



LIBERTY THROUGH UNITY

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JRM kicks off 2012 Combined Federal Campaign

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

Joint Region Marianas (JRM) kicked off the 2012 Combined Federal Campaign (CFC) at the U.S. Naval Base Guam Chapel Oct. 1.

CFC gives service members and federal civilians the opportunity to donate to any of more than 4,000 pre-screened charities.

At the ceremony, Rear Adm. Tilghman D. Payne, Commander, Joint Region Marianas, said the region's CFC goal this year is to give everyone a chance to make a difference.



Cake-Cutting: Rear Adm. Tilghman D. Payne, Commander, Joint Region Marianas, cuts the cake with a key person from the Navy, Marines and U.S. Naval Base Guam Energy Manager Derrick Briggs, to kick off the 2012 Combined Federal Campaign (CFC) at the NBG Chapel Oct. 1. The campaign, which ends Nov. 16, offers service members and federal civilians the opportunity to donate to any of more than 4,000 pre-screened charities and encompasses all 28 Navy and Marine Corps commands on island. U.S. Navy photo by Mass Communication Specialist 2nd Class Jeremy Starr/Released

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734th AMS supports Valiant Shield 2012



Plan of Action: Airmen from the 734th Air Mobility Squadron (AMS) maintenance team gather and discuss the plan of action in using aircraft jacks to lift a C-5 Galaxy on the flightline on Andersen Air Force Base Sept. 11. The 734th AMS maintenance flight manages all en route maintenance production activities. The C-5 Galaxy carried cargo in support of Exercise Valiant Shield 2012. U.S. Air Force photo by Airman 1st Class Marianne Santos/Released

From 36th Wing Public Affairs

Airmen from the "mighty" 734th Air Mobility Squadron (AMS) brought their "A-game" in support of Exercise Valiant Shield 2012 on Andersen Air Force Base (AFB) Sept. 11-17.

This year, 734th AMS received and downloaded 416 tons of cargo, 796 passengers and received 48 inbound aircraft.

"We all feel a great deal of pride from participating and contributing to the success of Valiant Shield," said Master Sgt. Sean Pheabus, 734th AMS lead production superintendent. "I would say that the entire 734th performed on an outstanding level, as they always do, especially during Exercise Valiant Shield 2012. The type of support that was required of us was no surprise as it is normal operations for us to deal with different agen-

cies from all over the Department of Defense, as well as foreign countries."

Valiant Shield 2012 is a U.S. exercise that focuses on integration of joint training among U.S. forces in relation to current operational plans. This training enables real-world proficiency in sustaining joint forces through

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Sailors
discuss careers
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Public
invited to
Andersen
Open House

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Guam's forward-deployed military leaders

host community luncheon

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

Guam military and community leaders strengthened ties during a Friends of the Navy luncheon at the Hilton Guam Resort and Spa in Tumon Sept. 28.

Rear Adm. Tilghman Payne, Commander, Joint Region Marianas, greeted guests and emphasized the importance of having strong ties and thanked the community's effort to making life enjoyable for forward-deployed service members serving on island.

"You don't support the Navy and not support the Air Force or support the Air Force and not support the Marines; you are all members of many different groups that support the military in general," Payne said. "You're supportive, welcoming and located in a great strategic location. You really enhance our mission and our quality of life. So thank you again, for doing everything you

do and thank you for taking time out of your busy schedules and enabling me to thank you in person."

Phillip Santos, Guam Chamber of Commerce's Armed Forces Committee vice chairman of the Steering Committee, said the event was a great way to further forge the bond between the military and the community.

"We were invited by the friends of the Navy League," Santos said. "We are very supportive of the organization for what they do and bring to the community. It's great to get together and foster relationships between military friends, their family and the community."

David Leddy, president of the Guam Chamber of Commerce, said the organization is always looking for ways to better improve the relationship between Guam and the military.

"I think it is important for the military and the local community to interact," he said. "It is an important part our relationship and important part of our military being here on Guam. At the chamber we are



Admiral's Remarks: Commander Joint Region Marianas, Rear Adm. Tilghman Payne speaks to Guam community leaders during a "Friends of the Navy" luncheon at the Hilton Guam Spa and Resort Sept. 28. Military leaders held the social to thank the community for their support. U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert/ Released

always looking for ways to make our service men and women feel at home. We have an annual Armed Forces Salute to our military. It's a big event and it's our way to give back and say 'thank you' for all the

things that you do for our freedom and our island."

For more news from U.S. Naval Forces Marianas visit www.news.navy.mil/local/guam.

NEWS NOTES

Job Announcements

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



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 or call 349-2115.

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 two for the 2012-2013 school year begins Oct. 22. We offer several distance learning courses that are perfect for the military lifestyle because they go where you go, whether you deploy, go temporary duty or permanent change of station. Last day of registration is Oct. 19. For more information, call 366-7133 or 339-3366.

Phone Numbers

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

MWR HAPPENINGS

U.S. Naval Base Guam

Fleet and Family Support Center Classes
Oct. 9-19: Ombudsmen Training from 8:30 a.m. to 2:30 p.m.
Oct. 11: Stress Management from noon-1:30 p.m.
Oct. 11: Disaster Preparedness from 5-6 p.m.
For more information, call 333-2056

COMMUNITY Corner

movies • movies • movies

The Big Screen Theater		
OCTOBER 5 (FRIDAY)		
4 PM	PARANORMAN (3-D)	PG-13
7 PM	TOTAL RECALL	PG-13
OCTOBER 6 (SATURDAY)		
1 PM	THE ODD LIFE OF TIMOTHY GREEN	PG-13
3:30 PM	BOURNE LEGACY	PG-13
7 PM	THE CAMPAIGN	R
OCTOBER 7 (SUNDAY)		
1 PM	PARANORMAN (3-D)	PG-13
3:30 PM	BOURNE LEGACY	PG-13
7 PM	THE EXPENDABLES 2	R

Movie Hotline 564-1831 US Naval Base Guam

Meehan Theater - TEMPORARILY CLOSED

October Culinary Boot Camp

Learn how to cook traditional comfort foods during the October Culinary Boot Camp. This session will focus on comfort food dishes people prepare to make them feel at home and how to prepare them with a healthy twist. The boot camp is Oct. 10 from 5:30-9:30 p.m. Registration deadline is Oct. 9. For more information, call 685-5142.

Halloween Bash

Enjoy the Halloween Bash and costume contest at Molly McGees Oct. 27 from 7-11 p.m. There will be prizes, giveaways and live entertainment for all to enjoy. For more information, call 564-1834

36th FSS HAPPENINGS

Andersen Air Force Base
Airman and Family Readiness Center Classes
Oct. 9: Thrift Savings Plan from 9-10 a.m.
Oct. 10: Basic Budgeting from 9-10 a.m.
For more information, call 366-8136.

Free Outdoor Movie Night

Bring the entire family to the free outdoor movie night at Arc Light Park Oct. 13 at 7:30 p.m. The movie will be the PG-rated animated film, "Hugo", and will be shown weather permitting. For more information, call 366-2339.

Oktoberfest on Andersen

The 36th FSS presents a very special Oktoberfest German Buffet and Beverage Tasting Oct. 19 from 6-10 p.m. at the Top of the Rock Ballroom. There will be a variety of traditional German dishes and beverages. Prices are \$25 for club members or \$30 for non-members if purchased in advance and \$35 for members and \$35 for non-members at the door. For more information, call 366-6166.

SPORTS SHORTS

U.S. Naval Base Guam Navy Birthday Golf Tournament

Celebrate the Navy's 237th birthday with a golf tournament Oct. 12. Showtime is at noon and shotgun is at 1 p.m. with a two-person team format. Prices per person are: \$35 for E1-E5; \$40 for E6 and above, and retirees, and \$45 for civilians. The event is open to the public and deadline to register is noon, Oct. 11. For more information, call 344-5939.

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.

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.

MSG Corner: FES to participate in nationwide fire prevention week

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

This week, the 36th Mission Support Group highlights the 36th Civil Engineering Squadron's (CES) Fire and Emergency Services (FES) flight and its upcoming participation in the nationwide fire prevention week.

The 36th CES FES flight's mission is to provide fire prevention, fire suppression, technical rescue and hazardous materials response capabilities. Their goal is to prevent or minimize injury, loss of life and damage to property and the environment while supporting worldwide military

commitments.

In order to accomplish their mission, the flight is responsible for the education of fellow service members, as well as civilians, on the importance of being careful and aware of their surroundings in order to prevent fires and other avoidable disasters.

"Everyone should exercise proper fire safety practices and awareness at home and in the work place," said Bryan Hanohano, 36th CES FES fire inspector. "The most important tool in preventing fires is public education. A continued proactive approach in fire prevention from the youth and the adults can go a long way."

One of the ways they promote education and awareness is through fire prevention week, which is held annually on the week of Oct. 9.

Fire Prevention Week was established to commemorate the Great Chicago Fire in 1871, which killed more than 250 people, destroyed more than 17,400 structures and burned more than 2,000 acres, leaving 100,000 more people homeless.

On the devastating fire's 40th anniversary, the International Fire Marshals Association decided that the anniversary of the Great Chicago Fire should henceforth be observed

not with festivities but with ways that would keep the public aware and informed about the importance of fire prevention.

The commemoration grew increasingly official over the years and in remembrance of the event, the 36th CES work with base schools and dedicate the fire prevention week to conducting personnel fire safety presentations, submitting fire safety and prevention news articles into the base paper, conducting fire station tours and participating in fire department parades off base.

"This year's theme for Fire Prevention Week 2012 is 'Have two ways out,'" Hanohano said. "In the event of a fire emergency,

it's important to have a plan to evacuate your home or workplace. This year we are emphasizing the importance of having a backup plan in case your primary evacuation route is not accessible."

In conjunction with maintaining the utmost level of firefighting skills through continued drills and training and working alongside U.S. Naval Base Guam to expand their capabilities, the 36th CES FES flight continues to be an active part of the community by saving lives and spreading awareness in order to keep our service members, their families and the residents of Guam safe on a daily basis.



Formation: The 36th Civil Engineering Squadron Fire and Emergency Services flight's mission is to provide fire prevention, fire suppression, technical rescue, and hazardous materials response capabilities. Their goal is to prevent or minimize injury, loss of life and damage to property and the environment while supporting world-wide military commitments. Photo courtesy of the U.S. Air Force

NBG encourages healthy relationships at home

By Shaina Marie Santos
Joint Region Edge Staff

U.S. Naval Base Guam Commanding Officer Capt. Mike Ward signed a proclamation declaring October as Domestic Violence Awareness Month at NBG headquarters in Santa Rita Oct. 1.

Fleet and Family Support Center (FFSC) Family Advocacy Program Educator Erlinda Montecalvo said this year's theme encourages families to keep the peace within their home.

"Our title is 'home is not a war zone' and we need to be able to not make it a war zone," she said. "One of the primary goals of DoD's (Department of Defense) and the Navy's Family Advocacy Programs (FAP) is prevention of domestic violence."

She added that domestic violence is a widespread problem that affects military and civilians alike.

"It happens to enlisted personnel, officers, spouses, social classes, women as well as men," she said. "It affects families of all backgrounds, education levels regardless of race or culture."

Ward echoed Montecalvo's sentiments and mentioned how stress can affect military families who are forward-deployed and away from home.

"As many of us know, domestic violence is a very heinous crime against one's family that is out there," Ward said before signing the proclamation. "Families are under a lot of stress, service members are under a lot of stress and families (who) are away from their home typically and often don't have the resources or wherewithal to deal with that stress."

Ward stressed the importance of paying attention to signs of domestic violence and taking action rather than turning away from a family in need. He also encouraged those faced with family disputes to turn to professionals for advice.

"Fleet and Family Service Center has some great programs to help out those families in need and get them back on the right path and get them the right resources to address the problems and address the causes of this kind of stress," he said. "We want to bring it in particular focus of Naval Base Guam in the month of October to take a heightened look at

what the Fleet and Family Service Center offers and what is out there for all of us to be aware of on the stress our families go under and when it does materialize into domestic violence events, what our responsibilities are."

Montecalvo said FFSC is focused on raising awareness of domestic violence and helping families maintain a healthy home.

"My hope is that (families) would take back with them some positive thoughts and be a little bit more educated on domestic violence prevention and also not to wait 'till the last minute," she said. "When you have challenges on the home front, come visit our buildings, acquire some information on positive education; anger management is on the top of the list. The intent of these services is early identification and prevention of more significant conditions or problems, thereby promoting improved quality of life and increase resilience in individuals and families."

For more information about Domestic Violence Awareness Month, contact FFSC at 333-2056 or visit the center on NBG at buildings 106 and 104.



Proclamation: Capt. Mike Ward, commanding officer, U.S. Naval Base Guam (NBG) declares October as Domestic Violence Awareness Month during a proclamation signing at the NBG Headquarters in Santa Rita Oct. 1. U.S. Navy photo by Shaina Marie Santos/Released

Fitzgerald Sailors share lessons with local youth



Career Talk: USS Fitzgerald (DDG 62) Operations Specialist 1st Class (SW) Justen Abernethy, left, and Seaman Recruit Mark Christian discuss education and careers with students at Okkodo High School in Dededo Sept. 26. U.S. Navy photo by Shaina Marie Santos/Released

By Shaina Marie Santos
Joint Region Edge Staff

Sailors from USS Fitzgerald (DDG 62) discussed the importance of school, careers and a drug-free attitude to students at Okkodo High School in Dededo Sept. 26.

The outreach to the school was one of two community service projects Fitzgerald Sailors supported during a port call on Guam.

"I think it's a great contact for (students) and to give them more information one-to-one and face-to-face, so they have more comfort level with approaching people in the military and getting to understand what the military is about, especially here on Guam," said Okkodo High School business education teacher Sharon Baxter.

During their visit, Sailors looked to make a difference in students' outlooks and answered questions about life-enrichment, education and life as a Navy Sailor.

"It's always important to come out and talk to kids," said Operations Specialist 1st Class (SW)

Justen Abernethy. "Especially because it's the time of period when they're starting to take everything in and they're learning and they're adapting to that adult life. So it'll help them along their path if they can hear it from the people who are out there, doing the job itself."

Abernethy added that discussing leadership and opportunities with students could make differences in their futures.

"The benefits for them is just that much more knowledge, that much more understanding and being able to say, 'Hey, this is why they do this and I can do this and I can be that much better in my life.'"

Seaman Recruit Mark Christian echoed Abernethy and said that the Navy is a great career for students to look to help better themselves.

"I wish somebody did it to me, to be honest with you," he said. "I wish I had somebody to come there and answer questions. There's a lot of good things the Navy can offer."

Sailors also supported Special Olympics of Guam, coaching bowling athletes Sept. 29 at Century Lanes in Tamuning in preparation for an upcoming tournament.

USS Bonhomme Richard Sailors, Marines visit students in Guam

By Mass Communication Specialist 3rd Class Karen Blankenship
Amphibious Squadron 11 Public Affairs

Sailors and Marines from the amphibious assault ship USS Bonhomme Richard (LHD 6) visited Simon Sanchez High School in Guam Sept. 28.

Seventeen Sailors and Marines from Bonhomme Richard had the chance to talk to students about a career in the military, the importance of staying in school and of staying away from drugs.

"We came here to visit with the local high school students and to talk to them about what life in the military is like, how it's changed our lives, the value of education and of staying in school and to help them start planning for their careers post high school," said Religious Programs Specialist 2nd Class James Decker.

Each Sailor and Marine visited with two different classes and was treated to lunch by the school's culinary arts class.

Cpl. Josh Cruz, a signals intelligence analyst with the 31st Marine Expeditionary Unit (MEU), said that he volunteered to go to the high school because he enjoys doing volunteer work.

"My favorite part is being able to interact with the kids and teaching them a lot of new things," Cruz said. "I like helping out the community and just being there and seeing the smiles on the kids' faces."

Community service projects like these not only give service members the opportunity to make a difference in the local community but also the chance to experience different cultures as they travel on deployment.

"It's important because we've seen things that most other people don't see, so we bring a broader perspective to the career discussion," Decker said. "Many of these young men and women

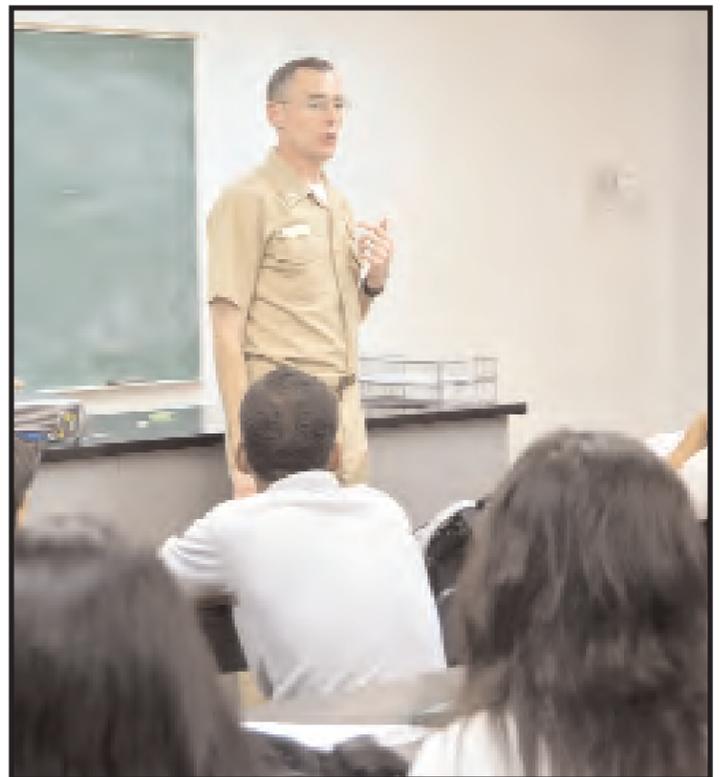
have very little career choices, so the military is one of their main employers. We give them an opportunity to really see and ask questions about what it would be like to be in the military."

The Navy and Marine Corps are dedicated to promoting stability and prosperity by providing a maritime force that protects and defends the interests of the U.S. and its partners and allies in the Asia-Pacific region.

Bonhomme Richard, commanded by Capt. Daniel Dusek, is the lead ship of the only forward-deployed amphibious ready group and is currently operating in the U.S. 7th Fleet Area of Responsibility.

For more news about Amphibious Squadron 11 or USS Bonhomme Richard (LHD 6), please visit:

www.facebook.com/PHI-BRON11
www.dvidshub.net/unit/PHI-BRON11
www.cpf.navy.mil
www.c7f.navy.mil



Sharing Stories: Cmdr. Bill Muhm, a chaplain aboard the forward-deployed amphibious assault ship USS Bonhomme Richard (LHD 6), speaks to students in the Simon Sanchez High School in Yigo, Guam as part of a community relations project Sept. 28. Volunteers from Bonhomme Richard visited the school to speak to students about a career in the military, the importance of staying in school and staying away from drugs. U.S. Navy photo by Mass Communication Specialist Seaman Lacordrick Wilson/Released

ANG director discusses way forward

By Master Sgt. Marvin R. Preston
ANG Special Staff Public Affairs

Lt. Gen. Harry M. Wyatt III, director of the Air National Guard (ANG), spoke about mission-readiness and other challenges facing the ANG in future years to attendees of the Air Force Association Air and Space Conference and Technical Exposition in Washington Tuesday, Sept. 18.

Wyatt discussed how the ANG provides a combat-ready force that has interchangeable capabilities for the Air Expeditionary Force, as well as critical skill sets and capabilities governors can call upon when America's communities are threatened by natural or man-made disasters.

"The status of the Air National Guard is strong, it's strong because the United States Air Force is strong," Wyatt said. "I think our Guardsmen around the country recognize that fact."

Wyatt said it is his belief that a strong ANG creates a stronger Air Force and the goal of the ANG is to ensure the most capable total Air Force possible.

ANG leadership is anticipating potentially difficult times



ahead. Wyatt outlined in his comments that the ANG will meet 21st century challenges by actively shaping the ANG's future with combat-ready, adaptable

Airmen as its core.

"In these days of shrinking budgets and where our total force is getting smaller, we're all going to have to find new ways to work

together to leverage the particular strengths that the three components (of the Air Force) bring to the fight," Wyatt said.

As the budget process for

fiscal year 2014 unfolds, Wyatt recognized there will be tough decisions for leaders to make and believes the ANG can be part of the solution. Wyatt said this vision is dependent upon partnerships with the Air Force, the States and local communities. These alliances are the foundation of the ANG's strength and the key to its ultimate success.

"One of the things that we try to do in the Air National Guard is to leverage those skills and capabilities that are needed for the Title 10 fight and bring those skill sets and capabilities to help the governors with some of the requirements that they have," Wyatt said. "It's really a win-win for the country; it's a win-win for the United States Air Force."

Wyatt believes America continues to value the Guard because it is a cost-effective, community-based force capable of meeting the full spectrum of our nation's needs.

The AFA Air and Space Conference draws top military leaders and dignitaries worldwide bringing experts, academia, and aerospace specialists together to discuss issues facing the Air Force and aerospace community.

NAVFAC Marianas Financial Management: Efficiency is key

By Shaina Marie Santos
Joint Region Edge Staff

Naval Facilities and Engineering Command (NAVFAC) Marianas Financial Management Department works behind the scenes, keeping the gears turning behind day-to-day operations. With 15 employees, the department keeps tabs on all NAVFAC Marianas spending activity.

According to Comptroller Rose Wright, the mission of the department is to provide services in budgeting and accounting to NAVFAC Marianas and its customers.

"Financial management serves as the advisor to the commanding officer, executive officer, operations officer and business director, and oversees all aspects of financial operations to assure the solvency of NAVFAC Marianas operations," she said. "(We are) responsible in developing and submitting a fiscally sound and defensible budget for the command."

Of significance is the department's distinctive accomplishment of having no findings for three consecutive inspector general audits and being the only NAVFAC command with no unbilled accounts receivable for the past eight fiscal years. This indicates "excellence" in operations and is the result of careful and diligent management, traits we all appreciate in anyone who handles taxpayer's dollars.

Wright said that within the department, teamwork plays an important role. She added that financial management portrays an effective workplace for all employees.

"Financial management builds its relationships through effective leadership, trust, weekly staff meetings, teamwork and open discussions with the employees," she said. "It actually (results) in a faster, smarter and efficient way of performing the day-to-day taskings."

According to financial management department Budget Director Edmund Field, efficiency is an important trait for financial management, and one they continuously work toward improving.

"We must always provide the best value for taxpayer's dollars," he said. "Funds and personnel are always in short supply, especially during lean times. Therefore, performing our duties efficiently and effectively is essential in accomplishing our mission."



Numbers are Their Mission: Members of the Naval Facilities Engineering Command (NAVFAC) Marianas Financial Management Department take a brief photo opportunity at the NAVFAC Marianas headquarters in Asan Aug. 22. Financial management, responsible for budgeting and accounting, keeps the gears turning behind NAVFAC Marianas day-to-day operations. U.S. Navy photo by Shaina Marie Santos/Released



By Chief Master Sgt. Brian McDaniel
734th Air Mobility Squadron
Superintendent

Lessons learned from BTZ boards

themselves in the performance of their primary duties, strived to better themselves professionally and personally, and were thoroughly involved with base and community activities. These were not Airmen who just checked things off to fill a quota but had a sincere passion and energy for what they had accomplished. They all had short and long-term goals and a strong ambition to stay focused on obtaining those goals. They all understood their squadron's mission and their vital part in it and that being in the Air Force was not simply a job but a profession.

After the board, the members had to make some hard decisions and consider which candidates were our number one, number two and so forth. As you might guess this was very difficult. As I was going through the packages adding up the board scores, it made me reflect about what I was like as an airman first class and about my own leadership qualities. I was nowhere near the caliber of these Airmen when I was their age. I always knew it was a team effort to succeed (and it took a pretty big team for me); you need someone guiding you, giving good advice and honest feedback. I was fortunate enough to have some seriously dedicated mentors and supervisors

throughout my career. Over the years I have observed those mentors continually reinforcing four common themes. Simply said, those themes are people, character, effort and communication. I offer that a successful leader must:

Know your people. Get out and about; walk around, look your Airmen in the eye and have a conversation; this should be done on a regular basis. It shows everyone your commitment to be engaged with not only with the mission but with them personally. We can have the best equipment and the most sophisticated aircraft but ultimately it's our Airmen that make the Air Force what it is today. It is critical to build a quality and professional relationship with all of your people.

Have a strong sense of character. Our core values are the foundation in everything that we do and are a direct correlation in all the successes we have in the Air Force. Integrity First, Service before Self and Excellence in All We Do are not just words, but a committed lifestyle.

Put forth extraordinary effort in making quality, timely decisions. When I was a young non-commissioned officer and I was put in charge of my first shift the superintendent sat me down and

explained that I was going to make mistakes and that he expected me to learn from them; but the one thing he would not tolerate was indecisiveness. Follow the Air Force instructions, make sure you're always safe, and do not hesitate to make a quality decision.

Lastly, communicate honestly, early and often. It is imperative that we communicate honestly, directly and know your audience. Remember that you cannot lead through e-mail. Important matters need to be done in person. You need to convey your sense of dedication, commitment and ownership as a leader in person. This cannot always be done on paper or by phone. Continuous communication will enable you to know your Airmen and for them to know you.

By embracing your own personal leadership philosophy, whether you "benchmark" my four leadership imperatives or develop your own, you will accomplish things in your career that will exceed your expectations. Without exception, my peers agree that you always raise the bar.

As I reflect on the privilege of serving on several BTZ boards and having the opportunity to meet such outstanding young Airmen, I am humbled. The truly impressive point of order for me is the fact that our Air Force is chock full of incredible Airmen like those I met that day. As my career marches toward its inevitable completion, I feel comfortable that the best Air Force in the world still has its best days ahead of it because of the spectacular commitment to integrity, service and excellence of our entire enlisted force.

Have you tried daylight?

From the Department of the Navy's Toolkit

It may seem like an odd question, but a few years back, a naval shipyard adopted a lunchtime-lights-out policy in the production shops. Naval shipyards were all constructed more than 100 years ago and many of the shops are in tall brick buildings with a lot of window area. The lights-out policy was intended more to increase energy awareness in the production shops than to save energy over lunchtime.

But the energy savings surprised a lot of people. Some of the shops found that on nice days, they didn't need to turn the lights back on in the afternoon. Another characteristic of shipyard production shops is that they typically aren't air-conditioned. Leaving off heat-generating lights on hot afternoons can also improve comfort. That makes two good reasons to try shutting off the lights in the afternoon when you have a source of daylight.

A few task lights here and there might be all you need to work safely, productively and energy efficiently. In other types of buildings it might make more sense to close blinds to keep out the heat, especially on the south and west side of the building.



Top: A golfer practices his technique on the driving range at the Admiral Nimitz Golf Course in Barrigada Sept. 24. The Admiral Nimitz Golf Course in Barrigada and Palm Tree Golf Course at Andersen Air Force Base offer a place for service members and their families to relax and bond. U.S. Navy photo by Shaina Marie Santos/Released

Middle: The Admiral Nimitz Golf Course pro shop is ready to serve patrons' golf gear needs in the course clubhouse in Barrigada Sept. 24. U.S. Navy photo by Shaina Marie Santos/Released

Bottom: Patrons enjoy a trip to the Admiral Nimitz Golf Course in Barrigada Sept. 25. U.S. Navy photo by Shaina Marie Santos/Released



Golf courses offer getaway

By Shaina Marie Santos
Joint Region Edge Staff

The Admiral Nimitz Golf Course in Radio Barrigada and Palm Tree Golf Course at Andersen Air Force Base (AFB) offer a place for service members and their families to relax and bond over a game of golf.

Both facilities are open daily and are offered through Morale, Welfare and Recreation (MWR) Guam and the 36th Force Support Squadron (FSS).

Admiral Nimitz Golf Course General Manager Paul Vasquez said the golf courses help to increase patrons' quality of life.

"The golf course provides a recreation outlet along with being able to raise morale," he said. "Which is what MWR is all about."

Palm Tree Golf Course Superintendent and Manager Russell Young echoed Vasquez's thoughts, adding the mission is to provide the consistently best possible all-around golf experience for patrons.

"At Palm Tree Golf Course there is a remarkable coming together of land and sea spread over 250 pristine acres," he said. "Our golf course offers a fun time for golfers of all levels. We want golfers to enjoy themselves, have a fun time and come back again."

Both facilities offer 18-hole courses, driving ranges and full-service restaurants. Prices for play are based on military rank, retiree, civilian or guest status. Golf clubs

and carts are also available for rent.

For those on a budget, a number of specials are offered on both courses regularly.

On weekends, the Admiral Nimitz Golf Course offers free golf clinics from 9-10 a.m. and also offers course specials on weekends for active duty service members and dependents.

After 2 p.m. the Big Course special is available, which includes nine holes of golf, two golf carts and rental clubs for \$30 per family of four. All day on weekends a Short Course is also available, which includes nine holes of golf and rental clubs for \$15 per family of four.

The Palm Tree Golf Course offers a driving range special every Monday from 4-8 p.m., where patrons can pay just \$5 for unlimited play.

For those interested in regular play, the Palm Tree Golf Course also offers a money-saving monthly pass for \$40-\$60 per month depending on rank.

The Admiral Nimitz Golf Course is open from 6 a.m. to 6 p.m. and Palm Tree Golf Course is open from 6:30 a.m. to 6 p.m.

For more information about the Admiral Nimitz Golf Course, call 344-5838. For more information about the Palm Tree Golf course, call 366-4655.

"We invite you to come and try some of the best fresh homemade cooking on Guam," Young said. "We always have unique and different lunch specials going, so you can try something new."

CFC 2012 kicks off at Andersen AIRMEN: Safely, by the book, on time

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

The 2012 Combined Federal Campaign kicked off on Andersen Air Force Base (AFB) from Oct. 1-5. Opportunities for Airmen to donate to their charities of choice will be available from Oct. 1 to Nov. 16.

"This year's motto is, 'One Team: Making a Difference,'" said Capt. Amanda Altman, CFC's Andersen AFB project officer. "The motto is about individuals coming together to help make a difference."

The mission of the CFC is to support and promote philanthropy through a voluntary program that is employee-focused, cost efficient and effective in providing all federal employees the opportunity to aid and support charities.

The Hawaii-Pacific area CFC has always been very supportive and one of the most successful campaigns, raising over \$6.5 million in 2011 for international, national and locally-based charitable organizations.

"As military personnel and federal workers, service is in our nature," Altman said. "Not only have we answered the call of duty, but we consistently go beyond it. The donations attest to the generosity and community spirit of our federal military and civilian employees."

The CFC was established in 1961 by President John F. Kennedy with the intent to reduce disruptions in the workplace by consolidating all approved solicitations into a single, annual official campaign.

Through the CFC, contractors, credit union employees and other present or retired federal personnel may make single contributions through checks, cash or credit cards. Non-federal employees are welcome to donate as well.

This year, several different opportunities are available to individuals who wish to donate.

For kick-off week, there will be volunteers running the information booths at the Magellan Inn dining facility from 10:30 a.m. to 1:00 p.m. and the Base Exchange from 10:30 a.m. to 3 p.m. to raise awareness



Making a Difference: The 2012 Combined Federal Campaign (CFC) kicked off on Andersen Air Force Base Oct. 1. Opportunities for Airmen to donate to their charities of choice will be available from Oct. 1 to Nov. 16. The mission of the CFC is to support and promote philanthropy through a voluntary program that is employee-focused, cost efficient and effective in providing all federal employees the opportunity to aid and support charities. U.S. Air Force photo by Senior Airman Carlin Leslie/Released

about the campaign.

The volunteers will have pledge cards that can be filled out with a cash, check or option for payroll deduction available to individuals who wish to donate on the spot.

There will also be a number of Andersen representatives aiming to make face-to-face contact with Airmen who may wish to donate.

Additionally, online pledging is available 24/7 during the entire campaign period. Online pledging offers an option for payroll deduction or a one-time credit card contribution through a secure online system. If interested, please visit www.cfc-hawaii.org and select "Pledge Online."

"Last year Andersen AFB raised \$130,363," Altman said. "This year, there is no monetary goal. Our goal is to make 100 percent face-to-face contact so that everyone has the opportunity to give if they want to. If they can't donate money, we do not want to pressure or coerce them; we just want to provide everyone a convenient, cost-effective way to make a difference."

This year there are more than 2,700 national, international and local organizations to choose from.

Guam has 11 local charities which include Guam Animals In Need (GAIN), Habit for Humanity of Guam, Inc., Big Brothers Big Sisters of Guam and more.

"There is something for everyone," Altman said. "We give because it feels right, because we believe in something bigger than ourselves, because we are moved by an event, because we want to impact others, because we strive to make things around us better and simply because we can."

All of the charities apply annually to be a part of CFC and go through a rigorous screening process. Each charity must meet the minimum requirement to participate and is federally verified. With all the options, individuals can support their charities of choice.

"Everyone gives in their own way and CFC is only one way to help," Altman said. "We have people that volunteer at some of the local charities, we have people helping with the campaign and we see folks from Andersen making a difference in so many different and amazing ways. CFC is just another avenue in which our Airmen go above and beyond in serving not only our country but anyone in need."

AIRMEN: Safely, by the book, on time

Continued from Page 1

detecting, locating, tracking and engaging units in the air, on land, at sea and in cyberspace in response to a range of mission areas.

Planning conferences began months before operations commenced and continued right up to execution. With Andersen AFB as the primary operating location for the exercise, the 734th AMS worked with support and operation units to handles operations, logistics and re-deployments for the incoming units.

The 734th AMS Eagles coordinated with the 36th Logistics Readiness Squadron (LRS) and 36th Operations Support Squadron (OSS) on reception, parking, redeployment, aircraft and equipment support during the exercise.

"I get together with the IDRC and representatives from the incoming unit before the exercise kicks off," said Staff Sgt. Logan Flaughner, 734th AMS capability forecaster. "We look for red flags and we try to eliminate all problems before the units start to move into Andersen. We make sure everything is set up for the reception."

During exercises, the 734th AMS air terminal operations center coordinates with the 36th LRS who then disseminates information and requirements to other supporting units.

"It's vital that we have everybody on the same page," Flaughner said. "If the wrong information is disseminated, it could cause a lot of waste efforts and significant delay."

The 734th AMS maintenance flight manages all en route maintenance production activities. The unit directs all C-5 Galaxy, C-17 Globemaster III and KC-10 Extender maintenance actions, along with all Air Mobility Command commercial-contract airlift support.

The maintenance flight's lead production team constantly stays engaged with 36th OSS airfield management to maximize aircraft parking efficiency and avoid ramp congestion.

The team is also responsible for proper use of material handling equipment, conducting aircraft tows and coordinating fueling operations to successfully handle the influx of strategic airlift in support during the exercise.

While supporting Valiant Shield 2012, the 734th AMS multitasked diligently. Despite the demands of the exercise, the unit successfully executed aircraft unit swap-outs, received a real-world typhoon evacuation, received aircraft supporting the Theater Security Package and sustained their normal air mobility command mission workload.

"One thing I look at is how many missions we have going on at one time," Flaughner said. "When I see that too many missions are going on at the same time, I work with the command post and command and control in order to get the missions spread out."

In dealing with multiple operations, the 734th AMS ensures that "safely, by the book, then on-time" is paramount during their 24/7 operations.

"The 734th AMS motto is 'safely, by the book, then on time,' meaning that everything we do begins with safety," Pheabus said. "Our Airmen will stop operations if they feel safety is compromised. We all have checklists, technical orders and Air Force Instructions to follow."

"After we ensure the mission is being done safely and using the proper guidance, we can focus on getting it done on schedule," he continued. "It means that there is no mission more important than a team member's safety. I would take a delayed departure if it meant slowing down to ensure it was done safely and by the book."

The 734th AMS is comprised of hard-working Airmen that work day in and day out. The amount of work they accomplish in support of Andersen and the units that transits through this base can be attributed to the unit's cohesion and work ethic.

"Our squadron is full of hard working, professionals who take pride in their work," Pheabus said. "We were successful because of our ability to coordinate with a wide range of agencies to ensure everything went smoothly. We are used to dealing with many different missions ranging from exercises to disaster relief."

"The 734th AMS is here doing this mission 24 hours a day, seven days a week, 365 days a year," he said. "We know how to get things done."

CAMPAIGN: Opportunity to give back

Continued from Page 1

"I'm not worried about what the final number is or what the bottom line is," he said. "People will give what they can give based on what they have, but what I ask you to do, is get out and touch every one of your people from your command so they have an opportunity to give."

Payne said CFC is important because the Department of the Defense (DOD) has an opportunity to give back and support organizations that have supported the military.

"It is important because we are in tough times right now and we here in the DoD, we are uniquely blessed with the work we do and the support systems we have and in the difference and contributions we can make to our nation and to the world."

Lt. Cmdr. Roldan C. Mina, 2012 CFC agency project officer, said he was proud that all 28 team program officers and more than 150 campaign personnel were properly trained to reach out to the commands.

"Our team is properly trained and ready to reach out to everybody," Mina said. "Now the Sailors, Marines and federal employees can reach out to their unit project officers or key persons or who will be approaching them in the coming days."

According to Mina, the 2012 CFC campaign will continue through Nov. 16. JRM's goal is to have a CFC volunteer make contact with every Sailor and Navy civilian to offer them the opportunity to pledge a donation.

Since 1971, CFC has been the only authorized workplace charitable campaign for the federal service. CFC-givers can contribute

to their causes via cash, check or payroll deduction.

Charities that participate in CFC must complete an annual application process. The Office of Personnel Management (OPM), which oversees the program, maintains strict eligibility and public accountability criteria that all CFC charities must meet.

In 2011, nearly a million federal employees pledged more than \$272 million according to OPM figures. \$200,000 of those pledges came from the Sailors and federal employees on Guam.

Since its creation in 1961, CFC has raised more than \$7 billion for local, national and international charities.

To learn more about NBG, visit www.cnbc.navy.mil/guam.

For more news from U.S. Naval Forces, Marianas, visit www.navy.mil/local/guam/.



Preparing the Flight: Staff Sgt. Kiwan Edwards, 734th Air Mobility Squadron (AMS) crew chief, removes the fuel hose after defueling a C-5 Galaxy prior to conducting maintenance on the aircraft on Andersen Air Force Base Sept. 11. U.S. Air Force photo by Airman 1st Class Marianne Santos/Released

2012 ANDERSEN AIR FORCE

OCT. 13

FREQUENTLY ASKED QUESTIONS

Q: What is the date and time for the Andersen Air Force Base open house?

A: The Open House will be Saturday, Oct. 13, with gates opening to the public at 8 a.m. and the event ending at 4 p.m. following the completion of the Pacific Air Forces F-16 Demonstration Team's show.

Q: How can the general public enter Andersen Air Force Base for the open house?

A: The public can access the base only through the main entrance gate on Marine Corps Drive in Yigo. The gates will open at 8 a.m. on the day of the event and the Guam Police Department will be directing traffic as citizens approach the gate as they travel through Yigo on Route 1. From there, all vehicles will be guided by military personnel to the parking area on Arc Light Road, which runs parallel to the flightline on Andersen Air Force Base.

Q: Will there be a separate entrance for Department of Defense (DOD) ID cardholders?

A: Yes, all DOD ID cardholders are asked to enter Andersen Air Force Base through the gate on Route 15 (Santa Rosa Gate). There will be a parking area immediately upon entry, and patrons can then ride a base shuttle to the flightline. The shuttle will begin running at 7:30 a.m. and run every 15 minutes, with the final shuttle leaving the flightline for the gate at 5:30 p.m.

Q: What sections of Andersen Air Force Base will the public be able to access?

A: Access is limited to the areas of the flightline where the Open House participants have set up their displays and booths. Facilities such as the commissary, base exchange, gas station, fitness center, golf course, etc., are not open to the public.

Q: Is there a list of prohibited items?

A: Yes, the prohibited items list can be found on the Open House website at <http://www.andersen.af.mil/andersenafbopenhouse.asp>. The most common everyday items on the list include wallet chains, backpacks and bags (Diaper bags are authorized), cigarette lighters, ice chests and water coolers, briefcases and car seats. Exceptions will be made for items that are required for child care.

Q: Can I bring cameras to the Open House?

A: Yes, cameras are permitted.

Q: Will the visitor's center on Route 1 be open during the Open House?

A: Yes, but regular visitor's passes will not be processed during the Open House. The visitor's center will remain open for Department of Defense-related business.

Q: How will parking and entry to the flightline be handled?

A: When a car files through the gate at Andersen Air Force Base, they will follow the main road to the parking area. There will be military members stationed along the road all the way through to the parking lot to make sure guests know where to go. Upon arriving at the parking area, guests will be directed by military members to the entrance points on the flightline, where a security check will be conducted before guests are permitted to enter the flightline.

Q: Will there be food and drinks available for purchase?

A: Yes, Andersen Air Force Base organizations will have a wide range of food, drinks and memorabilia items available for purchase throughout the flightline.

Q: How can I get help if there is an emergency?

A: Guests always have the option to dial 911, but they must alert the operator that they are at the Andersen Air Force Base Open House so their call is dispatched to the first responders on Andersen. In addition, there will be numerous fire department, security forces, medical and other military personnel in uniform available for on the flightline for guests to reach out to for assistance. Any personnel with a cell phone or radio will be able to call for the first responders that will be ready to dispatch immediately from the Andersen Air Force Base flightline.

Q: What kind of aircraft and military acts can I expect to see at the Open House?

A: The Open House will be headlined by Pacific Air Forces F-16 Fighting Falcon Demonstration Team from Misawa Air Base, Japan. They will perform two demonstrations, one in the late morning (approximately 11 a.m.) and one in the mid-afternoon to conclude the show (approximately 3 p.m.). There will also be demonstrations or flyovers by the B-52 Stratofortress, KC-135 Stratotanker and F-22 Raptor. There will also be ground demonstrations by the 36th Wing Security Forces' Military Working Dogs and a performance by Pacific Air Forces' rock/pop band, Pacific Trends.

Q: Will pre and post-event gatherings (barbecues, tailgating, etc.) be permitted on the base's guest parking areas?

A: To ensure maximum safety for all of our event guests and to prevent congestion in the traffic areas, guests will not be permitted to have gatherings in the guest parking area. After being led to the parking area by uniformed members, guests will be asked to gather their belongings and proceed to the entry point in a timely manner.

Q: Will there be special access parking and entry for disabled personnel?

A: Yes, there will have dedicated parking for disabled personnel as well as wheelchair and stroller lanes through the guest search area to expedite processing. The Open House event is situated on the hardened surface, so access inside the event should not require any further accessibilities.



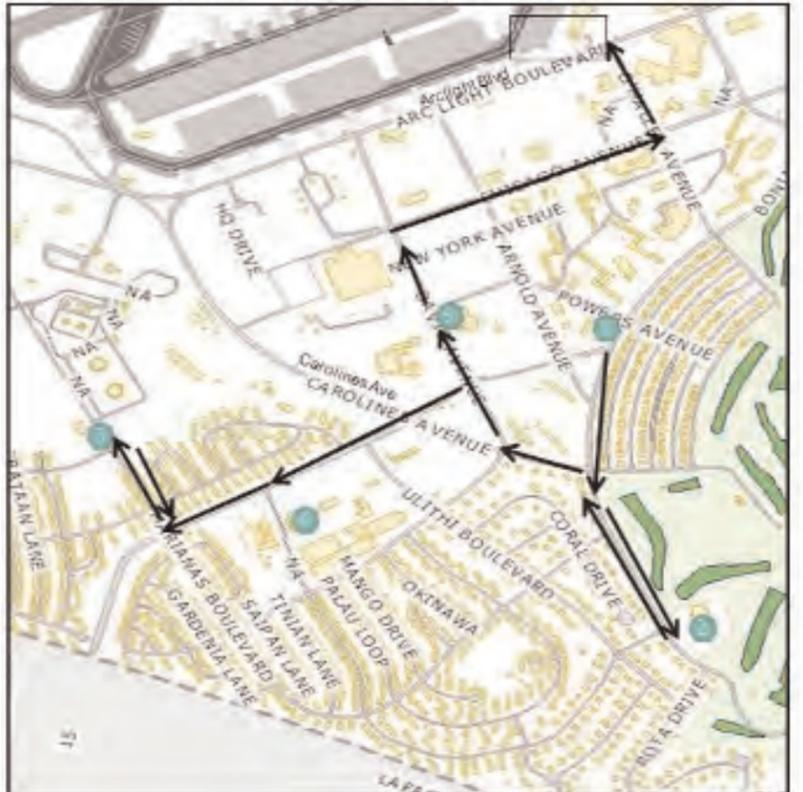
ORCE BASE OPEN HOUSE

, 2012



BASE SHUTTLE

Shuttle will run every 15 minutes.



OPEN HOUSE SCHEDULE

Friday, Oct. 12

- 4 p.m. – Flightline open to Andersen Air Force Base (AFB) personnel
- 4:30-6:30 p.m. – Rehearsal show for Andersen AFB personnel
- 6:30-9 p.m. - Open House hangar party (will include free food and drinks, and a performance by Pacific Air Force's (PACAF) Trends pop/rock band)

Saturday, Oct. 13

- 8 a.m. - Gates open (All Department of Defense cardholders are asked to use the Santa Rosa gate on Rte. 15. The public is asked to use the main gate on Route 1 in Yigo)
- 9 a.m.- PACAF Pacific Trends Band performance
- 10 a.m. - Opening comments
- 10:30 a.m. - Recruiting swearing-in ceremony
- 11:15 a.m.- PACAF F-16 Demonstration Team ground and aerial performances (morning session)
- 11:30 a.m.-2 p.m. – Various ground demonstrations from base squadrons/joint partner units
- 2-3 p.m.- Flyovers from F-22, B-52
- 3 p.m.- PACAF F-16 Demonstration Team ground and aerial performances (afternoon session)
- 4 p.m.- Open House conclusion

Shuttle routes:

- Coral Reef Fitness Center
- Sunrise Conference Center
- Furnishing Management Office
- Chapel parking lot
- Top of the Rock parking lot

NAVFAC MARIANAS ATHLETES

compete at Cobra Ironman

By Shaina Marie Santos
Joint Region Edge Staff

Joseph De la Cruz and Alex Oviedo, of Naval Facilities Engineering Command (NAVFAC) Marianas, competed in the Cobra Ironman 70.3 Triathlon race in Cebu, Philippines, in August.

Although he is now the Japan Facility Improvement Program Manager at NAVFAC Far East, Joseph De la Cruz was the Public Works Office Requirements Branch Head with NAVFAC Marianas during the time of the competition.

For his first Ironman Triathlon, De la Cruz said he had a number of struggles in preparation due to a fractured knee cap he sustained at the beginning of the year.

“Training was painful and limited because of my injury,” he said, “So I never really was able to stick to a solid training regime.”

Though faced with difficulty, De la Cruz pushed through, making his way to the race.

“The atmosphere at the event is electric from the moment you touch down in Cebu to the time you finally cross the finish line,” he said. “I had a bit of nervous energy at the beginning of the race but knew if I just stayed within my limits that I would finish just fine.”

De la Cruz said though he had a solid swim and bike leg and competed both under his estimated time, he suffered during the half-marathon run.

“It seems like it took all my energy and willpower to cross the finish line,” he said. “When things get tough, I usually vision my kids yelling, ‘go daddy, go.’ I hate to disappoint them.”

Though for now, De la Cruz is taking the time to recover and enjoy a break from training, he maintains that physical activity is an important part of his life.

“Whether it is swimming, biking, running or any other outdoor or indoor activity that keeps me physically motivated I always seek to challenge myself in a couple ways; mentally at work, physically at play,” he said.

For those interested in competing in triathlons, De la Cruz suggests looking online for resources to prepare and tailor a training regimen to fit one’s physical abilities and schedule.

NAVFAC Marianas Military Construction and Sus-

tainment, Renovation and Modernization

Manager, and Assistant Regional Engineer Alex Oviedo also suggests building up a good base of training when looking toward competing.

“Do a few sprint and Olympic-distance triathlons before attempting an Ironman,” he said. “I have been participating in triathlons for the past four years so I had a good base line going into this Ironman race.”

This past Ironman competition was Oviedo’s first. He finished 14th in his division and to prepare, he followed a rigorous training plan for four months, taking time to exercise six days a week.

“During the week I would swim, bike or run either early in the morning or in the evenings,” he said. “Sometimes I would run or bike to work. On weekend, I would do my long runs or long bike rides. Also whenever there was a triathlon race in town or a 5K, 10K or 15-20K race, I would do these and incorporate them as part of my training.”

Though his preparation was intense, Oviedo admitted that he was nervous and anxious when the competition came around.

“I didn’t want to fail,” he said. “There were 1,500 participants and the check-in and equipment (preparation) was stressful.”

However, his family’s presence helped calm his nerves and the event’s adrenaline rush motivated him.

“At the end of the race there was this great sense of accomplishment, satisfaction and relief,” he said. “It was over and I have done it. I’m an Ironman.”

Oviedo said that overall, keeping physically fit and engaging in healthy physical activity is not only good for the body, but also for the mind and carries positive effects throughout all areas of one’s life.

“Exercising and racing build qualities and attitudes that you can also use in your regular life, involving family, friends and work,” he said. “Overall, it makes you a better person.”

Top: Naval Facilities Engineering Command Marianas Military Construction and Sustainment, Renovation and Modernization Manager, and Assistant Regional Engineer Alex Oviedo stands proud next to his mountain bike in Asan Sept. 20. U.S. Navy photo by Shaina Marie Santos/Released



Above: Naval Facilities Engineering Command (NAVFAC) Far East Japan Facility Improvement Program Manager Joseph De la Cruz, left, and NAVFAC Marianas Military Construction and Sustainment, Renovation and Modernization Manager, and Assistant Regional Engineer Alex Oviedo, stand proudly after completing the Cobra Ironman 70.3 Triathlon race in Cebu, Philippines Aug. 5. De la Cruz, formerly of NAVFAC Marianas, and Oviedo, both trained rigorously for the event, building endurance and stamina to last throughout the competition. Photo courtesy of Alex Oviedo

MEMS celebrates Hispanic Heritage Month

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

Cmdr. William C. McCool Elementary and Middle School is learning about the 20 Spanish-speaking countries in the world to increase their awareness about Hispanic cultures.

"I think it is a good idea to celebrate the different cultural heritages of the different students that attend our school," said

Pauline Olsen-Basurto MEMS Spanish teacher.

Olsen-Basurto said it was especially good that MEMS is celebrating Hispanic Heritage Month because being here on Guam puts the focus on the Spanish language which was been spoken on the island for many years.

"I hope to tie into the curriculum of Spanish history on Guam and its influence on Chamorro culture and its connection to the present day," she said. "I want the students to understand that

there were 350 years of Spanish rule on this island and how that it relates to their own heritage."

Olsen-Basurto said her class has already worked on remembering the capitals and countries where Spanish is spoken, creating family trees and learning the difference of last of names in Spanish countries.

She said her students will work on Spanish grammar for the next two weeks and has activities focused on culture planned for the students throughout the month.

Another Spanish teacher at MEMS, Maria D. Hernandez, teaches 300 students in grades one through three.

"My students are learning about how to pronounce words for colors, shapes and family members in Español," she said. "They are also reciting the letters of the alphabet; they do canta (kan-TAH), (sing) songs and recite the days of the week and the months of the year, daily and all in Spanish."

Hernandez said the students are

learning about how many countries exist where Spanish is spoken.

She said depending on the age the students learn how to pronounce the name of the country and that the Spanish language originated from Spain.

The students will dress in outfits representing Mexico, Peru, Spain and Puerto Rico for the Hispanic Heritage Month Fair at the school Oct. 12.

The event will host booths for picture-taking, making tissue paper flowers, painting bark and a dress-up station where the children can try on traditional clothes from Latin countries.

The fair will also have a hair and make-up demonstration, a food tasting station that will offer algodón (ahl-goh-DOHN), or cotton candy, piraguas raspados (pee-RAH-guahs rah-spah-DOH), or shaved ice, and palomitas de maiz (pah-lo-mee-TAHS DE my-ihz), or popcorn, a musical presentation and dancing.

President Lyndon B. Johnson established Hispanic Heritage Week in 1968 and later President Ronald Reagan extended it to a month-long celebration from Sept. 15 to Oct. 15, to correspond with the independence of the five Latin American countries.

To learn more about NBG, visit www.cnic.navy.mil/guam.

For more news from U.S. Naval Forces, Marianas, visit www.navy.mil/local/guam/.



Celebrating Her: Cmdr. William C. McCool Elementary and Middle School (MEMS) Spanish teacher Maria Hernandez uses dolls to teach her students about Latin countries for Hispanic Heritage Month at the school in Santa Rita Sept. 26. Students from MEMS will celebrate Hispanic Heritage Month Sept. 15 to Oct. 15 by learning about the 20 Spanish speaking countries in the world. U.S. Navy photo by Mass Communication Specialist 2nd Class Jeremy Starr/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, 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. Col. Donnette Boyd
 36th Wing Chaplain

I finally love running! Despite the mental, physical and career benefits of running I've always hated running until now. Although I was on the track team in high school (many years ago) I was always somewhat of a reluctant track star. My events were the 200-meter and 400-meter singles and relay. It was tough and painful but I was pretty good at it because I was competitive. The 200 and 400 meter races required a combination of speed and endurance. I didn't have an abundance of either, just a combination of both. Anything longer than 400 meters was torture for me.

Then I joined the Air Force; which forced me to embrace distance running. I spent most of my career just getting by when it came to fitness. Now as I've gotten older and the Air Force has gotten tougher and leaner, I've embraced running and other forms of fitness, as a way of life.

What makes my workout so

100-yard sprint or 25-mile marathon?

much fun now? I changed my routine by running for 30 minutes at a time. I've increased the pace slightly with each workout and sprint as hard as I can for the last two minutes. The tangible goals, coupled with some upbeat music, seem to have made running more of a fitness challenge rather than a painful routine. The goal of an excellent fitness score coupled with the desire to stay off of blood pressure medicine is the finish line—not to mention the desire to lose a few pounds.

The goal for running isn't just finishing the race; pace matters too. If you finish your six laps around the track but take 20 minutes to do

it, you'll fail your physical fitness test. You have to start off with a reasonable amount of speed and pace each lap to allow yourself time to finish with good results.

There are numerous scriptures that compare running with our spiritual journey; Isaiah 40:31, Jeremiah 12:5, 1 Corinthians 9:24-27, Galatians 2:2, Hebrews 12:1-3. The difference between a natural race and our spiritual race is that we don't know what type of race we are running until we've reached the finish line. Therefore, some run their race as if they have all the time in the world, not discerning how far they have to go or how many hurdles they'll need to clear



before they reach their goal. Others take off with all their strength, get out of breath and end up walking or leaving the track, not knowing that the finish line was only a few yards away. There's no way to determine the length of your race, you only know how fast you can go. You're not racing against other people; your race is against time. (Ecclesiastes 9:11) You are your only opponent.

Run your race like a relay. Each day is a separate leg of your race. Whether it's your first heat or your last, give it as much as you can without burning yourself out. Make sure you catch your breath and maintain your proper nourishment so you can run again another day.

When the apostle Paul saw the finish line approaching him, he wrote, "I have fought the good fight, I have finished the race, I have kept the faith." (2 Timothy 4:7)

May we all keep the faith and finish the race. The same prize awaits everyone who chooses to join the race and keep running.

Warrior 10 a perfect 10

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

Charles King Fitness Center (CKFC) completed the Warrior 10 challenge Sept. 28 where athletes put themselves through 10 extraneous exercises to become the best.

Ana Longa, CKFC fitness instructor, said though participation was low at the beginning, interest picked up as more people learned of the event.

"It's been good," Longa said. "First it started kind of slow and we thought no one would show but then it picked up when the board was out showing the results and everyone's like 'Well maybe I want to do this.'"

Logistics Specialist 2nd Class Vince Edwards of Explosive Ordnance Disposal Mobile Unit (EODMU) 5 Det. Marianas, said he started late but hoped to stay competitive.

"I signed up today," he said. "It's good fun and I like the competition. It definitely was a challenge."

Hospital Corpsman 2nd Class Eric Neal, of U.S. Naval Hospital Guam, explained how he managed to place second in the male

category.

"You want to go hard and fast as you possibly can and expend all your energy," he said. "But you can't quit until you finish. The plank is very tough but if you knock it early you can get through it before your body tires."

CKFC personal trainer, Brandon Muna, said the challenge put the participants' bodies through some good stress.

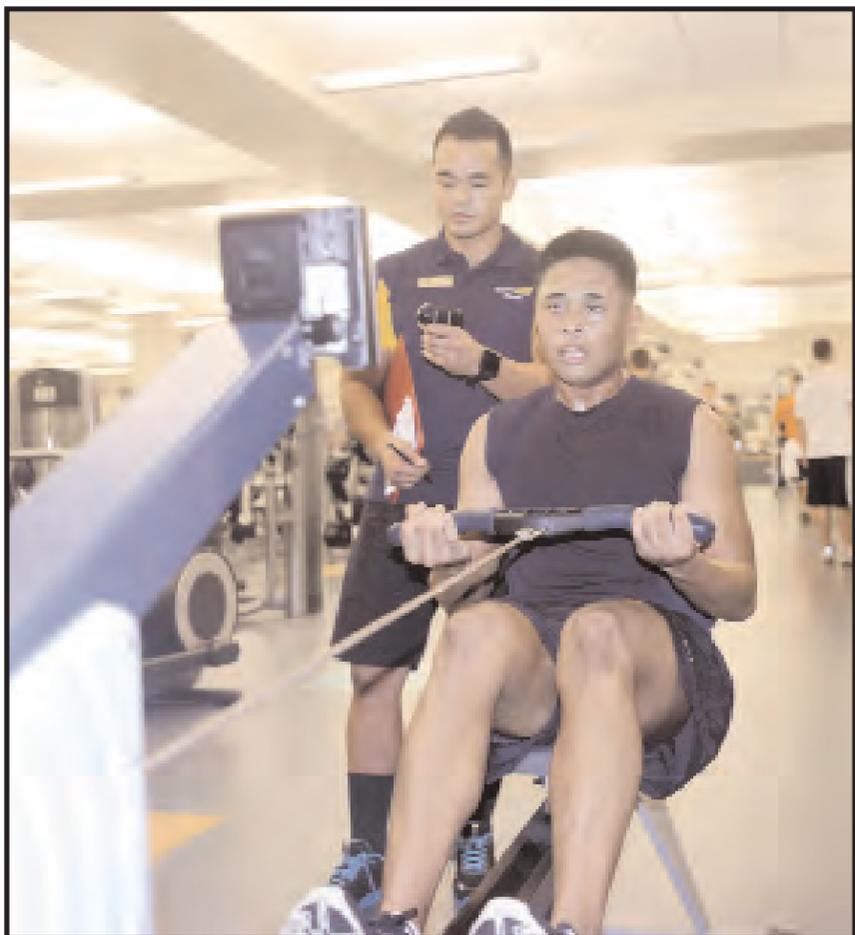
"This definitely increases your cardiovascular system," Muna said. "You're definitely going to be tested in all levels not just one body group. It's not just muscular strength it's also muscular endurance. That's the good thing about the event."

The competition ended with 10 male competitors and six female.

Alan Moiles took first place with a time of 26:09 and second place went to Eric Neal at 27:28.

Nicole Tainatongo placed first in the female divisions with a time of 25:54 and second place Gina Glass finished at 29:09.

First-place winners received \$50-dollar gift certificates and second place received \$25-dollar gift certificates.



Pull: Brandon Muna, Charles King Fitness Center instructor, monitors a participant of the Warrior 10 competition at the facility on U.S. Naval Base Guam. The athletes put their bodies through 10 exercises that tested their muscular strength and endurance. U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert/Released

NBG, Andersen teams paddle in honor of 9/11

Special Tribute: Members from U.S. Naval Base Guam Fire and Emergency Services paddle to the finish line during the Second Annual Guam Dragonboat Race in Tumon Sept. 15. Government of Guam and military firefighters, medics and law enforcement officers came together for the event to honor the lives of comrades lost during the 9/11 attacks. Photo courtesy of Edward San Nicolas



Traditional Island Blessing: The Pa'a Tao Tano, a non-profit cultural organization on Guam, gives the opening blessings during the 2012 Second Annual 9/11 Commemorative Dragon Boat Race at Matapang Beach in Tumon Sept. 22. This year's boat race had 10-person teams including the Guam Police Department, Andersen Air Force Base (AFB) and deployed-in Kadena AFB Fire Department Airmen, Guam Fire Department, Guam National Guard, U.S. Naval Base Guam Fire Department, Navy Tag Five and the Haggan Outrigger Canoe Club. The dragon boat race consisted of eight separate heats competing for time, with the Guam Police Department taking the overall win with 2:12.63 seconds. U.S. Air Force photo by Staff Sgt. Alexandre Montes/Released



All Together Now: Members of Team Andersen and their families participate in a foreign object debris walk after the monthly wing run on Andersen Air Force Base Sept. 28. This month's wing run was approximately 3.5 miles and was followed by a FOD walk on the flightline. These events are held to emphasize physical fitness and esprit de corps throughout the Team Andersen community. U.S. Air Force photo by Staff Sgt. Alexandre Montes/Released

36th Wing Run, FOD walk takes off



Clear Skies: Members of Team Andersen and their families participate in a foreign object debris walk after the monthly wing run on Andersen Air Force Base Sept. 28. U.S. Air Force photo by Staff Sgt. Alexandre Montes/Released

Calling all golfers: Celebrate Navy birthday at ANGC

By JoAnna Delfin
Joint Region Edge Staff

In commemoration of the Navy's 237th birthday, the Admiral Nimitz Golf Course (ANGC) in Barrigada will host a golf tournament Oct 12.

Paul Vasquez, ANCG PGA general manager, said the event is open to the public.

"It'll be a fun event to celebrate the birthday of the Navy," he said. "We're just hoping everyone comes out and has a good time."

The format for the event is a two-person team, select shot/scramble-peoria system. Showtime is noon and shotgun is at 1 p.m.

Pricing is as follows:

- E1-E5: \$35 per player
- E6 and above, and retirees: \$40 per player
- Civilians: \$45 per player

The one-time fee includes green fee, cart fee and food. There will be prizes following the event for the longest drive and closest to the hole.

The registration deadline is noon, Oct. 11. To register or for more information, call 344-5838.

Teeing Off: An Andersen Air Force Base service member drives his shot fair during th USO Golf tournament May 12. In commemoration of the Navy's 237th birthday, the Admiral Nimitz Golf Course in Barrigada will host a golf tournament Oct 12. Joint Region Edge file photo

