



LIBERTY THROUGH UNITY

# JOINT REGION EDGE

Volume IV No. 10

Friday, March 23, 2012

## Service members support Special Olympics with Track and Field

By Shaina Marie Santos  
Joint Region Edge Staff

**T**he 36th Annual Special Olympics on Guam kicked off with a Track and Field event at Okkodo High School in Dededo March 17. Service members from all branches and commands offered support for the Saturday morning event through coordinating and encouraging more than 300 athletes.

“It’s a good proud feeling you get when you’re a part of something that’s so much bigger.”

- Petty Officer 2nd Class Jami Tedrow, U.S. Naval Base Guam

The entire event was supported by over 1,300 volunteers, the great majority being service members. Also in attendance were

guests including U.S. Air Force Brig. Gen. John Doucette, U.S. Naval Base Guam (NBG) Commanding Officer Capt. Richard Wood, and Guam Congresswoman Madeline Bordallo, who offered their congratulations to the athletes and appreciation for the volunteers.

“Being here and being involved with the Special Olympics is something that makes you a better person,” Wood said during his opening remarks. “When you see the courageous athletes working hard to win, but more

See Olympics, Page 7

Military working dogs train for missions

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## Andersen hosts

By Senior Airman Veronica McMahon  
36th Wing Public Affairs

Four squadrons of F-18s from the Naval Air Facility at Atsugi Japan, along with approximately 550 military aircrew personnel, are at Andersen Air Force Base (AFB) until April 10 for the Strike Fighter Advanced Readiness Program (SFARP).

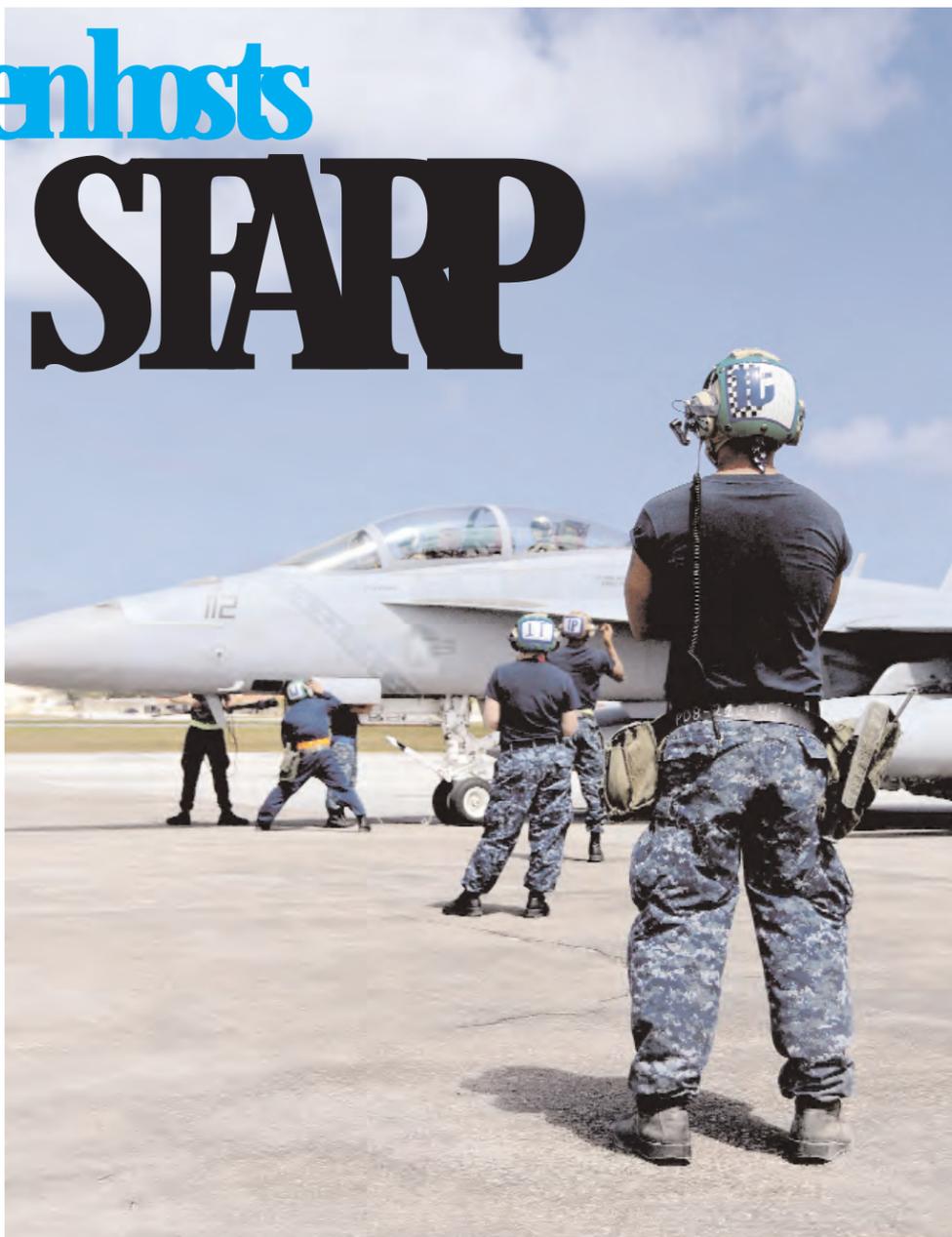
The fighter squadrons deploy to the island biannually for air-to-air and air-to-ground training to maintain the proficiency and readiness of the air wing.

“The SFARP is a focused, unit-level training exercise conducted under the auspices of the Air Combat Training Continuum,” said Capt. Daniel Cave, Carrier Air Wing 5 commander. “The SFARP is directed by Naval Strike and Air Warfare Center and is implemented by the Strike Fighter Weapons Schools.”

According to Cave, SFARP consists of a comprehensive academic syllabus and a 15 sortie flight syllabus. The carrier air wing executes its SFARP syllabus every two years to ensure they are executing the latest tactics, while increasing overall squadron readiness in preparation for deployment on the aircraft carrier USS George Washington (CVN 73).

Andersen AFB provides a unique training environment, which enables the wing to complete all SFARP flights from one

# SFARP



**Flight Check:** Naval aircraft maintainers prepare to perform post-flight maintenance on an F-18 aircraft during the Strike Fighter Advanced Readiness Program at Andersen Air Force Base March 19. Andersen is hosting the Naval flying exercise during the month of March. U.S. Air force photo by Senior Airman Jeffrey Schultze/Released

See SFARP Page 7

7th Fleet Band performs for island

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# Joint Region Edge

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**Sharing the Music:** U.S. Navy 7th Fleet Band members perform for students at Commander William C. McCool Elementary and Middle School on U.S. Naval Base March 14. The 7th Fleet Band performed for military and local community audiences during a visit to Guam. U.S. Navy photo by Shaina Marie Santos/Released



**Music and Dance:** Local residents and tourists dance to tunes played by U.S. Navy 7th Fleet Band at the Chamorro Village weekly night market in Hagatna, March 14. U.S. Navy photo by Shaina Marie Santos/Released

By Shaina Marie Santos  
*Joint Region Edge Staff*

The U.S. Navy 7th Fleet Band performed for military and local community audiences during their visit to Guam March 14.

The band's 12-member ensemble called the Orient Express performed for audiences at Commander William C. McCool Elementary and Middle School (MEMS) band classroom on U.S. Naval Base Guam and the weekly night market at Chamorro Village in Hagatna.

MEMS Band and Choir Director Whitney Mansell said the 7th Fleet band provided students with life-long advice about playing instruments, talked about their jobs in the Navy as musicians and how being a musician will help the students carry them through changes in life.

"The students loved hearing the music and seeing live musicians performing advanced music on their same instruments," she said. "I hoped that the students took away that no matter what area of life they move into... that they continue on with their music career and always participate in making music and enjoying all the benefits that comes with [it]."

Band Musician 2nd Class (SW) James Caliva said the band made it their mission to perform in the community, to

# 7th Fleet Band promotes music, GOODWILL

**Rocking Out:** U.S. Navy 7th Fleet Band members perform for students at Commander William C. McCool Elementary and Middle School on U.S. Naval Base Guam March 14. The 7th Fleet Band performed for military and local community audiences during a visit to Guam. U.S. Navy photo by Shaina Marie Santos/Released



offer music and entertainment on Guam. The band was on island to perform at the Commander, Submarine Squadron 15 change of command ceremony March 13.

"Our first mission was to just perform for the change of command ceremony," he said. "When we were asked to do the change of command, we thought why not put on some performances for the DoD (Department of Defense) schools and go out into the community and play some music for them as well."

Band Musician 3rd Class Daniel Weber echoed his sentiments, adding that the band visits places like Guam to bring music, entertainment and a good time in hopes of building positive relationships with the Navy and the general public.

"We want to entertain, and also spread the word about the Navy and the global force for good and what our mission as musicians representing those that work hard overseas to bring peace to the world," he said.

During the band's performance at Chamorro Village,

locals, tourists and other service members were treated to high-energy songs that brought many to their feet.

Local resident Millie Manibusan said she especially enjoyed the Navy's diverse tunes, a break from the normal Chamorro cha-cha songs played at Chamorro Village. The band played tunes from musicians including Van Morrison, Lynyrd Skynyrd and Led Zeppelin.

"[The band was] fantastic," she said. "It was something new and different. I really enjoyed myself, I'm pretty sure everybody did."

Caliva said their mission also gives audience a different perspective of the Navy.

"Everyone sees us as the war fighters, with the guns and the ships and the missiles, but we want to show them that there's a softer side of the Navy, that there's a fun side that everyone can really enjoy and get into," he said. "It's good to give back to the community, 'cause they give so much to us, we just want to give back to them as well."

The band was created in 1943 with the establishment of the U.S. 7th Fleet and has performed for millions throughout the Western Pacific.

Comprised of professional Navy musicians, the 7th Fleet Band operates from Yokosuka, Japan along with the U.S. 7th Fleet flagship, USS Blue Ridge (LCC 19).

## 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.

## SCHOOL BULLETIN

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](mailto:jointregionedge@fe.navy.mil) or call 349-2115.

**DoDEA Guam District Schools**  
March 23: No Classes

**Phone Numbers**  
Andersen Elementary School: 366-1511  
Andersen Middle School: 366-3880/5793  
Commander William C. McCool Elementary/Middle School: 339-8676  
Guam High School: 344-7410

## MWR HAPPENINGS

**U.S. Naval Base Guam**  
**April Culinary Boot Camp**  
The Fruit of the Sea Culinary Boot camp will be held at Top o' the Mar from 5:30-9:30 p.m. April 4. Fees are \$90 for the first class (includes initial supplies) and \$50 for each additional class. For more information, call 685-5142.

# COMMUNITY Corner

## movies • movies • movies

The Big Screen Theater		
MARCH 23 (FRIDAY)		
7 PM	BIG MIRACLE	PG
9:30 PM	THE GREY	R
MARCH 24 (SATURDAY)		
1 PM	THE WOMAN IN BLACK	PG-13
3:30 PM	MAN ON A LEDGE	PG-13
7 PM	CONTRABAND	R
MARCH 25 (SUNDAY)		
1 PM	CHRONICLE	PG
3:30 PM	THE DARKEST HOUR	PG-13
7 PM	ONE FOR THE MONEY	R

Movie Hotline 564-1831 US Naval Base Guam

Meehan Theater - TEMPORARILY CLOSED

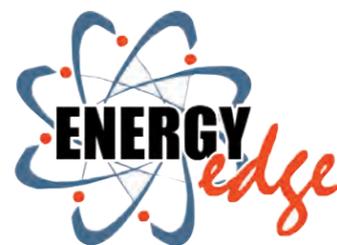
## 36th FSS HAPPENINGS

**Andersen Air Force Base**  
**Teen Job Fair and Orientation**  
The event will be held at the Andersen Youth Center March 24 from 9 a.m. to noon. To be eligible you must be 16-18 years old, a military/civilian dependent ID card holder and a Youth Programs participant. For more information, call 366-3490 or 366-1640.

## SPORTS SHORTS

**U.S. Naval Base Guam**  
**Free Golf Clinics**  
Learn the basics of golf or practice perfecting your game during golf clinics at the Admiral Nimitz Golf Course every Saturday and Sunday from 9-10 a.m. For more information, call 344-5838

**Andersen Air Force Base**  
**March Madness Pacific-wide Basketball Tournament**  
The annual March Madness Pacific-wide Basketball Tournament will be held March 24-25 at the Coral Reef Fitness Center. More than 15 teams from the Pacific region will participate in the biggest tournament of the year. Games will start at noon. Concessions will be available and admission is free. Call 366-6100 for more information.



## Moving can help find energy savings

By Kevin D. Evans  
Joint Region Marianas  
Energy Manager

Ah, yes, the energy conservation opportunities that one finds when forced to move. I recently moved into a new office from where I was before and in the process of breaking down cubicles, boxing up all one's possessions, and trucking it all over to the new building I discovered many opportunities to conserve energy.

First, leaving my beloved cubicle, where I keep thinking about the infamous video clip where the guy loses all the data on his computer and starts raging and destroying his cubicle, found that my new office doesn't have work station lighting necessitating keeping all the overhead lights on. A portable task light is in the works as a substitute.

Secondly, personal electric and electronic devices folks had accumulated or 'pack ratted' if you prefer, older, inefficient energy using things such as mini-fridges, fans, old behemoth computer monitors, and non-approved space heaters. Check your new locale and replace any you find with Energy Star rated equivalents. By the way, federal energy conservation regulations require that any new energy using office equipment purchased for the office be Energy Star rated.

Finally, moving into the new building I noticed that motion sensors were installed in many of the spaces and older weather intrusive susceptible doors upgraded with new weatherstripping. Direct Digital Controls (DDC) were reprogrammed to account for the change in space utilization which is a common error of omission. This last point is important because the most common complaint about perceived (and real) energy conservation issues is when spaces are changed from one type of use to another such as a former galley to an office space (happens more than you'd think) with its heating, cooling, and lighting requirements suited for one but not the other. More commonly, just changing around a space's configuration without changing the overhead lighting configuration causes problems with proper lighting distribution.

Moving can be a trial and tribulation but also a great way to find energy savings. So if you have to move, I feel your pain (unless you have a nice office or window view, then you have my envy) but also hope you'll take advantage of the energy saving opportunities.



**Donating for a Good Cause:** The annual Air Force Assistance Fund is scheduled to kick-off on Andersen Air Force Base March 26. The 36th Wing goal is to reach \$37,530 in contributions. U.S. Air Force photo by Senior Airman Carlin Leslie/Released

# AFAF 2012 to kick off

By Airman 1st Class Whitney Tucker  
36th Wing Public Affairs

The annual Air Force Assistance Fund (AFAF) is scheduled to kick off March 26 and run through May 4.

The AFAF was established to raise funds for the charitable affiliates that provide support to the Air Force families (active duty, retirees, reservists, guard and their dependents, including surviving spouses) in need.

Last year, Andersen raised more than \$60,000 in contributions. Team Andersen members have received back approximately \$54,000 in aid from the Air Force Aid Society since October 2011.

According to the 2012 campaign plan, the AFAF is an annual, on-the-job fundraising appeal conducted among Air Force personnel for the benefit of Air Force personnel. The campaign contributions provide financial support to four AFAF affiliates. They are the Air Force Village, the Air Force Aid Society, the Air Force Enlisted Village and the General and Mrs. Curtis E. LeMay Foundation.

"All Air Force active-duty, Reserve and Air National Guard members (on Title 10 orders), Air Force retirees and family members possessing a power of attorney are authorized to take advantage of AFAF loans and grants," said Capt. Nicholas Paltzer from the 644th Combat Communications Squadron and this year's AFAF Installation Project Officer.

"The 36th Wing goal for this year's AFAF is \$37,530," Paltzer said. "To contribute, personnel should locate their unit program officer or a designated member and keep in mind, donations are tax deductible."

Individuals may contribute by cash, check, or money order, or use payroll deductions for:

- The Air Force Aid Society, which provides Airmen and their families worldwide with emergency financial assistance, education assistance and an array of base-level community-enhancement programs. More information is available at [www.afas.org](http://www.afas.org).
- The Air Force Enlisted Village, which includes Teresa Village in Fort Walton Beach, Fla., and Bob Hope Village in Shalimar, Fla., near Eglin Air Force Base. The fund provides homes and financial assistance to widows and widowers of retired enlisted people 55 and older. Hawthorn House, also in Shalimar, provides assisted living for residents requiring more assistance than others, including 24-hour nursing care. More information is available at [www.afenlistedwidows.org](http://www.afenlistedwidows.org).
- Air Force Village, which includes Air Force Village I and II in San Antonio, is a life-care community for retired officers, spouses, widows or widowers and family members. Visit the Air Force

Village Web site at [www.airforcevillages.com](http://www.airforcevillages.com).

- The General and Mrs. Curtis E. LeMay Foundation provides rent and financial assistance to widows and widowers of officer and enlisted retirees in their homes and communities through financial grants of assistance. The LeMay Foundation Web site is [www.lemay-foundation.org](http://www.lemay-foundation.org).
- For more information about the charitable organizations and AFAF visit [www.afassistancefund.org](http://www.afassistancefund.org).

By Airman 1st Class Mariah Haddenham  
36th Wing Public Affairs

Airman 1st Class Christopher Gross, 736th Security Forces Squadron fire team, was awarded Team Andersen's Best, March 15.

Airman Gross is part of a team that deploys throughout the Pacific area of responsibility during times of disaster to provide humanitarian relief and security in foreign countries.

"Additionally, he is involved in rigorous day to day training becoming highly proficient in urban operations, tactical combat casualty care and counter-insurgency operations that ensure the safety of his fellow Airmen and himself," said Staff Sgt. Daniel Crane, Airman Gross's supervisor.

"Most recently, he showcased his skills and excelled during Cope North 2012, where he enhanced integrated ops and camaraderie between the U.S. Air Force, the Japan

## Andersen's Best:

# A1C Christopher Gross



**Excellent Airman:** Airman 1st Class Christopher Gross, 736th Security Forces Squadron fire team, was awarded Team Andersen's Best, March 15. 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/Civilian with an award. To nominate your Airmen/Civilian for Andersen's Best, contact your unit chief or superintendent explaining their accomplishments. U.S. Air Force photo by Airman 1st Class Mariah Haddenham/Released

Air Self Defense Force and the Royal Australian Air Force," the sergeant continued.

Gross has also recently completed the Pre-Close Precision Engagement Course (CPEC) which secured his attendance for the upcoming CPEC in El Paso, Texas.

"After graduating, he will become an Air Force sharp shooter," Crane said.

Gross also enjoys working out, volunteering for base and squadron events, playing squadron sports which include soccer and football, and riding his sports bike.

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/Civilian with an award.

To nominate your Airmen/Civilian for Andersen's Best, contact your unit chief or superintendent explaining their accomplishments.

**Hire Local:** Rear Adm. Paul Bushong, Joint Region Marianas' commander, speaks about the military during the Hire Local: A Regional Workforce Conference at the Sheraton Laguna Guam Resort in Tamuning March 13. The conference hosted companies and organizations around Guam disseminate information about employment and expanded military presence. U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Gabrielle Blake/Released

# Military leadership presents at Hire Local conference

By Mass Communication Specialist 2nd Class (SW) Gabrielle Blake  
*Joint Region Edge Staff*

The Society for Human Resource Management (SHRM) and the Agency for Human Resource Development (AHRD) hosted "Hire Local: A Regional Workforce Conference" at Sheraton Laguna Resort Guam in Tamuning March 13.

The conference brought private sector employers and government together to discuss workforce requirements and advantages and disadvantages of both local and regional employers hiring workers from the local population.

"It's great to see these organizations and businesses come together for the collective goal of building a dynamic workforce on Guam," said Rear Adm. Paul Bushong, commander, Joint Region Marianas.

Bushong spoke about the military influence on Guam and its workforce.

"The Department of Defense (DoD) is hugely in support of and greatly in need of a dynamic and quality workforce from the island of Guam," Bushong said. "We have had very good success with hiring local at the Navy base and region commands. The DoD currently directly employs approximately 10,000 people on the



**NAVFAC Marianas CO:** Capt. John Heckmann, U.S. Naval Facilities Engineering Command (NAVFAC) Marianas commanding officer, speaks about the mission and expectations of NAVFAC Marianas during the Hire Local: A Regional Workforce Conference at the Sheraton Laguna Guam Resort in Tamuning March 13. The conference hosted companies and organizations around Guam to present information on employment and expanded military presence. U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Gabrielle Blake/Released

island of Guam."

Capt. John Heckmann, U.S. Naval Facilities Command (NAVFAC) Marianas commanding officer, spoke to the audi-

ence about current and upcoming construction projects on Guam and associated requirements for employees with certain skills.

"Buildings are getting more technologically sophisticated more and more every year," Heckmann said. "Things are changing, the requirements are changing and the demands are changing in the facility arena."

In Heckmann's presentation he spoke about the military buildup on the island.

"It's going to have a variety of all sorts of construction and all sorts of technologies from the infrastructure that we need

to improve to a variety of buildings to operational to other support facilities," Heckmann said.

Heckmann said some of the harder employees to find on Guam are the engineers, architects, business and managerial and technicians.

Computer savvy, responsible, self-motivated and a great communicator were among the character traits Heckmann outlined as requirements for employees.

The two-day conference was meant to develop of a local workforce as an alternative to the more expensive effort to hire from off-island.



# Seabees, civil engineers celebrate legacy at Seabee ball

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

The 2012 Guam Seabee Ball took place at the Hotel Nikko Guam March 17.

Seabees, Civil Engineer Corps (CEC), service members attached to Naval Mobile Construction Battalion 40, civilians and service members from U.S. Naval Facilities Command (NAVFAC), Marianas, service members from other military branches and distinguished guests took part in the casual event recognizing the many contributions of Seabees and civil engineers throughout history.

NAVFAC Marianas' commanding officer, Capt. John Heckmann spoke about the importance and relevance of the Seabee force in today's Navy.

"This is the can-do legacy that continues to inspire everyone today; whether it is supporting combat operations or winning the hearts and minds of oppressed people from around the world, this is what Seabees do best and I really think they are literally on the front lines of the Navy's banner, 'Global Force for Good,' and the Se-



**Honoring Seabees:** Guam historian Don Farrell speaks at the 2012 Guam Seabee Ball at Hotel Nikko Guam March 17. Farrell gave a historical speech about the beginning of the Seabee legacy. U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert/Released

abees really demonstrate that in a lot of these nations in the world," he said.

Following his speech Don Farrell, a Guam historian, gave a history speech about the beginning of the Seabee legacy. "Vice Adm. Ben Morell set about the

task of creating a new branch of the Navy; composed of Enlisted men and officers specially trained in heavy building work but also taught to fight," Farrell said. "These men would advance in the vanguard of every attack with a shovel in one hand and

a rifle in the other. They would fight their way to the foot hold of enemy shores then level the jungles and build the airfields for the combat fields close behind them. On March 5, 1942, Adm. Morell was granted the authority to establish a naval construction force and officially called them, Seabees."

Logistics Specialist 1st Class (SW/AW) Jerry Yance, of the 30th Construction Regiment, said he was honored to attend the event and looked forward to the evenings events.

"I've been working with the aviation community and this is the first time I've been exposed to the Seabees," Yance said. "I've been in for 12 years and this is my first time attending the Seabee ball."

Construction Mechanic Chief (SCW/EXW) Andrew Wood has been to more than 15 Seabee celebrations. He said the event recognizes his fellow Seabees contributions and makes him proud to be a part of the legacy.

"The best part about being a Seabee is going out and helping people from fellow nations; we not only help them, we build for them and turn around and defend what we built," he said.

## NAVAL BASE GUAM CELEBRATES

# Chamorro Month



**Above:** Students from Commander William C. McCool Elementary/Middle School on U.S. Naval Base Guam perform for friends and family inside the Navy Exchange March 16. The performance was part of Chamorro Month, a celebration of the rich history of Guam's Native culture. U.S. Navy photo by Mass Communication Specialist 3rd Class Corey Hensley/Released

**Below:** Sailors assigned to U.S. Naval Base Guam (NBG) and their families take a tour March 16 through a Chamorro hut built in front of the Navy Exchange on NBG. Volunteers from Agat worked with Sailors to complete this project for Chamorro Month, a celebration of the rich history of Guam's native culture. U.S. Navy photo by Mass Communication Specialist 3rd Class Corey Hensley/Released

By Mass Communication Specialist  
3rd Class Corey Hensley  
*U.S. Naval Base Guam Public Affairs*

Sailors assigned to U.S. Naval Base Guam (NBG) came together with island residents at the Navy Exchange (NEX) for Chamorro Month, a celebration of Guam's native culture, March 16.

The festivities kicked off in the morning with the opening of the Chamorro Hut, which had been built over the last few days by volunteers from one of the local villages, and a few Sailors lending a hand.

"Every year we celebrate Chamorro history month, and as part of that the local villages, in this case it was the village of Agat, worked closely with NEX and the Fleet and Family Support Center to create this Chamorro hut, to create a list of activities, and exhibitions that will be done throughout this week and next week," said Capt. Richard Wood, commanding officer of NBG.

Agat volunteers, led by Vice Mayor Augustine Quintanilla gathered the resources for the hut over the weekend and worked on piecing together what they could before transferring the materials to NEX March 14.



**Display:** Capt. Richard Wood, commanding officer of U.S. Naval Base Guam (NBG), and Augustine Quintanilla, vice mayor of the village of Agat, talk about some of the fruits on display inside a Chamorro hut built in front of the Navy Exchange March 16. Quintanilla headed up a group of volunteers from Agat and Sailors from NBG to complete this project for Chamorro Month, a celebration of the rich history of Guam's native culture. U.S. Navy photo by Mass Communication Specialist 3rd Class Corey Hensley/Released

"We have to send our staff and volunteers into the jungle to get the wood, and put it together and try to make it as natural as possible," said Agat Mayor Carol Tayama. "We've been doing this, working with the naval station, building the huts since four years ago, and basically we want to share our culture with the people on base."

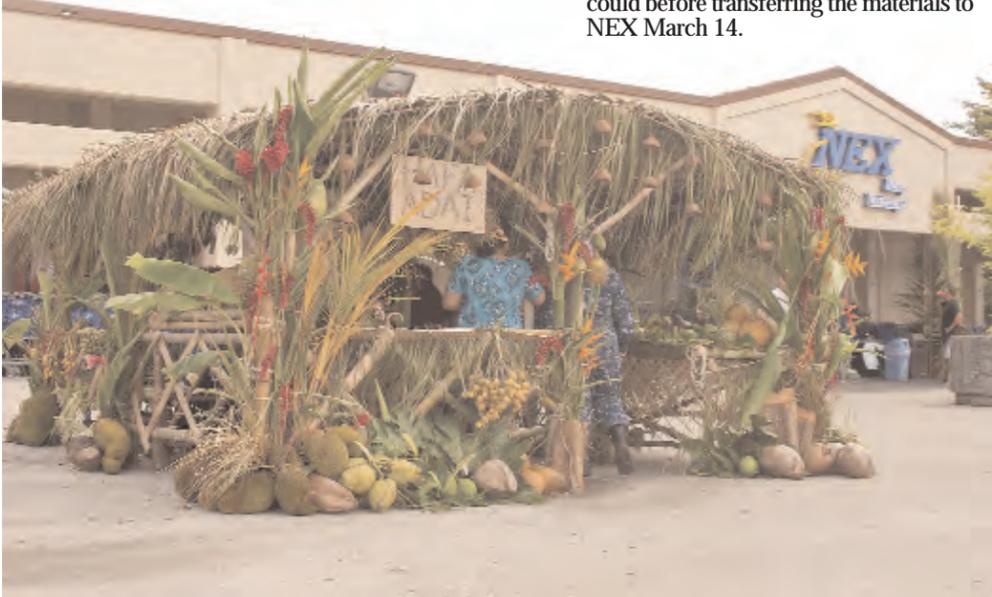
Once there, Quintanilla and his volunteers immediately set to work building the frame for the hut with Master-at-Arms 1st Class (SW/AW) Bryan Holland, assigned to Maritime Expeditionary Security Group One Det. Guam, among the first Sailors to arrive.

In talking with some of the local volunteers, Holland said he learned about some of the ancient techniques and materials used by the Chamorro people to build huts including the native tree da'ok, bamboo poles and coconut leaves, which are weaved together to make thatching for the roof.

"Back in World War II when [the United States] liberated Guam from Japan, that was the beginning step of our friendship with the Chamorros," Holland said. "I think that it is very important to keep that going and to blend in, especially since we are basically on their land maintaining their freedom and liberty."

Some of the events that took place at the NEX on March 16 were dance performances by students from Cmdr. William C. McCool Elementary/Middle School. Wood was on hand during the event to lend support and thank Tayama, Quintanilla and Erlinda Montecalvo from Fleet and Family Support Center for their hard work and dedication to this project. Wood also spoke about the Chamorro culture on Guam and importance of interaction between locals and the navy personnel.

"By sharing our community, sharing our activities, and getting to know each other better is an important part of what we do," Wood said.



By Shaina Marie Santos  
*Joint Region Edge Staff*

## Chamorro Month

### A celebration of island culture, history

Huts, cultural performances and displays are sure to appear during March as Guam celebrates Chamorro Month.

During the month, local residents take the time to celebrate the island's culture, history and ancient traditions.

With occupations by Spain, Japan and the United States recorded in Guam's history, the island has a blend of cultural influences constructed over hundreds of years that are still apparent today.

Family Advocacy Program Educator Erlinda Montecalvo of the Fleet and Family Support Center said sharing Guam's heritage and culture with the military community is important to not only build relations through cooperative efforts,

but to also enrich the lives of service members by opening newcomers to cultural differences.

"It is an exciting time of month when we take from our Chamorro history, cultural beliefs and we use them to educate and keep it alive by sharing with our family, friends and our military community," she said. "When we talk about our history it means teaching the past and letting it relate to the present."

Carla Smith, Joint Region Marianas deputy equal employment opportunity officer, said March is a great opportunity to highlight contributions by Chamorros to the

nation's history.

"Celebrations such as these boost morale, gives us a chance to meet new people and learn about different cultures," she said. "As a result, it increases awareness, mutual respect, and understanding for one another"

A number of components make up the Chamorro heritage. From language, food and family to traditional ways of expressing respect, the Chamorro culture upholds unique values that carry deep meanings.

According to Toni Ramirez, Guam Department of Parks and Recreation historian, the Chamorro

culture is unique in its joining of influences.

Ramirez said growing up on Guam today is very different from what it used to be, especially with its current demographic. According to Ramirez, Guam's population is now 40 percent Chamorro. Though those numbers denote a very possible loss of indigenous cultural roots and values, he believes future residents may be included in Guam's history and culture.

"You have to connect the cultural heritage of Guam to those who have also made Guam their home," he said. "Our history is Guam's

history. So everybody's inclusive, it's not just one group."

He added that it's very important to celebrate Chamorro month to continue and recognize Guam's cultural heritage.

"It's very important ... to recognize our identity as the people - as Chamorro and also to perpetuate what is Chamorro to the generation today and to the future generations."

Ramirez said identity is expressed through what a culture upholds, one important component to culture being language. Ramirez said he encourages students he speaks with to maintain their unique cultures, languages and their legacy.

"What I tell the children of Chamorro ancestry is that 'no matter how you look at it, if you're looking at Chamorro, - and maybe today you're not able to speak Chamorro - always remember that Chamorro is yours by legacy', he said.

# Military Working Dogs: Behind the display of bite and bark

By Airman 1st Class Marianique Santos  
36th Wing Public Affairs

The spectators cheer as Mike, a 36th Security Forces Squadron military working dog, obeys his handler's every command and sinks his teeth on the decoy's arm during a demonstration at the University of Guam in Mangilao, March 13.

The decoy for that demonstration, Staff Sgt. Kyle Stout, a 36 SFS military dog handler, was suited up in padded gear built to withstand the pressure of a dog's bite.

"The demos are basically an opportunity for the handler and the dog to showcase their capabilities and their bond," Stout said.

Stout said the demos show that these dogs are not just attack dogs. They are sociable and won't attack just anyone in sight. It takes a handler to give the command for the dog to bite.

"We are hoping that it serves as a psychological deterrent," Stout said. "Because if we did have to release our dogs in a real-world situation, we're talking about 2,000 pounds to 4,000 pounds per square inch of pressure. The dog will bite and hold and it will crush the entire bone in their arm."

Aside from the dogs' capabilities in apprehension, the military utilizes the dogs' keen sense of smell to improve war-fighting capability.

"A dog's nose can recognize a chocolate chip cookie, but it can also recognize all the ingredients of the cookie and single in on one ingredient," Stout said. "Putting the dog around explosive ordinance is how they are trained."

"The explosives dogs, they can search quicker than Explosive Ord-



**Attack:** 36th Security Forces military working dogs, Cila, left, and Mike, right, hold down a role-player after receiving commands from Staff Sgt. Tina Stelly, 36 SFS dog handler, March 13. This demonstration is just to show that two dogs can work together to apprehend a suspect. U.S. Air Force photo by Senior Airman Carlin Leslie/Released

nance Disposal can," said Staff Sgt. Tina Stelly, 36 SFS military dog handler. "Same for a narcotics dog. Instead of having two or three (people), a dog can find it a lot faster."

According to Stout, a military working dog's purpose is usually determined by which base they are in.

"For the dogs in the Micronesia area, if anyone from the State Department, like the president, comes to Hawaii or Guam, we'll get tasked to go support the Secret Service," Stout said. "These dogs are also amazing at what they do in Iraq and Afghanistan as far as detection goes for explosives. The dogs save hundreds of lives everyday."

"Instead of putting another de-

fender's life in danger, the dog can actually go out and do the searches," Stelly said. "The military working dogs are very valuable."

The dogs train and work with their handlers for 12 to 14 hours a day. A dog may be partnered with a handler for years, depending on the circumstances and the length of their tours, said Staff Sgt. Jerry Brooks, 36 SFS military dog handler.

"The training process all depends on the handler and the dog and the motivation that you have to get the training done," Stelly said. "Some dogs learn quicker than others. Some, you're going to have to work with. A lot of times, it's definitely worth it."

## Airmen meet senior enlisted leaders

**Question and Answer:** A Class 12-C Airman from the Airman Leadership School stands to ask a question to the Senior Enlisted Leaders during a panel March 8. The panel allows new and upcoming staff sergeants to ask questions on leadership and current events in order to prepare them in becoming staff sergeants. U.S. Air Force photo by Senior Airman Carlin Leslie/Released



**Team Building:** Members of the 23rd Expeditionary Aircraft Maintenance Unit huddle together with the Senior Enlisted Leaders for morale during a site visit March 8. During the visit they met with deployed and permanent party Airmen, getting to know the mission and everyone involved. U.S. Air Force photo by Senior Airman Carlin Leslie/Released



**Equipment Check:** Navy Diver 1st Class (DSW) Peter Kozminski tests the seal on his mask before performing underwater maintenance on submarine tender USS Emory S. Land (AS 39) March 8. Emory S. Land is on an extended deployment in Guam to temporarily relieve USS Frank Cable (AS 40) as the primary afloat maintenance activity in the U.S. 7th Fleet area of operations. U.S. Navy photo by Mass Communication Specialist 2nd Class Chris Williamson/Released

## ESL Sailors dive to maintainship



**Safety First:** Navy Diver 2st Class (SW) Mitch Baker has his mask cleaned before performing underwater maintenance on submarine tender USS Emory S. Land (AS 39) March 8. U.S. Navy photo by Mass Communication Specialist 2nd Class Chris Williamson/Released



**Dive, Dive:** Navy Diver 2nd Class (SW) Mitch Baker jumps into the water during underwater maintenance on submarine tender USS Emory S. Land (AS 39) March 8. U.S. Navy photo by Mass Communication Specialist 2nd Class Chris Williamson/Released

# OLYMPICS: Service members strongly support event

Continued from Page 1

importantly, to win the right way, it really sets an example for all of us.”

NBG Naval Career Counselor Chief Petty Officer (SW/AW) John Jeffries is part of the Board of Directors of Special Olympics Guam (SOG). Jeffries said he finds the Special Olympics especially important to foster good relationships between the military and local community.

“It gives our Sailors the opportunity to go out and meet and experience the culture that is here on Guam as well as the athletes and the families,” he said.

U.S. Naval Base Guam’s Harbor Patrol Master at Arms 2nd Class Jami Tedrow echoed his remarks.

“It’s a good thing - it builds that tie between the Navy, and what we’re trying to do here, and our mission effectiveness and readiness and the local community kind of gets everybody on board with all the good things we’re trying to do,” he said. “It’s a good proud feeling you get when you’re a part of something that’s so much bigger.”

Throughout the event, service members could be found preparing event sites, guiding, and cheering on athletes. Service members were also instrumental in event set up, break down and logistic support.

SOG Board of Directors Chairman Marlon Molinos said through their continued commitment, the military community has become a second family to SOG.

“With the Special Olympics, we try to make sure that when [service members] leave, they leave inspired,” Molinos said. “Being that we’re 100 percent volunteer organization just goes to show you how much heart everybody has. Each year, (the) military has been the strongest support that our program has had since its in-



**Coaching the Best:** U.S. Air Force 36th Civil Engineering Squadron Tech Sgt. David Foster mentors an athlete at the 36th Annual Special Olympics Guam Track and Field event at Okkodo High School in Dededo, March 17. Service members from all branches and commands on Guam offered support for the event through coordinating and encouraging hundreds of participating athletes. U.S. Navy photo by Shaina Marie Santos/Released

ception. That hasn’t stopped and I’m thankful for that.”

36th Wing Inspector General Master Sgt. Kevin Schumacher said it was great to see the island of Guam pull together to make the event a successful one.

“The event was a great success,” he said. “Though the weather provided some challenges early on, the volunteers, the families and especially the athletes were able to press forward with a day filled with exciting completion.”

SOG is a non-profit, volunteer-run organization. Established in 1976, the Special Olympics are open to participation for athletes ages eight and up with disabilities.

The Track and Field event is one of four that SOG will run for the year. Usually the largest each year, the Track and Field event will be followed by Aquatics, Bowling, and Golf events.

For more information about SOG, visit [www.specialolympicsguam.org](http://www.specialolympicsguam.org).



**Torch Run:** Members of the 736th Security Forces Squadron carry the torch during the opening ceremonies of the Special Olympics Track and Field at Okkodo High School in Dededo March 17. The event hosted more than 300 athletes in a number of events, which included softball throw and run and jump. U.S. Air Force photo by Senior Airman Carlin Leslie/Released



**Cheers All Around:** USS Frank Cable (AS 40) Electrician’s Mate 2nd Class (SW) Humberto Ferrera blows the whistle to begin a race at the 36th Annual Special Olympics Guam Track and Field event at Okkodo High School in Dededo, March 17. S.U.S. Navy photo by Shaina Marie Santos/Released

# SFARP: Exercises have positive impact on island

Continued from Page 1

**Landing:** An E-2 Hawkeye aircraft prepares to land on the flight line during the Strike Fighter Advanced Readiness Program exercise at Andersen Air Force Base March 19. The exercise serves as a program to maintain fighter readiness for the U.S. Navy. U.S. Air force photo by Senior Airman Jeffrey Schultze/Released



location. The weather and available ranges also support many flights operating at the same time.

Wing leadership is proud to offer a good environment for aircraft training and the various exercises that are conducted here.

“The 36th Wing is honored to host CVW-5 during their biannual SFARP training,” said Col. Randy Kaufman, 36th Operations Group commander. “The unique combination of sovereign United States territory, weather, airspace with both live and inert weapons ranges, two active runways and lots of parking space for multiple aircraft as well as dedicated Airmen make Andersen AFB a premier location to support advanced aircraft training. This preference for operating out of Andersen AFB is ev-

idenced by the numerous Aviation Training Relocation exercises as well as Exercise Cope North and Exercise Valiant Shield that Andersen AFB is asked to host.”

Aside from training, such exercises also have a positive impact on the island.

“With 46 aircraft and over 800 visiting personnel, this SFARP training has had an overall positive effect on our ability to provide support to U.S. Navy aircraft,” said Lt. Col. Heber Toro, 36th Wing Readiness chief. “Andersen AFB and the stellar Airmen of the 36th Wing have repeatedly proven themselves ready to handle these types of iterations. Our visitor’s ability to take in the local culture is definitely an added bonus. Guam has again proven to offer terrific hospitality and fantastic training opportunities for visiting Soldiers, Sailors, Airmen and Marines.”

**Taxi:** Two F-18’s from Naval Air Station Oceana, Virginia Strike Fighter Squadron 105 taxi after landing from a sortie on Andersen Air Force Base March 19. The program allows pilots to maintain their air to air and air to ground capabilities proficient. U.S. Air Force photo by Senior Airman Carlin Leslie/Released

By Chief Master Sgt. Colin O'Neill  
36th Communications Squadron

What if I told you there's a tool that can revolutionize the way we do our jobs? Here are a few of the endless possibilities:

- trainees fully duty qualified ahead of schedule
- decreased safety mishaps
- technically and professionally proficient Airmen
- improved mission readiness
- strong unit cohesion identity and ... members who know where they fit within the organization
- world-class support

The tool is mentorship. A mentor is a wise and trusted counselor. A mentor can be anyone with more knowledge or experience in a given area who can help develop our junior personnel. Mentors care about the people they mentor and genuinely want them to succeed. They might point out road blocks that caused them to stumble during their own development or offer thought provoking ideas if the mentee (the person being mentored) has reached an impasse. This often boosts the mentee's confidence, speeds development and increases proficiency.

Despite the myriad benefits mentorship has to offer some leaders and supervisors under-utilize it or worse yet, they don't use it at all. Is there really a problem? I have had the privilege of serving on several noncommissioned officers Professional Development panels at Andersen AFB. I provide a disclaimer before asking one of my favorite questions, "I'd like to see a show of hands; this won't leave the room so please be brutally honest. How many of you have not received an initial or mid-term documented performance feedback from your supervisor?" Usual-

# Mentorship and feedback go hand in hand

ly one-third of the attendees raise their hands! I found this hard to believe so one day I pulled a bunch of Airmen aside as they were entering the base theater for a commander's call and marshaled them over to the side.

They had no idea what was going on until I handed them a little slip of paper containing two boxes, one marked "Yes" and the other with a "No." I promised, "I'm not writing down any names; this is completely anonymous. Have you received a documented performance feedback from your supervisor?" I only had time to grab 13 Airmen, but five of them checked the "No" box.

Chief O'Neill, aren't you confusing performance feedback with the topic of mentorship? Not really. Performance feedbacks belong in the mentorship toolbox. There's an important interrelationship between mentorship and feedback; the two should go hand-in-hand. If supervisors aren't performing mandatory documented feedbacks with their own Airmen, they are missing out on powerful mentorship opportunities.

I have heard the full range of excuses as to why these sessions aren't completed. Some of the frequent reasons include: task saturation, ops tempo, and just not enough hours in the day, etc. ad nauseam. During my 18 months at Andersen AFB I have asked a few supervisors point blank, "Did you conduct a written performance feedback session with your Air-

men?" On one occasion I received a "Yes," but not a confident resounding "Yes," so I peeled some layers off of the proverbial onion only to find a festering case of rationalization. Since this supervisor frequently sent emails to his ratee during the reporting period (and we all know emails contain feedback), therefore he performed day-to-day "documented feedbacks." AFI 36-2406, Officer and Enlisted Evaluation Systems, makes a clear distinction between documented performance feedback sessions and informal day-to-day feedback.

As I look back over my almost 30 years in the Air Force, I remember one supervisor in particular, a master sergeant in charge of quality assurance, who made a huge difference in my own development and career. None of us liked him at the time; to date he is still the most difficult supervisor I have ever worked for. He used to frequently conduct what he called, "Mentorship Moments" with everyone in the work center. They weren't nearly as much fun as they sound either ... unless someone else was getting "mentored." If we did something wrong we knew he was going to exclaim in front of everyone else, "it's time for a mentorship moment." He felt that the entire work center was a thriving organism and so the corrections he doled out to one person could benefit everyone else too. He possessed the uncanny ability of tearing us down to our very core yet he'd gen-

uinely build us back up, usually within 60 seconds. His mentorship moments weren't intrinsically negative; if we did something exceptionally well or notable he'd tell us what we did right, how it contributed to the organization and how to take it to the next level. We excelled because, in minimal time, we all knew what his expectations were, what we needed to do and what the overall impact would be to our unit mission. He cultivated a sense of ownership and accountability within us, and I have always been grateful to him for that.

I encourage every leader, every senior noncommissioned officer, and every NCO to make time for "Mentorship Moments." Unlike the moments I described earlier, it's always best to praise in public and censure in private. Highlight the truly incredible accomplishments our personnel make during public mentorship moments. It lets our younger Airmen know that they too are making a huge difference within the organization and encourages others to emulate the desired behavior. It gives them a goal to strive for and cultivates a positive atmosphere that promotes personal growth. One-on-one mentorship, consistent support and intentional skill-building activities can spur your Airmen out to reach their maximum potential.

These moments can be conducted anytime anywhere on-the-fly as needed. When was the last time someone in your work center did

something right? Did they benchmark a process? Devote 60 seconds to and explain to everyone what that person did and what the overall impact was for your mission. (Of course don't overdo this either. Make sure your moment is meaningful or it will be meaningless). Did someone miss the mark? Take him or her aside, explain what they did wrong, show them what they could have done better and end on a positive note.

Mentorship is an extremely powerful tool! I remember a story my father told me when I was growing up about an amazed onlooker who asked a farmer how he could plow such straight furrows in his field. The farmer replied, "I fix my gaze on an object in the distance and don't take my eyes off of it." Using mentorship, leaders and supervisors who have already "trodden the path" can fix the sights of our junior Airmen on what is really important. Focusing them on an objective and providing them with timely feedback enables them to make small course corrections. Imagine how productive your Airmen can be when they're not aimlessly floundering while they wait for someone, anyone, to show them what comes next. Instead they will be progressing toward well-established goals as you coach them toward success.

If there was ever a time for mentorship in today's Air Force, it's now! We're faced with diminishing resources and a leaner workforce. Savvy leaders and supervisors know that leveraging this tool increases organizational productivity and performance. The time you invest in mentoring your personnel will pay off many times over!

When you set high expectations, challenge your folks with lofty, yet attainable, goals and nurture their growth in a positive environment replete with timely feedback (mentorship moments) you end up with mission qualified-technicians and professionals who can achieve the mission.

# Andersen members lend a hand in Cambodia

By Airman 1st Class Whitney Tucker  
36th Wing Public Affairs

As a result of minimal and inaccessible healthcare, the 14.1 million citizens of Cambodia, a country still struggling to leave behind the remnants of a tumultuous history, are often subjected to a lifetime of illness and disease.

To alleviate the suffering of a people who bear the scars of war, members of the 36th Wing Chapel amassed a record-breaking, one-day offering of \$6,700 and prepared for a mission that would change the lives of many, and touch the hearts of countless more.

In early February, 11 Team Andersen members, including five active-duty Airmen, arrived in Cambodia and were received by American and Cambodian missionaries, Sam Toll and Horm Jork Kosal. Shortly thereafter, the group was led to an orphanage near the Tonle Sap River called Four Square Children of Promise.

"The purpose of this trip was to support the orphanage," said Capt. Richard Rojas, 36th Wing Chapel chaplain. "One of their primary missions in Cambodia is to provide orphan and widow care to destitute families and individuals. There is a scripture that specifically calls us to action on this front, and this particular denomination takes that call very seriously."

In addition to providing spiritual and emotional support to the people of Tumnup Village, five medical professionals, including the 36th Medical Group's own Lt. Col. Scott Hughes, Family Practice physician, were on



**Building International Relationships:** In early February, 11 Team Andersen members, including five active-duty Airmen, arrived in Cambodia to provide spiritual, emotional and medical support to the men, women and children of Four Square Children of Promise, an orphanage in the Tumnup Village. After 10 days, the team extracted 88 teeth, issued 492 pairs of prescription glasses, performed five surgeries and constructed a new kitchen. Photo courtesy of U.S. Air Force

hand to care and advise patients, many of whom had never been seen by a doctor.

"The ailments we saw were a direct result of the way Cambodians live," Hughes said. "You see a lot of arthritis from working in the fields and skin issues from the harsh sun. We also had men and women who had never had a pair of glasses. Many came solely for the opportunity to see clearly again."

Far from the lavish accommodations which are commonplace in the U.S., the clinic was

stood-up inside the orphanage in an expansive, open room.

"The clinic was certainly not what you would expect to find," Hughes said. "There were no private rooms, it was poorly lit and there were no soft beds with air conditioning. We sat in an open room with no electricity. Whatever exams we needed to do, we conducted right there."

Finding time to complete yet another project, the team members contributed 250 hours

of labor to the construction of a new kitchen on the Children of Promise grounds.

"Prior to our arrival, they had a very crude kitchen with dirt floors," Rojas said. "We were able to complete most of the work on a new, concrete kitchen with a sturdy, metal roof and working appliances."

Over the course of 10 days, 88 teeth were extracted, 492 prescription glasses were issued, five surgeries were performed and a total of 1,062 patients were cared for. Though the visit was brief, members of the 36th Wing left a lasting impression and built bonds of friendship that will stand the test of time; even the local governor paid a visit to express his gratitude.

"To have a clinic associated with an American church gives our mission another level of impact and recognition," Toll said. "Now we have garnered national attention, something we could not have hoped to achieve on our own. For this, we are incredibly grateful."

Those members fortunate enough to experience the impact of selflessness first hand attribute the success of the mission to exceptional leadership and the extraordinary generosity of their peers.

"Without the donations of our congregation, the tremendous concessions made by Chaplain (Lt. Col.) Donnette Boyd and the cooperation and support of base leadership, this trip would have been impossible," Rojas said. "It is really unusual to have a chapel send out a group like this to conduct a mission of this scale. This is a special community and we are looking forward to doing it again next year."

**Logistics Training:** Jerry Stonecipher from the Air Force Institute of Technology instructs students both Air Force and civilian during the seven-day Combat Logistics course at Andersen Air Force Base March 13. The course is designed to prepare Air Force logisticians to operate in today's combat environment by providing a foundation of joint and multinational logistics doctrine, and how the doctrine relates to real world scenarios. U.S. Air Force photo by Senior Airman Veronica McMahon/Released



# Combat Logistics course teaches a broader perspective

By Senior Airman Veronica McMahon  
36th Wing Public Affairs

Andersen members from various career fields attended the Air Force Institute of Technology's Combat Logistics course on Andersen Air Force Base March 7-14 to broaden their horizons and strengthen themselves as professional Airmen.

The course is designed to prepare Air Force logisticians to operate in today's combat environment by providing a foundation of joint and multinational logistics doctrine, and how the doctrine relates to real world scenarios.

"The idea is to change the mentality from the traditional flightline idea of logistics to the theater level," said Jerry Stonecipher, the course instructor. "I hope this course will change their perspective and they will look at things from a broader perspective."

This course is designed for personnel assigned to logistics readiness, contingency contracting, maintenance and logistics plans positions at base-level to joint and unified commands. The course is also suited for personnel in other positions

who must have knowledge of or interact with combat support and combat sustainment operations.

From Andersen, students were of various ranks from many different squadrons to include 36th Civil Engineer Squadron, 36th Medical Group, 36th Mission Support Squadron, 36th Contracting Squadron, 644th Combat Communications Squadron (CSS), 734th Air Mobility Squadron, 36th Logistics Readiness Squadron, 36th Contingency Response Group and the 554th RED HORSE Squadron.

Stonecipher said it was rare and interesting to have so many different organizations represented in the classroom, but they all will gain valuable knowledge.

"It's nice to have such a mix, and all coming from different starting points," the instructor said. "It's good for them to get this exposure, especially with a lot of joint operations now they will be better prepared to go out into the theater."

While this course has been taught at Air Force installations before, this is the first time Andersen members have had the opportunity.

"This is my first time taking a course like this and it's definitely offered me a bigger perspective of

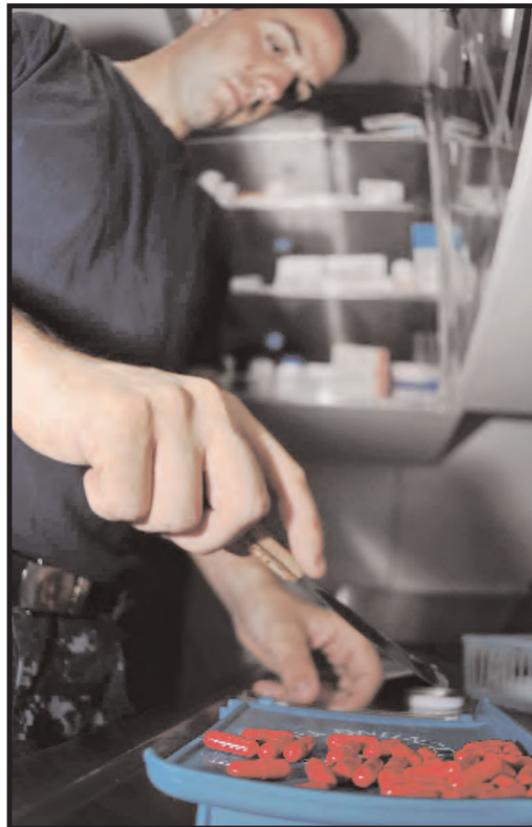
how things work in the world," said Capt. Mark Walkusky, 644 CCS director of operations. "We are learning a lot and the class has a good assembly of Air Force specialty codes and it's good to compare stories."

Walkusky said the class is taught at a master's degree level and the active-learning and open discussion approach is a great way for military members to learn.

"We are really absorbing a lot," Walkusky said. "I am usually always thinking of my job in combat communications but this class really pulls you out of your day-to-day job and opens your eyes to bigger operations. I am able to see that there is a reason certain things are done at higher levels and what things are looked at differently. The goal is to expand upon the skill sets you have."

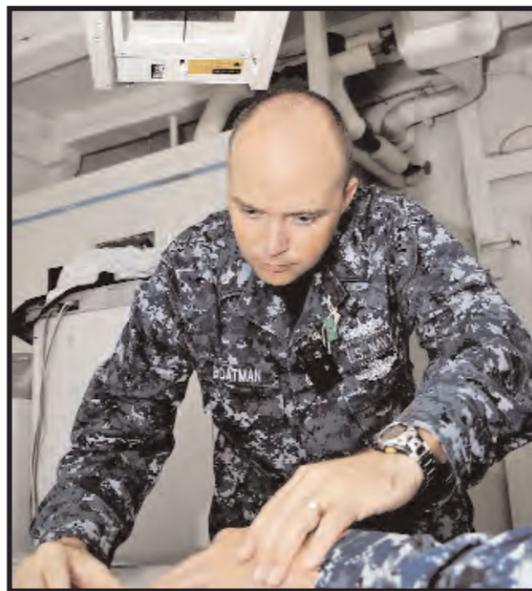
Stonecipher has been teaching the course for six years and is a retired Air Force member who is grateful to be able to pass on his knowledge.

"It's a great opportunity to get out and bridge the gap," he said. "There is a lot of stuff I saw and I wish I knew this information at a young stage in my career. Fortunately, now I am able to deliver it to them."



**Measuring the right amount:** Hospital Corpsman 2nd Class Chad Work measures out pills for prescriptions in USS Emory S. Land's (AS 39) pharmacy March 12. Emory S. Land is on an extended deployment in Guam to temporarily relieve USS Frank Cable (AS 40) as the primary afloat maintenance activity in the U.S. 7th Fleet area of operations. U.S. Navy photo by Mass Communication Specialist 2nd Class Chris Williamson/Released

## ESL medical team at work



**X-Ray:** Hospital Corpsman 1st Class (SW/FMF) Guy Boatman positions a patient's hand for an X-ray in USS Emory S. Land's (AS 39) medical ward March 12. U.S. Navy photo by Mass Communication Specialist 2nd Class Chris Williamson/Released

# Sailors, civilian mariners work on USS Emory S. Land

**Working Hard:** Able Bodied Seaman Terry Brown, a Civilian Mariner assigned to submarine tender USS Emory S. Land (AS 39), handles line during crane operations to lift a dive boat on to the ship March 8. Emory S. Land is on an extended deployment in Guam to temporarily relieve USS Frank Cable (AS 40) as the primary afloat maintenance activity in the U.S. 7th Fleet area of operations. U.S. Navy photo by Mass Communication Specialist 2nd Class Chris Williamson/Released



**Teamwork Gets the Job Done:** Sailors and Civilian Mariners assigned to submarine tender USS Emory S. Land (AS 39) oversee crane operations to lift a dive boat on to the ship March 8. U.S. Navy photo by Mass Communication Specialist 2nd Class Chris Williamson/Released



# Easter enhances cultural understanding

By Shaina Marie Santos  
Joint Region Edge Staff

During Easter, Christians world wide celebrate the resurrection of Jesus Christ. This year, the culmination of Holy Week will be celebrated on April 8.

The people of Guam have been predominantly Catholic for more than 300 years, according to Guam Museum Curator Tony Ramirez. Locals have embraced Christianity and embedded it into their culture. Today, Christian rites and celebrations are observed with a unique Chamorro flair and Easter is no exception.

Dulce Nombre de Maria Cathedral Basilica Father Danilo Ferrandiz said at Easter, Christians celebrate their salvation.

"Take Easter away and we take away Christianity," he said. "It represents the fulfillment of our faith as Christians."

Ferrandiz said it is Christ's resurrection that gives Christians the promise of new life, both in this world and the next.

Around the island, Chamorro families celebrate Easter by attending Mass and follow with a celebratory feast.

"Here on Guam, the air is very festive and families celebrate by serving all types of Chamorro cuisine and through the gathering of the clan," Ramirez said.

However, perhaps the most unique feature to the way Guam celebrates Easter is during Lent, the sacrificial period observed through reflection and penance.

Ramirez said Chamorros observe Lent by refraining from making unnecessary noise. According to Ramirez, it is through this observance that a legend, the legend of the "babuen kuaresma" (bab-win kwa-resma) or "Lenten pig" surfaced. Ramirez described the tale as one to frighten children from making loud noises.

"Parents would warn their children to behave or the babuen kuaresma would come and take them away deep into the jungles," Ramirez said.

Ferrandiz said it is important to tie Guam's culture with religious celebration because religious celebrations can enhance cultural understanding of shared beliefs, values, customs and behavior of people.

"Religious activities can unite people together," he said. "Culture brings us together as human beings while religion brings us together in faith. Moreover, religious activities can help bring back the sacredness of cultural heritage."

er as human beings while religion brings us together in faith. Moreover, religious activities can help bring back the sacredness of cultural heritage."

According to Ferrandiz, in some churches, Easter is highlighted by a popular devotion called "Easter Salubong," which is a dramatization of the meeting of Christ and his mother. Though the story has no biblical foundation, Ferrandiz said it is based on the belief that Christ would have revealed himself first to his mother.

"The popular devotion is Spanish in origin and believed to have been transplanted to Guam by Filipinos whose Catholicism has been influenced by the Spanish culture," he said. "The devotion is beginning to become popular in Guam due to the similarity of Chamorro and Filipino culture."

Ferrandiz said that through religion, quality of life can be enhanced.

"Religion provides people with a window to God," Ferrandiz said. "In a Chamorro culture that is slowly losing sense of the sacred, religion can help recover this sense of God through religious celebrations like Holy Week and Easter."

## Marchis National Nutrition Month "Get your plate in shape"

Editor's Note: This is the first in a two-part series in recognition of National Nutrition Month.

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

National Nutrition Month is a nutrition education and information campaign sponsored annually by the Academy of Nutrition and Dietetics. The campaign is designed to focus attention on the importance of making informed food choices and developing sound 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.

The theme of this year's campaign is "Get Your Plate in Shape," with the key message being before you eat think about what goes on your plate or in your bowl. Foods like vegetables, whole grains, low-fat dairy products and lean protein foods contain nutrients you need without too many calories. Over the course of your day, include a variety of food from all the food groups. Try these 3 tips to "Get Your Plate in Shape" followed with moderate physical activity:

1. Fill half your plate with fruits and vegetables: Eat a variety of fruits and vegetables, especially the dark-green, red, orange and purple colors. If you are watching your weight, choose more of the non-starchy veggies such as lettuce, spinach, broccoli, cauliflower, eggplant, peppers, tomatoes, onions, cabbage and greens and less of the starchy veggies which are corn, peas, squash, potatoes, yams and sweet potatoes. Fresh and frozen are the healthier options in comparison to canned or juices. If choosing canned vegetables, choose the low sodium option. When choosing canned fruit, choose the one in juice, not syrup and drain the excess juice from the container. Keep in mind portion control is key even when choosing healthy foods. Too much of a good thing is not always good.

2. Make at least half of your grains whole. Whole grains would include 100 percent whole grain breads, cereals, crackers, pasta and brown rice. When reading the food label, a high source of fiber content is five grams or more. Keep in mind, the higher the fiber the better. Fiber helps lower cholesterol levels, fills you up so you are not as hungry to assist with weight management and helps keep you regular. When choosing whole grain breads with high fiber content, ensure to drink adequate fluids such as water.

3. Choose fat free/non-fat skim milk or low fat (1 percent or 2 percent) milk. Keep in mind after the age of 2; everyone should be on fat free/non-fat skim milk unless they are malnourished. The main difference in cow milk is the amount of fat, cholesterol and calories. The fat free and low fat milk has the same amount of calcium, carbohydrates and other essential nutrients as the whole milk, but less fat and calories. If you are lactose intolerant, choose the fat free lactose free (lactaid) milk or the calcium-fortified soy milk as it is lactose free.

In addition to healthy nutrition, be more physically active. Pick activities you enjoy and start by doing what you can, even 10 minutes at a time adds up and the health benefits increase as you spend more time being active. The recommended activity levels for children and teens: 60 minutes or more a day. Adults: 2 hours and 30 minutes or more per week ensuring moderate effort such as brisk walking, biking or swimming.

Be sure to read next week's issue for the continuation of three more nutrition tips to "Get Your Plate in Shape."

For further information, please contact U.S. Naval Hospital Guam's Nutrition Department at 344-9706, the Health Promotion division at 344-9124, or your primary care manager.

## Easter Events

### McDonald's Guam Egg Hunt

April 4  
10:30 a.m.  
War in the Pacific Asan Beach Park  
Basket decorating contest at 10:30 a.m.  
Egg hunt at 11 a.m.  
Three age groups: 1-3; 4-6; 7-10  
Plastic grass is prohibited from use

### Good Friday Catch of the Day Special at Nap's

April 6  
11 a.m.-1:30 p.m.  
For more information, call 564-1833

### Easter Eggs-travaganza

April 7  
4- 8:30 p.m.  
Easter Egg Hunt at Molly McGee's Field on U.S. Naval Base Guam at 4 p.m.  
Also, free food for kids 11 and under at Nap's Alabama Barbecue with paying adult.  
Carnival and Easter Egg Hunt  
April 7  
9 a.m.-noon at Andersen Air Force Base Youth Center  
It's the 'Month of the Military child celebration' carnival and Easter Egg hunt.

### Easter Brunch at Top of the Rock, Andersen Air Force Base

April 8  
10:30 a.m.-1:30 p.m.  
\$20.95 for members and \$26.95 for nonmembers  
Children 5 and under free.  
Reservations required  
For more information, call 366-6166

### Easter Brunch at Top O' the Mar

April 8  
10:30 a.m. - 1 p.m.  
\$27.95 for adults, \$13.95 for kids  
Children 5 years and under free  
Reservations required  
For more information, call 472-4606/7



**Easter Goodies:** An Easter display sits on a counter at the Navy Exchange (NEX) Guam Main Complex on U.S. Naval Base Guam. Easter bunnies, eggs, and spring themes are prevalent in contemporary celebrations of Easter. U.S. Navy photo by Shaina Marie Santos/ Released

## DoDEA School Board gets parents involved

By Shaina Marie Santos  
*Joint Region Edge Staff*

**T**he Department of Defense Education Activity (DoDEA), Pacific Guam District is currently accepting nominations for the school board.

The school board consists of five parents of DoDEA students and currently has three vacancies to fill.

School board members provide DoDEA with invaluable assistance as they participate in the development of policy, programs and regulations, provide counsel to the superintendent, attend training, and review the Superintendent's performance.

DoDEA school board President Nicholas Pavlik said the mission of the school board is to represent the community and assist the district superintendent and all school administrators in meeting the DoDEA mission of providing an exemplary education that inspires and prepares students for success.

"As parents and stakeholders in our own children's education and working with and living in the very community that we represent, the school board brings a diverse and balanced voice to the DoDEA Pacific leadership that meets the mission and goals of all those concerned, from the administrators to the parents and students alike," he said.

Pavlik said joining the board is a good way to effect change and work with some school officials.

"If you're looking for a way to not only serve your community, but to represent your child's education while coming out of it with a feeling of fulfillment, the school board is just for you," he said. "The opportunities and ability to network with some of the brightest and caring school officials is an honor — it's simply amazing to see what goes on behind the scenes to ensure each and every child is afforded the opportunity of a top notch education, and you could part of it."

Pavlik added that non-board members could still have a voice and participate in their child's education by attending monthly school board meetings.

The deadline to submit nominations for the school board is March 29. Elections are set to take place from April 9-20 and the announcement of chosen members will be made April 26, 6 p.m. at Commander William C. McCool Elementary/Middle School. For more information, call 344-9578/9160.

# Carnival fun at MEMS



**Face Painting:** A girl waits patiently for her face paint to be finished at the Parents and Teachers' Organization Spring Carnival at Cmdr. William C. McCool Elementary and Middle School March 10. Service members from a number of commands volunteered to give the students a fun-filled day. Photo by Bernadette Schlueter/Cmdr. William C. McCool Elementary and Middle School



**No Peeking:** A volunteer Sailor blindfolds a student before her turn to pin the tail on the donkey at the Parents and Teachers' Organization Spring Carnival at Cmdr. William C. McCool Elementary and Middle School March 10. Photo by Bernadette Schlueter/Cmdr. William C. McCool Elementary and Middle School



**Dunk 'Em:** A young girl aims for her target at the Parents and Teachers' Organization Spring Carnival at Cmdr. William C. McCool Elementary and Middle School March 10. Photo by Bernadette Schlueter/Cmdr. William C. McCool Elementary and Middle School



**Carnival Fun:** Participants cover the court at the Parents and Teachers' Organization Spring Carnival at Cmdr. William C. McCool Elementary and Middle School March 10. Photo by Bernadette Schlueter/Cmdr. William C. McCool Elementary and Middle School

## 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 a.m.  
Sacrament of Reconciliation:  
Saturday, 5 p.m.  
Protestant Worship Service  
Sunday Service: Traditional and  
Contemporary Service:  
10:30 a.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.  
Women's Bible Study: Every  
second and fourth Saturday of  
the month at 8:30 a.m. at the  
Fellowship Hall, Building 61

### 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.  
Military Council of Catholic  
Women: Second and fourth  
Tuesday 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: Chapel 1,  
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

By Capt. Timothy Overturf  
*Joint Region Marianas Chaplain*

If you absolutely have to get a task done, to whom do you go? Why did that individual come to mind? Probably because of what they consistently demonstrate: the quality of dependability.

More rare than expected is the person who fulfills an important responsibility even when it means unexpected sacrifice. The Old Testament offers insight on this principle in the grain offering described in Leviticus 2 and 6:14-23. In these obscure, little passages, God reveals the value of effort.

The grain offering was presented by itself or along with two other offerings. Although it

# Go with the grain



was a vegetable or non-meat offering, the worshipper could not use fruit from trees or produce from a backyard garden. The grain offering had to come from the harvest of the field. In addition to the labor of harvesting, the grain for the offering required preparation in one

five ways: basic flour with oil, oven-baked cakes or wafers, griddle-baked cakes, pan-baked cakes, or, if it was the first grain picked during the harvest, the heads of grain were crushed. Oil, salt, and incense were the other key ingredients. In every case only prepared grain met the regulations for

worship. The keys to preparation were effort, attention to detail and thoroughness.

These three items adorning Old Testament worship: effort, attention to detail and thoroughness, are also valuable in the job setting. They define a go-to-person, the one you thought of in response to the question above. The application is clear, though always challenging. Am I dependable?

Nestled in the New Testament is another principle that motivates us toward this character quality, "Whatever you do, do your work heartily, as for the Lord rather than for men." The next time you have a task to complete, whatever it is, consider it as an assignment from the Lord and go with the grain.

# CLASSIFIEDS

PDN

# CKFC patrons cycle to keep healthy



**Above:** Charles King Fitness Center's (CKFC) fitness trainer Andrea Kaplan, center, cycles with her class at the center on U.S. Naval Base Guam March 20. CKFC offers cycling three times a week. For more information visit [www.mwrguam.com](http://www.mwrguam.com). U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert/Released

**Right:** Charles King Fitness Center's (CKFC) fitness trainer Andrea Kaplan, right, cycles with her class at the center on U.S. Naval Base Guam March 20. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert/Released

