

JOINT REGION EDGE

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JRM hosts change of command

By Mass Communication Specialist
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Joint Region Marianas held a change of command ceremony at the Guam High School gymnasium on board U.S. Naval Hospital Guam compound in Agana Heights, Guam March 27.

Rear Adm. Paul J. Bushong relieved Rear Adm. Douglass T. Biesel as Commander, Joint Region Marianas; U.S. Defense Representative Guam, Commonwealth of the Northern Mariana Islands, Federated States of Micronesia, Republic of Palau; and Commander, U.S. Naval Forces Marianas.

Change of Command: Rear Adm. Douglass Biesel, right, is relieved by Rear Adm. Paul Bushong as Commander, Joint Region Marianas; U.S. Defense Representative Guam, Commonwealth of the Northern Mariana Islands, Federated States of Micronesia, Republic of Palau; and Commander, U.S. Naval Forces Marianas, during a change of command ceremony on Guam March 27. Pictured in the background is Vice Adm. Michael Vitale, Commander, Navy Installations Command, who was the ceremony's guest speaker. (U.S. Navy photo by Jesse Leon Guerrero)



Guest speaker, Vice Adm. Michael C. Vitale, Commander, Navy Installations Command, praised Joint Region Marianas, saying that it has continued to fulfill its unique military mission.

"I come away from my visits here very energized and with a lasting impression that you have set a standard for all our bases by providing the right programs and services to our many customers, both inside and outside our fences," Vitale said.

He praised Biesel for his commitment to Guam, the Marianas and the military, and his ability to accomplish any task set before him.

"Doug Biesel has led Team Marianas to get the job done, no matter what the task," Vitale said. "Thank you for all the marvelous work you have done here in Guam and in Region Marianas. The Navy, the Air Force, the Marine Corps and the Department of Defense are much better off because of your efforts."

Vitale went on to explain that the job of finding Biesel's replacement was no easy task, and that Bushong was chosen because of his superior leadership and abilities.

"Choosing a perspective commanding officer is no easy task because command doesn't come automatically. You get it by a proven record of excellence, not seniority," Vitale

See BUSHONG, page 11

B-2s forward-deployed to support Andersen AFB



Touching Down: A B-2 Spirit, forward deployed here from Whiteman Air Force Base, prepares to land on Andersen Air Force Base March 23. The B-2 is a multi-role bomber capable of delivering both conventional and nuclear munitions and is forward-deployed here in support of Andersen's continuous bomber presence in the Pacific. (U.S. Air Force photo by Airman 1st Class Julian North)

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NBG stands up Incident Management Team

By Annette Donner

U.S. Naval Base Guam Public Affairs

A newly formed team of active-duty and civilian personnel designated to man the U. S. Naval Base Guam Navy Installation Emergency Operating Center (EOC) attended training March 16-19.

Through classroom presentations and mock disaster scenarios this new Incident Management Team (IMT) was introduced to the intricacies of preparing for, managing and recovering from major natural or man-made disasters.

The Commander, Navy Installations Command's (CNIC) Training and Readiness directorate trains individuals to effectively serve as members of an installation's EOC. The Navy has long operated operations centers, but EOCs on military installations began operating in 2007 as an outgrowth of incidents such as Hurricane Katrina. The Navy program is designed to align with the National Incident Management System (NIMS) to ensure seamless cooperative efforts between civilian and military EOCs during an emergency.

Guided through the evolution of a disaster by CNIC's Shore Operations Training Group (SOTG) Shore Force Training Center (SFTC) instructors Tim McKenzie, Ted Halpin, and Tim Moon, the group evolved throughout the three days to more skillful individuals functioning as a team.

"It is always gratifying to see a group of people who have never worked together before so quickly realize they are a team, and then strive to fulfill their individual roles as cooperative team members," Halpin said.

Jacqueline Delfin, DZSP 21 contingency manager, who has had some natural disaster experiences and participated in disaster exercises in the Army Reserves, thought the reality check of how important teamwork is to success was an essential element to the mock scenarios.

"You can have a group of indi-



IMT Training: The Naval Base Guam (NBG) Incident Management Team (IMT) that successfully completed a four-day classroom and mock disaster Emergency Operating Center (EOC) training received certificates of completion from their Commander, Navy Installations Command Shore Force Training Center (SFTC) instructors March 19. The new NBG IMT members are, from left, Oly Magofna, branch manager, Joint Region Marianas Training Requirements/Readiness; Philip Guerrero, NBG acting fire battalion chief; Marilyna Gumabon, NBG Housing director; Annette Donner, NBG public affairs officer; Yeoman Seaman Recruit Shane Belgrave, NBG administration; Michael Champaco, NBG acting battalion fire chief; Chief Master-at-Arms Timothy Wilson, NBG Security; Yeoman 2nd Class David Altman, back row, NBG administration; Yeoman 2nd Class Christopher Johns, front row, NBG Administration; Lt. Henry Warren, Security Officer, U.S. Naval Hospital Guam; Chief Master-at-Arms (AW/ESW) Joseph Parry, NBG Security; Rick Mesa, NBG installation training officer; Jacqueline Delfin, DZSP 21 contingency manager; Tim Moon, SFTC instructor; Chief Warrant Officer Arthur Cornelius, NBG Port Operations; Tim McKenzie, SFTC instructor; Ted Halpin, SFTC instructor; Lt. Ryan Carey, production officer, Naval Facilities Engineering Command Marianas. Not pictured Alfred Saenz, director, Navy Gateway Inns & Suites; and David Satterfield, NBG emergency management officer. (U.S. Navy photo by Jesse Leon Guerrero)

viduals who are superstars in their expertise, but if they do not work well as one unit, chances are they are not going to be able to manage the disaster very well," Delfin said.

Delfin said the scenarios were an excellent way to bring home the importance of cooperation between operations, logistics and planning, while at the same time learning to stay within your area of responsibility.

"You have to avoid confused

cross-communication within the EOC and execute the responsibilities assigned to you, but at the same time know the functions of the other units," Delfin said.

She added that reducing confusion within an EOC is paramount for the life and safety of all.

Disasters for which an EOC team must be able to handle include typhoons, earthquakes and fires, which are common on Guam, as well as possibility of a fuel

pipeline break, a harbor oil or fuel spill, a tsunami warning, mass casualties such as in the recent Ft. Hood incident.

For the mock disaster scenarios the team was broken into smaller groups to form the core roles of an EOC: planning, logistics and operations. Individuals were rotated during the scenarios to get hands-on experience in multiple roles.

Lt. Ryan Carey, production officer with Naval Facilities Engi-

neering Command (NAVFAC) Marianas, said his stint as EOC leader proved invaluable.

"I experienced immediately how I had to shift my view to keep my finger on the pulse of the big picture of everything happening in the EOC," Carey said. "It was an interesting experience to live the difference between being prepared for a specific mission, as we do in the military to becoming versed in multiple skills in preparation for any number of scenarios."

The administrative role in an EOC takes on a high level of importance and demands an efficient and skilled yeoman with a broad picture of the EOC operations.

"My role was essentially just entering information at a computer while the chaos swirled around me," said Yeoman 2nd Class David Altman, of NBG administration. "The constant and timely flow of accurate information this role provides to the Regional Operating Center and CNIC is critical for understanding the big picture."

Michael Champaco, NBG acting fire battalion chief, said his firefighting disaster training gave him some background working real disasters. As section chief in his mock planning team, he guided his teammates through creating the list of goals needed for the EOC to begin their initial operation.

"I found the team members openly encouraging and supporting of one another and that is a good thing," Champaco said. "The time together caused each team member to get to know each other and begin to gain mutual respect, a key element to future training exercises and to real-life disaster scenarios when we will be thrown together."

The opportunity to put their skills to use came coincidentally the following week when the core NBG EOC IMT command staff had an immediate mock application of their training during the Navywide anti-terrorism/force protection exercise Solid Curtain/Citadel Shield '10.

Bushong: 'Look forward to working with each of you'

Continued from Page 1

said to Bushong. "We know that you too are prepared for this challenge and have the capabilities, skill and leadership required."

With a heartfelt good-bye, Biesel thanked all the people of Guam and the Marianas that supported him during his tour, and that continue to aid the military.

"Military bases of today depend greatly on the communities in which

they reside and support," Biesel said. "I cannot easily express my deep gratitude to all those that support our military. You have all been wonderful. I just can't thank you enough."

Biesel spoke to the Joint Region Marianas crew about striving to continue their history of excellence under their new leadership.

"I must challenge my crew, both military and civilian, to exceed the goals I had set for you and to reach

new standards of performance as Admiral Paul Bushong assumes command," Biesel said. "I have no doubt you will excel."

After the reading of the official orders, Bushong said that he was honored and humbled, but also thrilled to be assigned to his new position. He spoke about Guam's uniqueness and the opportunities it presents.

"Guam is a special place in many ways," Bushong said. "Its strategic

position in the Western Pacific; its seaport and airport capabilities; its territorial relationship to the United States; its culture; its biodiversity; and its joint region structure along with other items present challenges, but also offer tremendous opportunities. I look forward to working with each of you as we work together to address these challenges in order to unlock the opportunities."

The mission of Joint Region Marianas is to provide executive level in-

stallation management support to all Department of Defense components and tenants through assigned regional installations on Guam and the Northern Mariana Islands in support of training in the Marianas; to act as the interface between the Navy and the civilian community; to ensure compliance with all environmental laws and regulations, safety procedures, and equal opportunity policy; and perform other functions and tasks as may be assigned.

Pacific Fleet Master Chief visits Guam

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

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Fleet Master Chief (SW/AW) John Minyard, fleet master chief of U.S. Pacific Fleet, visited Guam to talk with Sailors and civilians March 28-30.

Minyard toured several commands on island, including Joint Region Marianas, U.S. Naval Hospital Guam, Submarine Squadron 15, Helicopter Sea Combat Squadron 25, Maritime Expeditionary Security Squadron 7, Explosive Ordnance Disposal Mobile Unit 5, Naval Special Warfare Unit 1, and Naval Mobile Construction Battalion 40.

"The purpose of my visit in Guam is to get out and interact with Sailors and civilians on the bases, get a look at what's going on in the region and an assessment of how we're doing in Guam overall," Minyard said.

Minyard said he was thrilled by what he was seeing from the service members.

"I think the Sailors here are doing a tremendous job," Minyard said. "I think they've got tremendous focus. I think they're carrying

out the mission and they're ready to do whatever the nation calls upon them to do."

During an all-hands call held at the U.S. Naval Base Guam Big Screen Theater March 30, Minyard reached out to junior Sailors urging them to strive for excellence.

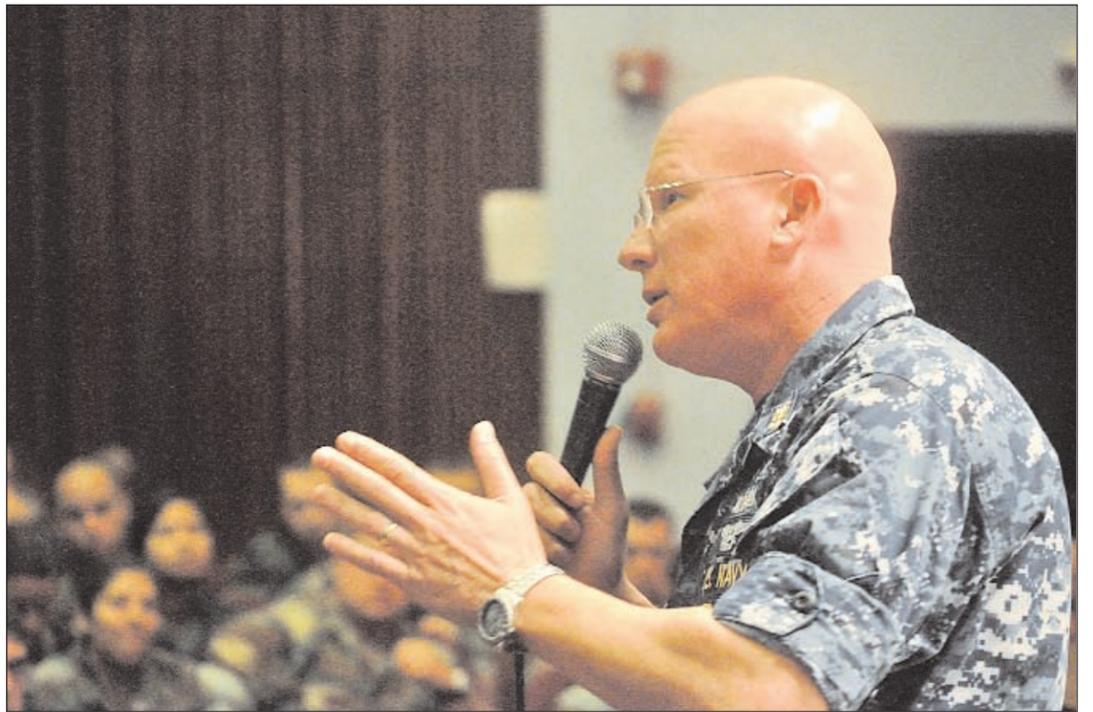
"My advice is to take responsibility for [your] actions, do the right thing, and be adults and work hard," Minyard said. "And for those that work hard, they will advance, and they will be successful in life."

Many Sailors in attendance at the all-hands call said that visits from high-ranking officials help to keep morale high in the enlisted ranks.

"It makes us feel like we're being heard that we have a voice and it's important what we're saying," said Cryptographic Technician 1st Class (SW/NAC) Michelle Johnson of USS Frank Cable (AS 40).

U.S. Pacific Fleet protects and defends the collective maritime interests of the United States and its allies and partners in the Asia-Pacific region. In support of U.S. Pacific Command, U.S. Pacific Fleet enhances stability, promotes maritime security and freedom of the seas, deters aggression and when necessary, fights to win.

For more information about U.S. Pacific Fleet, go to www.cpf.navy.mil.



All Hands Call: Fleet Master Chief (AW/SW) John Minyard, fleet master chief of U.S. Pacific Fleet, talks to Sailors during an all-hands call at the U.S. Naval Base Guam Big Screen Theater March 30. Minyard visited Guam March 28-30 to talk with Sailors and civilians about their mission and concerns. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



Above: Fleet Master Chief (AW/SW) John Minyard, fleet master chief of U.S. Pacific Fleet, admires the Wall of Honor at U.S. Naval Hospital Guam, which depicts the corpsmen that have been awarded the Medal of Honor during a tour of the hospital March 29. Minyard visited Guam March 28-30 to encourage Sailors to continue their superior performance in carrying out the Navy's mission in the Pacific. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)



Above Left: Fleet Master Chief (SW/AW) John Minyard, fleet master chief of U.S. Pacific Fleet, dons personal protective gear with the assistance of Chief Boatswain's Mate (EXW/SW/AW/CC) John Moldin, left, of Maritime Expeditionary Security Squadron (MSRON) 7, before riding a 25-foot MSRON 7 SAFE boat at Sumay Cove Marina on Guam March 30. Minyard visited Guam March 28-30 to talk with Sailors and civilians about their mission and concerns. (U.S. Navy photo by Jesse Leon Guerrero)



Left: Fleet Master Chief (AW/SW) John Minyard, left, fleet master chief of U.S. Pacific Fleet, answers a question from Boatswain's Mate 3rd Class Richard Gibbs, right, of Explosive Ordnance Disposal Mobile Unit (EODMU) 5 March 30. Gibbs and other EODMU 5 Sailors took the opportunity to talk to Minyard following an all-hands call at the command's compound on Guam. Minyard visited Guam March 28-30 to talk with Sailors and civilians about their mission and concerns. (U.S. Navy photo by Oyaol Ngrairikl)

Romines leads the way for 36th wing weapons safety

By Airman 1st Class Jeffrey Schultze
36th Wing Public Affairs

A noncommissioned officer from the 36th Wing's weapons safety office earned recognition from his senior leadership for his professional "can-do" attitude and dedication to his craft.

Tech. Sgt. Robbie Romines, 36th Wing weapons safety non-commissioned officer, was selected by Master Sgt. Michael Mysliwicz, 36th Wing First Sergeant, to represent his squadron as top performer.

Romines, an Orlando, Fla., native, entered the Air Force in 1993 and attended Basic Military training at Lackland Air Force Base. He then went on to technical training at Lowry Air Force Base. He is currently assigned to the 36th Wing on temporary duty from his home station McChord Air Force Base, Wash. In addition to McChord, he has served at a myriad of bases throughout his career including Moody and Langley Air Force

Bases, and Ramstein and Kunsan Air Bases.

While speaking on his Air Force experience thus far, Romines said, "I like that I'm able to make our country and the world a better place for my kids and future generations."

According to Mysliwicz, Romines has made major contributions and "has led the way in positively influencing Weapon Safety's relationship with all deployed units," in addition, "Sergeant Romines' professional knowledge of weapons safety has mitigated any potential mishap resulting in the 36th Wing's 'zero' weapons related mishaps."

Romines makes his presence felt outside of the office as well as a member of the 5/6 Club and spends time volunteering at his church.

When off-duty Romines enjoys spending time with his family, long distance running and watching Florida Gators games.

When asked what the Air Force has given him in return for his service, it is simple, "pride and the skills to succeed."



Top Performer: Tech. Sgt. Robbie Romines, Weapons Safety NCO assigned to the 36th Wing, checks a procedural guidance, here March 19. Sergeant Romines was recently recognized as a 'Top Performer' by the 36th Wing Staff First Sergeant. (U.S. Air Force photo by Airman 1st Class Jeffrey Schultze)

736th Security Forces trade ideas on air base security



By Staff Sgt. Derrick Spencer
36th Wing Public Affairs

Members from the 736th Security Forces hosted visitors from four foreign nations as part of the 13th Subject Matter Expert Exercise. Papua New Guinea, Mongolia, India and the Philippines were among the nations represented to exchange ideas on security matters pertaining to world-wide air base defense.

"It's really a great opportunity to be here in Guam to know how the U.S. Air Force does their training, and to share that experience with them," said Cmdr. Nrip Kumar Mehta, Western Air Command,

Security: Tech. Sgt. Marcus Serrano from the 736th Security Forces discusses small arms firing technique with a visitor from India as part of the Subject Matter Expert Exercise on Andersen Air Force Base March 24. (U.S. Air Force photo by A1C Jeffrey Schultze)

New Delhi. "More or less broadly we are similar, but it is a great opportunity to learn new things about the U.S. military."

The visitors' toured sections of the security forces compound as Andersen Airmen showed how U.S. forces train with simulation modules and field exercises. The visitors experienced a HUMVEE rollover simulator, an M-4 rifle range simulator and witnessed a terrorist ambush exercise at the Andersen South training grounds.

All of the participants regardless of their respective nation performed well when they shot simulated munitions rounds at a variety of targets.

"The dummy cartridges are a new thing for us," said Commander Mehta. "It really gives you a realistic picture on how the technical training portion is important, and how effective training is."

The visitors witnessed the procedures Andersen Airmen would use to retrieve an injured Airman during a terrorist ambush. Ground burst simulators rung their ears of the vis-

itors as observed the similarities with their own procedures and in the U.S. close quarter battle techniques.

"The live demonstration of the ambush is better," said Col. Chulun Battulga, Senior Officer, from Mongolia's Foreign Cooperation Directorate. "I think it's better to practice soldiers for the real combat situations, and this is almost same as a combat situation."

The Subject Matter Expert Program gives nations across the world access to the different techniques and strategies applicable during times of war. Most countries have one goal in mind, the protection and defense of their nation. Although the foreign representatives traveled to Guam to see how the U.S. Air Force handles its mission, the feedback and idea sharing on air base security was mutual and beneficial.

"Mongolia is trying to make better training for our Airmen, but we have to do many things" said Colonel Battulga. "It gives a lot of new ideas for [Mongolia] to learn from."

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MCPON: Happy birthday Navy chiefs

By Master Chief of the Navy
Rick West

Department of the Navy

My fellow chief petty officers,
On April 1, our entire mess will pause to celebrate 117 years of the United States chief petty officer, our

honored mess traditions and heritage and look to our future.

Our Navy is the best it has ever been; we have advanced equipment and technology, but we are only as good as our people. Since 1893, chiefs have been charged with the duties and responsibilities of ensur-

ing our Sailors are the best trained and ready to carry out our Navy's missions. The strong legacy of deckplate leadership that our mess was founded on is more relevant today in order to continually meet the demands of our expanded Navy environment and increased mission re-

quirements. Thank you chiefs!

Through your leadership of our Sailors, you continue to keep our heritage alive and our Navy strong. Continue to make a positive impact on your command, your Sailors, yourself and our mess. Remember those who have gone be-

fore us and those who have paid the ultimate sacrifice in service to our great nation.

Happy birthday, shipmates! I truly appreciate your leadership and the hard work you do every day.

Anchor up and HOOYAH Navy chiefs!

Guam Reservists deploy to Afghanistan

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

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Reservists with Naval Mobile Construction Battalion (NMCB) 18, Detachment 0918 departed Guam for a year-long deployment in support of the global war on terrorism March 26.

"The Sailors deploying are playing a crucial role in the war on terror," said Cmdr. Donald Knaub, commanding officer, Navy Operational Support Center (NOSC) Guam. "The active-duty Navy counts on the Reservists to provide manpower for surge requirements. Reservists allow the Navy to do even more."

The Det. 0918 Sailors were the first unit attached to NOSC to deploy to Afghanistan. They were also the first NMCB group consisting primarily of Reservists from Guam.

"It's an honor to be the first Reserve group from Guam to deploy to Afghanistan," said Steelworker 2nd Class Sinforoso Galindez. "It feels good to represent the island and the Navy in this way."

The detachment is comprised of 45 members, 23 of whom will be on the deployment.

NMCB 18, Det. 0918 Sailors will report to training in Gulfport, Miss., before beginning their mission.

"It's important to perform this mission in order to maintain our freedom and ensure our families' way of life is secured," said Engineering Aide 1st Class Wilson Beatingo. "That's why we've received the training we have, and that's what we're gonna do. I'm proud to be able to support the war on terrorism, to show our military strength overseas, and to ensure U.S. soil stays safe and free."

NMCBs provide responsive military construction support to Navy, Marine Corps and other forces in military operations, construct base facilities and conduct defensive operations. In addition to standard wood, steel, masonry and concrete construction, NMCBs also perform specialized construction such as water-well drilling and battle damage repair. They are able to work and defend themselves at construction sites outside of their base camp and convoy through unsecured areas. In times of emergency or disaster, NMCBs conduct disaster control and recovery operations.

To learn more about NMCBs, visit the U.S. Naval Construction Force Web site at <http://www.seabee.navy.mil>.



Deployment: The Seabees of Reservist unit Naval Mobile Construction Battalion (NMCB) 18, Detachment 0918 with their banner at the A.B. Won Pat International Airport March 26. Twenty-three Reservists from the unit departed for a yearlong deployment to Afghanistan in support of the war on terror. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

Guam Living Pattern Survey soon to be online

By Mae Flores

Joint Region Marianas

The Guam Living Pattern Survey (LPS) for uniformed U.S. service members with dependents will be made available online on or about April 1.

The link will be disseminated when the online survey is posted. Maximum participation and accuracy in completing this LPS is critical

to the COLA determination process for Guam and the Northern Mariana Islands.

Service members with Internet access can complete the survey at home with their spouses. The entire survey takes 30 minutes or less to complete. Service members will be asked to identify primary and secondary local (off-base) outlets most frequently used. Once identified by the results of the LPS, price collec-

tors will go to these stores to collect price data for the retail price survey (market basket survey).

In a section of the LPS, service members will also report percentages of use of various outlets where they have purchased goods and services since their arrival overseas. Estimates are to be based on the percentage of the total volume purchased from each source, not the total cost.

Participation in an LPS every three years to report shopping patterns is required by service members at overseas locations. Once each year, Joint Region Marianas representatives complete a market basket survey (retail price schedule (RPS)) to collect local prices.

Together they are used to establish the cost of living index for Guam and the Northern Mariana Islands. The overseas LPS and prices

(RPS) are compared to the average U.S. service members' shopping patterns and the average U.S. prices for the same goods.

For additional information or questions, contact Yvonne Whitley, LPS coordinator, at 339-5303 or Summer Britford, Strategic Planning & Policy Division, Defense Travel Management Office, at 703-696-6806 or summer.britford@dtmo.pentagon.mil.

News Notes

Job Announcements

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

Joint Region Marianas, Guam

Human Resources Specialist

Naval Base Guam

Firefighter, closes March 28

Naval Hospital, Guam

Financial Technician, closes April 7

Nurse (clinical)

NAVFAC Marianas, Guam

Power Supply Systems Mechanic, closes April 6

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 by clicking on HRO jobs. For more information, visit the Human Resources Office (HRO) or call 366-6141.

Water Quality Notice

Important information that affected the 2009 water quality monitoring at South Finegayan, North Finegayan and Barrigada area is available online at <https://www.cnrc.navy.mil/marianas/index.htm>.

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 (max-

imum 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 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.

EODMU 5 Sailors deploy to Afghanistan

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

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Approximately 20 Sailors from Explosive Ordnance Disposal Mobile Unit (EODMU) 5 Sailors departed Andersen Air Force Base Air Terminal March 30 to begin their deployment in Afghanistan in direct support of Commander, Joint Task Force Paladin.

While deployed, the headquarters element will be based in Southern Afghanistan where they will command and control counter-improvised explosive device (IED) teams.

Cmdr. Robert DeBuse, EODMU

5 commanding officer, said he's looking forward to working with other explosive ordnance disposal teams from other U.S. Armed Forces branches.

"Our job is to be the command and control element for all the counter-IED efforts in the southern part of Afghanistan," DeBuse said. "We make sure they're trained and equipped for their mission."

EODMU 5 is homeported on board U.S. Naval Base Guam. It has three detachments that keep the 7th Fleet area of responsibility (AOR) safe and accessible by countering mines and other potentially hazardous explosive devices.

DeBuse said the command has been preparing for the deployment since April and noted his teams,

both the deploying element and the one staying back on Guam, are ready.

"It's a difficult mission in that we are going to remove a good chunk of people from EODMU 5 headquarters and put them in a different AOR and yet we still have to do the exact same mission here in the Pacific," DeBuse said. "It's going to be a challenge but I think everybody here is well prepared for it."

Command Master Chief (EWS/SW) Bill Lee said the deployment will be an "eye-opener" for junior Sailors.

"There's a lot of good that our men and women are doing in the region," Lee said. "I hope the junior Sailors get a sense of self-worth,

pride and patriotism by knowing they're going to help make a difference in the region."

Construction Mechanic 3rd Class Tyler Logan Crampton said he's looking forward to working in a joint environment.

"I'm going with some great people, and I'm looking forward to meeting others who can help me grow as a Sailor," Crampton said. "There's going to be interaction with the different services, such as Army and Marines but also interaction with the Afghanistan police and Afghanistan Army. And it's a great opportunity to build teamship."

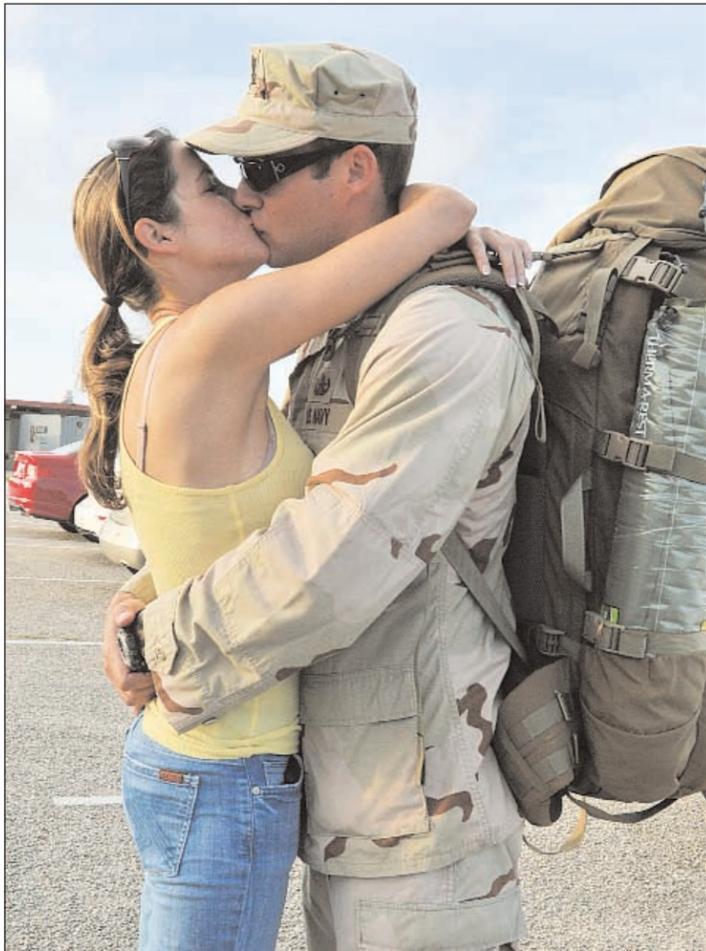
For Seaman Rodin Peguero, Afghanistan will be his first deployment.

"I'm looking at this deployment

as a foundation for my Navy career," Peguero said. "I want to be an explosive ordnance disposal technician, and I think this will be a great learning experience."

Navy EOD technicians are an elite team of warriors who eliminate hazards from conventional ordnance, weapons of mass destruction, sea mines, improvised explosive devices, and accomplish expeditionary diving and salvage objectives. These Sailors foster trust and cooperation with like-minded nations; ensure offensive maneuver for conventional and special forces; and mitigate harm to U.S. and coalition forces as well as civilians.

To learn more about EODMU 5, visit their Web site at www.eodmu5.navy.mil.



Above: Explosive Ordnance Disposal Mobile Unit (EODMU) 5 Sailors stow their bags into a truck as they prepare for departure out of Andersen Air Force Base on Guam March 30. The deploying team will be in Afghanistan in direct support of Commander, Joint Task Force Paladin. (U.S. Navy photo by Oyaol Ngirairiki)

Left: Explosive Ordnance Disposal Technician 1st Class (EWS/SW) Karl Krahn, of Explosive Ordnance Disposal Mobile Unit (EODMU) 5, says goodbye to his girlfriend Sharone Granot at Andersen Air Force Base on Guam March 30. Krahn and about 20 other Sailors from EODMU 5 were deploying to Afghanistan in direct support of Commander, Joint Task Force Paladin. (U.S. Navy photo by Oyaol Ngirairiki)

Andersen AFB congratulates newest ALS grads

By Tech Sgt. Mike Andriacco
36th Wing Public Affairs

Class 10-C from the Andersen Airman Leadership School graduated on March 25. Members of this graduating class are:

Staff Sergeant

David Foster, 644th Combat Communications Squadron (CBCS)
Peter Pleasanton, 36th Munitions Squadron (MUNS) and the

Levitow Award winner

Senior Airman

Xavier Bryant, 36th Force Support Squadron
Kyle Carter, 734th Air Mobility Squadron (AMS)
Dustin Castle, 734th AMS
Joel Congdon, 36th Security Forces Squadron (SFS)
Phillip Cyb, 36th SFS
Ashley Evans, 36th Maintenance Squadron
Eric Gebhard, 36th SFS
Thomas Hamby, 36th MUNS

David Harding, 36th MUNS
Rachel Kinsella, 254th Air Base Group and the Leadership Award winner

Donovan Leap, 36th MUNS
Joshua Lisowski, 554th RED HORSE Squadron (RHS)
Robin Lumm, 644th CBCS
Roy McAllister, 36th Logistics Readiness Squadron and Distinguished Graduate and Academic Award winner

Kaela Quiambao, 36th Contingency Response Group
Caprice Singleton, 554th RHS
David Soares, 554th RHS

Mark Sta Cruz, 734th AMS
Kara Twiggs, 36th Maintenance Squadron

Doris Tydingco, 44th Aerial Port Squadron
Melissa Villanueva, 644th CBCS
Marissa Willis, 36th Medical Group

ALS is a six-week intensive course designed to help Airmen prepare to become non-commissioned officers and first-line supervisors to their Airmen. The curriculum focuses on communication and development of leader-

ship abilities. Graduation from ALS is a requirement to be able to write performance reports on subordinates.

There are several awards an attendee can receive for their performance during the course. The Levitow Award is the highest award granted in each class. The basis of the award is overall performance and peer and instructor reviews. The Distinguished Graduate, Leadership and Academic Achievement Awards are all based on academic and leadership performance during the course.

April 1st National Census Day

From 36th Wing Public Affairs

April 1 is National Census Day and marks the date that Census representatives will begin to visit residents to collect the census forms and answer any questions. On and off base housing residents should have received census forms by mail during the month of March. To alleviate the burden of the extended visit, please complete the census forms as soon as they are received.

Bureau of Census representatives will begin canvass the housing areas to collect the census forms from residents. If the forms are completed prior to their arrival, the length of the visit will be short (10 - 15 minutes). If the forms are not completed, the length of the visit will be longer (40-50 minutes) due to the reps going over each area of the forms with the residents.

Off-base residents can expect to receive visits from census reps during the month of April using the

same criteria mentioned earlier.

All unaccompanied personnel living on Andersen will get forms from their designated Unit Representatives for completion and collection.

Introduction to the 2010 Census

The foundation of our American democracy is dependent on fair and equitable representation in Congress. In order to achieve an accurate assessment of the number and location of the people living within the nation's borders, the U.S. Constitution mandates a census of the population every 10 years.

The census population totals determine which states gain or lose representation in Congress. It also determines the amount of state and federal funding communities receive over the course of the decade. 2010 Census data will directly affect how more than \$4 trillion is allocated to local, state and tribal governments over the next 10 years. In

order for this funding allocation to be accomplished fairly and accurately, the goal of the decennial census is to count everybody, count them only once, and count them in the right place. The facts gathered in the census also help shape decisions for the rest of the decade about public health, neighborhood improvements, transportation, education, senior services and much more.

Reaching an Increasingly Diverse Population

The goal of the 2010 Census is to count all residents living in the United States on April 1, 2010. The U.S. Census Bureau does not ask about the legal status of respondents in any of its surveys and census programs.

To help ensure the nation's increasingly diverse population can answer the questionnaire accurately and completely, about 13 million bilingual Spanish/English forms will be mailed to housing

units in neighborhoods identified as requiring high levels of Spanish assistance. Additionally, questionnaires in Spanish, Chinese (Simplified), Korean, Vietnamese and Russian, as well as language guides in 59 languages will be available on request.

Recruiting Census Workers

By 2010, there will be an estimated 310 million people residing in the United States. Counting each person is one of the largest operations the federal government undertakes. For example, the Census Bureau will recruit nearly 3.8 million applicants for 2010 Census field operations.

Of these applicants, the Census Bureau will hire about 1.4 million temporary employees. Some of these employees will be using GPS-equipped hand-held computers to update maps and ensure there is an accurate address list for the mailing

of the census questionnaires.

With one of the shortest questionnaires in history, the 2010 Census asks for name, gender, age, race, ethnicity, relationship, and whether you own or rent your home. It takes only about 10 minutes for the average household to complete. Questions about how we live as a nation, our diversity, education, housing, jobs and more are now covered in the American Community Survey, which is conducted every year throughout the decade and replaces the Census 2000 long-form questionnaire. Responses to the 2010 Census questionnaire are required by law. All responses are used for statistical purposes only, and all are strictly confidential.

For more information, visit the 2010 Census Web site at <http://www.census.gov/2010>.

President Obama has recorded a message encouraging all residents to fill out their census forms. It can be heard here: <http://2010.census.gov/mediacenter/spread-message/obama-message-30.php>

GCC students soak in history on NBG

By Oyaol Ngirairiki
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Guam Community College Student Support Services, Project AIM students learned a little more about the history of the island during a tour of U.S. Naval Base Guam (NBG) March 26.

Project AIM is funded by the U.S. Department of Education to assist students in earning a college degree.

"What we do at Project AIM is work with first-generation college students, students who meet certain low-income brackets, and students with disabilities," said Christine Sison.

Project AIM director. "We support our students and try to motivate them to stay in school and graduate with their associate's degree and then help them transition from the community college to a four-year university."

Sison said the tour is one way of teaching students the island's culture and history.

"Taking them on a cultural activity opens their eyes to see the history of the island, and get a glimpse of what's out there," Sison said. "Alongside the cultural trip they'll be meeting with the U.S. Coast Guard and they'll be talking about career options. And this is really a rare opportunity for these students, so it's really wonderful of U.S. Naval Base Guam and the U.S. Coast Guard to have supported this trip for the students."

The group visited Sumay Cemetery and the Pan Am Clipper Landing, and drove by the War Dog Memorial and the old Japanese POW Amphitheater. At each site, Annette Donner, NBG public affairs officer, gave students an historical narrative.

Donner described what life was like for island residents and military personnel working and residing at the former Sumay village before it was invaded and occupied by



History Lesson: Guam Community College students with Project AIM gather around Annette Donner, U.S. Naval Base Guam (NBG) public affairs officer, at the end of Sumay Cove as she describes life in the pre-World War II village of Sumay March 26. (U.S. Navy photo by Oyaol Ngirairiki)

Japanese forces at the onset of World War II on Guam. After the liberation of Guam by the U.S. military, the villagers relocated to neighboring Santa Rita.

"Prior to World War II, Sumay was a large fishing village with many homes and small

businesses," Donner said while speaking at Sumay Cemetery – a site that Navy officials carefully maintain.

Sumay was also home to a hotel and landing zone for Pan-American clipper planes, which is the origin of Navy Morale, Wel-

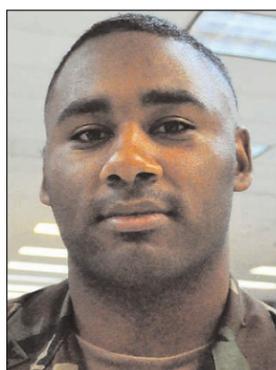
fare and Recreation's Clipper Landing restaurant's name. Near the memorial by Sumay Cove, Donner talked to students about Pan Am's pre-WWII passenger routes and how stops on Guam helped build the island's economy, particularly with Sumay.

What is your favorite historical site on Guam and why?

Guam history dates back over a millennium and shapes its landscape from its centuries-old latte stones and World War II memorials. In honor of Chamorro History Month, Joint Region Edge asked service members and civilians on Andersen Air Force Base and U.S. Naval Base Guam what their favorite historical site on Guam is and why.



"Talofofo Falls. It has a museum that gives the history of Guam and the cave in which the Japanese soldier [Shoichi Yokoi] stayed in for 28 years."
 — Master Sgt. Roy Adkins, 90th Expeditionary Fighter Squadron



"Asan Park just because there's a lot of history there with the Marines. That would have to be my favorite part."
 — Master-at-Arms 3rd Class Dallus Jackson, Maritime Expeditionary Security Squadron 7



"I like Two Lovers Point because it's so romantic."
 — Tech Sgt. Sarah Stewart, 36th Communications Squadron



"Umatac Bay... because of its beautiful scenery and it's very relaxing there. I like to take my kids. We play and get in the water."
 — Religious Program Specialist 3rd Class Priscilla Gonzalez, U.S. Naval Base Guam Chapel



"I like Asan Park because it's spacious and it gives you a sense of respect for those who fought for our country."
 — Geneffer Raigelig, Andersen Air Force Base librarian



"My favorite has to be where Sumay village used to be, near the cemetery on base. We did a run out there and they explained to us some of the history out there. I thought it was pretty cool."
 — Master-at-Arms 3rd Class Michael Mayers of Maritime Expeditionary Security Squadron 7

MSC welcomes all to job fair

By Jesse Leon Guererro
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Military Sealift Command (MSC) Ship Support Unit Guam will host Seafarer Day at Top O' the Mar April 8, 10 a.m.-1 p.m. and 3-6 p.m. MSC representatives will be available to discuss job opportunities with attendees.

Norma Pillman, event coordinator, said admission is free and presentations will also cover topics

such as licenses, pay, training and life on board a ship.

"We try to do at least two a year, and we've been hiring so many people," Pillman said.

Attendees should bring their Merchant Mariner's Credential, which is issued by the U.S. Coast Guard; a Transportation Worker Identification Credential, which is issued by the Transportation Security Administration; and a valid U.S. passport.

Pillman said MSC job openings change over time, but Seafarer Day is a good opportunity for Guam residents to explore entry-level careers. Several of these openings include assistant cook, cook baker, deck engineer machinist, unlicensed junior engineer, medical services officer, pumpman, supply utilityman and assistant storekeeper.

Applicants can be screened through blood, hearing and vision tests, and they must pass a drug test.

"You must be 18 years or older," Pillman said. "The youngest we've hired here is 19 and the oldest is 64."

Applicants who are hired must pay their way to Norfolk, Va., for indoctrination instruction and in-processing. MSC will pay for a trip to a training school in New Jersey for three to six weeks. Training includes ship damage control, firefighting, first aid and cardiopulmonary resuscitation.

As a civilian mariner, new hires receive health insurance, life insurance, retirement benefits, and accrue annual leave, sick leave and shore leave. A tour aboard an MSC ship lasts a minimum of four months.

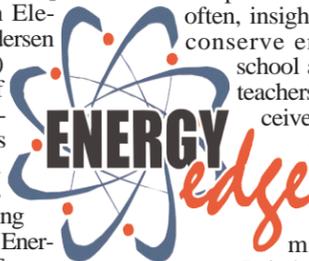
"Whatever ship they go to, promotion opportunity is there," Pillman said.

For more information about MSC, visit www.sealiftcommand.com.

Brite brings awareness to students

By Kevin D. Evans
 Joint Region Marianas Energy Manager

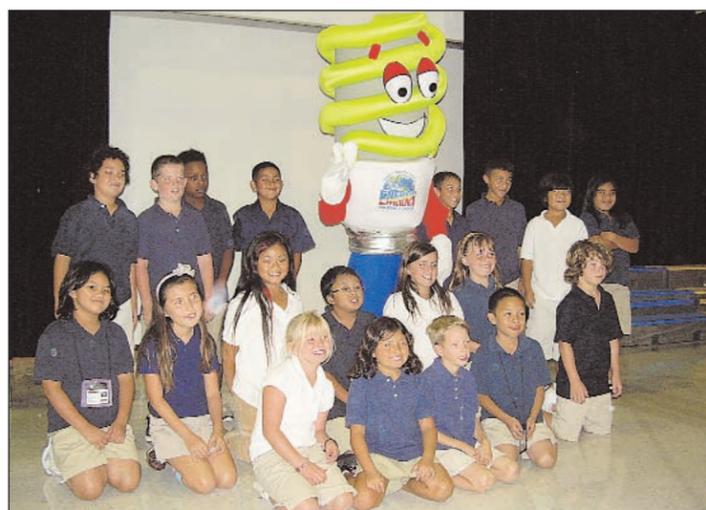
The Joint Region Marianas energy mascot Brite made an appearance at Andersen Elementary School on Andersen Air Force Base (AFB) bringing its message of energy and water conservation to the school's kindergarten through sixth grade classes March 25. Accompanying Brite were the Region's Energy Manager, Kevin Evans, Andersen AFB Resource Efficiency Manager (REM) John Manaloto and U.S. Naval Base Guam REM Florante Melecio.



The classes learned about energy and water conservation, its relationship to the environment and ways to use energy wisely. Each class provided spirited and, quite often, insightful ways to help conserve energy wisely at school and at home. The teachers of each class received a variety of energy-awareness materials including fact sheets, posters, bookmarks, and much more. Brite's visit will be followed up by energy surveys at Department of Defense Educational Activity schools to assist the schools in their efforts to save energy and

budget dollars. Much credit for Brite's visit must go to Maj. Gretchen Anderson of 36th Civil Engineering Squadron for coordinating the event, to Airman 1st Class Javita Cotton, Brite's avatar, and to Brite's safety observer, Staff Sgt. Rahmat Day. The efforts to use our resources wisely and become ever more sustainable, start with our children and grow with us.

Brite, the Joint Region Marianas energy mascot, poses with students at Andersen Elementary School during a visit to the school March 25. (Photo by Andersen Air Force Base (AFB) Resource Efficiency Manager (REM) John Manaloto)



Guam community celebrates women's achievements

By Oyaol Ngirairikl
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Women representing a cross section of military, businesses, local government personnel gathered at the 4th Annual Guam Women Veterans Conference at the Outrigger Guam Resort and Spa March 26.

The celebration, which was organized by the U.S. Department of Veterans Affairs' Guam Vets Center, was held as part of National Women's History Month. The theme of both the conference and the month this year was "Writing Women Back into History."

Cathy Illarmo, Guam Vets Center team leader, said about 150 people attended the conference.

"It's important to continually acknowledge the contributions women make in light of the growing numbers serving our country, and the conference is a wonderful way of not only recognizing them but providing a venue where they can learn information about different services and obtain information from other women," Illarmo said.

Lt. Col. Ly Fecteau, commander of Defense Distribution Depot Guam, Marianas (DDGM), was the guest speaker at the event.

"I stand before you as a Marine, as a mother, as a wife, as a daughter, as a sister, as an auntie, like all of who are many things to many people," Fecteau said. "I believe that I speak for all of us here when I say that our women veterans past and present are important figures of history in our great nation, as well as vital role models for our continued success."

It's those successes that paved the road to opportunities that only a few decades ago women could only dream about said Amber Benito, a University of Guam student with the AmeriCorps program.

"Women have the same rights as



Celebration: Capt. Josephine Blas, right, Guam National Guard, introduces Lt. Col. Ly Fecteau, seated at left, commander of Defense Distribution Depot Guam, as the guest speaker at the 4th Women's Veterans Conference at the Outrigger Guam Resort and Spa March 26. At the table with Fecteau, from left, Katherine Dote, human resources director, Guam Marriott Resort and Spa; Lina Ruhlman, speaker at the conference and wife of Brig. Gen. Phillip Ruhlman, Commander, 36th Wing and commanding officer, Andersen Air Force Base. Standing behind the table, from left, Ruth Leon Guerrero, executive director, Guam Department of Labor; and Cathy Illarmo, conference coordinator and team leader of the Guam Vets Center. (U.S. Navy photo by Oyaol Ngirairikl)

men in so many areas of American life and it happened in such a short span of time," Benito said. "It's important that we know what those changes were so that we can encourage our youth to take advantage of those opportunities those changes created."

Along with presentations on career breakthroughs for women, issues such as health were discussed.

Lina Ruhlman was among the women's health advocates who presented at a break-out session. Ruhlman is a breast cancer survivor, an accomplished marathon runner, and wife to Brig. Gen. Phil

Ruhlman, Commander, 36th Wing and commanding officer of Andersen Air Force Base.

Lina Ruhlman said, whatever a woman's career is, it's important that women make the time to take care of themselves — from taking the 30 minutes a day to exercise to making the annual mammogram appointment.

"As caregivers we tend to take care of everyone in the family except for ourselves... because ultimately, the caregiver has to take care of themselves as well to provide for their family and to support their family," Ruhlman said. "You have to

make that time, you have to tell yourself, 'OK this is part of my job: I have to find the moment to set aside all the caregiving and find the time to take care of me.'"

Ruhlman noted that even as the community lauds women who serve in the U.S. Armed Forces, it's important to remember women who are military spouses.

"Service members don't exist in a vacuum," Ruhlman said. "They have families, and they rely on them to take care of things when they're out defending our country for us. Without our military spouses, I don't think our military members could

do their jobs to the fullest."

Tech. Sgt. Rebecca Nelson, of 36th Medical Group at Andersen Air Force Base (AFB), said as a service member, wife and mother, it can be difficult to balance her career and her home.

Nelson said leaders are recognizing the needs of mothers serving in the U.S. Armed Forces and are providing family support services to ensure mothers and fathers get the help they need to ensure their families are cared for, allowing them to focus on their missions.

"We have a ways to go, but we've come a long way as a military and as a nation," Nelson said.

Aviation Machinist's Mate Airman Batsinia Joel, of Helicopter Sea Combat Squadron (HSC) 25, said overall the event was an "inspiring learning experience."

"The fact that we have so many women in higher-ranking positions, positions of authority, proves that our nation celebrates its diversity," Joel said. "And the nation, from business to military, is made stronger because everyone is allowed to do their part, regardless of their gender."

Joel said she's very grateful to the women who fought for the right to serve side by side with their male counterparts.

"I think the strides that have been made by the military to include women in combat roles, opened new opportunities for the generation that came before me," Joel said. "And the work of many of the senior-ranked women here really underscores women's capabilities and how we're able to surge up to support our fellow service members."

To find out more about National Women's History Month, visit the project Web site at www.nwhp.org/whm. To learn more about future Guam Vets Center events, call 472-7161.

Vice Adm. Kilcline visits HSC-25



All-Hands: Vice Adm. Thomas Kilcline, commander of Naval Air Forces, speaks with service members attached to Helicopter Sea Combat Squadron (HSC) 25 during an all-hands call at the command's compound on Andersen Air Force Base March 24. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

36th Wing new officer promotion selectees

By Tech Sgt. Mike Andriacco

36th Wing Public Affairs

Brig. Gen. Philip Ruhlman, 36th Wing Commander, would like to congratulate the newest officer promotion selectees at Andersen Air Force Base.

They are:
Selected for promotion from Lt.

Col. to Col., Orlando Sanchez Jr., deployed to Andersen with the 90th Expeditionary Fighter Squadron.

Selected for promotion from Capt. to Maj., Eloise Gomez, Jeremy Kersey, Paul Nelson and Christa Sechrist, all from the 36th Medical Group.

Once again, congratulations to Andersen's newest selects!

NBG celebrates National Boys & Girls Club Week

By Mass Communication Specialist (SW) Corwin Colbert
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The U.S. Naval Base Guam Child and Youth Programs (CYP) celebrated National Boys & Girls Club Week March 22–26.

For more than 75 years, Boys & Girls Clubs of America across the nation and on military bases overseas have celebrated the week by hosting events to emphasize the clubs' importance and value to their communities.

CYP, which is affiliated with the Boys & Girls Clubs of America, put together activities to promote healthy lifestyles and choices for children on base through the five core programs of the organization: character and leadership development; education and career development; health and life skills; the arts; and sports, fitness and recreation.

On March 22, the children attended a photography class where children learned how to operate a camera, produce images from a photo printer and learn the different career opportunities for photographers.

Michelle Taitague, a CYP recreation specialist and Boys & Girls Club of America representative, said the class was both an arts and education and career development event.

"This event helps young people develop self-expression and creativity, to develop and provide exposure to crafts and arts," Taitague

For more information

To enroll your school-aged child into U.S. Naval Base Guam Child and Youth Programs, call the central enrollment office at 564-1844/45.

said. "We also want our children to have ambitions for the future."

On March 23, children were involved in a community cleanup. They removed litter from around the Community Center, Teen Center and Youth Center to promote a clean environment.

"A lot of animals eat the trash and get sick," said Heather Merritt, a youth who participated in the event. "We have kids that play around here and children can pick-up trash or dangerous objects and get hurt. We need to keep the environment clean."

Taitague said this was a character and leadership development event. The purpose was to help youths become responsible and caring citizens and develop leadership skills through planning, decision-making and contributions to the community.

"We are trying to teach the children to stand up, be leaders in their community and give something back," Taitague said.

For the week's final event, CYP held a Fitness Relay and Carnival March 26 to reward children for their participation and let them have a little fun while promoting fitness.

"The Fitness Relay and Carnival

will provide fitness, a positive use of leisure time and social and interpersonal skills," Taitague said. "We have an aerobic station and tons of games. Being active is great for their bodies and making new friends."

Mae Lizama, youth programs director for CYP, said this isn't the only time of year CYP offers life-skill classes for their patrons. There are year-round events to assist parents in preparing their children for adulthood.

"We offer clubs to help children study and do homework, learn basic financial responsibilities and assist parents in teaching their young responsibility and self-esteem," Lizama said. "It is important to remember that these military dependents come from all walks of life. When a parent trusts us with their children, it is important for us to be positive role models."

Naval Base Guam's mission is to support the U. S. Pacific Fleet and other operating forces operating from, serviced by or supplied through Guam; support the fighters based here or attached to tenant commands; and support the families of Sailors stationed in Guam.

Fitness Fun: Child and Youth Programs counselors at U.S. Naval Base Guam Teen Center held a Fitness Relay and Carnival March 26 to celebrate National Boys & Girls Club Week March 22–26. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



DUI: You don't want to tell this story

By Senior Airman Cynthia Spalding

3rd Wing Public Affairs

Driving under the influence, DUI, DWI, drunk driving, driving drunk; however you decide to say it, the sting of those words hits harder than you know when you have been labeled as "one of those" Airmen.

When I left my last duty station en-route to Elmendorf I was labeled as "A perfect OTS candidate" by my shop commander on my enlisted performance report which happened to be a firewall-five. I was doing a do-it-yourself move and decided to stay at a friend's house for a week in South Dakota. The night before I was going to head out they were having a party. My first mistake was allowing someone I did not know to make my drink.

My second mistake was not asking someone responsible to take my keys. As we sat down at the table to play a game, I took my first sip. It

was 7p.m., Oct. 9, 2008.

Next thing I knew, I was waking up in a cold room with loud noises and not in my clothes. There were three beds with other girls. When I looked down at my shirt it read, "Pennington County Jail".

What happened? Who was I with? Was I driving? If I was driving, did I hurt or kill anyone? If someone was with me, who? Were they hurt? Where was my phone? Was I driving my new vehicle I just bought? What time is it? Those were just some of the many questions I

was asking myself at that moment.

In the next room there were cops at a desk with a line of females in the same clothes. They were in cuffs and chains, all of them connected together in a line. I was terrified. How did I get into this mess?

The clock on the wall read 7:30 a.m., 12 hours later. A nurse came in to see me. I hadn't noticed but there was a very bad burn across my chest and hips and on my face from my forehead down to my neck. Those weren't all of my injuries. When I was finally able to talk to a cop, they

informed me that I would go to court at 10 a.m. For two hours I sat in a room, terrified. I went to court after reading the police report. What could I argue? I knew that I had chosen the option to drink in an unfamiliar place with unfamiliar people.

According to the report I, "apparently ran a stop sign. At the end of the road there was a steep hill with marks in the grass from a vehicle, indicating that the vehicle had rolled over more than once."

I was lucky that there was a nurse living in a house near where my ve-

hicle had crashed. She was able to immobilize my head to prevent any spinal damages.

My blood alcohol content was 0.136. It didn't matter that I didn't remember ever finishing the first drink, I was guilty. After pleading guilty and letting the judge know my situation, I was released and took a taxi to my friend's house. Being so close to Ellsworth AFB, South Dakota, the first sergeant found me and assisted me in matters that I

See SAFETY, Page13

Safety: Driving is a privilege, take care

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Joint Region Edge April 1, 2010

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know I couldn't have handled on my own. My previous and future commanders had already been contacted.

God must have had an angel sitting on my shoulder for saving my life during this accident. My vehicle looked like a pancake. I was also thankful that my previous commander wanted to defend my reputation from Charleston to my future commander at Elmendorf, allowing me to continue my PCS to Alaska. Upon arrival, I met my superintend-

ent and immediately began working out what to do next. I lost my license for a year on top of totaling my brand new vehicle. Walking around in Alaska during the winter coming from Charleston, South Carolina was not a pleasant experience.

Instead of meeting my commander and being greeted and welcomed for the first time, my commander read me my letter of reprimand with a tone of extreme disappointment in her voice. The letter was filed in my new unfavorable information file, where it stayed with me until

December 1, 2009. I had lost the option of receiving below-the-zone, my car, my license, half of my belongings in the accident, extra leave time and my reputation.

It was hard knowing that even if I did the best possible job I could, I was still going to be ineligible for any type of award or recognition, until my UIF cleared. The next important thing I had to do was realize that, that was not who I was and start proving that to my new Air Force family. I volunteered for almost everything. If I was asked to

complete a job, I not only completed it, but I surpassed the expectations and tried to make it better than expected.

Driving is a privilege, and I had neglected my obligations to be a safe driver, therefore, I forfeited my privilege. Learning from this mistake, my new plan included making a right turn. To look back at the good, not dwell on my faults and grow. This created a huge cliff in accomplishing my future goals in commissioning; however, I am determined to become a story of recov-

ery, not of failure.

I am sharing my story to encourage you who have also gone through this unfortunate experience to be motivated and aware that you need to exceed expectations. I also encourage others who have not taken this wrong turn to make sure you have a plan in advance when you go out. Your experience might not turn out the same way as mine. It could end your Air Force career or worse your life. Don't be the next Airman that has to share their story. Telling mom and dad was hard enough.

Master calligrapher shares Japanese culture

By Oyaol Ngirairikl
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Master calligrapher Kousen Kanamori visited Guam High School March 25 where she shared the art of calligraphy.

Kanamori owns a school in Wakayama, Japan, and has received numerous awards for her work. She has also presented her work on Guam and at universities in the United States. She was invited to do the presentation to help students on Guam better understand the meaning behind the art of calligraphy.

"This is not an opportunity you get very often because Sensei Kanamori has a very full schedule but we were lucky she was able to come and show us some of her work, and share its importance with

us," said Kiyomi Crytser, a GHS Japanese teacher.

Kanamori said Shodo, or the art of calligraphy, is taught to every young Japanese child. As a child, she learned to love its artistry and what it expressed about the Japanese culture.

"Her master teacher brought her to Tokyo where she had a chance to see the calligraphy there and it touched her deeply," said Crytser, interpreting Kanamori's words. "Today, she considers it her job to share Shodo, along with Japanese culture, with younger Japanese students and to the world."

Kanamori told students that writing Japanese characters begins with a single dot.

"Then the dot forms a line, and the line organizes a meaningful letter," Kanamori said, addressing the

students through another interpreter. "As you may know, Japan consists of many small islands. We all live together side by side in our small land... We want to live together in harmony with others. I suppose this idea is similar to Shodo."

Kanamori asked students to imagine the lines are people.

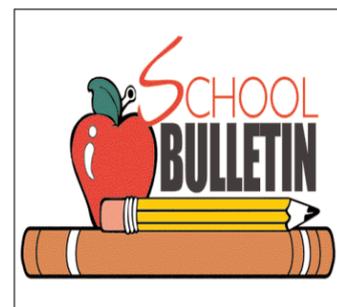
"Each line faces to the different directions, but they help one another and finally build words," Kanamori said. "And again, the words don't cover the whole paper like paintings. On the one paper, black lines and white space respect their own world in harmony... We can express our feelings of an encounter, hope, dream and sadness without breaking rules."

Cody Pumper, a GHS junior, has been studying Japanese for two years.

"I really enjoyed today's presentation because it really helped me to understand the artistic side of traditional Japanese writing or calligraphy," Pumper said.

Marquesha Borja, a GHS senior, has been studying Chinese culture and language for three years at the school. She said the presentation was "beautiful" and brought to life some of the shared history between the two Asian countries.

"I got to see different characters, both Japanese and Chinese, that are a part of this art form," Borja said. "I really enjoyed the different poems and hearing how they were written with a specific mind-set — like meditating on the meaning of a poem before sitting down to write it — it's really interesting and I'm glad we had the opportunity to learn from Sensei Kanamori."



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.

DoDEA

Spring break for students and teachers will be from April 12-16.

Department of Defense Education Activity (DoDEA) is looking for parents to serve as school year 2010-2011 school board members. The school board consists of five voting members who serve a two-year term. To qualify, candidates must have children attending one of four DoDEA schools: Andersen Elementary, Anderson Middle, Guam High and Commander William C. McCool Elementary/Middle schools. DoDEA Guam employees may not serve on the board. Forms are available at all the schools, the district superintendent's office on U.S. Naval Hospital Guam compound, and on the Web site <http://extranet.guam.pac.dodea.edu/default.aspx>. Forms are due April 9.

Andersen Middle School

Andersen Middle School PTO Book Fair. 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 through April 2, 7:45 a.m.-2:45 p.m.

There will be no school for students on April 9 in order for teachers to prepare final 3rd quarter grades.

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.

DoDEA Phone Numbers:

Andersen Elementary School: 366-1511

Andersen Middle School: 366-3880/5793

Commander William C. McCool Elementary/Middle School: 339-8678

Guam High School: 344-7410

Department of Defense Education Activity office: 344-9160

Navy College Office: 339-2485

Andersen Education Office: 366-3170



Above: Master calligrapher Kousen Kanamori, right, explains a poem written in Japanese calligraphy, a Japanese art known as Shodo. She did a presentation at Guam High School March 25 to help students better understand the meaning behind the art. (U.S. Navy photo by Oyaol Ngirairikl)



Right: Guam High School senior Marquesha Borja tries her hand at Shodo, the Japanese art of calligraphy March 25. (U.S. Navy photo by Oyaol Ngirairikl)

Andersen Elementary, McCool kids fly kites



Kite-making: Andersen Elementary School students are assisted in building a kite by volunteers Joanne and Ricky Baker from the Australian organization Kites 4 Kids at Andersen Air Force Base March 26. The Bakers were visiting Guam from Melbourne, Australia to take part in the Make-A-Wish Foundation of Guam's annual Kites for Wishes fundraiser. They volunteered to teach kite-making at schools to promote that event and teach students the benefits and pleasures of an active lifestyle. (U.S. Air Force photo by Airman 1st Class Jeffrey Schultze)



Kite-flying: Second-graders from Commander William C. McCool Elementary/Middle School run to fly kites on the school campus March 26. The students had just made their kites in a workshop led by volunteers Ricky and Joanne Baker from Kites 4 Kids. (U.S. Navy photo by James Fee)

Story hour draws readers of all ages

By Oyaol Ngirairiki

Joint Region Edge Staff
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Book lovers of all ages celebrated one of children's literature's most noted authors in March at Andersen Air Force Base (AFB) Library and U.S. Naval Base Guam (NBG) Library.

Theodor Seuss Geisel, better known as Dr. Seuss, wrote and illustrated "The Cat in the Hat," one of his most famous works. He was born on March 2, known as Dr. Seuss Day, but many schools and libraries across the nation extend the celebration, filling the entire month with activities that promote learning.

NBG librarian Jessica Carbon said celebrating Geisel's work sends a clear message that reading can be both fun and essential to a child's success in school and through adulthood.

"Dr. Seuss is one of the most beloved children's book authors of all time," Carbon said. "His use of funny rhymes and whimsical characters such as 'The Cat in the Hat' make his books a very effective tool for teaching kids the basic skills they need -- that is a lifelong love of reading."

Andrea Agle, senior library technician at Andersen Air Force Base Library, said throughout March, library staff read Dr. Seuss stories and held activities reflecting his books during their Wednesday story hours, held at 10:30 a.m. and 3 p.m.

"We always focus on Dr. Seuss during March, it's been a tradition for us here," she said. "It's great because Dr. Seuss is one of those authors parents know, because they grew up with it, and can now share with their children."

Agle said they read a range of books, including "The Cat in the Hat," "Green Eggs and Ham," and "One Fish Two Fish."

At NBG Library, about 100 readers filled enjoyed a special Dr. Seuss story hour March 24.

University of Guam (UOG) early childhood education students lead the event, reading to the children and leading the arts and crafts activity that followed.

Dr. Marilyn Jackson, UOG asso-

ciate professor of early childhood education, said the event not only helps hone her students' classroom skills, but also helps promote reading.

"When moms and dads read to children at home, they're modeling a behavior that will help mold that child and encourage him or her to read, not just for learning, but for pleasure," Jackson said. "And when you have other adults model how much fun reading can be, it validates what they're learning at home."

Carbon said the event is one of many the library holds in hopes of encouraging adults, whether they're parents, grandparents, aunts, uncles, educators or volunteers at a school to read to their children.

"You're never too old, too wacky, too wild to pick up a book and read to a child," Carbon said, quoting a Read Across America theme. "It is important to support reading with children because their confidence is heightened, and it empowers them to become good leaders in their communities."

Alyssa Neil, a Navy spouse, said her 3-year-old daughter enjoyed the event.

"She's at that age where she's getting into books and it's a lot of fun watching her enjoy Dr. Seuss stories the same way I did when I was growing up," Neil said.

Tori Simmons, a Coast Guard spouse, felt the event helped encourage her son to read more.

"Today's story and activity session were really great, it really captured the kids' attention," Simmons said. "More than just seeing other adults reading, my son is watching a lot of other kids reading, which makes reading more fun for him and maybe a little cooler, too."

Though the month of March is gone, families can still enjoy story hours at Andersen AFB Library on Wednesdays at 10:30 a.m. and again at 2 p.m. For more information, call Andersen AFB Library at 366-4291. Families at the southern end of the island, can enjoy NBG Library story hours Wednesdays at 3:30 p.m. For more information, call NBG Library at 564-1836.



Crafts: Children and parents fill the U.S. Naval Base Guam Library March 24 during a Dr. Seuss presentation. University of Guam early education students lead a story hour followed by an arts and crafts session in which children recreated the striped top hat made famous by the Dr. Seuss character the Cat in the Hat. (U.S. Navy photo by Oyaol Ngirairiki)

Personalize your Easter with eggs

By Jesse Leon Guerrero

Joint Region Edge Staff
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Easter and colored eggs go together like chocolates and Valentine's Day and stockings and Christmas. It's up for debate if they all match the true intent and origin of the holiday, but the seasons wouldn't be the same without them. So to add more excitement and fun for the family, it's worth spending a few minutes to decorate the eggs children hope to find when they go hunting April 4.

The first thing is to decide if the egg hunt will follow a traditional theme with real eggs or a modern theme with plastic eggs.

For real eggs, always use fresh ones so there isn't a safety issue when they're eaten. Select eggs that have no cracks in their shells and remember the old adage: when in doubt, throw it out. To avoid having to backtrack to the store for eggs, plan for a few that will break or are already unfit to serve.

Boil the eggs for about 12 minutes so they are fully boiled and can be hidden without breaking easily.

To decorate them, use a clean table with a towel or other protective material to guard against staining. It needs to be clean so it doesn't contaminate the eggs when they're opened, but also so it doesn't mark them.

For the basic color of the egg, use glitter, markers or even watercolor paint. Food coloring is a popular choice because it's easy to work with and isn't a health hazard. For a homemade recipe, mix the food coloring with water and vinegar to vary the shade of color.

Add extra designs by painting with a fine brush or dabbing with a q-tip. Decorating an egg, like decorating anything of value, can be a great opportunity to show artistic talent and creativity. Try designs that match what

Easter Activities

- Navy Morale, Welfare and Recreation's annual Bunny Bash will take place on the field outside Typhoonz on U.S. Naval Base Guam April 3, 9 a.m.-1 p.m. This is a free event and will include an egg hunt for children in different age divisions.
- Andersen Air Force Base will host a carnival at its Youth Center April 3, 9 a.m.-noon. This is a free event and will include an egg hunt for children in different age divisions.
- Top O' the Mar offers an Easter brunch April 4, 10 a.m.-1:30 p.m. Adults get in for \$27.95, 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. Call 472-4606 for reservations.
- Top O' the Rock on Andersen Air Force Base will offer Easter brunch April 4, 10 a.m.-1:30 p.m. Adults cost \$18.95 and children ages 6-10 are \$5.95. Reservations must be made by April 2, close of business. Call 366-6166 for reservations.

the specific children who will hunt for them are attracted to. A favorite TV show cartoon character will stand out, while broad choices can be used if the egg hunt will involve many different children. Flowers, stars, happy faces and other nonspecific images work well.

Refrigerate the eggs right after decorating to keep them from spoiling. Eat them within a week, but throw them out if there are cracks in the shell or the egg has been left out of the refrigerator for more than two hours.

Use plastic eggs instead if tradition isn't



Getting Ready for Easter: A youth decorates eggs in preparation for Easter. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

a big concern. Stores sell them in mixed sets of varying sizes and colors, plus they open easily into symmetrical halves. Paints won't always stick to plastic eggs, so try using stickers to personalize them.

Besides durability, the biggest advantage plastic eggs offer is they can be filled with candy, money, and small toys.

Whether real or plastic eggs are used, remember to let the kids have as much fun as they can with the entire process. Involve them in not only the hunt, but the decorating, as well. It will have a different meaning for

them when they can identify the eggs they put together. Always supervise younger children so they do not accidentally handle or swallow potentially dangerous material, though.

When choosing how many eggs to include, remember to have enough for each child. Most Easter egg baskets can hold more than a dozen eggs, so plan accordingly.

Compromise between having enough eggs, so it's not frustrating to look for them — but not too many, so it's almost like finding buried treasure. Above all, keep it fun, safe and a day to remember.

Guam High School celebrates Chamorro culture

By Jesse Leon Guerrero

Joint Region Edge Staff
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Guam High School (GHS) celebrated Chamorro Day March 27. The students, school staff and local volunteers braved intermittent rain showers to enjoy a mix of static displays, games, and live performances outdoors.

Chamorro Day is part of the larger Government of Guam-recognized Chamorro Month, which promotes the culture of Guam's native people through the practice and remembrance of the Chamorro language and customs. GHS activities that afternoon marked the 13th consecutive year the Department of Defense Education Activity school has observed the event.

GHS offered mini-workshops for students to learn how to weave coconut leaves into headbands and other decorations, while student-made displays showed a glimpse of traditional life on Guam through the use of sand, seashells, coconuts and handcrafted items.

Twenty members of the local dance troupe Rosan Acho Latte



Culture: Members of the local dance troupe Rosan Acho Latte sing in Chamorro for Guam High School (GHS) students March 27. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

performed for the students, singing in Chamorro as they waved staves and danced to guitar and drumbeats performed by accompanying musicians.

Karen Kasperbauer, GHS teacher, said the school's culture class sponsored and coordinated the celebration.

"We talk about geography and the changes of culture and how it gets changed when you bring something from every place you visit, so we hope they will take the good from the culture and incorporate that into their lifestyles," Kasperbauer said.

As the culture class' faculty advisor, Kasperbauer added observing Chamorro Month will help the attendees become not only better students, but also better adults and citizens.

"The crux of our constitution and our settlement of the country, being a new country, is being able to tolerate, respect and understand, and work harmoniously together with other people of different cultures, different beliefs and different backgrounds," Kasperbauer said.

On a Budget

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 U.S. Naval Base Guam Single Sailor Sanctuary at 9 a.m. Open to all active-duty single Sailors and geographical bachelors. For more information, call 564-2280.

Andersen Air Force Base Easter Egg Hunt & Spring Carnival

The egg hunt will start off the event to be held April 3, 9 a.m. at the Youth Center grounds. The carnival will follow. For more information, call 366-3491.

Managing Your Credit Class

Learn financial management with the Fleet and Family Support Center Managing Your Credit class April 7, 9-11 a.m. in Bldg 106 on U.S. Naval Base Guam. Learn what credit is, how to repair bad credit, how it accumulates, and how to manage and keep debt under control. For more information, call 333-2056.

Magic Mic Karaoke Night

Event is April 7, 5-10 p.m. at Typhoonz Bar — to enter use the side door at Nap's. For more information, call 564-1861.

U.S. Naval Base Guam Library Story Time

Every Wednesday from 3:30-4 p.m. at the U.S. Naval Base Guam Library. For more information, call 564-1836.

Chamorro Village

Take a free trip to Chamorro Village every Wednesday. Single Sailors and geographical bachelors can catch a shuttle at 6 p.m. from Single Sailor Sanctuary. Sailors at the Ordnance Annex can catch the shuttle 6:30 p.m. at Silver Dolphin. For more information, call 564-2280.

Illusionist comes to Guam

Illusionist Rob Lake, right, teaches a child a balloon trick during a show at the Big Screen Theater on U.S. Naval Base Guam March 24. Lake also performed at Andersen Air Force Base March 23 as part of a monthlong tour of the Pacific region presented by Armed Forces Entertainment. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



UNDER \$10

Hike to Lao Lao Falls

Hike to Lao Lao Falls with Rec N' Crew April 8.

Meet at 8:15 a.m. at Rec N' Crew on U.S.

Naval Base Guam.

Hike is rated easy-medium. Trail leads behind Inarajan Middle School to Lao Lao Falls. Cost is \$3 per child age 5-11, and \$5 per adult. Sign-up deadline is April 7, 1 p.m. at Rec N' Crew. For more information, call 564-1826.



On a Budget

\$10 AND UP

Steak Night

Steak Night at Bamboo Willies on Andersen Air Force Base is

April 11 and 25, from 5:30-8 p.m. Enjoy a great-tasting steak

with baked potato, baked beans, corn, salad and bread for just \$13.50 per person. Show your Club Card and receive \$2 off adult meals. The regular Bamboo Willie's menu will also be available. For more information, call 366-6166.

Deep Sea Fishing Trip

Join Andersen Air Force Base Outdoor Recreation on a deep-sea fishing trip April 17. Group departs Outdoor Recreation at 7 a.m. Cost is \$65 per person and includes transportation and gear. Bring along lunch, drinks, sunscreen, sunglasses and a small cooler. Space is limited so sign up soon. For more information, call Outdoor Recreation at 366-5197.

Orote Point Lanes Family Deal

Family Value Package at Orote Point Lanes everyday. Cost is \$40 per lane with a limit of five people. Package not available

Monday-Thursday, 6-9 p.m. during league nights. Fee covers two hours of bowling, shoe rentals for five people, one large single-topping pizza, and one pitcher of soda. For more information, call 564-1828.

Clipper Landing

Savor the flavor of our delicious entrees as you enjoy a spectacular view of Sumay Cove Marina. Hours of operation are Wednesday and Thursday, 11 a.m.-1:30 p.m.; Friday, 11 a.m.-1:30 p.m. and 4-9 p.m.; Saturday and Sunday, 11 a.m.-9 p.m. For more information, call 564-1857.



FRIDAY, APRIL 2

7 p.m.: **Percy Jackson and the Olympians: The Lightning Thief** • PG

SATURDAY, APRIL 3

2 p.m.: **Percy Jackson and the Olympians: The Lightning Thief** • PG

7 p.m.: **Cop Out** • R

SUNDAY, APRIL 4

7 p.m.: **Cop Out** • R

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, APRIL 2

7 p.m.: **When in Rome** • PG-13

9:30 p.m.: **The Wolfman** • R

SATURDAY, APRIL 3

1 p.m.: **Extraordinary Measures** • PG

3:30 p.m.: **Valentine's Day** • PG-13

7 p.m.: **From Paris with Love** • R

SUNDAY, APRIL 4

1 p.m.: **Percy Jackson and the Olympians: The Lightning Thief** • PG

3:30 p.m.: **Dear John** • PG-13

7 p.m.: **The Crazies** • 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.

(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 programs, call the chapels at the following numbers:

Andersen Air Force Base

366-6139

Naval Base Guam

339-2126

Naval Hospital Guam

344-9127

Find meaning in the mundane

By Lt. Col. Dana Grover

36th Wing, Andersen Air Force Base

"Borrrring! Dad/Mom this is just plain boring. Why can't we do something different?"

Certainly as parents we have heard this more than once. This statement is not music to our ears and is at times downright discouraging. The energy it takes to overcome the resistance seems



daunting but my words to you are, "Don't give up."

If you are doing what is good and right, then time will prove the worth of the actions. Let me use a movie to help illustrate this.

Pixar's recent movie "Up" is about the adventures of a widower named Karl and a 'Wilderness Explorer' boy named Russell, who is looking to earn his final badge so he can progress to the next level in his troop. They

meet at a critical point in Karl's life and become unlikely companions on a journey to a place called Paradise Falls in South America.

They are walking, toting Karl's floating house named Ellie (named after his deceased wife) trying to escape Karl's childhood hero Charles Muntz, who is now trying to kill them.

So, Russell and Karl are talking, finally having one of those meaningful conversations. Russell is answering Karl's question about his father who has slowly stopped see-

ing him.

Russell says, "My Dad used to come to all my Sweat Lodge meetings. Then afterwards we would go and get ice cream at Fetons'. I'd always get chocolate and he gets butterbrinkel. Then we sit on this curb right outside and I would count all the blue cars and he would count all the red ones. And whoever gets the most... wins."

A pause with a thoughtful but sad look. Russell continues, "I liked that curb.... It might sound boring but I

See REFLECTION, Page 21

Reflection: Lessons to be learned from routine

Continued from Page 20

think the boring stuff is what I remember the most.”

Isn't this a good thought: “I think the boring stuff is what I remember the most?” Ah, remembering the boring stuff. Of course being bored is part of the memory, but that is quickly overwhelmed by thoughts of laughter, camaraderie, lessons learned in casual conversation as well as the mundane, the silly, and the serious. It is you and the loved ones or friends that cause your soul to smile in reflection.

These events can be deliberate or they can be accidental, but either way they most likely will become routine, the first time excitement wears off and its repetitiveness eventually equals...boring.

That being said, it is never-the-less important as families to establish these practices (even if they are perceived as boring) because they become foundational in time. The routines are there to teach, to prepare us for the future, they are to build re-

lationships, and plant our character roots deep.

What do I mean? For example Christians hear their Lord say, “Whenever you do this (communion) do this in remembrance of me,” for the Jew the Seder meal in the celebration of Passover, and for the Muslim prayer 5 times a day.

Each of these faith groups have built into their heritage faith events that cause them to remember, reflect, and build spiritual depth. Rest assured though, as children (maybe as adults too) we at one time or another found our spiritual heritage boring or mundane.

But as we mature our heritage is firmed up in our hearts, family and spiritual traditions established, and the boring moves to understanding; value is given, history important, and commitment to continue important.

It is the boring stuff we remember most because it causes us to celebrate life with those whom are important to us, our family, our friends, and our God.

Youth baseball soon to be in full swing

23

Joint Region Edge - Sports April 1, 2010



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

Joint Region Edge Staff
corwin.colbert@fe.navy.mil

Southern Little League baseball is about to be underway and teams on U.S. Naval Base Guam (NBG) are fine-tuning their squads before regulation play begins. The minor division teams were gearing up for the season on NBG's Ebbett Field

Swinging Away: A member of the Mariners, in the minor division of the Southern Little League, fine-tunes her skills on Ebbett Field on U.S. Naval Base Guam (NBG) March 29. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

March 29.

"Today we are teaching the kids some techniques," said Hospital Corpsman 2nd Class (SW/FMF) Ted Gutierrez, of USS Frank Cable (AS 40), a coach of one of the two minor division's squads. "A lot of these children are first-timers. We have to get everyone on the same page."

NBG teams are coordinated by Navy Morale, Welfare and Recreation's (MWR) Youth Sports. MWR offers the co-ed teams in three divisions: a tee-ball division for children ages 5-6; a minor division for children ages 7-9; and a major division for children ages 9-12. The teams play against other teams in the league.

Gutierrez said he has to get everyone on his team comfortable for their first game scheduled for April 10.

"Today we practiced hand-to-eye coordination which is key to catching, pitching and batting," Gutierrez said. "We want them to be familiar with baseball, and build their self-esteem. It's difficult with 7-9-year-olds, but you must have patience."

Rachel Wiley, Youth Sports coordinator, said being a perfect baseball player isn't what the league is about.

"We emphasize learning the skills, building character and teamwork," Wiley said. "Winning is the last thing we worry about."

Wiley hopes that NBG residents can come out to watch the little leaguers play.

"Please come out and support our youth," Wiley said. "They put in a lot of time and effort and would love an audience."

For more information about Youth Sports, 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.

Spring Fling Kid's Run
April 16 at 5:30 p.m. at Commander William C. McCool Elementary/Middle School parking lot. Admission is free, but T-shirts cost \$5. Register at Charles King Gym or at the race site the day of the event. All ages are invited to participate! For more information, call 339-1301/2.

Ultimate Frisbee

Ultimate Frisbee is a fast-paced, self-officiated sport similar to football, in which the frisbee is moved down the field toward the opposite endzone by passing only. Pick-up games are free. Ages 16 and up are welcome. Games are co-ed and start April 20, Tuesdays and Thursdays, 5:30 p.m. - TBD at Sampson Field, near U.S. Naval Base Guam pool. For more information, just show up or e-mail mthorn3478@aol.com.

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.