

# JOINT REGION EDGE

Volume II No. 11

Friday, March 26, 2010



## Arctic warriors train in tropics



By Staff Sgt. Derrick Spencer  
36th Wing Public Affairs

It's been more than a year since the initial arrival of the F-22A Raptors from Elmendorf Air Force Base, Alaska.

Airman from the 90th Expeditionary Fighter Squadron (EFS) have deployed to Andersen Air Force Base three times in the last 18 months as part of U.S. Pacific Command's Theatre Security Package.

The rotation of the F-22's from Alaska are not deployed in response to any specific situation in the Western Pacific, but to show the capabilities of the Air Force's newest fighter.

Refueling: Two U.S. Air Force F-22 Raptors assigned to the 90th Fighter Squadron, Elmendorf Air Force Base, Alaska, approach a KC-135 Stratotanker assigned to the 465 Air Refueling Squadron, Tinker AFB, Okla., near Guam, Feb. 17. (U.S. Air Force photo by Staff Sgt. Andy M. Kin)

er being able to move from its normal operational location with a global reach mindset.

"Supporting PACOM priorities by forward-deploying Elmendorf arctic warriors to Anderson illustrates both the F-22's flexibility and the U.S. Air Forces' commitment to the joint fight," said Lt. Col. Orlando Sanchez, 90th EFS commander. "The 'Dice-men' are proud to be able to join our sister services and partners in the security of the region."

Years ago Andersen Air Force Base was known as a relative quiet base with a smaller mission, but with the constant rotation of the bomber presence and now the theater security package, the most strategically-placed base in the Pacific now has the most sophisticated fighter aircraft in the world.

"Deploying the F-22 to Anderson demonstrates our nations commitment to stability in the region

See F-22s, page 11

## U.S. Fleet Forces hold Solid Curtain/Citadel Shield '10

By U.S. Fleet Forces Command Public Affairs

Navy shore installations and activities in the continental United States, Hawaii and Guam participated in Exercise Solid Curtain-Citadel Shield '10 (SC/CS-10), an annual security training exercise coordinated by U.S. Fleet Forces Command (USFF) from March 22-26.

The weeklong security exercise is the largest anti-terrorism/force protection (AT/FP) exercise conducted nationwide. It is designed to enhance the training and readiness of Naval Security Force personnel to respond to threats to installations and units, leveraging all processes security forces would implement in the event of an actual emergency.

"Instead of having numerous smaller exercises, Exercise Solid Curtain/Citadel Shield is a single, large, integrated exercise that accurately emulates what may happen in the real world," said Capt. Sam A. McCormick, USFF

director for Fleet Anti-Terrorism.

As the Navy component for U.S. Northern Command (NORTHCOM), USFF will also use SC/CS-10 to enhance their ability to support NORTHCOM's Homeland Defense mission.

"Solid Curtain is mainly an operational-level training event, while Citadel Shield, conducted by Commander, Naval Installation Command, will provide advance guidance for personnel involved with the individual field training exercises," said McCormick.

SC/CS-10 consisted of more than 250 individual training events across the country, each designed to test different regional AT/FP operations. Scenarios ranged from events such as recognizing and countering base surveillance operations, to higher-tempo and active simulated emergencies such as small boat attacks on waterfront bases and cyber attacks on installations.

See EXERCISE, page 11



Intercept: U.S. Coast Guard Sector Guam personnel participate in boat intercept training, as part of Solid Curtain/Citadel Shield '10 March 24 in Apra Harbor, Guam. The weeklong security exercise is the largest anti-terrorism/force protection (AT/FP) exercise conducted nationwide. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

### INSIDE

- MSRON 7 hosts NJROTC, page 5
- Heartlink orientation helps spouses make a difference, page 8



### Retirement Option

New option available for retiring Airmen

SEE PAGE 3



### Month of the Military Child

Guam celebrates military children and their sacrifices.

SEE PAGE 7



### Top Performer

GM3 Perez

PAGE 7

# F-22s: Aircraft maintain regional stability

Continued from Page 1

and our commitment to our strategic partners," Sanchez said.

Shrinking the tyranny of distance, The "Dice-men" of the 90th EFS fly the F-22 on missions over Asia-Pacific with the thought in mind that the aircraft can be anywhere in the Pacific in a matter of hours. Joint exercises, and live bomb training gives the 90th pilots valuable training to ensure they stay vigilant and they keep the Raptor air dominate.

"The training opportunities available at Andersen are incredible, and

the beautiful weather allows us to maximize our fuel to accomplish our training objectives in the local airspace," said Maj. Andrew Shurtliff, 90th EFS deployment project officer. "Having a variety of aircraft units deployed to Andersen allows us to train to missions at a level not always possible in Alaska."

Moving Alaskan fighters to a tropical location does pose challenges, but the move proves how important the readiness and the reposition of forces are to the security of the United States.



In Flight: A U.S. Air Force F-22 Raptor assigned to the 90th Fighter Squadron, Elmendorf Air Force Base, Alaska, flies near Guam, Feb. 17. (U.S. Air Force photo by Staff Sgt. Andy M. Kin)



Above: Two U.S. Air Force F-22 Raptors assigned to the 90th Fighter Squadron, Elmendorf Air Force Base, Alaska, approach a KC-135 Stratotanker assigned to the 465 Air Refueling Squadron, Tinker AFB, Okla., near Guam, Feb. 17. (U.S. Air Force photo by Staff Sgt. Andy M. Kin)

Left: A U.S. Air Force F-22 Raptor assigned to the 90th Fighter Squadron, Elmendorf Air Force Base, Alaska, receives fuel from a KC-135 Stratotanker assigned to the 465 Air Refueling Squadron, Tinker AFB, Okla., near Guam, Feb. 17. (U.S. Air Force photo by Staff Sgt. Andy M. Kin)



## Exercise: Security strengthens AT/FP skills

Continued from Page 1

"We are really focusing on the land-sea interface at the waterfront, as well as active shooter scenarios, in light of the incident at Ft. Hood," said McCormick.

Many communication tools were used to keep base personnel informed about exercise security situations. Computer network alert systems distributed messages to office computers and the "giant voice system" was used to immediately alert people base-wide. The giant voice system is an outdoor intercom loud enough to alert anyone outside on base of a potential threat.

During the exercise, assessors collected information and relayed that data to decision makers to improve AT/FP practices and procedures in the future.

"We will have assessors here on

the battle watch floor and threat working groups to look for any inconsistencies in the reporting processes and procedures," said McCormick. "This feedback will enable us, in a training environment in a realistic scenario, to address issues that will make us more ready and prepared for any actual event."

Suspect: Master-at-Arms 3rd Class Barbosa-Deas, left, and Police Officer Frank Nededog, right, both from U.S. Naval Base Guam Security, restrain Robert Sajnovsky, center, staff officer in charge of operations for U.S. Coast Guard Auxiliary Flotilla Guam, as Sajnovsky roleplays a suspected terrorist during Exercise Solid Curtain/Citadel Shield '10 at Sumay Cove Marina March 24. (U.S. Navy photo by Jesse Leon Guerrero)



# A-10 Thunderbolts arrive on Andersen AFB



Landing: An A-10 Thunderbolt, assigned to the 25th Fighter Squadron (FS) at Osan Air Base, prepares to land on Andersen Air Force Base March 16. The 25 FS is a dual qualified A/OA-10 squadron and the premier close air support fighter squadron on the Korean Peninsula today. The A-10 has excellent maneuverability at low air speeds and altitude, and is a highly accurate weapons-delivery platform. Andersen's two runways are capable of handling all aircraft in the Department of Defense inventory. (U.S. Air Force photo by Airman 1st Class Julian North)

## U.S. Naval Base Guam Fuel Farm gets new generator facility

By Mass Communication  
Specialist 2nd Class (SW) Peter Lewis  
Joint Region Edge Staff  
peter.lewis1@fe.navy.mil

U.S. Naval Base Guam (NBG) Fuel Farm Division held a ribbon-cutting ceremony at the Tenjo Vista Tank Farm to celebrate the construction of a new generator facility March 23.

The \$668,800 project was funded by Defense Logistics Agency (DLA) as an unfunded military construction project. The contract was awarded on March 19, 2009, with work commencing on Sept. 21, 2009, and a completion date set for March 31. U.S. Naval Facilities Engineering Command Marianas provided engineering, contracting and construction oversight.

Tenjo Vista Tank Farm houses thousands of gallons of F-76 military diesel fuel, which is used by ocean-going vessels. The facility has been in service since the 1950s.

According to Joe Quinata, NBG Fuel Farm Division manager, the 650-kilowatt Kohler generator will provide a complete backup supply for the Tenjo Vista fuel-pumping facility.

"The project will enable our facility to operate our pumps and maintain our power needs during both scheduled and unscheduled power outages," Quinata said. "Back in the days when brown- and blackouts were quite frequent, it was a situation that would have prevented us from being able to support our operations and customers."

Cmdr. Kevin Gillam, NBG executive officer, said the facility is especially important since Guam is vulnerable to natural disasters.

"Being in an area where we may be prone to natural disasters, the capabilities that this generator will bring to the Fuels Division and the Navy is particularly crucial," Gillam said. "In the event of unplanned power outages, typhoons, tsunamis, tropical storms, earthquakes and other disasters, we will be able to



Refueling: Capt. Michael Uva, left, commanding officer of Fleet and Industrial Supply Center Detachment Marianas, and Cmdr. Kevin Gillam, second from right, executive officer of U.S. Naval Base Guam (NBG), lead a ribbon-cutting ceremony for the newly constructed emergency generator project at the Tenjo Vista Tank Farm on Guam March 23. From left: Uva; Annie Pagulayan, senior project manager for GPPC Inc.; Tony Fox, engineering technician for U.S. Naval Facilities Engineering Command Marianas; Lt. j.g. Gale White, staff chaplain for NBG; Gillam; and Joe Quinata, NBG Fuel Farm Division manager. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

continue to provide fuel to our customers." Work on the generator facility is approximately 95 percent complete. NBG Fuel Farm Division will start and test the generator on

March 29 during a commissioning ceremony. The mission of Naval Base Guam is to support the U.S. Pacific Fleet and other operating forces operating from, serviced by or

supplied through Guam; support the fighters based on Guam or attached to the tenant commands; and to support the families of Sailors stationed in Guam.

# Perez leads the way for NMC EAD Guam

By Mass Communication Specialist 2nd Class (SW) Peter Lewis

Joint Region Edge Staff  
peter.lewis1@fe.navy.mil

Since enlisting in the Navy more than two years ago, Gunner's Mate 3rd Class Camille Perez, of Navy Munitions Command East Asia Division (NMC EAD) Guam, has continued to set a positive example at her command.

Perez said she joined the Navy in order to help maintain the American way of life and the liberties we enjoy as a free nation.

"I believe that freedom is very important and I want my family and friends and future generations to be able to have the same freedoms that we currently enjoy," Perez said. "I also wanted to do something to help protect my family and fellow Americans, and being a Sailor allows me to do all of that."

Perez said she lucked into her rate and she hasn't looked back since.

"I didn't really know what a (gunner's mate) did when I chose the rate. I kind of just closed my eyes and pointed and got lucky," Perez said with a laugh and a smile. "I like working with my hands and learning about different types of missiles and ammunition. So I guess everything worked out for the best."

Perez's command is divided into two camps, one working with missiles, the other with mines. Along with her fellow gunner's mates on the missile side of the house, Perez helps to secure, test, load and unload missiles from ships and boats.

"I'm fully qualified on the missile side and am working on getting my

quals done for mines," Perez said. "I really enjoy moving missiles using the forklift!"

Perez added that she greatly enjoys the opportunities the Navy has presented her, with which she may not have been afforded if she had chosen a different career path.

"I like the diversity of the Navy. I constantly get to meet new people and learn from others' experiences," Perez said. "I love the travel and the ability to see new places. Without the Navy I would not be able to see all that I have seen in the past few years."

According to her command, Perez exhibits the qualities of a superior Sailor, such as a willingness to take on additional responsibilities and roles that would normally be attributed to someone of higher rank. These qualities were crucial in her being selected as Blue Jacket of the Quarter for fourth quarter 2009 and Blue Jacket of the Year (BJOY) 2009 for her command, NMC EAD Guam, as well as BJOY 2009 for her region NMC EAD.

"Perez is the kind of Sailor that every supervisor wants working for them," said Aviation Ordnanceman 1st Class (AW) Michael S. Tillman, Perez's supervisor. "She finishes her work and qualifications efficiently and ahead of time, volunteers her off-duty time, takes on collateral duties, and works on personal education. What more could you hope for in a Sailor?"

Perez said she enjoys helping out fellow Sailors and working in the community.

"I try to do my best and help however I can, whether it's by getting as many quals as I can or by being a



Top Performer: Gunner's Mate 3rd Class Camille Perez, of Navy Munitions Command East Asia Division (NMC EAD) Guam, lies under a missile case while performing a missile continuity test on the Ordnance Annex of U.S. Naval Base Guam March 19. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

Sexual Assault Victim Intervention advocate," Perez said. "I am currently working with our sister school to set up a Big Brothers/Big Sisters program, and I assist with teaching the kids to play different sports. Helping others is just what comes naturally."

Perez said her motivation to perform beyond what is expected of her comes from growing up in a positive and extremely caring family environment.

"My role models are my parents

for all they do within the community and all they did to provide me and my brother with a good life, and also my godmother," Perez said. "She is a fighter and has battled cancer a few times but still holds a positive attitude when looking at her life and at challenges that are coming to her. That has always inspired me."

Additionally, Perez said she was happy to follow in the footsteps of others in her family who had the opportunity to serve their country.

"Both of my grandfathers were in the military, one Navy and one Army," Perez said. "I have an aunt who served in the military and a cousin who is stationed in San Diego right now. I am proud of what we've done for our country."

When asked what she thought others could do to help them achieve superior performance, Perez had a simple answer.

"Be nice, do your best and ask for help when you need it," Perez said. "It works for me."

## New process available for selecting retirement option

From Air Force Personnel Center Public Affairs

Officers and enlisted Airmen reaching 15 years of active-duty service will have new procedures in place beginning April 1 to accept enrollment in the Redux retirement plan.

Airmen will receive an electronic notification of their eligibility for the High-3 Choice retirement plan that allows members to choose a \$30,000 career status bonus in

exchange for lower retirement pay under Redux.

The notification will inform Airmen of their option to elect CSB, advise them on how to accept the bonus, and instruct them on how to initiate the payment request.

Members who do not respond to the notification will automatically revert to the High-3 retirement plan.

"A relatively low interest in the CSB led to the change in the notification and election process," said Col. William Foote, director of per-

sonnel services at the Air Force Personnel Center here. "Streamlining this procedure reduces the strain of paperwork for Airmen and returns valuable time back to members, commanders and support staffs."

Ann Lacey, an AFPC retirement procedures specialist, explained that all members were previously required to initiate a CSB election whether they desired the bonus or not, requiring all eligible Airmen to complete a DD Form 2839, Career Status Bonus Election, and com-

manders to review their records. However, only a little more than 20 percent of Airmen were electing the bonus.

"These changes are going to greatly reduce the workload for all parties involved in the CSB process," she said.

The change eliminates the need to complete the form for members who do not wish to elect the CSB after notification has been acknowledged, thereby saving Airmen and their units time by reducing paperwork.

The Redux retirement plan affects members initially entering the military or uniformed service Aug. 1, 1986, or later. Redux is one of three retirements plans in effect based on an Airmen's date of initial entry to the uniformed service and currently applies to more than 92 percent of the active force.

For information about CSB visit and type "Career Status Bonus" or "Redux" into the search engine, or call the Total Force Service Center at (800) 525-0102.

Joint Region Edge is an authorized publication for overseas members of the U.S. military and their families. Contents of this publication are not necessarily the official views of, or endorsed by the U.S. Government, the Department of Defense, or Guam Publications, Inc. The appearance of advertising in the publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, Commander, Joint Region Marianas of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. Joint Region Edge is published by Guam Publications, Inc., a private firm in no way connected with the Department of Defense, the U.S. Navy, or the U.S. Air Force, under exclusive contract with the Commander, Navy Region Marianas, located in Bldg. 3190. Editorial materials due at noon on the Thursday before publication date. All classified advertise-

ments are due no later than 3 p.m. on the Tuesday the week prior to publication. Joint Region Edge reserves the right to edit, rewrite or reject material submitted for publication.

Rear Adm. Douglass T. Biesel, USN, Commander, Joint Region Marianas

Brig. Gen. Phil Ruhlman, USAF Deputy Commander, Joint Region Marianas

Joint Region Marianas Public Affairs

Lt. Jodie Cornell, USN, Public Affairs Officer 339-4055 jodie.cornell@fe.navy.mil

Coleen R. San Nicolas-Perez Deputy Public Affairs Officer 339-3209 coleen.perez@fe.navy.mil

Theresa Merto Cepeda Public Affairs Director, DZSP 21 LLC 339-6114 theresa.cepeda@fe.navy.mil

James Fee Editor james.fee.cr@fe.navy.mil 339-7113

Reporters Mass Communication Specialist 2nd Class (SW) Peter Lewis 339-4476 peterlewis1@fe.navy.mil

Mass Communication Specialist 2nd Class (SW) Corwin Colbert 339-4376 corwin.colbert@fe.navy.mil

Jesse Leon Guerrero 339-5207 jesse.leonguere.cr@fe.navy.mil

Oyaol Ngrairitkd 339-2115 oyaol.ngrairitkd@fe.navy.mil

Photographers Reynaldo Rabara 339-8423 reynaldo.rabara@fe.navy.mil

Raymond Torres 339-8423 raymond.torres@fe.navy.mil

Write to us at: Joint Region Marianas Public Affairs Office PSC 455 Box 152, FPO AP 96540

36th Wing Public Affairs

Capt. Timothy Lundberg Chief of Public Affairs 366-4202

Capt. Andrew Hoskinson Deputy Public Affairs Officer 366-2228

Reporters Tech Sgt. Mike Andriacco 366-2228

Staff Sgt. Jamie Lessard 366-4202

Senior Airman Shane Dunaway 366-2228

Senior Airman Isaac Garden 366-2228

Senior Airman Nichelle Anderson 366-2228

Senior Airman Vanessa Fuentes 366-2228

Airman 1st Class Courtney Witt 366-2228

Airman 1st Class Jeffrey Schultze 366-2228

Airman 1st Class Julian North 366-2228

# Navy announces plan to 'can' paper leave chits

By Mass Communication Specialist (SW) Maria Yager  
Navy Personnel Command Public Affairs

The Navy announced plans March 22, to begin phasing out traditional paper leave chits, replacing them with a new electronic leave request system.

The new system, called Self-Service Electronic Leave (E-Leave) is

a Web-based program that Sailors can access through their Electronic Service Record.

Processing leave requests accounts for 21.6 percent of all pay transactions submitted each year, according to NAVADMIN 103/10. E-leave is projected to provide significant savings in man-hours and processing time and serves as a more convenient option for Sailors.

The new method allows Sailors

to electronically route leave chits through the chain of command for approval. It automates the command's leave control log and ensures pay and entitlements are properly credited.

"It will make it a lot easier to route the chit and I won't have to worry about my personal information sitting in an inbox on somebody's desk where it may get lost or misplaced," said Senior Chief Yeoman (AW)

Theresa Bell, assigned to Navy Personnel Command.

Shore-based implementation of E-Leave is scheduled to begin in August. An afloat version will be phased in over the next 24 months as shipboard Navy Standard Integrated Personnel System (NSIPS) servers are upgraded.

Sailors who have not yet established a Self-Service ESR can create an account at <https://nsips.mci.navy.mil> or on the NSIPS server on board ship.

NAVADMIN 043/09 announced the requirement for all active-duty and Reserve personnel to establish and maintain a Self-Service ESR as the Navy phases out paper service records.

For more news from Navy Personnel Command, visit [www.navy.mil/local/npc/](http://www.navy.mil/local/npc/).

# NBG bike lanes promote fitness, safety and energy efficiency

By Oyaol Ngirairikl

Joint Region Edge Staff  
oyaol.ngirairikl@fe.navy.mil

The recently created bike lanes on U.S. Naval Base Guam (NBG) promote fitness, safety and energy efficiency.

Jay Lach, a Naval Facilities Engineering Command (NAVFAC) Marianas architect, said the bike lanes, built at a total cost of \$1 million, were installed in three phases beginning December with the last of the projects completed in January.

"When I was assigned the project it was my understanding that the reasoning behind it was threefold," Lach said. "A major factor for doing the bike lanes is safety, which is

a priority for the Navy. Without the bike lanes, bicyclists are sharing the road with cars and trucks, so safety is a primary issue."

Lach said the other two factors that led to the creation of the bike lanes was quality of life and energy conservation.

"With the bike lanes we are providing recreational facilities for the troops. It encourages them to get out there and work out in a safe environment," Lach said.

Stacey Neill, a Navy Morale, Welfare and Recreation fitness assistant, said the bike lanes encourage people to get on their bikes.

"The weather is so beautiful on Guam, and for our Navy community it's a great opportunity for people

to hop on their bikes and ride to work, especially if they live on base," she said.

Senior Chief Master-at-Arms (SW) Derrick Cote, U.S. Naval Base Guam Security operations officer, agreed with Neill and Lach.

"It's reassuring for bicyclists on the installation because they have the lanes clearly designated for them and the signs increase motorists' awareness of others using the road," Cote said.

Kevin Evans, Joint Region Marianas energy manager, said by encouraging safety for bicyclists, the bike lanes also support energy efficiency, which is a priority for the Department of Navy and Department of Defense.

"The more people use bicycles, the less single occupancy vehicles are on the road, and one of the Secretary of the Navy's goals is for us to reduce petroleum usage in our fleets by 50 percent by 2025," he said.

Evans said the bike lanes also compliment NAVFAC Marianas' efforts to build facilities that meet the U.S. Green Building Council Leadership in Energy and Environment Design (LEED) standards.

"We also have bicycle racks at the barracks and that earns us points with LEED gold certification," he said.

To achieve LEED gold certification, the architect and contractor must work to install eco-friendly el-

ements that will minimize adverse impact to the environment.

In the last few years, NAVFAC Marianas has adopted eco-conscious standards for new buildings and renovations of old buildings. NAVFAC Marianas mandates energy-efficient lighting fixtures and household appliances are used and that construction design and materials minimize impact to air and water environment.

"That's what we're striving for — a culture of energy conservation, recycling and overall reducing our carbon footprint," he said. "So we reduce the number of vehicles on the road and the amount of carbon monoxide going into the air, we're reducing fuel consumption and we have a healthier workforce."

## News Notes

### Job Announcements

Interested individuals can view the vacancy listings at <https://www.cnic.navy.mil/Marianas/index.htm> or at <https://chart.donhr.navy.mil>. For more information, call 339-4222/6210.

Joint Region Marianas, Guam  
Financial Management Analyst, closes March 27  
Human Resources Specialist

Naval Base Guam  
Firefighter, closes March 28

Naval Hospital, Guam  
Secretary (OA), closes April 1  
Nurse (clinical)

NAVFAC Marianas, Guam  
Gardener, closes March 29  
Carpenter, closes March 31  
Contract Specialist, closes March 31

Employment Opportunities  
Looking for a part time job? 36th Force Support Squadron offers multiple employment opportunities. Current job vacancies and job descriptions within 36th Services are available online at [www.36thservices.com](http://www.36thservices.com) by clicking on HRO jobs. For more information, visit the Human Resources Office (HRO) or call 366-6141.

NBG Main Gate Reopens March 26  
The main gate of U.S. Naval Base Guam (NBG) will reopen March 26 at 5 a.m. for authorized motorists.

Construction on the front gate has been completed and access to NBG will resume around-the-clock through this gate.

The hours at the back gate to NBG will return to 5:30-8:30a.m. and 3:30-5:30 p.m.

The X-Ray Wharf gate, opened temporarily for the construction, will be closed to normal traffic.

For more information, contact the U.S. Naval Base Guam Public Affairs Office at (671) 339-2663.

### Women's History Month

"Writing Women Back into History" is the theme for Women's History Month, March 2010. The Guam Veterans Center, U.S. Department of Veterans Affairs is seeking information and photographs of women from Guam who have or are currently serving in the U.S. Military and who are interested in documenting their stories. The month's celebration will include a Women Veterans Conference on March 26 at the Outrigger Guam Resort. All interested parties are invited to contact Cathy Illarmo at the Guam Veterans Center for information at 472-7161.

Annual Air Force Chess Tournament  
The HotSpot will host the annual Base Chess Tournament March 27, 9 a.m. in the HotSpot gym. The tournament will have two age groups: Youth, ages 6-18, and Adults. If the winner is an active-duty service member, he or she may be

eligible to compete in the Air Force Chess Tournament in May at Wright-Patterson Air Force Base, in Ohio. Sign up at the HotSpot, or call 366-2339 for more information.

### 2010 Navy Chess Team

Applications are now being accepted for the 2010 Navy Chess Team through April 23. Interested active-duty personnel in the U.S. Navy, U.S. Coast Guard or U.S. Public Health Service may apply. All applicants must be U.S. Chess Federation (USCF) member in good standing with an established USCF rating. Additional eligibility requirements and the team applications are available on the Navy Chess Web site at <http://www.mwr.navy.mil/mwrprgms/chess.htm>. The top 12 applicants will be invited to the Navy Chess Qualifier, June 11-13 at Naval Support Activity South Potomac in Dahlgren, Virginia, to compete for a spot on the six-man Navy Chess Team. Navy Chess Team members will advance to the Interservice Chess Championships at Naval Station Great Lakes, Aug. 2-6. At least one Navy player will advance from there to the NATO Chess Championships in Koege, Denmark, Oct. 18-22.

### Air Force Teen Aviation Camp

The 2010 Air Force Teen Aviation Camp will be held June 5-10 at the Air Force Academy in Colorado Springs, Colo. This camp features a residential 6-day program which provides youth a glimpse of what Cadets attending the U.S. Air Force Academy experience. Teens interested in aviation and leadership and who are sophomores or juniors

in the fall of 2010 are eligible to apply. Applications are available at the Youth Center and must be received by Headquarters Services no later than April 2. For more information, contact Maryvel Jones at 366-3490.

### My Air Force Life Video Competition

Create a "My Air Force Life" video short and you could win a 2009 Apple computer with iWorks pre-loaded and a Panasonic HDC-HS250K video camera. Total prize package is valued at \$2,000. Just submit a short video (maximum of 60 seconds) on either of these themes: "What Your Air Force Life Means to You," or "Air Force is a Great Place to Live, Work, & Play." There are two categories of competition: youth, ages 12-17, and adult, ages 18 and up. Entry deadline is April 4. Go to [www.MyAirForceLife.com](http://www.MyAirForceLife.com) for all necessary information regarding this competition.

### Family & Teen Talent Contest

Andersen Air Force Base (AFB) will host the annual Family & Teen Talent Contest April 10, 9 a.m.-noon at the Andersen AFB base theater. This contest is open to all types of music and acts, solos and groups, from families to youth, ages 6-18. Sign up soon at either the Youth or Teen Center, or call 366-3491 or 366-2339 for more information.

### CORRECTION

The Andersen Air Force Base Easter Egg Hunt and Carnival will be held at the Youth Center grounds.

Other information was published in the March 19 Joint Community Calendar.

# MSRON 7 hosts NJROTC for training

By Mass Communication Specialist 2nd Class (SW)

Peter Lewis

Joint Region Edge Staff  
peter.lewis1@fe.navy.mil

Maritime Expeditionary Security Squadron (MSRON) 7 Sailors treated Naval Junior Reserve Officers Training Corps (NJROTC) students from Father Duenas Memorial School to two days of small boat training March 16-17.

NJROTC cadets had the opportunity to utilize MSRON 7's boat training simulator to replicate an at-sea firefight. The simulator consists of a boat mounted on hydraulics surrounded by programmable screens to create an illusion of being at sea. The riders were given laser-activated "weapons" to shoot at on-screen targets.

"I thought the boat simulator was the coolest. Using the guns to fire at the ships was awesome!" said Victor San Gil, who has been with the NJROTC for three years. "I plan to join the Navy when I finish school and I look forward to doing things like this for real."

The cadets were also taken for a tour of Sumay Cove Marina. Before they cast off, a safety brief was held.

"It was so cool going out on the boat," said Matt Bordallo, a first-year cadet. "I've never been on a real military boat before."

Engineman 1st Class (SW) Willie Robinson, the event coordinator,

said the event was an example of how MSRON 7 strives to establish a strong rapport with the local community and to have a positive influence on the lives of local children.

"We get the kids out here to show them what it is we do in the Navy and to show them that they have options in their future," Robinson said. "On Guam, the military and the locals have a truly intertwined relationship, and to keep that relationship strong, we need to stay active with the community, especially with kids."

Retired Navy Command Master Chief Valentino Separa, now the school's NJROTC senior naval science instructor, said this interaction between the cadets and Sailors gives the kids hands-on experience with the Navy that cannot be gained through books or drills.

"Exposure to upstanding Sailors has played a crucial part in guiding these kids down a good path," Separa said. "Whether they decide to serve in the military or not, they are having a once-in-a-lifetime experience that will ultimately have a positive impact on their lives."

At the end of the day's events, MSRON 7 held an awards ceremony to present the cadets with sea service ribbons. Cmdr. Bryon Johnson, commanding officer of MSRON 7, said the command was happy to teach the cadets and looked forward to working with them in the future.

"It is an honor to have the opportunity to affect the next generation



Salute: Raymart Pontemayor, of Father Duenas Memorial School's Navy Junior Reserve Officers Training Corps (NJROTC), salutes Cmdr. Bryon Johnson, commanding officer, Maritime Expeditionary Security Squadron (MSRON) 7, during an awards ceremony, March 16. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

of citizens, and, hopefully, the next generation of Sailors," Johnson said. "I am glad that we could do a small part to promote a sense of family between our command and the com-

munities of Guam."

MSRON 7 provides rapidly deployable forces to conduct or support anti-terrorism and force protection missions. MSRON 7 promotes

the maritime strategy by providing security for American citizens through the application of sea power and by strengthening partnerships with allied nations.

## Seabee project to support power when completed

By Jesse Leon Guerrero

Joint Region Edge Staff  
jesse.leonguerre\_ctr@fe.navy.mil

Naval Mobile Construction Battalion (NMCB) 1 Seabees are nearing completion of a construction project at the Potts Junction high-voltage power substation in Dededo, Guam.

A four-person team erected conduits for electrical lines to allow for the use of power inside the newly built, concrete maintenance shelter March 17. The group began work on the shelter and its supporting infrastructure Nov. 17, 2009, and expects to finish by April 2.

"We're currently between 85 and 90 percent complete," said Builder 2nd Class (SCW) Justin Davis, of NMCB 1.

The total project includes a new 50-foot paved driveway, the covered maintenance shelter, its foundation and surrounding sidewalk. These improvements support the existing substation by providing protected cover for repair and maintenance personnel when they work on circuit breakers or other items.

"It feels really good to know we're putting in something that will make somebody else's

job easier," Davis said. "And it's going to be here for a long time. It would take a lot to get rid of this building."

Davis estimated the construction required about 40 cubic yards of concrete and 350 concrete masonry unit blocks. The team also used razor wire and fence material to expand the perimeter of the substation's protective fence another eight feet.

Builder Seaman Steven Smith, of NMCB 1, said the project was a good opportunity to put what he's learned at school into action. Smith, who is on Guam as his first Navy deployment, added a real job site has advantages a training site doesn't usually provide.

"This is all hands-on, but there's a lot more experienced people out here you can ask questions to and you learn a lot of cross-training," Smith said.

NMCB 1 expects to join the rest of the Gulfport, Miss.-based battalion when they return home in May.

Commissioned in 1942, NMCB detachments have served around the world, helping to build bases, runways, storage tanks and other projects. A new detachment deploys to Guam every six to nine months to provide the island with construction services.



Power: Builder Seaman Steven Smith, right, and Construction Electrician Seaman Minh Le, both from Naval Mobile Construction Battalion 1, thread a section of two-inch conduit for electrical work needed at a maintenance shelter construction project at Potts Junction power substation in Dededo, Guam, March 17. (U.S. Navy photo by Jesse Leon Guerrero)

# FFSC helps Sailors make smooth moves

By Oyaol Ngirairikl

Joint Region Edge Staff  
 oyaol.ngirairikl@fe.navy.mil

The Navy has a variety of resources to support Sailors and their families who are moving to their next duty station.

When a family receives their permanent change of station (PCS) orders, there's a ton of things to do, from getting school information to ensuring the new base has a home prepared to shipping the cars.

"It can be overwhelming," said Amata Hutcherson, a Fleet and Family Support Center (FFSC) relocation specialist who is herself a Navy spouse. "But being organized and informed on the procedures and what benefits and entitlements you have will help ease the anxiety and stress."

Hutcherson said families with school-age children should always reach out to the school.

"Whether the kids attend DoDEA [Department of Defense Education Activity] or a private school out in town, it's important to make sure you have all the records you need to enroll the kids in their new school," Hutcherson said.

Maria Rubio, DoDEA Guam curriculum chief, adds schools work with parents to ensure that each student's transition is as smooth as possible.

## Leaving Island?

Here are a few tips from Fleet and Family Support Center (FFSC) that will help you make a smooth transition:

First thing is to request for a sponsor from the new command; sponsors are a great resource for information on the other end.

Talk with a relocation consultant at the FFSC at both your current and new command.

Get as much information as you can from the Internet. For finding information about your new duty station, try Military Homefront ([www.military-homefront.dod.mil/](http://www.military-homefront.dod.mil/)) and Military One Source ([www.militaryonesource.com](http://www.militaryonesource.com)).

taryonesource.com).

Start setting up a budget. Think about startup costs. You are basically setting up a household from scratch (food, cleaning supplies, etc.). The Navy-Marine Corps Relief Society is a great resource if you need help with startup costs.

Talk to Personal Property to set up moving dates for household goods and vehicle shipment.

If you are seeing a doctor or dentist out in town be sure to get a copy of your records.

Inform your child's school and teachers of the upcoming move and get a copy of their

school transcripts.

Inform the housing office of the move and get in touch with the new command's housing office.

Don't forget your pets; getting pets off the island is not as hard as bringing them in but still requires some legwork from the owner.

Talk to children about the upcoming move; get them excited about the move by researching online on what is available in the surrounding communities.

Most importantly be flexible; moving is always stressful.

For more help with relocation, call FFSC at 333-2056.

Service members who cannot attend the workshop can call FFSC to schedule a one-on-one consultation.

To borrow items from the Loaner Closet stop by their office at Bldg. 106 on U.S. Naval Base Guam.

Hutcherson noted families coming to Guam or leaving the island can take advantage of online resources.

"There's so much information available on the Web, from Military Homefront to Military One Source, that can help service members prepare for PCS'ing," Hutcherson said.

Military Homefront at [www.militaryhomefront.dod.mil](http://www.militaryhomefront.dod.mil) is a Department of Defense (DoD) Web site that features Plan My Move – a program that helps build a moving calendar with checklists, phone lists, to-do lists and links to critical moving processes and information.

DoD also offers Military One Source at [www.militaryonesource.com](http://www.militaryonesource.com) which has a relocation tool that helps service members find school report cards for their new duty station, crime and safety reports in the area, cost of living and more information on the new duty station and the surrounding community.

For more help with relocation, call FFSC at 333-2056.

sible.

"Whether it's during the school year, or during the summer, if parents are moving, they are required to give us two week's notice to give us time to ensure we give them all the required documents," she said.

## Smooth Move

Hutcherson said FFSC provides various classes and services to help families prepare for the big move. The Smooth Move Workshops bring representatives from differ-

ent agencies to talk about PCSing issues related to housing, health-care and shipping cars and furniture. The Loaner Closet provides service members and civil service members, married or single, with pots/pans, cups, plates, silverware, iron and ironing boards, toasters, playpens, and much more. Personal Financial Management classes help service members determine budgets.

"Moving can be expensive, there are costs associated with moving

that we don't always think about like eating out because you don't have the proper cooking tools," Hutcherson said. "These classes can help you sort of plan everything out, even down to the details of how you get from the airport to your new home."

FFSC offers the Smooth Move Workshop every three months. The next workshop is scheduled for May 19. To register for Smooth Move or the financial management programs, call FFSC at 333-2056.

## NBG recognized for community service



Award: Capt. Scott Galbreath, U.S. Naval Base Guam (NBG) commanding officer, presents the Navy Community Service (NCSP) 2009 Environmental/Stewardship Award plaque to members of NBG Security March 15. This Navywide recognition of an overseas installation was awarded to NBG in the large overseas category for their community environmental/stewardship projects with their sister schools and the village of Agat. From left, Master-at-Arms 1st Class (SW/EXW) Jean-Paul Odasz; Master-at-Arms (SW) 1st Class Jermaine Glover; Chief Master-at-Arms (SW/AW) Jason Smith, NBG community service coordinator; and Galbreath. The Navy Community Service Program promotes volunteerism and community service to assist in the education and enrichment of the nation's youth and communities and in revitalizing citizenry. (U.S. Navy photo by Annette Donner)

# Guam celebrates military children

By Oyaol Ngirairikl

Joint Region Edge Staff  
oyaol.ngirairikl@fe.navy.mil

Andersen Air Force Base (AFB) and U.S. Naval Base Guam (NBG) quality of life agencies are offering different activities to celebrate April as Month of the Military Child.

In 1986, Defense Secretary Caspar Weinberger designated April as Month of the Military Child, a time to celebrate military families and their children for the daily sacrifices they make and challenges they overcome.

Diana LeonGuerrero (CQ), Andersen AFB Youth Center office manager, said military children face many obstacles unique to their situation, such as having a parent deployed for extended periods of time and frequently being uprooted from school.

"Military children are very special in that they have to deal with things that aren't usual in most households," LeonGuerrero said. "Their parents are serving the country in capacities that take them away from home for months at a time. And sometimes those deployments happen in a moment – they have to be ready to leave in 24 hours. So the kids don't always know when their parents will be deployed."

The Andersen AFB Youth Center is hosting a Month of the Military Child Carnival and Easter Egg Hunt April 3. The Easter egg hunt starts at 9 a.m., kicking off the carnival events.

"We're going to have face painting, carabao rides and different games. We'll also have food for sale and appearances by Sparky and McGruff," LeonGuerrero said. "We're also going to have different groups, like U.S. Department of Agriculture and different military groups out here for static displays. It's going to be a great time."

Mae Lizama, youth programs director for Child and Youth Programs

## For more info

For more information about Month of the Military Child events call:

U.S. Naval Base Guam Child and Youth Programs at 564-1844

Andersen Air Force Base Youth Center, 366-3492

(CYP) at NBG, said while the youth programs work hard to support children of military service members throughout the year, setting aside a month to honor their sacrifices is important.

"They really do have to deal with a lot," Lizama said. "So it's important that they know they're special and that there are other adults who care for them and their welfare."

Every Friday in April, there will be special activities at NBG Youth Center and Teen Center, including free goodie bags, face painting and a field trip to a water park.

"And the last Friday of the month, April 30, we're going to have a big celebration at the School-Age Care facility," Lizama said. "It's going to be a mini-carnival. We'll have games, a cake and lots of fun."

Lizama said children and youth enrolled at School-Age Care, Youth Center and Teen Center are encouraged to attend the final celebration, which is scheduled to start at 3:30 p.m.

The activities planned for April are designed for interaction between CYP staff, the parents and their children, Lizama said. Parents are welcome to join their kids at the centers throughout the month where they can participate in activities for a chance to win prizes.

For more information about NBG events, call the CYP at 564-1844 or Navy Morale, Welfare and Recreation at 339-5212. For information about Andersen AFB Youth Center events, call 366-3492

## What do you do to prepare your child for deployment or relocations?

April is the Month of the Military Child. Joint Region Edge asked service members and an Air Force spouse on Guam what they do to help their children get ready for relocations and deployments.



**"I spend as much quality time with them as I can. I sit down, color and read books as much as I can because six to eight months is a long time to be away from family. Every single minute I have, I enjoy the time I have with them."**

— Staff Sgt. Jacob Membreno, 554th Red Horse Squadron



**"You just have to get the family together, sit them down and then just explain that, 'Hey, we have a new adventure ahead of us. When we moved from our former location that was an adventure. We're going to go because daddy's job requires him to move to different locations, but look at the bright side — the good place that we're going has tropical weather. You're going to learn a new culture. You know, you can still stay in contact with your friends because with today's technology, we have the Internet. As well as if you had to, we can always fly back sometime.'"**

— Lt. Cmdr. Dave Grisham, executive officer, Navy Munitions Command East Asia Division Guam



**"I usually wait until we're almost ready, so he doesn't get too anxious and nervous. A good thing is my husband is a civilian, so that makes it a little bit easier because he can spend a lot of time with [our son] while we're at our new base and get him acquainted to different things. I also try to get him into as many activities in that new base as possible, just so he can meet some new friends and make it a little bit easier on him."**

— Capt. Catarina Schlosser, 36th Medical Group Health and Wellness Center



**"Just tell them I love them and I hope to see them soon. Coordinate with my wife and make sure their needs are taken care of before I leave. Other than that I gotta go and I'll be back soon as I can. So that's all there is to it."**

— Culinary Specialist 1st Class (SS) Justin Smith, USS City of Corpus Christi (SSN 705)



**"We talk to them ahead of time, prepare their minds that their daddy is going somewhere, but he's going to come back safe. You know we can always talk to him on the computer with the Internet and on Facebook."**

— Rhodora Sommers, Air Force Spouse

# Heartlink orientation helps spouses make a difference

By Senior Airman Vanessa Fuentes

36th Wing Public Affairs

Spouses and volunteers from around Andersen Air Force Base gathered at the Airman and Family Readiness Center to learn more about the Air Force. The Heartlink program offers spouses the opportunity to meet with other spouses in a laid back environment and get any questions they might have answered by 36 Wing Commander Brig. Gen. Philip Ruhlman himself.

Spouses aren't enlisted but are an extremely important part of the Air Force family. Like the rest of the family they hear acronyms like TDY, PCS and AFI on a regular basis. If they are new military spouses the overflow of acronyms, hearing about deployments and dealing with PCS's could be intimidating, and that's where the Heartlink program comes in handy.

The Airman and Family Readiness center hosted the quarterly Heartlink spouse orientation Tuesday, March 15, 2010 for both Andersen Spouses and volunteers.

Airman and Family Readiness center work life specialist Angela Lemay says the program helps spouses understand what the Air Force is all about, what Andersen's mission is and the quality of life programs offered to make their Air Force experience a great one.

Along with a meet and greet session and lunch, attendees had the opportunity to hear from representatives from base agencies like the education center, legal office, chaplain and TRICARE to name a few. They also received a mission brief from General Ruhlman.

"We are lucky enough to have General Ruhlman come in and speak and give us the Andersen mission brief so we understand what the mission here, what our families are doing, what our service members are doing and how we can support the mission" said Angela Lemay. General Ruhlman spoke on Andersen's strategic location, the 36 Wing mission to employ, deploy, integrate and enable and ended his time with a question and answer segment.

The orientation ended with a coin ceremony where spouses and volunteers received coins present-

ed by 36 Wing Command Chief Allen Mullinix and of course, a celebratory cake cutting.

"I really enjoyed getting to meet other spouses from other units" said Erin Aaron, volunteer and Key Spouse for the 554 Red Horse squadron. She also added that attending Heartlink worked as a reminder of the types of agencies and services available to her and her family.

For people interested in attending a future Heartlink spouse orientation contact Andersen's Airman and Family Readiness Center at 366-8136.

## Save energy by degrees

By Kevin D. Evans

Joint Region Marianas energy manager

Did you know that if you reduce the temperature setting of your water heater from 140 degrees to 120 degrees Fahrenheit, you could save over 18 percent of the energy used at the higher setting? Even reducing the setting 10 degrees will save more than 6 percent in water-heating energy.

How about air conditioning? Its energy use can be reduced 40 percent or more by shading windows and walls. Position trees and shrubs to keep sunshine off your building and nearby ground.

Here is another water-heating fact. Approximately 80 percent of the energy consumed by a dishwasher is used to heat water; a typical dishwasher uses 14 gallons of hot water per load.

Back to air conditioning, if every household in the United States raised air-conditioning temperatures 6 degrees, we'd save the equivalent of 190,000 barrels of oil every day. Considering how dependent we are on oil for energy production here on Guam, that isn't an insignificant datum.

For more interesting facts and thoughts, please visit the Department of the Navy energy Web site at [https://navyenergy.navfac.navy.mil/awareness/tools/tools\\_7.html](https://navyenergy.navfac.navy.mil/awareness/tools/tools_7.html). You'll be surprised at what you will learn. Enjoy!

# HSC-25 evolves to meet changing needs

By Oyaol Ngirairikl

Joint Region Edge Staff  
oyaol.ngirairikl@fe.navy.mil

Even as Helicopter Sea Combat Squadron (HSC) 25 Sailors continue in their mission to replenish cargo and to save lives through search-and-rescue (SAR) operations, they're evolving with the changing warfront.

Today, HSC-25 is the Navy's only forward deployed MH-60S expeditionary squadron. It remains the Navy's only squadron that maintains a 24-hour SAR and medical evacuation alert posture.

"A lot of people who think of the HC (helicopter combat support) world primarily think of VERTREP, or vertical replenishment, taking supplies and cargo from point A to point B. We still do that -- we do that very well in the HSC community," said Lt. j.g. Richard Hill, HSC-25 public affairs officer. "But we also do a lot of other things."

HSC-25 was initially established as Helicopter Combat Support Squadron (HC) 5 at Naval Air Station (NAS), Agana, in 1984. Their primary mission was vertical replenishment. The command also provided detachments for Combat Logistics Force (CLF) ships of the 7th Fleet, and a permanent SAR detachment onboard USS Essex (LHD 2). Additionally, the "Providers" of HC-5 maintained 24-hour SAR duty for Guam and the surrounding islands.

In 1994, HC-5 expanded its mission capability, adding helicopter-borne firefighting. The 450-gallon capacity fire buckets, which are car-



Check: Aviation Structural Mechanic 2nd Class (AW) Lucas Stoner, of Helicopter Sea Combat Squadron (HSC) 25, does a daily check on one of the squadron's MH-60S "Knighthawk" helicopters Feb. 5. HSC-25 is the Navy's only forward deployed MH-60S expeditionary squadron. It is also the Navy's only squadron that maintains a 24-hour search and rescue (SAR) and medical evacuation alert posture. (U.S. Navy photo by Oyaol Ngirairikl)

ried externally, allow the CH-46 "Sea Knight" helicopters to fight fires from the air.

HC-5 moved to Andersen Air Force Base in 1996 after NAS Agana was closed. Then in 2005, the command started providing lo-

gistics support for the U.S. Pacific Fleet in the Navy's newest helicopter, the MH-60S "Knighthawk," and was redesignated as HSC-25 "Island Knights."

The squadron currently employs approximately 80 officers and 400

enlisted personnel to fly and maintain the fleet of 14 MH-60S helicopters.

Cmdr. Ben Reynolds, HSC-25 commanding officer, said changes to the command's capabilities and missions add to their traditional respon-

sibilities, which, in addition to SAR and cargo replenishment, includes transporting visiting dignitaries during site briefings.

"And while we're doing that, we also have a detachment on the USS Essex (LHD 2) flying armed helicopters with Hellfire and that's a new mission to us," Reynolds said. "And then we have a bunch of great people, young men and women, out in Iraq right now doing medevac missions with the Army. We have such a wide range of missions that we certainly didn't do when I was the junior officers' ages."

Approximately half of all deployed Island Knights are assigned to the 2515th Naval Air Ambulance Detachment in Basrah, Iraq, for Operation Iraqi Freedom.

Regarding HSC-25's new armed missions, Hill explained that HSC-25 helicopters have been modified to include a weapons system.

"We're able to shoot Hellfire missiles and be used as a tactical asset on the battlefield as opposed to just a logistical piece of that puzzle," said Hill.

Reynolds said the changes are helping to create a squadron of Sailors learning various jobs pertinent to their expanding roles.

"It's a challenge for our pilots and air crew to learn all of these missions. The same young air crewman that we lowered down to rescue the hiker will deploy soon to the Essex and be part of the helicopter armed crew," Reynolds said. "It's also a challenge for our maintainers

See HSC-25, Page 10

# HSC-25: Command builds community partnerships

Continued from Page 9

because they have to learn all these new mission areas. It's a good challenge."

Yet, amid these changes, HSC-25 remains the Navy's only forward-deployed MH-60S expeditionary squadron. It remains the Navy's only squadron that maintains a 24-hour SAR and medical evacuation alert posture, directly supporting the U.S. Coast Guard, Sector Guam and Joint Region Marianas.

## Caring for the Community

Over the years, HSC-25 has forged a strong partnership with the community through its efforts at local public schools, such as Simon Sanchez High School and F.B. Leon Guerrero Middle School, where Sailors have assisted with educational and mentoring programs.

"We want to keep that going, keep that great relationship and keep being very good at our missions here," said Reynolds. "And at the same time having that fragile balance of being able to expand and better perform our new missions both in Iraq and in 7th Fleet."

Reynolds said the quality of life for Sailors and their families remain a priority. The command reaches out to families of deployed Sailors, helping with yard-cleaning and other needs to ensure Sailors don't have to worry about their families' well being.

"From a pure readiness reason, you want to take care of you people because they're your most valuable asset. But then it's also the right thing to do," he said. "We bend over backward to take care of our people and their families whether their families are on Guam or whether their families are in Oklahoma, or New Jersey, or Florida or wherever."

## Future Fleet

Among the Sailors who are impacted by the changes is Naval Air Crewman 2nd Class (NAC/AW) Joel James, who said he's learned a lot at HSC-25 and is looking forward to the opportunity to learn even more in hopes of propelling his Navy career.

"They push you hard here but not too hard to where it's going to ruin you. They're going to push you to make you better," he said.

During the last two years, James, who oversees safety of passengers and cargo during missions, said it's hard to pinpoint any one mission that really stood out for him.

"Basically helping out other people is what I really enjoy doing," he

said.

Aviation Electronics Technician 2nd Class (AW) Jeffrey Allan Benda said his time at HSC-25 has taught him a lot about how his job fits into the larger picture of his squadron's role in the military.

"It makes me feel like I've had an impact on the world as a whole because the people's lives that we save, who knows what they're going to go on to become or do," he said.

Since 1984, HSC-25 has launched 1,079 SAR missions saving 412 lives. The squadron was also the recipient of the Battle Efficiency ("E") Award for 2009. The

Battle "E" Award signifies the overall readiness of a command to carry out its assigned wartime tasks over a year-long evaluation.

For more information about HSC-25, visit their Web site at [www.hsc25.navy.mil](http://www.hsc25.navy.mil).

On the Job: Aviation Electronics Technician 2nd Class (AW) Jeffrey Allan Benda, of Helicopter Sea Combat Squadron (HSC) 25, does a daily check on one of the squadron's MH-60S "Knighthawk" helicopters Feb. 5. (U.S. Navy photo by Oyaol Ngrairikl)





# Frank Cable Sailors make healthy choice to quit smoking

By Mass Communication  
Specialist 3rd Class Shannon Burns  
USS Frank Cable (AS 40) Public Affairs

The health effects of tobacco are widely known, and still one of three service members continue to use tobacco products, costing the military over a billion dollars annually. On USS Frank Cable (AS 40) something is being done to change that.

Aimed at helping service members find a way of quitting tobacco, Frank Cable started offering tobacco cessation classes Jan. 20.

"It's really important that we have this class so the Sailors know we are here for them," said Cmdr. Troy Borema, Frank Cable's senior medical officer.

In the first meeting, information is provided about the effects of quitting tobacco and what Sailors will need to stay tobacco-free for life through the use of PowerPoint presentations and sharing personal experiences. The instructors provide booklets, which contain information and exercises to assist Sailors in identifying their habits.

The second session is a follow-up with the opportunity for Sailors to pick a quitting date. Sailors do not have to provide a quitting date, but the instructors encourage them to provide a quitting date of approximately 30 days out to help them thoroughly prepare for the events that will occur during the quitting process. After quitting, instructors ask to see Sailors on days three and four to see how they are doing.

Sailors who have attended the class say it is helping them to quit using tobacco.

"I've tried to quit before the class without success and now I've been smoke-free for almost a month," said Electronics Technician 1st Class (SW) James Herron. "I think the class works because the mood is fun and the instructors are here to help."

During the class, students are given tips to help with nicotine cravings such as doing something physical, taking three deep breaths, delaying for 10 minutes and drinking lots of water. Students in the class are also encouraged to change their habits that trigger the urge to use tobacco. Along with these tips, a personalized plan is devised for each Sailor,



Cessation Class: From left, USS Frank Cable (AS 40) Sailors Gunner's Mate Seaman Kyle Rienfeld, Machinery Repairman Fireman Apprentice Dawana Doram and Electrician's Mate 1st Class (SW) James Herron speak to Master-at-Arms 1st Class (SW) Dean Foster about the effects quitting tobacco is having on their bodies during a tobacco cessation class March 10. For more information on Frank Cable, visit the ship's Web site at [www.cable.navy.mil](http://www.cable.navy.mil). (U.S. Navy photo by Mass Communication Specialist 3rd Class Shannon Burns)

which includes possible nicotine replacement therapy or medication.

"I feel I am doing really good so far and the class has given me some really good facts and tips on how to beat the cravings for nicotine," said Machinery Repairman Fireman Apprentice Dawana Doram. "I feel that [by] using those tips, along with the nicotine replacement therapy, I am much better equipped to be able to quit using tobacco."

According to the Centers for Disease Control and Prevention, approximately 443,000

people die each year from tobacco-related illnesses. These illnesses cause more deaths than human immunodeficiency virus (HIV), illegal drug use, alcohol use, motor vehicle injuries, suicides and murders combined.

To this point, 11 Frank Cable Sailors have attended the class. The class begins on the first Wednesday of every month and runs for four weekly sessions after that.

"We're giving these Sailors the necessary information and aids to help them quit using tobacco," said Master-At-Arms 1st Class

(SW) Dean Foster. "When I quit using tobacco, I didn't have all the facts that we are giving the Sailors in this class. If I did, I would have quit long before I actually did."

As Commander, U.S. Pacific Fleet's only operational submarine tender, Frank Cable readily deploys to ports throughout the Western Pacific to provide services to both submarines and surface ships in the Seventh Fleet area of responsibility. For more information on Frank Cable, visit the ship's Web site at [www.cable.navy.mil](http://www.cable.navy.mil).

# The Military Spouses Residency Relief Act and you

From 36th Wing Public  
Affairs Office

In November 2009, the Military Spouses Residency Relief Act (MSRRA) became law. This new law changes some basic rules of taxation that could affect you and your spouse.

Now, a military spouse who is present with a service member in a particular state under military orders does not have to pay state income tax on wages earned in that state as long as that state is not the spouse's domicile (permanent home). However, the spouse would have to pay taxes to the state of domicile, if the laws of that state required such payments. Some states, of course, don't have state income taxes.

The MSRRA does not allow a spouse to pick or chose a domi-

cile in just any state. Domicile is established, not arbitrarily chosen. The spouse must have actually been present in the state, established it as his or her domicile, and maintained it by forming and maintaining the necessary contacts, such as registering to vote, owning property, registering vehicles, holding professional licenses, declar-

ing a homestead, or indicating a state of probate in a last will and testament.

Similarly, the MSRRA does not allow a spouse to "inherit" or assume the servicemember's domicile upon marriage without the necessary contacts with the state.

Don't wait to get help! The law is complicated, and because its ef-

fect will depend on the interpretations of each state, servicemembers and their spouses are encouraged to seek free, confidential advice from a military legal assistance office. Legal assistance offices can be found on Andersen AFB at the 36th Wing Legal Office by calling 366-2937. For help for naval personnel please contact the

Naval Legal Service Office, Pacific Detachment Guam at 333-2061.

For all service members, more information is available from Military OneSource at: [www.militaryonesource.com/taxfilingservices](http://www.militaryonesource.com/taxfilingservices), under the heading "Find out about the Military Spouses Residency Relief Act."

# Homeschool Support Group starts up at NBG

By Oyaol Ngrairikl  
Joint Region Edge Staff  
oyaol.ngirairikl@fe.navy.mil

Navy families who are homeschooling their children have an opportunity to network with other families in similar situations through the newly established Guam Navy Homeschool Support Group.

Christine Duplissey, a Navy spouse, started the group in December to help build a network for Navy families. Through the support group, families can share resources and tips to help their children's academic, physical and social growth.

"My desire is to get together for educational field trips, volunteer ministries, beach days, physical education days, hiking trips, and other things," Duplissey said. "It makes it easier for homeschooling military families to have a network they can plug into on Guam that has people

who understand the challenges of Navy life, from the moving to the deployment. And being able to share resources so these new families can transition to life here is important."

Duplissey started homeschooling her daughter while on Guam 2001-2004. At the time, she joined the Guam Homeschoolers, which consists primarily of civilian residents.

"When I was new to homeschooling I appreciated all of the support I received from other homeschool families on Guam," she said.

See HOME, Page 16

Greeting: Christine Duplissey greets a student at a joint function between Guam Navy Homeschool Support Group, Andersen Homeschool Support Group and Guam Homeschoolers at Bayview Church in Maite Feb. 12. (U.S. Navy photo by Oyaol Ngrairikl)



# AMS, McCool seek volunteers for science fairs

By Oyaol Ngrairikl  
Joint Region Edge Staff  
oyaol.ngirairikl@fe.navy.mil

Department of Defense Education Activity (DoDEA) Guam schools are hosting science fairs in the next few months, and schools are asking parents and community members for their support.

The fairs are held annually at the schools and participants are encouraged to enter the islandwide fair in May.

"The science fairs are a way to showcase students' work in science," said Debora Moore, a Commander William C. McCool Elementary/Middle School teacher and science fair coordinator. "It also allows the students to test their think-

ing about topics by creating an investigation to prove their thinking. Most of all, it allows students to become researchers, a very important aspect of life long learning."

Commander William C. McCool Elementary/Middle School Science Fair and Expo 2010 will be held April 7, which is when the projects will be judged. The projects will be opened to parents and fellow students for viewing April 7, 5-7 p.m. and April 8, 8 a.m.-2 p.m.

The Andersen Middle School (AMS) Science Fair will be held April 6, 7:45-10:30 a.m. at the school.

Educators said parents and community members can support students attending the fairs, asking students questions and encouraging

them to continue studying the world around them. They can also help by volunteering to judge or help set up or take down science projects.

Jeanne Dougherty-Ward, an AMS teacher, said their science fair is composed of the top 20 projects from grades six-eight. The projects cover a range of topics and were a year in the making to help students manage the project and support the learning process.

The science fair project supports Department of Defense Education Activity (DoDEA) standards in science, language arts, and mathematics.

"The science fair project addresses the skills of information-gathering, problem-solving and technology used to address real world prob-

lems," Dougherty-Ward said. "In the 21st century, we are trying to teach students about real-world problems and give them the skills necessary to problem-solve."

Dougherty-Ward said AMS is looking for about 30 volunteers. Volunteers should call the school at 366-8678 or e-mail her at Jeanne.Dougherty-Ward@pac.dodea.edu. Volunteers interested in judging should expect to be at the school April 6 from 7:50-10:30 a.m.

Moore said McCool is seeking volunteers to judge, help set up and clean up and possibly assist in other areas as well. Interested community members can contact her via e-mail at debora.moore@pac.dodea.edu or phone at 339-8678.

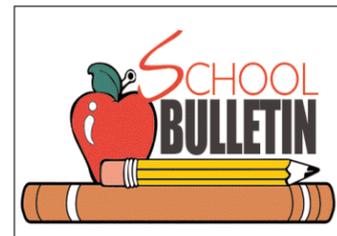
# AMS inducts 20 into National Junior Honor Society



National Junior Honor Society: Some of the inductees into the National Junior Honor Society pose with their newly awarded certificates and cords of distinction here on March 12. The induction ceremony was held at Andersen Middle School and the guest speaker for the induction was Brig. General Ruhlman, he spoke of the rigorous requirements the inductees had to meet and of how the values of the Junior Honor Society are similar to the Core Values of the Air Force. The 20 newest inductees were, from the eighth grade, Alfred Arizala, Marlina Connelley, Brittany Cribb, Chloe Gadsen, Lourdes Mafnas, and Nicole Legaasp; from the seventh grade, Shannon Ada, Tyra Aquino, Kristin Alexis Borja Cruz, Pauline Elevazo, Christina Regner Francisco, Arthur Hinsvark, Sheary Libeth Mandapat, Martha Munoz, Jennica Padilla, V'Lyssa Sana, Sabrianna Sgambelluri, Kaitlin Wieder, and Mia Wilson.



Cord Presentation: Brig. Gen. Philip Ruhlman shakes hands with Arthur Hinsvark, a student from Andersen Middle School, after presenting him with a cord signifying his induction into the National Junior Honor Society here on March 12.



School Bulletin aims to promote educational activities in the Navy community. If you know of an education-related event that you would like to include, send it to jointregionedge@fe.navy.mil or call 339-7113.

## Navy College Office

The Navy College Office Guam will no longer accept any paper Tuition Assistance applications after March 26. The only exception is Sailors stationed on submarines. Sailors can find the online applications at <https://myeducation.netc.navy.mil> or <https://eta.cnet.navy.mil>. For more information, call 339-8291.

## Andersen Education Center

The Department of Defense has launched a free, online tutoring service for service members and their families. The site [www.tutor.com/military](http://www.tutor.com/military) offers round-the-clock professional tutors who can assist with homework, test preparation, resume writing and more. This site provides academic and career support for military families, 24 hours a day, seven days a week. For more information, call 366-2590.

## Guam Family Support 360°

Parents of children with disabilities are invited to attend a free two-day STOMP Program Conference. Topics include, PCS moves, basic education rights, TRICARE health insurance and more. Event is scheduled for March 30-31, 8:30 a.m.-3:30 p.m. at Chuchuko Ballroom in Hilton Guam Resort & Spa. Participants must pre-register for each day. To register or for more information, call 735-2560 or e-mail [mary.fegurgur@guamcedders.org](mailto:mary.fegurgur@guamcedders.org).

## Andersen Middle School

The Andersen Middle School Parent Teacher Student Organization is hosting a book fair themed "Catch the Reading Wave." The fair will run at the school from March 26-April 2, 7:45 a.m.-2:45 p.m. The fair will kick off with a special event March 26 where students and parents can enjoy shopping for great books at great prices while enjoying popcorn, cotton candy, and drinks. Science Fair, Art, and Culture projects also will be on display.

## McCool Elementary/Middle School

Science Fair Expo at school gym April 7, 5-7 p.m. and April 8, 8:30 a.m.-3 p.m.

The PTO is looking for donations for the Spring Book Fair will run April 27-30. There is a donation box located in the front entrance of the school.

# Boy Scouts of Guam wants you!

By Mass Communication Specialist 2nd Class (SW) Peter Lewis

Joint Region Edge Staff  
peter.lewis1@fe.navy.mil

Over its 100-year existence, the Boy Scouts of America has sought to teach boys the Scout Law, encouraging them to be trustworthy, loyal, and courteous among other traits. Guam's own Scout Troop 23 seeks to instill these ideals, and is currently looking for members.

"Troop 23 is one of the oldest troops on island," said Cmdr. Yuri Graves, deputy commanding officer of U.S. Coast Guard Sector Guam and scoutmaster of Troop 23. "We currently have six registered scouts, and we are looking to build our troop and teach them the same values that all Boy Scouts live by."

According to Graves, the troop is looking for boys older than 10 years but not yet 18, and adults who would like to volunteer for duty within the troop.

"Being a scout helps teach kids good values and leadership. It is definitely a worthwhile program," said Hospitalman Dale Kendall, of U.S. Naval Hospital Guam Branch Medical Clinic and Troop 23's assistant scoutmaster. "Parents can also volunteer and have fun alongside their kids."



Jamboree: Boy Scouts of America Troop 23 pose in front of their display at the Green Jamboree held at Jeff's Pirate Cove. The Jamboree was an eco-friendly event, at which the troop highlighted the benefits of using "green" cars in order to cause less damage to the environment. (Photo contributed by Cmdr. Yuri Graves, deputy commanding officer, U.S. Coast Guard Sector Guam, and scoutmaster of Boy Scouts of America Troop 23)

The Boy Scouts of Troop 23 meet weekly and partake in monthly outings. The planned outing for the month of April will be a camp out at Tarague Beach. Graves is also planning a weeklong summer camp at Fantasy Island in June.

"Having the outings helps to teach the kids outdoor skills and an appreciation of nature," Graves said. "It also helps them to learn

how to interact with other children and adults."

The Boy Scouts have also had opportunities to visit military commands. Among these trips was a visit to U.S. Coast Guard Sector Guam and the USCGC Assateague (WBPB 1337). They have also taken a submarine tour of USS Houston (SSN 713).

Drew McCulley is a Troop 23

Boy Scout who has been with the troop for six months and serves as the troop's chaplain's aide.

"Going on the submarine was one of the coolest things ever," McCulley said. "We do lots of cool stuff like that. I think all kids would like being in the Scouts."

Troop 23 also participated in the island's Green Jamboree, an event to promote the use of clean fuels and the preservation of the environment in March. The troop worked with a local business to set up a display at Jeff's Pirate Cove demonstrating the workings of green automobile technology.

"I think being in the Scouts helps to teach my son and the other children good old-fashioned values that are missing in today's world," said Kelly Fletcher, a parent of a Troop 23. "They learn loyalty and other traits that mirror the military values, but they also learn things like an appreciation of the environment through projects like the Green Jamboree."

New members start at the rank of Scout and gain rank as they accomplish various tasks. The highest rank attainable is Eagle Scout, a goal which only four percent of Boy Scouts achieve.

Becoming an Eagle Scout may also be looked on favorably when applying for college, and may qualify a military candidate for higher

rank after finishing boot camp.

"Working my way up to Eagle Scout definitely taught me all about hard work and dedication," Kendall said. "That definitely helped to prepare me for my military service, but I think it would have helped me in any other walk of life that I could have chosen."

According to Graves, strong moral character coupled with community service helps to carve children into dependable leaders of tomorrow.

"The Boy Scouts operate on the cornerstones of developing strong character, promoting good citizenship and enhancing physical fitness in our Scouts," Graves said. "By concentrating on these character traits, many Scouts have become successful and influential citizens."

Some familiar Boy Scouts include baseball player Hank Aaron, astronauts Neil Armstrong and Cmdr. William McCool, actor Harrison Ford, director Steven Spielberg, New York City Mayor Michael Bloomberg, Secretary of Defense Robert Gates, and several Presidents of the United States, including John F. Kennedy and Gerald Ford.

If you are interested in enrolling your child in Troop 23 or if you would like to volunteer your time, contact Graves at 477-0772 or Troop23Guam@aol.com.

## Youth, apply now as a park ranger intern

By Jesse Leon Guerrero

Joint Region Edge Staff  
jesse.leonguerre.ctr@fe.navy.mil

The Asan Beach Unit of the War in the Pacific National Historical Park (NHP) is accepting applications for openings in the Youth Conservation Corps (YCC) internship program.

The deadline is April 9, 3:30 p.m. and there are four positions available as a YCC intern. Teens 15-18-years-old can pick up an application at the

T. Stell Newman Visitor Center located outside U.S. Naval Base Guam or at War in the Pacific NHP's offices at 135 Murray Blvd. in Hagatna.

The program will run from June 6- July 31 and covers 40 hours of work per week from Monday-Friday.

The program focuses on teaching youth about the importance of the environment and the nation's heritage. Selected applicants will perform a wide range of duties re-

lated to park operations and conservation efforts. These duties will include working with park scientists, doing research projects and contributing to the development of programs aimed at teaching children about reefs.

This internship will require direct, hands-on participation for training and job experience.

War in the Pacific NHP maintains parks and other facilities at Agat Beach, Asan Bay Overlook, Asan Beach, Fonte Plateau, Ga'an

Point, Mount Alifan, Mount Chachao, Mount Tenjo and Piti Guns. Their preservation is designed to promote awareness of the beauty and historic value of various sites on Guam, while honoring the memory of civilian and military personnel who lived and died participating in the Pacific theater campaigns of World War II.

The T. Stell Newman Visitor Center, through a partnership with the Navy and the Arizona Memorial Museum Association, occupies

4,149 square feet of space for artifacts and other museum items. The center also includes a bookstore and theater, and frequently showcases exhibits of the Pacific region's multicultural people, as well as traveling exhibits from the United States and other countries.

For more information about the internship, call 477-7278, ext. 1005. To find out more about War in the Pacific NHP or T. Stell Newman Visitor Center, call 333-4050.

## Home: NBG group provides community to students

Continued from Page 15

"I would like to share the lessons I have learned throughout my homeschooling journey to other homeschool families and be a support to Navy families on Guam."

On returning to Guam last October, Duplissey saw that more families were homeschooling their children. Her experience at other duty stations showed her that being a homeschooled student while being in the military is a little different.

"There wasn't a homeschool group on the southern side of the island," she said. "It is a way for us to network together and have support for one another," she said.

Duplissey said the Navy Homeschool Support Group works with the Guam Homeschoolers, as well as the Andersen Homeschool Support Group. She added the partnership allows the different groups to

share resources and information.

Belinda Whittington, coordinator for Andersen Homeschool Support Group, lauded Duplissey's efforts, noting the Navy group will "definitely benefit families."

"Being a homeschool family doesn't mean being isolated from the community," she said. "There is emotional and moral support, encouragement and friendship that are provided. Lots of information about homeschooling is shared through the group, for example, extra-curricular activities, events around the island, curriculum choices and homeschooling styles."

Whittington encourages other military families who are homeschooling to get in touch with a homeschooling group.

"With the meetings, field trips and activities it's a great opportunity to meet and make lifelong friends," she said.

Duplissey said Navy families who are home schooling their children can join the group by visiting <http://groups.yahoo.com/group/GuamNavyHomeschool/join>. For more information, families also can call 564-3360.

Andersen Air Force Base families who are home schooling their children can learn more about the Andersen Homeschool Support Group by visiting their Web site at <http://groups.yahoo.com/group/AndersenHomeSchoolSupportGroup>. For more information, interested families also can call Whittington at 653-4991.

Awards: Christine Duplissey, right, hands out awards at a joint function between Guam Navy Homeschool Support Group, Andersen Homeschool Support Group and Guam Homeschoolers at Bayview Church in Maite Feb. 12. (U.S. Navy photo by Oyaol Ngirairikl)



# Celebrate Easter on NBG, Andersen AFB

By Jesse Leon Guerrero

Joint Region Edge Staff  
jesse.leonguerre.ctr@fe.navy.mil

Easter represents a time of religious reflection for many people, and it is also a chance to spend time with loved ones. Since it falls on April 4 this year, there is just over a week left to prepare. U.S. Naval Base Guam (NBG) and Andersen Air Force Base (AFB) can both help fill that special day with activities for the entire family to enjoy.

At NBG, Navy Morale, Welfare and Recreation (MWR) will host its annual Bunny Bash at the field out-

side Typhoonz April 3, 9 a.m.-1 p.m. It's a free event with many opportunities for photo-taking. Charles Keone, MWR assistant entertainment coordinator, said parents can expect thousands of eggs at the egg hunt main event because it's so popular every year.

"There are always so many kids that come out for it," Keone said. "Last year, we had a zillion eggs and it was over so fast."

Keone added MWR's famed Easter bunny will stop by for the kids, and hungry attendees can visit nearby Orote Point Lanes for food

and drink specials.

For double the treasure-seeking fun, catch the egg hunt up north at Andersen AFB's Youth Center April 3, 9 a.m.-noon. The hunt starts right away, with three divisions for infants-2-year-olds, 3-5-year olds, and 6-10-year-olds. They expect to have displays, demonstrations, and games with prizes. A carnival will also take place at the site.

## Easter Brunch

On the actual day of Easter, both Navy and Air Force facilities offer delicious meals.

Brunch fans can try out Top O' the Mar's expanded Sunday brunch menu April 4, 10 a.m.-1:30 p.m. It is \$27.95 per adult, while the price is \$13.95 for children ages 5-11. Active-duty military ID holders get a 20 percent discount and other ID holders get 10 percent off.

"Bring your Easter basket because the Easter bunny will make an appearance," said Yvette Blanton, who coordinates catering and conference events at Top O' the Mar.

Top O' the Rock at Andersen AFB will offer its brunch April 4, from 10 a.m.-1:30 p.m. Adults cost

\$18.95 and children ages 6-10 cost \$5.95. Reservations must be made by April 2, 4 p.m.

The menu will feature foods such as omelets, honey-glazed ham, steamship roast beef, pasta and other entrees.

"We only do brunch for special occasions like Mother's Day and Easter, so it's pretty awesome," said Dee Hollenbeck, club manager for Top O' the Rock.

To make reservations at Top O' the Mar, call 472-4606. To make reservations at Top O' the Rock, call 366-6166.

# NBG commands build Chamorro hut, community ties

By Mass Communication Specialist 2nd Class (SW) Corwin Colbert

Joint Region Edge Staff

U.S. Naval Base Guam (NBG) celebrated March as Chamorro month by helping to build a Chamorro hut in front of the Navy Exchange March 17-22.

NBG Sailors joined volunteers from Piti and Agat to build the struc-

ture.

"We were asked by the Fleet and Family Support Center to help out," said Piti Mayor Vicente Gumataotao. "My volunteers were extremely excited to work with the Navy."

The hut was mostly built with traditional materials, including the native tree, da'ok, and bamboo poles. USS Frank Cable (AS 40) service members were taught by Piti community workers how to use coconut leaves to make a thatched

roof.

Other volunteers from U.S. Naval Hospital Guam, Frank Cable and Maritime Expeditionary Security Squadron (MSRON) 7 helped tie the wooden poles together with rope while building the frame of the hut.

"This was a great opportunity to learn some Chamorro culture," said Master-at-Arms 3rd Class Michael Mayers, of MSRON 7. "I was surprised at how simple and effective these homes were."

The hut was completed with a traditional display of locally grown fruits and vegetables.

"This is the traditional way Chamorros used to welcome outsiders to Guam," said Agat Vice Mayor Agustin Quintanilla. "We would welcome them with foods of our land."

Working together, the service members and local residents demonstrated the Chamorro value of "in-afa' maolek," which literally means

"to make good."

"The spirit of cooperation and learning was an important factor building the Chamorro hut," said Erlinda Montecalvo, Fleet and Family Support Center family advocacy program educator. "The building of the Chamorro hut reminds us of the Chamorro ancient past and to develop a harmonious relationship and teamwork with the community."

The display will remain in place until March 31.



Above: From left, Capt. Scott Galbreath, commanding officer of U.S. Naval Base Guam (NBG); Cmdr. Kevin Gillam, NBG executive officer; Agat Vice Mayor Agustin Quintanilla; Piti Mayor Vicente Gumataotao; Margie Salas, administrative assistant for the Agat Mayor's Office; Erlinda Montecalvo, Fleet and Family Support Center family advocacy program educator; Gunner's Mate 3rd Class Eduardo Carbujal, of Maritime Expeditionary Security Squadron (MSRON) 7; and Master-at-Arms 1st Class (SW) Rolly David, of MSRON 7, pose during the opening of the traditional Chamorro hut built on NBG March 17-22. (U.S. Navy Photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

Left: A Chamorro hut built by Sailors, staff from Piti Mayor's Office, and Fleet and Family Support Center stands at the entrance to the Navy Exchange main store at U.S. Naval Base Guam March 23. The volunteers partnered for the project to celebrate March as Chamorro month. (U.S. Navy photo by Jesse Leon Guerrero)

## FREE

Nine-Ball Pool Tournament  
Single Sailor Sanctuary is opening the tables March 30, 7 p.m. Open to single Sailors and geographical bachelors only. For more information, call 564-2280.



Pool Tournament  
Silver Dolphin hosts a pool tournament March 30, 7 p.m. For more information, call 564-2280.

Easter Fun at Naps  
Make your own Easter basket and receive a bag of three eggs filled with treats at Naps from March 29-April 2, 6-9 p.m. each

night. For more information, call 564-1833.

Stress Management Class  
Fleet and Family Support Center class is April 1, 1-3 p.m. at U.S. Naval Base Guam, Bldg. 106. Stress is part of everyday life and may have long-standing negative consequences. Learn new ways to cope with stress in an effective manner.

For more information, call 333-2056.

Comedy Competition  
Bring your best material or just come and enjoy an open-night comedy competition April 1, 8-10 p.m. in Hightides Lounge at Top of the Rock. Deadline to sign up is March 30. For more information, call 366-6166.

# Sub Club offers fun and community service

By Jesse Leon Guerrero

Joint Region Edge Staff  
jesse.leonguerre.ctr@fe.navy.mil

Families in the submarine community can enjoy their time together on Guam through the Navy's Sub Club.

Sub Club is a nonprofit organization open to family members of Commander, Submarine Squadron 15, USS Frank Cable (AS 40), USS Buffalo (SSN 715), USS City of Corpus Christi (SSN 705), and USS Houston (SSN 713).

Jessica Sattler, club president, said Sub Club is a great opportunity for members to get support from other military families who know what it's like to be far from home and with a spouse deployed.

"We've got everything — from people who are brand new to Guam and brand new to the Navy to people who've been in the Navy for almost 20 years and here for three or four years," Sattler said.

In past years, the group has participated in a wide range of social ac-

tivities for recreation, such as monthly luncheons to try out new restaurants or revisit old favorites, diving excursions and boonie stomping or hiking. They also hold events in support of charitable causes.

Sub Club is currently looking for sponsors to donate gifts, which Sub Club will give as prizes for its balloon-pop game at the Submarine Birthday Ball April 24. Sattler said it's the first time they will try the game, and they're planning to have more than 400 balloons to pop, each with a ticket for a prize inside, with balloons sold at a reasonable price.

"We're excited about that and hoping to get the community involved," Sattler said.

Sattler said she expects to have dive packages, spa packages, and many other items to give away, with the focus on prizes that appeal to everyone.

"We like the fact that almost everyone will get an instant prize," Sattler said.

Sattler said the Submarine Birthday Ball is their first big event

planned for the year, but the club is looking to increase its activities overall. She explained the club had a decrease in activities in 2009, but they are working to increase membership and participation. Sub Club currently has about 50 members, though not all are active all the time.

All of the proceeds from their fundraisers go to charities, while balloon-pop revenue will specifically help the Dolphin Scholarship fund, which supports children of submariners. Sattler said their charities are a worthy cause, but she also has fun just being in the club.

For more information about the Sub Club, visit them online at [www.subclubguam.org](http://www.subclubguam.org) or e-mail [subclubguam@yahoo.com](mailto:subclubguam@yahoo.com).

To find out more about the Dolphin Scholarship, visit [www.dolphin scholarship.org](http://www.dolphin scholarship.org).



Sub Club: Jessica Sattler, seated at far right, president of Sub Club, joins members of the group at an evening get-together to welcome new members and returning members Nov. 5. (Photo courtesy of Jessica Sattler)

## JOSO reaches out to community

By Oyaol Ngirairikl

Joint Region Edge Staff  
oyaol.ngirairikl@fe.navy.mil

The Joint Officers' Spouses' Organization (JOSO) is helping to strengthen the relationship between the military and the civilian community through partnerships with local government and nonprofit organizations.

JOSO is a spouses' organization for active duty officers' spouses and civilian equivalents from the various military branches on Guam. It works for the betterment of Guam through community outreach.

"JOSO was created almost two years ago to be a service-oriented organization," said Cat Harrington, vice president and Air Force spouse. "In doing so, we also network and build friendships with other families from different military branches, from the federal civilian side of the house and from the island's civilian community. If it weren't for JOSO, I wouldn't have made all these friendships that have helped make my time on Guam meaningful."

Cindy Arnold, JOSO parliamentarian and Navy spouse, said the organization is establishing relationships with a number of island organizations.

"JOSO's major connection is to the community," Arnold said. "We support Habitat for Humanity, Guam Animals In Need (GAIN), and we're partnering with the Department of Education (DOE) and with Department of Parks and Recreation (DPR). It gives any military spouse the opportunity to instantaneously get involved with the community and work side by side with community partners."

Arnold added JOSO events are a

great way for her entire family to spend time together, whether they are working on Habitat for Humanity's newest home or feeding the dogs at GAIN.

"It's a great way to pass on those values of service and community to your children," she said. "It's also a great way for residents who live on Guam to see that military families are good neighbors."

### Reaching Out

Krys Jones, JOSO president and federal civilian employee spouse, said their focus is "to become a part of the island, rather than just visitors."

"In the services we do, we're not donating funds, we're not donating money, we're giving of ourselves (and) our talents," Jones said. "And that creates a more personal connection."

Jones said through DPR, they hope to adopt a park. They also help feed, groom and play with animals at GAIN, and assist with GAIN's sterilization clinic.

"We're working with DOE to try to find a school on island that needs help in the classrooms or with special projects," she said.

Jones said the people of the island, many of whom she's met through JOSO, have helped make Guam her "home away from the states."

"My family has been on island for two years and will be here for another two years," she said. "I love the island, I love the people, the atmosphere, the way it's so family-oriented. JOSO is really a great way to give of your self and in doing so becoming a part of the island."

For more information on JOSO, e-mail [guamjoso@gmail.com](mailto:guamjoso@gmail.com) or call Cat Harrington at 969-0476.

**FREE**

MWR Bunny Bash  
The annual Navy  
Morale, Welfare  
and Recreation  
Easter event  
takes place  
April 3, 9  
a.m.-1 p.m.

at Typhoonz Field. For more information, call 564-1830.

Around The Island Tour

Single Sailor Sanctuary is hosting a tour of the island April 3. Meet

at NBG Single Sailor Sanctuary at 9 a.m. Open to active-duty single sailors and geographical bachelors only. For more information, call 564-2280.



Andersen Air  
Force Base  
Easter Egg  
Hunt &

Spring Carnival

The egg hunt will start off the event April 3, 9 a.m. at the Youth Center grounds. The carnival will follow. For more

information, call 366-3491.

**UNDER \$10**

Hike to Double Reef

Rated medium to difficult. Hike is April 1, meet at Rec N' Crew at 8:15 a.m. The hike will start at NCTS base trailhead and continue down to Double Reef Beach. Hike is subject to change. Alternate hike will be to Tarague Beach. Cost is \$3 per child ages 5-11, and \$5 per adult. For more information, call 564-1826.

**\$10 AND UP**

Windsurfing Lessons

Andersen Air Force Base Outdoor Recreation will offer Windsurfing Lessons April 3. Van departs Outdoor Recreation at 7:45 a.m. Cost is \$45 and includes lesson, transportation, gear and lunch. Participants must be at least 16 years of age and be able to swim. Be sure to bring bathing suit, towel, water, sunscreen, sunglasses and change of clothes. Payment of class fee is due at time of sign-up. For more information, call Outdoor Recreation at 366-5197.



**FRIDAY, MARCH 26**

7 p.m.: Valentine's Day • PG-13

**SATURDAY, MARCH 27**

2 p.m.: Valentine's Day • PG-13

7 p.m.: Dear John • PG-13

**SUNDAY, MARCH 28**

7 p.m.: Dear John • PG-13

The movie schedule is subject to change due to circumstances beyond Meehan Theaters on Andersen Air Force Base. **The Meehan Theater hotline is 366-1523.**



**FRIDAY, MARCH 26**

7 p.m.: Percy Jackson & the Olympians: Lightning Thief • PG

9:30 p.m.: Dear John • PG-13

**SATURDAY, MARCH 27**

1 p.m.: Tooth Fairy • PG

3:30 p.m.: Spy Next Door • PG

7 p.m.: From Paris with Love • R

**SUNDAY, MARCH 28**

1 p.m.: Extraordinary Measures • PG

3:30 p.m.: Valentine's Day • PG-13

7 p.m.: The Wolfman • R

The schedule is subject to change due to circumstances beyond the theater's control. **The Big Screen Theater hotline is 564-1831 or visit [mwr Guam.com](http://mwr Guam.com).**

*(Source: Navy Morale, Welfare and Recreation Office)*



## Chapel Schedule

### Naval Base Guam

Office Hours: Monday-Friday 7 a.m.-4 p.m.

Roman Catholic Mass  
Monday-Wednesday, Friday  
11:40 a.m. Weekday Mass  
Saturday, 5:30 p.m. Mass  
Sunday, 9 a.m. Mass  
CCD Sunday, 10:15 a.m.  
Choir Practice  
Wednesdays, 6 p.m.  
Protestant Worship  
Service  
Sunday, 10:30 a.m.  
Protestant Sunday School  
Sunday, 9 a.m.

Women's Bible Studies  
first & third Wednesday  
8:30 a.m.

Women's Studies  
Second & fourth  
Wednesdays, 6:30 p.m.

Choir Practice  
Tuesdays, 6 p.m.  
Jewish Shabbat  
Fridays, 6:30 p.m.

### Naval Hospital Guam

Roman Catholic Mass  
Sunday, 9 a.m.  
Monday-Friday, 11:30 a.m.  
CCD  
Sunday, 10:30 a.m.

### Andersen Air Force Base

Roman Catholic Mass  
Chapel 1  
Saturday, 5 p.m.  
Sunday, 9:30 a.m.  
Monday-Thursday, 11:30  
a.m.

Sunday Protestant  
Worship  
Chapel 2  
General Worship 9 a.m.  
Inspirational Gospel 11:30  
a.m.

Sunday Religious  
Education  
Chapel 2  
Catholic R.E., 8 a.m.  
Protestant R.E., 10:30 a.m.

*Schedules subject to  
change without notice. To  
confirm times or for more  
information about the pro-  
grams, call the chapels at  
the following numbers:*

Andersen Air Force Base  
366-6139  
Naval Base Guam  
339-2126  
Naval Hospital Guam  
344-9127

# Still Moments



Retirement: Rear Adm. Mark Heinrich, left, commander of Fleet and Industrial Supply Centers, presents a Navy and Marine Corps Commendation Medal to Logistics Specialist 1st Class (SW/AW) Jose Martinez, of Fleet and Industrial Supply Center, Detachment Marianas, at Martinez's retirement ceremony on U.S. Naval Base Guam March 17. Martinez, who served the Navy for 20 years, said his goodbyes to friends and colleagues at the afternoon event. He plans to return to his homestate of Texas. (U.S. Navy photo by Jesse Leon Guerrero)



Master-at-Arms 2nd Class (AW) David Alvarado Jr.: Capt. Scott Galbreath, commanding officer of U.S. Naval Base Guam (NBG), awards Master-at-Arms 2nd Class (AW) David Alvarado Jr. the Navy and Marine Corps Achievement Medal during a ceremony in Bldg. 3190 on NBG March 8. (U.S. Navy photo by Annette Donner)



Master-at-Arms 2nd Class (EXW) Jeffrey Durgan: Capt. Scott Galbreath, commanding officer of U.S. Naval Base Guam (NBG), awards Master-at-Arms 2nd Class (EXW) Jeffrey Durgan the Navy and Marine Corps Achievement Medal during a ceremony in Bldg. 3190 on NBG March 8. (U.S. Navy photo by Annette Donner)

# Driving your relationships

By Lt. j.g. Gale White

U.S. Naval Base Guam

Little Blue has been my faithful friend for the last 16 years. She has taken me from West to East and North to South; chugged up mountains, coasted down valleys, barreled through tunnels, plowed her way through blizzards, logged a half dozen road kills, and bravely lugged everything but the kitchen sink. She even valiantly journeyed to the ends of the earth, a.k.a. Guam, with me. Little Blue, if you haven't figured it out yet, is my car.

I was reflecting on how well my car has held up after driving over 140k miles over the years. I pondered at how virtually few problems she has had. Then I remembered all of the preventative maintenance and repairs that I did over the years.

I admit when I first got my car I was a geek and diligently read and followed the book that came in the glove box. I kept to the schedule; changed the oil, rotated the tires, etc. When I first got her, I had no idea that I'd keep her for so long. I see now though that my careful treatment has resulted in a car that has lasted the tests of time. Granted the years and repairs at times were costly and left her with a few dings here and scratches there and she rattles a bit but she is still a great little car. The time, money and energy invested into Little Blue paid off.

Our relationships with others really are not that different. If someone is important to us we will make investments in them. You have a choice to either drive your relationship where you want it go, or you can let it drift off the road.

Relationships, specifically married, take work, commitment and maintenance. Often many married couples don't realize, forget, or defer the maintenance of their rela-

tionship.

Some examples of deferred maintenance are: leaving conflicts unresolved, failing to communicate feelings and emotions, and allowing sexual intimacy to fade. These three areas are like forgetting to put oil in your car.

So what can you do? First of all remember a marriage is a lifetime commitment. You are in it for the long haul, so treat your spouse with care and respect. If you are getting married or newly married be aggressive in your maintenance schedule.

Work hard at learning to communicate with each other. If you need to, take a class. Get help to resolve a problem if you can't work it out on our own. The key thing is do it early! Like a car early prevention will help it to run smoother with fewer trips to the shop. Lay a foundation of communication that will foster a trust that stands the tests of time and hardships. If you've been married for awhile and have back logged maintenance it isn't too late. You can still make those necessary repairs. They might be a little more painful to do, but if you make that overhaul you'll never regret the investment.

Where can you find a repair shop? There are many resources available to you. Find help and encouragement from your parents, grandparents or other successful couples who have been married for a long time. You can take classes offered at FFSC, the Chapel, or your local church. If you desire counseling you can contact your chaplain, FFSC, or receive free phone counseling through Military One Source.

Well, if you happen to see Little Blue, I hope that it will spark you to think about your relationships and drive you to invest in the most important person in your life.



# Sailors maintain fitness at MWR triathlon

By James Fee  
Joint Region Edge Staff  
james.fee.ctr@fe.navy.mil

Sailors from commands across U.S. Naval Base Guam participated in a sprint distance triathlon at Gab Gab Beach March 15.

The active-duty triathlon consisted of a 200-meter swim, a 10-kilometer bike course and a 3-kilometer run. Navy, Morale, Welfare and Recreation (MWR) offer active-duty races to Sailors as an alternative to their regular physical training (PT).

"It's just fun," said Stacey Neil, a fitness assistant for MWR. "It gives them something different to do. So that's why we try to do them on Monday, Wednesday, Friday. Those are [mandatory] command PT days."

Lt. Alex Griffen, of Submarine Squadron 15, came out because of the opportunity for a good, multi-faceted workout of running, swimming and biking.

"It's convenient, it's short, and it's a good way to wake up in the morning," Griffen said.

While most Sailors competed as individuals, MWR also gave them the option of competing as relay teams of three, with each team member taking one leg of the race.

"It's a better way to do the triathlon," said Master-at-Arms 1st Class (SW) Brenda Urbina, of Maritime Expeditionary Security Squadron 7. "Otherwise, I wouldn't be able to do the triathlon. I'm not a good swimmer. But as a team it makes it a lot better. And now I'm motivated to do one by myself."



Ready to Roll: Cmdr. David J. Suchyta, executive officer of Maritime Expeditionary Security Squadron 7, emerges from the waters off Gab Gab Beach toward the front of the pack in the swim leg of the Navy Morale, Welfare and Recreation active-duty sprint triathlon March 15. (U.S. Navy photo by James Fee)

Urbina's squad was one of three teams, all composed of MSRON 7 Sailors. A team made up of Senior

Chief Engineman (EXW/SW) Lester Stahli, Chief Master-at-Arms (EXW/SW) Jimmy Rose, and Yeoman 2nd Class (SCW) Terrell Dixon took first in the relay event.

In the individual event, Chief Explosive Ordnance Disposal Technician (EWS/SW/AW/FPJ) Mark Morgan, of Explosive Ordnance Disposal Mobile Unit 5, was the winner.

Morgan took eighth place overall in the "Sport" event of the XTERRA Saipan Championship triathlon a few days before on March 13 and planned to take part in the XTERRA Guam competition March 27. He said the sprint triathlon was a good way to train for such events.

"It was a good bike. It was good to build stamina," Morgan said. "You can kick it out here. You're really working at 90 percent the whole time versus pacing yourself for the XTERRA."

Mass Communication Specialist 2nd Class (AW/NAC) Will Tonacchio, of USS Frank Cable (AS 40), finished in the middle of the pack, but enjoyed himself.

"This is the first triathlon — kind of a mini-triathlon — that I've ever done," Tonacchio said. "I just wanted to see what it was like and see if it was something I was interested in. It was a lot of fun, so I think I'll try it again."

The next MWR active-duty race will be April 26 at Camp Covington. For more information, call 339-1301/2.

## Sports Shorts

The following is a list of sports and health-related activities held on U.S. Naval Base Guam. To submit your sports note, e-mail [jointregionedge@fe.navy.mil](mailto:jointregionedge@fe.navy.mil).

### Stroller Stride

Stroller Stride is a fitness program for mothers and their children. It runs April-June on Mondays, Wednesdays and Fridays at 8:30 am. The cost is \$40 per month for 12 classes. All eligible patrons are welcome. Register and meet at Charles King Gym. For more information, call 339-1301/2.

The following is a list of sports and health-related activities held on Andersen Air Force Base. To submit your sports note, call 366-2228.

### Golf Get Ready Program

Palm Tree Golf Course will soon offer the Golf Get Ready program for adults with a choice of two 5-session classes. The first class will be held April 6, 13, 20, 27, and May 4. The second will be April 10, 17, 24 and May 1 and 8. The cost is \$99. Sign up soon, as we can only take eight students per class. For more information, call 366-4653.

## DZSP 21 wins AC softball



AC Champions: Team Bashers, which consists of DZSP 21 ordnance employees, won the Admiral's Cup Softball Tournament for the second consecutive year. The team posed for a photo following the championship game at Ebbett Field on U.S. Naval Base Guam March 5. Front row, from left: Dan Pocaigue, Jaylon Alvarez, Logan Fejeran, Anthony Sablan. Second row, from left: Art Hernandez, RJ Diego, Peter Champaco, Frank Nauta, Mike Aguon. Back row: Kevin Isezaki, Franklin Isezaki, Robert Quinata and Ed Aguigui. (Photo contributed by Jennifer Luzanta, DZSP 21)