



LIBERTY THROUGH UNITY

# JOINT REGION EDGE

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Friday, Aug. 17, 2012

## 554th REDHORSE frames for future

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

A master sergeant once said, "I think it's important these guys learn to build."

At the time he was referring to Iraqi citizens learning vocational skills to rebuild their city. The same noncommissioned officer, now a chief master sergeant, repeated the same words, but this time in reference to the Airmen he trained in wood-framing rigEt before they deploy.

Chief Master Sgt. Rodney Kilby, 307th REDHORSE Squadron (RHS) cantonments chief recently conducted training with the 554th RHS at Northwest Field on building wood-framed structures prior to the squadron's upcoming deployment. The hands-on class was meant to prepare the Airmen to deploy in support of contingency and special operations worldwide.

"In technical school I was confused in some of the lessons and it felt like everything was just getting pushed along," said Senior Airman David Leman, 554th RHS structures. "Having the chief here helping us out and teaching us one-on-one on aspects we didn't understand immediately has made learning the material much easier."

Kilby, an Air Force Reservist from Barksdale Air Force Base, La., works as a building contractor in his civilian profession. His background in framing also includes taking part in the project in 2008, a project designed to teach Iraqi citizens vocational skills such as carpentry.

With time running out until 554th RHS is deployed, Kilby volunteered to teach the wood-framing refresher course to Airmen fresh out of technical school and those who have



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**Wood Work:** Senior Airman Paul Valdez, 554th REDHORSE Squadron (RHS) structures, uses a circular saw to cut building material during structural framing training on Andersen Air Force Base July 30. Members of the 554th RHS are sometimes required to build 3,200 square foot structures while deployed made of wooden building materials. U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released

## NBG holds first National Night Out

By Mass Communication Specialist 2nd Class  
(SW/AW) Jeremy Starr  
U.S. Naval Base Guam Public Affairs

U.S. Naval Base Guam (NBG) participated in its first National Night Out on the base Aug. 7.

NBG joined 15,000 communities across the United States, U.S. territories and Canada participating in "America's Night Out Against Crime," bringing first-responders

from different military and civilian services on base together to help raise awareness of personal and community safety with military families.

Chief Master-At-Arms (SW) Chad Williams, of NBG Security, organized and coordinated the whole event. He said he felt NBG needed to bring the National Association of Town Watch (NATW) sponsored affair to Guam.

"This whole program is about getting our

NBG community together to better understand both crime and drug prevention," Williams said. "I wanted to get active-duty service members, their families and civilians from our community out here tonight to mingle with all of the first responders that we have on base."

The Fleet and Family Support Center (FFSC), Naval Criminal Investigative

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Stay safe  
while riding  
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36th OG unit  
soars for  
90 at 90  
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# Joint Region Edge

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Rear Adm. Tilghman Payne, USN,  
Commander, Joint Region Marianas

Brig. Gen. Steven Garland, USAF  
Deputy Commander, Joint Region Marianas

## Joint Region Marianas Public Affairs

**Public Affairs Officer**  
Lt. Matt Knight, USN  
349-4055  
william.knight@fe.navy.mil

**Deputy Public Affairs Officer**  
Coleen R. San Nicolas-Perez  
349-3209  
coleen.perez@fe.navy.mil

**Public Affairs Director**  
Theresa Merto Cepeda  
DZSP 21 LLC  
349-6114  
theresa.cepeda@fe.navy.mil

**Editor**  
JoAnna Delfin  
349-2113  
joanna.delfin.ctr@fe.navy.mil

**Reporters**  
Mass Communication Specialist  
2nd Class (SW) Corwin Colbert  
349-4376  
corwin.colbert@fe.navy.mil

Shaina Marie Santos  
349-2115  
shaina.santos.ctr@fe.navy.mil

**Photographer**  
Reynaldo Rabara  
349-5435  
reynaldo.rabara@fe.navy.mil

Write to us at:  
Joint Region Marianas  
Public Affairs Office  
PSC 455 Box 211  
FPO AP 96540

**U.S. Naval Base Guam Public Affairs Officer**  
Annette Donner  
339-2663  
annette.donner@fe.navy.mil

**36th Wing Public Affairs**  
Capt. Chris Hoyler  
Chief of Public Affairs  
366-2228

**Deputy Chief of Public Affairs**  
2nd Lt. Sarah Bergstein  
366-2228

**Senior Noncommissioned Officer in Charge**  
Master Sgt. Carrie Hinson  
366-2228

**Noncommissioned Officer in Charge of Internal Information**  
Senior Airman Jeffrey Schultze  
366-2228

**Reporters**  
Staff Sgt. Alex Montes, 366-2228  
Senior Airman Carlin Leslie, 366-2228  
Senior Airman Veronica McMahon, 366-2228  
Senior Airman Ben Wiseman, 366-2228  
Airman 1st Class Mariah Haddenham, 366-2228  
Airman 1st Class Marianne Santos, 366-2228

## NEWS NOTES

**Job Announcements**  
Interested individuals can view available vacancies by visiting the Web site <https://www.cnic.navy.mil/Marianas/index.htm> or at <https://chart.donhr.navy.mil>. For more information, call 349-6119/2224.

### 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).

### Andersen Air Force Base 2011 Consumer Confidence Report

Andersen Air Force Base's (AFB) drinking water is safe to drink and is in compliance with all federal and local regulations. Under the Environmental Protection Agency's Consumer Confidence Reporting Rule of the federal Safe Drinking Water Act, the base bioenvironmental engineering office is required to annually summarize water analytical test results from the previous year and create summary report available to all water consumers. This report is available on the Andersen Intranet under featured links, Andersen Consumer Confidence Report. Printed copies are available at the library and the bioenvironmental engineering office located in the aerospace medicine clinic. For more information or to receive the report by e-mail, call 366-7166.

## 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-12th grade students' first day of school  
Aug. 27-31: Pre-K home visits  
Aug. 31: Professional development; no classes  
Sept. 4: PSCD and kindergartners first day of school

### Andersen Middle School

Aug. 21: Student orientation at 9 a.m. for sixth grade and at 1 p.m. for grades seventh and eighth.

### Guam High School

Aug. 20: New student orientation from 9-11 a.m. for grades 10-12.

### Central Texas College

Register now! Central Texas College is a two-year, open admissions institution that offers associates degrees and certificates. We have five, eight-week terms per year. Term one for the 2012-2013 school year begins Aug. 20. We offer several distance-learning courses that are perfect for the military lifestyle because they go where you go. The last day of registration for Term one is Aug. 17. Come see what we have to offer.

### 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

### MWR Concert Series- American Idol

# COMMUNITY Corner

## movies • MOVIES • MOVIES

### The Big Screen Theater

AUGUST 17 (FRIDAY)  
4 PM PEOPLE LIKE US PG-13  
7 PM MAGIC MIKE R

AUGUST 18 (SATURDAY)  
1 PM BRAVE PG-13  
3:30 PM ROCK OF AGES PG-13  
7 PM ABRAHAM LINCOLN: VAMPIRE HUNTER PG-13

AUGUST 19 (SUNDAY)  
1 PM MADAGASCAR 3 PG  
3:30 PM AMAZING SPIDERMAN PG-13  
7 PM TED R

Movie Hotline 564-1831 US Naval Base Guam

Meehan Theater - TEMPORARILY CLOSED until further notice

Morale, Welfare and Recreation, Navy Entertainment and/or Armed Forces Entertainment will host the American Idol World Tour Aug. 24. For more information, call 688-7038.

### 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 Airman and Family Readiness Center Classes

Aug. 20: 10 steps to federal job search from 2-3 p.m.  
Aug. 22: Credit management from 9-10a.m.  
Aug. 24: Pre-separation briefing from 8:30-11:30 a.m.  
Aug. 24: Starting a small business from 1-3 p.m.  
Aug. 24: Writing a business plan from 3:15-4:30 p.m.  
For more information, call 366-8136.

### Monthly Flea Market

Find great deals and bargains at the Hotspot's monthly flea market Aug. 18 from 8-11 a.m. in the Hotspot Gym. Table fee for each seller is \$10. For more information, call 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.

### 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.

## SPORTS SHORTS

### U.S. Naval Base Guam

#### Captain's Cup Dodgeball

Registration for the tournament 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

#### Self-Defense Classes

Coral Reef Fitness Center now offers self-defense/Jiu jitsu classes Monday and Wednesday from 11 a.m.-noon and Saturdays from noon-1 p.m. for beginners. Advance student classes are Saturdays from 11 a.m.-noon. Classes are open to age 6 and older and is \$45 per student per calendar month. For more information, call 366-6100.

#### Family Pride One-Mile Race

The monthly FitFamily event will be a Family Pride one-mile race Aug. 25 at the base running track across the theater. Show time is 4 p.m. and race begins at 4:30 p.m. Sign up at the Coral Reef Fitness Center front counter by Aug. 24. For more information, call 366-6100.

#### 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 aerobic 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. For more information, call 366-6100.

### Restricted Establishments

*The Guam Armed Forces Disciplinary Control Board has placed restrictions on the following establishments:*

#### Club Romeo and Juliet in Tumon

• Off-limits to all military personnel

#### Club Lush in Tumon

• Off-limits to military personnel ages 18-20 and all military personnel between 1-8 a.m.

*Service personnel, whether in uniform or in civilian clothing, found entering or leaving the establishments during the restricted periods may be subject to disciplinary action under the Uniform Code of Military Justice.*

# Team Andersen's Best Staff Sgt. David Popp



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

Staff Sgt. David Popp, 554th RED-HORSE Squadron (RHS) structural craftsman, was awarded Team Andersen's Best on Andersen Air Force Base Aug. 9.

"(Staff) Sgt. Popp is an exceptional craftsman who has been phenomenal in leading two complete tilt-up concrete building projects from start to finish," said Tech. Sgt. Chris Sherrer, 554th RHS structural specialist and Popp's supervisor.

Popp led a crew in the building of a warehouse project worth \$731,000, providing 11,500 square feet of storage for \$29 million in Vertical Special Capabilities equipment. The building consisted of more than one million pounds of concrete and steel.

"The knowledge and leadership abilities of

(Staff) Sgt. Popp are far above the normal scope for even a master sergeant," Sherrer said.

Additionally, Popp led construction of another warehouse designed to store \$3 million in supplies and equipment for the squadron's construction. He is also a valued member of the elite Airfield Assessment Repair Operations Team.

In his spare time, Popp enjoys mountain climbing and golf.

Team 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 or civilian with an award.

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

**Award:** Staff Sgt. David Popp, 554th Red Horse Squadron structural craftsman, was awarded Team Andersen's Best on Andersen Air Force Base Aug. 9. Team 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 or civilian for Team Andersen's Best, contact your unit chief or superintendent explaining their accomplishments. U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released

By Tech. Sgt. Shawn J. Jones  
Air Force Public Affairs Agency

The Air Force chief of staff flag passed to the service's 20th chief in a ceremony on Joint Base Andrews, Md. Aug. 10.

Gen. Mark A. Welsh III, a 36-year Airman, stepped into the position, taking over for Gen. Norton Schwartz, who also retired from the Air Force during the ceremony.

"Mark is respected throughout the Air Force for his exceptional leadership and ability to connect with Airmen," Secretary of the Air Force Michael Donley said.

Raised in an Air Force family, Welsh said he found a role model in his father, a decorated combat pilot.

"Today, I think he'd be proud of me," Welsh said. "And any day a kid can make his dad proud is a great day."

Welsh emphasized the need for Airmen to understand the importance of the other services in joint operations, but also said Airmen shouldn't underestimate the combat capabilities of their own service in winning today's fight.

"No one else can bring what we bring to the fight, and any real warfighter knows that," he said. "Don't ever doubt yourself or this service."

Welsh also addressed his stance on issues affecting the well-being of Airmen.

"When it comes to Airman resiliency, suicide prevention, and sexual assault prevention and response, I believe you're either part of the solution or you're part of the problem," he said. "There is no middle ground."

Welsh also said the Air Force must shape the future and that will require innovative thinking and different approaches to prob-

## Welsh 'humbled to serve as Air Force chief of staff



**Leading the Way:** Secretary of the Air Force Michael Donley, right, swears in Gen. Mark A. Welsh III as the 20th Air Force chief of staff, assisted by Welsh's wife, Betty, during a ceremony at Joint Base Andrews, Md. Aug. 10. U.S. Air Force photo by Scott M. Ash/Released

lems, along with modernization.

Welsh was nominated by the president May 10 and confirmed by the Senate Aug. 2.

In his previous position as the commander of U. S. Air Forces in Europe, he was in charge of Air Force activities in an area of operations covering nearly one-fifth of the globe.

Welsh, a 1976 graduate of the Air Force Academy, has served in numerous operational, command and staff positions, such as commandant of cadets at the U.S. Air Force Academy, vice commander of Air Education and Training Command and associate director for military affairs at the Central Intelligence Agency.

"When I became a squadron commander, I felt excited. When I became a wing commander, I felt proud. When I became a major command commander, I felt privileged and a little bit old," he said. "Today when I was sworn in as chief of staff of the Air Force, I felt humbled to be given the honor of leading its incredible

Airmen."

His experience includes nearly 3,300 flying hours, most of which came in the A-10 Thunderbolt II and F-16 Fighting Falcon.

As the ceremony ushered in a new chapter in Air Force history, it also served as the final chapter for Schwartz's four years as the service's senior uniformed leader and his more than 39 years of military service.

Schwartz's career began in 1973 after graduating from the Air Force Academy. He has logged more than 4,400 flying hours and participated in military operations in Vietnam, Iraq and Cambodia.

"Anyone looking for an example of Air Force core values need look no further than Gen. Norty Schwartz," Donley said. "Thank you for your lasting contribution to our Air Force and the character and quality of your service."

Defense Secretary Leon Panetta presented Schwartz with the Defense Distinguished Service Medal, which is awarded to service members who perform exceptionally meritorious service in a position of great responsibility.

The award citation highlighted his success in restoring excellence in the Air Force nuclear mission, his efforts to partner with joint and coalition teammates in support of operations worldwide, modernizing the Air Force's air and space inventories, and care for Airmen and families. Schwartz's wife Suzie was also recognized for her devotion to Airmen and family support programs.

"The Air Force has afforded us an honorable and rewarding journey for the entirety of our adult lives," Schwartz said.

# Motorcycle Safety: Be vigilant

By Shaina Marie Santos  
Joint Region Edge Staff

When riding or operating a motorcycle on U.S. Naval Base Guam (NBG), riders should be aware of their surroundings, complete a safety course and follow base procedures.

Upon completion of the motorcycle safety course, individuals will be presented with a card they must have on hand to enter the installation.

According to NBG Motorcycle Safety Instructor Jeffrey Brown, there are major misconceptions about the difficulty of riding a motorcycle.

"Some people think, 'okay, you know what I rode a bike when I was younger – a bicycle, so I should be able to get on a motorcycle or scooter and ride it,'" he said. "The concepts are the same, but they're different. Because you're operating at a higher speed, you're operating with more dangers around you."

Naval Facilities Engineering Command (NAVFAC) Marianas Sheet Metal Mechanic and motorcyclist Brian Daugherty agreed that a major mistake is underestimating a motorcycle's power and speed.

"People believe it's like riding a bicycle, mini bike or scooter, but the big difference is the horsepower and the speed that comes along with it," he said. "That's where the unfamiliarity of the motor-

cycle and the inexperience can get you in trouble."

Since a motorcycle's power may be underestimated, one should remember that it does not offer structural protection the way a car does and there are a number of proper protective equipment and items of clothing to keep in mind before operating one.

"Always wear your PPE (Personal Protective Equipment)," Brown said. "PPE includes a helmet, full-fingered motorcycle gloves (and) over-the-ankle footwear."

Daugherty echoed Brown's sentiments and added that wearing the proper PPE is not rider's benefit but for other motorists as well.

"Wearing reflective vests sometimes still make you invisible to other drivers so you must be on a constant vigilance."

According to Brown, a refresher course must be also completed every three years.

"We develop bad habits," he said. "If you can break those bad habits as a motorcycle operator, then you'll be more efficient and effective as a rider and you'll be able to get out or even see the problem coming before it happens."

Daugherty has taken the motorcycle safety course and said that keeping an eye out is the key to keeping safe.

"The best information that I can give someone... was

passed on to me by an old biker who lived down the road from me," he said. "He said, 'drive your motorcycle as if everyone is out to get you'. You have to drive very defensively being on the constant vigil of your surroundings such as traffic, weather and road conditions."

Twenty years ago, Daugherty was involved in an accident when he gave a ride to a co-worker who had never been on a motorcycle before, highlighting the importance of preparedness before riding and operating a motorcycle.

"I told them to do whatever I did," he said. "I leaned into a corner and they got scared and leaned the other way, throwing my balance off and over we went."

Daugherty said to prevent the accident, he may have explained more of what to do before taking off.

With all the safety precautions in mind, Daugherty said there are many of benefits to riding a motorcycle.

"The biggest benefit of all is the freedom of the open road," he said. "It feels great to have the wind in your face."

Three courses are available monthly based on skill levels; the basic rider course, experienced rider course and sport bike rider course. To sign up for a safety course, contact your command safety office or call 339-7233.



**Above Left:** USS Frank Cable (AS 40) Machinist's Mate 1st Class (SW) Jason Jacobi wears the proper motorcycle personal protective equipment as prepares to ride his motorcycle in Piti July 31. When riding or operating a motorcycle, it is especially important to be prepared for any oncoming hazards. U.S. Navy photo by Shaina Marie Santos/Released

**Left:** USS Frank Cable Machinist's Mate 1st Class (SW) Jason Jacobi pulls down his sleeves as he prepares to ride his motorcycle in Piti July 31. U.S. Navy photo by Shaina Marie Santos/Released

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

Andersen Air Force Base will hold an Operational Readiness Exercise from Aug. 17-24. Service members and dependents can expect increased force protection levels and unscheduled front gate closures.

"The purpose of the exercise is to evaluate the 36th Wing's ability during contingency operations," said Master Sgt. William Nagel 36th Wing Inspector General noncommissioned officer in charge of wing exercises. "We hope to educate spouses and dependents on the exercise before it occurs so they have a full understanding of why we do these exercises."

There will be simulated attacks on various locations throughout the base indicated by small explosions.

"We don't want spouses or dependents

to be concerned if they see service members in their chemical warfare gear during the exercise," Nagel said. "We want to avoid confusion by educating them."

There will also be limited access to medical appointments and the Military Personnel Flight.

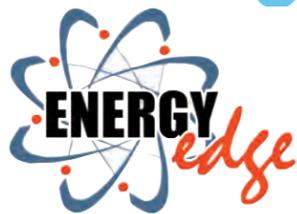
"Most services should be available," Nagel said. "The base exchange, commissary and gymnasium will be accessible."

Service members may experience traffic blockades and certain traffic patterns to be re-routed.

Members of Team Andersen can stay up-to-date on current force protection levels and important information by watching the Commander's Access Channel located on Channel 70, searching the 36th Wing Andersen Facebook page or Andersen Exercise page and listening to the Giant Voice directed by Andersen's command post.

# Exercise preparation

# Every drop counts: Fix those leaks



From the Environmental Protection Agency

Did you know that an American home can waste, on average, more than 10,000 gallons of water every year due to running toilets, dripping faucets and other household leaks?

Nationwide, more than one trillion gallons of water leak from U.S. homes each year. That's a good reason to periodically check for leaks. Here are some tips to help with that effort:

- Take a look at your water usage during a colder month, such as January or February. If a family

of four exceeds 12,000 gallons per month, there are serious leaks;

- Check your water meter before and after a two-hour period when no water is being used. If the meter changes at all, you probably have a leak;
- Identify toilet leaks by placing a drop of food coloring in the toi-

let tank. If any color shows up in the bowl after 15 minutes, you have a leak. Be sure to flush immediately after the experiment to avoid staining the tank; and examine faucet gaskets and pipe fittings for any water on the outside of the pipe to check for surface leaks.



## 36th OG staff 360s to 90

days before, so he was thinking that it could be done in 10, but we stuck with 15. This time around, he finished in eight days and I finished it in 14.”

The 36th OG’s 360 challenge is comprised of three physical fitness activities: running, swimming and cycling. Each activity has 60 checkmark boxes that represent a distance that the participant needs to accomplish in order to track their progress.

“It has three 60s, which is why we call it the 360 challenge,” Kaufman said. “The name is also to pay tribute to the 36th Wing.”

Challengers initially had to run 60 miles, bike 60 miles and swim 360 laps in the pool in order to complete the challenge. Each check box may either represent running one mile, cycling one mile or swimming six laps. The participants have up to three months to finish their 360 goal.

“We’ve recently changed the biking from 60 miles to 120 miles because I thought the staff could use

more of a challenge,” Kaufman said.

The previous group commander started the program, but Kaufman continues to improve the program and motivate his staff.

“I think the program is outstanding,” Sagorsor said. “It calls forth the staff’s competitive nature, which it brings out the best in you. It helps in your physical training tests and being a healthy Airman in general.”

Aside from the fitness benefits, staff members can also win prizes for finishing the challenge. First-time finishers receive a shirt with the 360 challenge logo and work their way up to four consecutive finishes to get a gym bag, receiving a different quarterly award along the way.

“We added small prizes to make it a little more interesting for those who want to participate,” Kaufman said. “I wanted to find a way to incentivize it for everybody in the staff. Since we started giving these small prizes, we’ve seen the success rate go from 10 percent to about

90 percent.”

According to the 36th OG staff, along with purchasing the prizes himself, Kaufman sets the standards by participating in the challenge and holding the record for finishing the challenge in eight days.

“The colonel shows great leadership; he leads by example,” Sagorsor said. “He worked hard to finish the challenge in record time and set the standard to what everyone should aspire to do.”

With physical fitness being a huge part of Airmen’s lives, along with the 36th Wing’s goal of getting 90 percent of the Airmen on base at 90 or above on their fitness tests, the 36th OG staff leads the way in getting creative for a healthy cause.

“Fitness is very important to the Air Force, our own personal readiness and our mental wellbeing,” Kaufman said. “90 at 90 is where this wing wants to go, and the operations group plans to be the first group to get there.”

**Top:** Members of the 36th Operations Group (OG) staff wear their 360 challenge shirts while they work out as sign of accomplishing the challenge and in support of the program’s healthy cause on Andersen Air Force Base Aug. 3. With physical fitness being a huge part of Airmen’s lives, along with the 36th Wing’s goal of getting 90 percent of the Airmen on base at 90 or above on their fitness tests, the 36th OG staff leads the way in getting creative for a healthy cause. U.S. Air Force photo by Airman 1st Class Marianne Santos/Released

**By Airman 1st Class Marianne Santos  
36th Wing Public Affairs**

When one technical sergeant had a couple of days left before his permanent change of station (PCS), he received a challenge that he couldn’t refuse.

Before Tech. Sgt. Kenner Sagorsor, 36th Operations Group (OG) resource adviser, got his orders for his next assignment, he received a challenge from Col. Randy Kaufman, 36th OG commander, to finish a three-month fitness program in 15 days.

“I’m about to PCS and our secretary is egging us to finish the 360 challenge in 15 days,” Sagorsor said. “The commander finished it in 30

**Above:** Tech. Sgt. Kenner Sagorsor, 36th Operations Group (OG) resource adviser, left, Fatima Avila, 36th OG commander’s secretary and Col. Randy Kaufman, 36th OG commander, pose for a photo while working out on Andersen Air Force Base Aug. 3. U.S. Air Force photo by Airman 1st Class Marianne Santos/Released

# MSG Corner:

## Performance Assessment Flight

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

This week, the 36th Mission Support Group highlights the 36th Logistics Readiness Squadron's (LRS) performance assessment flight.

The performance assessment flight helps improve warfighting capabilities by ensuring the Airmen have the right assets. From aircraft power washers to equipment and vehicles that support day-to-day missions, the flight provides Airmen with mobilization capabilities and equipment they need to support worldwide operations.

Made up of a total of six personnel, Airmen and civilian, the flight performs contract oversight for 150 contractors and partners with DZSP 21—a company that supports the Navy and Air Force

in providing safe, clean and functional working and living environments—to create better practices in performing logistics functions.

The performance assessment flight oversees four logistics functions: vehicle maintenance, vehicle operations, and traffic management and supply. The flight also includes the only Air Force traffic manager on island who handles issues regarding Air Force entitlements to household goods and passenger travel information.

The vehicle maintenance office repairs, procures and maintains vehicle fleets, while vehicle operations section provide ground transportation for distinguished visitors, aircrew and main base operations. The traffic management office receives and ships all cargo requiring military airlift, including any personnel and equipment deployments. Supply personnel order and stock mission

critical asset.

The performance assessment flight is the only one of its kind in the Air Force. As part of Joint Region Marianas, the flight works with both Navy and Air Force, each branch having their own set of guidelines and requirements. Personnel in this flight must know these areas along with contracting and finance operations.

Along with the amount of knowledge and scope of responsibility the flight covers, product availability and accessibility is sometimes a difficulty that the flight comes across.

"Everyone on Guam can relate to the difficulty of getting what you want when you want it," said Capt. James Smith, 36th LRS performance assessment flight commander. "To tackle these issues we have identified parts that are difficult to procure and ordered bench stock to have that part readily available."

"We have also allotted a fraction of our budget for express shipping to get parts expeditiously," he said. "This is especially important when a specialized vehicle goes down, and we need to have a part immediately. We always try to make our parts procurement process better."

Although this flight is small the Airmen and civilians of the performance assessment flight accomplish feats that are seemingly impossible.

"All members have to know four different logistics AFSCs (Air Force Specialty Code) and apply that knowledge when others members are on leave or on temporary duty," Smith said. "They have to know and understand both Navy and Air Force operating regulations and when they are applicable. We work hard to ensure that the 36th Wing receives the logistics support it needs to complete the mission."

**Keeping Warfighters Ready:** The performance assessment flight, photographed Aug. 3 on Andersen Air Force Base, helps improve warfighting capabilities by ensuring the Airmen have the right assets. From aircraft power washers to equipment and vehicles that support day-to-day missions, the flight provides Airmen with mobilization capabilities and equipment they need to support worldwide operations. U.S. Air Force photo by Airman 1st Class Marianique Santos/Released



## Guam Retiree Activities Office bridges gap

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

The Guam Retiree Activities Office (RAO) acts as a conduit between the active duty and retired communities, keeping members updated on events and current information.

"Our office and our volunteers are here to serve the needs of the community to the best of our abilities," said retired Chief Master Sgt. David Ehlers, Retiree Activities Office director. "We provide

information, services and programs for our military retirees of all ranks and services."

The RAO is operated solely by volunteers who provide information and assistance to all local area and visiting military retirees, family members and surviving spouses of retirees.

"The office maintains a library of pertinent information concerning military retirees and if we don't have an answer for your question, we'll search for it," Ehlers said. "Our ultimate focus is to support, advance and unify the retired, ac-

tive duty military, veteran and local communities."

Recently the RAO has been making improvements to the program.

"We are in the process of re-vamping our website by adding more content and making it more user-friendly," Ehlers said. "When our information is more easily accessible, the volunteers and I will have more opportunities to research events for the retirees and keep them updated with our newsletter."

The RAO is located on Ander-

sen Air Force Base building 21000, in room 726, above the library. Office hours are Monday- Friday from 9 a.m.-3 p.m. The office can be reached at (671) 366-2574.

To contact the RAO, e-mail [guamrao@us.af.mil](mailto:guamrao@us.af.mil) or [guam.RAO@gmail.com](mailto:guam.RAO@gmail.com). Those who send an e-mail with "ADD" in the subject line will receive updates on current events and upcoming retiree activities. Individuals should provide their name, rank, service and e-mail. Providing their phone number is optional.

## Heat safety a top priority year-round at Andersen

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

Heat safety precautions are easily overlooked, and with the humid environment of Guam, the results can be unforgiving.

"Physical activity is very popular in Guam and hydrating is something that most people forget about until it is too late," said Staff Sgt. Krystal Matlock, 36th Medical Group (MDG) environmental protection noncommissioned officer in charge. "People need to acclimate themselves to the climate they are residing in. Some service members come from climates cooler than Guam's and it takes around 14 days of being outside doing physical activity for the body to acclimate itself."

The most common heat-related illnesses are heat cramps, heat exhaustion and heat stroke.

"Heat cramps are the mildest form of heat injury and consist of painful muscle cramps and spasms that occur during or after intense exercise and sweating in high heat," Matlock said. "Symptoms include painful cramps, flushed and moist skin, with a mild fever that is usually below 102 degrees Fahrenheit."

Heat exhaustion is more severe than heat cramps and results from a loss of water and salt in the body. It occurs from extreme heat and excessive sweating without adequate fluid and salt replacement and is a result of the body not being able to cool itself properly. Symptoms include cramping, nausea, vomiting, headache, fatigue and weakness.

When dealing with heat exhaustion or cramps, the victim should be moved to a cool place where they can rest and rehydrate. Excess clothing should be replaced with clothing that allows air ventilation. If heat exhaustion symptoms do not subside the victim should be taken to an emergency room, where they may require intravenous fluids. Left untreated, heat exhaustion can lead to heat stroke.

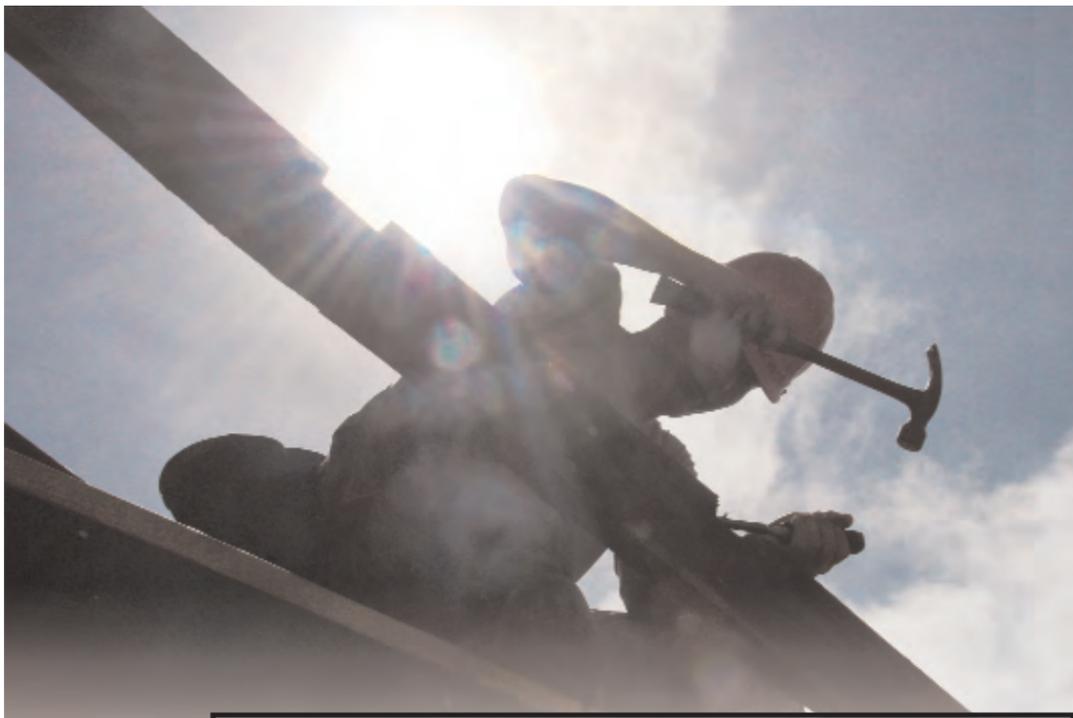
"Heat stroke is the most severe form of heat illness and occurs when the heat-regulating system is overwhelmed by excessive heat," said Senior Airman John Matlock, 36th MDG bioenvironmental engineering technician. "This is a life-threatening emergency, requiring immediate medical attention."

Specific symptoms of heat stroke include lethargy, loss of appetite, rapid heart rate, high fever, warm or dry skin and confusion. These symptoms can be accompanied by heat cramps and heat exhaustion.

"Heat-related illnesses are more serious than people might think," Matlock said. "The first mistake leading to these illnesses is not hydrating enough. Water is very important in the humid environment of Guam. Avoid energy drinks and carbonated drinks that will leave you dehydrated."

Getting in the habit of hydrating and resting after activities can prevent heat-related illnesses and leave service members in good health and spirits to support the mission at Andersen Air Force Base.

**No Sweat:** A member of the 554th REDHORSE Squadron (RHS) drives a nail as other members frame a building during structural framing training on Andersen Air Force Base July 30. When deployed, members of the 554th RHS are required to build large structures constructed out of wooden materials. Training that Airmen receive will allow them to know the basics before being required to build down range. U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released



**Nothing But Hard Work:** Members of the 554th REDHORSE Squadron (RHS) frame a building during structural framing training on Andersen Air Force Base July 30. Members of the 554th RHS structures shop work primarily with concrete while stationed at Andersen, and framing training is used as a refresher for the Airmen. U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released



## RHS: Training prepares Airmen for deployment

Continued from Page 1

worked primarily with concrete during their careers.

"I've built many of these buildings downrange," Kilby said. "This training is not only going to benefit the Airmen but also people downrange. They could be the next ones training others on how to rebuild their home."

Kilby said that this training is for applying, fine tuning and going more in depth with wood-framing skills that the Airmen learned from text books in school.

"We are making sure these Airmen are ready to go out there and do their job," Kilby said. "These guys are going to build structures completely out of wood. They'll build huts in Southeast Asia that could be as big as 3,200 square feet."

On deployments, there will be project managers that know the job, but it will benefit the Airmen to know how to execute the basics.

"Even if they couldn't be proficient in a short amount of time, being able to know the basics and have an idea and actual feel of how to do the project will help them in the long-run," Kilby said.

Kilby said that the structure that they built for this training is tiny compared to what they are expected build during their deployments.



**Teamwork:** Two members of the 554th REDHORSE Squadron (RHS) work together to frame a roof during structural framing training on Andersen Air Force Base July 30. When deployed, members of the 554th RHS are required to build large structures constructed out of wooden materials. Training that Airmen receive will allow them to know the basics before being required to build down range. U.S. Air Force photo by Senior Airman Benjamin Wiseman/Released

Anything from military housing to staff offices, REDHORSE Airmen build wood-framed structures both in home bases and austere environments.

With the experience from building downrange and teaching in humanitarian missions, non-

commissioned officers like Kilby continue to pass their knowledge along to a new generation of REDHORSE Airmen, making the Air Force's mobile civil engineering response force highly-capable in providing a plethora of engineering capabilities in support



**Can I Drive?:** Children tour a Naval Rescue Force armored Humvee at U.S. Naval Base Guam's (NBG) first National Night Out 2012 on the base Aug. 7. NBG joined 15,000 communities across the United States, American Territories and Canada participating in "America's night out against crime," bringing together first-responders from different military and civilian services on base to help raise awareness among military families of personal and community safety. U.S. Navy photo by Mass Communication Specialist 2nd Class Jeremy Starr/Released

## EVENT: Coast Guard, Navy showcase commands

Continued from Page 1

Service, U.S. Coast Guard Station Apra Harbor, NBG Security, NBG Fire and Emergency Services and Explosive Ordnance Disposal Mobile Unit (EODMU) 5 all participated with excellent static displays in the parking lot adjacent to Blue Jacket Field.

Children and adults toured the interactive displays which included a parade of law enforcement and military vehicles, boats and a fire truck. The attendees watched military working dog demonstrations and operated robots from EODMU 5. Children handled unloaded assault rifles, learned to dust for fingerprints and signed up for the Ident-A-Kid program and received their personal identification cards.

"This event was a real success with many families and especially children that learned the importance of being safe," said FFSC Program Supervisor Richard Taitague. "We brought awareness of child abuse and sexual assault programs as well as provided information for financial support and

family advocacy programs to the many people that came."

Williams added the event not only informed dependents on the heightened crime in today's society and the need for drug prevention on and off base, but it was an opportunity to generate support for, and participation in, local anticrime programs as well as set the stage to strengthen community partnerships.

With the large turnout and base participation in the first year of NBG's National Night Out, the event is expected to become an annual event.

"I think this showcase was a true success for the event's first year and I believe it is promising that next year the National Night Out will grow with more participation and displays that will bring a larger audience," said Chief Explosive Ordnance Disposal (EWS) Peter Johnson of EODMU 5.

To learn more about NBG, visit [www.cnic.navy.mil/guam](http://www.cnic.navy.mil/guam).

For more news from U.S. Naval Forces, Marianas, visit [www.navy.mil/local/guam/](http://www.navy.mil/local/guam/).



**Sail Away:** Children tour a U.S. Coast Guard (USCG) Station Apra Harbor Auxiliary boat at U.S. Naval Base Guam's (NBG) first National Night Out 2012. U.S. Navy photo by Mass Communication Specialist 2nd Class Jeremy Starr/Released



# Hospital awards civilians of the quarter

## From U.S. Naval Hospital Guam

U.S. Naval Hospital Guam recognized their senior and junior civilians for the 2012 third quarter from April 1-June 30.

Jacyn A. Matanane, was awarded the senior civilian of the quarter for her superior performance of duties while assigned as

the commanding officer's secretary.

She demonstrated outstanding dedication, professionalism and customer service skills in her daily duties. Her friendly, helpful and efficient manner is often the first impression incoming staff, official visitors, and other guests have with this command.

Matanane managed official

correspondence with speed and accuracy, ensuring minimal rework and that nothing "falls through the cracks" at the command suite. She was integral in the timely processing of more than 170 change of command officer fitness reports. Her actions led to the completion of this highly important, time-sensitive and detail-oriented evolution ahead

of schedule.

Carmelita A. Perez was awarded the junior civilian of the quarter for her superior performance of duties while assigned as the secretary for directorate of clinical support services, directorate of medical services and directorate of surgical services.

Perez demonstrated outstanding dedication and professional-

ism through her outstanding accomplishments as she brilliantly performed administrative duties for 277 personnel across 19 departments. She unselfishly liaised between Chamorro patients and rendered translation and non-technical medical services ensuring patients received clear instructions during their medical visits.

# NAVSUP receives API award



**Awesome Job:** Guam Area Fuel Division holds a plaque after its parent command, Naval Supply Systems Command Fleet Logistics Center Yokosuka, was recognized as the runner up for the American Petroleum Institute (API) Navy Bulk Terminal Award for excellence in fuel management July 31. The API award recognizes the most significant contributions to Department of the Navy bulk fuel operations and fleet fuel support. U.S. Navy photo by Mass communication specialist 2nd Class (SW) Corwin Colbert/Released

# Pacific Partnership 2012 wraps up visit to Cambodia

By Mass Communication Specialist 2nd Class Kristopher Regan  
Navy Public Affairs Support Element West

This year's fourth and final mission port for Pacific Partnership 2012 (PP12) was Cambodia, bringing an end to nearly three full months of working ports in Southeast Asia.

While in Cambodia, the PP12 team of more than 1,200 crew members, spent 14 days at the invitation of host country to take part in many evolutions ranging from medical civic action projects (MEDCAPs) to community service projects.

The PP12 multinational, multi-organizational crew of host and partner nations and non-governmental organizations (NGOs) worked in the fields of medical and dental, veterinarian, civil engineering and conducted community service projects and subject matter expert exchanges.

"I would like to express our gratefulness and a warm welcome to the fruitful results of the Pacific Partnership 2012 mission," said Vice Adm. Tea Vinh, Commander, Royal Cambodian Navy. "This is a testimony that reflects the progress and sustainability of our friendships and cooperation, between the partner nations, and between Cambodia and the U.S."

In total, there were; four MEDCAPs yielding more than 14,000 examinations and treatments; three SURGCAPS resulting in 206 surgeries; four medical subject matter expert exchanges (SMEE) on surgeries and medical techniques; three biomedical repair SMEE which resulted in more than 65 equipment repairs; two VETCAPs where more than 2,000 animals received exams and treatments; three ENGCAPs resulting in 3 new maternity



**Remarks:** Royal Cambodian Armed Forces Vice Adm. Tea Vinh, from the Kingdom of Cambodia Ministry of Defense, officially welcomes Pacific Partnership 2012 (PP12) during the opening ceremony for PP12 in Cambodia July 29. Also shown is Rear Adm. Russell Penniman, Reserve Deputy Commander and Chief of Staff for U.S. Pacific Fleet and Mr. Jeff Daigle, Charge d Affaires for U.S. Embassy Phnom Penh. Now in its seventh year, Pacific Partnership is a U.S. Pacific Fleet humanitarian and civic assistance mission U.S. military, host and partner nations, non-governmental organizations and international organizations designed to build stronger relationships and disaster response capabilities in the Asia-Pacific region. U.S. Navy photo by Mass Communication Specialist 2nd Class Stephen Votaw/Released

wards; two engineering subject matter expert exchanges on topics such as water purification and building techniques; 18 community relation projects; four donation

ceremonies delivering 90 pallets (~50,000 pounds) of clothing, personal hygiene, first aid and school items; and 18 band performances.

United States Ambassador to Cambodia, William E. Todd, was in attendance at the closing ceremony.

"When you're a U.S. Ambassador or a U.S. Foreign Service Officer, we have many tools in our tool bag, but one of the best and most effective is a partnership between our military and foreign militaries, giving humanitarian and civic assistance," the Ambassador said. "This type of mission builds the U.S. relationship here ten-fold over a lot of other things we do."

Mercy and her crew now set sail to the eastern horizon to make a couple of logistical stops, drop off members of the team and return to her homeport of San Diego, Calif.

As the PP12 Mission Commander Capt. James Morgan, prepared to depart the pier to transit back to the Mercy, he stated, "it's been a pleasure to be in Cambodia and I would like to thank the government and military in Cambodia for inviting us to be here."

"We had a great mission because of the cooperation and assistance we had from the local government and the military," Morgan said. "I hope there will be a mission here again soon."

Sponsored by the U.S. Navy Pacific Fleet and now in its seventh year, Pacific Partnership is the largest annual humanitarian civic assistance mission in the Asia-Pacific Region.

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).

For more news from Navy Public Affairs Support Element West, visit [www.navy.mil/local/pacensandiego/](http://www.navy.mil/local/pacensandiego/).

## Sailors help Project KidCare



**Left:** Logistics Specialist 1st Class Garry Benton, of USS Frank Cable (AS 40), assists a child with fingerprinting during the Project KidCare Program at the Agana Shopping Center Aug. 11. Sailors volunteered in support of the nationwide program which provides a photo and identification booklet with vital statistics for children which can be used in the event a child goes missing. U.S. Navy photo by Annette Donner/Released

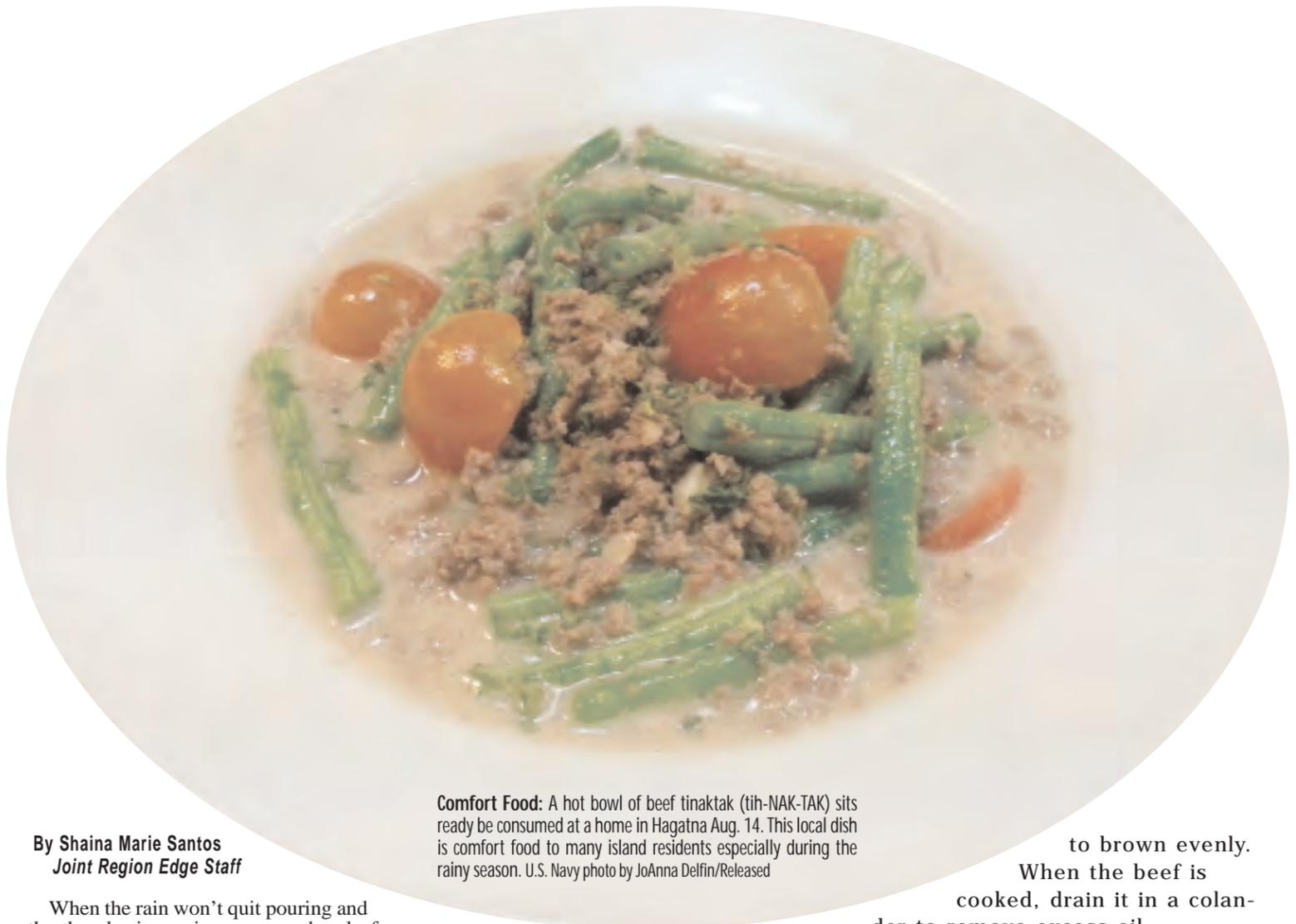
**Middle:** Electrician's Mate 2nd Class (SW) David Hannah, of USS Frank Cable (AS 40), assists a child with fingerprinting during the Project KidCare Program at the Agana Shopping Center Aug. 11. U.S. Navy photo by Annette Donner/Released

**Right:** Hospital Corpsman 3rd Class Jeunesse Garces, of U.S. Naval Hospital Guam, hands two children their final registration during the Project KidCare Program at the Agana Shopping Center Aug. 11. U.S. Navy photo by Annette Donner/Released

“ It fills you up when it’s stormy outside and just let’s you feel so comfy that sometimes you forget it’s rainy. ”  
 - Jane Mendiola, local resident

# Beef Tinaktak:

## A warm refuge for rainy days



**Comfort Food:** A hot bowl of beef tinaktak (tih-NAK-TAK) sits ready to be consumed at a home in Hagatna Aug. 14. This local dish is comfort food to many island residents especially during the rainy season. U.S. Navy photo by JoAnna Delfin/Released

**By Shaina Marie Santos**  
*Joint Region Edge Staff*

When the rain won’t quit pouring and the thunder is roaring, a warm bowl of easy comfort food can be just what you need to relax amidst stormy weather.

Beef tinaktak (tih-NAK-TAK), a local favorite dish, is made with simple ingredients which can be found in any kitchen such as beef, garlic, onion and coconut milk, which brings the dish a distinct island flavor.

Local resident Jane Mendiola said she enjoys making the dish because of its simplicity and quick cooking time.

“I can usually buy the ingredients on my way home from work and it usually only takes about 30 minutes to cook,” she said. “It’s one of those dishes that you can whip up real quick when you don’t have a lot of time.”

The dish is made in one pot by combining cooked beef, onions, garlic and coconut milk. Once brought to a boil, extra ingredients are added just before serving.

“This is one of my favorite dishes to make and eat during rainy weather,” Mendiola said. “It fills you up when it’s stormy outside and

just let’s you feel so comfy that sometimes you forget it’s rainy.”

### **BEEF TINAKTAK RECIPE:**

- One pound of ground beef
- One can of coconut milk
- One small or medium onion
- One head of garlic
- One cup of pre-cooked green beans
- Five cherry tomatoes
- Black pepper and salt to taste

Begin your dish by cooking the ground beef, stirring occasionally

to brown evenly. When the beef is cooked, drain it in a colander to remove excess oil.

Once the cooked ground beef is drained place it back into the pot and add salt, pepper, onions and garlic and sauté until cooked. Add the pre-cooked green beans and incorporate.

Reduce the stove to medium heat, add coconut milk and simmer the mixture until it comes to a boil. As the mixture begins to boil, prepare the cherry tomatoes by slicing in halves and set aside.

When the mixture has come to a boil, turn the stove off and add the sliced tomatoes. Cover and let the tomatoes steam in the pot for a couple of minutes before serving.

# NBG Chapel holds BOOT camp

11 Joint Region Edge - Education August 17, 2012

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

U.S. Naval Base Guam (NBG) Chapel completed their Vacation Bible School (VBS) or Biblical Outlook and Outreach Training (B.O.O.T) Aug. 10.

The week-long program taught to children from Pre-K to 5th grade many Christian-based values.

“(Vacation) Bible School is a part of the ministry faith program that the Protestants put on every summer,” said Lt. Joseph Mayer, NBG chaplain. “It’s an outreach to all the families and children on base. VBS is a viable option for children during the summer. The children will learn positive values and grow in all areas of life.”

Teresa Wareing and her family are the main organizers of the event. She said the program teaches the children about Christianity through creative interpretations.

“We teach the children about Jesus Christ and what he has done for us,” she said. “To do this we have different stations such as games, Bible stories, crafts and tactical training or ‘Evangelism.’ We also teach them important lessons from the Bible and as they get older we hope to be able to mentor them to be productive and positives members of society and good Christians.”

Wareing and Mayer both praised the many adult and teenage volunteers who helped make the camp a success.

“We have a lot of wonderful volunteers who gave their time to help mentor these children and teach many great values and the word of God.”

Mayer hopes to bring more Protestant workshops to NBG.

“Our goal is to have these types of programs throughout the year for different age groups,” he said. “Larger bases have more of these types of programs and we want to do more of these as well.”



**Flag-Making:** A Vacation Bible School (VBS) volunteer teach children to make flags at the U.S. Naval Base Guam (NBG) Chapel Aug. 8. The NBG Chapel completed their VBS or Biblical Outlook and Outreach Training (B.O.O.T) camp Aug. 10. U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert/Released

## 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.

By Capt. Paul Loser  
 36th Wing Chaplain

It's the middle of summer. The kids are out of school. You dream about the time when you had summer all to yourself. No job, no responsibility, no cares in the world. You dream of not having to come into work each and every day.

You know all the theories. You know the value of pride in a job done well. But nothing seems to motivate you to press on in the job before you. You have family members who think you are made of money, but that is not even enough motivation to help you press on through the monotony of your job.

We would all do well to recognize that few people would work if they didn't have to. Your family member is not selfish in their re-

# Make work fun

quest, as much as she is unexposed to the world of work and the good that comes from doing a good job. So how can we motivate one another to perform our jobs each and every day to the best of our ability?

Just as with so many aspects of life, all you need is a little action.



Adapt the following guidance to help make work fun.

Colossians 3:23 says, "Whatever you do, work at it with all your heart as working for the lord, not for men."

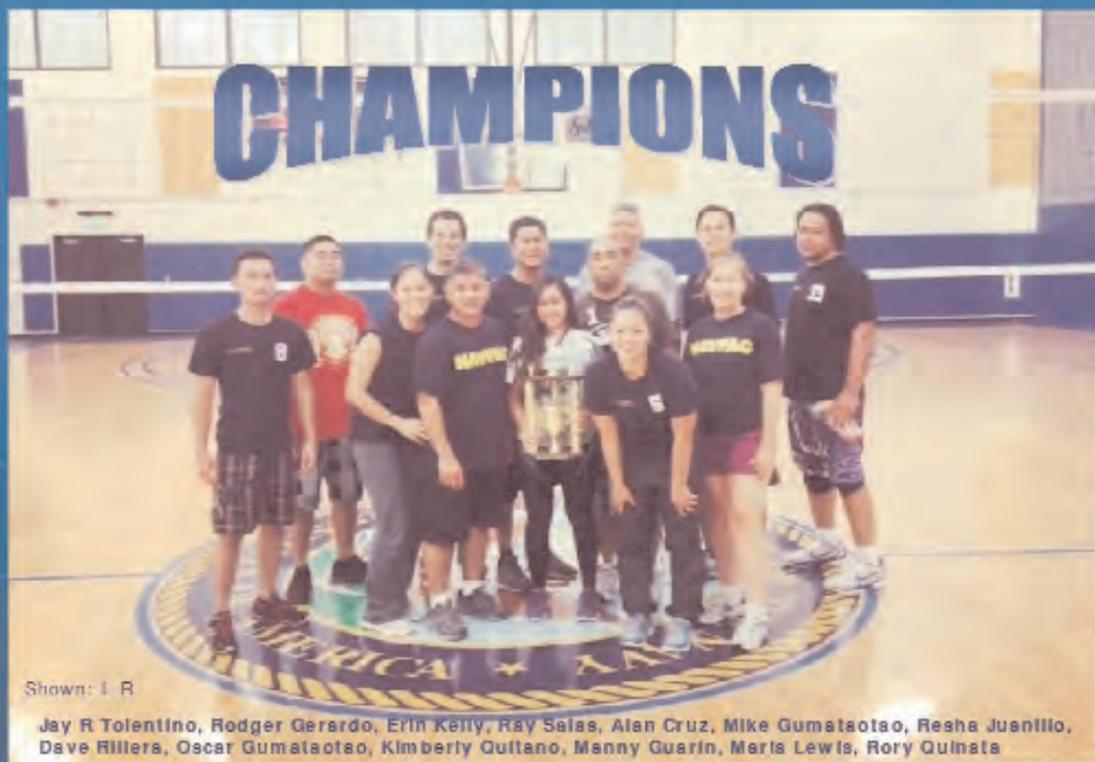
Sometimes when we see work as a challenge, as a way to honor God and way to have fun, we are motivated to perform at a

higher level. An example that might help a teenager in a monotonous job would be: "Even though I look like a mere grocery sacker, I am actually a small-child cheer-giver. I do this by listening to the children's stories and telling them they are smart."

To honor your family and God at work:

- Look for someone to cheer up;
- Look for a person to relieve by doing your job well;
- Look for a need to meet such as safety, food, competence, attention and more;
- Look for a kind word to say about a co-worker's efforts; and
- Do the job in honor of those you care about—your mom, your dad, yourself and your God.

# 2012 CAPTAINS CUP Volleyball



Edgar Molino



Vincent Bamba



Erwin Cruz



CDR Phillip Cyr



Mark Cruz



Kevin Cruz

Shown: L R

Jay R Tolentino, Rodger Gerardo, Erin Kelly, Ray Salas, Alan Cruz, Mike Gumatsotao, Resha Juantilo, Dave Hillers, Oscar Gumataotao, Kimberly Quitano, Manny Guarin, Maria Lewis, Rory Quinata

# NAVFAC MARIANAS

**Champions Again:** For six years in a row, the Naval Facilities Engineering Command (NAVFAC) Marianas volleyball team has shown its dominance on the court. Congratulations for winning this year's Captains Cup! Illustration courtesy of NAVFAC Marianas