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# JOINT REGION EDGE

Volume IV No. 25

Friday, July 20, 2012



**Turnover:** Naval Mobile Construction Battalion (NMCB) 40's flag is turned over to signify the end of their deployment during a change of charge ceremony at Camp Covington July 13. NMCB 40 turned over the command of Camp Covington to NMCB 74 after eight months of deployment to Guam. U.S. Navy photo by Shaina Marie Santos/Released

## NMCB 74 takes charge of Camp Covington

By Shaina Marie Santos  
Joint Region Edge Staff

**N**aval Mobile Construction Battalion (NMCB) 40 turned over command of Camp Covington to NMCB 74 during a change of charge ceremony at the camp's headquarters on U.S. Naval Base Guam (NBG) July 15.

The ceremony began with remarks from NMCB 40's Officer in Charge Lt. Cmdr. Jeffrey

Jordan who thanked the men and women of the Fighting 40 for a job well done.

"You are the epitome of the Seabee 'can do' spirit and the pride of the Naval Construction Force (NCF)," he said. "Upon taking charge of Camp Covington...you set your standards high. Your incredible craftsmanship, compassion and leadership were crucial in delivering key facilities for Naval Base Guam."

During NMCB 40's deployment to Guam, the battalion

See Seabees, Page 7



**Proud Seabees:** Naval Mobile Construction Battalion (NMCB) 40's flag is lowered to signify the end of their deployment during a change of charge ceremony at Camp Covington July 13. NMCB 40 turned over the command of Camp Covington to NMCB 74 after eight months of deployment to Guam. U.S. Navy photo by Shaina Marie Santos/Released

## 90 at 90: What's hindering your running form?

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

Cardiovascular exercise is a vital part of any fitness regimen and important to service members training for mission-readiness.

There is a common misconception that running shoes make the runner, or

that a certain shoe will make those who wear it faster, but the foundation of good running does not start with shoes.

"The most common problem that people have when it comes to running is that they are simply running improperly and that results in an injury," said Byron Hardy, 36th Wing Medical Operation Support Squadron exercise physiologist.

A popular type of running shoe being seen more frequently is the "minimalist shoe."

The shoe is exactly what the name states it as," Hardy said. "The shoe is light-weight and more comparable to running barefoot than other shoes with

See Fitness, Page 7

## NBG's newest FIRE DOG

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## NAVFAC employee's sweet treats

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# Joint Region Edge

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## NEWS NOTES

**Job Announcements**  
Interested individuals can view available vacancies by visiting

<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 Front Gate Lane Diversions

The traffic lanes at the U.S. Naval Base Guam front gate will continue to be shifted through mid-August due to the ongoing construction for upgrades to underground water lines. As of July 11 the outgoing traffic lanes will be reduced to one lane during the day. However, during Monday-Friday rush hour between 3-5:30 p.m., two outbound lanes will be open for traffic. During those hours the inbound lanes will be reduced to one lane to accommodate the outgoing traffic. Motorists can also use the back gate which is open Monday-Friday from 3-5:30 p.m. Motorists are reminded to plan additional time exiting or entering the base and to exercise caution as they approach the gates due to expected traffic delays.

### U.S. Navy Water Quality Report Available Online

The Safe Drinking Water Act requires the U.S. Navy Water System to issue an annual report on water quality. If you would like to learn more about U.S. Naval Base Guam's drinking water, the 2011 U.S. Navy Water System Water Quality Report is now available online at [www.cnic.navy.mil/marianas](http://www.cnic.navy.mil/marianas).

## SCHOOL BULLETIN

The 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.

### Department of Defense Educational Activity-Guam District 2012-2013 Schedule

Aug. 27: First-12<sup>th</sup> grade students' first day of school  
Aug. 27-31: Pre-K home visits  
Aug. 31: Professional development; no classes  
Sept. 4: PSCD and kindergarteners first day of school

### Central Texas College

Are you looking to get your college degree? Look no further than Central Texas College. Term 1 begins Aug. 20 and will feature an eight-week course within the following areas of study: general studies, criminal justice, criminal justice with correction specializations, childhood professions, applied business management, information technology, homeland security, fire protection and aviation maintenance technology. There is no fee to apply. To enroll and register for classes or for more information, call 339-3366.

### Phone Numbers

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

## MWR HAPPENINGS

### U.S. Naval Base Guam Fleet and Family Support Center Classes

July 23: SAPR training, Alcohol & Sexual Assault, from 1-2 p.m.  
July 26: Welcome to Guam Orientation, from 2-4 p.m.  
July 26: Self employment, from 8 a.m.-4 p.m.  
For more information, call 333-2056.

### MWR Concert Series

From Aug. 14-24, Morale, Welfare and Recreation, Navy Entertainment and/or Armed Forces Entertainment will host concerts: Aug. 14 with Edwin McCain and Erick Baker, and Aug. 24 with the American Idol World Tour. For more information, call 688-7038.

# COMMUNITY Corner

## movies • movies • movies

### The Big Screen Theater

JULY 20 (FRIDAY)		
4 PM	SNOW WHITE AND THE HUNTSMAN	PG-13
7 PM	THE BEST EXOTIC MARIGOLD HOTEL	PG-13
JULY 21 (SATURDAY)		
1 PM	WHAT TO EXPECT	PG-13
	WHEN YOU'RE EXPECTING	
3:30 PM	MEN IN BLACK 3	PG-13
7 PM	CHERNOBYL DIARIES	R
JULY 22 (SUNDAY)		
1 PM	BATTLESHIP	PG-13
3:30 PM	SNOW WHITE AND THE HUNTSMAN	PG-13
7 PM	THE DICTATOR	R

Movie Hotline 564-1831 US Naval Base Guam

Meehan Theater - TEMPORARILY CLOSED

### Summer Culinary Youth Camp

Take part in this year's Summer Culinary Boot Camp from July 23-27 from 2-4 p.m. Sign up and pay at the MWR Information, Tickets and Travel office in the Charles King Fitness and present paid receipt on day of class. Classes are limited to the first 40 students. Summer camp is \$50, which includes an MWR apron, hat and supplies. Open to ages 2-15. For more information, call 685-5142

### Teen Center

The Teen Center is for teen's 13-18 currently enrolled in high school. There is no registration fee; however, parents need to fill out a registration packet, which is required for all program participants. The program has a "Self Release Policy" (in accordance with the unattended base instruction), so teens may sign themselves in and out of the center. Program activities are focused on the Boys & Girls Club of America Core Programs: Character & Leadership; Education and Career; Health & Life Skills; The Arts; Sports, Fitness, & Recreation. Pre-teen and teens are also encouraged to participate in club activities such as Power Hour, Image Makers (Photography), Torch Club, Fitness Authority, Smart Girls, Fine Arts, Career Launch, Passport to Manhood, and special events. For more information, call 564-1844.

## 36th FSS HAPPENINGS

### Andersen Air Force Base

#### Airmen and Family Readiness Center Classes

July 23: Starting a small business, from 1-3 p.m.  
July 23: Writing a business plan, from 3:15-4:30 p.m.  
July 24: Getting a business loan, from 3-4:30 p.m.  
July 24: Tricare briefing, from 1:30-2:30 p.m.  
July 24: VA benefits briefing, from 8 a.m.-noon  
July 24, 26: Pre/post deployment briefings  
July 25-27: Transition assistance program, from 8 a.m.-4:30 p.m.  
For more information, call 366-8136

### Family Child Care Orientation Training

The Andersen Family Child Care (FCC) office will offer an FCC orientation training class July 23-26 from 9 a.m.-noon for those 18 and older who would like to become a certified child care provider on base. Application packets are available at the Child Development Center, Airman & Family Readiness Center and FCC Offices.

### Country Line Dancing Classes

Now you can learn Country Line Dancing at classes held at the Hotspot. Beginner classes are Tuesdays from 7-8 p.m. Intermediate and advanced classes are Thursdays from 7-8 p.m. Cost is just \$35 per month, or \$10 per class. Inquire about our family discount rate. For more information, call the Hotspot at 366-2339.

**The Hotspot is looking for Instructors**  
The Hotspot would like to offer a variety of classes for the Team Andersen community and is looking for qualified instructors for the following: martial arts, dance, Zumba, gymnastics, drivers training and others. Call 366-2339 for more information.

### Chamorro Cultural Experience

The Airman and Family Readiness Center and Hurao Academy will offer a special Chamorro Cultural program July 28 from 9 a.m.-1 p.m. at the Hotspot. Activities include weaving, traditional dancing, net throwing and basic Chamorro language lessons. The entire Team Andersen community is invited to this special event. There will also be prize drawings and free refreshments. Admission is free. Make your reservation for this awesome cultural experience by calling 366-8136 no later than July 25.

### Youth Summer Camp Schedule

The Youth Center is offering an exciting variety of Summer Camps while school's out. Here's what they've scheduled:  
July 23-27: Cultural camp I  
July 30-Aug. 3: Cultural camp II  
Aug. 6-10: Basketball Camp  
Aug. 13-17: Technology Camp. Fee is \$70  
Aug. 13-17: Missoula Children's Theater Camp (No fee! For ages kinder to 18 years old) Except for the Missoula Children's Theater Camp, all camps are for ages 9-18, are \$50 per person and will be held from 9 a.m.-noon at the Andersen Youth Center. Sign-up soon, or call 366-3490 for more information.

## SPORTS SHORTS

### U.S. Naval Base Guam

#### Captain's Cup Dodgeball

Registration for the tournament begins Aug. 1 and ends Aug. 22. Active duty, reserve, Department of Defense (DOD) civilians, immediate family members and DOD full-time contractors can register at the Charles King Fitness Center front desk. Games begin Sept. 4 and end Sept. 7. For more information, call 333-2471 or 685-5243.

### Self Defense Brazilian Jiu Jitsu

Sign up for Self-Defense Brazilian Jiu Jitsu Mondays and Wednesdays: Beginners class from 6-7 p.m. and advanced class from 7-8 p.m. Saturday: Beginners class from 10-11 a.m. and advanced class from 11 a.m.-noon. Age requirement: Students must be 6 years old or older to participate. Fee is \$45 per student per calendar month. Register at the Charles King Fitness Center. Call 333-2049 for more information.

### Andersen Air Force Base

#### What about "Zumba"?

Free Zumba classes are held at Coral Reef Fitness Center Mondays, Tuesdays and Wednesdays at 7 p.m., Thursdays at 9:40 a.m. and Saturdays at 8:30 a.m. Zumba is a Latin-fitness dance class that also incorporates aerobics movements. Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. The routine features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Call 366-6100 for more information.

### Off Limits Establishments

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

#### Club Romeo and Juliet in Tumon

*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.*

# Andersen's Best

## Senior Airman Dylan Blevins

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

Senior Airman Dylan Blevins, 734th Air Mobility Squadron (AMS) air terminal operational controller information controller, was awarded Andersen's Best on Andersen Air Force Base July 11.

"Airman Blevins is one of only two Airmen who currently works in the elite section of the aerial port," said Master Sgt. Parker Alford, 734th AMS air terminal operation controller superintendent. "He directly controls operations for 124 military personnel and civilians where he liaises with aircrew members to ensure proper utilization of Department of Defense assets, moving [more than] 1,600 passengers and 980 tons of cargo per month."

The work put forth by Blevins directly contributed to the squadron being selected for its fourth consecutive Air Force level safety plaque.

Blevins also recently attended the Andersen Airman Leadership School, where he was recognized with the class's academic achievement award for having the highest cumulative grade point average. Among his other accomplishments, he also recently scored a 100 percent on a hazardous cargo inspector class.

Not only does Airman Blevins shine at work, he is also an avid volunteer, both on base and in the local community," Alford said. "He was the flight's representative for Guam's coastal cleanup, where he organized a 12-member detail that removed [more than] 400 pounds of refuse from Tarague Beach and surrounding areas."

Blevins is married and enjoys learning things on the web.

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.



**In Control:** Senior Airman Dylan Blevins, 734th Air Mobility Squadron air terminal operational controller information controller, was awarded Andersen's Best on Andersen Air Force Base July 11. 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 Airman/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

# Overseas extension incentives changes ahead

By Debbie Gildea  
Air Force Personnel Center

Randolph, Texas (AFNS) — Airmen stationed at overseas long tour locations who extend their tour Aug. 1 or later may be eligible for incentives, Air Force Personnel Center (AFPC) officials said.

Recent changes to the Overseas Tour Extension Incentive Program (OTEIP) will affect members who make a 'date eligible for return from overseas' decision Aug. 1 or later. Some Air Force specialty codes have been added to the eligibility list, while others have been

removed, said Bill Warner, the AFPC Assignment Programs and Procedures branch chief. The OTEIP exists to increase stability and decrease permanent change of station costs, he said.

"Incentives are offered to all enlisted members who extend their overseas short tour by 12 months," Warner said. "Enlisted members in specific career fields at overseas long tour locations are also eligible when they extend their overseas long tour by 12 months."

Eligible Air Force specialty codes are periodically reviewed and approved by the secretary of the Air Force.

Airmen who accept OTEIP can

opt for one of three incentives: \$2,000 special lump sum payment, 30 days of non-chargeable vacation time or 14 days of non-chargeable vacation time and funded travel (for the military member only) to the nearest state-side port and back.

According to Warner the eligibility changes are the result of a June 2012 revalidation review. During the review, various criteria were evaluated, such as critical manning levels and overseas/state-side balance, as well as such factors as operational tempo and resource availability.

"Under-manning at the 7-level is one reason a couple of career

fields were added," Warner said. "Air traffic control is 63 percent manned at the seven level and combat control is at 57 percent, so OTEIP offers incentives to keep those members in place an extra year."

Career fields were identified for removal from the incentive list for various reasons, including administrative and manning level changes, Warner explained.

"The 1T191, or aircrew life support, field is no longer a valid career field, so removing it was an administrative decision. Other fields have seen overseas manning levels improve, so incentivizing someone to remain an additional

year is no longer necessary," he said.

OTEIP changes are effective for Airmen currently assigned overseas at long tour locations who make a DEROS extension decision Aug. 1 or later. Airmen who have already requested and received an approved DEROS extension under OTEIP will not be affected, Warner said.

To see the list of added and removed career fields, go to the myPers Web site at <https://mypers.af.mil> and enter 'OTEIP' in the search window. For more information about other assignment opportunities and personnel issues, visit myPers.

# Chief's Perspective

## Analog leadership in digital times



U.S. Air Force graphic

By Chief Master Sgt. of the Air Force  
James A. Roy

WASHINGTON (AFNS)—The United States Air Force is the world's most advanced air, space and cyberspace force. Most of that can be attributed to you — our outstanding Airmen — but technology also plays a huge role. Advanced tools help us maintain an advantage over our adversaries. Technology has enabled our continuing success.

However, technology also threatens to cripple us.

As electronic communication becomes more widely used, our face-to-face interaction skills are beginning to suffer. We know how to text, Skype, and FaceTime, but some of us seem reluctant to engage in a meaningful face-to-face conversation.

We value technology because it saves us time, provides conveniences and helps us to be more efficient. But we must also recognize its potential to strip us of critical human connection skills.

This high-tech challenge has a low-tech solution. We need to strike a balance; we must continue to emphasize the importance of technology - a resource we cannot and will not stop exploiting - and at the same time emphasize the importance and value of analog leadership.

Analog leadership means tem-

porarily putting down the iPads and Android tablets, logging out of Facebook and Twitter and switching phones to airplane mode to stop the stream of texts coming in and out. It means shutting off the technology and talking to each other.

Face-to-face. One-on-one.

Real human interaction-yes, for some of us it may be awkward at first, but getting to know each other better is an investment that will yield incalculable returns. Stronger connections will create a foundation on which we can grow more meaningful relationships.

And then we can turn the devices back on and use them for their intended purpose: to augment and add value to our real-life relationships.

As Airmen, we have to understand how to use technology, because without it we are not as well-equipped to do our jobs. However, as human beings, we also have to understand how and when not to use technology, because when distracted by it we are not as well-equipped to relate to others.

Thank you for your service and your continued dedication to duty. I look forward to seeing you face-to-face as I travel around our great Air Force.

Chief Master Sgt. James A. Roy  
Chief Master Sergeant of the Air Force

# NBG preservation efforts awarded

By Shaina Marie Santos  
Joint Region Edge Staff

U.S. Naval Base Guam (NBG) was awarded the Chief of Naval Operations Environmental Award in recognition of efforts to manage and protect cultural resources at the U.S. Navy Memorial in Washington, D.C. June 5.

Naval Facilities Engineering Command Marianas Archaeologist and Cultural Resources Manager Lon Bulgrin said the award highlights the Navy's concerns toward environmental protection.

"It illustrates that significant efforts are taken to both protect the cultural and historical heritage of Guam and Tinian that are located on Navy lands and to comply with federal laws pertaining to their protection," he said. "It is recognition of the dedication and hard work that base personnel and their supporting contractors put in to protecting these fragile resources."

Bulgrin emphasized the importance of preserving priceless historic artifacts and archaeological sites that help to illustrate the past.

"Artifacts on an archaeological site are like pages in a book," he said. "If you take artifacts from a site it is like

tearing pages from that book and your actions will affect future studies of a site. These resources are incredibly fragile and are absolutely non-renewable. You can not replant an archaeological site or reintroduce one after it has been lost."

According to Bulgrin, the base oversees 2,063 historic properties on two islands and associated submerged lands.

"Of these historical properties, 874 are located on the island of Guam and 1,189 are located on the island of Tinian," he said. "This is the largest number of historic properties on any naval base in the Pacific."

Historical properties managed by NBG include sites associated with World War II battles, indigenous Chamorro prehistoric and historic sites, and Spanish colonial fortifications among others.

Bulgrin said the team involved that received the award consisted of the NBG Public Works Department Environmental Division with support from DZSP 21 annex 1800 environmental compliance.

In the future, the team hopes to overhaul the NBG central cultural resources planning document and reach out to the public regarding historical sites.



**Preserving Guam's Culture:** Naval Facilities Engineering Command (NAVFAC) Marianas Archaeologist and Cultural Resources Manager Lon Bulgrin, left, stands with U.S. Naval Base Guam (NBG) Public Works Officer Cmdr. Mike Thornton with the Chief of Naval Operations Environmental Award at the NBG headquarters June 27. The award was presented to NBG at an awards ceremony in Washington D.C. June 5 for the installation's efforts in cultural resources management. U.S. Navy photo by Shaina Marie Santos/Released

By Equipment Operator 3rd Class  
(SCW) Bethany Spinney  
Naval Mobile Construction Battalion  
74

# Engineering projects breaking ground for Pacific Partnership 2012

Navy Seabees and members of the Royal Cambodian Armed Forces (RCAF) broke ground at two separate locations for maternity wards scheduled to be completed July 18 as part of Pacific Partnership 2012.

The wards will expand the scope of care offered at local health clinics in Cambodia.

After a traditional Buddhist blessing at both sites, Seabees from Naval Mobile Construction Battalions (NMCB) 40 and 74 and engineers from RCAF worked hand-in-hand in preparation for the mission's future engineering civic action programs.

Led by Builder 2nd Class Daniel Reckers, a combined crew of 11 Seabees and 13 RCAF engineers, broke ground on a two-room maternity ward which will provide pre- and post-partum care for eight villages in the Kampot province.

The project in the Prey Slek province has proven to be more of a challenge than the Kampot project.

When the combined crew of 11 Seabees and 12 RCAF engineers arrived at the proposed site, they found little more than a poorly drained rice field. Undaunted by poor soil conditions, the team coordinated with a local service to excavate nearly 1,100 cubic yards of marshy soil which was then back-filled with 2,200 cubic yards of clean earth.

Meanwhile, a combined team led by Steelworker 2nd Class Myra Golden, of NMCB 74, cut and bent more than 15,000 linear feet of re-

bar which will provide structural integrity to both projects. Once the project area was compacted and leveled, holes and trenches were dug so that the forms which will give shape to wet concrete could be placed. Despite early setbacks, the "Can Do" spirit of the Seabees and ingenuity of the RCAF engineers quickly put the project back on track.

Builder 3rd Class Casey Noble, crew leader, expects to have this project completed by July 31. The Prey Slek project includes a new

four room maternity center as well as repairs to existing facilities which serve 17 villages in the Takeo province.

Leadership from the two countries remarked on the cohesiveness of both units. Lt. j.g. Logan Parmele, officer in charge of NMCB 74, was impressed with how quickly the two nations are able to work together.

"These projects have proven the value of multinational engineering civic assistance projects. Seeing Seabees and RCAF engineers learn-

ing from and teaching each other is a rewarding experience," Parmele said.

Sgt. Chhun Vi Chai, RCAF engineer, has worked with other Seabee units in the past and looks forward to future opportunities to work with the Seabees.

"Working with the Seabees is always a memorable experience, both parties always learn so much from each other," Chai said.

As Pacific Partnership 2012 continues, the Seabees of NMCB 74 and the RCAF will be joined by other Sailors and members from partner nations to complete a third maternity suite in the Sihanouk province.

Now in its seventh year, Pacific Partnership is the largest annual humanitarian civic assistance mission that works with and through host nations, and in conjunction with partner nations and non-government organizations, in order to strengthen alliances, promote regional security and build partner resiliency against, and capacity to respond to disaster.

For more information, visit [www.navy.mil](http://www.navy.mil), [www.facebook.com/usnavy](http://www.facebook.com/usnavy), or [www.twitter.com/usnavy](http://www.twitter.com/usnavy).



## Sparky the Robodog now at NBG

**Above:** Fire Inspectors Bethany Bott, left, and Mike Borja, of U.S. Naval Base Guam (NBG) Fire and Emergency Services (FES), display their newest fire and life safety teaching aid for children, "Sparky the Fire Dog Robot," in front of FES headquarters at NBG July 9. The vehicle robot Sparky can speak, play music, pop wheelies, squirt water, move back and forth, spin around, blink and shakes its head all from remote and radio control. FES will present Sparky to the public at the 68th Guam Liberation Day Parade on July 21 in Hagatna. U.S. Navy photo by Mass Communication Specialist 2nd Class Jeremy Starr/Released

**Interactive Sparky:** Fire Inspectors Bethany Bott, left, and Mike Borja, of U.S. Naval Base Guam (NBG) Fire and Emergency Services (FES), display their newest fire and life safety teaching aid for children, "Sparky the Fire Dog Robot," in front of FES headquarters at NBG July 9. U.S. Navy photo by Mass Communication Specialist 2nd Class Jeremy Starr/Released



# SEABEES: Fearless 74 ready for challenges, opportunities

Continued from Page 1

delivered four construction projects to Naval Facilities Engineering Command Marianas, which included a gazebo for the bachelor enlisted quarters and a 300-spot parking lot at bulding 4175.

After Jordan's speech, the NMCB 40 flag was lowered, signaling the end of their deployment and NMCB 74's flag was raised in its place.

NMCB 74 Officer in Charge Lt. Cmdr. Brandon Casperson commended NMCB 40 for their hard work.

"You've represented your bat-

talion and the NCF in tremendous fashion," he said. "I thank you for your hard work and finishing strong as you head to Port Hueneme."

Casperson offered his hopes for NMCB 74's deployment to Guam. With about 130 Seabees, Casperson said he knows the Fearless 74 is up for the challenge.

"We have a tremendous amount of work ahead of us, which basically means many opportunities to excel," he said. "My charge to you is threefold. First, take advantage of the momentum NMCB 40 has given us. Second, take care of our Seabees and give

them opportunities to succeed; and last and most, enjoy your job and take advantage of the many opportunities we have here on the island of Guam."

After Casperson's remarks, the red NMCB 40 beep sticker was flipped to NMCB 74, signifying NMCB 74's control of camp.

NMCB 74 Construction Electrician Chief (SCW) Natalie Richards said she has enjoyed the time she has been on Guam so far and looks forward to more during the battalion's deployment.

"We're just looking forward to doing some good work here and going out in town, meeting the

locals, enjoying the place," she said. "So far, it's been fabulous. It's just making sure we leave a good impression when we leave here and be ambassadors to the U.S."

As NMCB 40 departs Guam, the battalion is looking toward a decommissioning in September, making this tour the last of NMCB 40's for some time. However, according to Jordan, NMCB 40's Sailors are looking forward to the new experiences ahead of them.

"As NMCB 40 heads back to Port Hueneme, California, immediate in the future is reuniting with our families," Jordan said.

"We've been on deployment for eight months and so it's building that relationship back with them, but also looking down on the future...it's moving on to new locations across the U.S. and overseas."

NMCB 40 Chief Equipment Operator (SCW) Ricardo Jimenez said he was a little sad for the decommissioning and will especially miss the people and food of Guam.

"We still had a year left and I wish that we could have finished all the way," he said. "But obviously it's a happy ending; we finished strong here in Camp Covington."

**Parting Speech:** Naval Mobile Construction Battalion (NMCB) 40 Officer in Charge Lt. Cmdr. Jeffrey Jordan gives his remarks during a change of charge ceremony as NMCB 74 Officer in Charge Lt. Cmdr. Brandon Casperson stands at ease at Camp Covington on U.S. Naval Base Guam July 13. U.S. Navy photo by Shaina Marie Santos/Released



## FITNESS: 'A good running shoe couldn't hurt'

Continued from Page 1

thicker soles and arch support."

The difference between most running shoes and minimalist running shoes is that many styles have thicker soles and stronger arch supports, with more material used to make the shoe itself. Minimalist shoes eliminate the weight of the shoe that can disrupt natural running form.

"Heavier shoes are not better," Hardy continued. "Shoes with heavier soles promote heel strike, which happens when the runner's foot lands in front of their center of gravity on their heel. When running properly, the foot should land directly under the runner's center of gravity and the impact point would be the ball of the foot."

Using the heel of the foot as an impact point can lead to shin splints, stress fractures and Plantar Fasciitis.

"The problem with these over-supportive running shoes is that they weaken the natural strength of the foot as well as the tendons in the foot, which makes the runner more susceptible to injury," Hardy said. "Then when the runner realizes this and tries to switch to a minimalist shoe, they have a hard time because their feet are now dependant on the stability of that over-supportive shoe."

Service members who have made the transition from over-supportive shoes to minimalist shoes have realized the vast difference in their running form, reducing the number of injuries as well.

"I have had shin splints since basic training in 2006," said Staff Sgt. Kirsten Roberts, 36th Wing Force Support Squadron fitness specialist. "I tried everything to alleviate this chronic condition, including going on numerous profiles. After seeing my primary care provider, I was referred me to physical therapy,

where I was then referred to a Podiatrist to be fitted for orthotic inserts for my shoes."

On the verge of developing stress fractures in her tibias, trying a minimalist shoe was the last resort for Roberts.

"I started off training in them slowly and gradually, as recommended," she said. "This was almost two years ago and I have not had a single issue with shin splints. I've improved my run time and have scored the highest I ever have on my physical training test."

Fitness is not just about overall health, but injury preventions as well. Individual fitness is important for maintaining mission readiness; keeping Team Andersen postured for tomorrows fight.

"The shoes aren't everything when it comes to running. It starts with eating right, living a healthy lifestyle and practicing proper form," Hardy said. "But a good running shoe couldn't hurt."



# Navy issues new shore energy policy to achieve energy security goals

From Chief of Naval Operations Shore Readiness Division

WASHINGTON (NNS) — The Navy issued a new energy policy that will drive energy consumption reduction at all Navy installations, transform the shore energy culture and seek new or existing technical solutions for reducing energy, officials announced July 10.

The Shore Energy Management Instruction signifies a complete revision from the previous version published in 1994.

The instruction codifies Navy's policy and strategy to ensure energy security as a strategic imperative, meet federal mandates and executive orders, and achieve Department of the Navy (DoN) shore energy goals.

Since naval forces require constant support from shore installations, Navy is mitigating its vulnerabilities related to the electrical grid - such as outages from natural disasters and

man-made events - by lowering consumption, integrating renewable energy sources and increasing control of energy supply and distribution. Energy reliability, resiliency and redundancy are essential components of the Navy's Critical Infrastructure Protection program.

"Energy security is critical because warfighters need assured access to reliable supplies of energy to meet operational needs afloat or ashore," said Deputy Chief of Naval Operations for Fleet Readiness and Logistics, Vice Adm. Phil Cullom. "This instruction is just one example of how we are driving a spartanSpartan energy ethos in our shore operations. We are committed to cost-effectively achieving our energy goals by pursuing energy efficiency, transforming our energy culture, and integrating renewable energy technologies, where viable."

The revised instruction includes specific responsibilities and actions that commands and personnel ashore must take in implement-

ing the Navy Shore Energy program. For example, each Navy installation will have a tailored energy consumption reduction goal based on its unique energy situation. By increasing energy efficiency, Navy can reduce operating costs, multiply the impact of current and future alternative energy sources and achieve DoN renewable energy targets.

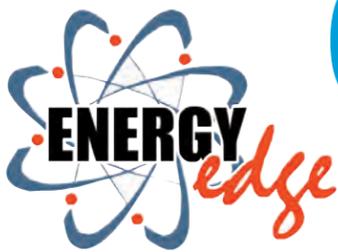
Secretary of the Navy Ray Mabus laid out five aggressive energy goals in October 2009 to improve energy security and efficiency afloat and ashore and increase our energy security.

To review the instruction, visit <http://greenfleet.dodlive.mil/files/2012/07/OPNAVINST-4100.5E.pdf>.

For more information about the Navy's Energy Program, visit [www.greenfleet.dodlive.mil](http://www.greenfleet.dodlive.mil) or [www.facebook.com/navalenergy](http://www.facebook.com/navalenergy).

For more news from Chief of Naval Operations Energy and Environmental Readiness Division, visit [www.navy.mil/local/n45/](http://www.navy.mil/local/n45/).

**Meter Check:** Capt. Mark McLaughlin, commanding officer of Naval Air Station Kingsville, left, listens as public works officer Cmdr. Troy Hamilton explains how the Advanced Metering Infrastructure program smart meters operate. The meters will help the command track electrical use and manage energy consumption. Kingsville became the first Navy Region Southeast command to install the smart meters when the first meter was installed at the air station's RV park. The command plans to install 158 smart meters throughout the base. U.S. Navy photo by Jon Gagne/Released



## Conserve our resources for us, future generations

By Desiree Masterson  
Joint Region Marianas Energy Manager

Peak oil is a topic of interest for those of us dependant on petroleum especially for us on this island as electricity is generated by burning oil and our vehicles powered by gasoline.

The definition of peak oil is the

point when the maximum rate of oil available worldwide is expected to be extracted, after which, the rate of extraction will decrease and continue to decline.

There are numerous theories about when this peak in oil production will occur—some say we are currently experiencing it and others say we are

nowhere near hitting it. As the more accessible supplies of oil are consumed, we are forced to turn to harder-to-access reserves which are more expensive to develop. This results in increased prices.

The reason this is meaningful to us is because it illustrates, again, that oil is a finite resource that is not readily re-

newed and must be managed. By continuing on with business as usual our oil consumption rates will continue to increase worldwide as the population grows and markets increase. Our response to this phenomenon in terms of the way we use energy will determine how deeply we and our future generations are impacted.

# Andersen to represent at 68th annual Liberation Day Parade

By Senior Airman Veronica McMahon  
36th Wing Public Affairs

The 68th annual Liberation Day celebration parade will kick off with a B-52 Stratofortress flyover from the 69th Expeditionary Bomb Squadron at 10 a.m. July 21 which will signify the start of the annual parade.

The route is scheduled to begin at the Ricardo J. Bordallo Governor's Complex in Adelup and will continue to the grandstand across the Chamorro Village.

The parade route will be closed to all vehicular traffic at 7

a.m., except official and authorized vehicles. It is scheduled to reopen by 3 p.m.

Each year in the weeks leading up to the anniversary of Liberation Day, the Guam community celebrates by hosting by hosting local carnivals, traditions, massacre-site ceremonies and fireworks.

Japanese forces invaded and took control of Guam in 1941 and it wasn't until that U.S. Forces re-took the island. The celebration of Liberation Day is remembered and celebrated every July 21.

The 3rd Marine Division landed near at Asan Beach Park to the north of Orote point and the 1st Provisional Marine

Brigade landed near Agat in the south. Japanese artillery inflicted heavy casualties on the Americans, especially on the 1st Provisional Marine Brigade. This battle ended the Chamorro oppression by the Japanese.

The theme of this year's Liberation festivities is, "Imagine Guam... 68 years of progress through peace." Andersen Air Force Base Airmen will march during the parade and will take part in judging the floats.

"This is their remembrance of that generation and the sacrifices that were made," said Jeffrey Meyer, 36th Wing historian. "It's also a thank you to the U.S. for returning and liberating Guam."



## USS Hawaii moors alongside USS Emory S. Land

**Maintenance:** Virginia-class fast-attack submarine USS Hawaii (SSN 776) comes alongside submarine tender USS Emory S. Land (AS 39) in Piti July 3. Hawaii, homeported in Pearl Harbor, Hawaii is on a Western Pacific deployment while 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 Seaman Apprentice Samuel Souvannason/Released



# NAVFAC Marianas chief engineer bakes local treat

By Shaina Marie Santos  
Joint Region Edge Staff

**N**aval Facilities Engineering Command (NAVFAC) Marianas Chief Engineer Russ Mattson uses local produce to bake Talofoto banana bread, a treat he makes in his spare time to share with friends and co-workers.

According to Mattson, the proper name for the type of banana he grows is latundan (lah-TUN-DAH-N) bananas, which he assumes were brought to Guam from the Philippines.

"Growing bananas in Talofoto is no maintenance," he said. "They just grow. I cut off the end, or end of the bunch, to fatten the fruit and then harvest when the first banana begins to turn yellow. I use a long pole to stab the trunk of the plant a few feet below the bunch until the trunk weakens and bends over, bringing the bananas within reach of the ground. I grab the stalk of the bunch and a machete easily cuts it loose. [The] bananas never touch the ground."

Mattson, who developed an enthusiasm for baking at an early age, made his first loaf of banana bread in his teens, bananas not being a native fruit where he grew up in Idaho.

"Where I live now in Talofoto, I always have my own bananas growing and they're free," he said. "The Talofoto bananas are sweeter than any you can buy back in Idaho, and they make great bread. Going out and harvesting my own bunch next to my house makes the bread taste even better."

Mattson said the hardest part of making the banana bread is a toss up between the hour of baking and giving away his prized product. However, Mattson finds

satisfaction in sharing with others.

"They say that you first have to take care of yourself, before you can do anything for others," he said. "So as long as I get a sample now and then, I'm happy giving most of it away to friends. Beyond that it tastes good to them, I hope they like the idea that I took the time to make it myself, and in sharing it with them."

## Talofoto banana bread recipe

### Ingredients

**Four cups of mashed Talofoto bananas**

**One cup of applesauce**

**One cup of softened, salted butter**

**Two eggs**

**One teaspoon of vanilla**

**One and one-half teaspoons of baking soda**

**One-half teaspoon of salt**

**One-half teaspoon of cinnamon**

**One cup of brown sugar**

**One cup of chopped pecans or walnuts**

**Three cups of flour**

Preheat your oven to 350 degrees Fahrenheit.

Mix all the ingredients except the flour in a bowl thoroughly. Stir in the flour with care, not to over-mix the bread, or the bread will be tough.

Grease bread pans with butter and bake for about an hour. Stick a toothpick directly into the middle of the bread and pull it out. If the toothpick comes out clean with no batter sticking to it, your banana bread is finished.

Mattson said that when feeling decadent, he adds chocolate chips to the recipe.

"A good loaf tastes like it came from God's country," he said.



**Top Right, Above:** Naval Facilities Engineering Command (NAVFAC) Marianas Chief Engineer Russ Mattson shares his Talofoto banana bread with co-workers at the NAVFAC Marianas headquarters in Asan July 3. Mattson, who uses fresh local produce in his recipe, often shares his final product with his co-workers U.S. Navy photo by Shaina Marie Santos/Released



**Simply Delicious:** Two slices of warm banana bread are served at an office in Asan July 3. U.S. Navy photo by Shaina Marie Santos/Released

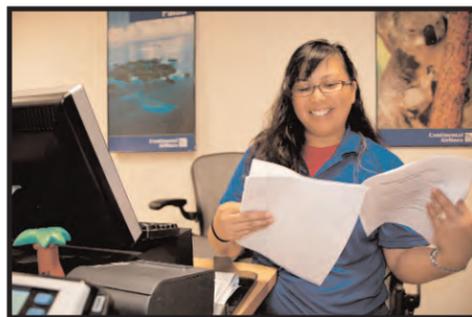
# Learning adventures abound with ITT



**Above:** A young boy familiarizes himself with the continents on a globe at the Morale, Welfare and Recreation Information, Tickets and Travel office on U.S. Naval Base Guam July 9. U.S. Navy photo by Shaina Marie Santos/Released



**Right:** Navy spouse Marlyn DeMesa explores the globe with her son at the Morale, Welfare and Recreation Information, Tickets and Travel office on U.S. Naval Base Guam July 9. U.S. Navy photo by Shaina Marie Santos/Released



**All Smiles:** Morale Welfare and Recreation Information, Tickets and Travel Office Travel Agent Carly Macias assists a customer with documents on U.S. Naval Base Guam July 9. Traveling as a family can be a fun way to educate and enrich your children's lives. U.S. Navy photo by Shaina Marie Santos/Released

By Shaina Marie Santos  
Joint Region Edge Staff

On U.S. Naval Base Guam (NBG) and Andersen Air Force Base (AAFB) Navy Morale, Welfare and Recreation (MWR) Guam and the 36th Forces Support Squadron (FSS) Information, Tickets and Travel (ITT) offices offer unique learning opportunities for families.

The offices feature local tours for activities such as dolphin watching, jet skiing, a river cruise and submarine ride as well as packages to travel destinations such as Australia, China and Hong Kong.

MWR ITT Travel Agent Carly Macias said traveling and participating in new activities can promote learning and new experiences for patrons and especially families with children.

"The world is out there, ready for you to explore it," she said. "By traveling, you teach your child about geography and different cultures. By doing some of the local tours, you can teach them about the ocean, sea life, nature, the balance of life, different cultures as well as entertain their mind(s)."

36th FSS ITT Travel Agent Paul Cepeda echoed Macias' thoughts and added that traveling opens pa-

trons of all ages to new ideas and horizons.

"The tours and travel(s) we book for families can teach both parents and children that there is more than one set of beliefs, cultures, races, ethnicities and ideas in existence," he said. "They'll learn...how certain tasks were performed before the advent of modern tools and technology."

Cepeda also highlighted that traveling as a family can offer an added benefit of strengthening familial bonds.

"Off-island or local travel can teach both parents and children how to cooperate with each other as a family unit, creating a stronger bond between parents and children," he said.

Navy spouse Marlyn DeMesa has visited different locations in Asia with her family and said traveling with her children offers unique experiences.

"They enjoy [travel] a lot," she said. "They get to see the different places."

Macias suggests before embarking on a trip, parents prepare themselves and their children ahead of time.

"Parents should research the area ahead of time so they know what they should expect and what they can prepare their child for," she said. "[They can] prepare lessons for their child, read up on things they can find at their destinations before going so they can point out landmarks, plants or animals they recognize."

For more information about the travel offices or to book your next family-fun adventure, contact the MWR ITT office at 989-2301 or the 36th FSS ITT office at 366-2586.

## Chapel Schedule

### U.S. 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, Thursday, 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.

#### Catholic Men of the Chapel:

First and third Tuesday of the month, Chapel 1 Annex, 6 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.

#### Liturgical Service:

Sunday, Lighthouse, 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.;

Wednesdays (September-May), Chapel 2 Annex, 8 a.m.

#### Protestant Men of the Chapel:

Wednesday, Lighthouse, 6 p.m.;

First Saturday of the month, Chapel 2 Annex, 8 a.m.

#### Protestant Youth of the Chapel:

Thursday, Chapel 2 Annex, 7 p.m.

#### Protestant Single/Unaccompanied:

Thursday, 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 Lt. Matt Drayton  
U.S. Naval Base Guam Chaplain

Imagine for a moment that you are a 25-year-old bio-engineer who in your free time volunteers with a local Christian ministry and you love it. After trying to fight it for six months, you are now convinced that you should leave your full-time job as a bio-engineer to enter ministry full time. You finally muster the courage to tell your boss at the biotech firm you've been working and his response shocks you.

"I can't say this doesn't disappoint me, it does," he says. "But perhaps with the news I am about to give will cause you to re-evaluate your desire to leave. This morning I just received news that the valve you and your team designed for the artificial heart was just sold to a Novartis Pharmaceuticals and each of your team is eligible for an even cut of the sale. This would mean that your personal cut would be \$2.1 million, but there is a catch, you can only collect this amount if you stay with the company for at least one more year."

This is a pretty crazy scenario, right? What would you do? This story was told to me at a mission's conference I attended about 10 years ago, and the best part, it was a true story. The girl left her job in order to follow what she felt God was calling her to do. I was truly inspired because it would have been so tempting to let go of

her convictions and even her heart, for the sake of that money. Her perspective was truly divine. She saw the greater value in people and she invested wisely. In every way, her actions were countercultural and prophetic, speaking loudly into a world that all too often values money more than people.

In Luke 5:1-11, Peter is inspired in the same way. Peter was asked by Jesus to skipper his own fishing boat just off shore so he could speak from it to the crowds that had gathered. As this carpenter preaches from its bow, he knows there is something different about him and he sees his conviction. Jesus then tells Peter to "put out his nets into the deep and let them down for a catch." Peter being a professional fisherman knew the ridiculousness of this request. He knew that in the Sea of Galilee, the fish hide during the light of day and only come out at night. He also knew the fish were never found in the deep, but



#### RUSH Service

Every Sunday at 6 p.m.

Nap's Alabama BBQ on U.S.

Naval Base Guam

he humored Jesus anyway. To his surprise and in the face of all the facts, Peter then pulled up nets that were full of fish. The nets were so full that the fish filled two full boats.

How amazed Peter must have been and overjoyed at the lottery he just hit, but what else do you think his practical mind was thinking? Did Jesus somehow discover a new spring where the fish gather underwater? If so, why is he revealing it without any desire to keep the fish for himself? In light of this incredible discovery and the revealing of this great fortune Peter was right, Jesus was not lured by any of it and instead remained steadfastly committed to something greater, people.

"Do not be afraid," Jesus told

Peter in verses nine through 10, "For now you will catch [and save] people."

Peter in turn was inspired and stood in awe of this man and his countercultural ideals, and as we read in verse 11, Peter 'pulled his boat ashore, left everything and followed him.'

In other words, Peter let go of a financial fortune in order to follow after a man who loved people more than money.

The U.S. Naval Base Guam chapel has begun a new Sunday service at Nap's Alabama BBQ restaurant at 6 p.m.. It is something special. If you haven't seen it you should check it out.

Those who attended have named the group R.U.S.H., a non-denomination Christian group of friends committed to Relating, Uniting, Serving and Honoring God. Humbly, I tell you, I have been truly inspired by the authentic atmosphere that has been created and the genuine people it has brought together. This past Sunday we took up our first offering and from just 40 people, \$3,900 was collected. There was no prompting that created this, it was merely a group of people who amidst the many other things money could have bought, saw the greater value in what God is doing and instead did something that was truly countercultural, chose in faith to love people more than money. I thank God for the members of R.U.S.H and may they truly be blessed as their faithfulness and numbers grow.

CLASSIFIEDS

# Service members, volunteers refurbish mini-golf course



**Everybody Clean Up:** Lt. j.g. Crystal Warrene, of Naval Computer and Telecommunications Station (NCTS) Guam, paints a walkway at the newly refurbished mini-golf course on the base in Dededo July 14. Several service members and volunteers worked for more than a month on refurbishing the course which is now open for use. Photo courtesy of Lt. Cmdr. Jim Frey

By JoAnna Delfin  
Joint Region Edge Staff

Department of Defense active-duty, retired personnel and their dependants can now enjoy a free mini-golf course at Naval Computer and Telecommunications Station (NCTS) Guam in Dededo.

The course was recently refurbished by service members and other volunteers after Lt. Cmdr. Jim Frey, of NCTS Guam, spoke to the base civilian gate guard who shared his memories of the course.

“(The guard) said he remembered playing there as a kid ten years ago,” Frey said. “He said he and his father had enjoyed the course, then a typhoon came in and MWR (Morale, Welfare and Recreation) moved out.”

From there Frey went to the wardroom and his military contacts off-base and asked if anyone else was interested in bringing the NCTS mini-golf back to life; his vision was that it would open and free for all families with base access.

Since MWR had moved on to other priorities, the project was an unfunded, all-volunteer effort.

According to Frey, the refurbishment was truly a joint effort as members from the Defense Information Systems Agency, NCTS Navy Exchange (NEX), 36th CS and 36th AMS, Air Force and Marines, all enthusiastically volunteered.

“At first the challenge was clearing brush and inches of moss and mold which had collected over the

past decade,” Frey said.

Frey, along with a small team of other NCTS department heads including Dave McConkey, Cord Harris, Kevin Lavinge and Tom Rabago, spent an estimated 300 man-hours during weekday evening shifts and two weekends.

“Remarkably, while nature took over the course, it also protected it,” Frey said. “So once clear of weeds, mud, and moss the turf (was) clean and as usable as new.”

During the final two weekends of June, NCTS Guam Sailors and their families joined with several Marines and Airmen from the 36th Expeditionary Aircraft Maintenance Squadron to paint the holes with their either their command emblem or other significant image depicting their branch of service.

Frey encouraged service members and their dependents to use the free facility as the course is now open and invited them to also enjoy other facilities available on the base.

“It is an unmanned facility, so families are encouraged to use common sense and caution, bring their own putter, ball and sunscreen,” he said. “Mainly, Guam has some amazing things for families to do. NCTS has a fantastic NEX, gym, Haputo Beach and now a free mini-golf course for all DOD active and retired personnel.”

For those interested in sponsoring a hole, contact Lt. Cmdr Frey at james.frey@fe.navy.mil.