "Sailors" tab on the top of the screen. Then, click on "PTS Application Browser."
- In the "status" window, click on the magnifying glass to open a new window. When prompted to select your status, scroll down the list of options until you see "approved." Choose this option and click the "select" button to continue.
- In the "PTS Application Browser," fields marked "from month," "from year," "to month" and "to year" must be completed. Use the "FR-PTS Approval/Expiration Matrix" to identify the 13-month expiration timeline for your use. For example, February 2010 quotas will expire March 31, 2011.

FR-PTS Approval/Expiration Matrix

Month Approved	Month of Expiration
Prior to Oct. 1, 2009	March 1, 2011*
October 2009	Nov. 30, 2010**
November 2009	Dec. 31, 2010
December 2009	Jan. 31, 2011
January 2010	Feb. 28, 2011
February 2010	March 31, 2011
March 2010	April 30, 2011
April 2010	May 31, 2011
May 2010	June 30, 2011
June 2010	July 31, 2011
July 2010	Aug. 31, 2011
August 2010	Sept. 30, 2011
September 2010	Oct. 31, 2011

*Those with approvals prior to Oct. 1, 2009, must contact their respective Enlisted Community Manager (ECM) prior to using quota. (NAVADMIN 352/10).

**FR-PTS quotas will expire at 11:59 p.m. on the last day of the month of expiration.

NPC Customer Service Center expands detailer assistance

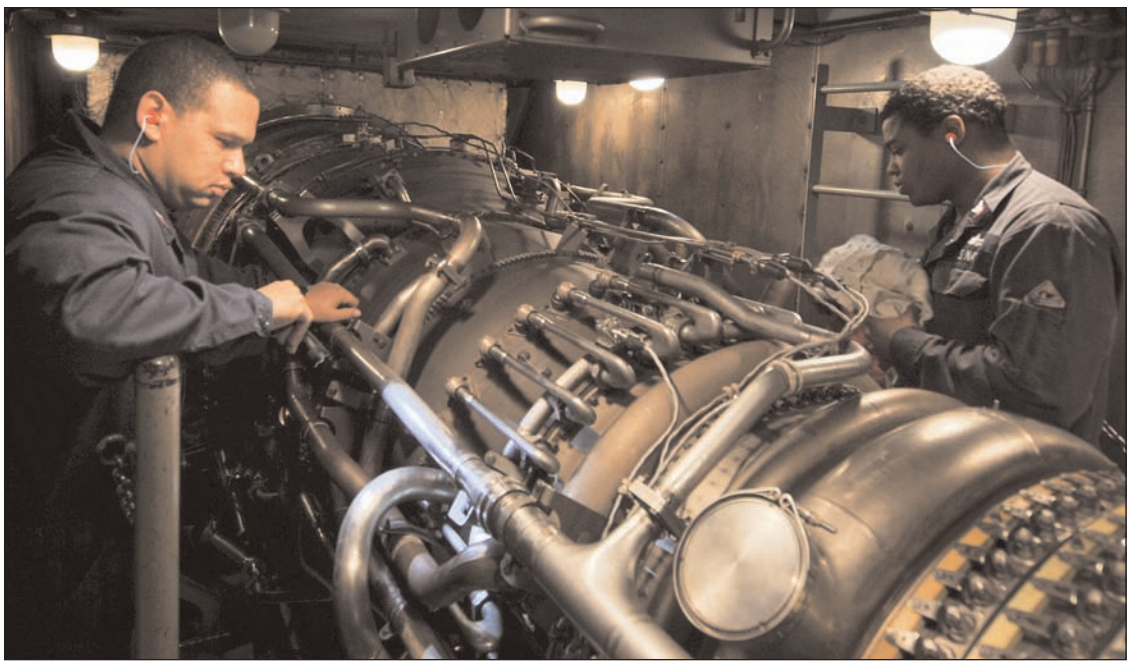
From Navy Personnel Command Public Affairs Office

Navy Personnel Command's (NPC) Customer Service Center (CSC) is expanding a detailing pilot program that aims to help Sailors get answers to their detailing questions while reducing detailers call volume March 22.

The program began in early 2010 and screened all aviation ordnanceman (AO) and surface electronics technician (ET) detailer calls through the CSC to evaluate how many questions could be resolved without direct detailer contact. It is adding the gas turbine systems technician (electrical) (GSE) and gas turbine systems technician (mechanical) (GSM) ratings next.

"First and foremost we strive to answer the caller's questions here at the CSC," said Todd Winfield, NPC CSC Knowledge Management task manager. "If we cannot answer the caller's question we then transfer them to their respective detailer. We have the ability to answer the majority of those questions but there are still some questions that the Sailor will need to discuss with their respective detailer."

The AO and ET ratings were the first ratings tested resulting in a 12-15 percent reduction of direct calls to the detailers. This equals about 280-350 calls per month for general questions, freeing the detailer to work in other areas such as order writing, administrative tasks or taking more complex calls the CSC could not answer.


Turning Those Gears: Gas Turbine System Technician (Mechanical) 1st Class Charles S. General, left, and Gas Turbine System Technician (Mechanical) 3rd Class Geoffrey C. Spillers check a gas turbine engine aboard the guided-missile cruiser USS Anzio (CG 68). Anzio is conducting a joint task force exercise as part of the George H.W. Bush Carrier Strike Group. (U.S. Navy photo by Mass Communication Specialist 3rd Class Brian M. Brooks)

"Keep in mind that Sailors rarely call their detailer with just a single question," Winfield said. "Most often, multiple questions are presented on each phone call. If an NPC CSC agent answers four of the five questions that are presented on the phone call and cannot answer the final question, they will transfer the caller to their respective detailer."

The focus, according to Winfield, is to provide callers a fast resource for some of the more typical questions asked of the ratings' detailers.

"I'm excited for my community to be a part of the pilot," said Chief Gas Turbine Systems Technician (Mechanical) (SW) Anthony Bryan, GS lead detailer. "With two detailers responsible for 4,400 Sailors, the CSC will serve as a great tool. It will make communications better for everyone."

The CSC was established in 2002 with NAVADMIN 163/02 for the purpose of providing support to Sailors and their families around the world.

They supply answers to a wide variety of career-related questions on Navy programs, policies, pay, benefits and selection boards. Sailors can call 1-866-U-ASK-NPC, Monday through Friday from 7 a.m.–7 p.m. Central time or submit e-mails to cscmailbox@navy.mil.

"We are always reviewing our operation and how we serve our Sailors," said Cmdr. Chris Slayman, NPC CSC Central Transaction Processing director. "Getting those who need information to the proper resources is what we do."

Sailors not in the two pilot ratings should still take full advantage of the immediacy the CSC offers.

Visit www.npc.navy.mil for more information.

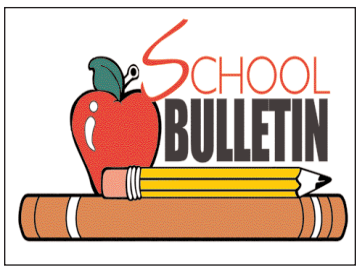
For more news from Navy Personnel Command, visit www.navy.mil/local/npc/.

Students walk through history

Imagine a Time: Third-graders from Cmdr. William C. McCool Elementary/Middle School stand with their guide Amata Hutcherson, of U.S. Naval Base Guam (NBG) Fleet and Family Support Center, on the site of the pre-World War II village of Sumay during a historical walking tour March 24. Hutcherson helped the students envision what the village looked like in the 1930s with the help of photographs. The tour is conducted annually in March in celebration of Chamorro Month. (U.S. Navy photo by Annette Donner)

Salas represents Guam in conference

One in 200: Tyler Salas, Andersen Middle School (AMS) sixth-grade student, stands outside the National 4-H Youth Conference Center where he stayed with other participants of the Junior National Young Leaders Conference (JrNYLC) in Washington D.C. March 5–10. Tyler was nominated last school year by his fifth-grade teacher Mae Flores, of Cmdr. William C. McCool Elementary/Middle School, and was the only representative from Guam among 200 students from around the nation. During his trip, Tyler visited various sites including the White House, Smithsonian museums, Maryland Science Center, Harpers Ferry National Historical Park and the U.S. Naval Academy. JrNYLC helps students develop and sharpen their leadership skills and empowers them to make a positive social impact in their community by examining the leaders of the past. (Photo by Kevin Knaeble courtesy of AMS)



School Bulletin aims to promote educational activities in the Navy and Air Force communities. If you know of an education-related event that you would like to include, send it to jointregionedge@fe.navy.mil or call 349-2113.

Department of Defense Education Activity (DoDEA)

School board meetings are scheduled for the second Thursday of every month at 6 p.m.

Upcoming meetings:

April 21 at Cmdr. William C. McCool Elementary/Middle School

May 12 at Guam High School

Parents may re-register children at the DoDEA school of their choice from 7:30 a.m.-3:30 p.m. April 11-15. When registering, remember to bring updated immunization record and, if applicable, military extension orders and certification letters. For more information, call 344-9578/9596.

If you are interested in serving on the school board for SY 2011-2012, submit your nomination application to any DoDEA school location or the district superintendent's office located at U.S. Naval Hospital Guam. Deadline to submit your nomination is April 7. School board elections will take place April 11-15. For more information, call 344-9578/9596.

Andersen Elementary School

April 4-7 Local Problem Solving Test

April 7 End of third quarter

April 8 No school–teacher work day

April 11-15 Spring Break

Guam High School

April 4-7 "Spring Fever Reliever" spirit week

April 8 No school–teacher work day

April 11-15 No school–Spring Break

April 20 Armed Services Vocational Aptitude Battery (ASVAB) testing

April 25-29 Far East Honors Musical Festival in Korea

McCool Elementary/Middle School

April 5 Parent Teacher Organization (PTO) meeting in the cafeteria at 8:30 a.m.

April 18-22 Spring Book Fair

April 22 Earth Night/Spaghetti Night in the cafeteria from 6-8 p.m.

Texas A&M University

Aggie Muster Guam 2011 will be held April 21 from 6-9 p.m. at the home of Andrew and Stephanie Parry on Andersen Air Force Base. To sign up or for more information, e-mail guam-aggies@gmail.com.

Banana leaves conceal sweet, sticky treat

By Anna-Victoria Crisostomo
Joint Region Edge Staff

If you've walked into a grocery store or around one of the local farmer's markets on Guam, chances are you've come across a small bundle of shiny, charred leaves containing one of the island's most desired desserts— apigige' (ah-PIH-gih-gee).

While this slightly sweet treat makes its home in banana leaves, apigige' gets its flavor from coconuts. The key ingredient to this local favorite, however, is the tapioca starch that gives it a chewy consistency.

"Tapioca starch is like flour but it comes from the mandioca [cassava root]," said Yona resident Mark Camacho. "It's a good foundation for apigige' because it gives a good consistency and matches the taste of the coconut."

Another important factor to making the perfect apigige' is its treatment over an open fire.

"After you steam the apigige' you can cook it on a grill pan but it won't taste as good as when you throw it over some charcoal or wood," Camacho said. "The fire makes the apigige' have kind of like a smoky flavor and it even lets it get some flavor from the banana leaf."

If you don't fall head over heels for the fresh flavors and subtle sweetness of apigige', you'll definitely get all wrapped up in just how fun it is to eat and pronounce.

"If you're having a bad day, just say the word 'apigige'' and you'll start laughing," Camacho joked. "Every time you pull back the banana leaf it's like you're opening up a present and getting a reward."

Hidden Treasure: Apigige' (ah-PIH-gi-gee) is a local dessert made from tapioca starch and coconut. The chewy apigige' makes its home inside banana leaves and is steamed before it finds its way to an open fire. (U.S. Navy photo by Anna-Victoria Crisostomo)

Apigige' recipe

Two cups of tapioca starch
One-half cup of shredded, unsweetened coconut
One-half cup of sweetened coconut milk
One-fourth to one-half cup of sugar
Banana leaves
Six to eight cups of water

Cut banana leaves into eight-inch squares.

In a medium pot, begin boiling water as you prepare your dough.

Combine all of your ingredients in a medium mixing bowl and mix until a loose dough is formed. You may wish to increase or decrease the amount of sugar you use based on the sweetness of your coconut milk.

Take some of your dough and form into a log shape that is about one-half inch thick and six inches long. Wrap the log gently with a banana leaf square. Repeat until all of your dough has been used.

Using a bamboo steamer or a wire cooling rack placed over your pot of boiling water, steam the apigige' for 20-25 minutes. Once steamed, remove the apigige' and pat them dry with a paper towel.

Place the apigige' on a grill over low heat and allow the banana leaves to char slightly. Remove the apigige' from the flame and serve warm or freeze ungrilled apigige' and save them for later.

NBG Big Screen Theater set for April 1 reopening

By Anna-Victoria Crisostomo
Joint Region Edge Staff

The Morale, Welfare and Recreation (MWR) Big Screen Theater on U.S. Naval Base Guam (NBG) will resume operations April 1.

The theater is reopening after required sprinkler upgrades and the age of existing components prompted renovations. Eric Nikkel, NBG MWR director, said the time was right to tackle these and other projects.

"The major needs [were] full upgrade of the sprinkler system, update the sound and lighting system, carpet replacement and redesign of the concession area," Nikkel said.

Improved patron flow in the lobby and new FX lighting and sound were also projects addressed during the renovation.

Theater patrons can enjoy the return of free weekend movie showings and Big Screen Theater events like "Movies Under the Stars." Nikkel said that patrons can expect a "clean, fresh facility with an improved overall viewing experience."

For more information, visit www.mwrguam.com.

FREE

Karaoke Night

Every Friday at the Silver Dolphin on Naval Base Guam (NBG) Ordnance Annex, 7 p.m. Open to all authorized Morale, Welfare and Recreation (MWR) patrons. For more information, call 564-2280.

Golf Clinic

Every Saturday and Sunday from 9-10 a.m. at Admiral Nimitz Golf Course. No need to register! Just stop by to learn the basic fundamentals of the game of golf. For more information, call 344-5838/9.

Tumbling for Tots

Tumbling for Tots, an interactive play program for kids and parents, is available at the Hotspot Gym on Andersen Air Force Base (AFB) just down the walkway from the bowling center. Hours of operation are Monday through Friday from 9 a.m.-noon. For more information, call the Hotspot at 366-2339.

Sunrise Yoga

Every Friday morning at 6 a.m. at Tarague Beach. End your week with a relaxing yoga session on the beach. Listen to the sounds of the ocean while your body is rejuvenated with the sun's rays. For more information, call 366-6100

UNDER $10

Xtreme Midday Madness

At NBG's Orote Point Lanes every Monday to Friday from 1-5 p.m. Bowl for only $5 (shoes not included)! For more information, call 564-1828.

Willie's Beachside Jazz

At Bamboo Willie's every Sunday from 5-8 p.m., enjoy a relaxing evening at the beach while you listen to great jazz music. For more information, call 653-9814.

Tuesday Fajita Night

At Andersen AFB's Café Latte every Tuesday from 5:30-7:30 p.m. Base price starts at $2.95 and you can build your own fajitas! For more information, call 366-6166.

$10 AND UP

Breakfast at Café Latte

Café Latte at the Top of the Rock (Andersen AFB) offers breakfast from 6:30-9:30 a.m. Monday through Friday and 7:30 a.m.-12:30 p.m. on Saturday. Enjoy your morning coffee and traditional breakfast favorites, plus a variety of breakfast burritos and sandwiches. For more information, call 366-6166.

Ladies' Golf

Ladies, do you love the game of golf as much as the men do? If so, every Wednesday it's your day at Palm Tree Golf Course. Ladies receive free green fees. Just pay the cart fee, $12 for 18-holes or $8 for 9-holes. For more information, call 366-4653.

MEEHAN THEATER

Friday, April 1

7 p.m.: Justin Bieber: Never Say Never • G

Saturday, April 2

2 p.m.: Justin Bieber: Never Say Never • G
7 p.m.: Gnomeo and Juliet • G

Sunday, April 3

7 p.m.: Gnomeo and Juliet • G

The movie schedule is subject to change due to circumstances beyond Meehan Theaters on Andersen Air Force Base. **The Meehan Theater hotline is 366-1523.**

Friday, April 1

7 p.m.: Big Momma's: Like Father Like Son • PG-13
9:30 p.m.: Hall Pass • R

Saturday, April 2

1 p.m.: Tangled • PG
3:30 p.m.: Big Momma's: Like Father Like Son • PG-13
7 p.m.: Hall Pass • R

Sunday, April 3

1 p.m.: Big Momma's: Like Father Like Son • PG-13
3:30 p.m.: Harry Potter and the Deathly Hallows • PG-13
7 p.m.: Hall Pass • R

The schedule is subject to change due to circumstances beyond the theater's control. **The Big Screen Theater hotline is 564-1831 or visit mwrguam.com.**

(Source: Navy Morale, Welfare and Recreation Office)

Chapel Schedule

Naval Base Guam

Office Hours: Monday-Friday, 8 a.m.-4 p.m.

Roman Catholic Mass

Saturday Vigil Mass: 5:30 p.m.
Sunday Mass: 9:30 a.m.
Sacrament of Reconciliation: Saturday, 5 p.m. and Sunday, 9 a.m.

Protestant Worship Service

Sunday Service: Traditional Service: 8 a.m.
Contemporary Service: 11 a.m.
Women's Bible Study: Monday, 9 a.m.
Men's Bible Study: Wednesday, 6 p.m.
Prayer Time: Thursday, 11:30 a.m.
Choir Practice: Traditional: Wednesday, 6 p.m.
Choir Practice: Contemporary: Tuesday, 6 p.m.

Jewish Shabbat

Friday, 6:30 p.m.

Naval Hospital Guam

Roman Catholic Mass

Monday-Friday, 11:30 a.m.
Chapel of Hope: Sunday, 9 a.m.

Protestant Services

Full Gospel Service: Sunday, 6:30 p.m.
Men's Bible Study: Every other Tuesday starting April 5
Women's Bible Study: Second and fourth Saturday of each month

Andersen Air Force Base

Roman Catholic Mass (Chapel 1)

Weekday Mass: Tuesday, Wednesday, Friday, 11:30 a.m.
Saturday Vigil Mass: 5 p.m.
Sunday Mass: 9:30 a.m.
Sacrament of Reconciliation: Saturday, 4:30-4:50 p.m.
Catholic Women of the Chapel: First and third Wednesday of the month, Chapel 1 Annex, 6:30 p.m.
Catholic Youth of the Chapel: Second and fourth Wednesday of the month, Chapel 1 Annex, 6:30 p.m.
Choir Rehearsal: Saturday 4-5 p.m. and Sunday, 8-9 a.m.

Protestant Worship Service

Praise Service: Sunday, Chapel 2, 9 a.m.
Gospel Service: Sunday, Chapel 2, 11:30 a.m.
Emerging Worship Service: Sunday, Lighthouse, 6 p.m.
Protestant Women of the Chapel: Second Monday of each month, Chapel 2 Annex, 6:30 p.m.
Protestant Men of the Chapel: Wednesday, Lighthouse, 7 p.m.
Protestant Youth of the Chapel: Thursday, Chapel 2 Annex, 7 p.m.
Protestant Young Adults: Thursday and Saturday, Lighthouse, 6 p.m.
Protestant Sunday School: (September-May) Sunday, Chapel Activity Center, 10:15 a.m.

Schedules subject to change. To confirm times or for information about other programs, call the chapels at:

Andersen Air Force Base: 366-6139
U.S. Naval Base Guam 339-2126
U.S. Naval Hospital Guam: 344-9127

Take time to enjoy life's journey

By Lt. Alan Fleming
USS Frank Cable (AS 40) Chaplain

No doubt many of you have endured a long and difficult journey at least once in your life.

One that stands out in my mind occurred in 1976 as the entire Fleming clan left Statesville, N.C., bound for Key Largo, Fla., with many stops to visit relatives along the way. In my mind's eye I can still see the pale green Plymouth Fury III crammed with five kids along with dad and mom who were handling the driving and navigation duties.

What made the trip all the more challenging was the fact that there was no air conditioning. Being kid number four, I did not rate a window seat very often.

As the many miles crept by there was a lot of laughing, fighting and crying–in no particular order. Oftentimes, the trip was not fun but there were goals in sight.

By the time we had wandered our way back home, we had a treasure trove of memories and experiences including a huge mall in Macon, Ga., Disney Land in Orlando, Fla., and snorkeling in the Florida Keys–all of which were enriched by the family that surrounded and welcomed us.

The children of Israel also experienced a long and difficult journey with many stops along the way. The Bible records the unique history of their 40 years of "wandering" in the Sinai desert.

When you read the historic account, you will see that there were many difficult days – or I should say difficult years. There were times of laughing, fighting and crying but, over and over, we see that God provided for and cared for the faithful remnant.

It's interesting that God obviously had a different perspective on what we would consider "wandering" and wasted years. In Deuteronomy 8:2, we see God's goal for their difficult journey. "The Lord your God led you all the way these forty years in the wilderness to humble you and test you–to know what was in your heart."

Life is a journey and many of us experience years of difficult "wandering." Often we begin to wonder what God is doing and if we are wasting years of our lives. Perhaps God is bringing about the very thing He has in mind for you to accomplish. Notice that God is more concerned about whom we are as a person–our character–than he is about us reaching our "promised land."

Still Moments

Johnson: Rear Adm. Paul Bushong, Commander, Joint Region Marianas (JRM), presents Operations Specialist 2nd Class Bruce Johnson with a Flag Letter of Commendation for outstanding job performance at the JRM headquarters in Asan March 22. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

Collado: Rear Adm. Paul Bushong, Commander, Joint Region Marianas (JRM), presents Norma Collado with an award for outstanding job performance at the JRM headquarters in Asan March 22. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

Perez: Rear Adm. Paul Bushong, Commander, Joint Region Marianas (JRM), presents Kimberly Perez with an award for outstanding job performance at the JRM headquarters in Asan March 22. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

Williams: Rear Adm. Paul Bushong, Commander, Joint Region Marianas (JRM), presents Jovina Williams with an award for outstanding job performance at the JRM headquarters in Asan March 22. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

Pulmones: Rear Adm. Paul Bushong, Commander, Joint Region Marianas (JRM), presents Jessilyn Pulmones with an award for outstanding job performance at the JRM headquarters in Asan March 22. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

Blas: Rear Adm. Paul Bushong, Commander, Joint Region Marianas (JRM), presents Christina Blas with an award for outstanding job performance at the JRM headquarters in Asan March 22. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

Hill: Rear Adm. Paul Bushong, Commander, Joint Region Marianas (JRM), presents Linda Hill with an award for outstanding job performance at the JRM headquarters in Asan March 22. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

COMMANDER JOINT REGION MARIANAS
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Lady Panthers end season in fourth place

By Mass Communication Specialist 2nd Class (SW) Corwin Colbert
Joint Region Edge Staff

The Guam High School (GHS) Lady Panthers occupied the fourth place position for the SY 2010-2011 Independent Interscholastic Athletic Association of Guam Softball League March 26.

Despite an upset against George Washington High School March 28, Dennis Triplett, GHS assistant coach, expressed his pride in the team and explained just how successful the Lady Panthers were this season.

"This is the best this team has done in 10 years," Triplett said. "This is the highest we've been placed since we integrated with all the other schools."

The Panthers were just one play date away from the title game. This was a major feat considering the team's abundance of fresh faces.

"Our center fielder [is a returning player]" Triplett said. "Everyone else is new. The hardest part is to motivate them. They watch the other teams and some of those players have played together for years. As military dependents there is a high turnover. You may not play with your teammates for more than a few years."

Young team and all, Triplett said this year was the beginning of a foundation and expressed hope that most players will return next year. Triplett already has a game plan for next year's team.

"They definitely will be focusing on their hitting for next season," the coach said.

Huddle Up: Guam High School (GHS) Lady Panthers softball teammates gather for a huddle during an Independent Interscholastic Athletic Association of Guam Softball League game against the George Washington High School Geckos at the GHS field March 26. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

44th Aerial Port Squadron (APS) Anniversary 5K

Join the Airmen from the 44th APS as they celebrate 30 years of service on Guam at their anniversary 5K beginning at Ypao Beach Park in Tumon April 3.

Show time: 5:30 a.m.
Go time: 6 a.m.

$5 for students (first- through 12th-grade)
$7 for adults
$25 for a group of four
$10 across the board on race day
Register at Hornet Sporting Good in Tamuning or with 44th APS personnel on race day.

T-shirts will be distributed to the first 500 runners.

Sports Shorts

The following is a list of sports and health-related activities held on U.S. Naval Base Guam. To submit your sports note, e-mail jointregionedge@fe.navy.mil.

Baseball and T-Ball

The Guam Youth Sports Association will be hosting a five-week baseball and T-Ball clinic including practices and games. Registration is ongoing through April 22. Practices will be held on Monday and Wednesday from 5:30-6:30pm starting April 25. T-Ball (youth ages five-six) will practice at Community Field. Baseball (youth ages seven-10) will practice at Ebbett Field. For more information, call 564-1844/5.

Charles King Fitness Center

Charles King Fitness Center (CKFC) hours of operation are Monday-Friday from 5 a.m.-9 p.m., Saturday from 8 a.m.-9 p.m., Sunday and holidays from 9 a.m.-7 p.m. For more information, call 333-2049.

NCTS Sports Center

The Naval Computer and Telecommunications Station Guam Sports Center has re-opened. Hours of operation are Monday, Wednesday and Friday from 9 a.m.-8 p.m., Tuesday and Thursday from 11 a.m.-8 p.m., and Saturday-Sunday from 8 a.m.-12:30 p.m.

Run Registration

Runners can now submit registrations for Morale, Welfare and Recreation (MWR)-sponsored runs via e-mail. On the Fitness Program page of the MWR Web site, www.mwrguam.com, click on the "NEW Run Registration Form" PDF under Additional Links and follow the instructions on the form. Pre-registration for all fitness events will end at 5 p.m. on Friday of the week prior to the event.

The following is a list of sports and health-related activities held on Andersen Air Force Base. To submit your sports note, call 366-2228.

Health and Fitness Fair

Enjoy free demonstrations and useful health and fitness information at the Coral Reef Fitness Center's Health and Fitness Fair April 6 from 9 a.m.–2 p.m. Representatives from local companies and base agencies will be available to answer questions and share their knowledge. For more information, call 366-6100.

Fishing Trip

Join Outdoor Recreation on a six-hour charter fishing trip April 2, departing at 4:45 a.m. Cost is $85 per person. Transportation and gear are provided. You can also bring along your snorkeling gear for a refreshing dip in the ocean after fishing. After the trip, there will be a stop for lunch at a local restaurant. Bring your favorite beverage, snacks, towel, bathing suit, sunblock lotion and money for lunch. Seating is limited to six. To sign up or for more information, call 366-5197

Youth Baseball and T-Ball Registration

Registration for the upcoming Youth Baseball and T-Ball seasons will start March 21. Certification for coaches will be held April 14-16. Practices start April 18 and games begin May 7. To sign up or for more information, call 366-3491.

Monthly Green Fee Card

Golfers can now purchase a money-saving monthly green fee card for just $40-$60 per month depending on rank. To purchase yours or for more information, call the Palm Tree Golf Course at 366-4653.