



LIBERTY THROUGH UNITY

# JOINT REGION EDGE

Volume IV No. 31

Friday, Aug. 24, 2012



**Quality Check:** A member of the 69th Expeditionary Bomber Squadron, deployed in from Minot Air Force Base, N.D., performs pre-flight checks on a B-52 Stratofortress aircraft to participate in Exercise Pitch Black. The exercise is a multilateral exercise conducted between the U.S. Air Force, U.S. Marine Corps and Australian Defense Force, Royal Thai armed forces, Singapore armed forces, New Zealand Defense Force, Malaysian armed forces, French armed forces, British armed forces, Indonesian National armed forces and a component operating under the North Atlantic Treaty Organization in order to develop greater interoperability and a seamless response to regional crises. Greater collaboration between partner militaries strengthens regional peace, stability and prosperity. U.S. Air Force photo by Staff Sgt. Alexandre Montes/Released

## B-52s bring persistent airpower to Exercise Pitch Black 12

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

The 69th Expeditionary Bomb Squadron (EBS), Minot Air Force Base, N.D., took to the skies of Australia's Northern Territory Aug. 2-18 as the lone U.S. Air Force unit flying in Exercise Pitch Black 12.

With more than 2,200 personnel and up to 100 participating military aircraft,

Exercise Pitch Black 12 is the Royal Australian Air Force's (RAAF) largest and most complex air exercise.

From July 27 to Aug. 17, the U.S. Marine Corps, U.S. Air Force, Australian Defense Force, Royal Thai armed forces, Singapore armed forces, New Zealand Defense Force, Malaysian armed forces, French armed forces, British armed forces, Indonesian National armed forces and a component operating under the North Atlantic

Treaty Organization participated in the exercise.

The 69th EBS' participation in Exercise Pitch Black 12 is critical to satisfying their mission objectives in support of Pacific Air Force's Continuous Bomber Presence (CBP).

As part of the CBP mission, bombers participate in exercises while deployed

See Exercise, Page 7

## Pacific Partnership 2012 arrives in Guam

By Mass Communication Specialist 3rd Class Clay M. Whaley  
Navy Public Affairs Support Element West

**P**acific Partnership 2012 (PP12), embarked aboard Military Sealift Command's hospital ship USNS Mercy (T-AH 19), arrived in Apra Harbor Aug. 20, as it nears the completion of its nearly five-month deployment on the largest annual humanitarian civic assistance (HCA) mission in the Asia Pacific.

The ship is scheduled to spend four

days in Guam, then head to Hawaii before it reaches its homeport of San Diego in mid-September.

While in Guam, the Mercy will detach personnel and unload equipment that played a critical role in providing medical, dental, engineering and veterinary services to the four host nations of Indonesia, Philippines, Vietnam and Cambodia during PP12.

As a former resident of Guam, the commanding officer of the hospital or Medical Treatment Facility aboard Mercy, Capt. Timothy Hinman, said he enjoyed seeing the reunions that took place

on the pier with family members, but will also miss the camaraderie of the many medical staff taking flights back home.

"This mission has accomplished a lot in a short amount of time," Hinman said. "We built up some very strong bonds with each other and our counterparts in the host nations and with our foreign military and NGO (non-governmental) partners. Everyone welcoming home their service member or loved one from

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**Fena:**  
Important  
water source  
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**Airmen**  
experience new  
heights

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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 the Web site <https://chart.donhr.navy.mil>. For more information, call 349-6119/2224.

### U.S. Naval Base Guam Seeking Ombudsman

U.S. Naval Base Guam (NBG) is seeking someone from within our Navy community for the position of Ombudsman Assembly Chair. The volunteer position begins this fall.

An Ombudsman Assembly Chair is a current or former command ombudsman who now steps into an expanded role of serving the larger Navy community. An assembly chair that is serving as a command ombudsman appointed by a commanding officer will normally continue in that role. However, an Ombudsman Assembly Chair plays a wider role in support of NBG and all tenant commands. Responsibilities include coordinating ombudsman training, maintaining communication among ombudsmen to ensure clear channels are maintained throughout the network and arrange monthly ombudsman meetings in coordination with NBG's commanding officer.

Those interested in this position may contact Heather Horvath at 333-2056 or [heather.horvath.ctr@fe.navy.mil](mailto:heather.horvath.ctr@fe.navy.mil). To learn more about the ombudsman program, visit [http://www.cnic.navy.mil/CNIC\\_HQ\\_Site/WhatWeDo/FleetandFamilyReadiness/FamilyReadiness/FleetAndFamilySupportProgram/OmbudsmanProgram/index.htm](http://www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FleetandFamilyReadiness/FamilyReadiness/FleetAndFamilySupportProgram/OmbudsmanProgram/index.htm).

## 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

### Open House Schedule

Sept. 4: Cmdr. William C. McCool Elementary School from 5-7 p.m.

Sept. 5: Guam High School from 5:30-7:30 p.m.

Sept. 6: Cmdr. William C. McCool Middle School from 5-7 p.m.

Sept. 11: Andersen Elementary School from 5-7 p.m.

Sept. 12: Andersen Middle School from 5-7 p.m.

### 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

Aug. 30: Welcome to Guam orientation from 8 a.m.-4:30 p.m.

Aug. 30: Couples Communication workshop from 4-8p.m.

Aug. 31: Island Tour from 8 a.m.-4:30 p.m.

For more information, call 333-2056

### September Culinary Boot Camp

Explore the devilish taste sensations that everyone young and old crave-confectionaries! Come satisfy your sweet tooth and learn some easy techniques to create your favorite candies at home. Participants must be 18 years old or older to participate. The first class is \$90 and includes start-up or initial supplies and \$50 for each subsequent or following class. For more information, call 688-7038.

### MWR Concert Series- American Idol

Morale, Welfare and Recreation, Navy Entertainment and Armed Forces Entertainment will host the American Idol World Tour Aug. 24 at The Big Screen Theatre. For more information, call 688-7038.

# COMMUNITY Corner

## movies • movies • movies

### The Big Screen Theater

AUGUST 24 (FRIDAY)

7 PM AMERICAN IDOL WORLD TOUR

AUGUST 25 (SATURDAY)

1 PM PEOPLE LIKE US PG-13

3:30 PM AMAZING SPIDERMAN PG-13

7 PM SEEKING A FRIEND PG-13

FOR THE END OF THE WORLD

AUGUST 26 (SUNDAY)

1 PM BRAVE PG

3:30 PM MADEA'S WITNESS PROTECTION PG-13

7 PM MAGIC MIKE R

Movie Hotline 564-1831 US Naval Base Guam

Meehan Theater - TEMPORARILY CLOSED

### Imagination Movers

Enjoy the fun as Navy Entertainment presents Imagination Movers 3:30 p.m. Sept. 8 at The Big Screen Theatre. The show is free and open to all ages. For more information, call 688-7038.

### Teen Center

The Teen Center is for teens 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. 27: VA benefits briefing from 8 a.m.-noon

Aug. 27: TRICARE briefing from 1:30-2:30 p.m.

For more information, call 366-8136.

### Chamorro Cultural Experience

The Airman and Family Readiness Center and the Hurao Academy will offer a special Chamorro Cultural program Aug. 30 from 3-7 p.m. at the Hotspot. Activities will include weaving, traditional dancing, net throwing and basic Chamorro language lessons. There will also be displays of native artifacts, local food samples and door prizes. Admission is free and is open to all military members and families. All single and deployed military members are highly encouraged to attend. For more information, call 366-8136.

### Labor Day Bash

Don't miss Andersen Air Force Base's Labor Day Bash Aug. 3 from 3-6 p.m. at the Youth Center grounds. There will be many activities for kids and adults, a DJ, prize drawings, food and drinks available for purchase and a special tri-race open to all base units. The race will consist of a tricycle race, wagon race and cardboard boat race. For more information or to register your team, 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

#### Get Golf Ready

Get Golf Ready is designed to teach everything you will need to play golf in a few lessons. We will show you there are many ways to play the game while combining fun, friends and fitness. Event dates are as follows: Sept. 3-7, 10-14, 17-21 and 24-28. Fees are \$99 per week, per person. Registration deadline is Sept. 1. For more information, please call 344-5838.

#### We Will Never Forget 5K

Come and remember the events of 9/11 with running our We Will Never Forget competitive run Sept. 8. Show time is at 5:30 a.m. and race begins at 6 a.m. For more information, call 685-2567.

#### Captain's Cup Dodgeball

Games begin Sept. 4 and end Sept. 7. For more information, call 333-2471 or 685-5243.

### Andersen Air Force Base

#### Youth Soccer Season

Register your children for this year's youth soccer season! Registration is ongoing and ends Aug. 31. There will be a soccer clinic Sept. 4-6. For more information, call 366-3490.

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

## CORRECTION

• U.S. Naval Hospital (USNH) Guam's Senior Civilian of the Quarter Jacyn Matanane's photo is on the right, and USNH Guam's Junior Civilian of the Quarter Carmelita Perez is on the left of page 8 in the Aug. 17 Joint Region Edge. Additional information was provided.

### 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 Senior Airman Andrew Long

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

Senior Airman Andrew Long, 36th Medical Group (MDG) aerospace medical technician, was awarded Team Andersen's Best on Andersen Air Force Base Aug. 16.

"Airman Long instructed 17 basic life support classes (in) the course of six months to ensure patient care was not hindered by non-compliance," said Tech. Sgt. Zachary Pettis, 36th MDG noncommissioned officer in charge of education and training, basic life support program administrator and Long's supervisor. "As a result of his efforts, 21 staff members were recertified

with no lapse in patient care."

While managing \$10,000 worth of sterile instruments, Long recognized the need for a process improvement. He constructed a guide book for packaging sterile instruments and minor procedure kits, which led to a decreased amount of wasted supplies and instrument turn-around time.

"As president of the 36th MDG First Four, Airman Long coordinated four local community volunteer opportunities and assured the repair of the dormitory water heater, which greatly enhanced quality of life for dorm residents," said Staff Sgt. Rosalinda Mateo, 36th MDG noncommissioned officer in charge of women's

health and pediatrics.

Long participated in the 36th MDG soccer team and enjoys sports in his free time. He also speaks some Cambodian and recently traveled to Cambodia and Thailand.

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.



**Hard Work Rewarded** : Senior Airman Andrew Long, 36th Medical Group aerospace medical technician, was awarded Team Andersen's Best on Andersen Air Force Base Aug. 16. 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/civilian for Team Andersen's Best, contact your unit chief or superintendent explaining their accomplishments. U.S. Air Force photo by Airman 1st Class Mariah Haddenham/Released

## Assistance for voters at Andersen

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

Voting season is just around the corner and members of Team Andersen are registering now to submit their votes for the coming 2012 presidential elections.

"The most common mistake made by voters is that they assume they are registered to vote," said Maj. Jamal Williams, 36th Wing voting assistance officer. "Sometimes upon arriving, potential voters come to find out

they are not registered and then they aren't able to vote."

The Department of Defense (DOD) encourages all members of the armed forces and federal civilian employees to register and vote. DOD also actively supports the Federal Voting Assistance Program to ensure its personnel have the resources, time and ability to participate in their civic duty.

Additionally, DOD leaders and military commanders appoint voting assistance officers at every level of command and ensure

they are trained and equipped to provide voting assistance.

"My best advice for members of Team Andersen would be to register for every cycle before they vote," Williams said. "Even if you are registered, it doesn't hurt to re-register."

To register, applicants fill out a federal postcard application and send their form to their county election office. The only information needed to register is a last known permanent address and county in which that address resides.

Voters also have the option to register online at [fvap.gov](http://fvap.gov), where registration forms can be printed and mailed in.

Failure to register in time can complicate the process of voting. Those planning to vote in the upcoming elections need to register before Sept. 15.

For more information or questions, contact the voting assistance officer at 366-1075.

"Voting is a right," Williams said. "It's one of many rights we defend, so taking the opportunity to register is important."

It is Air Force policy to encourage active duty members to carry out their rights and responsibilities of U.S. citizenship. However, while on active duty members are prohibited from engaging in certain political activities as prescribed below in order to maintain good order and discipline and to avoid conflicts of interest and the appearance of improper endorsement in political matters. For more information or questions on policy, service members can reference AFI59-902.

# Environmental Minute Fena watershed a natural resource for water

By Shaina Marie Santos  
Joint Region Edge Staff

The Fena watershed on Guam collects and funnels water into the Fena reservoir, providing drinking water for U.S. Naval Base Guam and a number of Guam's southern village residents.

According to the U.S. Environmental Protection Agency, a watershed is a landscape feature where all of the water that is under it or drains off of it is deposited into the same place.

Naval Facilities Engineering Command (NAVFAC) Marianas Natural Resources Specialist Paul Wenninger said the condition of the watershed is very important to the quality and quantity of water it dispenses.

"A forested watershed 'filters' the rain and reduces the amount of sediment that runs off, enhancing the quality 'cleanliness' of the water," he said. "A forested watershed also soaks up the rain, holding it for longer periods of time like a sponge and maintains a more constant, even flow into the drainage."

According to Wenninger, when a well-forested watershed holds more water, it balances periods of low rain by slowly releasing the water, keeping the flow continuous.

"When a watershed lacks trees and, or is impacted by rooting...over grazing by deer, pigs and carabao (ka-rah-BAO), and fire, the soil is exposed and sediment runs off at a greater rate, polluting the reservoir and our reefs," he said.

Wenninger added that when a watershed is comprised most-

ly of man-made surfaces such as roads and buildings, the water quality also drops.

"The water that flows out is generally higher in pollutants and of low quality," he said. "Flooding is more common in areas like this (because) the water does not soak in, just runs off hard surfaces all at once."

Flooding, according to Wenninger can prove a substantial problem for water reservoirs.

"During extreme rain events, the water filtration system cannot handle the sediment load and has to shut down," he said. "Also, this sediment load fills in the reservoir, reducing its lifespan and the volume of water it can hold."

To protect the watershed, there are restrictions placed on cutting trees in the area, silt fencing to filter sediment run-off, grass planting after disturbance and tree planting after construction.

"I work to execute soil and water conservation funds in the watershed," he said. "This can include planting of trees in grass areas and the planting of hardy grass in areas that are highly eroded (such as) red dirt badlands."

Currently, NAVFAC Marianas is working to contract out the planting of a site that was cleared during a water-main construction. According to Wenninger, they will be working to plant native trees in the area and protect them from deer, pig and carabao with fencing.

NAVFAC Marianas looks forward to the project being completed in September.



**Peaceful Stream:** A shallow pool of water detracts carabao (ka-rah-BAO) presence in Santa Rita Aug. 13. Dug up earth and mud is one way wildlife at the Fena watershed potentially harm the quality of water provided to U.S. Naval Base Guam and surrounding villages from the Fena Reservoir. U.S. Navy photo by Shaina Marie Santos/Released



**Water Source:** The Fena watershed collects water to be deposited into the Fena reservoir in Santa Rita Aug. 13. The watershed provides drinking water for U.S. Naval Base Guam and a number of Guam's southern village residents. U.S. Navy photo by Shaina Marie Santos/Released



**Breathtaking View:** The Fena watershed collects water to be deposited into the Fena reservoir in Santa Rita Aug. 13. U.S. Navy photo by Shaina Marie Santos/Released

## Please turn off when not in use

### From the Department of the Navy Energy Toolkit

Office equipment and appliances, we've always left them running. If you shut it off there are a few things we think may happen if we do:

- It's old and might not start again;
- It will take too long to warm up again;
- The computer will lose its memory and the whole system will need to be reprogrammed;
- Things wear out faster if you turn them off and on; or
- It's just easier to leave it running

#### Challenge it!

If the reason for not shutting off your equipment is "it's old and might not start again," talk to your supervisor,

building energy monitor or base energy manager. The cost of the energy waste may justify replacing the equipment or making design improvements. If the energy waste is significant and you have a solution, consider submitting a beneficial suggestion to get some cash back when your idea pencils out. Note that beneficial suggestions are intended for energy-saving suggestions that go beyond standard energy management practices such as using high-efficiency lights and motors, or controls on lights and air conditioning.

If "it will take too long to warm up again," talk to your supervisor, building energy monitor or base energy manager. If equipment is used infrequently, but consumes a lot of energy, you can usually shut it off when not need-

ed. See if there are acceptable ways to schedule the job to allow for the needed warm-ups. Sometimes there is a new technology that can do the job more efficiently and doesn't require long warm-ups. Your energy manager can look into it if he or she knows about the situation.

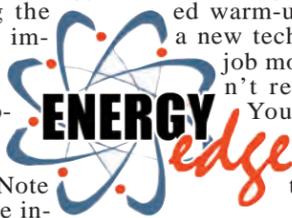
Speaking of scheduling, your command probably pays extra to use electricity during high demand times (like hot summer afternoons). If you can suggest scheduling jobs that use a lot of electricity for the morning on hot days or for backshift, you may be able to save your base some big dollars on the electric bill.

If the reason is "the computer will lose its memory and the whole system will need to be reprogrammed," some-

one needs to talk to the manufacturer of that equipment! See if it's true and if so, if there is an upgrade.

If the reason is "things wear out faster if you turn them off and on," it's probably not true, at least not true enough to justify running it all the time. Some equipment do experience wear from frequent switching, but running it also creates heat and uses up some of its life. With fluorescent lights, the energy cost savings outweighs reduced lamp life when you can shut lights off for seven minutes or longer at average Department of the Navy's (DON) electric rates. Since you usually don't know how soon you will be back in a room, DoN policy is to shut fluorescent lights off any time you leave a room empty.

If the reason is "it's just easier to leave it running," well, you know what to do.



# KC-135 incentive flights brings renewed Air Force perspective

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

Are you a pilot? Do you fly planes? These are questions that new Air Force members get bombarded with from non-military family members and friends.

It's a common misconception that everyone in the Air Force flies planes. Though not every Airman is a pilot, members of Team Andersen now have the opportunity to say that they have flown on an Air Force asset.

The 506th Expeditionary Air Refueling Squadron (EARS) gave members of Team Andersen a chance to get on a KC-135 Stratotanker incentive flight on Andersen Air Force Base Aug. 10 and learn about the aerial refueling process.

"You hear about being on these flights and you might see aerial refueling on television, but when you actually get up here and see it in person, it's still pretty surreal," said Tech. Sgt. Jermaine Smith, 36th Comptroller Squadron budget analyst, about his experience.

The incentive flight program is open to Andersen personnel, especially those who do not have jobs that require them to be on an aircraft on a regular basis.

"For example, someone from the Military Personnel Flight might never have the opportunity see what a tanker does," said Lt. Col. Robert Taylor, 506th EARS detachment commander. "We

want to show those Airmen what a tanker aircraft does to support the mission."

"I was really excited because I've always wanted to be on a flight, but the opportunity didn't open up for me until now," said Senior Airman Andrew Belle, 36th Communications Squadron communication security accountant. "When I found out I was going, it definitely made my day."

Before the flight, the Airmen watch a safety briefing of what they should do in case of an emergency. After that they are shuttled by 506th EARS crew members onto the flightline to board the KC-135 Stratotanker.

The constant rotation of

bombers and tankers that conduct training sorties, supported by aerial refueling missions here, make this opportunity available to the Airmen.

"For me, everything was awesome, seeing the refueling and the island tour," said Staff Sgt. Kristen Burch, 9th Operations Group Detachment 3 client support administrator. "The crew has been awesome, friendly and very accommodating."

Taylor said that the program benefits the overall mission because it gives or renews the Airmen's perspective on how important their job is in the over-all picture of the Air Force

"We all have different jobs with

different roles in the Air Force," he said. "We need all of them to accomplish our mission, from vehicle operations who take care of aircrew vans, to comptrollers and force support Airmen who deal with personnel issues. With this opportunity, we, in 506th EARS hope to show these Airmen that their hard work and contribution ultimately allows pilots, and the world's greatest Air Force as a whole, to go up in the air to fly, fight and win."

The incentive flight program is open to Andersen Airmen and civilian personnel. Those interested can have their supervisors contact 36th Wing public affairs at 366-2228.



**Experience of a Lifetime:** Airman 1st Class Melinda Arquette, 36th Medical Operations Squadron medical technician, takes photographs of the aerial refueling of a B-52 Stratofortress during an incentive flight on Andersen Air Force Base Aug. 10. The aerial refueling is one of the highlights of a KC-135 incentive flight. U.S. Air Force photo by Airman 1st Class Marianique Santos/Released



**View From the Top:** A B-52 Stratofortress tries to connect to a KC-135 Stratotanker in order to execute aerial refueling at Andersen Air Force Base Aug. 10. The incentive flight took Team Andersen Airmen up to observe an air refueling with a B-52 Stratofortress. U.S. Air Force photo by Airman 1st Class Marianique Santos/Released

# My job is prosecuting sexual assault

By Col. Don M. Christensen  
Government Trial and Appellate Counsel Chief

Here's a simple truth...sexual offenders reject our core values of integrity, service and excellence, in favor of following their own base, undisciplined, criminal desires. Most sexual assaults committed by Airmen are "blue on blue," or Airmen victimizing other Airmen. So in addition to rejecting our core values, these undisciplined Airmen reject the Wingman concept that we prize in the Air Force. They represent a direct threat to unit morale, good order and discipline. They degrade combat readiness but with the combined efforts of command, law enforcement and our team of prosecutors, they will be held accountable. Together, as a team, we will protect other Airmen

and protect our strength and combat readiness as the world's greatest Air Force.

Detecting and prosecuting sexual assault is our priority. Recently, we posted on the Internet significant Air Force sexual assault prosecutions. The posting may be found here: <http://www.afjag.af.mil/sexualassault-prosecution/index.asp>. As you can tell from a quick review of this information, we will prosecute sexual offenders anywhere they are found.

From reviewing these cases, you can see sexual assault in the Air Force carries substantial penalties.

Our partners in the Air Force Office of Special Investigations thoroughly investigate each allegation to provide commanders with timely, accurate, and prosecutable evidence. They pass the ball to command-

ers, who call upon my team to prosecute the offender to the maximum extent allowed under law.

Our team of prosecutors is better than any you will see in the civilian community or on TV. I have 17 highly skilled senior trial prosecutors, who are selected from among hundreds of judge advocates for their top notch trial skills. They have the very best trial skills in the Air Force Judge Advocate General Corps. They prosecute the Air Force's most serious courts-martial. Seven of my senior trial prosecutors have been identified as "Special Victim Unit" prosecutors, due to their training and experience in combating sexual assault. They are dedicated to bringing justice to victims of sexual assault and ensuring commanders are able to appropriately hold offenders

accountable.

In the typical case we prosecute, the accused Airman exploits his victim's intoxicated state to commit the sexual assault. We are very effective in prosecuting these offenders and the law encourages us to prosecute Airmen who use alcohol to facilitate sexual assault of substantially incapacitated victims. Prosecuting this kind of case is one of our core specialties.

The Air Force has done a great job training Airmen about respecting other Airmen and not sexually abusing their fellow Airmen. Training can reach many Airmen who might be tempted to commit this crime. For others, who cannot be persuaded by training, my team, the Senior Trial Prosecutors-special victims unit, stands at the ready to vindicate the victims.

# Team Andersen takes part in GovGuam's Adopt-A-School

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

Team Andersen units have partnered up with Government of Guam (GovGuam) and local agencies to conduct school cleanups for the Adopt-A-School program during the month of August.

The Adopt-A-School program is a GovGuam project where groups or individuals volunteer their time to clean and improve school ground, getting the campuses ready for the upcoming school year.

"I've never really painted a school before and it's actually fun," said Senior Airman Javon Shipman, 644th Combat Communication Squadron (CBCS) cyber surety journeyman. "It's something different. Everybody on base should get involved."

The 36th Mobility Response Squadron (MRS) and 644th CBCS recently hosted school clean ups for Francisco B. Leon Guerrero Middle School and Daniel L. Perez Elementary School, respectively.

"The request for volunteers came down base wide from first sergeants for the Adopt-a-School program," said Staff Sgt. Jessica Harbison, 644th CBCS air control noncommissioned officer in charge. "We thought it was a great opportunity, so we submitted a form to get a school. The 644th CBCS and Guam Memorial Hospital got D.L. Perez."



**Getting the Job Done Right:** Tech. Sgt. Scott Eberly, 36th Mobility Response Squadron power production noncommissioned officer in charge, uses a roller with an extension to get the high walls of Francisco B. Leon Guerrero Middle School in Yigo Aug. 2. Airmen from various Andersen Air Force Base units volunteered their time and effort in support of the Government of Guam's Adopt-A-School program. U.S. Air Force photo by Airman 1st Class Marianique Santos/Released

Organizations that volunteer meet at the school and discuss what needs to be done. Some spread the word through their networks to get more volunteers to help out with the project.

"We linked up and had a meeting, then spread the word out," Harbison said. "We got people from 36th Civil Engineer Squadron, Andersen First Four and other units, which made this

a 36th Wing involvement."

Volunteers cleaned the campus, painted outside walls and conducted overall school beautification.

"It's amazing what small cans of paint and 20 to 25 volunteers can do," said Tech. Sgt. Ryan Moriarty, 36th MRS crew chief. "In the four hours that we were there, we changed the face of the school with simple modifications."

"There is a big military pres-

ence on the island," he added. "It's part of our responsibility to aid and support the local communities."

Volunteers for the Adopt-A-School program had the opportunity to work with the school staff and volunteers from local organizations, such as Harvest Ministries and Guam Memorial Hospital.

"The school staff gave us food

and they were absolutely gracious and accommodating," Moriarty said. "We were eager to help, especially when we saw how happy they were that we were there to assist them."

Elizabeth Blas, D.L. Perez Elementary School's administrative assistant, said it is important that the children have a good learning environment and the volunteers for the Adopt-A-School program provide that for them.

"It is nice for our students to have beautiful classroom and hallways," Blas said. "It makes them more enthusiastic about learning and more inclined to take care of their school."

The schools' personnel are thankful for the volunteer turnout and their hard work.

"They didn't take breaks; they'll grab water then go back to their work," Blas said. "They all worked hard."

The Adopt-A-School program does not only benefit the students in the upcoming school year, but also the people who volunteered to help out. In doing so, Airmen have the opportunity to interact and foster friendly relationships with the local community.

"It's good to have the military work together with GovGuam agencies, it builds a stronger bond in the community," Blas said. "When working toward a common goal, in this case getting the school ready, communication goes smoothly and it turns into a good interactive environment between the military and the community."

# Sailors compete in eating contest

**Champion Eaters:** Sailors from submarine tenders USS Frank Cable (AS 40) and USS Emory S. Land (AS 39) ranked first, second and third with their professional Major League Eater (MLE) teammates at a MLE Eating Contest hosted by Morale, Welfare and Recreation Guam at Molly McGee's Irish Pub on U.S. Naval Base Guam Aug. 16. U.S. Navy photo by Mass Communication Specialist 2nd Class Jeremy Starr/Released



**Go, Go, Go!** Sailors partner with Major League Eater (MLE) professionals and compete in the MLE Eating Contest hosted by Morale, Welfare and Recreation Guam at Molly McGee's Irish Pub on U.S. Naval Base Guam Aug. 16. Three Sailors came alongside the MLE 10th, 11th and 12th ranked professionally competitive eating stars and stuffed their faces with sliders in front of a huge audience. U.S. Navy photo by Mass Communication Specialist 2nd Class Jeremy Starr/Released



# EXERCISE: 'Air Force stands ready for the call'

Continued from Page 1

in order to showcase both U.S. offensive and defensive capabilities, engage with the citizens of regional partners and ultimately contribute toward interoperability with other countries by actively promoting the values of stability and security in the region as air ambassadors for the U.S.

"In traversing the Pacific Ocean for large-scale exercises such as Rim of the Pacific and Pitch Black 12, our crews hone their skills, as well as assure our allies of the United States' commitment to the region," said Capt. Timothy May, 69th EBS weapons and tactics flight commander and bomber liaison officer representing the squadron for planning and briefings in Australia for Pitch Black 12.

"It shows that the United States maintains a credible strike capability in the region at all times," he said.

For more than 20 years, the

RAAF has conducted the biennial Pitch Black exercises as major training activities, providing participating nations the opportunity to obtain useful military training and the chance to strengthen ties with regional partners.

May said that integrating into Pacific Command joint and coalition exercises, operations and training provided aircrews unique training opportunities in support of the CBP.

"This exercise afforded my colleagues and I a tremendous opportunity to learn and expand our skills as aviators," May said. "Communicating and planning with our Pacific allies provided a unique learning opportunity that bolsters cultural and professional relationships among regional partners."

During the exercise, the B-52 displayed unique capabilities that make it a commodity in such large-scale air exercises. Along with its ordnance capacity, the B-52 brings a long-endurance capability, which trans-

lates directly to persistent airpower.

"The B-52 brings a volume of ordnance that smaller, tactical assets cannot match," May said. "In multiple cases during the exercise, a single B-52 covered nearly 50 percent of its team's targets in given scenarios."

The exercise required participants to conduct Offensive Counter Air and Defensive Counter Air missions launched from RAAF Bases Darwin and Tindal.

Exercise Pitch Black 12 utilized massive training areas that featured realistic threat simulations and targets. These training areas accommodated larger aircraft formations and provided a formidable obstacle course for the aircraft and crews of participating nations.

"During the exercise we integrate into flying formations with the other nations," said Maj. Christopher Morris, 69th EBS mission planning cell team chief. "On a training day, we can have Indonesian or Taiwanese

aircraft escort us to the target and protect us from the opposing targets. Such formations promote good integration with our regional partners' air forces."

May said that the exercise gave participants opportunities to practice operating in high threat environments against very capable adversaries.

"With six nations participating we receive different perspectives from regional air forces, from mission planning to execution to debrief," May said. "The collective efforts of all six nations bring an impressive array of aircraft and skills to the fight."

The 69th EBS' participation in Exercise Pitch Black 12 is only one among multiple exercises where in the B-52 has represented the U.S. Air Force and its air-strike capability.

"We are grateful for the opportunity to integrate with our allies through participation in Pitch Black 12," said Lt. Col. Doug Gosney, 69th EBS commander. "Our B-52 bomber

force and aircrew maintain a high level of readiness across all mission sets. Participation in these types of exercises allow us to hone our skills even further while simultaneously forging and strengthening relationships with our friends and allies."

Along with experiences gained and reinforced international ties, the 69th EBS continues to support the CBP mission and take part in exercises that develop greater interoperability, strengthen regional peace, and promote stability and prosperity within the Asia-Pacific Region.

"I am extremely proud of our bombers and crew force for their accomplishments and participation in regional activities in the Pacific," Gosney said. "Their service and dedication bring unique capabilities to these coalition and joint exercises as part of the CBP mission and is a testament to the fact that the Air Force stands ready for the call and can successfully accomplish all assigned missions."



Left, Right: Members of the 69th Expeditionary Bomber Squadron, deployed in from Minot Air Force Base, N.D., perform pre-flight checks on a B-52 Stratofortress aircraft to participate in Exercise Pitch Black. U.S. Air Force photo by Staff Sgt. Alexandre Montes/Released

## PP12: U.S. works with partner nations to complete mission successfully

Continued from Page 1

Pacific Partnership 2012 can be tremendously proud of what they achieved during this mission."

At the invitation of the host nations, PP12 brought the expertise of U.S. service members and personnel from 13 partner nation militaries and 23 NGOs to treat and evaluate more than 49,000 people.

Numerous academic and professional subject matter expert exchanges took

place this year from surgeries, to veterinary care, to culinary and cultural learning. Additionally, 887 surgeries were performed on board Mercy or ashore in host nation hospitals, approximately 7,000 animals were treated, 13 buildings were built or refurbished and 104 community service projects were completed, including donations of 244 pallets of supplies requested by the host



nations.

PP12 Mission Commander Capt. Jim Morgan said during the closing ceremony in Cambodia that the really important parts about this mission were the professional and cultural exchanges occurred between militaries, governments, health departments, medical practitioners, engineers, NGOs and volunteers, as well as the local populations.

"It's through increased understanding and trust that we will all work better and more efficiently together—not if, but when—a natural disaster strikes," Morgan said.

Pacific Partnership, an annual U.S. Pacific Fleet sponsored HCA mission now in its seventh year, brings together U.S. military personnel, host and partner nations, NGOs and international agencies to build stronger relationships and develop disaster response capabilities throughout the Asia-Pacific region.

“Not just a —dream—it is an ambitious view of the future...one that can realistically be achieved, yet offers a future that is better in important ways than what now exists.”  
 - Richard Daft, “The Leadership Experience” author



# INVEST IN YOURSELF

Develop a personal vision statement, define the path of a lifetime

By Lt. Col. Lawrence Mitchell  
 734th Air Mobility Squadron Commander

Abraham Lincoln. IBM. Martin Luther King. Federal Express. Mother Theresa. Southwest Airlines. John F. Kennedy. Coca-Cola. What do all of these people and organizations have in common? In short, they have changed the world. They are or were visionary leaders in their respective fields, inspiring people to accomplish feats that few could ever imagine possible on their own. Yet even with the striking diversity represented by this list, all its subjects share one common characteristic: a clear, compelling vision. What's most exciting about this fact, is that you can use the same technique to map out success in your life.

In order to understand the power of a vision statement, you have to first understand its purpose. In “The Leadership Experience,” Dr. Richard Daft, professor of management at Vanderbilt University, defines a vision to be, “An attractive, ideal future that is credible yet not readily attainable.”

He goes on to say that a vision is, “Not just a—dream—it is an ambitious view of the future...one that can realistically be achieved, yet offers a future that is better in important ways than what now exists.”

A good vision serves as a signpost,

motivating and orienting its audience along the same compelling path; its travelers aren't sure how far they might get, but one thing is certain: their cumulative direction is clear and focused.

Daft lists five common themes of powerful, effective visions. First, it has broad appeal. In the case of an organizational vision, it has to motivate sometimes thousands of people. In the case of a personal vision, it simply has to motivate you and those in your life.

Second, it deals with change. If maintaining the current status is your goal, then a vision is not going to help. On the other hand, if you desire to improve your situation in some way, then change is in order. A vision statement helps the members of an organization deal with the fear and uncertainty that can accompany change. The birth of a family's first child can introduce significant turmoil, but the vision of the family's future keeps it grounded and focused.

Third, vision encourages hope and faith. In 1961, President John F. Kennedy announced that the U.S. would reach the moon before the end of the decade. In doing so, he encouraged literally hundreds of thousands of people to believe in a future that they couldn't see nor verify.

Fourth, vision reflects high ideals. Mediocrity begets complacency and invariance. On the other hand, the venture

toward an idyllic future will cage your efforts so that even when you fail (and you will, from time to time), you're that much closer to your ideal situation. Last, an effective vision defines not only the destination, but also the journey. In 1989's “Lean on Me,” Morgan Freeman's real-life character Principal Joe Clark, held a vision that all of his students would pass the state's minimum basic skills test. Mr. Clark knew that even if he was not able to reach his vision, all of the Eastlake High students, in the process of preparing for the test, would achieve things they never thought possible. This is the true power of vision.

Now that the concept of a vision is understood, next is to take some simple, tangible steps to develop your own personal vision. Keep in mind that these are actions you can actually take; those of you who are task-oriented will immediately appreciate the value in what is before you. This vision is yours to keep. Once you do the work, it will be there forever. Your personal vision will serve you for as long as you give it audience.

Steps to develop your own personal vision:

Step 1: Examine yourself. Look inward to honestly answer where you want to see yourself in 10, 20 or 30 years. Spend time doing this; set aside 10 minutes from time to time dedicat-

ed only to creative thinking.

Step 2: Jointly develop your vision with your family. Give them time to brainstorm and then share the results.

Step 3: Include key elements. Don't forget your values, morality and culture. List not only where you want to go, but how you want to get there. For example, if being a college professor is included in your vision, then also think about what kind of professor you want to be and describe your journey to that end.

Step 4: Deliberately idealize your vision. Consider things you never have before.

Step 5: Put it on paper. This is your visible reward for sticking through the process.

Step 6: Let it guide you. Refer back to your personal vision statement occasionally. It will redirect you towards your ideal path when you need it most. Adjust it when necessary.

If you take these six steps and commit to always vectoring towards your vision, you will never live with regret. It's that effective. A vision statement is like compound interest; it's going to pay off huge as you take small steps over the long-term. If you don't start now, you're that much further behind. Invest a few hours in yourself today. Before you know it, you'll be living the dream!

# Navy commemorates Women's Equality Day

By Ensign Amber Lynn Daniel  
Diversity and Inclusion Public Affairs

Commands are encouraged to celebrate Women's Equality Day Aug. 26, as announced by NAVADMN 251/12.

Established by Congress in 1971, Women's Equality Day was designed to commemorate the long struggle of generations of women to gain the right to vote.

The observance also calls attention to women's continuing efforts today towards full equality.

The women's suffrage movement began in 1848 at the Seneca Falls Convention in Seneca Falls, N.Y. Convened by suffragist leaders Elizabeth Cady Stanton and Lucretia Mott, the committee published a "Declaration of Sentiments." The declaration outlined key social, civil and political demands for women, helping the cause of women's suffrage gain national prominence. Nearly 72 years later, the 19th Amendment to the Constitution was passed Aug. 26, 1920, granting women throughout the United States the right to vote.

In 1971, to honor and commemorate the passing of the 19th Amendment, U.S. Rep. Bella Abzug introduced a resolution to designate Aug. 26 as the annual Women's Equality Day.

Today, the observance recognizes the anniversary of women's suffrage and of the continued efforts toward equal rights in the United States.



**Strength of a Woman:** An all-female line-handling team guides the phone and distance line from the aircraft carrier USS Harry S. Truman (CVN 75) to the Military Sealift Command fleet replenishment oiler USNS Big Horn (T-AO 198) during a replenishment at sea (RAS) Aug. 26, 2010. Harry S. Truman's deck department used an all-female crew at one of the RAS stations to commemorate Women's Equality Month in the Navy. The Harry S. Truman Carrier Strike group is deployed supporting maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility. U.S. Navy Photo by Mass Communication Specialist 2nd Class Kilho Park/Released

All Navy commands are encouraged to reflect on and celebrate the accomplishments of women in the armed services during this observance.

Women first entered naval service in 1908 with the establishment of the Navy Nurse Corps, 12 years before women were granted the right to vote. Women continued to serve in the Navy in varying capacities throughout World War I and World War II, but it was not until June 12, 1948, with the passage of the Women's Armed Services Integration Act that women gained per-

manent status in the U.S. armed services. The first six enlisted women were sworn into regular U.S. Navy service July 7, 1948. Four months later the first eight female naval officers were commissioned Oct. 15, 1948.

Women were first assigned to selected non-combatant ships in 1978 and opportunities were later broadened to include service on warships in 1994 following the repeal of the combat exclusion law. In April 2010, the Navy announced a policy change allowing female officers to serve on submarines. Today, 95

percent of Navy billets are open to the assignment of women.

This year has been a landmark year for women in the Navy. The year kicked off with five women making naval history as the first all-female E-2C Hawkeye crew to fly a combat mission. Plane Commander Lt. Cmdr. Tara Refo, Mission Commander Lt. Cmdr. Brandy Jackson, Second Pilot Lt. Ashley Ruic, Air Control Officer Lt. Nydia Driver and Radar Operator Lt. j.g. Ashley Ellison were assigned to Airborne Early Warning Squadron (VAW) 125, embarked aboard the Nimitz-class aircraft carrier USS Carl Vinson (CVN 70) as part of Carrier Air Wing (CVW) 17 when they made their historic flight Jan. 25.

Two days later, the Navy honored the passing of the fleet's first female aircraft handling officer, Lt. Cmdr. Regina Mills, during a ceremony Jan. 27 in Bremerton, Wash. More than 2,000 family members, friends and shipmates assembled aboard the aircraft carrier USS Nimitz (CVN 68) to pay respect to Mills, who was struck and killed by a vehicle when she stopped to assist others involved in a traffic collision in Gig Harbor, Wash., Jan. 23.

In April, the Navy bid fair winds and following seas to one of the original female surface warfare trailblazers, Vice Adm. Ann Rondeau. Rondeau holds the distinction of serving as the first warfare qualified female admiral and, prior to

her retirement, was the highest ranking female flag officer in the Navy. She retired after 38 years of dedicated naval service.

Later that month, Rear Adm. Michelle Howard was nominated for appointment to the rank of Vice Admiral April 16. If confirmed, Howard would become the first female African American three star admiral. In July, Vice Adm. Nanette DeRenzi was assigned as Judge Advocate General of the Navy. DeRenzi is the highest ranking female in the Judge Advocate General Corps, and is the first woman to hold the Judge Advocate General Corps' most senior position. Vice Adm. Robin Braun, the highest ranking female aviator in the Navy, became chief of the Navy Reserve Aug. 13, and is the first woman to hold the post.

There are currently 35 female flag officers in the Navy; 21 represent the active duty component, and 14 represent the Reserve component.

Enlisted women also made notable accomplishments during 2012. In May, Command Master Chief (AW/SW) JoAnn M. Ortloff became Fleet Master Chief for Commander, Naval Forces Europe and Africa. Upon her selection, Ortloff became the highest ranking enlisted woman in the Navy, and only the second woman to reach the position of fleet master chief.

Command Master Chief (AW/SW) April Beldo continued her tradition of breaking barriers for women when she assumed her new position as force master chief of Naval Education and Training Command (NETC), the first African American woman to do so. Beldo arrived at NETC in April after serving aboard Carl Vinson, where she held the title of the first female African American command master chief of a nuclear aircraft carrier. She is currently the only woman serving as a force master chief in the Navy.

Policy changes affecting women serving in the Navy also took shape in 2012. The Department of Defense announced changes to the 1994 Direct Ground Combat Definition and Assignment Rule Feb. 9. The changes were implemented in May, opening an additional 14,325 positions throughout the Department of Defense previously closed to women.

Today, 54,537 women serve in the Navy on active duty or in the Reserve, comprising 17 percent of the force. Additionally, nearly 50,000 women serve across the Navy in a wide range of specialties as civilian employees.

For more information on women in the Navy, visit <http://www.public.navy.mil/bupers-npc/organization/bupers/WomensPolicy/Pages/default.aspx>.

For more news from Chief of Naval Personnel - Diversity and Inclusion, visit [www.navy.mil/local/cnp-diversity/](http://www.navy.mil/local/cnp-diversity/).

# NAVFAC Marianas analyst dances the night away

By Shaina Marie Santos  
Joint Region Edge Staff

Though Naval Facilities Engineering Command Marianas Financial Management Analyst Edmund Field spends his daylight hours working tightly with budgets and numbers, at night, he loosens up on the dance floor.

"I enjoy all dances, but I am partial to Latin type dances such as Rumba, Cha-cha, Salsa and Tango," he said. "I also enjoy Waltz, East Coast Swing and Hustle."

Field can be found on the floor of the main pavilion at the Chamorro Village some Wednesday nights with his dance partner and wife, Beth, who he has been dancing with since day one.

Though Field does not remember when he started dancing, he does remember why. He realized he did not know how to dance while being led on the dance floor by his mother at his parents' golden wedding anniversary. From then, he vowed to learn to manage his footwork and soon after surprised his wife with dance lessons.

"I gathered up the courage and managed to trick Beth into taking formal dance lessons with me," he said. "I told her we were going out to watch a movie and took her to the dance studio instead. We took the first lesson and found out that we both enjoyed it."

As the lessons began, Field said he and his wife were nervous about the experience because they didn't want to embarrass themselves.

"We quickly found out that half the class also had two left feet and the other half had two right feet," he said. "We were among strangers who quickly became friends. Overcoming that fear is the first step and I'm here to tell you that your fears are unfounded."

Field said today dance helps keep he and his wife's relationship close and bodies in good shape.

"When I dance, my focus is always on Beth," he said. "I feel a bond between the two of us like when we were dating before we got married."

For those interested in taking up dancing but are nervous about being in the spotlight, Field suggests taking lessons and observing fellow classmates who may be just as anxious.

"The fear itself is you're fearful of being embarrassed," he said. "You need to realize the reason why your there is to learn to dance and so is everyone else. You're all in the same boat. Once you realize that everything else is gravy."



**Above, Right:** Naval Facilities Engineering Command (NAVFAC) Marianas Financial Management Analyst Edmund Field, leads his wife, Beth during a dance at the Chamorro Village Aug. 15. Though Field spends his daylight hours working tightly with budgets and numbers, at night he loosens up on the dance floor. U.S. Navy photos by Shaina Marie Santos/Released



# Centers enrich teens

By Shaina Marie Santos  
Joint Region Edge Staff

U.S. Naval Base Guam (NBG) and Andersen Air Force Base teen centers offer a number of activities for kids as they look for things to keep them occupied after school.

According to NBG Youth Program Director Jennifer Hodges, the mission of youth and teen programs on base is to provide high quality services geared toward the youth so parents can work confident in their child's well being, while helping youth reach their full potential.

"The Teen Center is the only place on base that offers specialized programs and initiatives just for teens," she said.

Andersen Teen Center Coordinator Elmer Kruppenbach said teen centers are outfitted to meet all interests. Board games, pool tables, musical instruments, video games and monitored internet access are offered for free use by teens among other amenities.

"It's a fun, safe place for (teens) to go where they can learn all different sorts of either career development skills or just (cultivate) hobbies and life skills," he said. "It's a good place for them to get to know other kids, build friend-

ships."

The base youth and teen programs partner with Boys and Girls Clubs of America and 4-H, through which the centers develop and implement activities that foster leadership, hobbies and self-empowerment.

"We have what we call the Keystone Club," Kruppenbach said. "That's a group of teens that represent other teens in the community...a teen council."

Kruppenbach added that the Andersen AFB Teen Center is also starting a photography club, a gardening club and hosts a cooking club on Fridays, fostering interests as well as positive relationships among teens and caring adult professionals that work with them.

"(Teens) learn how to work in a kitchen in a safe environment, they learn about preparing food in a (safe) way, they learn how to use the equipment in the kitchen," he said. "It's team building. It helps when they advance into adulthood. It helps them to become a better citizen...it makes them more productive for themselves, too."

According to Hodges, youth and teen centers offer a place that not only enriches their lives, but keep them safe.

"It is a fact that teens are prone to participate in at-risk behaviors between the hours of (3-p.m.) and when they are unsupervised," she said. "In today's society, most households have two working parents, making supervision of youth and teens limited. The Teen Center serves as a safe and positive place for youth and teens to engage with one another as well as with caring adult staff."

In order to gain access to the centers, youth must be registered by a parent and be a dependent of an active-duty, retired, Reserve or National Guard service member. The NBG Youth and Teen Center accepts applicants ages 10-18. The Andersen Youth Center accepts applicants ages 10-13 and the Teen Center accepts ages 13-18 still attending high school, though a child 12 and a half years old may register for the Teen Center with parental consent. Though access is free, specific activities may carry costs.

For more information on the NBG teen center, visit [www.mwrguam.com](http://www.mwrguam.com) or call 564-1844. For more information on Andersen's programs, visit [www.36fss.com/teen\\_center.htm](http://www.36fss.com/teen_center.htm) or call 366-1640.



**Good Fun:** Teens gather at The Positive Place at the Teen Center on U.S. Naval Base Guam July 18. The Teen Center provides a place for youth to have fun and participate in enrichment programs throughout the year. U.S. Navy photo by Shaina Marie Santos/Released



**Corner Pocket:** A teen takes aim during a game of pool at the Teen Center on U.S. Naval Base Guam July 18. U.S. Navy photo by Shaina Marie Santos/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.

### U.S. 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 9 a.m. at the Officer Ward room in the USNH Guam galley

### 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, 5 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. Matthew Prince  
 USS Frank Cable (AS 40) Chaplain

An excerpt from "While they're at War" by Kristin Henderson reads, "Military readiness is like a three-legged stool. The first leg is training, the second, equipment. The third leg is family. If any of these three legs snaps, the stool tips over and America is unprepared to defend herself."

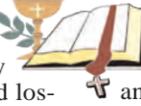
The most important job that any man does is care for family. This means that the most important job a married Sailor has is to be a husband; and if that man is blessed with children, his job is to be a good father. Being a good husband and father are not easy tasks. In fact, to be a good husband and father is harder than any occupation—even being a U.S. Sailor. After all, one day—whether after four, 20 or even 30 years—the Navy will no longer let you wear the uniform.

Hopefully, there will never be a day when you cease to be a husband or father. To be a good

# Fireproof your marriage

husband requires time, energy and work. Unfortunately, many people in this world have the "Hollywood mindset" about marriage. The typical movie plot is guy meets girl, guy does something dumb and loses girl, and then guy finally gets girl in the end. The usually unmarried or recently married couple ride off into the sunset and everyone claps and cries and says, "How Wonderful!" The only problem is that the relationship has just begun. The couple has 50 or more years to live to-

## CHAPLAIN'S Corner



gether. During those years, I guarantee that the couple will have good times. They will laugh, sing, play and love. But all so during those years, I guarantee fires will come. They will cry, shout, argue and even get burned. Are you in a fire right now? Is your marriage in trouble? Have you taken seriously your vow before God and other witnesses? Do you intend to have and hold your spouse "for better, for worse, for richer, for poorer, in sickness and in health, to love and to cherish, until death do

you part?"

Then fireproof your marriage. Be proactive in your marriage. Sailors do this with training. You don't wait until there is a problem and then learn the necessary skills. You constantly train. You anticipate problems and overcome them. You are ready to accomplish the mission. Take the same approach with your personal life. Acquire today the skills and tools needed to be a good husband and father. Fires will come. Be prepared for them. Check smoke alarms. Strategically place fire extinguishers.

The following suggestions are three ways that you can fireproof your marriage:

- If you are newly married or recently engaged take a preparation class;
- If you have been married awhile and would like a nice weekend away, consider a credo marriage weekend retreat; and
- If you just want a romantic night in, pop some popcorn and watch the movie Fireproof. It is a great love story.



**All Together Now:** Charles King Fitness Center patrons burn calories during an Aquatics Aerobic class at the facility on U.S. Naval Base Guam Aug. 20. The center offers the class Monday, Wednesday and Friday starting at 9:30 a.m. The class is an alternative aerobics class that offers high resistance and low impact to the muscles, joints and ligaments. U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert/Released

**One, Two, Three:** Charles King Fitness Center Patrons burn calories during an Aquatics Aerobic class at the facility on U.S. Naval Base Guam Aug. 20. U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert/Released

# Water aerobics, a great low impact alternative

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

The Charles King Fitness Center (CKFC) is offering water aerobics at the facility's pool for all Morale, Welfare and Recreation patrons.

"This is a great program for patrons who have back or knee issues or those who want to try something different," said Joanna Wyatt, CKFC fitness coordinator. "It offers a low-impact workout with high resistance."

Jennifer Trant became a certified water aerobics instructor in 2005 and currently teaches the class at the CKFC. After three knee reconstructions, Trant said water aerobics has helped her stay in shape. "After my surgeries it was hard

for me to be very flexible at the knees," she said. "Training in the water helped improve my flexibility whereas now I can touch my toes."

Trant added the class, which lasts for an hour, is open to everyone and encouraged all to take part.

"The class is for all gender and ages who can attend," she said. "I even have pregnant women who come to work out."

She said it is a great way to cross train and an introduction to fitness for beginners.

"I had one of my students say he didn't know why they called it water aerobics until he took my class then he said he felt the aerobics," Trant chuckled.

For more information on water aerobics visit MWR online at [www.mwrguam.com](http://www.mwrguam.com).