

# JOINT REGION EDGE

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## 36th Wing showcases preparedness

By Senior Airman Shane Dunaway

36th Wing Public Affairs

More than 35 inspectors from the Pacific Air Forces Inspector General team conducted a limited notice Phase I operational readiness inspection (ORI) of the 36th Wing's mission capabilities June 7-11 on Andersen Air Force Base.

Team Andersen members responded to the challenge, scoring an overall satisfactory rating during the five-day inspection.

"I am very proud of the 36th Wing and what its Airmen have accomplished," said Brig. Gen. Phil Ruhlman, 36th Wing commander. "We have come a very long way in the last two years and done what has never been done before in one of the Air Force's most uniquely tasked wings. To get a SAT in a first-ever Phase I ORI – limited notice, no less – to me, is simply phenomenal."

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Mission Ready: Airmen from the 36th Contingency Response Group prepare to go through a deployment processing line during Andersen's Operational Readiness Inspection on Andersen Air Force Base June 9. The Airmen were deploying as part of the weeklong ORI scenario. (U.S. Air Force photo by Airman 1st Class Jeffrey Schultze)

## EODMU 5 maintains mission readiness with certification

By Oyaol Ngirairiki

Joint Region Edge Staff

Explosive Ordnance Disposal Mobile Unit (EODMU) 5 technicians underwent chemical response certification to ensure readiness for deployment June 14 on U.S. Naval Base Guam (NBG).

Evolution: Explosive Ordnance Disposal Technician 2nd Class (EWS) Jared Vahle, left, helps Chief Explosive Ordnance Disposal Technician (EWS/SW/AW) Mark Morgan, both of Explosive Ordnance Disposal Mobile Unit 5 Platoon 512, secure his protective gear during a chemical response certification evolution June 14 on U.S. Naval Base Guam. (U.S. Navy photo by Oyaol Ngirairiki)

The eight-Sailor team consisted of members of Platoon 512, one of three EODMU 5 detachments that keep the 7th Fleet area of responsibility safe and accessible by countering mines and other potentially hazardous explosive devices.

"The certification process ensures that everyone going out on deployment has the knowledge and the skills necessary to defeat whatever threat we may come up against in a mission," said Explosive Ordnance Disposal Technician 1st Class (EWS) Kyle Dewey, of EODMU 5, who evaluated the team. "Each of the deploying teams gets certified regularly, but training on these types of evolutions goes on constantly to make sure everyone knows their part in the process of neutralizing

an explosive and ensuring safety, both for themselves and the people in the surrounding area."

The team tested its skills and knowledge of chemical response procedures. During the evolution, Platoon 512 responded to a possible chemical bomb threat. The team made the initial assessment of the area, determined the contaminated zone, neutralized the chemicals on the explosive, and prepped it for transportation to a facility where it could be appropriately disposed. Throughout the evolution, platoon members also had to use safety gear and safety procedures to ensure chemical agents were properly handled within the contaminated area.

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# EOD: Sailors stay ready with chemical response training

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Chief Explosive Ordnance Disposal Technician (EWS/SW/AW) Mark Morgan, of Platoon 512, said training and certification evolutions are based on real-life scenarios.

"As a chief, it's my job to ensure that we're working as one unit when we're responding to a threat,"

Morgan said. "That's why getting certified is so important because it means we all know what our specific roles are from beginning to end. In a real life mission, there's not a lot of wiggle room for doubt or hesitation. Each member of the team needs to know what they're doing in whatever situation we're in."

Navy EOD units have

contributed significantly to joint and coalition forces' efforts in Iraq.

Many members of these units have already completed at least one deployment to the region and expect to return for follow-on tours.

"Prior to teams going on deployment, they'll be certified in various mission-related requirements," said

Explosive Ordnance Disposal Technician 1st Class (EWS) Bryan Bates, of EODMU 5, who also evaluated the team.

EOD experts disarm mines, booby traps and other improvised explosive devices. They can also tackle the challenges of chemical, radiological and biological threats. Training is paramount for all EOD professionals.

Navy EOD is the world's premier combat forces for countering IEDs, weapons of mass destruction, and other types of ordnance. Navy EOD technicians and divers are frequently first responders, enabling access for further combat operations.

To learn more about EODMU 5, visit their Web site at [www.eodmu5.navy.mil](http://www.eodmu5.navy.mil).



Chemical Cleanup: Explosive Ordnance Disposal Technician 2nd Class (DV/PJ) Jared Vahle, right, stands ready to assist Explosive Ordnance Disposal Technician 1st Class (DV/PJ) Joshua Clarke, both of Explosive Ordnance Disposal Mobile Unit 5 Platoon 512, in cleaning a mock chemical explosive device during a chemical response certification evolution on U.S. Naval Base Guam June 14. The chemical response certification ensures detachments are prepared to neutralize chemical explosives. (U.S. Navy photo by Oyaol Ngirairiki)



Vapor Test: Explosive Ordnance Disposal Technician 1st Class (EWS) Bryan Bates, left, of Explosive Ordnance Disposal Mobile Unit (EODMU) 5, watches as Explosive Ordnance Disposal Technician 1st Class (DV/PJ) Joshua Clarke, of EODMU 5 Platoon 512, test vapors on a mock explosive during a chemical response certification evolution June 14 on U.S. Naval Base Guam. The chemical response certification ensures detachments are prepared to neutralize chemical explosives. (U.S. Navy photo by Oyaol Ngirairiki)

# ORI: Joint effort key to successful completion of Phase I of inspection

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The inspection's focus centered around posturing the force, including command and control, operations preparation, deployment planning and processing, reception and beddown of forces, and noncombatant evacuation operations. Inspectors also graded the 36th Wing's ability to survive and operate.

"Our operational readiness exercises have focused on the same objectives that were inspected during the ORI," said Senior Master Sgt. Kenneth Kunze, superintendent of wing exercises and inspections for the 36th Wing Inspector General office. "The 36th Wing clearly demonstrated to the inspectors that it is prepared to execute its mission. The wing's ability to successfully

respond to the limited notice inspection also proved our constant state of readiness."

Team Andersen members also received recognition for superior efforts. Ruhlman presented IG coins to four members selected as top outstanding performers. Twelve members and four teams also drew praise as outstanding individual and team performers during the inspection.

The success of the exercise hinged upon successful collaboration between Team Andersen members and Navy counterparts, resulting in a satisfactory joint effort all around.

"We did not do this alone," Ruhlman said. "Our Team Andersen partners in the 734th Air Mobility Squadron, 44th Aerial Post Squadron, 254th Air Base Group

Helicopter Sea Combat Squadron 25 and especially the contractors in DZSP 21 and VSE were critical to our success. My sincere thanks to their support and exceptional teamwork!"

Following the successful completion of the Phase I ORI, Team Andersen members must now shift their focus toward a July ORE and the Phase II ORI on the horizon.

"With a larger inspection team expected in August, a very robust Phase II is likely," Kunze said. "The 36th Wing will have one more exercise before the Phase II ORI to tweak some processes. The momentum of the Phase I success plus everyone's commitment to remaining focused should put the wing in a great position to do well during Phase II."



Team Effort: Members of Team Andersen acting as role players arrive to the Noncombatant Evacuee Operation processing area on Andersen Air Force Base June 8. The NEO was part of larger scenario during the Operational Readiness Inspection, which is designed to test Andersen's mission capabilities. (U.S. Air Force photo by Airman 1st Class Jeffrey Schultze)

# WWII 1,000-pound bomb found at Naval Base Guam

By Annette Donner  
U.S. Naval Base Guam

Construction workers discovered a World War II-vintage 1,000-pound bomb buried beneath a construction site on U.S. Naval Base Guam (NBG) June 14.

Explosive ordnance disposal technicians from Explosive Ordnance Disposal (EOD) Detachment Marianas responded to the discovery. After thorough examination, Lt. Brent Wadsworth, officer in charge of EOD Detachment Marianas, determined that the bomb's fuse must be removed in order to safely transport it for proper disposal at NBG Ordnance Annex.

"This ordnance fell from thousands of feet, has been in place for 66 years almost to the day and was discovered when it was hit by a backhoe Monday, and it did not detonate," Wadsworth said.

Wadsworth noted that even during their operations to defuse the bomb there will be little risk of it detonating.

"However, we always take maximum precautions for ourselves and those around us," Wadsworth said.

While the bomb is being defused, a portion of NBG will be temporarily closed from 9 a.m.-2 p.m. June 19. Because of its location near housing and offices, people who live and work within 3,000 feet of the bomb must temporarily relocate. Those people 3,000 to 5,000 feet from the site must remain inside a building for the duration of the operation if they choose to not relocate. There is no danger to people

outside if they are beyond 5,000 feet from the site.

From 9 a.m.-2 p.m. or until the procedure is completed, NBG Security will restrict traffic on base to the designated safe areas in the vicinity of the Navy Exchange. Access to the base will be through the back gate.

The Federal Aviation Administration and U.S. Coast Guard have been notified and will promulgate a notice to Airmen and a notice to mariners to warn boaters and airplanes of any areas they should avoid on Saturday.

EOD Detachment Marianas has determined that the ordnance is stable in place and in no danger of detonating before June 19. NBG Security has established a 100-foot perimeter around the ordnance to ensure it is not disturbed.

For more information, contact the NBG Public Affairs Office at 339-2663.

## Breakfast at USO

United Service Organizations (USO) Guam welcomes all service members to a free pancake breakfast June 19, 8-11 a.m. USO Guam offers throughout the day, until closing at midnight, a relaxed atmosphere with free Internet, television, movies, refreshments, and more. USO Guam is located in the Royal Orchid Hotel in Tumon. For more information, call 647-4USO (4876).

## Frequently Asked Questions

**Ordnance is discovered and safely removed by EOD on base and throughout the Marianas all the time. Why is this time any different?**

In many instances, ordnance can be safely moved by EOD technicians without the need for render safe procedures. In this case, because of the type of fuse installed, EOD technicians have determined the ordnance cannot be safely moved to a disposal site without first removing the fuse.

**If it is so dangerous, why wait until Saturday? Why not evacuate right now?**

Keep in mind, this piece of ordnance has been in this location for the last 65 years. The risk of detonation comes from movement of the ordnance while the fuse is in place. Therefore, the decision was made to wait until Saturday when fewer people would be impacted and people would have more time to plan their relocation.

**I can't tell if my house is inside the red circle or not, or, my house is right on the line. What should I do?**

If you are unsure whether you are required to evacuate or remain inside during the duration of the operation, contact the Chugach Trouble Call Desk at 649-9572 for clarification.

**How are we notifying people within the red and yellow zones?**

We are using a variety of methods beginning with this initial e-mail. Commands are directed to forward this information to all hands distribution lists, including the families via your command's Ombudsman. Naval Base Guam is also getting the word out via Naval Base Guam's twitter account, <http://twitter.com/NBGGuam>, through flyers delivered to homes and bachelor quarters, and via giant voice on the day of the event. Security will also be driving through the neighborhoods and block access by pedestrians and motorists into the danger zone to ensure compliance on the day of the event. The Federal Aviation Administration and U.S. Coast Guard will also be contacted so a Notice to Airman and Notice to Mariners can be promulgated to warn vessels and air traffic in the area.

**Will the entire base be closed on Saturday? If not, what is open?**

At 9 a.m., most of the interior of the base will be closed and roads will be blocked by Naval Base Guam Security forces. However, the Naval Base Guam back gate

will be open, and people may enter the base and drive to the Navy Exchange, Commissary, NEX Gas Station, and NEX 2 (Outdoor store).

**Is Gab Gab or San Luis Beach open?**

No, all beaches on Naval Base Guam will be closed on Saturday until EOD operations are complete.

**When will the entire base reopen?**

We anticipate Naval Base Guam will reopen no later than 2 p.m. However, if complications occur, the base may remain closed until the EOD operations are completed. A good place to check on the base status is the Naval Base Guam twitter site: <http://twitter.com/NBGGuam>.

**Is Naval Base Guam opening up a building outside the 5,000 feet limit for families to use for evacuation?**

No building, such as the High School gym, will be opened for families to evacuate to. All areas off base are free of any danger, and the Navy Exchange is open for normal business and the NEX food court will not be affected by the EOD operation.



# Navy Sailor excels with MSFSC SSU

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

Joint Region Edge Staff

Yeoman 1st Class (SW/AW) Maria Manchion, of Military Sealift Fleet Support Command Ship Support Unit (MSFSC SSU)

Guam, said she joined the Navy almost 12 years ago

after her father advised her that it would be a great way to have a fulfilling career and accomplish her goal of going to college.

"Father knows best!" Manchion said. "I'm so glad things worked out the way they did. It really was for the best."

The veteran Sailor, who was selected as her command's Sailor of the Quarter for both 2nd and 3rd quarter 2009, said that being in the Navy has given her many opportunities that she may not have had, had she chosen a different path in life.

"I have seen most of the world when most of my classmates from high school haven't even left town! I've earned my associate degree for free while people are struggling for years to pay off student debt!" Manchion explained excitedly. "I get paid to live on a tropical island for three years and get a tan, while spending all kinds of quality time snorkeling with my son!"

The yeoman acts as a liaison between civilian mariners and the Navy vessels they serve on. She aids them with all administrative tasks, including leave chits and other important paperwork.



Rewarding Work: Yeoman 1st Class (SW/AW) Maria Manchion, right, and Norma Pillman, both from Military Sealift Fleet Support Command, Ship Support Unit Guam, review an award document at the command, while going over administrative records Feb. 3. Manchion acts as a liaison between civilian mariners and the Navy vessels they serve on. She aids them with all administrative tasks, including leave chits and other important paperwork. (U.S. Navy photo by Jesse Leon Guerrero)

Manchion, who holds several collateral duties, including command career counselor, said one of her greatest joys of being in the Navy is the opportunity to help junior Sailors.

"What other job can you mentor young people, and pass on the knowledge that was bestowed on you by previous great leaders and get paid for it?" Manchion asked. "I love it when Sailors that aren't in my chain of command trust me enough to want to talk about their

defeats and their victories and think enough of me to ask my advice. It's a great feeling."

Manchion's chain of command said that she sets the example of the type of Sailor that all Navy personnel should strive to be.

"She always sets a positive tone within the command," said Chief Hospital Corpsman (SW) Mario J. Mannarino, Manchion's supervisor. "Her 'can-do' attitude and professionalism is infectious and she always takes the extra time to get to

know new staff members and personally greet each customer. Those small attributes further enhance morale and working relationships within the command."

Mannarino also said that Manchion takes an active hand in molding junior Sailors into future Navy leaders.

"She actively engages junior Sailors through mentorship and raises the bar in achieving personal and professional growth," he commented. "She recently completed

her associate degree and is now working towards her bachelor's."

Mannarino added that Manchion emphasizes the importance of strengthening the Navy/community partnership through her duties as the assistant regional Combined Federal Campaign Coordinator, Navy liaison to Special Olympics Guam, and involvement with both the local Boy Scouts and Agat beautification project.

Manchion credits her naval success to the motivation she gets from role models such as her parents.

"My mother is such a strong, independent person and has always been a big motivator in my life. My father is extremely supportive and taught me so much about personal responsibility and taking care of your finances; for that I will always be grateful," she said.

Manchion added that she has been able to accomplish daunting tasks because of good advice she has received from her naval leadership.

"My last [command master chief] told me to 'eat my elephant one bite at a time' when I was working on my ESWS [enlisted surface warfare specialist qualification]. That is one of the best pieces of advice I have ever been given," Manchion said. "I've been fortunate to have had many strong leaders who took time to expose me to many things most of my peers had not been privy to. I felt they really wanted me to succeed and give me the right tools for my toolbox."

Manchion added that the key to success is giving yourself a reason to excel by setting a goal and keeping your focus on that goal.

"I try to succeed in order to make my son and my parents proud of me and my accomplishments," she said. "They are my motivation; the reason I give everything I do 100 percent."

## Air Force offers retention bonus to contracting officers

By Staff Sgt. Steve Grever

Air Force Personnel Center Public Affairs

Select Air Force contracting officers are eligible to receive a retention bonus as part of the service's fiscal year 2010 Critical Skills Retention Bonus Program (CSRBP).

Eligible officers will receive \$20,000 per year if they sign a four-year CSRBP agreement. This is the second year a retention bonus has

been offered to eligible contracting officers who are in high demand at stateside and deployed locations around the world.

According to Maj. Thomas Clohessy, the Air Force Personnel Center's contracting officer assignment team chief, the intent of the contracting CSRBP is to retain senior company grade officers who possess extensive contracting experience.

"Our focus for this year's retention bonus is journeyman-level

contracting officers with six commissioned years of service," Clohessy said. "This is another vital tool at the disposal of Air Force leaders to manage the force and meet mission needs."

In a joint, deployed environment, Air Force contracting officers account for more than 75 percent of the contingency contracting support assigned to the Joint Contracting Command-Iraq/Afghanistan.

"These officers work numerous

contracts for services, supplies, construction and other requirements that directly support the warfighter," Clohessy said.

Eligible officers will be notified by AFPC if their Total Active Federal Commissioned Service Date falls between Jan. 1 and Dec. 31, 2004. After meeting the initial TAFCS requirements, officers can go to the 64P career field assignments page on the AFPC personnel services website to read more about

the CSRBP program and download the program application form. The deadline for application submissions to AFPC's contracting assignment team is July 30.

For more information about the CSRBP for 64P contracting officers, visit the AFPC personnel services website at <http://gum.afpc.randolph.af.mil> or call the Total Force Service Center at DSN 665-5000 or commercial (800) 525-0102.

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# Celebrate Fourth of July at base, island events

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

Celebrate the Fourth of July with entertainment and fun for the whole family.

The celebration starts two days before the holiday at Andersen Air Force Base's Arc Light Park. The 36th Force Support Squadron is hosting a Freedom Fest scheduled for July 2, 3-6 p.m. There will be a band sponsored by Armed Forces Entertainment, various activities for the kids, horseback riding and free hamburgers and hot dogs. There will also be private food vendors, a

barbecue rib cook-off, door prizes and a grand prize of a round-trip to Hong Kong.

"Bring the whole family," said Michelle Jacobs, community activity director at 36th Force Support Squadron. "This is a very family-oriented event with a little something for everyone."

Fourth of July kicks off early with Navy Morale, Welfare and Recreation's (MWR) Fishing Derby at Sumay Cove Marina on U.S. Naval Base Guam (NBG). The scheduled start time is 5 a.m. and the weigh-in is at 3 p.m. There is a \$50 boat fee. There will be prizes for largest fish in the grouper, snapper and trevally categories. For more information call 564-1846.

MWR's Fourth of July Run/Walk 5K will begin at Sumay Cove Marina. Show time is 7 a.m. with a go time at 7:30 a.m. Admission is free. Call 564-1824 for more information.

MWR's Freedom Rocks Celebration 2010 will be held at Clipper Landing Park on NBG from 11 a.m.-6 p.m. There will be free food and drinks, contests, entertainment, an inflatable kingdom, a climbing wall, a Military Working Dog demonstration, face painting, boat rides around the marina and door prizes. NBG Fire and Emergency Services will also be on hand for a parade. Call 564-1830 for more information.

"This will be a great event," said Charles McJohn, a MWR special

event coordinator. "We are putting together some great prizes. We want everyone to celebrate this Independence Day with us."

Out on town, the Liberation Day Committee and Mayors' Council of Guam welcome all to the Liberation Day Carnival at Paseo adjacent to Chamorro Village in Hagatna. The carnival opens June 3 with the last day on Aug. 1. Hours of operation are Monday through Friday, 6 p.m.-2 a.m.; weekends and holidays, 4 p.m.-2 a.m. The carnival will have rides, food and entertainment.

On July 4, the carnival will have holiday hours and will transform into Gupot Chamorro, which in Guam's native tongue means "Chamorro celebration." The event

will feature an island-style concert and a pageant and fashion show starring the Liberation Day Queen and her royal court.

"I encourage all military to come out to the carnival," said Angel Sablan, executive director of the Mayors' Council. "This is a family-oriented island. Bring the whole family. We welcome your support."

The carnival is not only a fun place to spend the day, but a good vantage point for the fireworks display over Agana Bay, which is also sponsored by the Liberation Day Committee and Mayors' Council. The fireworks will start around 9 p.m. and last about 15 minutes.

For more information, call the Mayors' Council at 472-6940.

## News Notes

### Job Announcements

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

### Commander, Joint Region Marianas, Guam

Human Resources Specialist, June 23

Management Analyst

### U.S. Naval Base Guam

Fire Protection Inspector, closes June 22

Firefighter (Paramedic), closes June 23

### Naval Hospital, Guam

Health Technician (Audiology), closes June 22

Safety & Occupational Health Manager, closes June 22

### NAVFAC Marianas

Vehicle and Equipment Production Line Coordinator, closes June 28

### Employment Opportunities

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

### CONSEP Workshop

The Fleet and Family Support Center will hold Career Options and Navy Skills Evaluation Program (CONSEP) June 21-24, 8 a.m.-4 p.m. CONSEP is a four-day course designed to assist active-duty service members in achieving Navy and future civilian career goals. To register, call 333-2056.

### AF Clubs Scholarship Program

The annual Air Force Club Membership Scholarship Program has begun. Have a chance to get your share of \$25,000 in scholarship awards by submitting an essay of 500 words or less on "What does it mean to be a part of the Air Force Family?" Twenty-five \$1,000 scholarships will be awarded. In order to participate, you must be a current Air Force Club member or family member who has been accepted by or enrolled in an accredited college or university for entry during the fall of 2010 term as a part-time or full-time student. Rules and eligibility requirements are detailed in brochures available at the Top of the Rock, Coral Reef Fitness Center, HotSpot, Magellan Inn Dining Facility, Andersen Library and Andersen Education Office. All essay packages must be submitted to Dee Hollenbeck, Top of the Rock collocated club manager, by July 1. Call 366-6166 for more information.

## NAVFAC commanding officer gives speech at Rotary Club of Guam



Guest Speaker: Capt. Peter Lynch, commanding officer of Naval Facilities Engineering Command Marianas, answers questions from members of Rotary Club of Guam regarding the economic impact of an increased military presence on the island, while speaking at a luncheon at Guam Marriott Resort and Spa June 10. Lynch shared details on U.S. military construction projects such as a new hospital, expanded fitness center, a bachelor enlisted quarters, and a solar photovoltaic system that will be used for converting sunlight to electric power. (U.S. Navy photo by Jesse Leon Guerrero)

# USNH Guam holds change of command

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

Joint Region Edge Staff

U.S. Naval Hospital (USNH) Guam hosted a change of command ceremony June 11 at the command's auditorium on Guam.

Capt. Kevin Haws relieved Capt. David Miller as commanding officer.

The ceremony's presiding officer, Rear Adm. Donald Gintzig, deputy commander of Navy Medicine West, praised Miller and Haws, saying that the incoming commanding officer was well prepared to take the reigns of the naval hospital.

"[They're] big shoes to fill," he said. "But I have no doubt in my mind that you will take the history of excellence of this command and help bring it to even greater heights."

Gintzig then presented Miller

with the Legion of Merit for his exceptionally meritorious conduct in the performance of outstanding services and achievements.

After receiving the medal, a modest Miller credited his award to the excellent staff of USNH Guam.

"The special recognition that I've received today is truly not mine alone. It belongs to every staff member of U.S. Naval Hospital Guam who has worked to serve our patients and their families," he said. "I wear this medal today for all my staff, and I assure you when I reflect on my time in command, I will always think of what this fine Navy medicine team accomplished together."

Miller then thanked his staff for their dedication to the nation and the sacrifices they have made.

"I must say thank you to my terrific staff for the patriotism I see every day and the personal

sacrifices many of you make, far away from family and friends," he said. "I ask each of you to always remember that what you've accomplished as a member of U.S. Naval Hospital Guam has made a difference in the lives of those you've served and in the lives of those you've served with."

The outgoing commander went on to speak of the pride he felt at having served his nation for almost a third of a century. Miller will retire to his hometown of Minnesota after more than 32 years of distinguished service.

"I have received more from the Navy than I could ever hope to put into it. I am a better, happier and healthier man because of my service," he said. "I am very surprised at how fast these years have passed, but I have no regrets. I am as proud of my Navy service as anything in my life."

After the reading of official orders, Haws said that he was humbled by the opportunity and challenges that lie ahead.

"As a command, we look forward to strengthening the alliance between Navy medicine and the people of Guam, and to preparing the very best medical and dental care to each and every patient who comes through our doors," Haws said.

The new commanding officer then took a moment to reflect upon the legacy left by man he relieved.

"Capt. Miller, I am truly in awe of your stellar career. Starting as a hospital corpsman, transitioning to a Medical Service Corps officer, and finally as a stellar leader of Navy Medicine," Haws remarked. "I reflect with great admiration on the thousands of lives you have positively touched throughout your 32 years in uniform. Your passion and

commitment to patient care has set the standard for this command and Navy Medicine. Your legacy will endure long beyond your departure."

Haws comes to his new position after having served as executive officer of USNH Beaufort, S.C. from June 2007 to May 2010. His previous leadership roles include department head of pediatrics, USNH Bremerton; director for Branch Health Clinics, USNH Yokosuka; and specialty advisor to the Navy Surgeon General for the pediatric nursing and pediatric nurse practitioner communities.

The mission of the USNH Guam Navy Medicine team is to provide world-class health services in support of the nation's military mission—anytime, anywhere.

For more news from USNH Guam, visit their Web site at <http://www.med.navy.mil/sites/usnhguam/Pages/default>.



Legion of Merit: Rear Adm. Donald Gintzig, deputy commander, Navy Medicine West, right, pins the Legion of Merit on the chest of Capt. David Miller, outgoing commanding officer, U.S. Naval Hospital Guam, during a change of command ceremony at the hospital's auditorium June 11. Miller, who will retire to his native Minnesota, was relieved by Capt. Kevin Haws. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)



Above: Capt. David Miller, outgoing commanding officer, U.S. Naval Hospital Guam, reminisces about his 32 years of service, during a change of command ceremony at the hospital's auditorium June 11. Miller, who is retiring to his native Minnesota, was relieved by Capt. Kevin Haws. (U.S. Navy photo by Mass Communications Specialist 2nd Class (SW) Corwin Colbert)



Left: Capt. David Miller, left, and Capt. Kevin Haws, the outgoing and incoming commanding officers of U.S. Naval Hospital Guam, respectively, shake hands during a change of command ceremony at the hospital's auditorium June 11. Haws relieved Miller, who will retire to his native Minnesota. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Peter Lewis)

# Andersen AFB pool renovation nears completion

By Airman Whitney Amstutz  
36th Wing Public Affairs

The Andersen Air Force Base swimming pool is tentatively scheduled to reopen Aug. 1.

Construction on the swimming pool began early summer 2009 and consists of a complete overhaul of the facilities. Not only was the pool itself remodeled and improved, but the front counter and restrooms have been upgraded as well.

"All of the facilities have been remodeled," said Paul Floyd, 36th Force Support Squadron flight chief.

Both the restrooms and showering areas have been improved significantly and other additions have been made to better accommodate those who use the base pool.

"As you walk into the sparkling new locker room you really begin to anticipate a refreshing dip in the renovated pool," Floyd said.

The swimming pool itself will be 25 meters in length and about 5,182 square feet. Maximum capacity on the pool deck will be 200 people.

Like the on-site facilities, considerable improvements have been made to the deck of the pool. Several new shade structures with deck chairs have also been added for those seeking to stay out of the sun.

"The color and seamless texture

of the deck surface is appealing and comfortable on the feet," said Floyd.

In the landscaped picnic area, a large built-in barbecue pit has been installed at the far side of the pool, he said.

The base pool will be open every day of the week with the exception of Thursdays.

"There will be designated times for lap as well as recreational swimming," said Brenna Buse, pool manager.

Lap swim will be Monday, Tuesday, Wednesday and Friday from 6-8 a.m., 11-noon, and from 6-7 p.m. Open recreational swim will be from noon-6 p.m. every day, except for Thursday, said Buse.

As the renovation of the base swimming pool comes to a close, patrons can anticipate its reopening Aug. 1. Many improvements have been made to both the grounds, and the facilities. The pool is available to all throughout the week and the hours of operation will be posted on site.

Work in Progress: Members of the Guam Pacific Power Inc. construction company continue previous work done on the Andersen Air Force Base pool bath and shower rooms June 16. (U.S. Air Force photo by Airman 1st Class Julian North)



## Social media: an amplifier for the good, the bad and the ugly

By Staff Sgt. Chad Strohmeier  
35th Fighter Wing Public Affairs

In early May, an internet video showing two Iraqi children being mocked by a soldier from Fort Wainwright, Alaska, drew news media attention and prompted an ongoing investigation by the Army.

"Military members have to understand the connection between what they do online and what they do in the real world," said Lt. Col. Don Langley, deputy director, PACAF Public Affairs. "You may think you're posting a private joke for a few friends, but the Web is a worldwide audience where the actions of a few can shape the perception of America's armed forces."

Social media tools have the potential to enhance workplace collaboration and give the public insight and understanding of their armed forces like never before. As with many new capabilities, however, there are opportunities both for success and failure. The power of

the medium presents a number of serious issues, from jeopardizing lives to undermining public confidence in those who wear the uniform.

"These tools allow Airmen to communicate with today's audiences," wrote Gen. Gary North, Pacific Air Forces commander, in a memorandum to Airmen. "This affords both an unprecedented opportunity and a critical individual responsibility. We must all promote a climate of responsible public communication that encourages the positive use of the internet to enhance mission effectiveness."

PACAF Public Affairs recently released the second edition of a guidebook, "PACAF and Social Media." The document compiles guidance to help all Airmen understand what constitutes authorized or official use of social media at work, as well as expectations for off-duty activity. This and other awareness resources are available on the PACAF Web site, [www.pacaf.af.mil](http://www.pacaf.af.mil).

"In most respects, the rules of the

road for online communication are no different from those we've used for years with other media," said Langley. "If an Airman is used to thinking about OPSEC and professionalism before sending an email or speaking with the public, they already have the right mindset to be successful with social media. The new wrinkle is the speed and scope of impact. Inappropriate or sensitive material can reach a worldwide audience in minutes."

"If you compromise information or don't present yourself in a professional way, you can be held accountable," said Master Sgt. Thomas Parker, 35th Fighter Wing information assurance office NCO in charge.

"In the past it was mainly Public Affairs that dealt with mass audiences," according to Lt. Col. Wendy Sherman, PACAF Judge Advocate, Chief of Administrative Law. "That's no longer the case. Airman misconduct is sometimes locally embarrassing, but foolish choices now have a potential global reach.

Sometimes, there's a fine line between irresponsible behavior and criminal behavior and, although both can subject you to disciplinary action, you cross the line into criminal misconduct at your own peril."

In 2006, an off-duty Marine in Iraq was recorded singing unflattering lyrics about a fictional gun battle with a local family. When posted online, the video sparked international criticism and reinforced negative perceptions already heightened by real-world accusations of combat misconduct. The Marine Corps called the lyrics 'inappropriate,' but did not find the video in violation of the Uniform Code of Military Justice.

"It's not posting online that gets people in trouble, it's the underlying conduct," said Sherman. "If you document and share wrongful behavior, you just may be providing evidence for the prosecution."

Three Airmen at Kunsan Air Base, Korea, discovered this the hard way in 2007 when they filmed

each other tossing frogs into the engine of an F-16 and uploaded the video. The Airmen were court-martialed and found guilty of dereliction of duty.

On the other hand, first-person accounts of the challenges and rewards of military service fascinate the public, and promote understanding of a way of life few ever experience. The growing audiences for PACAF's social media outlets — a blog, Facebook page and Twitter feed — show the public is eager to learn about what it means to be an Airman. The impression they take from the Internet, however, depends on the professionalism of those who post.

North underscored this responsibility in his policy memorandum. "Whether posting on an official or personal Web site, every Airman is responsible for their 'electronic conduct,'" North said. "The same basic rules of engagement apply for any public forum, on or off the Internet."

## Officials extend voluntary separation pay, reduce separation pay

By Daniel P. Elkins  
Air Force Personnel Center Public Affairs

Air Force officials are extending the application period for eligible officers to apply for voluntary separation pay (VSP) through July 31, but are lowering the multiplier to 1.5 times the authorized separation pay effective July 1.

"The window to apply for two times separation pay is rapidly

closing," said Col. Joan Garbutt, the director of force management policy at the Pentagon. "Unlike the past, we will not increase the multiplier; therefore, we highly encourage (reduction-in-force) eligible officers to act before June 30 to take advantage of the current rate. For the extended VSP window beginning July 1, the separation pay multiplier will be reduced to one and a half times the separation pay."

Eligible officers include those in the year groups 1998, 1999, 2002, 2003 and 2004, in the grades of major and below with more than six and less than 14 years of commissioned service in the core Air Force specialties 13S, 15W, 21A, 17D, 38F, 61B, 61C, 65F and 52R — except for Catholic chaplains.

Officers approved for VSP will receive a lump sum payment. The specific separation pay amount will

be calculated by officials from their servicing finance office and will be subject to applicable federal and state income taxes upon their date of separation.

Air Force leaders announced eligibility for VSP in March as part of expanded force management measures designed to bring the service closer to its authorized end strength. To date, more than 240 eligible officers have been approved

for voluntary separation under the force management program. Applications are being considered in the order they are received by Air Force Personnel Center via the Virtual Military Personnel Flight.

For more information on VSP eligibility and application procedures, visit the AFPC personnel services website or call the Total Force Service Center at 800-525-0102.

# Secretary of the Navy recognizes NAVFAC Marianas

By Catherine Cruz Norton  
U.S. Naval Facilities Engineering  
Command Marianas

U.S. Naval Facilities Engineering Command (NAVFAC) Marianas was among the distinguished list of Navy acquisition teams honored with Department of the Navy (DoN) Acquisition Excellence awards for improving Department of Defense acquisition processes, during a ceremony June 14 in Washington, D.C. hosted by the Secretary of the Navy Ray Mabus.

NAVFAC Marianas received a Field Acquisition Activity award for its work in preparing for the Guam Military Buildup.

The command was recognized for its outstanding resource management, enhanced competition methods, personnel development and retention, small business support and achievements, and its demonstration of excellence in bringing supplies and services to the customer at the right place and the right time.

"During the 2008 fiscal year, we experienced an enormous workload surge executing 710 actions and more than \$320 million in obligations," said NAVFAC Marianas

Director of Acquisition, Andy Wall. "This is a 24 percent jump in comparison to the previous year, and is anticipated to increase over the next several years."

NAVFAC Marianas' acquisition team managed large initiatives such as joint-regionalization, surges in military construction projects, and on-going planning for the heavy workload anticipated in the Guam Military Buildup. All the while, it maintained its focus on a proactive push to encourage acquisition personnel to develop their skills.

"Our acquisition team is a shining example of the best and the brightest," said Capt. Peter Lynch, NAVFAC Marianas commanding officer. "This is a dynamic group that will be vital to our acquisition efforts for current military construction requirements and for the Guam Military Buildup. I am confident that their "Can-Do" spirit will continue to keep us in this league of top performers."

NAVFAC Marianas maintains a vibrant internship program with approximately 46 contract specialist interns, and provides tremendous training and skills-enhancement opportunities toward the development of top performers.



National Award: U.S. Naval Facilities Engineering Command (NAVFAC) Marianas Director of Acquisition Andy Wall, left, and NAVFAC Marianas Commanding Officer Capt. Peter Lynch, center, accept the Field Acquisition Activity Award from Navy Secretary Ray Mabus, right, during a ceremony June 14 at the Pentagon. (U.S. Navy photo by Mass Communications Specialist 2nd Class (AW) Kevin O'Brien, official photographer to the Secretary of the Navy)

# NLSO Guam serves justice

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

Joint Region Edge Staff

Naval Legal Service Office (NLSO) Pacific Detachment Guam has written off the myth that they represent only commands, not individual Sailors.

"We are defense attorneys," said Lt. j.g. Andrew Coffin, Judge Advocate General (JAG) officer at NLSO Pacific Detachment Guam. "Our allegiance is to our clients. We have special protections to do what our clients need."

NLSO is the defense side of military justice here in Guam. The two JAG officers, two enlisted service members and one civilian of NLSO Pacific Detachment Guam participate in captain's masts, administration separations, and courts-martial as defense attorneys for active-duty military personnel.

Besides military justice, NLSO Pacific Detachment Guam's mission includes providing comprehensive legal services to Navy and Marine Corps commands, service members and their dependents, Reservists on active duty, certain Department of Defense (DoD) civilian overseas-hires, and DoD civilians serving in harm's way.

The office also prepares powers-of-attorney and provides notary services.

"When you come into our office, a representative or I will assist you in getting everything you need and see an attorney if needed," said



Legal Advice: Lt. Andrew Coffin, left, of Naval Legal Service Office Pacific Detachment Guam, assists Senior Chief Aviation Structural Mechanic (AW) Frank Sanchez, of Helicopter Sea Combat Squadron (HSC) 25 with completing documents for a will at a legal workshop conducted at HSC-25's compound on Andersen Air Force Base June 9. (U.S. Navy photo by Jesse Leon Guerrero)

Legalman 1st Class (AW) Kristina Grant.

Appointments are on a first-come, first-served basis. Walk-ins may see an attorney right away depending on current workload.

The two biggest types of cases the staff deals with are estate planning, which pertains to situations

arising when a person dies or is close to death, and family law, such as divorce, adoptions and custody issues.

"Another law we deal a lot with is consumer law," Coffin said. "We see many people dealing with consumer issues that happen. Patrons have issues with things that

include getting their car fixed and buying a car."

Grant encouraged service members to understand their rights as consumers as well as the Service Members' Civil Relief Act (SCRA). The act expanded and improved the former Soldiers' and Sailors' Civil Relief Act. It provides

a wide range of protections for individuals entering service, called to active duty from a Reserve status, or deployed. It is intended to postpone or suspend certain civil obligations to enable service members to devote full attention to duty and relieve stress on the family members of those deployed service members.

"Some examples of issues you may be protected against are outstanding credit card debt, mortgage payments, pending trials, taxes and terminations of lease," Grant said.

There are some issues the office cannot provide assistance.

"If it's military-related, we can be there by your side," Coffin said. "However, if it's a civilian law issue, such as you get a speeding ticket in town, we cannot appear with you in court."

The reason is simple, JAG officers are only allowed to practice under military jurisdiction. However, Coffin and Grant both agree that all eligible patrons should come to the NLSO, located in Bldg. 1A on Aldrich Road on U.S. Naval Base Guam, for consultation on any legal issue. Patrons can also call 333-2061.

"Please come down to see us," Grant said. "If we can't help, we can at least point you in the right direction."

The front desk is open 8 a.m.-4 p.m., Monday through Thursday and 1-4 p.m. on Friday.

For more information on NLSO Pacific and the legal service they provide, go to [http://www.jag.navy.mil/legal\\_services/nlso/nlso\\_pacific.htm](http://www.jag.navy.mil/legal_services/nlso/nlso_pacific.htm).

# Navy helps Sailors reach career goals

By Oyaol Ngirairiki

Joint Region Edge Staff

Taking advantage of Navy education programs, two Sailors graduated from the University of Guam (UOG) May 30 and soon after received their commissions as officers in the Navy's Nursing Corps.

Ensign Jean Blais and Ensign Agustin Gianpaoli made the decision to join the Navy Medical Enlisted Commissioning Program (MECP). They each graduated with a bachelor's degree in nursing.

MECP is a commissioning program offering qualified active-duty Sailors and Marines from all enlisted ratings a chance to earn an entry-level nursing degree followed by an appointment as an ensign in the Nurse Corps.

Blais, a native of Montreal, Quebec, joined the Navy in 2000 in search of life experience and a chance to travel the world. He soon became a respiratory therapist, but that wasn't enough.

"I knew when I enlisted in the

Navy that I wanted to climb the ranks and that meant getting an education," Blais said. "I started taking classes in 2004, and with my command's support, I worked at night and went to school during the day."

His dedication and ambition caught the attention of the Nurse Corps at U.S. Naval Hospital Guam, where he was assigned. They talked to him about the MECP program and Blais was soon going to school full-time.

"It was tough working and going to school at the same time, and I was looking at several years of doing that," Blais said. "I knew it would be worth it in the end so I kept on because I believe that if you really want something, you have to sacrifice. But when I found out about MECP and got picked up for the program in 2008, I was able to really just focus on school."

The program helped him successfully complete his junior and senior years at UOG's School of Nursing. He was commissioned May 25, as he

was able to prove at that point that he had fulfilled all the transcript requirements for his degree.

Gianpaoli, originally from Argentina, joined the Navy in 2004 in search of opportunities and his piece of the American dream.

"I looked at different branches and for me the Navy seemed like the right choice," he said. "I knew going in that I wanted to become a nurse, and the Navy has great education programs, but not just that, I could get some great experience at the same time."

His goal to join the Nurse Corps wasn't clear-cut. Before he could apply he had to become an American citizen. With the Navy's help, he applied and received his citizenship in 2005.

Gianpaoli had taken college courses in Argentina and continued taking college courses, sometimes one class a semester, whenever he could. After being assigned to Guam, he was able to complete his general requirements and attend UOG School of Nursing in 2007.

Three years later, he graduated with his degree and was commissioned as an ensign in the Nurse Corps.

"It feels really good to know you accomplished something and that you can use your skills and your knowledge to help people," he said.

The newly commissioned ensign added he couldn't have done it without the Navy.

"The Navy has been really good to me," he said. "They have great programs that really can help any Sailor achieve their goals, as long as they're willing to put in the time and the hard work."

Lt. j.g. Louis Santos, a Navy recruiter stationed on Guam, said the two Sailors are examples of how the Navy aims to help individuals advance in their Navy career and improve their quality of life.

"The Navy is all about education and having Sailors succeed in life and in their career," he said. "There are many programs out there that help Sailors who want to move up as enlisted Sailors or who want to become officers."

Santos said MECP, like most other educational programs offered to enlisted Sailors, requires Sailors show dedication to their duty, desire to advance, and a willingness to go above and beyond the call of duty.

"The Navy wants their people to succeed, but it's a partnership. Our Sailors have to show that they're willing to work and that they're worth the additional investment," he said.

Santos noted that the Navy puts a lot of money towards quality of life programs for Sailors and their families, ranging from education and training to fitness and readiness. "A lot of our programs that help pay for Sailors' education are very generous – especially when compared to other employers across the nation."

To learn more about MECP or other advancement programs for enlisted Sailors, call Santos at 688-0310. For information on Navy College programs, call the Navy College Office at 339-8291.



**Finishing Touches:** Ensign Jean Blais's mother, Maria Blais, pins ensign shoulder boards on the newly commissioned officer at the Ricardo J. Bordallo Governor's Complex in Adelup May 25. Blais graduated with his bachelor's degree in nursing with the help of the Navy Medical Enlisted Commissioning Program (MECP). MECP is a commissioning program offering qualified active-duty Sailors and Marines from all enlisted ratings a chance to earn an entry-level nursing degree followed by an appointment as an ensign in the Nurse Corps. (U.S. Navy photo contributed by Lt. j.g. Luis Santos)



**Continuous Learning:** Ensign Agustin Gianpaoli walks down the hall during a break from his neonatal class at U.S. Naval Hospital Guam in Agana Heights June 14. Gianpaoli recently graduated from the University of Guam with a bachelor's degree in nursing with the help of the Navy Medical Enlisted Commissioning Program. (U.S. Navy photo by Oyaol Ngirairiki)

# Imamura aims to keep NAVFAC Marianas a green leader

By Oyaol Ngirairikl

Joint Region Edge Staff

The U.S. Naval Facilities and Engineering Command (NAVFAC) Marianas recycling manager, Troy Imamura goal is to reduce the military's carbon footprint on Guam.

Imamura was previously the NAVFAC Marianas environmental protection specialist, a position he took on in 2007. Prior to that, he acted as the environmental protection specialist for Commander, Naval Forces Marianas.

"I started off my environmental career in hazardous and solid waste. I saw a real challenge in recycling,"

he said. "I've been able to see our recycling program grow to where it's at right now... and I'm kind of looking forward to doing something for the base and for the island, to increase our recycling activities, expand it and keep the island of Guam a beautiful place to live."

The Department of the Navy's emerging energy strategy is centered on energy security, energy efficiency and environmental stewardship, while remaining the pre-eminent maritime power.

"Combining our recycling efforts with work we're doing in other areas, such as energy conservation and using solar energy, I think we're

definitely making progress in continuing to do our part in maintaining the environment and meeting the goals set by federal policies," he said.

Imamura said one such policy is a Presidential Executive Order to reduce waste going into landfills by 50 percent.

"NAVFAC Marianas is already doing some great things," he said. "We've been recycling cardboard, aluminum cans and plastics for many years, and last year we started a curbside recycling program on Naval Base Guam (NBG) to help base residents do their part to conserve the environment."

According to Imamura, in 2009,

more than 1,200 tons of industrial materials, including white goods, aluminum cans, automotive parts, used oil, lead batteries, plastic bottles and cardboard were diverted from the Navy's landfill to recycling programs.

Housing residents also did their part, Imamura said, diverting about 570 tons of recyclable materials from their household trash and placing them in appropriate recycling bins outside their homes, and other locations throughout NBG, the U.S. Naval Hospital Guam compound, and Naval Computer and Telecommunications Station Guam.

Imamura is planning to start a

composting program to help recycle green and food waste and turn it into nutrient-rich topsoil that can be used to help the local farming industry. Composting food and green waste will reduce the amount of waste going to the landfill.

He is also planning to include construction and demolition debris in the recycling program. In addition to widening and improving recycling programs, Imamura plans to hold community outreach programs in hopes of building awareness in the community.

To learn more about NAVFAC Marianas, visit [www.navfac.navy.mil](http://www.navfac.navy.mil).



Recycling Pros: Mark Cruz, left, and Peter Fejeran, center, both DZSP 21 recycling drivers, and Eric Lujan, right, a DZSP 21 heavy equipment driver, take cans out of a recycling bin on U.S. Naval Base Guam June 11. DZSP 21 is a base operations support contractor for the Navy on Guam, and supports U.S. Naval Facilities Engineering Command Marianas' recycling program. The program currently includes recycling of cans, cardboard and plastic bottles. The command's new recycling manager, Troy Imamura, aims to widen the recycling program to include construction and demolition debris, and introduce composting, among other things. (U.S. Navy photo by Oyaol Ngirairikl)



Leading by Example: Troy Imamura, the new recycling manager at U.S. Naval Facilities Engineering Command Marianas, drops plastic bottles into a recycling bin on U.S. Naval Base Guam June 11. Imamura aims to widen the recycling program to include construction and demolition debris, and introduce composting. (U.S. Navy photo by Oyaol Ngirairikl)

# U.S., Bangladesh kick off Pacific Angel mission

By 1st Lt. Chris Hoyler

Pacific Angel 10-3 Public Affairs

The People's Republic of Bangladesh and more than 55 U.S. servicemembers from the active-duty, Air Guard and Reserve components officially kicked-off the third iteration of Operation Pacific Angel during a ceremony here June 12.

Operation Pacific Angel, scheduled here through June 16, is a joint and combined humanitarian assistance operation conducted in the Pacific area of responsibility to support U.S. Pacific Command's capacity-building efforts. This humanitarian and civic assistance program is aimed at improving military civic cooperation between the United States and countries throughout the Asia-Pacific region.

"Strategically this exercise has been designed to enhance the friendship as well as the interoperability between the militaries of both nations," said Bangladesh Air Force Air Commodore M. Abdul Bashar, who presided over the opening ceremony. "It also allows both militaries to interact with the civil society of our country."

The opening ceremony was held at the Monirampur Regional Training Center, a health complex here that will serve as the staging ground for the medical civic assistance missions.

Medical care for Bangladesh citizens will include: primary care,



On a Mission: Lt. Col. Scott Long, left, the Operation Pacific Angel mission commander from 13th Air Force at Joint Base Pearl Harbor Hickam, Hawaii, discusses the mission's operations with Air Commodore M. Abul Bashar, of the Bangladesh Air Force, at the Lauri High School and Primary School in Shyamkur Township near Jessore, Bangladesh June 12. (U.S. Air Force photo 1st Lt. Chris Hoyler)

women's health, dental and optometry. A pharmacy team is also available to issue doctor prescribed medicine during the mission.

In addition to the U.S. military contingent participating in the Pacific Angel mission here, the Bangladesh Air Force, the

nongovernmental Smiling Sun Clinic, the local healthcare community, and personnel from the Indonesia and Nepalese militaries will work together during the medical and engineering civic assistance missions.

"Our U.S. joint team is very

excited to build a long-lasting relationship with the Bangladesh Air Force and the entire nation through these civic assistance programs," said Lt. Col. Scott Long, the Pacific Angel mission commander from 13th Air Force at Joint Base Pearl Harbor-Hickam, Hawaii. "The Pa-

cific Angel 10-3 mission will consist of several concurrent civil-military assistance activities, in addition to medical care for local citizens, and engineering projects for a local school. We'll also conduct medical subject-matter expert exchanges to improve the knowledge and processes for U.S. and Bangladesh military personnel."

Medical subject-matter expert exchanges on neonatology and hospital administration will be held at the Smiling Sun Clinic here June 13-15. The sessions will be attended by Bangladeshi Air Force medical personnel and local health professionals from throughout the country.

"Knowledge is beneficial, not based on religion, not based on country, but because it is our basic need," said Bangladesh Army Maj. Dr. Mofazzol Hossain, a pediatrician participating in the neonatology subject matter expert exchange.

Operation Pacific Angel missions were previously conducted in the Philippines in February and Vietnam in May. The final iteration will take place in Sri Lanka in August.

The U.S. and Bangladesh militaries have a long history of working in partnership for humanitarian assistance and medical training, and have also conducted air, land and sea exercises.

Operation Pacific Angel is a Pacific Air Forces operation led by 13th Air Force officials.

# GHS celebrates Class of 2010

By Oyaol Ngirairiki

Joint Region Edge Staff

Ninety-six Guam High School (GHS) students began the transition into a new phase of their lives when they received their diplomas during a graduation ceremony at the school gym June 11.

Dressed in blue and white gowns, the graduates made their way to the stage as "Pomp and Circumstance" played from the speakers while friends and family cheered.

Linda Connelly, GHS principal, noted her pride in the graduates. During the ceremony, she gave each graduate a Guam quarter.

"Today these members of the Class of 2010 will receive their first diploma," she said. "It is my sincere hope that this will be the first of many diplomas, educational certifications, and degrees that are received throughout their lifetime. The first step to success begins with education, and you are taking that first step today."

Valedictorian Kathrina Orozco, who leaves this summer for training at the Air Force Academy, said the commencement exercise was bittersweet.

"High school life was great, but what lies ahead is better," she said. "Today we are about to embark on a new adventure. We are standing on the threshold of a new beginning; a promising future to those who are willing to press on. There are so many opportunities, and we have unlimited potential."

Susan Smith, class salutatorian, was the youngest of the graduates, having completed her required high school program in only three years. She plans to attend University of California, Los Angeles.



Sign of Appreciation: Chelsea Taitano, a Guam High School Class of 2010 graduate, thanks her parents following a commencement exercise held in the school's gymnasium in Agana Heights June 11. (U.S. Navy photo by Oyaol Ngirairiki)

Smith thanked teachers, counselors, school administrators and staff, and parents for their support.

"Because of you, we have not only book knowledge, but worldly knowledge and a sense of direction for wherever life takes us

after high school," she said. "You are the reasons we have come this far."

Retired Air Force Gen. Richard Lawson, who had served on Guam during the Vietnam War as a four-star general, was the guest speaker at the ceremony. Lawson said it was

## For more photos

See page 15 for more photos of Guam High School's 2010 graduation.

an honor to speak to graduates — an honor more memorable for him because his granddaughter, Caitlin Lawson, was one of the seniors graduating that evening.

The general talked to seniors about his military career and the lessons he learned about perseverance, responsibility and leadership — characteristics the graduates may have practiced in high school but would have to put to good use in real life if they wanted to succeed, he said.

"I like to think of what you receive in that diploma as a certificate which says to the world this individual has the tool box necessary to make decent decisions throughout life," he said.

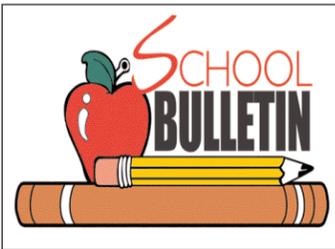
Caitlin Lawson, daughter of Air Force Col. Randolph Lawson, with Joint Region Marianas, said she was ecstatic to have her grandfather speak at her graduation.

"My grandfather is my hero," she said. "He's done so much and he never stops. He's always reaching for the top. So for him to be there and to be a part of my graduation ceremony was really special."

Caitlin Lawson plans to attend Florida State University in the fall where she will study biomedical engineering.

GHS is one of four Department of Defense Education Activity (DoDEA) schools on Guam.

For more information on DoDEA Guam schools, visit their Web site at <http://www.guam.pac.dodea.edu>.



School Bulletin aims to promote educational activities in the Navy and Air Force communities. If you know of an education-related event that you would like to include, send it to [jointregionedge@fe.navy.mil](mailto:jointregionedge@fe.navy.mil) or call 339-7113.

## Navy College Office

Navy College Office's new schedule is effective July 1:

- Web Tuition Assistance class:

Monday, 8-9 a.m.

- Walk-in hours: Monday, 2-3:30 p.m.; and Thursday, noon-3:30 p.m.

- SAT/American College Test: First Tuesday of the month, 8 a.m.-1 p.m.

- D/L Testing: Second and fourth Tuesday of the month, 8-11 a.m.

- Choosing a College: First and second Wednesday of the month, 8-9 a.m.

- GED preparation class: Third and fourth Wednesday of the month, 8 a.m.-1 p.m.

- Defense Language Proficiency Tests: First and third Thursday of the month, 8-11 a.m.

- Navy College Program for Afloat College Education: Second and fourth Thursday of the month, 8-11 a.m.

- Appointment hours: Monday

and Tuesday, 8 a.m.-4 p.m.;

Wednesday, 2-3:30 p.m.;

Thursday, 1-4 p.m.; and Friday, 8 a.m.-3 p.m.

For more information, call 339-8291.

## Commander William C. McCool Elementary/Middle School

Parents can help their children avoid the summer reading slide by encouraging them to read and write daily. The summer reading slide occurs when students — especially young readers — regress due to lack of daily reading practice.

Half the battle in getting children to read is finding books of their interests.

Students who participated in the

Raz-Kids online reading program can continue the program through the summer by logging on to [www.raz-kids.com](http://www.raz-kids.com). Username and passwords will be the same as those used throughout the school year.

McCool encourages students to go to the following links, which has lists of books they may find interesting.

The Children's Book Review: <http://www.thechildrensbookreview.com/weblog/2010/05/childrens-choice-awards-book-week.html>

National Endowment for the Humanities: <http://www.neh.gov/projects/summertimefavorites.html>

Association for Library Service to Children (ALSC) of the American Library Association: <http://www.ala.org/ala/mgrps/divs>

[/alsc/awardsgrants/notalists/ncb/index.cfm](http://alsc/awardsgrants/notalists/ncb/index.cfm)

Summer Reading lists for Kids/Teens: <http://childrens-books.about.com>

Starfall: [www.starfall.com](http://www.starfall.com)

## Phone Numbers

Andersen Elementary School: 366-1511

Andersen Middle School: 366-3880/5793

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

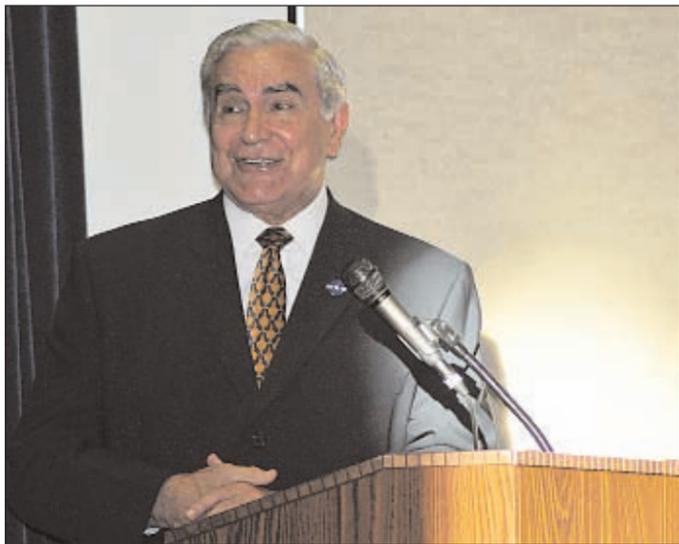
Guam High School: 344-7410

Department of Defense Education Activity office: 344-9160

Navy College Office: 339-2485

Andersen Education Office: 366-3170

# GHS grads embark on a new adventure



General Remarks: Guest speaker, retired Air Force Gen. Richard Lawson, encourages graduates to work hard in the future, during a graduation ceremony held in the Guam High School gymnasium in Agana Heights June 11. (U.S. Navy photo by Oyaol Ngirairikl)



Valedictorian: Kathrina Orozco, Guam High School Class of 2010 valedictorian, addresses graduates and guests during a graduation ceremony held in the school's gym in Agana Heights June 11. Ninety-six students received their diplomas and began the transition into a new phase of their lives. (U.S. Navy photo by Oyaol Ngirairikl)



Salutatorian: Susan Smith, Guam High School's Class of 2010 salutatorian, accepts congratulations from Sue Burdick, Department of Defense Education Activity Guam deputy superintendent, during the commencement exercise held in the school's gymnasium in Agana Heights June 11. (U.S. Navy photo by Oyaol Ngirairikl)



Congrats to the Grads: Thomas Jorgensen, of Guam High School's (GHS) Class of 2010, accepts congratulations from James Herb, GHS assistant principal, during the commencement exercise held in the school's gymnasium in Agana Heights June 11. Ninety-six students received their diplomas and began the transition into a new phase of their lives. (U.S. Navy photo by Oyaol Ngirairikl)



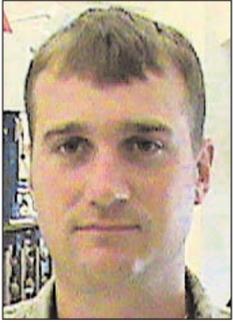
Tassel-Turning: Guam High School's (GHS) Class of 2010 student class officers lead fellow graduates in the turning of the tassels during the commencement exercise held in the school's gymnasium in Agana Heights June 11. Ninety-six students received their diplomas and began the transition into a new phase of their lives. (U.S. Navy photo by Oyaol Ngirairikl)



Pose for Pictures: A Guam High School Class of 2010 graduate is congratulated by her mother following the commencement exercise held in the school's gymnasium in Agana Heights June 11. Ninety-six students received their diplomas and began the transition into a new phase of their lives. (U.S. Navy photo by Oyaol Ngirairikl)

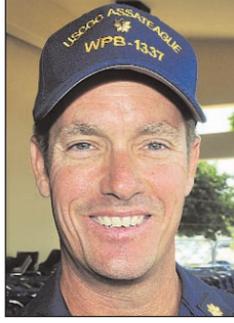
# What's your favorite summer food?

For some, the summer heat comes with cravings for a particular type of food. Joint Region Edge asked service members and a civilian on Guam what their favorite summer food is.



**"Grilled bratwurst because it's a bit of a tradition for my folks back in North Dakota. Friends and family all got together to eat what came off the grill."**

— Tech Sgt. Kyle Rieger, 36th Maintenance Group



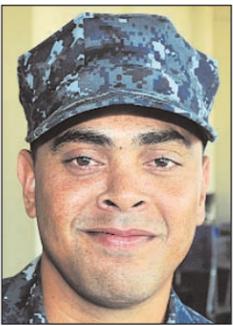
**"Sashimi. It reminds me of the islands."**

— Lt. Cmdr. Jim Jarnac, commanding officer of USCGC Assateague (WPB-1337)



**"Peach ice cream. My family has a tradition where we'd pick fresh peaches to eat with ice cream. It just brought us together as a family. Oh wow, now I'm missing home!"**

— Staff Sgt. Melissa Somampong, 734th Air Mobility Squadron



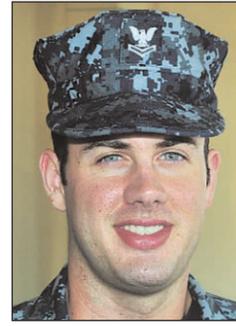
**"My favorite summertime food is barbecue chicken because I'm from Guam, and I like chicken."**

— Logistics Specialist Seaman (SW) Bruce Welles, USS Frank Cable (AS 40)



**"Ice cream — to cool me down from this heat."**

— Deidra Benavente, sales associate, Base Exchange on Andersen Air Force Base



**"I like to barbecue because it's just what you do in the summer. You go to the beach, do it in your backyard and do it wherever you want. It's definitely the thing to do in the summertime and warm weather."**

— Electronics Technician 2nd Class (SS) Nick Hancock, USS Buffalo (SSN 715)

## Mango-mania strikes at southern festival

By Jesse Leon Guerrero

Joint Region Edge Staff

Mangoes on Guam are like apples in the continental U.S. They are commonly eaten raw, but they're also a popular ingredient in pies, drinks and other recipes.

Local and military residents explored different ways mangoes can be used as delicious treats at the 4th Annual Agat Mango Festival held at the village's Sagan Bisita compound June 12-13.

The festival featured local varieties as well as dozens not usually found on Guam, such as the U.S. Haden mango, which is papaya-like with a less fibrous meat.

Retired Air Force Col. Steve Wolborsky, of the 36th Wing Andersen Development Office, attended the festival. He said mangoes are not commonly found in his home state of New York, so the tropical fruit was a special treat for him.

"I love the flavor and the texture," he said. "When they're ripe, it's just a great fruit."

Although many people eat mangoes when they're ripe, known as "masa" in Chamorro, the fruit is edible at younger stages. "Gada" refers in Chamorro to the unripe, greenish-white meat, while "toa" is the Chamorro word for slightly ripe fruit that often has a bittersweet flavor.

Dave Hernandez, an Agat resident, said his favorite way to eat mango is to add salt and hot peppers to toa



Fruit Fever: Dave Hernandez, an Agat resident, displays unripened, left, and ripened, right, Haden mangoes at the Agat Mango Festival, which was held at the village's Sagan Bisita center June 12. (U.S. Navy photo by Jesse Leon Guerrero)

mango. Hernandez said pickling mango or adding sweet mango to regular desserts is a big reason why mangoes are so popular.

"When the mango season is gone, you just can't wait for it to come again," Hernandez said.

Ron Pangelinan, a resident of Mangilao, said mangoes are an important fruit on the island, so they are grown wherever possible. Pangelinan showed up to the festival with a Mexican strain of mango that weighed about nine pounds. He said one tip for successfully cultivating a mango tree is to constantly

water it when it's still young.

"It's one of the fruits we associate with Chamorros," Pangelinan said. "It's part of our culture."

Dot Chargualaf, an Agana Heights resident, said adding slices of mangoes to donuts is another way to add an extra flavor that enhances the original recipe. She said mangoes are an easy fruit to work with and can be stored for months by freezing them.

"We have so many mangoes on Guam, and I want to share my [donut] recipe with everyone," Chargualaf said.



Dessert: Mango donuts and several ripe mangoes decorate a dinner plate, following the Agat Mango festival held at the village's Sagan Bisita center June 12. (U.S. Navy photo by Jesse Leon Guerrero)

### Dot Chargualaf's Mango Donut Recipe

The following can make about two dozen donuts.

#### Ingredients

Two cups of ripened mango (about four medium-sized mangoes)  
Two and a half cups of flour  
Quarter of a cup of sugar  
Two teaspoons of baking powder  
Quarter of a cup of milk

#### Directions

Sift the flour, sugar and baking powder together.  
Add mangoes to the mix.  
Mix again thoroughly and then add milk.  
Fry about a tablespoon of the mix in hot oil to make one donut. Cook until brown, which takes about 10 minutes.

## UNDER \$10

### Credit Management Class

Airman & Family Readiness Center is hosting a credit management class June 24, 9-10 a.m. For more information, call 366-8136.

### Movie Night at Arc Light Park

See "Aliens in the Attic" at Andersen Air Force Base's Arc Light Park June 26, 7:30 p.m. The film is rated PG and has a runtime of 86 minutes. For

more information, go to [www.36FSS.com](http://www.36FSS.com).

### 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.



## UNDER \$10

### Hike to Lost Pond

On June 24, hike to Lost Pond with Rec N' Crew for \$5 a person. Show at Rec N' Crew at 8:15 a.m. for a go time of 8:30 a.m. The hike should last until 2:30 p.m. and is rated easy-medium. Sign-up deadline is June 23, 1 p.m. For more information, call 564-1826.

### Hike to Mt. Lam Lam

Hike to Mt. Lam Lam with Rec N' Crew June 26 for \$5 a person. Show at Rec N' Crew at 8:15 a.m. for a go time of 8:30 a.m. The hike should last until 1:30 p.m. and is rated medium.

Sign-up deadline is June 25, 1 p.m. For more information, call 564-1826.

### Hike to Double Reef Beach and Tweed's Cave

Hike to Double Reef Beach and Tweed's Cave with Outdoor Recreation June 27 for \$5 a person. This 2.4 mile hike, which is rated difficult, will take us through a rugged limestone forest with a variety of local plants and vegetation. During the hike, we will explore some small caves, including Tweed's cave. Swim or snorkel gear is optional. Minimum age is 15 years. For more information, call 366-5197.



#### FRIDAY, JUNE 18

7 p.m.: Iron Man 2 • PG-13

#### SATURDAY, JUNE 19

2 p.m.: Iron Man 2 • PG-13

7 p.m.: Robin Hood • PG-13

#### SUNDAY, JUNE 20

7 p.m.: Robin Hood • PG-13

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



#### FRIDAY, JUNE 18

7 p.m.: Iron Man 2 • PG-13

9:30 p.m.: Date Night • PG-13

#### SATURDAY, JUNE 19

1 p.m.: Alice in Wonderland • PG

3:30 p.m.: Just Wright • PG

7 p.m.: The Bounty Hunter • PG-13

#### SUNDAY, JUNE 20

1 p.m.: Furry Vengeance • PG

3:30 p.m.: Iron Man 2 • PG-13

7 p.m.: Death at a Funeral • 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 [mwrguam.com](http://mwrguam.com).**

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

# AAFES goes extra mile with special events

By Sgt. 1st Class Jon Cupp  
Army and Air Force Exchange Service  
Pacific Region Public Affairs

Besides just showing movies during regular show times and serving up fast food, the Army and Air Force Exchange Service theater and food court here are "going that extra mile" for their customers by setting up special programs and events for groups, service members and their families.

Among the many events AAFES offers Guam's service members and their dependents are birthday parties and private movie showings for schools and groups such as a recent screening held for more than 120 National Guard troops and their families.

The theater provides movies from their on-hand collection for the special screenings to include such films as "Up," "Aliens in the Attic," "G-Force" and "Astro Boy," among many other titles.

Each month the on-hand film assortment is updated with the theater receiving new selections for its collection. AAFES personnel expect to receive the "Tooth Fairy", "Percy Jackson" and "The Spy Next Door" within the next few days and these films will be used only for the private showings.

According to Anita Leverette, AAFES food court manager for Guam, who also oversees the theater events, the programs have been very

successful and meaningful to the service members and their families who live and work here.

"Due to our location, geographically, getting some of the things we need can take a while," said Leverette. "We have to execute exciting programs to keep our customers tuned in and connected. Unlike other overseas locations, there are American shops right outside the gates and thinking outside the box is a way of life here on Guam."

"The [service members and their families] are appreciative that we take time to have programs like this on base, which allow them to save money and have fun with the family," added Leverette.

During private movie screenings, service members and their families can buy a box-style meal at the

concession stand which includes a hot dog, small popcorn, small soft drink and bite-sized candy at greatly reduced prices.

If they forego a movie, military service members and their families still have the option of holding special events or functions at AAFES facilities with the added bonus of receiving catering from menus provided by Charlie's Sub Shop, Popeye's and desserts from Baskin Robins.

The AAFES food court at Andersen holds special events each month. In July, AAFES will host a block party involving the entire base exchange mall and provide a variety of specials on food court items as well as balloon drops, games and prizes.

"Each concept executes a function for our military service

members and their families," said Leverette, citing recent events held at Popeye's in April and Charley's Sub Shop in May with Baskin Robins scheduled for an extravaganza in June which will offer specials to AAFES customers.

Over the summer break, AAFES will be re-implementing a successful program for children which was originally introduced during spring break. The program involves AAFES associates presenting children with a summer pass, a card which can be punched at the food court and theater for reduced prices on theater admission, a meal at the food court and ice cream.

Being able to offer these programs and special events which give back to the military service members has been like icing on the cake, according to Leverette.

"Military life can be tough as a child, spouse or service member being away from family and friends during deployments and as an organization [about 70 percent] of our earnings are contributed to Morale Welfare and Recreation programs for military members and their families which is like cake," she said.

"What we're doing here on Andersen with our programs by giving our time, sharing laughs and good times that's the icing."

"When you see the smiles and laughter from the kids and adults involved in your activity or observing what is going on, it makes it all worthwhile," she added.

For more information on special theater showings or food court events at Andersen Air Force Base, contact Leverette at 366-3120.

# Helping one another through the custom of chenchule

By Jesse Leon Guerrero

Joint Region Edge Staff

In the Chamorro culture, helping a relative or friend in need is an important practice in daily life. It is not uncommon to see local residents giving what little possessions they have to those who have even less. The traditional act of making a donation is called "chenchule."

Chenchule is similar to the Western concept of charitable giving, but is usually tied to a specific event or milestone in the life of the person accepting what's given. A family holding a funeral is just as likely to receive chenchule as a family that is hosting a baptism party for a child.

It is also customary to give chenchule to someone who is about to travel abroad, especially if it's for an extended period of time. The circumstances might differ, but the idea is that chenchule helps offset expenses that are large or unexpected.

Chenchule often takes the form of a monetary donation, but there is no strict rule that prohibits other types of gifts. If a family is planning a party, a friend might give them bananas or mangoes, which are popular deserts here. If the family is building a house, someone offering chenchule can do so by giving lumber or other materials. Even labor can count as chenchule.

One very important difference between chenchule and a Western donation is chenchule creates an expectation between the giver and receiver. The giver expects the chenchule will be repaid at some point in the future and the receiver acknowledges this expectation when they accept the chenchule. The form does not have to be the same and it might even be years later before circumstances call for repayment.

The idea of reciprocity exhibited through chenchule is common in



Friendly Gift: A local resident places chenchule in a vase during a friend's graduation party in Agana Heights May 30. The act of giving chenchule, or a charitable donation, is a traditional practice in Chamorro culture. Chenchule is normally of a monetary nature and is usually given at significant events, such as baptisms, graduations, weddings and funerals. The method of giving chenchule depends on the host, with some preferring it to be placed in a box or other receptacle and some preferring it to be given personally. (U.S. Navy photo by James Fee)

Chamorro dealings. There is no explicit way of giving or receiving chenchule, so it is mostly a discretionary matter. However, one act that many Chamorros practice for determining the value amount of a repayment can be seen after a

wedding or funeral. Monetary chenchule is usually given in sealed envelopes and then collected and accounted for by the receiver and family members. Since the exact value of the chenchule is recorded, it's easier to determine what the

receiver should repay later.

Regardless of what form chenchule takes, it is a clear example of the very social nature of Chamorro behavior. It promotes interaction between families and friends, and even generations,

because chenchule can be paid and repaid over a span of days or decades. The relationships this practice of chenchule builds demonstrate how traditions can unite people in modern times, just as they did in ancient times, as well.

## 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

# Time to celebrate another trip around the sun

By Cmdr. Michael Klepacki

Joint Region Marianas

Sunday the 13th was my birthday.

I usually don't mention it but my sister made me promise to tell at least one person. Since I figure that that is about the number of people who read my column this declaration should meet her requirement.

I do like to celebrate this day that Jimmy Buffet calls "another trip around the sun." Last year on my birthday I awoke on the 13th and ate a big piece of double

chocolate birthday cake. I then went to the airport to fly to D.C. As you know the plane arrives in Hawaii the day before on the 12th and then

you touch down on the east coast back on the 13th.

So I went to a restaurant and ate a big piece of carrot cake since it was once again my birthday. The waiter asked if I wanted anything

other than cake and coffee. I said that it was my birthday and that would be just fine. Well since it was my birthday the restaurant gave me the piece of

carrot cake and only charged me for the coffee. One of life's little surprises.

Birthdays are interesting. Some we really look forward to, like becoming an official teenager at 13, getting a driver's license at 16, entering adulthood at 21, etc. Then there is the dreaded 40 and the one I face in two days, 60.

My grandfather told me that three things begin to happen when one turns 60: 1) You start to forget things; 2) You move more slowly; 3) I can't remember the third thing he said.

The one thing that really comes to mind every year at this time is what a friend said to me a few years back. They said that they thanked

God for the gift of my birthday. I thought about it and realized that I had never thanked God for the gift of my life on my birthday.

Life is a gift. Sometimes it doesn't seem to fit or be the right color or need new batteries. But it truly is the perfect gift. Just like the new driver golf club I got for my birthday this year (I bought it for myself, you can do that when you turn 60), I have to learn how to use it properly, care for it, not take it for granted and remember to give thanks to the giver of all good and precious gifts for it.

Believe I'll take myself to a movie to celebrate. I get the Senior Citizen discount now and can officially eat supper at 4:40 p.m.



# Still Moments



Tech Sgt. Westfelt: Brig. Gen. Philip Ruhlman, right, 36th Wing Commander, and Chief Master Sgt. Allen Mullinex, left, 36th Wing Command Chief Master Sergeant, present Tech. Sgt. Adrienne Westfelt, 36th Comptroller Squadron, with a coin and certificate commemorating her being named a Top Outstanding Performer by the Pacific Air Forces Inspector General (IG) on Andersen Air Force Base June 14. The Wing recently completed its first ever phase I Operational Readiness Inspection and passed with a grade of satisfactory. The IG recognized four Top Outstanding Performers, 12 Outstanding Performers, and four Outstanding Teams. (U.S. Air Force photo by Airman 1st Class Julian North)



Capt. Green: Brig. Gen. Philip Ruhlman, right, 36th Wing Commander, and Chief Master Sgt. Allen Mullinex, left, 36th Wing Command Chief Master Sergeant, presents Capt. Esther Green, 36th Force Support Squadron with a coin and certificate commemorating her being named a Top Outstanding Performer by the Pacific Air Forces Inspector General (IG) on Andersen Air Force Base June 14. The Wing recently completed its first ever phase I Operational Readiness Inspection and passed with a grade of satisfactory. The IG recognized four Top Outstanding Performers, 12 Outstanding Performers, and four Outstanding Teams. (U.S. Air Force photo by Airman 1st Class Julian North)



Tech Sgt. Funk: Brig. Gen. Philip Ruhlman, right, 36th Wing Commander, and Chief Master Sgt. Allen Mullinex, left, 36th Wing Command Chief Master Sergeant, present Tech. Sgt. Jason Funk, 36th Logistical Readiness Squadron, with a coin and certificate commemorating him being named a Top Outstanding Performer by the Pacific Air Forces Inspector General (IG) on Andersen Air Force Base June 14. The Wing recently completed its first ever phase I Operational Readiness Inspection and passed with a grade of satisfactory. The IG recognized four Top Outstanding Performers, 12 Outstanding Performers, and four Outstanding Teams. (U.S. Air Force photo by Airman 1st Class Julian North)



Staff Sgt. Harlan: Brig. Gen. Philip Ruhlman, 36th Wing Commander, and Chief Master Sgt. Allen Mullinex, left, 36th Wing Command Chief Master Sergeant, present Staff Sgt. Jason Harlan, 36th Munitions Squadron, with a coin and certificate commemorating him being named a Top Outstanding Performer by the Pacific Air Forces Inspector General (IG) on Andersen Air Force Base June 14. The Wing recently completed its first ever phase I Operational Readiness Inspection and passed with a grade of satisfactory. The IG recognized four Top Outstanding Performers, 12 Outstanding Performers, and four Outstanding Teams. (U.S. Air Force photo by Airman 1st Class Julian North)

# Get pumped doing water aerobics

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

Joint Region Edge Staff

Summer is here and Navy Morale, Welfare and Recreation has a refreshing take on exercise for its patrons. It's called water aerobics and it splashes twice a week.

The free classes are Tuesdays and Wednesdays from 10-11 a.m. at the U.S. Naval Base Guam swimming pool and are open to all eligible

patrons.

"This is a great class for everyone," said Suzi Suchyta, class instructor. "Because it's low impact, there is less stress on your body. Water aerobics is definitely good for people who have bad backs or are injured."

Water aerobics offers patrons a chance to participate in a high-performance, low-impact exercise to help tone the body and keep their hearts healthy.

"On Tuesdays, we do shallow

water aerobics, which is a lot of running, crab walking, and some arm exercises," said Brooke Algilani, a Navy spouse. "Thursday is deep water aerobics and we do a lot of endurance exercises like flutter kicking, underwater running, and jogging."

Algilani said the class is a perfect way for her to get in shape without the stress on her repaired knee.

"I have been participating in the class since November," she said. "I

have had three knee surgeries, and when I went to Zumba or some of the other activities the gym offered, it was too much stress on my knee."

Algilani, who has taught the class twice in Suchyta absence, said there are a dedicated number of regular swimmers that come, but that the class always has room for more people.

"The class has mostly grown through word of mouth," said Algilani. "It's nice to see new faces. The atmosphere is great and Suzi is

fantastic."

Suchyta encourages anyone interested to come and tryout the class

"Even if you can't swim, you can do the class; we have foam belts. My grandma can't swim but she loves water aerobics," said Suchyta. "And for those who are experienced and in shape already, don't feel like this class is easy. It can be challenging and rewarding. But the most important thing is to have fun."

For more information, call the Charles King Gym at 339-1301/02.



**Pull-Ups:** A Navy spouse does pull-ups during a water aerobics class at the U.S. Naval Base Guam swimming pool June 10. Water aerobics is offered Tuesdays and Wednesdays from 10-11 a.m., allowing patrons a chance to participate in a high-performance, low-impact exercise class. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



**Flutter Kicks:** Military spouses warm up with flutter kicks during a water aerobics class at the U.S. Naval Base Guam swimming pool June 10. Water aerobics is offered Tuesdays and Wednesdays from 10-11 a.m., allowing patrons a chance to participate in a high-performance, low-impact exercise class. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)



**Water Weights Workout:** Brooke Algilani, a Navy spouse, works out with underwater weights during a water aerobics class at the U.S. Naval Base Guam swimming pool June 10. Water aerobics is offered Tuesdays and Wednesdays from 10-11 a.m., allowing patrons a chance to participate in a high-performance, low-impact exercise class. (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Corwin Colbert)

## Sports Shorts

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

### Ballet and Jazz Classes

Ballet and Jazz classes are available for children ages 2 years and up from June 21 to August 7. Class times are to be determined. Students will attend one class per week with a final recital on August 8. The cost is \$70 per session for one child, but if you register another child it is \$49 per session for the second child. Register at the Child Development Center by June 25. For more information, call 564-1844/5.

### Summer Kick Off 1.5K/5K

Navy, Morale, Welfare and Recreation will hold a Summer Kick Off 1.5K/5K June 25 with a 5:30 p.m. show time and a 6 p.m. go time at Sumay Cove Marina. Registration is free at Charles King Gym. All ages are invited to participate. For more information, call 339-1301.

### Flag Football Summer Camp

Flag Football Summer Camp is June 28 - July 9, three days a week. Children ages 5-12 are invited. The cost is \$10 and includes a T-shirt and sports drink. Go to the Child Development Center to register. For more information call 564-1844/5.

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.

### Start Your Summer Off 5K

Coral Reef Fitness Center will host a Start Your Summer Off 5K June 21 at the Palm Tree Golf Course driving range. Show time is 6 a.m., while go time is 6:30 p.m. For more information, call 366-6100.

### Basketball Camp

A Youth Basketball Camp for youths ages 6-18 will be held at the Youth Center from June 28-July 1. Camp fee is \$40 per person. For more information, call 366-3490.

### Beach Volleyball Tournament

Coral Reef Fitness Center is hosting a beach volleyball tournament for two-person teams June 26 and 27 at Tarague Beach. Show time is 8:30 a.m. with the action starting at 9 a.m. For more information, please call 366-6100.

### Youth Baseball, T-Ball, Softball Registration Now in Progress

Registration for the upcoming youth baseball/T-Ball/softball season is now in progress. You can register online at: [http://36fss.com/sports\\_registration.html](http://36fss.com/sports_registration.html). For more information, call 366-3490.